

The good wife's cook book.

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Publication/Creation

London : Jas. Truscott & Son, [1912]

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The Good Wife's Cook Book



JAS. TRUSCOTT & SON, LTD.
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LONDON, E.C.

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GOOD WIFE'S
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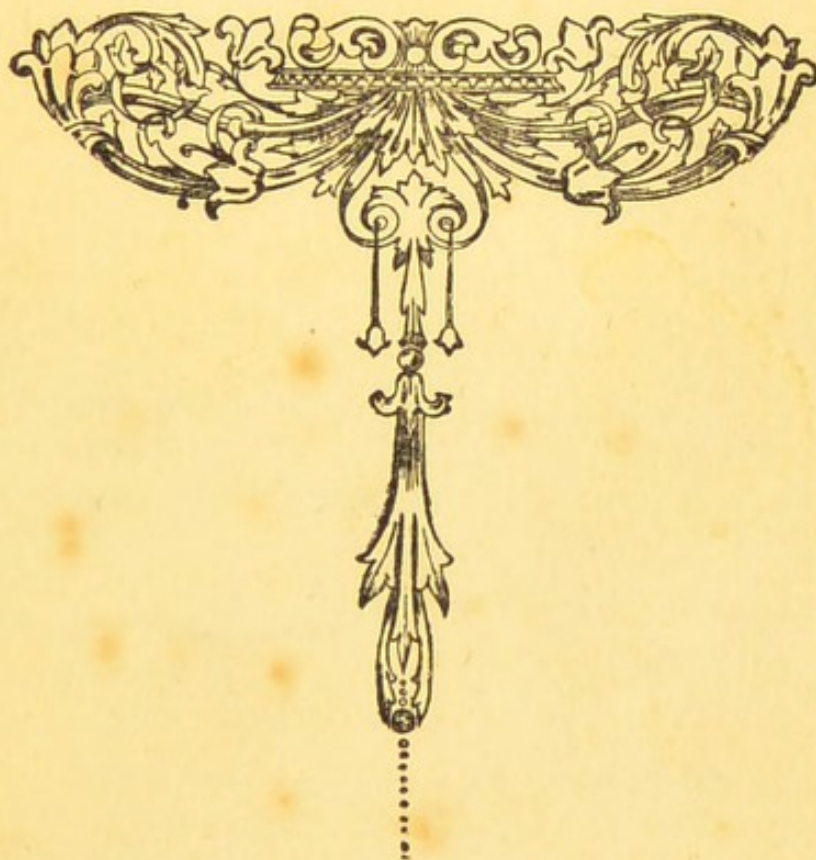


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GOOD WIFE'S
COOK BOOK



JAS. TRUSCOTT & SON, Ltd.
Suffolk Lane .. Cannon Street,
LONDON, E.C.

1912



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CONTENTS.

	PAGE
FIRST PRINCIPLES OF COOKERY	7
FOOD AND THE COOK	10
THE KITCHEN AND ITS MANAGEMENT	11
LIST OF UTENSILS	12
PROCESSES OF COOKING	19
CARVING	22
HORS D'ŒUVRES	26
SOUPS	30
FISH	46
JOINTS	64
ENTRÉES AND MADE DISHES	73
POULTRY	104
GAME	110
VEGETABLES	120
SALADS	138
SAUCES	142
FORCEMEATS	156
ASPIC JELLY	159
PASTRY, TARTS AND PIES	162
SWEETS AND CREAMS	166
FRITTERS, SOUFFLÉS AND PANCAKES	181
SAVOURY FRITTERS	185
PUDDINGS	187
JAMS, JELLIES AND PRESERVES	204
EGGS AND OMELETTES	210
ICES	218
BEVERAGES	221
CHEESE DISHES	223
CAKES, BUNS AND SCONES	225
SANDWICHES	235
INDIAN CURRY AND CURRY DISHES	238
THE TABLE AND ITS DECORATIONS	242
INVALID COOKERY	247
INVALID BEVERAGES	253
CASSEROLE COOKERY, OR COOKING IN EARTHENWARE	255
FIRELESS COOKERY	260
MONTHLY CALENDAR OF FOOD IN SEASON	263
DICTIONARY OF TERMS	275
SUNDRIES	279
SPECIMEN OF MENUS	295

“Civilised man cannot live without cooks.
He may live without books,—what is
Knowledge but grieving?
He may live without hope,—what is
Hope but deceiving?
He may live without love,—what is
Passion but pining?
But where is the man that can
Live without dining?”

Owen Meredith.

FIRST PRINCIPLES

OF

COOKERY.

The cook must not only know the different processes in cooking, *i.e.*, boiling, roasting, baking, frying, etc., but also their effect on different classes of materials, and the value and nature of the materials themselves. For instance, meats placed in boiling water which continues to boil become hard, tasteless, indigestible and unfit for food, while vegetables by the same treatment are made soft and palatable and their best qualities retained.

The knowledge of materials, too, is of great importance. It would be unwise, for example, to give an invalid roast pork, although to the strong digestion it is very nutritious, while to provide a working navvy with chicken broth would be rather to invite his contempt, when a good steak would secure his admiration. These, of course, are flagrant examples, but without some knowledge of materials similar errors would, and do, continually arise.

The objects of cooking, then, may be roughly divided into five different classes, although to a certain extent they overlap one another.

They are: Firstly, to improve taste, by which means the food is made attractive and tempting. All know that when a meal is enjoyed the process of digestion is easier than when eaten from a sense of duty only. The pleasure given to the palate which, like all other sensations, is really a mental one, will prevent the brain dwelling too seriously on, for example, domestic worries, and consequently keeping from the digestive organs a full supply of blood. without which assimilation cannot be properly performed.

Secondly, to make food easily digestible. Cooking is in reality the first step to digestion, and the value of food largely depends on its preparation. By the action of heat and moisture many raw products unfit for food, like the potato, become highly valuable.

The third object is to assist mastication. This is self-evident, and it is probable that the first instance of cooking arose when some savage tribesman, more intelligent than his fellows, commenced to soak hard berries and cereals to make them soft and easily chewed.

Fourthly, and here the energy and mental power of the cook can be most fully exerted, there comes the object of combining foods of different kinds so that they will assist or supplement each other. For everything that builds up the body comes from food, and it is therefore necessary that food contain every form of matter making a living being. One of the commonest dishes throughout the world is bacon and green peas. Everyone likes it, and cooks from time immemorial have prepared it, yet how few are there who understand the reason of the combination. A very slight knowledge of chemistry would have told them, and, at the same time, saved them from attempting unsuitable mixtures.

The last object of cooking is that of economy, which is effected by serving food warm, not hot, for that is unwholesome. Warm food goes further and is much more nourishing than when eaten cold. One of its principal objects is to maintain the temperature of the body, not directly, but through the agency of the blood. Now when cold food is taken it absorbs a certain amount of the body's natural heat, and, consequently, not only has to maintain the normal temperature, but also to make up the leeway caused by its own presence. Consequently, to achieve the same result as warm food a greater quantity of cold food must be eaten, which is not only wasteful but throws an undue strain on the digestive organs to their ultimate injury.

The good cook, realising the five-fold objects of cookery, all devoted to bringing out the highest results from food, will, therefore, wish to know something of its

nature more than its outward appearance, and something of the nature of the body, its chemistry and requirements. Many people take a vast interest in drugs and all the paraphernalia of a doctor's shop, who would be much better in seeing that their food was good in quality, well prepared and suitable to their constitutions. The diet cure, indeed, is one of the most effective for all complaints, and it is not so much the medicinal waters, but the regular living and good food, properly prepared and wisely eaten, that makes the English and Continental Spas so famous for their recuperative powers.

FOOD AND THE COOK.

Food has been defined as "any substance which taken into the body is capable of sustaining or nourishing it," or "which assists in sustaining or nourishing the living being."

This, in unscientific language, simply amounts to the fact that without food life cannot exist. But although this is known by everyone, numbers give it but little further thought and do not realise how important the provision of good food is to every form of life. The Jews have always given great attention to the subject, and a large part of the Mosaic Law deals with its treatment. Even at the present day no people are so careful in the preparation of food, and to this fact their longevity and general success in life can undoubtedly be traced.

The athlete, too, knows that food plays a very important part in his training, and that unsuitable food or excess even of good food will destroy his physical vigour.

Seeing then the importance of right feeding, it is surprising how many persons give it far less attention than they do the nature and use of drugs, although in most instances the last would not be required if the first were thought worthy of more care.

To the cook, then, a very wide field of usefulness is open, for upon him or her depends in a large degree not only the welfare of the family, but of the nation, and not only by the cook is this responsibility borne, but by all who deal with food, either as growers, makers or purveyors. It is essential, therefore, that a cook should have some knowledge not of the preparation alone, but of the nature of food, so that he can choose the right kind and quality, and be able to judge if it has been produced under proper conditions.

Properly understood, there is no calling which is so important as that of the cook, nor one which should rank so high in the economy of the country.

THE KITCHEN AND ITS MANAGEMENT.

Successful cookery will in a measure depend upon the proper management in the kitchen.

Cleanliness is the most essential attribute in kitchen, scullery and pantry.

Order comes next; a place for everything and everything in its place. Sufficient table room, and a side table or tables there should always be. Tables too small and insufficient room greatly add to the breakage list. The more shelves and cupboards there are the more tidiness can be observed. The larder, also, should have as many shelves as possible and plenty of ventilation. The sink should be large and deep, and, when it is placed in position, it should be slightly tilted so that the water will run away quickly. The plate rack should be placed over the sink so that the water will drip into it. A tap for hot water at the sink will save much time and trouble.

The dresser should contain all the plates and dishes in general use, and those not required should be put in the store cupboard. There should also be plenty of hooks for jugs and cups.

A good supply of cheap plates and dishes and enamel ware will greatly save the better sets. Plenty of tea cloths, glass cloths, dusters and kitchen towels should be frequently changed and washed that they may be kept a good colour.

It is impossible to enumerate the quantity of utensils required, as so much depends upon the size of the house, the family, its requirements and financial status, but a list is given of the various articles which are generally used, and our readers should select according to their wishes. The kitchen table should always be kept very clean. It is a good plan to tack a sheet of tin over one portion of the table, bending it in under the sides. It will need no scrubbing, grease will not affect it, and it can always be kept clean with a cloth.

LIST OF UTENSILS.

Baking Dishes.—These may be either of tin, iron, or enamel ware. There was a very good baking dish ascribed to the invention of Mr. Soyer. To this was attached a movable false grating of wire, and in the centre was fixed a trivet 3 inches in height. The pudding was placed at the bottom of this dish, the grating above that, and on the grating were the potatoes, and on the trivet the meat. By this means the fat which would otherwise have fallen entirely upon the pudding and prevented it from setting, fell upon the potatoes, making them delicate and crisp. Tin baking dishes may be obtained from 1s. upwards.

Bottle Jack and Wheel.—This is a machine for roasting poultry, game and joints in front of the fire, and costs from 10s. 6d. to 15s.

Beer Taps.—The best and cheapest in the end are made of brass with removable keys, and cost from 2s. to 3s. 6d. each.

Braising Pans.—Usually replaced by the stewpans, which see.

Bread Graters.—Made of tin, to grate bread for various purposes., and may be had in various sizes from 3d. each.

Basting Spoon.—These spoons are made of iron and then tinned. They are in various sizes with long handles, and cost about 6d. each. Half a dozen assorted sizes would be required.

Colander.—This is a most useful article and will be found in daily use. It is a round tin bowl or enamelled basin with holes perforated all round it, and is used for straining the water from vegetables after they are cooked.

Casseroles.—See page 255. Vary in price, from 1s. to 10s. 6d. each.

Chafing Dish.—This is of American introduction, consisting of a metal stand with spirit lamp, over which is placed a pan containing water, and in this is placed an earthenware or metal cooking pan.

Chopping Board and Knife.—These are still useful in the kitchen, notwithstanding the mincing machines which supersede the chopping by hand. Prices for board and knife are from 2s. 6d.

Coffee Mill.—To obtain coffee to perfection the coffee berries should be bought and ground in a mill, and only sufficient berries prepared immediately before making the coffee. The mills can be purchased from 2s. 6d. each.

Dredger.—The dredger is a small round tin receptacle with handle and perforated lid, to enable the cook to distribute flour lightly and evenly over the different preparations. Prices from 6d. each.

Egg Beaters.—These are rotary and made of metal, which now supersede the hand whisks, as they quickly beat up eggs, and may be obtained in a variety of patterns from 1s. each.

Fish Kettle.—This is an oblong saucepan, fitted with a strainer, having handles at each end so that the fish can be laid on it and lowered into, and raised out of the water as required. They are made of tin, iron or copper, and vary in prices from 5s. or 6s. upwards.

Fish Fryer.—See "Wire Basket."

Fish Slicer.—This is a flat piece of perforated metal with long handle, usually made of tin or copper tinned, and used for removing fish omelettes or fried eggs, etc., from the frying pan. Cost from 6d. each.

Frying Pan.—This is a shallow dish or pan with sloping sides, made of iron, copper tinned, or enamelled iron, with a long handle, and is supplied in a number of sizes. If iron frying pans be used they must always be kept very bright and clean; otherwise the food cooked therein is spoiled.

Funnel.—This is most useful to prevent the spilling and consequent waste of liquids when passing them from one vessel to another. Several sizes should be kept in the kitchen. Cost, from 1d. upwards.

Gravy Strainers.—These may be obtained in various shapes and sizes and are made of tin, costing from 6d. to 1s. 6d. each.

Gridirons.—Two will be required, one to be kept exclusively for fish and the other for meats.

Hot Water Dish.—This is useful but not essential. It consists of a china dish fitted with a double bottom made of tin or copper, which can be filled with boiling water, and will thus keep a joint and the gravy hot for a considerable time.

Ice-making Machines.—These are obtainable in great variety, and if ices are required to be properly made, a machine must be purchased. Full instructions accompany each machine. Prices from 10s. 6d. upwards.

Icing Pipe Bags.—Used for decorating cakes, the mixture being placed in the bags and then squeezed through the pipe into designs. The pipes and bags can be bought at various sizes and prices.

Jelly Bags.—Made of specially manufactured material, supplied in all sizes, and are used for the purpose of straining liquid in the making of jellies.

Knife Baskets.—Made of wicker and lined with tin, with two partitions. Cost about 6s. 6d. to 7s. 6d.

Knife Cleaners.—A machine for cleaning three or four knives at one operation. It is a most useful article in the kitchen. These machines not only clean the knives but polish them brilliantly, the only labour required is for turning the handle for a few minutes. Cost from 25s. upwards.

Lemon Squeezers.—There are several kinds on the market, and they cost from 6d. to 2s. each.

Meat Cleaver.—Is used for disjointing bones, etc. Cost from 3s. 6d. each.

Meat Safe.—This is an indispensable article in every household as it preserves all foods from flies, insects, dust, etc. They may be obtained at almost any price according to size.

Moulds.—Cakes should be baked in a tin mould, puddings in a plain basin or fancy mould. Jellies may be set in tin or copper moulds, of which there is a large selection in artistic and elegant designs. Earthenware moulds cost from 1s. 6d. each and copper moulds from 8s. 6d.

Needles for Larding.—Are sold in boxes containing one dozen assorted sizes, and cost about 1s. per box. The ends of the needles are split so as to hold the strips of fat bacon, by which means they are threaded through the meat.

Omelette Pans.—These are small enamelled frying pans, with the bottoms perfectly flat and the sides sloping slightly. Cost about 1s. to 2s.

Pastry Slabs.—Are made of marble and can be obtained at a cost of a few shillings each, according to size. They are invaluable for making light and puff pastry. Pastry is much lighter than when made on the ordinary paste board.

Patty Pans.—Little tins used for baking cheese cakes, tartlets, and pasties. They may be obtained in all shapes and sizes from 1s. to 2s. 6d. per dozen.

Pepper Mill.—A little wooden mill to grind peppercorns to any degree of fineness. Price from 1s. 6d. to 4s. 6d.

Pestle and Mortar.—The mortar should be made of marble or stone and the pestle of hardwood. They are used for pounding meat, poultry, game or fish before making into potted meats.

Plate Rack.—This should be fixed in the scullery of every house over or adjacent to the sink. Plates and

dishes after being washed and rinsed should be placed in the plate rack to drain and dry.

Potato Steamer.—Is a saucepan usually made of tin with a perforated bottom, and made to fit the top of an iron or copper saucepan in which the water has to be placed, and the potatoes in the upper one, or steamer.

Preserving Pans.—Are generally made of copper and are used for boiling fruits for the purpose of making jams and jellies. A pan 15 in. across will cost about 20s.

Pudding Cloths.—Special cloths are made for this purpose. They must be kept very clean, and immediately after use they should be put into very hot water and washed without soap or soda, and finally dried out of doors and kept in a clean drawer for future use.

Raisin Seeder.—This is a small machine for removing the stones from raisins. Cost about 3s. 6d.

Salad Basket.—These are made either of wicker work or wire, and are used for drying the salad after it has been thoroughly washed by swinging it to and fro until all the salad leaves are dry. It is impossible to make a good salad with wet leaves.

Sauté Pan.—Is a sort of frying pan with the sides straight, and is used for tossing potatoes or any similar thing in a small quantity of fat or butter. Prices from 1s., according to size.

Saucepans.—These are made of iron, tinned iron, enamelled iron, tinned copper or block tin. Every kitchen should contain a complete range of sizes of one sort or the other.

Saucepans should be examined from time to time, as in the case of the tin wearing away off copper saucepans, it would render food poisonous if cooked therein.

Saw.—A meat saw is necessary, and these can be purchased for 2s. 6d. and upwards.

Scales and Weights.—Are indispensable in any well-ordered kitchen as good cooking cannot be done by guess work. It is most important to have quantities correctly weighed according to the recipe. It is well to have two sizes of scales, one set weighing from $\frac{1}{4}$ oz. to 5 lbs. and one set from 1 lb. to 14 lbs. By this means all purchases can be weighed, and thus the tradesman in his deliveries can be checked.

Sieves and Tamis.—Are made of cloth, hair, wire or cane. Sauces are usually passed through a tamis which is made of cloth, vegetables and purees through a wire or hair sieve, and flour through a cane sieve. It is well to be provided with a range of sieves, costing from 1s. to 3s. each.

Skewers.—These are sold in sets of twelve and at the cost of a few pence.

Spice Boxes.—These are not unlike a miniature chest of drawers each drawer being labelled with the name of each kind of spice or herb flavouring. Price from 2s. to 5s. per set.

Steak Tongs.—These are most useful when grilling chops or steaks, etc., because if a fork is used it will cause the juice and gravy to run out of the meat. Price about 1s. 6d. a pair.

Stewpans.—Are somewhat different from the ordinary saucepan in that the lid is perfectly flat and made to closely fit the vessel, thus preventing the escape of steam. They are made in various sizes, etc., the same as saucepans.

Stock Pot.—Is a large saucepan usually holding from two gallons upwards, and it has a tap fixed nearly at the bottom, but not so closely as to draw off sediment. By this means the pot remains on the range and clear stock can be drawn off at will. Prices vary according to size and quality.

Wire Frying Basket.—This is usually made to loosely fit a saucepan, made of iron or copper. It has a long handle, and is used for frying fish, fritters, rissoles, etc., the fat being brought to a high temperature. The article to be fried is placed in the wire basket, then plunged into the fat and cooked to a golden brown; the basket will not only lift out the article, but enable it to be well drained before placing it upon the dish. The cost of these baskets varies according to the quality and make, from 1s. 6d. to 4s. 6d. each.

PROCESSES OF COOKING.

A great deal depends upon the manner in which our food is selected, and more particularly in the way it is prepared. Care must be taken, not only as to its digestibility and the quantity partaken of, but as to the proper cooking of the meats, etc., to make them tempting to the appetite. The stomach invariably turns against badly prepared food.

Every nation has for itself discovered the advantages to be derived from cooking, and it is only amongst wild men and savages, who know not the use of fuel, that flesh is eaten in its raw state. Cooking should not only improve the flavour of the meat, rendering it more easy of mastication and pleasing to the sight, but it possesses more important advantages. It kills the parasites which exist in the tissues of meat, it also secures a certain temperature, and by this means conveys warmth to the system.

Cooking has the effect of solidifying the fibrines, gelatinising the fibres and connective tissues and coagulating the albumen. Thus the meats become more tender and less coherent, and hence, more digestible.

Bruising or beating the meat, such as is done to steaks, etc., before cooking, has the effect of loosening the texture of the meat and rendering it more tender and easier of digestion.

The principal ways of cooking adopted in this country are by boiling, roasting, baking, broiling, grilling, frying, braising and stewing.

It is important that meat be not over-cooked, as it will render it more and more indigestible in proportion to the prolonged action of heat.

Boiling meat is undoubtedly the most economical process of cooking, it renders the meat most digestible; but the flavours developed are not so savoury as those obtained by braising or roasting.

In boiling meat the piece or joint should be as large as possible, and should be plunged into fast boiling

water, and this should be kept up for at least five minutes. In doing this the albuminous matter on the surface of the meat becomes coagulated and forms an impermeable layer, through which the juices of the meat cannot escape, in other words, it seals up the pores of the meat.

After the five minutes of fast boiling, the heat must be reduced and a temperature of about 175 degrees should be maintained until the cooking process is completed. Meats cooked in this manner present a finer appearance than if subjected to a greater heat, and all the succulent juices and flavour can be enjoyed.

If, however, the object be to extract the juices of the meats either for the purpose of stock, soup, broth, gravies, beef teas, etc., the process of boiling must be performed in exactly an opposite manner.

The meat, etc., should be cut into small pieces and allowed to remain soaking in cold water to start with and the temperature very gradually raised to simmering point, and, to extract the gelatine from bones, fast boiling must be resorted to.

It must be noted that the flesh of very young animals is unsuitable for boiling, such as lamb, very young veal, sucking-pig, etc., as their flesh contains a very large proportion of gelatine and albumen, substances that freely dissolve in water and would therefore, to a great extent, boil away.

The average loss in weight sustained by beef and mutton during the process by boiling is about $17\frac{1}{2}$ per cent.

The following table gives the loss in weight by boiling, baking and roasting:—

	BOILING. Per cent.		ROASTING. Per cent.		BAKING. Per cent.
Legs of mutton ...	20	33	32
Mutton generally ...	20	35	31
Beef	20	31	29
Shoulders of mutton ...	24	34	32
Loins of mutton...	30	36	33
Necks of mutton...	25	34	32
Average of meats ...	23	34	31

Roasting.—As in boiling, the heat should be strongest at the start and may then be reduced. Roasted meats are not so digestible as boiled, and many cannot digest roasted or baked meats. This is explained by the fact that, during the process of roasting or baking, much of the fat from the prolonged exposure to heat undergoes decomposition and produces fatty acids which seriously disturb sensitive stomachs. The same remarks apply to grilling, broiling and frying.

Stewing, Hashing and Braising.—By any of these processes the meat is placed in a highly favourable state for digestion. Much nutritive matter passes into the gravy or liquid.

The most healthful way to stew meat is to place it in an earthenware vessel or casserole and cover the top. This vessel should then be immersed in a saucepan of water, which should be allowed to boil gently. By this means the meat is stewed in its own steam and forms a most perfect food, suitable even for invalids and children.

CARVING.

Fashion has decreed the use of flowers in profusion, and rare silver and glass are placed before our guests. At dinner parties to-day it is considered unrefined to place roasts, fowls, game, etc., on the table. The roast beef of old England, all other joints and birds of various kinds are relegated to the side-board, there to be carved by a servant before being handed round to the guests. Fashion being fickle, and the carving and serving of the joints at the table being still in vogue at simpler entertainments, it may not be out of place to devote some space to instructions in regard thereto.

Few are perfect in the art of carving, it requires not only grace but skill. Many are nervous, they complain of the knife, or they venture to remark that this goose, turkey or pheasant, as the case may be, is tough. Now there is a very simple operation that can be easily performed in the kitchen, the result of which is that a bird when served, instead of taking ten minutes to carve badly at the table, may be well done in two or three minutes by the most inexperienced person; while, in addition, eight or ten portions can be cut from a fowl or any other bird, where otherwise the carver would have difficulty in making five or six. Further, a large bird, such as a turkey, a capon or a poularde, may be well carved and left to reappear upon the table in a presentable condition, a state it rarely attains under ordinary conditions. By the method described below it will be found that the birds are not disfigured in the slightest, on the contrary, their appearance is enhanced.

Directions for Carving Birds.—Before cooking birds of any kind obtain a pair of long-pointed scissors, similar (only longer) to those used for cutting grapes; by the aid of these scissors it will be quite easy to separate all the sinews that join the wings to the breast, taking care to make the incisions as small as possible. Disjoint the legs by passing your finger between the skin and the flesh, and press the legs over

the breast with the left hand, when, with scissors in the right hand, the joints may be easily separated. Having thus detached the four principal parts, the carving whether of roasted, baked or boiled birds will be very simple indeed. The appearance of the birds when served at table will not be impaired, but on the contrary, improved. Large birds, after the preliminary process, should be trussed with a packing needle and twine as usual. Do not, however, press them so tightly as to put them out of shape, but keep them as plump as possible, and then the process they have undergone will be imperceptible.

Nothing is more difficult to carve than wild fowl, as the continual motion of the wings and legs during life makes the sinews as tough as wires, so that they puzzle the carvers who try to separate them. By cutting the sinews before roasting in the manner described, the cook will cause not only a pleasant surprise to the carver at his unexpected progress and success in this difficult art, but earn his undying gratitude. It will be, therefore, quite unnecessary to describe the method of carving each bird separately, as, having got over the principal and only difficulty, there remains but little more to be said. A few general principles may be of value.

Never place the fork through the back of the bird in order to carve the legs and the wings, but put the fork gently down each side of the breast, detaching the leg and wing at the same time. Never cut up, or attempt to cut up, the body of a fowl, capon, turkey or goose at the table; these should be left. Game may be cut up, as so many epicures prefer the backbone. In serving poultry or game a small portion of the breast should be given to each guest, and it is customary to serve ladies with the wing portion.

Joints. Ribs or Sirloin of Beef.—Pass the knife between the chine bone and the flesh to about an inch in depth and only to the length considered sufficient to cut as many slices as required and no more; then cut

off the outside slices, thinly ; hold the knife in a slightly slanting direction, and continue to cut thin slices from the chine to the end, especially with ribs, which are more lean than sirloin. If slices are required from the fillet (or under-cut) of sirloin, the joint must be turned right over with the fillet uppermost and short slices then cut in a slanting direction.

Rump of Beef.—Roasted : Always commence at the fattest end, carving in a slanting direction. By this means the correct quantity of fat can be distributed to each person. Any other pieces of beef, rolled or stewed, require to be carved in a slanting direction.

Fillet of Veal.—Proceed in the same manner as for round of beef.

Loin of Veal.—If carved straight at the start this joint will be spoilt, but if carved slantingly, provided it be well cooked, the best end will be useful when cold. The kidney, breast, etc., of veal all require the same style of carving.

Legs of Mutton and Ham.—A frill should always be placed on the knuckle bone of a ham, not only for ornament but for practical use. Never start by cutting across the middle or plump part of the leg, it is not only wasteful, but, as it opens all the parts at once, the greater portion of the succulence of the leg is lost. Start cutting about two inches from the knuckle end, commencing to cut with the heel of the knife and drawing it along to the point, cutting six or eight slices at once, then pass the knife beneath them all, detaching them from the bone, thus enabling each person to be helped quickly. The bulk of the gravy thus remains in the meat and will keep it moist and succulent, so that it is much more palatable when it has to be eaten cold.

Gravy should never be put in the dish, but served separately in the gravy boat. If the meat is of good quality and properly cooked it will of itself supply plenty of gravy.

Ham should be carved in the same manner, but in a more slanting direction.

Shoulders of Mutton or Lamb.—In order to distribute the fat and lean equally and to retain the succulence these joints should be carved in very slanting direction, commencing near the knuckle.

Loins and Necks.—Never allow the bones to be separated with a chopper, as the process mutilates the meat and causes much of the gravy to be lost. It will also lead to difficulty in carving. The bones should be separated at the joints by means of a small meat saw, cutting neatly in the direction that the carving knife will follow.

Ribs of Lamb.—Before cooking, the centre bones should be broken and the chine bone detached. In carving, follow the course of the bones which run somewhat slantingly; help each person with a cutlet from the neck-end and with a small slice from the breast. By this means the remainder will be presentable when cold.

Ox Tongue.—Stick the fork into the roots and cut off a thin slice, placing the heel of the knife upon it and drawing it along to the point so as to take the slice off in one cut. Leave it upon the dish and then cut thin, delicate slices in the same manner. By this means the best parts of the tongue will have been carved, without disfiguring the whole, and a very presentable joint will be left to be brought to table again. Never begin to carve a tongue in the middle. It is very often done, but it spoils the appearance and leaves the remainder very dry when cold.

Nothing is more creditable to a good carver than to leave the joint, game, ham, tongue or poultry fit to reappear at table in an inviting condition.

HORS D'ŒUVRES.

This French term is applied to the appetising morsels usually served at the commencement of dinner. Oysters when in full season are often used for this purpose, three to each person being the recognised plât.

Caviare (the roe of the sturgeon) served on toast forms another palate whetter.

Smoked salmon, pickled herrings, smoked herrings in oil, sardines, beetroot and onion, tomato with oil and vinegar, anchovy paste, anchovy in oil, cod sounds, small radishes, potted tunny, olives, etc., etc., are all considered as *hors d'œuvres*.

Caviare on Toast.—Butter some small squares of toast and spread them rather thickly with some caviare (Russian caviare is considered the best), sprinkle a little cayenne over it and a few drops of lemon juice, then garnish the dish with parsley.

Anchovies on Toast.—Butter some slices of toast and cut them into fingers about two inches wide and four inches long. Have a bottle of fillets of anchovies in oil and place one of the fishes on each piece of toast.

Anchovy Eggs.—Take four eggs and boil them hard. When cold remove the shells and cut a thin piece off each end of the eggs so that they will stand erect either way up. Cut them in halves, remove the yolks and they will form eight little cups.

Place the yolks in a basin with fillets of anchovy and pound to a paste, adding a little cayenne and a few drops of wine vinegar. Fill up the white cups with this mixture and sprinkle some finely minced parsley on the top. Decorate the dish upon which the eggs are served with parsley.

Hot Sardines on Toast.—Take eight or ten sardines, remove the skin and bones, then pound the fish in a mortar with an ounce of fresh butter, sprinkle a little cayenne and the juice of a quarter of a lemon, also a

little pepper. Put the mixture into a pan and just make it hot, then spread it immediately on some soft buttered toast, cut it into fingers, place them daintily on a small dish and serve immediately.

Hot Sardine Paste.—Remove the skin and bones from as many sardines as are contained in an ordinary tin, place the fish in a mortar with the yolks (not the whites) of four hard boiled eggs, one shallot finely minced, one tablespoonful of mustard mixed with wine vinegar, one tablespoonful of tarragon vinegar, a pinch of cayenne pepper, a saltspoonful of salt and not more than one tablespoonful of oil from the tin in which the sardines were preserved. Let all these ingredients be well pounded until they arrive at the consistency of paste. Spread on ornamental pieces of toast, or on biscuits, and serve.

Prawns with Caviare.—Fry in butter to a light brown colour eight rounds of stale bread, about 2 inches in diameter. Place in a basin 2 ozs. of caviare, with half a shallot finely chopped, a few drops of lemon juice, and a sprinkling of cayenne. Stir all thoroughly together, drain the toast, and when it is cool place a thin slice of lemon on each croute, and a teaspoonful of caviare on each. Place a picked prawn on each side of every croute, and half a stoned olive in the centre. Serve on a glass dish, and garnish with parsley and a few prawns' heads.

Game Toast.—Take the remains of any cold game, and its size in butter, and pound together in a mortar, with pepper and salt to taste, a few drops of lemon, and a sprinkling of cayenne. Have ready some hot buttered toast, and serve the mixture on it.

Egg and Kidney Toast.—Fry slowly in butter for 10 or 15 minutes a minced calf's kidney. Add to it a teacupful of flavoured, thickened gravy or stock, and when it has simmered a few minutes, spread the mixture on rounds of buttered toast. On the top of each round place a poached egg, and serve.

Sole Savoury.—Chop finely the remains of cooked sole, and mix it with 1 oz. of butter, a few grains of cayenne, and a tablespoonful of essence of anchovy. Let this mixture simmer gently for about 5 minutes, then spread it on rounds of hot buttered toast, sprinkle over it a few picked shrimps, and garnish the dish with rings of hard boiled eggs.

Tomato Toast.—Have ready a tablespoonful of chopped ham, and a tablespoonful of grated parmesan cheese. Put into a saucepan four tablespoonsful of tomato purée, a little salt, a sprinkling of white sugar, a teaspoonful of French mustard, a teaspoonful of vinegar, salt and pepper to taste. An onion may be added and removed before serving. Let it all simmer together for a few minutes, then add the chopped ham and cheese, and stir all together until it is hot through. Just before serving stir in a well beaten egg, and when it is thoroughly beaten into the mixture, serve on fried bread or toast.

Woodcock Toast.—Beat the yolk of one egg with two or three tablespoonsful of thick cream. Stir this mixture over a gentle fire for about five minutes until it thickens, but it must not be allowed to boil or the egg will curdle it. Have ready a slice of toasted bread, cut it in halves and place between three anchovies, washed, scraped and minced. Pour the cream over it, and serve very hot.

Sardine Toast.—Pound in a mortar eight smoked sardines with four pepper-corns, a few grains of cayenne, and 2 ozs. of fresh butter. Put this mixture into a small pan and heat thoroughly, lay it on rounds of hot buttered toast, with a squeeze of lemon on top, and serve.

Cod's Roe and Cream.—Remove the skin from a cooked cod's roe, pound it in a mortar with the juice of two lemons, salt, and a little cayenne. Boil all together with a cupful of cream, thicken it with a well-beaten egg, and serve on hot buttered toast.

Foie Gras Toast.—Take three slices of buttered toast and cut into finger lengths about $1\frac{1}{2}$ inches wide. Cover them about one inch thick with foie gras, sprinkle a little cayenne pepper over them, put them into an oven until they are hot through, and serve.

Kidneys Curried.—Split and three parts cook nine sheeps' kidneys by grilling them. Make $\frac{1}{2}$ pint of curry sauce, put the kidneys into it, with a tablespoonful of chutney. Simmer gently for about eight minutes, and serve with a border of rice round the dish.

Marrow Bones.—Cover the ends of the marrow bones with a paste made of flour and water, and tie them in floured cloths. Boil them for 2 hours, remove the cloths and crusts, place the bones on a napkin, and serve with dry toast.

Devilleed Bones.—Mix thoroughly together one teaspoonful of made mustard, half a teaspoonful of ground black pepper, half a teaspoonful of salt, $\frac{1}{2}$ oz. of butter, and a pinch of cayenne. Spread this mixture upon the bones of cold ribs or sirloin of beef with a knife, and grill them for about 15 minutes over a clear fire. A little meat must be left upon the bones.

Anchovy Olives.—Remove the yolk from an egg which has boiled for about 12 minutes, and mix it thoroughly with a spoonful of anchovy paste. Fill six stoned olives with the mixture, cut into small squares two slices of buttered toast, put an olive on each, make very hot, and serve.

Mushroom Toast.—Dissolve 3 ozs. of butter in a stew-pan, and place in it a quart of prepared mushrooms, a seasoning of white pepper or cayenne, and a saltspoonful of mace. Stir carefully, and toss them to prevent burning, and when the butter is slightly brown and dried, add the grated rind of half a lemon, a cupful of thin cream, and salt. Let the mushrooms stew until tender, and serve on thick fried bread with the centre scooped out.

SOUPS.

Hints for Making Stock.—Excellent and economical stock may be made with the bones and trimmings of meat and poultry. If, however, a good shin bone (cut into small pieces by the butcher) is bought weekly and placed in the stock pot and allowed to boil until its goodness is extracted, there will always be a basis for making good soups, sauces, or purées. As long as there is any scum rising from the bones, it must be skimmed. To this may be added the bones from beef, mutton or poultry, in fact any remnants that are to be found in the larder. All vegetables, cereals, herbs, spices or flavourings must be omitted from the stock pot, as it will keep longer if boiled alone, with the exception of the necessary quantity of salt. The liquor required for the next day's soup should be drawn off free from sediment into an earthenware basin, and when cold all fat removed. It can then be used to make any kind of soup as and when required, and the flavourings adapted to it. Stock can always be made from the liquor in which fresh meat has been boiled. Stocks and soups will keep good in the winter for several days, but in hot weather they should be re-boiled daily. It must not be forgotten that soups will not keep after vegetables have been boiled in them.

To Clarify Stock.—Whisk up the white of an egg with half a teacupful of water. When the stock is warm stir this into it, let it boil, remove all scum from the surface and then let it continue to simmer until all impurities have been removed; then let it settle and strain through a tamis or cloth.

Strong White Stock.—Take 4 or 5 lbs. of the knuckle of veal, a shin bone of beef chopped up into small pieces, 3 lbs. of the meat of a shin bone and any poultry trimmings, salt and pepper to taste, place in a saucepan with 3 or 4 quarts of water. Let this simmer gently for 5 or 6 hours and if much reduced add 2 quarts of water and let it continue simmering for 3 or 4 hours longer. This

will make a very strong white stock. When cold remove the fat.

Beef Tea.—Take 2 lbs. of beef from the shin, steak or blade bone, remove all gristle and fat, etc., and cut it up into small pieces ($\frac{1}{2}$ inch squares). Put the meat into a stone or earthenware jar with $2\frac{1}{2}$ pints of water, two cloves, and salt to taste. Let the meat so remain for 2 or 3 hours, then place the jar and contents into a saucepan, with sufficient water to reach within a couple of inches of the top of the jar. Let the water boil gently and continue simmering for one hour, with a lid or paper cover over the jar. Occasionally press the beef down to draw out all the juice. The liquor in the jar must never be allowed to even simmer, otherwise the juices of the meat will coagulate. Mutton or veal may be treated in the same way, as also fowl, cut up into convenient pieces.

Asparagus Soup.—Take 50 sticks of asparagus, cut away all the tough and hard parts, boil in water slightly salted until tender. Remove, throw them into cold water, and drain. Press three-quarters of them through a hair sieve and cut the remainder up into small cubes. Now add to the whole some clear stock, boil up, and serve. If desired, the soup may be coloured green with a few leaves of green spinach.

Artichoke Soup.—Pare, wash and slice 3 lbs. of Jerusalem artichokes, place them in a saucepan with 3 ozs. of butter, one onion cut up, one bay leaf, three cloves and half a teaspoonful of crushed allspice. Stir this in the butter and let them cool for 15 minutes, then add 1 pint of good stock. Let it boil gently until the vegetables are quite soft, pulp the vegetable, adding 2 pints more stock, press it through a sieve, then add $\frac{1}{4}$ pint of cream and 1 pint boiling milk, and serve.

Autumn Soup.—Cut up four leeks, two heads of celery, $\frac{1}{2}$ pint of white haricot beans (which have been soaked over night) and put them into 3 pints of boiling stock. Let this simmer until the vegetables are all quite tender,

then thicken by mixing two tablespoonsful of cornflour in $\frac{1}{2}$ pint of cold stock. When worked smooth add to the soup, let it boil for 15 minutes, and serve.

Brunoise Soup.—Peel, scrape, wash and cut up into very small pieces two turnips, two carrots, one onion, one leek, and put them into a stewpan with 2 ozs. of butter and two teaspoonsful of sugar. Let this cool until the vegetables are done a light golden brown. They must be stirred with a wooden spoon to prevent burning. Now add 3 pints of stock and let it boil gently for half an hour, and serve.

Carrot Soups.—Take a bunch of carrots, let them be scraped and washed, the yellow parts removed, two turnips, two onions and two leeks, one bay leaf, six allspice and three cloves. Stew these vegetables in a little stock till quite soft, take out the carrots and pound in a mortar, pass them through a sieve, replace in the saucepan and add 5 pints of good stock, season with pepper and salt to taste, strain through a sieve, and serve.

Cock-a-Leekie (or Leek Soup).—Wash a dozen leeks, trim away the roots and outer leaves and the dark green ends; cut into pieces an inch long. Put into boiling water for five minutes, drain, and lay half of them into a saucepan with 2 quarts of good stock and a large fowl, trussed as for boiling. Skim carefully and simmer gently for half an hour, then put in the rest of the leeks and boil for another three quarters of an hour; skim carefully and season with pepper and salt. Cut up the fowl into neat joints; place them in a tureen and pour the soup, which should be very thick with leeks, over them.

This is an excellent soup for anyone suffering from a cold.

Consomme is a term used to signify a clarified soup in which poultry or meat has been boiled to a great reduction. A good consommé may be made with 2 lbs. of lean beef and one fowl, the latter having been cut into joints, and the beef into small pieces. Place them

in a saucepan with 3 quarts of water, a tablespoonful of salt and a teaspoonful of pepper; let it slowly reach boiling point and then simmer very gently for 6 or 7 hours. At the end of this time strain the liquor into a basin or tureen and when cold remove every particle of fat. Re-heat when required and clarify.

Consommé Celestine.—Place in a basin $1\frac{1}{2}$ ozs. of sifted flour, two raw eggs, $1\frac{1}{2}$ pints of milk and one teaspoonful of salt. Briskly whisk for five minutes and pass the preparation through a strainer into another sieve; put 2 ozs. of butter into a frying pan and when melted drop in five tablespoonfuls of this preparation and well spread it over the pan, cooking it for three minutes on each side; turn the pancake on to a dish to keep warm and so proceed with the remainder. Cut the pancakes into thin strips and drop them into 3 pints of consommé; boil for five minutes, pour into a hot tureen, and serve.

Celery Soup.—Cut up three heads of celery about an inch in length; put them into a saucepan with a pint of good stock and let them boil until quite soft; then add 3 pints more of stock, with salt and pepper to taste; pass through a sieve and, if liked, a little cream may be added. Serve.

Croute-au-Pot.—Take one shin of beef, cut and sawn into small pieces, the marrow to be tied in muslin; 2 quarts of water, salt and pepper to taste. Place this on the fire, skim it as soon as it simmers; then add one carrot, one leek, one onion stuck with two cloves, and the heart of one small cabbage. Let this simmer for 4 or 5 hours at least; make ready some dried crust of French roll, place in the soup tureen, pour the soup over them, and serve.

Crecy Soup.—Take six carrots, six turnips, six onions and a head of celery; wash, peel and cut them into small pieces, with a slice of ham also cut up; place in a stewpan with 2 ozs. of butter and let them cook until a nice brown, when add 5 pints of good stock and let it all

simmer for 3 hours; strain and mash the vegetables to a pulp and pass through a sieve; return all to the saucepan, season with pepper and salt and let it simmer for another 15 minutes, when it is ready to serve. A little boiled rice may be added.

Clear Soup.—The bones from roast beef are most useful for this soup. They should be chopped up small and put into a saucepan with 4 to 6 pints of water, according to the quantity of bones; let it simmer for at least 5 hours, removing the scum as it rises; cut up one carrot, one turnip, half a teaspoonful of celery seed, one leek and half an onion; tie all these in a muslin bag and place in the soup and let them simmer for another hour or more. Remove all the fat if required to be used at once, or pour the soup into an earthenware vessel, and when cold the fat can be more easily removed. Clarify the soup (see Clarification of Soups), and serve.

Chicken Broth.—Take half a chicken, cut it into pieces and put it into a saucepan with 2 pints of cold water, one leek and two or three sticks of celery, pepper and salt to taste; let it simmer very gently for 3 hours; skim it carefully and strain to get cold; remove every particle of fat; re-heat when required, and serve.

Duck Giblet Soup.—Wash, clean and cut into small pieces three sets of duck giblets, 1 lb. of beef, cut small, one onion, a small bunch of mixed herbs, a dessert-spoonful of salt and a little pepper, and place all together in a saucepan with 5 pints of water. Let them simmer gently for 4 hours, or longer; thicken with a little flour, strain through a tamis and just before serving add a glass of sherry or Madeira, with a squeeze of lemon.

Egg Soup.—Take out the yolks of one dozen hard boiled eggs and pound them with a little milk or cream into a smooth paste, using a wooden spoon for the purpose, and add gradually 2 pints of milk. Put it on the fire and bring it nearly to the boil; then add the yolks of two eggs, beaten up with a little cream, bring it nearly to the boil, but not quite or the eggs will curdle. Serve.

Fish Stock.—This should be made from eels, or half the quantity of eels may be taken and half of any kind of flat fish. Clean and cut the fish up into small pieces, including bones and skin, to make altogether about 5 lbs., adding a teaspoonful of salt to each pint of water, one onion stuck with two cloves and an anchovy if liked. Cover with cold water and let it simmer for 4 or 5 hours, when it should be strained and is ready for use.

Fish Soup.—Take 2 pints of fish stock and put it into a saucepan, with two onions, two sliced lemons, a bunch of parsley, one shallot, a little chervil and a teaspoonful of allspice. Let this simmer for ten minutes, and strain. Cut up some fillets of sole or plaice into small pieces, throw them into the strained soup and let them cook for ten minutes, adding a glass of white wine, and serve.

Flemish Soup.—Slice and cut up a dozen potatoes (not new), eight onions, four heads of celery and four leeks. Place into a saucepan $\frac{1}{4}$ lb. of good beef dripping and when melted add the onions; when slightly browned put in the remaining vegetables and fill up with 3 pints of good stock. Let them simmer gently until the potatoes are reduced to pulp; pass through a strainer, return to the saucepan and add $\frac{1}{2}$ pint of cream, if liked, or milk, and bring it nearly to boiling point. Serve.

Game Soup.—Take the remains of any cold game, remove the flesh and pound it into shreds, place it with the bones in a saucepan with two or three carrots, 3 oz. of ham, one onion, one shallot and 3 pints or more of white stock (according to the quantity of game), and let it simmer gently for 2 hours; then strain through a cloth and add a glassful of claret, or Madeira, with salt and pepper to taste, and serve.

Gravy Soup.—Cut up an onion and fry it until a deep brown with an ounce of butter and half a teaspoonful of sugar. Add this to 3 pints of "Economical" stock, throw in a handful of vermicelli, let it simmer gently for 15 minutes, and serve.

Green Pea Soup.—Boil a quart of green peas and mint in the usual way; when tender, strain and place them in another saucepan, to which add 4 pints of white stock. Let this simmer until the peas are mashed, then rub through a tamis and return to the saucepan. If not green enough add the juice of some spinach leaves, which will enhance the colour; season with pepper and salt, and serve.

Grouse Soup.—Cut off all the best slices from the breasts of a brace of cooked grouse and put on one side. Cut up into small pieces the remainder and put them into a stewpan with 3 or 4 pints of good stock. Let it stew for 3 hours, thicken with a little cornflour and strain through a sieve. Return to the saucepan, season with salt, a little cayenne, and add a glass of port just before serving.

Hare Soup.—Place all that remains of a cold or jugged hare (including bones and trimmings) into a saucepan with some sticks of celery, well cover it with "Economical" soup and let it simmer for 3 or 4 hours. Pass through a fine strainer, squeezing and pressing it with a wooden spoon; return the soup to a clean saucepan, adding a glass of port, two tablespoonfuls of red currant jelly, a squeeze of half a lemon, and serve.

Julienne Soup.—Wash and scrape three carrots, three turnips, one artichoke, six green French beans, three sticks of celery, one onion, one leek, one shallot and a few cloves. Cut them all into narrow strips about half the size of a wooden match, place in a saucepan with 3 pints of good clear soup. Let it cook until the vegetables are tender, season with pepper and salt, and serve.

Jardiniere Soup.—This soup is similar to Julienne soup, with the exception that more vegetables have to be used, and a larger variety; they must also be cut into small cubes instead of match-like strips.

Kidney Soup.—Cut up an ox kidney into small pieces about half an inch square and fry it in a little beef

dripping until it is browned. Put it into a saucepan with 3 pints of "Economical" stock, one carrot, one turnip, one onion, one shallot, which have been cut up into very small pieces. Let it simmer until the vegetables are quite done, add salt and cayenne to taste, a glass of claret, and thicken with a little cornflour if necessary.

Leek and Potato Soup.—Take a quite fresh bunch of leeks, trim off the outer skins and leaves, cut them into three, lengthways, and then into pieces about an inch long. Wash thoroughly in several waters to remove all mould and grit; put them into a saucepan with an ounce of butter, let them cook until slightly brown, add 3 pints of stock, 1 lb. of mealy potatoes, cooked and mashed, and salt and pepper to taste. Let it simmer gently until the leeks are quite soft. This may be served as it is, or it may be strained through a tamis.

Lentil (Red) Soup.—Cut up two onions, one leek, one shallot and three sticks of celery. Put them into a saucepan with 3 ozs. of butter and let them stew until soft and browned. Take 1 lb. of red lentils and mash them through a sieve; add these with 2 quarts of any good stock to the vegetables, and let it simmer gently until the lentils are quite soft. Season with pepper and salt, and, if liked, a little dried mint. It can be passed through a sieve, if preferred, or served without.

Soup Maigre.—This soup, as its name implies, must not contain any meat juice, but must be made exclusively from any and all vegetables which may be in season. Peel, wash and cut up into small pieces the vegetables, cover with the necessary quantity of water, add 2 or 3 ozs. of butter, and pepper and salt to taste, having previously boiled and mashed the potatoes, which will thicken the soup, and serve.

Milk Soup.—Cut up the white parts of two leeks and one onion. Put them into a saucepan and boil for ten minutes. Remove them and strain off the water. Add three large cooked potatoes, 2 ozs. butter, 1 pint milk, half a pint of water, salt and pepper to taste. Let this

simmer gently until the potatoes are quite soft, rub them through a sieve, return to the saucepan, adding two more pints of milk, stir gently until quite hot, and serve.

Mock Turtle.—This may be purchased ready made in glass jars or tins. It is a soup that is served in all parts of England, and it is, as its name implies, imitation turtle soup. To make the real turtle soup is expensive, but the mock turtle, which is quite, if not more, nutritive, is not so.

Take half a calf's head, which can be purchased already prepared from the butcher. Put it in a saucepan with a little salt and sufficient cold water to well cover it. Let it come gently to the boil and skim continually. Let it simmer gently for 3 hours, take it out and remove all the bones, replace the bones into the liquor and add 1 lb. of fillet of veal, 2 lbs. of shin of beef, two heads of celery, a small bouquet of mixed herbs, and two bay leaves. Let it stew for 3 hours, then strain off all the liquor. Cut up into neat slices the gelatinous meat of the calf's head and add to the soup, with one or more glasses of sherry, and serve. If necessary, thicken with a little cornflour half an hour before serving, although in most instances this will not be required.

Mulligatawny or Curry Soup.—Take 2 quarts of strong "white stock," mix a tablespoonful of curry powder with a little browned flour and a little cold stock. Add this to the stock half an hour before serving, with a glass of sherry and a squeeze of lemon.

Onion Soup.—Take eight or ten onions, peel and cut them up into small pieces, fry them in an ounce of butter to a golden brown, then turn them into a saucepan, with 2 quarts of good stock, pepper and salt to taste. Let this simmer for about an hour, put it into the soup tureen without straining, and grate 2 or 3 ozs. of cheese over the top, and serve.

Ox Tail Soup (Thick).—This soup may be bought ready for use; it only requires heating, and is cheaper than that which can be made. To make it, secure an

ox tail from home-killed meat, cut it into joints, and put it into a saucepan with 2 ozs. of butter and let them fry until browned. Remove the ox tail, cut up and fry one carrot, one onion, three sticks of celery and one leek. Put all together into a stewpan with 2 quarts of stock, or water, salt and pepper to taste. Let it come to the boil, skim well and simmer for 4 hours. Thicken, if required, with a little flour or gelatine, strain, and serve.

A glass of port wine may be added before serving, if liked, and a few pieces of the tail should also be served in the soup.

Oyster Soup (Inexpensive).—Cut up into neat pieces the meat from a cow-heel and put into a saucepan with a quantity of good stock, adding salt and cayenne to taste. Thicken with a little cornflour, and let it simmer for 2 or 3 hours. Ten minutes before serving put in one dozen oysters, or more if desired, and their liquor. Add a glassful of sherry, and serve.

Palestine Soup.—Put two or three slices of ham into a stewpan with 2 ozs. of butter and four large onions (sliced). Pare two dozen artichokes and lay them in the stewpan with a teacupful of water. Let it simmer until quite soft, stirring or shaking the pot to prevent it burning. Pulp all together with a wooden spoon and pass through a sieve, and then add 3 pints of good veal stock, with a little cream. Season to taste, and serve.

Panada Soup.—Cut out the crumb of three French rolls, place them in a saucepan and cover with cold water. Let them boil for ten minutes, strain and press through a fine sieve. Beat 3 ozs. of fresh butter to a cream and put it in the saucepan with the bread and the water which it was boiled in. Season with salt and pepper, add the yolks of two eggs beaten up into a pint of milk, let it get thoroughly hot, but do not allow it to boil, and serve with a little nutmeg grated over it.

Parmentier.—Boil one dozen, or more, potatoes, according to size, let them be put into a stewpan with

three leeks, and one head of celery. Add a quart of "Economical" stock, salt and pepper to taste, and let it simmer until the potatoes are reduced to a pulp. Pass the whole through a sieve, return to the pot, adding $1\frac{1}{2}$ pints of milk, or 1 pint of milk and a gill of cream, and 2 ozs. of butter. Bring it to boiling point, and serve.

Pea Soup.—Soak 2 pints of split peas over night. Wash, drain and put them into a saucepan with $\frac{1}{4}$ lb. of lean ham, or bacon, or the bone of a ham, two onions, three sticks of celery and one carrot, cut into small pieces. Add 5 pints of the liquor that pork has been boiled in, or "Economical" stock. Let it gently simmer until the peas are quite soft and reduced to a mash. Strain through a sieve and return it to the saucepan, adding pepper and salt to taste, with a dessertspoonful of vinegar and 2 ozs. of butter. Serve, and send dried mint to table with it.

Green Corn Soup.—Cut up one carrot, one turnip, and two onions into small dice. Fry the vegetables in 2 ozs. of butter to a golden brown, and when done, place them in a stewpan, adding a sprig of lemon thyme. Empty the contents of half a tin of green corn into the stewpan, and a quart of water. Allow it to boil, and then gently simmer for 3 hours. Season with salt and pepper, a little parsley, and serve.

Tomato Soup (with Fresh Tomatoes).—Take eight or ten tomatoes, more or less according to size. Remove the stalks and cut them up into slices, place them on a dish and sprinkle with a tablespoonful of granulated sugar, and let them remain for half an hour. The sugar is used to correct the natural acidity of the tomato. Cut up an onion and three or four shallots, and fry them in a stewpan with 3 or 4 ozs. of butter. When of a golden brown colour, put in all the tomatoes and let them gently stew for half an hour, adding a quart of stock, salt and pepper to taste and add a tablespoonful of vinegar. Thicken with a little cornflour and pass through a sieve, and serve.

Potato Soup.—Take 2 lbs. of boiled potatoes, place them in a saucepan, with 3 to 4 pints of any good stock, one large leek, two onions and two shallots. Pass through a colander into the soup tureen and sprinkle two teaspoonfuls of chopped parsley on top, and serve.

Turkey Soup.—Take what remains of a roast turkey, cut up into pieces as small as possible and place them in a saucepan with sufficient good stock to well cover it. Season with salt, pepper, a blade of mace, and let it simmer gently for 3 hours. Strain through a tamis, and when cold, remove the fat on the surface; re-heat when required, and serve.

Rabbit Soup.—Cut up a wild rabbit into small joints, and fry it with a little butter until it is of a light brown colour. Place it all in a saucepan with 2 quarts of stock (or water) and let it simmer gently for 3 hours. Take out the rabbit, remove the flesh, smash up the bones, replace in the soup and add a blade of mace, one onion, three shallots, pepper and salt to taste, and let it continue simmering for another hour. Strain through a tamis, and serve. The meat should be pounded in a mortar with some boiled pickled pork, salt, pepper and seasoned rather lightly, and put into pots. This will make a nice dish for breakfast.

Pot-au-Feu.—This is the household dish of France. It is a soup made with beef and cooked in an earthenware pot.

Put 3 or 4 lbs. of beef, taken from the rump or ribs, into an earthenware pot, with 5 or 6 pints of cold water, and salt to taste, and let it come very slowly to simmering point, but it must not be allowed to boil. After it has been simmering slowly for 3 hours, put in a teaspoonful of allspice, one onion stuck with three cloves, two small turnips, one small carrot, three shallots and two leeks. Let it continue simmering very gently for another 3 hours. Skim off any impurities as they rise to the surface. Serve the soup in a tureen and the meat and vegetables as a separate course. The meat is very

digestible, and if the soup has not been allowed to boil it will be found to be nutritious and appetising.

Soup a la Reine.—Take the remainder of a roast chicken or fowl, cut off all the meat and pass it through a mincing machine, adding half pint of boiled rice, and season with salt, pepper and a blade of mace. Put this in the saucepan with one quart of white stock. Let it simmer very gently for half an hour, strain through a tamis, and serve.

Oyster Soup.—Take one dozen large oysters, beard and scald them in their own liquor. Put them into one quart of white stock, thicken with a little flour and butter, squeeze in the juice of half a lemon, and let them simmer gently for 20 minutes, and serve.

Rice Soup.—Take $\frac{1}{4}$ lb. of rice, wash it well and boil it in a little salted water for 20 minutes. Strain and put the rice into a saucepan with 3 pints of good stock. Let it simmer until the rice is quite soft, add the juice of half a lemon, pepper and salt to taste, and serve.

Rice Soup Royal.—Take $\frac{1}{2}$ lb. of rice, wash it well and put it into 2 quarts of boiling water. When the rice is beginning to swell, add the juice of half a lemon, a little of the grated peel, and a $\frac{1}{4}$ lb. of raisins. Let it boil for another half hour, and if too thick, add a little more water, beat in the yolks of four eggs, a little cinnamon and moist sugar to taste. After the eggs have been added the soup must not be allowed to boil, or it will curdle. A cupful of sherry or white wine, for those who take it, will be found an improvement.

Rissoto, or Italian Soup.—Cut up half a dozen onions into shreds, and fry them until very brown in 3 ozs. of butter. Strain off the butter into 3 pints of good stock, thicken with well boiled rice, flavoured with a little saffron, and serve.

Sago Soup.—Take 3 pints of good stock and put into it 4 ozs. of sago. Let it simmer gently until the sago is quite clear, then add pepper and salt to taste. Squeeze the juice of half a lemon before serving.

Scotch Broth.—Take 3 or 4 lbs. of the scrag, or neck, of mutton, put it into a saucepan with 3 quarts of water, half a teacupful of pearl barley, a teaspoonful of allspice, pepper and salt to taste. Let this simmer gently for 4 or 5 hours. About one hour before serving put in one carrot, one onion, one turnip, cut up into small pieces, and one small cabbage shredded. When these are quite soft remove the meat and bones, strain into a soup tureen, with a tablespoonful of finely chopped parsley, and serve.

Sorrel Soup.—This is a splendid soup in spring and early summer. Pick the leaves over and remove the stems from 1 lb. of sorrel, wash them thoroughly like spinach, put them into a saucepan with 2 ozs. of butter, and let this stew until tender, when add a quart of stock and let it simmer for 20 minutes, then serve. A couple of beaten eggs may be added, if liked, just before serving.

Sheep's Head Soup.—Procure a sheep's head, washed and split in halves. Put it into a saucepan with one turnip, one carrot, one onion, two leeks, four sticks of celery, a teaspoonful of mixed powdered herbs and a blade of mace, cover with 3 pints of water, or stock, let it boil, skim it thoroughly, and then let it simmer gently for 3 hours. Strain carefully, return it to the pot and thicken with a little flour. If liked, a glass of sherry may be added.

Spinach Soup.—Take 1 lb. of spinach, carefully picked and washed in several waters. Put it in a saucepan with 3 ozs. of butter, and let it stew until quite soft, then add it to 4 pints of hot stock and let it simmer for half an hour. Add salt and pepper to taste, squeeze the juice of half a lemon, thicken with a little cornflour, and serve.

Spring Soup.—Wash and cut up a handful of spinach leaves, a small handful of sorrel, the same quantity of dandelion leaves, and the heart of a young cabbage shredded finely, a few spring onions, three shallots, and a little parsley chopped finely. Put into a saucepan 3

pints of any good white stock, and as soon as it boils throw in all the vegetables. Let it gently simmer until the vegetables are quite soft, when add pepper and salt to taste. If required, thicken with a little cornflour, or a little cream may be used, and serve.

Cabbage Soup.—Take out the white hearts of two or three spring cabbages. After washing throw them into a little salted boiling water for five minutes, drain through a colander and put them under the water tap, in the colander, letting the water run over them; drain and cut them into fine shreds. Have about 3 pints of some savoury stock ready, and as soon as it boils throw in the cabbage, with pepper and salt to taste. Immediately the cabbage is quite soft, serve.

Superlative Soup. (Dr. Kitchener's.)—Cut up 4 lbs. of the shin of beef into five or six pieces. Cut up one large onion into small pieces and fry in some beef dripping. Add the meat and let it fry with the onions. Gradually dredge over the meat whilst frying 6 ozs. of flour and stir well while doing this. Transfer the whole to a stewpan, and put in slowly 3 quarts of boiling water, let the liquor boil and carefully remove the scum as it rises. Add salt and pepper and a teaspoonful of all-spice, and let the whole gently simmer for $3\frac{1}{2}$ hours. Take the meat out and serve it on a dish separately with some dressed vegetables, and the soup in a tureen.

Tapioca Soup.—Take 4 ozs. of tapioca and wash well. Put it in a saucepan and add 5 pints of "Economical" stock; bring it gently to the boil, and let it slowly simmer until the tapioca is quite soft. Stir it occasionally to prevent lumps, season with pepper and salt, and serve.

Tongue Soup.—Remove the roots and trimmings of a cold tongue and put them into a saucepan with 4 or 5 pints of white stock. Let it simmer gently for 2 hours and thicken with some pea flour, salt and pepper to taste. Strain through a sieve, and serve with some sippets of toast.

Turnip Soup.—Wash and cut up into small pieces a bunch of turnips, and let them stand in cold water for about half an hour. Put into a stewpan $\frac{1}{4}$ lb. of lean ham, $\frac{1}{4}$ lb. of butter, three or four onions, the turnips and two shallots. Let them fry for a few minutes, and then add 2 quarts of good stock. Let it simmer gently until the turnips are quite soft, then mash them, add pepper and salt to taste, and thicken with a little flour. Let it simmer again for half an hour, when strain through a coarse sieve, and just before serving add a little cream.

Real Turtle Soup. (Made from dried Turtle.)—This turtle meat dried may be obtained at 7s. per lb.

Take $\frac{1}{4}$ lb. of dried turtle, soak it in warm water for at least three days and three nights, changing the water twice daily, and each time the water is changed rub a little salt over the meat. It will now be sufficiently soft to cut up into small pieces about 2 inches square. Boil it in about 5 pints of strong stock, adding a slice or two of lean ham, three teaspoonfuls of dried basil leaves, and one each of thyme and marjoram, salt and cayenne to taste. Let this gently simmer for 6 to 8 hours and again the next day for 2 hours, or more, until the turtle flesh is as tender as a well cooked calf's head should be. Just before serving strain the soup, remove the turtle, which must be added to the soup after it is strained, and finally add a glassful of generous madeira or sherry, and a few drops of the juice of a lemon.

Brown Soup.—Put into a stewpan $\frac{1}{4}$ lb. of butter, and add to it 1 lb. of carrots, 1 lb. of turnips, 6 ozs. of onions, $\frac{1}{2}$ lb. of celery, and let all stew together until a nice brown colour. Take some boiling stock, sufficient to make with the above ingredients 3 quarts, and boil $1\frac{1}{2}$ pints of peas in it. Season with black pepper-corns, $\frac{1}{2}$ lb. of toast, pepper and salt. Let it boil very gently for 3 or 4 hours, rub it through a hair sieve or tamis, re-heat it, and, when it boils, serve.

FISH.

How to Select Fish.—See that the flesh is firm, and also that it will not be dented on pressing it with the fingers; that the eyes are full and bright, the scales silvery white, the fins stiff, and the gills a bright red colour. Lift the gills and if they are very pale or of a dark liver colour, the fish is not fresh, and moreover, it should have a pleasant odour. All flat fish should be chosen thick—the thicker the better. The spots on plaice and brill must be of a bright red colour; if they are brown or black the fish is stale. Haddocks should be selected of a medium size, as the large fish are coarse and the small ones tasteless. Skate must be chosen with great care, and on no account must it be eaten out of season. Crabs and lobsters should be as heavy as possible—the light ones are very often watery. To ascertain this they should be shaken to and fro, and if the inside remains steady and the smell is good they may be generally relied upon.

There is no country so plentifully supplied with so many varieties of fish as Great Britain, and there is no doubt that if it were more generously used it would be conducive to better health.

Fish may be boiled, baked, steamed, grilled, stewed or fried.

Steamed Cod.—Wash and thoroughly clean the inside of the fish and rub a little salt on the back bone. Place it in the fish kettle on the strainer and above the boiling water, as this must not be allowed to touch it. Cover with the lid and place the kettle on the fire so that the water boils continuously. As soon as the flesh slightly leaves the bones, the fish is sufficiently cooked. Lift it out and let it drain for a few minutes, and dish it on a folded napkin on to a hot dish. Serve the roe and liver separately. Oyster, anchovy, egg, or plain butter sauce should accompany the dish.

Crimped Cod.—Take the required quantity of crimped cod, cut it into convenient slices and put it in

a fish kettle, with salt (about a tablespoonful to each quart of water), which must be sufficient to cover the fish. Bring it to simmering point, and let it cook for 10 or 15 minutes. Boil and cut the liver into slices and use this as a garnish, with alternate sprigs of parsley. Serve with anchovy, oyster, or melted butter sauce.

Cod (au Gratin).—Take what is left of cold cod, and remove the skin and bones. Butter a pie dish thickly; place in it, alternately, layers of cod and butter, or oyster sauce if desired, or hard-boiled eggs cut into slices will do as well. Flavour each layer with a little salt, cayenne pepper, black pepper, and a very little mace. Then strew some bread crumbs over the whole, with some grated cheese and small pieces of butter. Bake for three quarters of an hour until brown, and serve.

Collared Eels.—Take a large eel, remove the head, tail and skin, take out the backbone without tearing it. Lay it flat on a board, sprinkle it with a few assorted sweet herbs, one leaf of sage, a blade of mace, two cloves, a shallot, and a clove of garlic, all to be chopped as finely as possible, pepper, salt, and a little allspice to taste. Having sprinkled the eel all over with the above, roll it up, beginning with the head end, and secure it tightly with some fine twine or tape. The parts which have been removed, such as the head, tail, backbone and skin, put into a saucepan with 1 quart of water, a little salt and pepper to taste and a tablespoonful of vinegar. Let this boil down until reduced to about one-third. Strain, and place the eel in this liquor, let it stew gently (not boil) for about half an hour or three quarters, and when tender put the whole contents into a basin or mould to allow it to cool and solidify.

Fried Eels.—Cut the eels into pieces about 3 inches, dry them, season with salt and pepper, dip into flour, brush over them the yolk of an egg, throw them into some bread crumbs, and fry to a nice brown in butter

or lard. Before the eels are put into the frying pan, the butter or lard must be very hot. Garnish with fried parsley, and serve on a napkin, with piquante sauce.

Stewed Eels.—Prepare 2 lbs. of eels by skinning and cutting them into pieces 2 inches long. Wash them thoroughly, place them in a stewpan with 2 ozs. of butter and let them fry for five or ten minutes, after which put in sufficient white stock or water to well cover them, and a glass of claret. Let them stew very gently for three quarters of an hour, squeeze in the juice of half a lemon, salt and pepper to taste. Thicken with a little cornflour, and add a dessertspoonful of finely-chopped parsley. Let it simmer for ten minutes, and serve.

Boiled Mackerel.—Choose mackerel with little or no roes. This fish must be perfectly fresh, otherwise it is most dangerous as an article of diet. If possible, obtain it from the seashore when it is brought in by the fishermen, and if cooked immediately afterwards, it is at its best. Wash, clean, and remove the roes. Place them in a fish kettle, with sufficient water to cover them, two tablespoonfuls of white vinegar, and 2 ozs. of salt to each $\frac{1}{2}$ gallon of water. Let the water be brought gently to boiling point, allow it to simmer until the flesh just starts from the bone at the tail end, lift the fish from the water and let it drain. Serve on a folded napkin, with a tureen of nicely-made parsley sauce—or fennel sauce.

Mackerel aux Fines Herbes.—Cut off the heads of two perfectly fresh mackerel. Split them in two and remove the spinal bones. Rub over each a half teaspoonful of salt and pepper, damp them with a little milk and roll them in some flour. Put two or three tablespoonfuls of fresh butter in a frying-pan, and when hot fry the fish for five or six minutes on each side. Lift up on a strainer and dress on a hot dish. Squeeze a piece of lemon over all. Dredge over two tablespoonfuls of finely-chopped parsley, chervil, and chives, and pour over them the remainder of the butter from the frying pan. Serve very hot.

Soused Mackerel.—Wash, clean, remove the heads and bones, and divide the fish into halves, of as many mackerel as desired, and pack them closely in an earthenware dish. On each layer of fish sprinkle a little salt, pepper, allspice, a few pepper-corns, and one bay leaf to each three fish. Take of best French white wine vinegar, mix it with half its quantity of water, and fill the dish until the mackerel are well covered. Place them in a moderate oven for half an hour, and serve when cold in the same dish in which they were cooked.

Fillets of Mackerel.—Take as many fillets as required, and after washing them in a little salted water, place them in a stewpan with $\frac{1}{2}$ pint of béchamel sauce, 1 oz. of butter, one tablespoonful of chopped parsley, salt and pepper to taste. Let them stew gently for 20 minutes. Serve them in the sauce and squeeze over them the juice of half a lemon.

Herrings, Pickled.—Scale and clean half a dozen fresh herrings without washing them. Cut off their heads and tails, leaving the melts and roes in their places. Put the fish in an earthenware jar, strew salt over them and let them remain for 24 hours, turning them at the end of 12 hours. Drain and place them in an earthenware dish, with a dozen pepper-corns, a bay leaf, six cloves, and a large sliced onion. Put equal quantities of vinegar and water sufficient to cover them. Place them on the stove and let them boil just two minutes. Take them up and let them get nearly cold in the dish before removing them to the jar in which they are to be kept. Lift them out, pour the liquid over them and keep in a cool place.

Fresh Herrings and Mustard Sauce.—Clean the herrings as before, only the heads should be removed. Sprinkle some salt inside and out of each fish. Butter a dish with fresh butter, place the herrings on it and add a few pieces of butter on the top of the fish. Place in a hot oven for 15 or 20 minutes. Into a small enamelled saucepan place three, or more, teaspoonfuls

of mustard, a gill of water, the juice of one lemon, and a little vinegar (tarragon preferred). Stir well and bring to the boil. Take the fish out of the oven and pour the mustard sauce over the whole. Sufficient sauce to cover the fish should be made.

Boiled Sole.—Select a thick fish, and for boiling purposes it should not weigh less than $2\frac{1}{2}$ lbs. Scale, trim and clean it, but do not remove the brown skin. Lay it on a dish, sprinkle some salt over it and a tablespoonful of vinegar, and let it so remain for half an hour. Place the sole into a saucepan sufficiently large for it, and cover it with veal stock. Bring it slowly to the boil, and let it simmer a few minutes until it is tender, which may be known by putting a fork through the thickest part. Lift the fish out and let it drain. Serve on a folded napkin (the white side uppermost) with some plain melted butter, made with the veal stock.

Sole aux Fines Herbes.—Select a large sole as thick as possible. Let the centre bone be removed so that the appearance of the fish is not spoiled. Take two shallots and chop them very finely, one dessertspoonful of chopped parsley, and one teaspoonful of mixed herbs. Put them into a small stewpan with 2 ozs. of butter, and let them fry for five minutes. Add to it two tablespoonfuls of bread crumbs, and the yolks of two eggs well beaten-up. Stir it well and turn it out on a plate to cool. Place this mixture in the sole where the bone was removed, and put the fish in an earthenware baking dish, sprinkle a little pepper and salt to taste, and spread a few pieces of butter over the fish, squeeze over it the juice of a lemon, and add half a teacupful of water or stock. Place it in a hot oven and let it cook until the fish is done. Remove the fish on to a hot dish, and pour the sauce through a strainer on to it. Send to table with cut lemon and parsley.

Curried Sole.—Cut four or more fillets of sole into neat pieces. Rub the fish with salt and curry powder. Sprinkle a little flour upon the pieces, fry in hot fat for

two or three minutes (not longer). Lay the fried slices in an earthenware dish, and barely cover them with curry sauce. Let them stew for a few minutes in this, and serve with some boiled rice around the dish, and cut lemon.

Fried Sole.—Cut off the fins and gills. Scrape, wash and dry the sole. Remove the dark skin by cutting it at the tail and drawing it over the head. Dredge a little flour over the fish, brush it with the yolk of an egg on both sides, and cover with finely-grated bread crumbs. Fry in very hot fat until the fish assumes a light golden brown on both sides; then remove it from the frying pan with a fish slice, and place it on a hot cloth in front of the fire to drain. Send to table on a hot dish with a fish paper underneath, some fried parsley and cut lemon.

Sole au Vin Blanc.—Prepare a sole as for frying. Well butter an earthenware baking dish and place the fish in it, laying a few pieces of butter on it, salt and pepper to taste. Add a tumbler of white wine, and cover with a greased paper. Place in a hot oven for 15 or 20 minutes. Remove the fish, stir into the sauce half a cupful of Fumette (which see). Serve in a deep dish, and strain the sauce over the fish through a sieve.

Fillet of Sole, Béchamel.—Cut the four fillets from a large sole into halves, and rub lemon juice over them. Roll them up and tie them with thread. Well butter an earthenware baking dish and place the fillet rolls into it, with a piece of buttered paper over them. Place in a hot oven until nearly done. Then add $\frac{1}{2}$ pint of béchamel sauce. Replace in the oven for five minutes, and serve in the same dish.

Fumette.—Take the bones, skin, and the head of a sole, wash them clean and free from any blood or intestines; chop them up and put into a stewpan with an onion cut up, and a fragment of thyme. Cover them with an equal quantity of white wine and water, or, if preferred instead of the wine, the juice of one or two

lemons may be used. Let this simmer with the lid tightly closed on the saucepan until the whole is considerably reduced. Strain through a tamis.

John Dory (Boiled).—This fish is much esteemed by epicures, and is extremely ugly. It should be about 12 inches long, and weigh about 5 lbs.

Empty and thoroughly cleanse this fish, cut off the fins and rub a little salt all over it. Put it into a fish kettle, with water to cover it, and salt to the proportion of water. Bring it to the boil, and let it simmer very gently for 20 minutes or less, according to the size of the fish. Lift it out and let it drain over the saucepan. Serve on a neatly-folded napkin. Garnish, alternately, with curly parsley and slices of lemon. Lobster sauce, or plain melted butter, to be served with this fish.

Whiting au Gratin.—These fish are most delicate, light and tender. They must be selected perfectly fresh, and not more than 8 or 9 inches in length. They must be emptied and skinned, which the fishmonger will do. Make some incisions on each side of the fish with a sharp knife about an $\frac{1}{8}$ inch deep. Take a shallow dish and thickenly butter it. Place the whiting in the same, and sprinkle pepper, salt, and two tablespoonfuls of grated bread crumbs over them. Spread a little butter thinly over the fish, and pour over two wineglasses of any white wine. Chop up finely half a dozen mushrooms, a teaspoonful of parsley, and sprinkle over the fish. Place the dish in the oven, cover with a greased paper, and bake for 20 minutes, basting occasionally. Remove from the oven, and serve in the same dish in which the fish was cooked, with cut lemon.

Whiting, Plainly Boiled.—Select large whiting for this purpose. Skin them and secure the tails in the mouths with a skewer. Put them into warm salted water, and when it boils remove all scum as it rises. As soon as the flesh starts from the bone the fish is cooked. Serve with melted butter, or any other sauce preferred.

Broiled Whiting.—Prepare as for boiling. Thoroughly dry the fish and rub over them a little salad oil. Broil over a clear, bright fire. Serve with anchovy or mustard sauce.

Turbot, Boiled.—The turbot is considered to be the best of all flat fish, and it is the most highly esteemed. The flesh should be white, rich and gelatinous.

Rub a little salt over it, and wash well in water. Dry it with a cloth, and rub it all over with cut lemon—this will make the flesh look white when sent to table. Put as much cold water in the fish-kettle as will cover the fish, and add 4 ozs. of salt to each gallon of water. Bring the water gently to the boil, and remove any scum that rises. As soon as the flesh appears to shrink from the bone it is done, and care must be taken not to over-cook it. Lift the fish out of the water by the strainer, and place the white side uppermost on a neatly-folded napkin. Serve with oyster, egg, crème, or béchamel sauce.

Turbot Croquettes.—Take the remains of cold turbot, remove all skin and bones, add equal weight of bread crumbs, season with a little cayenne, grated nutmeg, salt and pepper, two teaspoonsful of chopped parsley, and sufficient butter or white sauce to make it into a nice paste by pounding it into a mortar. Form the mixture into small cones or balls, dip them into egg and bread crumbs. Fry in hot fat to a golden brown, drain, and serve on a neatly folded napkin, with sprays of curly parsley around it, and a tureen of anchovy sauce.

Salmon, Boiled.—The salmon, according to Isaak Walton, is the king of fish, and is in season from February to the end of August. It is cheapest in July and August. It may be cooked and served in a variety of ways, but in every case it must be well done, as it is very unwholesome when insufficiently cooked. Place the fish in a fish kettle with sufficient water to cover it. As soon as the water boils, put in $\frac{1}{2}$ oz. of salt to each

quart of water. Remove all scum immediately it rises. Let it simmer gently until quite done, which will depend upon the size of the fish. Serve with cucumber salad, and anchovy sauce.

Salmon and Green Peas.—Take 3 lbs. of salmon, the middle cut of the fish is considered the best, and have it cut into four steaks. Place them in an enamelled saucepan with one bay leaf, two sprigs of mint, one small shallot, three sprigs of parsley, 1 quart of freshly-shelled green peas, and cover the whole with two layers of cut cucumber. Sprinkle some cayenne pepper and salt over all. Pour in a tumblerful of any good white wine and the juice of one lemon. Let this gently stew for three quarters of an hour. Remove the shallot and the herbs. Place the fish in the centre of the dish and garnish it with the peas and cucumber. Pour over the sauce, and serve hot.

Salmon Rissoles.—Take some cold cooked salmon, pound in a mortar, add a little Paprika or cayenne, and salt to taste. Make a panada with 1 oz. of butter, 1 oz. of flour, and 1 gill of milk, or fish stock; add the salmon and seasoning, egg and bread crumbs. Work the fish into round balls. Fry in boiling hot fat until of a golden brown. Serve on a fish paper, garnished with fried parsley.

Salmon Trout Maître d'Hôtel.—Procure three or more slices of salmon trout. Mix on a plate two tablespoonfuls of olive oil, a teaspoonful of salt and pepper, then turn the slices of fish in this on both sides. Place under a gas broiler, and broil for five minutes on each side. Place in a very hot dish, decorate with parsley, and spread Maître d'Hotel butter over them, and serve.

Curried Salmon.—Peel four shallots and chop them up finely, place them in a small stewpan with 1 oz. of butter, and as soon as they turn a golden brown mix a tablespoonful of Indian curry with a teaspoonful of flour, and fry; then add $\frac{3}{4}$ pint of fish stock, pour it into a stewpan with the shallots, and let it simmer for

half an hour. Have ready about 2 lbs. of salmon, which divide up into small squares, and put same into the saucepan; let it simmer until the salmon is quite done, put in a clove of garlic (finely chopped), and the juice of one lemon. Have ready some nicely-boiled rice, which place around the dish, and turn out the salmon curry into the centre, and serve.

Salmon, Marinaded.—Take three or four slices of salmon about an inch thick and fry them in hot fat until they are lightly browned on both sides. When they are cold place them in an earthenware jar or dish. Into another saucepan put $\frac{1}{2}$ pint of French wine vinegar with $\frac{1}{2}$ pint of water, one shallot cut up, three bay leaves, a teaspoonful of salt, twenty whole pepper-corns, and a sprig of tarragon. Let this boil for about five minutes, and when it is cool, strain and pour it over the salmon. This may now be kept for a day or two, when it will be ready to be served.

Grilled Salmon Steak.—Place a slice of salmon on the gridiron and grill for four minutes on one side, turn it, give it four minutes on the other side. Serve on a hot dish, place $\frac{1}{2}$ oz. of butter on the top, and garnish with slices of cucumber.

Red Mullet.—This most excellent fish is appropriately termed "the woodcock of the sea," and, unlike most fish, it is better for being kept a short time. The fish are to be dressed without being gutted, and all that is necessary is to scrape them lightly and pull out the gills, when as much of the inside that ought to be removed will come away with them. The red mullet is very seldom boiled, and the best way to cook them is to bake them, for which purpose select those that are very red, short, and thick, with clear eyes and firm flesh. Rub the fish over with a little lemon juice, and place them in a buttered earthenware dish, with one chopped shallot, one teaspoonful of parsley, and a glass of white wine. Cover with greased paper and bake in a moderate oven for 15 to 30 minutes, according to the size of the fish. Serve in the dish in which they are baked.

Grey Mullet, Boiled.—This fish is in season during the heat of summer. Scale, clean and take out the gills and the inside of a fish weighing about 2 to 2½ lbs. Place it in a fish kettle with cold water just sufficient to cover it, and 1 oz. of salt to each quart of water. When the water boils, reduce heat below simmering point, and as soon as the flesh shows the slightest sign of leaving the bone at the tail end the fish is done. Drain and serve on a folded napkin on a hot dish, with a tureen of parsley or caper sauce.

Gurnet, or Gurnard, Stuffed and Baked.—This is a very nicely flavoured fish, with firm white flesh. The head is large compared with the size of the body. Clean, and remove the inside, cut off the gills and fins. Make a nice veal stuffing, which place inside the fish, and sew up the body. Butter an earthenware dish, put in the fish, cover it with slices of fat bacon, and bake in a hot oven for 30 minutes or more, according to the size. Take up the fish and place it on a dish, put a glass of white wine in the gravy and thicken with a little cornflour. Boil it up, strain over the fish on the dish, and serve.

Skate.—This is an excellent and wholesome fish, and not appreciated so much in England as it should be. It is highly esteemed in France, where it is mostly eaten *au beurre noir*.

Skate, au Beurre Noir.—Take 3 lbs. of white skate, wash it, and boil it in water, with a little salt, and a tablespoonful of vinegar (salt about one tablespoonful to a quart of water). It will be found to be done in about ten minutes. Take it out of the water, drain it, and place it on a hot dish. Dissolve 3 ozs. of fresh butter in a saucepan, and stir it over the fire until it is almost black, without being burnt. Throw into the butter whilst cooking a small handful of parsley, without stalks, and when these are quite crisp pour the butter over the fish. Into the same saucepan put half a wineglassful of vinegar, with half a teaspoonful of pepper, and a little salt. Let it boil, and pour over the fish, and serve very hot.

Crimped Skate, Boiled.—Put the required quantity of fish into fast boiling salted water, then let it simmer for about 15 minutes. Serve on a dish with white melted butter sauce, flavoured with lemon juice or anchovy sauce.

Stewed Skate.—Put the skin, bones, head, and trimmings of the fish in a saucepan, with one shallot, one small onion, two cloves, pepper, salt, and sufficient water to more than cover it. Bring it to simmering point, and let it simmer slowly for $1\frac{1}{2}$ hours. Strain the liquor into an earthenware stewpan, and place in it a few chives, a chopped onion, a teaspoonful of chopped parsley, a tablespoonful of lemon juice, and a little cornflour to thicken it. Let it boil until everything is soft and smooth. Then put in the fish and let it stew for eight to ten minutes, and serve in the earthenware in which it was cooked.

Scallops.—Dry and dredge with flour, season with salt and pepper. Brush over with the yolk of an egg and cover them with breadcrumbs. Have the fat (dripping or lard) well boiling, and plunge the scallops into it, and let them cook for two minutes. Remove them with a wire spoon, allow them to thoroughly drain, sprinkle with a little salt and some cayenne. Serve on a hot dish with ornamented fish papers, cut lemon, and fried green parsley. Or they may be served in their shells, which should have been previously washed and heated.

Sprats, Fried.—These should be chosen as fresh as possible, and may be known by the brightness of their eyes, and their silvery appearance.

Clean the sprats, dry them well, draw them at the gills, dredge them with flour, and run a skewer through the heads of about half a dozen. Fry them on the skewer on plenty of hot fat, and when they are nicely browned, lift them on to a hot plate. Cover with blotting paper, for the fat to drain. Fold a warm napkin, lay this on a hot dish, draw the skewer from the sprats, place them

upon it, and garnish the fish with parsley and lemon. Time to fry, two or three minutes.

Sprats, Baked.—Clean the sprats, and dry them with a soft cloth, put them into a dish and cover with equal quantities of vinegar and water. Add seasoning in the proportion of a bay leaf, a small onion, two or three allspice, a little salt, and $\frac{1}{4}$ oz. of whole pepper with each pint of liquor. Cover the dish and bake in a slow oven for half an hour. Serve when cold.

Fresh Haddock, Steamed.—Select a fish between 3 and 4 lbs. Clean it and fasten the tail in the mouth with a skewer. Put the fish into the fish steamer when the water is boiling. As soon as the flesh starts leaving the bone lift the fish out and let it drain. Serve on a folded napkin. Any sauce may be served with this fish, but plain melted fresh butter, without the addition of flour, is considered by most epicures to be the best.

Fresh Haddocks (Scotch Style).—Take 3 lbs. of fresh haddocks, cut off the fins, heads and tails, and split open through front without separating. Season the inside with a teaspoonful of salt and pepper, spread over $\frac{1}{2}$ oz. of butter and fold up. Place on a buttered tin, pour a little melted butter over them, and place them in the oven for 30 to 40 minutes. Remove and dress on a hot dish. Spread a little parsley butter over the fish and decorate with quarters of lemons, green parsley, and serve.

Smelts.—These delicate little fish must be very fresh when bought, and care taken to properly prepare them. The gills must be pulled out, and in doing so the insides will come with them. Take 12 smelts, dry them in a cloth, and dredge a little flour over them, dip them in egg and bread crumbs, and plunge them into a frying pan of boiling fat. Let them fry gently until of a light golden yellow. Drain on some blotting paper, and dish them on a napkin garnished with fried parsley. Serve with anchovy sauce.

Cod, Boiled.—Never boil a very large codfish whole, because owing to the size of the head and shoulders, the tail end would be done too much and the shoulders would be scarcely cooked through, therefore cook the head and shoulders first. Wash the fish thoroughly and rub 1 oz. of salt down the back bone inside. Put it into the fish kettle with just sufficient cold water to cover it, with a tablespoonful of salt to each quart of water. As soon as it has come to boiling point, only allow it to simmer, removing the scum as it rises. One tablespoonful of vinegar will much improve the flavour while boiling. To ascertain if the fish is quite done, pass an iron skewer into the thick part of it. If this goes in easily the fish may be considered done. Lift the fish out on the strainer to drain, and serve on a hot folded napkin on a hot dish. The roe and liver should be separately boiled and served with it. Anchovy, oyster, or egg sauce may be sent to table with it.

Cod, Béchamel.—Boil the cod as in the previous recipe, remove the skin and bones and break it into flakes, put them into a deep dish and pour over them a stiff Béchamel sauce.

Cod Steak.—Cut the steaks from the centre of a large cod at least 2 inches thick. Wash them in vinegar and water, season with pepper and salt, dredge them with flour and put them one at a time in the frying basket, plunging them into boiling hot fat. As soon as they have turned a nice golden brown lift them out for two or three minutes, and plunge them in again. Never put more than one steak at a time in the basket. Serve with fried parsley or piquant sauce.

Conger Eel, Fried.—If the eel is very thick cut it into slices one inch wide; a thinner eel should be cut into 3 inch lengths. Wash and dry, dredge with flour and fry not more than three pieces at a time in a wire basket in boiling fat. Let them well drain before putting them on to a hot dish with dish paper. Squeeze

over the juice of a lemon, and serve with anchovy, tomato, or tartar sauce.

Crab, Dressed.—Take out all the meat from a crab and remove the flesh by breaking the claws, shred the white flesh with a fork, wash out the empty shell with some hot water and polish it with a little butter. Mix the soft dark flesh with oil, vinegar, pepper, salt, and a little cayenne. Fill the shell alternately with the white and the dark mixture. Decorate with parsley and the chopped white of an egg and the powdered yolk.

Fish Cakes.—Remove the skin and bone from any cooked fish and mix it with an equal quantity of mashed potatoes. Highly season with chopped parsley, shallot, butter, pepper and salt. Mix it into a stiff paste with a beaten up egg. Roll into balls, flatten them, dip in egg and bread crumbs, plunge them into boiling fat in the wire basket, three at a time. Serve with fried parsley and any kind of fish sauce.

Fish, Rissoles of.—Make a mixture of fish and potatoes, exactly according to the previous recipe, but with the addition of the juice of one or more lemons, according to the quantity made. Form the mixture into the shape of mutton cutlets and fry as before described. Serve on fish papers or a hot napkin, garnished with parsley.

Fish Scallops.—Remove the skin and bones from a pound of cold fish. Put into a stewpan a wineglassful of cream, one tablespoonful of anchovy sauce, half a teaspoonful of mustard, one teaspoonful of Worcester sauce, and stir the fish into the beaten mixture, and when well heated through put a small quantity into each scallop shell. Cover with bread crumbs, grate a little Parmesan cheese on top, and bake in the oven until browned. Serve in the scallop shells.

Haddock, Dried, Baked.—Cut off the tail and side pieces, spread the haddock lightly over with butter, sprinkle with pepper, put it into a baking tin with a cupful of milk and water, and place in a slow oven for

about half an hour according to the size of the fish. Serve on a hot dish and pour the gravy over it.

Halibut, Boiled.—This fish, owing to its enormous size, is generally sold by the pound. It is not esteemed as much as it should be, but it may really be considered second to turbot. Use 6 ozs. of salt to the gallon of water, putting only just sufficient water to cover the fish. Bring it gently to boiling point, and let it simmer until the flesh nearly leaves the bone. Well drain, serve on a folded napkin on a hot dish, garnish with parsley and cut lemon, and send to table with pure butter melted, or any other fish sauces.

Ling, Baked.—The flesh of this fish is very firm, and, like the hake, is inexpensive, and very nourishing. It is rather insipid when boiled, and is more tasty fried or baked.

For the purpose of baking cut the fish into slices about 2 inches thick, dredge with flour, and sprinkle with coarse pepper, salt to taste, half a teaspoonful of pounded mace and half a bay leaf. Dot 3 ozs. of butter in small pieces about the fish, and finally, pour over $\frac{1}{2}$ pint of milk mixed with a little cornflour and the juice of half a lemon. Bake in a rather slow oven for one hour, and serve.

Oysters, Stewed.—Put 2 ozs. of butter in an earthenware saucepan, and as soon as it has melted add one dozen oysters with their liquor. Dredge over them a little flour and half a cupful of white stock, the juice of half a lemon, half a teaspoonful of salt, and a little cayenne. Shake the pan over the fire until the sauce is smooth and thick. Serve on dry toast.

Oysters, Curried.—Put into a stewpan 3 ozs. of butter, a tablespoonful of curry powder, and two teaspoonfuls of flour. Mix well until smooth, add a minced shallot, and when this is cooked squeeze into it the juice of one lemon and half a cupful of water. Let it simmer for two or three minutes, remove it from the fire, and put in two dozen oysters with their juice. Stir it about until

the oysters are warmed through, taking care that they do not simmer or boil. Serve on a hot dish with a border of boiled rice.

Plaice, Boiled.—Select as large a fish as possible, as the smaller ones are useless for boiling purposes. After emptying and cleaning the fish put it into a fish kettle with sufficient cold water to cover it, and one tablespoonful of salt to each quart of water, with the same quantity of vinegar. As soon as the water comes to boiling point, move the kettle to the side of the stove that it may only simmer. As soon as the flesh begins to break at the tail the fish is done. For an ordinary sized fish about six or eight minutes will be sufficient. Lift it out of the water, drain it, and carefully slide it on to a folded napkin or a hot dish. Garnish with cut lemon and parsley, with a tureen of melted butter sent to table.

Plaice, Filleted, Fried.—Take the required quantity of fillets, dry them on a cloth and dip them in egg and bread crumbs. Put only one fillet at a time in the wire basket and plunge into boiling fat until it is of a nice light golden colour. The object of only doing one at a time is to prevent the fat from getting cold, as if the temperature is allowed to cool by putting in too much cold fish at one time, it not only does not brown so quickly, but becomes sodden. Therefore the smaller the quantity cooked at a time the better it is. Let the fish be well drained, and serve with cut lemon, piquant, or tartar sauce.

Sturgeon Cutlets, Grilled.—The slices should be cut about one inch thick. Dip them in egg and bread crumbs, well season with salt, pepper, or cayenne; broil them over a clear coke fire until they are nicely browned on both sides, which will be in about a quarter of an hour. Serve on a hot plate with piquant sauce or melted butter.

Trout, Boiled.—Scale well and empty the fish. Plunge the trout into almost boiling water, with a heaped

tablespoonful of salt to each quart of water. Let it boil gently, and as soon as the tail end begins to break the fish is done. The time taken greatly depends on the size of the fish, but the trout being so very delicate, it must not be allowed to remain in the water a minute longer than is necessary. Drain well, serve on a napkin, and send to table with a tureen of dutch, lobster, or sauce piquant.

Trout in Jelly.—After the fish have been emptied and cleaned form them into circles by skewering the tails into the mouths. Put them into warm water, with salt, vinegar to taste, two shallots, a clove of garlic, and when cooked place them on a dish to get cool. Baste the fish with fish jelly, coat after coat, until they are nicely covered. When set garnish according to taste.

Whitebait, to Cook.—Drain the whitebait out of the water, throw on to a cloth, dry and flour them. A very good plan is to shake them in the cloth with flour, and then shake them on a sieve to get rid of the superfluous flour. Should any stick together they must be separated. This will not occur if the fish be very fresh. Take a cupful at the time and put them into the wire basket, and when the fat is boiling plunge them into it for one minute or two. Shake them in the fat so that they do not stick together, and when they are slightly crisp they are done. Do not allow them to get brown. Drain them in the basket, sprinkle a little salt on them while shaking them, and turn out on to a dish with a folded napkin on it. Garnish with parsley, and serve with cut lemon and brown bread and butter.

Whitebait, Devilled.—Cook the whitebait as in the previous recipe until they are crisp, and while draining in the basket sprinkle them with cayenne pepper and salt, and re-plunge them into the boiling fat. Serve with lemon and brown bread and butter.

JOINTS.

Sirloin of Beef.—In choosing this joint take care that the butcher cuts it evenly, that is, that the bone end is not larger than the flank end. The middle cut with a large undercut is the best, and most economical.

Put it in a sharp oven for the first 15 minutes, to close the pores of the meat, and then reduce the heat. Time required, about a quarter of an hour for each pound. Baste continually. Strain off dripping, and thicken the browning which is left with a little flour and water, or brown sauce. Horse-radish and Yorkshire pudding are usually served with this joint.

Round of Beef, Boiled.—A whole round of beef weighs about 24 lbs., therefore a little less than half a round should be purchased. The butcher usually supplies it already salted. Wash it in two or three waters, and put it in a saucepan with sufficient cold water to cover it. Add a bunch of carrots, and bring it to the boil quickly, and let it boil for about five minutes, removing all the scum during that time. Reduce the heat, and let it simmer very gently for about 4 hours.

Roast Ribs of Beef.—The best part to buy is what is termed the fore-rib. Saw off the ends of the ribs, put the joint into a baking dish with a grid under it, and roast in the same way as for sirloin. The pieces of bone which have been sawn off may be boiled according to the same recipe as given for brisket.

Aitchbone of Beef, Roast.—This joint is unquestionably the most economical. Select a joint about 10 to 12 lbs., which will take from 3 to 3½ hours to cook. It must be put into a very hot oven at first, in order to close the pores of the meat. After a quarter of an hour the heat must be reduced to a moderate one. Baste frequently until it is sufficiently cooked. To carve this joint it must be cut across the grain, and the slices should be cut a little thicker than for ribs or sirloin.

Boiled Leg of Mutton.—Remove the shank bone and wipe the joint with a damp cloth. Put it into a large saucepan with sufficient boiling water to cover it. Let it boil up, remove the scum, reduce the heat, and let it simmer very gently until sufficiently cooked, allowing 3 hours for a joint weighing 9 lbs. after it has once boiled. A bunch of very young turnips may be thrown in about half an hour before the joint is cooked. Serve the joint with the turnips round it, and melted butter made with a tablespoonful of capers.

Roast Leg of Mutton.—A joint weighing from 7 to 8 lbs. will require 15 minutes to each pound. Start it in a brisk oven for the first ten minutes. Reduce the heat for the remainder of the time. A quarter of an hour before it is done, dredge it with flour, increase the heat of the oven, and baste well. Pour off the fat, mix a tablespoonful of some good meat extract with a little flour and water, pour it into the baking tin, and stir it over the fire until thickened.

Roast Haunch of Mutton.—Wipe the joint and dredge it with a little flour. Put it into a baking tin and in a hot oven for the first 20 minutes, reducing the heat to a moderate one. Let it cook gently, allowing 15 minutes to the pound. Baste frequently. Take up the meat, pour off the fat, and make the gravy with what remains in the tin, with a little flour and moistened with a little stock. Cook it over the fire, well stirring it all the time, and season with a little salt and pepper. Serve in a sauce boat, and send red currant jelly to table with this joint.

Roast Shoulder of Mutton.—This joint should be well hung. Sprinkle it with a little pepper, salt and flour. Cook in the same manner as a leg of mutton, allowing 15 minutes to the pound, and serve with some well made onion sauce.

Loin of Mutton Roast.—Trim off the unnecessary fat, sprinkle with a little salt and flour. Allow 15 minutes to each pound of meat, and cook in the same

way as for roast leg of mutton. This joint is not considered a very cheap one, on account of the large quantity of fat and bone.

Loin of Mutton, Rolled.—This will be found less expensive than with the bone in it. The bones must be removed and the meat laid flat on the board, and a good force meat made (see recipe), which must be laid right along where the bones have been taken out. Carefully roll it up and tie it with string every 2 inches. Boil the bones to make a nice gravy, which may be thickened with a little flour, after returning it to the tin, and having previously removed the fat. Allow 15 minutes to each pound.

Leg of Mutton, Braised.—This is a very good way to cook a lean leg of mutton, or foreign meat.

Put into a saucepan two or three slices of bacon, a little mutton dripping, four or five small onions, and two or three shallots. Place the leg of mutton on the top of all, sprinkle it with some sweet herbs, parsley, and bay leaf. Close the lid tightly, and let it cook for ten or 15 minutes. Turn the joint over for another 15 minutes, and then add $\frac{1}{2}$ pint of good stock. Let it gently stew for 4 or 5 hours, assuming the leg of mutton weighs 7 lbs. Care must be taken that it does not in any way burn. A quarter of an hour before serving thicken a little stock with flour, and well mix it with the gravy in the saucepan. Strain, and serve on a very hot dish with stewed carrots.

Roast Saddle of Lamb.—Wipe the joint with a dry cloth. Rub a little butter over it, and cover it with a piece of buttered paper. Put it in a very hot oven, reducing the heat after the first 20 minutes, allowing 20 minutes for each pound of meat. Fifteen minutes before taking it up remove the paper, dredge a little flour over the joint, return it to the oven, and let it brown. Serve with some mint sauce, new potatoes, and green peas.

Boiled Leg of Lamb.—Put the joint into a saucepan, with sufficient boiling water to nearly cover it. Bring it

to the boil, and remove the scum as it rises. Put in a tablespoonful of salt, and let it simmer gently until quite tender. Allow 20 minutes to each pound of meat, reckoning the time from when it first starts to boil. Take up the meat, put it on a hot dish, and garnish with some sprigs of boiled cauliflower. Pour over the whole some well made caper sauce.

Roast Forequarter of Lamb.—Dredge a little flour and salt over the joint. Put it in a very hot oven to start it, reduce the heat after ten or 15 minutes. Allow 20 minutes for each quarter of a pound. With roast lamb always send to table some finely chopped mint sauce. In cold weather it is a great improvement to warm it.

Roast Loin of Veal.—Take a loin weighing between 6 and 7 lbs. Place buttered paper round the lean part of the loin, and cover the kidney entirely with its fat. Place it in a tin in a very hot oven to start with for the first 15 minutes. Reduce the heat, and let it cook, allowing 25 minutes to the pound. As veal must be thoroughly well cooked, baste frequently until done. Twenty minutes before it is done remove the paper, sprinkle it with salt, pepper, and a little flour, increase the heat in the oven, and let it get a nice rich brown. Make some brown gravy sauce, and send to table with some cut lemon. Boiled ham or boiled bacon should accompany this dish.

Boiled Ham.—English and small Canadian hams are unrivalled. They can be bought all the year round and almost of any desired weight from 4 lbs. upwards. If the cooking of these hams is properly attended to, they will be found most delicious.

Purchase the ham the day before it is required. It should be washed, scrubbed and placed to soak in cold water over night. Put it into a ham boiler, or large saucepan, with sufficient cold water to cover it. Tie up in a small muslin bag the following:—one onion, six shallots, one small carrot, two cloves of garlic, two bay

leaves, one teaspoonful each of celery seed, whole allspice, and whole pepper, one blade of mace, and eight cloves, one teaspoonful each of dried powdered lemon thyme, marjoram, and basil. Tie the bag securely and place it underneath the ham in the saucepan. Allow 20 minutes to each pound of ham in which to simmer after it has been brought to boiling point. This slow simmering is most necessary, otherwise the ham will be hard and tough. When done, do not take the ham out, but leave it in the liquor until same is nearly cold, when remove the ham. Take off the skin, which may very easily be done, and grate some bread crumbs over the ham. Place a paper frill on the shank bone, and put the ham in the centre of an oval dish, and decorate with sprigs of fresh green parsley.

Veal should be eaten as fresh as possible, and if it is at all tainted, it should be refused. It is best from May to September.

Roast Breast of Veal.—This joint should have the caul to cover it. Put it into a very hot oven, and when about half cooked dredge some flour over the joint, and let it get nicely brown. Put some force meat balls in the dish. Allow 25 minutes to the pound for cooking. Put a little melted butter over the joint, and send to table with some cut lemon.

Knuckle of Veal, Boiled.—Put into a stewpan a knuckle of veal, cover it with cold water, bring it to the boil, then let it simmer gently for $2\frac{1}{2}$ to $3\frac{1}{2}$ hours, till the gristle is tender, but not allowing it to leave the bone. A piece of boiled bacon, greens or mashed turnips are usually served with this dish. Parsley and butter sauce should be poured over it, and the dish garnished with parsley, cut lemon, and forcemeat balls.

Brisket of Beef, Boiled.—Take a joint of about 6 or 7 lbs. Rub it all over with salt and vinegar, place it in a stewpan with sufficient stock or water to just cover it. Let it simmer for one hour. Add to it four carrots, three turnips, and two onions. Let the meat gently sim-

mer until it is quite soft, which will be in about 3 hours. Remove it from the saucepan, take away all the bones, and place it between two dishes, with a weight on the top one. Let it remain until the next day, then glaze it with some demiglaze. Serve it on a clean dish, with a border of parsley.

Roast Ribs of Beef, Rolled.—Take two ribs of beef, which would weigh about 6 lbs. and carefully remove the bones. Roll it up tightly, and put in three skewers, and tie with string. Fifteen minutes to each pound of meat will be required to cook it. Proceed in the same manner as for sirloin.

Boiled Silverside of Beef.—The silver side usually weighs from 8 to 9 lbs. It should be put into sufficient cold water to cover the joint, adding as many carrots and turnips as required. Let it boil up once. Remove the scum and let it gently simmer for 4 hours. Marrow will be usually found in the bone of this joint; remove the marrow, and serve it on toast, with pepper and salt.

Boiled Neck of Mutton.—Get 4 to 5 lbs. of the best end of a neck of mutton. Remove some of the fat, and cut off any long bones. Put it into boiling water, with a tablespoonful of salt to 1 gallon of water. Skim and remove any fat that rises. Allow 25 minutes to each pound of meat after it has come to the boil, but care must be taken that it only simmers very gently, otherwise the meat will be very tough. Boil some turnips half an hour, or longer if necessary, before taking out the meat. Make some caper sauce (see Caper Sauce), and serve with the turnips on a separate dish.

Shoulder of Mutton, Stuffed.—Remove the bones from a shoulder of mutton, and any superfluous fat. Make a sausage meat with some lean pork (about 1 lb.). Season well with pepper, salt, a little mace, and sweet herbs. Stuff the shoulder where the bones have been taken out. Bind it well together with some strong twine.

Put into a saucepan 2 ozs. of butter and four chopped up shallots, place the shoulder on this, shut the lid very tightly, and brown it on both sides. Add a pint of good stock, a bunch of savoury herbs, one onion, one carrot, a teaspoonful of allspice, and some button mushrooms. Let this gently simmer until the meat is thoroughly cooked, which will be in about $2\frac{1}{2}$ hours. Remove the meat, thicken the gravy, and serve.

Lamb.—New Zealand, Australian, or South American lamb may be generally obtained all the year round, but it cannot be compared with English home grown meat. House lamb the first three months of the year is considered a great delicacy, and is expensive. The grass lamb comes into season about Easter. Like all young flesh, it must be thoroughly cooked before it is eaten, or it is very unwholesome. Lamb is generally cut up into quarters, viz.: the hind quarter, the leg, the loin, the forequarter, and the saddle.

Roast Loin of Lamb.—This is rather an expensive dish. It must be well cooked (follow instructions given for the forequarter of lamb).

Ox Tongue.—Ox tongues may be either smoked or pickled; they are very nice when fresh. Soak the tongue in plenty of water for one hour before it is cooked. To know that it is young and tender it should be very plump, with a smooth skin. Put it into a large stewpan with sufficient water to cover it, two onions each stuck with four cloves, a teaspoonful of pepper-corns, a teaspoonful of allspice, a blade of mace, one bay leaf, three shallots, and 1 oz. of salt to each gallon of water. Boil it up and let it gently simmer for 4 hours. Take it up, remove the outer skin, put it on a hot dish, and send to table with some piquant sauce.

Ox Tongue, Pickled.—These can be purchased from the butcher already pickled. Well wash the tongue, and let it stand in some cold water for 2 or 3 hours. Boil it in the same manner as in the previous recipe.

Russian Ox Tongues.—These tongues require to be soaked in cold water for three days, changing the water twice a day. They should then be boiled according to the same recipe as given for ox tongue. They will, however, require at least 2 hours more cooking.

Pork.—This should never be eaten in hot weather. It is at its best between November and March. When possible, obtain dairy fed pork. If the skin is very thick the pork is old. The fat should be white and firm, and the lean finely grained. If it is clammy it is stale. If there are any kernels to be seen in the fat the meat must be rejected. Pork must be thoroughly cooked.

Roast Leg of Pork.—A leg of pork weighing about 7 lbs. will require 3 hours to cook. Score the skin with a knife at half-inch distances. Brush over the whole of the skin a little sweet oil, put it in a hot oven, baste frequently, and serve with apple sauce.

Loin of Pork, Roast.—This is considered to be the best joint for roasting. Take a loin of pork weighing about 5 lbs. Score the skin at equal distances, brush it over with a little salad oil, and baste well. A little sage and onion forcemeat should be put in the pan. Allow 30 minutes to each pound, and send to table with apple sauce.

Boiled Leg of Pork.—Select a leg not too fat, but very plump, weighing about 7 lbs. If it is already salted wash it and rinse it. Saw off the shank bone. Put the joint into a saucepan with sufficient cold water to cover it. Bring it slowly to the boil and let it simmer gently until done, allowing 20 minutes to each pound. Parsnips and peas-pudding must be served with this joint.

Roast Griskin of Pork.—A griskin of pork is really the loin with the bacon cut off. Allow 20 minutes to the pound. Sprinkle some powdered sage over the joint, and put it into a hot oven. Serve with brown gravy and apple sauce.

Roast Chine of Pork.—The chine is that portion of the pig which is taken from the spine between the shoulders. It is rather fat and requires 20 minutes to every pound to cook it. It must be well basted. Send to table with some piquante sauce, and apple sauce.

Spare Rib of Pork.—The spare rib generally weighs about 8 lbs. Dredge it with flour and salt, and put it into a hot oven, allowing 25 minutes to the pound. A quarter of an hour before serving sprinkle over it some chopped sage and shallot. Baste well, and serve with the gravy that comes from the meat.

Roast Sucking Pig.—These may be obtained nearly all the year round, but they are at their best in November and December. They should not be more than four weeks old, and should be cooked immediately they are killed, as they deteriorate very quickly. They are very nourishing, but less digestible than is often imagined. The prices vary from 5s. to 6s., according to the supply and demand. Make at least $1\frac{1}{2}$ to 2 lbs. of good force-meat, stuff the pig, and sew up the slit. It should be trussed in the same manner as the hare, with its fore legs skewered back to its hind legs forward. Brush over it a little salad oil, and put it in a very hot oven. Baste continually until it is done. It will take about $2\frac{3}{4}$ hours to bake. Remove it from the oven, cut it open, and lay the sides back to back, with one half of the head at each end. Add to the pan a little beef gravy or fluid beef, with a little lemon juice, cayenne, nutmeg, and a teaspoonful of flour to thicken. Pour it over the pig, and serve. Send to table some nicely made apple sauce.

ENTRÉES AND MADE DISHES.

Ox Tail Jardiniere.—Take two fresh ox tails and cut them at the joints, or saw them into pieces an inch thick; this latter way is the best. Place them in a stewpan with three large onions, one carrot, one turnip, six cloves, a blade of mace, one bay leaf, four sprigs of thyme and a tablespoonful of salt. Cover them with some clear stock, or water, place the stewpan on the stove, and let them gently simmer until all the pieces of tail are quite tender and easily leave the bone. Cut up three carrots and two turnips into $\frac{1}{2}$ inch cubes, peel 40 or 50 tiny onions and put these altogether into a stewpan with 1 oz. of butter and one teaspoonful of powdered sugar. Place them over a sharp fire for about ten minutes, tossing them about, then add $\frac{1}{2}$ pint of white stock, and let the vegetables gently stew until quite tender. Take the ox tails out of the stewpan, let them drain, and then turn them into the stewpan containing the vegetables. Season with salt and pepper, adding a glass of port wine, if liked, and serve.

Sheep's Heart.—Take one heart, or more, soak in salted cold water, wash thoroughly, trim neatly, and cut away the pipes. Make a good seasoning of onions, bread crumbs, sage, pepper and salt. Fill the heart with this seasoning and fasten with a skewer or a needle and thread. Put 2 or 3 ozs. of butter into a stewpan, with two shallots (cut up), place it on the fire, and as soon as this browns place the hearts in and let them cook gently for about 2 hours, turning them occasionally until they are a rich, brown colour. Then cover them with some good stock, which has been previously flavoured with mushroom ketchup, pepper, salt, and a little vinegar. Serve.

Calf's Head Tortue.—Place the half of a calf's head in cold water, with plenty of salt, and let it remain for 24 hours, changing the water occasionally. Remove it from the water and drain it, take out the brains and blanch them by plunging into boiling water for a minute

or two. Tie up the head in a clean cloth and put it in a saucepan with sufficient cold water to cover it. Bring it quickly to the boil, take it out, rinse it in cold water, and put it in a stewpan with a fresh lot of cold water or stock. Add one leek, two carrots, three onions, a bunch of herbs, a teaspoonful of pepper-corns, a teaspoonful of allspice, a tablespoonful of salt to each gallon of water, and a blade of mace. As soon as it boils, skim it, reduce the heat, and let it simmer very slowly for 4 hours. Take it up, remove the cloth and the outer skin and cut the meat into nice square pieces. Put the pieces in a pile on a large square of fried bread. Garnish the dish with slices of braised sweetbread, calf's brains, and the tongue. Serve with Espagnole or Tartare sauce.

Sheep's Liver à la Française.—Slightly butter some slices of liver which have been previously cut about $\frac{1}{2}$ inch thick. Sprinkle pepper and salt on one side. Make a mixture of 2 ozs. of bacon (minced very finely), a teaspoonful of chopped parsley, and a small shallot (chopped finely). Spread this evenly over the liver and place it in a stewpan, with closed lid. Let the heat be so moderate that it will draw out all the juices without simmering, as if allowed to simmer ever so gently it will be spoiled. To prevent this, the saucepan may be placed on an iron stand. In one hour the liver will be done. Place it on a hot dish, simmer the bacon together with the gravy for two or three minutes, pour this sauce over the liver, and serve.

Ragout of Cold Beef.—Cut 1 lb. of cold beef into small pieces. Put the pieces into a stewpan, with two onions cut up, and 1 oz. of butter. Let it all fry together for about three or four minutes, then add $\frac{1}{2}$ pint of stock, some mixed spice, two pickled walnuts (cut up), with a little salt, pepper and chutney to taste. Let it stew very gently for three-quarters of an hour, and, if required, thicken with a little cornflour.

Braised Sweetbreads.—Take two calves' sweetbreads; throw them into cold water for at least 3 hours,

changing the water two or three times. As soon as they are quite white put them into boiling water and let them boil for two minutes, which will make them quite firm. Then throw them into cold water again, as this will preserve their colour. Dry, and place them on a dish; cover with another dish and place a weight on the top. Leave them for 2 hours. Cut up into very small dice half a carrot, onion, turnip, and two tomatoes, from which remove the skins. Put them all into a stewpan with a cupful of strong stock, and then place the sweetbreads on top. Let them gently simmer until tender, which will be in about an hour. Take up the sweetbreads, put them on a baking tin and then place in a hot oven to brown. Strain the stock and boil it down to a glaze, with which coat the sweetbreads, and dish up with a border of mashed potatoes. Serve.

Calf's Liver and Curry Sauce.—Cut into thin slices 1 lb. of calf's liver and fry it in bacon fat, or butter, until a golden brown. Remove the liver from the pan and sprinkle in a dessertspoonful of curry powder, one apple (minced finely), and a pinch of sugar. Stir it about while cooking and add a cupful of boiling stock. Stir well and let it simmer for five or ten minutes. Let it cool, then add the liver and keep it hot for half an hour, and serve.

Calf's Liver and Bacon.—Fry the requisite number of rashers of bacon and remove them to a hot dish. Sprinkle the slices of liver with flour and pepper and fry them quickly in the pan with the hot bacon fat. When done, place a slice of bacon on each slice of liver. Pour off the fat and make some gravy by mixing a little corn-flour with water (the desired quantity), and putting it in the pan, with a tablespoonful of lemon juice. Pour it over the liver and bacon and serve with a garnish of lemon.

Bullock's Kidney.—Cut the kidney into slices and fry it in butter until a light brown. Mix a little corn-flour with warm water and add it to the butter to make

gravy, after removing the kidney into a saucepan. Season with pepper and salt, add the gravy, and stew very slowly until tender. A little mushroom ketchup may be added.

Potato Rissole.—Finely chop some parsley and sweet herbs, the yolks of three hard boiled eggs, 1 lb. of potatoes, one shallot, and half an onion. Mix well together with 2 ozs. of butter and roll into balls. Flour them, or use eggs and bread crumbs. Fry in hot fat to a golden brown colour. Serve on a dish with fried parsley.

Savoury Mincemeat.—Pass through a mincing machine, or cut up, about 10 ozs. of cold meat, one turnip, $\frac{1}{2}$ lb. of potatoes, three onions and one carrot, after the vegetables have been boiled in salted water. Now take some minced parsley, a little lemon peel, 4 ozs. of bread crumbs, a pinch of thyme, salt and pepper to taste, and a tablespoonful of Harvey's sauce. Put all these ingredients into a well-greased pie dish, grate some cheese over it, and bake until nicely browned—about 30 to 40 minutes.

Chicken (Curried).—Disjoint a chicken by cutting off its two wings. Divide each leg into two pieces, at the joints, the breast into two pieces, and the back into halves. Put into a stewpan 1 oz. of butter, a small onion (finely chopped), and a very small piece of garlic. Stir all together over the fire until the onion has browned. Mix well together two teaspoonfuls of curry powder and one of curry paste. Add $\frac{1}{2}$ pint of stock, and bring it to a boil, stirring all the time. Now add the pieces of chicken and allow it to stew very gently for half an hour. Stir occasionally, and if it requires a little more stock or water to prevent it getting too dry, add it. When it is sufficiently cooked, the flesh will easily leave the bones, and the sauce should adhere thickly. Place it upon a dish, and season with the juice of half a lemon and a little salt. Send it to the table with some plain, boiled rice served on a separate dish.

Cutlets (Fried).—Cut from a neck or loin of pork, or mutton, the number of cutlets required, and trim them. Dip them in egg and bread crumbs, fry a nice brown colour, and arrange on a dish in a circle with spinach, potatoes (or any other vegetables preferred) in the centre.

Giblet Pie.—At certain times of the year giblets may be purchased very cheaply; six pennyworth will make a pie sufficient for four persons. Ask the poulterer to clean them ready for cooking. Put into a stewpan 2 ozs. of butter, one shallot, a bay leaf, one onion cut into halves, a little salt, and two cloves. Place it on the fire until the onions are brown. Now add the giblets and stir them for about ten minutes. Put $1\frac{1}{2}$ pints of stock or hot water and let them simmer gently for about 2 hours. Allow them to get cold. Take a pie dish and place in it some pieces of rump steak, then a layer of giblets and liver and steak over them, and so on until the dish is filled. Add the liquor in which the giblets were stewed, season to taste, cover with a puff paste, and bake.

Chicken Minced and Poached Eggs.—Remove all the white meat from a boiled or roast fowl and mince it, or cut it into fine shreds. Place it in a stewpan with $\frac{1}{4}$ pint of white sauce. Let it simmer gently for about 10 or 15 minutes. Send to table with poached eggs around it, and a croûton of fried bread between each egg, and a scollop of ham and tongue. Pour a little white sauce round the entrée, and serve.

Irish Stew.—This must not be served in the least way greasy. Remove nearly all the fat from the chops of the best end of a neck of mutton (about 2 or 3 lbs.). Take some peeled potatoes, about twice the weight of the meat, and slice them; also slice eight large onions. Into a stewpan place a layer of potatoes and onions, put the meat on this and season with pepper and salt. Cover this with potatoes and onions and put another layer of meat and so on until all the meat and vegetables are used. Add sufficient water or stock to quite cover them.

Secure the lid firmly, and do not remove it until the stew is quite done, which will be in about $2\frac{1}{2}$ to 3 hours, allowing it to only gently simmer.

Braised Rump of Beef.—Take about 6 lbs. of rump of beef and remove all surplus fat and bone, place it in a stewpan, cover it with stock and let it simmer gently for one hour. Remove the meat, and let it drain, and put it into an earthenware braising pan, or stewpan, with three or four small carrots, four shallots, four small onions, two bay leaves, a sprig of parsley and thyme, and a cupful of good gravy or water. Now put in the meat, and let it braise gently for 3 hours, keeping the lid slightly lifted, basting occasionally, and add a wine-glassful of marsala wine very gradually. The meat must be a rich brown colour and the vegetables well cooked. Should the gravy require thickening use a little corn-flour. Serve on a large dish, and garnish with carrots and brussels sprouts.

Sweetbreads and Mushrooms.—Soak for one hour two sweetbreads in warm water with a teaspoonful of salt. Cut away the fat and gristle, and pick off the skin. Boil it for 30 minutes in enough water to cover it, then strain off the liquid. Put into a saucepan $\frac{1}{2}$ pint of milk, a little cayenne, a teaspoonful of salt, and seven or eight large mushrooms, or a little mushroom ketchup. Let it boil slowly for half an hour, thicken with a little cornflour, add 2 ozs. of butter, a tablespoonful of chopped parsley, and dish the sweetbreads whole and serve with the sauce.

Minced Ham and Eggs.—Make some rounds of hot buttered toast, with the crust taken away, and lay on each, one poached egg. Place round it some minced ham seasoned with cayenne pepper. Garnish with watercress.

Bachelor's Ragout.—Take some beef, weighing about 4 lbs., from the fillet, rump or buttock, or a fillet of veal. Put into a stewpan a little butter, and when it is hot add the meat, pepper and salt, and let it

cook until a nice brown colour. After cutting up into thick slices two or three carrots remove with an apple corer the white parts and add it to the meat, with $\frac{3}{4}$ pint of water. Cover it up very tightly and let it simmer gently for three-quarters of an hour, when the meat must be turned, keeping the carrots still on top. Now add to it half a dozen small onions, a little mushroom ketchup and simmer for another hour, or longer if not tender, and if necessary add a little boiling water from time to time. Some green peas may be served round the dish, if liked, and if veal is used instead of beef, a little ham and the juice and rind of a lemon.

Blanquette of Turkey.—Cut into large thin slices the flesh from a boiled or roast turkey, put the bones into a saucepan with a little parsley, thyme, a bay leaf, one onion and a little bacon. Cover with water, boil very gently for three-quarters of an hour, skim, and pass the stock through a tamis and with it make a little white sauce. Place the meat in a stewpan, and season with salt, pepper and nutmeg, with enough of the sauce to cover it. Let it warm gradually, but do not allow it to boil. When very hot stir in three tablespoonfuls of cream or milk, mixed with the yolk of an egg, and when it is thick serve with sippets of toast. A great improvement may be made by adding some button mushrooms and a few slices of cooked ham.

Stewed Rabbit.—Cut up a young rabbit into pieces, wash and dry in a clean cloth. Cut $\frac{1}{2}$ lb. of streaky bacon into small pieces, about an inch long, and fry them. Then cook the pieces of rabbit in the bacon fat until they are a nice brown colour. Put the rabbit and bacon into a stewpan with two shallots, one small onion, one small carrot, all cut up small, and add $1\frac{1}{2}$ pints of any good stock with salt and pepper to taste. Let it boil up once and place it on one side of the stove to simmer very gently until tender.

Veal Olives.—Cut 2 lbs. of veal into thin slices, about 4 inches long and two wide. Roll up a thin slice of fat

bacon or ham with each piece of veal, tie them up with thin string, or secure with a small skewer, dip them into egg and bread crumbs, and bake in a hot oven. Serve with brown gravy.

Grilled Kidneys and Tomatoes.—Cut the required number of sheep's kidneys into halves and skewer them down. Grill for three minutes over a very clear fire, place them on a hot dish, sprinkle over a little minced ham or bacon and a little pepper. Put a little piece of butter on each and bake in a moderate oven for five minutes. Remove the skewers, and serve with a border of fried tomatoes.

Tongue Ragout (Potted).—Take the remains of a cold tongue and cut it up into pieces. Place it in a saucepan with two bay leaves, a small onion, half a teaspoonful of herbs, a teaspoonful of allspice, and a little cayenne. Cover it with water and let it simmer very gently for 6 hours or longer until all the water has been absorbed, taking the greatest care that it does not burn. Remove the gristle and bones, bay leaves, etc., put it in a mortar and pound it until it is perfectly smooth. Press it closely into pots, which place into a hot oven for half an hour. Remove, and cover the top with fat.

Kidneys (Grilled).—Rub the bars of a gridiron with a small piece of suet after warming it. Put the kidneys in hot water, remove the skin, cut them in half, but do not quite divide them, open each kidney and pass a very small skewer through them, broil for three or four minutes over a very clear fire, putting the cut side to the fire first. Have ready some hot buttered toast, remove each kidney from the skewer, slip it on to the toast and season with pepper and salt to taste.

Chicken and Rice.—Throw into boiling water $\frac{1}{2}$ lb. of rice and wash it in two or three waters. Let it boil gently for a quarter of an hour. Put it in a stewpan with a plump young chicken trussed for boiling, with a pinch of salt, a small onion, six or eight pepper-corns, and 1 oz.

of butter. Cover the fowl and rice with veal stock or water, cover the saucepan very closely, bring the liquor to the boil, and then let it simmer very gently from half to three-quarters of an hour, or until the chicken is tender. Take up the chicken, keep it hot, strain the rice, put it before the fire for a minute or two to swell, thicken the gravy with a little flour and butter, add $\frac{1}{4}$ pint of cream, if liked, and re-heat it. Place the fowl in the centre of the dish, arrange the rice around it, with a little sauce poured over it. Send the rest to table in a tureen.

Curried Pork.—Cut 2 lbs. of moderately fat pork into small slices and fry them a nice brown colour in a little butter. Remove and drain them. Mince an apple and six onions and fry them in the butter the meat was cooked in. Move them continually, and when quite soft pass them through a sieve and mix the pulp with a dessertspoonful of ground rice, a tablespoonful of curry powder, and $\frac{3}{4}$ pint of stock and water, adding a little salt. Stir this sauce over the fire until it boils, put in the slices of pork, bring it to a boil, and then draw it to the side of the fire, and let it simmer very gently until it is done. Turn out the pork on to a hot dish, pour the sauce over it, and serve with boiled rice as a separate dish.

Bœuf à la Mode.—Put into a stewpan 2 ozs. of butter, and a tablespoonful of flour. When the butter begins to froth, stir until it is well mixed and of a golden brown colour. Place in the saucepan about 4 lbs. of rump of beef, and let it fry gently so that it does not stick to the pan until it is browned all over. Add 1 pint of good stock by half cupfuls at the time. Put in a few young carrots, onions, two bay leaves, three cloves, two shallots cut up, and a small bunch of herbs. Let it gently simmer for 4 or 5 hours, according to the size of the meat. Place the meat upon a hot dish. Salt, pepper, and thicken the gravy, let it boil up again, strain through a tamis, and serve.

Calf's Head.—Take half a calf's head, remove the eye, ear, and gristle. After it has been thoroughly washed take out the tongue and brains, which can be used for another entrée. The head may be blanched by covering with cold water. When boiling strain off the water and cover again with cold water. Add some stock, vegetables, a bay leaf, and some parsley. Simmer until the meat leaves the bone, which will take from 2 to 2½ hours. Cut the meat into slices, selecting the best, pour over a rich tartar sauce, and garnish with cut lemon.

Lamb Cutlets.—Neatly cut and trim the cutlets, and fry them in butter, with a flavouring of lemon juice added to the butter. Prepare some cooked peas by tossing them in butter. Place the cutlets on a dish with a frill to each, and serve with the peas.

Hot mint sauce made with the preparations of one tablespoonful of mint to one of vinegar, and a little sugar, should be sent to table with this dish, or if preferred may be poured round the cutlets.

Calf's Heart.—The heart must be thoroughly washed, but not allowed to soak. After cutting away any unnecessary piping the cavity must be filled with a seasoning made of two tablespoonfuls of bread crumbs, and the following chopped together :—three sage leaves, three marjoram leaves, $\frac{3}{4}$ of a bay leaf, and one teaspoonful of parsley. Mix all thoroughly together, season with salt and pepper to taste, and bind with a little milk. Roast the heart from 1½ to 2 hours, according to size, and to prevent it becoming dry baste it very often. Cut it into slices, place on a very hot dish, and pour over some rich gravy made as for roast meat. Dip some onion rings in the white of eggs and flour, fry them and garnish the dish with them. Let it be returned to the oven for a minute or two, and serve very hot.

Marrow Bones.—Saw the marrow bones into pieces 2 or 3 inches long, and to prevent the marrow coming

out, cover each end of the bone with a paste made of flour and water. Boil for one hour in a cloth securely tied at each end. Remove the cloth and paste and put each piece of bone on to a hot square of toast, or the marrow may be scooped out and spread on the toast with a sprinkling of salt and pepper. Garnish with a little parsley.

Chicken Salad.—Remove all skin and bones from a chicken, and cut it into dice (not too small). Take half an endive, half a stick of celery, and one French lettuce. Break the lettuce and endive into small pieces, wash the celery and cut it into small pieces. The salad must be very dry, or the dressing will not mix with it. Mix four or five tablespoonfuls of mayonnaise sauce with the chicken and salad, and garnish with the yolk of a hard boiled egg and thin slices of cucumber.

Steak, Grilled.—Take $1\frac{1}{2}$ lbs. of steak cut thick, and season with salt and pepper. Grill for ten or 15 minutes, and garnish with horse-radish and circles of fat. Serve with it mushrooms or walnut ketchup.

Mutton Cutlets with Soubise and Tomato Sauce.—Grill the cutlets, which have been previously cut and trimmed, for eight minutes. Make $\frac{1}{2}$ pint of tomato sauce and $\frac{1}{2}$ pint of soubise sauce. Put them into separate saucepans, re-heat them, place the cutlets in a circle on the dish, and put the soubise in the centre, and the tomato sauce round.

Chicken Cutlets.—Take about $\frac{1}{2}$ lb. of the flesh of a cooked fowl or turkey, and about $\frac{1}{4}$ lb. of cold fat pork or cold veal. Mince them finely, or pass through a mincing machine, add a tablespoonful of cream, season with pepper, salt, and a squeeze of lemon. Mix well and form them into the shape of cutlets. Dip in egg and cover with bread crumbs, and fry in hot fat. Drain, and place a cutlet frill on the small end of each, and send to table with green peas.

Curried Mutton.—Cut into pieces 1 lb. of lean mutton (not too large). Slice three onions and fry

without browning in 2 ozs. of butter. Put the onions into a stewpan with $\frac{1}{4}$ lb. of stoned cherries (if procurable), two tablespoonfuls of curry powder, eight cloves, one stick of cinnamon, three sliced apples, three dessertspoonfuls of curry paste or powder, and a little lemon juice. Stir well with an iron spoon, and add the pieces of meat. Simmer for $1\frac{1}{2}$ hours in a tightly closed stewpan. Serve on a very hot dish with plenty of boiled rice round it.

Breast of Mutton, Grilled.—Take a small breast of mutton and put it into a saucepan with one bay leaf, a little chopped parsley, two or three shallots, thyme, salt and pepper to taste, and enough water to moisten it. Cook it until tender, and then remove the bones. Make a mixture of chopped parsley, shallots, salad oil, pepper and salt to taste, and brush the meat with this. Cut it into slices and put egg and bread crumbs on each piece, and grill over a quick fire. Send to table with tartar sauce, and garnish with chicory (chopped).

Ragout of Beef.—Take $1\frac{1}{2}$ lbs. of the top side of the round, cut it into slices about $1\frac{1}{2}$ inches square and roll it in flour, season with salt and pepper. Fry in 2 ozs. of dripping or butter until of a nice brown colour, turning continually. Do not put the meat into fat until it is boiling, or a nice brown colour will not be given to it. Cut into slices or squares one onion and one carrot. Remove the meat from the pan and fry the vegetables until brown. Mix one tablespoonful of flour with a little water, and stir it into a pint of stock. Boil in a stewpan and when boiling add the meat and vegetables, and allow it to simmer for one hour. If the meat is allowed to boil it will become hard and indigestible. Now break $\frac{1}{4}$ lb. of sparghetti into warm water and let it boil for a quarter of an hour. Strain it and make a border of it round the ragoût, and garnish with quarters of pickled walnuts.

Pork Fricassee.—Cut into slices one onion, and fry it a nice brown colour. Cut the meat into thin slices,

season with salt, add it to the onion and fry it a little. Remove it to a stewpan and add a pinch of mace, a sprinkle of flour, and a tablespoonful of vinegar, and moisten with a little gravy or stock. Simmer for 20 minutes. Serve on a hot dish and garnish with sippets of toasted bread.

Devilled Chicken.—Remove the skin from the wings and legs of a chicken. Cut a deep incision in several places of the flesh, make a fiery mixture of cayenne pepper, salt, mustard, anchovy and butter, and rub it well into the cut parts of the flesh. Broil over a clear fire, and serve on a hot serviette.

If required for breakfast this could be prepared over night.

Roasted and Stuffed Beef Steak.—Soak two French rolls in milk; put into a frying pan 1 oz. of butter, a bay leaf, two shallots, two blades of mace, a clove, a few mushrooms, and a slice of lean ham finely minced, and a little chopped parsley. Squeeze all the milk from the rolls, and put into a stewpan with three or four tablespoonfuls of rich stock. Add $\frac{1}{4}$ pint of stock to the ingredients in the frying pan, boil for ten minutes, strain the liquid into the stewpan, stir in a little butter, and place it on the fire; keep stirring, and when dry add the yolks of two eggs to bind it. Take 2 lbs. of rump steak cut thick, season with pepper and salt, roll up the forcemeat tightly in it that it may not drop out, and roast before a clear fire for half or three-quarters of an hour. Baste with butter, and serve with a rich gravy.

Minced Kidneys.—Chop into very small pieces an ox kidney, and fry it for 15 minutes in 2 ozs. of hot butter, continually moving them so that they may be equally cooked. Add one tablespoonful of good brown gravy, moisten the mince, let it stew a few minutes longer, and serve on a hot dish.

Stewed Kidneys.—Mince a shallot, skin the desired number of kidneys, and fry them with the shallot very

slowly until they are half cooked. Place in a stewpan $\frac{1}{2}$ pint of good stock or gravy thickened with cornflour, the liquor from the frying pan and the kidneys. Let it stew gently for 15 minutes, and serve with sippets of toast.

Sweetbreads, Baked.—Always prepare the sweetbreads by soaking, etc., as given in directions for calf's sweetbreads. Dry them, prepare egg and bread crumbs, and dip them in it; place them on a baking dish, put some small lumps of beef dripping round them, bake for three-quarters of an hour in a moderate oven. Baste frequently, and serve on slices of toast, with a rich brown gravy round them.

Fricandeau of Veal.—Bone, trim, and lard 4 lbs. of veal. Put the trimmings of the meat into the stewpan with one clove of garlic, three onions, three shallots, one sliced carrot, and salt and pepper to taste. Add the veal and $\frac{1}{2}$ pint of stock to it, and let this boil until the stock is nearly all reduced. Add another $\frac{1}{2}$ pint of stock, and let it simmer gently for $1\frac{1}{2}$ hours, with the lid tightly covered. The fricandeau must be basted every five minutes until it is a nice brown colour. Remove the fricandeau on to a hot dish, give the gravy a boil up and pour it over the meat.

Olla Podrida.—This national Spanish dish is a great favourite with the poor of Spain.

Take a chicken which has been trussed for boiling, brown it in hot butter, put in a stewpan with $1\frac{1}{2}$ lbs. of rump steak, $1\frac{1}{2}$ lbs. of mutton, and $1\frac{1}{2}$ lbs. of veal, all slightly browned. Add 1 lb. of streaky bacon and cover the whole with boiling water. After it has simmered gently for one hour, add a pint of green peas (if in season, if not, soak a pint of dried peas over night), one head of celery, twelve young onions, six carrots and turnips, and a bunch of parsley, and let it all boil very gently until the vegetables are cooked. Salt and pepper must be added as required, and before serving the bacon should be removed.

Beef Olives.—Make a forcemeat of bread crumbs, parsley, herbs, suet, pepper and salt, and bind with an egg. Cut into thin slices (about 4 inches long and 2 broad) 2 lbs. of rump steak, and fill each slice with forcemeat. Roll it up tightly, fasten with a thin piece of string, egg and bread crumb them, and fry them a light brown in hot fat. Remove the meat to a stewpan, add about 1 pint of good stock, or make this quantity with some fluid beef, and let it stew for about half an hour. Thicken the gravy with a little flour, and thicken with mushroom ketchup, and serve.

Ox Tail, Stewed.—Disjoint an ox tail, cut it into pieces $1\frac{1}{2}$ inches long, place them in boiling water for a quarter of an hour, remove, drain, and let them soak for one hour in cold water. Take them out of the water and wipe them with a clean soft cloth, and put them into a stewpan with a bunch of savoury herbs, three carrots, a large onion stuck with three or four cloves, salt and pepper to taste, and 2 quarts of stock or water. Let it simmer gently until quite tender, and serve on a hot dish with sippets of toast, and, if liked, a squeeze of lemon.

Ox Tail, Stewed with Green Peas or Spinach.—Stew the ox tail in the same manner as "Ox Tail, Stewed." Remove the meat when tender on to a hot dish, strain the gravy, return it to the stewpan, and let it boil gently until it is reduced one half. Arrange the green peas or spinach in the centre of a hot dish, and the ox tail in a circle round. Pour the gravy over the meat, and serve.

Devilled Kidneys.—Divide eight kidneys. Take a teaspoonful of made mustard, one teaspoonful of chopped parsley, and season with salt and pepper. Put a little melted butter in the hollow of each kidney, and spread some of the mixture over them, and a layer of bread crumbs. Bake for 15 minutes in an oven not too hot, and baste continually with butter. Garnish with parsley, and serve on round croûtons.

Pheasants' Legs Devilled.—Remove the skin from the legs, and make a deep cut twice crossways on each side of the bone. Melt 2 ozs. of butter, and add to it a dessertspoonful of made mustard, a dessertspoonful of salt, a teaspoonful of pepper, and a dessertspoonful of anchovy sauce. Spread this mixture on the legs and in the scorings as much as possible, and leave them in a cool place until required. They should be prepared the night before, or at least some hours before they are required. Rub the gridiron with mutton fat, and grill the legs over a gentle fire, broiling them very slowly, and turning them frequently. Serve on a hot dish with melted butter poured over them.

Beef Steak and Onions.—Peel off the outer skins of two large Spanish onions, and cut them into thick slices. Divide 1 lb. of steak into pieces, thinner than for broiling. Fry these a nice brown colour in hot butter or beef dripping. Add the sliced onion, pepper, salt, and 3 ozs. more of butter. Remove to a saucepan, cover closely, and simmer very gently until tender. Arrange the steak on a hot dish in the centre, boil up the onion, gravy, sauce, add a tablespoonful of walnut ketchup, pour over the meat, and serve.

Ham and Macaroni.—Boil the required quantity of macaroni, and allow it to get cold. Cut it into inch lengths. Mince $\frac{1}{2}$ lb. of ham, chop up one large onion. Put at the bottom of a pie dish a layer of ham, seasoned with pepper and minced parsley, then a layer of macaroni, on which sprinkle some chopped onion, and 1 oz. of butter cut into small pieces. Continue putting more ham, macaroni, etc., in layers until the dish is filled, and then add a layer of very fine bread crumbs, some more pieces of butter, and a little white sauce. Bake in a moderately hot oven for seven or eight minutes.

Curried Kidneys.—Place in very hot water two kidneys, and remove the skin. Put 1 oz. of butter in a frying-pan, and, when quite hot, add to it the two kidneys which have been previously sliced. Stir over a

brisk fire for two or three minutes, remove them, add a pinch of salt and a dessertspoonful of curry paste. Mix thoroughly, and serve on toast.

Kidneys and Bacon.—Plunge the desired number of kidneys into very hot water, skin them, and divide them into slices crosswise. Make a mixture of a tablespoonful of flour, half a saltspoonful of pepper, and one saltspoonful of salt. Dip each piece of kidney into the mixture. Fry the required number of rashers of bacon over a very slow fire, turning them very often. When sufficiently cooked remove them to a hot dish, and fry the slices of kidney in the bacon fat, turning them every minute until they are cooked, which will be in about five minutes. Place them on the dish with the bacon. Mix a teaspoonful of flour thoroughly with as much water as will make a thick sauce, pour off the bacon fat that will not be wanted, add gradually the flour and water, stir over the fire until it boils, add a teaspoonful of mushroom ketchup, strain it over the kidneys, and serve.

Mushrooms and Kidneys.—Melt 1 oz. of butter in a stewpan, add to it about two dozen button mushrooms, and $\frac{1}{4}$ pint of stock. Let this simmer very gently for about seven or eight minutes, stirring it frequently. Skin and cut up into small pieces two sheep's kidneys, and let them simmer very gently until tender. Just before serving add half a teaspoonful of chopped parsley, pepper and salt to taste, and a glass of sherry.

Wet Devil.—Make a sauce of three tablespoonfuls of gravy, one of melted butter, a teaspoonful of mushroom ketchup, a teaspoonful of Harvey sauce, the same quantity of mustard and chilli vinegar, a tablespoonful of lemon juice, a wineglassful of port, a little cayenne and black pepper. All the ingredients to be regulated according to taste. Score the leg of a roast turkey, and fill up the scorings with salt, pepper, and mustard. Broil it over a very clear fire, and when ready to serve pour over the sauce.

Calf's Sweetbreads, Stewed.—Cut the root from two sweetbreads, soak them for two or three hours in water, blanch them by plunging into boiling water, remove them and put them into fresh water to cool. Place them in a stewpan with some well flavoured stock, and let them gently simmer for three quarters of an hour, or more if not done. Place them on a hot dish, take the gravy away from the fire for three or four minutes and add to it, very gradually, the yolk of an egg and four or five tablespoonfuls of cream. Let the sauce thicken over a gentle fire, but do not allow it to boil or the egg will curdle. Just before sending to table squeeze the juice of a lemon into it.

Ragout of Calf's Head.—Cut into slices $\frac{1}{2}$ -inch thick, and as long as possible, the flesh from a boiled calf's head, and sprinkle on both sides with grated nutmeg, flour, and salt. Melt 2 ozs. of butter, and fry the meat a light brown colour. Put each piece as it is cooked into a stewpan. Mix a tablespoonful of flour very smoothly with a little water, and add it to the butter left in the pan. Add gradually to this a breakfastcupful of the water the head was previously boiled in, and a wineglassful of sherry or Madeira. Season the liquor with a little cayenne and the juice of half a lemon. Pour the sauce, when it is smooth, over the meat, and let it simmer for 10 or 15 minutes. Arrange on a hot dish, pour the sauce round it, and garnish with sippets of toast.

Partridge, Broiled.—The partridge must be divided down the back. Spread it thickly with butter, and season with salt and pepper to taste. Broil over a very clear fire for about half an hour, keeping the inside next to the fire. Baste well, and just at the last reverse it to brown the skin. Serve on hot buttered toast, with a very slight flavouring of lemon juice.

Jellied Calf's Head.—Fill a border mould with boiling water, empty it, and rinse it with cold water. Cut some cooked carrot and a hard boiled egg into fancy

shapes, and take some cooked green peas. Half fill the mould with the remains of a boiled calf's head, and fill up with some of the stock in which the head was boiled, adding to it the carrots, egg, and green peas. If necessary the stock must be stiffened with gelatine. Allow it to set, remove from the mould, and fill the centre with a well mixed salad, and garnish with small tufts of mustard and cress.

Calf's Sweetbread.—To prepare, soak the sweetbread for one or two hours in cold water, changing it once or twice. Then put it in boiling water for about ten minutes, when it should be round and firm, but not hard. Remove, plunge in cold water again, and let it remain until it is required to be cooked.

Beef and Mushrooms.—Trim into shape a fillet of beef. Roll a long strip of bacon in some finely-chopped parsley and shallot, and a sprinkle of pepper. Make an incision in the fillet lengthways, and insert the bacon. Tie up the fillet with tape or string. Put some butter in a stewpan, and when it melts put the fillet in and let it brown. Mix a pint of tomato sauce, and a little gravy. Add it to the fillet and let it simmer for 2 hours. Place the meat upon a hot dish, remove the tape, garnish with fried button mushrooms and parsley, and pour over the sauce, and serve.

Braised Beef and Macaroni.—Boil some macaroni in veal broth, drain it, and add some Spanish sauce and grated Parmesan cheese. Mix well together, place it round the braised beef, and send to table with tomato sauce.

Collops of Veal.—Cut about 1 lb. of veal into round collops about $\frac{1}{2}$ -inch thick and the size of a crown piece. Beat them with a cutlet bat. Dip them into egg and bread crumbs, and sprinkle a little salt and pepper on to each cutlet. Melt a little fresh butter in a sauté pan, put in the collops and fry a nice brown colour. Serve on a very hot dish, with some slices of lemon and

a few rashers of bacon. Send to table some lightly seasoned brown sauce.

Poulet au Riz.—Take a plump young chicken, trussed ready for boiling. Boil it very gently in 5 pints of stock, flavoured with powdered mace, pepper, and salt. Wash a pound of rice, drain it, and dry it in a soft cloth. Throw it into boiling water, and boil quickly for five minutes. Drain it, put it in a stewpan with 2 ozs. of butter, and stir it until it is lightly browned. Add it to the fowl when this is half cooked, with $\frac{1}{4}$ lb. of sultana raisins. Let it simmer gently until the gravy is nearly all absorbed, and the grains are tender but not broken. Place the fowl on a hot dish, cover it with the rice, place the raisins on top, and garnish with hard-boiled eggs cut into quarters.

Cutlets and Tomato Sauce.—Remove the chine bone from the best end of a neck of veal, and let it simmer until tender. Place it until cold between two boards, remove all fat, cut the cutlets with a sharp knife, and scrape the bones. Coat each cutlet with mayonnaise and tomato sauces alternately. Place them down the centre of a dish in a row, and garnish with a delicate salad.

Ragout of Cold Beef.—Cut up into small pieces 1 lb. of cold beef, put them into a stewpan with two onions cut up, and 1 oz. of butter. Let this fry for a few minutes, then add half a pint of stock, some mixed spice, two pickled walnuts cut up, with a little salt, pepper, and chutney to taste. Let it stew gently for three quarters of an hour, and, if required, thicken with a little cornflour.

Chicken Mould.—Cut up finely the meat from the breast of a cold chicken, rub it through a wire sieve, put it into a bowl with 4 ozs. of butter, and the yolks of two eggs. Beat all together for ten minutes, add salt and pepper to taste, half a teacupful of milk, and 4 ozs. of bread crumbs. Whisk the whites of the eggs to a stiff froth, and mix lightly with the fowl, etc. Pour into a

well-greased mould all the ingredients which have been thoroughly mixed, and put it into a saucepan with sufficient water to reach half-way up the mould, and allow the contents to cook in this while the water boils for one hour. When done, turn the mould into a deep, hot dish, and serve with egg-sauce poured over and around it. If desired, the dish may be garnished with green and red chillies.

Curried Beef.—Melt 1 oz. of butter, and, when it is warm, fry together two large onions and one apple, chopped fine, until of a nice brown colour. Place in a basin a dessertspoonful of curry powder (more if liked), a teaspoonful of flour, a saltspoonful of sugar, salt, and $\frac{1}{2}$ pint of good stock worked in gradually until it is quite smooth. Let it simmer gently for about one hour, then add a dessertspoonful of chutney and a teaspoonful of vinegar. Cut the meat into small pieces, put it into the saucepan, and let it simmer for one hour or until it is tender. Place it in the centre of a very hot dish, and serve with boiled rice round it.

Onion Farcis.—Take six perfectly round, medium-sized onions, cut them transversely about $\frac{1}{4}$ inch distance from the upper part, and scoop out nearly all the onion, so that only a shell of a little more than a $\frac{1}{4}$ inch in thickness is left. Stand all these shells on a baking-dish—they will look like cups. Prepare a farcis of $\frac{1}{2}$ lb. of minced cold beef or veal. Place it in a basin and soak $\frac{1}{4}$ lb. of the crumb of bread into as much milk as it will absorb. Mix it with the minced meat, and 2 ozs. of butter or beef dripping, one teaspoonful of chopped parsley, pepper and salt to taste. Mix all thoroughly together, and stuff the onion shells to the top with it. Sprinkle with bread crumbs, put a little butter or dripping in the pan, place in a hot oven, and bake for 20 or 30 minutes. Serve on a hot dish.

Pigeon Pie.—Prepare $\frac{3}{4}$ lb. of the shin of beef, and $\frac{1}{4}$ lb. of ox kidney, by cutting them up into small pieces and stewing them with $\frac{1}{2}$ pint of stock until quite

tender. Take two Bordeaux pigeons, each cut into four pieces. Cut up two onions, four shallots very finely, and three teaspoonfuls of chopped parsley, and cut into slices two hard boiled eggs. Put a layer of meat in the bottom of the pie dish, sprinkle a layer of onion, shallot, parsley, salt and pepper, and hard boiled egg, and then a layer of pigeon, and so on in alternate layers until the pie dish is filled. Melt a little gelatine into $\frac{1}{2}$ pint of stock, put this to the gravy in the pie, and cover with a good puff paste. Ornament the top and edges, and brush over with the yolk of an egg. Bake in a moderate oven for three quarters of an hour.

Polpessi.—Chop very finely two tablespoonfuls of cold roast beef, and a dessertspoonful of the underfat of the sirloin, the yolks and whites of two eggs beaten separately, one tablespoonful of grated Parmesan cheese, the juice and peel of half a lemon, pepper and salt to taste. Mix all the ingredients well together, make up into balls, roll in fine bread crumbs, and fry them a light brown colour. Drain well, and serve on a folded napkin.

Deville Game.—This may be eaten with or without sauce. If possible the flesh should have deep incisions made in it the night before, and a mixture covering the scorings made of butter, mustard, salt, cayenne pepper, and mushroom or truffle. Broil over a very clear fire until browned, taking great care that there is no burning. Devilled game is generally eaten dry.

Chicken Rissoles.—Mince finely the flesh from a cold chicken, and put 1 oz. of finely-grated bread crumbs, 1 oz. of lean ham, one small onion boiled and chopped, half a saltspoonful of salt, $\frac{1}{2}$ oz. of butter, quarter of a saltspoonful of pepper, and two or three grates of nutmeg, to every $\frac{1}{4}$ lb. of chicken. Boil the trimmings and bones of the chicken, and make it stiff with a little gelatine. Mix thoroughly the above ingredients, and moisten the mixture with the gelatine. Let it get cold and form it into balls. Cover with a good pastry rolled out thin, and fry a light brown colour. Drain, and serve

piled high on a hot serviette, and garnish with fried parsley.

Cutlets with a Puree of Peas.—Fry six or seven mutton or veal cutlets in seasoned butter for about ten minutes, turning them very often. Make a purée of cooked peas, passed through a sieve, and heat them again in a stewpan with some butter or cream. Place this in the middle of the dish, and the cutlets in a circle round it.

Tomato Stew.—Remove the skins from 1 lb. of tomatoes, and scald them. Take about 2 lbs. of some rather fat forequarter of mutton, cut into neat pieces. Put some of the fat from the mutton into a saucepan, melt it, and cook one sliced onion until of a pale brown colour. Now add the meat, two chillies, a little chopped parsley, and seasoning to taste. Stew gently for 1½ hours, and half an hour before serving add the tomatoes, cut into pieces, with the juice drained away. Place it on a dish with a border of boiled rice, garnished with chopped parsley, and pieces of tomato.

Fricandeau of Ox Tongue.—Put the tongue into a large stewpan, with the trimmings of poultry heads, necks, etc., some ham, veal parings, or bacon bones, a few cloves, a large onion, some pepper and salt, a bunch of sweet herbs, and a little water. Let it simmer for about an hour, when a little more water must be added, so that the tongue is covered. Simmer gently until sufficiently cooked. Make a glaze with the gravy, put it over the tongue, and send it to table garnished with turnips and carrots, cut with a fancy cutter.

Cabbage and Bacon.—Place two or three rashers of bacon in a saucepan. Lay on these a cabbage which has been washed and cut into quarters, and then put ¾ lb. of cooked pickled pork on top. Cover it all with nicely flavoured stock, adding nutmeg, parsley, and pepper, but no salt. Simmer gently until the cabbage is cooked. Place the pork in the middle of a hot dish, and arrange

the vegetables round. Thicken the gravy, pour it over all, and serve.

Stuffed Leg of Pork.—Partly boil a leg of pork for about one hour if it weighs 6 lbs., and then remove the skin. Take 2 ozs. of onions and mince very finely; if the strong flavour is not liked they may be boiled before mincing. Chop half an apple, grate 4 ozs. of bread crumbs, take six sage leaves (chopped), 1 oz. of butter, a little salt and pepper, and add it all to the chopped onions. Bind all together with the yolk of an egg. Make a long slit in the knuckle, and put this stuffing into it, and fasten securely. Put the pork on to a baking dish in the oven, and baste continually. Make a savoury powder of two tablespoonfuls of bread crumbs, mixed with one tablespoonful of powdered sage, and a little salt and pepper. Half an hour before the pork is taken up sprinkle this powder over it. Do not baste the meat after this powder has been sprinkled on to it. The pork will require baking or roasting 1½ hours. Send to table with apple sauce and a good brown gravy.

Matelôte of Rabbit.—Cut up a rabbit and fry it in a little butter. Make a brown gravy with stock and a little browning, thinning it with a little weak soup. Bring it to the boil and place the pieces of rabbit in it, with a little bacon cut into dice, some mushrooms, and a bunch of mixed herbs. When nearly done, brown some butter onions in butter and moisten with the sauce from the rabbit. Place the meat in the centre of a hot dish, with the onions and mushrooms round it, and the sauce strained over it.

Mutton Fricassée.—Mince or chop fine 1 lb. of cold meat. Mix a tablespoonful of flour and a little butter with sufficient stock for the meat. Place it in a saucepan and stir all together until it boils. Add the chopped meat to it, and when quite smooth season with salt and pepper to taste, a little lemon juice, and serve.

Kidneys à la Française.—Place in very hot water the kidneys, remove the skins and cut them in halves. Fry

them in 1 oz. of butter for four or five minutes. Take $\frac{1}{2}$ pint of stock, add a tablespoonful of ketchup, one shallot finely minced, pepper and salt to taste, and 1 oz. of flour mixed to a smooth paste with a very little stock or water. Add the fried kidneys, and simmer for 20 minutes. Just before serving put a teaspoonful of chopped parsley, and serve on a hot dish with sippets of fried bread.

Tomato Cutlets.—Chop finely some parsley, and grate a little Parmesan cheese. Cut the required number of tomatoes into halves roundways. Dip each half into the yolk of an egg, and then into bread crumbs. Fry them in butter, dish them in a circle with a broiled mushroom between each cutlet, and sprinkle the cheese and parsley over each tomato. Serve with mayonnaise in centre.

Calf's Liver à la Minute.—Cut the liver into small square pieces, season with salt and pepper to taste, and fry in clarified butter in a saucepan. Add some fine herb sauce, let it simmer for about 3 or 4 minutes, and serve.

Sheep's Heart, Baked.—Take two or three sheep's hearts and wash thoroughly in warm water. Fill them with veal stuffing and fasten them very securely. Place in a deep dish an onion stuck with two cloves, fasten a rasher of fat bacon round each heart, place it in the dish with a little good stock or gravy, and bake for 2 hours in a moderate oven. Pour off the gravy, flavour it with pepper and salt, a tablespoonful of mushroom or walnut ketchup, thicken with a little flour and butter, place the hearts on a hot dish, pour the gravy over them, and serve with red currant jelly.

Indian Puffs.—Soak for 6 hours to remove their saltiness a pint of fresh shrimps. Mince them, mix them with a little clarified butter, which has been seasoned with a tablespoonful of salt, and a dessertspoonful of curry powder. Have ready some thin paste divided into pieces three inches square, and rolled out very thin. Place

some of the shrimp mixture on each piece of paste, fold over into three-cornered shapes, wet the edges, and press them to make them stick together. Fry them in hot fat until a nice brown colour. Send to table very hot on a serviette, and garnished with fried parsley.

Oyster Cutlets.—Take $\frac{1}{2}$ lb. of veal, and the same weight of stewing oysters. Chop finely and pound together in a mortar, and then add 2 ozs. of finely chopped veal suet, three tablespoonsful of bread crumbs, which have been soaked in the liquor of the oysters. Season with a teaspoonful of lemon juice, salt and pepper. Beat the yolks of two eggs and add to the mixture, pounding it a little more. Make in the shape of small cutlets, dip in egg and bread crumbs, and fry in butter. Drain, and garnish with parsley and slices of lemon.

Hotch Potch.—Soak all night a pound of dried green peas in water. Cut into neat cutlets 2 lbs. of the best end of neck of mutton, removing all superfluous fat, and 2 lbs. of shin of beef, cut into small squares. Put into a stewpan four onions, two sliced carrots, two sliced onions, a teaspoonful of celery seed (bruised) and tied in muslin, 4 quarts of water, the soaked peas, and a whole carrot and turnip. Let this boil for 2 hours. Remove the carrot and turnip, mash them to a pulp, return them to the stew with the meat, add salt and pepper to taste. Let it simmer gently for one hour, or until tender, and serve on a very hot dish.

Beef Kabobs.—Chop one onion and two heads of garlic very fine, pound 25 cloves in a mortar, add salt to taste, and a tablespoonful of curry powder well mixed together. Take 1 lb. of steak, cut it into pieces about six inches long and two inches wide, rub each piece with the juice of green ginger. Spread the meat with the mixture, roll each piece up and secure with skewers. Fry for ten minutes in butter. Remove the skewers and serve on a hot dish with gravy or Worcester sauce, to which has been added a few drops of lemon juice. Send to table with a garnish of boiled rice.

Rabbit Ragout.—Cut three moderate-sized onions into slices, and fry them in 2 ozs. of butter. When brown remove them, mix three teaspoonfuls of flour very smoothly with a little water, and add it to the butter which the onions were fried in. Moisten the mixture very gradually with a little stock until it is of the consistency of cream. Cut the rabbit into neat joints, and lay them in the sauce with five or six rashers of bacon, a slice of lemon, one bay leaf, and pepper and salt to taste. Simmer gently for $1\frac{1}{2}$ to 2 hours, or until tender, according to the size of the rabbit. Place the pieces of rabbit on a hot dish, strain the sauce over them, and serve.

Stewed Rabbit.—Procure an Ostend rabbit, cut it into joints, wash it, wipe it dry on a clean cloth, and rub a little flour over each piece. Take about $\frac{1}{2}$ lb. of bacon cut it into pieces two inches long, and fry. Take out the bacon when sufficiently cooked, and fry all the joints of rabbit in the fat to a nice golden brown. Place the rabbit and bacon in a stewpan, with a cupful of stock. Fry two cut up onions and three shallots in the bacon fat, and add them to the rabbit, with a small carrot cut up, a blade of mace, five cloves, a teaspoonful of whole pepper and whole allspice, half a teaspoonful of finely-cut lemon-peel, and one bay leaf. Let this gently stew until the rabbit is quite tender; add another cupful of stock, with salt and pepper to taste. Twenty minutes before serving put in a tumbler of claret, or any good red wine, if desired.

Sausages and Mashed Potatoes.—Take 1 lb. of sausages. Well grease a frying pan with a little butter, prick the sausages all over with a fork, fry them gently, but do not allow them to burn by not attending to them or allowing too much heat. If cooked slowly they will become a golden-brown colour. Have ready 2 lbs. of potatoes, properly cooked in salted water, and when the water has been strained away, add $\frac{1}{2}$ pint of milk by degrees, mashing them with a fork, and finally well whip with a wooden spoon until quite free from lumps. Place

the mashed potatoes in a pyramid on the dish, with the sausages neatly arranged round, and serve.

Chicken Fritters.—Cut into neat joints a cold roast chicken, and let it soak for one hour in vinegar, seasoned with chopped minced herbs, salt and pepper. Drain them and dry in a cloth. Dip them in a batter to which has been added two whipped whites of eggs. Fry in hot melted butter, and garnish with fried parsley.

Chicken Soufflé.—Take about 3 ozs. of the white meat of a boiled chicken, and pound it very finely. Add three well beaten eggs, a little bruised onion, $\frac{1}{2}$ pint of milk, pepper, salt, a little cayenne, and mace. Place these ingredients in a buttered mould, tie it down tightly, and steam it like a custard pudding, keeping it upright. Turn it out on to a dish, and pour some well seasoned brown gravy round. Rabbit or sweetbread may be used instead of chicken.

Entrée of Cabbage.—Boil a cabbage until it is tender; let it become quite cold and drain it a second time, then chop it up and mix with it one tablespoonful of butter, two well beaten eggs, salt and pepper to taste, and half a teacupful of cream or milk. Stir well, place it in a well buttered dish, and bake it until it is brown. Serve hot in the dish in which it was baked.

Another Way of Cooking Veal Cutlets.—Cover each cutlet with a mixture made of minced bacon, veal, bread crumbs, pepper, salt, and chopped parsley. Mix the whole with a well beaten egg. Put the cutlets into a buttered pan, and let them cook until brown. Remove them, pour over them some strained gravy, in which a bunch of herbs and a little celery have been boiled, and serve with cut lemon.

Cold Veal, Hashed.—Cut up the cold meat into slices, flour it, put it into a saucepan with some good gravy or stock, pepper, salt, grated lemon peel, and a little ketchup. Let it simmer gently for a few minutes until hot; add a little lemon juice, and serve with fried sippets of toast.

Braised Veal.—Take about 3 lbs. of the loin or best end of the neck of veal. Place in a stewpan two or three slices of lean ham or bacon, and then put the veal on top. Add an onion stuck with two cloves, a teaspoonful of chopped mushrooms (tinned or fresh), one carrot, a lump of sugar, a pinch of grated nutmeg, a small blade of mace, and a little pepper and salt. Place some thin bacon upon the veal, and pour on to it $\frac{1}{2}$ pint of cold stock or water. Cover very closely and simmer gently until done. Remove the veal to a hot dish, skim the gravy, pass it with the ham, vegetables, etc., through a sieve, boil it up again, pour it over the veal, and serve.

Breast of Veal, Collared.—Remove the bones from a breast of veal and flatten it out. Rub over it the yolk of an egg, and well sprinkle with a blade of mace, nutmeg, whole pepper, all crushed into a powder, making in all a tablespoonful, add two teaspoonsful of mixed sweet herbs, the juice of one lemon, a teaspoonful of lemon rind chopped fine, two teaspoonsful of chopped parsley, a layer of bread crumbs, and salt to taste. Roll the meat up very carefully and tightly, and wrap it in a pudding cloth properly secured. Put it into boiling water and let it simmer for 3 hours. Remove the cloth and string, and serve with a little vinegar sauce.

Cold Beef Saute.—Cut up 1 lb. of cold boiled beef, $\frac{1}{2}$ lb. of cold potatoes, and one chopped onion. Put 1 oz. of butter in a stewpan, and fry the onion to a golden brown. Add the beef, potatoes, and two tablespoonsful of tomato sauce. Take the yolks of four hard boiled eggs, chop them up and add them to the other ingredients. Let it simmer gently for a quarter of an hour; on no account allow it to boil, or the meat will be hardened. Make a border round the dish of 1 pint of cooked peas, the white of an egg cut up, and chopped parsley. Pour the contents of the stewpan into the centre of the dish, and serve.

Scalloped Beef.—Pass 1 lb. of cold beef twice through the mincing machine. Butter a pie dish and

put a layer of minced beef in the bottom, and on the top of that a layer of peeled and thinly cut tomato. Sprinkle with a little salt and pepper and a little Harvey sauce. Continue these layers until the dish is full, and on the top sprinkle some bread crumbs and a few pieces of butter. Put into a moderate oven, and bake for three quarters of an hour, and serve in the dish in which it was baked.

Lamb Cutlets and Spinach.—Cut up 3 lbs. of the neck of lamb into cutlets. Trim and bare the bone 1 inch from the top. Brush over with beaten up egg, and roll in bread crumbs. Season with salt and pepper, and fry for eight minutes in boiling hot fat until of a golden brown colour. Put some little frills on the bones of the cutlets; place the cooked spinach in an oval mound on the dish, and lean the cutlets in a circle round it, with the frills uppermost.

Melton Veal.—Cut up 3 lbs. of veal and 4 lbs. of ham into small pieces. Cut into slices four hard boiled eggs. Butter a mould, line the bottom of it with slices of egg, shake in a little minced parsley, put in the veal and ham, and the rest of the egg, adding two tablespoonsful of chopped parsley, and salt and pepper to taste; then cover the whole with stock. Tie a buttered paper over the top, and bake in the oven for 2 hours. When cold turn it out on a dish, and garnish with parsley.

Household Haricot Mutton.—Take 3 lbs. of the breast or neck of mutton, trim and divide into cutlets, and fry them a nice brown colour. Place them in a stewpan, and add to them a bunch of parsley, a large onion stuck with four cloves, and three or four peppercorns. Pour over the whole $1\frac{1}{2}$ pints of boiling stock or water. Now cut up into small pieces 12 turnips, stew them in a little stock or gravy, and when the mutton has stewed for three quarters of an hour, strain the gravy, return it to the saucepan with the turnips, let it re-heat, and serve the mutton and turnips on the same dish.

Potatoes may be used instead of turnips if preferred, with this difference, that the potatoes must be kept whole to prevent the appearance of the dish being spoiled.

Haricot Veal and Peas.—Cut into slices 2 lbs. from the fillet of veal, about 1 inch in thickness, and then divide again into neat pieces about 3 inches wide and long. Season with salt and pepper to taste, roll them in flour and fry them in a little butter, with four or five slices of ham, until a nice light brown colour. Put them into a stewpan, have ready a tablespoonful of chopped parsley, and add it to the meat, with a pint of boiling stock. After this has simmered very gently, for three quarters of an hour, draw the saucepan to the side of the fire, and add about 3 lbs. of new potatoes. If these are not obtainable, the same quantity of old ones, cut in halves. Let it simmer again until the potatoes are cooked. Serve with green peas, sent to table in a separate dish.

Ox Tail Haricot.—Put into a saucepan an ox tail, which has been cut into pieces, with a sliced onion fried in butter, and add to it six cloves, pepper and salt to taste, and one piece of ginger. When this has simmered for one hour, add three turnips and three carrots, which have been cut into slices, and let it all simmer again for another hour and a half. Thicken with a little flour, and if not dark enough, add a little browning.

POULTRY.

Boiled Fowl.—Take a moderate sized Surrey fowl, and wrap round it a piece of buttered paper or, if preferred, a white cloth. Put it into a saucepan with sufficient white stock or water to well cover it, breast side down. Bring it quickly to boiling point, allow it to simmer gently until it is tender, which will be about three quarters to one hour, according to the size of the fowl. Serve with egg or white sauce.

Roast Fowl.—The fowl should be prepared and trussed with the giblets under the wings for roasting purposes. Put it in the roasting pan, with a slice or two of fat bacon on the breast, and a sheet of greased paper over the top. Put it in a moderate oven for about half an hour, and finish cooking it in a hotter oven for 15 or 20 minutes, removing the greased paper so that the bird can be nicely browned all over. Serve with rich brown gravy, and a boiled ham should be sent to table with it.

Goose, Roast or Baked.—Fill the goose with sage and onion forcemeat. See that the openings are tightly tied with twine and put it in a hot oven for the first ten minutes, and in a moderate oven for the rest of the time. It should be basted very often, and as the goose, like pork, would be very unwholesome unless well cooked, the time must be regulated according to the size and weight of the goose, which will vary from $1\frac{1}{2}$ to $2\frac{1}{2}$ hours. Pour off the fat from the pan, make a good brown gravy, and send to table with a tureen of apple sauce.

Roast Duckling and Apple Sauce.—Procure a nice young duckling, weighing when trussed and ready for cooking about 5 lbs. Place in a small baking pan, with two tablespoonsful of water in the bottom of the pan. Spread an ounce of butter evenly over the duck, sprinkle two teaspoonsful of salt and one of pepper over it. Put it in a moderate oven, and roast for 50 minutes; turn it several times while roasting so that it gets a nice

brown colour all over, and baste it as often as possible with its own gravy. Remove from the oven and place it on a hot dish, taking out the skewers and removing the string. Skim all the fat off the gravy, and pour it over the duck. Decorate the dish with young water-cress, and send to table with a sauce boat of carefully made apple sauce.

The Turkey.—This bird is at its best in the month of December and has become quite our national dish for Christmas time. They are obtainable in large varieties and in all weights and sizes. Turkey required for Christmas Day should be ordered as early as possible. Should the weather be cold, five or six days will not be too long, as these birds improve wonderfully by hanging a few days in a cool dry larder.

Turkey, How to Truss.—Pluck the feathers and singe. Care must be taken in drawing the bird to preserve the liver and gizzard. Cut off the feet and draw with a pair of pliers the string or fine bones—some four or five in each leg. Flatten the breastbone with a rolling pin. Disjoint the limbs as described in "Carving." Pull back the skin of the neck as far as it will go and cut off the neck. Fill the breast with forcemeat, sausages, and chestnuts, and secure the skin of the neck over the back with needle and white thread, so that the forcemeat cannot come out. Fix the legs close to the sides of the breast and pass a skewer right through the body to the other side. Bend the wings over the back and skewer them in the same way. Tie a piece of string around the end of the skewer and over the back to the end of the skewer on the other side. Rub a cut lemon on the breast, butter with a little fresh butter, and tie a piece of buttered paper over it.

Turkey, to Roast or Bake.—Place the turkey on a grid in the baking pan for a coal range, or suspend it by a hook from the top if a gas stove is used. The oven should be very hot for the first quarter of an hour, but

this must be reduced afterwards to moderate heat. Half an hour before serving remove the paper so as to lightly brown the bird all over. Baste frequently during cooking, or it will be dry. A bird weighing 12 lbs. will require from 2 to 2½ hours, and one weighing 6 lbs. about 1½ hours. Serve with bread sauce and brown gravy.

Turkey Poult, Roast.—The turkey poult, or young turkey, is easily obtained in summer and the autumn. When trussing the head is usually tucked under the wing and the legs twisted under like a duck. The feet are also left on with the claws picked. It is not usual to stuff them, although many are partial to their being stuffed with truffles from Périgord. The bird must be well basted, otherwise it will turn out dry. It will take from three quarters to one hour to roast, but much depends upon the size of the bird. Send to table with bread sauce.

Turkey, Boiled.—After the bird is stuffed and trussed cover the breast with slices of fat bacon, and tie the bird in a white cloth. Put it in an oval or ham saucepan with sufficient warm water to just cover it. Put in two onions, two carrots, one dozen pepper-corns, a few sticks of celery, a bunch of parsley, the rind of half a lemon, and a tablespoonful of salt. Bring it slowly to boiling point, and then let it simmer gently till done. Remove any scum that rises. Take up the turkey, remove the cloth, place it on a hot dish, and send to table with parsley sauce, or celery sauce, and a boiled ham or tongue. A 12 lbs. turkey will take 2½ hours to boil after it has started to simmer.

Turkey, Boned and Rolled.—Cut a turkey down the centre in two parts; remove all the bones without injuring the skin, lay out flat on the table, skin downwards, spread over each a layer of veal forcemeat half an inch thick, squeeze the juice of a lemon over them, roll up tightly like a sausage, and tie securely with string,

then cover with slices of fat bacon, tying also with string. Place the two rolls in a stewpan, cover with stock, and put in a shallot, one onion, two carrots, a bunch of parsley, one parsnip, a little bit of mace, pepper and salt to taste, and let it simmer gently for $1\frac{1}{2}$ hours. Half an hour before serving add a glassful of wine to the liquor. If to be eaten hot, remove the string, place on a hot dish, thicken and strain the sauce, and serve in a tureen. If it is required to be eaten cold, leave the meat in the saucepan, and only remove it when nearly cold. Afterwards give each roll two coats of decorative chaud froid sauce.

Turkey, Fillets of.—Cut up the breast of cold turkey into thin slices. Put some good veal stock into a stewpan with one shallot, a bunch of sweet herbs, and let it boil for half an hour. Strain it, then put in the turkey fillets, gently heat it, add half a cupful of cream, salt and pepper to taste, and serve.

The Capon.—In order to have a perfectly tender capon, it should be hung in the larder for two or three days before it is dressed; in fact as soon as the feathers can be quite easily pulled out the bird may be considered ready for cooking. It should be cleaned and trussed in the same way as the turkey. They may be obtained nearly all the year round, but the largest generally at Christmas time.

Capon, Boiled.—Tie a white cotton cloth round the bird, and place it in a saucepan with sufficient white veal stock to just cover it. Never put a bird into a larger saucepan than necessary for boiling purposes. Put in a bunch of sweet herbs, one carrot, one onion stuck with five cloves, and sufficient salt to taste. Bring the stock quickly to the boil, and then let it simmer very gently for three quarters of an hour, according to the size of the bird. Take it up, remove the cloth, place it on a hot dish, and cover it with a pint or more of freshly made Bechamel sauce.

Capon, Roast.—Truss the capon in the same manner as a turkey, but in addition to the forcemeat which is put inside, add a few peeled truffles cut into slices about a quarter of an inch thick, which should be previously fried in a little butter. It should then be placed with a piece of buttered paper over the breast into a hot oven for the first ten minutes, after which reduce the heat and let it cook for about one to one and a half hours, according to size. Serve with a sauce made of pounded truffles and butter.

Fowl, Boned and Stuffed.—The poulterer will usually bone the fowl if ordered to do so. It requires a little practice to do it successfully. A small sharp knife has to be used. The bird must only be cut through the skin on the breast side and then laid flat on the table, all the joints to be loosened, the flesh raised with the knife and the bones gradually drawn out, whilst the flesh is laid back until the body is turned inside out, when the boning may quite easily be completed. On no account must the skin be cut. Lay on a good supply of forcemeat, roll up and tie with thread, making a separate tie at half inch distances, so that when it is being carved it will not come undone and spoil the look of the joint. Boil as per recipe for "Boiled Fowl," and serve with any kind of white sauce.

Braised Fowl.—Remove the breast bone from a young fowl and fill with forcemeat. Put it into a saucepan with one pint of white veal stock, one tumbler of sherry, three blades of mace, one onion stuck with three cloves, a teaspoonful of salt and pepper to taste. Let it braise gently for one hour, then take it out and place it in a very hot oven to brown all over. Boil the gravy so as to reduce it to a glaze. Dish up the fowl and cover it with the glaze. Garnish with button mushrooms.

Salmi of Fowl.—Cut up the bird into joints. Remove all fat and bones, and boil these with the trimmings

and giblets, two shallots, a blade of mace and salt and pepper, a glass of port wine, a little cayenne, the juice of one lemon, and one pint of white stock. When this has simmered for about two hours strain through a tamis and thicken with a little brown flour. Lay in the salmi of fowl, and let it simmer gently until it is tender, and serve.

Duck, Braised, with Turnips.—Prepare a duck as for roasting. Grease the braising pan with a little butter, line the bottom with some rashers of streaky bacon, sprinkle on the top of the bacon a chopped onion, shallot and carrot, pepper and salt to taste, and put the duck on top. Place it on the fire for a few minutes, then put in as much stock as will half cover the bird, and a glass of sherry. Let it simmer for an hour and a quarter, turning it occasionally. Cut up some turnips into slices, and fry them in butter to a nice brown colour. Take out the duck and keep it hot. Put the browned turnips into the braising pan, and when they are tender remove them. Thicken the gravy if necessary and strain it over the duck on the dish, and garnish with the turnips.

GAME.

Roast Grouse.—These favourite birds come into season on the 12th of August and remain in season till the end of November. They may be purchased from any dealer in game, and vary a little in price, according to the supply. The flavour of the grouse is not brought out unless the birds be allowed to hang at least a week after being killed.

Pluck, draw and wipe the birds and truss them in the same manner as a fowl. Put 1 oz. of fresh butter inside the bird and butter the outside, place in a baking tin and put it into a very hot oven for five minutes, then reduce to moderate heat. Grouse requires from 25 to 35 minutes to cook, and should be well basted all the time.

A few minutes before serving place each bird on a piece of toasted bread from which the crusts have been removed. Serve the grouse on the toast, and send up a sauce-boat of brown gravy, which must not be highly flavoured or it will destroy the savouriness of the birds.

Hare, Jugged.—English hares are in season from September to February and vary in price from 4s. 6d. to 6s. 6d. each. After the hare has been skinned it should be cut up into joints and suitable pieces, then fried in some fresh butter to a golden brown. Put all the portions into a stoneware jar, with a tumblerful of port wine or Burgundy, and sufficient water just to cover the meat. Put in also one blade of mace, six cloves, three shallots, one clove of garlic, one small onion, half a teaspoonful each of allspice and pepper-corns, the juice of half a lemon, and salt to taste. Cover the jar securely and place it in a saucepan, with a small plate at the bottom, turned upside down, to prevent the jar touching the bottom of the saucepan. Fill up with water to about two or three inches of the top of the jar and let the water boil for 4 or 5 hours, replenishing the water as it boils away. When done the gravy will be plentiful and rich, and it may be thickened with a little cornflour if desired. Take

out the jar and put all the joints of hare into an entrée dish. Strain the liquor through a wire sieve over the hare and serve with red currant jelly and some forcemeat balls (see Forcemeat), which may be placed round the dish.

The Partridge.—Partridges may be obtained for 3s. to 5s. 6d. a brace and are in season from September to January. Prices vary according to supply and demand. In selecting these birds young ones must be chosen, as the old birds are not worth the trouble of cooking. A young bird may be judged by its legs, which should be yellow, the bills dark and sharp. The legs of old birds are grey. Partridges should hang for at least a week before being cooked.

Partridges to Roast.—Pluck, singe, and draw them in the same manner as a pheasant, put a little butter inside and spread a little outside, place them in a very hot oven to start with and then moderate the heat and let them cook from 30 to 40 minutes, basting them well; dish them up on some freshly made toast, garnish the dish with watercress and send to table with brown gravy and bread sauce (see Sauces).

Guinea Fowl.—The Guinea fowl forms a convenient substitute for game, as it is in season from February to June. It is rather like the pheasant, when well kept, in appearance and taste, and the flesh is digestible and savoury.

Guinea Fowl, Roast.—The Guinea fowl may be trussed like a young turkey, with the head left on, or like a pheasant, then larded and filled with a good forcemeat. Put it before a clear fire, and to prevent it becoming dry it must be continually basted. Let it cook for about one hour, dredge a little flour over it a few minutes before it is taken up, let it froth nicely, and send it to table with bread sauce and gravy.

Guinea Fowl, Boiled with Oysters.—Empty the fowl in the usual way, and dredge two dozen oysters

with flour ; add 2 ozs. of butter, salt and pepper, and place inside the fowl. Put it into a close-fitting jar, and cover with a strong stock or gravy. Place the jar in a saucepan of boiling water, and let it boil very fast for about 2 hours. When the fowl is tender remove it from the jar, drain the liquor and cover it with white sauce, or parsley and butter sauce.

Pheasant, Broiled.—The pheasant more than any other bird acquires a delicious flavour if hung as long as possible, but if eaten when freshly killed its flesh is not only tough but tasteless. The time for keeping the pheasant must be regulated by the weather. When it is cold and frosty they may be kept for two, or even three weeks, but in warm or damp weather five days or less will suffice. It may be cooked as soon as it begins to change in colour, or to smell a little, and the blood begins to drop from the bill. The spurs of the young birds are round and short ; in the old birds they are long and sharp. They are in season from October to February.

After the bird has been prepared for cooking in the usual manner, divide it into neat joints. Place them in a frying pan with a little fat, and fry them until they are browned all over. When they are drained well, sprinkle salt and cayenne over them, roll in egg and bread crumbs, and broil over a very clear fire for about ten minutes. Place on a hot dish, and serve with sauce piquante, mushroom sauce, or brown sauce. The remains of any cold pheasant may be treated in the same manner.

Game Pie.—If venison is used for this, the delicacy of its flavour will entirely depend upon its having hung long enough. Trim the best end of the neck, and rub it with cayenne, nutmeg, mace, and salt. Boil down the trimmings of the venison, and the inferior joints of hare or any other game used, and make a rich gravy. Make a forcemeat of the raw liver of the hare and shallots all minced finely together. Remove the bones from the principal parts and fill with forcemeat. Line a dish with

short crust, place the venison and hare in it, and fill up the spaces with forcemeat; add a little of the gravy, cover the pie with a short crust, ornament the top, and bake in a hot oven for ten minutes. Then reduce the heat and let it cook in a slower oven for $1\frac{1}{2}$ hours, and when the oven is quite cooled down, it can remain in to finish cooking.

If venison is unobtainable, or not liked, another hare, or an addition of whatever game is being used, may be taken instead.

Woodcock, Trussed.—In trussing the woodcock great care must be taken not to tear the tender skin. It must be well plucked, and the head and neck also. Do not draw the bird; cut off the ends of the toes after singeing the hairs. Bring the feet upon the thighs by twisting the legs at the joints. Press the wings to the sides, and the head under one wing, with the beak forward. The legs and breast must have a string tied round them, and also round the head and the tip of the bill. The bird must hang from the spit feet downwards.

Wood Pigeons.—Before dressing these birds they must hang until they are tender, and should then be roasted, and served like the ordinary pigeon.

Quails, Roast.—When the birds are firmly trussed a slice of fat bacon should be tied over each, and a vine leaf underneath, if procurable, to correct its deficiency of flavour. If the birds are not drawn they should be served on pieces of toast, which have been placed in the pan five minutes after the cooking has commenced. Roast before a clear fire for about 15 minutes, basting continually. Place the quails on the toasts in the centre of a hot dish, some good brown gravy round, not over, the quails, and garnish with watercress.

Wild Ducks, Roasted.—When the ducks have been prepared for cooking sprinkle a little salt inside and put two sage leaves in each; this will impart a very pleasant flavour to the birds. Bake in a hot oven for

20 or 25 minutes, and baste well with a little fresh butter.

Woodcock, Roast.—These birds require little time for cooking, as all dark fleshed game is digestible when almost raw, therefore they must not be left from the time they are put down to the time they are taken up. The legs require more cooking than the breast, and this latter should be very underdone. To obviate this inequality in the cooking the spit should be stopped while the legs are turned to the fire, constant attention being given to the roasting. When the woodcocks are plucked, necks and heads also, they must not be opened, but trussed securely. Cover the woodcocks with slices of bacon, put them before a clear, bright fire, feet downwards, fastened to the spit; sprinkle them with flour, and baste them continually. Prepare some buttered toast without crust, and when the birds have been down about five minutes, place this under them to catch the drippings. When basting hold a dish under them, and they will be sufficiently cooked when the steam draws to the fire. Serve with a piece of the toast under each, garnish with watercress, and send to the table with some melted butter.

Woodcock, Devilled.—Take a brace of woodcocks that are underdone, and divide the joints. Make a savoury powder with one and a half teaspoonfuls of curry powder, one and a half teaspoonfuls of salt, one and a half teaspoonfuls of cayenne, and one and a half dessertspoonfuls of mushroom powder. Mix all thoroughly together and well cover the joints with this. Take the brains after splitting the heads, and put them in a basin with the grated rind of a piece of lemon, the yolk of a hard boiled egg, the trail, a pinch of pounded mace, and a tablespoonful of soy. Rub the mixture with a spoon until it is quite smooth, and add two dessertspoonfuls of ketchup, the juice of one and a half Seville oranges, and a glassful of Madeira. Put the sauce with the birds into a fireproof dish over a gentle

fire, and let it simmer very closely until the flesh is thoroughly impregnated with the sauce, stir in two teaspoonfuls of good salad oil, and serve.

Partridge, Broiled.—When the partridges have been prepared as for roasting, cut off the heads and split up the backs, flatten the breast bone, wipe them inside with a damp cloth, season with cayenne and salt, and broil over a clear, gentle fire for 15 minutes. Have ready some good brown gravy, or mushroom sauce, rub the birds over quickly with butter, place on a hot dish, and serve with the sauce in a tureen.

Roast Teal.—These birds should be drawn, plucked, and trussed like wild duck. Dredge them with flour liberally, put them down to a brisk fire, but do not baste them for the first three or four minutes, as this will help to keep the gravy in; after this baste continually. When they are nicely browned, which should be in about 15 minutes, and when the steam draws to the fire, place them on a hot dish with some good brown gravy round, not over, them, and send some gravy to table in a tureen. Also send a cut lemon to table, and at the moment of serving sprinkle a little cayenne on the breast, and a squeeze of lemon juice.

Snipe, Roast.—These birds must be plucked very carefully so as not to tear the tender skin, and they must be singed and trussed without drawing. Put them before a very clear fire with feet downwards, and baste them.

Roast Hare.—In selecting a hare for roasting particular care must be taken to get a young one—one that is not more than three-quarters grown. Old and fully grown hares will do very well for stewing or jugging, but on no account may they be roasted, as they would be too tough.

Let the hare hang as long as possible, and have it trussed ready for roasting. Fill it with any good forcemeat, place it in the spit, and at some distance from the

fire at first, bringing it nearer as it gets heated through. Baste continually with a pint of milk, and when this is used up baste with 4 or 5 ozs. of butter. Beef dripping may be used for basting, but milk and butter is considered the best. When the hare is quite done through dredge it with flour and a little salt, and let it get browned equally all over. A very young hare would be nicely roasted in an hour and a quarter, but much depends upon the size and age. Remove all string and skewers, and send to table with a tureen of rich brown gravy and red currant jelly.

Terrine of Hare.—Line an earthenware terrine with slices of bacon. Remove all the bones from a hare and cut it up into small pieces. Place it in the terrine with $\frac{1}{2}$ lb. of pickled pork, cut into small pieces, and flavourings of thyme, marjoram, parsley, one shallot, one clove of garlic, pepper and salt to taste, and then pour over the whole a glass of Madeira or sherry. Close the lid tightly with an edging of paste, and put it in a slow oven to bake for 4 hours.

Venison, Haunch of, Roast.—The joint should be kept as long as possible before cooking, and to ensure it being in good condition it must be examined every day. The kernel of the fat should be removed, and the parts from which it is taken wiped dry, and this as well as the entire haunch should be dusted with pepper and powdered ginger. The fatter the meat the better, and to preserve the fat the haunch should be covered with a sheet of well-greased white cartridge paper, and then with a stiff paste of flour and water rolled out to the thickness of three quarters of an inch. Tie securely over this with a string or tape two additional sheets of greased paper. Put the haunch down to a clear fire, near at first to harden the paste, draw it back after a minute or two, and gradually bring it nearer again. Baste continually to prevent the outer paper burning, until the meat is done sufficiently. Remove the paper and paste, sprinkle a little salt on the meat, dredge it with a little flour, and

then baste with a tablespoonful or two of dissolved butter, Make a little brown gravy with the fat, etc., from the dripping tin, season with salt and a squeeze of lemon, and strain it over the venison on the dish. Send red-currant jelly to table with it. The dish and all the plates must be very hot, as the fat of venison hardens very quickly. The time required to roast is from ten to 15 minutes for each pound in weight.

Shoulder of Venison, Braised.—Remove the bone from a shoulder of well hung venison, and place in a marinade of equal parts of vinegar and water, with a bunch of savoury herbs. Let it remain in this for three or four days, then chop up one large onion, one shallot, $\frac{1}{2}$ lb. fat bacon, three cloves and 3 oz. of butter. Let this fry in an earthenware brazing pan; lay the venison on top, squeeze over it the juice of half a lemon, cover closely, place it in a moderate oven for 3 hours. Just before serving add a glassful of sherry and half a tea-cupful of cream. Let it cook for another ten minutes, and place on a very hot dish, strain the gravy over it, and serve.

Stewed Venison.—Take the remains of a roast haunch of venison, cut it up into small pieces, place it in an earthenware pan with two glasses of port wine, a small bay leaf, and the gravy that was left over. Let it stew gently for 15 minutes, and serve with croutons of red-currant jelly.

Rabbit, Wild, Jugged.—Cut up a young wild rabbit into joints. Wash in a little salted water, dry in a cloth, dredge with flour, and fry them in butter to a nice brown colour. Cut up two shallots, one onion, a clove of garlic, two cloves, 12 pepper-corns, and half a bay leaf. Put them in a large earthen jar with the rabbit, and cover with claret and water. Tie the jar down tightly, and bake in a slow oven for 3 hours, or the jar may be placed in a saucepan of water and allowed to boil slowly for the same time. Half an hour before serving season the

gravy with salt and pepper to taste, and thicken with a little cornflour. Turn it out on to a dish, arranging the rabbit neatly with some forcemeat balls, and serve with red-currant jelly.

Wild Rabbit Pie.—Cut up a young wild rabbit into 12 or 14 pieces. Do not use the head. Wash the pieces and place them in a pie dish with 1 lb. of pickled pork cut into 2-inch pieces; sprinkle over salt and pepper to taste, add a blade of mace, two cloves, and one shallot minced. Barely cover the meat with some good veal or other white stock. Cover the pie dish with a tin or plate and put it in the oven; when nearly cooked remove the pie dish from the oven and when cool cover with a good paste. Brush over the paste with egg and bake in a brisk oven until the paste is done. This pie may be served either hot or cold.

Capercaillie, Roast.—These birds have large breasts which are usually tender and very good, while the wings and legs are often tough. Place some slices of fat bacon on the breast of the bird and bake in a moderate oven for 1½ hours. Baste with butter and send to table with brown gravy and bread sauce.

Black Cock, Roast.—These birds must be well hung before they are cooked, otherwise they will not only be hard and tough, but dry and without flavour. Truss in the same manner as a fowl. Roast before a brisk fire and baste unsparingly with butter. It will take from three quarters to an hour to roast. Make a slice of thick toast, squeeze the juice of a lemon on to it, and place it in the dripping pan underneath the bird. Serve it with the toast under it, and a tureen of brown gravy and bread sauce.

Pheasant, Roast.—Truss the pheasants in the same manner as a fowl for roasting, but with the heads at the side, and slices of fat bacon on the breasts. Dredge with flour, roast before a clear fire, and baste continually. When done, remove bacon, skewers and string, place

the pheasants on a hot dish, garnish with watercress, and send to table with brown gravy and bread sauce. Stick a few of the best feathers in the tail end before sending to table

Pheasant, Salmi of.—Cut up the meat from a pheasant that has been cooked, and is not quite cold. Put the bones and trimmings into a saucepan with two glasses of sherry and a pint of brown sauce. Let it simmer until reduced to one half. Strain the sauce and put it into a saucepan with the meat from the pheasant, and when it is warm, serve.

VEGETABLES.

Vegetables are in the greatest perfection when they are most plentiful. At least one green vegetable should be partaken of each day. Persons of a sedentary habit should partake of a larger proportion of vegetable food than more active workers should indulge in. In summer time, particularly, more vegetables and less meat should be eaten. A great deal may be said as to the value of fresh vegetables as a diet, but those whose digestive powers are impaired must remember that many vegetables are less easily digested than meat and should accordingly be eaten very sparingly.

Lord Bacon said :—" Eat what you find good for you, and this is the best physic to perserve health."

Vegetables should be eaten as soon after they have been gathered as possible, and before cooking they should be trimmed, put into cold salt and water to free them from dirt, grit and insects, and then thoroughly well washed before being put into the saucepan.

The water must boil before green vegetables are put into it to cook. Salt should be added whilst boiling in proportion to a level tablespoonful to each gallon of water. The vegetables must be kept boiling till they are done, when they should be taken up at once, the water drained off and served immediately.

Cauliflower.—Cut away most of the green part and place the remainder in cold water for an hour; have ready plenty of boiling, salted water (one tablespoonful of salt to each gallon of water), throw in the cauliflowers and let them boil very fast to start with, say for the first ten minutes, and then let them simmer till done, but they must not be allowed to fall to pieces. Strain through a colander and serve with melted butter (see Sauces).

Asparagus.—This vegetable is in season during the spring of the year. It is both light and nourishing and is considered an excellent item of diet for those who

suffer from rheumatism and gout and is said to relieve the pain in both cases. When buying asparagus see that the ends are clean cut and the heads stiff. Scrape off the skin from the lower or white ends and cut each stick the same length, then tie them in small bundles of 8, 10 or 12 sticks to the bundle and throw them into fast boiling water, with one tablespoonful of salt to each gallon, and let them boil gently until done. Fresh asparagus will take about twenty minutes to boil. When cooked take them out, leave them to drain, and serve on a folded napkin with melted butter (see Sauces).

Seakale.—An excellent vegetable and most easy of digestion. When in full season it may be bought at about 4d. or 6d. per pound. Some people prefer it to asparagus. It must be well washed to free it from grit and sand, all the dark parts are to be cut away near the roots and tied into small bundles and thrown into plenty of salted, boiling water; when quite soft take them up, drain thoroughly, untie the bundles and arrange on a folded napkin in a dish. Send to table with a sauce boat of melted butter or any other white sauce.

Salsify, Boiled.—Put into a stewpan $\frac{1}{4}$ lb. of beef suet, cut into small squares, add one bay leaf, three or four cloves, one onion, a little piece of thyme, and a teaspoonful of salt. Stir it all together on the fire for about five minutes, then add two tablespoonsful of flour, stir well, and gently add 3 pints of water. Prepare about a dozen salsify by scraping them until they are white; rub them with lemon, and put them in cold water for about half an hour before they are required. When the ingredients in the saucepan are nearly boiling put in the salsify and let them simmer till tender, which will be in about one hour. Remove the salsify, place on toast, put a little Dutch sauce over them, and serve.

Salsify, Boiled, Plain.—Scrape the roots and place them in water with a little cut up lemon until wanted. Throw them into boiling salted water, and let them boil quickly till tender. Drain them, place them on toast,

and cover with a white sauce, or a good melted butter, and serve.

Spinach, Boiled.—Pick away the stalks of 3 lbs. of young spinach leaves, wash them in several waters, lift them out carefully so that the grit may remain at the bottom of the pan, place them on a sieve to drain, put them into a saucepan with only the water which clings to the leaves, sprinkle salt over them, and let them boil until tender. Drain, press the leaves well, add pepper, and 1 oz. of fresh butter. Stir it over the fire for about five minutes, and serve.

Savoy and Brussels Sprouts.—Remove the outer leaves, cut away the superfluous stalks, wash thoroughly, and let them stand in cold salted water for one hour or more before cooking. Plunge them into boiling water, to which a handful of salt has been added, and a very small piece of soda, and let them boil until tender, half an hour or more for savoy, and about ten minutes for sprouts. Drain, and serve as hot as possible.

To make all kinds of greens a good colour they should be plunged into boiling water, kept boiling all the time, given plenty of room and plenty of water, and should always be placed in a saucepan without a lid.

Cabbage, Boiled.—Remove the dried or hard leaves and stalks, cut the cabbages into quarters, wash thoroughly, and let them remain in strong salted water for some time to destroy insects, or two tablespoonsful of vinegar may be added to the water instead of the salt. Throw them into a saucepan of boiling water without a lid, with two dessertspoonsful of salt and a tiny piece of soda, which gives them a nice green colour, and let them boil quickly for 20 minutes, if summer cabbage, but for three quarters of an hour for large cabbage. Strain, and serve.

Cabbage, Red, Boiled.—Remove the outer leaves from a firm, hard cabbage, and cut it as finely as possible in cross slices. Wash thoroughly, let it stand in salted

water for three quarters of an hour, plunge it into salted boiling water and let it boil for three quarters of an hour, or longer, according to size, and until it is soft. Strain, and serve. This vegetable is very nice with roast beef or pork.

Artichokes, Boiled.—Let the artichokes soak in water before cooking them, then wash them thoroughly in several waters to free them from insects. Cut away the lower leaves and the tips from the upper ones. Make the stalks even, throw into salted boiling water, with the tops downwards, and let them boil for half an hour if young, but if old, longer. When the leaves can be easily drawn out they are done. Put them into a hot vegetable dish with white or butter sauce thrown over them, and serve. Dutch sauce may be sent to table in a tureen with them, if preferred, instead of white sauce.

Peas Pudding.—Put $1\frac{1}{2}$ pints of split peas into a clean cloth; tie loosely in order to allow room for them to swell. Place in cold water, and let them boil until tender. They should be cooked enough in $2\frac{1}{2}$ hours if the peas are new. Take them from the cloth, rub them through a sieve, add pepper, salt, $\frac{1}{2}$ oz. of butter, beat all together thoroughly for 5 or 6 minutes, put into a floured cloth, tie it tightly, and let it boil again for about three-quarters of an hour.

This dish may be served with boiled or roast pork, or boiled beef.

Carrots.—Wash, scrape, and cut into quarters the carrots required. Place them in a saucepan of boiling water salted, and when they are soft, they are sufficiently cooked. If they are to be used with boiled beef, they should be cooked in the same saucepan with the beef, and sent to table placed round the dish with the meat. Young carrots take about half an hour to cook; the older ones about $1\frac{1}{2}$ to 2 hours.

Carrots, Braised.—Cut the carrots into rounds about one inch in thickness. Put them into boiling, salted

water, and when nearly done, remove, place them in a stewpan with a little cayenne and $1\frac{1}{2}$ oz. of butter. Let them simmer gently in this for about three-quarters of an hour or less, shaking them continually to prevent burning. Remove the carrots to a hot vegetable dish, pour the liquor over them, sprinkle some chopped parsley, and serve.

Carrots, Mashed.—Take six or more large carrots, wash and scrape them, place them in boiling salted water, and when soft remove and mash them. Replace in the saucepan with only a little of the water they were boiled in, add 1 oz. of butter, pepper, and a little gravy or mlk. Stir them over the fire until they are nearly dry, and serve in a hot vegetable dish.

Carrots, Glazed.—Scrape and cut into equal slices six or seven large carrots. Throw them into boiling water, with sufficient salt, and let them partly boil. Remove them, and place them in a saucepan with a lump of sugar, 2 ozs. of butter, and sufficient stock to cover them. Let it boil quickly until the stock is reduced to a glaze, shake over the fire until the carrots are covered with the gravy, and serve.

Leeks, Boiled.—This vegetable is greatly valued in cooking, as its flavour is not nearly so strong as that of the onion.

Take the required number of leeks, cut off the outer leaves, roots, and green ends, and cut them into four or five inch lengths. Thoroughly wash them in two or three waters to remove all grit. Put them into boiling water with a teaspoonful of vinegar and a dessertspoonful of salt. Boil for three-quarters of an hour, and when tender drain them. Serve on hot toast, with white sauce or melted butter poured over them.

Leeks, Stewed.—Prepare the leeks as in the foregoing recipe. Place them in boiling water, and when tender drain them by turning them upside down on to

a collander for 4 or 5 minutes. Cover some toast with Dutch sauce, and place the leeks on the toast, and serve.

Celery, Boiled.—Cut off the outer leaves of the celery, wash it carefully, make the stalks even, put it into boiling salted water, but do not cover it with the lid. Let it boil gently for three-quarters of an hour if the celery is young; if it is old, it will require $1\frac{1}{2}$ hours. Have ready some pieces of toast, and when the celery is cooked, dip the toast into the liquor the celery was boiled in. Place it on the toast, pour over some melted butter, and serve.

Celery, Braised.—Take the required heads of celery, cut off the roots, outer leaves, and green tops, cut into halves, and then into even lengths. Place in a saucepan 2 ozs. of butter, and when it is melted put 2 ozs. each of onion, carrot, and turnip in the saucepan. Wash well and bleach for 15 minutes the celery in boiling salted water. Remove it, and place it on top of the other vegetables. Cover with a buttered paper, put on the lid of the saucepan, and fry all together for 12 minutes. Add $1\frac{1}{2}$ pints of stock, braise it gently for 2 hours, or until the celery is tender. Divide the pieces again, and place them on long sippets of bread, and serve.

Lentils, Boiled.—There are two kinds of lentils, the red and the green. The red are perhaps preferable.

Soak the required quantity in water overnight. In the morning drain them and throw them into boiling salted water, and let them cook without breaking for about half an hour, or longer, if not soft enough. Drain them, return them to the saucepan, add 1 oz. of butter, pepper, and dessertspoonful of vinegar, shake over the fire till hot, and serve.

Lentil Pudding.—This is very nice with boiled pork. Mix with a teacupful of milk 2 ozs. of cornflour and 3 ozs. of lentil flour. Boil a pint of milk, with pepper, salt, and powdered herbs to taste. Add this to the mixed lentil flour and cornflour. When this is cool, whisk

in three eggs, boil for 2 hours, and serve with a white sauce.

Lentils à la Crème.—Soak a pint of lentils in cold water overnight. Throw them into salted boiling water, and allow them to boil for 3 hours. Strain them, and add half a teacupful of thick cream, pepper, and salt if required. Simmer gently for 5 minutes, and serve.

Sorrel.—This acid-leaved plant is greatly used on the Continent. It is an acquired taste. With young meat it is a very pleasant article of diet, especially with veal, lamb, or mutton. If the sorrel is found to be too acid, it may be mixed in equal quantities with spinach.

Sorrel, Purée.—Fry in butter two large sliced onions until they are a yellow colour. Dredge a little flour over them, add a pinch of grated nutmeg, a small piece of sugar, salt, pepper, and half a pint of gravy or stock. Take a peck of fresh sorrel, pick away the stalks, wash it in three or four waters, and boil it for a quarter of an hour, or until it is tender, in a very little water—about half a pint. Drain the sorrel thoroughly, and add it to the other ingredients, stir it over a gentle fire for 15 or 20 minutes, rub it through a hair sieve, and place it in the centre of a hot dish, with cutlets of veal, lamb, or mutton round it.

Sorrel, Stewed.—(To be used with roasted meats or Fricandeaux.) Pick half a peck of sorrel leaves, wash thoroughly in several waters, drain them, and place them in a fireproof earthen jar, and let them stew gently in a slow oven until tender. Mix 1 oz. of butter with them, add pepper, salt, and cayenne to taste, beat all together until the leaves are smooth, and serve.

Haricot Beans.—Chop one onion finely, and put it into a stewpan with a little butter and flour. Let it cook gently until the butter is browned. Pour in a little water or stock, and stir until it thickens. Add to this the haricot beans, which have been soaked all night in water

and boil until tender. Simmer for about 25 minutes in the stock, and serve hot.

Haricot Beans and Tomato Sauce.—Soak the beans overnight, put them into a saucepan, and cover them with cold water. Add one carrot, one onion, one turnip, half a head of celery, pepper and salt to taste. Let them boil slowly until sufficiently cooked. Remove the vegetables, drain the beans, place them on a hot dish, and cover them with tomato sauce, and serve with croûtons round the dish.

Peas (Green), Boiled.—Green peas should not be shelled until just before they are boiled. Place a quart of peas into 2 quarts of boiling water, with mint and salt to taste. Let them boil without a lid for 15 minutes if the peas are young, but longer if they are not. Drain them, sprinkle a little salt and white sugar upon them, add 2 or 3 ozs. of butter, and shake the peas over the fire until it is melted. Serve immediately.

Potatoes, Boiled.—Choose potatoes of one size, or some will be broken and others not cooked enough. The excellence of the potato greatly depends upon the cooking. A good potato may be spoiled by bad cooking, whilst an inferior one, by proper management, may be rendered comparatively good.

Pare them as thinly as possible, not only to avoid waste, but the flavour of the potato is nearest the skin. When peeled, throw them into cold water, and let them remain there till wanted. Put them into a saucepan with barely sufficient cold water to cover them. As soon as the water boils, throw in a little cold water, which will check them boiling too quickly or breaking. Add salt to taste, and let them gently simmer until they are done, which may be ascertained by thrusting a fork into them. Drain off the water, and let them stand near the fire, with a folded napkin placed on the top to absorb the moisture. By this means the potatoes will look floury.

New Potatoes.—Well scrape and wash the required number and throw them into boiling salted water, with a few sprigs of green mint. When they are done, drain away the water, and serve in a hot vegetable dish, with a small piece of butter rubbed over them.

Potatoes à la Lyonnaise.—Cut some freshly boiled potatoes into slices, and brown them in a frying-pan with a little beef dripping. Serve them in a deep dish with soubise sauce poured over them.

Potatoes, Straw.—Cut up some potatoes about the thickness of wooden matches. Well wash and dry them on a clean cloth. Place them in a wire basket, not more than a cupful at a time, and plunge them into a bath of boiling fat. Shake the potatoes about until they are quite crisp and of a golden-yellow colour. Lift them out, put them on a clean cloth to drain, sprinkle with salt, and serve on a hot dish.

Potatoes, Sauté.—Cut into thin slices potatoes freshly boiled (not those which are floury). Put them into a pan with a little butter, and let them gently fry until the edges begin to brown. Serve the potatoes in a hot vegetable dish, and sprinkle with finely chopped parsley.

Tomatoes au Gratin.—Well butter a flat baking-dish, and put in tomatoes cut into halves. Sprinkle over them some bread crumbs, grated cheese, chopped onion, shallot, and parsley. Place them in a hot oven, and when ready to serve, squeeze a lemon over the whole, with salt and pepper.

Tomato Omelette.—Peel six tomatoes, and cut them into small pieces. Beat up a tablespoonful of flour with a little milk into a smooth paste. Add four well-beaten eggs, pepper, salt, and the tomatoes. Put $\frac{1}{2}$ oz. of butter in a white enamelled frying-pan, pour in sufficient of the mixture to just cover the pan, let it cook quickly, fold it over, and slide it on to a dish, and continue cooking the rest in the same manner.

Broad Beans.—Shell sufficient broad beans to make one quart. Boil them in slightly salted water for half an hour or until tender. Drain them through a colander, and remove the skins while hot. Pour over some well-made parsley sauce, and serve.

Artichokes, Jerusalem, Boiled.—As each artichoke is peeled, it must be thrown into vinegar and water to preserve its colour. Boil them in slighted salted water for 15 minutes, when they should be sufficiently tender for a fork to pass through them easily. Drain them in a colander, pile them up on a dish, and pour over them a white butter sauce. If they are allowed to boil too much they will turn black.

Artichoke (L'Huile).—Trim neatly and cut off the ends of the leaves of the required quantity of artichokes, allowing one artichoke for each person. Put them in a saucepan with plenty of boiling water, a little salt, and the juice of one lemon. Let them boil with the lid on, for half an hour, and turn them into a colander to thoroughly drain. Serve with the following sauce:—

Put two tablespoonsful of tarragon vinegar, and six of olive-oil, into a basin with half a teaspoonful of salt, a teaspoonful of French mustard, one finely chopped shallot, a few tarragon leaves, a sprig of chervil, and pepper to taste. Thoroughly mix this with a fork, and send to table with the artichokes.

Cabbage, Shredded and Creamed.—Take two white cabbages and shred them. Throw them into fast-boiling water, with a small piece of soda, as much as can be put on a sixpenny-piece. Let them boil for about half an hour until tender, drain through a colander, press them between two plates to drain away all the moisture. Put 2 ozs. of butter into stewpan, pepper and salt, and work in a tablespoonful of flour, adding gradually half a pint of milk or a little cream. Stir in the cabbage, and let it cook for about 10 minutes, and serve.

Spinach Cream.—Beat up the yolks of four eggs in a bowl, with a third of a pint of hot milk and half a pint of

cream. Stir it over a gentle fire until it begins to thicken. Add a quarter of a pint of spinach juice, well stir it until it is equally coloured, and sweeten to taste. Slice some sponge biscuits, place them on a glass dish, pour the spinach cream over them, and serve cold.

Spinach à la Française.—Prepare the spinach, and after it has been boiled, drained, and squeezed dry, dissolve 3 ozs. of butter in a saucepan. Stir in the spinach and let it cook until it is hot and dry. Add three dessertspoonsful of cream, a teaspoonful of powdered sugar, and salt to taste. Stir it again until the moisture is absorbed. Turn it out on to a hot dish, and garnish with sippets of fried bread.

French Beans à la Française.—Boil 1 lb. of French beans. When they are done drain them, and put them into a stewpan with 3 ozs. of fresh butter, pepper and salt to taste, and the juice of half a lemon. Put the lid on the stewpan, shake the pan continually for six or seven minutes while it is cooking. Serve immediately.

Turnip Top Greens.—When young and freshly cut they are very excellent as a vegetable. Owing to their slightly bitter taste they are considered a very healthy article of diet to eat in the spring. Cut away the stems and dead leaves, wash them in several waters, and finally let them remain in fresh water for one hour. After draining them, put them into a saucepan of slightly salted boiling water, and add half a teaspoonful of carbonate of soda. As they boil, remove any scum which rises. If young, they should be cooked and quite tender in 15 or 20 minutes. Strain through a colander, squeeze out as much of the water as possible, put them into a hot vegetable dish, and cut them across each way. Place a little butter and salt on top.

Turnips, Boiled.—Turnips that are to be served plainly boiled must be small and very young; the larger ones should be mashed. Put the necessary quantity of turnips into slightly salted, boiling water, and let them

boil for 25 minutes. Drain through a colander, and serve with a white sauce poured over them.

Purée of Turnips.—Pare and wash six turnips. Cut them into quarters, boil them in salted water for about three-quarters of an hour until tender. Mash, and pass them through a hair-sieve. Put them in a stewpan with 1 oz. of butter and $\frac{1}{4}$ pint of cream. Dredge in a little flour, and stir it over the fire until the mass becomes stiff. Serve this purée in the centre of the dish and arrange the cutlets around it.

Petit Pois à la Française.—Put a pint of peas into boiling, salted water, just sufficient to cover them. When sufficiently cooked, strain through a colander, put 3 ozs. of butter into a stewpan, a few button onions, a teaspoonful of chopped parsley, a teaspoonful of moist sugar, and a little salt and pepper. Add the peas and cook for seven or eight minutes, stirring occasionally. Just before serving add a little more butter if required.

Cauliflower au Gratin.—Break off each flower at the stem of two large cauliflowers. Let them stand in cold, salted water for one hour, throw them into boiling water for five minutes, then drain them and boil them again in plenty of salted, boiling water for 15 minutes, taking care that they are not too soft or broken. Drain in a colander, put them into an earthenware baking dish, and pour over them a quantity of white sauce. Grate $\frac{1}{4}$ lb. Parmesan cheese over the sauce, and a sprinkling of bread raspings. Bake in a sharp oven to a golden-brown and serve in the same dish.

French Beans, Boiled.—Remove the ends and stalks of some young beans. Cut them into thin strips and place them in cold water. If the beans are not young the strings should be drawn off with the tops and stalks. Put them into a large saucepan of boiling, salted water, allow the steam to escape, and let them boil fast for 15 minutes if the beans are young, and 25 minutes if they are fully grown, or even longer until they are tender.

Beans, French, to Stew.—Cut, boil, and drain the beans as in the foregoing recipe. Put into a saucepan some rich, brown gravy, with pepper and salt to taste. When hot, add the beans, and let them simmer gently over a slow fire for 15 minutes. Shake the stewpan to prevent them burning, and serve with venison, veal, or mutton cutlets. The cutlets should be placed in the centre of a hot dish, and the French beans and gravy around.

Scotch Kale, Boiled.—Remove all decayed leaves and stalks. Wash well and leave them in cold water for an hour or two; drain and put them into a saucepan with plenty of boiling water, slightly salted, and let the water gallop until the kale is quite soft. Drain through a colander, squeeze out all the superfluous water, and put them into a hot vegetable dish, with 2 ozs. of butter on the top.

When boiling green vegetables always leave the saucepan uncovered.

Mushrooms au Beurre.—Take 1 pint of bottled button mushrooms; put them in a saucepan with 3 ozs. of butter and let them get slightly browned. Sprinkle salt and pepper over them and let them cook without burning until they are quite tender. They should be served as they are, on toast, and will be found to make a nice breakfast dish.

Mushrooms, Stewed.—Trim and clean a pound of mushrooms, and put them into a saucepan with $\frac{1}{4}$ lb. of fresh butter, $\frac{1}{2}$ pint of veal stock, and salt and pepper to taste. Let this stew very gently for $1\frac{1}{2}$ hours. If required, thicken with a little cornflour. Serve in an entrée dish with sippets of dry toast around.

Mushrooms, Grilled.—Take some large field mushrooms, peel the outside top skin, and trim the stalks. Season with pepper and salt and steep them in a marinade of oil, or fresh butter melted. Grill over a clear fire, but not too fierce, on both sides. Serve with

melted butter on a hot dish, and a squeeze of lemon on each mushroom.

Onions, Baked.—Take the required number of medium sized Spanish onions. Remove the outer skins, and boil them in salted water for 15 minutes, then throw them into cold water. Drain well, cut them in halves, and arrange on a well buttered baking tin. Bake in a quick oven, basting them with butter until they are tender and brown, and serve.

Onions, Braised.—Peel six or more medium sized onions; place them in a stewpan with a quarter of a pound of beef dripping, cover the pan with a closely fitting lid, and let them cook until quite soft and brown. Then take out the onions, thicken the liquor with a little cornflour, salt and pepper to taste, and the juice of half a lemon. Serve with steak, or roast beef.

Onions, Boiled.—Peel the required number of onions and throw them into salted boiling water for ten minutes; take them out and put them into cold water for one hour. Drain the onions and place them in a saucepan with sufficient water to cover them, and a little salt. Let them boil gently until quite tender, take them up, drain, and place them on a hot dish with some melted butter poured over them.

Parsnips, Boiled.—Scrape and wash the required quantity of parsnips; cut them into quarters and throw them into salted boiling water. Let them boil until they are sufficiently soft to pierce them easily with a metal skewer; lift them out and drain in a colander, and serve, allowing one parsnip to two persons.

Parsnips, Mashed.—Boil the parsnips as in previous recipe until quite soft, and then press them through a sieve. Put them in a saucepan with three tablespoonsful of cream, or more, according to quantity of parsnips, and well whip them with a fork, adding salt and pepper to taste, and serve.

Asparagus Tips.—Cut off the tips of the asparagus in lengths about 2 in.; cook them in salted boiling water until tender, and drain off the water. Cover them liberally with Bechamel sauce, re-heat, and serve.

Asparagus and Sauce Hollandaise.—Boil the asparagus in the usual manner. Serve on a folded napkin and a tureen of Hollandaise sauce to accompany it.

Aubergines au Gratin.—This delicate and very delicious vegetable is slowly coming into favour. It is extensively eaten in France. It may be braised, boiled, grilled, and served in a variety of ways.

Boil two or more aubergines for ten minutes, drain, and when cold cut them into halves and remove the seeds. Place them in a fire-proof dish and put a piece of butter on each, and well sprinkle with Parmesan or Gruyère cheese. Bake for 15 minutes, and just before serving pour over them some brown sauce. Serve in the dish in which they are baked.

Scarlet Runner Beans.—These beans are very nice if used when freshly gathered and have been quickly grown. Cut off the tops and tails and remove the string, and cut them thinly in a slanting direction lengthways. Throw them into boiling salted water, and let them boil until tender, with the lid of the saucepan off; this will usually take place from 15 to 20 minutes. Strain through a colander and replace them in the saucepan. Put in 2 ozs. of butter to each pound of beans, with salt and pepper to taste. Toss them up a few times, then turn them into a vegetable dish, and serve.

Broad Beans, Stewed.—Take 2 pints of broad beans that have been cooked in salted water and remove the skins. Put a pint of brown sauce into a saucepan, also a tablespoonful each of chopped parsley, onion, shallot, salt and pepper to taste. Let it simmer until the onions are quite cooked, then put in the beans. Stir over the fire for five minutes, and serve.

Beetroot, to Boil.—Wash the root carefully so as not to bruise or scratch the skin, and then boil it in slightly salted water for $2\frac{1}{2}$ to $3\frac{1}{2}$ hours. Take it carefully out of the saucepan, and if it is desired to serve it hot as a vegetable, peel, trim, and cut it into slices, and serve with white sauce. If, however, it is required for pickling or salad, allow it to get quite cold before peeling or cutting it. It may then be cut into thin slices or cubes; put into a jar and well cover with equal parts of vinegar and water. It will be found ready for use in 24 hours.

Broccoli, Boiled.—Cut, trim, and thoroughly wash the required quantity of broccoli, and then leave it in salted water for at least an hour. Drain well and plunge into plenty of fast boiling salted water. Do not let them cease boiling; use a wooden spoon to push them down when they rise to the top, and keep the lid off the saucepan. Fresh young broccoli will take from 10 to 15 minutes to boil. Drain well, press down in a colander, and serve at once.

Brussels Sprouts Saute'.—Pick over, trim, wash, and drain 3 lbs. of sprouts. Drop them into boiling salted water and let them boil fast for 12 minutes. Drain through a colander and dry them on a cloth. Put a quarter of a pound of best fresh butter into a stewpan and when the butter is quite hot toss the sprouts into it, with pepper and salt to taste. Shake them well over the fire for five minutes, and serve.

Cardoons.—This vegetable is much eaten in France and is being cultivated and sold in England. It is a very good substitute for celery or sea kale when cooked as such. It is the stalks or inner parts that are eaten, the prickles and outer leafy stalks being removed.

Cardoons, Stewed.—Cut the stalks into strips about 4 or 5 inches in length. Put them into a stewpan with sufficient brown gravy or brown sauce to cover them, salt and pepper to taste, and let them stew very gently by the side of the fire until quite soft and tender, and serve.

Peas, Dried, Green.—Take a quart of sound dried green peas. Wash them in warm water and then let them soak for 12 or 14 hours in water to which has been added $\frac{1}{2}$ oz. of carbonate of soda to the pint of water. Well wash the peas to remove the traces of soda, and boil them in salted water to which has been added some dried mint. As soon as the peas are tender drain them through a colander, and serve them with a piece or two of butter. Cooked in this way they make a good substitute for the fresh green peas.

Peas à la Crème.—Take a quart of freshly shelled green peas, and put them into a saucepan with 3 ozs. of butter, a dessertspoonful each of chopped shallot and parsley, salt and pepper to taste, and two wineglassfuls of rich cream, which should be sweetened with a little sugar. As soon as the peas are tender, serve.

Potato Chips.—Peel and wash the required quantity of large sized potatoes. Cut them lengthways into slices about the third of an inch in thickness, and then cut them again so that they will be nearly square in thickness and about $2\frac{1}{2}$ to 3 inches long. Wash them again, drain and dry them on a cloth. Put about a cupful at a time into the frying basket and plunge them into boiling fat, removing them directly they turn a light brown, and repeating the process after each lot has been drained. Put them on to a dish in the oven, with the door wide open, sprinkle with salt, and serve.

Spinach, Purée of.—Take 4 lbs. of leaf spinach and wash it in several waters to remove all trace of earthy grit. Put it into not more than $\frac{1}{2}$ pint of boiling, slightly salted water. Let it boil until tender, drain well through a colander, and rub it through a coarse sieve. Put 2 ozs. of butter into an earthenware pan, and when melted put in the purée, with salt and pepper to taste, and stir it over the fire until quite hot. Serve, if by itself, with sippets of dry toast, or it may be served as a border with mutton cutlets.

Tomatoes, Baked.—Remove the stalks from 1 lb. of tomatoes ; cut them in halves and place them cut side up into an earthenware dish. On the top of each piece of tomato sprinkle half a teaspoonful of granulated sugar and a thin slice of butter. Place the dish in a hot oven for ten minutes. Cut up finely in equal quantities a shallot, onion and parsley, and sprinkle a teaspoonful on each piece of tomato together with salt and pepper and a squeeze of lemon. Replace the dish in the oven for another 15 or 20 minutes, and serve in the dish in which they were cooked.

Turnips and Potatoes, Mashed.—Boil 1 lb. of young turnips and 1 lb. of potatoes, each in separate saucepans. When cooked, drain in the usual way and pass them both through a sieve. Beat them up together with a fork, adding a little butter or cream, pepper and salt to taste, and serve.

SALADS.

Plain Salad à la Française.—Either cabbage, lettuce, batavia or endive may be used, whichever is preferred. Take the necessary quantity, say for six persons two large endive would be sufficient, remove all the green or outer leaves, *break, never cut*, each leaf in half and throw them in a pail of cold water. Wash them well and leave them in clean cold water for twenty minutes, then place the endive in the centre of a clean cloth. Take the corners of the cloth together, and shake well until the salad is perfectly dry. When sufficient care is not taken to dry the leaves thoroughly, the salad is sure to be tasteless and unsatisfactory. Place the dry leaves in a salad bowl, season with three saltspoonsful of salt, half a saltspoonful of white pepper, six tablespoonsful of salad oil, one of wine vinegar and one of tarragon and chervil, chopped very finely, stir up lightly with a wooden spoon and fork, and when well mixed serve at once. The salad must not be allowed to stand.

Fish Salad.—This is very good, and may be made with the remains of almost any boiled fish, when cold. Cut or break up the fish into small pieces and break up the leaves of two young cos lettuces, add four or five tarragon leaves and a little chervil, season with pepper and salt, put in six to eight spoonsful of salad oil and two of French vinegar, according to taste, then mix it all thoroughly and turn it into a salad bowl, and serve.

Potato Salad.—Peel and cut into slices ten fair-sized boiled potatoes of the yellow waxy variety, and place them in a salad bowl, season with salt, pepper, a teaspoonful each of tarragon, chervil, parsley and shallot, all chopped as finely as possible, six dessertspoonsful of oil and two of French vinegar, toss and mix together without breaking the potatoes, and serve.

Cold Haricot Beans, French Beans, and Lentils all make excellent salads dressed in the above manner.

Lobster Salad.—Obtain a tin of the Fraser River lobster, open it and take out the fish, then drain it thoroughly, or squeeze it in a cloth, and break it up into pieces. Have ready two hard-boiled eggs which have been cut into slices, two filetted anchovies cut up into small pieces, and two cabbage lettuces that have been well washed and dried. Mix the whole well together with a wooden spoon and fork in a basin, season with half a teaspoonful of chopped shallots, one of chopped parsley, one of chopped tarragon and chervil, a little pepper and salt, six or eight teaspoonsful of salad oil and two of wine vinegar; mix it well together and turn it into a salad bowl to serve.

A Salad of Cold Meat.—This is a salad much appreciated and much in vogue in France, and is usually made with the meat from the *Pot-au-Feu*, but may be equally well made with any cold meat, either roast, boiled or stewed. Cut the meat with the fat into neat slices about two inches square, place them on a dish with four shallots chopped up very finely, a teaspoonful of chopped parsley, tarragon and chervil, salt and pepper, six table-spoonsful of salad oil and two of wine vinegar. Toss and mix all well together, without breaking the meat, and serve in a salad bowl.

English Mixed Salad.—Trim, wash, drain, and dry the leaves, and break into small pieces the required quantity of lettuces; place them in a large salad bowl, adding a small quantity of watercress, and mustard and cress. Cut into slices some beetroot, cucumber, and radishes, chop some spring onions and celery tops, and mix all these ingredients together. Break the yolks of one or two hard boiled eggs into a basin, and mix with same three table-spoonsful of olive oil, one table-spoonful of wine vinegar, a teaspoonful of salt, half a teaspoonful of sugar, pepper and mustard to taste. Work this up with a wooden spoon, and just before serving pour it over the green stuff in the salad bowl, and thoroughly mix.

Flemish Salad.—Cut up any dried fish or herrings into wafer-like slices; put them in a salad bowl with potato, tomato, onion, celery, cold boiled carrot, all cut into slices. Pour a mayonnaise mixture over this, and serve.

Pea and Potato Salad, without Oil.—Take $\frac{1}{2}$ pint of cold cooked peas, and 1 lb. of small waxy potatoes cut into slices, and a teaspoonful of chopped parsley. Rub the yolks of two hard boiled eggs till quite smooth, add a teaspoonful of mixed mustard, pepper, salt and cayenne to taste, and three tablespoonsful of thick cream. When all these are thoroughly mixed together add a tablespoonful of wine vinegar. Mix it all into the vegetables, and serve.

German Salad.—Boil 1 lb. of sauerkraut for one hour in sufficient water to well cover it, with a dessertspoonful of salt. Drain it thoroughly, and put it in the salad bowl. Wash some pickled cabbage, cut it into shreds, and add it to the sauerkraut, with a tablespoonful of chopped chervil, and two onions finely minced. Dress with six tablespoonsful of olive oil, two tablespoonsful of wine vinegar, and pepper and salt to taste. Thoroughly mix, and serve.

Cucumber Salad.—Pare the green skin off a cucumber, and place it in cold water for half an hour. Dry it in a cloth and cut it into thin slices, sprinkle with salt and pepper to taste, and lastly add four tablespoonsful of olive oil, and one of Orleans vinegar.

Beetroot and Celery Salad.—Take the hearts from two heads of celery, and cut them into small cubes, and place them in the centre of the salad bowl. Cut into ornamental pieces some freshly boiled beetroot, and place it around the celery. Mix into a basin the yolk of one hard-boiled egg, two dessertspoonsful of olive oil, two dessertspoonsful of cream, a teaspoonful of mustard, salt and pepper to taste, and one dessertspoonful of french vinegar. Thoroughly stir and beat it up

together, and pour it over the celery and beetroot. By way of decoration, cut up very small, a tablespoonful of the green tops of the celery, and sprinkle them over the salad.

Salad Dressings (Italian).—Pound the flesh of two anchovies in a mortar with a teaspoonful of mustard. Gradually add six teaspoonsful of olive oil, and two teaspoonsful of garlic vinegar, two of chilli vinegar, one of wine vinegar, and one of tarragon vinegar. Thoroughly mix, and it is ready for use.

Salad Dressing (Dr Kitchener's Recipe).—Place the yolks of two cold, hard boiled eggs into a basin; rub them till smooth with the back of a wooden spoon, and mix with them very gradually, first, a tablespoonful of thick cream, and afterwards two tablespoonsful of olive oil. When these are well mixed add a teaspoonful of salt and powdered sugar, a teaspoonful of made mustard, and lastly, and very gradually, three tablespoonsful of vinegar. Put the dressing at the bottom of the salad bowl, lay the salad on the top, garnish with the whites of eggs cut into rings, and do not mix the salad until the very last moment.

Provence Dressing.—Put a saltspoonful of salt, and half this quantity of pepper in the salad spoon, and mix with it four tablespoonsful of oil; thoroughly mix this with the salad. Lastly, add one tablespoonful of wine vinegar and half a tablespoonful of tarragon vinegar.

Belgian Dressing.—Rub the yolks of two hard boiled eggs till quite smooth with a teaspoonful of wine vinegar. Add a teaspoonful of french mustard, sugar, salt and pepper, a tablespoonful of claret, and a finely-minced shallot and young onion. Beat in by drops five tablespoonsful of olive oil, and lastly a teaspoonful of tarragon, and one tablespoonful of wine vinegar.

SAUCES.

Of sauces there are many in name and variety, although only two constitute the foundation of nearly all, viz.: white sauce and brown sauce. These can be most easily prepared if care be taken in learning. All other sauces are based more or less on these two principal ones, and consequently the quality of the others must depend upon them. A well-made sauce tends to the enjoyment of the dinner. Sauces are to cookery what the gamut is to music. It is by the arrangement of notes that harmony is produced, so in the same manner it is by the well-judged blending of the ingredients of a sauce that the palate is pleased and the appeal to the sense of taste successfully made.

Sauce Flavourings.—To convey delicate flavourings to sauces, gravies, soups, stews, stuffings, roast and broiled meats, the use of sage, parsley, garden mint, horse-radish, shallots, onions, garlic, basil, marjoram, thyme, lemon thyme, mixed herbs, sweet herbs, savory and tomato, will be of material assistance. The essences of celery, cayenne pepper, tarragon, capsicum, shallot and truffles are inexpensive. They go a long way, and should always be found in the store cupboard.

White Sauce.—Cut up a knuckle of veal, weighing about $3\frac{1}{2}$ to 4 lbs. into small dice, and $\frac{1}{2}$ lb. of lean bacon. Butter a stewpan with $\frac{1}{4}$ lb. of fresh butter, and then add the veal and bacon, two onions cut in halves, one carrot, one turnip (both small ones) stuck with four cloves, half a blade of mace, one sprig of lemon thyme, one bay leaf, six sprigs of parsley, and a quarter of a pint of water. Place this on a brisk fire or gas stove, stirring frequently with a wooden spoon until the bottom of the stewpan is covered with a whitish glaze, then fill up with 2 quarts of cold water and two teaspoonfuls of salt. Let it gently simmer at the side of the stove for $2\frac{1}{2}$ to 3 hours. Skim it occasionally, and then pour it through a hair sieve into a basin. Place in another

stewpan a $\frac{1}{4}$ lb. of fresh butter, with which 6 ozs. of flour must be mixed. Stir over the fire for three minutes, but it must not be allowed to change colour. Remove from the fire and continue stirring until it is cool and then gradually add the contents of the basin, stirring all the time. Return it to the fire and allow it to simmer for 20 minutes. Now add slowly a tumblerful of boiling milk, and if available throw in a few chopped button mushrooms. Let it simmer for ten minutes longer, then pass through a hair sieve into a clean basin.

This white sauce will be frequently referred to in other recipes. The quantities here given can always be varied if the ingredients are used proportionately.

Brown Sauce.—Cut up into small pieces 2 lbs. of beef, or the meat from a knuckle of veal. Put 3 ozs. of butter into a stewpan, melt it and add three large onions cut into thin slices. Place the cut-up meat on the onions with 4 ozs. of lean bacon (chopped), two cloves, 12 peppercorns, two bay leaves, a tablespoonful of salt and a wine-glassful of water. Put it over a brisk fire, let it remain for ten minutes, and stir it well, reduce the heat a little and give it another ten minutes, stirring occasionally, until it is a nice brown colour. Fill up with 3 quarts of water, and as soon as it has boiled up, put it over a slow heat and allow it to almost simmer for 3 hours. Then pass it through a sieve into a clean basin. Place 2 ozs. of butter into a clean stewpan, melt on a slow fire, add 3 ozs. of flour, and stir until it becomes a deep yellow colour (termed *roux*). This will take about six or seven minutes to do. Remove it from the fire to cool, then add all the strained liquor which is in the basin and place it on the fire to boil up. Remove it to the side to simmer for 20 minutes, and skim off all grease. This sauce should be of a light chestnut brown colour.

Demi-Glaze.—This is a thin brown sauce for entrées or made dishes. Many entrées make their own, but where there is none, this thin brown sauce should be served. Put a pint of brown sauce in a stewpan, add to

it $\frac{1}{2}$ pint of any kind of stock, put it on the fire, stir with a wooden spoon, letting it boil as quickly as possible. Rake the scum off as it rises, let it boil until it is much reduced and adheres lightly to the spoon, pass it through a sieve into a basin, stir now and then until it is cold, so as to prevent a skin forming, and put it on one side until wanted for use. This will keep a week in winter time by adding to it half a cupful of stock every other day and giving it a boil up. Never serve a hot sauce too thick, as sauces always become much thicker by standing. A sauce served thick and then allowed to stand a little while is uneatable.

Tarragon Sauce.—Place eight tablespoonfuls of demi-glaze and four of ordinary stock into a saucepan, boil for two minutes, add a tablespoonful of wine vinegar, put in 20 leaves of tarragon, let it simmer for five minutes, and serve.

Piquante Sauce.—No. 1. Put one tablespoonful of finely-chopped onions and one of chopped shallots into a stewpan with four tablespoonsful of wine vinegar and one bay leaf, and let it boil for five minutes. Then add $\frac{1}{2}$ pint of brown sauce, half a tablespoonful of chopped parsley, one tablespoonful of finely-cut gherkins, a little sugar, salt and pepper to taste. Simmer for ten minutes. Remove the bay leaf, and serve.

Sauce Piquante.—No. 2. Scrape and cut up half a carrot, one shallot, and cut small three mushrooms. Fry in 1 oz. of butter till brown, then stir $\frac{1}{2}$ oz. of flour into $\frac{1}{2}$ pint of brown stock, and add to it the other ingredients, with a sprig of thyme, a bay leaf, one tablespoonful of Harvey's sauce. Let it all simmer together for 20 minutes, then add a little salt, cayenne, two tablespoonsful of vinegar, and strain through a tamis.

Mushroom Sauce.—Rinse in cold water some button mushrooms, drain, and dry them in a soft cloth. If flat mushrooms are used, they must be cut into small pieces. Remove the stalks, place in a saucepan $\frac{1}{2}$ pint of beef

gravy or stock, add 1 oz. of butter, a little mushroom ketchup, and blend with a little flour. Simmer for about two minutes, and, if liked, a little lemon juice may be squeezed in before serving.

Garlic Sauce.—Some persons dislike the flavour of garlic, although there are many who can take it. Take $\frac{1}{2}$ pint of demi-glaze and two peeled tomatoes. Let it boil for ten minutes, mashing the tomatoes with a wooden spoon (never use metal for tomatoes), scrape two cloves of garlic, add to the tomatoes, salt and pepper to taste. Serve.

Éspagnole Sauce.—Cut into small pieces 1 lb. of knuckle of veal, 4 ozs. of lean ham, $\frac{1}{2}$ lb. of shin of beef, and one onion into dice. Melt in a stewpan 2 ozs. of butter and add the other ingredients to it. Stir altogether over a brisk fire until the meat begins to get brown, and the mixture to thicken. Then add $2\frac{1}{2}$ pints of stock, bring it to boiling point, draw it to the side of the fire and let it simmer for five minutes, taking great care to skim it well. Add to the contents, a carrot cut into discs, a sprig of thyme, 12 pepper-corns, two sprigs of parsley and half a teaspoonful of salt, and let all boil together for 40 minutes. Melt 2 ozs. of butter in a separate saucepan and dredge in gradually 2 ozs. of flour, stirring all the time until it is a thick brown roux. Add this very slowly to the sauce, stirring continually, and simmer for three or four minutes until it is thick and rich. Then strain, carefully remove every particle of fat and it will be ready for use.

Horse-radish Sauce.—After having washed and brushed the horse-radish quite clean, let it soak for one hour in cold water, then scrape it very finely with a sharp knife. Mix thoroughly together half a teaspoonful of salt, a teaspoonful of powdered mustard, and two tablespoonsful of the scraped horse-radish. Into another basin mix a $\frac{1}{4}$ pint of cream with three tablespoonsful of olive oil, or instead of the cream the yolk of an egg may be substituted, and afterwards two tablespoonsful of

vinegar. The oil must be added very gradually. Mix thoroughly with the horse-radish, and serve.

Bread Sauce.—Grate a little stale bread, very finely, until 2 ozs. are obtained. Peel a moderate-sized onion, and put it in a saucepan with six bruised peppercorns, the bread crumbs, and $\frac{1}{2}$ pint of milk. Let these ingredients boil for ten minutes and stir all the time, taking great care that they do not burn. Remove from the fire, take out the onions, stir in a small piece of butter, and keep stirring until the butter is melted. If liked, a little grated nutmeg may be added. Serve in a hot sauce boat. This sauce is better if only made just when required, as it becomes pappy if made too long before serving.

Anchovy Paste Sauce.—Take about $\frac{1}{2}$ pint of white sauce and add $1\frac{1}{2}$ tablespoonsful of any good anchovy paste, season to taste, boil up for a minute, stirring all the time, and serve.

Apple Sauce.—Take four or five large cooking apples. Pare, core and slice them, simmer them for about half an hour in sufficient water to moisten them, until they are reduced to a pulp. Add a teaspoonful of sugar, a squeeze of lemon, and a small piece of butter. Beat them up to a pulp, and serve.

Béchamel Sauce.—Melt a $\frac{1}{4}$ lb. butter in an earthenware pan, then add 5 ozs. of flour, and let it cook for seven or eight minutes, stirring all the time. Draw it to the side of the fire and add to it very slowly $1\frac{1}{2}$ pints of milk, which has been previously boiled. Now place it on the fire and let it boil up and then draw it to the side again, adding to it $\frac{1}{4}$ lb. finely-chopped ham, a bunch of dried herbs, pepper and salt to taste. Let it cook very gently for 45 minutes, pass it through muslin, or a fine sieve, and keep hot until required. Then serve.

Mayonnaise Sauce.—Place in a basin the yolks of two fresh eggs. Beat them with a spoon, adding a shake of

pepper, a saltspoonful of salt, a teaspoonful of made mustard, and then add, drop by drop, $\frac{1}{4}$ pint of any good olive oil, working it all the time with a spoon, and from time to time a few drops of lemon juice. When the oil has been well mixed the sauce should be fairly firm, about the consistency of cream. Finish it off with a tablespoonful of French or wine vinegar drop by drop. Keep it in a cool place and then ice will not be necessary. Serve when required.

Soubise Sauce (White Onion Sauce).—Slice and cut up five onions, sprinkle with nutmeg, add salt and pepper, with 2 ozs. of butter, and fry the onions until they are tender, but they must not be allowed to colour. Take two tablespoonsful of freshly-cooked potatoes and pass them through a sieve, add them to the onions, thoroughly mix, and pass again through the sieve and then back again into the saucepan, stirring in a $\frac{1}{4}$ pint of cream, keeping it hot in a bain-marie until required. This sauce must be stiff.

Tartare Sauce.—Take $\frac{1}{2}$ pint of mayonnaise sauce, one tablespoonful of finely-chopped capers, one tablespoonful of finely-chopped gherkins, and one tablespoonful of finely-chopped olives. Just before using, mix all together thoroughly, and if too thick add some lemon juice.

Red Wine Sauce.—Put into a saucepan $\frac{1}{2}$ pint of port wine and a $\frac{1}{4}$ pint cherry juice. Bring the mixture to a boil, then add to it a $\frac{1}{4}$ pint of water, sufficient cornflour to thicken the sauce and stir same into it until it reaches boiling point. This sauce may be eaten with plum-pudding.

Mustard Sauce.—Thoroughly mix in a basin 3 ozs. of flour, a dessertspoonful of flour (baked and browned), half a dessertspoonful of the best mustard, and a little salt. Smoothly mix these ingredients with a little water, and then stir them into a $\frac{1}{4}$ pint of boiling water, and

let it simmer for five minutes, then add sufficient vinegar to flavour, and serve.

For either boiled or fried fresh herrings this sauce is considered the best accompaniment.

Sauce Beurre Noir.—Place four large tablespoonsful of wine vinegar in a small earthenware pan, let it boil until reduced to one half. Into another saucepan dissolve 6 ozs. fresh butter and let it cook until it is a dark brown colour. Remove it from the fire and add to it the cooked vinegar, with a pinch of pepper. Stir it up and pour it into a sauce boat, and serve.

Egg Sauce.—Take 2 ozs. of fresh butter and blend it with a dessertspoonful of flour; pour it into a saucepan with a wineglassful of water, but if the sauce is to be used with salt fish take some of the liquor in which the fish was boiled instead of water, being careful that it is not too salt, but if it is so, a little water or milk will alter this. Simmer until it is nearly boiling, but do not allow it to boil, and then draw it to the side of the fire, and stir in 2 ozs. more of butter, two or three hard boiled eggs, which have been cut up small. Let it simmer gently for one minute, and serve.

Sauce Matelote.—Peel and cut a large onion into four parts, take three shallots, a clove of garlic and a bouquet of herbs and put all together into an earthenware pan, with 1½ pints of claret, or any other light red wine. Let it cook on a moderate fire until reduced to one half, then add 1 pint of brown sauce (see Brown Sauce), and let it cook for ten minutes longer. Pass it through a fine sieve into a sauce boat, and serve.

Curry Sauce.—Scrape and slice a small carrot, peel and slice a small onion and then fry them together in ½ oz. butter until the onion is a nice brown colour. Then mix a tablespoonful of curry powder with a little water and add it to the onion and carrot, and stir for a few seconds. Peel, core and chop a small sour apple, add it to the other ingredients, moisten with ¼ pint of

tomato purée, and a $\frac{1}{4}$ pint of Espagnole sauce, if liked. Boil for five minutes, season to taste, and just at the last stir in a finely-chopped French gherkin. Strain, and bottle.

Spanish Sauce.—Put into a stewpan 2 ozs. of butter, 1 lb. of lean beef or veal, or $\frac{1}{2}$ lb. of each, with two slices of lean ham. Pour as much stock on the meat as will cover the bottom of the stewpan, and let it boil until it becomes quite thick. Let it simmer until brightly coloured, but be very careful it does not burn. Put into the saucepan a sprig of thyme, parsley, half a bay leaf, a sliced carrot, an onion stuck with two cloves, a quarter of a blade of mace, four or five pepper-corns, two shallots and a pint of stock or water. Simmer all together for an hour, strain, and let it get cold. When required, remove the fat from the top, re-heat the sauce and thicken with brown thickening, and simmer until it is of the consistency of cream. Remove all fat as it rises, and add a wineglassful of madeira or sherry, if liked.

Parsley Sauce.—Take $\frac{1}{2}$ pint of white sauce and put it into a stewpan, and add to it two heaped-up table-spoonsful of finely-chopped parsley, which has been previously washed and squeezed in a clean cloth. As soon as it is heated it is ready to serve.

Shrimp Sauce.—Pick, peel, and wash $\frac{1}{2}$ pint of shrimps, take $\frac{1}{2}$ pint of white sauce and add the shrimps to it, with half a teaspoonful of some good anchovy sauce. Allow it to simmer for five minutes, and serve.

Mint Sauce.—Finely chop two or three tablespoonsful of mint, place it in a tureen and add to it the rind of a small-sized lemon, chopped finely. Put a teacupful of French vinegar, the juice of half a small lemon, and two tablespoonsful of powdered lump sugar, allowing it to stand an hour or two before serving. In cold weather mint sauce should be served warm.

Bernaise Sauce.—Chop up finely one onion and one shallot; put them into an earthenware pan with five

tablespoonsful of wine vinegar, half a bay leaf, one clove, five or six tarragon leaves, and half a teaspoonful of coarsely ground pepper-corns. Let this boil until reduced to one half, then strain and whisk the liquor when cool with the yolks of four eggs, and 5 ozs. of butter. Strain through a tamis, and serve.

Bigarade Sauce.—Take the peel of half a Seville bitter orange, and put it in a stewpan with enough water to cover it. Boil for ten minutes, then let it drain on a sieve. Add $\frac{1}{2}$ pint of Espagnole sauce, $\frac{1}{2}$ pint of white stock, and half the juice of the orange. Allow it to reduce itself to half its quantity, strain, and add the orange peel and a teaspoonful of lemon juice with a glassful of port wine. Season with salt and pepper.

Ravigote Sauce.—Work 3 ozs. of butter with $1\frac{1}{2}$ ozs. of flour into a paste, add the juice of half a lemon, a dessertspoonful of chopped parsley, pepper and salt. Put the paste into a saucepan with a quarter of a pint of milk, and stir it until it comes to boiling point. In another earthenware saucepan put a tablespoonful of tarragon vinegar, a tablespoonful of chilli, a tablespoonful of Worcestershire sauce, and a teaspoonful of chopped shallots. Boil this for three or four minutes, then add the sauce to it, strain, and serve.

Celery Sauce.—Trim and wash the white parts of two heads of celery, and cut into small pieces about an inch long. Put them into a stewpan with 3 ozs. of butter, cover the pan, and let it stew until the celery is quite soft. Gradually mix in a tablespoonful of flour, and lastly a cupful of white sauce, salt and pepper to taste.

Cockle Sauce.—Take a pint of white sauce and place it in an earthenware stewpan, with a tablespoonful of vinegar and the juice of a lemon. When hot, put in a pint of prepared cockles, and let it gently cook for five minutes. This sauce may be served with hake, haddock, cod, etc.

Dutch Sauce.—Beat the yolks of three eggs, and put them into an earthenware pan with 4 ozs. of butter, a teaspoonful of flour, and the juice of one lemon. Stand the earthenware pan in a saucepan of boiling water on the fire, and stir the mixture until it is quite smooth. On no account must it be allowed to boil, or it will curdle the eggs.

Oyster Sauce.—Take out the necessary quantity of oysters from a tin of preserved oysters, and put them into a saucepan with twice as much white sauce as oysters. Let them heat thoroughly through, but do not allow the sauce to boil. Serve.

Sorrel Sauce.—Take two good handfuls of picked and washed sorrel leaves, and put them into an earthenware casserole, with a very small quantity of water. Let them cook for five minutes and then drain in a tamis. Place in a clean earthenware pan a quarter of a pound of butter; when it is brown, put in the sorrel and let it cook until it is quite dissolved, which will be in five or six minutes. Season with salt and pepper to taste, and serve in a sauce boat.

Robert Sauce.—Cut up two large onions finely, put them into an earthenware pan with 3 ozs. of butter, and let them cook until of a light brown colour. Add a tumbler of white wine and let it reduce to one half, then add $\frac{1}{2}$ pint of brown sauce, with two teaspoonsful of french mustard, stir well, and serve.

Suprême Sauce.—Take $\frac{1}{2}$ pint of white stock, thicken with roux; stir until it thickens and is smooth, and coats the spoon. Mince equal portions of tarragon, parsley, and cress leaves. Add a dessert-spoonful of mixed herbs, with the juice of one lemon. Let it simmer for two or three minutes, then strain through a tamis, and serve.

Poivrade Sauce.—Melt 3 ozs. of butter in an earthenware pan. Prepare one small carrot, one turnip, one

onion, one shallot, one leek, one stick of celery. Cut them all up very finely and put them in the pan with the butter, adding half a bay leaf, a blade of mace, two cloves, and 25 pepper-corns. Stir them until they are browned, when add a tablespoonful of mushroom ketchup, one quarter of vinegar, a glass of port wine, a teaspoonful of sugar and $\frac{1}{2}$ pint of brown sauce. Simmer very gently for half an hour. Strain through a tamis, and serve.

Tomato Sauce.—Cut up one dozen medium sized tomatoes, three shallots, and one onion. Place them in an earthenware stewpan with a blade of mace, two cloves, one dozen pepper-corns, one small bay leaf, the juice of half a lemon, one teaspoonful of sugar, and three teaspoonsful of salt. Let it boil for 25 minutes, then add a cupful of brown sauce. Strain through a tamis, and serve.

Velouté Sauce.—Put in an earthenware stewpan the remainder of any cold fowl, $\frac{1}{2}$ lb. of veal, 3 ozs. of ham, one small carrot, one onion, six pepper-corns, a little salt, and a blade of mace. Cover with sufficient cold water. Let it simmer very gently for three or four hours, skim and strain it. Thicken with a little cornflour, and serve.

Onion Sauce, Brown.—Pare, cut and mince one large Spanish onion. Fry it in 3 ozs. of butter until it is nicely browned. Add $\frac{1}{2}$ pint of brown sauce and a dessert-spoonful of flour, with salt and pepper to taste. Stir the sauce over the fire for ten minutes, and serve in a sauce tureen.

Onion Sauce, White.—Boil the required quantity of onions for ten minutes, then change the water and let them boil until they are quite soft. Strain off the water and add sufficient white sauce to make them thick enough, with salt and pepper to taste. Serve.

Plum Pudding Sauce.—Put into a saucepan two spoonsful of pounded sugar, and a pinch of grated lemon

rind. Add a tablespoonful of brandy and 3 ozs. of butter. When the sugar is quite dissolved pour in another tablespoonful of brandy and a glass of sherry. Stir it for a minute or two and serve over the pudding.

Anchovy Sauce.—Wash 12 anchovies. Remove the bones and heads and let them gently boil in a pint of water until they are quite dissolved. Strain the liquor and add to it a pint of white sauce, with a glass of sherry in it. If insufficiently thick add a little cornflour.

Almond Sauce.—Take 3 ozs. of sweet almonds, blanch and pound them in a mortar with a tablespoonful of water. Put them in a stewpan and pour over them $\frac{3}{4}$ pint of milk. Mix a dessertspoonful of flour with a little milk and the yolk of an egg; add it to the almonds and milk. Stir it on the fire until it froths, and serve.

Bordelaise Sauce.—Chop finely two shallots and with a teaspoonful of ground pepper add them to $\frac{1}{2}$ pint of chablis, or any white wine. Let it boil until it is reduced to one half, then add to it one pint of Espagnole sauce, with a tablespoonful of finely chopped parsley. Serve.

Butter Maître d'Hôtel.—Carefully pick off the stalks from some curly parsley, wash it in cold water; after chopping it very finely, put it in the corner of a clean cloth and squeeze it under the water tap, then squeeze it dry. This operation will remove the acrid taste of the parsley. Put the parsley in a basin, with an equal quantity of fresh butter and a squeeze of lemon. Mix well together with a spoon, and stand in a cool place to use when required. Any dish with which this butter is served is called "Maître d'Hôtel."

Caper Sauce.—Take two tablespoonsful of capers, cut them in halves or bruise them; put them into $\frac{1}{2}$ pint white sauce with half a dessertspoonful of wine vinegar. Chopped gherkins may be used as a substitute for capers if desired.

Celery Sauce.—Wash and clean two heads of celery and cut them up into inch pieces. Put 3 ozs. of butter into a stewpan; when melted put in the celery, cover closely and let it gently stew until it is quite tender; then add 1 pint of white sauce, and serve.

Cranberry Sauce.—Take one quart of cranberries; thoroughly wash and pick them over, put them in an earthenware saucepan with $\frac{1}{2}$ pint of water, and let them continue boiling until they are quite soft. Sweeten to taste and serve cold.

Custard Sauce, for Puddings, etc.—Lightly beat two eggs and stir them into a pint of milk, flavoured and sweetened to taste. Let it cook gently until it thickens, and just before serving add a tablespoonful of brandy.

Flemish Sauce.—Dissolve a quarter of a pound of fresh butter in an earthenware saucepan with the yolks of three well beaten eggs, and a teaspoonful of flour, the juice of one lemon and a tablespoonful of wine vinegar. This must be allowed to cook and not boil, otherwise it will curdle.

Fennel Sauce.—Take $\frac{1}{2}$ pint of white sauce. When ready to serve add a tablespoonful of chopped fennel.

Ginger Sauce.—Put two tablespoonsful of ground ginger and four of sifted sugar into an earthenware saucepan, with $\frac{1}{2}$ pint of water and a slice of the rind of lemon. Simmer gently for a quarter of an hour, then add a glass of sherry and the juice of a lemon. Strain, and serve.

Gravy, Beef.—Cut a pound of beef (without fat) into small pieces, and put them into a closely covered saucepan. Let them cook gently until the juice runs from the meat and glazes in the saucepan. Then add as much stock or water as will cover the meat, let it simmer gently for an hour, season, strain, and serve.

Gravy, Shallot.—Peel three or four shallots and cut them up into slices. Put them into an earthenware stewpan with four tablespoonsful of wine vinegar, boil for ten minutes, then add a quarter of a pint of brown gravy, and serve.

Herb Sauce.—Take two tablespoonsful of chopped parsley, one of chives, one of chervil, and pour over it sufficient vinegar to cover them. Let them simmer for five minutes, and leave until quite cold. Serve without straining.

Hollandaise Sauce.—Beat up the yolks of four eggs with two tablespoonsful of flour and 2 ozs. of butter, two tablespoonsful of wine vinegar, and four of water. Put the mixture into an earthenware saucepan, stir it well until it commences to simmer, then take it from the fire, and stir into it two more ounces of fresh butter. When dissolved, serve.

Indian Sauce.—Put $\frac{1}{2}$ pint of tomato pulp into an earthenware stewpan with a tablespoonful of curry paste, one teaspoonful of anchovy sauce, $\frac{1}{2}$ oz. of glaze, $\frac{1}{2}$ pint of stock, and a pinch of cayenne. Mix well, boil up, and serve.

FORCEMEATS.

Panada.—A preparation of bread for making forcemeats is used in French cookery, and is considered much superior to grated breadcrumbs used in our cookery. All the flavourings that are to be put in the forcemeat are generally mixed in the panada.

To make a panada cut up as many French rolls as are required into slices. Place them in a basin pouring over them as much hot milk, or veal stock, as the bread will absorb. Let it remain until the bread is quite soft, drain off as much of the liquid as possible by squeezing it between two plates. Afterwards put it into a clean cloth and thoroughly squeeze out all the moisture. It is now ready for use.

Forcemeat for Roast Veal.—Pass a small quantity of lean veal, free from bone, gristle and fat, through a mincing machine, then pound it in a mortar, adding to it a third of its weight in suet or butter, and a third of panada. Whilst well pounding flavour it with nutmeg, pepper and salt. Bind together with the yolk of one or more eggs, according to the quantity made. Shape the paste into balls or use it for stuffing the veal.

Forcemeat for Turkey.—Mince finely together some lean pork and veal, making altogether about 1 lb. Add 1 lb. of panada and $\frac{1}{2}$ lb. of butter, $\frac{1}{4}$ lb. of breadcrumbs, flavour with a tablespoonful of grated lemon peel, the juice of one lemon, nutmeg, pepper and salt to taste. Bind together with the yolks of three eggs, and stuff the turkey.

Forcemeat for Hare.—Take the liver of the hare that is to be cooked and parboil it in a little salted water. Mince it very finely with $\frac{1}{4}$ lb. of suet and 3 ozs. of lean bacon. Pound it all in a mortar with 6 ozs. of breadcrumbs, a dessertspoonful of minced

parsley, half a dessertspoonful each of lemon thyme and marjoram, salt pepper and nutmeg to taste. Bind together with the yolks of three eggs and make it into balls, if the hare is being jugged, but if roasted, stuff the inside and sew it up with needle and thread.

Forcemeat for Game.—Take out the livers, if sound, of the game that is to be cooked, and pound them in a mortar with half their weight of fat bacon; season with pepper, cayenne, salt, and a few cloves. Bind with the yolks of two eggs, and if not stiff enough add a few breadcrumbs.

Forcemeat for Fish.—Stew one small onion in a little butter until tender. Pound it in a mortar with 3 ozs. of butter, add $\frac{1}{2}$ lb. of panada, two eggs well beaten, pepper, salt, and a little nutmeg. Mix all well together with $\frac{1}{2}$ lb. of any cold fish, freed from skin and bone. Make up into small balls which may be either fried or boiled. A little lemon juice or anchovy essence may be added as a flavouring.

Forcemeat for Goose or Roast Pork.—Boil $\frac{1}{4}$ lb. of onions for two or three minutes; drain them and cut them up finely. Put them in a basin with $\frac{1}{2}$ lb. of panada, six or more sage leaves finely chopped, season with salt, pepper and allspice, and bind it with the yolks of two eggs. Stuff the goose with this forcemeat, or make it into balls to be cooked with roast pork.

Forcemeat Butter.—Mix $\frac{1}{4}$ lb. of fresh butter with $\frac{1}{2}$ lb. of panada in a saucepan, and whilst heating add a heaped teaspoonful of finely chopped parsley, half a teaspoonful of grated lemon peel, season with salt, pepper and a little cayenne. Mix well together, and use the yolk of one egg to bind it. Stir well and it is ready for use

Forcemeat Curry Balls.—Take the yolks from two hard boiled eggs, $\frac{1}{4}$ lb. of panada, 2 ozs. of butter, a

dessertspoonful of curry powder, and salt to taste. Pound in a mortar, and make into small balls.

Forcemeat Balls, Baked.—Put $\frac{1}{2}$ lb. of panada into a basin with $\frac{1}{4}$ lb. of chopped beef suet, a teaspoonful of chopped parsley and the juice of one lemon, the yolks of two eggs, and 2 ozs. of chopped ham. Mix all well together and make into balls. Bake in a hot oven until brown. These may be served with roast fowls.

ASPIC JELLY.

Its Preparation and Uses.

The French are past masters in the art of making and in the using of aspic jelly. What looks more appetising than a dish of cold birds in a bed of aspic, a boned turkey entirely coated with transparent jelly and a dozen and one dishes that sparkle with it as if the viands were set in jewellery? It has been seen that aspic is mentioned often and often in loftiest menus, and the initiated are cognisant of aspic in many dishes besides those where it is not mentioned by name. Meat jelly in the rough is no foreigner, however, but is a native everywhere. The English name is savoury jelly. Aspic is the same, but much refined. It should be better understood, and the first consideration should be to make and keep the jelly savoury, so that the meat it goes with is improved by it; the jelly, combining several fine flavours, and the essence of choice game, may be even more delicious and more sought after by epicures than the meat itself. This is where skill and refinement in cookery come in. The great raised cold pork and venison pies or pasties, the brawn and boar's head that stood on the oaken tables of our forefathers, were filled and set with aspic jelly in the rough, which was the gravy set with its own richness, a dark gravy that looked as if it required straining. It must not be assumed that aspic jelly, taking it all round, is better than rich gravy, but it is certainly far more ornamental, and while making it as it is so ornamental, care should be taken never to overdose it with unsuitable herbs or vegetables.

A very ornamental aspic jelly may be made from pigs' feet, which would look as clear as crystal, and when broken would shine as the morning dew, but the demands of good cookery would not be satisfied unless its taste was as good as it looks.

Sometimes there is some clear soup left over that sets into a jelly when cold, or the soup in which fowls or turkey have been boiled; in this there is as good a material for aspic jelly as can be made. One and a half ounces of gelatine to a quart of water will make a jelly, or one ounce of gelatine to a quart of good stock will make a jelly. One calf's foot boiled in three quarts of water will make a quart of jelly without any gelatine. A pig's foot and shank will do the same. Fowls, either young or old, boiled tender in the liquor, are necessary for good quality. Veal and veal bones and coarse beef are used, but will not do so well.

The best way to make aspic or savoury jelly is to take three pounds of meat, either veal or chicken, or both, and three cow heels. Cut up the meat and break the bones as small as possible, put them in a stewpan, with a plate at the bottom to prevent burning, and fill up with six quarts of cold water. Bring to the boil and skim off what rises to the top. Add six cloves, one bay leaf, one small onion, one shallot, one clove of garlic, one teaspoonful of pepper, and salt to taste. Let it simmer for seven or eight hours; and by this time it should be reduced to a third of its quantity. Strain off the jelly and fat from the meat and bones, and set it away to get quite cold. When cold, remove all fat and grease from the surface, and wipe off the last particles with a cloth dipped in warm water. Now re-melt the jelly in a clean enamelled saucepan, squeezing in the juice of two lemons. Beat into the mixture the slightly beaten whites of four eggs and their crushed shells. Heat to boiling point, stirring continually, and let it boil for ten minutes. Remove the saucepan from the fire, skim off all the froth, scum, etc. Strain through a jelly bag, or through a serviette folded double, and held in a colander. Should the jelly turn out cloudy instead of being bright and crystalline, re-boil it and strain again.

To Prepare Aspic for Garnishing.—Pour the liquid jelly into a large new flat tin to the depth of half an inch and let it remain till set hard. Wring out a serviette in

cold water and stretch it on a wooden pasteboard. Dip the bottom and sides of the tin containing the aspic jelly into warm water for a few seconds—just sufficient time to loosen the jelly from the tin, and turn the jelly on to the stretched serviette. Stamp it in rounds, squares and diamonds, or other desired shapes. Should a greater thickness be required, fill the tin to a greater depth with the liquid jelly. When turned out, cut it in the required shapes with a knife dipped into warm water and wiped dry. Aspic will melt or soften if kept too long in a warm place. It should be kept in a cool place in its mould or pan until it is required.

Chicken Stock Aspic.—Put a fowl weighing from four to five pounds into a saucepan with three pounds of neck of veal, and sufficient water to well cover them. Bring very slowly to boiling point, and after it has boiled for four or five minutes thoroughly skim it, and let it simmer gently until the meat and fowl are quite soft. Add a stick of celery, one shallot, half a small carrot, a bouquet of sweet herbs tied in a muslin bag with a sprig of parsley, two cloves, a blade of mace, one dozen peppercorns, and two teaspoonsful of salt. Let this simmer for twenty minutes, remove the fowl and meat, and let the stock simmer until reduced to one-half, remove fat, etc., strain and cool.

Decorative Chaud-Froid Sauce.—Take one pint of white sauce, add a cupful of aspic jelly, and the juice of one lemon. Let this simmer until it is reduced somewhat to the consistency of thick cream. Remove any grease or butter that may rise to the surface, and when half cold it is ready for use, to coat joints, hams, brisket, fowl, game, tongue, etc. Use a brush for the purpose, and when cold decorate with coloured aspic.

PASTRY, TARTS, AND PIES.

This most important section of cooking requires to be thoroughly understood. It is not of itself difficult, care and attention being more needed than skill. Pastry should always be made in a cool place, and a cold marble slab is better than a pastry board. A straight rolling pin should be used and cool hands are essential. Pastry should be touched lightly and quickly, and it must always be put into a hot oven so that it may set outside and thus prevent the butter or lard from oozing out. Never slam the oven door as that will prevent the pastry from rising and may make it heavy. When the pastry is cooked, take it out of the oven and put it in a warm place out of the draught so that it may cool gradually.

Puff Paste.—Take equal weights of fresh butter and flour, say half a pound of each. Pass the flour through a hair sieve into a basin, make a well in the centre of the flour and put in the yolk of one egg mixed with a little cold water, then mix thoroughly until the paste is of the same consistency as butter, squeeze two teaspoonsful of lemon juice and a little more water, if necessary; this will help to make the pastry very light. Turn it on to the marble slab and knead it thoroughly. Roll it out and place the $\frac{1}{2}$ lb. of butter in the centre, fold the paste over it, pressing the edges together to keep the air in. Now repeat this operation by rolling it out lengthways, fold it into three and roll it out lengthways, fold it again into three and put it away in a very cold place, on a cold slab if possible, leave it there for 20 minutes and then give it three more rolls, folding it into three each time, put it away again for 15 minutes, and roll it out again three times, after which it will be ready for use. If the pastry is wanted for patties roll it out to half an inch thick; for tartlets it should be only a quarter of an inch thick.

Short Paste.—With 1 lb. of flour mix half a teaspoonful of salt and one tablespoonful of powdered

sugar, take $\frac{1}{2}$ lb. of butter and rub it well into the flour, then make it into a paste by forming a little well in the flour and pouring gradually into it a $\frac{1}{4}$ pint of water and the yolk of one egg: This paste requires but little handling and should only be rolled out once when it is ready for use.

Suet Crust (for Meat Pies, etc.).—Take 6 ozs. of beef suet free from skin and pass it through a mincing machine; then mix it with 1 lb. of flour and sufficient water gradually to make it into a smooth paste, knead it a little and roll it out ready to be put on the pie.

Lemon Cheese Cake.—Place in a stewpan 1 lb. of white sugar, four whole eggs and the yolks of two, three finger biscuits grated, the juice of three lemons, and the rinds well rubbed with sugar; then add $\frac{1}{2}$ lb. of good butter, place a stewpan over a slow fire, stir until the mixture looks like honey, and put it by in a jar for use. Any flavour such as vanilla or cinnamon may be added, if liked, when required. Having made the paste and lined the tins, mix one tablespoonful of the mixture with a teacupful of good milk, and place a little in each tartlet.

Cranberry Tart.—Wash the cranberries thoroughly. Partially cook the cranberries before putting them into the tart. Add a $\frac{1}{4}$ lb. sugar, and two cloves, to every pint of fruit. Three parts fill the pie dish with the fruit, add sugar to taste, cover with a good crust, brush it over with cold water, and sprinkle white sugar over it. Bake in a moderate oven.

Apricot Tart.—For tarts, apricots do not require to be too ripe. Procure sufficient to fill the dish, first splitting each in half, break the stones and take out the kernels, which disperse among the fruit, adding $\frac{1}{2}$ lb. of lump sugar broken very small. Have ready some puff paste, cover the fruit with this, wet the top with the white of an egg beaten to a light froth, over which sprinkle some finely powdered sugar. Place in a

moderate oven and bake for about an hour, keeping it a light brown colour, and serve cold.

When lifting one end of the crust, should it be found that the fruit is not sufficiently cooked, place the pie dish on the top of the stove and the fruit will cook without spoiling the crust.

Green Apple Tartlets.—Pare, core, and slice green apples, and stew until very soft, with a little grated lemon and juice; sweeten to taste, press through a sieve, stir in a very little nutmeg, and a tablespoonful of butter for each pie. Bake in open shells of puff paste, with cross-bars of the same over the top.

Lemon Pie.—Take the grated rind of a lemon and all the juice, the yolks of four eggs well beaten, one cupful of sugar, sifted, one cupful of cream, and one tablespoonful of flour, sifted. Beat the yolks first, then add the sugar, cream, flour, rind, and juice in order; beat long and well, and bake in an open crust. While baking beat the whites stiff with four tablespoonsful of sifted white sugar. When the pie is baked, spread the whites on lightly, and set in the oven to brown. This quantity is enough for two small pies. To be eaten cold.

Baked Apple Dumplings.—Take one quart of flour, one tablespoonful of lard, one tablespoonful of butter, two cupsful of milk, one teaspoonful of carbonate of soda, dissolved in hot water, two teaspoonsful of cream of tartar, sifted into the dry flour, and saltspoonful of salt. Sift the flour with the cream of tartar, chop in the shortening, put in the soda, and moisten quickly, just stiff enough to roll into a paste less than $\frac{1}{2}$ -inch thick. Cut into squares and lay in the centre of each a juicy, tart apple, pared and cored. Bring the corners of the square neatly together, and pinch them slightly. Lay in a buttered baking pan, the pinched edges downwards, and bake to a full brown. When done brush over with the beaten white of an egg, and set in the oven

to glaze for 2 or 3 minutes. Sift powdered sugar over them, and eat hot, with rich, sweet sauce.

Gooseberry Pie.—Butter the inside and fill a pie dish with picked and cleaned gooseberries, put $\frac{1}{2}$ lb. of sugar on them, line the edges with puff paste, pour in a little water, moisten the edges of the crust with water so that they do not stick, cover the pie with more puff paste, cut it evenly all round, make a slit in the top with a knife, and bake in a moderate oven. When cooked sprinkle castor sugar over it, and serve with cream or a custard.

Rhubarb Pie.—Peel and cut into small pieces about half an inch long, two bunches of fine rhubarb, put into a basin with 3 or 4 ozs. of sugar, and mix thoroughly. Line the buttered edges of a pie dish with crust, put in the rhubarb and cover with paste, brush the surface with beaten egg, and bake in a moderate oven for 50 minutes. Draw the pie to the edge of the oven, sprinkle over powdered loaf sugar, put it back again for the sugar to melt, remove it, and serve either hot or cold.

Rhubarb Bake.—Butter a few slices of bread and place them at the bottom of a pie dish, moisten with a little boiling water, then put a layer of rhubarb cut into small pieces, sprinkle thickly some moist sugar and a little grated lemon peel. Continue this until the pie dish is full, allowing a layer of sugar to be on top; put a few pieces of butter over it, and bake until well browned, when it can be served with a custard or cream or alone.

Jam Tartlets.—Line some buttered patty pans with a good paste, fill each with rice, and bake until the paste is well risen and of a light colour. Take the baked crusts out of the tins, shake out the rice, and fill with any kind of jam. Using the rice instead of the jam while baking prevents drying or burning.

SWEETS AND CREAMS.

Richmond Maids of Honour.—Mix with a quart of new milk two eggs well beaten. Add this to a quart of boiling water in a saucepan. Pour in lemon-juice, and, as the curd rises, remove it to a sieve to drain. Well beat the yolks of four eggs, and mix the curd with them, the rind of a lemon rubbed off on sugar, a large cupful of clotted cream, a quarter of a grated nutmeg, a little pounded cinnamon, 6 oz. of well washed and dried currants, and a glassful of brandy. Mix well, line and butter some patty pans with light French puff paste, fill in with the mixture, and bake for about 20 minutes.

Lemon Cheese Cakes.—Take 1 lb. of sifted sugar, the juice of two lemons, grate the peel very finely, and add a piece of butter the size of a walnut. Beat the whole into a paste. A little of this used with tartlets of puff paste makes a very nice side dish.

Apple Cream.—Pare and core eight medium-sized apples; steam till quite tender, but they must not be allowed to break. When they are cold, place them in a glass dish. Make a cream of the following:—

To one teacupful of condensed milk or cream add one teacupful of sifted sugar and the whites of two eggs. Flavour with lemon, whisk together for a few minutes, and pour evenly over the fruit.

Gooseberry Fool.—Stew a quart of ripe gooseberries in enough water to cover them, and when soft and broken rub them through a sieve to remove the skins. While still hot, beat in one teacupful of sugar, one tablespoonful of butter, and half a pint of milk or cream if a richer dish is required.

Rice Snowballs.—Boil one pint of rice in two quarts of water, with a teaspoonful of salt, until it is quite soft. Grease some teacups with a little butter, fill each with the boiled rice, and when quite cold turn out on to a glass

dish. Make a custard, sweeten it with white sugar, flavour it with lemon, and pour over the rice half an hour before serving.

Sweet Rice.—Well wash 2 oz. of rice, place it in a stewpan with half a pint of milk, a piece of butter the size of a walnut, a little powdered cinnamon, and sugar to taste. When it is rather thick, add the yolks of two eggs. Stir for a few minutes, but do not let it boil. It may be eaten either hot or cold.

Sweet Rice and Jam.—Well wash 2 ozs. of rice and a little tapioca; add a little over a pint of milk, a lump of butter the size of walnut, a little powdered cinnamon, and sugar to taste. Boil it until it is thick, and add the yolks of two eggs. Place half in a dish, then some apricot (or any other) jam. Put the other half over it, and bake for 20 minutes.

Milk Blancmange.—Place $1\frac{1}{2}$ pints of new milk into an enamelled saucepan with $1\frac{3}{4}$ ozs. of isinglass and three dessertspoonfuls of sugar. Stir very gently with a wooden spoon until the milk comes to the boil. Remove it from the fire, let it remain in the saucepan until cool, stirring it occasionally. Well butter an ornamental mould, pour in the milk, stand it in a cool place until the next day. Place a bed of red currant jelly on a dish, and turn out the blancmange into the centre.

Almond Blancmange.—Take 3 ozs. of almonds, blanch them, and pound them into a paste, and by degrees add a tumblerful of cold water. Let it stand until settled, when the liquor must be strained off. Proceed as in the previous recipe, and while the liquid is cooling in the saucepan add the liquid from the almonds. When sufficiently cool, pour it into a greased mould, allowing it to remain until the next day.

Chocolate Blancmange.—Make a blancmange as in the first recipe, adding to it 4 ozs. of Vanilla chocolate. Work it up into a smooth paste with a little cold milk,

and just when the milk is reaching boiling-point put it in. Let it cool, and place into moulds as in previous recipe.

Apple Fool.—Pare and core 2 lbs. of apples. Put them into a stewpan with two cloves, a cupful of water, and sugar to taste. When they have simmered until quite soft, beat them thoroughly with a wooden spoon. Boil a pint of new milk, or milk and cream, sweeten and flavour it. Allow it to become cold, add it gradually to the apples, and serve.

Apple Mould.—Take 2 lbs. of golden pippins, or other apples if not obtainable. Pare, core, and slice them, and place them in a saucepan with 1 lb. of sugar, a pint of water, and 1 oz. of isinglass. Boil very gently altogether until the apples are soft, then beat them until they are quite smooth, and add a few drops of Vanilla flavouring. Butter a mould, put the apples in it, and let it get cold. Turn it out, and serve with custard or whipped cream.

Apple Float.—Pare and core twelve large green apples; boil or bake in as little water as possible, and press through a fine hair sieve. Sweeten to taste, add the whites of two eggs well beaten, and then beat the whole together until stiff. Grate nutmeg over it. To be eaten with cream.

White Lemon Creams.—These are made in the same way as lemon creams, except that the whites instead of the yolks of eggs must be used. Delicious tartlets may be made by adding to the preparation a little finely-crumbed sponge cake. Make a rich crust, line the dish, and make a delicate edge of paste round it; fill in the mixture and bake.

Cream Rice.—Put into a saucepan a quart of new milk, adding lemon rind, stick cinnamon, or bay leaves, whichever is preferred, for flavouring. Let it stand by the side of the fire until the flavour is drawn out. Take two tablespoonfuls of ground rice, and mix a little of

the milk with it, then add the whole of the milk gradually. Add a well-beaten egg, and stir it over a gentle fire until it thickens. Sweeten to taste.

This is very nice served with fruit tart or stewed fruit.

Sweet Omelette.—Well whisk six eggs, add $1\frac{1}{2}$ teaspoonfuls of milk, a teaspoonful of sugar, a pinch of salt, and beat well together. Put some butter into a frying-pan, and when hot pour in the mixture and fry very carefully, moving it about from time to time so that it does not catch the bottom. When done, remove it to a hot plate, make hot any kind of preserve, put it in the middle of the omelette, double it over, and serve with sifted sugar over it.

Stewed Gooseberries.—Pick the gooseberries, and boil them with sugar to taste until tender. Press through a coarse sieve, and when cool enough put them into a glass dish. When cold, pour over a good custard.

Compôte of Prunes.—Wash them in warm water. To 1 lb. of fruit add $\frac{1}{2}$ lb. of sugar, a pint of cold water, and the juice of a lemon. Let them simmer for one hour, or until they will mash when pressed. Strain the fruit, boil the syrup until it is very thick and just about returning to sugar. Pour it over the prunes, turn them about gently that they may become well coated, and let them remain for 12 hours before serving.

Salad of Oranges.—Select four good oranges, the thinnest rind ones are preferable. Cut them crossways into slices double the thickness of a crown-piece, dress them round upon the dish, one piece resting halfway upon the other. Shake 1 oz. of sifted sugar over, pour on a tablespoonful of brandy (if liked) or six tablespoonsful of cream, and it is ready to serve. Slices of red Malta oranges dressed alternately with the other has a pleasing effect.

Strawberry Salad.—After removing the stalks from 1 lb. of fine strawberries, put them in a basin with half

a teaspoonful of cinnamon, 1 oz. of sifted sugar, and a $\frac{1}{4}$ pint of cream. Dress them in pyramids upon the dish only a few minutes before serving, and pour the cream over.

Peach Salad.—Procure four ripe peaches, which peel and cut into quarters. Put them into a basin with 2 oz. of sifted sugar and a glassful of cream. Toss them lightly over, dress upon the dish, and serve.

Apricots, greengages, and other plums may be dressed in the same manner.

Compôte of Apples.—Put into a saucepan 1 pint of water, $\frac{1}{2}$ lb. of sugar, and the juice and rind of two lemons. Put it on the fire, and when the scum rises, put in six apples which have been pared, cored and quartered. Leave the lid off the saucepan, and let them simmer for about 20 minutes, or until the apples are quite clear.

Currant and Raspberry Salad.—Put an equal quantity of each, making rather more than a pint, into a basin, with 2 ozs. of sifted sugar, a little powdered cinnamon, and a $\frac{1}{4}$ pint of cream thrown over all.

Compôte of Damson.—Make a pint of syrup by putting $\frac{1}{2}$ lb. of loaf sugar into 1 pint of water; melt the sugar on the fire by simmering it, put in the white of an egg, and then remove the scum. When the syrup has boiled 15 minutes put in 1 quart of damsons, dropping them in one by one, and simmer gently until soft, but do not allow them to break. Take out the damsons and boil up the syrup again, and when cool pour it over the fruit. A custard of some whipped cream should be sent to table with this dish.

Cherries, Stewed.—Remove the stalks and imperfect cherries; rinse the cherries in water and place them in an enamelled stewpan, with a $\frac{1}{4}$ lb. of sugar (if insufficiently sweet, more may be added at table), and half a teacupful of water to each pound of cherries. Let them stew very gently until they are quite done. When

cool serve in a glass dish accompanied by a dish of custard.

Arrowroot Cream.—Take 1 oz. of arrowroot and mix it until smooth with a little milk. Boil a quart of milk into which has been placed a small piece of cinnamon, a saltspoonful of nutmeg, and the grated rind of half a lemon, with a $\frac{1}{4}$ lb. of loaf sugar. Stir this until it boils, when pour in the arrowroot, and keep it boiling and stirring all the time for five minutes. Let it cool for half an hour, then stir into it the yolk of an egg, and serve cold.

A Pretty Dish of Oranges.—Take six large oranges, $\frac{1}{2}$ lb. of loaf sugar, $\frac{1}{2}$ pint of water, and $\frac{1}{2}$ pint of cream. Put the sugar and water into a saucepan, and boil them until the sugar becomes brittle, which may be ascertained by taking up a small quantity in a spoon and dipping it in cold water; if the sugar is sufficiently boiled it will easily snap. Peel the oranges, remove as much of the white pith as possible, and divide them into nice sized slices, without breaking the thin white skin, which surrounds the juicy pulp. Place the pieces of orange on small skewers, dip them into the hot sugar, and arrange them in layers round a plain mould, which should be well oiled with the purest salad oil. The sides of the mould only should be lined with the oranges, and the centre left open for the cream. Let the sugar become firm by cooling. Turn the oranges out carefully on a dish, and fill the centre with whipped cream flavoured with any kind of flavouring, and sweetened with pounded sugar.

Fruit Salad.—Stone $\frac{1}{2}$ pint of cherries, remove the stems from $\frac{1}{2}$ lb. of strawberries, top and tail $\frac{1}{2}$ pint of ripe gooseberries, cut up three bananas into small cubes, remove the stalks and seeds from $\frac{1}{2}$ lb. of grapes, pare and cut out the core of two ripe apples and cut them into small pieces, 2 oz. of shelled walnuts, and 1 oz. of bleached almonds cut into quarters. Place all these into

a large bowl. Have ready $\frac{1}{2}$ lb. of loaf sugar in $1\frac{1}{2}$ pints of water boiled down to a syrup, and when cold pour it over the salad, and then over the whole a pint of cream.

Strawberry Cream.—Rub $\frac{1}{2}$ lb. of strawberries through a hair sieve, and mash them into a pulp; soak $\frac{3}{4}$ oz. of gelatine in a teacupful of milk, and dissolve gently over the fire with the juice of half a lemon, and also the rind very thinly cut of not more than half a lemon. Mix a $\frac{1}{4}$ pint of thick cream with the strawberries, and 3 ozs. of castor sugar. When the milk is cool add to the strawberries, and $\frac{1}{2}$ pint of custard. Mix all well together and stir until it becomes creamy, then pour into a mould previously wetted, and stand in a cool place.

Banana Cream.—Skin and pound to a pulp with 5 ozs. of sugar, five bananas. Beat $\frac{1}{2}$ pint of cream to a stiff froth, add the juice of two lemons. Mix all together, take a little gelatine and dissolve in some hot water, and add to the bananas. Beat for a few minutes, fill a mould, and set in a cool place.

Tapioca Cream.—Soak a quarter of a pound of fine tapioca for 3 hours in 1 pint of milk, then boil until the tapioca is tender and rather thick. Pour it into a large basin with 3 ozs. of sugar. Let it get cold and then beat it well for about ten minutes, adding some essence of vanilla, and a quarter of a pint of cream. Pour into a fancy or glass dish, and serve cold.

Compôte of Oranges.—Pare the rind off three or four or more oranges. Cut the fruit across in halves, removing the white skin and all the pips. Pile the oranges in a glass dish. Boil the rind in $\frac{1}{2}$ pint of water, with a $\frac{1}{4}$ lb. of sugar until the syrup is clear, and strain it over the fruit. When cold it is ready to serve.

Apples with Custard.—Take four large apples, pare, core, and slice them. Fry them in butter, and when

they are brown on one side, turn them over, and pour over them a custard made of five eggs, a cupful of cream or milk, sugar and cinnamon to taste. Turn, and serve with sifted sugar.

Almond Rice.—Take 6 ozs. of rice, 1 quart of milk, a flavouring of essence of almonds, sugar to taste, and 1 pint of custard. Boil the rice in the milk with sugar and flavouring until it is tender, adding, if necessary, a little more milk. When the rice is quite soft put it into teacups, or small round jars, and let it remain until cold; then turn the rice out on a deep glass dish, pour over the custard, and on the top of each ball place a small piece of bright coloured preserve or jelly. Lemon peel or vanilla may be substituted for the essence of almond if preferred, but the flavouring of the custard must, of course, correspond with that of the rice.

Compôte of Pineapple made with Blancmange.—Make a blancmange with $\frac{1}{2}$ pint of milk, $\frac{1}{2}$ pint of cream, 2 tablespoonsful of sugar, and 3 ozs. of gelatine. Dissolve the gelatine in a little of the milk, put the rest of the milk, the cream, and sugar in a saucepan, and allow it to get hot, but not to boil. Pour over the melted gelatine, put into a wet mould, and when cold and set, turn out, chop up into blocks all the same size, and pile them in the centre of a large glass dish. Take one tinned pineapple, cut triangular pieces, arrange round the dish and amongst the blancmange. Take one fresh cocoanut, take off shell and rind, grate as much as desired over the pineapple, mix with it some fine sugar, sprinkle this all over the pineapple, etc., pour some pineapple juice round the dish, and serve cold.

Cream Baskets.—Beat a quarter of a pound of butter and a quarter of a pound of sugar to a cream, adding 6 ozs. of flour, and two beaten up eggs alternately and by degrees, and lastly a little essence and half a teaspoonful of baking powder. Bake in deep but fancy patty pans, in a rather quick oven, about ten minutes. Whip up a

quarter of a pint of thick cream, add a little sugar and essence to it, cut a piece out of the middle of each cake and fill with cream. Cut slices of angelica and preserved cherries, form handles with the angelica, and put half a cherry on top of the cream.

Plum and Apple Cream.—Soak $\frac{1}{2}$ ounce of gelatine in a gill of cold water. Dissolve this in $1\frac{1}{2}$ pints of hot milk, with a quarter of a pound of sugar. Take 1 lb. of cooking apples, pare and core them, and $\frac{1}{2}$ lb. of plums (wiped and picked), rub them through a wire sieve, and when these are nearly cold, stir in the fruit. Whisk the whites of three eggs to a stiff froth, add this to the cream and then whisk the cream until it is light and frothy. Stir in a gill of whipped cream and put into a mould.

Devonshire Junket.—This is a delightful dish, and may be used to advantage with stewed autumn fruits. Take 1 quart of new milk, and the necessary quantity of rennet. This may be bought at the grocer's for 3d. or 6d. a bottle. Use as directed; a bottle will make many junkets. Sweeten the milk with loaf sugar, when dissolved pour it into a wide basin, and stir in the rennet as directed. Stand it in a cool place; it will be firmly set in one hour, but it must not be disturbed until sent to table. Sprinkle some powdered cinnamon and nutmeg on the top, and serve with stewed fruit.

Currant Snow.—Dissolve $\frac{1}{2}$ oz. of gelatine in half a cupful of cold water. When this has dissolved add a pint of boiling water and two cupfuls of sugar. Squeeze in the juice of half a lemon; let this stand in an ice pan until it becomes stiff. Take four eggs, beat them to a stiff froth and stir into the gelatine. Add a quart of red currants (previously picked and thoroughly dried). Put into a mould and set on ice. When firm, turn out and serve with whipped cream. Black currants may be treated in the same way.

Baked Bananas.—Take six large bananas and peel them; cut them in halves lengthways. Have ready a well buttered baking tin, put the bananas in it and cover them with sugar and the juice of two lemons. Put these into the oven for ten minutes and then add half a cupful of hot water and currant jelly. Put the bananas in a glass dish, pour the jelly over them, and leave to get cold, and then serve.

Stewed Plums.—Put into a stewpan $1\frac{1}{2}$ pints of water and $\frac{1}{2}$ lb. of sugar. Place it on the fire and let it boil until it becomes a syrup. Take a pound of plums (previously well wiped and picked) and put them into the syrup. Let all simmer gently for about 15 or 20 minutes, and when cool pour into a glass dish, and serve either with a boiled custard or milk pudding.

Apricot Cream.—Take a tin of apricots, pass through a sieve with 4 ozs. of sugar, and $\frac{1}{2}$ pint of cream, which has been previously beaten until very stiff. Dissolve a small quantity of gelatine in a little hot water, mix with the cream, stir well, and pour into a mould.

Normandy Cream.—Put $\frac{1}{2}$ pint of cream and $\frac{1}{2}$ pint milk, sugar to taste, $\frac{1}{2}$ oz. of gelatine, and a little vanilla flavouring. Stir all together, place it on the fire, but do not allow it to boil. Wet a mould and arrange some candied fruit in the bottom; pour in some of the cream, and allow it to cool. When quite cool place some more candied fruits, and add some more cream. Continue this until the mould is full. Place it on some ice or in a very cool place to set.

Raspberry Cream.—Take $\frac{1}{2}$ pint of milk, one wine-glassful of raspberry juice made from fresh fruit, or jam, 2 ozs. of sugar if jam is used, or a little more if fresh fruit is used. Thinly cut the rind of one lemon, take $\frac{1}{2}$ pint of cream, a cupful of milk for soaking a few drops of cochineal, and $\frac{3}{4}$ oz. of gelatine. Soak the gelatine in sufficient milk to cover it for about 15 minutes, then dissolve it gently over the fire. Place the $\frac{1}{2}$ pint of milk,

lemon rind and sugar in a stewpan; and stir gently over the fire until it boils. Remove the rind, and pour into a basin. Strain in the gelatine, allow it to cool a little, then add the cream (previously whipped), the raspberry juice, and the cochineal (if jam is used, take one tablespoonful and add one gill of water, boil up, reduce a little, and strain). Pour into a mould previously rinsed in cold water. When firm turn out on to a cold dish, and serve. This mould would be improved if masked with a thin layer of jelly and decorated with cherries and angelica. Decorate with fresh fruit when in season.

Gooseberry Custard.—Trim a quart of gooseberries and place them in a stewpan with $\frac{1}{2}$ pint of water and 2 ozs. of butter; the butter must be quite fresh, not salted. Let them boil until very soft, and pass them through a sieve. Beat up the yolks of five eggs, and gradually add them to the strained gooseberries, with $\frac{3}{4}$ lb. of moist sugar. Stir over the fire until the whole becomes quite thick, but it must not be allowed to boil, otherwise it will curdle the eggs. When cold serve in custard glasses.

Gooseberry Charlotte.—Boil 2 lbs. of gooseberries with $\frac{1}{2}$ lb. of sugar until reduced to a pulp. Dissolve a little gelatine in a cupful of hot water, mix it thoroughly with the gooseberries, and then pass it through a fine sieve. Take a mould and line it with small sponge cakes. Pour over the gooseberries, and when quite set turn it on to a glass dish, and serve with cream.

Strawberry Charlotte.—Cover the bottom of a mould with a layer of some bright coloured jelly, and place all round it some lady's fingers. Take 1 lb. of strawberries, a pint of thick cream, and 1 oz. of gelatine (dissolved), and mix thoroughly. Pour it into the mould. Cover the top with some more fingers, and when quite cold serve with whipped cream.

Orangeade Custard.—Squeeze out the juice of half a dozen juicy oranges on to a $\frac{1}{4}$ lb. of crystallised sugar in an enamelled saucepan. Stir it over a gentle

fire until all the sugar is dissolved. Allow it to get nearly cold, when add a quarter of a pint of cream, and the well beaten yolks of five eggs. Place the custard in a jar and stand it in a saucepan of boiling water. Stir it well until it thickens. Serve in custard glasses with a little grated orange peel sprinkled on the top of each.

Frangipane.—Beat up six eggs, add two tablespoonsful of flour, a teaspoonful of grated lemon rind, one of powdered sugar, a tablespoonful of orange flower water, and half a dozen macaroons broken up. Put these and a pint of milk into a saucepan over a slow fire, stir it well for 20 minutes, have ready some patty pans lined with puff paste, pour in the ingredients, and bake for 20 minutes.

Apricot Nougats.—Roll out some trimmings of puff paste to the thickness of an eighth of an inch. Lay this over the surface of a baking sheet, spread it with a rather thick layer of apricot jam, then stew some sweet almonds over it; shake some finely sifted sugar over all, and bake in a very moderate oven. When done, allow the pastry to cool, and then use any kind of fancy tin cutter to stamp them out.

Apple Ragout.—Pare, core, and cut into quarters eight good-sized baking apples. Place them in a stewpan, with four tablespoonsful of sugar, half a cupful of water, the rind of one, and the juice of two lemons, and the juice of two oranges. Let them simmer gently over the fire until the apples are soft, but they must not be allowed to go to a pulp. Serve in a glass dish, with the syrup strained of its lemon rind, and pour over the whole $\frac{1}{2}$ pint of cream.

Stewed Rhubarb au Croutons.—Nearly fill a pie dish with cut rhubarb. Add a little grated lemon peel, or any other desired flavouring, with sugar to taste. Cover the fruit with bread soaked in water sufficiently long to moisten it without breaking it. Dot the bread

with nuggets of butter. Bake in a not too hot oven to start with, so that the fruit is thoroughly cooked, and the bread a nice golden brown.

Invalids and children who cannot take pastry find this a good substitute for it.

Rice Mould with Stewed Fruit.—Soak a $\frac{1}{4}$ oz. of gelatine in a $\frac{1}{4}$ pint of milk for 20 minutes, and then dissolve slowly over the fire. When cool, beat it up with a $\frac{1}{4}$ pint of cream. Wash, pick, blanch, and cook 2 ozs. of rice until tender in $\frac{3}{4}$ pint of milk, with 2 ozs. of castor sugar. Turn out into a basin to cool, adding $\frac{1}{4}$ pint of custard, the dissolved gelatine, and cream. Pour into a border mould previously rinsed in cold water. When firm, turn out quickly on to a cold dish. Fill the centre with cold stewed fruit.

Melon Cream.—Cut up a moderate sized lemon into slices, removing the seeds and rind, and place it in an earthenware pan with $\frac{1}{2}$ lb. of loaf sugar, and let it cook until it is of the same consistency as jam. Rub it through a sieve and return it to the pan, adding an ounce of leaf gelatine, and stir it over the fire until dissolved. When cold mix in $\frac{1}{2}$ pint of thick cream, and whip it up. When set garnish with some crystallised fruits.

Milanese Cream.—Warm a pint of milk and sweeten it with a quarter of a pound of sifted sugar. Stir into it the beaten yolks of eight eggs, and keep on stirring until the milk becomes thick, but do not allow it to boil as it will curdle the milk. Strain through a fine sieve, then add an ounce of isinglass dissolved in half a glass of water and $\frac{1}{2}$ pint of thick cream. Flavour with any kind of liqueur. Pour the mixture into a well greased mould, and let it stand in a cool place until set.

Orange Blanc Mange.—Mix three tablespoonsful of cornflour with a little more than $\frac{1}{2}$ pint of water. Add 8 ozs. of loaf sugar, squeeze in the juice of eight oranges

and two lemons. Put them all into an earthenware saucepan, and stir while cooking for ten minutes. Wet a mould with cold water and pour the mixture into it. Let it set, and turn out in the usual way.

Pineapple Cream.—Open a tin of pineapple cubes, pour the syrup into an earthenware stewpan with a quarter of a pound of loaf sugar and $\frac{1}{2}$ pint of water. Add 1 oz. of isinglass and let it gently boil for 20 minutes, then pour the mixture into a bowl and whisk into it a pint of cream; whisk it until it thickens, then pour it into a mould to set.

Queen's Custard.—Boil a pint of cream with three tablespoonsful of crystallised sugar. Let it cool slightly, then add very slowly the well beaten yolks of six eggs. Stir it gently over the fire until it thickens, taking great care that it does not boil. Flavour with 1 oz. of blanched almonds, maraschino, or noyau. Serve when cold.

Quince Custard.—Pare the necessary quantity of quinces, put them in a saucepan with sufficient water to just cover them, and let them simmer until they are quite mashed. Pour off the liquor and strain through a jelly bag. Use liquor and make a custard in the usual way.

Raspberry Blanc Mange.—Bruise 3 lbs. of ripe raspberries and put them into a preserving pan at the side of the stove, so that the juice may all ooze out from the berries. Dissolve 2 ozs. of leaf gelatine in a tumbler of water, strain the juice of the raspberries into another saucepan, adding the dissolved gelatine and $\frac{3}{4}$ lb. of sugar. Let this simmer very gently, and finally put in 1 pint of cream, stirring all the time. Turn it out into a wet mould and put it in a cool place to set. Put 1 lb. of raspberries and $\frac{1}{2}$ pint of white wine into a preserving pan, stir the mixture while it is simmering, and add 1 oz. of dissolved isinglass. Pass it through a sieve, bring it to the boil once more, then pass it through muslin direct into a wet mould. Stand in a cool place to set.

Rhubarb Flummery.—Cut up 2 lbs. of rhubarb into small pieces. Let it simmer in sufficient water to just cover it, with $1\frac{1}{2}$ ozs. of leaf gelatine. As soon as the rhubarb is quite soft, strain off the juice through a sieve, sweeten to taste, add $\frac{1}{2}$ pint of cream whipped into it, turn it out into a glass dish to set as soon as the flummery is cool. Send to table with custard.

Apple Trifle.—Peel, core, and cut one dozen cooking apples. Put them in a stewpan with $\frac{1}{2}$ pint of water, sugar, lemon, and cinnamon to taste. As soon as they are reduced to a pulp, pour them into a basin, and place it in a cool place. When cold, turn out into a glass dish, and pour over a well made custard. Whip up some cream to a froth and stand it up in a rocky form on the apples. Serve.

Vanilla Cream.—Put 1 oz. of gelatine into a pint of milk, and a pod of vanilla broken up into small pieces. Bring it gently to boiling point, then add $\frac{1}{2}$ lb. of crystallised sugar. Beat up the yolks of four eggs and stir them gently into the milk, which must not be allowed to boil any more. As soon as it thickens pour it into a wet mould to get stiff.

FRITTERS, SOUFFLÉS, AND PANCAKES.

Batter, of course, is the principal item in making all kinds of fritters and should be very carefully made.

Take 2 ozs. of butter (see that it is fresh), place it in a basin and pour over it a pint of boiling water and cool it by adding a pint of cold water; in another basin place 8 ozs. of flour, a small pinch of salt, and mix the liquid gradually with the flour, using a wooden spoon, and mix it so thoroughly that it is of the consistency of thin cream, but quite free from lumps. If the batter is too thin, add a little more flour and work it in carefully. Finally, beat up the whites of two eggs to a froth and stir it well into the batter.

Apple Fritters.—Pare as many apples as required, remove the core by scooping it out and cut the rounds into slices about half an inch thick, place them on a dish and sprinkle them well with sugar. Squeeze the juice of a lemon over them and let them remain on the dish for a couple of hours.

Have ready a shallow saucepan with plenty of boiling fat and a wire basket. Throw each slice of apple into the batter, made as above, place them in the basket and put both into the hot fat. When they are of a golden brown lift out the basket, remove the fritters and place them on blotting paper to drain for about five minutes. Pile them in a pyramid on a hot dish, sprinkle castor sugar over the whole, and serve.

Pancakes.—The batter for making pancakes should be well mixed and have the consistency of a thick custard. Take three eggs and a pinch of salt, whisk them well in a basin, add 3 ozs. of flour and gradually work in sufficient milk until the batter is of the right consistency. Take a medium-sized frying pan, clean it well and grease it with a dessertspoonful of butter. When it is hot pour in sufficient batter to cover the bottom of the pan, and let it fry on both sides, till it is a light golden brown. Remove from the pan, sprinkle some sugar and squeeze

of lemon, fold into three and serve immediately on hot plates garnished with lemon cut in quarters.

Soufflés.—These are somewhat difficult to make. There is nothing, however, more nourishing, more easily digested, more delicate in flavour or lighter in appearance than a soufflé, and it will well repay the cook for any trouble she may have taken in its preparation. Any kind of farinaceous substances may be put in to make a soufflé. The process is always the same. It must be served immediately it is turned out of the oven or it will sink down.

Have everything in readiness before starting. One thing is essential and that is a soufflé tin. It is quite inexpensive and easily procured at the ironmongers.

Take as many eggs as are needed; the yolks must exceed the whites in quantity; the whites and the yolks must be beaten separately. The whites should not be whisked till the last moment, and then to a very stiff, light froth, after which they must be lightly stirred into the soufflé. Grease the tin well, place a high band of greased writing paper round the top and place it in a hot oven. Take it out, half fill the hot tin with the batter, place it in a moderate oven and move it about occasionally. Then, when it has risen to a height above the level of the tin and is quite set in the centre, it may be considered to be sufficiently cooked and should be served immediately.

Apricot Soufflé.—Obtain a bottle or tin of a good brand of apricots, strain the juice into a basin, place the fruit in a saucepan with two tablespoonfuls of juice and two of water. Let it simmer gently until the whole is reduced to a pulp, then gradually add three tablespoonfuls of ground rice which has been previously mixed with a small quantity of juice and water, a dessertspoonful of fresh butter and $\frac{1}{2}$ pint of milk. Stir well, when the liquid boils turn it out into a basin, and when it has cooled off a little, add the yolks of six eggs. Pour the mixture into the prepared soufflé tin, until it is half full,

and at the last moment add the whites of nine eggs beaten to a froth. Bake in a moderately quick oven for about half an hour. The soufflé must be taken out of the oven the moment it is done and served immediately.

Fig Fritters.—Divide the required number of figs in halves, and place in each of them two chopped cherries, and close them up again. Have ready a good batter made with eggs and cream, or milk; fry in boiling fat until a good brown colour, and serve with almond sauce.

Almond Sauce.—Throw into boiling water 2 ozs. of almonds; remove the brown skin and pound them in a mortar. Pour $\frac{1}{2}$ pint of boiling milk over them. Add to the yolk of an egg a little water, a teacupful of flour, and mix until smooth. Place the almonds and milk in a saucepan, stir the egg and flour into it, and place on a moderate fire until it froths. Serve.

Fruit Fritters.—Fruit fritters may be made with fruits such as peaches, apples, oranges, pineapple, strawberries, cherries, and raspberries. All stones must be removed. Pineapple, oranges, apples or peaches should be cut into rounds, dipped in the batter, fried in boiling fat, dried before the fire, and covered with sifted sugar. The other fruits must be thrown into the batter and a spoonful poured into the boiling fat.

To make the batter, beat two eggs with $\frac{1}{2}$ pint of milk or cream, and add sufficient flour to make a thick batter. When it is smooth put in the fruit as directed.

Pear Fritters.—Peel, core, and cut in halves the required quantity of pears. Make a rich batter, add a little cream to it, dip the pears into it, and fry in boiling fat for about five minutes. Arrange neatly on a dish, sift white sugar over them, and decorate with angelica.

Rhubarb Fritters.—Make a batter with three table-spoonsful of flour mixed with a little water. Add to this

two cupsful of milk, a pinch of salt, and two well-beaten eggs. Stir until quite smooth. Prepare six sticks of rhubarb, and cut them into small cubes, and drop into the batter. Mix all thoroughly together. Have ready some boiling fat, put in the rhubarb batter by spoonful, taking care to drop each spoonful separately, flatten the tops of the fritters a little, and when they are brown on one side turn them over on to the other. When cooked enough, let them drain, place on a hot dish, with a piece of butter, a little nutmeg and sifted sugar on each.

Strawberry Soufflé.—Make into a pulp $\frac{1}{2}$ pint of sound fresh strawberries. Beat to the consistency of a custard half a wineglassful of cream, three tablespoonsful of milk, $\frac{1}{2}$ oz. of cornflour, and 1 oz. of flour. Add to the strawberry pulp $\frac{1}{2}$ lb of sugar and $1\frac{1}{2}$ ozs. of butter. Put this with the cream mixture into a saucepan, let it come gently to the boil, remove until cool, then add the whites of six eggs beaten to a froth, a good squeeze of lemon juice, half a wineglassful of Maraschino (if liked), and $\frac{1}{2}$ lb. of strawberries cut into slices. Add a little carmine to colour it, pour it into a soufflé dish, and bake for about 30 minutes in a moderate oven. When done place a fancy paper round the dish and dredge over the top some castor sugar.

Pineapple Soufflé.—Place in a stewpan over the fire 4 ozs. of butter, 4 ozs. of flour, and blend with it gently two teacupsful of milk. When thoroughly mixed draw the pan to the side of the fire, add the beaten yolks of four eggs, three tablespoonsful of cream, and 4 ozs. of chopped pineapple. Stir it gently, add the whites of five eggs whipped to a cream, and a little essence of pineapple. Place the mixture in a buttered mould and steam for $1\frac{1}{4}$ hours. Turn on to a hot dish, and serve with a sauce made with pineapple juice.

Lemon Fritters.—Mix until thoroughly blended 3 ozs. of bread crumbs, a small tablespoonful of flour, the

grated rind of a lemon, 2 ozs. of finely-shredded suet, and three dessertspoonsful of castor sugar. Then stir in half a wineglassful of strained lemon juice, the same quantity of milk, and two beaten eggs. Drop into boiling fat small quantities of the mixture and let them boil for about five minutes until they are a golden brown on each side. Drain, and serve on a very hot dish.

Apple Soufflé.—Place in the middle of a large dish eight or more apples reduced to a pulp. When cool pour over them a good custard made with the yolks of five eggs, and $\frac{3}{4}$ pint of milk, or the same quantity of cream, sugar to taste, and any kind of flavouring. Place in rock-like pieces the whites of the eggs whisked to a froth, sprinkle a little white sugar over, place it in the oven till the whites of the eggs are slightly browned, and serve cold.

Queen of Pancakes.—Take 4 ozs. of butter and whip it to a cream. Whisk four eggs and add gradually to the butter, with two tablespoonsful of flour, and the same quantity of sifted sugar. Butter six or eight small plates, pour an equal quantity of the batter on each plate, and bake for 20 minutes in a quick oven. Arrange half the cakes on a dish, spread some good jam on them, cover with the rest of the cakes, cut into quarters, and sprinkle sifted sugar over them.

SAVOURY FRITTERS.

Chicken Fritters.—Remove the flesh from a cooked chicken and cut it into neat slices, sprinkle with flour, or make a mixture with bread crumbs, pepper, salt, and a little flour; draw the pieces of chicken through an egg and cover them with bread crumbs. Fry them gently in a little hot butter until brown, pile them on a hot dish, and send to table with a tomato or brown sauce.

Beef Fritters.—Mince 1 or 2 lbs. of cold roast beef, and season with pepper and salt to taste. Make a batter, if for 1 lb of meat, with $\frac{1}{2}$ pint of milk, or water, and $\frac{3}{4}$ lb. of flour. If for 2 lbs. of meat, a double quantity must be used. When the batter is thoroughly mixed add $1\frac{1}{2}$ ozs. of melted butter, the whites of two whisked eggs, and the minced meat. Stir well and drop a table-spoonful of the batter at a time into boiling fat, taking care to keep the fritters separated. When they are brown on both sides, which will be in about ten minutes, let them drain, and send to table on a napkin.

PUDDINGS.

It is only necessary to attend to a few simple rules and directions in order to attain success in the art of making puddings.

All ingredients must be fresh and good. Pudding cloths, moulds and basins must be kept scrupulously clean. Moulds and basins should be well greased before the puddings are put into them. The cloths should be well washed from time to time in hot water, without soap or soda, and, if possible, dried in the open air.

All puddings that are to be boiled, should be put into plenty of boiling water, which must be kept continually boiling. Any deficiency is to be made up by adding boiling water from a kettle kept ready for that purpose at the side. The moulds and basins should be filled with the puddings and the cloths must be firmly tied over them. It is always advisable to beat up the whites and the yolks of eggs separately, and never omit to put a pinch of salt in the pudding. It is better to over-boil than to under-boil. Many people consider it an advantage to steam puddings, as by this means none of the flavourings are lost.

Butter, suet and sugar should be used in proper proportions. They become liquid in boiling and if used to excess they will cause the pudding to break.

Raisins, prunes, damsons, plums and greengages should always be carefully stoned before using. Sultanas, which require picking instead of stoning, may be used as an alternative in the place of raisins. Currants (dried) should be plunged into hot water, picked over, rubbed in a floured cloth and dried before the fire. Suet, which must be perfectly fresh and free from gristle and fibre, should be finely chopped or passed through a mincing machine with some flour added to it, to facilitate the cutting or mincing. Mutton suet is lighter for puddings than beef suet, but is not generally preferred. The marrow from a shin bone is lighter and better than any

suet. A few teaspoonsful of yeast will very often constitute a good substitute for eggs.

Eggs suitable for cooking purposes, and custard powders may be obtained from the grocer and prove quite satisfactory.

Bread and Butter Pudding.—Take some thin slices of bread, and butter them on one side. Grease a pie dish thoroughly with butter and sprinkle a few currants and raisins at the bottom. The fruit should have been prepared in the way described above. Then place a layer of the bread and butter and another layer of currants and sultanas, and so on till the dish is nearly filled. Pour some custard over the bread and butter, squeeze in the juice of a lemon and sprinkle with castor sugar. Bake in a moderate oven.

Apple Batter Pudding.—Put $\frac{1}{2}$ lb. of flour and a pinch of salt into a basin and gradually stir into it $\frac{1}{2}$ pint of milk. Beat it until it is smooth, adding three beaten-up eggs. Grease a pie dish and put in some of the batter to the depth of an inch, then let it bake in a quick oven till quite firm. Remove the pie dish from the oven, leave it to cool, then fill it up with apples that have been pared, cored and cut into quarters. Add a sprinkling of sugar, the juice of one lemon, a little grated lemon peel and two tablespoonsful of water. Pour in the remainder of the batter, put the dish back into the oven and let it bake for about an hour or an hour and a quarter.

Cabinet Pudding, boiled.—Pour $1\frac{1}{2}$ pints of milk into an enamelled saucepan. When it is nearly boiling throw in three tablespoonsful of moist sugar, and the juice of one lemon and a little grated lemon peel. Do not let it boil, and add five well beaten-up eggs.

Grease a pudding mould thoroughly with butter, scatter a few preserved cherries, raisins and currants round it, and then fill the mould nearly to the top with alternate layers of sponge fingers and fruit. Fill the

space left with the milk and eggs, place a sheet of buttered paper over the top, put the mould into a steamer and let it steam for $1\frac{1}{2}$ hours.

Roly-Poly Pudding.—An old-fashioned favourite. Prepare the paste with suet as already described (see Pastry). Roll out the dough into a thin shape, about $\frac{1}{4}$ -inch thick and wide enough to fit the saucepan in which it is to be boiled. Spread the paste with a layer of the jam selected, taking care not to put the jam too near the edge of the paste. Take up one end and roll it up gradually and carefully. Moisten the ends of the dough and pinch them securely together so that the jam does not ooze out. Dip the pudding cloth in scalding water. Flour it well, and tie up the pudding securely in it.

Plunge the pudding into boiling water and let it continue to boil, without ceasing, for $1\frac{3}{4}$ to 2 hours. Put a plate at the bottom of the saucepan, as it will prevent the pudding from burning. Any kind of fruit may be used for a roly-poly pudding—currants, raisins, sultanas, lemon, chopped apples and blackberries, fresh red and black currants, damsons, plums, raspberries, etc., and, of course, marmalade. When the pudding is done it should be taken out of the pot, placed on a hot dish while the cloth is removed, and sent to table with hot plates.

Jamaica Rum Pudding.—Grate a $\frac{1}{4}$ lb. of stale bread crumbs. Moisten them with $\frac{1}{4}$ pint of Jamaica rum. When thoroughly soaked, add four tablespoonsful of Demerara sugar and the yolks of four eggs. Beat the whole mass thoroughly, then put in the whites (well whisked) of the four eggs. Butter a mould and pour in the whole of the ingredients, adding the juice of half a lemon, a little cinnamon and nutmeg. Place the mould in a steamer and let it steam for $1\frac{1}{4}$ hours. When done, turn it out on to a hot dish, pour some rum over it, set it alight and serve immediately.

Cottage Pudding.—Butter a basin carefully, cut some bread and butter, remove the crust, put a layer of raisins at the bottom of the basin, then the bread and butter, sugar, and a little grated nutmeg. Beat two eggs well into a pint of milk, sweeten and flavour to taste. Pour it over the bread and butter and allow it to soak for half an hour. Place a plate on the top of the basin and let it steam for one hour.

Tapioca Pudding.—Soak three tablespoonsful of tapioca in a little water, drain it off and boil it in a pint of milk. When cold, add one egg, some grated lemon peel, nutmeg, butter and sugar to taste. Mix it all well-together and bake for one hour.

Apple Pudding.—Grease a basin well with butter and line it with a thin paste. Pare, core and cut the apples into thin slices. Fill the basin with them, adding a little lemon peel (chopped fine), three cloves, the juice of half a lemon, sugar to taste, and a very little water, taking into consideration the juiciness of the apples used. Cover the basin with the remainder of the pastry, pinch the edges together, wet the cloth with hot water, and tie it securely over the top of the basin with a string round the rim; plunge it into plenty of boiling water and let it boil for $2\frac{1}{2}$ or 3 hours.

Rhubarb and Batter Pudding.—Cut up some rhubarb into convenient pieces and put them into a pie dish. Sweeten to taste. Make a good batter with two or three eggs, allowing a tablespoonful of flour to each egg. Mix sufficient milk with it to form it into a thick, smooth cream. Pour this over the rhubarb and bake it until sufficiently cooked. Turn the pudding out on to a dish and serve with melted butter and white, sifted sugar.

Black Currant Pudding.—Butter a basin, pick the necessary quantity of currants and dry them, to prevent making too much juice. Mix the sugar thoroughly with the currants before putting them into the pudding, and allow 6 ozs. of sugar to every $1\frac{1}{2}$ pints of fruit. Line

the basin with pudding paste, put in the currants, and cover them with paste. Tie on a floured cloth and boil for $1\frac{1}{2}$ hours, then serve.

Albert Pudding.—Take 2 ozs. of butter, beat to a cream and stir in three eggs. Grate 2 ozs. of bread crumbs, add 3 ozs. of sugar, 2 ozs. of flour, $\frac{1}{4}$ lb. of sultanas or stoned raisins, and the whites of the eggs well whisked. Mix it all thoroughly together and add it to the butter and the yolks of the eggs very gradually, stirring all the time. Butter a mould, pour it all in, cover with a buttered paper and a cloth and steam it for 3 hours.

Amber Pudding.—Chop the rinds of three lemons very fine; take $\frac{1}{4}$ lb. of flour, $\frac{1}{2}$ lb. bread crumbs, a pinch of salt, sugar to taste, and three well-beaten eggs. Beat it all thoroughly together, then pour it into a well-buttered mould, cover it and boil for 4 hours. Suet may be used instead of butter if preferred.

Alma Pudding.—Put the thinly-peeled rind and the juice of a lemon into a saucepan with a pint of water. Let it come very slowly to the boil, remove it from the fire, and stir into it, while hot, a cupful of sugar and 6 ozs. of butter.

Take $\frac{1}{2}$ lb. of flour and mix it very smoothly with a little of the lemon water, which has previously been cooled. Add this to the rest of the lemon water, stirring all the time. When this is quite cool add to it a teaspoonful of good baking powder and six well-beaten eggs. Butter sufficient cups to take the amount prepared, half fill them and bake in a quick oven for about half an hour.

Strawberry and Custard Pudding.—Butter a pie dish and put four tablespoonsful of good strawberry jam into it. Grate 4 ozs. of bread crumbs. Make a pint of custard with eggs or custard powder, and when it begins to thicken pour it gradually over the bread crumbs and bake in a moderate oven for half an hour.

Marmalade Pudding.—Chop $\frac{1}{4}$ lb. of beef suet, grate 1 lb. of bread crumbs and put them, with the suet, into a basin with $\frac{1}{4}$ lb. of orange marmalade and $\frac{1}{4}$ lb. of sugar. Mix all these ingredients thoroughly together, beat two eggs well, add them to sufficient milk to bind all together and boil for 2 hours.

Apple Custard Pudding.—Peel and core 12 apples, boil them with the rind of two lemons, a cupful of water, and $\frac{1}{2}$ lb. of sugar. When they are soft, pass them through a sieve. Let them stand until quite cold, then add the whites of four well-whisked eggs and a little butter. Beat this all together until it is firm and quite smooth. Place it in a well-buttered dish, and bake for one hour in a quick oven.

Swiss Apple Pudding.—Fill a buttered pie dish with alternate layers of apples, partly cooked, sliced, sweetened and flavoured, and rusks which have been soaked in milk and then beaten with a fork. The rusks must be at the top and the bottom. Pour melted butter over the whole, and bake for 40 minutes, until nicely browned. Serve with sifted sugar.

Lemon Bread Pudding.—Grate 6 ozs. of bread crumbs, chop $\frac{1}{4}$ lb. of beef suet, and add one tablespoonful of flour, the juice of one lemon with its rind finely minced, two well-beaten eggs and 1 pint of milk. Mix all well together. Butter a basin, ornament it inside with candied fruit, raisins or sliced lemon peel. Pour in the mixture and cover it with a floured cloth. Plunge the basin into boiling water, and let it boil quickly for 3 hours. When done, turn it out of the dish and send it to table with a sauce made in the following manner:—Peel the rind of one lemon very thinly and squeeze the juice into a saucepan. Add $\frac{1}{2}$ pint of water and two tablespoonsful of sugar, bring it to the boil, and then let it simmer gently for 20 minutes. Add two drops of cochineal, and serve.

Bachelor's Pudding.—Mince one small apple; take its weight in flour, sugar, currants, bread crumbs, and suet. Mix one egg and a little milk, and add to the above ingredients. Butter a basin, put it all in and boil for $1\frac{1}{2}$ to 2 hours.

College Pudding, Baked.—Take 6 ozs. of currants, pick them and wash them well; chop 6 ozs. of beef suet finely, grate $\frac{1}{2}$ lb. of fine bread crumbs and mix with three tablespoonsful of sugar, one dessertspoonful of chopped lemon rind, three well-beaten eggs, and the quarter of a grated nutmeg.

Butter some cups carefully, pour in the mixed ingredients, bake for 70 minutes, then turn out the puddings, and serve with a little sifted sugar over them.

Fig Pudding.—Grate $\frac{1}{2}$ lb. of bread crumbs, chop $\frac{1}{4}$ lb. of suet very fine, and $1\frac{1}{2}$ lb. of figs. Mix these well together with 6 ozs. of sugar, 2 ozs. of flour, and a little nutmeg. Beat two eggs and add to them the necessary quantity of milk. Mix the ingredients, place them in a buttered basin, and boil for 4 hours.

Hasty Pudding.—Take three tablespoonsful of corn-flour and mix with a little cold milk. Put a quart of milk, with a teaspoonful of salt, into a saucepan, bring it to the boil, and pour it over the cornflour; when well mixed, put it back into the saucepan and boil for a quarter of an hour. Add 2 ozs. of butter, and serve in a deep dish with any stewed fruit or preserve.

Apple Dumplings.—Cut some thin puff paste into squares, peel and core some apples, put one into each square of paste, place them in a baking dish, beat up the white of an egg till it is stiff, and brush over the dumplings with it; sift pounded sugar over them, and bake for three-quarters of an hour.

Bread and Butter Pudding.—Cover the bottom of a pie dish with slices of thin bread and butter, then sprinkle in a layer of currants that have been previously well

washed and picked over, put another layer of bread and butter and currants till the dish is nearly full. Sweeten, and flavour $1\frac{1}{2}$ pints of milk with lemon rind, vanilla or other essence; then beat four eggs and stir into the milk. Pour this over the bread and butter, and bake for one hour.

Warwick Pudding.—Chop 3 ozs. of suet, and add to it the same quantity of flour, 1 oz. of bread crumbs, a teaspoonful of baking powder, 2 ozs. of currants, 2 ozs. of raisins, half a grated nutmeg, and one tablespoonful of sugar. After mixing these ingredients well together, make them into a smooth stiff batter by adding one well-beaten egg and as much milk as is necessary. Put it into a buttered dish, and bake in a good oven for $1\frac{1}{2}$ hours. Turn it out, and serve with brandy sauce.

Another Black Currant Pudding.—Let a teacupful of rice, covered with milk, and sweetened to taste, simmer gently for a quarter of an hour, taking great care not to let it burn. When cool, stir in three well-beaten eggs, three tablespoonsful of cream, and 1 oz. of butter. Cook some currants for an hour, sweeten them and lay them in a pie dish. Pour the rice, milk, eggs, etc., over them, and bake for half an hour.

Canadian Pudding.—Boil one quart of milk and the thin rind of half a lemon. Mix a little cold milk with six tablespoonsful of cornflour and add it to the milk which has boiled, straining off the lemon peel first, and stirring all the time. When it is cool, mix in four well-beaten eggs and a little sugar and pour it into a well-buttered mould, which has been decorated with rows of raisins. Let it steam for 2 hours, and serve with wine sauce.

Canary Pudding.—Well beat four eggs; take 4 ozs. of butter and heat it before the fire till it is nearly melted. Dredge into it $\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. of castor sugar, and add the beaten-up eggs. Put in, also, a little finely-chopped candied peel and the juice of half a lemon.

Mix it all well together, pour it into a buttered mould, and steam or boil it for 2 hours.

Cerise Pudding.—Divide eight sponge cakes and spread them with apricot jam or any other preserve. Line a mould with well-buttered paper, and ornament the bottom of it with preserved cherries or any other fruit. Divide the sponge cakes into three, fill the mould with alternate layers of ratafias, sponge cake and preserved fruit. Make a good custard, sweetened to taste, add a grated nutmeg and a little lemon. Strain into a mould, and steam for 45 minutes.

Bird's Nest Pudding.—Take six large apples, remove the cores, make a custard with six eggs to 1 quart of milk, and flavour with three drops of vanilla, and one bay leaf. Place a little finely cut lemon peel inside each apple, and one clove. Put the apples in a tin dish and pour the custard over the whole. Chopped blanched almonds should be scattered about over the dish, and served cold.

Spanish Pudding.—Cut into thin slices lengthwise a jam sandwich. Butter a pie dish, sift some powdered sugar over it, put the jam sandwich into the dish, and fill it with custard. The longer it is left before using the nicer it becomes, as the custard soaks into the sponge. Just before serving sift a little sugar on the top.

Gooseberry Pudding.—Make a nice light pastry with some suet, and line a basin with it, sufficient to hold a quart of gooseberries and the paste. The gooseberries, after being washed and picked should be placed in the pastry-lined basin. Sprinkle about $\frac{1}{2}$ lb. of moist sugar over them, and two tablespoonfuls of water to moisten the sugar. Cover with the paste by pinching it to the sides, so that no juice can escape, and tie it in a floured cloth. Plunge the pudding into a large saucepan half filled with boiling water, and let it boil for 3 or 4 hours according to the size. The saucepan must be kept boiling

all the time on the fire, and not allowed to stop for one minute. Remove the cloth, and serve.

French Fig Pudding.—Take a pound of dried figs, $\frac{1}{4}$ lb. brown sugar, 6 ozs. suet, $\frac{1}{4}$ lb. bread crumbs, $\frac{1}{4}$ lb. flour, two eggs, half a nutmeg, $\frac{1}{2}$ pint of milk, a pinch of salt, and half a teaspoonful of baking powder. Rub together the flour, suet, salt and sugar, then add the bread crumbs, chopped figs, baking powder, and nutmeg. Beat the eggs until light, add to them the milk. Mix all well together, pour into a buttered basin, cover with buttered paper, and steam 6 hours.

Victoria Pudding.—Have ready a wineglassful of cream, $\frac{1}{2}$ pint of milk, $\frac{1}{2}$ pint of custard, three sponge cakes, some raspberry jam, $\frac{1}{2}$ oz. of gelatine, a few drops of cochineal, and, if liked, half a glass of sherry. Cut the sponge cakes into thick slices and spread with jam, put them into a pie dish or soup plate and pour over them the sherry. Soak the gelatine in the milk for about 15 minutes, and dissolve gently over the fire. Whip the cream, add the custard and the sugar, then strain in the dissolved gelatine. Colour half the mixture with cochineal. Place a Charlotte or fancy cake mould on ice, or in a very cold place. Pour in a little of the coloured custard, let it set, then add a layer of the soaked cake, and fill up the remainder of the mould with alternate layers of custard and cake, and put in a cool place to set. When firm, turn out quickly into a cold dish, and serve.

Macaroni Pudding.—Blanch 2 ozs. of macaroni in some water for eight or ten minutes; strain it, and add it to 1 pint of boiling milk, in which has been previously boiled a piece of lemon peel, cinnamon, and 1 oz. of butter. When the macaroni is quite tender add two eggs, and sugar enough to sweeten it. Steam it one hour in a buttered dish.

Cherry Cream Pudding.—Have ready $\frac{1}{2}$ pint of cream, $\frac{1}{2}$ pint of milk, $\frac{1}{2}$ lb. of stoned cherries, the white

of one egg whisked, 3 ozs. of castor sugar, and $\frac{1}{2}$ oz. of gelatine. Soak the gelatine in sufficient milk to cover it for about 15 minutes, and then dissolve slowly over the fire with the sugar. Strain into a basin, and when a little cool add some vanilla. Whip the cream and add it to the remaining milk, and then incorporate gradually the whisked white of egg. When beginning to set sprinkle in the cherries (cut in halves), and stir for a few minutes before moulding. When firm, turn out, and serve.

Ground Rice Pudding.—Rub 1 oz. of the rice quite smooth in a very little cold milk, then pour on to it a pint of boiling milk, stirring it well together. Add sugar and flavouring to taste. Replace the whole on the fire. let it cook gently till quite thick, then pour it into the pie dish, add some tiny morsels of butter to keep it from drying up, and bake.

Adelaide Pudding.—Warm in a basin a quarter of a pound of butter, beat to a cream, add a quarter of a pound of sugar, the grated rind of a lemon, and four well beaten eggs. Mix all thoroughly together, turn the mixture into a well buttered mould, and put it into a slow oven for 20 minutes. Turn it out and pour over it a little sweet sauce.

American Pudding.—Take 3 ozs. of raisins stoned and chopped finely, 3 ozs. of chopped apples, 3 ozs. of chopped suet, 3 ozs. of finely sifted bread crumbs, and three well beaten eggs, leaving out the white of one. Boil for 3 hours in a cloth.

Primrose Pudding.—Place in a saucepan $\frac{1}{2}$ lb. of butter and $\frac{1}{2}$ lb. of sugar, and let them warm over the fire for five minutes. Have ready the yolks of eight eggs well beaten in a basin and turn the butter and eggs over them. Line a pie dish with puff paste, put a layer of marmalade at the bottom of it, and pour the mixture over it. Bake in a moderate oven for 30 minutes. It may be eaten hot or cold.

Amhurst Pudding.—Line a well buttered pudding dish with slices of bread and butter, take some sour baking apples, peel and slice them. Fill the dish with them, sprinkle with a little powdered cinnamon and cloves and brown sugar, and then cover with more slices of bread and butter. Put a plate over the pudding and bake in a moderate oven for $2\frac{1}{2}$ hours. Turn out on to a dish and serve with a sweet sauce or cream.

Baby's Pudding.—Take a small basin and rub it with butter. Break into small pieces a penny sponge cake. into $\frac{1}{2}$ pint of milk whisk an egg, pour it over the cake and leave it until thoroughly soaked. Tie a sheet of white paper over the basin and steam it for half an hour. Let it stand after being taken up for five minutes, then turn it out of the basin, and serve.

Californian Pudding.—Take $\frac{3}{4}$ pint of milk and beat into it three eggs, sweeten to taste and flavour with a few drops of almond essence. Stir it over a very slow fire until it thickens, without curdling, then move it from the stove. Have ready in a pie dish some stale broken pieces of sponge cake, and $1\frac{1}{2}$ ozs. of very thinly cut citron peel. Pour the custard over it and let it remain for three quarters of an hour. Beat together 6 ozs. of butter and 6 ozs. of castor sugar until frothy. Pour it on top of the pudding and bake for one hour.

Bank Pudding.—Take a quarter of a pound of bread crumbs and a quarter of a pound of finely chopped suet, the grated rind of one lemon, and one tablespoonful of ground rice. Beat the yolks of two eggs and work in with the mixture. Put it in a well buttered pudding basin and steam for an hour and a half. Turn it on to a dish, and serve with melted butter, a little sugar, and a squeeze of lemon.

Bartford Pudding.—Take $\frac{3}{4}$ lb. of stoned and chopped raisins, $\frac{3}{4}$ lb. of chopped beef suet, 5 ozs. of moist sugar, four tablespoonsful of flour, four beaten eggs, and a little salt and grated nutmeg. After mixing

all thoroughly together put into a well buttered basin, tie over a cloth and boil for $3\frac{1}{2}$ hours. Turn on to a hot dish and serve.

Apple Cream Pudding.—Peel and core, without breaking them, eight large apples. Place them on a baking dish, and put sugar where the cores were. Make a batter with $1\frac{1}{2}$ pints of milk, four eggs, and 3 ozs. of flour. Pour this over the apples and bake until the fruit is done. Serve with a sauce made as follows:—

Beat a quarter of a pound of butter very light and add to it half a pound of powdered white sugar and some cream. Stand the bowl which contains the mixture in a basin of boiling water and stir till of the consistency of cream, and serve in a tureen.

Beaulieu Pudding.—Line a dish with paste and put a layer of jam or preserved fruit. Place on top of this a thin round of bread and butter. Work into a quart of milk one teacupful of ground rice, four well beaten eggs, sugar to taste, and a flavouring of lemon. Pour this into the dish and bake in a quick oven for three quarters of an hour, then serve.

Buff Pudding.—Mix 1 pint of milk, one saltspoonful of salt, and two tablespoonsful of flour till smooth. Stir over the fire until thick, remove from the fire and stir in six lumps of sugar, a little grated lemon peel and 3 ozs. of butter. When the mixture is quite cold stir in three well beaten eggs. Line the pie dish with a puff paste, turn in the mixture and bake in a quick oven for 20 minutes. Put a few spoonsful of marmalade on the top of the pudding, and serve either hot or cold.

Children's Pudding.—Put into a basin $\frac{1}{2}$ lb. of suet chopped very fine, $\frac{3}{4}$ lb. of flour, $\frac{1}{2}$ lb. of currants well washed and dried, and $\frac{1}{4}$ lb. of treacle. Mix all together, tie in a floured cloth, put into boiling water, and keep it boiling for 3 hours.

Cobourg Pudding.—Three parts fill a pie dish with sliced apples, dredge over them some castor sugar, put a layer of warm butter and then a layer of apricot or any other jam. Work into a smooth paste two tablespoonsful of arrowroot and the same quantity of sugar with a little milk. Make $\frac{1}{2}$ pint of custard, or take a breakfastcupful of cream and pour it over the jam in the pie dish. Bake in a moderate oven for three quarters of an hour, and serve.

Cup Puddings.—Warm and beat to a cream 3 ozs. of butter, and add gradually 3 ozs. of flour and 2 ozs. of sugar. Make the whole into a paste with not quite $\frac{1}{2}$ pint of milk. Grease some teacups, pour the mixture in, and bake in a moderate oven for 20 minutes. Turn on to a hot dish, and serve.

Danish Puddings.—Soak all night in 3 pints of water a breakfast cupful of tapioca, soak it for an hour in a double boiler. Add to it half a teacupful of castor sugar, a cupful of bright jelly, a pinch of salt, mix thoroughly. Rinse a mould with cold water, turn the mixture into it and leave it to set. When cold, put the pudding on a dish, sprinkle over some castor sugar, and send to table with some cream.

Durham Pudding.—Take a pint of milk, grate into it the rind of half a lemon, and when it boils stir into it 3 ozs. of grated bread crumbs, 3 ozs. of warmed butter, a little sugar to taste, and the yolks of three and the whites of two eggs well beaten. Stir all thoroughly together. Line a dish with good puff paste, put a layer of marmalade at the bottom, pour in the mixture, and bake for three quarters of an hour. Serve hot or cold.

His Excellency's Pudding.—Take 3 ozs. of butter, make it slightly warm, and beat with it the same quantity of castor sugar until of the consistency of cream; add two eggs beaten. Take a shallow dish, grease it, line it with paste, spread a layer of jam over the bottom, and

pour in the mixture. Bake for 15 or 20 minutes, and serve.

Golden Pudding.—Take 6 ozs. of finely chopped suet, 6 ozs. of bread crumbs, 6 ozs. of marmalade, and 6 ozs. of moist sugar. Beat one egg in half a cupful of milk. Mix all thoroughly together, turn the mixture into a buttered pudding basin, tie a cloth over the top, and boil or steam for about three hours. Turn the pudding on to a hot dish, and serve.

Home Pudding.—Chop finely a quarter of a pound of apples, a quarter of a pound of beef suet, a quarter of a pound of currants, one heaped tablespoonful of sugar, $\frac{1}{2}$ pound of flour, two eggs well beaten into $\frac{1}{2}$ pint of milk. Mix all thoroughly together, turn the mixture into a buttered pie dish, and bake for half an hour.

Gertrude Pudding.—Mix thoroughly together a quarter of a pound of grated bread crumbs, a quarter of a pound of finely chopped suet, 2 ozs. of ground rice, the grated rind of one lemon, and a little baking powder. Moisten the mixture with two well beaten eggs, to which has been added a little milk. Put the mixture into a well buttered mould, place a piece of white buttered paper on the top, and steam for half an hour. Turn the pudding on to a dish, and serve with lemon sauce.

Doctor's Pudding.—Take 6 ozs. of finely chopped suet and three teacupsful of flour, $\frac{3}{4}$ lb. of chopped raisins, the grated rind of a lemon, one and a half teaspoonsful of bicarbonate of soda, one and a half table-spoonsful of moist sugar, and a little grated nutmeg. Mix all thoroughly together with a pint of milk, and turn the mixture into a buttered basin, and boil or steam for three hours. When cooked, turn the pudding on to a dish, and serve with a sweet sauce.

Fruit Pudding.—At the bottom of a well buttered mould and round the sides place some stale bread, cut in squares about a quarter of an inch thick. Pour in

some boiling hot stewed fruit, put two or three more slices of bread on top and let the pudding stand for a day. Turn it out on to a dish, and pour over it some cream or a custard.

Baked Marmalade Pudding.—Line a buttered shallow dish with puff paste. Beat thoroughly together a quarter of a pound of warmed butter, the yolks of four eggs, and a teacupful of marmalade. Turn the mixture into the dish with the puff paste, and bake in a slow oven.

New Pudding.—Pare and core, but do not break, ten large cooking apples. Fill the hollows of the apples with moist sugar, and pour over them 1 quart of batter. Bake for one hour.

Polka Pudding.—Mix with 2 ozs. of finely chopped beef suet two tablespoonsful of castor sugar, one breakfastcupful of grated bread crumbs, and 1 pint of milk. Season with grated lemon peel, put it in a pie dish and bake for half an hour. Serve with jam.

Toast Pudding.—Soak $\frac{1}{2}$ lb. of stale pieces of toast in water, drain off the water and mash the toast with a fork. Add to the toast one teacupful of moist sugar, $\frac{3}{4}$ lb. of stoned raisins, a little chopped lemon peel, one teacupful of flour and 1 quart of skim milk. Mix all thoroughly together, having previously added the milk to the flour. Rub the mixture into a buttered pudding basin, tie a thick cloth over the top and plunge into a saucepan of boiling water and boil for one hour.

Sponge Cake Pudding.—Place six small sponge cakes, cut into slices, at the bottom of a dish. Beat two eggs thoroughly and mix gradually 2 ozs. of crushed lump sugar and $\frac{1}{2}$ pint of milk. Pour this mixture over the sponge cakes, let them soak for a quarter of an hour, put the dish into a sharp oven for about half an hour, and then serve.

Rhubarb Pudding, Boiled.—Cut into pieces five or six sticks of rhubarb, line a basin with suet crust, put the rhubarb in and sprinkle it with a quarter of a pound of moist sugar, cover with crust, tie a floured cloth over the basin, plunge into boiling water, and boil for 2 hours or a little more, turn out, and serve.

Raspberry and Currant Pudding.—Pick the stalks from 1 lb. each of raspberries and red currants. Put into a preserving pan with $\frac{1}{2}$ lb. of loaf sugar. Stew gently over a very slow fire for half an hour. Remove the fruit, and when it is cold cover the bottom of a glass dish with seven or eight slices of bread, and then mash them with some of the cold fruit, over that put some more bread, and more fruit until the dish is filled. Whisk some cream, pour it over the bread and fruit, leave it for a little that the bread may absorb the juice, and serve.

Xmas Plum Pudding.—One lb. of currants, 1 lb. of sultana raisins, 1 lb. of sugar, $\frac{3}{4}$ lb. of suet chopped very fine, $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of bread, 1 lb. of raw carrots, grated fine, 3 ozs. of candied peel cut fine, 1 oz. of salt, two eggs, one nutmeg grated, ginger and cinnamon to flavour. Make the pudding two weeks before wanted, and steam it for six hours. Hang it up in the cloth in which it was boiled until it is required, when boil again for one or two hours. No milk or other moisture is required in mixing this pudding.

JAMS, JELLIES, AND PRESERVES.

Lemon Jelly.—Take a clean saucepan and put into it $1\frac{1}{2}$ pints of water, the juice of eight lemons and the rinds of two, pared very thinly, $\frac{1}{2}$ lb. of loaf sugar, one inch of a stick of cinnamon, 3 ozs. of leaf gelatine and four cloves. Stir this over the fire with a wooden spoon until the gelatine is entirely dissolved, then add the crushed shells of two eggs and the whites well beaten up, but not the yolks. Whisk the contents in the stewpan until it comes to the boil, then stop, let the scum rise and remove it. Turn a chair upside down upon another chair, take a clean cloth and tie a corner of the cloth to each of the four legs, place a basin underneath the cloth and first of all pour some boiling water through the cloth to make it hot. Empty the basin and replace it; now pour the contents of the saucepan into the cloth so that it will run through into the basin. Repeat this operation three times, rinsing the basin first in boiling water then in cold and leaving it wet each time. After the third operation the jelly will become very brilliant, and brilliancy in a jelly is to be aimed at. When the jelly is nearly cold it may be poured into an ornamental mould, which has been previously scalded and rinsed in cold water and left wet.

Wine Jelly.—Any kind of wine jelly may be made from the preceding recipe by substituting a pint of wine in lieu of a pint of water and using only two lemons.

Jams.—Jams may now be bought of such excellent quality and at such low prices that it is really hardly worth anyone's while to make them, to say nothing of the trouble involved. However, for those who may yet desire to make their own preserves we give some general directions.

In the first instance the fruit must be gathered dry, otherwise the jam will very soon turn mouldy, and no unsound fruit must be used. The loaf sugar must be

what is termed preserving sugar, the grain of which should be close and shiny. Inferior sugars throw up a lot of scum while the fruit is boiling, and as this has to be removed it is a question whether there is any economy in buying cheap sugar.

Sugar should be added to the fruit after it has started boiling and should not be crushed.

An all round proportion of sugar to fruit is 1 lb. of sugar to 1 lb. of fruit, after it is picked and stalked.

If brass pans are not available, white enamelled ware is the best to use, but care must be taken that the enamel in the pan is not chipped at all. Only wooden spoons may be used, as metal is calculated to spoil the colour of the jam.

Do not let the pan come into direct contact with the fire as it may burn the fruit.

The fruit must be stirred constantly and close attention must be given while it is on the fire. The faster the fruit boils the better the colour of the jam will be.

Mixed Jam for Children.—Take equal weights of gooseberries, red and black currants, cherries, raspberries and apples. Stew the cherries, pare, core and cut up the apples. Put $\frac{3}{4}$ lb. of sugar to each pound of fruit, the fruit being weighed after it has been picked and stoned. Let it boil for one hour. Allow the cherries and apples half an hour's start. Pour it into jars and, when cold, place a round of thin writing paper, which has been previously dipped in brandy, on the top of each jar of jam, so that the paper touches the jam. Then cut some thin paper into rounds sufficiently large to overlap the jars, brush them over on both sides with white of egg and tie one on to each jar while moist. The paper will become hard and tight when dry, like the skin on a drum, and will keep the air out. Paste a label on the side of the jar, with the name of the jam and the date when it was made, and store away in a cool, dry cupboard.

Strawberry Jam.—Pick the fruit after two or three days of dry weather; it must not be over-ripe, and any that is unsound must be thrown away. Allow $\frac{3}{4}$ lb. of sugar to each pound of strawberries, place a layer of the fruit in the boiling pan, then a layer of sugar, and so on until the pan is full. Set it on the side of the stove where the heat is gentle, and not on the fire. Stir carefully so as to prevent the jam from burning and yet not crush the fruit. Boil gently, removing the scum as it rises. When it appears to be done put a little of the jam on a plate and if it sets and becomes stiff the pan may be removed from the fire. Let the jam get moderately cool before it is poured into the jars. Then cover it over as described in the previous recipe.

Raspberry and Currant Jam.—Pick the raspberries over very carefully to see that there are no insects on the stems. Weigh them and allow 1 lb. of sugar to every pound of raspberries. To every 2 lbs. of fruit allow one breakfastcupful of red currant juice, obtained by bruising the currants in a cloth and squeezing the juice through it. Put the raspberries and currant juice into a preserving pan, place it on the stove, and keep stirring with a wooden spoon. Let them boil quickly until the juice is reduced to about one third, then add the sugar, stirring all the time. When the sugar is melted let the jam continue boiling slowly for another five minutes, stirring occasionally to prevent burning. When cold put into jars and cover in the usual manner.

Raspberry and Cherry Jam.—Stone 4 lbs. of cherries and put them into a preserving pan with 8 lbs. of raspberries, and let them boil for a quarter of an hour. Remove all scum and add 9 lbs. of sugar. Boil again for an hour, or until the jam hangs to the spoon. Skim, pour into pots when cool, and cover in the usual way when cold.

Black Currant and Rhubarb Jam.—Remove the stalks from 4 quarts of black currants. Cut into small

lengths fifteen stalks of rhubarb, put them into a preserving pan with enough water to cover, and boil for 20 minutes. Press the fruit and liquor through a fine hair sieve, extracting as much juice as possible. Return the juice to the preserving pan with 10 lbs. of coarsely crushed lump sugar, and stir over the fire again with a wooden spoon until it boils, then add the currants, boil slowly for ten minutes, stirring all the time, and removing the scum as it rises. Take the pan from the fire, stir well for a few minutes, turn into jars, and when cold cover with white paper dipped in brandy, and then with parchment paper tied tightly down.

Gooseberry Jam.—Wipe quite dry with a cloth 7 lbs. of gooseberries, pick them, put them into a preserving pan with 7 lbs. of preserving sugar and 1 pint of water. Boil over a clear fire until they are soft, remove all scum as it rises, pour into jam jars, cover them with paper dipped in brandy and then with parchment paper; tie down tightly and keep in a dry cupboard.

Cranberry Jam.—Wash the desired quantity of cranberries, weigh them and weigh also the same quantity of sugar. Put into the preserving pan $\frac{1}{2}$ pint of water to 1 lb. of berries, place it on the fire and boil for ten minutes, skimming and shaking continually. Add the berries and let them boil until quite soft and of a nice colour. Put the preserve into some warmed jars, and tie down with paper steeped in brandy, and then cover with parchment paper. Exposure to the air spoils the jam.

Rhubarb Jam.—Allow to each pound of rhubarb 1 lb. of sugar and one lemon. Peel and trim the stalks. Pare as thinly as possible the rind of a lemon into a large bowl, cut away the white part of the skin, and slice the pulp of the lemon into a bowl, removing all pips. Cut the rhubarb into pieces half an inch thick, put it in the bowl on top of the lemon and put the sugar on top of the rhubarb, and let it stand all night. Then empty

the contents into a preserving pan and let it boil very slowly for three quarters of an hour. Remove the jam and let it cool a little, then put it into jars. When quite cold cover with white paper soaked in brandy and then cover with parchment paper, tying down very tightly to exclude all air.

Apple Marmalade Jelly.—This delicious dish may be eaten alone, or with a custard. Peel, core, and boil $2\frac{1}{2}$ lbs. of good cooking apples; boil them with only sufficient water to prevent burning; beat them to a smooth pulp. For each pound of pulp take $\frac{3}{4}$ lb. of lump sugar, put these into a saucepan, having previously moistened the sugar so that it will readily dissolve, and boil until the syrup is thick and can be skimmed. Add this syrup to the apple pulp with about half a teaspoonful of minced lemon peel, and stir it over a quick fire for 25 minutes, or till the apples cease to stick to the bottom of the pan. The jelly may now be poured into moulds which have been dipped into water. This will turn out a nice stiff jelly, which may be stuck with blanched almonds, and a custard poured round it on the dish. The apples will take about three quarters of an hour to reduce to a pulp, and 25 minutes to boil after the sugar syrup has been added.

Strawberry Jelly.—Mash a pound of strawberries, strain the juice through a fine sieve, add $\frac{1}{2}$ pint of syrup, and boil them. When nearly cold, add an ounce of clarified isinglass and a little cochineal. Strain the whole through a fine sieve, pour it into a mould, and set it on ice.

Pear Marmalade.—Boil six good-sized pears to a pulp; take half their weight in sugar, pour it into a saucepan with a very little water, boil it, and skim it whilst boiling. When boiled to a snap, add the pulp of the pears, give it a boil, and drop into it about four drops of essence of cloves. When cold it is ready for use.

Plum Jam.—The flavour of plum jam, and, indeed, all jams made with stone fruits, is very greatly improved by the addition of a few bitter almonds. During the boiling process about half a dozen almonds for every pound of fruit is enough, though more may be used if liked. The almonds need not be removed, but may be left in the jam and eaten with it.

The addition of vanilla to stone fruit jam also improves its flavour, but vanilla is rather expensive for general use.

EGGS AND OMELETTES.

Eggs form one of our principal articles of food. Many dishes may be prepared with eggs alone, or with them forming the principal ingredients in a dish; and there are numerous dishes that require the assistance of an egg or two to make them to perfection.

The most simple and the plainest way to cook eggs is to boil them; yet this simplest of simple recipes is nearly always indifferently accomplished. As often as not we have a "plain boiled egg" placed before us with the white not set or the egg quite hard, and if the cook be questioned, the reply is:—"I boiled them three minutes." It is not surprising that they are undercooked. No trouble has been taken to make allowance for the size of the eggs which are not all of the same weight. Some only weigh half an ounce, others from $1\frac{1}{2}$ to 2 ounces, therefore, the time necessary to boil an egg must vary with its size, and to boil it so that the white is just set and yolk soft varies from $2\frac{1}{2}$ to 4 minutes.

Put the eggs into boiling water, which should quite cover them, and add a heaped teaspoonful of salt for each pint of water. This will much improve the flavour of the eggs.

Omelette, the Art of Making.—This is not very difficult, but at the same time vigilance and a little knack are required. The eggs must not be *over* beaten, but just whisked up lightly and quickly. Three or four eggs are quite enough to manage with success, and if more are required repeat the operation over again as many times as required, allowing three eggs to make sufficient omelette for two persons. Some cooks recommend the placing of the chopped parsley, or the grated cheese, or whatever may be needed, into the basin while beating the eggs. It is, however, better to put these ingredients in *after the omelette* is made, in fact just before serving, as if put in before they make the omelette heavy.

Well grease the frying pan (which must be perfectly clean) with an ounce of butter. When this is quite dissolved pour in the beaten eggs, say three, and add one tablespoonful of water seasoned with pepper and salt to taste. The omelette will settle almost immediately. Shake it gently from side to side, passing a greased knife round the edges. When perfectly set, slide it on to a plate, sprinkle the *fines herbes*, cheese, or whatever is required, along the centre, then fold the omelette into three and serve immediately. If the fire is too fierce the underneath part of the omelette will be burnt. It should be fried to a golden brown. Nothing but practice will enable the cook to make omelettes to perfection.

Some cooks add a little milk to the eggs, but it will be found that milk brings the eggs rather into the form of a pancake than an omelette.

Egg Cutlets.—Boil eight eggs for 15 minutes, take off the shells, and cut them into slices. Two teaspoonsful of chopped parsley to be mixed with 3 ozs. of finely sifted bread crumbs, and a pinch of cayenne. Beat the yolk of one egg, dip the slices of the hard-boiled eggs in it, and roll them in the bread crumbs. Melt 2 ozs. of butter in a saucepan, fry the fritters a pale brown, and dress them on a dish. Heat $\frac{1}{2}$ pint of some rich gravy, add a squeeze of half a lemon, and season with salt and pepper and a pinch of sugar. Pour it round the eggs, and serve hot.

Tomato Omelette.—Break 12 fresh eggs in a bowl, season them with a tablespoonful of salt, and half a tablespoonful of pepper, and beat thoroughly for four minutes. Place 2 ozs. of butter in a frying pan on a hot stove, let it heat well without browning, then pour into it $\frac{1}{2}$ pint of freshly cooked stewed tomatoes, suppressing all the liquid. Cook for two minutes, then throw the beaten eggs over, and with a fork mix the whole gently for three minutes, and let it rest for one minute longer. Bring up

the two opposite sides, turn it carefully on a hot dish, and serve.

Eggs for Mid-Lent.—Break eight fresh eggs in a bowl, with $\frac{1}{2}$ gill of sweet cream. Season with a teaspoonful of salt and half a teaspoonful of white pepper; beat up for a minute or two. Put a wineglassful of some tomato sauce, and make it hot. Drop in the eggs, add a tablespoonful of fresh butter, stir with a fork until the eggs are set to prevent them sticking to the bottom of the frying pan. Take from the fire and have ready five or six rounds of toast, nicely buttered and quite hot. Spread the eggs evenly on the toast, arrange on a hot dish, and serve at once.

Eggs au Gratin.—Take one anchovy, two shallots, a sprig of parsley, and chop very fine. Mix them well with the yolks of four eggs, a teacupful of bread crumbs, 3 ozs. of butter, a teaspoonful of salt and pepper to taste. Have ready a hot dish, butter it well over, and strew the mixture over the bottom. Place the dish in the oven and brown slightly, break half a dozen eggs into separate saucers, and slide them neatly on to the dish, after which return it to the oven for not more than three minutes, or until the whites have just set. Serve immediately on the dish in which they were cooked.

Eggs, Normande.—Knead well together in a bowl one tablespoonful of bread crumbs, 2 ozs. of butter, three chopped anchovies, a pinch of parsley, a pinch of chervil, one chopped shallot, three raw egg yolks, a dessertspoonful of salt, a teaspoonful of white pepper, and a teaspoonful of grated nutmeg. When ready put these ingredients into a baking dish, with 1 oz. of butter at the bottom. Place it on a slow fire for two minutes then break over it six eggs. Cook for five minutes in a hot oven, remove, lay the dish on top of another, and serve immediately.

Cheese Omelette.—Beat up six eggs, and add an ounce of grated cheese, with two tablespoonsful of milk.

Put an ounce of butter in the frying pan, and pour in the mixture. When done, serve with a small portion of grated cheese sprinkled on the top.

Omelette à la Bonne Femme.—Take six eggs, 1 oz. of bacon, a boiled potato, half a breakfast roll, one teaspoonful of chopped parsley, and half a teaspoonful of chopped chives, salt and pepper to taste. Break the eggs into a basin and beat them for about five minutes, add the parsley and chives, with the salt and pepper; cut the bacon, roll, and potato into small pieces; put some butter into the frying pan, and cook the bacon slightly brown; add the potato and roll, and cook for a few minutes, then pour in the eggs, stir with a fork, and keep the omelette over the fire for about two minutes. When done, serve very hot with a little tomato sauce.

Omelette au Jambon.—Melt a tablespoonful of butter in a frying pan, and cut up two rashers of streaky bacon into small pieces, place it in a frying pan and fry over a brisk fire until the bacon is a golden brown and crisp. Break eight fresh eggs into a basin, adding $\frac{1}{2}$ gill of milk, a teaspoonful of salt and half a teaspoonful of white pepper. Beat the eggs up with a fork for half a minute, and pour them into the frying pan; mix well, rest for a minute, mix again and rest for another minute; fold up the sides of the omelette into the middle of the pan, let it rest again for half a minute, and turn out on to a hot dish, and serve.

Eggs on Crumpets.—Cut some crumpets in halves, toast them on both sides and butter them. Lay a slice of lean ham on each piece of crumpet and put a poached egg on each. Serve hot and immediately.

Egg Scalloped.—Grate some ham or tongue and make it into a forcemeat by adding bread crumbs, a little butter, pepper and salt to taste, and sufficient milk to make it into a smooth paste. Spread as many scallop shells as there are persons and on each carefully break one egg. Sprinkle over each a little grated Parmesan

cheese and bread crumbs, and put them in the oven for eight or ten minutes. Serve in the scallop shells.

Omelette à l'Oignon.—Cut into dice a large Spanish onion and fry in hot butter until quite soft, but they must not be allowed to get brown. Drain away the fat and mix the onion with six eggs lightly beaten. Season with salt and pepper and fry the omelette in an omelette pan. This may be served with or without a white sauce.

Omelette Bengali.—Lightly beat six eggs in a basin, season with half a tablespoonful of chopped mint leaves, one teaspoonful of chopped shallot, a sensation of garlic, and pepper and salt to taste, and a pinch of cayenne. Fry the omelette in a well-greased omelette pan, fold in three, and serve.

Eggs à la Gruyere.—Melt a quarter of a pound of grated Gruyere cheese with two teaspoonsful of butter and half a cupful of chicken stock, or veal stock; season with chopped shallot, parsley, and salt. When well mixed add five well beaten eggs, stir until quite stiff, and serve on buttered toast.

Maltese Eggs.—Mix together in a saucepan one tablespoonful of grated ham, 2 ozs. of butter, 1 oz. of grated Parmesan cheese, the juice of one lemon, salt, pepper, and parsley to taste, $\frac{1}{2}$ pint of white stock, and one large tomato. Let this stew for 20 minutes, and then strain it over a dish containing six or eight hard boiled eggs. Cover with bread crumbs and grated cheese, bake in a very hot oven just sufficient time to brown the surface, and serve in the same dish.

Eggs and Anchovies.—Beat up six eggs with pepper and salt to taste, and one teaspoonful of minced shallot. Put in a saucepan 2 ozs. of butter and a tablespoonful of milk. As soon as the butter is melted put in the eggs and stir until it thickens. Prepare some hot buttered toast, spread the mixture over the toast and put a fillet of anchovy on each piece.

Sweet Omelette.—Put a heaped tablespoonful of crystallised sugar and a wineglassful of sherry in an earthenware pot. Let it boil for three minutes, then pour it into a basin to cool, add the yolks of three fresh eggs, and beat together to the consistency of cream. Whip up the whites in another basin to a stiff froth and stir them into the yolks. Put 1 oz. of fresh butter into a very clean omelette pan, and when dissolved pour in the mixture and let it cook for about two minutes, then place the pan and contents into a very hot oven for four minutes, slide the omelette on to a hot dish, and spread some hot jam quickly and lightly in the centre of the omelette and fold over. Sprinkle with castor sugar and serve at once.

Omelette au Rhum.—Make an omelette as in the foregoing recipe, and when it has been turned out on to a hot dish, pour over a wineglassful of rum, fold over, and set it alight, and serve.

Omelette aux Rognons (Kidneys).—Break three eggs into a basin, add a saltspoonful of salt and a little pepper. Beat all together with a fork and pour them into an omelette pan, in which has been melted 1 oz. of butter. Have ready a sheep's kidney cut into small dice, which has been fried in another pan with a little butter for one minute. Turn the omelette out on to a dish, put the kidneys in the centre and fold over. Sprinkle a teaspoonful of finely chopped parsley on the top, and serve.

Devilled Eggs.—Boil three or more eggs hard. When cold, shell them, cut them into halves, take out the yolks without breaking the whites. Mix these yolks with a teaspoonful of anchovy sauce, a little cayenne pepper and salt, and $\frac{1}{2}$ oz. of butter. Cut a little piece off the bottoms of each white, so that they will stand like a little cup. Fill each one with the yolk mixture, and surround the dish with some watercress, or the hearts of lettuce.

Scrambled Eggs.—Break the required number of eggs into a basin. Season with salt and pepper, and slightly beat them. For each three eggs put $\frac{1}{2}$ oz. of butter into the omelette pan. When the butter is hot pour in the eggs, and stir from the bottom as they are cooking. When done the yolks and whites should not be blended, but appear as in separate streaks. Prepare some hot buttered toast and place it round the scrambled eggs, which have been placed in the centre.

Omelette au Pommes.—Take $\frac{1}{2}$ lb. of nicely mashed potatoes, beat them up with 2 ozs. of butter, a little milk, three eggs, pepper and salt to taste. Roll the mixture into egg shape, dip into egg and breadcrumbs, and fry in a basket of boiling fat to a golden brown; let them drain well. Garnish with dried parsley and serve.

Eggs Bavaroise.—Take as many hard boiled eggs as desired, remove the shells and dip them into a stiff batter. Fry in a basket of boiling fat. When drained, sprinkle them with a little pepper and salt, dip them into the batter, and fry again. Repeat this two or three times, until the eggs are twice their size. Serve with a well made tomato sauce.

Sienna Eggs.—Cut into slices six hard boiled eggs. Place them in a greased dish in layers, with grated cheese, and a sprinkling of salt and pepper between each layer. When the dish is filled add $\frac{1}{2}$ pint of any good white sauce, and on the top a stiff sprinkling of parmesan cheese and breadcrumbs. Bake for 15 minutes, and serve.

Eggs à la Carmelite.—Well butter a pie dish, pour into it a purée of sorrel or asparagus; break four eggs very carefully on top, bake in a slow oven until the eggs are well set, sprinkle with salt and pepper to taste, and serve.

Egg Sauce Robert.—Boil six eggs for 20 minutes; shell them and cut them into quarters. Make hot a

sufficient quantity of Sauce Robert to cover them. Serve in an entree dish.

Eggs and Chicken.—Cut up some cold breast of chicken into very small dice. Warm it with a little chicken broth, spread it out on to a little fire-proof dish, and gently break three eggs whole on to the top of the chicken. Put this in the oven until the eggs are set. Sprinkle with a little salt and pepper, and the juice of half a lemon, and serve.

Genoa Eggs.—Cut some cheese into thin slices, and place them on a well buttered fire-proof dish. Sprinkle with salt and a little cayenne. Break in three or more eggs, cover with some breadcrumbs, and bake for ten or 15 minutes. Strew some minced parsley over, and serve hot.

ICES.

Ices may be made so easily and inexpensively, and an ice machine purchased for a few shillings, that it is surprising they are not more in general use. An ice machine consists of a metal pail inside a wooden bucket, with gearing apparatus fixed at the top, so that the mixtures to be frozen can be the more easily and quickly made. The cream or mixture to be frozen is placed in the inner, or metal pail, and surrounded with freezing salt and broken ice in the outer pail. A temperature of 32 degrees below freezing point is thus obtained. The mixture to be frozen must be constantly stirred by turning the handle of the gearing apparatus until it is finally set. Ices may be served as soon as set, or they may be kept in the pail, provided there is always some freezing salt and broken ice in the outer bucket.

Strawberry Ice Cream.—Bruise and mash the strawberries with a wooden spoon and pass them through a hair sieve. Take 1 pint of this juice and dissolve 6 ozs. of granulated sugar into it, together with $\frac{1}{2}$ oz. of leaf gelatine, previously dissolved in a little warm water. Take 1 pint of good cream, whip it well and turn it into the freezing machine, and freeze.

Strawberry Ice made with Jam.—Strawberry ices may be made with strawberry jam, when the fresh article is unobtainable. Take 1 pint of cream, $\frac{1}{2}$ lb. of any good strawberry jam, and the juice of one lemon. Thoroughly mix with a wooden spoon, pass through a fine sieve, thence into the freezer.

Lemon Ice Cream.—Take three fresh lemons and rasp $\frac{1}{2}$ lb. of loaf sugar over the yellow rind. Pound this sugar in a mortar and add the juice of three lemons. Add 2 pints of cream, and thoroughly mix, using a wooden spoon to stir it. Pour this into the freezing chamber, and freeze.

Vanilla Ice Cream.—Take $\frac{1}{2}$ lb. of loaf sugar and half a stick of vanilla, place in a mortar and thoroughly pound them to a powder. Mix the sugar and vanilla with $\frac{1}{2}$ pint of milk and the yolks of two eggs, and let it simmer over the fire for 15 minutes, stirring all the time, and on no account allow the eggs to curdle. Pass through a hair sieve, and when cold, add a pint of cream, and freeze.

Water Ices.—These are usually made with the juices of ripe fruits and mixed with syrup, or sugar, and frozen, but it has to be remembered that if the fruit juices are over-sweetened they will not freeze. Clarified sugar is the best sweetener for water ices, and may be quite easily made. To 3 pints of water add $4\frac{1}{2}$ lbs. of loaf sugar and boil for 15 minutes, removing the scum as it rises. When cool, whisk in half the white of an egg. The juices of any fruits may be used, also the juices of orange, lemon and apple, using $\frac{1}{4}$ pint of syrup to 1 pint of juice. Freeze.

Neapolitan Ices.—These are made by placing several kinds of cream or water ices of different kinds and colours into a mould, known as a Neapolitan ice-box. When frozen and set they must be cut into slices cross-ways, so that no matter how thin the slices are cut, each person will get a little piece of each kind of ice. Three or four kinds are usually put into the mould—chocolate, strawberry, lemon and vanilla. Serve on small plates with spoons.

Iced Pudding.—Mix with $\frac{1}{2}$ pint of milk, the yolks of four eggs, 2 ozs. of sugar and 15 drops of essence of vanilla. Boil until of the consistency of cream, but do not allow the eggs to curdle. When cool, add $\frac{1}{2}$ pint of cream and half a gill of maraschino. Put it in the freezer and freeze till quite stiff. Take an ice pudding mould and put into it a layer of sponge cake cut into slices and soaked in cream, then a layer of ice cream, a few dried cherries, pieces of pineapple, dried fruits of any kind, alternately with ice cream until the mould is filled.

Cover tightly and place it in the outer pail of the freezer entirely surrounded by ice and salt, and let it freeze for 2 hours. To remove it from the mould, place the mould in a basin of hot water for half a minute and it will turn out quite easily.

Coffee Ice Cream.—Take $\frac{1}{2}$ pint of strong, clear and freshly-made coffee, six tablespoonfuls of granulated sugar, the yolks of six eggs and $\frac{1}{2}$ pint of boiling milk. Stir this continually over the fire until it thickens, then add a pint of cream and let it cook for 10 minutes, but on no account must it be allowed to boil. When cold, pass it into the freezer and freeze in the usual way.

Orgeat Ice Cream.—Blanch and pound 1 oz. of sweet almonds and only one bitter one, adding a little orange flower water to prevent them oiling. Add slowly a $\frac{1}{4}$ lb. of sifted sugar, the well-beaten yolks of eight eggs and a pint of cream. Stir the whole in an enamelled saucepan over the fire until it thickens, and when cold, freeze.

BEVERAGES.

Lemonade, Economical.—Cut up into thin slices four lemons, place them in a jug, after having removed all pips, with a $\frac{1}{4}$ lb. loaf sugar, or more if liked, and two cloves. Pour over 3 pints of boiling water. Cover with a cloth, and when cold it is ready for use.

Effervescing Lemonade.—Take $\frac{1}{2}$ pint of strained lemon juice, add 1 lb. loaf sugar, and place in an earthenware saucepan until dissolved. Pour this syrup, when cold, into bottles and cork tightly. This will keep for a considerable time. When required, put a wine-glassful into a tumbler of cold water, three parts filled, and carbonate of soda sufficient to cover a threepenny piece. Stir well and drink during effervescence.

Apple Water.—Pare four large apples, grate them on a grater, put them into a jug, pour over a quart of boiling water, the juice of one lemon, two cloves and a little sugar to taste. Let it stand near the fire for 2 hours, and when cold strain through a piece of muslin and it will be ready for use.

Ginger Beer.—Thinly pare the rind of six lemons. Put the parings into a large earthenware pan with 3 ozs. of bruised ginger, 3 lbs. of loaf sugar, the juice of the six lemons, $\frac{1}{2}$ oz. cream of tartar, four cloves, and a small piece of cinnamon. Pour over the whole ten quarts of boiling water, stir it well, and when almost cold put two tablespoonsful of brewer's yeast on the top and stir again. Let it remain until next day to ferment. Well strain the liquid and pour the beer, free from any sediment, into ginger beer bottles. Use new corks soaked in boiling water and wire them down. This ginger beer will be ready for use in three or four days.

Gooseberry Drink.—Take 3 lbs. of ripe gooseberries, wash and pick them and press out the juice. Mix an equal quantity of water with the juice, sweeten to taste, with the juice of one lemon. Boil it up, filter, and let it stand till cool. This will be found a very refreshing drink, but should not be over-sweetened.

Punch, Ordinary.—Rub the rinds of two lemons with lump sugar, place the sugar in a punch bowl, add the necessary spirit, either rum or brandy, in the proportions desired, squeeze the juice of two lemons, well mix all these ingredients together before pouring on the boiling water, and stir all the time while adding the water.

Orgeat.—This is a beverage greatly used in France. It may be purchased ready made. To make it, take $\frac{1}{2}$ lb. barley, which well wash and soak in water. Tie it up in a small muslin bag, place it in a saucepan with $1\frac{1}{2}$ pints of water, and allow it to gently boil for 5 hours. As the water diminishes add more to it. Put into the saucepan $\frac{1}{2}$ lb. blanched almonds, let them boil for five minutes, take up the barley and the almonds and pound in a mortar, return it to the saucepan and let it boil up again. Re-pound in the mortar and re-strain. The water should now be fairly thick. Add $\frac{1}{2}$ lb. of loaf sugar, and let it boil to a syrup. Take it off the fire and add some orange flower for flavourings. It may now be bottled and kept ready for use. Two tablespoonfuls of this syrup will make $1\frac{1}{2}$ pints of the drink.

Blackberry Cordial.—Place as many blackberries as desired into a straining bag and squeeze out all the juice, allowing 1 lb. of loaf sugar to every pint of juice. Boil the sugar and juice in a preserving pan until it is of the consistency of a thin jelly. When cold, mix $\frac{1}{2}$ pint of good brandy with every quart of cordial. Bottle, cork, and seal.

Claret Cup.—Place in a large crystal or china bowl 2 ozs. of loaf sugar, the thin rind of one lemon, three slices of cut lemon, three slices of juicy orange, two or three strips of cucumber peel, one liqueur glassful of good brandy, one of Maraschino or Benedictine, and a few drops of Angostura Bitters. Now add two bottles of Bordeaux wine and one bottle of soda. Cover and let it infuse for one hour. Serve into glasses with a silver ladle.

CHEESE DISHES.

Welsh Rarebit.—Take $\frac{1}{2}$ lb. of double Gloucester and cut it into thin slices. Mix a teaspoonful of unmade mustard with $1\frac{1}{2}$ ozs. of butter on a plate before the fire. When worked up to the consistency of cream, put in a pinch of cayenne. Butter a piece of toasted bread, place half the cheese upon it, and pour half the seasoned butter over that, then more cheese and the rest of the butter. Put it on a plate in a Dutch oven in front of the fire, and when the cheese is melted, serve at once.

Cheese, Stewed.—Put 3 ozs. of Gloucester or Cheddar cut up small into a saucepan, with $\frac{1}{2}$ oz. of butter and sufficient milk to cover it. Let it simmer, stirring all the while until the cheese is dissolved. Remove it from the fire and gradually add a well beaten egg. Serve in a very hot dish with sticks of toasted bread.

London Welsh Rarebit.—Put $\frac{1}{2}$ lb. of Cheddar cheese into an earthenware saucepan, two teaspoonsful of mustard, half a glass of ale, and a pinch of cayenne. Stir well until thoroughly dissolved, then pour it on to hot buttered toast with the crust cut away, and serve.

Cheese, Toasted.—Little tins may be bought for this purpose which will hold boiling water underneath. Slice some rich cheese and put it on the tins into the oven, and when it is melted stir in some made mustard and a little cayenne. Serve at once in the tins.

Macaroni Cheese.—Boil $\frac{1}{2}$ lb. of macaroni in a little salted water. When quite soft strain off nearly all the water and put in 3 ozs. of butter. When this is dissolved add $\frac{1}{4}$ lb. of grated cheese, stir it well and then turn the whole out into a well greased pie dish. Sprinkle 2 or 3 ozs. of grated Parmesan on top and a tablespoonful of bread raspings. Put in a hot oven, and serve when nicely brown.

Spaghetti.—This is similar to macaroni, but it is made thread shape instead of pipe shape. It may be served in the same manner as the foregoing recipe.

Spaghetti and Tomatoes.—Boil $\frac{1}{2}$ lb of spaghetti in salted water. When soft drain off the water and put in 3 ozs. of butter, 2 ozs. of grated cheese, $\frac{1}{2}$ pint of tinned tomatoes, salt and pepper to taste. Stir gently but continuously with a wooden spoon until it is well heated. Serve.

CAKES, BUNS, AND SCONES.

Notes on Cake Making.—Care should be taken that all ingredients used should be perfectly dry, as dampness in materials will produce a heavy cake. Prepare all ingredients and place them on the table before commencing operations.

Flour must be of the best quality, and should be weighed after it has been sifted and dried.

Butter should be of the purest and best and free from salt, and should be beaten with a wooden spoon and reduced to a cream.

Eggs: Break each egg separately in a cup before it is placed with others so as to prevent a bad one from spoiling the rest.

Milk must be fresh. Good Swiss condensed may be used, in which case less sugar will be required.

Baking: Small cakes require a quick oven when they are first put in to make them rise, but the heat should not be increased when they have started to bake.

Large cakes require a moderate oven, so that the middle of the cake may be well baked.

For a large rich mixture, place in a hot oven for the first half hour, and cool down for the remainder of the time. For scones and hot cakes the oven should be hot.

Sponge cakes need a sharp oven. Shortbreads and ginger biscuits should be baked in rather a cool oven.

To ascertain whether a cake is sufficiently baked or not insert a steel knitting needle into the centre; if it comes out quite clean the cake is done, but should it come out with anything sticking to it, replace the cake in the oven at once. Never slam the oven door, and when the cake is done it should be gently turned out of the tin or mould and placed on the top of the oven to dry, and then laid on its side to cool. The richer the cake the longer it will take to bake.

Sugar.—Always use loaf sugar, and pound it in a mortar.

Currants and Raisins.—Currants must be well washed in a colander and carefully picked over to free them from grit, stones, stalks, etc., and then thoroughly dried in a clean cloth, placed in front of the fire and frequently turned to ensure them being quite dry. Raisins should have the stones removed.

Moulds, Tins or Basins.—These should be well buttered, and white paper greased with butter should be placed between the tin and the cake.

Salt.—A pinch of salt added to the whites of eggs will make them froth more quickly.

Baking Powder.—Plain cakes will be made lighter by the addition of a little baking powder.

Pound Cake.—Well whip four eggs with $\frac{1}{2}$ lb. of castor sugar, mix with $\frac{1}{2}$ lb. of flour, a teaspoonful of baking powder, $\frac{1}{2}$ lb. of currants, $\frac{1}{2}$ lb. of sultanas, 2 ozs. peel cut thinly. Melt $\frac{1}{2}$ lb. of fresh butter and thoroughly mix altogether. Bake for $1\frac{1}{2}$ hours.

Banbury Cakes.—These well known cakes are prepared from a mince called Banbury Meat, which is prepared as follows: $\frac{1}{2}$ lb. of fresh butter beaten to a cream, $\frac{1}{2}$ lb. orange and lemon peel cut up finely, 1 lb. currants, $2\frac{1}{2}$ ozs. allspice, and $\frac{1}{2}$ oz. of cinnamon. Mix all these ingredients thoroughly together, and keep in a covered jar for use. Roll out thinly some rich paste and cut into rounds. To one round put on a thin layer of mince and cover over with another. Flatten with the hand, and moisten the edges with the white of an egg to make them adhere. Before placing them in the oven brush the cakes over with the froth of an egg and sugar. Bake for 15 minutes.

Genoa Cake.—Mince finely $\frac{1}{4}$ lb. currants, $\frac{1}{4}$ lb. raisins, $\frac{1}{4}$ lb. candied peel (lemon, orange and citron),

a saltspoonful of powdered cinnamon, six tablespoonsful of moist sugar, $\frac{1}{2}$ lb. flour and the rind of a lemon chopped finely. Mix and beat all these ingredients together for several minutes, with $\frac{1}{2}$ lb. clarified fresh butter and four well beaten eggs. Place the mixture in a buttered baking tin, and bake for $\frac{3}{4}$ hour. Mix the white of an egg with a tablespoonful of powdered loaf sugar, brush the top of the cake with this, and strew some finely chopped blanched almonds on the surface. Replace the cake in the oven for a few minutes and slightly brown the almonds.

Sponge Cake.—Take the required number of eggs with their weight in castor sugar, half their weight in flour and a flavouring of essence of vanilla. Stand the bowl in which the ingredients are mixed in hot water. Break in the eggs, place the yolks and whites into separate bowls, beat the yolks and sugar in the warm basin, then add the flour, and lastly the whites of the eggs beaten to a stiff froth. Beat the whole mixture thoroughly, put it all into butter-greased tin, lined with buttered paper, and bake in a sharp oven.

Lemon Cake.—Beat $\frac{3}{4}$ lb. fresh butter to a cream, work into it 6 ozs. dried and sifted flour and add $\frac{3}{4}$ lb. powdered sugar, the grated rind of two lemons and the well beaten yolks of eight eggs. When thoroughly mixed stir in the whites of six eggs, beaten to a white froth. Place the mixture into a buttered mould and bake in a moderate oven.

Plain and Seed Cake.—Take a quartern of dough, roll it out on the pastry board, and slice $\frac{1}{2}$ lb. of fresh butter or beef dripping over it. Sprinkle over it a heaped teaspoonful of baking powder, add $\frac{1}{2}$ lb. Demerara sugar, $2\frac{1}{2}$ ozs. of caraway seeds, and 2 ozs. of finely shredded candied peel. Knead the dough thoroughly until all the ingredients are incorporated. Place it in a warm corner before the fire to rise, then divide and put it into greased tins and bake in a hot oven.

American Breakfast Buns.—Take a $\frac{1}{4}$ pint of fresh yeast and mix it with the same quantity of warm milk; add $\frac{1}{4}$ lb. butter melted, but not hot, sugar to taste, two eggs well beaten, and lastly, and very gradually, sufficient flour to make a tolerably firm dough. Put it into small, well greased tins, and set them before the fire for about 20 minutes to rise, and then bake in a quick oven. These buns must not be made too large.

Albion Cakes.—Take six eggs and well beat them into 1 quart of milk, adding one teaspoonful of salt and one teaspoonful of bicarbonate of soda. Stir in enough flour to make a stiff batter. Half fill with this batter some little tins well buttered, bake for 20 minutes in a hot oven, and sift some castor sugar over them. If liked, currants and finely minced citron peel may be added five minutes before removing from the oven.

Brighton Cakes.—Rub to a cream 4 ozs. of butter and 1 lb. of powdered loaf sugar, then beat in six eggs and three teacupsful of milk. Add, a little at the time, 1 lb. of flour, a pinch of salt, and two tablespoonsful of baking powder. Evenly mix all together, pour into shallow buttered tins, and bake in a quick oven. Let them get cold before using them.

Canada Cake.—Pass 4 lbs. of flour through a sieve, mix it with two tablespoonsful of cream of tartar, rub in 1 lb. of castor sugar, one breakfastcupful of sugar, one breakfastcupful of milk, six lightly beaten eggs, with a teaspoonful of bi-carbonate of soda dissolved in the milk. Flavour with essence of lemon, or almond, put in a greased tin, and bake until done.

Camp Cake.—Take 4 lbs. of sifted flour and mix with it two tablespoonsful of cream of tartar. Work into it 6 or 8 ozs. of butter, and then add 1 lb. of castor sugar; beat three or four eggs, dissolve one teaspoonful of bi-carbonate of soda in $\frac{1}{2}$ pint of milk. Beat this with the eggs, add to the mixture, flavour with any essence desired, put in a greased tin, and bake until done.

Christmas Cake.—Cream 1 lb. of butter, then add three well beaten eggs, 2 lbs. of flour, five teaspoonsful of baking powder, 1 lb. of currants, washed and dried, 1 lb. of sugar. Work all together with a teacupful of milk. Pour the mixture into a buttered cake tin, and bake for 2 hours, or longer if necessary.

Delicious Cake.—Rub 1 lb. of butter into 1½ lbs. of flour, add ½ lb. of ground almonds, two dessertspoonsful of rose water, four or six eggs, ½ lb. of sliced candied peel, and a little beaten mace. Mix all together, put into a greased cake tin, and bake.

Derby Cakes.—Beat to a cream a quarter of a pound of butter, and add a quarter of a pound of castor sugar, a quarter of a pound of ground rice, and half a teaspoonful of baking powder. Stir in three well beaten eggs, pour the mixture into some small cake tins, and bake in a quick oven 10 or 15 minutes.

Genoa Cake.—Mix in 1 quart of milk five eggs which have been very lightly beaten, and add it to 1 quart of flour. Then add a little salt and beat until quite smooth. Add to this batter 1½ ozs. of butter which has been melted, and when all is thoroughly mixed, pour into small greased moulds, and bake.

Loaf Cake.—Take 1½ lbs. of flour, 1 oz. of caraway seeds, and ¾ lb. of moist sugar; beat thoroughly four eggs and add to the flour. Dissolve one tablespoonful of yeast with two tablespoonsful of milk and water, and mix with the rest. Place it in front of the fire to rise, and then put it in a buttered tin and bake for about 2 hours in a steady oven.

New Year Cakes.—Beat to a cream ¾ lb. of butter and 1 lb. of powdered loaf sugar. Add 2 ozs. of caraway seeds, one grated nutmeg, three well beaten eggs, and 1 lb. of flour. When thoroughly mixed stir in two tablespoonsful of rose water and ½ pint of milk, and mix again. Now add 2 lbs. more flour and work the whole to

a smooth dough. Roll it out, cut into cakes, and bake in a moderate oven. Serve cold.

Rock Cakes.—Mix into $1\frac{1}{2}$ lbs. of flour a little powdered mace and a pinch of salt. Then rub in $\frac{1}{2}$ lb. of butter until quite smooth. Add $\frac{1}{2}$ lb. of castor sugar, $\frac{1}{2}$ lb. of currants, four eggs, and, if liked, some cream. When the ingredients are thoroughly mixed, flour a baking tin; take small quantities on a fork and drop them lightly on the sheet a short distance from each other, and bake quickly.

Sultana Scones.—Rub 2 lbs. of flour with 6 ozs. of butter or lard, and add 1 oz. of cream of tartar. Make a bay, into which put a $\frac{1}{4}$ lb. of castor sugar, $\frac{1}{2}$ oz. of bicarbonate of soda dissolved in a pint of milk, and a $\frac{1}{4}$ lb. of sultanas. Mix the whole quickly, but thoroughly, divide into 13 pieces, mould up round, roll out with the rolling pin to $\frac{1}{2}$ -inch thickness, cut across into four, wash over the tops with the yellow and white of eggs mixed, place on a wire tray, and bake in a hot oven.

Currant Cakes.—Take 2 lbs. of flour, rub 1 lb. of butter into it, add two teaspoonfuls of yeast or a little baking powder, make it into a paste with cold water, and take 10 ozs. of currants, a $\frac{1}{4}$ lb. of sugar, a little into the inside of every cake. Roll them thin, cut them into different shapes with cutters for the purpose, and bake in the oven.

A Good Common Cake.—Take 6 ozs. of ground rice, 6 ozs. of flour, the yolks and whites of nine eggs, and about as much baking powder as would cover a shilling, $\frac{1}{2}$ lb. of sifted sugar, and $\frac{1}{2}$ oz. of caraway seeds. Make these into a paste, and bake it either altogether or in small cakes, in a moderate hot oven.

Raspberry Gateau.—Take $1\frac{1}{2}$ lbs. of raspberries and currants which have been stewed, with $\frac{1}{2}$ lb. of sugar. Cut a sponge cake into slices, and place it in a dish,

piling it in the centre. Pour over it the raspberries and currants, whip some cream to a froth, sweeten it, and, if liked, flavour with a very little port wine. Pour this over the cake, and serve cold.

Tea Cakes.—Rub 4 ozs. of fresh butter into 1 lb. of finely sifted flour. Add a saltspoonful of salt, one well beaten egg, and $\frac{1}{2}$ oz. of German yeast mixed in $\frac{1}{2}$ pint of warm milk. Knead the mixture, place it in a basin covered with a cloth and stand it near the fire in a warm corner to rise. When it has risen divide it into six cakes, roll the paste out lightly to the size of a cheese plate, and bake in a sharp oven for about 15 to 20 minutes; they must not be turned over in the oven.

Tea Buns.—Mix in a large basin with 1 lb. of sifted flour one teaspoonful of tartaric acid, one teaspoonful of carbonate of soda, pass it through a sieve, and thoroughly mix it again by rubbing 2 ozs. of butter into the flour, taking care not to have any lumps. Now add 6 ozs. of dried currants (it is most important that the currants be thoroughly dried after being washed), 2 ozs. of sifted sugar, and one tea'spoonful of carraway seeds. Beat up an egg into $\frac{1}{2}$ pint of milk, make a hole in the middle of the flour mixture, and slowly pour in the milk and egg, and with a wooden spoon work it all lightly together. Do not touch the dough with the hands or the buns may turn out heavy, but place it in lumps on the baking tins with a fork. Bake in a hot oven until a light golden colour.

Bath Buns.—Sift a pound of flour into a glazed earthenware pan, make a hole in the middle and pour in a tablespoonful of yeast, and one cupful of milk with the chill off. Mix well and place near the fire to rise. Dissolve 6 ozs. of butter and beat up four eggs, add this to the dough, and knead all together. Replace it in a warm corner to rise again, which will take about one hour. Put small balls of this into well greased patty tins. The dough being so light, it will fall into the re-

quired shape without touching it with the hands. Sprinkle with crystallized sugar and brush the buns over with egg mixed with a little milk; a few carraway seeds or citron peel may also be placed on top. Bake in a moderate oven.

Rice Cakes.—Beat the yolks of four eggs and mix with them 10 ozs. of powdered sugar. Mix 5 ozs. of ground rice with 5 ozs. of dried flour, add this in small quantities at a time to the eggs and sugar, and beat the mixture as it is added. At least half an hour should be occupied in putting in the flour and beating the cake. Add the whites of the eggs beaten to snow, the peel of half a thinly shredded lemon, and a teaspoonful of lemon juice. Beat the cake for a quarter of an hour longer, and bake in a brisk oven.

Dough Nuts.—Well rub 2 ozs. of fresh butter with 1 $\frac{1}{2}$ lbs. of sifted flour—let there be no lumps. Add $\frac{1}{2}$ lb. of sugar, half a grated nutmeg, and half a teaspoonful of powdered cinnamon. Mix two well beaten eggs with a tablespoonful of yeast, and as much milk as will make the flour into fairly soft dough. Cover the pan over with a flannel and place it in a warm corner to rise. As soon as the dough is well risen make it up into balls about one and a half to two inches in diameter. Have ready some boiling lard and a basket, place one ball in at a time and fry to a golden brown, let them drain on some paper in front of the fire, and powder them well with castor sugar.

Tipsy Cake.—Take 1 lb. or more of sponge cake, place it in a deep glass dish, prick it through and through with a knitting needle, soak it in sherry, brandy, or rum, and as the fluid runs into the dish pour it over again and again with a spoon, so that the sponge cake may be thoroughly saturated. Cut up some blanched almonds lengthways into spikes and stick them into the sponge cake so that it will have the appearance of a hedgehog, then pour a richly made custard into the dish, and it is ready to serve.

Madeleines.—Put one tablespoonful of flour in a basin and five of thin cream, with the yolks of three beaten eggs, and two tablespoonsful of powdered sugar. Whisk it all up together and stand the basin in boiling water, stir the mixture until it is quite hot without boiling, then let it get cool. Roll out some lightly made puff paste as thin as possible. Cut it in halves and on the one half spread the preparation and cover with the other half. Glaze with egg, bake in a sharp oven, and when done cut into convenient pieces of equal sizes; sift some granulated sugar over them and hold a red hot shovel on top to give them the appearance of being candied.

Twelfth Cake.—Into a large bowl place $3\frac{1}{2}$ lbs. of sifted flour and work into it 1 lb. of fresh butter, 3 lbs. of well cleaned and dried currants, one grated nutmeg, a $\frac{1}{4}$ oz. of mace, a dessertspoonful of cloves powdered, $1\frac{1}{4}$ lbs. of granulated sugar, the beaten yolks of eight eggs, the whites of six, and $\frac{3}{4}$ pint of distillers' yeast. Pour in as much cream and milk as will well wet the whole mass, then add as much Marsala wine as will make it into a stiff batter, using a wooden spoon for the purpose of beating it. Pound $\frac{3}{4}$ lb. of sweet blanched almonds, rub them with a little wine, $\frac{1}{2}$ lb. each of candied and lemon peel, mix thoroughly well for a quarter of an hour, then pour the mixture into a cake hoop, with some flour and water paste at the bottom to prevent scorching. It will take from 2 to 3 hours to bake. When the cake is taken from the oven it should be iced.

Soda Cake, Economical.—Take $\frac{1}{2}$ lb. of good beef dripping and rub it into 2 lbs. of sifted flour. Add half a teaspoonful of salt, six tablespoonsful of sugar, 6 ozs. of picked and dried currants, a little mixed spice to taste, three well beaten eggs, and 1 pint of tepid milk, into which a heaped teaspoonful of carbonate of soda has been dissolved. Thoroughly well mix these ingredients together, put into one or two tins, and bake

in a moderate oven for $1\frac{1}{2}$ hours or more, according to the heat of the oven.

Soda Biscuits.—Put 1 lb. of flour into a bowl, a pinch of salt, the yolk of a well beaten egg, and mix it thoroughly. Add a teaspoonful of carbonate of soda and half a glass of warm milk. Stir this into the flour, with a little more milk if required to make it into a stiff dough. Well knead and beat it with a rolling pin, roll it out very thinly, stamp into fancy biscuits, and bake in a moderate oven for about 20 minutes, or until the biscuits are crisp, when they may be considered sufficiently baked.

Crumpets.—Mix 1 pint of warm milk with 1 oz. of butter, a well beaten egg, half a teaspoonful of salt, and sufficient flour to make it into a smooth, stiff batter; then work in $\frac{1}{4}$ pint of fresh yeast. Cover the pan and place it near the fire to rise. When it has risen put sufficient quantities into muffin rings. When one side is cooked turn them over and slightly brown the other side. They may now be served hot by cutting them into halves, well buttered and sent to table on a hot dish.

SANDWICHES.

The bread used for sandwiches should be a day old. Many prefer the use of new bread, in which case a tin loaf should be used, and a very sharp knife to cut it with. Do not use butter in the ordinary way; it is better to cream it by beating it in a basin with a wooden spoon, when it will be found that it is more easily spread on the bread, and does not crumble it. Salted meats and ham are the most popular for sandwiches. The meat should be cut across the grain, and always as thinly as possible. Corned beef and tongue are improved by the addition of mustard and salt, roast beef by a little horse-radish sauce, cold lamb with a sprinkling of mint sauce, chicken and veal by the squeeze of a lemon and celery salt. Sandwiches may be prepared a few hours before they are required. A good plan, particularly in warm weather, is to fold them in a damp serviette and place them in an earthenware or stone pan, where they may safely remain until wanted. Plates or dishes of sandwiches should be garnished with curly parsley watercress, nasturtium leaves, cut lemon, etc.

Sardine Sandwiches.—Rub the yolks of three hard-boiled eggs to a smooth paste, with the flesh of six sardines (removing the skins), season with a few drops of tabasco, the juice of half a lemon, spread on buttered bread, toast, or cracker biscuits.

Petersburg Sandwiches.—Chop finely some olives, put them into a basin with just sufficient Mayonnaise sauce to drown them, stir them up well and spread thinly on some buttered bread. On other slices of buttered bread spread some cream cheese, such as Petit Suisses, and press together in pairs.

Chicken and Tongue Sandwiches.—To two ounces of finely minced tongue put 3 ozs. of minced chicken, and 1 oz. of very finely minced celery. Mix well together,

spread on buttered bread, adding just a little Mayonnaise sauce on the top of each, and press together.

Caviare Sandwich Rolls.—Mix a teaspoonful of lemon juice with two tablespoonsful of Russian caviare. Cut thin slices of new bread, removing the crust. Do not butter them, but spread the caviare all over, and press together. Roll up and tie with some dainty ribbon. A sprinkling of cayenne may be put if liked.

Walnut and Chicken Sandwiches.—Pound to a paste some cold chicken, season with salt, lemon juice, and cayenne. If dry, moisten with a little butter, or olive oil. Spread evenly on the bread and butter, lay two or three halves of peeled walnuts on each sandwich, and press together with another slice of bread and butter.

Lobster Sandwich.—Chop up finely a tinned lobster; thoroughly mix it with some Mayonnaise sauce. Spread it on to some bread and butter, with a leaf of crisp lettuce between, and a dash of cayenne. Press together, and serve soon after it is made.

Cunard Sandwich.—Prepare some triangular pieces of toasted bread. Evenly spread them with some Mayonnaise sauce, cover with a lettuce leaf, and then a layer of cold chicken cut from the breast, over this a thin slice of bacon cooked crisp, and another leaf of lettuce. Finally, cover with another triangle of toast, spread with Mayonnaise, press together, and serve at once on a dish decorated with parsley.

Cold Fish Sandwiches.—Take some cold boiled cod, whiting, haddock, or halibut: any of these will do. Remove all bones and skin, and pound in a mortar, adding a little olive oil and vinegar, just sufficient so that the fish will easily spread on buttered bread or toast. Squeeze some lemon juice over each sandwich, add a little salt and cayenne to taste.

Flemish Sandwich.—Butter some thinly cut brown bread. Cut some Dutch cheese as thinly as possible to cover the bread. Spread some French or German mustard all over the cheese, and cover with another slice of brown buttered bread. Press together, and cut into fingers.

Ham and Tongue Sandwiches.—The ordinary way of making these sandwiches is to place a layer of tongue and a layer of ham between two slices of buttered bread. The following is undoubtedly an improvement, and is certainly more economical: Pound thoroughly in a mortar 4 ozs. of cold tongue, 2 ozs. of lean ham, and 2 ozs. of fat ham, with about 1 oz. of butter and a dessert-spoonful of made mustard. Spread this mixture between slices of bread which need not be buttered.

INDIAN CURRY AND CURRY DISHES.

English people scarcely understand the very rudimentary principles of this great Hindoo dish. It is essentially Hindoo, since curry food has no place whatever in the Mahomedan cuisine as practised in Turkey, Persia or Egypt. Here at home, when a curry is ordered, what do we get? The cooks send for a bottle of curry powder, or a pot of curry paste; then a stew of some sort is made, either of fish, flesh or fowl; some curry powder—generally a great deal too much—is mingled with the hash or stew, and is sent to table on a dish with a border of rice, so badly boiled as to be sticky, slimy, or watery.

In India the making of curry dishes is quite a solemn affair, with elaborate proceedings. Curry as a rule is freshly made every morning. One particular kind is composed of cardamoms, coriander seed, black and cayenne peppers, cumin seed, pale turmeric, cloves, cinnamon, and fenugreek. Another compound, which is much approved, is made of mustard, fenugreek, cayenne, allspice, turmeric, salt, cinnamon, and green ginger.

The rice should be washed in several waters, and left in a basin to soak in cold water for 3 or 4 hours, and then boiled, and when done it should be carefully strained through a colander, and then as carefully stirred with a fork, so that every individual grain of rice should be separate from its neighbour.

The meats used for a dish of curry, whether they have been previously cooked or otherwise, should be cut into small convenient-sized pieces, and fried in hot butter in a frying pan until lightly browned. A small quantity of onion and shallot cut up fine should be fried by themselves, and then added to the meats, and all placed in a shallow stewpan. Good stock should then be added—about a cupful to each pound of meat—and thickened with curry powder. It is customary when proportions

are not stated to use about two teaspoonsful of curry powder or paste to each pound of meat. Fresh meat is always to be preferred in making curries, as it is more juicy, although cold meats are excellent if properly warmed up, and they naturally require less time to stew.

The addition of sour apples, tomatoes, or green gooseberries, greatly improves various curries. If vegetables are used they should be stewed with the curry until they are soft, and then strained through a sieve and returned to the curry. The addition of a clove of garlic, lemon peel, cloves, and nutmeg, greatly add to the flavour of some curries, but in every case they should be used sparingly.

Madras Curry.—Cut into slices two small onions and fry in 2 ozs. of butter to a light golden colour. Mix a tablespoonful of currypouder with a teaspoonful of corn-flour in the pan with the onions and butter, until it is quite smooth; add a breakfastcupful of good stock. Cut up a pound of meat, either beef, mutton, veal, or fowl, into pieces an inch in size. Put them in the pan with the curry, and let them simmer very gently for an hour. Before serving squeeze in the juice of a lemon. Serve on a dish with a border of properly prepared boiled rice.

Rice (How to prepare for Curries.)—Take the required quantity of either Patna or Carolina rice; the former is considered the best for curries. Wash it thoroughly in several waters, removing husks or discoloured grains. Place it in a saucepan with plenty of cold water—the water will then keep the grains apart. Leave the saucepan uncovered and let it come slowly to boiling point, and continue boiling until the rice is quite tender, which will occupy from 20 to 25 minutes. Do not stir whilst boiling, but occasionally shake the saucepan to prevent burning. Drain it well in a colander and stand this before the fire; it will thus gently dry. Serve it in a wall around any dish of curry.

Curried Cauliflower.—This forms a very appetising dish. Break the cauliflower into flowers, and drop them

into plenty of boiling salted water. As soon as they are tender drain them in a colander. Dust them all over with curry powder, and fry them in hot fat, and place them in a stewpan, pour over them a cupful of stock, and let them stew for five minutes. Squeeze the juice of half a lemon, and serve with or without rice.

Malay Curry.—Fry 2 ozs. of blanched almonds in 3 ozs. of fresh butter until slightly browned, then pound them in a mortar to a smooth paste, with the rind of half a lemon and one shallot. Cut up a chicken into eight pieces, and fry in butter until slightly browned. Take up the chicken, and in the same butter mix a tablespoonful of curry powder, and a saltspoonful of salt. Gradually add a cupful or more of chicken broth. Turn all into a stewpan, with a half cupful of cream, and the squeeze of half a lemon. Let it stew very gently for three quarters of an hour, and serve.

Curried Rissole.—Take $\frac{1}{2}$ lb. of any cold meat and pass it through a mincing machine, also a shallot and one small onion. Put it into a basin, adding salt to taste, two teaspoonfuls of curry powder, a dessertspoonful of flour, and half a cupful of stock. Mix it up well and put it into a saucepan to stew gently for ten minutes, then turn it out and add some boiled rice and the juice of a lemon. When cold make into balls, egg and breadcrumb them, and fry in boiling fat to a golden brown. Serve on a dish-paper with sprigs of parsley.

Curry Croquettes.—Take $\frac{1}{2}$ lb. of any cold meat, cutting away the skin, gristle and fat, and pass it through a mincing machine. Put into a saucepan 2 ozs. of butter, a minced shallot, and a small minced onion. Let it fry until cooked without getting brown, then add a dessertspoonful or more of curry powder. Stir for a few minutes while cooking, then add the meat. Let this cook very slowly for about ten minutes, then add about as much boiled rice as there is mince, and half a cupful of any good stock. Remove the saucepan from the fire,

stir in one egg, salt and pepper to taste, and the juice of one lemon. Spread it out on a dish, and when cold make into flat balls. Cover them with egg and bread-crumbs, put them in a frying basket, not more than two at a time, and plunge them into boiling fat, moving them about until they are of a nice golden brown colour. Garnish with parsley, and serve.

Pimento Curry.—Cut up a cold fowl into joints. Rub some curry with a little salt and cayenne into each piece of fowl. Put them in a saucepan and almost cover them with some good stock. Simmer gently for about 20 minutes, squeeze in the juice of a lemon, and serve with a border of rice.

Bombay Curry.—Mix together in a mortar a quarter of a teaspoonful of ground ginger, half a teaspoonful of salt, half a teaspoonful of sugar, one tablespoonful of coriander seed, half a teaspoonful of cummin seed, a tablespoonful of poppy seed, half a teaspoonful of turmeric, and a pinch of red chillies. Pound these well together in a mortar, put them in a saucepan with 4 ozs. of butter, one onion and one shallot chopped. Stir continually while frying. Cut up a young chicken into convenient sized pieces, and fry them in a little butter to a golden brown, then put them in a stewpan with the curry, adding the milk of a cocoanut, letting it simmer gently for half an hour. Finally squeeze in the juice of a lemon, and serve with a rice border.

THE TABLE AND ITS DECORATIONS.

There are few things in the management of a house that require more careful and artistic attention than the arrangement of the dinner table, however competent the servants may be.

As a good picture deserves a good frame, so the success of a dinner depends largely upon the artistic way in which it is served, and the decorations of the table and the final touches should always be superintended by some member of the family.

The polish of the glass, the spotlessness of the napery and the brightness of the silver and cutlery are the chief conditions upon which the charm of the table depends.

It is always essential that some experienced eye should glance over the table, so as to make sure that all details have been attended to, that nothing has been forgotten, and that the proper number of all the necessary articles are in position.

In order to have the dinner well served two points require attention. The cook must dress the dinner well, dishing it up tastefully, and the dishes must be arranged so as to give a pleasing effect.

Care must be taken that everything that is wanted at the same time should be actually on the table to time, and that things required for the next course should not arrive in instalments, but all together.

Much trouble, irregularity and confusion will be avoided in a house where company is often entertained if servants are taught to prepare the table and sideboard in the same manner daily. The top of the sideboard should be covered with white damask cloth, and on this arranged, the necessary silver, cruets, knives, dishes, etc. The silver must be kept together at one end, the gravy spoons being placed bowl to handle and the cheese scoop and salad carvers where most convenient.

The knives should be so placed for the convenience of removal so that one single knife can be taken without

disturbing others. Carving knives are to be placed above the others point to handle. The sauces are placed at one end, the vegetables in the centre and front of the sideboard, which should be well lighted, and if it is not large enough to take the necessary things a dinner wagon should be used as well. A small cloth may be spread under the large dishes to protect the sideboard cloth from accidental gravy or grease spots. This slip can be removed when no longer needed and the cloth swept with the crumb-brush before the sweets are placed in position. The spoons required to serve the various dishes, the asparagus tongs, fish slice and fork and the carving knives and forks are placed in front of the dishes to which they belong. Bread should be placed under the serviette on the table or at the left hand of each person, and cut into pieces about an inch thick.

The wine intended to be served at, or during, dinner (and which is not to be placed on the dining table), the wineglasses for the after-dinner service, dessert plates, with d'oyleys, dessert spoons, finger bowls, a champagne opener and corkscrew, must all be placed on the sideboard ready for use.

Laying or dressing the table is so well understood by all good English servants that few need instruction on this point, but for those who have inexperienced helps a few hints may not be out of place, and to those who wish to give a dinner party on a smaller scale modification is quite an easy matter.

A green baize or woollen cloth should be spread over the table, and over this a fair white damask cloth. The creases made in the folding of the cloth should so be arranged that they run from end to end and directly in the centre.

The serviettes should be of the same design as the table cloth, and they may be folded in a variety of ways, any of which impart style to the table, and can be easily accomplished with a little practice.

Nothing has a more pleasing effect or sets off a table to greater advantage than good glass carefully cleaned

and sparkling in brilliancy. Its fashion and form are very varied, and when of a fine quality and well cut and polished it is most effective.

Like the table linen all glass should correspond in design. The decanters, claret jugs, water jugs, tumblers, wine, champagne and hock glasses ought to be of the same form, style and pattern.

The lights, whether candles, electric or gas, should be subdued by judicious shading, and so arranged that they shed their light upon the table and not on the guests, and without intercepting the view.

The cutlery should always be of good quality and beautifully clean. Where dishes are carved upon the dining table—the necessary pairs of carving knives and forks, poultry knives and forks, and large and small knives must be placed according to the number of guests.

When the cloth is spread place to each person a large and small knife, fork, and spoon, a tumbler, two wine-glasses, a champagne glass to the right of each, and a salt-cellar between every third person, and the bread in a folded napkin between the knives and forks.

At large entertainments or public dinners the name and rank of each guest is written on a card in front of the serviette to prevent confusion.

The table centre and ornament, a silver epergne, holding fruit and flowers, or any other centre piece preferred, must now be set on. Vases furnished with cut flowers, or ornamental plants about two or two and a half feet in height in silver receptacles stand between the silver candelabras at intervals of three feet, if the table is sufficiently large to admit of this.

The fruit dishes are placed one at the top, one at the bottom, and one on either side of the table.

Roses, with a sufficiency of their delicately tinted foliage, may be made to look very charming in ornaments of elegant design, and their numerous colours and shades require little taste for a display of their loveliness.

Virginia creeper (the small leaf variety), which has assumed its autumn tint, and Adiantum ferns, drooping

gracefully over receptacles, oblong in shape, and all but touching the cloth, or alternate vases of scarlet and light pink geraniums, interspersed with maidenhair or asparagus fern, chrysanthemums in any shade, scented geranium leaves, double begonia blooms, and trails of smilax will give the table very effective decoration.

The waiting at table should be performed expeditiously, silently, and without fuss. Plates and dishes must be removed quietly and always held horizontally to prevent spilling.

If servants are properly trained to do their duties so that no awkwardness ever appears when visitors are present, they must be kept up to the mark by doing their duties daily. They must also be well dressed, clean, neat and presentable.

It is the laudable ambition of Englishmen when they dine their friends to entertain them well, and the desire of the husband in this respect is often the cause of considerable anxiety to the good wife.

Ordinary dinners for the family party or one or two selected friends are quite within the scope of her management, but when the number of guests amount to 10, 20, or more, she feels greatly embarrassed at the magnitude of the responsibility. Now this very embarrassment is often the sole cause of failure.

It is always well to provide for more than the actual number of guests that are expected. All sweets, entrées and such like dishes that can be prepared the day before the dinner party should be made ready.

The servants must know where all the articles required are to be found, where the dishes, etc., are to be placed, and be well acquainted with the routine of the table.

Plates for soup, if served at the table, are to be taken singly from the pile opposite the person assisting it, and carried by the servant to those guests partaking of it, commencing at one end of the table and continuing until all are served, remembering that in handling soup the servant has to place it in front of the guest from a

position on the right, though all other dishes are to be presented from the left.

When champagne is given it is to be served after the soup or just after the guests have been served with the second course, and must be poured in the glass at the right-hand side of each guest.

When filling glasses with either water or wine never allow them to be filled right up.

Liqueurs are to be handed round just as the sweets are finished.

Sauces are generally handed round in a sauce boat, and when served, placed on the sideboard or dinner waggon.

In removing plates, dishes, and dinner things generally a small tray may be taken for glasses, salts, etc., and all other used crockery should not be allowed to accumulate in the dining room, but removed at once. Knives, forks, spoons, etc., should be placed on to trays covered with napkins.

INVALID COOKERY.

Everything ordered by the doctor as food for an invalid should be cooked to the greatest perfection. Digestion is always more or less impaired for a time, and therefore, although it is imperative that the food should be light and nutritious, if strength is to be maintained, the diet must be neither rich nor heavy, and every particle of fat must be taken from soup, mutton broth or beef tea, which should be made some hours before using, to allow this to be easily removed before it is required. After the doctor has diagnosed the case and prescribed the necessary medicine he generally gives his instructions to the nurse as to the kind and quantity of food to be taken at stated intervals, thereby proving that diet forms a most important factor in the curing of disease.

Miss Nightingale says :—"Every careful observer of the sick will agree in this : That thousands of patients are annually starved in the midst of plenty from want of attention to the ways which alone make it possible for them to take food." As a rule an invalid is capricious and faddy in his appetite, therefore a large quantity of food should never be sent up to him ; it is better to err in not giving enough, which may have the desired effect of making him ask for more. The meal should be made to look as tempting as possible, and the tray a dainty arrangement of delicate hues and harmonious tints, sufficiently large to allow its setting out in an artistic manner, with a few choice flowers (avoiding strongly scented ones), which should be placed in a vase not easily overturned.

Persons in robust health are not so quickly influenced by small details ; but in illness sometimes a pretty colour a dainty cup, or beauty of arrangement, will induce them to eat what otherwise they would reject. Colours, if they are bright and harmonious, are known to have very cheering effects on invalids. To produce this many of the blanc-manges and jellies, etc., can be turned out to almost any tint by using harmless vegetable colourings to blend with the flowers, fancy papers, or pretty china.

No liquid should be served to the top of the cup or glass, three-quarters being sufficient, and, if available, a cup with two handles should be used. When giving beef tea or soup the toast should be cut into small cubes, bread and butter into small pieces, fish, if fried, should be served on a lace paper, and if boiled, on a folded napkin.

The greater the variety provided the more surely is the invalid to be tempted, and the same dish should never be repeated twice running, as monotony not only impairs the appetite, but injures the digestion, more especially in illness, as it is only by variety that the patient can be induced to eat.

As constitutions differ so much, and "what is one man's meat is another man's poison," no hard and fast rule can be laid down as to diet.

Milk, so often recommended in sickness as well as in health, is a very desirable and nutritive article of diet, if properly given. It must be remembered that in itself it is sufficiently heavy to digest, and therefore ought *always* to be taken *alone*, and at least one hour or longer before any other food.

In taking milk, indigestion is often caused by the acid which is normally present in the stomach, making the caseine or albuminous principles of the milk to separate out as curds, thus forming a solid mass. To prevent this it should always be sipped slowly.

If the milk is cooked by boiling, the caseine separates out into very fine flakes, which are easily digested.

Junket is very nutritious when it can be taken.

To Cook Flour for Thickening.—Place $\frac{1}{2}$ quartern of flour in a cloth, tie it in the ordinary manner, plunge it into a saucepan of boiling water, and allow it to boil for 6 or 7 hours. Remove the cloth and when thoroughly cold it should be finely grated and put into tins ready for use.

Pepsine may be given with great advantage before or after meals.

Boiled Meat.—Great care should be taken that the nutritious parts are not dissolved. The albuminous part of the meat is made hard and solid by a high temperature being maintained; therefore, to prevent this the meat should be plunged into boiling water, which coagulates the outer layer, and prevents the inner parts from being extracted. After this it should simmer very gently.

Beef Tea.—This is most valuable as a stimulant, and it is without doubt a restorative, besides giving a certain amount of warmth to the body, although it is not so nutritious as many persons suppose; it is, however, a most excellent stimulant to give to a sick person. It must be most carefully prepared, and in such a manner that the juices of the meat are held in solution in the water, and not coagulated. To secure this the cooking temperature must never be allowed to exceed 150° Fahrenheit, which is much below simmering point. Take 1½ lbs. of beef from the steak, neck or blade bone. Remove all fat and gristle, cut it up into very small pieces, place them in a jar and pour over them 1½ pints of water, a little salt to taste, and one clove. Let the meat so remain for a couple of hours, stirring and occasionally pressing it with a spoon in order to draw out all the juice. Place the jar, still covered over, into a saucepan with sufficient boiling water to come up to within three inches of the top of the jar. Keep the water gently boiling until the beef tea is of the temperature already stated, and it must not be allowed to exceed it. Veal or mutton, if liked, may be treated in exactly the same manner.

Veal Broth.—Put 1 lb. of veal from the knuckle, with very little of the bone, into a stewpan with 3 pints of water and a saltspoonful of salt. Place it over the fire to boil; when boiling take off the scum, add a small cabbage lettuce and a few sprigs of chervil; let it simmer slowly for 2 hours, when it will be reduced to about a quart. Pass through a sieve, let the meat drain, and it will be ready for use.

Chicken Broth.—Put half a chicken into a stewpan with a quart of water, a little leek, celery, a saltspoonful of salt, and a few sprigs of parsley. Set the stewpan upon the fire, when boiling skim thoroughly, and let it simmer for one hour. Pass it through a sieve and it will be ready for use.

Chicken broth prepared in the following way is a change as well as nutritious. After having passed the broth through a sieve, pour it back again into the stewpan, and place it over the fire. Moisten a teaspoonful of flour with a little cold broth or water, and when quite smooth pour it into the broth whilst boiling, and stir quickly. Let it simmer for a quarter of an hour, and it will be ready for use.

Broiled Oysters.—Many invalids who object to native oysters in the shell can eat them with relish when cooked in the following manner:—

Drain the oysters from their liquor and dry them in a napkin. Boil for three minutes, butter a gridiron, season the oysters well, lay them on and brown both sides. Serve on a very hot dish with melted butter.

Stewed Veal and Oysters.—Cut the veal into equal-sized pieces. Put into a jar or earthenware fireproof dish a dozen oysters with their liquor strained, and a piece of butter rolled in flour. Place it in the oven and stew until tender. If the veal has been cooked merely warm it with the oysters in white sauce.

Boiled Sole.—Procure a perfectly fresh fish. The skin must not be removed. Lay it on a dish and sprinkle some salt over it, a teaspoonful of vinegar, and let it so remain for half an hour. Place the sole in a saucepan, sufficiently large for it, and cover it with veal stock, or water, just sufficient to cover it. Bring it slowly to the boil, and let it simmer for two or three minutes until it is tender, which may be ascertained by putting a fork through the thickest part. Lift the fish out and let it drain, and serve on a folded napkin (the white side uppermost) with some plain melted butter.

Chicken.—This is generally a favourite dish with invalids for various reasons, and as a sick person would only take a small quantity at one time, the chicken may be cut into four after it has been cooked, and re-heated when required in the following ways:—

1. Put a tablespoonful of rice in a stewpan with $\frac{1}{2}$ pint of light broth. Let it boil gently till the rice is in a pulp, then put in the wing or leg of the previously cooked chicken. Let it remain to warm for about five minutes. Should the rice be dry add a little more broth. Serve the fowl and rice together on a hot plate.

2. If liked plain, set it in a stewpan with a few spoonfuls of stock, and let it warm gently, and serve.

3. It may be lightly oiled and warmed gently upon a gridiron.

4. Plainly broiled upon a gridiron, and served with a little light gravy.

Boiled Chicken.—Place in 1 quart of boiling water a teaspoonful of salt and 2 ozs. of butter. Put in the chicken and let it simmer gently for 20 minutes, when it will be done.

By adding a few vegetables of each description to the water and straining it, there will be a very excellent broth when the chicken is removed. After skimming off the fat add a little vermicelli, which must be boiled for five minutes.

Meats.—Mutton is usually the first meat allowed to convalescents, as it is unquestionably the easiest of digestion. Only the lean parts should be used. A mutton cutlet from which all the fat has been removed and nicely grilled is not only very appetising, but easily digested.

Plain Mutton Cutlet (from the neck).—An invalid will be frequently tired of a mutton chop, whereas a cutlet is not only neater in appearance, but superior in flavour.

Cut off a rib from the neck, of the same thickness as a mutton chop. Cut away the skin on each side of the bone to the chine, which chop off. Trim away the greater part of the fat, cut a piece at the end of the bone, and scrape it off, leaving about $\frac{1}{2}$ inch of the bone bare; then beat it lightly with the flat of the chopper, season, broil, and turn it three or four times whilst broiling. If by pressing it with a knife it feels firm, it is done. Serve upon a very hot plate, for if partly cold the least fat would immediately set, and be very unpleasant to the person taking it.

Boiled Neck of Mutton.—Take about 2 lbs. of the middle of a neck of mutton, remove all the fat, gristle, and skin, place in a stewpan with $1\frac{1}{2}$ pints of water, one clove, a little pepper, a small tablespoonful of salt, and one onion. Bring to the boil and well skim the surface. Stand on one side and let it simmer slowly until the meat is quite tender. Thicken with a little patent barley, remove the bones from the meat, and serve with a little gravy.

Raw Meat.—In wasting diseases this is a capital diet, although some persons might think it insipid.

Remove all fat from a rump steak, place it on a board and scrape it with a very sharp knife until nothing but string and fibre is left. Take some thin bread and butter or buttered toast, spread the meat on it and sprinkle over it a little salt and pepper. It can be made into sandwiches if the patient objects to the appearance of raw meat.

Minced Meat.—To invalids, or those of weak digestion, this is a very admirable manner of administering food.

Before using the machine well scald it in boiling water, and place under it a very hot plate to receive the mince. Pass quickly through the mincer a nice thick slice from a leg or shoulder of mutton, add a little salt and pepper, and the gravy which has run from the joint, and serve immediately.

Light Puddings.—Serve these as a transition diet from the fluid slops, such as milk and beef tea, to more solid food. They may be made from a variety of cereals, such as sago, hominy, arrowroot, cornflour, tapioca, semolina, and rice. Arrowroot is the least nourishing of all starchy foods.

Boiled Custard.—This is a very nutritious dish. Beat up the yolks of two eggs with a half teaspoonful of salt and two tablespoonfuls of sugar in a basin. Have ready in a saucepan 1 pint of milk, and as soon as the milk reaches boiling point, pour it into the basin containing the eggs, stirring all the time. Return all of it to the saucepan and cook for another four minutes and stir it slowly. Care must be taken not to overcook or undercook the custard. If it is not cooked enough it will have an eggy taste, and if cooked too much it will look curdled. When done, flavour with essence of vanilla, almond, cinnamon, caramel, or nutmeg. It should be smooth and of the consistency of cream.

Apple and Rice Pudding.—Boil $\frac{1}{2}$ oz. of rice in a wineglassful of milk until very tender, having previously washed it in two waters. Then add a small piece of butter, sugar, a little cinnamon, and a grain of salt. Peel, core and slice an apple, not too large, which put into the stewpan with a small piece of butter, a little sugar, a teaspoonful of water, and stew it until tender. When done put the apple in a small tart dish, mix an egg with the rice, which pour over the apple, and bake ten minutes in a moderate oven.

INVALID BEVERAGES.

Dry Lips.—When the lips, gums and tongue are dry in acute diseases, they should be washed several times daily with glycerine, diluted with an equal quantity of water. A little lemon juice or a few drops of rose water can be added to make it more pleasant to the patient.

Barley Water.—Take one teaspoonful of patent barley, three pieces of sugar, 1 quart of boiling water, and half a lemon. Wash the barley in cold water, add sugar, lemon and the boiling water, and let it stand covered for 3 hours, when it will be ready for use.

Apple Tea.—Bake two large apples (sour) and pour boiling water over them. Cool, strain, and add sugar to taste.

Toast Water.—Take some bread crusts, and toast very brown. Add 1 pint of cold water and let it stand for 2 hours. Strain, and add cream and sugar.

Orange Whey.—To every pint of sweet milk add the juice of an orange. Heat slowly until curds form. Cool, and strain.

Sago Milk.—Well soak three tablespoonsful of sago in a cup of cold water for one hour. Add four cupfuls of boiling milk, sweeten and flavour to taste. Let it simmer slowly for half an hour, and serve warm.

Baked Milk.—This is a very delicious dish. Put $\frac{1}{2}$ gallon of new milk into a stone jar, cover it with some white paper and tie down tightly. Let it stand in a moderately heated oven for 8 or 10 hours. It will then be found to be like cream, and very delicious.

Eggs.—Whole eggs may be beaten up together and given to invalids, or yolks only may be used. A wine-glass or half a wineglassful should be given at a time; or the whites only may be mixed with soda water, flavoured with lemon. Whipped eggs may also be treated in the same manner.

Cranberry Jelly, mixed with cold water, is a very refreshing beverage.

CASSEROLE COOKERY, OR COOKING IN EARTHENWARE.

The French word "Casserole" means a pan for stewing, but the word has now come into somewhat general use and is understood to mean:—

Cooking in an earthenware vessel, either glazed or plain clay, with a tightly fitting lid and a small handle at each side. They are now made in various sizes, shapes and qualities.

Plain baked clay, or mother earth; brown stoneware, glazed and white inside; green and gold outside and white inside; but those made of thin, brown earthenware are the best and all are fireproof.

Casserole cooking, or cooking in earthenware, is extensively used on the Continent, both in restaurants, hotels and private houses. The food cooked *en casserole* is always sent to the table in the pot in which it is cooked, and if the pot is unglazed brown earthenware, a folded napkin is usually pinned round it.

Food cooked in casseroles is *par excellence* the most perfect method of cookery. It may be cooked either on the stove or in the oven. Less heat is required, but more time. The juices and flavour of the meats are all retained, the food is always tender and more palatable, and consequently more easily digested.

An old fowl cooked *en casserole* becomes as tender as a young chicken.

In point of economy there can be no question that it is quite the cheapest form of cookery; as earthenware when slowly heated retains the heat much longer than tin, iron or aluminium; and very little fuel is required to keep the casserole going.

As to convenience, it is essentially the most convenient of all the cooking utensils, as food can be kept hot for hours and is always ready for serving.

Fruit cooked in earthenware has a superior taste to that cooked in any other receptacle.

Once adopted, casserole cookery will be found to be the most economical, convenient and the most wholesome form of cookery, and it will be seen that the claims set out in its favour are in no way exaggerated. One thing however, has to be remembered and that is that the clay or earthenware utensils must be slowly heated and never placed on direct fierce fires. They can be so easily cleaned and kept clean as they never stain, tarnish or rust.

Casseroles are to be obtained in a variety of forms :—

1. The round deep soup pot.
2. The square or petite marmite.
3. The flat, round, for fish.
4. Flat, oval, handles at each end.
5. Oval marmite, with long handle.
6. Open, shallow baking dish with lid.

In addition to the foregoing there are many other patterns and various shapes, but those named, in various sizes, to suit requirements, are all that are necessary.

CASSEROLE RECIPES.

Casserole of Fowl.—Have ready a plump fowl, trussed as if for roasting.

Cut up into small cubes three rashers of bacon and place in the casserole with 1 oz. of butter.

When the butter is well melted, put in the fowl, cover with the lid and place the pan on the gas stove or fire, let it cook until the fowl is a golden brown, of course, turning it over occasionally so that it is an equal colour all over. Cut up two shallots and put them in the pan with six pepper-corns and one clove, untruss the fowl and cut it into joints, replacing it in the pan with a glassful of white wine and half a teacupful of any good stock.

Secure the lid firmly, or place a band of paste round the top edge of the casserole, with the lid embedded in the paste, which will practically hermetically seal the

vessel. Let it cook slowly for an hour, and before sending it to the table remove any superfluous fat, salt and season to taste.

Rabbit en Casserole.—Cut up the necessary quantity of rabbit into joints and fry them in the casserole, with the lid off, in a little butter until they are of a nice golden brown.

Cut up two shallots, also some fat bacon into cubes, and fry these in the casserole. Then replace the rabbit and all together, with salt, pepper, to taste, and about a pint of some good stock. Cover with the lid and let it cook gently for 2 hours, until quite tender, then thicken with a little flour and allow it to simmer gently for a little while until the flour is quite cooked, and serve in the casserole.

Hare en Casserole.—Cut a hare into neat joints and pieces, wipe them dry, and sprinkle with a little flour. Fry in butter in an earthenware flat pan until they are nicely browned. Cut up into small cubes $\frac{3}{4}$ lb. of streaky bacon and fry, then put the hare and bacon into a casserole, with one shallot, one onion, three cloves, a small bunch of mixed herbs, tied up in a muslin bag, the grated rind of half a lemon, a teaspoonful of the lemon juice, salt and pepper to taste, and $1\frac{1}{2}$ pints of stock. Let it boil up once; skim the surface; cover with the lid, and let it very gently simmer for 2 hours. Remove the flavourings and serve in the casserole.

Fillet of Veal en Casserole.—The fillet is considered the prime joint of veal. It is taken from the leg above the knuckle. Cut the flap slightly and lay some force-meat under it; skewer the fillet and bind it up firmly with string; put 2 ozs. of butter in the casserole, with one shallot and one onion chopped finely. As soon as they begin to colour, put in the veal; let the meat cook until it is nicely browned, then add sufficient brown sauce to nearly cover the fillet, with a few button mushrooms, salt and pepper to taste. Put the lid on and let it gently simmer for one hour, and serve in the casserole.

Chicken Broth en Marmite.—Cut and disjoint a chicken, and place it in a small marmite, with two cloves, one shallot, a sprig of parsley and 3 pints of water. Bring it slowly to simmering point and let it gently stew for 4 or 5 hours. Add salt and pepper to taste and, if liked, thicken with a little cornflour. Strain through a tamis, and serve with a teaspoonful of finely-chopped parsley sprinkled over the top.

Fillet de Bœuf en Casserole.—Salt and pepper a fillet of beef. Place it under a sharp grill and brown it on both sides. Put in the casserole a few tiny onions, with 1 oz. of butter, and fry for a few minutes. Put in the fillet, with two or three gherkins cut up small, and $\frac{1}{2}$ pint of brown sauce, a few button onions, salt and pepper, and heat up for 10 minutes, and serve.

Braised Beef en Casserole.—Trim 3 to 4 lbs. of rump of beef; thread some strips of larding bacon through it and crossways. Put into the bottom of a casserole some sliced carrot, celery, onion, shallot and sweet herbs, with 3 ozs. of butter and place the beef on top; cover with the lid, and place in a hot oven until the meat is nicely browned, which should occupy about $\frac{1}{2}$ hour. Then pour off the fat and add $1\frac{1}{2}$ pints of thin brown sauce, and let it gently simmer for $1\frac{1}{2}$ hours. Remove the meat on to a hot dish, thicken the sauce, if required, squeeze a teaspoonful of lemon juice, salt and pepper to taste, strain through a sieve, and pour the sauce over the meat. Serve.

Braised Loin of Mutton en Casserole.—Procure a loin of mutton with the bones removed. Lay it out flat on the table, and season it with allspice, mace, pepper and salt; spread a good veal forcemeat lengthways, roll the meat up firmly and secure it with string at intervals of two inches. Put into the casserole a bed of onion, shallot, celery, carrot, turnip and some sweet herbs. Place the meat on top, secure the lid, and put it into a hot oven for $\frac{1}{2}$ hour. Strain off all fat and add $1\frac{1}{2}$

pints of thin brown sauce. Let it simmer for $\frac{3}{4}$ to 1 hour, and serve on a hot dish, with the strained sauce around it, accompanied with a tureen of onion sauce.

Haricot Mutton en Casserole.—Divide 3 or 4 lbs. of the neck of mutton into neat cutlets, removing some of the fat, and fry them to a nice brown colour in a little butter. Place them in a casserole with one onion stuck with three cloves, a small bunch of parsley and sweet herbs, one carrot, two small turnips, one shallot, and $\frac{1}{2}$ pint of small haricot beans that have been previously soaked in water over night. Add sufficient white stock to well cover the meat; let it gently simmer for $1\frac{1}{2}$ hours, salt and pepper to taste, and serve in the casserole.

Bœuf en Petite Marmite.—The petite marmite or small stock pot, largely used on the Continent, is made of earthenware, and holds just sufficient for one person, containing meat, vegetables and stock. This is usually made in a large marmite, or stock pot.

Take 2 or 3 lbs. of rump of beef and half an oxtail, with two leeks, one stick of celery, two small turnips stuck with two cloves, one carrot, one onion, a teaspoonful of pepper-corns. Put it all into a large stock pot and fill up with 7 pints of water; let it come to the boil and skim the surface; then let it gently simmer for $3\frac{1}{2}$ hours. Divide meat and vegetables into small marmite pots with $\frac{1}{2}$ pint of stock. Season with salt and pepper to taste, and send to table.

FIRELESS COOKERY.

Many women will find it difficult to believe that it is possible to boil and bake without the continuous presence of fire, but such is the fact, and our grandparents were well aware that foods continued to cook in the old brick ovens long after the wood fire had been raked out. It has, therefore, been left to the Norwegian housewife, who has known this for some years—to cook food in a hay box, for such it is. Food once brought to boiling point may be placed in a box of hay and left for a few hours, when it will not only be well cooked, but cooked better than in any other way.

Nearly all kinds of dishes that are prepared by boiling, baking, stewing, or braising, in fact everything that is not required to be crisp, can be cooked in this most simple of stoves—"the hay box."

Miss Margaret Mitchell, Instructor in Domestic Science, Drexel Institute, Philadelphia, Pa., says:—"During ordinary cooking there is a great loss of heat, due to radiation from the cooking utensil and escaping steam. If, however, this heat could be retained the food would continue to cook in the absence of fire." This is what occurs in the hay box. Hay, being a very poor conductor of heat, will, if closely packed around a utensil of boiling food, maintain for a number of hours a sufficiently high temperature to continue the cooking process. The familiar practice of using blankets or newspapers in keeping ice from melting depends upon the same principle. In both cases a material which is a poor conductor of heat when interposed between the surrounding air and articles which are either colder or hotter than air will be found to preserve their temperature. Other materials than hay or papers will act in the same manner, such, for instance, as excelsior, sawdust, wool, mineral wool, and others. A vacuum will have the same effect as insulating materials, the Thermos bottle, and similar inventions. A vacuum is expensive,

as it is difficult to obtain, and therefore the ordinary fireless cooker is better suited.

The general trend of scientific investigations seems to indicate more clearly the prevalent idea that all food must be cooked at a high temperature, such as 212° Fahrenheit, which is the same as that of boiling water, but this is quite a mistaken one. Experiments have proved that starchy foods are made thoroughly digestible at temperatures varying from 149° to 185° Fahrenheit.

From the economic point of view of the fireless cooker, it has been stated that 90 per cent. of the fuel used in ordinary cooking will be saved by the hay box, and this economy will vary with the various kinds of fuel used. Thus, gas may be readily extinguished when its use is over. Consider what it is to have a method of cooking involving no necessity for remaining in the kitchen to keep up the fire, or watch the foods!

As most hay box cooking takes a considerable length of time, and many articles are not specially injured by over cooking, this means that food can be left in the box for hours, while the housekeeper is able to go about other duties.

A fireless cooker may quite easily be made at a very small cost by following the instructions here given:—

Get a carpenter to make a wooden box with wood of 2 in. in thickness and 20 in. square, inside measurement, with hinged lid tightly fitting. Line the box inside, and also the lid by pasting brown paper all over it, and when thoroughly dry, paste another coating of brown paper. Finally, line the inside of the box and the lid with asbestos sheeting. The box being now made, procure some sweet and perfectly dry hay, and make a bed at the bottom of the box from 4 to 5 ins. deep; this must be well pressed down. Place the cooking pot, which must be about 10 in. in diameter and not more than 10 in. deep with a flat lid and a swing handle across, so that it may easily be lifted out. Now pack

the hay as tightly as possible all round the pot, which, of course, should be in the centre of the box. To make the hay pack firmly, ram it down with a stick until it is quite level with the top of the pot. It will now be found that there are 5 in. of space to the level of the top of the box. Make a mattress of hay with some calico, so that when it is finished it will be 5 in. thick and 20 in. square (that is called the top cushion), and when placed in position and the lid of the box closed over it and hasped, the heat cannot escape from the pot, nor can the outside cold air find its way to its contents. The pot is now surrounded at top, bottom and sides by 5 in. of compressed hay.

Whatever is required to be cooked should be prepared and placed in the pot, which should be brought to boiling point on the coal stove or gas range, and then immediately placed in the hay box and the cushion and lid closed at once. It may then be left to cook gently by itself for three to six hours, as desired.

MONTHLY CALENDAR OF FOOD IN SEASON.

—o—

JANUARY.

Fish.—Plaice, dorys, ling, smelt, eels, turbot, soles, bream, whitebait, herrings, tench, cod, flounders, barbel, skate, haddocks, whiting, oysters, lobsters, crabs, prawns, brill, royal sturgeon, red mullet.

Meat.—Pork, mutton, beef, house lamb (lamb born in mid-winter and fed upon milk).

Poultry.—Fowls, capons, chickens, turkeys, green geese, ducks, tame pigeons, turkey poults.

Game.—Pheasants, woodcock, teal, ptarmigan, hares, snipe, wildfowl, partridges, grouse, wild rabbits, doe venison.

Vegetables.—Winter spinach, cabbage, broccoli, savoy, sprouts, Scotch kale, celery, carrots, parsnips, potatoes, Jerusalem artichokes, onions, leeks, cucumber, lettuces, cardoons, endive, mushrooms, garden herbs (dry and green, chiefly used for stuffings, forcemeats and soups, also for garnishing), sage, tarragon, mint, chervil, thyme, parsley, shallots, and garlic.

Fruit.—Grapes, apples, pears, lemons, oranges, bananas, melons, nuts, walnuts, figs, raisins, currants, preserved and dried fruits.

Special for January.—Venison, haddocks, whiting, rabbits, pork wildfowl.

FEBRUARY.

Fish.—Barbel, brill, carp, cod, dace, eels, flounders, haddocks, herrings, plaice, pike, perch, sprats, soles, sturgeon, tench, turbot, thornback, whiting, scallops, oysters, crabs, lobsters, mussels, prawns, crayfish, whitebait, trout, salmon trout.

Meat.—Beef, house lamb, mutton, veal, pork.

Poultry.—Capons, pullets, ducklings, chickens, tame and wild pigeons, turkeys, turkey poults, ducks, green geese.

Game.—Wild fowl, grouse, hares, partridges, woodcock, snipe, pheasants, capercailzie, plover, ptarmigan, wild ducks, wild geese, wild rabbits, venison.

Vegetables.—Beetroot, broccoli, Brussels sprouts, cabbages, celery, carrots, cucumbers, cress, endive, lettuces, winter spinach, potatoes, savoys, turnips, cardoons, various herbs, seakale, Jerusalem artichokes.

Fruit.—Apples of all sorts, grapes, medlars, nuts, walnuts, dried fruits (foreign), prunes, plums, figs, dates, crystallised fruits, bananas.

Special for February.—Skate, tench, turkey poults, ducklings, dates, figs, capercailzie, venison.

MARCH.

Fish.—Brill, cod, turbot, whiting, soles, skate, plaice, flounders, haddocks, gurnet, smelts, crabs, lobsters, prawns, crayfish, oysters, red mullet, John dorys, eels, halibut.

Meat.—Beef, veal, mutton, pork, house lamb.

Poultry.—Chickens, fowls, pullets, turkeys, ducks, pigeons, Guinea fowl, rabbits.

Game.—Doe venison, wild ducks, snipe, woodcock, widgeon, quails, prairie hen.

Vegetables.—Cabbages, sprouts, savoys, spinach, turnips, carrots, parsnips, Jerusalem artichokes, potatoes, mushrooms, parsley, onions, leeks, Scotch kale, broccoli, salsify, celery, seakale, sorrel, mustard and cress, cucumbers, tomatoes, lettuces, radishes, horse-radish.

Fruit.—Oranges, apples, pears, peaches (from abroad), bananas, cranberries, dried and preserved fruits, rhubarb.

Special for March.—Mullet, skate, whiting, sorrel, new potatoes.

APRIL.

Fish.—Cod, carp, conger eel, sea bass, halibut, flounders, ling, turbot, smelts, plaice, pike, salmon, eels, soles, sturgeon, whittings, haddocks, chub, brill, dory, prawns, shrimps, scallop, whitebait.

Meat.—Beef, mutton, veal, grass lamb, house lamb, pork.

Poultry.—Capons, chickens, pullets, fowls, ducks, duckling, Guinea fowl, poulards, pigeons, turkey poults, green geese.

Game.—Leverets, wood pigeons, wild rabbits, quails, ruffs and reeves.

Vegetables.—New potatoes, asparagus, broccoli, turnip tops, seakale, sorrel, cucumber, chervil, onions, radishes, spinach, lettuces, parsley, parsnips, green mint, endive, spring cabbages, fennel.

Fruit.—Apples, bananas, oranges (from abroad), dried fruits.

Special for April.—Salmon, grass lamb, asparagus, cucumbers.

MAY.

Fish.—Eels, salmon, bass, brill, haddock, halibut, conger eel, carp, flounders, ling, lobsters, crayfish, gurnet, dory, haddock, herring, turbot, trout, soles, sturgeon, tench, skate, smelts, scallops, shrimps, prawns, crabs.

Meat.—Grass lamb, beef, mutton, veal.

Poultry.—Chickens, ducks, ducklings, fowls, pigeons, pullets, green geese, plovers' eggs.

Game.—Leverets, rabbits, wood pigeons.

Vegetables.—New potatoes, cabbages, asparagus, carrots, kidney beans, spinach, radishes, artichokes, lettuces, peas, sorrel, seakale, cauliflowers.

Salads.—Spring onions, watercress, endives, corn salad, dandelion, batavia, barbe capucine, French lettuce, cos lettuce.

Fruit.—Green gooseberries, French currants, apples, pears, melons (from abroad), bananas.

Special for May.—Mullet, skate, whiting, sorrel, new potatoes.

JUNE.

Fish.—Turbot, bass, brill, haddock, mullet, mackerel, red mullet, salmon, soles, plaice, trout, whiting, halibut, sturgeon, gurnet, skate, pike (after the 15th), lobsters, prawns, shrimps, crayfish, crabs, mussels, winkles, whitebait.

Meat.—Beef, grass lamb, mutton, veal.

Poultry.—Ducks, ducklings, capons, chickens, goslings, poulards, turkey poults, pigeons.

Game.—Leverets, rabbits, buck venison, ortolans, ruffs and reeves.

Vegetables.—Asparagus, cauliflower, spinach, potatoes, beans, broad beans, parsnips, beetroot, horse-radish, vegetable marrow, artichoke, garlic, thyme, mint, tarragon, carrots, turnips, white beet.

Salads.—French and cos lettuce, endives, batavia, water-cress, corn salad, mustard and cress.

Fruit.—Cherries, strawberries, gooseberries, currants, apricots, peaches, melons, nectarines, pine apples, raspberries (from abroad), apples and pears of all kinds, greengages, bananas.

Special for June.—Salmon and salmon trout, skate, whitebait, lobsters, crabs, prawns, strawberries, cherries, currants (red, black, and white), peas and broad beans.

JULY.

Fish.—Eels, red and grey mullet, brill, flounders, soles, dorys, dace, pouting, haddock, mackerel, ling, thornback, trout, gurnet, carp, herrings, conger, barbel, plaice, pike, salmon, smelts, dabs, perch, prawns, whiting, lobster, crabs, shrimps, crayfish, winkles, mussels, John Dory.

Meat.—Beef, mutton, veal, grass lamb, house lamb.

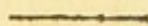
Poultry.—Fowls, chickens, pullets, pigeons, ducklings, goslings, ducks.

Game.—Buck venison, wood pigeons, wild rabbit, ruffs and reeves.

Vegetables.—Scarlet runners, kidney beans, French beans, broad beans, asparagus (nearly over), mushrooms, potatoes, peas, spinach, salsify, turnips, artichokes, radishes, sorrel, onions, cabbage, cauliflower, red cabbage, tomatoes.

Salads.—Cos and cabbage lettuce, endive, batavia, corn salad, spring onions and watercress, radishes.

Fruits.—Cherries, currants, damsons, melons, gooseberries, strawberries, raspberries, nectarines, greengages, bananas.



Special for July.—Grass lamb, mackerel, lobsters, herrings, prawns, plovers, damsons, strawberries, cherries, nectarines.

AUGUST.

Fish.—Codling, pouting, conger eel, salmon, thornback, haddocks, herring, gurnet, mackerel, grey and red mullet, soles, turbot, whiting, eels, tench, lobsters, crabs, halibut, crayfish, prawns, dace, dabs, white-bait.

Meat.—Beef, mutton, grass lamb, veal.

Poultry.—Chickens, fowls, pigeons, green geese, turkey poults, pullets, ducks, plovers, turkeys,

Game.—Grouse (from the 12th), buck venison, wild ducks, wheatears, wild pigeons, leverets, moor game.

Vegetables.—French, kidney, and broad beans, scarlet runners, carrots, artichokes, onions, lettuces, cauliflowers, cucumbers, mushrooms, potatoes, shallots, garlic, chives, leeks, turnips, peas (nearly over).

Salads.—Same as July.

Fruits.—Greengages, damsons, cherries, red, white, and black currants, raspberries, melons, nectarines, mulberries, green figs, filberts, peaches, plums, bananas.

Special for August.—Grouse, mackerel, turbot, prawns, dace, herrings, crabs, lobsters, greengages, green figs, plums.

SEPTEMBER.

Fish.—Codling, salmon, haddocks, plaice, lobsters, eels, mullet, flounders, tench, pike, herrings, brill, turbot, crabs, dace.

Meat.—Beef, mutton, veal, New Zealand lamb.

Poultry.—Fowls, pullets, chickens, geese, pigeons, turkey poults.

Game.—Grouse, partridges, hares, rabbits, woodcock, widgeon, wild ducks, larks.

Vegetables.—Potatoes, sprouts, cabbages, sorrel, turnips, spinach, cauliflowers, leeks, artichokes, carrots, onions, lettuces, celery, beetroot, scorzonoras, salsify, marjoram, leeks, thyme, sage.

Fruits.—Apples, pears, plums, damsons, walnuts, filberts, hazel nuts, quinces, medlars, currants, figs, peaches, grapes.

Special for September.—Hares, partridges, grouse, wild duck, cauliflowers, walnuts, apples, pears, plums.

OCTOBER.

Fish.—Soles, cod, codling, gurnet, salmon trout, dory, smelts, halibut, gudgeon, herrings, eels, hake, scallops, oysters, lobsters, crabs, brill, plaice.

Meat.—Pork, veal, mutton, beef, New Zealand lamb.

Poultry.—Fowls, pullets, geese, ducks, pigeons, turkey poults.

Game.—Pheasants, partridges, hares, snipe, teal, woodcock, grouse, widgeon, larks, wild duck, wild rabbits.

Vegetables.—Potatoes, cauliflowers, cabbages, turnips, salsify, carrots, leeks, parsnips, beans, onions, spinach, celery, scorzonoras, cardoons, beetroot, parsley, mushrooms, sweet herbs, shallot, garlic, tarragon, tomatoes.

Fruits.—Pears, apples, plums, damsons, figs, grapes, quinces, walnuts, filberts, hazel nuts, pineapple, oranges.

Special for October.—Pork, geese, codfish, wild duck, pheasants, partridges, grapes, medlars, and nuts.

NOVEMBER.

Fish.—Cod, eels, fresh haddocks, smelts, halibut, salmon trout, mackerel, plaice, scallops, skate, soles, herrings, turbot, whiting, crabs, crayfish, oysters, lobsters, sprats.

Meat.—Pork, beef, mutton, veal, house lamb.

Poultry.—Geese, fowls, pullets, turkeys, pigeons.

Game.—Black game, landrails, pintails, ptarmigan, capercailzie, partridges, pheasants, hares, wild rabbits, wild boar, woodcock, widgeon, teal, grouse, larks.

Vegetables.—Potatoes, turnips, leeks, carrots, parsnips, onions, cardoons, cabbages, savoys, broccoli, winter spinach, beetroots, celery, pot herbs, salsify, scorzonoras, mushrooms.

Salad Stuff.—Scarce and dear.

Fruits.—Apples, pears, plums, damsons, walnuts, filberts, hazel nuts, quinces, medlars, currants, figs, peaches, grapes, pineapple, melons.

Special for November.—Sprats, herrings, dorys, geese, grouse, hares, snipe, black game, capercailzie, pintail, landrails, ptarmigan.

DECEMBER.

Fish.—Cod, gurnet, skate, sturgeon, turbot, soles, brill, eels, haddock, Canadian salmon, herrings, sprats, oysters, mussels, lobsters, crabs, perch, carp, dace, whiting, ling, codling.

Meat.—Beef, mutton, veal, pork.

Poultry.—Turkeys, geese, ducks, capons, fowls, chickens, pullets, peafowl, pigeons.

Game.—Hares, pheasants, grouse (until the 12th), partridges, snipe, woodcock, capercailzie, pintails, leverets, doe venison, widgeon, black game, venison.

Vegetables.—Broccoli, cabbages, Brussels sprouts, Scotch kale, seakale, winter spinach, turnips, carrots, beetroots, savoy, globe and Jerusalem artichokes, aubergines, salsify, celeriac, leeks, onions, shallots; garden herbs may be obtained dried from the greengrocer.

Salad Stuff.—Scarce and dear.

Fruit.—Oranges, apples, pears, bullace, lemons, chestnuts, white and black grapes, medlars, pineapples, figs, walnuts.

Special for December.—Haddocks, turbot, turkeys, capons, peafowl, oranges, nuts, cranberries.

DICTIONARY OF TERMS.



- ASPIC—A savoury jelly used for decorating certain dishes.
- AU GRAS—Served and dressed with the gravy of the meat.
- AU NATUREL—Plain. Usually anything cooked in water only.
- BAIN MARIE—Is a shallow pan about four to six inches in depth, and from eighteen to thirty inches square, usually made of copper, and is used for keeping saucepans containing sauces, stews, and other cooked and prepared dishes, hot. It is half filled with hot water, and stands on the stove or over gas jets. It will keep saucepans placed in it hot as long as desired.
- BÉCHAMEL—Rich white sauce.
- BEIGNET—A kind of fritter.
- BERNAISE—A rich sauce containing wine.
- BISQUE—Soup made of shell fish.
- BLANCHE TO—Placing anything in boiling water and boiling, afterwards plunging it into cold water, the process rendering it white.
- BLANQUETTE—A fricassée usually made with white meats, either veal or lamb.
- BOUCHÉES—Small puffed pastes or patties, sufficient for a mouthful.
- BOUILLI—Beef that has been boiled to make soup is served as an entrée under this name.
- BOUQUET GARNI—A small bunch containing a sprig or two of parsley, lemon thyme, marjoram, basil, and other herbs, with bay leaf, and tied up in a small bunch.
- BRAISÉ—Meats cooked in a closely covered stewpan to prevent evaporation, so that all the meats retain their juices besides the herbs and flavourings.
- BRIOCHE—French sponge cake.
- BRUNOISE—A brown clear soup.
- CANAPÉ—A round of toasted bread with shallow centre, in which to lay quails and similar birds to serve.
- CARAMEL—Sugar boiled until it becomes a dark brown colour, and is used for browning sauces and gravies.
- CASSEROLE—Earthenware vessel with closely fitting lid, in which meats and poultry are cooked, so that they can stew in their own juice.
- COMPÔTE—Fruits stewed in syrup, and may be of several kinds.
- CONSOMMÉ—Strong clear soup, made and obtained by long simmering or stewing.

COQUILLES—Little fish entrées served in scallop shells.

CRÊPES—French pancakes.

CREVETTES—Shrimps.

CROQUETTES—Minced fish, meat, or fowl, made into balls and fried.

CROUSTACLES—A kind of mince encased in paste and moulded into various shapes.

CROÛTONS—Sippets of bread, fried.

DARIOLES—Little moulds, in which small hors d'œuvres or entrées are served.

DAUBIÈRE—A stewpan of oval shape.

DEMI GLACÉ—The name of a rich brown sauce.

DÉSOSSER—To bone or remove the bones.

DIABLE, À LA—Devilled, grilled, or broiled fish, meats or fowl, and served with hot peppery sauce.

ÉCLAIR—French pastry filled with cream.

ÉMINCER—Cut into slices and finely shredded.

ENTRECÔTE—Steak cut from the middle of a rib of beef.

ENTRÉES—Made dishes served before the roast.

ENTREMETS—Dishes of vegetables served as a second course.

ESPAGNOLE—Rich brown sauce.

FARCE—Forcemeat.

FILLET—The centre cut of a loin of beef, pork, mutton, or veal. The boned sides of flat fish are also termed fillets.

FINANCIÈRE—A mixed ragoût, finely flavoured.

FINES HERBES—A mixture of finely chopped herbs, of which parsley is the principal.

FOIE GRAS—Goose liver.

FRICASSÉE—Chicken or meat cut into fine pieces and mixed with white sauce, truffles, or button mushrooms.

FRITTER—Anything dipped in batter and then fried.

FUMET—The essence or flavour of game or fish.

GALANTINE—Veal or fowl cooked and rolled and served cold.

GLAZE—Is stock boiled down to the consistency of jelly, and is used to coat over cold joints such as pressed beef, tongues, &c., &c.

GOULASH—Beef stew, highly seasoned with paprika.

GRATIN, AU—A French term applied to certain dishes, which after being made are covered with a sauce and browned, with or without cheese and bread crumbs.

GRATINER—To brown the outside of a dish.

HARICOT—Meat stewed, in which a few white haricot beans form part of the dish.

HOLLANDAISE—A white fish sauce. Dutch style.

HORS D'ŒUVRES—Appetisers; are small dishes of anchovy, sardines, or oysters, served at the commencement of a meal.

HUÎTRES—French for oysters.

JARDINIÈRE—Stews containing finely cut up mixed fresh vegetables.

JULIENNE—Soups containing mixed vegetables, cut up into thin strips like matches.

JUS AU JUS—With its own gravy.

KEDGEREE—A famous Indian dish, made with curried fish and rice.

KROMESKIES—Savoury mixtures of meat with sauces rolled in bacon and fried.

LIAISON—Mixtures of egg and cream, to thicken sauces.

MACÉDOINE—A mixture of either fruit or vegetables.

MAIGRE—Lean, Lenten fare, without fat.

MARINADE—The liquor in which fish is steeped.

MASK—Covering meats or chicken with thick sauce.

MATELOTTE—A manner of cooking or stewing fish in wine.

MAYONNAISE—Cold sauce, made with oil, vinegar, and eggs.

MERLAN—French for whiting.

MERINGUE—Light pastry made with sugar and the white of eggs beaten to “snow.”

MIGNONETTE PEPPER—Peppercorns coarsely ground.

NAVARIN—A haricot of mutton or lamb, with the principal ingredients of turnips.

PANADA—Soaked bread used as the basis of forcemeat.

PANER—To cover with bread crumbs.

PÂTÉ—Small pie.

PAUPIETTES—Rolled slices of meat.

PERSILLADE—White butter sauce, very thick, with finely cut parsley.

PILAU—A dish made with meat and rice.

POTAGE—Soup.

POT AU FEU—Broth made of beef, in an earthenware pot.

PURÉE—Vegetables that have been cooked in soup, and afterwards mashed and passed through a sieve, are called “a purée.”

RAGOÛT—A stew richly made and highly seasoned.

RISSOLE—A mince of meat enclosed in a paste and made into balls or sausages and fried.

ROUX—A mixture of flour and butter browned and used for thickening gravies, &c.

SALMI—A superior hash made of game when only half roasted, and served with sauce.

SAUCE PIQUANTE—A sharp sauce, in which either lemon, vinegar, or cut up pickles take a part.

SAUTER—A system of frying with very little fat, and continually turning the articles until browned.

SORBET—A semi-frozen ice.

SOUBISE—Onion pulp sauce.

SOUFFLÉ—A very lightly made and baked or steamed pudding.

SUPRÊME—The name of a rich white sauce.

TAMIS or TAMMY—A very fine mesh strainer, either made of wool or canvas, for straining gravies and sauces, &c.

TARTARE—A cold sauce made with mustard, capers, gherkins, yolks of eggs, vinegar, &c.

TRIFLE—Made of sponge cake, macaroons, jams, brandy, wine, or liqueurs.

TIMBALE—A pie made in a mould.

VELOUTÉ—Rich velvety yellow sauce, made with eggs.

VOL-AU-VENT—Very light puff paste, enclosing finely-made mince-meat, chicken, or fish.

SUNDRIES.

Raspberry Vinegar.—To every quart of fruit pour over 1 quart of vinegar, after having thoroughly mashed the fruit in a large bowl. Let the jar be covered and stand it in a warm temperature for two or three days, then strain it through a jelly bag until clear, and sweeten with 1 lb. of lump sugar to every quart. Put the vinegar over the fire until it begins to boil, when it must be thoroughly skimmed. Remove to the side of the fire and let it simmer very gently for five or six minutes. Take it from the fire, allow it to cool, then pour it into small bottles and cork tightly. Keep in a dry cupboard until required.

Mushroom Ketchup, to Make.—This sauce is of Japanese origin. Its name, according to English spelling, ketchup or catsup, is derived from the Japanese "Kitjap."

Put into a tub the required quantity of mushrooms, broken, and allow to every 7 lbs. of mushrooms $\frac{1}{2}$ lb. of salt strewn equally between the layers of mushrooms. Let it thus remain for two or three days. Extract all the juice by pressing them, and then strain into a saucepan. For every pint of juice add six cloves, 1 oz. of salt, half a teaspoonful of pepper-corns, and one third of an ounce of ginger. Put it on the fire and let it come to the boil, then draw it to the side and let it simmer for an hour and a half very gently. Strain it through a fine sieve, allow it to become cold, bottle it, tightly cork it, and put it in a dry cupboard until required for use.

Walnut Ketchup.—Take a jar holding 3 gallons and place it in $\frac{1}{2}$ lb. of salt, three handful of sliced horse-radish roots, six pods of bruised red pepper, a quarter of a pound of powdered ginger, $\frac{1}{2}$ oz. of powdered cloves, and one handful of garlic. Gather some young leaves from the walnut, chop them finely, and put into the jar with 3 gallons of boiling vinegar. Cover the

jar very tightly and let it remain in the sun for 14 days. Strain the liquor, pour it into bottles, tightly cork them, and put in a dry cupboard until required for use.

Brawn of Ox Cheek.—Put into a saucepan an ox cheek cut into two or three pieces, with a bunch of sweet herbs, two onions, two shallots, one turnip stuck with four cloves, and one carrot. Cover with sufficient cold water and let it simmer for 5 or 6 hours. When the meat is quite soft remove the bones, herbs and vegetables. Add salt and pepper to taste. Put in $\frac{1}{4}$ lb. of fat pork and $\frac{1}{4}$ lb. of lean ham cut into dice. Let this all simmer for another quarter of an hour. Pour it out into a mould, and when quite cold and set, turn it out on to a dish, and garnish with curly parsley.

Tripe.—Tripe may now always be purchased dressed ready for use. Select it with care and see that it is perfectly fresh, thick, fat and white. Tripe when carefully prepared is very nutritious and easily digested. There are several ways of preparing it.

Tripe and Onions.—Cut up 2 lbs. of tripe into pieces about two inches by three inches. Put them into a stewpan with a little salt and sufficient water to well cover them; let them boil gently for 2 hours. Have ready 1 lb. of onions cut up into small pieces and partially boiled. Strain off the liquid and put the onions into the stewpan with the tripe; let them go on cooking for another half an hour, then pour in $\frac{1}{2}$ pint of milk, thickened with a heaped tablespoonful of flour and 2 ozs. of butter. Season with pepper and salt to taste. Stir gently over the fire for another quarter of an hour, and serve.

Tripe à la Normande.—Cut $1\frac{1}{2}$ lbs. of tripe into neat little squares. Put them into a stewpan with one carrot and one onion stuck with three cloves, $\frac{1}{4}$ lb. of bacon cut into dice, eight peppercorns, half a bay leaf, a sprig of lemon thyme, basil and parsley, and 3 ozs. of

butter. Let it stew until nicely browned, then add $\frac{1}{2}$ pint of cyder and let it simmer very slowly until quite tender. Take out the tripe, place it on a dish and strain the sauce over it, and serve with fried croutons.

Tripe à l'Italienne.—Cut up 1 lb. of tripe into small pieces, and stew it gently in a pint of milk until quite tender. Fry some chopped onion and parsley in a little butter, add to the tripe, with salt, pepper and the juice of lemon to taste, and serve.

Tripe à la Française.—Cut up 1 $\frac{1}{2}$ lbs. of tripe into small two inch squares. Place them in the stewpan with sufficient veal stock to cover them, and let them simmer slowly for 5 hours. Put $\frac{1}{2}$ pint of No. 1 White Sauce in a small stewpan, with a tablespoonful of chopped parsley, one shallot chopped fine, three tablespoonsful of chopped button mushrooms, two cloves, half a bay leaf, pepper and salt to taste. Stir over the fire until the ingredients are cooked, then take the tripe out of the veal stock, put it on a dish, pour the sauce over it, and serve.

Tongue.—In selecting a tongue, notice those that are plump, and have a smooth skin, and ascertain how long it has been cured or pickled, so as to know how long it will require to be soaked before being cooked. If hard and dry it will have to be soaked for 12 to 14 hours.

Tongue, Boiled.—Place the tongue into a saucepan sufficiently long to take it without having to bend it. Cover with cold water and bring it slowly to boiling point. Remove all scum as it rises, and let it simmer gently until it is done through, which may be easily ascertained by probing it with a skewer; when done the skin will peel easily. Should, however, a flavour be liked, a bunch of savoury herbs, parsley, two shallots, and one carrot may be boiled with the tongue. If the tongue is to be eaten hot, it should be served directly it has been peeled, and the roots trimmed on to a hot dish garnished with cauliflowers or brussels sprouts. A sauce boat of sauce

piquante is a good accompaniment to boiled tongue. If it is required to be served cold, the tongue should be taken out from the saucepan and pinned to a board by inserting a carving fork in the root end and into the board, and fixing the tip end by passing a sharp pointed skewer through the tip into the board. Let it remain until the next day. Trim the tongue, and glaze it with glaze or aspic (see Aspic), placing a paper frill around the root. Garnish the dish with curley parsley, and carve. (See Carving.)

Potted Tongue.—Take the remains of cold boiled tongue, removing the hard parts and gristle. Cut it into small pieces and pound it thoroughly in a mortar until it is of the consistency of a paste. Season with a little cayenne and salt—do not use pepper. Now add a quarter of its weight in clarified butter, thoroughly mix and pound it. Put it into small jars, press it well down to within half an inch of the top and pour melted beef suet to fill them. This may now be put away in a cool place, and can be kept for days.

Sausages, Pork.—The methods of making all sausages are very similar and mainly consist of chopping or passing the particular kind of meat through a mincing machine, and seasoning it with spices, herbs, eggs, salt, mustard, or any other kind of ingredients mixed in proportions as are agreeable to the taste. The whole is then enclosed in gut cases, which are supplied ready for use, and only require to be soaked in water, when the meat can be forced into them through the mincing machine.

To make pork sausages, take 1 lb. of the lean of fresh pork, $\frac{1}{2}$ lb. of fat, and $\frac{1}{2}$ lb. of bread, herbs and seasonings to taste, a teaspoonful of salt and a quarter of a teaspoonful of pepper. Pass this all through a mincing machine, mixing the bread with the meat. Place the cases at the proper end of the machine, mix the ingredients again with a spoon, and pass it once more

through the machine into the cases. About every four inches of filled case twist them round three or four times, and this will form the sausage.

Beef Sausages.—Treat the beef in the same way as the pork, but do not add any bread. Remove all skin and gristle, and use half the amount of beef fat to the required quantity of lean.

Sausage Meat.—Pass 1lb. of lean pork through a mincing machine, then the same quantity of fat pork. Add a third of their weight in breadcrumbs, season with a little pounded mace, salt and pepper, and sweet herbs if liked, and pass all through the machine again. It is now ready, and may be used either for stuffing a turkey or making into cakes.

Sausage Meat Cakes.—Take the required quantity of sausage meat, roll into cakes, dip in egg and breadcrumbs, and fry in the frying basket to a nice golden brown.

Pâté de Foies Gras (Imitation).—Get very fresh calves' liver, parboil it, pass it through a mincing machine, mix the same weight of cold tongue, which must be cut into dice, two dozen button mushrooms cut into small pieces, two onions minced and fried in butter, and add salt, pepper and parsley to taste. Line a dish with a well made puff paste, fill with the mixture, and cover with a thin paste. Bake from three quarters to one hour.

Leicestershire Medley.—Cut up three quarters of a pound each of roast beef, bacon and sliced apples. Fill in a pie dish with alternate layers of these, seasoning with pepper, salt and ginger to taste. When filled pour in as much old ale as it will hold. Put on a lid of well made paste, and bake in a moderate oven. This may be served either hot or cold.

Cassolette.—Prepare a purée of cooked white haricot beans. Add salt and pepper, with the same weight of

either minced chicken, turkey or duck. Fry two rashers of bacon, three tomatoes, and one onion. Add two cloves and some parsley, and mix all thoroughly together, putting as much veal stock as is necessary to form it into a paste. Turn it into a dish, sprinkle some breadcrumbs on top, and bake.

Galantine of Veal.—Obtain from the butchers a large, nicely dressed breast of veal. Lay it on the table skin side downwards and remove all the bones and gristle. Beat it well with the flat side of the chopper. Pound the yolks of eight hard boiled eggs to a paste. Mix in two teaspoonfuls of salt, one of pepper, three of chopped parsley, three of powdered herb stuffing, one of anchovy sauce, and a quarter of pounded mace. Thoroughly mix this all together. Beat an egg and brush it all over the veal. Spread the mixture evenly over the meat. Lay on it some strips of truffles, mushrooms, lean ham, fat pork, hard boiled eggs, and veal forcemeat, arranging all these lengthways. Season lightly, roll up tightly, and bind with tape an inch apart the entire length of the roll. Sew it into a clean white cloth, put it into a saucepan with some good veal stock to thoroughly cover it, and the bones which were removed, two onions stuck with three cloves, a bouquet of sweet herbs, and one carrot. Let this simmer slowly for seven or eight hours. Allow it to cool in the liquor. Take it out, place it between two dishes, with a heavy weight on top, and so let it remain for twenty-four hours. Remove the tapes and the cloth, brush it over with a good coating of decorative Chaud-Froid sauce, and decorate with aspic jelly.

Pigs' Feet in Jelly.—Thoroughly clean the feet after having boiled them in water for ten minutes. Then place them in a stewpan with sufficient water to just cover them, and allow them to simmer for a long time until they are quite tender. Take them out, remove all the bones, and cut the meat up into neat pieces. Replace in the liquid with a seasoning of salt, cayenne, a little nutmeg, a few sprigs of parsley, and four sage leaves. Let them

simmer until all the flavour is drawn out of the herbs. Pass it through a strainer, replacing all the meat in the liquor into a mould. When cold it will be ready to serve.

Spiced Beef.—Take a small round of beef weighing from 12 to 14 lbs. Prepare the following ingredients:—1 oz. of saltpetre, 3 ozs. of allspice, 1 oz. of black peppercorns, $\frac{1}{2}$ lb. of moist sugar, and 1 lb. of salt. Pound the saltpetre, peppercorns and allspice, and mix all together. Rub this mixture well into the meat; do this every day, and turn the meat continually for a fortnight. At the end of this time wash off the brine from the meat, and put it into an earthenware casserole, with about a pint of water, and a layer of suet on the top and the bottom of the meat. Seal the casserole with some flour and water paste, and place it in an oven to bake for seven hours. Let it cool before opening the pot. Take it out, cover it with glaze, and it is ready for use.

Bath Chap.—Select a smoked Bath chap, and place it in cold water, skin downwards, for 5 hours. Take it out and scrub it. Wash it and put it in a saucepan with just sufficient water to cover it. Bring it quickly to boiling point, and allow it to simmer very gently for 2 or 3 hours, according to the size of the chap. The skin should be taken away in one piece. Sprinkle it all over with bread raspings, put on a dish, garnish with parsley, and serve cold.

Eel Pie.—Clean, skin, and cut $1\frac{3}{4}$ lbs. of live eels into pieces 2 inches long. Dry each piece separately, placing a piece of butter inside, with a little pepper, salt and chopped parsley. Lay them in a pie dish with a teacupful of vinegar and water mixed. Thicken with a teaspoonful of cornflour. Cover with a good puff paste, and bake in a hot oven. This pie may be served cold.

Sauer-Braten (Bavarian Dish).—Take a piece of aitchbone of beef; remove the bone and put it in a pan, cover it with vinegar and there let it remain for two days;

drain it, lard it with bacon, sprinkle it over with a little allspice, pepper and salt, and then place it in a stewpan with hot melted butter, and let it cook until completely browned all over. Add three or four small carrots, four or five little onions, two shallots, a sprig of marjoram, the rind of one lemon, a sprig of lemon thyme, a sprig of parsley, and sufficient boiling water to almost cover the meat. Let it simmer for 4 hours. Take out the meat, add some vinegar to the liquor, thicken with a little flour, cook it for half an hour, then strain it over the beef on a dish, and serve with a dish of sauer kraut.

Chicken Marseillais.—Chop finely $\frac{1}{2}$ lb. of cold chicken; put it in a basin and mix with it a teaspoonful of flour and butter, two tablespoonsful of cream, the yolk of an egg, a teaspoonful of chopped parsley, salt and pepper to taste. Thoroughly mix this into a paste; roll out some paste as thinly as possible, cut it into 6-inch squares, fill with the mixture, fold over and pinch the edges. Bake to a light brown in not too hot an oven. Serve.

Caspacho (Spanish National Dish).—Cut up three or four tomatoes, also one cucumber and a large Spanish onion, all into thin slices. Put this in a pie dish in layers, and over each layer sprinkle chopped parsley, pepper, salt, and a little grated bread crumbs. Make a mixture of five tablespoonsfuls of olive oil and three of vinegar; pour over, and let it stand for 2 hours, when it will be ready to serve.

Hungarian Goulash.—Place 3 lbs. of rump of beef in an earthenware pot with some vegetables, herbs, onions, spice, pepper and salt; bring it to the boil and then let it barely simmer for four hours. Remove the meat and cut it into neat pieces about 2 inches square, put in a frying pan with butter and fry to a golden brown, with also some cut up onion and shallot. Strain off some of the liquor in which the meat was cooked, and stir into it two or three tablespoonsful of Hungarian red paprika; mix this with the fried meat, and serve.

Vienna Chicken.—Cut up a chicken into parts; lay them in a pie dish in a mixture of $\frac{1}{2}$ pint of olive oil, the juice of four lemons, one bay leaf, two or three sprigs of parsley, and pepper and salt. Let them remain for four or five hours. Take each piece of chicken, drain it, dip it in egg and bread crumbs, and fry to a nice brown colour. When all the pieces are fried put them in a stew-pan with sufficient white stock to barely cover them, the yolk of one egg and half a breakfastcupful of milk, twenty-four button mushrooms, salt, pepper, etc., to taste. Let them gently stew for thirty minutes, thicken the sauce, add the juice of one lemon, and serve.

Bouillabaisse à la Provençale.—Take of halibut, cod, fresh haddock, and plaice, about 3 lbs. in all. Remove the bones, chop up two onions, two shallots, one clove of garlic, and the white of one leek; fry them in an earthenware pan in $\frac{1}{2}$ pint of boiling olive oil; also fry all the fish in the same manner. Cut a lobster into halves and fry them also in the oil. Place all the fish, including the lobster, into a casserole, adding two small cooked crabs, salt and pepper to taste, a tiny pinch of saffron, three tomatoes, one onion, one carrot and one lemon, all thinly sliced, a sprig of parsley, lemon thyme, and the onion and shallots, etc., that have been fried in oil, add a cupful of any white stock, and let it all cook for ten minutes; add a dessertspoonful of chopped parsley and boil up once. Into a deep dish place some French rolls, cut into slices, pour the liquor over these, arrange the fish, etc., on top, and serve.

Lenten Lobster.—Chop up finely the meat from a large cooked lobster, season with pepper and salt, the juice of one lemon, 3 ozs. of butter, one tablespoonful of flour, half a cupful of cream, half a cupful of white stock, and one tablespoonful of tarragon vinegar. Mix all together in a pie dish, sprinkle grated bread crumbs over the top, and bake for twenty minutes.

Chicken Pompadour.—Boil $\frac{1}{2}$ lb. of spaghetti in salted water, but do not break it up. Drain it in a colander, well butter a basin or mould, line it with the spaghetti, twisting it all around, and fill the centre with one and a half cupsful of cold chopped chicken, salted and peppered to taste. Pour in on top of this half a cupful of cream, 1 oz. of fresh butter, the yolk of one egg, and a teaspoonful of finely chopped parsley, then cover over with some more spaghetti. Steam it for one hour, and then turn it out on to a hot dish, and serve with tomato sauce.

Pork Cheese.—Cut up into one and a half inch cubes 2 lbs. of cold roast pork, and season with pepper and salt (rather over season than under). Put it all in a saucepan with half a teaspoonful of chopped parsley, four sage leaves, a sprig each of thyme and marjoram, a blade of mace, all chopped finely, and a little nutmeg. Cover the whole with some thick stock or gravy, let it stew very gently for one and half hours, then pour it all into a wetted mould; stand in a cool pantry until next day, then turn out on to a dish.

Pressed Beef.—Procure from the butcher as many pounds as required of salted brisket. Wash it well and put it into a saucepan with as much hot water as will just cover it (assuming the meat weighs from 4 to 5 lbs.), two peeled onions stuck with four cloves, two carrots, and two bay leaves. Let the water boil up and skim off the scum. Reduce the heat and let the meat cook as gently as possible, so that the water barely simmers, until it is quite tender, when it will be found to be done. Take the meat out carefully, drain it and place it between two flat dishes, and place a heavy weight on the top one. Let it so remain until the next day. Take off the weight and glaze the beef—glaze may be bought at the grocers—about a tablespoonful of glaze dissolved into two tablespoonsful of water. When dissolved take a gum brush and brush the glaze all over the meat. Lay

the glaze on lightly, so as not to show brush marks. Give one or two coatings if desired, waiting until the first coat of glaze has dried and got stiff. The meat should then be placed on a clean dish and garnished with parsley.

Mixed Brawn (a breakfast dish).—Take two sheep's tongues, $\frac{1}{4}$ lb. of bullock's tongue, $\frac{1}{2}$ lb. of bullock's cheek, $\frac{1}{2}$ lb. of salted pork, and $\frac{1}{2}$ lb. of cowheel. These may be all purchased cleaned and scalded. Put them in a saucepan with sufficient water to nearly cover the meat, and add a teaspoonful of pepper, enough salt to taste, a teaspoonful of allspice, eight cloves, one clove of garlic minced small, and four or five shallots also cut up small. Boil all together slowly until the flesh leaves the bones, then take out the meats and place them on a pasteboard and cut all up into small squares and pieces; remove all the bones and let the stock boil fast until reduced to one quart. Skim off the fat and mix in the chopped meat. Turn it all into a mould and let it remain till next day, when turn it out on a dish and garnish with parsley.

A Good Way to Dress Rice.—Soak the rice in cold salt and water for an hour; have ready a saucepan with boiling water, throw in the rice and let it boil briskly for ten minutes, then drain it in a colander. Put it in the oven for a few minutes and then serve. The grains should be double the usual size and quite distinct from each other.

Fritadella.—Take $\frac{1}{2}$ lb. of the crumb of a loaf of bread, let it be soaked in cold water until quite soft, place it in a clean cloth and squeeze out all the water. Mince $\frac{3}{4}$ lb. of any kind of cold meat. Into a stewpan put 3 ozs. of butter, two tablespoonsful of chopped onion, and one of shallots, let them fry until a lightish brown, then add the bread, and lastly the meat. Stir with a wooden spoon, put in a teaspoonful of salt and half a teaspoonful of pepper, some chopped up lemon rind, and the juice of one lemon. Let the whole gently cook without boiling (a little ketchup or Worcester sauce may be added if

liked), turn it out on to a dish, and serve with poached eggs around it.

Vegetable Marrow, Stuffed.—Cut a large vegetable marrow in half, lengthways. Remove the seeds, mince very finely some chicken, veal or cold mutton, dredge over it a little flour, season with pepper and salt, add a little finely chopped onion, bind all together with the yolk of an egg, and fill the marrow with this mixture. Tie the two halves securely together with some thread, and stew it in some well flavoured stock. When the marrow is soft, remove it and thicken the sauce with the yolks of two eggs. Put the marrow on a hot dish with the thread taken away, and pour the sauce over it, and serve.

Cheese Bouchées.—A quarter of a pound of macaroni, $\frac{1}{4}$ pint of milk, $\frac{1}{4}$ pint of tomato purée, 3 ozs. of Parmesan cheese, 1 oz. of butter, $\frac{1}{2}$ oz. of flour, salt, cayenne, and one tablespoonful of made mustard. Boil the macaroni tender in water, then strain it and cut it in small pieces. Melt the butter in a stewpan, add the flour and milk, and tomato purée and seasoning; cook well, then stir in the macaroni and 2 ozs. of cheese. Pour into buttered cases, put the rest of the cheese on the top, and put in a hot oven to brown, or under the grill. Serve very hot.

Cheese Ramequins.—Take a 2-oz. slice of crumb of bread warmed in 1 gill of milk, 2 ozs. of grated cheese, the yolks of two eggs, and the whites whipped stiffly, cayenne and salt. Make the gill of milk warm, and pour it on to the slice of bread and let it soak well. Then beat it up with a fork and add the yolks of eggs, seasoning and cheese, and when well mixed add the whites of eggs lightly to the mixture. Oil the ramequin cases, three parts fill them and bake about ten minutes.

Pork, to Pickle.—Take $1\frac{1}{2}$ lbs. of Demerara sugar, $\frac{1}{2}$ lb. of saltpetre, and 4 ozs. of ordinary salt. Mix these ingredients all together; well sprinkle the pork imme-

diately it is purchased with salt, and let it remain on a dish for twenty-four hours; then let it drain off and well rub in the mixture. Put the meat in an earthenware pan packed tightly together, and fill the spaces in with salt. Place a board over the meat, and on the top place some heavy stones to keep the meat from rising up, as it would do after the salt has dissolved. Let it remain in pickle for seven to ten days, according to the size of the pieces of pork. A leg of pork weighing 7 to 8 lbs. would be well salted in seven days.

Piccalilli is a sort of pot pourri of vegetables, and may be made with cauliflowers, French beans, white cabbage, gherkins, small onions, cucumber and radishes. Take equal quantities in weight of each, shredding or cutting them into convenient pieces. After washing them in cold water put them into an earthenware pan, and pour over sufficient boiling water with the addition of salt so that the brine is strong enough to allow an egg to float. Let the vegetables remain in this for twenty minutes; take them out and thoroughly drain them, then place them in the sun and air to dry. While the vegetables are drying prepare the following pickle:—

Put into an earthenware saucepan 2 ozs. of bruised ginger, 1 oz. of whole pepper, 1 oz. of allspice, 1 oz. of curry powder, 3 ozs. of shallots, a few capsicums, 3 pints of wine vinegar, and 1 pint of water. Let this boil for about ten minutes. Mix 3 ozs. of the best dry mustard with a little hot vinegar to a smooth paste, and add this to the ingredients in the saucepan, which must not be allowed to boil any more, and finally, add a little turmeric and two ozs. of gum arabic (pure white). The addition of this is to suspend the mustard in the liquor. Place the vegetables in jars and pour the vinegar and spices into each jar so as to well cover the vegetables. Cover with a bladder. Examine them at the end of a week or so, and should it be found that the vegetables have absorbed so much of the liquor as to leave the upper part dry, the jars must be filled from another one. If this be attended

to and the bladder cover securely tied, the pickles will keep for a very long time.

Pickled Red Cabbage.—Select a firm, hard and heavy cabbage; cut off the stalks and the damaged outer leaves; shred it with a vegetable shredder, then lay all of it in a large shallow dish, sprinkle a layer of salt all over it, and let it remain for two days. Strain off all the purple liquor that will have accumulated in the dish, and pack the cabbage into suitable jars, sprinkling black pepper-corns and bruised ginger with every handful. Fill up the jars with white wine vinegar and water in equal proportions. Cover with bladder. It will be ready for use in a few days.

Tomato Catsup.—Cut up 5 lbs. of English grown tomatoes into slices, two Spanish onions, two ordinary onions, and six shallots cut up small. Place them in an earthenware saucepan with 1 oz. of pepper-corns, a quarter of a teaspoonful of cayenne, $\frac{1}{4}$ oz. of cloves, $\frac{1}{4}$ oz. of mace, and 1 oz. of allspice. Pour over them $\frac{1}{2}$ pint of wine vinegar and $\frac{1}{2}$ pint of water, 1 lb. of Demerara sugar, and 4 ozs. of salt. Let them gently simmer for 2 hours, stirring frequently with a wooden spoon. Rub through a fine sieve and, when cold, bottle.

French Mustard.—Crush six allspice, four cloves, and a dessertspoonful of pepper-corns, and put them in an earthenware stewpan with one pint of wine vinegar, one onion, two shallots, one clove of garlic, cut up small, one bay leaf, and six tarragon leaves. Boil them together for ten minutes, and when cold, strain and mix the liquor with sufficient dry mustard to make it of the proper consistency for use.

Onions for Soup Flavouring and Colouring.—Place four or five onions into a baking tin. Mix equal quantities of moist sugar and butter together and spread it over the top of the onions. Place them in a slow oven, baste them occasionally, and let them cook until they are

almost black. When cold break them up and place them in a covered jar. They will keep a long time and may frequently be used to impart colour and flavour to soups, gravies, and sauces.

Green Colouring for sauces, dried peas, etc., may be quite easily made with spinach. Pick, say, half a pound of spinach leaves from their stalks; wash, dry, and pound them in a mortar, press out all the juice into a jar, and place the jar in a saucepan of boiling water. Let the water simmer until the spinach juice is warm, when it will be ready for use.

Celery, for Flavouring.—One teaspoonful of fresh celery seed, which may be purchased at either the seed merchant's or the cornchandler's, tied in a muslin bag and slightly bruised, and thrown into a sauce, soup, or ragout, will impart as much flavour as two heads of celery.

Never throw away the outer green leaves from a head of celery; they may always be used for flavouring stews, soups and gravies.

Sheep's Tongues are to be purchased at the tripe shop fresh or partially boiled. They may be broiled, stewed, cured, or roasted.

Ragout of Sheep's Tongues.—Take the required quantity of tongues; boil them in a little salted water for twenty minutes; remove the skin and cut them in halves lengthways. Place them in an earthenware stewpan with a little butter, and fry them over the fire until they are browned a little on each side. Add three chopped shallots, a few butter mushrooms, a small minced carrot, and stew until the vegetables are browned and soft. Add a glass of light wine and a cupful of good stock. Season with salt and pepper, and thicken with a little cornflour. Let it stew for ten minutes longer and serve with a dish of a purée of spinach, sorrell, or celery.

Mushroom Cromeskie.—Select some mushrooms of equal size, about 2 inches in diameter; peel them and remove the stems. Wrap each mushroom in a rasher of thinly cut streaky bacon, and secure them with a wooden tooth-pick. Put them in a baking tin in a not too hot oven, and as soon as the bacon is crisply done, serve on a hot dish.

Turkish Delight, the harem sweetmeat. Boil 3 lbs. of loaf sugar in a copper pan, with 2 pints of cold water. As soon as this boils and becomes clear, dissolve $4\frac{1}{2}$ ozs. of starch in a little water, and add it to the sugar gradually, stirring the while, and keep on stirring until the syrup has become a thick paste; then add half a cupful more of hot water, with a cupful of sweet bleached almonds chopped into small pieces. Favour with essence of lemon, or any desired flavouring. Prepare a marble slab by greasing it with a little fresh butter and placing some bars around it, so that when pouring the mixture out it can remain at least an inch in depth. When cold cut into inch squares and dip them into plenty of powdered sugar. Pack them into tin boxes and they will keep for a considerable time.

SPECIMEN OF
SIMPLE LUNCHEONS.

JANUARY.

Omelette with Kidneys.	Omelettes aux Rognons.
Grilled Pork Chop.	Côtelettes de Porc Grillées.
Robert Sauce.	Sauce Robert.
Boiled Potatoes.	Pommes Nature.
Seakale with White Sauce.	Choux de Mer à la Sauce Blanche.
Cabinet Pudding.	Pouding des Ministres.
Cheese, Dessert.	Fromage, Dessert.

FEBRUARY.

Fried Soles in Wine Sauce,	Soles aux Vin Blanc.
Stewed Mutton and Turnips.	Ragoût de Mouton aux Navets.
Sautéed Potatoes.	Pommes Sautées.
Pineapple Chunks.	Ananas à la Crème.
Custard	
Cheese, Dessert.	Fromage, Dessert

MARCH.

Calf's Brains and Brown Butter Sauce.	Cervelles de Veau au Beurre Noir.
Grilled Steak.	Biftecks Grillés.
Fried Potatoes.	Pommes Frites.
Stewed Leeks.	Poireaux au Beurre.
Pancakes.	Crêpes.
Cheese, Dessert.	Fromage, Dessert.

APRIL.

Fried Eels.	Anguille à la Tartare.
Tartare Sauce.	
Shoulder of Mutton, Roasted, and Onion Sauce.	Epaule de Mouton Rôtis. Sauce à l'oignons.
Purée of Spinach.	Epinards Purée.
Boiled Potatoes.	Pommes Nature.
Stewed Rhubarb and Croûtons.	Rhubarb au Croûtons.
Vanilla Custard.	Crème de Vanille.
Cheese, Dessert.	Fromage, Dessert.

MAY.

Gurnard, Baked, and Parsley Rouget à la Sauce Verte.
Sauce.

Roast Sirloin of Beef. Aloyau Braisé au Jus.
New Potatoes. Pommes de Terre Nouvelles.
Asparagus and plain butter. Asperges aux Beurre.

Banana Cream. Crème de Banane.
Gooseberry Fool. Purée de Groseilles.

Cheese, Dessert. Fromage, Dessert.

JUNE.

Fried Eggs and Tomato Sauce. Œufs Frits aux Tomates.

Roast Ducklings, and Caneton aux Petits Pois.
Green Peas.

New Potatoes. Pommes Nouvelles.

Cherry Tart. Tarte de Cerises.
Cream. Crème.

Cheese, Dessert. Fromage, Dessert.

JULY.

Whiting au Gratin.

Merlans au Gratin.

Roast Pigeons.

Pigeons Rôtis au Jus.

Watercress.

Cressons.

York Ham.

Jambon de York.

French Beans.

Haricots Verts

Butter Sauce,

au Beurre.

Stewed Cherries and
Currants.Compôte des Petites Groseilles
et Cerises.

Cheese, Dessert.

Fromage, Dessert.

AUGUST.

Grilled Salmon Steak.

Tranche de Saumon Grillés.

Tartare Sauce,

Sauce Tartare.

Lamb Cutlets Grilled.

Côtelettes d'Agneau Grillé.

Fried Potatoes,

Pommes Frîtes.

Peas in Butter.

Petits Pois.

Melons.

Melons.

Cheese, Dessert.

Fromage, Dessert.

SEPTEMBER.

Boiled Turbot and Vinaigrette Sauce.	Turbot à la Vinaigrette.
Mutton Chops à la Jardinière.	Côtelettes de Mouton à la Jardinière.
Cauliflower au Gratin.	Chouxfleurs au Gratin.
Stewed Plums.	Compôte de Prunes Fraîches.
Cheese, Dessert.	Fromage, Dessert.

OCTOBER.

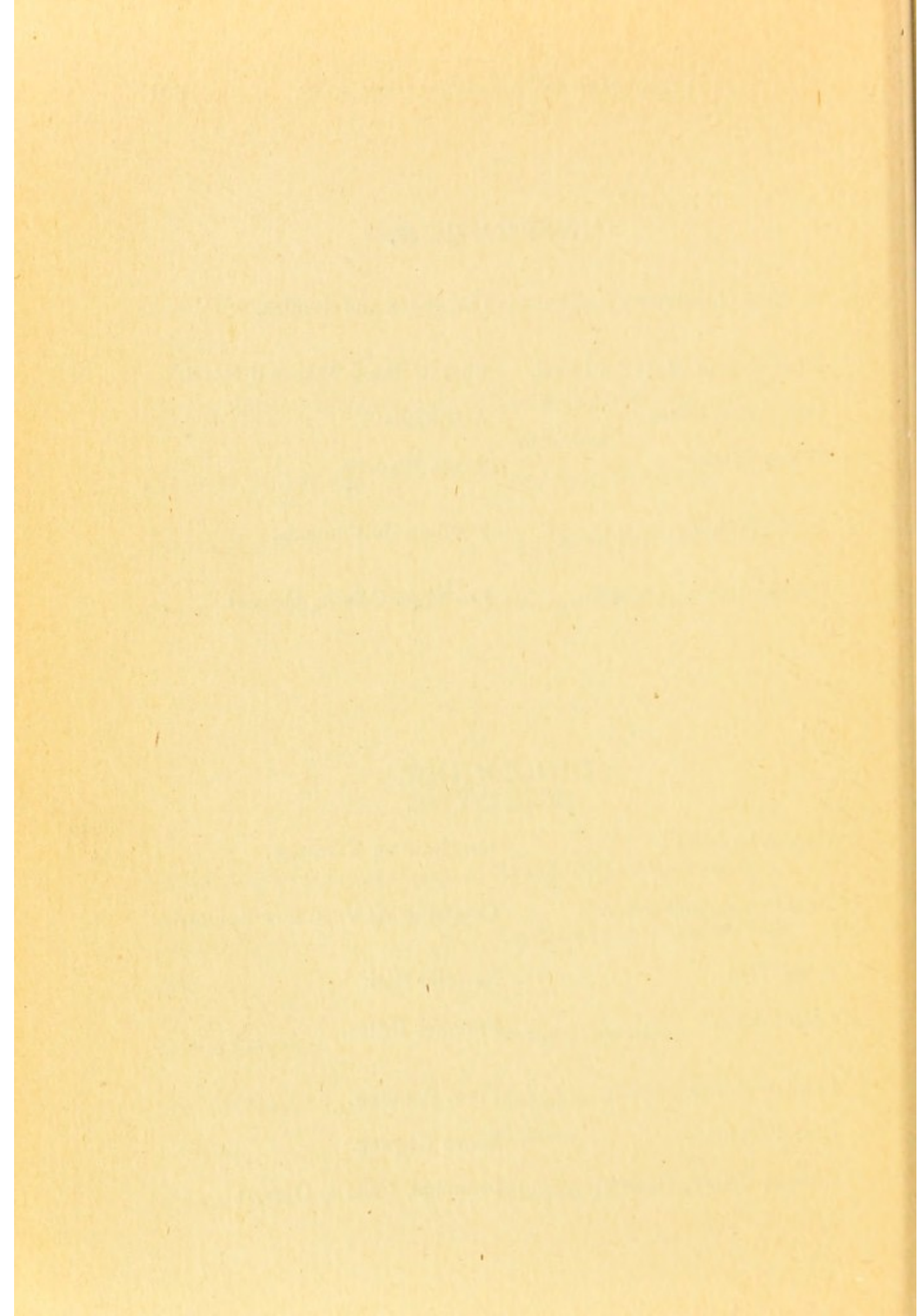
Boiled Cod and Butter Sauce.	Morue Bouillie au Beurre.
Jugged Hare, Jelly.	Civet de Lièvre au Confiture.
Boiled Potatoes.	Pommes Bouillies.
Stewed Pears. Cream.	Compôte de Poires. Crème.
Cheese, Dessert.	Fromage, Dessert.

NOVEMBER.

Truffled Omelette.	Omelettes aux Truffes.
Fillet of Beef Maître d'Hôtel.	Filet de Bœuf Maître d'Hôtel.
Boiled Artichokes.	Artichauts.
White Sauce.	Sauce Blanche.
Apple Pudding.	Pouding de Pommes.
Cheese, Celery, Dessert.	Fromage, Céleris, Dessert.

DECEMBER.

Cheese Omelette.	Omelette au Fromage.
Veal Cutlets and Spinach.	Côtelettes de Veau aux Epinards.
Roast Teal.	Sarcelle Rôti.
Chip Potatoes.	Pommes Frîtes.
Plum Pudding.	Plum Pouding.
Brandy Sauce.	Sauce Cognac.
Cheese, Celery, Dessert.	Fromage, Céleris, Dessert



SPECIMEN OF MENUS.

The following menus are simple home dinners, all the recipes for which will be found in this volume.

A specimen dinner menu is given, one for each month in the year, due regard being taken to only list those foods that are in season in such month.

JANUARY.

Leek Soup.	Soupe aux Poireaux.
Scallops au Gratin in their shells.	Coquilles Ste. Jacques.
Roast Venison.	Chevreuril Rôti.
Red Currant Sauce.	Sauce Confiture.
Chip Potatoes.	Pommes Frites.
Beef à la Môte.	Bœuf à la Môte.
Braized Onion.	Oignon Braisé.
Scotch Kale.	Choux au Naturel.
Snow Eggs.	Œufs en Neige.
Pineapple Cream.	Ananas à la Crème.
Cheese Fritters.	Fritures de Fromage.

FEBRUARY.

Onion Soup.	Soupe à l'Oignon.
Creamed Cod.	Cabillaud à la Crème.
Boiled leg of Mutton.	Gigot Bouilli.
Caper Sauce.	Sauce Câpres.
Boiled Potatoes.	Pommes Nature.
Mashed Turnips.	Purée de Navets.
Game Pie.	Pâté de Gibier.
Seakale.	Choux de Mer.
Bread and Butter Pudding.	Pouding de Pain Beurré, au Groseilles.
Stewed Prunes and Custard.	Compôte des Prunes à la Crème.
Anchovies on Toast.	Croûtons d'Anchois.

MARCH.

Sorrel Soup.	Soupe à l'Oseille.
Boiled Turbot.	Turbot Bouilli.
Oyster Sauce.	Sauce aux Huitres.
Roast Saddle of Mutton.	Selle de Mouton rôti.
Red Currant Jelly.	Confiture.
Artichokes and Potatoes, or Winter Spinach.	Artichauts, Pommes de Terre Naturel, ou Epinards d'Hiver.
Roast Snipe on Toast.	Bécasses rôti au.
Watercress.	Cressons.
Chip Potatoes.	Pommes Frites.
Marmalade Pudding.	Pouding de Marmelade.
Wine Sauce.	Sauce au Vin Blanc.
Cheese.	Fromage.

APRIL.

Spring Soup.	Soupe Printanière.
Boiled Halibut.	Holibut Bouilli.
Anchovy Sauce.	Sauce d'Anchois.
Roast Forequarter of Lamb.	Quartier d'Agneau Rôti.
Mint Sauce (warm).	Sauce de Menthe.
Asparagus Boiled.	Asperges au beurre.
Plain Melted Butter.	
Steamed Potatoes.	Pommes Nature.
Fowl en Casserole.	Poulet en Casserole.
Lettuce Salad.	Salade de Laitues.
Rhubarb Flummery.	Purée de Rhubarb.
Toasted Cheese.	Fromage Grillé.

MAY.

Asparagus Soup.

Soupe aux Asperges.

Fillets of Sole.

Filet de Sole.

Wine Sauce.

Au Vin Blanc.

Boiled Fowl and Ham.

Poulet au Blanc, Jambon de York.

Bechamel Sauce.

Sauce Béchamel.

Seakale Boiled.

Chou Marin Sauce Blanche.

Potatoes.

Pommes Nature.

Fillet of Beef.

Filet de Bœuf.

Maître d'Hôtel Butter.

Maître d'Hôtel.

Stewed Carrots.

Carottes Sautées.

Gooseberry Charlotte.

Groseilles Charlotte.

Banana Cream.

Crème Bananas.

Cheese Croquettes.

Croquettes de Fromage.

JUNE.

Consommé Celestine.

Consommé Célestine.

Boiled Salmon.

Saumon Bouilli.

Lobster Sauce.

Sauce Homard.

Cucumber Salad.

Salade de Concombre.

Roast Sirloin of Beef.

Aloyau de Bœuf Rôti.

Horseradish Sauce.

Sauce Raifort.

New Potatoes.

Pommes Nouvelles.

Peas.

Petits Pois.

Currant and Raspberry Tart.

Tarte de Framboises et Petit
Groseilles.

Cold Custard.

Vanille à la Crème.

Stewed Cheese.

Fromage.

JULY.

Julienne Soup.	Soupe Julienne.
Boiled Mackerel. Fennel Sauce.	Maquereaux Bouillis. Sauce Verte au Fenouil.
Roast Ducklings. Apple Sauce.	Canard Rôti. Sauce Purée de Pommes.
Broad Beans. Salsify Bechamel Sauce, New Potatoes.	Fèves. Salsifis Béchamel. Pomme de terre Nouvelles.
Black Currant Pudding. Strawberries and Cream.	Pouding de Groseilles. Fraises à la Crème.
Plain Salad.	Salade de Laitue.
Cheese.	Fromage.

AUGUST.

Mulligatawny Soup.	Soupe à l'Indien.
Boiled Grey Mullet. Parsley Sauce.	Mulet Bouilli. Sauce Persil.
Roast Grouse on Toast. Chip Potatoes.	Coq de Bruyère Rôti. Sur Canapé.
Lamb Cutlets and Spinach.	Côtelettes d'Agneau grillées. Purée d'Epinard.
Greengage Tart.	Tartes de reines-Claude.
Endive Salad.	Salade de Chicorée.
Cream Cheese.	Petits Suisse.

SEPTEMBER.

Ox Tail Soup.	Soupe à la Queue de bœuf à l'Anglaise.
Boiled Plaice.	Plie Bouilli.
Shrimp Sauce.	Sauce Ecrevisses.
Roast Pheasant.	Faisan Rôti.
Straw Potatoes.	Pommes Pailles.
Beef Olives.	Olives de Bœuf.
Cauliflower aux Gratin.	Chouxfleur au Gratin.
Plum & Apple Tart.	Tarte de Pomme et Prunes.
Compote of Fruit.	Compote de Fruits.
Cheese.	Fromage.

OCTOBER.

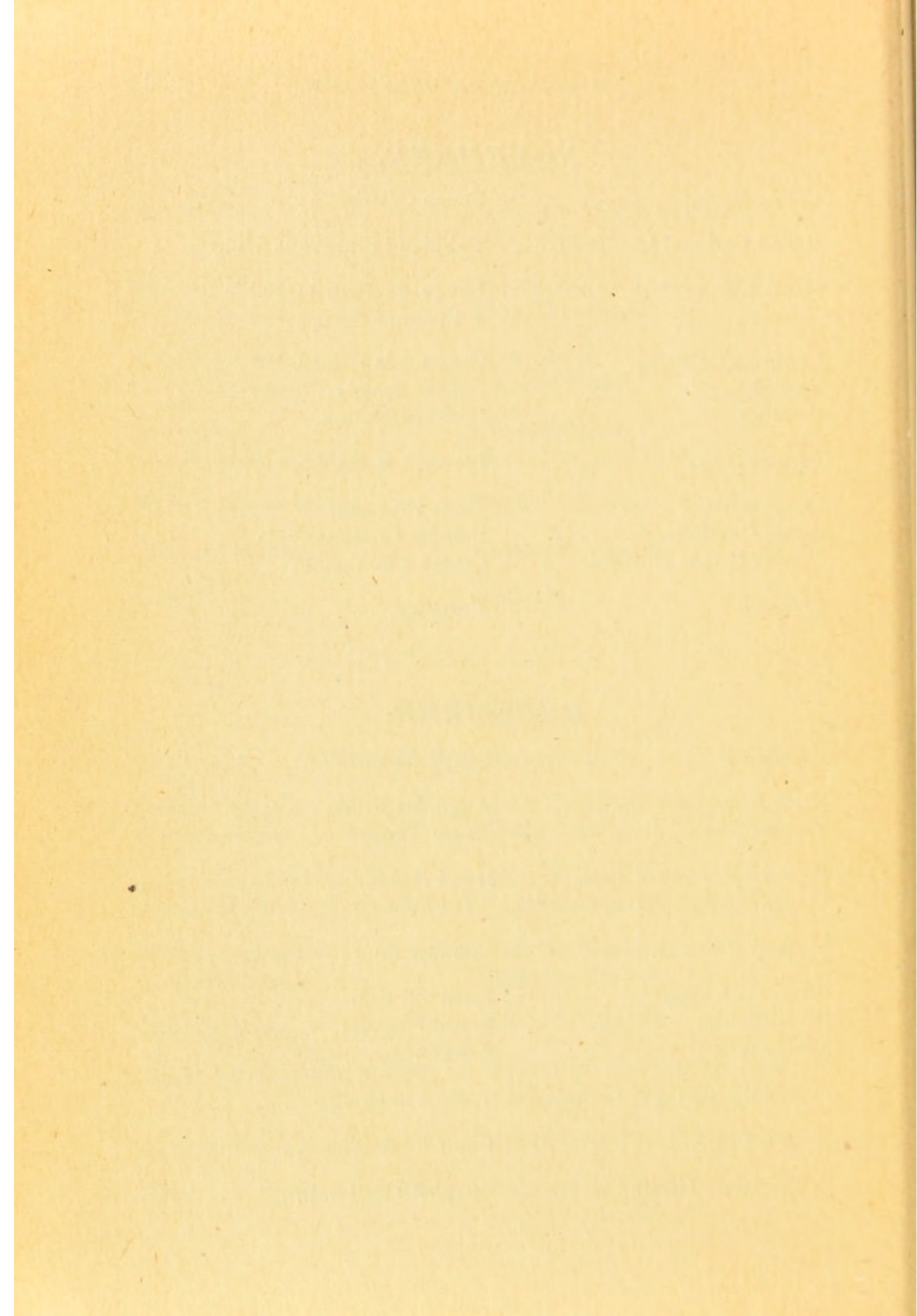
Hare Soup.	Soupe de Lièvre.
Boiled Codlings.	Petits Cabillaud Bouilli.
Tartare Sauce.	Sauce Tartare.
Roast Leg of Mutton.	Gigot Rôti.
Young Turnips.	Petits Navets.
Boiled Potatoes.	Pommes Natures.
Braised Leeks.	Poireaux Braisée.
Madras Curry.	Curry de Madras.
Apple and Blackberry Tart.	Tarte aux Pommes et Mures Sauvage.
Stewed Plums.	Compote de Pruneaux secs.
Cheese au Gratin.	Fromage au Gratin.

NOVEMBER.

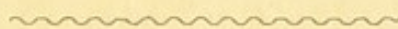
Celery Soup.	Soupe Céleris.
Boiled Cod and Oyster Sauce.	Cabillaud Sauce aux Huîtres.
Roast Lion of Pork and Apple Sauce.	Longe de Porc et Purée de Pommes Sucrés.
Creamed Cabbage.	Choux à la Crème.
Stewed Celery.	Céleris Braisée.
Potatoes.	Pommes Nature.
Jugged Hare.	Lièvre à la Daube.
Damson Tart.	Tarte Pruneau.
Apple Charlotte.	Pomme Charlotte.
Vanilla Cream Custard.	Crème à la Vanille.
Cheese.	Fromage.

DECEMBER.

Parmentier Soup.	Soupe Parmentier.
Fried Eels.	Anguilles Frîtes.
Tartare Sauce.	Sauce Tartare.
Boiled Silverside of Beef.	Bœuf Bouilli,
Dumplings and Young Carrots.	Carottes etc.
Mashed Potatoes.	Pommes de Terre Purée.
Roast Partridge.	Perdreau Rôti.
Bread Sauce.	Sauce Panada.
Watercress.	Cressons.
Cranberry Tart and Cream.	Tarte à la Crème.
Stewed Pears.	Compote de Poires.
Spaghetti au Gratin.	Spaghetti au Gratin.



SPECIMEN MENUS
FOR
PLAIN DINNERS.



*For eight or more Guests, arranged in order of one
Menu in each month, comprising the dishes in season.*

JANUARY.

Hors d'Œuvre.

Sardines, Beetroot Salad,
Anchovies, Butter

Hors d'Œuvre.

Sardines, Salade de Betterave,
Anchois, Beurre

Soup.

Clear Beef Soup and Bread
Crusts

Potage.

Croûte au Pot

Fish.

Boiled Cod and Lobster Sauce
Fried Soles

Poissons.

Cabillaud, Sauce Homard
Soles Frites

Entrées.

Stewed Rabbit

Entrées.

Laperau à la Marengo

Remove.

Roast Saddle of Mutton
Cauliflower au Gratin
Sauté Potatoes

Relevé.

Selle de Mouton Rôti
Chouxfleur au Gratin
Pommes Sautées

Roast.

Wild Duck

Rôts.

Canard Sauvage

Sweets.

Stewed Apples and Rice
Alma Pudding

Entremets.

Pommes aux Riz
Pouding d'Alma.

Savoury.

Devilled Almonds

Petites Bouchées.

Amandes à la Diable

Dessert.

Dessert.

Coffee.

Café.

FEBRUARY.**Hors d'Œuvre.**

Oysters, Butter, Lemon

Soup.

Ox Tail Soup

Fish.

Fillet of Soles, Herbes Sauce
Boiled Turbot
White Sauce

Entrées.

Fricandeau of Ox Tongue

Remove.

Sirloin of Beef, roast
Horseradish Sauce
Boiled Potatoes
Cauliflower au Gratin

Roast.

Hare, roast

Sweets.

Marmalade Pudding
Cream Custard

Cheese Straws.**Dessert.****Coffee.****Hors d'Œuvre.**

Huîtres, Beurre, Citron

Potage,

Soupe à la Queue de Bœuf

Poissons.

Fillet de Soles aux fines herbes
Turbot Bouilli
Sauce Blanche

Entrées.

Fricandeaux de Langue de Bœuf

Relevé.

Aloyau de Bœuf
Sauce au Raifort
Pommes de Terre Naturel
Chouxflowers au Gratin

Rôts.

Lièvre Rôti

Entremets.

Pouding de Marmelade
Crème à la Vanille

Parmesan en Paille.**Dessert.****Café.**

MARCH.**Hors d'Œuvre.**

Little Radishes, Olives
Anchovies, Fillets of Herrings

Soup.

Game Soup

Fish.

Boiled Skate, Pure Melted
Butter
Cod Steaks, Tartare Sauce

Entrées.

Mutton Cutlets
Fried Potatoes
Sauce Soubise

Remove.

Boiled York Ham
Plain Spinach

Roast.

Spring Chicken
Lettuce Salad

Sweets.

Apricot Nougat
Snow Eggs
Pancakes—Cut Lemon

Grilled Cheese.**Dessert.****Coffee.****Hors d'Œuvre.**

Petits Radis, Olives
Anchois, Filets d'Hareng Salé

Potage.

Soupe au Pain de Gibier

Poissons.

Raie au Beurre Noir
Tranches de Cabillaud, Grillé
Sauce Tartare

Entrées.

Côtelettes de Mouton
Pommes Frites
Sauce Soubise

Relevé.

Jambon de York
Epinards au Jus

Rôts.

Poulets Printanier
Salade de Laitue

Entremets.

Abricots Nougats
Œufs à la Neige
Crêpes—Citrons

Fromage Grillé.**Dessert.****Café.**

APRIL.**Hors d'Œuvre.**

Caviar on Toast
Sardine Paste, Radishes

Soup.

Sorrel Soup

Fish.

Boiled Salmon
Cucumber Salad
Scallops in their Shells

Entrées.

Stewed Kidneys
Sauté Potatoes

Remove.

Fore Quarter of Lamb
Mint Sauce
Asparagus

Roast

Ducklings
Green Peas

Sweets.

Gooseberry Charlotte
Apple Omelette

Cream Cheese.**Dessert.**

Coffee.

Hors d'Œuvre.

Caviare sur pain Grillé
Pâté de Sardines, Radis

Potage.

Soupe à l'Oseille

Poissons.

Saumon bouilli
Concombre à l'huile
Coquilles St. Jacques

Entrées.

Ragout de Rognons
Pommes Sautées

Relevés.

Quartier d'Agneau rôti
Sauce de Menthe
Asperges

Rôts.

Canetons
Petits Pois

Entremets.

Charlotte Groseilles
Omelette aux Pommes

Fromage de Crème.**Dessert.**

Café

MAY.

Hors d'Œuvre.

Goose Liver on Toast
Anchovies, Olives, Cucumber

Soup.

Julienne

Fish.

Boiled Fresh Haddocks
Melted Butter Pure
Grilled Eels
Tartare Sauce

Entrées.

Calf's Sweetbreads
Asparagus

Remove.

Boiled Rump of Beef
New Carrots and Potatoes

Roast.

Roast Chicken
Green Peas

Sweets.

Cerise Pudding
Apples and Apricot Compôt

Cheese.

Dessert.

Coffee.

Hors d'Œuvre.

Foie Gras, Pain Grillé
Anchois, Olives, Concombre

Potage.

Julienne

Poissons.

Aigrefins bouillis au beurre
fondu
Anguilles grillé
Sauce Tartare

Entrées.

Ris de Veau Frites
Asperges

Relevés.

Culotte de Bœuf Bouilli
Petits Carottes Nouvelles
Pommes Bouillies

Rôts.

Poulets Rôti
aux Petits Pois

Entremets.

Pouding Cerise
Compôte des Pommes et
d'Abricots

Fromage.

Dessert.

Café

JUNE.**Hors d'Œuvre.**

Small Radishes, Shrimps,
Butter
Caviare on Canapés

Soup.

Leek Soup

Fish.

Grey Mullet, Boiled
Parsley Sauce
Fried Soles, Lemon

Entrées.

Boiled Calf's Head

Remove.

Boiled Leg of Mutton
Caper Sauce
New Turnips and New Potatoes

Roast.

Goslings
Peas

Sweets.

Compôt of Strawberry
Cherry Tart
Cream

Ices.**Dessert.****Coffee.****Hors d'Œuvre.**

Petits Radis, Crevettes, Beurre
Canapés aux Caviare

Potage.

Soupe de Poireaux

Poissons.

Mullet Gris Bouilli
Sauce Verte
Soles Frîtes, Citron

Entrées.

Tête de Veau Tortue

Relevé.

Gigot de Mouton Bouilli
Sauce aux Câpres
Petits Navets, Pommes Nou-
velles

Rôts.

Oisons
Petits Pois

Entremets.

Compôte des Fraises
Tartes aux Cerises
Crème

Glaces.**Dessert.****Café.**

JULY.**Hors d'Œuvre.**

Cod's Liver, smoked, Radishes
Sardines, Cucumber Salad

Hors d'Œuvre.

Foie de Morue fumé, Radis
Sardines, Salade de Concombre

Soup.

Consommé

Potage.

Consommé

Fish.

Boiled Plaice
Shrimp Sauce
Red Mullet. baked

Poissons.

Plie Bouilli
Sauce Crevettes
Rouget sur le plât.

Entrées.

Lamb Cutlets
French Beans Sauté

Entrées.

Côtelettes d'Agneau
Sautée aux Haricots Verts

Remove.

Roast Loin of Veal, larded
Sauté Potatoes
Green Peas

Relevé.

Carré de Veau piqué rôti, purée
d'oseilles
Pommes Sauté
Petits Pois

Roast.

Venison and Red Currant Jelly

Rôts.

Chevreuil Confiture

Sweets.

Pineapple Soufflés
Croustades of Peaches

Entremets.

Soufflés aux Ananas
Croûtes aux Pêches

Ices.**Glaces.****Dessert.****Dessert.****Coffee.****Café.**

AUGUST.**Hors d'Œuvre.**

Fillet of Herring, Shrimps
Radishes, Butter, Anchovies

Soup.

Kidney Soup

Fish.

Whitebait
Boiled Mackerel
Fennel Sauce

Entrées.

Fillet of Beef, Bernaise Sauce
Fried Potatoes

Remove.

Shoulder of Mutton
Onion Sauce
Scarlet Runner Beans.

Roast.

Capon
Chicory Salad

Sweets.

Fruit Tart
Apricot Cream

Ices.**Dessert.****Coffee.****Hors d'Œuvre.**

Filet d'Hareng Salé, Crevettes
Radis, Beurre, Anchois

Potage.

Soupe aux Rognons

Poissons.

Blanchailles
Maqueraux Bouilli
Sauce Fenouil

Entrées.

Filet de Bœuf, Sauce Bernaise
Pommes Frites

Relevé.

Epaule de Mouton
Sauce Soubise
Haricots Verts

Rôts.

Poularde
Salade de Chicorée

Entremets.

Tartelettes aux Fruits
Abricots à la Crème

Glaces.**Dessert.****Café.**

SEPTEMBER.**Hors d'Œuvre.**

Curried Kidney on Toast
 Fillet of Herring, Beetroot Salad
 Radishes

Soup.

Flemish Soup

Fish.

Fried Codlings
 Pepper Sauce
 Fillets of Soles
 Béchamel Sauce

Entrées.

Kidneys Sauté and Mushrooms
 Cauliflowers and White Sauce

Remove.

Roast Leg of Lamb and Mint
 Sauce
 Braised Potatoes
 White Cabbage

Roast.

Roast Grouse

Sweets.

Pineapple Chunks and Cream
 Coburg Pudding

Cheese.**Celery.****Dessert.****Coffee.****Hors d'Œuvre.**

Cury de Rognons, Filet
 d'Hareng
 Salade de Betterave, Radis

Potage.

Soupe Flammande

Poissons.

Petits Cabillauds, Frites
 Sauce Poivrade
 Filets de Soles
 Sauce Béchamel

Entrées.

Rognons Sauté aux
 Champignons
 Choux fleurs, Sauce Blanche

Relève.

Gigot d'Agneau Rôti
 Sauce de Menthe
 Pommes braisé
 Choux blanc

Rôts.

Coq de Bruyère

Entremets.

Ananas à la Crème
 Pouding Coburg

Fromage.**Céleris.****Dessert.****Café.**

OCTOBER.**Hors d'Œuvre.**

Olives, Butter, Tunny Fish
Oysters

Hors d'Œuvre.

Olives, Beurre, Thon
Huîtres

Soup.

Turtle Soup

Potage.

Tortue à l'Anglaise

Fish.

Boiled Cod and Oyster Sauce
John Dory and Tartare Sauce

Poissons.

Morue bouilli, Sauce aux Huîtres
Jean Doré, Sauce Tartare

Entrées.

Ox Tail Jardinière

Entrées.

Queue de Bœuf à la Jardinière

Remove.

Roast Loin of Pork
Apple Sauce
White Haricot Beans
Mashed Potatoes

Relevé

Carré de Porc Rôti
Sauce de Pommes
Haricots Blancs
Purée des Pomme-de-terre

Roast.

Pheasants

Rôts.

Faisans

Sweets.

Jelly and Cream
Apple Tart

Entremets.

Gelée à la Crème
Tourte aux Pommes

Dessert.

Coffee.

Dessert.

Café

NOVEMBER.

Hors d'Œuvre.

Smoked Salmon, Herring
Marinated, Oysters

Soup.

Celery Soup

Fish.

Grilled fresh Herrings
Mustard Sauce
Cod Steaks. Grilled
Hollandaise Sauce

Entrées.

Grilled Partridge
Chip Potatoes

Remove.

Roast Leg of Mutton
Braised Celery
Lentil Cream

Roast.

Woodcock, Jelly

Sweets.

Stewed Prunes
Vanilla Custard

Dessert.

Coffee.

Hors d'Œuvre.

Saumon fumée, Hareng
marinés, Huîtres

Potage.

Soupe Céleris

Poissons.

Harengs frais grillés
Sauce Moutarde
Tranche de Morue
à la Hollandaise

Entrées.

Perdreux grillé
Pommes Frites

Relevé.

Gigot de Mouton Rôti
Céleris Braisé
Lentil à la Crème

Rôts.

Bécasses, Confiture

Entremets.

Compôte de Prunes
Soufflé à la Vanille

Dessert.

Café.

DECEMBER.**Hors d'Œuvre.**

Anchovies on Toast, Smoked
Sausages various, Sardines,
Butter

Soup.

Hare Soup

Fish.

Mayonnaise of Turbot
Fried Dabs

Entrées.

Blanquette of Veal
Braised Onions
Mashed Potatoes

Roast.

Partridge, Turkey Poult

Sweets.

Baked Apples and Rice
Lemon Jelly
Plum Pudding

Cheese.**Dessert.****Ices.****Coffee.****Hors d'Œuvre.**

Canapés aux Anchois
Saucissons fumé variés, Sardines
Beurre

Potage.

Soupe de Lièvre

Poissons.

Turbot, Mayonnaise
Limandes frîtes

Entrées.

Blanquette de Veau
Oignons braisés
Pommes Pureés

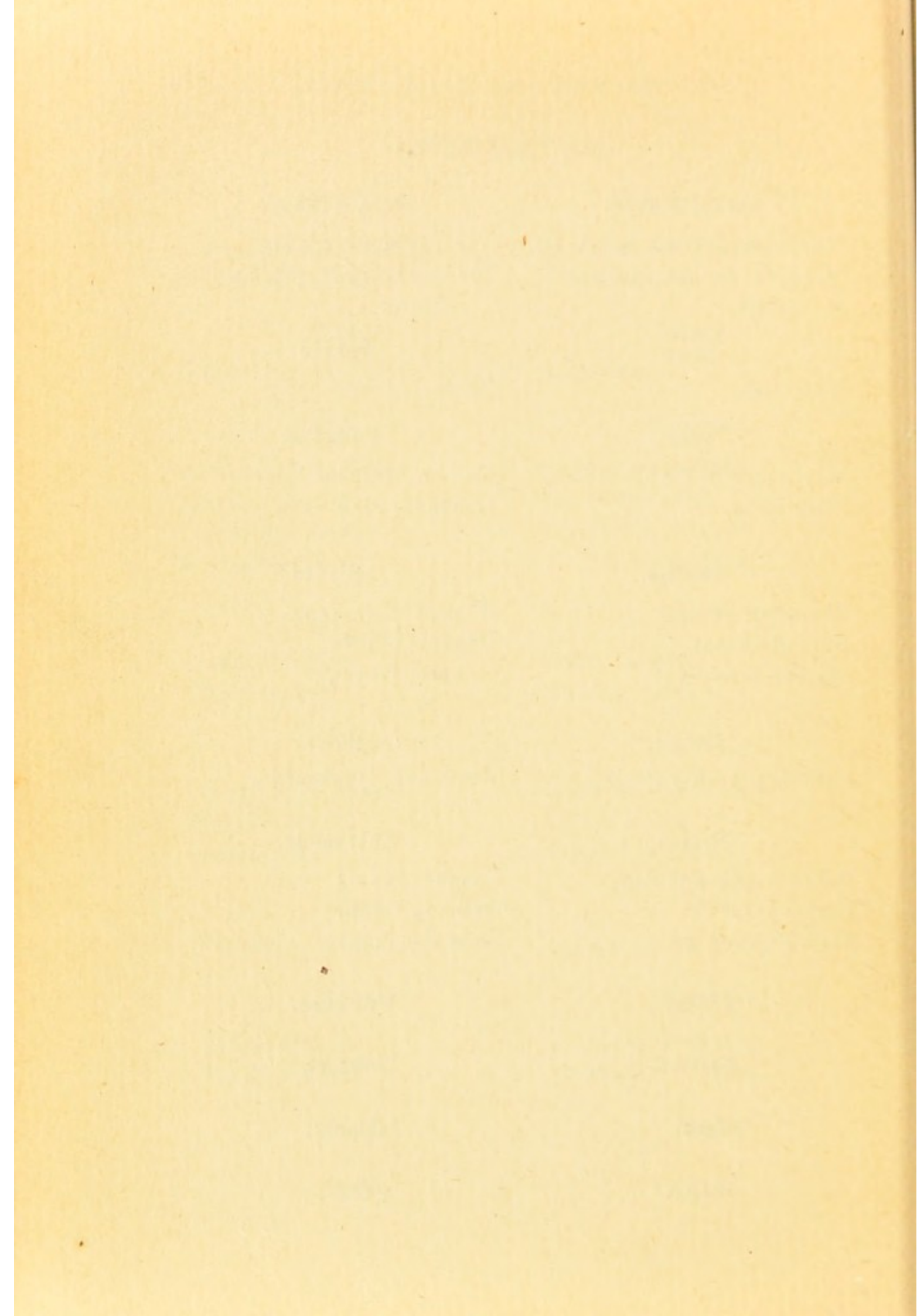
Rôts.

Perdreaux, Dindonneau

Entremets.

Pommes aux riz
Gelée de Citron
Plum Pouding

Fromage.**Dessert.****Glaces.****Café.**



INDEX.



	PAGE		PAGE
A.		Carving—continued.	
Aspic Jelly	159	Directions for Carving Birds ...	22
Its Preparation	159	Loins and Necks	25
For Garnishing	160	Legs of Mutton and Ham ...	24
Chicken Stock... ..	161	Joints	23
Decorative Chaud-froid ...	161	Ribs or Sirloins	23
		Rump of Beef	24
		Loin of Veal	24
		Fillet of Veal	24
		Shoulders	25
		Ox Tongue	25
B.		Casserole Cooking	251
Bath Chaps	285	Beef, Braised	254
Beverages	221	Bœuf en Petite Marmite ...	255
Lemonade, Economical ...	221	Chicken Broth en Marmite ...	254
Effervescing Lemonade ...	221	Filet de Bœuf en Casserole ...	254
Apple Water	221	Fowl	252
Ginger Beer	221	Hare	253
Gooseberry Drink	221	Mutton, Braised Loin of ...	254
Punch, Ordinary	222	Mutton, Haricot	255
Orgeat	222	Rabbit	253
Blackberry Cordial	222	Veal, Fillets of... ..	253
Claret Cup	222	Caspacho	286
Boiling Meat	19	Cheese Dishes	223
Bouillabaise	287	London Welsh Rarebit ...	223
Brawn of Ox Cheek	280	Macaroni Cheese	223
Brawn, Mixed	289	Spaghetti au Gratin	224
Braising —See Stewing and		Stewed Cheese... ..	223
Hashing	21	Toasted Cheese	223
		Welsh Rarebit... ..	223
		Cheese Bouchées	290
		„ Ramequins	290
C.		Cakes, Buns, and Scones ...	225
Calendar of Food in Season ...	263	American Breakfast Buns ...	228
Carving	22	Baking	225
		Baking Powder	226
		Bath Buns	231
		Butter for Cakes	225

Entrées—continued.

PAGE

Bacon and Cabbage ...	95
„ and Calf's Liver ...	75
„ and Kidneys ...	89
Baked Sweetbread ...	86
„ Sheep's Heart ...	73
Beef à la Mode... ..	81
„ Braised Rump of ...	78
„ Curried	93
„ Kabobs	98
„ and Mushrooms ...	91
„ Olives	87
„ Ragout	84
„ Steak and Onions ...	88
„ Steak, Roasted and Stuffed	85
Blanquette of Turkey... ..	79
Braised Beef and Macaroni ...	91
„ Rump of Beef... ..	78
„ Sweetbreads	74
„ Veal	101
Breast of Mutton, Grilled ...	84
Breast of Veal, Collared ...	101
Broiled Partridge	90
Bullock's Kidney	75
Cabbage and Bacon	95
Calf's Head	82
„ Jellied	90
„ Ragout of	90
„ Tortue	73
Calf's Heart	82
„ Liver à la Minute ...	97
„ „ and Bacon	75
„ „ and Curry Sauce ...	75
„ Sweetbread	91
„ „ Stewed	90
Chicken, Curried	76
„ Cutlets	83
„ Devilled	85
„ Fritters	100
„ Marseillaise	286
„ Minced, and Poached	
„ Eggs	77
„ Mould	92
„ Pompadour	288
„ Rissoles	94
„ Salad... ..	83
„ Soufflé	100
Chicken and Rice	80
Cold Beef, Ragout of	92
„ Sauté	101
Cold Veal, Hashed	100

Entrées—continued.

PAGE

Collops of Veal	91
Curried Beef	93
„ Chicken	76
„ Kidneys	88
„ Mutton	83
„ Pork	81
Curry Sauce with Calf's Liver	75
Cutlets, Chicken	83
„ Fried	77
„ Lamb	82
„ Oyster	98
„ Tomato	97
„ and Tomato Sauce ...	92
„ with Purée of Peas ...	95
Devilled Chicken	85
„ Game	94
„ Kidneys	87
„ Pheasants' Legs ...	88
Entrée of Cabbage	100
Fricassée of Pork	84
Fricandeau of Ox Tongue ...	95
„ Veal	86
Fried Cutlets	77
Game, Devilled	94
Giblet Pie	77
Green Peas and Spinach with	
„ Stewed Ox Tail	87
Grilled Kidneys	80
Grilled Kidneys and Tomatoes	80
Grilled Steak	83
Ham and Macaroni	88
Haricot Ox Tail	103
Haricot Veal and Peas ...	103
Hashed, Cold Veal	100
Hotch Potch	98
Household Haricot Mutton ...	102
Indian Puffs	97
Irish Stew	77
Kidneys à la Française ...	96
„ and Bacon	89
„ Curried	88
„ Devilled	87
„ Grilled	80
„ Minced	85
„ Stewed	85
Lamb Cutlets	82
„ and Spinach	102
Leg of Pork, Stuffed	96
Macaroni and Beef, Braised... ..	91
Macaroni and Ham	88

<i>Entrées—continued.</i>	PAGE
Marrow Bones...	82
Mashed Potatoes and Sausages	99
Matelôte of Rabbit ...	96
Melton Veal ...	102
Minced Ham and Eggs ...	78
Minced Kidneys ...	85
Mincemeat, Savoury ...	76
Mushrooms and Beef ...	91
Mushrooms and Kidneys ...	89
Mushrooms and Sweetbreads...	78
Mutton, Breast of, Grilled ...	84
Mutton, Curried ...	83
Mutton Cutlets with Soubise and Tomato Sauce ...	83
Mutton Fricassée ...	96
Olives, Beef ...	87
Olives, Veal ...	79
Olla Podrida ...	86
Onions and Beef Steak ...	88
Onions, Farcis... ...	93
Ox-tail, Haricot ...	103
" Jardinière ...	73
" Stewed ...	87
" Stewed, with Green Peas or Spinach ...	87
Ox Tongue, Fricandeau of ...	95
Oyster Cutlets ...	98
Partridge, Broiled ...	90
Pheasants' Legs, Devilled ...	88
Pie, Gibleet ...	77
Pigeon Pie ...	93
Poached Eggs and Chicken, Minced ...	77
Polpessi ...	94
Pork, Curried ...	81
Pork, Fricassée ...	84
Potato Rissole ...	76
Potted Tongue Ragout ...	80
Poulet au Riz ...	92
Purée of Peas with Cutlets ...	95
Rabbit Matelôte ...	96
Rabbit Ragout ...	99
Rabbit, Stewed ...	99
Ragout, Bachelor's ...	78
Ragout of Beef ...	84
" of Calf's Head ...	90
" of Cold Beef ...	74
" of Rabbit ...	99
Rice and Chicken ...	80
Rissoles, Chicken ...	94

<i>Entrées—continued.</i>	PAGE
Rissoles, Potato ...	76
Roasted and Stuffed Beef Steak	85
Salad, Chicken ...	83
Sausages and Mashed Potatoes	99
Sauté of Cold Beef ...	101
Savoury Mincemeat ...	76
Scalloped Beef ...	101
Sheep's Heart ...	73
" " Baked ...	97
" Liver and à la Française	74
Soufflé, Chicken ...	100
Spinach and Lamb Cutlets ...	102
Steak, Grilled ...	83
Stewed Calf's Sweetbread ...	90
Stew, Irish ...	77
Stewed Kidneys ...	85
" Ox Tail ...	87
" Rabbit ...	79
Stew, Tomato ...	95
Sweetbread, Baked ...	86
" Braised ...	74
" and Mushrooms...	78
Stuffed Leg of Pork ...	96
Tomato Cutlets ...	97
Tomatoes and Grilled Kidneys	80
Tomato Sauce and Cutlets ...	92
Tomato Stew ...	95
Tongue Ragout (Potted) ...	80
Turkey, Blanquette of ...	79
Veal, Braised ...	101
Veal Cutlets, another way ...	100
Veal, Collops of ...	91
" Fricandeau of ...	86
" Melton ...	102
" Olives ...	79
Wet Devil ...	89

F.

Fireless Cookery ..	256
First Principles of Cookery ...	7
Food and the Cook ...	10
Fish ...	46
Cod (au gratin) ...	47

<i>Fish—continued.</i>		PAGE	<i>Fish—continued.</i>		PAGE
Cod Béchamel	59	Salmon Steak, Grilled	55
„ Boiled	59	Scallops...	57
„ Crimped	46	Skate	56
„ Steak, Grilled	59	Skate, au Beurre Noir	56
„ Steamed	46	„ Crimped, Boiled	57
Collared Eel	47	„ Stewed	57
Conger Eel, Fried	59	Smelts	58
Crab, Dressed	60	Smelts, Fried	58
Curried Oysters	61	Sole, au Vin Blanc	51
Curried Salmon	54	„ aux Fines Herbes	50
Dory, John, Boiled	52	„ Boiled	50
Eels, Collared	47	„ Curried	50
„ Fried	47	„ Fillet of Béchamel	51
„ Stewed	48	„ Fried	51
Fish Cakes	60	Sprats, Baked	58
Fish, How to select	46	Sprats, Fried	57
„ Rissoles	60	Sturgeon Cutlets, Grilled	62
„ Scallops of	60	Trout in Jelly	63
Fumette	51	Trout, Boiled	62
Green Peas and Salmon	54	Turbot, Boiled...	53
Grey Mullet, Boiled	56	Turbot Croquettes	53
Grilled Salmon Steak...	55	Whitebait, To Cook	63
Gurnard, or Gurnet, Stuffed and Baked	56	Whitebait, Devilled	63
Haddock, Fresh (Scotch style)	58	Whiting, au Gratin	52
„ Fresh, Steamed	58	„ Broiled	58
„ Dried, Baked	60	„ Plainly Boiled	52
Halibut, Boiled	61	Forcemeats	156
Herrings, Fresh, and Mustard Sauce...	49	Balls, Baked	158
Herrings, Pickled	49	Butter	157
John Dory, Boiled	52	Curry Balls	157
Ling, Baked	61	For Fish	157
Mackerel, aux Fines Herbes	48	„ Game	157
„ Boiled	48	„ Goose	157
„ Fillets of	49	„ Hare	156
„ Soused	49	„ Roast Veal	156
Mullet, Grey, Boiled	56	„ Roast Pork	157
Mullet, Red, Baked	55	„ Turkey	156
Oysters, Curried	61	Panada	156
Oysters, Stewed	61	Fritters, Pancakes, and Soufflés 181		
Plaice, Boiled	62	Soufflés	182
Plaice, Filleted, Fried...	62	Batter	181
Rissoles of Salmon	54	Soufflé, Apple	185
Salmon, Boiled	53	„ Apricot	182
Salmon, Curried	54	„ Almond Sauce for	183
Salmon and Green Peas	54	„ Fig Fritters	183
Salmon, Marinaded	55	„ Pineapple	184
Salmon Rissoles	54	„ Strawberry	184
„ Trout, Maître d'Hôtel	54	Fritters, Apple	181
			„ Beef	186

Fritters, Pancakes, &c.—continued.	PAGE
Fritters, Chicken ...	185
" Fig ...	183
" Fruit ...	183
" Lemon ...	184
" Pancakes ...	181
" Pear ...	183
" Queen of Pancakes ...	185
" Rhubarb ...	183
French Mustard ...	292
Fritadella ...	289

G.

Galantine of Veal ...	284
Game ...	110
Black Cock, Roast ...	118
Capercaillie, Roast ...	118
Game Pie ...	112
Grouse, Roast ...	110
Guinea Fowl ...	111
" Roast ...	111
" Boiled with	
Oysters ...	111
Hare, Jugged ...	110
" Roast ...	115
" Terrine of ...	116
Jugged Hare ...	110
Partridge, The ...	111
" Broiled ...	115
" to Roast ...	111
Pheasant, Broiled ...	112
" Roast ...	118
" Salmi of ...	119
Quails, Roast ...	113
Rabbit, Wild, Jugged ...	117
" Pie ...	118
Roast Partridge ...	111
" Quails ...	113
" Teal ...	115
Snipe, Roast ...	115
Teal, Roast ...	115
Venison, Haunch of, Roast ...	116
" Shoulder of, Braised ...	117
" Stewed ...	117
Wild Duck, Roasted ...	113
Wood Cock, Devilled... ..	114
" Roast ...	114

Game—continued.	PAGE
Wood Cock, Trussed ...	113
Wood Pigeons ...	113
Green Colouring ...	293

H.

Hashing —See Stewing, Hashing and Braising ...	21
Hors d'œuvres ...	26
Anchovy Eggs... ..	26
" Olives ...	22
" on Toast ...	26
Caviare on Toast ...	26
Cod Roe and Cream ...	28
Devilled Bones... ..	29
Egg and Kidney Toast ...	27
Foie Gras Toast ...	29
Game Toast ...	27
Hot Sardine Paste ...	27
Kidneys, Curried ...	29
Kidney and Egg Toast ...	27
Marrow Bones ...	29
Mushroom Toast ...	29
Prawns with Caviare ...	27
Sardines, Hot, on Toast ...	26
" on Toast ...	28
Sole Savoury ...	28
Tomato Toast ...	28
Woodcock Toast ...	28
Hungarian Coulash ...	286

I.

Ices ...	218
Coffee Ice Cream ...	220
Iced Pudding ...	219
Lemon Ice Cream ...	218
Orgeat Ice Cream ...	219
Neapolitan Ices ...	219
Strawberry Ice Cream ...	218
Strawberry Ice, made with Jam	218
Vanilla Ice Cream ...	219
Water Ices ...	219
Indian Curry —See Curry Dishes.	238
Invalid Beverages, and ...	249
Invalid Cookery ...	243
Apple and Rice Pudding ...	249
Apple Tea ...	250

Invalid Cookery—continued.	PAGE
Baked Milk	250
Barley Water	250
Beef Tea	245
Broth, Chicken	246
Broth, Veal	245
Chicken... ..	247
Chicken, Boiled	247
Chicken Broth... ..	246
Cranberry Jelly	250
Custard, Boiled	249
Dry Lips	249
Eggs	250
Flour, to Cook for Thickening	244
Light Pudding... ..	249
Meats	247
Meat, Boiled	245
„ Minced	248
„ Raw	248
Milk, Baked	250
Mutton Cutlets, Plain... ..	247
Mutton, Neck of, Boiled	248
Orange Whey	250
Oysters, Broiled	246
Pepsine	244
Sago Milk	250
Sole, Boiled	246
Toast Water	250
Veal Broth	245
Veal and Oysters, Stewed	246

J.

Jams, Jellies and Preserves ...	204
Jam, for Children, Mixed ...	205
„ Black Currant & Rhubarb	206
„ Cranberry	207
„ Gooseberry	207
„ Pear Marmalade	208
„ Plum	209
„ Raspberry and Cherry ...	206
„ Raspberry and Currant... ..	206
„ Rhubarb	207
„ Strawberry	206
Jellies:—	
Apple and Marmalade	208
Lemon	204
Marmalade, Apple	208
Strawberry	208
Wine	204

Joints	64
Beef, Aitchbone of, Roast ...	64
„ Brisket of, Boiled	68
„ Ribs of, Roast	64
„ Ribs of, Rolled, Roast ...	69
„ Round of, Boiled	64
„ Silverside of, Boiled	69
„ Sirloin of... ..	64
Ham, Boiled	67
Lamb	70
„ Forequarter of, Roast... ..	67
„ Leg of, Boiled... ..	66
„ Loin of, Roast	70
„ Saddle of, Roast	66
Mutton, Haunch of, Roast ...	65
„ Leg of, Boiled	65
„ „ Braised	66
„ „ Roast	65
„ Loin of, Roast	65
„ „ Rolled	66
„ Neck of, Boiled	69
„ Shoulder of, Roast	65
„ „ Stuffed... ..	69
Ox Tongues (Russian)	71
Ox Tongue	70
Ox Tongue, Pickled	70
Pork	71
„ Chine of, Roast	72
„ Griskin of, Roast	71
„ Leg of, Boiled	71
„ „ Roast	71
„ Loin of, Roast	71
„ Spare Rib	72
Pig, Sucking, Roast	72
Veal	68
„ Breast of, Roast	68
„ Knuckle of, Boiled	68
„ Loin of, Roast	67

K.

Kitchen and its Management	11
Kitchen Utensils	12
List of Utensils	12

L.

Leicestershire Medley 283
Lenten Lobster 287
Lobster Salad 139

M.

Management of the Kitchen	11
Menus, Specimen of	295
Mushroom Cromeskie	294
Mushroom Ketchup	279
Mixed Brawn	289
Monthly Calendar of Food in Season	263

Q.

Omelettes—See Eggs	210
Ox Cheek Brawn	280
Onion Flavourings	292

P.

Pancakes —See Fritters...	... 181
Pastry, Tarts and Pies	... 162
Apricot Tart 163
Baked Apple Pudding	... 164
Cranberry Tart 163
Gooseberry Pie... 165
Green Apple Tartlets 164
Jam Tartlets 165
Lemon Cheese Cakes 163
„ Pie 164
Pastry 162

Pastry, &c.—continued.

Puff Paste	162
Rhubarb Bake	165
" Pie	165
Short Paste	162
Suet Crust	163
Paté de Foie Gras (Imitation)				283
Pickled Red Cabbage	292
Piccalilli	291
Pork Cheese	288
Pressed Beef	288
Pickled Pork	290
Pig's Feet in Jelly	284
Poultry	104
Capon	107
" Boiled	107
" Roast	108
Duckling, Roast	104
Duck, Braised with Turnips	109
Fowl, Boiled	104
" Boned and Stuffed	108
" Braised	108
" Roast	104
" Salmi of	108
Goose, Roast or Baked	104
Turkey, The	105
" Boiled	106
" Boned and Rolled	106
" Fillets of	107
" How to Truss	105
" Poult, Roast	106
" To Roast or Bake	105
Processes of Cooking	19
Puddings	187
Adelaide	197
Albert	191
Alma	191
Amber	191
American	197
Amhurst	198
Another Black Currant	194
Apple	190
Apple Batter	188
Apple Cream	199
Apple Custard	192
Apple Dumplings	193
Baby's	198
Bachelor's	193
Bank	198

Puddings—continued.	PAGE
Bartford	198
Bird's Nest	195
Black Currant	190
Beaulieu	199
Bread and Butter	188
Buff	199
Cabinet, Boiled	188
Californian	198
Canadian	194
Canary	194
Cerise	195
Cherry Cream	196
Children's	199
Christmas Plum	203
College	193
Cobourg	200
Cottage	190
Cup	200
Danish	200
Doctor's	201
Dumplings, Apple	193
Durham	200
Fig	193
French Fig	196
Fruit	201
Gertrude	201
Golden	201
Gooseberry	195
Ground Rice	197
Hasty	193
His Excellency's	200
Home	201
Jamaica Rum	189
Lemon Bread	192
Macaroni	196
Marmalade	192
" Baked	202
New	202
Polka	202
Primrose	197
Raspberry and Currant	203
Rhubarb	203
" and Batter	190
Rice, Ground	197
Roly Poly	189
Spanish	195
Sponge Cake	202
Strawberry and Custard	191
Swiss Apple	192

Puddings—continued.	PAGE
Tapioca	190
Toast	202
Victoria	196
Warwick	194

R.

Raspberry Vinegar	279
Ragout of Sheep's Tongues ...	293
Rice to Dress	289
Roasting	21

S.

Salads	138
Beetroot and Celery	140
Belgian Dressing for	141
Cold Haricot Beans	138
Cold Meat	139
Cucumber	140
Dr. Kitchener's Dressing for...	141
English, Mixed	139
Flemish	140
Fish	138
French Beans and Lentil	138
German	140
Italian Dressing for	141
Lobster	139
Peas and Potatoes	140
Plain à la Française	138
Potato	138
Provence	141
Sandwiches	235
Caviare Rolls	236
Chicken and Tongue	235
Cold Fish	236
Cunard	236
Flemish	237
Ham and Tongue	237
Lobster	236
Petersburg	235
Sardine	235
Walnut	235

	PAGE		PAGE
Sauces	142	Sauces—continued.	
Almond	153	Poivrade	151
Anchovy	153	Port Wine	147
Anchovy Paste... ..	146	Ravigote	150
Apple	146	Red Wine	147
Béchamel	146	Robert	151
Bernaise	149	Shrimp	149
Beurre Noir	148	Sorrel	151
Bigarade	150	Soubise	147
Bordelaise	153	Spanish	149
Bread	146	Suprême	151
Brown	143	Sweet, for Puddings	152
Brown Gravy	148	Tarragon	144
Butter Maître d'Hôtel	153	Tartare	147
Caper	153	Tomato	152
Celery	154	Velouté	152
Cockle	150	White	142
Cranberry	153	Wine	147
Custard for Sweet Puddings	154	Sauer-Braten	285
Curry	148	Sausages	282
Demi Glaze	143	Beef	283
Dutch	151	Meat	283
Egg	148	Meat Cakes	283
Espagnol	145	Pork	282
Fennel	154	Soufflés—See Fritters	181
Flavourings for	142	Soups	30
Flemish... ..	154	Asparagus	31
Garlic	145	Artichoke	31
Ginger	154	Autumn... ..	31
Gravy	155	Beef Tea	31
" Beef	154	Broth, Chicken	34
" Shallot... ..	155	" Scotch	43
Herb	155	" Brown	45
Hollandaise	155	Brunoise	32
Horse Radish	145	Cabbage	44
Indian	155	Carrot	32
Maître d'Hôtel... ..	153	Celery	33
Matelotte	148	Celestine	33
Mayonaise	146	Chicken... ..	34
Mint	149	Clear	34
Mushroom	144	Cock-a-Leekie	32
Mustard	147	Consommé	32
Onion, Brown	152	Consommé, Celestine... ..	33
Onion, White	152	Crécy	33
Oyster	151	Croût-au-Pot	33
Parsley	149	Curry, or Mulligatawny	38
Plum Pudding	152	Duck Giblet	34
Piquante No. 1	144	Egg	34
Piquante No. 2	144	Fish	35
		Fish Stock	35

Soups—continued.	PAGE	Soups—continued.	PAGE
Flemish	35	Tapioca... ..	44
Game	35	Thick Ox Tail	38
Giblet of Duck	34	To Clarify Stock	30
Gravy	35	Tomato, with Fresh Tomatoes	40
Green Corn	40	Tongue	44
Green Pea	36	" Boiled	281
Grouse	36	" Potted	282
Hare	36	Turkey	41
Hints for making Stock	30	Turnip	45
Inexpensive Oyster	39	Turtle, Real	45
Italian, or Rissoto	42	Specimen of Menus	304
Jardinière	36	Specimen of Menus for Plain	
Julienne... ..	36	Dinners	311
Kidney	36	Specimen of Simple Luncheon	
Leek	32	Menus	295
Leek and Potato	37	Spiced Beef	285
Lentil, Red	37	Stewing, Hashing & Braising	21
Maigre	37	Sundries	279
Milk	37	Bath Chaps	285
Mock Turtle	38	Bouillabaise	287
Mulligatawny, or Curry	38	Brawn of Ox Cheek	280
Ox Tail Soup, Thick	38	Brawn, Mixed	289
Onion	38	Caspacho	286
Oyster	42	Cassolettes	284
Oyster, inexpensive	39	Chicken Marseillaise	286
Palestine	39	Chicken Pompadour	288
Panada	39	Celery Flavoursings	293
Parmentier	39	Cheese Bouchées	290
Pea	40	Cheese Ramequins	290
Pot au feu	41	Eel Pie	285
Potato	41	Fritadella	289
Potato and Leek	37	French Mustard	292
Rabbit	41	Galantine of Veal	284
Real Turtle	45	Green Colouring	293
Red Lentil	37	Hungarian Goulash	286
Rice	42	Leicestershire Medley... ..	283
Rice Royal	42	Lenten Lobster	287
Rissoto	42	Mushroom Cromesques	294
Sago	42	Mushroom Ketchup	279
Scotch Broth	43	Mixed Brawn	289
Sheep's Head	43	Onion Flavoursings	292
Sorrel	43	Pâté de Foie Gras (Imitation)	283
Soup à la Reine	42	Pig's Feet in Jelly	284
Soup Maigre	37	Pickled Red Cabbage... ..	292
Spinach	43	Pickled Pork	290
Spring	43	Piccalilli	291
Stock, Hints for making	30	Pork Cheese	288
Stock, to Clarify	30	Pressed Beef	288
Strong White Stock	30	Raspberry Vinegar	279
Superlative	44		

Sundries—continued.		PAGE	Sweets & Creams—continued.		PAGE
Ragout of Sheep's Tongues ...	293		Currant and Raspberry Salad .	170	
Rice to Dress ...	289		Currant Snow ...	174	
Sauer-Braten ...	285		Damsons, Compôte of ...	170	
Sausages ...	282		Devonshire Junket ...	174	
" Beef ...	283		Frangipane ...	177	
" Meat ...	283		Fruit Salad ...	171	
" Meat Cakes ...	283		Gooseberry Charlotte ...	176	
" Pork ...	282		" Custard ...	176	
Spiced Beef ...	285		" Fool ...	166	
Tomato Catsup ...	292		Lemon Cheese Cakes ...	166	
Tongue ...	281		" Creams... ..	168	
" Boiled ...	281		Melon Cream ...	178	
" Potted... ..	282		Milanese Cream ...	178	
Tripe ...	280		Milk Blanc Mange ...	167	
" and Onions ...	280		Normandy Cream ...	175	
" à la Normande... ..	280		Orange Blanc Mange ...	178	
" à l'Italienne ...	281		Oranges, Compôte of ...	172	
" à la Française ...	281		Oranges, Pretty dish of ...	171	
Turkish Delight ...	294		Orangeade Custard ...	176	
Vienna Chicken ...	287		Peach Salad ...	170	
Vegetable Marrow Stuffed ...	290		Pineapple, Compôte of ...	173	
Walnut Ketchup ...	279		Pineapple Cream ...	179	
Sweets and Creams ...	166		Plum and Apple Cream ...	174	
Almond Blanc Mange... ..	167		Queen's Custard ...	179	
Almond Rice ...	178		Quince Custard ...	179	
Apples, Compôte of ...	170		Raspberry Blanc Mange ...	179	
Apple Cream ...	166		" Cream ...	175	
Apple Float ...	168		Rhubarb, Stewed ...	177	
Apple Fool ...	168		" Flummery ...	180	
Apple Mould ...	168		Rice Mould with Stewed Fruit	178	
Apple Ragout ...	177		" Snowballs ...	166	
Apple Trifle ...	180		Richmond Maids of Honour ...	166	
Apples with Custard ...	172		Salad of Oranges ...	169	
A Pretty Dish of Oranges ...	171		Stewed Gooseberries ...	169	
Apricot Cream ...	175		" Plums ...	175	
Apricot Nougats ...	177		" Rhubarb au Croutons .	177	
Arrowroot Cream ...	171		Strawberry Charlotte ...	176	
Baked Bananas ...	175		" Cream ...	172	
Banana Cream ...	172		" Salad ...	169	
Blanc Mange, Milk ...	167		Sweet Omelette ...	169	
Cherries, Stewed ...	170		" Rice ...	167	
Chocolate Blanc Mange ...	167		" " and Jam ...	167	
Compôte of Apples ...	170		Tapioca Cream ...	172	
Compôte of Damson ...	170		Vanilla Cream ...	180	
Compôte of Oranges ...	172		White Lemon Creams ...	198	
Compôte of Pineapple, made					
with Blanc Mange ...	173				
Compôte of Prunes ...	169				
Cream Baskets... ..	173				
Cream Rice ...	168				

	PAGE
T.	
The Table and Its Decorations	242
The Kitchen and its Management	11
Tomato Catsup	292
Tongue	281
Boiled	281
Potted	282
Turkish Delight	294
Tripe	280
à la Normande	280
à l'Italienne	281
à la Française	281
and Onions	280

U.

Utensils used in the Kitchen,	
List of	12

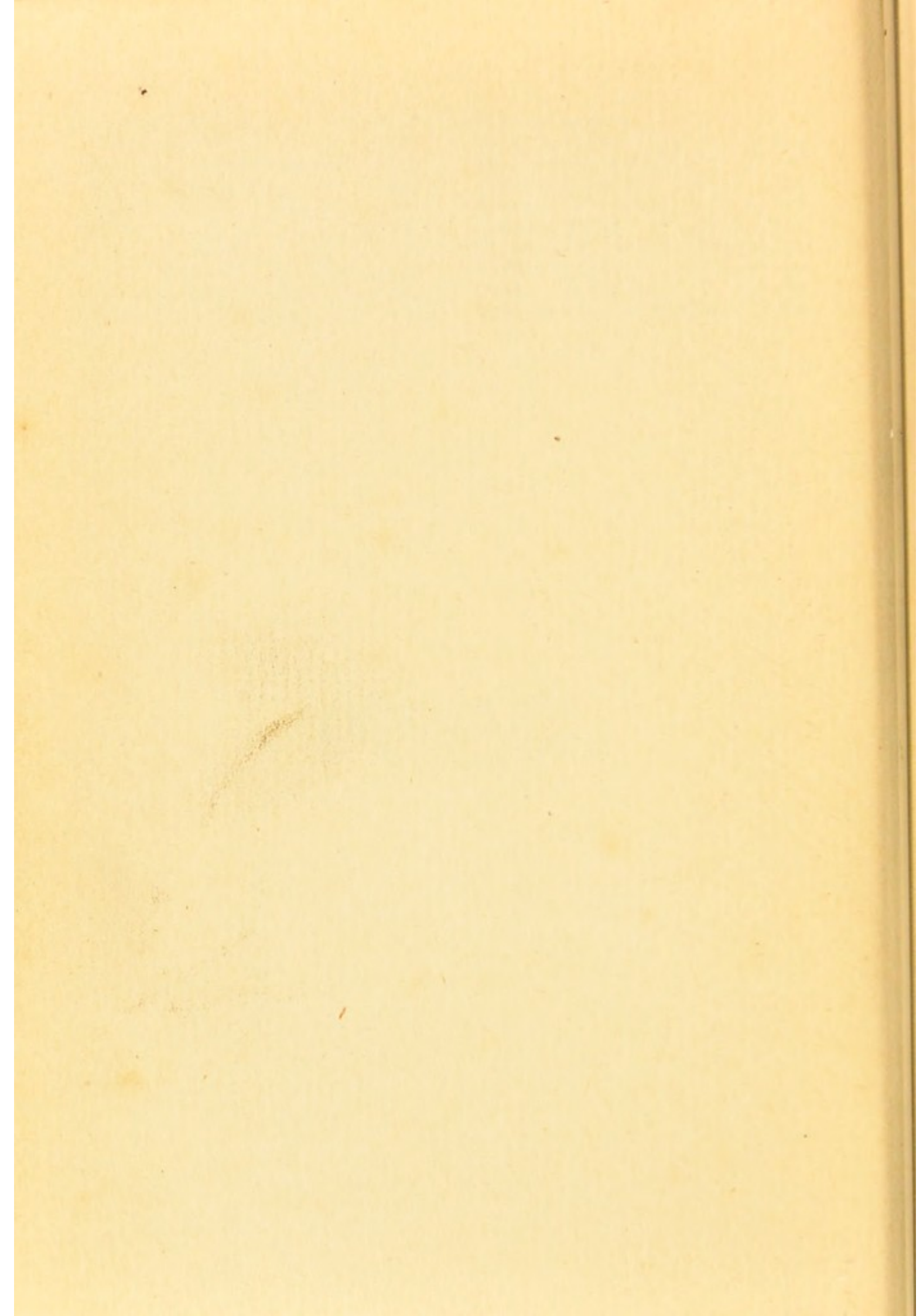
V.

Vienna Chicken	287
Vegetables	120
Artichokes, Boiled	123
" Jerusalem, Boiled	129
" L'Huile	129
Asparagus	120
" Tips with	134
Hollandaise Sauce ...	134
Aubergines, au Gratin...	134
Beans, French, à la Française	130
" " Boiled	131
" " to Stew	132
" Scarlet Runners, Cut	
and Boiled	134
Beetroot, Boiled	135

	PAGE
Vegetables—continued.	
Broad Beans	129
" Stewed	134
Brocoli, Boiled... ..	135
Brussels Sprouts, Sauté	135
Cabbage, Boiled	122
" Red, Boiled... ..	122
" Shredded and	
Creamed... ..	129
Cardoons, Boiled	135
" Stewed	135
Carrots, Boiled	123
" Braised	123
" Glazed	124
" Mashed	124
Cauliflower, Boiled	120
" au Gratin	131
Celery, Boiled	125
" Braised	125
French Beans, à la Française...	130
" Boiled	131
Haricot Beans	126
" and Tomato Sauce	127
Leeks, Boiled	124
" Stewed	124
Lentils à la Crème	126
" Boiled	125
Lentil Pudding... ..	125
Mushrooms, au Beurre	132
" Grilled	132
" Stewed	132
New Potatoes	128
Onions, Baked	133
" Boiled... ..	133
" Braised	133
Parsnips, Boiled	133
" Mashed	133
Peas, à la Crème	136
" Dried Green	136
" Green, Boiled	127
" Preserved, How to Cook	136
" Pudding	123
Petit Pois à la Française	131
Potatoes à la Lyonnaise	128
Potatoes, Boiled	127
" Chips	136
" New	128
" Straw	128
" Sauté	128
Purée of Spinach	136
Salsify, Boiled... ..	121

<i>Vegetables—continued.</i>		PAGE	<i>Vegetables—continued.</i>		PAGE
Salsify, Boiled, Plain	121	Spinach, Boiled	122
Savoy and Brussels Sprouts	122	Tomatoes au Gratin	128
Scotch Kale, Boiled	132	Tomatoes, Baked	137
Seakale, Boiled	121	Tomato Omelette	128
Sorrel	126	Turnips, Boiled	130
„ Purée of	126	Turnips and Potatoes Mashed	...	137
„ Stewed	126	Turnips, Purée of	131
Spinach Cream	129	Turnip-top Greens	130
Spinach à la Française	130	Vegetable Marrow Stuffed	290









RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 2178

Microfilm No:

Date	Particulars
21/4/97	Chemical Treatment
	Fumigation
	Deacidification spray PTDA
	Lamination
	Solvents
	Leather Treatment
	Adhesives
	Remarks

