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THE COOKERY BOOK OF LADY CLARK OF TILLYPRONIE

EDITED BY C. F. FRERE

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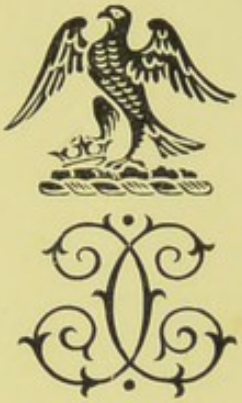
THE COOKERY BOOK
OF LADY CLARK OF TILLYPRONIE



ARRANGED AND EDITED BY
CATHERINE FRANCES FRERE

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"Madame, songez à la santé surtout, c'est là ce qu'il faut vous souhaiter—la beauté, la grandeur, l'esprit, le don de plaire, tout est perdu quand on digère mal; c'est l'estomac qui fait les heureux."

Extract from VOLTAIRE, *copied into one of Lady Clark's manuscript recipe books.*

PREFACE

TILLYPRONIE, *June*, 1901.

DEAR MISS FRERE,

I have asked you to stand sponsor for the publication of a selection from a number of cookery and household recipes, collected by my late wife—this for two reasons, firstly, because I know you to be yourself not a little interested and versed in the science of *Brillat Savarin;* and secondly, and mainly, because, from your intimate acquaintance with her for many years, you can bear testimony to her having been, not the mere "housewife" on culinary things intent, but an exceptionally widely-read woman, gifted with fine literary taste and judgment, a singularly retentive and accurate memory, and great conversational powers, never degraded to mere culinary talk—which she particularly disliked! In fact, a cultivated and accomplished woman, with many other and larger interests than such as are indicated by the collection of these recipes.

How she originally came to be so interested in them was that her father, Mr. Justice Coltman, had been in early life intimately acquainted with some of the leading *emigrés* of the First—great—French Revolution, and acquired, from living a good deal with them, a considerable knowledge and appreciation of the French cuisine, then, as now—even perhaps more then than now—so superior to our own; and, although himself the most abstemious of men, he always insisted on having a good table for his family and guests.

The knowledge and appreciation thus handed on to his only daughter were stimulated, doubtless, by the experience of both French and Italian cookery acquired in the annual holiday of some weeks spent in travel on the Continent with him and Lady Coltman, and still further cultivated during the three years which, after our marriage in 1851, she passed at Paris, Brussels, and Turin, while I was still in the Diplomatic Service.

At the last place especially we had one or two excellent men cooks, both French and Italian (Milanese, who are the best), and she never failed, when any dish interested her, to cross-examine

the artist the next day, who, perceiving the intelligent appreciation she evinced in his art, rarely failed to give her the best of his knowledge and experience.

In the forty years of our subsequent home life in London, Birk Hall, Bagshot Park,* and here, she pursued, when opportunity offered, the same system; and what constitutes the value of these recipes is that by far the greater number of them were taken down directly from the lips of the artists themselves under her own acute cross-examination.

During all these years she was practically the presiding genius, with a moderate establishment, over a not inhospitable house; and while conceiving it her duty, as such, to secure, as far as in her lay, the material as well as mental and social comfort and well-being of those around her, she maintained that no mistress of any establishment could do so without making herself mistress of every branch of her duty as a hostess—and what she felt it her duty to do she did with all her might.

It has not been without great reluctance that I have consented, at the earnest request of several friends who know their value, to give these records of my wife's labour of love to the public, lest they should give a wrong impression of her other many-sided qualities and interests; but having so consented, I do so with every confidence in the skill, tact, and judgment which you will show in their publication.

In this confidence, and in the hope and belief that they may prove of service to many a young matron of like mind with her who made it, I confide the collection to you for your supervision and for publication.

Yours sincerely,

JOHN F. CLARK.

In the above letter Sir John Clark of Tillypronie gives an interesting sketch of the history of the remarkable collection of cookery and other recipes gathered together by Lady Clark, which I have been asked to edit for publication—"a goodly collection," as he first described them to me, containing "the gatherings of many years."

I cannot lay claim to the special knowledge of cookery with which Sir John so kindly credits me, but it has always been to me a study of much interest, and some years ago I had the

* Lent to Sir John Clark's father, Sir James Clark, for his life by Her Majesty the Queen.

pleasure of seeing two other cookery books through the press for my friend the late Miss Hilda Duckitt.*

I can only regret that the scant leisure of a very busy life has made it impossible for me earlier to complete the work begun at the time of Sir John's letter.

The first thing I had to do was to master and arrange the mass of valuable material, which I had never seen until it was then placed in my hands. This material consisted of some sixteen books of various sizes, containing nearly three thousand pages of manuscript, some of the pages not only written over every available margin, but often crossed like a shepherd's plaid—added to which were recipes written on loose sheets pinned in, or on backs of envelopes or of paid bills, or apparently on any half-sheets of paper snatched up as the opportunity occurred to get a valuable hint recorded; all bearing witness to the interest and care with which Lady Clark had studied this branch of her responsibilities as hostess.

Since these recipes were recorded by Lady Clark conditions have somewhat changed, and things have become simplified for the twentieth century cook; whisks of various kinds obviate the tedious long beating up of eggs, &c., often mentioned; tinned fruits and tinned tongues are vastly superior to what they were a few years ago, and every day there are increased facilities for getting such materials as yeast, by post; castor sugar and icing sugar have replaced the "pounded loaf sugar" of earlier days, and the improved gelatine has greatly superseded isinglass. I should mention that throughout the book the amounts required are given in English measure, unless Scotch measure is specified, the latter being a different quantity—*i.e.*, a Scotch pint equals four English pints.

I must here record my cordial thanks to Miss Leo Trench for much assistance, which, from her practical knowledge and her ever kind readiness to help, was invaluable in my work.

The manuscript books which came to my care included one which had belonged to Lady Clark's mother, Lady Coltman, in 1839, but her own books begin apparently with one dated 1841, and continue almost to the day of her death. Their practical pages are interspersed with anecdotes, with quaint little rhymes; here is one with reference to local names:

"Tillyorne grows the corn, Westercorse the straw,
Meadow Lea the blewits blue, Cald Hame naething ava!"

* "Hilda's Where is it? of Recipes" and "Hilda's Diary of a Cape Housekeeper," both by Miss H. Duckitt (Messrs. Chapman and Hall).

There are also short quotations from great writers (among them the one from Voltaire printed above), and gardening memoranda, such as "The Blue Pea of Abyssinia flowers at R. Lyall's in June," followed by names of French plays or of the newest books, jotted down as she heard of them by Lady Clark, who was an omnivorous reader.

One amusing little entry may be given here, as it cannot come among the recipes; it is headed "The Bishop of Alet's Dinner," but no date or* place is recorded.

"Bishop of Alet's Dinner.

(Two covered dishes to each person at a time.)

1st course.—(1) A small boiled chicken; (2) 5 or 6 spoonfuls of vermicelli boiled in milk tinged with saffron.

2nd course.—(1) A snipe and an orange. (2) Three balls of chopped herbs, meat and bread, each about the size of a poached egg.

3rd course.—(1) A pear ready peeled. (2) A neatly folded napkin with a piece of Parmesan on it about the size of 6*d*

Then a finger glass and rose and orange water poured over the guests' hands."

All recipes traced to a published source have been carefully omitted, and the names of the givers of the manuscript recipes in this book are stated;† these include many valued servants in the service of Sir John and of his father, Sir James Clark—Sherwoods, Sutherden, Camp, Wellington, Bate, and many more, constantly recur. Bate had been a kitchenmaid at the Austrian Embassy, both in London and Paris, and her excellent recipe "Apponyi Carrots" took its name from the Austrian Ambassador, Count Apponyi, from whose kitchen it came. Among other names which often recur are—Mr. Taton, the chef always summoned by Mr. Justice Coltman for great occasions; Cataldi, the clever Milanese cook, three years at Birk Hall, whose boast it was that he had "travaillé chez Rothschild"; Francesco, also an Italian, who was butler to Sir John, gives two salad sauces; the three Emslie sisters, all from the district of Cromar in Aberdeenshire, are very constantly quoted: one of them, I believe, still fills a position of trust in England, and another died practically at her post at Tillypronie, faithful to the end.

* Alet (Aude) is a little town not far from Carcassone, with a bishop's palace and ruins of a cathedral.

† It is possible, however, that, among so many, one or two may have been overlooked; if so, I can only trust the absence of acknowledgment will be forgiven.

But the givers of recipes were not only professional cooks, they also include very many names well known in the social and historical life of England and of Europe in the nineteenth century, beginning with French names such as the Prince de Polignac, son of that Duchesse de Polignac who was the confidante of Marie Antoinette, and himself Minister of Charles X., and who, failing in the troubled days of 1830 to escape in disguise, was imprisoned till 1836, at which date he came to England; his recipe is called "Œufs à la Polignac." The Duc de Coigny* gives a recipe for Roe Deer Venison; Pauline, daughter of Guizot, contributes an orange salad; Dr. Wolff, the traveller, a recipe for "Toad in the Hole"; Dr. Liebig, the great and well-known chemist, gives his name to directions for "Boiling fresh Meat"; Mrs. Adams, daughter-in-law of the distinguished Minister of the United States of America at the Court of St. James, 1860, supplies particulars of how to make Shrewsbury Cinnamon cakes. Then we come to many familiar English names, social, political, and literary, with the recipes they gave, Sydney Smith, for instance, and his clever rhyming recipe for a salad mixture.

(I have seen elsewhere the following alternative version of its last four lines:

> "Then though green turtle fail, though venison's tough
> And ham and turkey are not boiled enough,
> Serenely full, the epicure may say:
> 'Fate cannot harm me—I have dined to-day!'")

Mr. Ford, the writer of the well-known "Handbook to Spain" (1845), and Mrs. Ford contribute various Spanish dishes such as Rabbit "Posada," "Leche Crema," and "Pollo con arroz"; Lady Bell (the widow of Sir Charles, the author of "Bell on the Hand") gives a Half-pay Pudding, with the amusing alternative that if half-pay will not run to Wine Sauce, the pudding must be served with Demerara sugar.

The Ginger Yeast recipe is from Mr. Nightingale, of Lea Hurst, whose daughter, Miss Florence Nightingale, and he—both very old friends of Lady Clark—stayed, on Miss Nightingale's return from the Crimea, at Birk Hall, whence she was summoned to Balmoral to tell the Queen about her great work for the soldiers; the "Poet's Pudding" comes from the poet Rogers; a Tartar Sauce is contributed by Sir William Stuart, our Minister at The Hague; Lord Houghton—then "Monckton Milnes"—is answerable for a Mutton and Oyster Pudding; Madame de

* The Duc de Coigny who (1822) married a daughter of Sir Hew Dalrymple Hamilton.

Bunsen for a good recipe for Carrots; the Dowager Lady Iddesleigh—then Lady Northcote—supplies the details of "Downing Street Lobster Cutlets," and Sir Stafford's Scotch cook describes a "Cock-a-Leekie."

The names of Lady Clark's sister-in-law, Mrs. Coltman, and of her aunt, Miss Duckworth, and of Lady Hobhouse, one of Lady Clark's oldest and most intimate friends, frequently occur; and another old and valued friend, Mr. Milnes Gaskell, introduces "Fromage à la Sefton" and various excellent recipes.

We find among other recipes Lord Cochrane's Yeast "as used in China"; Madame van de Weyer's "Chicorée à la Crème"; Sir James Fergusson's Orange Brandy; the Duke of Devonshire's Oyster Quenelles; Mr. Lowther's Grouse Pudding; Lord Aberdare's Coffee; a Cheese Custard from Kennet; Lady Ruthven's Lemon Pudding from Winton Castle; Lord Lurgan's Mulligatawny Soup.

Lady Holland, wife of the well-known Sir Henry, and his daughter-in-law, afterwards Lady Knutsford, contribute good dishes, while the name of Sir Henry's daughter, Miss Caroline Holland, so long and so well known in the musical world, accompanies a Cabinet Pudding, and another daughter, Mrs. Charles Buxton, gives a Pear Chartreuse from Fox Warren.

Mr. P. Courtenay, an authority in his day on all such good things, supplies the "Excellent Sauce for Fish" and many other recipes; and "Ida Darwin" sends a recipe from Cambridge for Iced Orange Cake.

Sir John's own contribution to the collection is entered, with an amusing little hit at the mere man, as "John's one Recipe"; it is for a delicious way to cook a spring chicken—"poor little Kikerika!"—and is called "Gebaekene Haendel" (its name in the Viennese dialect), while other entries, in which Lady Clark has noted his favourite dishes, show whose tastes were the first to be considered by her.

Among the best recipes are the excellent salad given by H.R.H. the Duchess of Albany and the delicious, crisp "Balmoral Dessert Biscuits" still made at Tillypronie.

Many of the dishes themselves have quaint titles, such as Lady Colebrooke's recipe for "Hatted Kit," an old Scotch version of Curds and Cream, the name of which occurs in the "Bride of Lammermoor"—"He has spilled the hatted kit that was for the master's dinner"—and in Jamieson's Dictionary of the Scottish Language: "Their efter I suld meet your lo: in Leith or quietlie in Restal, quhair we sould have preparit ane fyne

haitit kit, with suckar and confeittie and wyne, and therefter confer on materis" (Letters Logan of Restalrig, 1609).

Then there is a recipe for "Kymac" (like Devonshire Cream) brought from the East by Sir Charles Fellows, who was knighted for his literary and archæological services in Asia Minor, work which resulted in the placing of the Xanthian Marbles in the British Museum.

"Feather Fowlie," a strange corruption of "Œufs Filés," catches one's eye in looking down the Index, and so do "Croqu'en bouche," "Bombay Ducks," "Ritualistic Haddock," "Mismash," "Röde Gröde," "Wet Devil," "Boiled Angels," "Kisselle"—a Russian dish of Cranberries, "China Chola," "Pish Pash" of Rabbit, the little biscuits called "Frog's Bones," a finely grated beef named "Grandpapa's Snuff," and "Nudeln," of which it is said a former Emperor of Austria was so fond that once when, being ill, he was forbidden them by his doctor, he struck the table with his fist, exclaiming: "Ich *will* doch Nudeln! wozu bin Ich Kaiser?"

The picturesque name of "Haunted Woodhouselee"* which accompanies Miss Fraser Tytler's excellent recipe for Cold Curry recalls a romantic legend, referred to by Scott in "The Grey Brother":

> "From that fair dome where suit is paid
> By blast of bugle free,
> To Auchendinny's hazel glade
> And haunted Woodhouselee."

Scott knew the old house well, when he himself lived at Lasswade. At the date of his visit to Woodhouselee the ghost was wont to issue from a small very old door which led from the "big bedroom," which was hung with tapestry, into the turret. "Lady Anne" had frequently been seen by the old nurse Cicy Lord and her daughter Betty, the dairymaid. The former, when asked about "Lady Anne," used to say, "'Deed I hae seen her times out o' mind, but I am no ways afeard. I ken weel she canna gang beyond her commission; but there's that silly feckless thing Betty, she met her in the lang passage ae nicht in the winter time, and she had na' a drap o' bluid in her face for a fortnight after; she says Lady Anne came sae near her she could see her dress quite weel, it was a Manchester muslin with a wee flower."

Woodhouselee came into the possession of the Tytler family

* Interesting accounts are given of the old place in "Pentland Views," by R. Cochrane (A. Elliot, Edinburgh), to whom I am indebted for part of the following account, and I am told the place is also described in "Haunted Homes and Family Traditions."—C. F. F.

when William Tytler bought it in 1748—he whose recipe for a happy old age like his own was "Short but cheerful meals, music, and a good conscience." His son, Lord Woodhouselee, was a friend of Scott, Dugald Stewart, Lord Jeffrey, and Sydney Smith.

The remains of the old castle overlook the Esk, about three miles from the present house.

Woodhouselee had become the property of James Hamilton of Bothwellhaugh through his marriage with Lady Anne Sinclair, of the Rosslyn family. His estates were taken from him by Regent Murray, who gave them to Bellenden the Justice Clerk. The latter burned Woodhouselee to the ground. Lady Anne was turned out into the woods with her child, and there she went mad and perished. It is her ghost which has haunted old and new Woodhouselee. So far Mr. R. Cochrane in "Pentland Views."

Mrs. G. W. Watts (widow of the great artist and herself a Fraser Tytler) tells me that "the Woodhouselee ghost has always been known as the 'Lady Anne' (Hamilton). . . . She is supposed to have followed the stones of her old home, of which the new house, now some centuries old, was built"

Mrs. Fraser Tytler, kindly writing about it from Woodhouselee itself, says that regarding the mysterious knocking at the door, heard in some of the old rooms—a distinct, loud, treble knock—"I have myself frequently heard the three knocks on my bedroom door, and once the step coming up the narrow wooden staircase—and numerous people I could name have also heard the knocking. I heard it last when sitting alone in the drawing-room late at night, just at the spot where, before the house was altered, was a small door, leading through a turret to the garden. . . . The 'Anne Tytler' who gave the recipe for Cold Curry to Lady Clark is my sister-in-law, and I can vouch for the excellence of the dish."

So great is the variety of locality from which the recipes were drawn, that Lady Clark may be said to have focussed much of the best cookery of Europe in her collection, for the recipes came from France, Italy, Switzerland, Denmark, Russia, Spain, Germany, Portugal, Holland, Austria, as well as England, Scotland, Wales, and Ireland, with some Turkish and Indian dishes thrown in, which give an Oriental flavour.

So comprehensive a collection (nearly double the eighteen hundred recipes printed) necessarily included many duplicates and variations of the same dish as worked out by different cooks, and sometimes under different names. Of the Bagshot Clear Soup there were five versions and no less than thirteen variations.

While omitting duplicates, I have endeavoured to give some idea of these differences, for I feel that the varied suggestions and the personal taste of so many experienced workers are worthy of record, and often supply valuable hints which can be turned to account by others in preparing the same dish.

I shall be grateful to have my attention drawn, by those who may come across them, to any actual repetitions of a recipe under different names, or to other oversights, such as may well occur in such a mass of material.

Lady Clark's own remarks, or Sir John's, are marked with their initials, C. C. and J. F. C.

There are in the manuscript books also many entries of cookery notes, chiefly made at hotels in Paris (1877) and Rome (1878), or what one may call "sketches" for dishes, without giving quantities, &c. A few of these, when sufficiently detailed to be of use as suggestions, are included in this book; the complete recipes for others have evidently been obtained after the first "sketch" was noted down. For instance, among such memoranda is the following:—

"Puzzled with delicately flavoured and moulded sweets (not bavaroise). Sponges or whipped jelly. Evidently no cream—much white of egg—turned out well, yet not stiff with gelatine and set in ice—quite light—often a plain Baba (honeycombed from lightness) to eat with them. Roughened with almonds at top—scarcely any sugar inside and no plums or peel—more like Kugelhopf."

Regarding above see Baba No. 2 (Louvre Baba), from the Louvre Hotel, Rome, and Arrowroot Sponge (see Sponges), both under Sweet Dishes.

"Œufs à la Béchamel"—under Eggs—is another amplified recipe, of which the following was the original note:—

"Poached eggs in tomato sauce or in 'fines herbes,' poached or à la Béchamel—in this case hard boiled and sliced lengthways—yolks taken out, pounded with chopped herbs, &c., put back and served with this sauce over them. Madame Langel's sauce was gold-coloured—were they salamandered or browned in oven?"

The two following among these notes do not seem to have been otherwise recorded:—

"'Gnocchi'* of semolina well boiled in milk. Boil the milk first, then stir in some semolina gradually; stir on till thick—

* I notice in Madame Lebour Fawssett's "French Cookery for Ladies" (H. Virtue, London) a good recipe for "Gnocchi" with the stewed beef that it is served with—an Italian ragoût.—C. F. F.

keep it stiff. When cold, work in 2 or 3 eggs and a little butter and grated cheese. Cut on a board into thick slices 1½ inches; powder again with cheese; add little bits of butter and bake in oven."

"**Notes of Dishes:** (*Mrs. Jamieson.* 1885.)

Sweetbread 'en surprise,' remains of it cooked and pounded and creamed, served cold in egg-shaped moulds to represent the yolk of an egg, the white being aspic jelly truffled—more chopped aspic as garnish."

[Another recipe for "Gnocchi" is kindly given me by Lady Clark's niece, Mrs. Perrott:—"Boil semolina in milk as for a pudding, but make it rather stiff. After it is cooked put in a bit of butter the size of a walnut, and about 3 tablespoonfuls of grated Parmesan cheese. Let it cook for 2 or 3 minutes more, and then turn it out on a plate. Spread it out as you would a rissole mixture. When cold, cut out with a little round cutter and place in a French baking dish, one overlapping the other, till dish is full. Bake in a moderate oven for 30 minutes. A little salt must be cooked with it."]

Lady Clark had evidently no idea of publication in collecting recipes—they were therefore not arranged for printing—nor did she set herself to compile an exhaustive book on cookery. It is essentially her *own* collection, for home use, of such dishes as struck her as worthy of record, useful, or specially good and uncommon; the manuscript interspersed with amusing individual comments, some of which are left where they occurred, in the text.

Of Lady Clark herself, this is not the place for a biography, but all who had the pleasure of her delightful companionship will recall her very individual personality, the patience of detail, and the remarkable memory which enabled her to grasp such varied subjects ("She remembered," says her nephew, Mr. Coltman, "every book she ever read and every person she ever met"); her vivid interest in modern life and problems; her mastery of her "two departments," housekeeping and the library—the latter of which was always kept abreast of the time with the newest foreign as well as English books; her brilliant and lively wit; the truth and power of her friendship; her entertaining letters; and yet, as Sir John says, "throughout her exceptionally quiet and undemonstrative life" even her best friends "did not know the whole of her, *nor the half*."

Those who shared the hospitalities of Tillypronie recall, too, the united keen interest taken by the laird and his wife in the country and people of Aberdeenshire and in all they did for

its welfare,* as well as their appreciation of the wider cosmopolitan world which takes its autumn holiday in Scotland, their intercourse with which was so thoroughly enjoyed by Sir John and Lady Clark.

In the library at Tillypronie reposes the great volume begun by Sir James, in which were year by year recorded all such travellers as were welcomed to those hospitable doors, and many doings of special interest as they occurred in both the local and the general world. In this book also were inscribed the autographs of those august guests who visited Tillypronie from Balmoral, or from Birk Hall, and of the cultivated literary and political society who were always to be met at Tillypronie—a procession of indeed historical figures.

Many still remain who enjoy the pleasant memories of days at Tillypronie—their hostess's kind welcome of young people; the quiet strolls about the gardens with her and the dogs which were her own and her husband's constant companions; the rides with the laird, and his readings aloud in the evening of the latest books or French plays, or perhaps of the account of his recollections of Paris in '48, when, as a young attaché, he passed through the stormy days of the Revolution which deprived Louis Philippe of the throne of France, and when, from a brother attaché's window, he himself chanced to be an eye-witness of the King and Queen leaving the Tuileries with little luggage and no escort.

The device of entwined initials C. C. and Sir John Clark's crest which appears on the cover of this book, is from a seal Lady Clark always used, and the golden brown of the linen binding is taken from the tint of a beech leaf picked in autumn from the hedges in the gardens at Tillypronie. The house stands on the hills which run parallel with the Dee, and, though above the snow line, catches all the sunshine, for it faces south. The whole place is one with which much of the story of Sir John and Lady Clark's married life is interwoven, the home they built, the trees they planted.

From the cairn crowning the hill which, with its heather and fir trees, rises behind Tillypronie one looks from ridge to ridge over many counties. The view from the house itself is one of exceptional and ever-changing beauty, with woods and pastures and harvest fields sinking gently to the wild moor and peaty

* "Deeside," writes one of their oldest friends, "will probably never realise what it owes to Sir James Clark and to Sir John."

ground jewelled with its little lochs. The wide valley stretches away to where the further slopes rise again by degrees to the heights of Mount Keen. In the middle distance a faint banner of smoke sometimes shows where the train hurries away on straight lines to the sea, followed more leisurely by the winding river; and on nearer rising ground stands the farm to which, as a delicate boy, Byron used to be sent for the sake of the fine air.

To the right one sees the great shoulder of Morven, standing massive against the sunset; while below Tillypronie, at the foot of its hills, nestles the little kirkyard where she, to whose energy and home devotion this book owes its origin, now rests in the land she loved so well.

CATHERINE FRANCES FRERE.

67, Westbourne Terrace, W.,
London,
April, 1909.

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THE COOKERY BOOK

OF LADY CLARK OF TILLYPRONIE

BAKING POWDER, BARM AND YEAST

NOTE.—From the many recipes for yeast, baking powder, and barm collected by Lady Clark, the following are selected for the use of those living far from where brewer's yeast or German compressed yeast are obtainable. The latter, however, and dry American yeast cakes in tins can now be had by post.

The best and simplest home-made baking powder is: 1 tablespoonful each of bicarbonate of soda, of cream of tartar and of cornflour.—C.F.F.

Baking Powder. No. 1. (*Lady Wensleydale. From Dr. Alfred Taylor.*)

Ingredients: 5 ozs. pure bicarbonate soda finely powdered, 4 ozs. pure tartaric acid also finely powdered, 1½ ozs. ground rice.

These 3 things to be thoroughly mixed together with an ivory or a wooden knife (*on no account with metal*), and then to be kept in a wide-mouthed glass bottle with glass stopper (*not a cork*) in a cool, dry place.

It is better only to mix enough for a week, or the ingredients neutralize one another.

¾ oz. is the quantity used to each lb. of flour, for baking.

Baking Powder. No. 2. (*Sir Henry Thompson*, 1880.)

2 ozs. tartaric acid, 3 ozs. bicarbonate of soda, and 3 ozs. arrowroot.

Should be well mixed together by the chemist.

Keep in a wide-mouthed bottle with glass stopper.

Barm—Australian. (*Mrs. Penrose Rogers, Falmouth.* 1881.)

In 2 qts. of cold water put ½ oz. of hops tied up in a muslin bag, with 6 good-sized peeled potatoes. Boil all together until quite soft, then mash through a colander, pouring them and the liquor on ½ teacupful of moist sugar, and a *small* teaspoonful of salt. When tolerably hot, add a teacupful old barm—of the same sort if possible, cover, and it will be fit for use in 6 hours.

The bottle or jar in which the barm is kept must not be corked for some hours, and then only loosely, or the bottle will burst.

"Balmoral Yeast."

Boil 2 ozs. of hops in 2 Scotch pts., *i.e.*, 8 English pts., of water, till reduced to half the quantity. Then pour it on 2½ lbs. of flour and stir it well together while hot. Put it into a jar in a warm place; at the expiration of 24 hours stir it again and let it remain 12 hours more, at the end of which time it will be fit for use.

If the jar is now kept in a cool place, it will keep a week or 10 days.

Directions for use.—Mix a little of the above with warm water and strain it through a sieve, to separate the hops from it. Set the sponge in the usual way.

Bitter Yeast (to Cure quickly). No. 1.

Pour it 5 or 6 times through a sieveful of bran, and when it ceases to stick to the bran it will be a sign that all bitterness is gone.

Bitter Yeast (to Cure). No. 2. (*Mrs. Thomas, Birk Hall.* 1895.)

To 1 qt. of yeast allow a gallon of cold water and 2 good handfuls of bran.

Put all in some large crock or pan, to remain for 24 hours. At the end of that time pass the water and yeast through a tammy, when the bran will remain behind. The water and yeast which passes through the tammy must stand 24 hours more.

Taste the yeast after putting it through the tammy, and, should it still be bitter, throw into the pan a good lump of red-hot (not black) coal to remain with yeast and water all the second 24 hours till you pour off the water. There is some secret virtue in the coal, so that, if you have no bran, you may use it and water alone to cure the bitterness.

German Yeast. (*Lady Clark.*)

To improve this we always dissolve ¼ lb. of German yeast broken into a ½ teacupful of warm water, and strain it; add a pinch of powdered sugar and 2 tablespoonfuls of flour—all mixed as in a batter, and set to rise in the meat screen, covered by a cloth; then put it into a hole in the flour, and give one stir round edge and leave it to rise again. It raises the bread better than if merely strained and added. This quantity does for 2 large tin loaves and rolls besides, or a brown loaf instead of the rolls.

Ginger Yeast; this is marked "Excellent! C.C."

(*Mr. Nightingale, Leahurst.*)

Over 2 ozs. of hops, 2 or 3 ozs. of ground ginger and ¼ peck of fresh malt, pour 2 gallons of water and boil all for ½ hour, then

let it stand for 6 hours. Strain it off, and add flour to make it as thick as cream.

Add ½ pint brewer's yeast to start it. Let it stand all night and bottle it next morning. This will make nice cottage loaves, bread very white, crust very crisp, baked on the oven bottom, as well as buns, rolls and tin bread. The ginger keeps it sweet and good, and the bread rises well and pretty quickly. The breakfast buns made with it rise beautifully.

Home-made Yeast. No. 1. (*Beechwood.*)

1 oz. hops boiled 3 hrs. in 1 gall. of water. Strain, and pour it over 1 qt. of malt. Let all stand 4 or 5 hrs. covered up close. Strain again, and add ½ lb. of flour, and 2 tablespoonfuls of common yeast.

Put this all together into a stone jar, and it will be ready for use in 2 days.

Half as much again is generally necessary of home-made yeast to raise bread than of brewer's yeast.

Another recipe says: In choosing hops to make home-made yeast, get old yellow-looking ones; for the fresh, which are green, are incurably bitter.

Home-made Yeast. No. 2. (*Lady James Murray.*)

Boil ½ oz. of hops 2 minutes in 3 qts. of water, strain the liquor while it is quite boiling, over 1½ lbs. of flour, 4 spoonfuls of sugar, and 4 spoonfuls of salt.

When lukewarm, add about 1 lb. of brewer's yeast and let it stand till next day, then bottle it.

1 qt. of this yeast will do to start the next making, 1 lb. of brewer's yeast being wanted to start with originally.

Lord Cochrane's Yeast, as used in China.

Boil 1 lb. of flour, ¼ lb. of brown sugar and a little salt. To be boiled 1 hour in 2 galls. of water. When "milk-warm," bottle it and cork close. Fit for use in 24 hours.

"Times" Yeast. (*Lledr Cadog*, 1858.)

To be used when you cannot get brewer's yeast.

The advantage of this yeast is, that you make it for yourself without requiring any other yeast to start it; you must have *patience* in making it. It should keep good some weeks; then make a fresh supply, not using any of the old.

It only makes tin loaves, but the bread should honeycomb, and makes excellent toast.

The vessel it is made in should be a wide earthenware milk bowl, capable of holding about 6 qts., and the mixture is to be kept about "new-milk-warm" during the entire time of making —namely, *from Monday morning till Thursday evening*—and this is done by letting it stand at a proper distance from the kitchen fire.

On Monday morning, then, begin by boiling 2 ozs. of the best hops, choose yellow hops, not green—which are bitter—in 4 qts. of water for ½ hour, stirring occasionally, then strain it and let it cool to "new-milk warmth," then put in a small handful of salt and ½ lb. of brown sugar. Beat up 1 lb. of the best wheat flour with some of the liquor, and then mix all well together. Set the bowl by the fire, covered over with a flat dish, where it may stand till Wednesday morning, being occasionally stirred.

On Wednesday morning add 3 lbs. of potatoes, merely boiled and mashed whilst hot with nothing added to them, cooled down to the same temperature as the contents of the bowl (about "new-milk-warm"). It is shortly after this addition that fermentation may be expected to commence, and as it proceeds the mixture must be frequently stirred. It very soon assumes the appearance of the finest brown-coloured brewer's yeast, rising to a crown.

By Thursday evening its powers will be completely established, and it may then be strained, and put into bottles, stirring it to the last moment. Do not cork the bottles for some days, until the yeast has done working—and when you do cork them, it must be loosely; never cork them tightly.

It is now ready for use. When new it is weak, and more is then required to raise the bread than when this yeast is 6 or 8 weeks old. Shake the bottle well up always, before using its contents, and keep it in a cool place. It should keep above two months at least, and is best and strongest the latter part of the time.

The dough should be left in the pan all night to rise before the kitchen fire, and when made into loaves and put into the tins it will again require 2 or 3 hours to rise before going into the oven.

The bread takes a considerably longer time to rise in the sponge, and again after being made into dough, than if made with ordinary yeast.

(This recipe is signed "D. S. Y.," who adds, "I make all my bread from rough wheat meal, which is the most wholesome of all. I use seltzer water bottles, filling two-thirds full only of yeast, and when bottled, I put them at once in a cool place.")

BEVERAGES

Ale—Hot (or Hot Beer).

Use home-brewed ale if possible.

Good moist sugar, nutmeg, cloves, ginger, and cinnamon, all according to your taste. Put all into the ale when cold, then put it on the fire to boil 10 minutes, and strain it before serving.

"Badminton."

(Delicious in summer.)

2 bottles of soda water to 1 of claret, 1½ tablespoonfuls of pounded lump sugar, all well iced.

Barley Water. No. 1. (*Auchentorlie.* 1879.)

2 ozs. barley well washed and the peel of a lemon cut very thin. Pour over it 1 qt. of boiling water. If possible, let it stand 24 hours. Then strain. Add sugar if liked.

The same barley, &c., can be used again for a second quart of water.

Barley Water. No. 2.

For 3 pts. water you will require a teacupful and a half of well-washed pearl barley, 4 lumps of sugar, and the thin rind and juice of 1 lemon. Pour boiling water over it, cover with a saucer, and let it stand till cold; then strain again and again till clear, and pour into a jug or decanter to serve.

Barley Water.

For other recipes, *see* Invalid Cookery.

Birch Wine. (*Mrs. Farquharson. July*, 1855.)

The birch juice should be drawn from the trees about the first of April (it does not injure the trees; indeed, they rather like it; if the spring is backward you must not let them be tapped till rather later).

To every gallon of birch juice put 4 lbs. of white sugar, 2 nutmegs, and the thinly-pared rind of a lemon. Boil and skim this well, clarify with eggs, and when hot put fresh yeast to it; let it ferment for 2 days. Next put it into a cask, and let it ferment for 10 days. Flavour with essence of almonds. Close up the cask, and cement it with lime. Leave it so closed for 6 weeks; then bottle the wine. Keep it in a cool cellar; set the bottles upright, or they will fly.

Champagne Cup.

1 bottle of champagne, 1 bottle potash or seltzer water, a sprig of borage, the thin rind of a lemon, and 1 oz. of sugar. Place the whole in a covered jug well immersed in ice for an hour and a half, and strain before serving.

This champagne cup is improved by the addition of a little curaçoa.

Claret Cup. No. 1.

1 bottle of claret, 1 pt. of water, the peel of a lemon, a little nutmeg, borage, and sugar, made 2 hours before dinner and well iced.

Claret Cup. No. 2.

1 bottle of claret, 1 bottle of potash or seltzer water, 1 glass of sherry, 1 liqueur glass of curaçoa, a sprig of borage, the thin rind of a lemon, and 1½ ozs. of sugar. Place the whole in a covered jug well immersed in rough ice for an hour, and strain before using.

Claret Cup. No. 3. (*Duffield.* 1880.)

Ice 1 bottle of light claret and 2 bottles of soda water, all in their original bottles, for 2 or 3 hours.

10 minutes before serving rub off the rind of a lemon on sugar, mix your iced claret and soda water, and put the lemon-flavoured sugar in; add a full glass of sherry, and sweeten to taste; add the juice of half a lemon; put in at the same time a sprig of borage, but take it out before handing the cooling drink round in a silver jug.

Claret Cup. No. 4. (*General Sir Charles Brownlow.*)

This cup is made of 1 bottle St. Julien claret; 1 bottle sweet champagne; 2 bottles Apollinaris water.

Sir Charles did not mention sugar, but said it "was strong for ladies."

Cocoa Nibs. (*Mrs. Farrer.*)

Put 2 qts. of cold water to a teacupful of unbruised cocoa nibs; simmer it, rather than boil it, in an uncovered saucepan till reduced to 1 qt.; add 1 pt. of cold water; boil till reduced to half the quantity; then add a second pint of cold water, and boil till reduced to half again; lastly, add a third pint of cold water, and simmer a third time till reduced to half. The lid must *never* be put on the pan, and the cocoa should take fully 5 to 5½ hours in all, to prevent all bitterness. If properly made it is of a beautiful claret colour.

Cocoa—Professor Smyth's. (*Mrs. Gregg.*)

4 tablespoonfuls of pounded cocoa to 1 qt. of water. It will boil to a pint in the course of an hour. Slowly skim it, and pour it through a colander; it should be quite clear from sediment when served, and very hot; make it the night before and heat up.

Coffee. No. 1. (*As at* 36, *Woburn Place.*)

Beat a fresh egg (whole) very well. Put it in middle of the ground coffee; mix well together. Next mix all well again with tepid water to the thickness of good cream. Boil 10 minutes.

Coffee. No. 2. Lord Aberdare's Way.

(*Mrs. Brandreth.* 1880.)

A handful of pale roasted coffee beans should be allowed for each cup of coffee required; half Mysore, half Mocha is best.

Heat the coffee beans on a plate before the fire, and then grind them while hot. Put them in a pan kept on purpose and used for nothing else, with the white and shell of 1 egg. Stir all up with a spoon. Pour on boiling water, according to the quantity required, and put it on a quick fire till it boils up for a moment. Strain it into a hot jug through a table napkin (single fold). This napkin must *immediately* be washed out in plain warm water and be used for no other purpose but to strain coffee.

Another similar recipe says use Mocha coffee alone. Grind each day only what is required. The beaten whites of 3 eggs, and their shells, are added when 6 ozs. of coffee in 1 quart of water are boiling. Strain, and heat up.

Coffee. No. 3. (*Miss Duckworth.*)

Beat the whites of 2 eggs, and mix them with ½ lb. of coffee. Pour over it 12 coffee-cups of boiling water, stirring all the time, to prevent it getting into lumps. Boil all 5 minutes, and let it then stand to settle. Pour it through muslin into a heated coffee-pot, and let it stand on the stove till poured into the well-warmed silver coffee-pot for table.

Cooling Drink.

To 1 oz. of cream of tartar add the juice and rind of a lemon. Pour over all 2 qts. of boiling water; when cold strain it through muslin and sweeten to taste; bottle; it is now ready.

Egg Flip.

Beat the yolks of 1 or 2 eggs for 5 minutes. Add 1 teaspoonful of sugar, 1 teacupful of warm milk. Then add 1 tablespoonful of sherry; stir and serve.

Ginger-beer. No. 1.

To 4 gallons of water add 7 lbs. of loaf sugar, the rind of 8 lemons, 3 ozs. of raw ginger pounded, and the whites of 2 eggs well beaten. Boil all together 10 minutes, then pour into a vessel to cool, and add the juice of the lemons; when it is "new-milk-warm" add half a teacupful of fresh yeast, let it stand 24 hours, then put it into a cask, and close it in 3 or 4 days. It will be ready to bottle in 3 weeks, and to drink in 3 weeks after it is bottled. Buy a new oak cask, and fill it with cold water for a few days; then empty the cask and put in the kitchen a day or two to dry before you put in the ginger-beer.

Farley Cottage ginger-beer is made the same way, but the ingredients are 4 gallons of water, 6 lbs. loaf sugar, the rind of 6 lemons, 2 ozs. of raw ginger pounded, and the whites of 2 eggs.

Ginger-beer. No. 2.

3 gallons of boiling water, $3\frac{1}{2}$ lbs. of lump sugar, $2\frac{1}{2}$ lbs. of bruised ginger, 3 lemons peeled and sliced.

The ginger should be put in when the water is *cold* and allowed to boil with it, and any scum that rises to the top should be taken off. Then pour the boiling water, with the ginger in it, over the other ingredients, and let it stand until "new-milk-warm" in an earthen pan; then add 1 tablespoonful of fresh yeast.

When cold, strain it through a jelly bag. Put it in bottles, secure the corks with string, and it will be fit to drink in 3 days.

Ginger-beer. No. 3. (*Humberstone.*)

2 ozs. of cream of tartar, the rind of 2 lemons pared *very* thin, 2 lbs. of loaf sugar, and 7 ozs. of the best ginger. This last should be bruised with a hammer between two sheets of paper, *not ground*. Put all these into an earthen vessel, and pour over them 10 qts. of boiling water. Let it stand, covered, till "new-milk-warm," and stir it frequently. Then add 2 tablespoonfuls of good yeast.

Let it stand all night. Then strain through a flannel bag or cloth; add the juice of the 2 lemons, and bottle in stone pints well corked and tied down. Keep in the cellar, and in 3 days it will be fit for use.

"Imperial." (*Mrs. Brandreth.*)

1 oz. cream of tartar, $\frac{1}{2}$ lb. loaf sugar, 1 gallon water. Boil all 12 minutes; then add the thin rind of a lemon, and the juice of 2 lemons. Let it remain 3 minutes longer on the fire, that is, $\frac{1}{4}$ hour in all. When cold, add a little sherry, and it will then be ready to use.

Lemonade. No. 1. (1884.) **Caldy.**

To make 2 gallons.

Ingredients: 3 lemons to 1 lb. of loaf sugar. Boil the sugar and the lemon peel cut very thin, for about $\frac{1}{4}$ hour in a small quantity of water, then squeeze the lemons, and mix all together. More or less sugar can be used.

Strain when cold, and serve.

Lemonade. No. 2. French.

Peel a lemon; slice it like a cucumber; pour 1 pt. boiling water over it and over the thin peel. Let it stand till cold; do not squeeze the fruit; strain and sweeten.

Lemonade. No. 3. "Milk Lemonade." (*Miss Duckworth.*)

5 lemons, 2 Seville oranges. Pare the rinds as thin as possible. Use no white. Put the peel into a jug with a quart of boiling water, ½ lb. of loaf sugar, the juice of 5 lemons and of the 2 oranges, and ½ pt. of good white wine. Cover the jug, and let it stand all night.

Next morning add to it 1 pt. of *boiling milk*, and run it through a jelly bag as you would jelly, till it is quite clear. Much depends on the milk being boiling hot.

Lemonade. No. 4. "Milk Lemonade." (*Lady Clark.*)

Take 9 lemons, and peel them very thin; put these parings and 1 lb. of refined sugar in 1 pt. of boiling water at night. The next morning add the *juice* of the 9 lemons to the previous mixture; then boil 1 qt. of new milk and pour it upon the lemonade. Pass the whole carefully through a fine jelly sieve.

Lemonade. No. 5. Very Clear "Milk Lemonade." (*Lady Heywood.*)

To the juice of 9 lemons add 1 lb. of fine loaf sugar; pour on this 1 qt. of boiling hot milk, and let it stand all night.

Into a separate vessel peel 3 lemons as thin as possible; pour into it 1 pt. of warm water (90° heat); this also must stand all night, covered, of course.

Next morning put both together and strain through a very fine jelly bag till perfectly clear and bright; add sherry to your taste.

Lemonade. No. 6, quickly made.

The thin peeled rind of 1 lemon and its juice; a few lumps of sugar. Cover all with boiling water to melt the sugar; leave jug covered a few minutes with a saucer.

Next give a gentle stir round, and add 2 tumblerfuls of cold water.

Cover jug again with the saucer, and, when cold, strain off for immediate use.

Lemonade. *See* also Invalid Cookery.

Mulled Claret. (*Duffield.*)

A bottle of light claret sweetened to taste; tie an inch of cinnamon and 4 cloves in muslin and put into the wine, all to heat over stove, but not to boil. Take spice out before serving.

Mulled Wine. (*Mrs. Rothery.*)

Requires 1 bottle of claret, 3 or 4 glasses of port, but first take the peel of a lemon, 2 ozs. of cloves, a little cinnamon, and nutmeg, and boil in a teacupful of water 5 minutes; add the wine, and sweeten to taste with castor sugar.

It must be scalding hot, but not boiling.

Oatmeal Water. (*Acresfield.*)

Boil 2 qts. of water in a pan, then add a good handful of oatmeal, and boil 10 minutes. Then strain; add sugar to taste, a little lemon juice, and peel also if liked. Serve cold.

(*See* also Invalid Cookery.)

Orange Brandy—Sir James Fergusson's—as a Liqueur.

To a gallon of brandy add 2 whole bitter oranges. Leave them in the brandy for 6 or even 8 weeks. Then strain, taking out the fruit, and add 1 lb. of sugar candy.

Persico Liqueur.

1 lb. well-bruised black currants, 1 qt. of brandy, a teaspoonful of ground ginger, $\frac{1}{4}$ oz. of cloves, the rind of a lemon, all to stand for 24 hours. Then strain it on to 1 lb. of loaf sugar. Do not bottle it till the sugar is dissolved.

This liqueur will be ready for use in 6 months.

Rhenish Cup—"The Scots Greys' Rhenish Cup." (*Four Recipes.*)

("Mai Trank" is the most popular beverage on the Rhine.)

No. 1. Take with each bottle of light hock about 1 doz. sprigs of woodruff, $\frac{1}{4}$ of an orange cut in small slices, and about 2 ozs. pounded sugar. The herbs are to be removed after having been in the wine half an hour or longer, according to taste.

A bottle of sparkling wine added to 4 or 5 bottles of still hock is a great improvement. Add a little ice.

No. 2. Instead of woodruff and orange, take to each bottle of hock about $\frac{1}{2}$ pt. of highly-flavoured strawberries. Sugar as in No. 1. Leave the fruit in the wine about an hour.

No. 3. Take some thin slices of pineapple instead of the strawberries. Otherwise make same way.

No. 4. Take to each bottle of hock 2 highly-flavoured peaches, peeled and cut in pieces. Sugar also as in No. 1.

Roman Punch. (*Caldy.*)

The squeezed juice of 8 lemons put through a sieve, a quart of water, and sugar to taste. Then freeze it hard in a freezing tub.

Take out half, and keep it freezing in a second tub.

Whip the whites of 8 eggs to a stiff froth, and add to the iced lemon mixture in tub No. 1.

When wanted, work into this separately a glass of maraschino, the same quantity of noyau, a pint of dry champagne, $\frac{1}{2}$ pt. of white rum, $\frac{1}{2}$ teacupful of cold, but strong, *green* tea.

Lastly, add the frozen lemon ice in tub No. 2.

For a ball, keep the punch in a tub in the supper room, and serve in hock glasses.

Spruce Beer. (*Beverley.*)

To 9 gallons of water (wine measure) *boiled*, put, when nearly cold, 7 lbs. of treacle and 2 tablespoonfuls of the essence of spruce.* Let it stand till quite cold; then put in as much yeast as will make it work. Let it stand in a barrel 4 days; then bottle it. If the weather is very cold the barrel should stand near the fire.

Summer Beverage. No. 1.

"A pleasant and safe beverage."

Wash a tablespoonful of pearl barley well in spring water. Pour over it a quart of boiling water, the juice of a lemon, and half the rind peeled very thin. When cold pour the barley water off the dregs, strain it, and add 2 wineglassfuls of sherry or Madeira; sweeten with sugar to your taste.

Summer Beverage. No. 2. (*Dr. Brandreth.*)

A bottle of Madeira, the thin rind of 1 lemon and its juice, nutmeg and sugar to your taste. Pour over all 3 qts. of boiling water; when cold you may strain and bottle it, and if you like add a few fresh Tarragon leaves.

Toast-and-water. (*Clement's.*)

Toast slowly a rather thick crust of bread till extremely hard and brown, but not the least black. Plunge it into a jug of cold water, and let it stand, cold and covered close, for 3 or 4 hours. Strain it through a wine strainer into water bottles for use. Make it fresh daily.

Another toast-and-water entry says:

"Toasted *oatcake*, with boiling water poured over, makes quite the best flavoured toast-and-water."

Treacle Beer. (*Mrs. Bower.*)

To 10 qts. of water add 2 lbs. of treacle and 1 oz. of hops. Let it boil slowly 1 hour and stand until it is cold; then add 6 tablespoonfuls of yeast.

Now let it stand 12 hours; then bottle it.

* To be had of Licensed Victuallers.

BREAD, GRISSINI, PORRIDGE AND ROLLS

BREAD.

Bagshot Daily Loaf. (*Mrs. Sherwood.* 1860.)

Take, to make this bread, rather less than 4 lbs. of well dried and sifted flour. Put it into a pan and make a hole in it, into which pour ¾ oz. of German yeast first dissolved in ½ pt. of warm water and then strained, or else 3 tablespoonfuls brewer's yeast, or ½ pt. home-made yeast (*see* Baking Powder, Yeast, &c.). Over this put a pinch of salt and give one good stir round. Then cover the pan with a cloth and let the sponge rise in the screen from 1 hour to 1½ hours, or less—it depends on the strength of the yeast. Take it up when you see it is ready and knead all together into a thinnish paste, to make which add sufficient water (at blood heat).

Put the dough again to rise, but this time *un*covered, in the tin in which it is to be baked. It should half fill the tin and rise to the top before going into a moderate oven to bake.

The warm water should make it honeycomb. The less yeast the bread will rise with, the better it will be.

For brown bread, knead it more than for white or it will be sticky.

Birk Hall Bread, made with Ginger Yeast.

Put 4 lbs. of flour in a pan. Make a hole in the middle and put in about ½ pt. of Ginger Yeast (*see* Baking Powder, &c.), a little salt, and as much water as warm as new milk as will make it into a stiff dough, *i.e.*, probably about a quart of water.

Let it remain in the pan 2 hours to rise before the fire, then knead it again and put it into the tin in which it is to be baked. It should, when first put in, about half fill the tin.

Put it again before the fire to rise till it reaches the top of the tin; then bake. Use a large tin—and the bread must honeycomb. It should have "eaves" of bread hanging over the sides of the tin when done.*

Bread from Balmoral Yeast.

For this mix a little of the Balmoral Yeast (*see* Baking Powder, &c.), with warm water, and strain off the hops. Set the sponge and finish making the bread in the usual way.

* Many cooks now consider such "eaves" a sign of "overproving."

Bread on the Oven Bottom.

(This refers to old-fashioned brick ovens, which make much better bread.)

The same quantity of flour and yeast as Birk Hall bread, but make the dough much stiffer, by using less water. It must rise 2 hours in the pan, and then be kneaded again and put straight into the oven, which for all bread-making should be of moderate heat.

Brown Bread. (*Lemann—a celebrated biscuit maker.*)

Method of preparing meal: Equal portions of Dantzig and Bedfordshire or Devonshire white wheat having been carefully separated from the imperfect grains, sand or other foreign matter, are passed through a screening machine, and the wheat, now thoroughly cleansed, is let into the hopper, through which it is slowly passed to the millstones and ground, great care being taken to prevent the millstones running either too quick or too close upon one another.

The meal should be allowed to cool thoroughly before being sacked, and will be the better for standing from 3 weeks to a month before dressing.

The dressing is effected by passing the meal through a dressing machine, fine in proportion to the quality of the flour required. In the present case, *the coarsest bran only should be removed.*

To make a bushel, or 56 lbs., of the above meal into bread: Take 1½ gallons of tepid water, 2 pts. of good brewer's yeast, and mix them intimately with about half of the flour, until the mass is perfectly uniform throughout, and quite free from lumps. This is called "sponge." A little flour being sprinkled over the surface, the whole should be closely covered and left.

In about 1 or 1½ hours according to the temperature of the weather the sponge will have full "proof," and when from 5 to 6 qts. of tepid water in which ¾ lb. salt has been dissolved, have been thrown into the sponge and thoroughly incorporated with it, the remaining portion of the flour may be added, and the whole made up into a uniform paste or dough.

When the dough is made it should be covered over with a flannel, and in about an hour more it will have swelled and become sufficiently spongy to be divided into loaves, which may then be immediately put into the oven; or, if a very light porous loaf is required, the dough should be allowed to remain covered with a flannel in its tin another half hour, before being placed in the oven.

Brown Loaf. (*Mrs. Brandreth.*)

½ lb. coarse oatmeal; ½ lb. brown flour; ½ lb. common white flour; a little salt; a heaped teaspoonful Yeatman's yeast powder or German yeast. Mix all with water. Bake.

Corfu Buttermilk Bread. (*Mrs. Ellacombe.*)

This can be made when no yeast is to be got, but requires a very light hand. The proportions are: A small ½ teaspoonful bicarbonate of soda, or a whole teaspoonful of common bread soda, mixed with 1 lb. flour and as much buttermilk as will make it a proper consistency for baking. The soda must be well bruised and thoroughly mixed into the buttermilk, and then stirred quickly into the flour.

Shape into buns twice the size of an egg, then put at once into a quick oven and bake a light brown. This recipe also answers well for making small loaves.

Buttermilk scones, made up size and thickness of a crumpet, are the same mixture baked on a girdle. Being floured outside they look like untoasted muffins.

"Excellent" Bread.

This recipe makes a little yeast go far.

¾ lb. of well-boiled mealy potatoes, mashed through a coarse sieve or fine colander, 2 tablespoonfuls of yeast, or you may use ¾ oz. of dried German yeast, 1¾ pts. lukewarm water (88° Fahrenheit). Add ¾ lb. of flour, to render the mixture the consistency of thin batter.

The mixture should be set aside to ferment; if placed in a warm situation it will rise in less than 2 hours, when it will resemble yeast in appearance except as to colour. The sponge so made is then to be mixed with a pint of water nearly blood warm, viz., 92° Fahrenheit, and poured into half a peck of flour, which has previously had 1¼ oz. of salt mixed into it; the whole should then be kneaded into dough, and allowed to rise 2 hours in a warm place, then kneaded into loaves and baked. Potatoes, by increasing the fermentation in the sponge, make the bread lighter.

Quantity given is for half-peck loaf baked on oven bottom.

In bad seasons lime water must be used instead of plain water in making the bread. (*See* Notes on Bread Baking.)

Glenkindie Bread. (*Miss Leith.* 1877.)

For this, to each lb. of flour add teaspoonful of Yeatman's dried yeast powder, and as much new milk as will make it into a stiff dough. Add a little salt, and bake in a quick oven.

Invercauld Soda Bread.

7 lbs. of flour, 2 oz. carbonate of soda, 1 oz. tartaric acid, 8 ozs. of butter. As no barm is required for soda bread, it can be made at any time without inconvenience.

Lady Clark's Bread.

Put a pint of Home-made yeast (*see* Baking Powder, &c.), or 1½ pts. brewer's yeast, to a stone of flour overnight. Let it rise

in the kitchen near the fire ; take it up in the morning, and knead well, then make dough into loaves, letting them rise before the fire and putting them, when they have risen, in the oven to bake.

Mrs. Thomas's Bread.

For rolls and a tin loaf.

Take in a large kitchen basin about 4 lbs. flour, and make a hole in the centre ; boil some potatoes and mash them well without milk, butter, or salt, and pass them through a sieve.

Take in another basin $\frac{1}{4}$ lb. of these mashed potatoes, and mix well in about $\frac{1}{2}$ pt. warm water. Now put a teaspoonful of salt into the hole in the 4 lbs. of flour, and pour over it the potatoes and water ; add 6 tablespoonfuls of Ginger yeast (*see* Baking Powder, &c.), and give the mixture one good stir round, but do *not* stir the flour sides in. Cover the basin with a plate, and leave in a cool corner of the kitchen. If this is done at 4 p.m., the mixture should rise in a strong froth by 9 or 10 p.m. at latest, or sooner if the room or the weather is very warm. Do not stir it in till then. It must now be kneaded with about $\frac{1}{2}$ lb. more flour and $\frac{1}{2}$ pt. more warm water. Leave it all night in the kitchen, or, if that is too hot, in the pantry, covered by a cloth.

Next morning, the half of the sponge necessary to make a tin loaf will want little more kneading or flour and no more water before putting it into the tin, which it must not more than half fill. This tin bread must rise before the fire till over the top of the pan, when it is ready for the oven.

The other half of the dough, for rolls, must have some butter and milk added to make it less stiff, about 1 oz. butter to 2 spoonfuls milk melted together, or water in hot weather when milk would turn sour. Knead them as little as possible ; shape and place on a baking sheet, and cover with a cloth to rise 20 minutes before the fire, then bake a nice brown and serve on a napkin.

Notes on Bread Baking. (*Sir James Clark.*)

Bakers put alum in bread to make it carry water, feel soft, and appear white. Alum does this by coagulating the gluten. The combination is deleterious.

Liebig saturates lime with water, and uses this water in making bread. The lime equally coagulates the gluten, makes the bread equally white, removes all acid, and supplies the lime which wheat and rye want. Use a proportion of 5 lbs. of lime-saturated water to 19 lbs. of flour.

Tin Loaves. (*Emslie, Tillypronie.* 1893.)

Large tins—bread made with spirit yeast — from "The Cameron Bridge Distillery Co.," Windygates, in Fife (by post).

To make the yeast work add some flour, 2 ozs. of yeast to 2 tablespoonfuls of flour, then add 2 dessertspoonfuls of

powdered white sugar, and 1½ pts. of lukewarm water poured over all. Stir well with a wooden spoon, and put in a cook's basin in the meat-screen to work, covered with a cloth and left one hour. Then take 3 lbs. of flour, and a pinch of salt. Make a hole in middle and strain in the yeast; work all well together to a dough, adding more lukewarm water if necessary; cover with a cloth and again let it rise in meat-screen till it comes to top of basin in 1 or 1½ hours. Then beat up well again and half fill the buttered tins. The dough to rise to rim of tin; then bake. When taken out of tins lay the loaves on their sides till cold.

If wanted light do not cut till next day.

GRISSINI AND PORRIDGE.

Grissini. No. 1.

To make grissini keep back some of the dough of Emslie's Breakfast Rolls (*see* Rolls), cut, and roll it out with your hands into strips, when it must also rise some time again like the rolls, in the meat screen. Bake on a buttered baking sheet. "Café au lait" should be the true tint when sent up to table.

Grissini. No. 2. (*Mrs. Buchanan.* 1891.)

1 lb. flour, 1 oz. butter, ½ oz. German yeast. A little salt.

The yeast dissolved in tepid milk; then mix the butter, 1 egg and milk into the flour as in making bread. Let it rise for about an hour, then divide into several pieces and roll out in straws the thickness of a wooden skewer. Roll in coarse salt if wished, at the finish. Bake slowly. They must be crisp.

Lady Clark considers them better without salt.

Grissini. No. 3. "Manière de faire les Gressins."

"1. Dans 10 kilos de farine il faut mettre un demi kilo de levain.

2. Farine de poment première qualité.*

3. La pâte un peu dure.

4. Les laisser lever 4 heures dans une chambre fermée.

5. Il faut (avant de les mettre lever) les couper en petits morceaux comme un doigt et les disposer deux à deux sur une planche mouillée.

6. Lorsqu'ils sont levées on les prend par les deux bouts et on les tire de la longueur de trois empares (main ouverte).

Dans 10 kilos il faut mettre une poignée de sel il faut les mouiller de temps en temps (avant de les mettre au four) avec de l'eau chaude."

The paste is fermented in wooden bowls in lumps kept constantly moistened; then spread out as required for use into a thick oblong sheet, which is cut into pieces rather thicker than, and as long as, a finger, and laid side by side on a moistened board. Each piece in turn taken up at either end with the finger and thumb and steadily and quickly drawn out till 2 feet long. A long thin wooden shovel is sprinkled with coarse meal and the gressins are laid on it, put into the oven, slipped off the board, and left to bake a nice brown.

They should be cold before you eat them.

* For "Farine de poment" (*sic*), read "Farine de pommes en première qualité," (?) meaning potato flour, which is often used for grissini, though Vienna flour is generally used.

Grissini. *See* also Birk Hall Rolls, under Rolls.

Porridge—Barley Meal. (*I. Emslie.* 1893.)

Have 1 qt. of water boiling. Into this scatter gradually three handfuls of barley meal—add a little salt.

To prevent lumps, or "knots" in the porridge, stir the whole time it cooks—till it gets absolutely smooth—then it is ready to serve.

[To mix the meal for this porridge, it is best to take equal proportions of barley meal and whole meal, that is, the wheat flour as prepared in England for "seconds bread." It is softer and richer than Oatmeal Porridge, and makes a variety.]

Porridge. *See* also Invalid Cookery.

ROLLS.

Birk Hall Rolls. (*Mrs. Evans' quick way.*)

This is for a breakfast party.

Ingredients required: 2 lbs. of finest flour to 1 oz. of fresh German yeast, a little pinch of salt, 1 oz. fresh butter melted into 1 pt. of warm, but not hot, milk. The dough should be much softer and slacker for rolls than for bread.

Take 1 oz. of German yeast and put it into 2 tablespoonfuls of cold water, leave it till dissolved. If the yeast is not fresh, add to it ½ a teaspoonful of sugar, but not if you can do without. Then strain it into a hole in the flour which you have ready in a basin, and pour over it about ¼ of a pt. of lukewarm milk. With a spoon give a stir round in the hole, and some flour will fall in. Stand it uncovered to rise 20 minutes before the fire, then add a pinch of salt and the rest of the pint of milk with the 1 oz. fresh butter melted in it. Add the milk gradually to the dough and mix all well. Let it again rise 10 minutes before shaping for the baking sheet, when it must be put to rise for a third time for 20 minutes or ½ an hour. (The rising takes about 1 hour altogether. First, 20 minutes; 2nd, 10 minutes; 3rd, 30 minutes.) Bake in not too quick an oven.

N.B.—Should you use common yeast 2 tablespoonfuls will be enough, but it must be allowed 3 hours to rise instead of 1 hour. Time of baking varies according to the state of the oven and the size of the rolls.

This is also the mixture for Yorkshire cakes (*see* Tea Cakes, under Cakes).

Also for grissini rolled out ¼ yard long and thin as a pen (*see* Grissini); and for Breakfast Buns (*see* Cakes, &c.—Buns).

Brown Rolls. (*Dr. Jephson, Auchentorlie.* 1876.)

To 1 lb. of wheaten flour allow 60 grains of carbonate of soda, 42 grains of tartaric acid, and a little salt. Rub in a small bit of butter the size of a walnut; sift all through a colander. Mix quickly, with sweet milk and a well-beaten egg, into a light dough. Cut out or shape according to taste, and bake in a quick oven.

Dr. Taylor's Rolls.

1 lb. flour, 2 teaspoonfuls of Lady Wensleydale's baking powder, 1 small teaspoonful salt.

Mix well, then make into a dough with milk or with water; work out, shape into long finger rolls, and when on the baking sheet let them rise in the screen a few minutes, lightly covered by a cloth. Then bake.

Emslie's Breakfast Rolls. (1892.)

Made in tins and look like halfpenny French rolls.

½ lb. flour, 1 oz. butter worked in, and ½ teaspoonful of sugar. Do this the night before, and also same time dissolve 1 oz. German yeast with a dessertspoonful of flour in ½ teacupful of warm (*not hot*) water.

Next morning, add enough hot water to make it lukewarm, about another ½ teacupful; strain this yeast into the buttered flour, and mix into a dough. Let it rise in the meat screen in a basin, under a cloth, 1½ hours; then beat up again, and put it in buttered roll tins to rise again another ½ hour, in the meat screen.

This dough is also used for Grissini, No. 1.

Our French Rolls.

Prepare the tins by warming, buttering, &c.; use the finest flour only; 1½ lbs. with 1 oz. of German yeast will make three rolls.

Half fill the tins and allow them half an hour to rise. Bake a nice brown.

To Refresh Rolls. (*Ruth Camp.*)

Turn and re-turn the rolls in warm milk and water (half and half) for a minute or two before crisping in the oven.

Water Rolls.

These are the shape of two French rolls united.

1 lb. flour, 1 pinch salt, ½ oz. German yeast dissolved in warm water and strained.

Sift the flour into a basin, make a hole in it, and put in the yeast; give one stir round. Cover the basin with a cloth, and put it for the dough to rise in the meat screen 1 hour. Then mix the dough, and shape it and put into tins to rise again *un*covered 20 minutes. Bake ¾ hour.

Rolls. *See* also Mrs. Thomas's Bread.

CAKES, &c

BISCUITS (PLAIN).

Balmoral Dessert Biscuits.

(*From H.M. the Queen's baker, Balmoral Castle.* 1856.)

These are not thicker than Passover Cakes, and very "short."

½ lb. of flour, 1 oz. butter, 4 yolks of egg, only 2 whites.

Mix the above into a stiff paste; roll out very thin, and cut into round shapes, size of top of a teacup, with a wavy-edge pastry cutter. Bake in a slow oven. The biscuits should be quite thin, blistered all over but not browned, and not pricked. The blisters are the same colour as the biscuits, not darker.

They are only good when quite fresh from the oven.

Balmoral Dry Dessert Biscuits. (1857.)

These are the size of the top of a breakfast cup, but have plain edges and the centres pricked, and are thicker than Passover cakes.

7 ozs. flour, ½ oz. butter, ¼ oz. salt, 1 egg, 3 tablespoonfuls milk. Mix all into a stiff paste, roll it out very thin, and cut into round shapes with a round plain cutter about 3 inches across. Bake in a quick oven.

Captain's Biscuits (thin). (*Mrs. Griffiths, Confectioner, Torquay.*)

A soupçon of soda improves all thin biscuits.

1¼ lbs. flour, 2 ozs. butter, ¼ pt. new milk.

The butter must be rubbed into the flour. Make a sufficient space in the flour to hold the milk; mix flour, butter, and milk thoroughly together, for attention to this makes the dough "short." Then lay the dough on the brake,* and keep pressing the staff till the dough is quite smooth; roll it out in very thin sheets, and mould it into biscuits, do *not* use a cutter. Place 3 together, and press them on both sides with a docker.

Place the biscuits on a thick tin, and bake in a quick oven. If they colour too soon on one side, turn them.

Carlton Biscuits.

A very stiff paste to be made of flour and skimmed milk, very well kneaded and rolled out as thin as possible and then baked in an oven not too hot.

Coffee Biscuits. (*Miss Duckworth.*)

Melt 2 ozs. of butter, add 1 lb. of flour and enough cold milk to mix; add also a little salt. Beat with the brake,* roll out

* A brake, staff, and docker are used by Scotch biscuit makers for kneading and pricking the very stiff dough required for biscuits.

very thin, and cut into shape with a cutter; remember to prick them very well.

They are like baker's coffee biscuits, 4 inches long, rather more than 1 inch wide and notched at the edges.

Bake them a nice brown in a very hot oven.

Make them fresh for dessert every day, just in time to send the biscuits up cold; they must not be sent up before dinner, for freshness is their great merit.

Greencroft Biscuits. (1889.)

Shaped in large irregular flakes.

½ lb. flour, 1 oz. butter, a pinch of salt. Rub the butter into the flour, and mix with milk into a smooth paste. Beat the paste from 5 to 10 minutes with a rolling pin; all depends on this beating. Let it then stand half-an-hour. Break into irregular pieces and roll out as thin as possible. Prick much, and bake in a quick oven. Do not cut all alike. Have them large, in any shape they happen to come when rolled out, with irregular edges.

Lady Clark's Dry Dessert Biscuits.

7 ozs. flour, ¼ oz. butter, ½ of the white of 1 egg, a little salt, mixed with water into a stiff paste, beaten well with a rolling pin, cut with a cutter, pricked, and baked in a quick oven.

Oatcake. No. 1. (*J. Emslie.* 1893.)

Ingredients: ½ lb. of fine oatmeal freshly ground and kept from the air, a pinch of salt, ½ a teaspoonful of baking powder, and as little cream* as possible—only just enough to make it into a dough. Too thick cream does not do.

Roll it out as thin as possible, and cut it into three-cornered pieces. Put it on the girdle to set. It must not be turned over or it will be tough, but put it on a toaster in front of the fire to brown the top side, toaster sloping towards the fire. To use again it must be re-toasted and sent to table warm. If baked in an oven oatcake will be hard.

If without cream, use water with a bit of butter previously melted in it; milk would make flinty cakes.

It has no merit if it does not eat short and crisp, but must not be buttery.

Oatcake—Scotch. No. 2.

2 breakfastcupfuls of oatmeal, put into a wooden bowl. Pour over it about a teacupful of boiling water, and stir it with a "spurtle" (a porridge stick).

As soon as it can be touched, stir it with the hand.

Turn it out on the pastry board and work it quickly and as little as possible. Roll out with a notched rolling pin,† adding more oatmeal if too moist. When rolled thin enough, divide it in 3 and put the pieces on the girdle which should not be too hot.

* Oatcake should be mixed with cream to eat "short."

† This leaves a criss-cross pattern on the side rolled.

When done enough to be easily moved, take the pieces off and rub a little oatmeal over them. This gives a nice white, floury look. Put them back on the girdle till they curl up, when they should be put before the fire to toast (the *smooth* side to the fire).

Oliver Biscuits. (*Beechwood.*)

2 lbs. of flour, a little salt, 4 ozs. butter, 2 eggs well beaten; mixed with hot milk.

Roll the paste *extremely* thin, and cut it into biscuits with a biscuit pricker. If not well pricked, the biscuits will blister.

Our Tillypronie Cream Biscuits.

Baked just before they are wanted.

$\frac{1}{4}$ lb. flour, a pinch of salt, as little cream as is possible to make into a paste. Roll out as thin as a sheet of writing paper, on a marble slab. Prick well all over. Cut with cutter size of top of a breakfast cup, and bake in a quick oven. They should blister.

(This recipe is marked "better than Passover cakes.")

"Passover Cakes." (*Beechwood.*)

These are the same mixture as Our Cream Biscuits, but the size of top of girdle almost. Not pricked.

1 lb. superfine flour makes 14 round cakes the size of a plate. Bake (to a nice brown) on a girdle, turning the cakes when they begin to blister on one side; the baking will take 5 minutes.

"Straws" (for Dessert). (*Birk Hall.*)

$\frac{1}{4}$ lb. of flour, rub into it $\frac{1}{2}$ oz. of butter, adding a pinch of salt. Mix all with a little milk into a stiff paste. Beat well with the biscuit brake,* roll out as thin as possible. Cut like cheese straws, bake in a slow oven till crisp and brown—5 or 6 minutes will do.

* See footnote to Captain's Biscuits.

BISCUITS (SWEET).

Almond Biscuits. No. 1.

3 eggs, weight of 2 in flour, sugar, almonds put in whole at the last, *un*blanched, and a small pinch of salt. Stir all together.

Butter a baking sheet, and put the mixture on, use a moderate oven; take out, turn, and put in again for a few minutes. Cut in pieces and put on white paper in a tin to keep.

Almond Biscuits. No. 2.
Cataldi's "Tranches aux Amandes."

¼ lb. sweet almonds, ¼ lb. sifted sugar well pounded and mixed with the almonds. Now to 10 ozs. of flour add 2 ozs. of butter, the yolks of 2 eggs and the whites of 4; these 4 ingredients are to be added to the pounded sugared almonds. Make all into a paste, cut with a crescent-shaped cutter and bake a light brown.

Carraway Biscuits. (*Embley.* 1879.)

To 1 lb. of flour add half the weight of butter and of sugar, and carraway seeds to your taste.

Mix up well with a little milk, roll out very thin, prick, cut into shape, and bake in a quick oven.

Carraway Sweet Water Biscuits.

Put 1 lb. of flour, 3 lumps of sugar, and a piece of butter about the size of a walnut into as much boiling milk as will work it into a stiff paste; add a few carraway seeds, put it into a cool place for about 1 hour.

Take small pieces of the paste about the size of a hazel nut and roll out each piece as thin as a wafer, prick with a biscuit pricker and sift some fine sugar over them. Bake in a slow oven.

"Copeaux." *See* "Sweet Chips."

"Dead Men's Bones," or "Frog's Bones." (*Cataldi.*)

Dessert biscuits, either round, ratafia shape, or long, and glazed outside; should be very crisp.

5 ozs. flour dried and passed through a sieve, ¼ lb. sugar. Whip up alone in a basin the whites of 3 eggs, then add the flour and sugar. Flavour with pounded vanilla. Drop through a funnel on to a baking tin, let them rise a little before the fire; then bake.

Ginger Biscuits. (*Mrs. Sherwood.*)

Rather thin and pale brown, fluted round edges.

Take ½ lb. of flour and 3 ozs. of butter rubbed with it as if making pastry, add 5 ozs. pounded sugar and ½ oz. ginger. When all are mixed, add 2 yolks and 1 white of egg and mix into a stiff paste. Roll out as thin as possible and cut with a cutter. Bake in a slow oven 5 or 6 minutes till crisp and brown enough.

Rock Biscuits. (*Miss Heywood, Acresfield.* 1888.)

Break 2 eggs on ½ lb. of pounded loaf sugar, beat for 20 minutes with 2 forks, add a few chopped almonds, then add ½ lb. flour.

Drop the mixture with forks on buttered tins so as to look rocky, and bake.

This quantity should make 28 cakes.

Sponge Biscuits. (1891.)

Made in small buttered moulds.

Weigh 2 eggs in their shells, and use the same weight each of butter, sugar, and flour. Flavour with orange flower water, 1 tablespoonful vanilla or 3 drops essence of lemon.

First beat butter and sugar to a cream, then beat in first 1 whole egg then another, just as for a pound cake, then gently strew in the flour and mix it with an iron spoon. Spoon the mixture into the moulds. Lay long strips of candied orange peel on top of each.

Bake a good brown in a moderate oven.

"Sweet Chips" or "Copeaux."

First cousin of "Dead Men's Bones," but not quite so hard. They are shaped in long curls like loose shavings.

Beat up the whites of 4 eggs, then add ¼ lb. sugar, ¼ lb. flour, and a little orange flower water, and mix all well together. Pour on a baking sheet.

When baked, cut in strips and twist round a skewer before they get cold.

Wafer Biscuits to eat with Ices.

2 tablespoonfuls of sugar and 1 of flour, 1 egg; mix all together and put on a baking board. Bake in a moderate oven. When done cut any shape.

Wafers for Ices. *See* also under Dessert Cakes.

Watford Water Biscuits.

These are the size of the top of a breakfast cup, very thin, and of a most engaging brown colour.

Put ½ lb. of flour in a basin and thoroughly well mix with it a teaspoonful of ground ginger.

Boil about 2 tablespoonfuls of milk ; melt in it 2 ozs. of sifted castor sugar, and 1 oz. of fresh butter ; when melted and mixed add this gradually to the flour and mix to a stiff paste. Cut into pieces the size of a walnut, then let them get quite cold ; afterwards roll out as thin as possible, and cut with a large cutter ; put the cakes, well pricked all over with a fork, on a baking sheet, and bake in a slow oven.

Half a teaspoonful of carraway seeds may be added if you like.

BUNS.

Buns. (*Miss Duckworth.*)

Rub ½ lb. of fresh butter into 2 lbs. of flour, add a little salt, mix with a little warm milk and 1 oz. yeast. Do not mix too much or they will spread and not rise well. Let it stand to rise, then add ½ lb. of sifted loaf sugar, ½ lb. of currants picked and washed, chopped candied lemon peel and citron peel. Add 3 fresh eggs well beaten up, with as much tepid milk as will make the dough the consistency of a plum-pudding.

Mix all together and let it rise again before baking. Use oval fluted tins, well buttered, for these buns.

Beechwood "Bath Buns."

Let the oven be hot, or the mixture will run.

These buns take only 2 hours to rise.

Dough mixture same as Birk Hall buns, allowed to rise 1 hour; but use more butter, ¾ lb. is not too much, with 1 lb. of pounded sugar, and 6 new-laid eggs one after another instead of 5; to these add the dough, and work well up, letting it rise a second hour before the fire. Then put with a spoon on to the baking sheet (2 large tablespoonfuls make 1 bun); egg the tops, adding rather coarsely pounded white sugar, chopped candied citron peel, and carraway comfits outside.

Bake on a sheet, not in tins.

Birk Hall Buns.

Take 2 lbs. of flour, 1 pt. of warm milk and about 1 oz. of German yeast; to be thoroughly mixed and allowed to rise for 1 hour before the fire, as for rolls.

Work ½ lb. of fresh butter to a cream, add ½ lb. of pounded sugar and 5 eggs, one at a time; add these to the dough you have made, also ½ lb. of sultanas, and a few carraway seeds if you like them.

The mixture must then rise 2 hours more before shaping and putting into the oven on a baking sheet. They should be the shape of bakers' penny plum buns.

Breakfast Buns. (*Embley.*)

These are of the same dough as Birk Hall Rolls (*see* Bread, &c., Rolls) but sweetened, and with the addition of a few currants and carraway seeds; they are made the size of rolls, but glazed.

Emslie's Buns. (1887.)

Made quickly with baking powder.

¾ lb. fine, well-dried flour and a small dessertspoonful of any baking powder mixed in; then rub in 3 ozs. butter, add 3 ozs. sugar, 2 ozs. sultanas, and ½ oz. citron. Beat up 3 eggs in 2 tablespoonfuls of milk and add to the other ingredients lightly.

Bake in buttered tins.

Bun Loaf. *See* Cakes, &c.—(Cake).

Marrow instead of Butter in Making Buns. *See* Short Sugar Paste, under Paste and Pastry; *see* also next page.

Plain Buns. (*Burwarton, Bridgnorth.*)

3 lbs. flour, ½ lb. butter, ½ lb. sugar, 1 oz. German yeast, 2 eggs, spice and candied peel to taste. Mix as you would any other buns, and bake.

Rock Buns. (*Caldy.*)

This quantity makes 4 doz.

2 lbs. flour, ½ lb. butter, ½ lb. sugar and the same of currants, 4 eggs.

If required, a spoonful of cream.

Beat up as in making a pound cake; mix the flour in lightly; lay the mixture out in rough lumps on the baking sheet and bake in a moderate oven.

Flavour with lemon peel grated.

CAKE.

(N.B.—Marrow is recommended by Mrs. Weston in place of butter for making Cakes. *See* Short Sugar Paste, under Paste and Pastry.)

Almond Cake.

Blanch ½ lb. sweet almonds and 1 oz. bitter almonds and pound them to a paste.

Separate the whites from the yolks of 6 eggs; beat the yolks, and add to the almonds; add a tablespoonful of sifted sugar, 5 ditto of fine flour, the grated rind of a lemon, and 3 ozs. butter beaten to a cream.

When all the ingredients are well mixed, put in the whites of the eggs, previously whisked to a froth.

Butter a cake mould and put in the mixture. Bake in a good oven from 1¼ to 1¾ hours.

Almond Sponge Cake. *See* Sponge Cake, No. 2.

"American Cake." *See* Gingerbread Loaf.

Apricot Cake, "Gâteau de Vienne," for Luncheon, Supper or Dinner.

Is made much like Seed Cake, No. 1 (Cataldi's), but no carraway seeds are put in, of course. Bake in a plain round mould and afterwards slice in rounds about 2 inches thick. Put a layer of apricot jam between each slice; rebuild the cake and ice when finished.

Bun Loaf. No. 1. (*Emslie.*)

¾ lb. flour, 2 ozs. fresh butter rubbed in first with a pinch of salt, then 2 oz. of sugar. Having dissolved 1 oz. Danish yeast for half-an-hour in a teacupful of warm milk* and water with a pinch of sugar and strained it, add it to the flour and mix into a dough, adding more of the liquid (warmed milk and water) if required. Put in meat screen, covered by a cloth, to rise half-an-hour.

Then work it well again, adding 2 eggs (one at a time), and 2 ozs. sultana raisins, and the grated fresh peel of 2 lemons to flavour, also 2 or 3 ozs. sugar. Half fill (or rather more) a buttered tin, and let it rise to the top; then bake in a rather quick oven.

If any is over, make it into buns, and add ½ oz. finely chopped peel, but bun loaf itself is lighter *without* peel.

* Another copy, which omits eggs, says a little cream improves it.

Bun Loaf. No. 2. Auchentorlie. (*Mrs. Buchanan.*)

3 lbs. of dough, 1 lb. butter melted, 1 lb. sugar, 3 lbs. sultana raisins, 3 ozs. candied peel, 8 eggs, a little spice; add a *little* more flour, and mix all with the dough.

Let this cake stand 2 hours before baking.

Bun Loaf. No. 3.

Into a bread dough, work 3 whole eggs, ¼ lb. butter, ¼ lb. sugar, spice to taste, a tablespoonful chopped peel, 2 of sultanas, and enough mixed spice to cover a 3*d*. bit. Half fill a buttered tin and let it rise to the top, then bake.

Or you can use a few carraway seeds instead of sultanas, but use peel as well.

"Castle Cake." (*Mrs. Innes of Learney.* 1874.)

(Rather strongly lemon flavoured. Sometimes called "Lemon Cake"; "Patterdale Cake" is similar.)

3 eggs, their weight in sugar, in flour, and in butter, the butter to be beaten to a cream. Beat the yolks and whites of egg together; next, add the sugar to the eggs; then, alternately, put in first a little of the butter, next a little of the flour, then butter again, and so on.

Before putting the mixture into a buttered cake mould, add the grated rind of 3 lemons. Mix. Bake a nice brown.

Chocolate Cake.

½ lb. butter beaten to a cream, 7 eggs—yolks and whites beaten separately, the whites stirred in at the last; ½ lb. best vanilla-flavoured chocolate scraped down and heated in the oven, then beaten into the butter with 3 ozs. flour, ½ lb. sifted sugar, 4 ozs. pounded almonds, and a teaspoonful sal volatile. Bake in a slow oven; frost over with sugar.

This cake is best when *not* quite newly baked.

Coffee Cake. (*Emslie.* 1889.)

For luncheon.

Make a sponge cake thus: Take 3 eggs, weigh them; take their full weight in sugar, and of 2 only in flour. First, whip the sugar for ¼ hour well into the eggs, then add the flour gradually.

Butter and sugar a tin, put the mixture in, and bake 1 hour in a moderate oven.

Next day take a ¼ lb. of fresh butter and 3 ozs. of sugar. Work them well together to a cream, and add gradually, drop by drop, 2 tablespoonfuls of strong coffee, fresh made on purpose. Slice the cake in rounds. Butter each slice in its order with this mixture, build up the cake again, and have a double quantity of coffee-butter, &c., on the dome-shaped top,

Currant Cake.

To 1 lb. flour, ½ lb. currants, ¼ lb. finely powdered loaf sugar. Mix with them ¾ oz. baking powder; have an egg ready beaten up in 2 teacupfuls of milk; mix with the other things, and put *at once* into a buttered cake tin. It must rise ½ hour on the oven, or in the screen before baking. Use baking powder No. 1.

Diet Bread Cake.

9 eggs—their weight in sugar—the weight of 6 only in flour, the rind of a lemon, grated carraway seeds to your taste. Beat up the whites to a stiff froth alone first, then three yolks with them, shake the sifted sugar in, whisking till it is thoroughly mixed, and when it appears light take out the whisk, add the flour, and with a wooden spoon stir it slowly one way, but do not beat it—add the carraway seeds and lemon peel. Bake in a well-buttered tin, sprinkled with the raspings of bread. The cake once in the tin must be *immediately* put into the oven.

Dough Cake.

½ lb. butter, beaten to a thick cream, ½ quartern dough, ¼ lb. moist sugar, ½ lb. currants, a little chopped candied peel, 3 eggs, both yolks and whites, well beaten. Mix all well together.

"Gâteau de Vienne." *See* Apricot Cake.

Genoa Cake. (*Bate.*)

To serve with ices.

Mix ½ lb. butter, the same weight of sugar, 4 eggs, beaten with orange flower water, which makes the cake rise lighter; ½ lb. flour; all well flavoured with lemon peel.

When mixed, pour into a sauté pan, which it must *half* fill, and when in the oven it will rise to the top; bake in a slow oven at least a ¼ hour or 20 minutes; cut, *when cold*, in pieces, and pile on a napkin.

This cake is eaten cold, but on the day it is baked.

For other ways of using Genoa Cake, *see* Paris Cake, and under Sweet Puddings, Bates' German Pudding.

Ginger Cake. No. 1. "Ginger Loaf."

This is made the same way as "Seed Bread," but you use ½ oz. ginger (*no* seeds).

Ginger Cake. No. 2. Mrs. Meynell's Recipe. (*Isabel Heywood.* 1886.)

½ lb. butter beaten to a cream, 1 lb. flour, ½ lb. sugar, large teaspoonful ginger, tablespoonful baking powder, 2 eggs.

All to be *well* beaten together and baked 1¾ hours in a moderate oven.

Ginger Cake. No. 3. (*Isabel Heywood.* 1877.)

2 lbs. fine flour, ¼ lb. butter, ¼ lb. sugar, 2 teaspoonfuls each powdered ginger and pounded allspice thoroughly mixed together, 2 tablespoonfuls yeast. Make into a light dough with warm milk. Bake.

Ginger Cake. No. 4.

½ lb. of butter worked to a cream, ¼ lb. of sugar, ¼ lb. of treacle, ½ lb. flour, 1 oz. ginger flavoured with clove powder, 3 eggs, all mixed lightly. Bake 1½ hours.

Ginger Cake. No. 5.

For luncheon.

1 lb. flour, ½ lb. brown sugar, ¾ lb. treacle, ½ lb. butter, 2 ozs. ginger, 5 eggs, a little candied peel, ½ teaspoonful bicarbonate of soda. Bake 1 hour in a slow oven.

Gingerbread. *See* Dessert Cakes, &c.

Gingerbread Cake. No. 1.

2 lbs. flour, ½ lb. sugar, 2 ozs. ginger, 2 ozs. carraway seeds, 1 grated nutmeg, 1 teaspoonful carbonate of soda. Mix all dry ingredients together, then add 1½ lbs. treacle, ½ lb. butter, 2 eggs, 1 teacupful milk. Bake 3 hours in a slow oven.

Gingerbread Cake. No. 2.

1¼ lbs. of flour, ½ lb. butter, melted, ½ lb. treacle, 2 eggs, 2 ozs. candied peel, ½ oz. ginger, ½ teaspoonful of soda, ½ lb. of moist sugar, ½ lb. chopped rasins. Mix them up together and bake it 2 hours in a slow oven.

Gingerbread Cake. No. 3.

1 lb. treacle, 12 ozs. butter; put these into the oven to melt, and add to 1 lb. flour, ½ lb. moist sugar. Mix all together with a little ginger and lemon peel; spread it then upon the tin to bake, and loosen it from the tin whilst warm, or it will stick.

Gingerbread Loaf or "American Cake."

For tea or for luncheon.

1 lb. 14 ozs. flour, ½ lb. butter, 2 lbs. treacle, ½ lb. powdered sugar, ¼ lb. candied lemon peel also ¼ lb. chopped citron peel if liked, a tablespoonful of carraway seeds, 1 lemon squeezed and its *peel* grated, 1½ ozs. powdered ginger, ¼ lb. citron, ½ teaspoonful beer ("a tablespoonful" in another copy), 2 eggs.

Melt the butter and the treacle together, and rub in the sugar with a dessertspoonful of soda which is not quite ½ oz. (another copy says a teaspoonful). Bake like any other cake, having ornamented the top with slices of citron or with carraway comfits if you like, but do not cut it for eating under a week.

Green Ginger Cake.

(*Sent by Mrs. Abel to Mrs. Proctor, N. Berwick.* 1879.)

½ lb. pounded sugar, ½ lb. fresh butter, 4 eggs, ¼ lb. Oswego flour, ¼ lb. fine flour, ¼ lb. ginger taken out of syrup, chopped fine, ½ teaspoonful powdered ginger, ½ teaspoonful baking powder, a pinch of salt.

Beat sugar and butter together till very light; add the eggs, one by one, beating each *thoroughly well in* as you add it. Mix all well together, the Oswego flour, fine flour, salt, &c., and then add them to the mixed butter, sugar, and eggs; mix in lightly, and bake in a moderate oven.

[This makes an excellent pudding, if you add more ginger, and serve with a custard sauce flavoured with the syrup of the ginger.]

Icing for Cakes—Chocolate.

Take, in a saucepan, ½ lb. icing sugar, 2 ozs. of grated chocolate, and enough water to mix to a paste. Stir over a fire till thick and smooth but do not allow it to boil.

Icing for Cakes—Maraschino.

Put into a stewpan ¾ lb. icing sugar, then mix in 3 tablespoonfuls of maraschino, stir over the fire till just warm, then use.

Any other liqueur or syrup can be used if wished instead of maraschino.

Icing. *See* also Coffee Cake, Orange Cake, Paris Cake and Plum Cake.

Lemon Cake. *See* Castle Cake.

Lemon Pound Cake. (*Mrs. Thomas.*)

Beat ½ lb. butter to a cream. Work in well ½ lb. crushed sugar flavoured with the rind of 1 large or 2 small lemons (rub lump sugar on the best parts of the rinds, then grate the sugar fine), next add 5 eggs one after another, beating each well in as you add it. Then add, very gradually, as for a sponge-cake, ½ lb. of well dried flour. Mix in with the hand in cold weather but with a spoon in the summer. Add a few carraway seeds if desired.

Lissey's Cake. (*Mrs. Barker. Caldy.* 1885.)

1 lb. sifted white sugar, 1 lb. flour, 1 lb. butter, 1 lb. of eggs both yolk and white, 2 ozs. citron chopped, 1 lb. stoned raisins or currants (sultana raisins are best).

Bake. This is enough for 2 cakes.

Luncheon Cake. No. 1. (Rich)—Auchintorlie.

For the sponge, which is made overnight with Ginger Yeast (*see* Baking Powder, &c.) take 3 lbs. of flour, 8 eggs, 1 gill of yeast, mixed with a qt. of warm milk.

Next morning add 1 lb. sugar, 1 lb. butter beaten to a cream, 3 lbs. sultanas picked, washed and dried, 3 ozs. chopped candied peel, ½ teaspoonful spice (1 part cinnamon to 2 parts of nutmeg)—use mixed spice if you do not mind the cake looking brown—and a little more flour. Bake in a round or oblong tin.

Or make your cake this way more quickly: 3 lbs. of dough made with about 1 oz. fresh German yeast, 1 lb. of butter melted or whisked to a cream, and all the above ingredients. Mix all thoroughly. Let it stand 2 hours to rise, then bake it.

Do not cut the cake till the next day.

Luncheon Cake. No. 2. (Small and very light)—Bagshot. (*Mrs. Sherwood.* 1866.)

1 lb. flour, ¼ lb. butter, same weight sugar, 3 eggs beaten together ready in a basin, 1 oz. German yeast dissolved in ¼ pt. warm milk and strained, 2 ozs. sultana raisins, 2 ozs. candied citron peel.

First rub the butter into the flour, next stir in the yeast and milk; add the fruit, and then the 3 eggs; mix all together and pour into the tin, which it should *half* fill; let it rise to top of tin before baking in a slack oven. It will take from 1 to 1¼ hours.

Luncheon Cake. No. 3. (*Beechwood.*)

1½ lbs. flour, 2 ozs. butter, ½ lb. or rather more of sultana raisins, 6 ozs. sugar, and some candied lemon peel and citron. Mix all together with 2 eggs well beaten, ¾ pt. of milk, and 2 spoonfuls of fresh yeast. Bake ¾ of an hour in a moderate oven.

Luncheon Cake. No. 4. Good. (*Burwarton.*)

1½ lbs. flour, 1 lb. white sugar, 1 lb. butter, 10 eggs, ¾ lb. sultanas, 2 ozs. mixed peel, a few drops of essence of almonds (or peach kernels). Cream the butter. Bake 2 hours in a slow oven.

Luncheon Cake. No. 5. Second best. (*Burwarton.*)

1 lb. flour, 4 ozs. lard, 4 ozs. butter, ¼ lb. white sugar, ½ lb. sultanas, 2 ozs. mixed peel, peel of 1 lemon grated, 3 or 4 eggs, 3 teaspoonfuls baking powder. Mix with *cold* new milk. Bake.

Luncheon Cake. No. 6. (*Emslie.* 1888.)

Made with German yeast.

¾ lb. of fine flour, into which rub 2 ozs. of fresh butter; add a pinch of salt, then work in 2 ozs. of sugar. Next dissolve 1 oz. of German yeast* in a teacupful of warm milk and water, then strain it before use; knead it up in the cake mixture, and let it then rise in the meat screen, covered by a cloth, for ½ an hour.

Then beat 2 whole eggs into the dough, 1 at a time, and 3 ozs. of sultana raisins.

Let it rise in a buttered cake-tin in a rather quick oven.

* ½ teaspoonful castor sugar, worked with a spoon to a cream with the yeast, makes it dissolve quicker.

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Luncheon Cake. No. 7. (*Mrs. Dick.*)

2 lbs. of flour well dried, rub into it ¼ lb. of butter and a pinch of salt. Dissolve nearly ½ oz. of German yeast in a little warm milk and strain it in. Mix and put it to rise in a basin covered with a cloth. Beat 3 whole eggs in a basin. To them add gradually ¼ lb. crushed sugar, and beat well in. Next add these sweetened eggs to the mixture, with ¼ lb. chopped candied mixed peel and ½ lb. sultanas, also a little spice (use a third of a teaspoonful of allspice) pounded smooth.

Put all into a round cake-tin, which it may two-thirds fill, and pin paper round as for a soufflé. Let it "*prove*" ½ an hour by the fire, then bake. Do not cut this cake till the *day after* it is baked.

Luncheon Cake. No. 8. For Shooters. (*Mrs. Thomas*).

Same as Luncheon Cake No. 1, but add a tablespoonful of carraway seeds, and use 4 eggs, previously well beaten alone, instead of 8 eggs.

Luncheon Cake. No. 9. (*Mrs. Wellington.*)

First work together 6 ozs. sugar to 8 ozs. butter; add 8 whole eggs, one after another; work lightly in with the hand. With them add a pinch of salt, 1 oz. chopped candied peel, and ¼ oz. of sultanas, or of carraway seeds if preferred—do not add more or the cake will not be light. Lastly, add 12 ozs. flour when all the other things have been well worked together. Put into a buttered cake mould, and before putting in oven sprinkle over it a little roughly crushed kitchen lump sugar. Bake in a moderate oven a full hour.

Orange Cake (Iced), also called "Trocadero Cake."

(*Ida Darwin, The Orchard, Cambridge.* 1894.)

Put 6 whole eggs into a stewpan with a saltspoonful of vanilla essence, 10 ozs. castor sugar, the very finely chopped peel of 3 oranges and, if you wish to colour it, a teaspoonful of Marshall's liquid carmine; whip this mixture with a whisk over boiling water on the stove till it is warm, then remove it from the fire and continue the whipping till the ingredients are cold and stiff like thickly-whipped cream; mix into it with a wooden spoon 6 ozs. fine flour that has been rubbed through a wire sieve and put into the screen to get warm beforehand.

Brush over a No. 4 size Charlotte mould with warm butter, paper it with buttered paper and dust over with flour and sugar mixed in equal proportions.

Pour the cake mixture into the mould and bake in a very moderate oven for 1¼ hours, then turn out the cake on to a pastry rack or sieve and let it get *quite cold.*

Cut it in slices and spread each slice with orange marmalade that has been rubbed through a sieve, place the slices together in their original order into cake form, and then cover the cake with maraschino icing or orange icing; *see* Icing. When the icing is beginning to set, sprinkle all over it some finely-shredded blanched pistachio nuts, and dish up on a dish paper.

Paris Cake.

Paris cake is a sandwich of brandy butter (*see* Sweet Sauces) spread on slices of Genoa cake. The cake when put together again is brandy-buttered *outside* also, and covered with chopped pistachios; or you can use brandy butter chocolate-flavoured for the outside, instead of pistachios. For the inside (*i.e.*, between the cake slices) flavour one layer of brandy butter with chocolate, another with pistachio, and colour a third with cochineal or leave plain. Get each of these mixtures ready in a separate basin before you begin.

If you wish the brandy butter chocolate-flavoured prepare the chocolate as follows: Have it good and vanilla-flavoured, add ¼ lb. sugar to ¼ lb. chocolate. Boil the sugar to "snap," do not let it burn, then add the chocolate, stir all the time it cooks till it runs from the spoon. Then let it cool, and add it to the brandy butter.

Patterdale Cake. (*Mrs. Ross.*)

Same as "Castle Cake," but add 1 teaspoonful baking powder. Stir all ingredients well together, and bake in a buttered tin 1 or 1½ hours in a rather slow oven.

Plain Cake. No. 1. (*Mrs. Bryan, King's Garden.* 1888.)

About 1½ lbs. flour, ¼ lb. butter, a few sultanas, 3 teaspoonfuls baking powder, 3 eggs.

Mix well with a little milk. Bake about 2 hours. Her cook says: "Lard makes it lighter than butter."

In the same recipe, as altered for Tillypronie, we use ¾ lb. flour, 3 ozs. butter, a few sultanas, 3 ozs. chopped peel, 2 teaspoonfuls baking powder, 3 ozs. sugar, 2 eggs.

All mixed with a little milk into a dough. Bake 1½ hours.

First rub the flour into the butter, then add baking powder, sugar, peel, and sultanas, then the eggs, then the milk.

Plain Cake. No. 2. (*Mr. Milnes Gaskell.* 1889.)

Set a sponge with 1 lb. flour and 2 ozs. German yeast. When it has risen sufficiently, add ¼ lb. butter melted, ¼ lb. sugar, 2 eggs, a few raisins or currants. Mix well together; put in a baking tin; let it rise for 20 minutes, and then bake.

Plum Cake.

Part 1.—The following ingredients to be perfectly prepared: 2 lbs. of flour, sifted and dried; 1½ lbs. of loaf sugar, pounded and sifted; 2 lbs. currants, nicely picked and dried; ½ lb. raisins, stoned and chopped; 1 lb. mixed candied peel, chopped; 1 nutmeg, grated, and the same weight in pounded cinnamon and mace mixed; ½ lb. almonds, blanched and cut small; 14 eggs, yolks and whites beaten separately.

Part 2.—Beat the 2 lbs. of fresh butter to a cream; to it add the sugar *by degrees*, then the yolks of egg, then the whites, the flour, the spices, the almonds, the fruit, the chopped peel, and, last of all, mix in a glass of brandy.

Beat all well together. Butter a cake hoop, and put in the mixture. It should be well baked, say 3 or 4 hours, in a moderate oven.

For icing, if wished, 1 lb. best icing sugar, and ½ lb. almonds blanched and pounded.

Queen Cake. (*Mrs. Jameson, Kilkerran.* 1887.)

Baked in a sponge cake mould and honeycombed from lightness.

½ lb. each of butter, flour, and sugar, all worked together with a spoon, the yolks of 4 eggs, ½ lb. of minced preserved fruit, *i.e.*, of apricots, cherries, ginger, or green plums. At the last add 4 whisked whites mixed lightly in. Bake.

(Ground) Rice Cake. No. 1.

6 ozs. butter melted, not oiled, 5 eggs, yolks and whites beaten separately, 2 ozs. sweet almonds and a few bitter ditto, 2 ozs. sugar, 4 ozs. flour, 4 ozs. ground rice. Mix all well together, adding the whites of the eggs last.

The butter should be beaten by one person, the yolks by another, the whites by a third—all to begin at the same time, and go on for ½ hour without intermission.

Mix well and as quickly as possible, and put into the oven before it has time to fall.

Use tartlet pans for small cakes of this mixture.

(Ground) Rice Cake. No. 2. (*Beechwood.*)

¼ lb. ground rice, ¼ lb. flour, ½ lb. sugar, each sifted, and 5 eggs. Beat all well together ½ hour, and bake in a slow oven.

"Seed Bread."

Warm 6 ozs. butter in a saucepan, and with 2 lbs. light dough, as prepared for rolls, mix 3 eggs, 1 cup of cream or milk, 6 ozs. of sugar, 1 oz. of carraway seeds.

Butter the tin shape, mix up the cake lightly, and half fill the tin. Set it by the fire to rise to the top, then bake.

"Ginger Loaf" is same mixture, omitting seeds and adding ½ oz. ginger.

Seed Cake. No. 1. (*Cataldi.*)

Requires ½ lb. flour, the yolks of 5 eggs, ½ lb. sugar; sugar and yolks to be well beaten together to a cream, then whip up to a froth the whites of the 5 eggs; melt 6 ozs. fresh butter gently in a small stewpan, take care it does not boil. Now, just stir the flour into the sweetened yolks, then add the butter, then the

whites of egg, then the finely-grated rind of a lemon; lastly carraway seeds; mix all well together, and put into a buttered mould.

Bake in a moderate oven.

Apricot cake is made of same mixture; and so are "Draughtsmen" cakes—*see* Sweet Biscuits.

Seed Cake. No. 2. Lancashire—Sweet. (*Mrs. Barton.*)

Sift carefully ½ lb. of sugar and beat it to a cream with the yolks of 2 eggs. In another vessel beat up 5 whites of eggs to a stiff froth—keep these two mixtures separate. In a third basin beat ½ lb. of fresh butter to a cream.

Having carefully dried ½ lb. of flour, stir it into the sweetened yolks of eggs, then add the butter, then the 5 whipped-up whites of eggs, then the finely-grated rind of a lemon; lastly, add a tablespoonful of carraway seeds. Mix all well together, put into a hoop or plain buttered mould, and bake.

Do not cut this cake for 24 hours.

Seed Cake. No. 3. For Luncheon.

½ lb. of butter, ½ lb. of castor sugar, 1 lb. of flour, 3 eggs, ½ teaspoonful of soda, 1 teacupful of milk.

Mix all well together in a china bowl with 2 forks, and then add carraway seeds. Bake in a tin 1 hour in a moderate oven.

Should the butter be very hard, melt it before mixing.

Seed Cake, or rather Loaf. No. 4. (*St. Julian's.* 1864.)

1½ lbs. of flour, ½ lb. butter, ¼ lb. sugar, 2 ozs. carraway seeds, ½ teaspoonful carbonate of soda, 1 tablespoonful of baking powder.

All to be well mixed together, and added to 2 eggs beaten with a little warm milk, then put into the oven immediately. This cake quickly gets stale, so should be eaten soon.

Seed Cake. No. 5. Scotch. (*Dundee.*)

12 eggs, 1¼ lbs. best flour, 1¼ lbs. best loaf sugar, 1 lb. butter, ¼ lb. orange peel, ¼ lb. lemon peel, ¼ lb. citron candied (these quantities will do for 2 cakes).

Cream the butter, then add the sugar and flour, then the eggs, which must be well beaten up one at a time, and added very gradually till all are in.

Lastly add the peel cut in small pieces and 1 oz. carraway seeds. Bake in a buttered tin in a slow oven.

Do not cut this cake too fresh.

"Seed Loaf." (*Mrs. Sherwood, Bagshot.* 1861.)

No eggs. 2 lbs. flour well dried, rub into it thoroughly 6 ozs. fresh butter, ¼ lb. crushed loaf sugar; then add ¾ oz. strained German yeast dissolved in a small ½ pt. of warm milk. Let the

sponge (covered by cloth) rise ½ hour; then knead it well, like bread, add 2 tablespoonfuls carraway seeds, and put it into a tin, which it should half fill; let it rise to the top, then bake 1½ hours in a moderate oven.

If in kneading it is too dry, add a little warm milk.

Snow Cake. (*Learney.* 1874.)

1 lb. arrowroot, ½ lb. refined sugar, ½ lb. best fresh butter, 5 eggs. Roll arrowroot and sugar *very* smooth; mix them together, and flavour as you like; pass through a fine sieve; beat the butter to a cream; break into it the 5 yolks of egg, and, when well mixed, add very gradually the arrowroot and sugar; whisk the 5 whites to a stiff froth, and add them to the above just before putting it into the baking tin. 1½ hours in a moderate oven.

Soda Cake. No. 1.

A teaspoonful of soda mixed in a tablespoonful of milk; beat up 4 eggs in a gill of warm milk; mix all well together; rub ½ lb. of butter thoroughly into 1 lb. of flour; have ready ½ lb. currants, ½ lb. stoned raisins, 2 ozs. chopped candied mixed peel, ½ lb. sugar, and some grated nutmeg.

Mix all well together, and beat for 20 minutes.

This cake will take 2 hours to bake.

Soda Cake. No. 2. (*Mrs. Middleton.*)

1 lb. flour, in which mix well 2 teaspoonfuls soda, also ½ lb. butter previously beaten to a cream, ½ lb. of brown sugar, ½ lb. of sultanas, 2 ozs. chopped candied peel, and a tablespoonful of ground cloves and cinnamon.

Whisk 2 eggs in ⅓ pt. of milk, make a hole in the flour &c., and squeeze in a dessertspoonful lemon juice. Mix all together and bake. If you can get buttermilk it is better than using lemon juice and plain milk.

Soda Cake. No. 3. (*St. Julian's.* 1879.)

1 lb. of flour to 6 ozs. sugar, ½ lb. currants, ¼ lb. butter to be beaten up to a cream, 3 eggs, ⅓ of a nutmeg grated, ½ pt. of milk, 1 teaspoonful soda. Stir all well together, beat for 5 minutes, and bake in a tin shape.

Spice Cake. No. 1. Auchentorlie. (*Mrs. Buchanan.*)

(Without eggs.) Two lbs. flour, 1 lb. butter, 1 lb. currants, 1 lb. sultanas, ½ lb. sugar, 1 oz. of German yeast, chopped peel; add nutmeg and cinnamon to flavour.

Bake in tin.

Spice Cake. No. 2.

Spice cake is made the same way as Seed Bread (*see* above), but with a large teaspoonful of allspice instead of seeds.

Spice Loaf. (*Mrs. Hunt.* 1885.)

Take 1 lb. of ordinary bread dough, ¼ lb. moist sugar, 3 ozs. lard, ¼ lb. butter, 3 eggs, 2 ozs. candied peel, a little allspice, ½ lb. sultanas, ½ lb. currants.

When mixed, put in a mould to remain a quarter of an hour before baking.

Sponge Cake. No. 1. (*Mrs. Albert Dicey.* 1883.)

The yolks of 12 eggs, the whites of 4 only, 1 lb. castor sugar, ½ lb. flour well dried in front of fire, and rubbed through a hair sieve. Whip eggs and sugar together for 20 minutes before you add the flour. Flavour with 2 tablespoonfuls of orange-flower water. Line a plain mould with butter and sugar, and grated lemon also to flavour cake.

Turn the cake out of mould, and stand it on its head till sent up as soon as cold, same day.

This quantity makes 2 cakes.

Sponge Cake. No. 2. (*Mrs. Husthwaite.*)

This is nice to eat with ices.

Lady Clark says: "The great secret of making light sponge cakes is, when beating the eggs, to add orange-flower water—the quantity to vary from a dessert- to a tablespoonful according to the size of your cake. It also makes beating the eggs easier."

Or use lemon juice instead of orange flower water.

Weigh 5 eggs in their shells, and put ready the same weight of sugar; but of flour take the weight of *three* eggs only.

Keep these three ingredients separate.

Break the 5 eggs into a basin, and as you beat them make them a little warm over a pan of hot water. Beat the eggs thoroughly first by themselves, then add the sugar and a tablespoonful of lemon-juice or orange-flower water, and beat all together another ¼ of an hour. Then add the grated rind of a lemon, and *lastly*, add the flour very gently, as for a soufflé.

Mix lightly together, and pour into an ornamental mould and bake in a *slow* oven.

N.B.—The mould must first be well buttered, and sprinkled with 1 spoonful of flour and 2 spoonfuls powdered sugar, thoroughly mixed together before using them. For this clarify the butter, pressing all the milk out of it, and first grease the mould with the butter, *then* add the sugared flour.

"Almond Sponge Cake," same mixture as above, has almonds chopped, pounded with a little orange-flower or rose water to prevent their oiling, passed through a sieve, and added just at the last.

"St. Julian's Cake" is same as "Gingerbread Loaf."

"Trocadero Cake." *See* Orange Cake.

Worthing Cake. (*Laura.* 1882.)

This is made with German yeast like bread.

1 lb. of flour, ½ lb. sultanas, and chopped peel, ¼ lb. butter, ¼ lb. sugar, with 3 eggs, yolks and whites beaten together, and added just before baking.

CRUMPETS, BAPS, GAUFRES, PIKELETS AND WAFFLES.

"**Baps**" are mixed very slack—water, flour, salt, yeast. (Neither butter, eggs, nor milk.) They are well dusted with flour, and eaten fresh as soon as baked.

Crumpets. No. 1.

Make a thin batter of milk, flour, and water, and a *little* fresh yeast. From a small ladle, holding a sufficient quantity for 1 crumpet, the batter is poured on the heated iron plate, as you would a pancake into a frying-pan.

The crumpets are very soon sufficiently done on one side, and must then be carefully turned.

Crumpets. No. 2.

Rub a little butter into ½ lb. flour, with half a teaspoonful soda, salt and sugar to taste, 2 eggs beaten up together, a little buttermilk, mix all together into a pretty thick paste. Bake on the top of the stove.

Crumpets. No. 3.—Oatmeal. (*Caldy.* 1884.)

¼ lb. oatmeal, ½ pt. warm milk, ½ pt. warm water, 1 tablespoonful good brewer's yeast. All mixed, to stand 1 hour.

Put a small quantity at a time on the baking sheet, and bake on the stove.

Russian Waffles.

(No yeast.)

This is the batter to cook on the waffle tongs: ¼ lb. of butter worked to a cream with a spoon, 4 yolks of egg, a spoonful of vanilla-flavoured sugar, 2 spoonfuls of flour. Whip the whites, add ¼ pt. of whipped cream, and whip all in together. Cook on waffle tongs, serve hot and crisp on napkin, powdered sugar over all. For a pudding next day merely cut in half, or slice any waffles that are over and put them in a mould, filling the mould up with a custard of 3 eggs to 1 pt. of milk, and steam ¾ hour.

(*See* also George IV. Pudding, under Sweet Puddings.)

Staffordshire Pikelets for Breakfast. (*Sutherden.* 1879.)

Orthodox pikelets come up as thick only as pancakes, piled up and buttered while hot on both sides; but they can be made as thick as a muffin, split, and buttered inside; they also can be served thin as toast, in a silver rack.

½ lb. flour to 1 oz. German yeast melted in lukewarm milk and strained, a little salt, add 2 eggs and mix as for rolls, and let the sponge rise; keep it thin, and then divide into spoonfuls, and have the girdle very hot and buttered; it should run and be thin and baked in this state, a spoonful laid on the girdle at a time, turned on the girdle, quickly cooked (no sugar).

Waffles or Gaufres for Luncheon. (*Mrs. Thomas.*)

Take 2 ozs. of butter, warmed, and beaten up into a cream in a basin. Then add 2 spoonfuls of flour and a pinch of salt. Work well with the butter till quite smooth. Add ½ an oz. of good German yeast (well dissolved in a little cream or milk), then add the yolks of 2 eggs.

Work all together to a smooth cream and put it in a warm place to rise an hour. When it has risen, beat the 2 whites of egg to a nice light froth on a plate, mix them in and let all rise again another hour whilst the waffle tongs are getting hot to bake them.

Grease the tongs well with bacon, and pour the paste on one half of the tongs, closing the other gently over it. Turn both sides so as to brown equally. Cook over a charcoal fire, and as each gaufre is cooked put it on a sieve and powder it over with castor sugar flavoured with vanilla. Eat as soon as possible.

Grease the tongs or rub them with a piece of wax between the making of each gaufre.

Serve them like chestnuts in pocket of a warm napkin.

DESSERT CAKES, ICE WAFERS, &c.

Some recipes under Biscuits—Sweet, and under Rusks are suitable for Dessert.

Banbury Cakes.

Beat ¼ lb. butter to a cream, mix with ½ lb. chopped candied peel, 1 lb. currants, ¼ oz. cinnamon, ¼ oz. allspice, a little sugar; mix well, and keep in covered jar to use in sandwiches of puff paste (*see* Paste and Pastry).

"Bows" to serve with a Cream.

2 eggs and their weight in sugar, and the weight of *one* only in flour. Mix like a sponge cake and flavour with orange-flower water or vanilla. Bake, twist, and finish in the screen.

Chocolate Cakes—Portmore. (*Mrs. Jamieson.* 1888.)

½ lb. chocolate grated very smooth. Beat well the whites of 2 eggs (but not to snow); mix them into the chocolate with as much sifted sugar as will make them into a stiff paste, strew the board with sugar, and roll out a very little bit at a time. Cut with a fluted cutter, and bake in a moderate oven on a baking tin dusted with flour.

"Draughtsmen" Cakes.

Use the same paste, but without seeds, as Cataldi's Seed Cake No. 1. He makes these little cakes for dessert, so called from their shape, but not quite so thick as real draughtsmen. He ices them, some white, some a delicate rose colour with cochineal, and flavours one colour with vanilla and the other with essence of kernels.

Gingerbread Biscuits. No. 1.

(*Mrs. Edgar Corrie's and Lady Buchan's.*)

These are both made the same way, but the ingredients for Mrs. Corrie's are: 1 lb. of treacle, 1 lb. of brown sugar, 2½ lbs. of flour, ¾ lb. of butter, and 2 ozs. of ginger; while Lady Buchan uses 1¾ lbs. of treacle, 2 eggs, 1 oz. ground ginger, 1½ lbs. flour, 1 teacupful warm milk, 5 ozs. butter, 1 oz. ground carraways, 2 ozs. candied peel, 2 ozs. blanched almonds, 2 ozs. ground rice, and 2 ozs. moist sugar.

In preparing ingredients the treacle, sugar and butter should be melted together and then mixed with the flour and ginger, which should be previously well mixed together.

When all is well mixed it must cool and be well beaten with the rolling pin till it can be made into rather small cakes, which will become much thinner when baked.

They should not be rolled or cut, but made up with the hand.

Gingerbread Biscuits. No. 2. "Ormskirk Gingerbread Nuts." (*Mrs. Jackson.*)

2 lbs. flour; rub into it ¾ lb. butter; then add 1 lb. treacle, 1 lb. sugar, 2 fresh eggs well beaten, 2 ozs. best powdered ginger, and 2 ozs. candied lemon peel chopped.

Mix all well, make it in shapes and bake very crisp to a light brown the length and shape of a Savoy biscuit, or in nuts, or like a short thick stick of sealing wax.

Another copy gives these ingredients:—

2 lbs. flour, 1 lb. treacle, 1 lb. sugar, 1 lb. butter clarified, 1 oz. ginger, 1 oz. carraway seeds, ¼ oz. sifted cinnamon, candied citron, and orange peel.

Gingerbread Biscuits. No. 3. For Luncheon.

(*Mrs. Weston*, 8, *Hyde Park Gardens.*)

This gingerbread biscuit recipe is marked "best" by Lady Clark.

1 lb. flour, ¾ lb. butter, ½ lb. moist sugar, 2 ozs. candied orange or lemon peel chopped very fine, from ½ oz. to 1 oz. powdered ginger.

Mix all well together with as much treacle (or golden syrup is better) as will make it into a stiff, smooth paste. They are about 6½ ins. long, 1 in. broad, and as thick as a ginger "nut."

Baked a light brown.

Gingerbread Biscuits. No. 4. (*Mrs. Brandreth.*)

Mix well together, dry, 1 lb. of flour and ¼ lb. of butter and ¾ oz. of ginger; then add 1 lb. of treacle, and mix all well together. Roll out very thin, and cut it out in shapes. Bake in a quick oven.

Gingerbread Nuts—"Birk Hall"; for Dessert.

(*As made by Mrs. Hooper.*)

7 ozs. fresh butter to ¼ lb. of treacle melted together; add gradually ¼ lb. flour, ½ oz. of ginger, 2 ozs. of sugar, and ½ oz. of chopped candied lemon peel. Work all well together.

Take up ½ teaspoonful at a time, and put it by itself on the baking sheet well apart from the others, as it may run.

When baked they should be the size of the top of a teacup, and nearly as thin as brandy snaps.

Bake 5 minutes a light brown.

Ginger Cakes. No. 1. (*Trebah.*)

These should be as thin as possible, "café au lait" in colour, and mixed with as little milk as possible, to make them crisp.

Proportions are 1 lb. of flour to ½ lb. of pounded sugar and 4 ozs. butter, 2 teaspoonfuls powdered ginger. Mix with a little

milk, roll out as thin as possible, and cut with a cutter; then dab a little water on the top of each cake, and before you bake, powder over with sugar, so that the tops are glazed.

The Trebah shape is a quatrefoil.

Ginger Cakes. No. 2. (*Miss Woodington.*)

6 ozs. flour, 4 ozs. powdered sugar, 2 ozs. butter, 1 tablespoonful powdered ginger, rubbed well together and made into a stiff paste. Shape and bake.

Ginger Rocks. (*As altered by Mrs. Wellington.* 1875.)

Beat well 3 yolks of egg; whisk up stiffly 2 whites; keep them separate.

Dry well ½ lb. flour, and into it mix ½ oz. powdered ginger, 1 oz. candied orange peel; chopped fine.

Now mix ½ lb. pounded sugar into the yolks of egg. Add to it first the chopped peel, then the gingered flour, and then rub in 3 ozs. butter, warmed, but not melted. Lastly, mix in the whisked whites.

Take up a piece the size of a walnut, and, after placing on a buttered baking sheet, shape it roughly with a fork. Bake a nice pale brown in a slow oven.

More peel or more ginger could be added if liked, for the cakes should taste hot.

Ground Rice Cakes. No. 1.

½ lb. ground rice, ½ lb. loaf sugar pounded, 8 drops of essence of almonds, 4 or 5 eggs beaten for ½ hour. The mixture is dropped on buttered tins or baked in a buttered and sugared mould, with buttered paper laid on the top.

Ground Rice Cakes. No. 2. Duntrum. (*Miss Graham.* 1887.)

Beat the yolks of 8 eggs with ½ lb. pounded sugar till they are quite light; then add ¼ lb. rice flour and ¼ lb. ground rice, 6 ozs. butter beaten to a cream, and a glass of brandy; flavour with lemon or vanilla. Dust tartlet pans with flour, or grease with a very little fresh olive oil. Fill them rather more than half full, and bake in a rather quick oven.

"Jumbles." (*Wootton Lodge.*)

10 ozs. finest flour, 7 ozs. pounded sugar, 1 oz. sweet almonds, with 6 bitter ones, pounded very fine, 6 ozs. of fresh butter.

Rub the butter into the flour very thoroughly; then add the sugar and almonds; mix these ingredients with 1 egg well beaten.

Bake in tins of different forms; the Wootton shape was like an & or knot.

"Madeleines."

These are baked in bun pans, and taste like Queen cakes.

To make, omit carraways in recipe for Seed Cake, No. 1,

and to the mixture add a little candied peel chopped fine and a few currants.

Lady Clark thought they should be glazed at the top, and were best *without* currants.

They do not get stale as buns do.

"Ormskirk Gingerbread Nuts." *See* Gingerbread Biscuits, No. 2.

Ratafia Drops. (*Cataldi.*)

¼ lb. almonds (5 or 6 bitter at the most, all the rest sweet) well pounded and mixed with white of egg. Next add ¼ lb. pounded sugar, mixing it thoroughly with the almond paste. Cataldi also flavours with vanilla, but this is optional. Drop them through a funnel on to wafer paper, and bake.

Rock Carraway Cakes.

¼ lb. of butter, ¼ lb. flour, ¼ lb. sugar, ½ teaspoonful of baking powder, 1 egg, a little chopped peel, and a few carraway seeds. Add a little milk to mix. Bake in a slow oven.

Wafers for Ices. (*Cataldi.*)

4 ozs. flour with 2 ozs. sugar, together in a basin; mix to a paste with a little cream. The best flavour is orange-flower water or vanilla.

Have the wafer tongs hot, grease them, put in the paste, close the tongs, and cook over a charcoal fire if possible. They are rolled up quite tight, *and as thin as possible*—the length of a pencil, coffee coloured, and very crisp. A half-sheet of paper tightly rolled represents the shape.

If you wish to use the wafers as a Sweet Dish fill them with cream "à la Chantilly," twist them into cornucopias, and edge them with coloured sugar stuck on with egg.

To make all wafers crisp, *avoid salt;* it makes them attract moisture. Flavour or keep plain, as you may prefer.

Grease the wafer tongs with cream, butter, or bacon; different cooks prefer these different things. When baked let them get quite cold; then put at once into a tin box. Before dishing, dry them a few minutes in the meat screen, but do not send up *warm.* (For Ices *see* Sweet Dishes and for other Wafer Recipes *see* Biscuits—Sweet.)

RUSKS.

Almond Rusks. (*Mrs. Tomsett.* 1889.)

For dessert.

Make them *just before dinner*—if kept they lose their crispness.

½ lb. flour, ½ lb. fresh butter, ½ lb. castor sugar, 4 eggs.

Warm the butter, then add the sugar; stir for about 5 minutes, then add by degrees the flour and the eggs. Stir for another 10 minutes. Spread on a buttered baking sheet, then cover the top of the pastry with unblanched, sweet Jordan almonds, and bake in a moderate oven.

When done, cut in strips about 3 inches long, and 1 or 1½ wide, and dry them in entrance to oven; this gives the almonds a parched taste.

The rusks should be as thick as breakfast toast. They are very sweet.

Ginger Rusks.

¾ lb. of flour, ¾ lb. castor sugar, 4 eggs, and about ½ oz. powdered ginger; beat the yolks and whites separately, then beat in the sugar and the ginger, and add the flour.

Bake in a quick oven on floured tins.

Sweet Rusks. (*Hirschspieg'l Inn, Tyrol.*)

Take 3 whole eggs in their shells, weigh them; you will want their full weight in white sugar, and the weight of 2 eggs in flour, but keep all separate.

Beat the whites to a stiff froth; have the yolks in another basin, stir only one way, and add the sugar. Mix thoroughly, and then add the stiff white froth, and lastly add the flour; mix well but lightly. Do not *beat* the flour in or the rusks will be heavy. Flavour with lemon peel or vanilla—the Germans use a little scraped cloves and cinnamon. (If you use a pod of vanilla, pound it with a little sugar.)

Press through a paper funnel 1½ tablespoonfuls at a time on to a buttered baking sheet in strips the length of your finger.

Spread the mixture out thin—each should look like a "lady's finger" sponge biscuit crushed out flat. Bake in a quick oven for 3 minutes to make them crisp, by which time they should be a nice light brown. Leave oven door open.

Glaze the tops if you like with egg. They may require 15 or 20 minutes to dry off—all depends on the heat of the oven. Dry them on a sieve in the top of the screen to keep crisp till served. Their crispness is their merit. Serve them with a cream shape.

Lady Clark prefers them unglazed.

SCONES.

(N.B.—The "Girdle" many scones are cooked on is a round flat plate of iron with a handle across it. They can be had at the Army and Navy Stores.)

Balater Scones.

Take 1 lb. of best flour, 2 ozs. of best fresh butter, a teaspoonful of German yeast, a pinch of salt; mix all well in a basin, rubbing the butter well into the flour; use as much milk as will make it into a stiff dough; roll it out to about the thickness of ½ an inch; shape and put on hot girdle. They will be ready to turn in 5 minutes. If wanted richer use more butter, or add cream.

Barley Meal Scones. No. 1. "The best in the World! J. F. C." (*Learney*. 1884.)

These are as thick as breakfast toast, quite soft, mellow, and tender inside, almost like porridge; very mealy, floured on outside.

Take ½ lb. barley meal flour, and cook like porridge, but a longer time, "long, long-cooked" with water and a little salt, but *no* milk and *no* butter. First let the water boil up, then gradually stir in the meal, and boil well and long, stirring it continually. Do not make it too thick at first.

Have your board well floured with dry barley meal flour, and put the pot close to you on a trivet to be handy, for if the mixture chills it gets heavy and *no baking recovers the lightness;* take out only a spoonful of hot porridge at a time, and cover the pan up close again. Spread the spoonful out on the dry meal flour, do not work it, but just cover it over with more barley meal flour, cut it with a cutter, and place on the girdle at once; turn once. These scones once chilled, get tough. They should come up in a hot napkin made into a pocket, as for chestnuts.

Barley Meal Scones. No. 2. Thin and Soft.

These are made in the same way as Wheatflour Scones (*see* below) substituting barley meal for wheat flour, but they must not cook long enough to blister, and are well dusted with barley meal when done.

At Tillypronie we still think a tiny bit of best butter improves thick barley meal scones; but this is a heresy! Mr. Smith (Glenbucket) also says the barley meal scones are better for a little butter being put in the cold milk before it is heated. It makes the scones more mellow and tender.—C.C.

Beechwood Scones. (White or Brown.)

To ½ lb. of flour, use 1 teaspoonful of Borwick's baking powder, and cream. For white scones, add an egg mixed with the cream, but no egg for the brown flour scones.

Borwick's Scones.

2 lbs. flour, 2 whole eggs, a teaspoonful of baking powder, and a little salt; cream enough to mix it into a thick paste; roll out 1 inch thick. Cut into triangular shape, and bake in a quick oven.

Breakfast Scones—Three-cornered. (*Isa. Emslie.* 1895.)

½ lb. of whole-meal flour, for crispness, a dessertspoonful of Yeatman's dried yeast, a pinch of salt. All mixed.

Then make it into a dough with a teacupful of cream. Handle as little as possible or scones will be tough. Cut into three-cornered scones, and bake in a quick oven, their colour should not be pale, but coffee-and-milk tint.

If no cream is to be had, melt 1 oz. of butter and mix it in the teacupful of milk, but cream is best.

Brown Scones. No. 1. "Fardels."

1 lb. of brown flour, 1 spoonful Borwick's baking powder, 1 egg mixed up in a little cream or milk. Bake about 10 minutes in a slow oven, turning 3 or 4 times.

Brown Scones. No. 2. (*Matfen.* 1876.)

1 lb. brown flour, ¼ lb. butter, and some cream, or 2 ozs. butter with milk instead of cream, a tablespoonful of baking powder, and a little salt.

Rub the butter first in the flour, add the salt and baking powder, then mix with new milk to about the consistency of breakfast bread, and bake in a quick oven. Do not turn them in the oven.

They may be three-cornered or any shape, and of the thickness before baking of a 1-inch flat rusk. Pile them on a napkin.

Buttermilk Scones. (*Mrs. Wellington.* 1880.)

Warm 2 ozs. fresh butter in a little pan over the fire till melted, then put in a teacupful of buttermilk, and a pinch of salt; mix with about 1 lb. of best flour into a slack dough, roll out, and spread on the girdle; flour both sides well; turn them over more than once as they cook. Serve like chestnuts in a warmed doubled napkin folded as a pocket, for breakfast.

Some add to the dry flour ½ teaspoonful of best bicarbonate of soda. These scones are the size of the top of a breakfast-cup, and as thin or thinner than a crumpet.

(For another recipe for Buttermilk Scones, *see* Corfu Buttermilk Bread, under Bread.)

"Dropt Scones." (*Mrs. Jamieson, Auchentorlie.* 1879.)

(A kind of batter.)

1 lb. flour, 2 ozs. fresh butter; work them together; add a good teaspoonful of dried yeast baking powder, and a little salt; then add milk enough till slack. Put dabs of it dropped from a spoon, on the buttered girdle. Turn once or more. These may also be baked in an oven. They should look like well-baked shop muffins—crisp outside. Serve on a warm napkin for breakfast.

If any are left, split and toast them dry, and serve in a rack for tea. They should be as thick as muffins, but not so large. (Another copy says: "To ½ lb. flour 1 oz. butter and 1 teacupful of buttermilk, ⅓ of a teaspoonful of soda, the dough not too stiff; add a whole egg at the last.")

"Fardels." *See* Brown Scones. No. 1.

Girdle Scones.

Shaped like muffins.

1 lb. flour, a little salt, a very little sugar, ½ oz. baking powder, a bit of butter size of a walnut, as much milk as will make it into a stiff dough. Cook on girdle.

Milk Scones. (*Mrs. Wellington.* 1877.)

To 1 lb. of finest wheat flour allow a dessertspoonful of Yeatman's dry yeast powder. Warm 2 ozs. butter, add to it a teacupful of milk. Work the baking powder into the flour as lightly as possible in a basin; make a hole in the centre, and moisten all well with the buttered milk. Turn out, and shape in small round rolls, or as you like, and bake a nice brown on a baking sheet in the oven. Do not turn them.

If the butter be fresh, add a little salt; and to make scones light work up the dough as little as possible, but mix thoroughly.

Some add 1 egg and a little sugar occasionally to make a variety.

Orchard Leigh Scones.

These are 1 inch thick, and the size of the top of a teacup. Serve on (or in) a napkin.

To 1 lb. of flour rub in 1 oz. butter and a pinch of salt. Mix with cream, and bake on a girdle; turn once.

Potato Scones. (*Balcaskie.* 1880.)

Look like very thin pancakes well browned, but soft, not crisp, and come up warm, in a warm napkin folded like a pocket to hold chestnuts. Scones to be triangular shaped, *i.e.*, a round, cut in quarters.

If you wish these scones to be good and light, you must boil the potatoes expressly for them and *not let them get cold after*

boiling, but use as soon as passed through a sieve. Add butter, flour, and salt, but no milk, as the moisture of the potatoes is sufficient. Mix up thoroughly; roll out; shape, cut, and bake on the girdle. Turn them once, to cook both sides.

Sago Scones, for Breakfast. (*Mrs. Young.*)

Boil a breakfastcupful of sago in 1 qt. of milk till it is like thick porridge; you then add a little salt to the milk, and be sure that all the grains of sago are dissolved, for if the sago be not thoroughly dissolved the grains will appear in the scones and make them tough; let it stand till cold; knead it out quickly with fine flour into small scones; cut them with a small circle, and bake them on a hot girdle

Soda Scones.

1 lb. flour, ½ pt. buttermilk, a little bi-carbonate of soda.

Put the buttermilk in a basin at the side of the fire, or in the oven. When quite hot, stir into it the bi-carbonate of soda, just enough to make it effervesce, and, *while effervescing*, mix it with the flour.

Roll it out about ½ inch thick, and dust with a little flour. Cut it into round cakes with the cover of a small saucepan, and do them in a dry, clean, frying-pan a little raised from the fire.

Serve hot in a napkin.

Wheatflour Scones. Thin.

Boil some milk, putting in a little salt; when quite boiling, stir in some flour gradually, stir with spurtle, or spoon, all the time, then take the pan off the fire; knead out the scones with as little more flour as possible; cut them the size of top of breakfastcup with a round cutter, as thin as can be made not to break, and bake on a hot girdle. Serve hot off the girdle piled on a napkin, each scone as thin as a sheet of paper.

Without being crisp or leathery when served, they should have little brown blisters on them.

Turn them once as they bake.

"Sarah" mixed boiled potatoes in thin wheat flour scones, to make them lighter.

TEA-CAKES.

American "Flannel Cakes."

Mix, over-night, 2 qts. of milk, 3 tablespoonfuls of yeast, a teaspoonful of salt and some flour to make a batter; leave it to rise.

Next morning add 2 well-beaten eggs and a tablespoonful of butter. Fry on a girdle.

"Bun Loaf" Tea-cakes. (*Miss Holland.*)

2 lbs. flour, 2 ozs. butter, 2 eggs, 1 pt. new milk, 1 oz. yeast, ¼ lb. sugar.

After it has risen, add sultana raisins. Shape and bake.

(*See* also "Bun Loaf" No. 1, under Cake.)

Cornflour Cakes.

1 lb. Oswego cornflour, ¾ lb. butter, ½ lb. sifted sugar, 4 eggs, 1½ teaspoonfuls baking powder, pinch of salt, the rind of a lemon grated.

Pass the Oswego through a sieve to free it of lumps, add the sugar to it, then the grated lemon and the well-beaten eggs. Beat the butter to a cream, and add by degrees the Oswego flour. When mixed, put a small teaspoonful into a buttered patty tin, and bake in a rather quick oven. They should be ready in 10 minutes.

Cornish Potato Cakes.

¼ lb. suet chopped fine, teacupful of flour, 4 large boiled potatoes (cold), teaspoonful baking powder, a pinch of salt, all well rubbed together and rolled out as for puff-paste, half an inch thick.

Bake in a quick oven, cut in squares, and serve hot.

Cream Honey Cakes.

Take 1 lb. fine flour, pass it through a fine wire sieve, work in ¼ lb. good butter till smooth. Mix in 3 ozs. castor sugar and a good pinch of salt, 2 yolks of eggs, 1½ ozs. Borwick's baking powder, ½ pt. cold milk, roll lightly, and cut into fancy shapes; brush them over with sweetened milk, bake in a moderate oven for about 20 minutes. Serve very hot with honey poured over. They may be served plain if preferred.

Lancashire Girdle Cake.

¼ lb. flour (keep a little back), 1 oz. butter, a pinch of salt; rub together as if making pastry. Work up into dough

with warm milk, adding the rest of the flour gradually, roll out thin (¼ to ½ inch). Put a plate over, and cut it round. Bake on a greased girdle, turning once to brown both sides. Cut across in four pieces. Split and butter inside quickly. Serve in a warm napkin, putting dish over a basin full of hot water.

When buttering it is well to warm the butter a little to make it spread quickly, or cake gets chilled.

Maudesley's Irish Brown Tea-cake.
(*Mrs. Hozier and Mrs. Buchanan.* 1879.)

1 qt. of coarse wheatmeal, less than a ¼ lb. butter. Rub the butter completely into the flour with the hand, add a little salt, and mix together with sufficient milk to make a dough. Work it a little, and roll out once only, to the size and thickness required. It should be fully an inch thick. Bake in the oven from 20 to 30 minutes. Then split it like a muffin, and butter the inside well. Return to oven for a few minutes to melt the butter. Serve hot.

This is good for breakfast.

Sally Lunn. (*Mrs. Benstead.*)

2 lbs. of fine flour, 4 mashed potatoes, 1 teacupful of lukewarm new milk, a piece of butter the size of an egg, a little pounded sugar (4 lumps), a pinch of salt, 2 tablespoonfuls of brewer's yeast, or better still, 1 oz. of German.

Do not knead it, but work it up to a light dough. Put it in muffin rings on a tin; half fill them and set to rise about 10 minutes. Bake in a quick oven.

Shortbread. (*Mrs. Young.*)

Take 8 lbs. of flour, keeping back about 1 lb. to work up the cakes; 1½ lbs. castor sugar. Take ½ lb. each of orange peel, citron, and blanched almonds cut all in long pieces, and mix them well in the flour; then make a hole in the middle of the flour, and put in 4 lbs. 2 ozs. of melted butter. Work it up, but not too much.

Divide into 8 cakes, and roll them out.

Prick them on the top with a feather, strew sugar-plums, orange peel, and citron over them.

Bake them on a paper, dusted with flour, in a moderate oven.

Shrewsbury Cakes. (*Mrs. Adams, Washington.* 1880.)

These are cinnamon biscuits.

To 4 eggs take ½ lb. butter, 1 lb. sugar, 1 lb. or more flour, for the flour must be added till the dough is just stiff enough to roll out, and a tablespoonful of ground cinnamon. Stir butter and sugar till very light, then add the eggs well beaten, and the cinnamon; lastly add the flour.

Roll out as thin as a sheet of paper. Cut with a tin cutter, and bake a good dark brown in a rather quick oven.

Sultana Tea-cakes. (*Mrs. Emslie.* 1897.)

Baked in ribbed quenelle moulds.

¼ lb. butter, ¼ lb. sugar, ¼ lb. flour, 2 ozs. sultanas, 2 eggs, a little candied peel, and baking powder.

Mix same as for a cake; bake in small ribbed quenelle moulds. When they are done cover them with icing of sugar and water, and put them on a wire sieve to dry.

Tea-cakes. No. 1.

1 lb. flour, 1 egg very well beaten, 2 ozs. butter, 2 large spoonfuls of yeast, ½ pt. milk. Rub the butter in the flour, mix the milk warm, add the yeast and the egg, and beat the whole 10 minutes.

Butter the tins and quarter fill them for tea-cakes; for luncheon half fill them; let them rise to the top before the fire, and bake 10 or 12 minutes.

Tea-cakes. No. 2. Excellent.

To 1 lb. flour add ½ lb. butter, ¼ lb. sugar and 2 eggs. Mix them well into a paste; roll them out thin and cut them with a round cutter and bake in a quick oven.

Tea-cakes. No. 3. (*Mrs. Brandreth.* 1887.)

1 lb. of fine flour—into it rub an oz. of fresh butter, add a little salt and an oz. of baking powder. Mix very lightly into a dough with milk. Roll out till quarter of an inch thick; cut out with a cutter and bake in rather a quick oven on a buttered baking sheet until it is a nice gold colour.

Have ready some warmed butter on a plate, split the cakes as you would a muffin, and dip each half in the hot butter or spread butter over inside with a *silver* knife. Clap the halves together when enough buttered, cut across, and serve hot in a heated muffin dish with cover; *each* cake will make *four* pieces (not eight).

Watford Cakes.

1 lb. flour, 3 ozs. white sugar, 3 ozs. butter, 1 oz. German yeast, ¾ lb. sultanas, a little mixed candied peel and spices, 2 eggs.

Mix with warm milk; will take about 2 hours to rise. Bake.

Yorkshire Cakes.

Beat well together 3 lbs. of flour, a pt. and a half of warm milk, 4 spoonfuls of yeast and 4 eggs, to rise in tins. Bake in a slow oven.

(*See* also Birk Hall Rolls, under Bread.)

Yorkshire Tea-cakes. (*Miss Bowers.*)

To 2 lbs. fine flour put 2 spoonfuls of good fresh barm, 2 teaspoonfuls of sugar with 2 eggs beaten to a froth. Warm 2 ozs. butter in a pt. of milk, knead all into a light paste, then make up the tea-cakes and let them stand before the fire till well risen. Bake them in a slow oven.

(We use this recipe omitting the eggs and sugar.—C.C.)

CHEESES, AND CHEESE DISHES.

"Cayenne Cheese."

Take ½ lb. butter, of flour, and of grated Parmesan, or even good common cheese, a little cayenne pepper, and salt. Make this into a paste, and roll out as thin as possible ; cut into pieces 4 inches long, and ½ inch broad.

Bake in a quick oven till a light brown, and serve hot.

The same mixture makes "Biscuits Marie Louise," but they are baked in a *slow* oven.

Cheese Batter Puffs.

½ pt. of milk, 3 ozs. of butter, a pinch of salt, 3 ozs. of flour, 3 ozs. of grated Parmesan, the batter mixed as in recipe for Batter Puffs (*see* Sweet Dishes), but a little Parmesan (instead of almonds) cut in dice and put on top.

Cheese Biscuits—"Biscuits Marie Louise," *see* "Cayenne Cheese."

Cheese, Boiled—Miss Byrom's.

4 ozs. cheese, 2 ozs. *fresh* butter, a tablespoonful of cream. The cheese to be cut in small thin slices and put into a small pan. Set it in an earthenware pan or jar on a slow fire and stir till it melts and till it is quite smooth Take off the pan. Beat a raw egg, both white and yolk, alone first ; then stir it quickly into the mixture, put it into a dish and brown before the fire in a tin oven.

A similar recipe gives same ingredients, specifying "Cheddar" or "Gloucester" cheese to use, and says : "Stir till nearly boiling in a sauté pan, then add the yolk only of 1 egg—stir and turn out on to a hot-water dish. Hand round dry toast in a rack with it." (At Sir Henry Rawlinson's, the stewed cheese came to table in a silver hot-water dish with lighted lamp below so as to keep frizzling hot. A piece of dry toast was placed on each plate, and a spoonful of the stewed cheese poured over it. — C.F.F.) Miss Byrom's recipe for "Dressed Cheese" is almost the same as hers above for Boiled Cheese, but "Dressed Cheese" needs 2 ozs. of Cheddar, a piece of butter the size of a walnut, ½ teacupful of cream and one beaten egg as ingredients, and is to be cooked in "a little pudding dish just large enough to let it rise." This recipe is said to be "excellent if made exactly and smooth, but if carelessly made it may crack."

Cheese Bread-crumbs.

½ lb. grated cheese, and the same of bread-crumbs, 1 pt. of milk and 1 egg.

Pour the milk boiling over the crumbs and cheese, pepper and salt to taste. Add the egg, whisked, when the mixture is cold, and bake in the oven.

Cheese Canapés. (*French Cook.* 1888.)

Cut bread into oblongs and colour them in butter—tossing them—colour one side only, then mask that side thickly with grated cheese (any sort), a little cayenne also if wished.

Put them back into the sauté pan and let them go into the oven till the cheese begins to melt, when it is ready to serve.

Cheese Canocles. (*Mrs. Weston.*)

(Their usual name is "Coquilles à la Viennoise.")

Take nearly 1 pt. of water in a stewpan with 4 oz. of fresh butter, let them boil together, then mix in 6 ozs. of flour, and 6 eggs, with about ¼ lb. of grated Parmesan cheese, and a little mustard, salt and pepper.

Have some boiling water ready, and, when all is *well* mixed, drop in the preparation in balls the size of walnuts, letting them boil for 10 minutes. Drain them on a sieve, and then pile them in a silver soufflé dish.

Pour over them a little brown Spanish sauce (*see* Sauces for Meat), sprinkle over them some grated Parmesan; put them into the oven to bake for 20 minutes, then glaze them quickly, and put them back into the oven for 10 minutes more to set and become a nice light-brown colour, but not dried up into separate hard balls. Take care they don't scorch or they will be bitter. Serve in a silver soufflé dish.

They may be warmed up again in cockle shells for lunch.

"Cheese Corks"—Sutherden. (1879.)

A kind of "petit choux" batter, egged and fried.

A teacupful of milk and 1 oz. of butter boiled together—add 2 ozs. flour, and stir till it no longer sticks to the pan—then it is cooked enough. Season with a little salt and cayenne and let it cool, then add 1 or 2 tablespoonfuls of grated Parmesan. Work in gradually first 1 yolk of egg, then a whole egg (yolk and white). Set aside to cool. Shape like corks, egg, bread-crumb and fry. Serve hot.

Cheese Custard. (*Kennet and Auchentorlie.*)

Beat the yolks of 4 eggs well together. Boil 2 ozs. of butter in 1 pt. of milk. Let it partly cool, then add the eggs, also 2 tablespoonfuls of grated Parmesan cheese, a grain of cayenne and ½ teacupful of cream. Butter a band of paper and put it round the pie-dish used to prevent scorching and running over. Bake from 20 minutes to ½ hour in a quick oven.

Send up to table in its dish.

To show that it is "savoury" you can grate a little cheese over the top and brown with a salamander when it is leaving the kitchen, if liked.

Cheese—"Favorites à la Parmesan." (*Lady Playfair.* 1887.)

2 ozs. Parmesan cheese, 2 tablespoonfuls of cream, 4 tablespoonfuls of milk, 4 yolks of egg, and 1 white only.

Flavour to taste with cayenne pepper and salt.

Bake 10 minutes in small patty-pans in a sharp oven; turn out.

This glazes over in the oven, has no flour in it, and is a kind of custard.

Cheese Fondu. No. 1. Beechwood.

Take ¼ pt. of cream, with 2 ozs. of butter, melted in the cream; boil it a little; take it off the fire, and put in ¼ lb. of grated Cheshire cheese, and the yolks of 4 eggs. Then whip the whites to a strong froth, and mix up lightly. Put it into a paper shape, and bake it about 20 minutes in a quick oven. Send it to table at once, very hot.

Cheese Fondu. No. 2. Cataldi's.

Put ½ a tumbler of water into a stewpan, with 1 oz. of butter. Let it boil. Then add a small (wooden) spoonful of flour, 2 spoonfuls the same size of grated Parmesan cheese, and the same of grated Gruyère cheese. Mix these well with the flour, butter, &c., until all are well cooked, but especially the flour.

Then add the yolks of 4 eggs, and the whites of 2, mixing them well in one after another. Season well with a little salt, pepper and a grate of nutmeg but no mustard at all; 15 minutes before dinner, whip up the whites of 6 eggs, and add to the mixture.

Put the fondu in a silver soufflé dish; smooth it and shape it well, and bake in a gentle oven.

Cheese Fondu. *See* also Ramequins, No. 1.

Cheese Fritters.

½ pt. of milk or water, 2 ozs. of butter, 3 spoonfuls of flour, well beaten together, add 4 eggs, one at a time, a little pepper, salt and mustard, about 4 ozs. grated Parmesan cheese. Beat all well together and drop in small spoonfuls in boiling lard.

Half this quantity will make a dishful.

Cheese—"Fromage à la Sefton." (*Mr. Milnes Gaskell.* 1887.)

2 ozs. of butter in a stewpan; 2 tablespoonfuls of flour; let it cook a little, then add ¼ pt. of milk and 2 tablespoonfuls of cream, all to cook again a few minutes. Then add the yolks of 4 eggs, a pinch of salt, and 4 tablespoonfuls of grated Parmesan. Whip 4 whites of egg stiff, and keep them by themselves to be

worked into the mixture the last thing before putting it into a baba mould.

Steam in boiling water till cooked, about 1 hour, then turn out on to a dish and brown in the oven for ¼ hour, first strewing a little more grated Parmesan cheese over it.

It is half cooked by steam and then turned out, that it may not break, as a baked baba is apt to do.

Cheese Pancakes. *See* Pancakes, No. 2, under Sweet Dishes.

Cheese Pastries. (*L. Emslie.* 1894.)

They are round and size of a 5s. piece, and creamed on the top.

¼ lb. of flour; work into it 3 ozs. of butter (*cold* of course); a dessertspoonful of grated Parmesan, a pinch of salt, and a grain of cayenne pepper; also the yolk of one egg. Make into paste with a few drops of cold water (as little as possible). Roll out thin and cut with a cutter after pricking it well all over, and bake 15 to 20 minutes according to heat of oven. Do this in the morning.

In the afternoon, whip up stiff ½ pt. of thick cream. Into it mix 2 teaspoonfuls of grated Parmesan cheese and spread a teaspoonful of this cheesed cream on top of each biscuit; then salamander or put in oven. Serve up at once in a circle.

Cheese Sandwiches.

Cut some crumb of bread in rounds, toast it, butter the toasted rounds, put grated cheese between each two of them, and heat up in the oven.

Another copy says: 2 ozs. grated cheese, 2 ozs. pounded ham, a little made mustard and seasoning and the beaten-up yolk of an egg. The mixture is put between 2 fried croûtons.

Cheese Tartlets "Lady Holland's." *See* "Talmouses," No. 1.

"Coquilles à la Viennoise." *See* Cheese Canocles.

Cream Cheese. No. 1.

Into 2 breakfastcupfuls of sweet cream stir well 1 teaspoonful of salt. Line a small basin with a piece of soft, clean linen, and pour in the cream. Draw the ends of the linen together and tie, holding the cream up in it, as in a bag; tie tightly with string, and hang the linen in a cool place to drip. When it drips no longer, the cream cheese is ready to turn out on to a clean cloth. Shape to taste; let it stand on ice or in a cool place till wanted.

Cream Cheese. No. 2. "Ingestre." (*Lord Derby's recipe.*)

Hang a quart of thick sweet plain cream in a breakfast napkin till the milk has quite drained from it; then put it in a frame and press it lightly—it is delicious if eaten the same day.

Cream Cheese. No. 3. "Osborne." (1862.)

Take 1 pt. of very thick cream, and put it into a fine damask cloth, previously dipped into strong salt water, and tie up.

At the end of 2 hours, turn it into a clean cloth, and repeat the process every 2 hours throughout the day, when the cheese will be ready for use.

The cheese will generally be of the right consistency in 12 hours if the cream is thoroughly good and the weather not too warm.

Dressed Cheese.

2 ozs. of cheese dissolved in a wineglass of new milk, either over a slow fire or on the hob of a hot one.

When it has dissolved, add the yolk and white of 1 fresh egg, well beaten; add it *slowly*, mixing well. Put it on a *slow* fire till thick as custard. Stir the whole time; season with a little pepper and salt; serve on thin, very hot but not crisp, toast, on a very hot dish. (For another recipe, *see* Cheese, Boiled.)

Hominy Cheese.

Soak a teacupful of hominy in water all night; then cook in milk 6 hours with a pinch of salt, till it is like porridge.

When wanted, add 3 eggs, 2 ozs. fresh butter, and 3 tablespoonfuls grated Parmesan. Bake in a pie dish, and cut with a cutter, and serve on a napkin.

"Macaroni au gratin."—Cataldi's.

Boil the macaroni thoroughly. Then strain off the water carefully, and return the macaroni to the stewpan with a little butter and 2 tablespoonfuls of Velouté, or of Spanish sauce (*see* Sauces for Meat), also some grated Parmesan cheese.

Season with a grain of cayenne pepper; butter well the bottom of the dish and arrange the macaroni mixture on it, bread-crumb it over and put some small pieces of butter over it here and there, brown it in the oven and serve it *hot*.

Macaroni and Cheese. No. 1.—Mrs. Norman's.

Put 2 ozs. macaroni in boiling veal broth, cook all together, then leave to get cold; serve as follows, adding this source; grated Parmesan cheese on a separate plate.

For the Sauce: Take butter the size of a walnut to ½ tablespoonful of flour, mix as for melted butter, but use *milk* instead of water. Season with mustard, white pepper and salt. At the last add 2 ozs. of grated Parmesan cheese and 2 tablespoonfuls of scalded or Devonshire cream. Heat up the macaroni in a little stock, add and keep all hot in the bain-marie till wanted. If without broth or stock, cook macaroni in briskly boiling water with a little salt and a bit of butter."

Macaroniand Cheese. No. 2.—Mrs. Thomas's.

Throw 2 ozs. of macaroni into *boiling* water in which is a little salt and a small piece of fresh mutton suet. Cover close to boil in the water about 1 hour, then drain on a sieve and return to the stewpan with white stock or milk to finish cooking, *i.e.*, from ½ hour to a whole hour.

Melt 2 ozs. of butter in ½ teacupful of cream with a tablespoonful of flour; when boiling, add this to the macaroni and give it a boil up, then season with a grain of cayenne and some white pepper, and mix in a little cheese and salt. Add, when dished, 1 oz. of grated Parmesan cheese and brown it with a salamander.

Macaroni and Parmesan Fritters.

For the pastry use a proportion of 1 lb. of flour to ¾ lb. of butter rubbed in with a little water. Roll the pastry out 4 times, letting it stand 10 minutes between each time it is rolled.

Take a little of this pastry and roll some grated Parmesan in it, roll it out thin, cut it with a round cutter and put some of the mixture from recipe for Macaroni and Cheese, No. 2 (*not* salamandered), between 2 of these round pieces of pastry sandwich fashion, pinch the edges together; egg and bread-crumb the "sandwiches" and fry a nice brown in lard, and serve very hot on a napkin. They must be small, moist *in*side and dry *out*side; above all not greasy.

Macaroni Pie. (*See* Meat Pies.)

Macaroni Timbales.

The macaroni is blanched, cut in very short pieces, and the moulds lined with it and then they are filled with pounded meat and sauce; steamed 20 minutes; served in white or German sauce. *See* Sauces for Meat for bottle.

Macaroni with Tomatoes.

Dressed much in the same way as "Macaroni au gratin," only do not mix any cheese with the sauce.

Butter the dish in which it is to go to table and lay the dressed macaroni in it; over it grate a little Parmesan, and over that add a pinch of cayenne; cover all with a sauce of preserved tomatoes and of half-glaze sauce, *see* Sauces for Meat, in equal parts.

Parmesan Biscuits—Thick.

2 ozs. Parmesan cheese grated, ¼ lb. flour, 2 ozs. butter, yolk of 1 egg, a little cayenne and salt.

Mix all together, and cut into any shape you fancy, but they should be ½ in. thick. Bake about 10 minutes, and serve *hot*.

These will keep in a tin, but when wanted they must be made hot.

Parmesan Biscuits—Thin. (*J. Emslie.* 1886.)

This is the same mixture but you use 2 ozs. instead of ¼ lb. flour. Roll out quite thin, cut with a cutter, and bake.

Some like a little cayenne added.

Parmesan Cheese Cake. *See* Talmouses. No. 2.

Parmesan Cream. *See* Fish, Game and Savoury Creams.

Parmesan Omelet. *See* Omelets.

"Petits Choux" with Cheese. *See* "Petits Choux" under Sweet Dishes for recipe.

Potted Cheese. (*Miss Stovin.*)

1 lb. of grated cheese, 3 ozs. of butter and a little mace, cayenne pepper, and a little mustard. Beat well in a mortar; add wine sufficient to make it soft enough to pot.

Ramequins. No. 1. (*Miss Ewart.*)

The well-beaten yolks of 4 eggs, ¼ lb. of cheese, grated, a gill of cream, and 1 oz. of oiled butter.

Mix all these well together and bake in a quick oven in 5 or 6 small paper cases. When the mixture rises, and is brown at the top, it is done enough. The same mixture makes a good fondu.

Ramequins. No. 2. (*Cataldi.*)

Ramequins made of the same mixture as Cheese Fondu (*see* above), but put into *oblong* fluted paper cases, for in the round shape the inside does not get enough cooked.

They require quick baking in a sharp oven.

"Talmouses." No. 1. (*Lady Holland, Pinewood.* 1878.)

Use up any pastry trimmings for the pastry cases, and bake them empty for these cheese tartlets.

For custard to fill them with, take the yolks of 2 eggs, or of 3 if small, to a little cream with milk, in all ½ teacupful at most, salt and a little pepper, and 1 tablespoonful of best Parmesan grated. Mix well and fill the cases, and return to oven for a few minutes just to bake the mixture; pastry must be baked first, or it would be soft, like flannel.

"Talmouses." No. 2. Parmesan Cheesecakes.

First have a teacupful of warm water in a little pan. To it add 1 oz. of butter and a little pepper and salt, to boil a minute or two before adding enough flour to make it rather thicker than batter; never stop stirring a minute. It will be cooked enough if, taking a spoon, you can make the mixture come clean away from the sides of the pan.

It must then cool a little before working in 2 yolks of egg and a spoonful of grated Parmesan cheese, also 2 whites whipped stiff. Fill into baked cases of pastry and bake again.

"Talmouses." No. 3. (*Mrs. Pellet.*)

Have ready ¼ lb. puff paste (*see* Paste and Pastry); also ¼ pt. milk, 2 ozs. flour, 1 oz. butter, 3 ozs. cream curd (¼ pt. cream turned by small ½ teaspoonful of rennet), a little salt, 2 ozs. grated Parmesan, 2 eggs with which to make a batter.

For batter put the milk, butter and salt into a stewpan over a slow fire, and add the flour as soon as they begin to simmer. Stir on over the fire 2 or 3 minutes with a wooden spoon; then add the curd from which all moisture must previously have been pressed out with a napkin; after the curd, work in first 1 egg, then a second—this batter must be about the same thickness as for "petits choux."

Fold the puff pastry 9 times, and roll it out to ⅛ inch in thickness; then stamp out 12 circular pieces about 2 inches in diameter, with a tin cutter; place them on a baking sheet 1 inch or so apart from each other; put in the centre of each a good teaspoonful of the batter; wet the edges and turn up the sides so as to make each the shape of a three-cornered hat: egg them over with a paste brush, and bake a light brown; dust them over with grated Parmesan, and serve hot.

"Talmouses." No. 4. (*Mr. Taton.*)

Line tartlet pans with puff paste. For the mixture, take 2 ozs. butter, ½ pt. milk, 2 spoonfuls flour, and ¼ lb. grated cheese. Mix over the fire till thick; keep on stirring, and when a little cool, add 3 whole eggs (1 at a time) and stir well in. Add salt, pepper, and a little made mustard; fill the tins ¾ full, and bake 15 or 20 minutes in a rather quick oven.

Toasted Cheese. No. 1.

¼ lb. of cheese melted in 2 tablespoonfuls of cream in a stewpan, and seasoned; serve on toast.

Toasted Cheese. No. 2. Miss Byrom's (1880.)

They say the best cheese for this is from Lancashire, on the borders of Cheshire, called "Leck," (spelt "Legh" or "Lough")—failing that, use Cheddar cheese. Cut it in thin slices; add a trifle of mustard, a trifle of pepper, a trifle of butter.

Toast before the fire; it does *not* go into the oven.

"Welsh Rarebit." (*Mrs. Davidson.*)

"Gauda" a Dutch cheese cut in slices; put in a pan with a little made mustard and beer; stir all the time it cooks; serve on a hot, well-buttered toast in a very hot dish.

CONFECTIONERY

Apple Ginger, for Dessert.

Take 8 lbs. of fine sugar and 2 pts. of water, in which you have boiled ½ lb. of white ginger* till the strength is extracted, and with this water dissolve the sugar. If the flavour of the ginger should not be strong enough, add as much essence of ginger as is liked. Great care must be taken whilst dissolving the sugar to keep it from burning. Boil the syrup 15 minutes, then add 8 lbs. of apples, American apples are the best to use, carefully pared, and cut in 4 or 8 pieces, according to the size of the apples. Be sure that they are all covered with the syrup, which should be pretty cool when the apples are put in.

They must simmer 40 or 50 minutes till they become perfectly transparent, before they are ready.

This dish improves by keeping.

Another copy says: Make a rich syrup of 3 lbs. of white sugar to 4 ozs. of tincture of ginger for two lbs. of Ribstone or other hard apples.

Brandy Snaps. No. 1. (*Isa. Emslie.* 1888.)

Both the recipes for Brandy Snaps are excellent.

Weigh out ¼ lb. butter and put it on to melt: weigh out 2 ozs. of treacle and 2 ozs. of golden syrup; add to butter and mix. Next, add 2 ozs. flour and 3 ozs. pounded sugar; last of all, 1 oz. ground ginger, and mix all well.

It should stand 1 hour to stiffen, then drop it from a tablespoon, about a teaspoonful at a time for each "snap." on to a buttered baking sheet, and bake the "snaps" a gold colour, which will take 7 or 8 minutes probably. Take them out of the oven, let them cool, then twist them up.

Serve on a napkin.

Brandy Snaps. No. 2. Mrs. Husthwaite's and Mrs. Hooper's "Honeycomb," for Dessert.

Mrs. Husthwaite used ¼ lb. each of butter, sugar, and flour, ginger to taste, from ½ to 1½ ozs., mixed with treacle; put in thin cakes on a baking sheet, not too stiffly mixed; watch in oven, for they catch easily and get bitter. They should be light brown, thin and crisp, and honeycomb from lightness; roll them into cornucopias before they stiffen.

* White ginger is more pungent and better flavoured, also more expensive (Commercial Dictionary).

Mrs. Hooper's way:—½ lb. fresh butter, ½ lb. treacle, melted together, ¼ lb. flour, ½ oz. ginger, 2 ozs. sugar; work all well together; take up ½ teaspoonful at a time and place each small quantity separate on baking sheet. It will run into shape in the oven. Bake snaps a light brown about 5 minutes. Let them cool a little, then twist into cornucopia shape. This is the curly "snap" kind. If made very thin, they are good filled with whipped cream, as a Sweet Dish.

Chestnuts—"Marrons Glacés à la Vanille." (*Cataldi.*)

Get 100 chestnuts. Take off the outer (that is, the thick mahogany-coloured) shell. Be very careful in so doing not to break the chestnut. Throw each chestnut as it is shelled into a stewpan of cold water, in which is a single bay-leaf. Boil them, but not too much.

Take the pan off and take the chestnuts out one at a time, as you put them in. Take off all the second or inner (white) skin of each in turn, but do not break the chestnut. Put each as it is skinned into a deep basin; those you break you must throw away or use for something else.

Make a syrup of sugar boiled to candy height; flavour it by having a stick of vanilla in it. Pour it gently over the chestnuts as they lie in the basin and add the stick of vanilla also; let all stand till next day.

In 24 hours strain off the syrup and boil it again to candy height, boiling the vanilla also in it, then pour it again on the chestnuts. Repeat this every day for a week.

On the last day strain off syrup and boil it a little more.

Dip a wooden spoon first in water, then in powdered sugar, and pass it once or twice round the inside edge of the bottom of the pan. This is to whiten the syrup. Now take it off the fire; with a fork dip each of the chestnuts, which should have been draining some hours previously on a sieve, into the syrup and replace them on a sieve to dry.

Dates—Stuffed "à l'Africaine." (*Cataldi.*)

First blanch some pistachio nuts and stone some dates.

Pound the pistachio nuts with white sugar into a stiff paste. Stuff the dates with this paste and glaze them with caramel mixture (mere sugar and water).

Use for dessert.

"Noisettes." (*Cataldi.*)

¼ lb. blanched almonds pounded with 5 ozs. sugar; pass them through a sieve; put them again into the mortar; add 1 yolk of egg; flavour with pounded stick vanilla as essence, being liquid, will not answer.

Pound all together to a paste, work it up well with the pestle, then put it on the pastry board; let it stand there 15 minutes; then roll it out as thin as a shilling; cut it

with a pastry cutter; roll into filbert shapes, one whole almond in each piece. Stick the fruit together into bunches with a little yolk of egg. Put them on a piece of kitchen paper on the baking sheet, and let them dry an hour in a warm place; then bake them, and let them get quite cold.

Melt a little isinglas and paint the stalks below the almond with it, sprinkling it with coloured sugar.

"Orange Wafers"—Lady Wensleydale's. (*Mrs. Thomas.*)

Best Seville oranges to be cut in quarters and the pulp taken out and well cleared from the white skin. The peel to be then boiled to the same softness as for orange marmalade, and, when done, to be well pounded with the pulp in a mortar and rubbed through a fine sieve.

To 1 lb. of the orange add 2 lbs. of castor sugar; mix them well together, and add a little of the juice of the oranges to make it into a paste, and spread this orange paste as thin as you can over the back of a large dish that has been previously rubbed with a piece of butter wrapped up in a muslin bag.

Then place the dish at a moderate distance from the fire so as to dry the paste gradually; whilst tough, and before it is dry, cut it into shape with a pastry cutter, and put the pieces so cut into a sieve, and keep them continually turning for about a week, by which time they are usually dry.

They are then ready for use, and should be kept in tin boxes in a perfectly dry place. There will be some juice over for orange marmalade, if you wisely make it at the same time.

Spun Sugar—To make.

Put 1 lb. of sugar into a clean pan, with ½ pt. of water.

Set it over a very clear, slow fire, take off the scum as it rises. Boil it till it looks firm and clear and of an amber colour. Then take out a little with a silver spoon when cool; if it can be drawn out like a thread from the spoon, it is boiled enough and should be spun over the oiled handle of a wooden spoon into a mass of sugar threads to ornament any sweet dish.

To do this properly, you must stand on a chair, to give height, hold the oiled wooden spoon in the left hand, and in your right hand hold another spoon with a little of the caramel in it; toss the caramel across the oiled handle of the wooden spoon, so that it falls in long threads over it and hangs from it. Place paper on the ground to protect the floor. In frosty or dry weather you can make the spun sugar some time before it is wanted, but in damp weather make it only just before sending it to table, or it will melt.

Sugar—To Clarify (Candy height). (*Lady Clark.*)

½ pt. of water to each lb. of broken-up lump sugar.

Pour the water (cold) over the lump sugar, and let it stand till dissolved. Then beat up some whites of egg, and add them

and stir well in. Put all on the fire, and stir on gently till it begins to simmer.

Do not skim, but if you think it cooks too fast, draw the pan to the side of the fire. If still cooking too fast, add from time to time a little cold water at any point where there is least scum. Still *do not skim*, but when nearly done, in about 1 hour, it clears itself. Let it go on for a few minutes, then take it off very gently. Let it stand 15 minutes, and strain with a skimmer, and it will be ready for the finest preserves.

CURRIES

(N.B.—For many recipes for plain boiled rice suitable for curries, *see* Rice, under Vegetable Recipes, and under Sweet Puddings; but one of the best is Rice for Soups or Curry (*see* Soups). For Chutney recipe *see* Domestic recipes.)

Bagshot White Curry. (*Mrs. Sherwood.*)

Boil a chicken or rabbit, putting it on in cold second stock, or in water with vegetables; cover well with the liquor, for it reduces as it cooks; this will make the stock for the curry sauce.

The chicken or rabbit should have all skin taken off before it is warmed up in the curry sauce, as the skin gives a rank taste and oils the sauce; use the prime pieces of meat, and not the drum-sticks, only the best (thigh) part of the legs.

For the Curry Sauce: Put into a stewpan a piece of butter the size of a walnut, add a large onion, sliced; just "sweat" the sliced pieces of onion, but do not let them brown, 5 or 6 minutes will do; add next a tablespoonful of flour and let it cook 2 or 3 minutes to a white roux; stir all the time.

Next add a teaspoonful of curry powder and $\frac{1}{2}$ pt. of the cold white stock made of chicken or rabbit, stir till it boils—about $\frac{1}{2}$ hour; skim, and pass through a tammy.

In another pan have ready 4 large onions cut in dice, draw them down with a small piece of butter; add this to the sauce, and let all again boil up, and skim again. Then add the meat to the sauce to warm through well, and at the last, just in time to blend, add $\frac{1}{4}$ pt. of scalded cream.

The rice for the curry must be boiled like "Rice for Soup." *See* Garnishings, under Soups.

If the curry be a brown one, *i.e.*, without cream, then squeeze a little lemon juice over the rice.

Barbadoes Curry. (1891.)

Ingredients: 2 lbs. cold meat of any kind chopped fine; $\frac{1}{2}$ oz. of bread-crumbs soaked in milk, 3 eggs, a little pounded mace, pepper, and salt, 2 large onions fried a light brown, and chopped small; curry powder to taste.

Stir the whole for a few minutes over the fire, then bake in a pie-dish.

You can flavour the curry with a little chutney and minced apple.

Serve rice well boiled and dry, in a separate dish.

"Bombay Ducks" or "Bummaloes". (*Miss May Frere.*)

Use the *prepared* kind sold at Army and Navy Stores, Westminster, to eat with curry. (*See* Note, end of Fish Recipes.)

Toast these dried fish as you would bread, and send them to table hot in a warm napkin—allow one apiece for each person, to put by his plate like a bit of toast, to eat so with his curry, or to crumble over the curry, eating the whole with a spoon.

It is nicest hot, but is also eaten cold.

If bought *un*prepared it means that each fish must be split and soaked before toasting, to draw out the salt.

Chicken Curry. *See* Rabbit Curry.

Cocoanut for making Curry.

"Desiccated" cocoanut is sold in packets for puddings and cakes, and can be used in making curries.

Cold Curry, for Luncheon, as at "Haunted Woodhouselee."

(*Miss Ann Tytler's recipe.*)

The day before the luncheon, get a tender, plump, uncooked, young fowl, keep white meat for the curry (prime parts only—no legs, no pinion bits); cut up *all* the rest to draw for stock, using the feet, neck, skin, bones—*i.e.*, *everything*.

Mince a slice of uncooked stock ham and a head of celery; put the bird's carcase, &c., with ham and celery into a stock pan, and add 1 qt. of water. Put pan uncovered on the fire and let it come to the boil, and go on boiling till water is reduced to a teacupful; then strain it off into a cook's basin to get cold, as it must be well skimmed of grease before it is used.

Next mince ½ a Spanish onion, and fry it in butter, and in 10 minutes add to it an American eating apple and the minced *prime parts* of the uncooked fowl. Be sure the apple is sweet and full-flavoured, and that there are no hard bits in the meat. Warm a dessertspoonful of curry powder before the fire, and in ½ hour add it and a small teaspoonful of powdered sugar to the onion, apple, and minced chicken.

The well-skimmed and strained reduced stock to go over all these.

Now put the lid on, and let all simmer ½ hour by the side of the fire. Then add a little salt and pepper; pour all into a small hot pudding basin, and, when cold, it will turn out a solid shape, and should have cold dry rice* round it if liked, and sliced cucumber or celery, or beetroot, or salad.

The beetroot may have a very little vinegar in the water it is boiled in, also a few whole black peppercorns, but is of course served as a dry garnish.

This curry might be made with a cold boiled chicken, the liquor having been kept and reduced for stock with ham and

* We find, with a similar cold curry, that red or green chilli cut up and placed on the rice is liked.—C.F.F.

celery—making the curry as above—but the minced fowl will in that case not require to be re-cooked but only added to the other ingredients in time to put into the dish.

This cold curry shape does if made of veal or rabbit instead of chicken, if the white meat is tender.

"Country Captain" Curry.

Joint a cooked fowl. Mix a teaspoonful of curry powder well with a little salt and water; pour it over the fowl, and mix it thoroughly.

Put 2 ozs. of butter into a stewpan, with 2 onions sliced fine. Put the onions aside when they have browned, then throw the fowl into the oniony butter, cover the stewpan, and stir the contents now and then, and when the meat looks nice and brown and the butter has quite soaked up, serve with the fried onions added over the meat.

Another version says: "Joint a cold fowl, and rub well into the pieces about 1 tablespoonful of curry powder. Slice 2 large onions into a frying pan with some butter and a little salt, also the fowl. When the onions are nicely browned the dish is ready."

It may be served with rice.

Dry Curry. No. 1. Madras. (*Mrs. C. Johnston, Elgin.* 1876.)

Mutton makes the best curry, but is wasteful, as you must take away all fat, bone, skin, or gristle.

Take 1 lb. of mutton, or even of beef, cut in dice or in thin slices, skin and slice some onions. Have, when so prepared, ½ lb. of the onions and meat together and slightly brown it in 2 ozs. of butter; next put all into a clean stewpan, add a small teaspoonful of curry powder and ⅓ teaspoonful of curry paste, some finely-minced apple, and cocoanut also if to be had, and a squeeze of lemon-juice.

All to simmer very slowly for at least 3 hours.

Cook the rice separately.

Dry Curry, No. 2, of Uncooked Sole or Chicken.

(*Mrs. Brandreth.* 1879.)

Grease a frying pan with butter.

Slice a raw onion thin; mince a raw potato and the *red* of a raw carrot. Fry the onion in the frying pan and let it brown nicely, adding some curry powder; then put it into a clean stewpan with the raw vegetables and a boned sole pulled in pieces or some chicken. Let all cook till tender (if fish ½ hour, if chicken 1½).

It must be dry—*i.e.*, look when turned out much as if "au gratin."

Do not add stock to this recipe, its own juices should suffice. Rice is served apart.

"Kabobs."

Skewer small button onions upon small silver skewers alternately with pieces of meat cut into squares the same size as the onions. Sprinkle them well with curry powder, fry them in 3 ozs. butter, and when fried quite brown, send them to table with their sauce poured over them.

N.B.—All curry powder must be dried a few minutes before the fire when wanted for cooking.

"Kari à la Baboo." (*Mrs. Jamieson, Kalkerran.* 1887.)

This is of vegetables, all cut in one shape and blanched—turnips, celery, carrot, onion, add minced apple too and well boiled chestnuts, soft, not broken. Let all get cold. Then fry in butter, with curry powder, but keep it mild.

Serve the curried vegetables in a dish alone.

Serve rice in another dish, well boiled but dry, each grain separate. After draining the rice put it in a meat screen, between two hot plates, till wanted.

Hand round thin slices of cold cooked ham with the curry and rice, but all in separate dishes, curry, rice, sliced ham.

Lady Lumsden's Curry. (1880.)

Joint a chicken carefully and put the pieces into cold water. Fry thin, long pieces of onion in a good tablespoonful of fresh butter till quite brown. Take the onion out and put aside. Put into the butter 3 tablespoonfuls of curry powder, 1 tablespoonful of grated cocoanut, a little stock or milk, pepper and salt. Let all come to the boil several times, when thick add more stock or water and the pieces of chicken, and when the meat is *quite tender* add the onion, finely minced. Before serving add a little cream. Some people prefer half the quantity of curry powder mentioned.

Lobster Curry. (*Miss Woollett.*)

See Appendix as to boiling lobsters.

Shell a large boiled lobster, and put the shell and head aside. Cut the flesh lengthways in little pieces, and mix it with the following curry mixture well pounded :—

Two teaspoonfuls of coriander, of cummin, of ginger, and of turmeric ; 2 or 3 cloves of garlic, some salt and cayenne or, instead of this last, 2 or 3 chillies shredded fine.

Beat the head and shell of the lobster well in a mortar, and add the juice from them, to a teaspoonful of water. Mix it and strain and set it aside.

Now take 2 ozs. fresh butter, and brown in it 2 tablespoonfuls of sliced onions. Add mushrooms, potatoes, and cucumbers. Stir for 1 minute, then add the lobster meat and the liquor. Mix all well together and cover close to cook.

Care must be taken that the vegetables are well done and not burned.

Madras Curry. *See* Dry Curry. No. 1.

The Major's Curry.

Take ½ a breakfastcupful of good beef stock in a small stewpan and into it stir a good sized piece of butter; when melted, but *not hot*, add 1 lb. of lean meat cut into nice square slices, 4 large sliced onions, and 6 cloves of garlic.*

Cover it up close to stew for 1 hour. Then take a spoonful of curry powder, mix it well with the meat, and let all stew again for 1 hour, stir it frequently. Then add salt and cayenne, or a fresh chilli.

A head of cauliflower or broccoli is considered an improvement, and must be put in time enough to stew thoroughly with the other things.

Malay Curry. (*Miss Woollett.*)

Blanch 2 ozs. of almonds; fry them until they are browned but not blackened. Pound them to a cream with an onion, and the rind of a lemon.

Cut up a chicken into joints.

Mix a large teaspoonful of turmeric, and ½ a teaspoonful of cayenne in a breakfastcupful of water. Put this with the chicken, almonds, &c. into a stewpan and let it simmer for about 20 minutes; then add a gill of cream.

Let it boil up once, and, when you dish, add the juice of ½ a lemon.

Miss Ewart's Curry.

(Recipe given by an Indian Ayah, translated from the Hindostanee. "Kaarie" means a stew.)

Cut up a chicken and after boiling it in gravy obtained from roasted meat and some water, separate the meat from the soup.

Next take a clean saucepan and melt in it 1 oz. of butter, add a teaspoonful curry powder, put the pan on the fire, add slices of onion and mix well.

Then put this curried butter and onion into a pan with the chicken, and stir all till they amalgamate. Put the pan on the fire and let the whole simmer 2 hours, adding the gravy during the process and a little salt and lemon juice. The curry powder should be well cooked.

Rice, plain boiled in water, on a separate dish, a little lemon juice squeezed over it.

Miss Woollett's Curry.

Put into a stewpan a piece of butter the size of a walnut; add 1 large onion sliced; fry the onion, and when browned

* 6 cloves of garlic (*sic*). This is *very* strong flavouring. Probably "6 cloves (in muslin bag) OR garlic" was intended.

take it out; add to the butter in the stewpan 1 teaspoonful of curry powder, some raw sliced onion, and 4 tablespoonfuls of cream, mix it well with a *wooden* spoon; then add about 4 lbs. of uncooked chicken, or rabbit, or even veal, cut into rather small pieces; next add the fried onion to the meat, a teaspoonful of ground rice, some strong gravy, and a little salt.

Stew slowly, or simmer rather, till the meat becomes tender.

Any vegetables, such as potatoes or kidney beans, added with the onions improve the stew.

Serve Patna rice boiled in water and well drained, as a wall or border round the curry, with sliced hard-boiled eggs, and the recipe says squeeze a little lemon-juice over the rice when dished. Lemon-juice does best when the curry is one with a brown sauce. You can make this curry of eggs boiled very hard and when quite cold cut in 2, if preferred to meat; in that case omit the hard-boiled eggs on the rice border.

Mrs. Coningham's Curry.

Joint a chicken as for a fricassee. Wash it well in several waters and lay all the pieces except the back and giblets in a plate. Sprinkle 3 piled dessertspoonfuls of curry powder and 1 teaspoonful of salt over it, 3 cloves of garlic, dried and finely powdered, 3 ozs. of cocoanut finely pounded, 3 bruised bitter almonds, also 12 pounded sweet almonds, and a saltspoonful of mixed spices.

Slice and blanch 2 Portugal onions. Put 2 ozs. of clarified butter into a stewpan and when it is boiling hot throw in the sliced onions, 6 whole cardamoms, 6 cloves in muslin and 3 sliced *sour* apples, pared and cored. Fry all these ingredients in the butter till the onions become a pale yellow colour.

Take out *half* of these mixed ingredients and set them aside on a plate. Carefully remove the 6 cloves and leave the rest (the half quantity of onion, apple, &c.) in the stewpan. Then put in the prepared fowl, with all the curry powder and spices, &c., belonging to it. Add 2 breakfastcupfuls of water, let the whole simmer slowly, keeping the pan well covered till it is nearly done.

Then add the other half of the onions, apples, &c. (which were banished from the stewpan to the plate) and let all stew again till quite tender. When dishing add the squeeze of a lemon. Serve rice, plain boiled in water, on a separate dish.

N.B.—Colonel Coningham says this is the nearest approach to the true curry of Upper India. The apples there would be superseded by native acid fruits; and the Hindus curry only vegetables.

European cooks spoil it by using stock instead of the water always used by the natives.

Mango pickle is eaten with this curry.

Rabbit Curry (Use Chicken if preferred to Rabbit).

Skin, wash and joint 2 young rabbits, put them into a stewpan with 2 sliced onions and 1 oz. fresh butter, cover close—shake

the pan over fire till pieces are brown, then turn each piece over to brown the other side. Cover over with white stock and skim carefully when it boils. Then add a piece of lean ham, size of ½ an egg, a stick of celery, a carrot, a turnip and a bunch of sweet herbs. Cover again to boil gently till quite tender. Skim carefully every now and then.

The curry powder (a dessertspoonful) must be mixed in a little cold stock with the same quantity of flour in a little basin.

When the rabbit is tender take it out piece by piece with a fork and put it into a second stewpan; putting the curry mixture into the sauce in the first stewpan to cook about 20 minutes. Add to the sauce ½ a teacupful of cream and strain all together over the rabbit, to heat up before serving. If the ham is very good it may be cut in pieces instead of in the lump, to draw down, and then you can add it later to the curry—or the onions or both. Rice round, the curried meat in centre (*see* under Garnishings for Soups, "Rice for Soup").

Rabbit Curry. *See* also Tamarind Curry.

Tamarind Curry of Rabbit. (*Mr. Baker.* 1891.)

Clean 2 rabbits, cut them into small joints and sprinkle over them a handful of flour, mixed with a tablespoonful of curry powder, fry with butter till browned, then put into a stewpan with 1 qt. of good stock, 2 onions, 1 carrot, 2 apples or some rhubarb, salt and the juice of a lemon, let all boil gently for 2 hours, then take the meat out of the gravy and keep both apart.

Have ready in another pan, 4 onions, 1 tablespoonful of curry powder, 1 tablespoonful of flour, a little chutney, 1 tablespoonful of tamarind sauce, already fried all together to a nice brown colour. Add to this the curried gravy you had set aside, and cook for ½ hour, pass it all through a hair sieve, then add the joints of rabbit to make hot. Serve the rice apart, please.

This curry is said to improve by keeping it for 3 days and boiling it up every day.

Veal Curry. *See* Miss Woollett's Curry.

Vegetable Curry. (*Lady Login.*)

Take 1 oz. of fresh butter in a small frying-pan, 2 good-sized onions cut very fine, and 1 teaspoonful of curry powder.

Let them fry slowly till the onions are quite done, then—having ready 6 good-sized potatoes and a little of any other vegetable which is at hand, cut in pieces ½ or ¾ inch square—put all into the frying-pan. Add a little salt, ground ginger, nutmeg and allspice. Cover the pan and let all fry slowly for ½ hour.

White Curry. *See* Bagshot Curry.

DOMESTIC RECIPES

"Ambora." *See* Marble.

Beetroot—to Preserve.

If you want beetroot for store, boil the vinegar with peppercorns and let it get cold, then add the beetroot, and bottle all together. Cork the bottles tight.

Britannia Metal—to Clean. (*Mrs. Pickett.*)

Pour 2 qts. of boiling water over ½ lb. common laundry soda; take silver sand from a plate in small quantities on a flannel, well wet it in the warm solution of soda, and rub it over the metal, which will clean it in a short time, then rinse the metal well in clean *cold* water, and put it before the fire to dry—be careful not to wipe the goods with a cloth.

The water may be drained from the sand, and the same sand may be kept to use many times. This recipe was especially given us for our Britannia metal hot water dish cover, and made it, or tin dish covers, look as bright as silver.

Butter—to Clarify. (*Mrs. Thomas.*)

Put the butter in a pan on to the fire, and let it come to the boil, when the milky part will rise to the top; then skim it well. Let it stand a few minutes that the salt and sediment may settle at the bottom. You may then strain it into jars for use.

Carrots to colour Butter.

1 carrot should colour 1 lb. of butter.

Wash the carrot well, and grate it fine and pass it through a wire sieve, with enough water to extract the juice. With this juice colour the cream about to be churned.

Cheese Cakes—Lemon Mixture, to Keep, Potted. *See* Sweet Dishes.

Chutney—Indian Recipe. (*Miss Woollett.*)

(Eaten instead of mustard.)

1 lb. moist sugar, ½ lb. of salt, 2 ozs. of garlic, ½ lb. of fresh ginger (green), ½ lb. of fresh chillies, ½ lb. of mustard seed, ½ lb. of raisins, a bottle of vinegar, 15 *sour* apples.

The mustard seed must be washed and dried, then bruised gently, to remove the husk. The garlic, ginger, and chillies sliced very fine. The raisins stoned and the sugar made into syrup.

The apples peeled, cored and quartered, then boiled in enough vinegar to cover them.

When all this is done and the apples have become cold, lay them in a pan and sprinkle them first with salt, then with the mustard seed, garlic, chillies, ginger and raisins, and stir them up gradually with the syrup, till the whole is well mixed, when you must add the remainder of the vinegar, and also the vinegar in which the apples were boiled.

Then give a final stir, which will make the chutney fit for use.

Bottle and cork tightly like pickle.

Cocoanut Oil, a Hindu Recipe for the Hair.

Get the cocoanuts as fresh as you can, break them and throw away the milk, pare out the kernel or finely scrape it into a clean tinned stewpan so that no lump can be found, pour on it enough boiling water to cover it, and, as soon as you can bear your hands in it, squeeze the scraped pulp well and the water will then run from the pulp like thin cream if the nuts are fresh. Put the squeezed pulp into another basin, and again pour a little boiling water upon it, and then squeeze it again forcibly till all the milky juice is pressed out of it.

Throw away the squeezed pulp, and put all the milky water gained by the several squeezings into a clean well-tinned saucepan. Simmer it *very slowly* till all the milky particles disappear and a clear colourless oil rises to the top. The latter end of the process needs minute watching, as by the least too fast boiling or by allowing the sediment at the bottom to burn, the oil gets a rancid smell and is useless.

Pour the oil carefully off, and if a perfume is preferred add a few drops of any essential oil. Four cocoanuts are enough at a time.

Cooking Pots—to Clean. (*Mrs. Thomas.*)

When anything catches and is scorched or sticks in a stewpan, do not scrape it, for then the tinning will come off.

Take a little common kitchen soda and a handful of ashes from a coal fire (the ashes must be *cold*); put them into the pan and fill up with *cold* water.

Set it for 2 hours by the side of the fire, and it will then clean the pots without damage.

Copper Pans—to Clean.

Mrs. Hart says use vegetable grease-proof parchment paper.

First wash the copper pans well inside and out with soda in warm water.

Take a teaspoonful of a mixture of silver sand and soft soap, mixed in a proportion of ½ lb. sand to 1 oz. soft soap.

This is for tinned inside of coppers—scrub it round on a small piece of the paper—when cleaned rinse it well. The outside of

the pans must be cleaned with vinegar and silver sand, rinse them again and dry and air them well.

If without paper use your hand, but paper is cleaner and safer (a girl's nail sometimes scratches off the lining and the copper poisons her hand).

Cows—how Mrs. Barton's Cows are Fed.

Each cow has hay the first thing in the morning.

During milking-time, $\frac{1}{3}$ bushel of brewer's grains.

At 10 o'clock: A mash of *boiled* turnips, or mangel wurzel, with chopped straw and chopped hay ($\frac{2}{3}$ straw to a proportion of $\frac{1}{3}$ hay), upon which is poured *hot* boiled ground linseed (of this linseed allow rather less than $\frac{1}{2}$ lb. to each cow). Mix all well together.

At noon give a little more hay.

At 4 p.m. give a mash.

More grains again at milking time.

When the cows are bedded at night, a little straw is given.

Cows—to Prevent the Taste of Turnips in Milk.

Pour 1 qt. of boiling water upon 2 ozs. of saltpetre, and let it stand till cold. Keep this in a bottle in the dairy, and put a tablespoonful of it to each gallon of milk as it is poured into the pan to stand for cream. Stir it round once, merely to mix it.

This, if done regularly, will never fail, but if omitted even in one pan, that gallon of milk will spoil the whole quantity for cream or butter.

When grass becomes scanty in autumn, give cows a good supper of turnips last thing at night. Once in 24 hours will not make the milk taste at all.

To avoid turnips giving a flavour to milk and butter, Lady Catherine Milnes Gaskell says: Cut off a slice from the top of the turnips before giving to cows; it is greeny looking, and should be the perquisite of beef-making beasts. If the dairy cows do not get *this* their milk will be sweet, almost all the strong turnip flavour being in the top of the turnip.

Dripping, &c.—to Prepare.

Keep it in a cool place, *i.e.*, larder or scullery.

Put the dripping in a pan on the fire with a little cold water ($\frac{1}{2}$ pt. to 12 lbs. dripping), and let it boil up, skim often and very carefully; when it looks clear, turn it out into a large pan of cold water and leave it some hours; when you take it up you will find it has a sediment (*which must not be used*); squeeze the good dripping and melt it on the fire; pour it into as many bladders as you can get, and the rest into preserve pots, and paper these well.

Skimming of first stock soup is more delicate than lard for frying croquettes and cutlets. Skim the grease off the hot soup carefully every 10 minutes, and again next day when cold; save

the grease and let it get cold ; then take it up without the sediment and let it come to the boil ; skim and keep it for daily use—it has a most delicate flavour of herbs, &c. from the gravy. Second stock grease bastes joints well ; it must be secured in the same way and drawn down with the fatty trimmings of a neck of mutton—draw it down over the fire just like lard.

Mrs. Thomas says : "The grease from first stock is very delicate for frying croquettes, &c. Strain it after making it hot for use."

Eggs—to Pickle.

1 oz. cream of tartar, 2 ozs. common salt, 1 lb. common lime, 8 qts. of water.

Pour the water, when boiling, over the salt and lime, and let it stand till cold, then add the cream of tartar ; mix well, and put the eggs in.

This quantity is enough for 6 score of eggs.

Elder Flower Water—to Make. *See* under Sweet Dishes, Ice —Elder Flower Water, for recipe.

Fish Sauces to Keep in Store. *See* Fish Sauce for Fresh-water Fish ; also Fish Sauce to keep all the year, under Sauces for Fish.

Flies—to Kill.

½ teaspoonful of powdered black pepper, 1 teaspoonful of brown sugar, 1 tablespoonful of cream. Mix well and put on a plate. Try more plates of it if successful in routing flies.

Fowls—Extra Food for.

Collect all the scraps of fat and of skin, from upstairs and down, when the plates are washed ; chop small, and put aside daily. Also all bits of waste toast or bread that are not able to be made useful for kitchen purposes ; keep both kinds of scraps apart.

Some time every afternoon scald Indian meal in skimmed milk (1 qt. of meal to 2 qts. of milk) ; if there are few scraps, of course more meal and milk will be required. Scald and swell these together over the fire till it is as thick as stir-about ; you must stir the whole time till it boils. When thoroughly cooked, take it off and put it into a large basin or pan, and add the bits of bread and toast cut small to soak through ; this mixture must remain all night.

Feed the fowls about 9 o'clock (morning), adding the scraps of meat just at the last, and working all well together. If the mixture is too stiff, add a little warm milk or water. Feed them again with what is left in the pan at 3 or 4 o'clock in the afternoon ; put it in a flat crock, as scattering on the ground wastes the food ; do not leave it for them to pick at all day.

Indian meal is said to make the hens lay well. Broken rice well swelled may be given in the same way. Steep the crusts alone first if hard.

Fowls—to Fatten. (*Mrs. Haynes of Bond Street.*)

The coop must be raised from the ground, the bottom being formed of rails of a moderate thickness and at equal distance from each other, so that each rail may be a perch, and then the fowls, if looked to every day, cannot be otherwise than clean.

Their food must be ground oats mixed with milk, to be of a certain thickness, so as to be *pecked* up, not thin enough to *drink*. They are to be fed 3 times a day, morning, noon and evening, from a trough placed *outside* the pen. Remember always, when they have had enough, to take the food away from them.

Give light only at feeding time, at all other times, warmth and darkness.

This method will make them as good as required in 14 days, but after that they will fall sick, waste away, and become hard and bad.

12 can be put in a coop, and if kept dark they will sleep and not fight. (To kill fowls mercifully, *see* Appendix.)

French, or Kidney Beans—to Preserve. (1892.)

To preserve French beans, Mrs. Hanbury Williams says: "Slice them or leave them whole; have a large basin or crock; lay in it salt an inch deep; on that put a layer of beans, then salt again, and so on—but cover the *top* layer of beans with salt, and they will keep well.

"When wanted, they are boiled like fresh beans, but you change the water when the beans are half cooked."

The Druminnor butler bottles beans with salt, and corks them up to exclude the air.

Hair Wash. (*M. Foster.*)

A good recipe if the hair is falling: Mix 3 ozs. spirit of rosemary, 3 ozs. honey water, 1 oz. oil of almonds, 1 oz. sal-ammonia; when well mixed bottle and cork it.

Shake up the bottle before using the wash.

Ham, Pork—to Cure, also to cure Mutton Hams, *see* Meat—General Directions.

Ice—to Make an Ice Stack. (*Mrs. Buchanan, Auchentorlie.*)

Choose an airy spot but sheltered from sun and wind, and under trees. Lay down sawdust about a foot deep. Choose ice if possible at least 1½ inches thick. Break it very small with mallets or crooked sticks. Begin by laying it on the surface of the ground on a space 21 or 22 feet in diameter, breaking it up as small as possible, and *watering it all the time*. Build the stack 12 feet high and in the shape of a sugar loaf.

Thatch it to the ground with barley straw (if this is not to be had use oat straw). The thatch must be 15 inches thick. When the stack is finished cut a drain round it, rather more

than a foot deep, close to the bottom of the thatch to drain off the water. This ice stack often answers when an ice house fails.

Indian Recipe for Chutney. *See* Chutney.

Ivory—to take Stains out of.

Make a light paste of sal volatile, oil, and prepared chalk. Rub it on the ivory with leather. Afterwards put a little more on and leave it to dry, then brush it off with a soft brush.

Ketchup. *See* Mushroom Catsup.

Marble—to Whiten. (*Lady Wensleydale.*)

Ingredients: ¼ lb. of pearl ash, ¼ lb. of American ashes, ½ lb. of black soap, 2 lbs. of whitening.

Boil all 20 minutes in ½ gallon of water. Lay it on *hot* with a plasterer's brush; let it remain on 24 hours, scrub it off with warm water after that.

Next, sluice it well with cold water, and dry with a soft cloth. If any sticks in the ornamental parts, clean them with a small brush. Repeat the whole operation a second time if necessary.

The mixture burns, so take care it does not touch the walls nor the looking glass nor picture frames—*nor your own fingers.*

["Ambora" soft soap, a new cleanser, is excellent for cleaning not only marble, but tiles, flooring, and white painted wood, &c., and avoids the danger ascribed to the use of above recipe.]

Milk—to avoid Taste of Turnips. *See* Cows.

Mushroom Catsup. (*Mrs. Jamieson, Portmore.* 1887.)

Gather the mushrooms when quite dry. Break them into bits with your hands, and lay them in a deep dish. Sprinkle each layer with salt, and let them remain so for 2 days.

Stir them occasionally; strain the liquid from them through a hair sieve into a pan with a good seasoning of peppercorns, mace, and cloves, and boil it for 5 minutes. Then strain it through a flannel bag, to keep back all sediment. When cold, bottle, cork and seal the catsup. Keep in a cool place.

Mushrooms—Potted. *See* Mushrooms, No. 8 and No. 10, under Vegetables.

Mushroom Stalks to Bottle. *See* Mushrooms, No. 6, under Vegetables.

Mutton Fat for Frying.

The fat drawn down from a nicely-trimmed neck of mutton is more delicate for frying "côtelettes panées" than any kind of lard; also the skimmings of first stock are good for this.

Pig—to Salt. *See* General Directions, under Meat.

Pot Pourri. No. 1.

(St. John's College Recipe given to Mrs. Barton by Mr. Kempe.)

The rind of 2 lemons cut thin, 1 lb. of bay salt, 1 oz. of finely-powdered orris root, 1 oz. of gum benzoin, 1 oz. of cinnamon, ½ oz. of cloves, 1 oz. of nutmeg—all finely powdered; 1 grain of musk finely ground, 12 bay-leaves, a few sage leaves, rosemary, and lavender, cut small; 1 oz. of lavender water, 1 oz. eau de Cologne, 1 oz. bergamot.

Mix all together in a jar, and add sweet flowers in their natural state as they come into blossom; stir frequently.

To be well stirred and mixed every morning till the flowers have become saturated with the salt.

Pot Pourri. No. 2. (*Caldy Manor.* 1884.)

"The Best Pot Pourri.—J. F. C."

1 lb. of bay salt, 2 ozs. of saltpetre—both in fine powder; a handful of sweet bay leaves cut as small as possible, and the same of myrtle and rosemary, lemon thyme and common thyme in flower; also 1½ ozs. cinnamon, the same of cloves and of allspice, a large nutmeg—all these last in fine powder; the rinds of 4 large lemons cut as thin and as small as possible, 1 drachm of musk, 1 oz. bergamot, 1 oz. of spirit of lavender, 1 oz. of essence of lemon, 1 oz. oil of jasmine, 1 oz. esprit de rose—these last 4 are liquid; mix with 1 oz. of storax and 6 ozs. of powdered orris root. Put them into a jar with a lid that shuts very tight. Then add as you can get them of orange blossoms, plenty of the sweetest smelling roses, clove pinks, jasmine flowers, syringa and violets —sweet verbena leaves, all are a good addition.

The rose leaves may be gathered early in the day, but free from dew or rain, and added at once.

Lavender should be gathered and put on sheets of paper to dry in the sun, then the flowers gently rubbed off from the stalks with the hand, and the *flowers only* added to the pot pourri.

Stir it up often, especially when you add anything fresh—use the petals only of the roses.

If the pot pourri gets too moist, add more orris root powdered —if too dry, add more bay salt and saltpetre, powdered finely and well mixed together before you add them.

It cannot be stirred too much, especially at first, and should keep for years.

The chemist will make up a bottle of the liquids, and this can be added first to a very little pot pourri to sop it up; lay this pot pourri at the bottom of the jar; put the rest of the pot pourri on the top, give one stir, and shut it up for a time. This recipe being identical with "Hope End Pot Pourri" except that they use ½ lb. bay salt—the Hope End recipe is not given.

Pot Pourri. No. 3. Miss Darrell's.

Dry a good quantity of rose leaves in the sun on sheets of white paper, mix with lavender, 6*d*. worth of bay salt, 1 oz. whole cloves, and the same of gum arabic.

Pot Pourri. No. 4. Mrs. Shaw Stewart's. (1887.)

4 ozs. orris root bruised, 4 ozs. of flag root, 3 ozs. yellow sandalwood, 1 oz. sweet cedar-wood, 1 oz. gum benzoin, 1 oz. storax, ½ oz. of cloves, ½ oz. of nutmegs, 1 oz. patchouli leaves.

The above all coarsely powdered and well mixed.

Add 1 drachm of "mille fleurs," ½ drachm essence of lemon, 20 drops of English oil of lavender, 10 grains of musk.

Add afterwards 1 lb. of bay salt and 3 ozs. rose leaves and stir all together.

Rhubarb—to take Acid from.

(*Mrs. Davidson, Logie Coldstone Manse. May* 20, 1896.)

Cut up the rhubarb as for tart or pudding and put it in a stewpan—cover it with cold water—put it on the fire and let it come to the boil. Then *at once* pour water off and let the rhubarb get cold. Cook afterwards as usual.

Suet—Miss Kelmann's Recipe to Clarify it. (*Penrose.* 1881.)

(Suet done so will keep ; it also makes it much more delicate.)

Take 5 or 6 lbs. of fresh beef suet, chop it fine and put the pieces in a saucepan (or stewpan) with as much cold water as will cover them. Add a little salt, boil and skim it carefully and stir frequently with an iron spoon, squeezing the suet occasionally against the sides of the pan.

To simmer from 5 hours to a whole day, till it ceases to boil and till all waste pieces of suet have sunk to the bottom of the pan.

Put it aside to cool for 15 minutes, then squeeze, and strain it into a basin or crock kept on purpose for it.

Sugar—to Clarify. *See* Confectionery.

If you make a large quantity, *bottle* it and use a glass stopper.

Teapot—to Clean. (*Coventry.*)

A teaspoonful of laundry soda put into the teapot once a month and filled up with boiling water to remain all night in it, the lid being closed. Rinse out well next day.

Tomato Sauce—to Bottle. *See* Tomato Sauces, Nos. 1 and 2, under Sauces for Meat.

Vinegar. No. 1. Miss Duckworth's.

Make in June or July.

Ingredients: 9 lbs. of chopped Malaga raisins, 9 lbs. of brown sugar, *i.e.*, the *very coarsest* brown sugar, 9 gallons of cold water.

Mix all well with the whites and shells of 4 eggs. Boil 20 minutes and take off all the scum, then simmer 20 minutes. Take it off and pour into 1 large or 2 small vessels. When "new-milk-warm" put on the top, on a toast, 1 pennyworth of brewer's yeast. Prick the toast that the yeast may penetrate. Whilst "new-milk-warm," cover the vessels with clean thick cloths.

Let them stand 3 days and nights. Then put the liquid into a barrel that will hold 9 gallons and paste clean brown paper doubled over the bung hole and place the barrel in the kitchen for 12 months. Then bottle it for use but do not cork the bottles. Fix writing paper over the necks and make small pin holes in the paper. It is better to keep the bottles in a warm place. It is well when the vinegar is in the barrel to give a little motion to the barrel occasionally, always taking care the bung hole is at the top when left. Barrel and bottles to be perfectly clean before filling.

Vinegar. No. 2. Farley Hall Home-made. (*E. Humphreys.*)

Sugar vinegar.

To 8 gallons of spring water add 12 lbs. of sugar, and the well-beaten whites of 4 eggs. Boil it 20 minutes, skimming it well. Pour the liquor into a tub, skimming it again. Let it stand till "new-milk-warm," then spread 2 tablespoonfuls of barm upon a toast and put it on the top of the liquor. Let it stand for 3 days.

Put it in a barrel, cover the bung hole with several folds of cartridge paper pasted on and pricked full of pin holes. Set the barrel in a warm place and let it stand a year, then bottle it.

N.B.—If you want light-coloured vinegar, *white sugar* should be used.

Vinegar Plant.

Take $\frac{1}{4}$ lb. of treacle and the same of brown sugar and boil them in 3 pts. of water and let it stand till cold in a basin, then place the vinegar plant upon the liquor. In six weeks the vinegar will be ready to be bottled; well cork it. Put a piece of horse-radish into the bottle to remain a fortnight. At the end of that time, take the horse-radish out, and the vinegar will be strong and fit for use.

The plant will have a baby fungus on it, remove this and put it into a basin of its own. Treat that in same way. The old plant also does again.

White Paint—to Clean. *See* "Ambora," under Marble.

EGGS

"Egg Baskets." (*Mrs. Hobhouse.*)

Grease an omelet pan. Beat up the whites of 3 eggs to a stiff froth. Beat the 3 yolks alone, well. Then mix the whites with the yolks and put in the omelet pan. Add a little finely chopped parsley leaf, then a piece of fresh butter the size of a walnut. Season to taste. Never stop stirring and let all mix to the thickness of an omelet. About 3 minutes before the mixture is finished cooking add 2 ozs. grated Parmesan cheese.

Serve in patty cases of fried bread without lid or in paper cases.

"Buttered Eggs." (*Mrs. Pettit. Deskrie*, 1861.)

Take 3 ozs. fresh butter melted in a stewpan and all scum taken off; to it add the yolks of 5 eggs, stir over a slow fire 5 minutes till it thickens. Add a little cayenne pepper if you like. Butter a nice thick slice of toast and cut in 2 or 3 pieces for greater convenience in helping. On this slice of toast spread grated tongue or ham or anchovy, spread the egg *with a spoon* over it, and over all grate tongue or lean ham thickly. Garnish the dish with cresses or parsley. (2 ozs. of fresh butter and 3 eggs do for 3 people.)

Caldy Minced Eggs. No. 1.

6 eggs are hard-boiled the night before; next morning you shell them, but put 2 of the yolks aside, pounding them.

Chop the 6 whites and the 4 yolks into dice; arrange this in a buttered dish that can go into the oven; add a little sauce of any kind just to moisten the eggs, or failing that, a little, *very* little, butter or cream; season to taste; sprinkle the 2 pounded yolks over the top and brown in the oven.

Serve in the dish in which they are cooked, for breakfast or luncheon.

Caldy Minced Eggs. No. 2. (1884.)

Take 7 hard-boiled eggs, and of these mince 5 small, both yolks and whites together; re-warm them in a good Béchamel sauce till the eggs mellow and blend, having seasoned with salt, pepper, and a little mace.

Butter a fire-proof dish and put the mixture into this dish; pass the 2 remaining yolks through a sieve and powder them over the top; add a little grate of cheese and bake till the top is set, but do not let mixture shrink or harden.

Cottage Eggs for Breakfast.

Sent up in the little French or Delft fire-proof pipkins (called "cocottes") in which they cook.

Butter the pipkins, break a whole egg into each—if the egg is very large you can keep back a little of the white; add a little salt and a grate of nutmeg, then a small tablespoonful of cream, and a very few bread-crumbs. Add a speck or two of butter on the crumbs.

Bake them in the oven just to set and to colour, and serve in the pipkins.

1 for each person.

(Another way is to put butter and cream in first below the egg, and also seasoning.)

Cream Eggs, "Sur le Plat." (*Mrs. Young.* 1882.)

Butter a dish that will go into the oven, break on to it the raw new-laid eggs separately, not touching; fill rest of dish with sweet cream, avoiding the yolks; sprinkle with salt, a dust of pepper, a grate of nutmeg, and a little nip of parsley green. Cook first on the top of stove or in oven till just "set," and finish them before the fire, turning the dish round constantly to give all an equal heat, but the eggs must not be hard. Carefully turning them is the secret of success. Time about ½ hour.

Egg Croquettes, "Croquettes d'Œufs," an Entrée. (*Turin.*)

Boil 4 eggs for 12 minutes. When cold, chop them small. Melt 1 oz. of butter in a stewpan, and add 2 tablespoonfuls of flour and ½ a pint of milk. Boil it till thick; then add the chopped eggs, with pepper, salt, and a little parsley (*leaf* only, chopped fine and well squeezed in a cloth) and a little shallot. Turn the mixture out on a plate and let it get quite cold. Shape in small pyramids or the shape of Jerusalem artichokes, egg and bread-crumb them, fry a nice brown, serve them very hot on a napkin with fried parsley.

English Dressed Eggs, a Savoury. (*Orchard Leigh.*)

Hard-boil 6 eggs, and cut each egg into four and dish in a circle; add the *least grain* of cayenne pepper; pour Cheese sauce (*see* under Cheese Dishes, Macaroni and Cheese, No. 1, omitting mustard) over and round; grate some household cheese over all and brown the sauce very equally with a salamander.

French Dressed Eggs.

Hard-boil 6 eggs, take out the yolks (you do not use the whites), and mix them with a little cayenne pepper, mustard, and grated Parmesan cheese. Mix all together into a stiff paste, to be rolled, egged, and bread-crumbed, and fried in lard. Serve the balls dry or in a Parmesan sauce like last recipe.

"Œufs à l'Aurore.'

(Or "Œufs à la tripe"—it looks like "macaroni au gratin.")

Boil 6 eggs hard, remove the shells and cut each into halves lengthwise, take the yolks out and pass them through a wire sieve, shred the whites like ribbons and mix them with some Béchamel sauce (*see* Sauces for Poultry), add mustard, cayenne pepper, and salt, and a little Parmesan cheese, toss the ribboned whites over the fire, to simmer, not boil, until quite hot, and then dish them up with a palisade of fried croûtons round, sprinkle the yolks on the top of the whites and on them a little grated Parmesan cheese, salamander and serve quite hot. These croûtons are first fried in clarified butter and are cold; to make the palisade, dip the broad end of each croûton in a paste of white of egg and flour, stand them round in a circle, and put them in the screen to harden before you add the eggs.

Mrs. Jamieson uses 4 eggs, but at the last beats up a 5th egg and mixes it with powdered yolks and cheese for the top.

The Aboyne Castle copy says: Put in a layer of hard-boiled whites of egg and then a sprinkling of pounded yolks, then a little cheese and seasoning; whites next and so on to the top, which you must cover with powdered yolks, flavoured with cheese, and browned with a salamander.

A similar recipe: Boil 6 eggs hard; when they are quite cold take out the yolks of 3 and rub them through a sieve, put them aside. Slice the other 3 eggs. Take a piece of butter, some chopped onion, and a little pepper and salt; put all into a stewpan on the hot plate to warm through and mix.

Dish when very hot and sprinkle the 3 powdered yolks over, adding a little white sauce if liked.

"Œufs à la Béchamel."

(*Mesdames Langel's and Justine's Recipe.* 1879.)

Boil 6 eggs hard in boiling water, but not as hard as when cooked for canarybirds' food! To simmer only 10 minutes. When cold, peel off the shells, cut the eggs in two, lengthways, leave the yolks in and place the half-eggs, with the yolks uppermost, in an enamel dish capable of going into the oven, and put a tiny bit of fresh butter on the centre of the yolk of each half-egg. Pour the following sauce over all, and just colour in the oven, but not long enough to harden the whites.

For the Sauce: Rub 2 ozs. of fresh butter with flour and put into a saucepan. Stir well till it is smooth, taking care it does not burn. Add cream, or even milk, and stir on till it is the proper thickness. Add salt, pepper, and a grate of nutmeg. Cook this thoroughly before pouring it over the eggs, then give them a minute in the oven, and brown with a salamander to a gold colour.

"Œufs à la Catherine."

Buttered eggs on toast well covered with chopped truffles, and surrounded by Dutch sauce (*see* Sauces for Meat).

"Œufs à la Polignac. *See* Prince de Polignac's Recipe for dressing Eggs.

"Œufs à la Princesse."

Eggs poached, and placed on toast in a dish, then covered with chopped yolk, parsley and ham mixed, and surrounded by Dutch sauce (*see* Sauces for Meat).

Truffles chopped fine and mixed with chopped hard-boiled egg make a very good variety.

"Œufs à la Tripe." *See* "Œufs à l'Aurore."

"Œufs à la Turc."

These are lightly poached eggs on very finely minced calf's or chicken's liver, flavoured with ham, mushroom, shallot, and a little tomato.

"Œufs au Gratin."

Put a little butter in small plates before the fire till it simmers.

Then break into each a fresh egg. Cover it with fine bread-crumbs and season with a little pepper and salt.

Set it to brown well before the fire, and it will then be ready to serve.

"Œufs Brouillés" for Breakfast. (*Cataldi's "aux Truffes."*)

Break 6 eggs into a basin. Chop up small 2 middle-sized truffles to the size of fine capers and add them to the eggs. Season with salt, pepper, and cayenne.

Whilst you are seasoning, a little butter should be browning in a frying-pan over the fire, watched by the kitchenmaid. Add the seasoned eggs to the butter, stir gently with an iron or silver spoon till the mixture is sufficiently cooked. Of course, if you don't think truffles an improvement, the buttered eggs are very good alone.

Mrs. Thomas' version: ¼ oz. butter, a tablespoonful of flour, 2 tablespoonfuls of cream. Mix, and having seasoned to taste, cook over the fire but do not let it brown. Then stir in the eggs with a whisk till they set. They should be hardly solid, much less stiff than for omelet. Serve very hot on hot plates, or the mixture stiffens, chills, and is then spoilt.

"Œufs Filés." *See* Eggs for Clear Soup (Soup Garnishings).

Parmesan Eggs.

Buttered eggs with cheese "intilt" on a "socle" of white of eggs; same as Savoury Eggs, No. 4.

Plovers' Eggs in Aspic. *See* Aspic Jelly, No. 2, under Meat Jellies.

Poached Eggs. (*Mrs. Caswell.*)

For poached eggs Mrs. Caswell uses rather thick toasts, which are cut to shape and toasted dry, then buttered, and put into the oven or before the fire to keep warm whilst the

eggs are poaching. Warmth after buttering the toasts makes them mellow through. Use best fresh butter and just a sprinkle of salt over.

Trim the poached eggs to look shapely. Avoid a scattered "sea of white."

Kidneys split open and broiled can be sent up on toasts in the same way.

Prince de Polignac's Recipe for dressing Eggs, "Œufs à la Polignac."

Cooked in little cups and turned out on to fried, crisp, hot rounds of bread a size larger than the eggs.

Butter some cups well; next put in at the bottom of the cups a mince of finely chopped herbs, add shallot if liked; break 1 egg into each cup with a little seasoning; steam or bake till set, but not too hard. Turn out on to the fried croûtons very carefully to prevent the eggs from breaking. Serve savoury sauce round and under the crusts. Tomato sauce is very good for this.

"Raby Eggs."

Boil the water and pop the eggs in and put the pot uncovered at the side of the fire. They should then simmer but not boil—10 minutes. If the whites get too hard the dish is spoilt. Shell and halve the eggs, and lay whites only like saucers on the top of an aspic border with salad in the centre and Mayonnaise sauce. Each saucer of hard-boiled white of egg is filled with a cooked mixture of chicken, tongue, sweetbread or other delicacy, and 1 pounded anchovy to flavour the whole. Put Mayonnaise sauce over each egg, and add chopped truffle on one, pistachio on another, ham on a third, yolk of egg on another, and so on.

Savoury Eggs. No. 1.

(*Mrs. Herbert Duckworth, Bryanston Square.* 1874.)

Boil 4 eggs, but not too hard, more as if for "Œufs à la Béchamel." Cut them lengthways or across to make saucers of the white halves according as you wish for long saucers or short round ones.

Take out the yolks and pound them, adding a little thyme, parsley and shallot, with salt and pepper (her cook says mint also!!). Mix all well and make hot with a dessertspoonful of stock and a tablespoonful of cream.

Fill the whites with the mixture and scatter a little parched bread-crumb on the top sparingly. Just salamander, but be sure the whites do not get too brown to be good to eat. If people leave the whites on their plates, it shows they are overcooked.

Serve them dry for breakfast, and you can have bacon round, but if for luncheon, add gravy or sauce or half glaze.

Savoury Eggs. No. 2. (*Mrs. W. Farrer.*)

These eggs *look* like whole eggs in a ring of aspic, with truffles or tongue in the centre.

The eggs are hard-boiled and, when cold, cut lengthways; the yolks removed carefully and pounded, and to these you add anchovy or fish, all to be a half-solid "mush," seasoned and rather "picken,"* very smooth; re-stuff the whites with this mixture and stick together to look whole. Put some aspic in a ring mould, lay the eggs in and fill up with aspic, to set. (*See* Meat Jellies for Aspic.)

Savoury Eggs. No. 3. A Balcaskie Savoury.

The eggs are poached in 1 pt. of milk, in which a bit of thyme, savory marjoram, bay-leaf, allspice, peppercorns, and mace have all stewed for 1 hour. Strain the milk before cooking the eggs in it.

Take 6 anchovies and press them through a sieve. Add 1 oz. of fresh butter, a spoonful of fresh salad oil, a few drops of essence of anchovy, 2 spoonfuls of sherry, and the yolk of an egg to bind. Make all very hot, but do not boil. Have fried croûtons ready, dip each in this hot sauce and put a poached egg on it.

"This recipe was a great favourite with Sir Thomas Erskine."

Savoury Eggs. No. 4. On Croûtons. (*Lady Iddesleigh.* 1892.)

Cut 5 rounds of bread for the croûtons and fry them in lard, then grate Parmesan cheese on top of each. Keep these croûtons warm in the meat screen.

Steam 2 whites of egg and a dessertspoonful of cream with a little pepper and salt very slowly in a buttered dariole mould, from 15 to 20 minutes. When cold, turn out and slice into 5 flat circles. For the yolk mixture take 3 yolks and 1 white; beat all with a tablespoonful of cream in a saucepan just greased with a little fresh butter; add a grain of cayenne and a grate of nutmeg; stir over the fire till it thickens (5 minutes). Now put a circular slice of white of egg on each croûton, yolk mixture on the white slice; next grated cheese, do not *over* cheese it, and then brown the top with a salamander. Serve them on a warmed napkin.

(Whites look "knowing" and make a change.)

Stuffed Eggs, a pretty Dish for Luncheon.

The eggs are hard-boiled, and when cold you shell them and cut a good piece off one end that they may stand firm and upright. Then chop some fine herbs, take out the yolks carefully, pound and mix with the herbs and season with a little cayenne pepper and salt, then press each yolk back into the white of the egg and place it on end on the dish, the bottom of which is first covered with Mayonnaise sauce. Surround the eggs with nice slices of tongue or of ham. Garnish with lettuce or watercress.

* Scotch expression from the French "piquant."

Another copy says: Put strips of ham or tongue over and about the eggs, and pour Mayonnaise sauce *over* all. Garnish the dish prettily with lettuce, parsley, or watercress.

Other ways for dressing eggs for luncheon are to fry them or to give them "au jus," or on spinach, or as croquettes fried a nice brown.

Tomato Eggs.

To 4 well-beaten eggs, seasoned, add 2 ozs. of butter. Stir in a stewpan with wooden spoon till nearly set, add 2 tablespoonfuls of tomato sauce.

FISH

For other Fish Recipes, *see* Fish Puddings and Pies, Fish and Game Creams, Fish Sauces, also Soups.

See Appendix as to boiling Crabs, Lobsters, Eels, &c.

Adelaide Sandwiches. *See* Anchovy Sandwiches, No. 2.

"Anchovy Crusts." (*A. Emslie.*)

These are made of 3 eggs hard-boiled, chopped and pounded and passed through a sieve, worked up with a little butter and a grain of cayenne pepper, spread on croûtons previously fried in lard, and with fillets of anchovy out of oil, not brine, placed in cross bars over them.

Heat them up in the oven, and serve hot on a napkin as a savoury.

Anchovy "Devils," a Savoury.

Small strips of anchovy fillets, out of oil not brine, dipped in fresh salad oil, grilled, and then peppered. They may be served on buttered toast cut to shape, or on fried bread croûtons, or on biscuits, the size of 5*s.* bit at most; if wanted very hot these biscuits are first dipped in oil, peppered, and warmed up on gridiron.

Pieces of Findon haddock, or kippered herring, or kippered salmon will do instead of anchovy for this savoury.

Anchovy Sandwiches. No. 1. (*Caldy.*)

Wash and pound the fillets of anchovy, and mix with their weight of butter and a little chopped parsley. Make into sandwiches with brown bread-and-butter.

Anchovy Sandwiches. No. 2. "Adelaide Sandwiches."

Wipe, bone, and pound 6 anchovies with $1\frac{1}{2}$ ozs. butter, and $\frac{1}{2}$ spoonful of first stock or half-glaze.

Cut slices of bread into circles or squares with the pastry cutter, and fry a light brown in fresh butter. Grate a little cold tongue, also some Parmesan cheese. Spread the anchovy on the fried bread, and sprinkle over that first the tongue, and then the cheese. Hold the salamander over the cheese to melt it. Do this to 12 circles of fried bread. Put 12 plain fried circles over. Sprinkle cheese on top of each sandwich and salamander. Dish hot on a napkin.

(For "Adelaide Sandwiches" of chicken, *see* Poultry.)

Anchovy Savoury.

Sutherden uses anchovies "à l'huile," boned and not salted. Skin and cut them in half, and roll in a little batter, and fry.

Or get olives, bottled, not salted, stone them, and fill with anchovy butter made of these fish pounded, and serve up (not more cooked) as a savoury. (*See* Melted Butters, &c. for Anchovy Butter.)

Anchovy Toast, or "Scotch Woodcock." (*Mrs. Husthwaite.*)

Make some good buttered toast thick and soft, having carefully cut off all crust. Clean and bone and pound the anchovies, and spread them over the toast. Pile the toast, cut into squares, 3 layers, on a dish, and pour over it a warm custard made of 3 eggs and a little heated cream and seasoning. The custard must be thick.

Serve hot as a savoury.

Of course this quantity is for a small dinner.

Bass, for Bass Pie, *see* Cornish Fish Pie under Fish Pies and Puddings.

"Bombay Ducks," *see* Curries; also Note, end of Fish Recipes.

Caviare is good on rounds of buttered toast for breakfast.

Cod and Oyster Sauce, a Réchauffé.

Fish in the centre with nicely-mashed potatoes (not browned) as a border.

The cod has been boiled, and you have had it and oyster sauce the day before.

Take what is left over of the cod, and pull it in pieces, as for a fish pudding—perhaps not quite so small. Warm it up in a little cream, warm up the oyster sauce also, and put all together on a hot dish with a wall of mashed potatoes round. The potatoes must be turned out very hot the last thing before the fish is added.

Cod Kedgeree. *See* Kedgerees.

Cod Réchauffé. *See* Fish Re-dressed.

Cod Roast or Fried.

Cod roast in paper and stuffed is a favourite Scotch dish; oyster sauce or a brown sauce with it, such as is used for pike or haddock. (*See* Stuffing for Pike, No. 3, under Stuffings, and Sauces for Fish.)

Cod Slices. Cod is good seasoned with a little pepper, fried in slices, egged, and bread-crumbed.

Cod. *See* White Puddings, No. 1, under Meat Pies and Puddings.

Crabs—to Boil. *See* Appendix.

Crab Kromeskies. (*Ruth Camp.* 1882.)

Mince the cold boiled crab first, but do not pound it; see that you have left in no bits of shell, season with a little cayenne, and moisten with a good white sauce of stock, cream, and roux, &c.

Roll it into balls, and let it get cold.

Fry each ball in a batter case.

To make this Batter: Whip up the whites (only) of 2 eggs, then mix in 2 tablespoonfuls of warm water and ½ tablespoonful pure salad oil and 1½ tablespoonfuls fine flour. Dip the crab balls into this, and let it stick all over them well. Fry in a good quantity of boiling lard, which must *quite cover* them. Drain them on blotting-paper or on kitchen whitey-brown paper.

(Lard does to fry fish over and over again, if strained after use and put away in a clean basin in the larder.)

All Kromeskies are best without any inner blanket of bacon.

Crab—Potted. (*Mrs. Husthwaite.*)

For breakfast.

The fishmonger sends the crab in boiled but quite cold. Use all the flesh, both soft and hard. Pound it in a mortar with about 1 oz. of butter and a seasoning of pepper, salt, and a little cayenne. Pass all through a sieve, pot it, and cover it with clarified butter.

Crab Salad. *See* Mayonnaise Sauce, under Sauces for Fish.

Crayfish. *See* Appendix.

Crayfish Salad. *See* Mayonnaise Sauce, under Sauces for Fish.

Eels. *See* Appendix.

Eels. (*Mr. Courtenay.*)

First kill the eel, *see* Appendix.

Then: "L'anguille est coupée avec la peau en morceaux. On la met dans de l'eau bouillante avec du vinaigre, sel, oignon, poivre, et girofle (*i.e.*, cloves) entiers, citron et une feuille de laurier (*i.e.*, a bay-leaf). Après être cuite, on l'orne avec citron, oignons, câpres, et pistaches."

N.B.—"The eels should not be done long enough to lose their firmness. They should almost *crunch* under the action of the teeth."

Eel—Collared. (To kill Eels, *see* Appendix.)

Bone, but do not skin, a large eel. Rub the inside well with pepper, salt, mace, allspice, and 2 cloves, all ground and mixed, after which roll it up tight, and bind with a strong tape.

Boil in salt and water, with a little vinegar, and when cold keep it in pickle. Some improve it by mixing chopped sage and parsley with the slices.

Take off tape, and serve, whole or in slices, with parsley to garnish.

Eels—Spatchcocked. (*Hotel at Cambridge.*)

Obtain some very fine large eels. Throw them into *boiling* water for 3 or 4 minutes. Take the back of a knife, and clean all the mud and fat from the skin. Wash the eels clean, and lay them straight on the dresser; then take a sharp knife and commencing at the tail open the back right down.

Take out the bone, and wash and cleanse thoroughly. Cut off the head. Cut each eel into about five or six square pieces, and sautez in a flat pan for a few minutes with a little butter, lemon juice, and salt. Let the pieces cool, pressed between two dishes in order to preserve the shape.

Prepare some bread-crumbs, with parsley, chopped herbs, a little nutmeg, cayenne, and salt, put the fish, dipped in yolk of egg and flour, on baking sheet, and sprinkle thickly with the crumbs. Let a little oiled butter be sprinkled over them, and brown them before the fire or in the oven. Dish on a napkin, garnish, and serve.

Plain butter is the usual sauce to eat with this, or Dutch sauce.

Eels with Sorrel. For recipe, *see* Meat—Veal—Sweetbread with Sorrel.

Fillets of Fish—Cold, "à la Ravigote." (*Maigre.*)

Skin and fillet the fish and put them in a sauté pan with some fresh butter, season with pepper and salt, and squeeze the juice of a lemon over them. Cover with buttered paper, and cook for $\frac{1}{4}$ hour in a moderate oven. Lay them on a dish, under a light weight. When cold, trim and shape the fillets. They will then be ready for covering with Ravigote Sauce. *See* Sauces for Fish.

Fish Croquettes.

Pound any previously-cooked fish with 1 oz. of fresh butter; season with pepper and salt; pass through a wire sieve, shape the fritters, egg and bread-crumb, and fry.

Serve with Horse-radish Sauce, No. 1. *See* Sauces for Fish.

Fish—Re-dressed.

Pick the remains of any white fish neatly from the bones, in small pieces; for each pound of fish add $\frac{1}{2}$ pint of cream, a tablespoonful of mustard, a tablespoonful of essence of anchovy, the same of mushroom catsup, a little pepper, flour, and butter, making all hot together in a saucepan. Put it into a dish, and strew it thickly with pounded bread-crumbs; put little bits of butter here and there to moisten the crumbs; then brown it with a salamander or in the oven.

Cod, turbot, or any solid fish can be done this way.

Fish Rissoles. *See* Horse-radish Sauces, under Sauces for Fish.

Fish Served in Scallop Shells.

These can have German Sauce. *See* Sauces for Fish.

Flounders. *See* Water Souchet.

Freshwater Fish. For sauce for, *see* Sauces for Fish—"Recipe from Monastery."

"Green Kipper." *See* Salmon—kippered.

Grilse. *See* Salmon Souchet, No. 1.

Haddock "à la Maître d'Hôtel." (*Beechwood.*)

When you have cut off their heads and tails, lay the haddock (or you may use soles, or any white fish), in salt and water while the following gravy sauce is making: Stew the fishes' heads and tails in a small quantity of water with onion, a little seasoning, and a bit of veal; boil this gravy sauce well and strain it, and let it stand a little; add the yolk of 1 egg beaten up and a little chopped parsley, and stir it well together. Then boil the fish, and when you have placed it on the dish pour the sauce scalding hot over it.

Haddock—Broiled.

Take a very fresh good-sized haddock; sprinkle a little salt over it. Skin it in the morning and roll it first in flour and then in melted butter. Broil it on a gridiron over a slow fire; 12 to 15 minutes will cook it.

For "Black Butter" to serve round broiled haddock, *see* Melted Butters, &c.

Haddock—Creamed Fresh Haddocks. (*J. Emslie.* 1893.)

For breakfast.

Clean and skin them, &c.

Warm a little best butter in a pan, 1 oz. if fish are small, 2 ozs. if they are large.

Flour the fish, and season them to taste. Next roll them in the butter, and turn them about till well saturated. Then add a breakfastcupful of half cream and half milk. Let it just boil for a minute; then draw to one side to simmer till the liquid is reduced and the fish tender.

Mix in a teaspoonful of made English mustard with the sauce if you like.

When cooked, take the fish out and put it on the dish in which it comes to table; the dish must be made very hot first. Reduce the sauce in the pan over a sharp fire till it thickens, scrape it out, and put it over the fish in the dish—it gives a browny look, and has the essence of the flavour.

Haddock Croquettes. (*Mrs. Wellington.*)

Pick what is left off the bones of cooked haddock or whiting, and pound or mince it fine; mix with good sauce and seasoning, shape into balls and fry.

If short of fish you can add one-third of mashed potatoes.

For the Sauce: They are best served in this curry sauce: Fry sliced onion till tender in a little butter; when nearly done add curry powder to taste, cooked a little to take off its raw flavour, add good stock, and some cream to come last of all.

Haddock "Croûtes à la Findon," a Savoury.

(*Mrs. Jamieson.* 1884.)

Soak the smoked fish for a short time in cold water before you skin them.

First skin the fish, next bone them and pass through a wire sieve. Season with a little pepper, work into them some good thick cream with a whisk, till of the consistency of stiffly whipped cream.

Have ready fried circular croûtons, size of a 5*s.* piece or smaller. On these spread the whisked mixture.

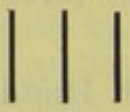
Bake in the oven 6 to 8 minutes.

Haddocks—Crumbed and Baked.

An old (Bruce of Kennet) Scotch recipe.

Cut off the heads and tails of 2 or 3 fish; they should also be skinned, egged, and bread-crumbed, and set on the tin with their *backs* uppermost, straight in a line side by side, *not* twisted like fried whiting.

3 heads this end.



3 tails here.

Pour some clarified butter over them, and bake in a moderate oven $\frac{1}{2}$ or $\frac{3}{4}$ hour, according to their size, not on their sides, but set up in dish. Serve with Dutch Sauce, No. 4, or Haddock Sauce, under Sauces for Fish.

The Learney recipe for haddocks for breakfast is similar, but quicker done, as follows:

Wash the fish in salt and water, and wipe them dry. Skin them. Dip them in a little warmed butter, then in a few previously browned crumbs, parsley and shallot, pepper and salt.

Put them in a Yorkshire pudding tin "sitting up as if they were swimming," covered with buttered foolscap paper, and cook in oven 15 to 20 minutes.

Dish the fish in the same position as cooked in, to show both sides, and serve any liquor there may be in the pan round them.

Haddock—Filletted, and Venetian Sauce.

Take 2 fresh haddocks trimmed and filletted, butter a sauté pan, put the fillets in, cover them with buttered paper and bake 20 minutes.

Put the bones into cold water with a little parsley, and cook $\frac{1}{4}$ or $\frac{1}{2}$ hour.

For the Sauce: Put 1 oz. of butter in another pan; add to that 1 dessertspoonful of flour; then add the liquor strained from the bones, cook 10 minutes, stirring all the time. Add a dessertspoonful of cream, a little chopped parsley, and a squeeze of lemon. Pour over the fillets and serve.

For filleted haddock fried, use Sauce Piquante, No. 3, *see* Sauces for Fish.

Haddock—Findon Haddocks, two ways, on Croûtons or Pastry, a Savoury. (*I. Emslie.* 1889.)

1. *First, the Tillypronie way.* Each fish makes 4 or 6 fillets, cut square or long, cut also white bread-crumb in pieces to match.

The fish trimmings must be pounded with 1 oz. of butter and a little cayenne, add a little mustard and pass through a wire sieve.

The croûtons are fried in lard, after which the uncooked pounded fish is laid on the top of these fried croûtons, and, on the top of this purée, one fillet of fish. The oven should be a quick one; the fillet must be covered with buttered paper, and cooked 5 to 10 minutes.

Do not add salt.

2. *The second way* is with Cheesed Custard sauce instead of the purée of the pounded fish, and you use light puff paste instead of croûtons as a foundation. The puff paste (*see* Paste and Pastry) is baked lightly alone first. *For the Sauce:* Take a tablespoonful of cream to 2 or 3 yolks of egg, and a dessertspoonful of grated Parmesan cheese, also a little cayenne. Stir over the fire or in bain-marie till it thickens, then spread it over the partly baked pastry squares, and put an uncooked fillet on each. Cover the fillet with buttered paper and cook in the oven 5 to 8 minutes.

Haddock—Findon Haddock "Devils." *See* Anchovy "Devils."

Haddock—"Findon Haddies." (*Isa. Emslie.* 1884.)

Soak them if necessary ½ hour in cold water. Take out and wipe dry. Skin them carefully. Rub them lightly over with olive oil. Cook them before a clear bright fire 5 or 6 minutes, in a double gridiron, turning often. Thickest part, the back, to be put to the fire in first instance.

Hot dish. Hot napkin.

Another way is to toast them on a fork before the fire.

Mrs. Davidson recommends their being cooked in the oven with a little milk only, nothing else.

Lizzie Emslie cooks them in cream till all but dry.

We have had to soak our Findon haddies in cold water all night, as the crofter said they were too strong in taste.

Sir Bartle Frere recommends buttermilk instead of plain water to soak them in.

Haddock for Breakfast or Luncheon. (*Indian way.* 1887.)

To baked haddocks (*see* Crumbed and Baked Haddock) picked from bones, add rice plain boiled and dry, as if for curry, break 1 or even 2 lightly boiled eggs over all, and warm up, adding an infinitesimal bit of chopped green chilli instead of pepper.

Haddock Kedgeree. *See* Kedgerees.

Haddock—"Ritualistic Haddock." *See* "Ritualistic Sole."

Haddock—"Rizzared" Haddocks, for Breakfast.

After the fresh haddocks have been nicely cleaned, rub over them a little salt, and let them lie in it 12 hours, then take them out and dry them thoroughly; then hang them up to dry for some hours more, before you cook them.

Sprinkle the fish over with dry flour to hinder it from burning (says Miss Brown, of the Alexandra Hotel, Edinburgh, 1886, where they cook it the same way) and place them on a double gridiron or toaster or on a brander if you can stick it upright, *before* (*not over*) a clear but moderate fire. Turn often so that they neither blacken nor burn. They should be a nice brown, like the outside of a toasted muffin.

When one side is well done and nicely browned, turn the other to the fire, and let it brown in the same way.

They will take from 20 minutes to ½ hour to cook. Serve very hot in a napkin.

Whiting may be cooked in the same way, but *they* must not be rubbed with salt, only cleaned and dried.

Haddock—Salted.

Haddock salted and kept for a few hours and then boiled is served with "Egg Sauce for Haddock," *see* Sauces for Fish.

Haddock—Soufflé.

Line patty-pans with puff paste, and bake.

Pound the haddock with a little cream, and pass it through a wire sieve, then put a little of this fish mixture into each patty.

Make a purée of Parmesan cheese, the yolk of an egg, and a little milk or cream. Put it on the fish in the patty-pans and bake quickly.

Haddock—Stuffed.

Serve haddock stuffed and baked, with Dutch Sauce, No. 5, *see* Sauces for Fish, and under Stuffings, Pike, No. 3.

Haddock—Various Names for.

"Findon haddies" are dipped in sea water first, and smoke-cured over peat and sawdust, because quicker (though not so good) as peat alone.*

* Sir John Clark says the best Findon Haddocks can hardly be had now. They used in old days to be smoked over birch logs which gave a special flavour not obtainable from other fuel.—C. F. F.

"Speldings" are *not* smoked, but left some hours in salt water and then dried on a wall, or rock-dried.

You skin them carefully and broil them, and serve on a napkin. If too salt for your taste, steep them for a couple of minutes in hot water before broiling them.

"Wet fish" are merely salt-watered and hung in the air, and cooked and eaten at once. They are better flavoured, but they do not keep.

"Pipers" are small haddock. Clean and scale them, hang them in the air for 2 or 3 days, not too much in the sun; they require a little salt. Cook on the brander and serve very hot.

The following recipe from Mrs. C. Johnson, 1896, Newmill, Elgin, is to cook "Pipers" for breakfast:

Skin and clean, but do not split them. Score a little, and dab with tiny specks of butter here and there in the scores. Dust over with flour, and broil very slowly.

Haddock—"Yellow Haddies," Salted, Split and Smoked Haddock.

The great matter is to get off the skin without breaking the flesh of the fish. To do this double the split fish lengthways, and "clap" (*i.e.*, slap) it sharply 2 or 3 times. This will loosen the skin, which must then be carefully removed. Then roast, that is, cook on a brander, before the fire, toasting the thin under bony side *first*, and then the fleshy part (the side from which you have removed the skin) last. Neither butter nor flour are wanted.

"Roast my breist afore my back,
And dinna burn my banes,
An' I'll never be a stranger syne
Fra' yure hearth stanes."

Halibut is served with tomato sauce. *See* Sauces for Fish.

Herrings—Baked.

Scale and clean the fish carefully, but do not wash them; cut off the heads, take out back-bone, sprinkle inside and out with salt, pepper, and mace.

Roll the fish and lay them in a baking-dish, arrange the roes at the top, cover with vinegar and water (half and half), a few cloves, and a little bay-leaf.

Bake ½ an hour.

Herrings—Broiled. (*Mrs. Jamieson, Auchentorlie.* 1884.)

Split and broiled for breakfast. Scale, gut, and wash the fish, then wipe perfectly dry. Split them and take out the bone, season with black pepper and salt, lay them on a well-buttered, double wire gridiron, and cook them on a clear fire for 5 minutes.

The advantage of the double gridiron is, that the herring can be turned without being handled. It is also suitable for cooking

them in *front* of the fire, if the fire should not be clear enough to cook the fish over the top without getting smoked.

Serve the fish up flat, *i.e.*, open, bubbling with heat; not too much pepper.

Herring "Devils." *See* Anchovy "Devils."

Herrings—Fresh. (*Emslie.* 1891.)

As soon as they come in wash them well in cold water, and leave them 10 minutes, then drain them, split, and take out the backbone, but do not skin; dust over them a little pepper and salt, and leave them till wanted.

To cook them, begin by sprinkling a cloth with a little flour, and roll the split fish in it. This dries them.

Then warm some fresh butter in a pan, allow ½ oz. for each fish, put them *open side downward* into the pan which is on the fire, for 5 minutes; then turn them, and finish in 10 to 15 minutes more.

Dish on a *hot* napkin.

Cook hard and soft roe with the fish, and lay on the top of each herring when you dish it.

Mrs. Davidson, of Coldstone Manse, treats fresh herrings in a similar way, but uses no butter or flour. She says:

As soon as received, split and take the bone out, and put, where bone was, a little pepper and salt. Next morning fry for breakfast in a clean frying-pan, for its own juices are enough. You may crumb it.

The Rev. Mr. Smith of Tarland's recipe is as follows:

First scrape off the scales of the herrings with a knife quickly, *upwards*, from tail to head, but *leave the skin on.* Trim off the tail and fins.

Cut open the fish a little underneath, gut and clean it thoroughly, give in all 3 scores with the knife lengthways, 1 down the back and 1 at each side.

Have some oatmeal in a plate, and dip both sides of each fish in, that some may adhere. Fry in boiling lard or dripping.

Serve on a cloth.

Herrings—Kippered.

To kipper fresh herrings, you open them, and put pepper and salt in, and hang up 2 or 3 days to dry in the kitchen smoke.

Kippers are better *not soaked*, merely split, and cooked as you do fresh herrings, *i.e.*, splitting and taking out the bone.

Another authority says:—Do not skin them, but soak them all night in cold water. In the morning wipe them dry, then fry them in a little butter, fleshy part downwards at first to cook thoroughly, then turn them once to cook the back a little.

To cook 20 minutes in all.

Herrings may be served with Mustard Sauce. *See* Sauces for Fish.

Herring on Toasts—"Harengs Sautés."

The fillets of herring (a fish makes 2 or 4 according to size after you cut off heads and trim) are put into a buttered sauté-pan, and covered with buttered paper, and are cooked on the stove or in the oven a few minutes. The toasts are bits of crumb of bread cut to shape, and then toasted; in buttering these, and whilst they are quite hot, add a little English mustard and pepper, but nothing else. Put the fish fillets on top of the toasts, and give a minute or so in oven.

Serve *very* hot as a savoury.

Herrings—Soft Roe on Toast. (*Mrs. Hart, Goodwyne's Hotel.*)

First make this "devil" paste: A small bit of fresh butter, ½ teaspoonful of made mustard, salt and pepper. Put in a pan before the fire, and it will liquefy.

Cut fresh toast in strips, and keep it hot. Put the herring roes into the liquid sauce, and they will sop it up and be cooked in five minutes. Lay them on the toast, and serve hot as a savoury.

The roe of 1 fish is enough for 4 to 6 toasts.

Herrings—Soused, for Breakfast, Luncheon or Supper.

If previously uncooked, clean the fish but don't skin it. Put into a pan a sliced carrot and a couple of onions; add 2 or 3 sprays of parsley, 1 of thyme, a bay-leaf, 6 peppercorns, a blade of mace, 2 or 3 allspice, a little salt and pepper.

Add enough vinegar and water to cover the fish (one-third vinegar to two-thirds water).

Cover the pan with a paper lid, and cook in a slow oven for ½ hour.

Take the pan (still covered with its paper-lid) out of the oven, and let all remain as it is till cool.

Serve cold with a little of its own liquor strained. For breakfast, luncheon, or supper.

If you use fish previously cooked, it does *not* go into the oven, but is treated in the same way otherwise; you can use some of the water it was originally cooked in, strained, adding vinegar, spices, vegetables, &c., as above.

Sea trout can be cooked the same way.

John Dory can be served with Tomato Sauce. *See* Sauces for Fish.

Kedgeree. No. 1.

Blanch 1 tablespoonful of rice in milk, and let it dry. Boil 2 good-sized eggs hard, and weigh an equal quantity or a little more of the remains of any previously cooked white fish. Pull the fish very fine, chop up the eggs quite small, season with pepper, salt, cayenne, and a very little nutmeg. Add sufficient butter to moisten it, but avoid oiliness. Mix all well together, and have the whole heated in an oven or before the fire.

It ought to look white.

Kedgeree. No. 2. English, for Breakfast. (*Mrs. Thomas.*)

(Said to be excellent.—C. C.)

Cold turbot or sole answers best, but haddock may also be used if more convenient, or any cold but cooked white fish.

Boil the rice well first in water, and drain it; add a little butter, a little stock, also a little pepper and salt and a little cayenne pepper, *very* little, please. Last of all, add the fish pulled small, the yolk of 1 egg, and a little cream. When you have once added the egg and cream do not use the spoon, but merely shake the pan. Take care it is not "sloshy."

N.B.—You may curry it for a variety.

At Indego they boil an egg under 2 minutes, break it over, and add. Another yolk, hard boiled, is crumbled over as a garnish.

Kedgeree. No. 3. Scotch, for Breakfast. (*Mrs. Young.*)

Use fish that has been previously cooked, and allowed to grow cold—such fish as turbot or haddock.

Boil well a breakfastcupful of rice, soft but *quite dry*, each grain separate from the other; hard-boil 4 eggs. Put a good piece of butter to melt in a stewpan; mince the fish, making sure it is free from bones, also mince the eggs; add both to the rice to blend, and heat up; season with a little cayenne and salt. Serve very hot and very dry.

This makes a good fish pudding, with 2 whole eggs and a little white sauce added. Beat up all together, and steam in a mould lined with bread-crumbs.

Turbot does best, haddock next. Soles are too firm, cod too stringy.

Soles if for Kedgeree should be in fillets, sautéd in good butter. Turn each piece in cooking, pepper a little when dished for breakfast.

For a change you may add a little bit of fillet of anchovy (out of *oil*, not brine) to the kedgeree.

Ling. *See* Fish Soup, No. 1, under Soups.

Lobster—to Boil. *See* Appendix.

Lobster "Boudins." (*Mrs. Jamieson.* 1870.)

Prepare some lobster forcemeat, saving some of the best pieces to cut into small dice. Next make rather a stiff Cardinal Sauce (*see* Sauces for Fish), in which mix the lobster dice. Let it stand till cold, then decorate as many dariole pans with truffles as you require for the *entrée*, and line them with some of the lobster forcemeat. Fill them up with the sauced lobster dice, and cover all in with a layer of forcemeat. Poach them for 10 minutes, turn them out. Pour Cardinal sauce round them, and serve.

Lobster Cutlets—Downing Street. (*Lady Northcote.*)

These are made of a mixture rather stiffer than for Lobster Sauce. Put on a plate till quite set, then cut out in cutlet shape. Egg and bread-crumb, and fry the "cutlets." Serve them in a good sauce. (For Lobster Sauces, *see* Sauces for Fish.)

Lobster Entrée.

One large cooked hen lobster minced, ½ pt. cream. Pound coral, add a little cayenne, mix with the lobster and cream, serve in little cases with some brilliant aspic jelly on the top, or lobster claws. This is good iced.

Lobster Potted. *See* Shrimps Potted.

Lobster Ramequins. (*Auchentorlie.*)

Put in a stewpan 2 ozs. of arrowroot, 3 ozs. of fresh butter, and milk enough to mix. Stir on the fire till it boils. Pound 2 cooked hen lobsters, and pass them through a hair sieve. Mix all. Season with pepper, salt, lemon-juice, and a little Harvey's sauce. Mix in 4 yolks of egg, whip the 4 whites very light, and add them at the last. Bake in small white paper cases.

The mixture should be a pretty pink, and rise high in soufflé papers.

[We prefer spawn to Harvey's sauce, and failing spawn, we use essence of shrimps.—C.C.]

Lobster Salad. *See* Mayonnaise Sauce, under Sauces for Fish.

Lobster Rice Patties.

Blanch the rice in a little warm water, strain off the water, then boil the rice in some milk and 1 oz. of butter till it is quite tender and the milk is absorbed.

When the rice is nearly cold, divide it and work it together and cut with a round cutter into patty shapes with flat top and bottom; mix the yolk and white of an egg and dip the patties into it, then roll them in crumbs of bread.

Some lard must be boiled until it will brown a slip of bread; into this lard the patties must be quickly dipped and then placed on a sieve.

Scoop the inside of each patty out and fill it with minced lobster. Dish on a napkin—no parsley.

Oyster, mushroom, veal, game or fowl can be used instead of lobster. Mushrooms are very delicate filling for these patties.

Lobster Soufflé—a Cold Savoury.

(*Mrs. Jamieson, Coates Crescent.*)

Make some good Mayonnaise sauce with whipped cream.

Stiffen the sauce if necessary with whipped aspic jelly.

Mince a cold boiled hen lobster into tiny dice, mix it with the sauce, whisk all to a froth over the ice, and pour quickly into

little soufflé cups, which have had a paper band previously secured round them, standing up 1 in. high above the cup.

Dish the cups on a napkin, remove the paper bands, sprinkle a little spawn on top, and add a little chopped aspic jelly.

Garnish with parsley.

Lobster Timbale. (*Mrs. Dick.*)

A boiled hen lobster is best. Chop the "coral" fine, also the meat, and add 2 ozs. of butter, a little cayenne pepper, and salt, 2 yolks of egg, and 1 white, also ¼ pint warmed cream. Make all hot in a stewpan before putting into a timbale mould, which has been well lined with blanched macaroni. Steam it. Serve a rich lobster sauce with it. *See* Sauces for Fish.

Lobster Vol au vent.

Make a vol au vent case (*no* lid) of "Feuilletage" puff paste, *see* Paste and Pastry, and bake it ready. Have a boiled lobster.

For the lobster preparation to fill case, make a good rich Béchamel white sauce (*see* Sauces for Fish), and add to it the liquor drawn from the lobster shell (for this shell should be cracked in a mortar and put into a stewpan, without any water, but with a little thyme, parsley, bay-leaf and some onion sliced, covered close and put to draw on a gentle fire, then liquor strained off), season with white pepper and salt. Slice the lobster in as large bits as possible, but only ¼ of an inch thick ; heat it and the coral in the sauce ; the coral must also be sliced, but be careful not to break it as you put it into the pan.

When the mixture comes hot out of the oven, put it into the baked "Feuilletage" case, which must also be very hot, and serve *at once.*

Lobster. *See* Lobster under Soups.

Mackerel—to Broil. (*Mrs. Wellington.*)

Cut the fish down the back and remove the bone, leaving on the skin ; lay the fish open flat, and dust with a little pepper and salt ; broil and serve dry.

If fillets are wanted, then of course you remove the skin of the fish.

Mackerel Fillets "aux fines herbes." (*Mrs. Thomas.*)

The fillets of mackerel must be cooked in a cutlet pan, covered with buttered paper, shaped to fit close. They should bake in the oven for about 20 minutes.

For the sauce to pour over them, *see* "Fines Herbes" Sauce, under Sauces for Fish.

Mackerel Pie, made same as Cornish Fish Pie, *see* Fish Pies and Puddings.

Mullet—Red Mullet with Tomatoes.

Butter a baking dish plentifully, lay in it side by side ½ doz. red mullet, sprinkle them with pepper, salt, and chopped parsley, then

add about 5 or 6 tablespoonfuls of tomato sauce, cover the whole with a sheet of oiled paper, and bake ½ hour, serving them in the baking dish. *See* Tomato Sauces among Sauces for Fish.

Mullet—Red or Grey Mullet, can be served with Wine Sauce, No. 3, or with Sauce Piquante, No. 1, *see* Sauces for Fish; or made into a Cornish Fish Pie, *see* Fish Pies and Puddings.

Oysters, "Angels on Horseback."

Croûtons with 2 oysters wrapped in thin bacon on them, some herbs over them, baked, served dry.

Oyster Custards. (*Mrs. Jamieson.*)

These come up in little china cups, as a hot savoury, and are best when made of small "natives."

First break 4 yolks of egg into a clean basin and work them well. Take 2 doz. "natives" and scald them in their own liquor; strain the liquor for use. Pass the soft parts of the oysters through a sieve, and add to the yolks with a little cayenne, but no salt. Add 4 tablespoonfuls of cream and some of the oyster liquor, pour into the custard cups and steam gently till they set. Serve in the cups.

If they look honeycombed they have been steamed too fast.

When wanted cold they are turned out and served with or without custard sauce of whipped cream and minced oyster, soft part only. If you have oyster sauce you will require 1 doz. more "natives" for it.

[I think sauce too rich, and they quite do alone, or with a garnish of minced aspic.—C.C.]

Oyster Entrée. (*Laura Coltman*).

Six oysters cut up small. Boil in their juices, merely bringing them to the boil.

Make a custard of two yolks of egg, flavour with pepper, salt, and a grain of spice. Mix the oysters and juice with the custard and pour into moulds, steam until it has set, then turn out of moulds, and let it get cool,

Egg and bread-crumb, and fry in hot lard.

(Six oysters for two people.)

Oysters—Fried.

Fried oysters are often served on a skewer like kabobs, with a little piece of fat bacon to keep each apart from its neighbour.

Oyster Fritters—Four Recipes.

1. (Mrs. Fox's.) Made like orange or apple or any other fritters. Each should be round and flat like a potato fritter, about 3 ins. across.

Trim the oysters as for sauce, carefully throwing away the beard and all the horny parts. The liquor, which would spoil the fritters, must also be carefully drained off by putting the oysters on a sieve.

Use small native oysters, and put 3 in each fritter; the batter is made as for old-fashioned English pancakes, with a trifle more flour; make it with milk, and without much egg; season with pepper and salt, but *no spice*.

To hold the oysters, the batter should be both stiff and light; add the oysters when it is mixed. Take up a spoonful at a time of batter, and include 3 oysters; shape the fritter and drop it into hot butter in a frying pan; fry a light brown; though the batter covers the oysters, you should be able to see them through it.

Serve very hot on a napkin.

2. (Mrs. Barton's.) Prepare and drain the oysters as above; beat up the yolk of an egg and add the oysters to it; prepare some nice bread-crumbs, and season with pepper, salt, and a grate of nutmeg. Put the oysters into the crumbs, and shake them gently about; then put 2 of these crumbed oysters together, sprinkle thickly with more crumbs, and fry in butter to a nice light brown.

3. For 25 oysters take 1 egg, a tablespoonful of flour, a little cream, pepper, and salt, and mix into a batter. Dip the oysters in this batter, and brown nicely on both sides.

4. Take 1 doz. large oysters; simmer them gently in their liquor a minute or two. Drain on a cloth; beard them, and then flour, egg, and crumb them and fry a delicate brown.

This way they are used as a garnish to boiled fish.

"Oyster Loaf." (*Miss Bell.*)

Take a good-sized Tin Loaf, which being flat at the bottom will stand. First cut off the top for a cover. Scrape out the crumb. Stew 3 doz. oysters in their liquor with a very little lemon peel, and a very little mace till the liquor is reduced to a very small quantity. Strain the liquor, add a little cream, a little flour, pepper and salt. Put this liquor and the oysters into the loaf and set the loaf into a tin the proper shape, but a little longer, and let it bake about 10 minutes in a Dutch oven.

The loaf must be fresh, and the beards and horny parts of the oysters must be taken off first.

Oyster Patty, or Vol au vent. (*Beechwood.*)

Put a light puff-paste (*see* "Feuilletage" under Paste and Pastry) at the bottom of the tin. Scoop out centre, and fill with piece of bread (taken out later) to keep the shape; cover this with the puff paste and bake it.

Scald 3 doz. oysters in part of their liquor. Add some cream and a little butter rolled in flour, a blade of mace, some nutmeg, and a very little cayenne pepper. Boil all together.

When the pastry is baked, take out the bread and fill the vol au vent with the cooked oysters. Lay the pastry lid on and serve.

(The following may be easier: Put a round about 3 inches thick, of light puff pastry on a tin, mark out a smaller round in

the centre and bake. When baked, remove the smaller round, which makes the lid, take out the soft inside of the vol au vent case and fill the case with the oysters.)

Oyster Pie. *See* Beef and Oyster Pie, under Meat Pies, &c.

Oyster Quenelles. (*Duke of Devonshire.*)

Same recipe as Whiting Quenelles.

Oyster Rice Patties. *See* Lobster Rice Patties.

Oyster Sausages. (*Beechwood.*)

Take 1 lb. of a very tender loin of mutton, ½ lb. of beef suet, and a score of large oysters scalded. Chop all these very fine separately, mix them with 2 eggs, some oyster liquor and bread-crumbs; roll them up in balls and fry them in fresh butter, *very* little butter is necessary.

Oysters Scalloped. (*Mrs. Sherwood.*)

Cook the oysters by Mrs. Sherwood's recipe for Oyster Sauce, *see* Sauces for Fish, but give a tablespoonful of flour for the white roux to make it thicker. The oysters to add to the roux are left whole instead of being passed through a sieve. Meantime have ready ¼ lb. stale bread-crumbs passed through a sieve, browned over the fire in a little pan with ½ oz. fresh butter in small pieces here and there. Stir till dry. Line scallop shells with these bread-crumbs, then put in the hot oyster mixture. Add the rest of the bread-crumbs over it and brown 10 minutes in the oven.

Oyster Vol au vent. *See* Oyster Patty.

Pike. Notes on Pike as served at Seebruck on the Chiem See.

Pike in the Tyrol is not stuffed. Baked or roasted a nice brown; the sauce in the dish consists apparently of the liquor which has come from the fish whilst it was cooking, probably baked over the fire in a pan with a little butter at the bottom, a little flour dredged over it, a squeeze of lemon or a few drops of vinegar, and a sprig of some kind of herb unchopped.

Pike—Baked. (*Mrs. Sherwood.*)

When the fish is cleaned rub it much with salt, and let it lie so 2 or 3 hours before cooking; this takes away its softness and muddy taste.

For Stuffing: 2 ozs. of beef suet, 2 ozs. of bread-crumbs, 3 sprays of parsley, use leaf part only, squeezed in a cloth, a little shredded over the fish.

Chop all fine and mix up with 1 whole egg and a teaspoonful of essence of shrimp, pepper and salt.

Stuff the fish with this and bake.

For the Sauce: Butter, a tablespoonful of flour, a teacupful of second stock, a bunch of herbs, viz., thyme, parsley, half a bay-leaf, marjoram, a slice of carrot, onion and celery.

Boil ½ hour, skim carefully, and pass it through a tammy. Add a teaspoonful of mushroom catsup, the same, not more, of sherry, and the same of essence of shrimp, and boil up again.

Serve it in a boat, *hot*.

Pike can be served with Dutch Sauce, No. 4. *See* Sauces for Fish.

Prawns. *See* Omelets.

Salmon—Crumbed, "Saumon au gratin." (*Cataldi.*)

Cold salmon pulled to pieces, and treated as you do Fish Re-dressed, but instead of mustard, &c, use 2 tablespoonfuls of Spanish Sauce (*see* Sauces for Meat); brown some well-dried and pounded bread-crumbs, and cover the fish lightly with them; put little bits of butter here and there (¼ oz. in all), and brown 10 or 15 minutes in the oven.

This does for luncheon or breakfast or, for a home party, even for dinner.

Salmon Cutlets.

Cut slices of salmon 1½ inch thick and wash them clean. Dry with a cloth and wrap in oiled paper. Bake in oven for 20 minutes, then take out of paper and just well brown them. Season with salt and pepper; some people then butter them. If cooked in Dutch oven, they stand on end to fire (as in a rack), and are never turned; in common oven they lie flat and are turned.

Salmon slices can also be served with Maître d'Hôtel Sauce. *See* Sauces for Fish.

Salmon (or Salmon Trout) Aspic Cutlets. (1880.)

The fish are sautéd and allowed to get cold; put a little salad dressing and chopped chervil on each piece of fish, and mask it in aspic through which you see chervil, &c., so:

Aspic
Fish
Salad Dressing and Chervil
Aspic

Salmon Cutlets "en Papillottes." (*Cataldi.*)

These are cooked with minced parsley, a small wineglassful of sherry to a large dish of cutlets with imperceptible atoms of mushrooms. Serve these cutlets in papers.

Salmon "Devils." *See* Anchovy "Devils."

Salmon—Fried for Breakfast. (*Mrs. Wellington, Tillypronie.*)

Cut some slices of salmon rather thick, leaving the skin on; dip both sides of the slices into egg, and dust this egged part well over with coarse flour or oatmeal.

Put ½ teacupful of fresh olive oil very hot in the pan, put the

slices in to lie on one floured side, and when half cooked, turn over to the other side. It will require 15 to 20 minutes to cook.

No sauce, no seasoning.

Salmon—German Way of Re-cooking.

Bone and skin cooked fish, and keep it on one side till wanted.

Draw down the bones and strain this liquor, and thicken it with a little butter and flour as you would for any other stew; add a little cream and milk to keep it white. Put in young carrots, cut into small pieces, and young green peas, and boil till the vegetables are tender, then add the salmon to warm through.

Send very hot to table.

Salmon—Kippered. No. 1. (*Mrs. Young.*)

Take a fresh caught salmon from 14 lbs. to 20 lbs. Clean it well, split the fish down the top of the back from head to tail; lay it open and carefully and neatly take out the bone. Put some finely-powdered common salt into a salmon trough, then wipe the fish dry with a clean linen cloth. Sprinkle some salt all over it, and let it lie 24 hours in the trough. Take it out, dry the trough carefully, and wipe all the salt from the salmon. Have ready 1 lb. of sifted white sugar, 2 lbs. of salt, a little pounded saltpetre ("sal prunel" is still better). Mix these together, and rub them gently into the salmon. Turn it in the trough every day. In three days take it out and hang it up. You may now sprinkle it over with sweet spices if you like. It is good grilled.

N.B.—While it is in the trough, cover it closely, laying a weight on it.

Salmon Kippered. No. 2. (*Kirklands.*)

Clean the fish, but do not split it, be very careful to remove all the blood; sprinkle both inside and out with salt and let it lie so all night.

Next day wipe off all the salt, and sprinkle a little saltpetre over it; then hang the fish up to dry for about a week.

When wanted, cut it in slices as you do fresh salmon, and broil on the gridiron, or bake in paper in the oven.

Mrs. Morrison Duncan's recipe for "Green Kipper" is similar:

Bone the salmon carefully and lay it open, skin downwards, on a stone table. Sprinkle it well with sugar, and above that strew on a little salt.

Lay on a large "ashet," *i.e.*, large plate or dish—(Scotch word, from French "assiette,") in larder, and weight it well, look at it daily to prevent the attacks of flies.

The kipper will be ready for use in two or three days, and should be then grilled for breakfast.

Salmon—Mayonnaise.

Have some cold, cooked salmon pulled in small pieces.

Get a *French* lettuce if you can, wash and clean it and pick it, and cut or tear each leaf across.

First cover a silver dish with lettuce, then pile the pulled fish over this layer of lettuce, cover the fish over with more lettuce, and pour the sauce over all.

Serve cold for luncheon.

Make the sauce with care; *see* Mayonnaise Sauce under Sauces for Fish; but leave out cream if you wish.

Salmon—Mrs. Weston's.

Mrs. Weston serves salmon with a rich brown wine sauce made of Spanish Sauce (*see* Sauces for Meat), with 1 wineglass of sherry to a large dish, truffles chopped to not more than half the size of a caper, and forcemeat balls (quenelle mixture).

Salmon—Pickled, "Saumon Mariné." (*Cataldi.*)

This is excellent for luncheon.

Boil the piece of salmon (head and shoulders answer best); take the fish out when boiled, and let it get cold, *but keep the water in which you cooked it.*

Next day, put the salmon in a deep pickling dish; take a stewpan, put some sliced onions and carrots, and some sweet herbs in it. Judge what quantity of liquid will be necessary to cover these and the piece of fish, and then put that quantity into the stewpan, the liquid being vinegar and the water in which the fish was boiled, half and half; pour this quantity over the vegetables and herbs already in the stewpan. Boil vegetables and liquid up well, and *when boiling* pour it, with the vegetables and herbs, over the fish as it lies in the pickling dish and let all remain some days. Turn it over every morning and every night.

When wanted for luncheon, take out the fish, strain the liquor, and serve the latter quite clear over the fish in a deep dish.

Serve a good salad in a salad bowl to be eaten with it.

Salmon Potted. No. 1. (*Mrs. Wellington, Tillypronie.* 1878.)

Salmon for potting should be cooked specially for this purpose in a "hot pot" jar with close-fitting lid, or in a crock in which you would jug hare. Butter the inside of the crock, and put in the slices of fish with allspice, mace, peppercorns, all powdered and strewn over it. Add a little stock about one inch in depth to prevent any scorching. Fix the lid on tight, and cover with paper.

Cook 1 hour, then let it cool; take out, drain on sieve, season with pepper and salt, and pound with a little clarified butter; pass through a sieve and pot it.

This potted salmon is to be eaten fresh, so no butter will be wanted to cover it.

A little raw or blanched lobster spawn pounded with the fish improves the flavour. Failing that, use a little essence of shrimps.

It is good for sandwiches with a thin slice of raw cucumber with it slightly peppered.

Salmon—Potted. No. 2. (*Picnic Luncheon. Fas-na-darroch*, 1878.)

Ingredients: a slice of salmon, previously boiled and cold; 3 whole anchovies, ½ lb. of fresh butter; salt and cayenne pepper to taste.

Pound the anchovies in a mortar, then add salmon and butter and pound well again.

When all is well pounded and mixed, take it out, pass it through a wire sieve, and press into potted-meat dish with lid, and pour melted butter over it. It is then ready for use.

A little pounded mace may be added.

Salmon Sandwiches—Italian.

Slice some thin bread, put cold cooked spinach on it mixed with salt, pepper, a little essence of lobster to flavour, and nutmeg; then thin bread again, then cooked salmon (or anchovy, or both finely blended); bread again, and so *da capo*.

Then cut through, so that each thin sandwich has layers of colour in it.

For dinner as a savoury, sandwiches piled on a dish.

Salmon—Sauces for. *See* List at end of Sauces for Fish.

Salmon Slices can be served with Caper Sauce. *See* Sauces for Fish.

Salmon. *See* also Salmon Soup under Soups.

Salmon or Grilse Souchet. No. 1. For Luncheon or Dinner.

Clean and wash the whole fish uncooked, slice rather thin and wash again carefully. Do not let the skin tear or break.

Put it in a clean sauté pan, and add a small teacupful of first stock and same quantity of cold water (half and half), to come about half-way up the slices of fish. Add a raw sliced onion and a little taste of green of parsley. Pepper and salt to season. Put lid on, but from time to time turn slices, to cook equally on both sides. From 20 minutes or more for grilse, longer for salmon; take out, dish, and serve with the unstrained "bree."* Some add a little parsnip sliced, some a little white turnip; some like carrot, but this discolours the "bree." No butter from first to last.

Mrs. Caswell does fillets of sole this way. *See* Souchet also.

Salmon Souchet. No. 2. (*Isabella Emslie.* 1894.)

This souchet is good the second day cold. Hand bread and butter to eat with it.

Two slices of salmon 1½ ins. thick. Soak ½ hour in cold water in which is a dessertspoonful of salt. The skin is left on. Put it into a braising pan with 2 ladlefuls of first stock, and 1 ladleful of cold water; 6 peppercorns and 2 cloves. Put on 1 hour before dinner (at 7, if dinner is at 8); let it first come to the boil, lid

* The liquor in which it is cooked.

on. At half-past 7, put in a little chopped parsley, then let it simmer at side of fire ½ hour longer—lid still on all the time—to cook 1 hour in all. Then take fish out, and strain the liquor over the fish in soup plates.

Salmon—Spiced, for Next Day's Dinner. (1893.)

Put salmon slices in a fish kettle or stewpan with a tablespoonful of vinegar, 3 cloves, 6 peppercorns, and enough cold water to cover—also a small dessertspoonful of salt to each qt. of water. Put lid on pan and let it first boil up, then cook gently for ½ hour.

Take out fish, put on a meat dish and remove the skin, pour the water it cooked in over the fish, and leave it till next day.

Then return all to the fish kettle or stewpan, and let it warm up, not boil, for about ½ hour. It will then be ready, and can be served hot or cold, and with or without the spiced water strained; for dinner it is better without the water; serve Wine Sauce, No. 1, with it instead. *See* Sauces for Fish.

Salmon Trout. This is good with Vinegar Sauce. *See* Sauces for Meat.

Salt Fish. *See* Egg Sauces under Sauces for Fish.

Sardines on Croûtons.

Divide the fish—skin them and take away the bones. Put fish into the oven between 2 plates with a little oil from the tin. This is to get them quite hot. While the fish is in the hot oven add cayenne and lemon-juice. Serve on croûtons.

"Saumon Mariné." *See* Salmon Pickled.

"Scotch Woodcock." *See* Anchovy Toast.

"Sea Perch," or Bass. *See* Cornish Fish Pie, under Fish Pies and Puddings.

Sea Trout. *See* Herring Soused.

Shell Fish. *See* Mayonnaise Sauce under Sauces for Fish.

Shrimps—Potted.

Put the shrimps into *boiling* water first, boil them and leave them to get cold. Pick them very clean, and as whole as you can; put them in the pot and press down close.

For butter you must have 2 ozs. to each ½ lb. pot; squeeze out the water from the butter in a clean cloth. Take one anchovy to each pot, bone and clean them, pound them with the butter, and pass through a sieve; spread this butter over the shrimps in the pot with a spoon, and set them in a slack oven a few minutes to become hot. Press it down smooth into the pots, and when cold pour plain clarified butter on the top.

Pounded Lobster is potted same way, but wants 4 ozs. butter and 2 anchovies to one good-sized lobster, and you add a little pounded mace, white pepper and cayenne.

Skate. *See* Fish Soup, No. 1, under Soups.

Soles "à la Matelote Normande."

Prepare as for soles "au gratin," but before baking, garnish with raw oysters and "beurre d'anchois," *i.e.*, anchovies pounded with fresh (cold) butter, and passed through a sieve.

Sole "au gratin." (1869.)

Take a fresh sole and skin it, wash and clean it. Pass a knife down once between the fillets, and, having cut its head off, dry the sole well on a cloth.

Butter the bottom of a "gratin" dish that will stand the heat well, and spread over it a few raspings of bread; season with a little salt and pepper, and moisten with a little white wine, a teaspoonful of essence of anchovy, and a little mushroom juice. On these lay the fish on its back, and season with 1 shallot, a little green parsley, a little mushroom, all chopped fine.

Strew a few more raspings over the surface, and let all bake ½ hour in the oven. When done, remove the sole to the dish in which it is to be served; add to the savoury liquor in which the sole was cooked ½ a wineglassful of white wine previously warmed; thoroughly mix and pour round the sole as sauce, and brown it with a red-hot salamander for 5 minutes.

(Lady Clark writes against this: "In France it comes to table in the common baking dish in which it was cooked, which is best.")

N.B.—Be very sparing with the rasped crumbs.

Cataldi's recipe for Sole "au gratin" is the same until you season with pepper and salt, and then continues: Bread-crumb it and put 2 or 3 little bits of butter over it here and there; bake, and serve very hot with the following sauce:

For the Sauce: Have Spanish Sauce (*see* Sauces for Meat) ready in bain-marie; add a piece of glaze to it and let it just melt and mix, then let glaze and sauce boil; season it well; then pour it over the fish, and squeeze over all the juice of a lemon.

Sole—Fillets. Five ways.

No. 1 (*with Venetian Sauce No.* 2, *see Sauces for Fish*).—Put the fillets well cleaned, washed, and dried and shaped to your fancy, into a pan which is buttered to prevent their sticking. Cover them with a buttered paper—they should take about 15 minutes to cook in the oven.

No. 2 (*with Cardinal Sauce, see Sauces for Fish*).

No. 3 (*with Mushroom Sauce, Grillon's, see Sauces for Fish*).—The sole fillets are rolled like veal olives, and should be stuffed with veal forcemeat or Whiting Quenelle mixture, *see* Whiting.

No. 4 (*in batter, without sauce*).—An hour or two before dinner fillet the soles and lay them in a dish covered with sliced onion and a little parsley, and with lemon-juice squeezed over; mix 2 yolks with a little flour, oil, and tepid water to make a thin batter, and put away in a cool place; mix 2 whites whisked to a froth into the batter at cooking time. After the mixture has stood for 1 hour in a cool place, dip the fillets in this on both sides and fry very crisp and dry in a good deal of boiling lard. The batter should be light and crisp and thin over the fillets.

No. 5 (*with Chilli Sauce*).—Take 3 soles or as many as may be required for your party, each sole making 4 fillets, roll and skewer, and put them into a fillet pan with sufficient white stock to keep them from burning. Butter a sheet of paper well, and cover them over, and put them into a moderately heated oven for about ½ an hour according to the heat of the oven.

For the Sauce: Make a good white sauce, add to it a spoonful of good Chilli vinegar, and a few drops of anchovy sauce, with a little parsley scalded for a few minutes and chopped fine. Pour the sauce over the fish and serve up.

Sole—"Metropolitan Sole." (*Mrs. Brandreth.* 1880.)

Fillet the fish. Cook 15 minutes in the oven with greased paper over them. Draw the bones down to a strong fish stock, adding a glass of white wine—Hock, Chablis or Sauterne.

Make a nice white sauce with butter and this wine stock, then stir in 1 or 2 large tablespoonfuls of grated Parmesan.

Spread the sauce all over dish, lay the fish on it and pour more sauce over. Salamander the top a good brown.

Sole—"Ritualistic" Sole, or Haddock. (*Maigre.*)

The sole is boned, and stuffed with a forcemeat made of pounded whiting, cream and butter. Sole may be slashed with truffle sliced thin and let in.

Put it on a buttered baking sheet with a layer of soup vegetables over and under it, 2 glasses of white wine—a tablespoonful of vinegar, and a teaspoonful of anchovy sauce. If you use haddock for this dish put essence of shrimp in the sauce.

Cover with buttered paper, and bake for ½ hour in a slow oven basting it occasionally.

For the Sauce: Make ½ pt. of stock from the bones, and mix as for melted butter, adding the liquor which remains from the baked fish.

Sole. For other ways of cooking *see* Anchovy "Devils," Kedgeree, also Salmon Souchet, No. 1, and Haddock "à la Maître d'Hôtel."

Soles "Voisin."

Fillet a sole; reduce bones with stock; make tomato sauce with fresh tomatoes passed through a wire sieve. Add white wine, pepper, and salt to taste.

The sauce must not be too thick, the fillets laid *flat* in it, not rolled.

To look well, choose a large sole which will make long fillets.

Sole Souchet. *See* Salmon Souchet, No. 1.

Souchet. *See* Salmon Souchet, Sole Souchet, Trout Souchet, Water Souchet.

Most souchets are served with as much as the dish will hold of the stock they cook in. If a souchet "Monté au beurre" is desired, take $\frac{1}{4}$ pt. of this stock and boil up. Shake into it $1\frac{1}{2}$ ozs. butter in small pieces. Do not put the saucepan back on the fire after adding the butter.

Serve the buttered stock with the fish.

"Speldings." *See* Haddock—Various Names for.

Tench—Boiled. Serve with Dutch Sauce, No. 3. *See* Sauces for Fish.

Trout.

Small stream trout are sweet, though often soft. Split them open on the under-side, to clean them, but leave the skin on; egg and bread-crumb *inside* as well as out, and bake or fry a nice brown.

Trout—Our Native Kind, are split, bone removed, and broiled or sautéd, and when dished each has a piece of butter rolled in parsley on the top. A squeeze of lemon over all, and a dust of pepper if liked.

Trout Souchet. No. 1.

Wash, scale, and gut the trout. Cut off heads and fins, and trim their tails.

Put head, fins, &c., in a saucepan with uncooked vegetables cut up—carrot, a mild onion, a bit of celery, a tiny bit of mace, and 4 cloves—also a few black peppercorns.

Cover with white stock or with cold water, and put lid on pan, let it boil up at first, and then cook at side for about an hour—with lid on is best.

The fish should be in another pan. $\frac{1}{2}$ hour before serving add the vegetable and fish liquid, strained, to the trout. Cook slowly $\frac{1}{2}$ hour, lid on. Five minutes before serving add a little green chopped parsley, pepper, and salt.

Hand thin slices of brown bread and butter to eat with this souchet.

See also Souchet.

Trout Souchet. No. 2.

(*Sir James Elphinstone of Logie Elphinstone.*)

The large fish are skinned and cut in pieces; thesm all ones, with bones and trimmings of all drawn down in water only, and a little salt, make the stock.

Strain this stock and let it cool; then put in the pieces of larger trout, with parsley, both root and bits of green, and peppercorns. Take care the pieces of trout are not overcooked.

Do not add butter, or onion, or any thickening; just dish as it is, and send slices of thin brown bread and butter up to table with it.

Turbot with Lobster Sauce. (*Mr. Taton.* 1862.)

The fish should be well cleaned.

Wash it in cold water, and rub the white side well with lemon-juice, leaving it till cooking time; then put it into a turbot kettle, and cover well with cold water. Add a good handful of common salt, and let it come slowly to the boil (½ hour); then draw to one side of the fire to simmer till cooked (20 minutes more). If you are without lemon use a good spoonful of vinegar in the water you boil the fish in.

Serve with Lobster Sauce, No. 2. *See* Sauces for Fish.

Turbot. For other ways of cooking *see* Rabbit Quenelles, No. 3, under Game; also Kedgerees; also Pike Réchauffé. For Sauces for Turbot *see* list at end of Sauces for Fish.

Water Souchet.

Take 4 small soles or flounders; cover them with cold water, and a little pepper, salt, and chopped parsley and a slice of onion. Parsley roots sliced are used in Holland, and replaced by chopped parsley leaves when dishing.

Stew all slowly for 10 minutes. Take out the onion and serve. Slices of fresh brown bread and butter should be handed round to eat with the fish.

"Wet Fish." *See* Haddock—Various Names for.

Whiting—Creamed for Breakfast. (*Emslie.* 1891.)

See Haddock Creamed, but the sauce for whiting is a little different: Put a tablespoonful of milk, and ½ teacupful of cream, and a little chopped parsley, all into a sauté pan, and boil up a minute or two to cook and mix, a squeeze of lemon at the last; pour over the fish.

The milk is added to prevent sauce oiling or curdling.

Whiting—Notes on.

"Whiting should always be cooked in their skins; your fishmonger should be told to leave the skins on."—Miss Aikin.

N.B.—Whiting have most flavour *broiled.*

Another entry emphasises the same fact: "Whiting are very good broiled with oyster sauce, but, whether broiled or fried, the skin must be left on to keep in the juice. Warn your fishmonger."

Another note about whiting is as follows:—

"Little whiting creams, stuffed with lobster sauce in centre, turned out of darioles" (a memo probably of a dish seen at a friend's house).

Whiting Croquettes. *See* Haddock Croquettes (with Curry Sauce).

Whiting—The Learney Recipe.

For breakfast.

Skin the fish, and split them.

Lay them on a dish, the fleshy side uppermost, and dredge with a little flour, white pepper, and salt.

Lay little specks of fresh butter over them here and there, and a little chopped green of parsley or tarragon; baste with this butter, and bake about ½ hour in the oven. Serve dry.

[We at Tillypronie, prefer the fish *not* split, but put to cook, skinned and cleaned, and gutted of course, side by side, back uppermost. This way, "sitting up like a stuffed pike, as if they were swimming in the sea," each side gets crumbs, butter, and parsley.

Very delicate for breakfast. The above recipe is for small haddock or whiting.]

Whiting Quenelles. No. 1.

Pound the slightly scalded fish, pound also ½ lb. of suet shred very fine, and 2 ozs. of stale bread-crumbs, and 1 egg well beaten.

Mix the pounded fish with the suet, crumbs, &c., have 2 silver tablespoons, fill one of the spoons with the fish forcemeat, dip the other spoon into boiling water, with it remove the forcemeat from the first tablespoon and slip it from spoon No. 2 into a buttered sauté pan; proceed thus till you have as many quenelles as you require; cover with good second stock, poach about 10 minutes till they are firm, and arrange in circle.

Have ready twice as many small best native oysters as you mean to have quenelles; divide each oyster into half, having previously scalded them and removed the "beards" and hard parts. Serve these oysters in the centre of the quenelles as an oyster sauce made rather more spiced than usual with mace, salt, and pepper.

Or you may have the whiting quenelle mixture as a pudding in a hollow mould with the oyster sauce in the centre, having previously ornamented the mould with cold cooked fillets of sole.

"Oyster Quenelles" are similar to this recipe, but in them chopped-up oysters are mixed *with* the pounded whiting before making the quenelles, and a separate Oyster Sauce is also added.

Whiting Quenelles. No. 2. Mrs. Wellington's. (1880.)

Very delicate.

A good-sized, uncooked whiting would do for 2 people. Take off all the flesh carefully from the bones.

Pound and pass it through a wire sieve. Take some bread, and soak it in milk, and squeeze dry in a cloth.

Proportion of bread when so prepared to be one-third the weight of the fish, add a third in weight also of squeezed fresh butter, a little nutmeg, salt, pepper, and cayenne. Mix all in a mortar, and bind with a whole raw egg. "Prove" it by dropping a little piece into a pan of boiling water to see if it be of the right consistency. If too firm, add a little cream; if too slack, bind with more raw yolk of egg. Shape as explained in No. 1, and place round a greased stewpan, not touching each other. Float them gradually with boiling water, and cook on side of stove, for 20 minutes.

If using oyster sauce, keep a spoonful of the scalded and strained oyster liquor to flavour the quenelle mixture.

Best sauce for this is a purée of oysters, *see* Oyster Sauce, under Sauces for Fish.

Failing oysters, use Venetian Sauce, *see* Sauces for Fish, or any such sauce that may be convenient.

Whiting—Rizzared. *See* Haddock—Rizzared.

"Whiting White-bait" (Auchentorlie Breakfast Fish).

Whiting skinned and pulled into tiny bits, floured and fried in lard like white-bait. Serve hot, and dry on a napkin. Squeeze a lemon over when dished.

Note by Sir GEORGE BIRDWOOD, K.C.I.E., LL.D., on the "Bummaloe" (*see* Curries for use of "Bummaloes.")

The word "Bummaloe," more often spelled "Bumelo," is the Anglo-Indian form of the Mahratti name, *bombila*, of the Saurus Nehereus of Buchanan Hamilton [it has other scientific synonyms], a gelatinous and most vicious little fish abounding in all the seas that wash the shores of South Eastern Asia, but more especially along the Western Coasts of India, the Concans and Malabar, and everywhere esteemed, both fresh cooked and cured; and, as dried and salted in Bombay, it is exported to every part of India, and Farther India, being known, wherever it is so received from the Western Presidency, by the natives of India as *bombila-machi*, and by Anglo-Indians as "bummaloes" or "bumelo-fish"—and "Bombay duck".

[Compare the variety of herring known in Lincolnshire and Norfolk by the name of "Digby Chicks" the etymology of this designation being, so far, undetermined.

G. B.

FISH PIES AND PUDDINGS

Cornish Fish Pie. (*Mrs. Juliet Backhouse, Trebah.* 1881.)

A good bass makes the best pie (bass is also called "sea-perch"), but grey mullet is also excellent, and even mackerel is used sometimes. The fish is of course cleaned as for dressing, and then cut across in pieces about 3 or 4 inches square. Boil the bones for stock, and strain.

Pack the pieces closely in the dish, season with pepper and salt, and sprinkle in a little chopped parsley leaf here and there.

Add a tablespoonful of the fish stock for a small pie (2 for a larger one). Cover with a crust which must not be too rich. Bake till nearly ready—then, through the ornamental "rose" hole at top of pie, pour in a teacupful of warmed cream and finish baking. It is usual also to add a little "scalded cream" just as the pie is going to table—thus the cream would lie at the top of the fish. It is best to lift the crust to put in the scalded cream, but should this be done, less "raw cream" would be required at first start.

"Crab Pie." (*Mrs. Young.*)

See Appendix as to boiling Crabs.

Boil it in *boiling* water, pick out all the flesh of claws and body, and clean the shell nicely. Take half a teacupful of bread-crumbs, a little salt, pepper, and fresh butter; add the crab-meat, and mix all well together and replace in shell; cover with more bread-crumbs and put tiny specks of butter here and there on the top.

Brown before the fire—about 20 minutes will do it.

Fish Pudding. No. 1. For Luncheon.

This pudding is made from the fish that has been dressed for dinner day before—such as codfish, turbot, or salmon—white fish makes the prettiest dish. Boil ½ teacupful of rice in milk till very tender and very stiff. Mix with the rice ¼ lb. of butter, 2 tablespoonfuls of essence of shrimp, or of anchovy if essence of shrimp cannot be procured, a little salt, white pepper and cayenne. Pull the fish in pieces and mix what proportion you please with the rice. Have a plain mould ready, well buttered, put a few browned bread-crumbs round the inside of the mould before you put the pudding in.

This pudding will take 1 hour to boil—turn it out on a dish. Send it to table *quite hot*. Serve with Shrimp Sauce. *See* Sauces for Fish.

Another copy says : "We make it with ½ teacupful of cream, 2 yolks of egg, and 1 white, previously beaten, and 1 teaspoonful of essence of shrimps."

Fish Pudding. No. 2—Findon Haddock. (*Isa. Emslie.* 1889.)

A luncheon "make out."

Soak the fish 1 hour in cold water, drain them, then put them on again in cold water to come to the boil, and boil for 10 minutes ; then drain them again.

You must have ready some well boiled potatoes, mash them with 1 oz. of warmed butter ; add a dessertspoonful of cream and 1 whole egg.

Bone the fish, pull it in small bits, and mix with mashed potatoes, adding a little pepper only. Fill a buttered pie dish, rough top of the pudding with a fork and brown it in oven or in a Dutch oven before the fire.

Bake ½ hour. It should come up a nice brown.

Fish Pudding. No. 3. (*Mrs. Brinklee.*)

1 lb. of turbot or of any kind of cooked fish, even Findon haddocks.

Boil 4 large potatoes, mash them, and add 1 oz. of butter and 1 tablespoonful of cream, pepper, salt, and a grate of nutmeg, also 3 whole raw eggs. Mix them in well with the fish, and steam 1 hour in a mould, or bake in the oven.

The same mixture fried is good as fish cutlets or croquettes.

Another copy says : The potatoes are well boiled and put through a sieve, and to them you add a little cream and 1 oz. butter. Whilst this is still warm beat in 4 yolks of egg, one at a time.

The mould is a plain one, buttered, and lined with browned bread-crumbs. Into this put a layer of potatoes 1 inch thick.

Fill the mould with fish and mashed potatoes all mixed up together, the fish being flavoured with lobster, or crab, or oyster, or essence of these.

Steam 2 hours.

Serve a sauce to correspond in flavour, in the sauce boat.

Fish Pudding. *See* Kedgeree, No. 3, under Fish.

Little Fish Puddings.

These require one haddock, the size they call in Aberdeen "for boiling," for 6 of them. Pick off the flesh carefully, pound and pass it through a sieve, add 1 egg well beaten. Mix all with ½ pt. of cream whipped stiff, flavour the mixture with a little salt, white pepper, and just a dash of mace. Steam ½ hour in little cups and turn out.

Oswestry Salmon Pudding.

½ lb. of previously well boiled salmon, cold, pulled and chopped fine ; ¼ lb. nicely mashed boiled potatoes, passed through a

sieve whilst hot and then mixed with 2 ozs. fresh butter and 2 tablespoonfuls of sweet cream, also 2 whole eggs raw, pepper and salt. Into this, when ready, mix the fish with a teaspoonful of essence of shrimps; put into prepared mould, cover with a paper lid, and steam 2 hours, lid on pan.

Oyster Pie. *See* Beef and Oyster Pie under Meat Pies.

Oyster Pudding. (*Mrs. Heathcote, Ayredale.*)

Ingredients, 3 ozs. of finely chopped suet, 3 ozs. of flour, a little pepper and salt, 3 eggs, ½ pint of cream (or new milk).

Beat all up into a batter, then add a score of oysters, trimmed and free from sand. Put all into a mould and place the mould in a pan of boiling water. Then stir till stiff and steam 1½ hours, keep hot till dishing-up time, then serve with Oyster Sauce. *See* Sauces for Fish.

Oyster Pudding. *See* also Beef Steak and Oyster Pudding, and Mutton and Oyster Pudding—both under Meat Pies and Puddings.

Whiting Pudding. For this *see* end of Whiting Quenelles, No. 1, under Fish.

FISH, GAME, MEAT, AND SAVOURY CREAMS.

Chicken Cream. No. 1. "Crème de Volaille." (*Bates.*)

Take any uncooked white meat, game, chicken, or veal, free from gristle, skin, or fat, cut up small, scraped and pounded. Butter a plain hollow mould; work in 1 oz. of butter with the minced meat, add gradually the yolks of 2 eggs, salt, and white pepper; pass through a fine wire sieve into a clean basin, and add very gradually a full ½ pint of whipped cream.

Put the mixture into a mould, and put the filled mould into a pan of boiling water to steam near the fire, but *not on* it, for a full hour.

Flavour Béchamel Sauce (*see* Sauces for Meat) for this with mushroom peelings, or give a brown Italian Sauce (*see* Sauces for Poultry) of "fine herbes" and chopped truffle.

Chicken Cream. No. 2. Emslie's "Hen Cream." (1888.)

For the Sauce: Make a white sauce, 1 oz. fresh butter warmed, a small raw shallot peeled and sliced, a little green leaf of parsley and thyme, ½ oz. raw ham fat and lean in dice, mushrooms or mushroom peelings if to be had.

Let all simmer, uncovered, for about 5 minutes; now mix in a tablespoonful of flour, and then ½ pint of white stock, to cook ½ hour, still uncovered, and keep stirring; then strain through a fine wire strainer.

Let it cool, to use later with the chicken.

Use the white meat only of 2 uncooked hens; pound and add to them a good tablespoonful of the above white sauce, and mix. Flavour with salt, celery salt, white pepper, and a grate of nutmeg. Pass all through a hair sieve. If you have good fresh thick cream add gradually a full ½ pint; you must whip the cream if it is not very thick; steam ¾ hour in a mould. Turn out, serve in the white sauce, add button mushrooms put on in cold stock to come to the boil, and cooked 10 minutes. Truffles minced the size of carraway seeds and put through the cream just before steaming flavour it well, if you have no button mushrooms.

Chicken Cream. No. 3. (1883.)

The white of 2 uncooked fowls nicely picked and put through a sieve; a piece of bread soaked in milk and squeezed dry and pounded, also passed through sieve; mix together.

Next whisk up 2 yolks and 1 white of egg, and whisk it to the rest; flavour with a grate of nutmeg, and a grate of pounded mace, and some bits of parsley green, ½ pt. whipped cream added; steam 20 minutes in little cups and turn out on to a Béchamel sauce made of a roux, ham, onion, stock, and cream.

Chicken Cream. No. 4. "Grenates de Volaille."

These are little steamed creams, turned out of dariole moulds, and have chopped truffles on top, in middle of each more chopped truffle, mushroom, and a little shallot, this mixture also in the centre of the dish with small quenelles added, to fill in.

Chicken Cream. No. 5. Ottershaw.

Take pounded fillets of 2 chickens passed through a wire sieve. Pound again with a little butter, pepper, and salt, and 1 grate of nutmeg. Add ½ pint of thick cream, the yolks of 4 eggs, and the whites of 2. Mix all well, and steam 1 hour.

For similar chicken creams fried, *see* Rabbit Creams.

"Crème de Volaille." *See* Chicken Cream, No. 1.

"Crèmes Frites." *See* Savoury Creams.

Curried Cream Cutlets.

Steam the same mixture as Rabbit Creams, No. 2, in a small cake mould, covered with a lid of buttered paper. The steaming pan must have its lid on. Steam 1 hour. Turn out to get cold. Cut the mixture into cutlet shapes, and serve on a mild curry sauce. Rabbit creams of the day before make these cutlets equally well.

"Fish Cream." (*Isa. Emslie.* 1888.)

The uncooked meat of 3 large haddocks will be required; draw their bones down for fish stock, and strain the liquor.

Make a white roux (1 oz. of butter to a tablespoonful of flour), and with this and fish liquor and a little cream make a white sauce to add to the fish with a whole raw egg, and pound all together, with a grate of nutmeg, pepper, and salt; pass through a fine hair sieve.

Take a wooden spoon, and work in ½ pt. of cream to a proper consistency. Steam 1 hour in a mould.

Venetian Sauce, *see* Sauces for Fish, does best with this.

If the fish cream is in darioles make more than is required, and keep some back to fry next day—a *very* delicate dish.

"Grenates de Volaille." *See* Chicken Cream, No. 4.

Hare Cream. *See* Pigeon Cream.

"Hen Cream." *See* Chicken Cream, No. 1.

"Indian Creams."

The pounded meat from the breast of 2 chickens passed through a hair sieve, seasoned with pepper and salt; mix in

1 pt. of plain cream; should the cream be thin, you must whip it, line some small moulds with the mixture; fill centres with chopped mushroom and truffle, cover with the pounded chicken, and steam 10 minutes. Turn out of moulds.

Oyster Creams. (*Auchentorlie.* 1879.)

Scald and beard 2 doz. sauce oysters, saving their liquor. Make a purée by passing all through a wire sieve. Whip up stiff ½ pt. of cream, and mix with the purée when cold. Season with pepper and a small squeeze of lemon, but no salt, because the liquor from the oysters is salt.

Serve cold in cups with a sprig of chervil on the top of each as garnish.

Parmesan Cream. (*A recipe of H.R.H. the Prince of Wales' Cook.* 1884.)

Whip ½ a pt. of cream, add to it 3 ozs. of grated Parmesan, a little cayenne and salt, rather less than ½ oz. of dissolved gelatine.

Mix all together, mould and turn out.

Partridge Creams. (*Emslie.* 1893.)

¼ lb. uncooked pounded partridge, a tablespoonful Béchamel Sauce (*see* Sauces for Poultry and Game), seasoning to taste, ½ pt. of thick cream, and a dessertspoonful of truffle minced the size of carraway seeds.

Steam 15 minutes in buttered dariole moulds. Serve in a truffled Béchamel sauce when turned out.

Pigeon Creams. A Note.

Mrs. Backhouse, Greencroft, 1889, steamed Pigeon Cream in dariole moulds and served *hot*.

Also she made *cold* cutlet-shaped hare creams, aspic garnish, with sliced truffle on top of each, *i.e.*, on uppermost flat side, cutlets well flavoured and not too strong of hare. Both entrées useful for a change.

Rabbit Creams. No. 1. Fried.

Two rabbits or 2 chickens, the white part only, pounded and put through a fine sieve, one-third of the weight in butter squeezed in a cloth till dry, all pounded together with pepper, salt, and nutmeg. Whip stiff ½ pt. of cream, and mix in well. Put through a biscuit forcer into a slightly-greased sauté pan, cover with boiling stock, and cook gently about 15 or 20 minutes. Turn when they rise once, take out, and drain. Dip into egg beaten whole, roll in bread-crumbs, and fry a light colour.

Serve with "Tomato Sauce, No. 2, for Rabbit Creams," *see* Sauces for Poultry and Game.

Rabbit Creams. No. 2. (*J. E.* 1895.)

The proportion is a tablespoonful of pounded rabbit to a dessertspoonful of good Béchamel Sauce (*see* Sauces for Poultry

and Game) well-mixed on ice or in a cool place, flavoured with a grate of nutmeg, and a little pepper and salt.

2 hours before dinner mix in *very gradually* a teacupful of cream, drop by drop, as for Mayonnaise Sauce. Test a little of the mixture in boiling water, if too hard, add more cream.

Butter small dariole moulds, and put in the creamed force-meat. Steam them in a sauté pan, 10 minutes, putting the pan in the oven answers best.

Savoury Creams—"Crèmes Frites." (*E. Lefevre.* 1879.)

Take the yolks of 4 eggs, the whites of 2, beat up with ½ oz. of any dry cheese and ¼ oz. of Parmesan, a grain of cayenne, and a little salt. Add ½ pt. of milk. Pour the mixture into small buttered copper moulds, and having covered them with a paper, steam in a stewpan or bain-marie, till set; 20 minutes. You can then turn out and serve *half* of them at once, hot; and the rest next day, fried a light brown; bread-crumbed, of course.

Veal Cream. (*Mrs. Wellington.*)

2 lbs. of scraped veal fillet and all the white meat of a stock hen, pounded and put through a sieve. Return to the mortar, add to it ¼ lb. bread-crumbs soaked in milk and squeezed out dry, also 1 oz. of butter well squeezed in a cloth, the yolks of 2 eggs and when well mixed, add ½ pt. of well-whipped cream, season with pepper, salt, and a grate of nutmeg.

GAME

See Appendix as to the way to kill Birds and Animals required for food. For other Game Recipes *see* Fish, Game and other Creams ; also Meat Pies and Puddings and Soufflés. For Sauces *see* Sauces for Poultry and Game.

"Canard Sauté aux Olives." *See* Wild Duck.

"C'est une idée." *See* Rabbit.

"Civet de Lapin." *See* Rabbit.

"Civet de Levraut." *See* Hare.

Côtelettes de Levraut à la Provençale." *See* Hare Cutlets, No. 3.

Duck. *See* Wild Duck.

"Filets de Coq de Bruyère à la Dreux." *See* Grouse Fillets.

"Fumet de Gibier." *See* Game Custards.

Game Birds.

The younger the birds the less well will they keep. If any game is spoiling, draw them and pick the feathers off the breast and belly (called the "apron"), also off all green parts, and pepper those parts. Also put a little pepper inside the bird and a piece of fresh charcoal. If birds are tough, put them in the meat screen an hour or so before cooking to warm through.

Game Custards. (*Auchentorlie.*)

(This recipe in MS. is called "Fumet de Gibier," which, however, is not the same as Game Custards. "Fumet" of Game is the essence of bones fried and stewed. To prepare it, fry the bones till brown, add in a little butter, some cold water, and simmer several hours.)

The yolks of 6 eggs to 6 tablespoonfuls of cream, and 1 pt. of very strong essence (rather than stock) of game, or fowl, or even rabbit. Season to taste and mix well, then pass through a fine sieve. Fill the cups and steam slowly and carefully. Serve in little French or Delft pots called "cocottes," in which they were cooked, very hot.

Ruth Camp flavours these custards with cheese to vary.

Game Patties. For recipe, *see* Lobster and Rice Patties, under Fish.

Game "Polpette." (*Mrs. Jamieson.*)

"Polpette" are useful to use up cooked game or fowl. They look like small delicate flat lamb cutlets, minus the bone.

(1.) If of rabbit, mince fine about 6 ozs. and a slice of tongue or of ham, a few mushrooms and truffles, seasoning to taste.

Make about 2 tablespoonfuls of good Béchamel Sauce (*see* Sauces for Poultry and Game), add the mince and a whole egg to bind it. Stir over the stove till it thickens, and spread it on a plate to become cold.

Then stamp it out with a cutlet cutter, egg and bread-crumb, and fry in hot lard. Dish as cutlets and fill up centre with any ragoût you please; remains of sweetbread and of tongue or vegetable, cut size of 1*d.* piece look and "eat" well. Béchamel or any convenient sauce.

Polpette do well curried, raised on a rice border with a curry sauce.

You can use chicken instead of rabbit if wished.

(2.) Pheasant or grouse polpette should have bread-crumbs in centre. Hand round with them a good highly flavoured gravy made from the bones.

(3.) Hare polpette require the lean of bacon to flavour and garnish.

Portarlington sauce—made as follows—goes with Hare Polpette:—

For this Sauce: Have ½ cupful of good brown sauce, a glass of red wine, a tablespoonful of red-currant jelly, a piece of glaze the size of a walnut, a grain of cayenne pepper, and the squeeze of a lemon.

The centre of the circle of hare polpette must be filled with a purée of previously cooked hare, pounded and passed through a wire sieve.

The bones of the hare are used for making stock, breaking them up. But first lay in the bottom of the pan some slices of raw ham, with bits of carrot, onion and celery, a few cloves and peppercorns. On these put the broken-up bones, adding some second stock, and boil down till almost reduced to glaze. Strain.

Use this to mix with the purée of hare for centre of Hare polpette, adding a few bread-crumbs to give it firmness to stand up; bread-crumbs make a lighter binding than eggs.

Season with pepper and salt. There is neither jelly nor wine in the Hare polpette themselves, only in the sauce.

Game Sandwiches. No. 1. Two ways.
(*Mr. Milnes Gaskell, Thorne's House.* 1882.)

(A) Slices of game (or fowl), cut thin, and with a scrape of potted or pounded meat, or better still "pâté de foie gras" on each side of the slice of fowl.

(B) Long rolls, divided lengthways, some of the crumb removed and the rolls stuffed instead with hard-boiled eggs minced in small dice, and a little game or chicken, the leaves (no stalks) of a little fresh cress or mustard, also Mayonnaise or white sauce, which must not be too thin or the roll will get much too soft; no mustard, no pepper, for the greenery is slightly pungent, only a little salt.

Game Sandwiches. No. 2. Mrs. Dick's—are best of pounded game or meat, with which mix some cold first stock made from the bones, as for croquettes. Butter only *one* of the slices of bread, and on it put a little mustard and salt. Flavour the meat with a little pepper and pounded mace.

Game Sandwiches. *See* also Grouse Sandwiches, and "Pain de Coq de Bruyère."

Game Soufflés, to use up Cold Game or Chicken—Two ways. (*Isa. Emslie.* 1891.)

No. 1. A dry baked soufflé of following sauce mixed with pounded meat:—

1 oz. fresh butter warmed; cook in it a dessertspoonful of flour; next add ½ pt. of white stock; to cook 15 minutes; stir it; flavour with salt, pepper, a grate of nutmeg, and a tablespoonful of cream. This must cool before you add the pounded game (½ lb.). Work all well in, then add the yolks of 2 eggs one at a time, and just before baking, the whipped-up whites of 3.

Put into a soufflé dish, and bake ¾ hour.

No. 2. The same mixture done as steamed soufflés.

These are best turned out of dariole moulds, and served with sauce round them; a dessertspoonful of sauce will be enough to make them; add dessertspoonful of cream, 2 yolks, 2 whipped whites. Steam ½ hour, dish them on a brown, well-flavoured sauce.

Mushroom flavour improves both recipes much.

"Gibelotte de Lapin." *See* Rabbit.

Grouse Fillets. No. 1. (*J. Emslie.* 1894.)

Enough for a large dish.

3 *un*cooked grouse, the biggest to have all the meat from the body of the bird removed in 2 large fillets, which must be gently braised in a Yorkshire pudding tin till tender, with 2 tablespoonfuls of good stock, sweet herbs, and cut raw vegetables, 1 oz. of fresh butter, and a very small bit of bacon, fat and lean, cut in dice.

The stock should hardly cover the fillets. Put a lid of foolscap paper over all while in the oven. Lay the fillets when tender on a plate, with another plate with weights on it over, to flatten them. The fillets not to be sliced till quite cold.

Now the remaining 2 *un*cooked birds must have all the meat taken off and added to any that is left on the carcass of the already filletted bird. Pound all this meat with 3 ozs. of fresh butter and a little seasoning, and pass all through a sieve.

Now slice each cold fillet of the first bird into 4 thin slices. Spread the pounded meat, &c., on these thin slices with a palette knife dipped in hot water, and cut them into shape. Put each gently into a buttered sauté pan, and add a teacupful of stock, not enough to touch the forcemeat, or it will become hard. Cover the pan again with a paper lid, and cook for 10 minutes in the oven.

Draw down the 3 carcasses of the uncooked birds to flavour the sauce.

Wood pigeons can be used in the same way. *See* Wood Pigeon Fillets.

Grouse Fillets. No. 2. Cataldi's "Filets de Coq de Bruyère à la Dreux."

Cut off the wings of the grouse, with as much of the breast as you can cut off in one piece *with* the wing but without the breast bone, and lard them with truffles. Sautez the fillets in a little butter and pour sauce over them.

For "Sauce à la Dreux": Half glaze, that is an equal proportion of glaze and first or second stock, with a tablespoonful of sherry, some truffles chopped the size of capers, and the gravy of the grouse.

Simmer this sauce on the fire till the glaze has melted and all have mixed. Season delicately, then dish the fillets in a circle with the gravy everywhere.

Grouse Livers. (1880.)

The McLeod says that grouse livers pounded and seasoned, and served on toast, make a good savoury.

Grouse Polpette. *See* Game Polpette.

Grouse Potted. *See* Pheasant Potted.

Grouse Salmis.

If young, the birds should only be jointed and sautéd; if old, first sautéd, then stewed till tender, in stock. If the bird be grouse, partridge, or woodcock, this flavoured stock may be added to the sauce to increase its flavour. But if any kind of *duck* do not add it, as it will over-flavour fishily.

Serve with fried croûtons round and Grouse Salmis Sauce (*see* Sauces for Poultry and Game).

For another recipe for Grouse Salmis, *see* Woodcock Salmis.

Grouse Sandwiches. (*Mr. Lowther.*)

Excellent grouse sandwiches are made of the breast or wings of old birds, previously cooked and cold, pounded in a mortar. Do not use the legs.

Season with a little salt and a soupçon of cayenne pepper, but *no mustard*, of course.

Butter the bread well.

Grouse Soufflé.

Pound the breasts of 2 cooked birds in a mortar with 2 ozs. of fresh butter; rub through a sieve. Add 4 eggs, the whites frothed stiff; season with pepper and salt, and bake in a soufflé tin.

Serve hot in the soufflé tin.

See also Partridge Soufflé.

Grouse. To cook old birds.

Old grouse are not fit for cooking till the feathers pull very loosely from the "apron."

When "high," put a piece of bread inside them while roasting; take out the bread before dishing, and throw it away.

A good gravy should be served with them in a boat, none in the dish, but put the birds on a toast when bread is plentiful.

Grouse. "Pain de Coq de Bruyère." (*Mrs. Deacon, Deskrie.* 1880.)

Line a plain mould with grouse forcemeat. Make quenelles also of the forcemeat and blanch them; sautez the grouse livers, toss up in some good brown sauce and fill mould with these and forcemeat. Steam till cooked through, serve with truffle sauce, and, if liked, have some whole truffles also.

N.B.—Sandwiches may be made the next day of the remains pounded smooth and passed through a sieve.

Grouse. *See* also Hare—Mrs. Carr's recipe; *see* also Fowl—Stoved No. 3, and "Poulet à la Crapaudine" under Poultry, and Birk Hall Excursion Pie, under Meat Pies and Puddings.

Hare—"Civet de Levraut." Mrs. Wellington's Recipe for Jugged Hare. (1878.)

Skin, joint and wash the leveret or hare. Save the blood if fresh and sweet. Put about 1 oz. butter in a stewpan, to grease it. Fry the pieces of meat and turn each piece; put no cover on the pot. Now add ½ lb. of ham, fat and lean (or of streaky bacon), onions and carrots, cut size and shape of small marbles, also a bunch of herbs, parsley, thyme and bay leaf, 1 pt. of water. Put the lid on the pan and let it boil up and then cook gently at least 1½ hours over a stove; if a full-grown hare cook it longer. It may require more stock after cooking slowly an hour, as the liquor wastes; you will know it is enough done when the vegetables are soft, but not broken; add 2 or even 3 tablespoonfuls of red currant jelly, also a glass of red wine. Let all come to the boil ¼ hour before serving, then dish the meat and ham and vegetables, and throw away the bunch of herbs. When the remaining sauce is off the boil, add the leveret's "juices." If the blood boils, it will curdle and

spoil all, but if good it greatly improves the flavour of the sauce. Put all over the leveret and serve hot, and do not season.

A hare should have three hours' slow stewing; don't hurry it or it will be hard.

Hare (or Leveret) Croquettes. (1884.)

This recipe is useful to use up any fragments of cooked hare.

Pick off all the meat from the legs, back, &c., but use no gristle, fat or skin. Pound all and put it through the sieve; add a little pounded mace and clove, as this dish must be highly flavoured.

It will require making up with the following good sauce:—

For this Sauce: Fry some chopped onion in butter, add chopped carrot and minced lean ham, a little roux, ½ a bay leaf, and some chopped lemon-thyme. Simmer all till soft; then take out the bit of bay leaf and pass the sauce through a strainer. Mix the sauce with the hare and form the mixture into small rissoles; egg and crumb and fry them in lard. Serve dry on a napkin.

Also have the following sauce in a sauce boat, if liked, to serve with the rissoles:—

For the Sauce: Have a little nicely-made roux, a tablespoonful of glaze, a little good stock, 2 tablespoonfuls of claret and a dessertspoonful of red currant jelly, also, if liked, 3 drops at most of anchovy essence. All to simmer 10 minutes, and then be put through a sieve. It should be as thick as demi-glace.

Hare Cutlets. No. 1. Cold. In Aspic. (*Mrs. Osborne, Trebah*, 1889.)

Carefully pound some fillets of cold cooked hare or other game and, as you pound, add enough Spanish sauce, "Espagnole," *see* Sauces for Meat, to make the forcemeat moist enough to pass through a sieve; 8 or 9 cutlets also require a tablespoonful of sherry, not more, this should be pounded in at the last, after the Spanish sauce, just to flavour. Use a fine sieve. Have ready cutlet-shaped tins, with a little well-flavoured melted aspic jelly previously poured into the bottom of each tin and allowed to grow cold. Fill in each tin with the forcemeat and press it down smooth. Pour a little more aspic over the top of each cutlet. Let them get cold, and then turn them out into a dish. Arrange the cutlets in a circle and fill in the centre with aspic cut in dice, or watercress, and sprinkle finely-chopped truffle on each cutlet. (If you use mutton instead of hare omit the wine.) Of course, the secret of success lies in having a well-flavoured Spanish sauce to make the cutlets, and very little but full-flavoured, sherry, *not* the light bitter kind.

In Mrs. Backhouse's similar recipe it says:

The meat is braised in stock with herbs and vegetables, and when cold, pounded and sauced and flavoured. You can make the sauce from the bones, or, if this is too strong, use

a little of it and add a little truffle and put sliced truffle on top of the forcemeat under aspic. To be eaten cold.

Pigeon or Wood Pigeon cutlets can be made the same way, or you may use other game.

Hare Cutlets. No. 2. "À la Dreux."

Proceed as for Hare Cutlets "à la Provençale" (see below) till the cutlets are shaped, but, instead of egg and crumbing them, ornament them with sliced truffles or lard them with truffles. Put them likewise into a sauté pan to poach, the broth must only cover the bottom of the pan and not touch the forcemeat, and when you dish them up serve with them "Sauce à la Dreux," for which *see* Grouse Fillets No. 2, but use hare gravy instead of grouse gravy.

Hare Cutlets. No. 3. "Côtelettes de levraut à la Provençale."

A good sized hare should make 8 cutlets.

The back ("le filet") of each uncooked hare, if not much shot, should give 4 on each side, 8 cutlets in all; cut from the bone down each side and as thick as you can; take out the nerve most carefully. Beat these 8 slices flat with a chopper, and trim them into cutlet shape.

Put them in a sauté pan with a little butter and seasoning; make them "set" over a sharp fire, then take them off and let them get cold.

Take all the nerve and sinews with equal care from the shoulders and legs of the hare and then pound the meat to make forcemeat; pass it through a sieve. Weigh the forcemeat, and add to it one third the weight in fat bacon; add also a little panada, that is, bread soaked in milk and from which all milk has afterwards been squeezed out in a clean cloth, mix all well; add a little chopped shallot and the yolks of 3 eggs; season with pepper, salt, and nutmeg. Put some of this forcemeat mixture on the top of each cutlet, give it a good shape, and bread-crumb it "à l'Anglaise," that is beat up a whole raw egg in a gallipot with a little butter, take a brush and paint the cutlets well over with it first, after which bread-crumb them.

Put the cutlets into a sauté pan with very little stock, not enough to touch the forcemeat, or it will soak and spoil, put the pan into the oven till the forcemeat has cooked.

Serve with Tomato Sauce, or Italian Brown Sauce, *see* Sauces for Poultry and Game; or Half-glaze, *see* Sauces for Meat, under which also are other Tomato Sauces.

If the dish is deep, raise the cutlets on a dais of mashed potatoes or forcemeat.

If fresh tomatoes cannot be got for sauce, use French preserved tomatoes. English people *will* preserve in vinegar, which spoils the tomatoes for sauce.

Hare Cutlets. *See* Veal Cutlets, No. 4, under Meat.

Hare Fillets.

You will want the fillets of 2 hares for a dish.

Fillet the hares, beat the fillets gently and lard them. Put them into a braising pan with raw vegetables (all as for soup), a teacupful of stock, 2 ozs. of minced ham or bacon, a few peppercorns and 3 cloves. Put on the lid and let it come to the boil first, then simmer gently 1½ hours.

For the Sauce: 1 oz. of butter, a sliced onion, mushroom if possible, and a tiny bit of raw ham or bacon.

Fry these over a quick fire till gold coloured, then scatter over all a dessertspoonful of flour, and next add 1 pt. of first stock, and stir all well together. Cook ½ hour, stirring now and again. Add a dessertspoonful of glaze and the same of red currant jelly, and any fresh blood of hares strained in. Cook ¼ hour, season and serve.

Hare—Hashed.

Mince or slice the meat carefully, freeing it from all fat, nerve, or gristle; warm the meat in a little stock, and when the sauce is ready add the meat *without* the stock—that the sauce may not be too much thinned. Serve croûtons round the meat.

For Sauce: Make a roux, 1 oz. of butter with a spoonful of flour mixed and cooked in it, stirred all the time; and add ½ pt. of stock and ½ a shallot chopped fine: boil fully 10 minutes, keep on stirring all the time; then season, and serve with the meat.

Minced or hashed beef and mutton are all done in the same way.

Hare—Jugged. *See* Hare "Civet de Levraut," and for using up remains *see* Game Pie, under Meat Pies and Puddings.

Hare. Mrs. Carr's recipe.

Do not paper it, but, after skinning, baste it first with vinegar for 10 or 15 minutes, a small cupful would do if the fire is bright and clear; then baste it continually with dripping, basting with a ladle. If this be neglected, the hare will prove dry and hard in the eating.

In the game larder the hare should lie on its side, even before it is skinned (for if it hangs it gets dry), and be turned each day to the other side or it gets mouldy; but if hanging, it should *always* be hung up by its forelegs. Bone the back of the hare for cooking, also stuff and lard it.

Another recipe says: The hare should be thickly larded with small lardings of bacon, and basted well first with vinegar, then with butter, and if possible finished with cream; but from the first the basting should be constant.

For Gravy: For roast hare make a gravy of second stock, and should the hare be boned, break the bones and draw them down in the stock to flavour it.

Blanch the heart and liver with an onion put on in cold water in a covered pan. It should not only come to the boil, but boil on for 10 minutes; then let it get cold.

Take a stewpan and melt in it a piece of butter the size of a hazel nut, and add a little flour, as for roux, or roll the butter into the flour first.

Next, mince or pound the already blanched liver and heart, and add them to the buttered flour, and after them add in the prepared and flavoured second stock; mix all well, and let it stand ¼ hour by the fire. Then add the gravy from the hare, a squeeze of lemon, a grate of nutmeg, a little pepper, and the green of chopped parsley first well squeezed in a cloth. Some like a little port wine added.

Serve this gravy on the dish with the hare.

Grouse and roe deer are done the same way in Germany—the bastings make the gravy in the dish. Quadrupeds are larded with lardings small but thickly set.

Hare. "Pain de Gibier." (*Cataldi.*)

The forcemeat used for hare cutlets, *see* Hare Cutlets "à la Provençale," also makes "Pain de Gibier."

Ornament a mould with truffles and put in the mixture. Cook it in the bain-marie or steam it till cooked, then turn it out and serve with Italian Brown Sauce, *see* Sauces for Poultry and Game.

Hare "Polpette." *See* Game "Polpette."

Hare "Posada." *See* Rabbit "Posada."

Hare Stuffing. *See* Stuffings.

Hare, "Turban Chaudfroid," is a cold steamed pudding of the same forcemeat as "Pain de Gibier"; *see above.*

"Indian Cutlets." *See* Rabbit.

Lark Entrée. No. 1. (*Lady Hobhouse, London.* 1882.)

"Croustades" (cases of fried bread or rice) are baked first; then filled with quenelle mixture, and on top of all a boned lark, flat, "à la Crapaudine," looking wonderfully wee.

Lark Entrée. No. 2. *Mrs. Lawrence.*

A large boiled mushroom with boned fresh-cooked lark on it. This lark may be stuffed.

Leveret. *See* Hare "Civet de Levraut."

Leveret. *See* Hare Croquettes.

"Pain de Gibier." *See* Hare.

"Pain de Coq de Bruyère." *See* Grouse.

Partridge Fillets.

For a party of 6 take the fillets of 2 partridges, pound them well, add a dessertspoonful of brown sauce made from the bones with 2 ozs. of butter; pound again; then pass all through a wire

sieve; season with pepper, salt, nutmeg; make into small cutlets, put into a well-buttered sauté pan with paper cover, and steam for 10 minutes.

Partridge, "Perdrix aux choux."

(*Mary Parke. September*, 1841.)

"Go out shooting in the morning and bring home a good many birds; have 2 brace trussed as for boiling. Take a cabbage or two scalded in salt and water, then take off the leaves and wrap up each bird in them, tying them up close.

"Season with pepper, salt, and a very little mace and some peppercorns. Have ready a little good gravy and put with the birds into a small, deep stewpan. Cover very close and let the birds stew till sufficiently done, then cut the string round each bird and leave them covered by the cabbage. Have also some more cabbage in the gravy. Take out the birds but keep them warm. Reduce the gravy and add some Spanish Sauce (*see* Sauces for Meat) to it. Then put the partridges and cabbage into a dish; have them served up very hot with the cabbage and sauce—and let yourself and Mr. Justice Coltman eat them.

"I hope they will be good!

"N.B.—Should the partridges be old they must be stewed some time *alone*, before you add the scalded cabbage, otherwise the vegetables get over-cooked and give too strong a flavour to the birds."

You may garnish with slices of ham or bacon cooked with the birds and cabbage, if you like, and also make, and serve separately with it, a good thick sauce besides.

Partridge Pie. *See* Birk Hall Excursion Pie; *see* also Pigeon Pie under Meat Pies.

Partridge "Posada." *See* Rabbit "Posada."

Partridge Potted. *See* Pheasant Potted, also Beef Potted No. 2, under Meat.

Partridge Puffs. No. 1.

Look like mince pies.

Half a stuffed bird in each; 1 for each shooter if they do not meet for lunch.

Skin, wash, bone, &c., the partridges and pick the meat from the backs and from the legs, and pound it in a mortar. Draw down the bones with an onion to gravy almost like glaze.

For the stuffing: Take the pounded meat and pass it through a sieve, also raw ham prepared in the same way, chopped truffle and a little seasoning.

The pastry must be plain (½ lb. butter to 1 lb. of flour, adding a little salt); line each tin with paste, put in ½ a bird well stuffed, and 2 spoonfuls of the gravy. Put more paste on for a lid,

making a hole in it, and ornament it. Bake quickly for 10 minutes or more till the paste has set, then put the damper in the oven to slacken it and let the meat finish cooking.

Partridge Puffs. No. 2. (*Isa. Emslie.* 1894.)

Emslie's partridge puffs are also "for the moor" and also "like mince pies," but rather different to the last recipe. Four birds should make 6 puffs. She uses 1 lb. butter to 1 lb. flour for the crust.

Fillet 3 uncooked birds, but keep 1 unfilletted. Braise the fillets 1 hour with onion and celery, and a minced slice of raw ham or bacon. Let the fillets then be taken out to get cold. Remove all pickings of meat from the carcasses of all 4 birds, including the meat of the one unfilletted bird, pound all this and flavour it with 2 ozs. cooked bacon or ham. Pass this uncooked partridge meat through a wire sieve, add pepper and salt, sweet herbs and a little shallot, truffles or mushrooms, if handy.

Then have the fillets beaten flat, and put a dessertspoonful of the uncooked forcemeat on each braised fillet, lay it on the paste, and add to each a dessertspoonful of gravy made fresh from uncooked partridge bones. Put more paste as a cover and bake 1 hour—open the puffs at the side when done, and add some cold jellied gravy.

This dish may be made with the fillets, &c., of cold cooked birds.

Should the partridges be young, then you need not cook the fillets first, but if old, braise them before putting them in the paste.

Partridge Salmis. *See* Grouse Salmis.

Partridge Soufflé.

To use up remains of cooked birds. Chicken or grouse can be used the same way, but you need not have *white* stock for grouse.

Keep on one side the best parts of the bird.

Cut up the carcass and legs and draw down with second stock (this stock must be *white* if for partridge or fowl soufflé), add celery, ham minced, and herbs, and a little white pepper. Put on the lid and let it come to the boil, then simmer it beside the fire one hour.

Strain and skim, and make the sauce of this liquor with roux and cream in the usual way.

Now for the Soufflé: Pound the best parts of the bird (none of the legs, &c.), and mix the pounded meat with a dessertspoonful of the white stock; add 2 yolks of egg, pepper, salt, and a grate of nutmeg, also ½ a teacupful of cream. At the last add 2 whites of egg previously well whipped.

Steam the mixture in dariole moulds ½ hour, then turn out and serve on the sauce.

Of course mushrooms improve the flavour, or finely chopped truffles put through both the soufflé and the sauce. If you have neither of these, ham and celery are very important.

(If your gentlemen growl at the birds being old and tough, this is a very useful recipe, for the world is tired of rissoles and croquettes.—C.C.)

Partridge Stuffing. *See* Stuffings.

Partridge Wafers—Cold.

When a partridge has been cooked, use it up cold as follows :—The body of the bird only, *not* its hard legs (which also may have been shot), and be sure that no skin is used. You will require ¼ lb. of meat when seasoned, pounded and passed through a sieve, the same quantity of fresh butter and the same quantity of bread-crumbs, all mixed together. A dessertspoonful of Béchamel or other white sauce (*see* Sauces for Poultry and Game) to roll it out with.

Strew the paste board with browned bread-crumbs, take up a teaspoonful of the pounded meat, and, with a palette knife dipped in hot water, spread it out thin ; trim the wafers all one size and then roll like small pancakes, hollow inside. Flavour with mushroom, if to be had.

Dish them in a circle for a cold savoury at dinner.

You can make these wafers of tongue or ham, but if you use chicken it must be flavoured or is tasteless.

" Perdrix aux Choux." *See* Partridge.

Pheasant. *See* also Tomato Soup No. 1, under Soups.

Pheasant.—Boiled with Rice. (*Lady Caroline Murray*)

Put onions inside the bird and a few slices of bacon upon it, as little water as possible, all in an iron pot, with rice boiled slowly several hours. Serve *without* the bacon, but with the rice, pouring some good brown gravy in the dish.

Pheasant.—Crumbs to go with.

Bread put through sieve, then browned or rather dried, in the oven, on a baking sheet, just as you brown " pulled bread." Stir, to prevent burning. *No butter* at all.

Pheasant " Polpette." *See* Game " Polpette."

Pheasant " Posada." *See* " Rabbit Posada."

Pheasant Potted.

Use the breast meat only of cold cooked birds. Take away all skin and fat, and pound the meat in a mortar, till smooth ; add fresh butter (½ lb. to every 1 lb. of meat) and pound them together ; season with pepper, salt, and the least addition of

pounded mace; then pass it through a wire sieve, pot and press very closely down with a spoon. Set in a slack oven to heat through, then press down again with a spoon, and whilst still warm cover with clarified butter.

Grouse or partridge are potted in the same way. *See* also Beef Potted, No. 2, under Meat.

"Pish Pash." *See* Rabbit "Pish Pash."

"Polpette." *See* Game "Polpette."

"Posada." *See* Rabbit "Posada."

Pigeons. *See* Wood Pigeons; *see* also under Poultry, and under Meat Pies, &c.

Quail. (*Lady Playfair.* 1887.)

A quail should have a capsicum put inside it and then be boiled 3 minutes, no more cooking required.

Rabbit "C'est une idée." (*Mrs. Caswell.*)

The "bony remains" left from uncooked rabbit or bird, after a cream has been made of the best of the meat—broiled whole, till two-thirds done, which will probably take a ¼ hour, then rubbed with clarified butter, crumbed and finished broiling. You joint it when fully cooked, before dishing. If jointed from the beginning it loses its juices. Use Half-glaze in dish, and Tartar Sauce (*see* Sauces for Meat) in boat, or you may "devil" the joints instead of using Tartar Sauce.

Rabbit. "Civet de Lapin."

Joint the rabbit, and have a thick slice of bacon ready cut in dice.

The rabbit must first be fried in butter and then gently stewed in the following sauce, the raw bacon dice being added and the fried onions:—

For Sauce: Fry some onions, carrots, celery and herbs in butter; add fresh tomato pulp, and reduce. Thicken, if necessary, with a little roux and put all through a tammy with a spoon except the vegetables and herbs—add a little glaze and brown sauce.

The rabbit should stew gently till tender—this may take 1 hour.

Being stewed in a good sauce, the rabbit is better flavoured, and the bacon greatly improves it.

Good bacon and fresh butter only to be used.

This sauce is much better than ready-made tomato sauce; it looks like a good "Marengo" sauce.

Rabbit Cutlets. No. 1.

Mrs. Sherwood makes nice "escalopes" from the well beaten fillets of rabbit (2 fillets from each rabbit) sautéd over a

quick fire in clarified butter (no onion), covered with paper and turned over.

For Sauce: The trimmings drawn down with herbs and vegetables and ham added to the roux to flavour it—before the skimmed stock is added. Strain and add cream, and at the last a little lemon-juice.

Rabbit Cutlets. No. 2.

Fillet 3 uncooked rabbits and pound the meat, flavour with nutmeg and lemon-thyme and pass through a fine wire sieve. Add a dessertspoonful of Béchamel Sauce (*see* Sauces for Poultry and Game) and ½ pt. of good cream, latter if not thick enough must be whipped. Steam ¾ hour in a plain mould. Let it get cold.

Then cut it into small cutlet shapes, and egg, crumb and fry them in lard.

Use any sauce with them. Two truffles chopped fine improve this dish.

Rabbit Cutlets. No. 3. In Curry Sauce. (*Isa. Emslie.* 1885.)

The fillets of 3 rabbits pounded, for a large dish. Soak 3 ozs. of bread in a little cold milk. Squeeze it dry and pass the bread through a sieve, mix it with 2 ozs. of butter and add it to the pounded rabbit, pound all again and pass all through a sieve. Then mix one whole egg (previously beaten) with it and ½ pt. of well whipped cream.

Steam it in a mould for ¾ hour, having seasoned to taste, and set it on ice till wanted.

When wanted, cut the cold rabbit mixture into cutlet shapes, egg and bread-crumb them and fry them in lard.

Or instead of bread for the rabbit mixture you can make a white roux of 2 ozs. of butter to 3 tablespoonfuls of flour. Draw down the rabbit bones in water or white stock with vegetables, you will want ¾ pt. of stock. Add this to the roux and boil uncovered ½ hour. Stir now and again—strain. It must get cold before you add it to the rabbit mixture, then pound the rabbits and proceed as described.

For the Sauce:

Set about making this early in the day: Brown some onions in butter, and powder over them a little sugar, next add 1 tablespoonful of fine flour and 1 teaspoonful only of curry powder. Cook it a little and stir before adding stock—simmer gently 5 hours uncovered till it almost becomes a glaze, skim now and then, and add a little more stock if wanted. Serve under the cutlets in a hot dish.

This "picken"* sauce answers well if you have neither truffle nor mushroom to flavour sauce.

* "Picken." Scotch term from French "piquant."

Rabbit. "Indian Cutlets." (*Craigevar Castle.*)

Take the meat off the back of a cooked rabbit, pass it through a fine wire sieve, then put 1 oz. of butter into a stew-pan; when it melts, add 1 tablespoonful of flour, the meat of the rabbit, pepper and salt to taste, and some well-seasoned stock, enough to make it like a good sauce.

Cook it well over the fire, then spread it on a plate to cool. When cold, make it into cutlets; egg and bread-crumb them well, and fry them.

If liked, add some chutney with the other ingredients in the stewpan.

This is enough to make about 6 cutlets.

Rabbits' Kidneys (*Auchentorlie*).

Rabbits' kidneys are delicate for kidney omelets.

Rabbits' Livers and Kidneys. (*Learney.*)

Rabbits' livers and kidneys, either whole or minced, sautéd in fresh butter make a good dish for breakfast. If short of the livers, mince a little bacon and add to them. The toasts you put them on should be crisp yet juicy.

Rabbit "Pish-Pash." (*Miss Woollett.*)

Cut a rabbit or chicken into 4 pieces and put them into a stew-pan with 2 or 3 sliced onions, 2 blades mace, some white pepper, bay-leaf, some cardamoms, and 2 qts. of thin veal gravy made from 1½ lbs. veal, and ½ lb. rice. Add salt, and let all stew till the rice is soft.

For an invalid, water may be used instead of veal stock.

Rabbit "Polpette." *See* Game "Polpette."

Rabbit with Portugal Onions. (*Miss Jones.* 1886.)

Cut the rabbit in pieces and sprinkle each piece with pepper and salt. Slice 2 large onions. Take a stew-pan with close-fitting cover and put in it a layer of onion, cover with a layer of rabbit and so on in alternate layers, to the top, till all is used.

Then cover with slices of bacon.

It should now stew till tender on a hot plate, 2 hours at least.

No water with it.

Rabbit can be "jugged" like hare for a variety. *See* Hare—"Civet de Levraut."

Rabbit "Posada," a Spanish Dish. (*Mrs. Ford.*)

(This recipe is marked "The only way to make rabbit good.")

Cut up an uncooked rabbit or pheasant, hare or partridge, in joints, and fry the pieces in butter.

Take 2 small onions. Chop them up small and fry till well browned in butter. Add:

1. A little brown stock.
2. A bunch of sweet herbs.

3 and 4. A little salt and cayenne pepper, or chop up a capsicum, seeds and all, instead of pepper.

5. A wineglassful of port wine.

Stew all together 1½ hours, and take out the bunch of sweet herbs at dishing time, before serving.

This "posada" does for an entrée.

Rabbit Pie. *See* Meat Pies and Puddings.

Rabbit Quenelles. No. 1.

Two rabbits, use only the white meat scraped and pounded in a mortar, weigh it and add to it the same weight of panada, *i.e.* crumb of bread soaked for 1 hour in milk and squeezed out and dried in a cloth; pound both well together, then add half the weight of butter, first washed then dried in a cloth. Beat all to a cream in the mortar. Add the yolks of 2 eggs, the white of 1, white pepper and salt. Make quenelles of it in the usual way.

For the Sauce: Draw down all the bones and trimmings of the rabbits with a carrot, turnip, bit of celery, an onion and a bouquet of thyme, parsley, and bay-leaf. All to simmer gently on the fire with about a pint of water. Take another pan and melt ¼ oz. of butter and a spoonful of flour and mix well. Strain in the stock, season and give it a boil up. A mushroom cut in bits may be added to the mixed butter and flour, but if so strain the sauce again as you dish it. A little cream is added at the last.

The following recipe is very similar:—

Rabbit Quenelles. No. 2. (*Mrs. Wellington.* 1876.)

The great thing is to prepare them in the morning—many hours before they are wanted.

Rabbit fillets make them well, pounded and passed through a sieve.

If you have good sweet white bread, make a panada by letting the crumb soak in cold milk with an onion. The milk must be well squeezed out, the onion taken out; the soaked crumb only is passed through a sieve.

If the bread is not good, you must make a flour and butter and water paste instead as follows:—

Boil ¼ pt. of water and stir in 1 oz. of butter, when it has melted add flour enough to make it a thick paste, beat well over the fire—it is cooked enough when it no longer sticks to sides of stewpan. It must get cold.

Squeeze some fresh butter in a cloth, have equal weight of panada and of butter, but half as much again of meat.

Mix butter and panada first, then add the meat, and after it 3 yolks of egg and 2 whites of egg; season with a little white pepper and celery salt, and half a teacupful of thick cream, and put all again through a sieve and then let it stand. At night shape into quenelles and cook in the usual way.

You can poach them in a little stock.

Rabbit Quenelles. No. 3. "A la Bellevue"—Iced.
(*Auchentorlie.* 1876.)

Take the fillets and fleshy parts of 2 rabbits and pound well in a mortar; rub through a wire sieve into a basin; mix well with it ½ pt. of good whipped cream, adding pepper and salt to taste, also chopped truffles, cayenne and nutmeg.

Have ready some quenelle moulds, well buttered; fill them with this mixture 3 parts full, cover with a paper lid; steam for 10 minutes very slowly, for if they boil at all they turn to curds, then turn out on a dish for them to get cold. Sauce them over with a good Béchamel Sauce (*see* Sauces for Poultry and Game), in which should be mixed a fourth part of aspic jelly, and let it set over each. Decorate the quenelles with chopped truffles or pistachios.

Dish the quenelles on chopped aspic jelly, or on a garnished border, whichever way you please.

Garnish the centre with chopped truffle in aspic, or with a macédoine of vegetables in aspic jelly.

This dish should be iced, and served as cold as possible.

Cold cooked fillets of turbot are good served in this way.

Rabbit—"Spanish Stew."

Fry a rabbit cut in joints, in a teacupful of oil, till browned. Take an earthen stewing pot or Spanish pipkin, put in the rabbit and oil, and as much thin beef broth and claret (half and half) as there is oil. Add a bit of bacon, a Portugal onion previously blanched, celery, carrots, shallot, pepper, salt and sugar, the juice of 2 Seville oranges or of 1 lemon and a large bunch of various herbs.

Let all this simmer, stirring carefully and continually, and skimming with the utmost care; mince in one capsicum, having taken out the seeds; serve when tender, omitting the herbs.

In summer, apples or peas, French beans, lettuce, sliced cucumber, gourd or any other vegetable except cabbage or turnip may be added.

Serve a salad with this stew.

A different Spanish stew will be found under Vegetables, called "A Really Spanish Stew."

Rabbit—Stewed, "Gibelotte de Lapin." (*Geneviève Wigfall.*)

You will want a well hung tender rabbit, jointed.

Warm 2 ozs. of butter in a sauté pan; then add 2 or 3 ozs. of bacon cut into dice, and then the rabbit, to brown; dredge a pinch of flour over it; then take out the bacon and rabbit and put them into a saucepan with ½ pint of hot stock, 1 glass of white wine—Chablis—or ¼ glass of French vinegar, an onion stuck with cloves, a bunch of sweet herbs, and a pinch of celery seed or a little celery salt; lid on to keep in the flavours; to simmer 1½ hours, but the pan must be shaken often, and the pieces

must be turned over with a fork. Five minutes before dishing, add the liver cut in four.

Make a nice toast, dish the rabbit on it, and pour the strained sauce over all.

Reindeer Tongue.

To be soaked 14 or 16 hours, and then simmered with a little fresh suet in the water for 4 hours.

The tongue not to be taken out till the water has cooled.

Roe Deer. *See* Venison.

Snipe. *See* Woodcock Toasts.

"Spanish Stew." *See* Rabbit.

"Turban Chaud Froid." *See* Hare.

Venison—Haunch. No. 1. (*Mrs. Thomas.*)

Make a paste of oatmeal or barley flour and roll it well; it should be stiff and as thick as one's finger. Make a flat sheet of it, and put plenty of dripping inside. Set the haunch on it and roll it well up that no air may get in. Tie up in kitchen paper with a string. Put into a tin with more dripping and a cupful of water. Let it bake in the oven. Half an hour before dinner strip off paper and paste, put a lump of butter on the haunch and let it brown as it finishes cooking in the oven.

A leg of mutton is excellent cooked in the same way and served with currant jelly.

Venison—Haunch. No 2.

(*Mrs. Wellington, Kensington Gate. Xmas*, 1879.)

Trim it and cut off the shank bone.

Wrap the venison in foolscap paper, which paper has been buttered on the *inside*. Over the paper have a thick paste, bran is best but if out of that, use oatmeal or coarse flour. Over this paste wrap another paper well greased with dripping. (1) Venison; (2) paper; (3) bran paste; (4) paper again. In addition to all this care, you must baste the joint continually while cooking.

Half an hour before serving take a large clean dish, to catch the natural gravy; strip all coverings off the haunch and rub it well over with butter. Then dredge with flour and melt a little more butter in a ladle and butter the haunch well all over.

Now a second time add a little flour and butter. Brown before the fire, turning constantly till cooked "and comely-looking"—*i.e.*, till it looks done to a turn. All venison chills so quickly that it must be served on a hot water dish. Put only its own gravy in the dish, but serve with it a made gravy in a hot sauce boat—take care this made gravy also is *hot*.

Hand Red currant jelly or Cranberry or Rowan Jelly (*see* Jams and Jellies) with it; also French beans and potato "pigs" fried,

dry. These are cut the shape of the inside divisions, *i.e.*, "pigs" of an orange.

For the "made gravy" Sauce: Draw down the shank of the haunch of venison in a little second stock—but do not add the venison trimmings, as they would overflavour the sauce—thicken with a little carefully prepared "roux" (flour well cooked in butter)—add a tablespoonful of mushroom catsup, a few drops only of Harvey's sauce, and a glass of red wine—port, if the bottle is open—if not, claret will do well. Mix, skim, and serve this sauce very hot; it should fill a good-sized sauce boat.

Venison Pasty—Aldermaston. (*Mrs. Higford Burr.*)

Cut the meat in pieces the size of an egg. Chop 2 or 3 onions small into a stewpan with ½ lb. of fresh butter and draw them down, but take care they do not burn. Place the pieces of meat in the stewpan, add ½ pt. of port wine and some good stock, a bouquet of herbs, and a little allspice, pepper, mace, bay-leaf, and salt. Stew till tender. When cold make the pasty, strain in the gravy and bake it in the usual way.

Venison—Roe Deer Cutlets "à la Chasseur."

(*Mrs. Jamieson.* 1882.)

Cut the fillets from a neck or loin of Roe deer, trim them neatly and flatten them. Fry them brown on both sides, season to taste, and lay them in a stewpan on a layer of vegetables, carrot, onion, celery, and a bunch of sweet herbs; add to this some Spanish Sauce (*see* Sauces for Meat), and a glass of red wine. Allow the whole to simmer gently till the fillets are tender.

Then take them out of the sauce and skim it well. Add to it a small spoonful of red-currant jelly and let it reduce to a proper consistency. Place the cutlets again in the sauce to warm up.

When dished, a purée made of the trimmings must fill up the centre. Garnish with plenty of the fat, fried or roasted, one piece at the least for each Roe cutlet.

Venison—Roe Deer. The Duc de Coigny's method of preparing it.

When you get a Roe deer, clean it thoroughly, leaving it in its skin for 3 days in summer, and for 5 days in winter. Then skin it, dividing the body in 2 equal parts; cut off the 2 haunches and the shoulders from the breast.

The shoulders are eaten *fresh*, either as stews for servants' hall dinners, or they will make excellent pies.

The breast, when pickled, makes cutlets.

When the deer is cut up, wash the pieces thoroughly, taking care that none of the hair remains on the flesh.

Then prepare the following pickle:—

Boil about ½ gallon of good vinegar, and as much water, 15 minutes over the fire, with 1 bay-leaf, parsley, thyme, and sweet basil, with salt and pepper to your taste, and pour it hot into a

large earthen dish. Before putting the joints into the pickle, you must lard them with fat bacon: the cutlets must also be larded.

2 days are long enough to pickle the cutlets (see below for recipe for dressing them), but very large joints must remain from 6 to 8 or even 10 days in pickle. The haunches will keep good 6 weeks or 2 months. All the meat must be turned every day.

When you require a joint take it out of the liquor, and if you dislike vinegar, roll the joint in a clean linen cloth and press it till all the pickle is squeezed out. If the joint is a haunch, roast it very slowly, 1½ or 2 hours in a paste of bran and water or oatmeal and water, and dish with a strong gravy as thick as jelly.

Hand Red currant or Cranberry jelly as in Germany, to eat with it.

To cook the cutlets prepared this way, dress them thoroughly with 4 spoonfuls of olive oil, and serve them in the Duc de Coigny's Sauce for Roe Venison (*see* Sauces for Game).

Cataldi dressed them *au naturel* and served "sautées au beurre," with Half-glaze sauce, *i.e.*, glaze and first stock, half and half.

Venison—Roe Deer Haunch "Mariné." (*Cataldi.*)

Lard the haunch of Roe deer venison.

To dress it well Cataldi used a whole bottle of light Bordeaux, but the mariné mixture served for a second haunch also.

Warm the contents of a bottle of wine almost to boiling, with a carrot sliced, an onion, some parsley, 2 or 3 bay-leaves, some thyme, and a pinch of salt to make the hot mariné mixture.

Turn it over in this at least twice each day, otherwise cook same as the Duc de Coigny's recipe.

Venison—Roe Deer. *See* also Hare, Mrs. Carr's recipe.

Wild Duck "Canard sauté aux Olives." (*Cataldi.*)

Cut up the wild duck, put it in a sauté pan with a little butter, just enough to grease the bottom of the pan. Let it remain till well cooked, turning the pieces over.

For the Sauce: In another pan have ready 6 tablespoonfuls of good Spanish Sauce, *see* Sauces for Meat, a piece of glaze the size of half an egg, and about 2 dozen stoned olives, each cut in half if you prefer. Mix all these things together and season to your taste with salt and pepper; pile the pieces of duck on a dish, pour sauce and olives over the duck, and garnish with triangular croûtons.

If you have no olives, use turnip—it is then Wild Duck "sauté aux navets"—or use mushrooms.

Wild Duck—Orange Salad for. *See* Sweet Dishes.

Wild Duck—for other sauces *see* Sauces for Poultry and Game.

Woodcock—Salmis.

Half cook a brace of woodcock, roasting or braising them very lightly; then joint them, keeping nothing back; put them in a stewpan; add enough stock to cover them and simmer for 10 or 15 minutes; then pile on a dish, and do not forget to add the heads of the woodcocks with their bills to show what they are.

For the Sauce: Half-glaze, *i.e.*, an equal quantity of glaze and first stock, melted and mixed, and add a wineglassful of wine—port is best, claret second best, sherry third best. Let wine and all reduce for 10 minutes in gentle heat. If necessary to thicken, add a little flour.

Partridge or grouse salmis is done in the same way, but you do *not* add the heads if your salmis is of grouse or partridge.

If the salmis is of grouse leave out the back bones; pound these and put them through a sieve; to make the sauce put them in a stewpan with a little stock and a glass of port wine. Heat and strain.

Woodcock Salmis. *See* also Grouse Salmis.

Woodcock Toasts.

If only half a woodcock is eaten, the remainder can be warmed up for breakfast—on a fresh toast spread with this anchovy butter. Make the toast as follows :—

Pound a couple or more of fillets of anchovy, pass them through a sieve and mix with butter for your toast—"mock trail."

2 or 3 more chopped fillets also if liked—but better have all pounded.

This anchovy toast recipe does for snipe also.

Pepper the bird and serve gravy with it in a boat.

Wood Pigeons. (*Mrs. Wellington.* 1876.)

Wood pigeons are best in spring, as the flavour is too strong in autumn; they are said to make good soup, but are best in a pie made as you do pigeon pie, but with no feet ornamentations.

If the wood pigeons are roasted they should be larded and the following made gravy handed in a sauce boat with them.

Blanch and chop the livers of the pigeons with a little chopped thyme and parsley; make a brown roux; add some good stock. Let all cook together, well skimmed, and at the last add a piece of glaze the size of a hazel nut, just to melt and boil up. Season with a little pepper.

Serve strong *beef* gravy on the dish with the birds, as well.

Wood Pigeon Cutlets. *See* Hare Cutlets, No. 1.

Wood Pigeon Fillets. (*Isa. Emslie.* 1890.)

4 birds for a dish.

The fillets of 2 cut off and braised till tender, in a buttered pan with very little stock, raw onion, carrot, lemon thyme,

and a nip of the green of parsley. Take out the fillets when tender, and press them between two dishes with weights on them till cold; then slice them thin, and shape and cover these cold fillets with pounded forcemeat. Make this forcemeat from the best part of pigeon Nos. 3 and 4 uncooked, in the proportion of 2 ozs. of meat to 1 or 2 ozs. of butter, if the birds are young they require less butter, a little thyme, nutmeg, pepper and salt, mushrooms and chopped truffles, if to be had. Spread this forcemeat on the thinly sliced fillets, which were previously cooked, and now cold. Put the fillets into a buttered sauté pan to poach, in 2 tablespoonfuls of boiling stock flavoured with pigeon from uncooked carcass of pigeon No. 3, drawn down. Cook in the oven for, say, 10 minutes, covered with buttered foolscap paper as a lid. Keep the fillets small. Mushrooms in the centre of dish are an improvement, but if you have none, use delicately shred French beans or peas, or Julienne-cut potato, fried.

For the Sauce: If you draw down the uncooked carcasses you can make the sauce of that stock—if too strong in flavour use *part* only. Half-glaze is best for sauce—or a good brown sauce with little wine in it.

(This is a similar recipe to Grouse Fillets, No. 1.)

Wood Pigeon. For another sauce, *see* Sauces for Poultry and Game.

INVALID COOKERY

N.B.—As a rule Calf's foot jelly is considered more nourishing than either isinglass or gelatine for Invalids.

Asthma. *See* Leek Broth for Asthma.

Astringent. *See* Rice Water and Burnt Port Wine.

Barley Water. No. 1.

Take a teacupful well-washed pearl barley, pour over it 3 pts. of boiling water which must stand till cold, and then be poured off into a basin ; add the juice of ½ lemon and some sugar and pour it into a jug or decanter with the thin rind of a lemon.

Barley Water. No. 2.

(When the doctor disapproves of lemon-juice.)

Peel a lemon very fine, and put the rind into a pitcher with ½ lb. of lump sugar and 2 tablespoonfuls of well-washed pearl barley ; pour upon this 5 pts. of boiling water. Cover it with a fine cloth, and let it stand in the open air all night.

N.B.—When lemon-*juice* proves injurious to invalids, this recipe is peculiarly valuable.

Barley Water. No. 3.

Without lemon-juice.

1 tablespoonful of pearl barley put into a decanter of cold spring water, and shaken well. Change the water every few minutes for 20 times (? minutes). Pour it off, and put the pearl barley into a quart jug, add thin lemon peel and loaf sugar, and fill the jug with boiling water. Cover the jug. Let it stand till cold.

(For other Barley Waters, *see* Beverages.)

Beef Tea. No. 1.

1 lb. fresh lean gravy beef, quite free from fat ; cut it as small as sausage meat ; put it in a little pan with 1 pt. of cold water ; let it simmer first, but *boil* only 10 minutes. (Put no seasoning in, if for an infant.)

Beef Tea. No. 2. (*Miss Woollett.*)

2 lbs. of the best gravy beef. Cut off every bit of fat and sinew, then cut it into small pieces, and put it into a stone jar with a little salt, peppercorns, and 1 onion. Tie the jar down with a bladder, and put it into a saucepan of cold water, full nearly up to the brim, and boil it slowly 4 hours. This is the best, the most strengthening.

For a second quality steam it, and add about ½ pt. of cold water to the meat, and let it simmer again as before.

A knuckle bone of veal added makes beef tea stronger, and gives it more flavour.

N.B.—Beef tea can be made in ¼ hour by mincing fresh gravy beef and by putting it with very little water into a covered saucepan.

The meat that remains does for potting if stewed longer.

Broth for a Child.

1 lb. of lean mutton to 1 qt. of water. Let it boil gently 1 hour. When cold take off all the fat, and give the child equal quantities of this broth and milk.

Burnt Port Wine (an Astringent).

Put 5 cloves stuck in the third part of a lemon in a basin with 4 or 5 breakfast lumps of sugar; pour a tumbler of port wine all but boiling over it. Keep stirring it whilst burning it for a few seconds with a lighted paper, bottle it, and take a few spoonfuls when faint.

Carragheen or Irish Pearl Moss.

Steep ¼ oz. of the moss in cold water for a few minutes, then take it out, taking care to shake the water out of each sprig, and boil in 1 qt. of new or unskimmed milk until it attains the consistency of warm jelly. Strain it, and sweeten to taste with sugar, honey, or candied Eringo root. Water may be used instead of milk if the latter disagrees with the invalid. Flavour with lemon juice, cinnamon, or bitter almonds at pleasure.

Carrots. *See* Mashed Carrots.

Chicken Jelly. *See* Meat Jellies.

Chicken Panada.

Simmer a chicken in very little water till quite tender. Pick the meat off the bones, and pound it in a mortar. Boil down the bones and skin in the liquor the chicken was simmered in. Strain it off, and add it by degrees to the pounded chicken. Invalids begin with a teaspoonful (as it goes into a very small compass), but they may be promoted in time to 2 tablespoonfuls. It has been known to answer when the power of digestion seemed gone.

Chicken "Pish-Pash." *See* Rabbit "Pish-Pash," under Game.

Colds. *See* Gruel. *See* also Sloe Jam, under Jams and Jellies.

Coughs. *See* Toffy.

Cranberry Juice as a Febrifuge. *See* Cranberries, German way, Preserved Fruits.

This is a dish convalescents often like much.

Gruel, Effervescing.

Make some very thin gruel, and when made, stir in a dessert-spoonful of sugar and a teaspoonful of carbonate of soda Squeeze the juice of a lemon into a wineglass, and at the *last* moment, just before drinking it, pour it into the gruel; it will then effervesce.

Hop Tea for Sleeplessness. (*Mrs. Thornton.*)

Take a good handful of hops, 20 camomile flowers, and 10 cloves; pour over them 1 qt. of boiling water, and let it stand 12 hours; strain it and drink a wineglassful at a time; if it agrees with you, you may take it 3 times a day.

Hop Pillows, which can be had from a chemist, are also helpful to induce sleep.

Invalid's Soup.

1 lb. of finest beef off the round, totally divested of fat, gristle, or skin. Cut it in pieces, put it in a pan, and cover with a pint of water. Put the pan over slow fire and let it warm 3 hours without boiling. At the end of this time there will be a thick scum on the top. Take this off carefully, and then boil the soup quickly for 10 minutes.

Irish Pearl Moss. *See* Carragheen.

Leek Broth. No. 1.

Invaluable for asthma or difficulty of breathing.

3 lbs. of lean beef and 5 large leeks boiled together in 3 pts. of water till reduced to 1 pt.

Skim, strain, and take twice a day.

Leek Broth. No. 2.

1 lb. of lean mutton, 1 turnip, 1 small carrot, 1 onion, 4 leeks, to be put into 3 pts. of water and boiled till reduced to 1 pt. Then strain it off; give ½ pt. at a time, and before sending up boil a fresh leek in it.

Lemonade, Plain, to Keep by Bedside. Two ways.
(*Emslie.* 1888.)

3 ozs. sugar, over it 1 fresh lemon sliced across rather thin; take out the pips; over all pour 1 pt. of boiling water; to stand till cold; then strain for use through muslin.

Or this way: Squeeze and strain the juice of 2 lemons, add the sugar and grated rind, and then the boiling water.

(For other Lemonades, *see* Beverages, but probably not so suitable for invalids.)

Mashed Carrots and Turnips. (*Mrs. Conningham.*)

Peel the vegetables, boil them, turnips and carrots separately, in 3 successive waters, and with a coarse clean cloth squeeze all the water thoroughly out. Mash them together with new

milk to a pulp; then season to taste with white sugar, pepper and salt. Place them before the fire till the surface seems dry.

Mutton Broth for Invalids.

Put meat from the lean end of a neck of mutton into a stew-pan; just cover it with water, and let the meat simmer till quite tender; then strain it from the broth; pound it, and put it through a sieve. Clear the strained-off broth of grease, and add onion, carrot, turnip, and a little salt, previously well mixed with a little flour *browned*. Let these simmer together ½ hour, then strain, mix with the meat, and let all simmer 1 hour.

Mutton Chop for an Invalid. (*Mrs. Shaw.*)

Cut off all the fat. Put chop in *boiling* water, for a few minutes just to make it tender, then *simmer* only in cold water, and add vegetables, if they are allowed by the doctor.

(If *not* for invalids add a good gravy of stock.)

Oatmeal Water.

2 teacupfuls of oatmeal, the thin rind of a lemon, sugar to taste; mixed in a teacupful of cold water. On it all pour 1 qt. of boiling water, and stir it well. To remain till cold; then strain through a muslin.

This oatmeal water is good for people suffering from piles.

For barley water a cupful of barley done in the same way.

The juice of 1 lemon may be added in each case *if the doctor approves.*

"Pish-Pash." *See* Rabbit "Pish-Pash," under Game.

Porridge for an Invalid should be partly cooked the night before, oatmeal gradually dropped into boiling water with salt. When well boiled cover it till the evening; then boil again ½ hour.

Pork Broth for Invalids. (*Dr. Watson.* 1880.)

A hind leg of pork. Keep on the crackling; smash the bone and all into bits with a hatchet; put on the fire in a large pan with plenty of cold water; boil like other soup; strain, and set it to cool. When quite cold, remove the fat, which will be many inches thick. The soup should jelly, and may be eaten cold as jelly or hot as broth.

The quantity of water and time of boiling is according to size of joint. Be careful all bone is strained out.

Pork Soup. (*Caldy.* 1884.)

Nourishing for an invalid.

Take away the fat from the leg of a newly-killed pig, and stew the meat itself in as little water as possible till it jellies; skim constantly to make it clear; then strain it off. The meat should stew till it is in rags; it will taste like strong chicken broth, *but will not keep long.*

It may be eaten as jelly or given as broth.

Rice Water as an Astringent.

Pour 1 qt. of boiling water over ½ lb. of well-washed Carolina rice; add thin peel of a lemon if the doctor sanctions it, and some loaf sugar; cover, and let it stand all night; then strain. This is very astringent.

Saline Draught. (*Miss Benyon.*)

1 scruple (*i.e.*, 20 grains) of carbonate of potassium dissolved in 3 tablespoonfuls of water. Add a very small piece of sugar or of gum arabic, and 1 tablespoonful of lemon-juice.

N.B.—Potassium is more cooling than soda; keep it in a bottle with a glass stopper.

Sleeplessness. *See* Hop Tea.

Strengthening Meat Jelly, Dr. Jephson's.

1 lb. beef, 1 lb. veal, cut into small slices and put into a jar tightly closed. Set the jar in a pan of water, and let it simmer near the fire 10 or 12 hours.

It may be eaten with or without salt, and either cold or warmed. Being made without water it is a strong essence.

Strengthening Wine Jelly.*

2 ozs. isinglass, 2 ozs. of sugar candy, 2 ozs. gum arabic, 1 small nutmeg grated. To be boiled in 1 qt. of port wine or very good white wine. Strain it, and when cold cut in small pieces; take a piece frequently.

Toast and Water. *See* Beverages.

Toffy, for Coughs.

Put 1 lb. of butter and 1 lb. of treacle in a saucepan to mix and dissolve; then add 4 lbs. of moist sugar, and when it is nearly done add a little powdered ginger and grated lemon peel. It must be very well and constantly stirred, especially after it boils. It will *appear* ready before it really is, so try it by dropping a little into a basin or cup of cold water. As long as you can perceive the grain of the sugar it is not cooked enough. Pour out when done, on to a well-buttered dish, and when cool cut it into bits.

Turnips. *See* Mashed Carrots.

Veal and Almonds.

Cut 1 lb. of very lean veal into dice; boil it slowly in 1 qt. of water till reduced to 1 pt.; strain it, and should a particle of fat arise, skim it off. Blanch 18 sweet almonds, pound them, and rub all together through a sieve. Take it warm or cold.

Veal Barley.

A nourishing way of cooking for invalids.

¼ lb. of veal, ¼ lb. of lean beef, 2 ozs. pearl barley, put into 1 quart of water and simmered by a slow fire till the barley is

* Isinglass, gum arabic, and nutmeg being heating, are not always allowed to invalids.

quite soft and the juice of the meat quite extracted. It must then be rubbed through a sieve, and should be the thickness of a cream.

It is a very light and nourishing food.

Yolk of Raw Egg, &c. (*Dr. Seton.*)

A yolk of raw egg, and *half* the white only, sweetened and beaten up with a dessertspoonful of warm water. When well frothed, add a teaspoonful or dessertspoonful of brandy, whisky, port, or sherry.

The egg is often taken well whisked quite by itself, *raw*.

JAMS, JELLIES, MARMALADES, FRUIT SYRUPS, &c.

Apple Jelly. No. 1.

12 lbs. of Ribston pippins, or any apples of "a good kind for baking," cut them into small pieces, after having put them in water and dried them. Do *not* pare the skins off, and do *not* take the pips out.

Put them into a preserving pan with as much water (about 1½ pts.) as will keep them from burning, and let them simmer slowly till they are a pulp. Take the pan off the fire and put the apples first through a coarse sieve, and then through muslin. To every pt. of liquor add 1 lb. of white sugar, and to the whole quantity add the juice of 2 lemons with their rind, pared very thin, to be boiled with the apples. Wild crab apples make the best jelly. Boil till it jellies.

Perhaps a little more water may be required, but then the jelly will be weaker.

The jelly, when made, to be put in shallow pots or moulds for dessert.

Apple Jelly. No. 2.

A better colour than No. 1, but less rich and less highly flavoured.

Pare and core 12 lbs. of apples; put them in an earthen jar and stand the jar in boiling water—put a little water *in* the jar with the apples, also—and steam the apples till they are soft and quite a pulp. Then proceed as in the foregoing recipe. Soft high-flavoured apples answer best for this recipe.

Apple Jelly. No. 3. Crab Apples.

Put the crab apples in a jar and cover them with water. Place them till they are quite soft in a slow oven. Drain off the syrup and boil it quickly, allowing ¾ lb. of sugar to each quart of juice. Put it in jars, and it will jelly.

Black Currant Jam. (*Mrs. Young.*)

Take the largest currants, pick them carefully and cut off the tops. To every lb. of fruit allow 1¼ lbs. of sugar. To every 4 lbs. of black currants add 1 pt. of red currant *juice*, and allow an additional lb. of sugar for each pt. of red currant juice, or use raspberry juice if more convenient. Boil about 25 minutes.

Black Currant Jelly.

Allow 1 pt. of red currants or of raspberries, or ½ pt. of each to every 2 pts. of black currants.

Put the fruit into an earthen jar and add 15 tablespoonfuls of water to every pint of currants. Stand the jar in 1 pt. of boiling water and steam the currants for 6 hours, the water being always kept boiling. Then strain off the juice and allow 1¼ lbs. of sugar for each pint of juice. Boil 5 minutes.

Cherry Jam. *See* Strawberry Jam, No. 1.

Currant Juice, to Preserve, for Syrups, &c.

Cut the currants from the stalk, place them in open jars, and stand the jars in a pan of cold water. Heat the water to boiling and boil till currants are quite soft, leaving them to cool gradually. When cold, squeeze out the juice through a coarse cloth or sieve, replace the juice in jars, and boil it again gradually as before. When quite cold, bottle in ½ pt. bottles corked well, and put them in the cellar. Take great care no water gets to the currants in boiling. Use new corks.

Fresh Fruit Syrups for Pudding Sauces. (*Mrs. Wellington*

Raspberry: Pick ripe raspberries and look them all over carefully, rejecting any that are bruised or mouldy. Draw them down with a little cold water to simmer gently till all the juice is drawn out, then strain through a cloth. Add clarified syrup, and boil again for 10 minutes.

For this syrup, for every quart of raspberries use a pint of cold water and 1 lb. of sugar; all to come to the boil, and to be well skimmed before you add it to the fruit juice.

Strain into a bottle, or, for immediate use, into a crock.

For Raspberry juice, Mrs. Sherwood prefers to draw down the fruit in a jar, *without* water, after carefully picking off stalks, &c. She puts the jar in the oven to draw out the juices, then strains the juice through a sieve and sweetens to taste, putting it on the fire to come to the boil, and bottles it when cold.

Strawberry juice requires less sugar than other fruit juice, but if bottled for winter use it must be more of a syrup, or it will not keep. It is best in summer made fresh every two or three days. It can be then served warm in a sauce boat with puddings.

Black currant juice is also good for puddings, or the juice of red currants and raspberries mixed, made as above.

If cherry juice be wanted for winter, use Morella cherries.

For damson juice, fresh and ripe, weigh and use an equal weight of sugar, put on with 1 tablespoonful cold water, and boil uncovered 20 minutes. Then strain off the juice and bottle when cold.

If fruit juice is made from jam, jam is put on the stove to make hot, and strained (*see* also Soufflé—Orange No 1., among Sweet Dishes).

Green Gooseberry Jam. (*Mrs. Booth.* 1879.)

Cut off the gooseberry stalks and "noses" close to the fruit which should be full grown but still green, and not having coloured. Split each gooseberry in two with a silver knife. Put the fruit on to boil with 1 qt. of water in a preserving pan; stir with a wooden spoon till dissolved, then rub through a coarse hair-sieve, and add 12 ozs. of sugar for each 16 ozs. of fruit.

Boil for about ¾ of an hour.

A Lancashire recipe; this jam is good for rolled puddings.

Green Gooseberry Jelly. (*Miss Forsyth, of Elgin.*)

Take 6 qts. of unripe gooseberries, which should be nearly full grown but not soft, and put them into a jar with 1 pt. of pure water. Cover the jar close with a lid or with a plate that fits tight. Then tie a piece of linen cloth tightly over all so that none of the steam may escape. Next put the jar into a pot of boiling water, let the water reach as near as possible to the top of the jar but not get *into* the jar, for if any water gets into the jelly it is spoilt. Add to the water in the outer pot as it boils away, and let the jar remain standing 2 hours in this boiling water.

Then have a jelly bag hung up ready and pour the boiled gooseberries and their juice out of the jar into the bag. Let all the juice run through, but do not squeeze nor even press the gooseberries, for that would spoil the colour of the jelly; the juice should be quite clear.

Now add 1 lb. of fine white sugar for each 1 pt. of juice. Then boil for 8 minutes, skimming carefully all the time; you can then pour it into the preserve pots.

This jelly is even better than Apricot jam for Orta fritters, ("Beignets d'Orta," *see* Fritters, under Sweet Dishes).

Medlar Jelly.

Take the ripest medlars (though *all* need not be *quite* ripe) put them into the preserving pan, skins and all. Fill the pan with water; let the medlars boil till you can mash them; then squeeze them through a thin flannel bag. Take the juice, and to every pint of it add ¾ lb. of white sugar and boil as you would currant jelly. You can have 2 or 3 pans of medlars if 1 does not make juice enough.

Mountain-Ash Berry Jelly. *See* Rowan Jelly.

Orange Jelly. (*Auchentorlie.*)

A "mutchkin" of water to each orange. (I believe a "mutchkin" to be a liberal view of the English pint.—C.C.). Cut the fruit in slices, carefully taking out the pips. Use Seville and sweet oranges in equal proportion. Boil all together till the

liquor is reduced to 1 half, then run it through a jelly bag. 1 lb. of sugar must be allowed to each "mutchkin" of juice.

This jelly is used at breakfast instead of marmalade.

Orange Marmalade. No. 1. (*Miss Young.* 1876.)

With every 8 lbs. of Seville oranges take 3 lemons; pare all the fruit as if they were apples, as thin as possible. With a pair of scissors cut the ribbons of peel across into the finest needle-shaped chips, throwing them quickly into cold water as soon as cut.

Break up the fruit after quite removing all the bitter white part. Put the whole into a preserving pan and cover completely with water. Tie up the chips of peel in muslin and boil with the fruit for nearly 2 hours.

Next pass the boiled pulp through a hair sieve into a flannel bag and let the juice drip all night.

You may put boiling water over the pulp to extract any remaining juice. Take the chips out of muslin and boil them and juice with a little more than their full weight in the best sugar for 10 minutes.

The weight of sugared chips and juice should be nearly the original weight of the fruit.

Orange Marmalade. No. 2. "Excellent."

(*A Scotch Recipe from Miss Forsyth, View Park, Elgin.*)

Put 12 lbs. sugar (large lumps) in 4 pts. of water, and allow it to remain all night.

Next morning take 6 lbs. of oranges and boil them whole until the *head* of a pin can pierce them; cut them in quarters, taking out the pulp; put back the skins, and boil them until they are transparent; then cut into very thin chips, carefully avoiding any bitter white part.

Boil the sugar and water until it becomes a syrup, carefully skimming it all the time; then put every part of the oranges, except the white part and the pips, into this syrup, and boil from 5 to 10 minutes.

Lemons may be added if you wish.

Orange Marmalade. No. 3. Scotch. (*Mrs. Young.*)

For 10 lbs. of oranges you will want 17 lbs. of sugar.

Grate off peel of 10 of the oranges. Take off the skins of all the rest and boil these skins until they are quite soft, and then cut them into very thin chips; scrape the pulp out of the thin inner skin. Separate the first 10 oranges into "pigs," slit each of these divisions and scrape out pulp and juice from them also; omit all pips. On what remains of the water pour $4\frac{1}{2}$ more pts. of warm water. Mix all well together, and put the liquor through a hair sieve. Of this, and the juice together there will be enough to melt the sugar. When the sugar is dissolved put in the chips and grated peel, but be sure that the liquor is not very warm when

the chips are added, as the strong heat would make them quite hard; they should heat gradually; boil all together about 20 or 25 minutes.

Orange Marmalade. No. 4. Smooth. (*Mrs. Young.* 1874.)

Proportions—4 lbs. oranges, 6 lbs. sugar, 6 or 7 pts. of water.

Take half of sweet, half of Seville oranges and grate the skins well, cut the fruit across and squeeze the juice over the grated peel. Avoid pips.

Cut what remains of the orange pulp—*not white, nor skin*—into small pieces; put it in a preserving pan, pour over it the whole of the cold water. Put the pan on the fire, and boil till it becomes clear—it will take a full hour or more. Put it first through a coarse sieve, and then through muslin (it does not answer unless put through muslin); add the strained liquid to the juice and grated peel, and then pour the mixture over the sugar.

Put all again into the pan, and boil till it becomes a clear jelly, which will be in about 20 minutes.

Orange Marmalade. No. 5. Miss Woollet.

Choose the smoother-skinned Seville oranges, and put 2 doz. in a preserving pan full of cold water and let them boil. Fill up the pan now and then with *hot* water, so that the fruit may always be covered. Let the oranges boil about 3 hours till the rind is soft enough to be easily pierced with the *head* of a pin. (N.B.—Take care to throw away at once the water in which the oranges were boiled, for should the smallest quantity get into the syrup the marmalade will be spoilt.) The small ones will of course be the first done; as each orange is ready take it out and cut it in half. Scoop out the pulp with a silver spoon and, having carefully taken out and thrown away all the pips and white, put the pulp into a large basin with 6 pts. of *hot* water and the juice of 5 sweet oranges and of 1 lemon; press the pulp to squeeze out the juice and strain the juice through a hair sieve, shaking the sieve slightly. Throw the squeezed pulp away. For every pt. of strained juice add $1\frac{1}{2}$ or 2 lbs. of well-broken loaf sugar, and let this sweetened juice boil till it jellies.

Stir it occasionally—it should become a *clear* jelly in about $\frac{1}{2}$ an hour; skim it carefully.

While you are boiling the jelly, and watching it, some experienced friend must be cutting chips from the tender rind of the oranges very fine and as neatly as possible—there should not be a particle of white with the chips.

When the juice has boiled enough, skim well; then add the chips, and let all boil together 25 or 30 minutes more.

Miss Duckworth prefers 2 doz. Seville oranges, the juice of 6 China oranges, and of 2 lemons, and $1\frac{1}{2}$ lbs. of sugar to each

pt. of juice; boil ¼ hour, taking off scum continually as it rises, and continually stirring; then put in the orange chips—*not* very fine, and boil and stir ½ hour longer.

Cover pots with brandy papers and bladders and tie down.

Orange Marmalade. No. 6. Yorkshire.

(*Mrs. Davidson, Coldstone Manse.* 1892.)

Most excellent.

Allow, as you may prefer, either 2 sweet oranges to 6 Seville bitter oranges; *or*, 2 sweet oranges and the *juice only* of 2 lemons, to 12 Seville oranges. In any case, be sure no pips get in; but use *everything else* of the oranges, skin, juice, white, pulp.

Slice the fruit across as thin as possible; weigh them when sliced, and for every lb. of fruit allow 3 pts. of cold water.

Let all stand 24 hours, and then boil till the slices of orange are tender. Again let all stand till next day, then again weigh it, and for each lb. of boiled fruit add 1½ lbs. of lump sugar. Boil the whole till the syrup jellies, and till the slices or chips of peel are transparent; this will probably take 1 hour or longer.

Orange Syrup.

Squeeze the Seville oranges through a sieve, and to every quart of juice add 3 lbs. of loaf sugar in lumps; put it into a stone jar, and stir it frequently, till the sugar is quite dissolved. Then bottle, and cork it closely; wax the corks to keep out the air.

2½ lbs. of sugar will do to put to each quart of juice. 8 dozen oranges will make about 5 qts. of syrup; *i.e.*, 20 oranges giving a qt. of juice.

Plum Jelly.

Put plums into a clean saucepan with as much water as will cover them, and boil them until they are quite a pulp.

Run this through a jelly bag, after which boil it with sugar in the proportion of 1 lb. of sugar to 1 pt. of juice.

Flavour with a few of the kernels bruised. It requires about 1½ hours' boiling.

Quince Marmalade. (*Farley Cottage.*)

Weigh the fruit, then pare and core it, put it in a stewpan with a pt. of water; cover it close and let it stew gently in the oven till quite soft and of a pink colour.

Put the parings in a pan with 1 pt. of water, cover them close and let them stew till done; strain through a sieve; put this liquor in a preserving pan, adding to it the weight of the fruit in lump sugar; stir it till the sugar is quite dissolved; then put in the cooked pulp and boil it gently, stirring it constantly, for ½ hour, or till it will set. Put it in small moulds or saucers to turn out when wanted for dessert.

Raspberry or Strawberry Acid.

Put 12 lbs. of raspberries or strawberries into a pan and pour over them 3 qts. of spring water, to which 5 ozs. of tartaric acid

have been added; let it remain 24 hours, then strain it, taking care not to bruise the fruit; to each pt. of clear liquor add 1½ lbs. of loaf sugar finely powdered, stir it frequently, and when the sugar is quite dissolved bottle the syrup, pouring it through a muslin. Cork and seal well down. The whole to be done cold, nothing is boiled.

To make a raspberry or strawberry jelly use 1 pt. of this fruit syrup: melt ¾ oz. of gelatine, heat the syrup to blood heat, add the gelatine and put it in a mould to turn out when required. (For another Raspberry Jelly, *see* Sweet Dishes.)

Raspberry Jam.

Bruise the raspberries, and allow 1 pt. of red currant juice to 10 lbs. of fruit. [To make the red currant juice, a basketful of very ripe red currants must be carefully picked into a jar, and put into the oven to extract their juice. Then strain the juice and sweeten with sugar—1 lb. of sugar to each 1 pt. of juice.] Boil fruit and juice 20 minutes. Take as much weight of sifted white sugar as you have of mixed fruit and juice. Heat the sugar till very, *very*, hot in the oven.

Then take the pan in which fruit and juice are cooking off the fire, mix the hot sugar gradually into the boiling juice; put the pan again on to the fire. Let all boil together 10 minutes, when the jam will be ready.

Another copy says 10 lbs. raspberries require 2 pts. of juice and 7½ lbs. sugar.

Raspberry Vinegar.

Put 4 pottles of raspberries into a pan with 1 qt. of vinegar; cover, and allow them to remain 6 days, stirring every day with a wooden spoon.

Then strain through a jelly bag, and to every pt. of liquor add 1 lb. of preserving sugar.

Boil 20 minutes, stirring all the time. Take off the scum as it rises and bottle the vinegar.

Red Currant Jelly. No. 1. (8, *Hyde Park Gardens.*)

This jelly is made without boiling.

Use 1 lb. sugar to 1 pt. of juice. Pound and sift the sugar very fine and make it *very hot*, either in the oven, or in flat dishes before the fire *made as hot as possible.* Strain the juice from the currants through a jelly bag and make the juice also as hot as possible, without actually boiling. When the juice is *all but boiling* (be very careful *not to let it boil*) take it off the fire and stir the hot sugar in gradually, and keep on stirring till the last moment.

When the sugar has entirely melted, the juice is ready to be put into pots; it will jelly as well as if boiled and keep the flavour of fresh juice.

Red Currant Jelly. No. 2.

This can be made the same way as Mrs. Young's White Currant Jelly, *see* that recipe; or a richer jelly may be made by steaming the currants in an earthen jar for 4 hours, and then running the juice through muslin, adding to every 1 pt. of currant juice ½ pt. of the juice of fine raspberries, and to every pint of this mixed juice you will want 1 lb. of sugar and 1 lb. or 2 lbs. to spare on the entire quantity, besides. Pour the juice over the sugar and boil 5 or 6 minutes.

Rhubarb Jam. (*Mrs. Davidson, Coldstone Manse.* 1886.)

This jam, which is marked "the older the better," is for Roll puddings.

Cut the stalks of rhubarb in bits from 2 to 3 inches long; weigh them and put them in a jar with an equal weight of sugar; cover it with the sugar and let it lie some hours—use no water, as the rhubarb is so full of juice.

Put the jar in a pan of hot water to boil from ½ hour to 1½ hours according to whether the rhubarb is old or not; stir all the time; take it off to stand till cold. This is all.

But you can, if you like, add from the beginning a little ginger, broken roughly with a hammer and tied in a muslin to lie and cook with it, but remove the ginger later.

(*See* also Rhubarb, under Domestic Recipes.)

Rowan Jelly. No. 1.

Wash the Rowan berries (*i.e.* Mountain Ash) well, then boil them in a pan, with just enough water to cover them thoroughly, for about 15 minutes till the water has a slightly bitter taste.

Strain through a jelly bag. Give weight for weight of sugar and boil like apple jelly. Then pot it.

Rowan Jelly. No. 2. "Rodden Jelly." (1883.)

For game, venison, or Roe deer.

Gather the Rowan berries when *quite ripe, quite sound, quite dry*. Pick them from the stalks and put them in a deep pan. Cover them completely with water and boil until they seem soft, which will be in 5 to 15 minutes. Mash them slightly and strain through a flannel bag, giving the bag a squeeze so as to have part of the pulp. Boil this either directly after straining or next day.

Allow 1 lb. of sugar to 1 pt. of juice, and skim very carefully. Before putting the jelly into pots, see that it *will* jelly; sometimes it will not become firm under ¾ of an hour's boiling; sometimes it gets firm much quicker. When ready pot it.

It mellows and improves when 1 or even 2 years old.

Miss Lamont, of Pitmurchie, gave this recipe to Mrs. Innes, of Learney.

Sloe Jam.

Sloe jam requires 1 lb. weight sugar to each lb. of fruit, and is made the same way as Gooseberry Jam. Excellent for colds.

Strawberry Acid. *See* **Raspberry Acid.**

Strawberry Jam. No. 1. (*Mrs. Young.* 1877.)

To 6 lbs. of fruit take 7 lbs. of loaf sugar.

Dissolve the sugar in 1 pt. of cold water. Stir all the time and let it boil for 5 minutes. Put in the fruit and boil slowly for ¾ of an hour.

Unstoned Cherry jam is made the same way.

Strawberry Jam. No. 2. Bagshot.

To every 1 lb. of fruit take ¾ lb. of sugar (about 10 lbs. strawberries to 7½ lbs. of sugar).

Put all together in an *un*covered copper pan on a slow fire, till melted; when melted, boil quickly; stir and skim *constantly*; it should boil from ½ to ¾ hour.

Try a little on a plate to see if juice will jelly; if it does, then pour into pots, if not, boil it longer, before potting.

When cold, cover the pots with a paper dipped in brandy, and tie it down with a second paper, or fix it with white of egg.

Strawberry Jelly. (*Mrs. Young, of Edinburgh.*)

Take the small scarlet strawberries, put them in an earthen jar, and stand the jar in a pan of *boiling* water. Let them steam 3 or 4 hours, the water being always boiling. When they are quite soft pour the strawberries into a sieve, or a cloth, and strain out the juice. Allow 1 lb. fine white sugar to each pt. of juice. Boil it till it stiffens, which it will do in 30 or 40 minutes. The jelly must be *made at once*, that is to say as soon as the strawberries are strained, as it will not jelly after it has once cooled.

This jelly melted makes an excellent pudding sauce. Cataldi advises a little wine as an addition to all fruit sauce. He used Currant jelly for sauce. Apricot jelly makes an excellent sauce.

Strawberry Jelly. *See* Raspberry Acid.

White Currant Jelly. (*Mrs. Young.*)

Pick all the best yellowish currants on each stalk and bruise them well on a plate, as they are done put them in a muslin bag to drip; leave them so all night.

Allow almost 1 pt. of water to 4 lbs. sugar and boil it to candy height, then add 1 pt. of the juice for each 1 lb. of sugar used and boil 3 or 4 minutes.

N.B.—To flavour this jelly, add some Elder *flowers* tied in thin muslin and boiled with it. For each pint of juice add a bunch of fresh Elder flowers pulled in the sun and carefully picked from their stalks; if the bunches are large, less will do.

Wild Crab Apple Jelly. *See* Apple Jelly, No. 1.

MEAT

For other Meat recipes *see* "Fish, Game, Meat and Savoury Creams"; also Meat Pies and Puddings.
See Appendix as to slaughtering animals for food.

GENERAL DIRECTIONS REGARDING MEAT.

For Boiling Fresh, *i.e.*, not Salt, Meat. (*Dr. Liebig.*)

Put the meat into *briskly boiling* water for some minutes, then add cold water to reduce the temperature to 165°—168°, and keep it at this temperature for some hours. Allow 20 minutes to cook each lb. of meat and 20 minutes over.

To Cure Hams. No. 1. (*A. Young.*)

Rub the hams with common salt, and in a few days take out of pickle tub and rub dry with a cloth. Allow 3 handfuls of salt, ½ lb. of coarse ground ginger, ½ lb. of nutmeg, and ½ lb. of allspice to each ham.

Open the shank by pushing in a bit of stick, and fill with some of the ingredients mentioned, mixed together. Tie the shank tightly with a cord to exclude the air, then rub the hams well with what remains of salt, spices, &c., and lay them in a tub. Rub them every 2 days with the pickle which will drop from them, and in 3 weeks they will have soaked it all up.

Then rub the outsides with a little oatmeal and hang them, well apart, in the kitchen. When dry cover them with bags to guard them from flies.

To Cure a Ham. No. 2. (*Beechwood.*)

Take 4 ozs. of saltpetre and rub it well all over the ham. Let it then remain in the pickle tub till the following day, when you must pour the pickle boiling hot over it. Pickle to consist of ½ lb. of bay salt; ½ lb. of common salt; ½ lb. of very coarse brown sugar; and 1 qt. of very strong ale or porter. Boil them all together for ¼ hour. The ham must be left in the tub for 3 weeks or a month, *turned every day* and the liquor rubbed over it; after that the ham should be smoked.

When wanted for dressing it should be put in water for 24 hours, and should not be boiled quickly.

To Cure Mutton Hams. (*Mrs. Charles, Dee Bank by Murtle.* 1877.)

4 lbs. of salt, ½ oz. of black pepper, ½ oz. of Jamaica ginger, a little cayenne pepper, ½ lb. of saltpetre, ¼ lb. of the coarsest brown sugar you can get, a little grated nutmeg.

Rub the mutton hams over every second day for about 3 weeks with this mixture and then dry them.

This quantity is for 3 mutton hams. They must be cut quite thin like pork ham when brought to table.

To Keep Meat in Hot Weather. (*Mrs. Thomas.*)

Prepare a strong brine of common salt and water, to 1 qt. of water nearly 1 lb. of salt. Boil 20 minutes. Skim well.

To test the strength of the brine throw in a raw egg in its shell, if it floats the brine is strong enough.

Let it get quite cold. Soak a clean cloth in the brine, wring the cloth out and wipe each joint of mutton or beef well with it; but *before* you wipe them, cut out the kernels or any parts likely to taint.

Between each joint wring out the cloth again, first in fresh water and then in the brine. Hang the joints up.

Next day a sort of slime or scum will have come out over the meat. Wipe this off first, and then, when you have dried the meat well, take another fresh cloth, well wrung out in the brine, and go over each joint again.

Do not, however, apply brine *more* than this twice or it will salt the meat; but daily wipe each joint of meat with a clean cloth, and before roasting go over the meat with a clean cloth, wrung out in *fresh water* to take away all taste of salt.

In hot weather a round will keep some time so rubbed, before roasting, and "eat most tender."

If meat turns green or is discoloured, cut the bit out before roasting, and put into the hole thus made a piece of dry bread.

Take the bread out when the meat is cooked and throw it away; the meat itself will be sweet. In the same way you also put a bit of bread into any fowl you are not sure is very fresh, before roasting, but take out the bread before you dish it.

If joints are tough, put them in the meat screen an hour or so before cooking, to warm through.

In winter cut up the meat in joints and bring it into the house, sometimes even into the kitchen, to "ripen."

All meat should be well beaten before cooking, especially legs of mutton.

To Keep Mutton, &c., in very hot weather.
(*Mr. Justice Coltman, Birk Hall.* 1855.)

The sheep when killed should have the liver taken out at once; the *kidney* must be left in till next day, till meat is quite cold, or it will break the suet, but if left above 24 hours it will spoil the mutton.

Put the sheep to hang in a coarse cheese-cloth muslin bag, well tied at the top to prevent its being fly blown, and have small bags for the joints when the sheep is cut up. The butcher recommends rubbing the exposed parts with "ground pepper and brown sugar," for salt destroys the flavour of mutton, though it is harmless with beef.

Young animals keep less well than older ones, for instance lamb, than mutton.

To keep Tongues. (*E. Hagger, Lamb's Conduit Street.*)

Boil together over a gentle fire for 20 minutes, 6 lbs. common salt, 2 lbs. of sugar or treacle, 3 ozs. saltpetre, $3\frac{1}{2}$ gallons of spring water.

Skim it carefully whilst it is boiling, and when *quite cold* pour it over the tongues, which must be covered with the brine.

To Roast Meat at an Open Fire.

Allow $\frac{1}{4}$ hour for every 1 lb. weight of meat. Cover lamb with paper, and baste every 5 or 10 minutes. If the fire be hot the meat must be kept a foot from it, and beef and mutton must be basted every 15 minutes, especially at first before the fat *in* the meat gets hot.

To Salt a Pig.

Cut up and clean from all blood. If to pickle dry, you will require only $\frac{1}{4}$ lb. of saltpetre to 4 lbs. of salt, for too much saltpetre hardens the pork.

Sprinkle the saltpetre all over, especially near knuckle bones, for there it "goes" first. Then rub the salt on hard with the hand, and press it $\frac{1}{2}$ inch thick on all the cut parts. Then put the pork into the pickle tub, dry. A liquor or brine will soon ooze out, in soft weather especially. Watch it daily and turn the meat, take discoloured pieces out, give the brine liquor a boil up, and skim at same time (*these skimmings must be thrown away*). When, after boiling, the liquor is cold return it to pickle tub and the pig.

If pickled *moist*, make a brine of saltpetre and salt, about $\frac{1}{2}$ lb. of saltpetre to 8 lbs. of salt and 2 gallons of water. Dissolve the salt and skim well. Do not put it to the pork till it is *quite cold.*

Pig's cheeks should be pickled as above, then taken out, sprinkled with oatmeal, and hung up to dry for a month or even 2 or 3. Soak the meat in cold water 4 hours before you cook it.

Boil pig's cheek just like a ham, with cut vegetables, carrot, onion, celery.

BEEF

For Sauces appropriate for various Beef recipes *see* list at end of Sauces for Meat.

Beef—"Bœuf à la Hollandaise." *See* Sirloin of Beef.

Beef Panada. (*Frances Carr.*)

Ingredients: 1 lb. of tender beef or any other meat, a French roll cut fine and boiled in gravy, 2 eggs, pepper and salt.

Mix all together and beat in a mortar, rub through a sieve and boil 1 hour and add a little nutmeg.

Put into a mould and send up hot or cold, for breakfast or dinner.

Beef Quenelles.

(These look well in centre of Spinach Fritters, *see* Vegetables.)

¼ lb. beef pounded with 1 oz. fresh butter, pepper, salt, and nutmeg; passed through a wire sieve, add 2 tablespoonsful of rich thick cream—if it is poor cream you must whip it, 1 truffle minced might also be added now, not sooner. Take 2 teaspoons and, with a palette knife, shape the forcemeat in one spoon and with the other take it out and place in a buttered sauté pan. When all the quenelles are shaped and in, pour ½ a teacupful boiling second stock in with care. Cover with buttered paper, and poach from 5 to 10 minutes in oven.

Beef with Onions "en Miroton." (*Mrs. Wellington.*)

Cut as thin slices as possible from a cold *braised* fillet of beef.

Cut up some onions in needle-shaped slips as for a Julienne, brown them in butter with a little sugar, and finish them off in a little second stock till quite tender; drain them and then lay them over the slices of beef. Cover the beef thickly with these mild onions. Add a little good Spanish Sauce, *see* Sauces for Meat. Have ready some nice bread-crumbs, previously browned, cover the onion and beef with these and brown all in the oven.

Use a fire-proof dish that can go into the oven, and of a size to fit into a silver entrée dish.

You must have plenty of beef, &c., to allow for "shrinking" in the oven.

Beef. *See* also Loin of Mutton, No. 5.

Beefsteaks, Grilled, or Sautéd in butter, can be served with Maître d'Hôtel Sauce, *see* Sauces for Fish; or "Sauce Gourmet," *see* Sauces for Meat.

Beefsteak Pickled.

Lay a steak in a pudding dish with slices of onion, a few cloves, whole pepper, salt, a bay-leaf, a sprig of thyme, 1 of marjoram, and some parsley, add oil and tarragon vinegar in equal parts just to come up to the steak ; let it steep in this marinade about 12 hours, turning it occasionally, then take it out and fry it slightly on both sides in butter ; then add the marinade and a little common stock, and let the steak stew gently till thoroughly done ; strain some of the liquor, free it absolutely from fat, reduce it a little on the fire, and pour over the steak and serve.

Beefsteak. Rules in Beefsteak Club Established 1734.

Pound well the steak till all the fibres are broken. Don't spare the coal.

Turn it frequently.

Take care the fat is more done than the lean.

Take care the juice is allowed now and then to fall into the dish.

Butter the steak but do not season till dished. Gauze gridiron recommended.

Beefsteaks, "Sautés aux truffes." (*Cataldi.*)

Make nice steaks of the underside of the sirloin, *i.e.*, the fillet.

Sautez them in a stewpan in a little butter ; when done, take them out of the stew-pan, and put them on to a hot plate or into the bain-marie to keep warm, *not* into the oven or they will get hard. Skim off all the fat on the mixed butter and gravy of the beef which is left in the stewpan. Add a piece of glaze and put the pan on the fire, and as it melts add some truffles, sliced. Melt the glaze as quickly as possible, shaking the pan gently.

When the glaze has melted, return the steaks into the sauté pan to glaze well.

Dish up the steaks in a circle with the truffles in the centre and put the gravy everywhere. (This recipe is marked "Excellent." —C.C.)

Beefsteaks—St. Julian's (very small).

The underside of the sirloin, the fillet, should be used, cut about the size of large cutlets and beaten very thin, to be fried in a buttered sauté pan, turned, and, whilst cooking, sprinkled on both sides with some parsley and shallot chopped fine. Pepper and salt to taste. The sauce to be made in the pan is their juice with a little flour and gravy, and a small quantity, "a dash," of Mushroom catsup.

Potatoes must be cut in the shape of "pigs" of oranges and fried and dished up in the centre of these beefsteaks.

Beefsteak, *see* also Mutton Haricot and Mutton Chops Broiled.

Beef—as at Tortoni's Restaurant in Paris. (*Mrs. Pearson.*)

Chop some beef very fine—mix with it pepper, salt, and a little onion and egg,—make it into cakes and fry them.

Boiled Beef. (*Mrs. Weston.*)

For this use the silverside.

The day before it is wanted, or 24 hours before you begin to cook it, sprinkle it delicately with salt (less than ½ lb. salt for 18 lbs. beef). Next day wash it well so that no salt is left on it. Then put it into the pot with 3 carrots and 3 onions and the bone of a leg of mutton, or any trimmings of meat you may have in pieces the size of your fist.

Pour in cold water till nearly half the height of the beef is covered, and let it simmer gently 6 or 8 hours, but never boil.

Serve up with carrots, turnips, and greens. The liquor left makes good soup. (*See* Family White Soup, under Soups.)

Boiled beef may be served with Horseradish Sauce, No. 1, *see* Sauces for Meat, and can have Suet Pudding or Dumplings served with it.

Collared Beef. (*Dr. Hervey, of Aberdeen.* 1867.)

Choose the thin edge of the flank of fine mellow ox beef (not too fat). Lay the joint in a dish with salt and saltpetre. Turn and rub it every day for a week.

Then remove all the bone and gristle, also the skin of the inside. This done, cover the inside with the following seasoning: a large handful of parsley, a large handful of sage, if you like sage, some thyme, marjoram, pepper and allspice. All cut small or bruised. If liked, a small quantity of garlic may also be added to the seasoning.

Roll the meat as tight as possible, and bind it in a cloth tied round with tape. Boil gently 7 or 8 hours. When boiled place a heavy weight on the meat without removing the cloth. When quite cold, remove the cloth and glaze the outside of the roll of beef.

"Escalopes de Bœuf." Scallops of Beef. (1878.)

(*See also* Scallops of Mutton for another recipe for them).

These are of the thin end of the fillet—they look like Lilliputian beefsteaks.

The day before you have them, it is well to have some entrée with "Fines Herbes" Sauce, *see* Sauces for Fish.

First sautez the steaks in a little butter over the stove, then turn each piece, once. Glaze them first, then keep them warm with very little stock in a small pan in the bain-marie. In the pan they have cooked in put a piece of glaze to melt and the "Fines Herbes" sauce, stir till all blend; skim, add a little mushroom catsup, glaze the steaks a second time and dish with the sauce, with fried potato in the centre, and put a nice piece of suet which has toasted before the fire on a baking sheet, between each piece of beef.

Any vegetables do for the centre of this dish, but sliced truffles do best.

If you keep the steaks warm in the oven, they will get hard. Be quick about the sauce-making. It should be full flavoured and rather thick.

(A braised fillet, if lightly cooked, may reappear as "escalopes" and taste well. Then "Julienne" carrots go well with it.)

"St. Julian's beefsteaks" are a simpler version of this recipe.

Fillet of Beef. No. 1.

(A) To roast it: You may lard and roast it, serving it in its own gravy with which it has been basted, with a little butter and flour dredged in.

(B) To braise it: Lard the fillet, and put it into a braising pan with slices of bacon, sliced carrot, onion, and a few sweet herbs. First brown it well in these over the fire (*no water*), then put in just enough stock to cover the vegetables; let it simmer till cooked; in this way the juices will remain in the meat. English braising is apt to become stewing.

Vegetables stewed in their own sauce or button onions with it; you may cook the fillet with Madeira wine instead of stock —a tumblerful at first, more after—1 pt. of wine in all.

Fillet of Beef. No. 2. (*I. Emslie.* 1887.)

Trim it and tie on the fat and have ready any bit of meat trimmings and vegetables cut as for soup making. Melt 1 oz. butter in the pan, put in the meat and vegetables, and give the fillet a sharp fry over a quick fire 15 minutes—till browned—turn it in the pan and keep shaking the pan. Then add a $\frac{1}{3}$ pt. of water or stock, draw the pan to one side of the fire, cover it with the lid and let it simmer gently from 3 to 5 hours, turning the fillet now and again. Should it get too dry add more water, *lukewarm*, but slow cooking will make this unnecessary. When cooked take it out and serve it with a made gravy.

Put it in a hot dish in the screen, take off all the grease from the gravy, adding a teaspoonful of flour and mixing; then add $\frac{1}{2}$ pt. more stock to the gravy, &c., let it cook 5 minutes, then strain, and add it to the fillet on the dish.

No bacon wanted, as the beef has fat and juice and essence.

Filletted Steaks, sautéd or fried, may be served with "Sauce Gourmet," or with Sauce for Filletted Steaks (Mrs. Caswell's). *See* Sauces for Meat.

Grated Beef "Grandpapa's Snuff."

Use any roast meat you have cold, beef is best if you have it, if not, use mutton, or veal and tongue mixed. Carefully remove all gristle and fat and send up as if it were Hamburg beef grated.

It makes good sandwiches and is nice also for breakfast.

Grated Hamburg Beef.

The best Hamburg Beef is sold at Fortnum & Mason's (London). If you choose it yourself get an inside piece, not a ragged end. Put 4 lbs., tied very tight in a pudding cloth, into very hot water and simmer it 3 or 4 hours. Take the pan off the fire but let the beef remain in the water till cold. When wanted, cut off a small piece and grate it, not grating the whole piece at once, for it gets very dry, and hold it very tight whilst it is cut, or grated, or it will break and split up into strings.

Hashed Beef. *See* Hare Hashed, under Game.

"Langue au Jus." *See* Ox Tongue.

Marrow.

The so-called Marrow Bone is in the "silverside" of the round. In cold weather, use the marrow from the "stock shin." The old fashion is to send the bone to table wrapped in a napkin, as the marrow chills less in its native home. If so preferred, make a paste plug of flour and water $\frac{1}{2}$ in. thick to plug up each end to keep the marrow in, and tie all up securely in a pudding cloth.

Put the bone into boiling water, to remain $\frac{1}{2}$ or $\frac{3}{4}$ of an hour, according to size of bone—then take off the cloth, take out the paste plugs, wrap bone in a hot napkin and serve on a hot dish.

Dry toast to come up with it.

We prefer marrow served on toast cut in rounds or squares. You take out the marrow, pick and clean it, put it in cold water to soak. Change the water once or twice—drain the marrow and drop it into a stewpan of boiling water for 5 or 6 minutes to mellow. The marrow will look yellow when done. Drain on a colander, cut it in pieces, put on slightly buttered toast, and season with pepper and very little salt. One minute in oven just to heat and soften the marrow, but do not let the toast get crisp.

Marrow Patties. (*Isa. Emslie.* 1886.)

Cut some thick round croûtons, and with cutter mark the inside to shape them as patties, but do not yet remove the inside; fry a nice brown, in lard, very crisp, and drain them; *then* scoop out the inside and keep patty warm; fill with sauced marrow just before you dish. The marrow must first be picked and cleaned, and popped for 2 or 3 minutes into boiling stock; let it cool, then cut it up and rewarm in this sauce :—

The sauce is made of a roux, stock, teaspoonful mushroom catsup, and a few drops of Worcestershire sauce.

Marrow for Short Crust. *See* Short Sugar Paste under Paste and Pastry.

Minced Beef. For recipe *see* Hare—Hashed, under Game.

Ox Cheek Stewed.

Boil the meat till the bones come out; next day stew in its own broth, with soup vegetables.

Make a brown roux, and add good stock, and vegetables cut up in small shapes. Put all with the meat and add, if liked, a little chopped gherkin, pepper and salt to season.

Serve all hot.

Ox Cheek Soup is made same way, *see* Soups, but with more water. That recipe also describes Ox Cheek Stewed—in greater detail than this.

Ox Kidneys. *See* reference in recipe for Poached Eggs, under Eggs.

Ox Palates Rolled and Stuffed.

The ox palates are cleaned and slowly simmered many hours till tender enough to roll. Press them with a weight and skin them. Roll them up with quenelle mixture inside, and finish them in oven, glazing them. Add a good sauce such as you have with tendrons, and put peas in the centre of the dish.

Oxtails.

Cut up the oxtails in joints and braise them in stock and vegetables 4 hours. Serve with a good brown sauce.

Ox Tongue—The German Way to Dress Fresh Tongue.

Parboil it. Take off its outer skin and roast till tender, basting it continually. Dish with brown sauce, and serve Currant jelly with it. Next day cut it up in thick slices, and sweeten the brown sauce with spices, a little sugar and sultanas. Simply warm the sliced tongue again in this sauce—*do not let it boil.* Dish in a circle, sauce in centre. Add a little sherry to the sauce if liked.

Ox Tongue "Langue au Jus." (*Cataldi.*)

The great art is to cook a fresh tongue *very gently.*

First set it on the fire in *cold* water till it boils, then skim it and take it off the fire, adding a little salt, carrots, turnips, onions, as for garnishing a stock-pot; set it on the corner of the stove to simmer merely, for many hours. When the bone will come out *easily*, it is done; then skin it, trim it nicely, and dish up.

Serve with "Sauce Piquante" or Italian Sauce (*see* Sauces for Poultry), Spanish Sauce or Sultana Sauce (*see* Sauces for Meat). Garnish with croûtons of bread cut into shapes and fried in butter or oil.

If for an entrée, slice the tongue *thick*, serve with very crisp and not greasy croûtons, and have stewed peas in centre, or spinach—"Épinards au jus," *see* recipe for Endive—No. 1, under Vegetables. At any rate, dish so the second day if serving whole when first cooked.

Ox Tongue Pickled. (1895.)

The pickled ox tongue comes by parcel post from London, and seems to get extra salt on the way, so requires 3 days and 3 nights, soaking in cold water, getting water changed *at least* every 12 hours.

When wanted to cook, put on in cold water, say at 9 a.m., with vegetables cut up as for soup, and cloves, peppercorns, allspice, a bit of mace scattered in loosely, also half a bay-leaf. Let the water, &c., come to the boil, then draw to one side, and let it simmer gently till 6 p.m., lid on from very first. Then take off the fire, and run a skewer into the tongue to see if it is tender enough, a hard tongue being most indigestible. When finished cooking let it lie in the water with its spice and vegetables till all are cold. Then take the tongue out, skin and glaze it.

Ox Tongue—Roast Tongue, No. 1, is an old national Scotch dish.

Parboil the ox tongue, then skin it, and fasten it to the jack or spit with strings for it must not be skewered; roast it and baste it continually till cooked enough. It should be crisp outside.

Serve in any thick rich brown sauce.

The tongue is sometimes stuck with cloves, and in that case it is divided and *stewed*.

Ox Tongue—Roast Tongue. No. 2. Fresh, not Pickled. (*Caldy*, 1884.)

Stew the ox tongue till tender; when cold, roast ½ hour, basting it well with butter. Stick cloves in it, and send frothed* to table. Currant Jelly or Caper Sauce may be served with it. (*See* Sauces for Meat.)

Potted Beef. No. 1. (*Beechwood.*)

Take beef that has been dressed, either boiled or roasted, beat it in a mortar with some pepper, salt, a few cloves, grated nutmeg, and a little butter, just warmed. Pass through a sieve and press into pots.

If wanted for immediate use, it is not necessary to *cover* the potted beef with butter.

Potted Beef. No. 2. (*Agnes Young. Christmas,* 1884.)

For sandwiches.

2 lbs. best beefsteak, no fat, no skin, no gristle. Cut it up small and put it in a jar without any water or stock or butter, mix pepper and salt with 3 ozs. of butter. Put a layer of beef and then one of butter alternately till the jar is filled up, a bit of mace on top.

* "Frothed"—*i.e.*, dusted over with flour a few minutes before finishing roasting and basted with butter or dripping, says a Scotch cook.

Cover close and steam 3 hours in a saucepan of water. Then take the saucepan off and take out the contents and pound in a mortar, its juice with it. Pass through a sieve.

Pack it in pots or cups, and when the meat is cold cover the top of each with butter. Turn out when wanted, or serve up in the cup or pot.

Partridge and pheasant do well potted—cooked whole, the white meat pounded, and legs drawn down for gravy.

Potted Beef. No. 3.

Take a fresh rump steak free from fat and skin, cut it into small pieces, season with pepper and salt and cayenne. Put it in a fireproof jar, cover with suet, put a paper over, and set it in the oven. Let it stew 3 hours, then pound it well in a mortar and if necessary add more seasoning. Pass through a sieve. Put into a potted-meat dish and cover with fresh butter.

Potted Beef. No. 4. (*Miss Duckworth.*)

For luncheon.

Put 1 lb. of fresh beef and 1 lb. of fresh veal together into a jar and bake with a small piece of butter about the size of a hazel nut, also a little black pepper and salt. Bake *very gently* in a moderate oven 5 hours, then pound it in a mortar, and flavour delicately with mace and nutmeg. Pot and cover with butter to keep out the air.

Pressed Beef. No. 1.

To eat cold.

Use the thin flank. Lay it in mixed salt, saltpetre, bay-salt and a little sugar, just as you would cure a ham, for from 14 to 21 days, first having taken away the bones and hard skin between the meat. At the end of that time pick and beat and tie it round with string; then put into a cloth and boil for 3 or 4 hours. Put a weight on it after it is boiled, to press out the fat and to make it firm. Trim and glaze.

Pressed Beef. No. 2.

Bone the beef; then take 3 ozs. of saltpetre, some common salt, and 1 lb. of moist sugar. Mix these 3 things and boil for 20 minutes in 7 qts. of water. Pour when boiling hot over the beef as it lies in an earthen pan. The brine must cover it; you must turn it every day. Let it remain 10 days.

Take it out and strew some chopped parsley and sweet herbs over it, then roll it up tightly, tie it up and braise it till quite tender.

Take it out and put it between 2 dishes heavily weighted for some hours, till quite cold, and then glaze it.

Pressed Beef. No. 3. Spiced.

For 10 lbs. of brisket of beef 4 lbs. salt, 4 ozs. saltpetre, 6 ozs. of moist sugar, bay-leaves, thyme, basil, marjoram, winter savoury, ½ oz. cloves, the same of mace, and of peppercorns, and 3 cloves of garlic.

Mix all this well together by pounding it in the mortar, and rub it well into the beef, which must remain in brine 7 days; turn and rub it *every day*.

When about to cook the beef, wash it well, and put it on in cold water with carrot, turnip and onions and a little sweet herbs, boil *very* gently for 5 hours; then press it between 2 dishes, and when cold, glaze over and garnish with aspic.

Pressed Beef (Cold). No. 4. Spiced.

Take 7 lbs. of brisket, not too fat. Rub into it a teacupful of salt, and a good tablespoonful of moist brown sugar. Put on a dish and powder over with a teaspoonful of mixed spice—to remain for 3 days—then turn the beef over, and powder what is now the top side with spice. Again let it alone for 3 days (this will make 6 days in all). Tie it in a cloth and put on the fire in a pan with vegetables very roughly cut, as for flavouring soup, and add water enough to cover all—also 6 cloves, a bit of mace, and a few peppercorns. Put the lid on pan and let it come to the boil, then draw to one side and simmer 8 hours (lid on). Take lid off from time to time to see if the water wants renewing. When the beef is tender take it out, and loosen the cloth to let the beef cool. Trim off all fat and gristle; then retie tightly in the cloth, and put over it a plate heavily weighted—to remain till next day. Remove cloth with care and glaze the beef, and put aspic jelly round it.

Pressed Beef. No. 5. Spiced. (*Annie Emslie.* 1889.)

Use brisket of beef well jointed, so that both spice and salt can penetrate well. Take 2 ozs. of saltpetre and ¼ lb. of mixed spice, and rub it well into all the joints. Cover well over with dry salt for 8 or 9 days. When ready to cook, rub off the salt, and put the beef in a stewpan, with plenty of vegetables and sweet herbs.

Cover it with cold water, and stew it very gently for 8 hours. Then take it up, bone it, and put it in a cloth and press it. When cold it will be ready for table in glaze or aspic jelly.

Roast Beef can have Horseradish Sauce, *see* Sauces for Meat, with it, also Yorkshire Pudding, *see* Meat Pies, &c.

"Russian Cutlets." (*Mrs. Tomsett, Atherton Terrace.*)

These are of cold roast beef, prepared in the usual way as for rissoles, adding about an eggspoonful of chopped onion, parsley and mushrooms. They are cut out to a small size cutlet

shape, egged and bread-crumbed and fried in lard, and served with a little sauce and any mushrooms or other vegetables in the centre.

For Sauce: 1 oz. of butter, mixed with a dessertspoonful of flour to thicken it, 1 tablespoonful of grated horseradish, 2 sliced onions, a bay-leaf, parsley, thyme, a little chopped ham, a dessertspoonful of vinegar. All to simmer gently for 20 minutes, then strain.

Scallops of Beef. *See* "Escalopes de Bœuf."

Scotch Collops. (*Mrs. Wellington.* 1880.)

Take 1 lb. of uncooked beef, freed from fat, skin or gristle. Mince it fine and put it into a buttered stewpan. Put it on the stove, and whilst it is cooking pound it with a pestle, and stir it, to prevent it getting into lumps and knots.

Season with a little pepper and salt, and add a peeled raw whole onion. Draw the stewpan to one side of the stove and put the lid on, to simmer slowly. Stir now and then.

Good beef should make its own gravy, but if the beef is too dry, add a little nice gravy from roasted meat, it answers better than stock. Simmer 20 or 30 minutes. Take out the onion before dishing up the beef. (*See* Sir A. Milne's Omelet—under Omelets, to use up remains of this dish.)

These collops when made with mutton should be flavoured with *fines herbes.*

Sirloin of Beef, "Bœuf à la Hollandaise" (Cold).

Slices of cold roast sirloin of beef curled like bacon; in the centre lettuces chopped fine; outside the circle of beef curls, cucumber and tomatoes can be cut and placed as a finish.

Tartar sauce to be served in a sauce boat at the same time. In summer, it is much better iced.

This dish can also be eaten with Dutch sauce, but Tartar Sauce is better. (For both, *see* Sauces for Meat.)

Sirloin of Beef, Flap.

If the sirloin is too long, cut off the flap, rub it with salt and let it lie 12 hours. Then wash the salt off, tie it up with a string and braise or boil. If the latter, serve with suet dumplings (*see* Meat Puddings), carrots, turnips and greens.

Sirloin of Beef "Lobscouse" is mashed potatoes with a little onion and seasoning, and some nicely cut, tender dice from cold underside of sirloin of beef, all put into a buttered pie-dish and browned 1 hour in the oven. No fat or skin or gristle.

(A seaman's dish for board ship)

Stuffed Sirloin of Beef.

Use only the upper side of the sirloin, bone it, beat it well, and lay it flat on the table, spreading forcemeat "à la Provençale"

on it where the bone was. If you have no stuffing, wrap up fresh Tarragon leaves in the beef. Roll it up and sew it, or tie it tight, and let it stew gently in ½ pt. of stock and vegetables for 5 or 6 hours, according to its size. Put it in the pot with the uncut side uppermost till the last 1½ hours, then turn it. When sent to the table glaze it, give a good thick brown sauce and a "jardinière" of different vegetables round it; *i.e.*, vegetables stewed in their own sauce.

For Forcemeat: The forcemeat may be "à la Provençale" (*see* Meat—Veal, Calf's Head, No. 3) or the following:—Some suet chopped fine, a little parsley and shallot, and some herbs, some breadcrumbs, grated tongue or ham, and fat bacon. Rabbit—½ lb. *un*cooked, improves the stuffing. Beat all well together before spreading on the beef.

(Stuffed sirloin has a good deal in common with Turin Braised Beef, but latter has no stuffing.)

"Toad-in-a-Hole." No. 1.

Mix a good batter of 2 or 3 eggs, some sifted flour, milk and a little salt. Put some of the batter into a pie-dish, lay a tender rump steak on it, well seasoned, and then pour in the rest of the batter. Bake it a nice colour, taking care it does not burn.

Toad-in-a-Hole. No. 2. Dr. Wolff's—(for early Sunday dinner), is very similar.

1 lb. of flour, a little salt, 2 eggs, milk and water, all made into a stiff batter, and well beaten till smooth with a wooden spoon. The beefsteak, fat and lean, and a couple of sheeps' kidneys cut into 2 or 3 pieces must be laid in a pie-dish and the batter poured over. Bake 2 hours in a brisk oven.

Turin Braised Beef with Cabbage, "à l'Estragon," *i.e.*, with Tarragon Sauce.

Take the upper side of a sirloin or the rump; bone the sirloin, beat it very well, season it inside, roll and tie it up very tight; put it in a braising pan (lay it on the joined part till the last 1½ hours before serving, then turn it over) with the usual accompaniments of slices of fat bacon, sliced vegetables, carrots, turnips, celery, onions, herbs, &c., also ½ pt. of second stock or water; cover close, and put into the oven to simmer slowly many hours (6 or 8) till quite tender. Serve the vegetables round the meat. Should you have button onions, half cook them with the beef, and finish separately in a little glaze.

Serve the beef with its own gravy, skimmed and strained; and Tarragon sauce in sauce boat, *i.e.*, second stock in which fresh Tarragon leaves have been simmered ¼ hour, thickened with a small roux of flour and butter, and strained into the sauce boat; if you do not give cabbage have Mushroom Sauce (*see* Sauces for Poultry).

Garnish the beef with dressed cabbage. For this savoys answer best; wash and clean them; boil them thoroughly with hot water and salt; then drain on a sieve; divide the cabbages into 2 or 4 pieces, or more, according to their size; shape them and put a little grated Parmesan cheese and seasoning inside each; put them into a clean stewpan, and lay a thin slice of bacon on to each piece of cabbage; *half* cover with stock, and put them into the oven for about 10 minutes. Put the cabbage with the bacon as garnish round the beef. The carver helps to the made gravy in the boat, and also to the dressed cabbage. Or you can put the cabbage in a vegetable dish alone; if so, serve up with the stock, but without the bacon.

(Braised beef as cooked by Mrs. Thomas has no tarragon; her recipe directs as follows:—When you roll out the beef and after beating it, sprinkle it inside with ½ teaspoonful of pounded mace and the same of cloves, a little pepper and salt before tying up.)

MUTTON AND LAMB.

How to Use a Whole Sheep or Lamb. (1893.)

The blood makes Black puddings, *see* Meat Pies and Puddings, with sieved oatmeal, or groats, or rice, and the fat under the loin round the kidney can be used in the way "fleed" is used with pig's blood in making ordinary Black Puddings.

The head, trotters and breast of mutton, with some of the superfluous fat on this last cut off, make, with vegetables, the best broth, and afterwards all the meat is useful in other ways.

The sheep's head, whole, is served with the feet ("trotters") round as garnish, and with broth as sauce; or cut up in squares in dressed sauce as an entrée, vegetables in centre and fried brains as garnish; or can be boiled and turned out of a mould solid.

The trotters require long boiling, and after removing the bones, you can make fritters of the meat for breakfast as if they were pettitoes.

For Sheep's Trotters, *see* also Sheep's Head recipes.

The boiled breast of mutton used to boil with Sheep's Head No. 2, can afterwards be crumbed, with mixed herbs, and broiled or baked a nice brown, to eat hot. If for upstairs, serve a sharp sauce in a boat with chopped gherkins or capers in it.

Kidneys can be sliced for breakfast, with bacon, or in an omelet, and the liver sliced and fried, and served with bacon and fried potatoes.

The sheep's heart is hard if roasted; it is better stuffed and braised—but must be eaten at once—it chills so immediately.

A sheep's sweetbread is not worth cooking though in the lamb it is excellent.

A lamb's head can be served upon a "fugie," a mince of heart, sweetbread, liver, &c., but *no* kidneys. Make it savoury.

Much of the rest is used for Haggis. Any bits not otherwise wanted are very welcome additions to the scraps set aside for the keeper's dogs.

Breast of Lamb or of Mutton braised, with "Sauce Robert." (*Cataldi.*)

Boil a breast of lamb or mutton till quite tender, then bone it. Next press it well under a weight till quite cold, better let it remain pressed all night.

Then cut it into squares $2\frac{1}{2}$ ins. long, $2\frac{1}{2}$ broad, 1 in. thick. Egg and bread-crumb each piece, then brown them in the oven. Allow one piece for each person and a couple or so

over. Serve with good thick brown gravy sauce. *See* "Sauce Robert, No. 2," or Tomato Sauce, under Sauces for Meat.

"China Cholla." (*Edinglassie.* 1894.)

A luncheon dish.

2 lbs. neck of lamb or mutton, cut into small square pieces, 1 pt. of green peas, 2 ozs. of fresh butter, 2 good lettuces and a little stock all put into a stewpan and close covered, to cook for 2 hours.

Chops Broiled. No. 1. (Same recipe for Beefsteaks.)

Cook *over* (*not before*) a very clear fire. Rub the gridiron well with suet. Melt a little butter, divide the meat, beat and trim, and dip each chop or steak into the butter—first one side, then the other. Take the chop or steak up with steak tongs and put it on the gridiron; turn it over when brown, that both sides may colour equally. If you do not turn it often, one side of the chop will always bulge out and the other side will be hollow, and it will be deficient in gravy. Cut all fat ends off the chops. *You can hardly turn the meat too often* if it is to be kept juicy. Do not pepper them till you dish them up. If you season before you cook it the meat will be very hard. If a made gravy is ordered, then have ready a tablespoonful of mushroom catsup and a little gravy to pour hot together over the meat when seasoned and dished, on coming off the gridiron.

To cook chops or steaks "à la maître d'hôtel," mix a little cold butter, lemon juice, and chopped parsley, cayenne pepper and salt together, and put on them when dished.

Chops Broiled. No. 2. (*Mrs. Carr and Mrs. Weston.* 1879.)

Broiled chops are cooked over a clear coal fire, and not seasoned. The cook must not trust to the kitchenmaid, but herself see that the gridiron is perfectly clean and not too hot, or the chops will get scored. Also the gridiron must often be rubbed with a little fat cut off the chop, or with bacon or suet. The chop must be turned 4 or 5 times with a knife; do not touch the meat part of the chop with a fork, or it will lose its juice.

Sauce Béarnaise and Tartar Sauce, No. 2, are good with chops. *See* Sauces for Meat.

Chops. *See* also Mutton Cutlets, No. 6.

Collops of Mutton. *See* Scotch Collops, under Beef.

Cutlets. No. 1.

Dressed like Roe Venison. For recipe for this, *see* Neck of Mutton, No. 6.

Cutlets. No. 2. "Batter Cutlets."

Half cook the cutlets alone first.

Batter cutlets are sautéd and dried and cold before you dip them in this batter: 2 spoonfuls of flour to a breakfastcupful of warm water mixed in the yolk of an egg, the whipped-up white added last thing. Or, instead, take 1 spoonful of flour to 2 strained yolks, worked till thick with warm water and a few drops of oil, the whites, frothed stiff, added at last. Finish cooking.

Cutlets. No. 3. Braised with Rabbit Quenelle.

Spanish Sauce (*see* Sauces for Meat) is used as a sauce for Mutton cutlets which are braised with rabbit quenelle forcemeat, onions are put in the centre of the dish; slice the onions and sautez in butter; then finish in a little glaze of good stock.

The mutton cutlets must be nicely sautéd in butter with 1 onion and the grease allowed to drain off on a cloth before adding the rabbit forcemeat. Cook in very little stock, lest it make the quenelle mixture sodden. *See* Rabbit Quenelles, under Game.

Cutlets. No. 4. "Côtelettes à la Valois." (*Capesthorne.*)

(Copied literally from French cook's recipe.)

"Taillez les côtelettes d'après un carré de mouton mortifié à point.

"Fendez les en deux sur l'épaisseur. Etalez les ouvertes, sur un plat, et assaisonnez-les de bon goût avec sel et poivre. D'autre part, preparez une farce de volaille à la crème, très délicate, ajoutez-y une duxelle* bien asaisonnée et farcissez les côtelettes en renfermant la farce et panez-les à l'Anglaise. Les faire frire de belle couleur en beurre clarifié et les passez un moment au four. Les égouter sur un linge, et les dresser sur bordure.

"Une demi-glace au madère se sert autour."

Cutlets. No. 5. (*E. Emslie.*)

These are broiled, but lightly. Have the hot sauce ready first.

* "Une duxelle," *i.e.*, d'Uxelles mixture. The late Mrs. Beaty Pownall, in her excellent "Book of Sauces" (published by Messrs. Chapman & Hall), gives the following description:—"The d'Uxelles mixture is made by frying together, or rather stewing, equal parts of mushrooms and parsley, a third of shallots, and, if at hand, a little truffle (all minced separately) in fresh butter, seasoning it all with pepper, salt, and a dash of nutmeg. Stir the whole over a fire for five minutes, then moisten with a good wineglassful of light French wine, previously reduced to half by rapid boiling, and mix it with the yolk of an egg or two, and a little lemon juice." Miss Beaty Pownall in kindly giving permission for the above quotation from her mother's book, says:—"The origin of the term d'Uxelles is the name of the inventor's patron. This mixture was first introduced by the very well-known chef La Varenne, chef to the Marquis d'Uxelles, and is given in the former's book of recipes published in 1650. La Varenne originally called the preparation 'Champignons à l'Olivier,' but his successors discarded this title and simply called it 'd'Uxelles' in memory of the kitchen in which the recipe originated."—C. F. F.

For Sauce: A roux, stock and a little glaze in the cleared gravy. All passed through a sieve and kept hot, ready.

The cutlets are done loosely in a double gridiron before the fire; turn the gridiron often. Dip each cutlet *both* sides in fresh salad oil. This mellows it, and the gridiron need not then be greased. When finished, serve with the hot sauce.

Cutlets. No. 6. "Home Cutlets," or Chops.

Warm 2 ozs. of fresh clarified butter in a pan. Beat cutlet or chop well, to make it more tender. Dip it in a raw egg—first one side and then the other—and crumb it very slightly only.

Fry in the butter, first one side then the other.

There should be very little look of crumbs on the meat when served.

No made gravy with these cutlets.

Cutlets. No. 7. "Reform Cutlets." (*Sutherden's, as learnt from Bate.*)

Having trimmed them, dip each cutlet in beaten egg, and then crumb them with equal parts of dried bread-crumbs and finely-chopped boiled ham (lean only), ham and crumbs being previously well mixed.

The cutlets must be fried on both sides, and, when thoroughly done, dished in a circle with sauce under them, and "Reform chips" filling up the centre.

"Reform chips" for the centre of the dish are made of the *red* part of boiled carrots, black truffles, some lean cooked ham or bacon, the whites only of hard-boiled eggs, cut in strips, and the outer part only of Indian mountain green gherkins. All cut in needle shape, like Julienne vegetables, say $\frac{1}{2}$ inch long and the 12th of an inch broad.

Make all hot in a basin in the screen, toss them up lightly to mix them, and pile them in the hollow centre of the cutlets.

For Sauce.—Its foundation is "Poivrade" (*see* Sauces for Meat); to this add a glass of port wine or of claret, half that quantity Harvey's sauce, a teaspoonful anchovy sauce, and 2 good tablespoonfuls of red currant jelly. Boil all together for 5 minutes, and pour into a clean small stewpan for use. Pour the sauce *under* and round the cutlets only, not over them.

Cutlets. No. 8. "Soubise Cutlets." (*Mrs. Thomas.*)

Let these cutlets be cooked all at once, not first half cooked, as so many recipes advise.

Divide a neck of mutton into cutlets, beat and trim them.

Put fully 3 or 4 ozs. of butter into a stewpan, and in the middle of the pan put a large whole onion, peeled; lay the cutlets round the onion on the butter, and cover close; give them a fry over the fire, and when one side has browned turn them over to brown the other side also; then take them up, drain off the grease, and trim them again if necessary. Put

them back into the stewpan with good stock enough to come nearly half way up them, not more; cover close, and let them braise *very gently* till quite tender, again turning them once. *See* Soubise Sauce, No. 2, under Sauces for Meat.

Cutlets. No. 9. "Mr. Taton's Soubise Cutlets."

Cut them rather thick, and stew them in a well-seasoned and rather strong braise. When done, which should be the *day before* your party, place them between 2 dishes, straining some of the braise to them—the remainder of the stock will form the sauce. *See* Soubise Sauces under Sauces for Meat.

Trim the cutlets next morning.

Have ready a good purée of onions, and cover one side of each cutlet with as much as it will bear; egg and crumb and brown them nicely, and serve the remaining braise as sauce.

Or, having heated the cutlets and put them and the gravy into the dish, serve the onion purée in the centre.

Cutlets. No. 10. With Tomato Sauce.

Divide the neck of mutton into cutlets, flatten them, and scrape the inside of the bone quite clean; put them, masked with a little clarified butter, into a sauté pan. Season with pepper and salt. Sautez them over a sharp fire, turn them and drain off the butter. Put some thin light glaze over them. Sautez the cutlets in this, dish and serve with the Duke of Cumberland's Tomato Sauce. *See* Tomato Sauce No. 3, under Sauces for Meat.

Cutlets. No. 11. "York Club Rachel Cutlets." (*Mary Pennyman.*)

First get ready an onion purée as follows:—Boil some onions and chop them fine, then drain them and fry them in butter and a little sugar till quite done. Next mix a little flour and good stock, and add to this the onion purée; reduce it and take it off the fire, and add to it as a liaison 3 yolks of egg. The eggs must not be added till it is off the fire.

Trim a dish of mutton cutlets, and scrape away all but the centre piece of meat. The meat left on the bone should be the size of a crown piece, so that the cutlets when prepared are the shape of a capital P. Season and fry them quickly on one side only, in fresh butter.

Now put pepper and salt on the fried side of the cutlets and pour the onion purée over them.

Crumb them over well with fried crumbs and grated cheese; smooth it with a palette knife, and add a few drops of cream before putting them into the oven for 10 minutes to heat through. Dish up with a good brown sauce.

Prepare all ingredients, etc., before cooking the cutlets.

Cutlets—Sauces for. *See* list of Sauces at end of Sauces for Meat.

"Escalopes de Mouton." *See* Scallops of Mutton.

"Filet de Mouton." *See* Loin of Mutton.

"Filet de Chevreuil." *See* Loin of Mutton.

"Gigot"; pronounced "jiggot"; Scotch, from the French for Leg of Mutton. (*Ballater.* 1876.)

Mrs. Major Farquharson says this "round of stuffed leg of mutton should be cooked in a common paste to keep the juice in."

Grated Mutton. *See* Beef—Grated.

"Haggis." (*Lady Login.*)

Have a sheep's or lamb's bag thoroughly well cleaned. Let it lie in salt and water for a few hours; have 2 lbs. of dry oatmeal, 1 lb. mutton suet, $\frac{1}{4}$ lb. sheep's liver, boiled and grated, and the sheep's heart and lights boiled and minced very fine. Season with pepper and salt. Mix all well together; put the mixture into the bag with $\frac{1}{2}$ pt. of the liquor the heart was boiled in, then sew up the bag; have ready a pot full of boiling water, put the "haggis" in, and prick it for 5 minutes with a large needle.

Let it boil for 6 hours.

Haricot. (*Miss Toomer.*)

Cut the chops from a neck of mutton free from fat and sautez them with 2 whole shallots in a little butter till a nice light brown; then put both chops and shallots into a stewpan with sliced carrot, turnip, and celery, and plenty of whole button onions. Just cover them with good stock and let them simmer very gently till tender but not ragged, then dish them.

Thicken the gravy with a little flour cooked in butter 5 minutes over a slow fire and stirred all the time; season and serve.

Beefsteaks from the fillet are very good dressed in this way.

Hashed Mutton may be cooked same as Hare—Hashed. *See* Game.

"Hot Pot," very savoury for a Winter Luncheon.

(*Mrs. Buchanan.*)

This is cooked in a strong "terrine" or jar like French Perigord-pie dishes, and sent to table in it.

Prepare the mutton chops from a neck of mutton as for Irish stew, with potatoes or with rice if preferred, and a small quantity of sliced onion and a little black pepper and a little salt.

Take care there is no fat on the mutton; cover the meat with water and put the cover on.

(If for Irish stew this mixture should simmer, not boil, for 2 hours.) "Hot pot" must simmer for ½ hour or more on a slow fire; then cover the bottom of the "terrine" or of a deep stone-ware jar with a close fitting cover, with potatoes; next have a layer of meat, then potatoes again, and so on to the top.

Bake 2 hours in the oven.

The large potatoes at the top should brown; if they do not, then brown them separately before the fire, and replace them on the "terrine."

Remove all grease as it rises.

Send to table *very hot*, on a dish with a napkin neatly arranged round the "terrine" and with the cover on.

Irish Stew. *See* "Hot Pot."

Kidneys (Sheep's). No. 1.

With a sharp knife cut mutton kidneys in thin slices, fry them quickly till quite crisp; while frying add pepper and salt; serve in a good gravy.

Or broil them on the gridiron, with pepper and a bit of butter. Serve *quite* hot, or they are good for nothing.

"Devil" Sauce is sometimes used for kidneys. *See* Sauces for Meat.

Kidneys. No. 2. For Breakfast.

Slice and serve on toast, for if minced they taste like minced mutton. You may season them and toss in butter, and add 1 egg beaten up. Serve on round shaped croûtons.

Kidneys. No. 3. Mrs. Thomas's way.

Take 2 or 4, slice and wash them in cold water and salt: let them be in it a few minutes. Then dry them and sautez them about 10 minutes in a little butter. Drain off the butter and put over the kidneys a dessertspoonful of mushroom catsup, ditto Harvey's sauce, a little chopped parsley, pepper and salt; leave them on the fire to heat through.

Kidneys. No. 4. "Rognons à la Bretonne." (*Mrs. Caswell.*)

As an entrée.

To make the glaze, slice 4 large onions and fry them in butter a nice brown; add a teacupful of stock and reduce to glaze. The kidneys (veal, lamb or mutton) must be sliced thin and fried in butter over a sharp fire, add the glaze you have made and a little chopped parsley, also a little lemon juice. Warm all up together and season, dish with fried "croûtons" round the outside of the dish, onions next, and the kidneys piled in the centre.

Kidneys. *See* also Spinach Fritters—Turin, under Vegetables.

Lamb Cutlets (Cold) "à la Chesterfield."

(*Auchentorlie.* 1876.)

Take a neck of lamb, cut it into good-sized cutlets, allowing a bone to each cutlet. Beat and trim them a little. Lay them in a braising pan upon a bed of sliced vegetable with a few peppercorns and cloves, and as much good stock as will cover them. Set them on the stove to simmer gently for an hour. Allow them to become partly cold in their own liquor. Put the cutlets in the press between 2 dishes. When cold, trim them smooth. Make a thick brown sauce with a good bit of glaze in it. Keep stirring occasionally till it begins to set, then pour it immediately over the cutlets. Garnish with aspic jelly and also, if preferred, fill up the centre with a rich Tartar sauce, in which there have been mixed some young cold boiled peas or asparagus points. This dish is *to be iced.*

(I find it better without the Tartar sauce.—C. C.)

Lamb's Fry.

Liver, lights, heart, sweetbreads, kidneys, all cut in shapes, and nicely prepared, dipped in pepper, salt, and flour, and sautéd lightly. Serve, with a squeeze of lemon over them, in Spanish Sauce (*see* Sauces for Meat), with which are warmed up previously stewed mushrooms or truffles. Nicely fried parsley over all.

Lamb's Head.

The lamb's head is skinned, cleaned, soaked, well boiled with vegetables, drained, boned and pressed with a weighted plate. When cold it is cut in squares, which are warmed in stock, and glazed. The boiled tongue is skinned and divided; the brains soaked and fried; use any sauce, and you can add more braised tongue and any vegetables that are liked.

You can crumb the lamb's head for a change.

Lamb "Haggis." *See* "Haggis."

Lamb—Mint Sauce for. *See* Sauces for Meat.

Lamb—Shoulder of. *See* Shoulder of Mutton rolled.

Lambs' Tails in Béchamel sauce make a good vol au vent instead of chicken. *See* "Vol au Vent à la Financière," under Poultry.

Leg of Mutton—Baked. *See* Game—Venison—Haunch No. 1.

Leg of Mutton—Braised. No. 1. Mrs. Dick's.

Put in the meat, weight 8 or 9 lbs., first. Add the trimmings of the meat and any fresh fat, a little allspice and pepper, thyme, parsley, onion, celery, and carrot, turnip also if good. Cover it with cold water, over that put a lid of foolscap paper cut to fit. Put the lid on close and put on a slow fire till it comes

to the boil, then skim well and set on one side to simmer gently 2½ or 3 hours. Use any gravy that is convenient.

Leg of Mutton—Braised. No. 2. (*Mrs. Sherwood.*)

The secret is to cook it *very slowly*—to let it simmer, *never to boil*. For 7 lbs. fully 4 hours steady cooking is needed.

Take a stewpan with a close-fitting cover. Into it quarter 4 or 5 peeled onions. Slice into it 3 carrots, 1 turnip, and a stick of celery. Add also a bunch of sweet herbs, *i.e.*, 1 sprig of thyme, 1 of sweet marjoram, 3 sprays of parsley, and 1 sweet bay-leaf, all tied together.

Add 1 pt. of second stock or of cold water. Then beat the leg of mutton well, and put it in. Cover first with lid of buttered paper cut to shape, to keep in the steam; then put the copper lid on the stewpan tight, and put the pan on the oven. When cooked, take the mutton out of the saucepan, skim, and strain the gravy, and if not enough, add a little more.

Dish it like a roast leg of mutton.

"We like it tender but not rich, so we often use no stock and never use bacon."—C. C.

Leg of Mutton—Braised. No. 3. (*Mrs. Norman.* 1862.)

(Mrs. Norman allows the same time to cook as Mrs. Sherwood does in No. 2, but puts peeled onions in whole, and lets leg of mutton be half covered with stock or water, simmering; no seasoning, but herbs in a bunch, and bones, sliced carrots, and celery. First a paper lid, and over that the copper lid, as in Mrs. Sherwood's recipe.)

Braise as you do Leg of Mutton, No. 2.

About ¼ hour before serving take out the leg of mutton and keep it warm in the oven. Baste it well with its own gravy once or twice, to glaze it. Skim, and strain the gravy, and reduce it. Serve onions round meat. These when cooked are kept warm in a pan with a little stock; don't let them break, which they will do if cooked all the time; minced carrots also can be used if liked.

Leg of Mutton—Roast is good with Onion Sauce, No. 2. *See* Sauces for Meat.

Loin of Mutton. No. 1. Boned and Stewed.

Take out the bones without entirely dividing the meat.

Take out the kidney and inside fat, and, if the mutton be very fat, some of the outside fat must be taken off also.

After it is boned, rub it over with about 1 oz. of coarse sugar and a glass of port wine, in which liquor it must be rubbed daily for 3 or 4 days.

When ready to be dressed, skewer it in a good shape and fry it to brown only.

Then put it into a stewpan with 1 qt. of water, or broth or weak gravy which is certainly better. Add a little mace, 2 or 3

cloves and a few peppercorns. Stew it till it is done enough, then thicken the gravy and add a little port wine and ketchup.

Serve with currant jelly.

Loin of Mutton. No. 2. Braised, "Filet de Mouton Braisé." (*Cataldi.*)

Trim off all the fat from a loin of mutton, bone it also if you like.

Have a braising pan ready with the bottom covered with slices of bacon, onions, carrots and herbs. Put in the loin of mutton (without water) and set the braising pan over a sharp fire. Let the mutton get a nice brown colour and then add about 1 pt. of gravy stock.

Let it boil first, then cover the pan and put it in the oven, or underneath a charcoal stove *on* charcoal ashes, which is better.

If not a good colour glaze it over with a glaze brush and put it back *uncovered* into the oven to glaze.

Skim all fat off the gravy, strain it and serve it with potatoes "Pommes de terre à la Marquise" round it (*see* Vegetables).

Loin of Mutton. No. 3. Dressed like Roe Venison, "Filet de Chevreuil." (*Cataldi.*)

The underside of the loin of mutton is cut out in cutlets, beaten out and larded with bacon. A whole saddle so cooked makes a handsome dish.

Mix $\frac{1}{2}$ pt. of vinegar, $\frac{1}{2}$ pt. of water, into which slice a carrot and an onion, add 2 bay-leaves, a sprig of thyme, a little parsley, and a pinch of salt.

This preparation of liquor and vegetables must be boiled well together (15 minutes), then take the pan off the fire and pour the contents into an empty basin, and when just off the boil add the meat to *mariner*, *i.e.*, pickle.

Leave it so 8 days, but turn each piece every day. Then take out the meat and *sautez* your cutlets (no bread-crumbs). When sent to table serve with a thick sauce—Spanish sauce is best: if that is not to be got, use Half-glaze or Tomato or even Reform Sauce (*see* Sauces for Meat for all these).

Loin of Mutton. No. 4. "Filets de Mouton à la Châteaubriand." (*Cataldi.*)

To imitate Roe Venison.

Take the upper side of a loin of mutton, clear away the fat, skin and gristle, cut it into fillets $\frac{1}{2}$ inch thick. Beat the slices flat and lard them with truffles. Lay them to "*mariner*," *i.e.*, pickle, in a pie-dish with a bottle of ordinary cooking Madeira, if you can get it; if not, use light red wine—Bordeaux; the wine must be *all but boiling* when added.

Let the fillets remain in it 8 or 10 days. Turn each piece over every day. At the end of that time sautez them and serve with rich Half-glaze sauce or Reform Sauce or Cataldi's

"Aigre-doux," *see* Sauces for Meat, should you prefer it, or Sauce "à la Dreux," *see* Grouse Fillets No. 2, under Game.

Loin of Mutton. No. 5. "Stoved." (*I. Emslie.* 1889.)

Butter the braising pan or rub it with dripping; trim the loin of mutton and put it in, with a teacupful of stock, to cook slowly, after just coming to the boil, 2½ hours. Turn it now and again, but leave it mostly right side up, and leave the lid of the pan on tight. You may add cut vegetables, but that makes it less like a roast and more like stewed meat.

It is better without vegetables.

Beef similarly cooked is done with *water*, instead of stock, and with raw onions, carrot, celery, and a bit of turnip, all roughly cut as if to make soup; use any beef braising liquor you have, cleared and strained as gravy.

Minced Mutton. *See* Hare—Hashed, under Game.

Neck of Mutton. No. 1. Boiled, "Our Boiled Mutton."

Take the best end of a neck of mutton and trim off much fat. Cover it with water and have cut vegetables with it, to come to the boil, then put all to simmer at side of fire 3 to 3½ hours. Add more water if wanted. It must be most tender but not ragged. Serve in a good gravy. Keep the liquor it boiled in.

For Sauce: For the Caper sauce in boat have butter the size of a walnut and a tablespoonful of flour, to make a white roux. When ready add a few tablespoonfuls of the liquor, also, if liked, minced onion and tiny bit of raw carrot; put this at the side of the fire and stir it from time to time. It should remain so (watched) 1 hour, then strain and add 2 good tablespoonfuls of hot cream. Shred in capers and a little salt at dishing time.

For other Caper Sauces, *see* Sauces for Meat.

Neck of Mutton. No. 2. Best End. Braised.

Trim it well. Take a stewpan and cut into it 2 carrots, 3 or 4 small onions and a stick of celery. Add a sprig of thyme and 2 sprays of parsley; also second stock to the depth of an inch. On these put the mutton and put lid of pan on close. Let it simmer gently 3 hours, then, without taking it off, put some red-hot cinders on the lid and let it simmer 1 hour more. The meat will glaze itself.

It will be tender but not ragged, if gently done.

Skim and strain the liquor in the pot for gravy, to keep back the herbs and vegetables, as all their flavour will have gone into the meat and gravy.

Neck of Mutton. No. 3. Braised or Stewed.

The small Southdown mutton is preferable, and the neck or the leg is generally used. If neck, take off all the thick fat from it. Put the joint into a stewpan or braising pan with a tight-fitting cover to keep the steam in, and add a few trimmings of mutton or beef with 6 middle-sized onions, 2 or

3 turnips nicely trimmed, 2 carrots, cut in pieces of about 2 ins. long, a little allspice, 2 or 3 cloves, a bay-leaf, and 1½ pts. of good broth; let it stew 3 or 4 hours according to the size of the joint, *very slowly*, with only a sufficient fire to keep it boiling gently; when done, take the vegetables to put round the meat in the dish.

Strain the liquor, taking off all the fat, and pour it over the joint.

If you don't serve up any of the vegetables it is better to thicken the liquor a little, add salt to your taste and serve up with the joint. You can dress beef or veal the same way.

Neck of Mutton. No. 4. Broiled.

For this use "Devil" Sauce. *See* Sauces for Meat.

Neck of Mutton. No. 5. Crumbed, without the Scrag.
(*Mrs. Thomas.*)

Simmer gently till nearly done, 5 lbs. weight will require fully 2 hours; 20 minutes before serving, half divide each bone from the next and cover all thickly with bread-crumbs mixed with a few sweet herbs chopped fine and the yolk of 1 egg. Put it into the Dutch oven before the fire and let it brown.

Serve hot with a good thick gravy. A nice dish for luncheon.

The liquor it has been boiled in will make good carrot or pea or other vegetable soup.

Neck of Mutton. No. 6. To Taste like Roe Venison.
(*Mrs. Wellington.*)

When you cut up a sheep, lard the neck whole or in cutlets and cover it with claret and water or with vinegar and water, *cold*, add sliced vegetables, spice, mace, peppercorns, allspice, and cloves. Turn the meat every day for 4 days, then take out and braise it in second stock, or better still in the skimmings of the stock pot.

For the Sauce: 3 spoonfuls of Spanish Sauce, *see* Sauces for Meat, to it add a glass of claret (sherry is too bitter and strong), a tablespoonful of currant or cranberry jelly and 2 drops only of anchovy essence. All to boil up together. Skim it well and serve round the mutton. Make double the quantity of sauce if wished. Serve with this mutton, potatoes cut the shape of olives and fried; French beans to be served separately in a dish.

If the neck is divided, the larded cutlets should be first sautéd in a little butter and turned once; finished in a little stock or half glaze. If you like, serve potatoes or beans, in the centre of the circle of cutlets.

Potted Sheep's Head. *See* Sheep's Head, No. 1

Rognons *See* Kidney.

Saddle of Mutton, Re-dressed Second Day for Luncheon "à la Polonaise." (*Cataldi.*)

Take out when cold all that is left of the underside of a saddle of mutton and mince it very fine with most of the upper part, but leaving a solid rim of meat round the outside, and carefully taking away all bits of fat, or skin.

Make the mince *very firm* and add some good Spanish Sauce (*see* Sauces for Meat); season with salt, pepper and a little chopped shallot and place the mince on the saddle just as the meat would lie on the bone to fill up the space evenly.

Egg and bread-crumb it.

Put a border of nicely mashed potatoes round the dish and brown all in the oven.

When served, help the mince with a large gravy spoon. (A nice variety is to curry the mince with which, if not sufficient, boiled rice is mixed.)

Scallops of Mutton, "Escalopes de Mouton."
(*Mrs. Jamieson, Auchentorlie.* 1877.)

For a good dish you should have the underside (so-called "fillet") of two loins. Pare away all fat and sinew, then cut the fillet across into rounds, ½ in. thick, and beat and flatten them with a cutlet bat into scallops.

Season them and dip them in egg with chopped shallot, mushroom and parsley. Bread-crumb and fry them as you would cutlets.

Serve with any dressed vegetable in centre; "à la jardinière" looks best.

Scallops of fillet of beef can be done in the same way.

Sheep's Head. *See* Soups.

Sheep's Head. No. 1. Cold. (*Mrs. Innes, Learney.* 1885.)

The singed sheep's head, having been cleaned as usual, must be carefully stewed in water until tender; the length of time required for stewing depends on how freshly killed the sheep is. Stew it with carrot, turnip, onion and salt.

If for broth, it is best to add the trotters and 2 or 3 lbs. of the scrag end of the neck of mutton.

If you wish to pot the sheep's head, take it out of the pan and remove all the bone *before it gets cold*. Cut the meat in nice bits and lay them in a mould. Fill up the mould with good stock, seasoned to taste with pepper and Worcestershire or some such sauce, or chutney. Add 2 hard-boiled eggs and a little tongue and truffle. In hot weather add a little gelatine.

Turn out when wanted.

It will keep some days, but of course much depends on the weather.

Sheep's Head. No. 2. (Cold.) Turned out of a Mould or Basin.

Boil the unskinned sheep's head, well singed, and the sheep's trotters with vegetables for broth, and, if possible, put both sides of the breast of mutton with it (not too fat). This liquor makes the sweetest mutton broth of any.

Take all the meat out to get cold. For using the boiled breast of mutton and trotters, *see* How to Use a Whole Sheep.

Skin the tongue, and cut it up, and all the meat of the sheep's head; flavour with salt and pepper, a little chutney, and a grate of nutmeg.

Line the bottom of a small pudding-basin with halves of hard-boiled eggs, put in the meat carefully and fill in with the mutton broth, strained, which will jelly. Turn out when cold.

Should first stock be used instead of the mutton broth, you must add to it a few flakes of gelatine, but the broth itself would not require gelatine.

P.S.—For a change, the cold sheep's head may be slightly curried. Slice and fry an onion in butter, then add a dessert-spoonful of curry powder, and a pinch of powdered sugar. In a few minutes add all to the stock, and let it come to the boil. Then strain and add to the meat.

Sheep's Head. No. 3.

Get the sheep's head well singed by the blacksmith—the trotters also.

Monday night: Rub sheep's head and trotters well, first with a lemon, then with the brains, for the meat should get as white as a calf's head. To remain so all night.

Tuesday morning: Put them in salt and water to remain all day and all night, soaking.

Wednesday morning: Take out and cook as if for mutton broth, simmering all slowly for some hours, with the scrag end of a neck of mutton or with any trimmings of meat or bone, and with a teacupful of pearl barley, which barley should previously have been swelled $\frac{1}{2}$ hour with $\frac{1}{4}$ oz. of fresh butter in the cold water with which you will make the broth, the barley swelling in butter being the main secret of the excellence of Scotch broth; add plenty of browned onions and plain boiled carrots and turnips, and the sheep's tongue. You may use a teacupful of Scotch barley meal if preferred to pearl barley.

When served, the head should be divided and laid flat on the dish, trotters egged, crumbed and fried, placed round, also the tongue, sliced, and balls of yolk of egg.

Garnish with the vegetables, and serve in a thick gravy of second stock thickened with a little roux.

Sheep's Head. No. 4.

Divide the sheep's head. Take out the brains and soak them alone, changing the water more than once; they may steep

all night in water. Put the sheep's head, which should be skinned, not singed, to soak in cold water for 1 hour. Change the water, and soak the meat again for 1 hour more. Put it then in a pot with cold water, let it first boil up, and then simmer for 3 hours, with vegetables.

Let all come to the boil, then draw the pot to the side to cook slowly. Skim from time to time. It should simmer for 6 hours.

Drain, and then lift the meat, while still hot, carefully off the bone, and press with weights till cold. Then cut into shape, divide in 4 pieces and stew them in oven in a little stock, then crumb and salamander or glaze them.

Divide the tongue, which was cooked with the head, lengthways in 3 slices, and skin it, and add with the other meat.

The brains should be cut in 4 pieces, crumbed and fried in a little butter and used as garnish to the sheep's head, with well cooked vegetables—not those cooked with the sheep's head but fresh ones cut in shape, blanched and finished in a little second stock. You can use small onions, carrots, and even Brussels sprouts.

Serve all with pieces of ox tongue round, cut very thin and in shape, and simmered till tender; tinned tongues do well for this.

Use any gravy or sauce that suits, Half-glaze, Tomato, or Soubise (*see* Sauces for Meat), or a good plain gravy, or the gravy in which you re-heated the sheep's head, cleared.

The water the sheep's head first boils in is very sweet for good mutton broth, with the original set of vegetables in it (*see* Scotch Broth under Soups).

(Another copy says: "After skinning and dividing the tongue put the head into a sauté pan with a little good stock, covering the pan with lid on close, and let it heat through. This stock clarified does for gravy for the sheep's head if wished for plain.")

Sheep's Head. No. 5. Braised with Brain Sauce. (*Mrs. Wellington.*)

A sheep's head braised, with brain sauce is very good. *For Sauce:* Put the brains on in cold water, tied in a cloth, and boil 20 minutes; take them out to get cold. Cut them up; make a nice white sauce with cream and a little chopped parsley; add the brains, and let all mix. Add a squeeze of lemon if liked.

Shoulder of Mutton Rolled. A Luncheon Dish. (*Beechwood.*)

Bone a shoulder of mutton, then tie it up tight with a little parsley and some chopped herbs inside. Put it on the fire in a pan with a very little water or stock, and all the trimmings of the mutton, to braise for 5 or 6 hours. Serve, if hot, with a thick, hot gravy.

This joint, *if not cut* while hot, is excellent also as a cold dish.

Shoulder of lamb does equally well braised this way.

PORK.

How to Use a Whole Pig. (*Mrs. Thomas.*)

When a pig is sacrificed for future bacon there is still a good deal for present consumption.

Do not use fresh pork till after the first frosts.

When a pig is killed, cut the lard in pieces and leave it all night in cold water; drain next day on a sieve and put it to melt on a gentle fire, in a close-covered pan—the pieces must be turned pretty often with a spoon and, when melted, strained into a basin. When *all but* cold, fill bladders or pots with it.

The feet, "Pettitoes," well boiled and allowed to get cold, braised in a little good stock, then egged, crumbed, and nicely browned, make a good luncheon dish; hand a thick sauce with it, *i.e.*, Sauce Robert No. 1, or Sauce Piquante. *See* Sauces for Meat.

Black-pudding may be made very savoury. (*See* Meat Puddings.)

The liver is excellent when well dressed.

The spare ribs make 2 good roasts.

Lastly, the head—divide it; take out and cook the brains *fresh;* rub the outer skin well with bay salt; cover the inside with pounded saltpetre. Let it lie salted 2 or 3 days, then wash all off. Prepare a large pot of boiling water, put in whole vegetables—carrot, turnip, celery, old onions, also a bouquet of herbs. The pig's head must be tied up in a clean cloth and, quite covered with the water, must boil rather gently till the bones come out easily (about 6 hours). If boiled too quickly it will be hard. Take it out and with a fork remove all the bones. Add a little spice, nutmeg, cloves, pepper, and salt; and put the meat into a brawn mould, and let it remain 30 hours heavily pressed by a plate covered with heavy weights. Serve cold.

Bacon. (*Mrs. Wellington.*)

For "curly bacon," first blanch it in boiling water, half cook it, then take it out and let it grow cold; then curl not too tight and skewer and finish before the fire.

Take skewer out and serve. It must, to curl well, be cut as thin as possible.

"Foie Sauté au Vin." *See* Pig's Liver.

Ham "Cardinal Cups." (*Mrs. Jamieson.* 1881.)

1 lb. of uncooked, juicy lean ham, minced and passed through a sieve into a basin. Mix it well with 1 pt. of good thick cream; season to taste without salt. Put it into fluted china soufflé cups, and shake grated tongue thickly over the top.

Steam 10 minutes very gently. Serve up at once in the cups, hot.

Ham "Jambonettes," *i.e.*, Little Hams.

(*Mrs. Jamieson.* 1885.)

Make in little moulds shaped like hams, but the size of mould as if for a doll's dinner!

First pound a truffle with 2 or 3 teaspoonfuls of white forcemeat (chicken, rabbit, or veal), and the same quantity of Spanish Sauce, No. 1 (*see* Sauces for Meat). Pass through a sieve.

Butter the moulds, and place a thin layer of the above preparation, which represents the skin of the ham, over the inner surface of the mould, then a layer of white forcemeat *without* sauce. Then pound up ½ lb. of lean cooked ham, and add to it 1 tablespoonful of Spanish sauce. Pass it through a sieve and fill up the tiny moulds, leaving space enough at the top for a second layer of truffled forcemeat, joined at edges with first layer. It must *never boil*—only be steamed slowly for 10 minutes. Turn out of moulds. Dish spinach in centre, and serve with Spanish sauce.

Ham Sandwiches. No. 1.

Cooked ham chopped, bound with yolk of egg, add a little cheese to flavour; make into sandwiches with bread, and fry the sandwiches when made.

Ham Sandwiches. No. 2. (*Tillypronie.*)

Uncooked ham or tongue soaked all night; water changed; then boiled till tender, with a little carrot or onion, taken off fire and all left till cold. Make this mixture into sandwiches. No celery is used; it has too strong a flavour, and overpowers the ham.

Ham Sandwiches. No. 3.

Cut a slice of bread with a cutter, size of a 5s. piece. Put a little cream or milk to cover the bottom of a plate and dip each piece in, then turn them to the other side, and leave them in 1 hour. Beat up the yolk and white of an egg, and dip the outside of 2 pieces to make the top and bottom of a sandwich in it. Put a layer of grated ham or tongue on the unegged side of 1 piece, and lay on that the unegged side of another, joining the 2 pieces, and brown these sandwiches in the oven. Serve on spinach with roast fowl.

Ham Sandwiches. *See* also under Poultry—Chicken, "American Salad Sandwiches."

Ham Toasts. No. 1. (*Beechwood.*)

Boil 3 eggs hard; mince them up with some ham; lay it upon buttered toast, and put poached eggs upon it.

Ham Toasts. No. 2. (*Sussex Lodge.* 1883.)

For luncheon or as a savoury.

Very dry.

1 peeled button onion chopped fine with the green part of 2 or 3 sprigs of parsley; add 2 good slices of cooked breakfast ham, some fat with it, but no skin.

Warm a little butter, and put all in an omelet pan to cook and blend, no seasoning required unless a little pepper is wished for; avoid salt, because the ham is salt enough; add a little cream at the last, but turn out quite dry on well-buttered toasts, cut in rounds, the ham, &c., heaped on each.

On account of the onion these are not so suitable for breakfast.

Ham Toasts. No. 3. (*Mrs. Young, Edinburgh.* 1877.)

Breakfast ham does best. Stock ham is not flavoured enough. Cut a slice and cook in second stock $\frac{1}{4}$ hour. Let it get cold. Have ready also 1 whole egg well beaten up.

Mince ham fine, and put in stewpan with little cream or stock, just enough to moisten it. When hot, drop in the beaten up egg and stir well.

You must have slices of fresh toast, $\frac{1}{2}$ inch thick, which should be crisp, hot, and soft, *not buttered.* Cut in shape, round or square, with a cutter.

Put as much ham mince on each piece of toast as it will carry.

Dish on hot-water silver dish, no napkin.

Hams—to Cure. *See* General Directions for Meat.

Orchard Leigh Sausages. (*Mrs. Hulse.*)

4 lbs. lean pork, 2 lbs. fat, put through the mincer, 2 ozs. salt and 1 oz. white pepper to taste, and, if liked, a little chopped sage, also a small pinch of pounded mace, a grate of nutmeg, and $\frac{1}{2}$ lb. of perfectly dry bread-crumbs. Mix all, and then again put all through the mincer.

Fill the skins with this mixture and fry.

[Lady Clark writes an emphatic "No" against the sage.]

"Pease Pudding, Hot."

To eat with Pork. *See* Meat Pies and Puddings.

Pettitoes—Pigs' Feet. No. 1. (*A. Emslie*, 38, *Cornwall Gardens.*)

They are salted, soaked, braised and pressed flat. When cold they are covered on one side with truffled veal forcemeat, and then warmed up in the oven lying on the *plain* side in a sauté pan with a little stock ($\frac{1}{2}$ inch deep); the forcemeat cooks by steaming, about 10 minutes, and the stock must not be deep enough to reach it. Arrange them "en couronne" with "Fines Herbes" Sauce (*see* Sauces for Fish), if you have mushrooms for centre; or a good tomato sauce does, or Béchamel (*see* Sauces for Meat), but don't make the sauce too rich.

Pettitoes. No. 2. (*Cataldi.*)

Pigs' feet should lie 3 or 4 days in salt, then be washed, and soaked 1 hour or longer in cold water. They should be first boiled till tender, then braised in stock; either egged and crumbed, and browned in the Dutch oven with a little butter or, to vary, served with and in "Sauce Piquante" or "Sauce Robert No. 2" without the sage (*see* Sauces for Meat).

Pettitoes, No. 3, for Croquettes—a Good Recipe. (1889.)

Use the glutinous part only of already cooked pigs' pettitoes; the flesh is apt to be salt, so do not use it, but use a young rabbit instead with the glutinous part of pettitoes to make these croquettes.

Pig's Cheek. *See* To Salt a Pig, under General Directions, for recipe for Cooking.

Pig's Liver, "Foie Sauté au Vin."

Slice the liver, dry it with a cloth, sprinkle it with a little flour, and put it aside.

Slice some onions, and fry them in a little butter; add to them a little sliced ham, lean and fat well mixed, also, if you can get them, some mushroom peelings. Let ham and onions brown together a little; then add the sliced liver; let all cook together about 10 minutes.

Measure out in equal quantities, but keep separately, a little good stock and a little sherry; add the stock at once, but do not add the sherry until about 10 minutes before serving.

Pig's liver so dressed, and their pettitoes, previously very slowly and thoroughly boiled and grown quite cold, egged and bread-crumbed and fried, make an excellent dish for luncheon.

Kidneys are cooked for dinner in the same way, leaving out the ham. If for breakfast, or with spinach or potato fritters, leave out the wine as well as the ham.

Pig's Liver and Bacon. (*T. Emslie.* 1887.)

Liver is soaked 2 hours in cold water, then, after slicing thin, dried with a cloth and floured. Have 1 oz. of fresh butter in a pan, and in it brown a little minced onion. Add the liver and

toss it over a sharp fire ¼ hour, turning each piece as it cooks. Then add some essence of meat from under dripping in pan and a good piece of glaze, or some half-glaze the size of a bantam's egg. Let all simmer ¼ hour or more. Dish the liver, strain the sauce, and put curly bacon in centre, if you have no vegetables. Bacon sliced, then blanched, then curled and toasted before the fire.

Pork Cutlets. No. 1.

For pork cutlets sautéd, reduce a little first stock to half-glaze, and add the juice of the cutlets as sauce.

Pork Cutlets. No. 2. (*Mrs. Thomas.*)

Cover the bottom of a stewpan with clarified butter; trim the cutlets and put them in; cover with a paper lid, and set to fry on a quick fire; when one side of the cutlets has browned turn them over to the other, as the quicker they cook the more juicy they will be; clear off the fat and finish cooking them in a teacupful of stock or half-glaze (*see* Sauces for Meat) for dinner.

All cutlets when sautéd, that is, fried in butter, must have an onion with them, and must drain on a cloth; and all so-called "braised cutlets" must first be sautéd in a little fresh butter. Serve with "Sauce Robert, Nos. 1 and 2." *See* Sauces for Meat.

Pork—Sauces for. *See* list, end of Sauces for Meat.

Pork Sausages.

For pork sausages you want 2 lbs. of pork nicely minced, no skin, 1 lb. of lard, ¼ lb. of bread-crumbs, seasoning to taste, and a little sage; fill the skins and fry.

"Reinacharn Sausages." (*Sarah.* 1867.)

These sausages have no skins, so are more like rissoles.

Chop fine from the best end of a loin of pork, 1 lb. lean and fat, half and half. Take ½ lb. of stale bread, soak well in milk (or in water, if the sausages are to be kept a day or two, as the milk may turn sour), squeeze it dry and then mash the bread; mix all and season to taste.

Roll up the mixture in little balls; have enough butter in the pan to grease it, and fry the sausages. Be careful to turn them as they cook; they take 10 minutes or more.

Salted Pork. *See* General Directions for Meat—To Salt a Pig.

Stuffing for Pork. *See*, under Stuffings, Stuffing for Geese.

Sucking Pig 16 Days old.

When freshly killed rub it over in its own "juices," then put it for half a minute into a pailful of boiling water; take it out

and pull off the hair as quickly as possible. Should it not come off quite easily, give it another dip. When quite clean and washed, take hold of the pig by the legs and with a sharp knife cut it open far enough to clean it. Wash it again and dry it; then take off the feet, and put them with the liver and heart.

For stuffing, dip a good slice of bread in water and put on it some chopped sage, pepper, salt, and very little mace. Stuff the pig and sew it up.

Roast 1¼ hours, basting it frequently with lard in a muslin bag, which is all the basting it requires. Wipe off any gravy that runs down over the skin, and roast a light brown.

Before you take it off the spit cut off the head and cut it down the back; then take out the spit and cut the pig quite in halves. Take away the thread with which it was sewn; take out the stuffing and beat this up and add to it the yolk of an egg, the gravy of the pig, and a little cream.

Make the stuffing as thick as bread sauce, and serve it in a boat with the brains on the top. In Yorkshire they have currants, either in sauce, or alone in a second boat.

Sultana Sauce (*see* Sauces for Meat) is good with roast sucking pig.

French Way.—Use no sage; the whole pig is divided from snout to tail, including the head; the bread stuffing is beaten up with a little white sauce, and the brain put with it in a boat; good brown gravy is served in the dish with the pig, and they roast it a full ½ hour longer than we do.

VEAL.

How to Use various Joints of Veal. (*Cataldi.*)

The kidney end of a loin of veal roasted is the best joint of veal, even better than the leg roasted; add to the gravy which has fallen from it a little butter, flour and stock, also a few mushrooms.

The fillet makes many dishes; it may be stuffed and roasted whole, or boiled and served with white sauce and button mushrooms—this is a Lancashire dish—or with "Fines Herbes" Sauce. *See* Sauces for Fish.

Second day, it is sliced for "blanquette" with Béchamel sauce. *See* "Blanquette de Veau."

Or you can cook it in 4 pieces: (1) the *larger* "*nut*," "Noix de Veau," larded and braised like Fillet of Beef No. 1, but omitting jardinière vegetables, and served with Tomato Sauce (*see* Sauces for Meat), or with braised button onions and its own gravy or with brown mushrooms.

If you use onions do not cut them too close at the crown or they will divide and tear; blanch them, then skin them, and blanch again and fry in butter. Serve with Half-glaze sauce.

(2) The *smaller* "*nut*" makes veal cutlets or rather "scallops," *not* bread-crumbed but with truffles; or beaten out a flat oval shape, egged and bread-crumbed and served as a "frittura," sent up *very* dry, and with half a lemon squeezed over them.

(3) The other part of the fillet makes 5 "veal olives," cut in 5 long slices rolled up and stuffed with forcemeat and a few sultanas, all served in Demi-glace Sauce (*see* Sauces for Meat).

(4) Makes forcemeat. Or make quenelles of both 3 and 4.

Leg of veal, a most useful joint. The shin or knuckle for soups; the part next to it boiled for servants' hall dinner, served with parsley and butter. It is also excellent boiled and smothered in onions.

The water in which the knuckle is boiled makes Semolina soup (*see* Soups).

"Blanquette de Veau." (*L'Eté' Rue Castiglione, Paris.*)

For recipe for "Blanquette de Veau," *see* end of Béchamel Sauce, No. 2, under Sauces for Meat.

For another suitable sauce, *see* "German Sauce for a Blanquette de Veau," under Sauces for Meat.

Calf's Feet and Rice.

Stew rice in veal broth, very stiff; shape it in a hollow ring;

egg it over and brown it in the oven. Fill it with the calf's feet after they have been stewed for jelly, first taking out all the bones, then putting the meat in a very good well-flavoured white sauce. Put balls of yolk of egg and forcemeat on the top.

Calf's Head. No. 1. "Tête de Veau en Tortue." (*Cataldi.*)

Blanch the calf's head in a "blanc," that is in a preparation of flour and water, a little vinegar and some aromatic herbs, parsley, thyme, and bay-leaf.

Press it, let it get cold. Cut it into equal sized thick pieces, and put them into a braising pan with a little bacon at the bottom, some sliced carrots and onions, and a little celery. Also a bunch of parsley, thyme, sweet marjoram, basil and bay-leaf. Add a bottle of Madeira, which is better than sherry for it, or stock and a glass of Madeira; let it stew gently 2 or 3 hours, or even more. For sauce for "Tête de Veau en Tortue," *see* Sauces for Meat.

Calf's Head. No. 2. "Tête de Veau Farcie." (*Cataldi.*)

This is calf's head rolled and stuffed "to look like a boar's head!" Skin the calf's head and bone it, taking great care that the skin does not tear. The eyes are carefully removed whole, as otherwise they give a bitter taste.

Rub the head well with a lemon and blanch (*i.e.*, scald) it in a "blanc" (2 spoonfuls flour, 2 qts. water, 2 spoonfuls vinegar, and aromatic herbs); blanch it very slightly, only 10 or 15 minutes, so that it does not shrink. Make a forcemeat of uncooked veal—a quenelle mixture, not too rich, enough in quantity to stuff the calf's head.

Make the forcemeat with truffles, or "*à la Provençale*," which is merely using chopped shallots browned, in place of truffles. Open out the skin and put some veal forcemeat in it, then cross-ways some pieces of tongue or of ham, fat and lean, $\frac{3}{4}$ of an inch thick and, if the head be a large one, 6 inches long, then a second layer of forcemeat and a second layer of ham, and so on till the skin is full. Then sew it up and "give it as much as possible the appearance of a natural boar's head!" Have ready the braising pan with its slices of bacon, carrots, onions and celery, and bouquet of sweet herbs ($\frac{1}{2}$ a bay-leaf, $\frac{1}{2}$ sprig of basil, 3 parsley sprays, thyme, &c.), and a whole or half a bottle of wine, or some second stock. Simmer it gently with trimmings till cooked, and when the skewer goes through it readily it is done enough, then serve with a Half-glaze sauce and hand the following in sauceboat.

For Sauce: Serve with Spanish Sauce (*see* Sauces for Meat), with the addition of a wineglassful of sherry, which must be cooked some 5 or 7 minutes alone; then add to it a brown roux of a spoonful of flour cooked in $\frac{1}{2}$ oz. of butter.

This dish makes a delicious hash next day.

N.B.—This recipe may occasionally be useful, but if the calf's

head is a fine one, it is better to roll and stuff it the first day in a bolster shape as in Calf s Head No. 3, which is easier to cook *through* than "boar's head." The next time it is served, hash it "en tortue," and lastly end by making Mock Turtle soup of the fragments, with second stock thickened, 2 wineglassfuls of sherry, slices of calf's head, egg balls, and a little cayenne.

Calf's Head. No. 3. Rolled.

Use *half* a calf's head cut rather long, but the *whole* tongue. Bone the calf's head.

Skin both head and tongue; rub the calf's head with lemon, and scald it in a "blanc" made of 2 qts. cold water, 2 tablespoonfuls vinegar, 2 of flour, and a bunch of herbs, *i.e.*, ½ a bay-leaf, *a bit only* of a spray of basil, 3 sprays of parsley, and 1 of knotted marjoram, also 1 sprig of thyme. The "blanc" must be *cold* when the calf's head is put in, and must come to the boil quickly; and it must then scald the calf's head 20 minutes.

The forcemeat must not be too rich; use either veal or the white fillets of young rabbits—½ lb., scraped and pounded, and with the meat pound 3 browned shallots, and the white part of 3 raw button mushrooms. Pass all through a sieve. Then add a panada of 6 ozs. stale bread soaked 1 hour in cold milk, well squeezed dry in a clean cloth, and passed *by itself* through a sieve. Add to the forcemeat also 4 ozs. of fresh butter; bind all with a whole raw egg, and pass all together once more through a sieve.

Now lay the ½ calf's head flat, and place pieces of the tongue over it, then a layer of forcemeat; over that, some thin slices of fat and lean raw ham (you will want ¼ lb. ham in all). The forcemeat and ham to be in alternate layers till the skin is full. Then roll up and sew it firmly, and tie the ends with string or tape.

Put it in the braising pan with a large carrot sliced, a stick of celery sliced, 3 large onions sliced, any trimmings of the veal or rabbit, and a bunch of herbs (same as above, but no marjoram). Cover with cold water. Let it come to the boil, and then skim, and let it simmer till tender from 2½ to 3 hours.

When the skewer goes in easily it is done. Untie the roll.

Take out the thread you sewed the meat up with, and serve the meat in the following sauce with mushrooms.

For Sauce: Take a piece of glaze the size of fully ½ an egg, melt it, and add a roux of a tablespoonful of flour mixed in a good ½ oz. butter. Let it cook and skim it well. Then add 1 pt. of first stock. Put on cover, and let it boil up. Then skim well, draw to the side of the fire, and let it simmer 1 hour.

If you use tinned mushrooms with this sauce, they merely require warming up in a little of the stock; if you use fresh mushrooms, they must first be browned in a little butter, and then finished in stock.

Serve round the "bolster" of rolled calf's head.

The rolled calf's head may be sliced next day, and warmed up, with or without the tongue.

Calf's Head. No. 4. Turned out of a Mould. (*Beechwood.*)

The calf's head, after being dressed and become cold, should be cut in slices. Butter a tin mould well, and put in a layer of calf's head and tongue, then a very little mace and cloves, white pepper and salt to taste; then put in another layer of meat, a spoonful of good gravy, the spices and so on till full. Bake, covering the meat with a paste, till out of the oven, then press meat with weights till cold, and turn it out by dipping the mould into warm water, the same way as you turn out a jelly.

Calf's Liver and Bacon.

Cut the calf's liver into thin slices, and lay the pieces in cold water for 10 minutes. Put a bit of butter into the pan, and fry the liver a light brown.

Take some thin slices of bacon, roll them up, fix them on a skewer and broil them; or you may fry the bacon with the liver and a little parsley. Put the liver round the dish and the bacon in the centre. A cupful of stock with a very little flour will make a gravy if wished, cooked in the pan when the liver is taken out.

Grated Veal. *See* Grated Beef.

Loin of Veal. (*Isa. Emslie.* 1887.)

Bone a loin of veal of 6 or 7 lbs. Use the underside for cutlets; the upper side is larded and stuffed, rolled, and braised gently. Put vegetables and herbs into 1 pt. of good stock, with a bit of glaze the size of a hazel nut, and slices of bacon. Put the veal in, bring to the boil; then simmer till done, $2\frac{1}{2}$ to 3 hours covered.

For its gravy, peel and mince raw onions, fry them a good brown in butter, powdered with castor sugar. Add some cleared beef gravy from pan under dripping. All to simmer $\frac{1}{2}$ hour, then pass through a hair sieve.

The sauce which has cooked under the veal in the pan must be drawn off when the veal is dished, and not used that day. The grease cleared off and used for cutlets, &c. The gravy under is also excellent.*

* When the veal is taken up from the saucepan for dishing, the juice from under it is best strained into a basin and kept for use another day—as it is greasy while hot and hard to skim. The grease cleared off it is excellent, as stated above, for cutlets, &c., and the gravy under the grease is very good to use another time.

For gravy to serve round *this* loin of veal, beef gravy would mix flavours, and the theory of French cookery is that all dishes should have their own "jus" served with them; you had better therefore use some gravy left from any previous dish of *veal*, if you have it by you—this gravy being simmered $\frac{1}{2}$ hour with peeled and minced raw onions fried to a good brown in butter first, and powdered with castor sugar.

But if you have no such veal gravy by you, you must very carefully skim off the fat from the juice of this loin itself—skimming first with spoon and then with paper, and serve with the loin of veal.

Riz de Veau. *See* Sweetbread, No. 5.

***Sweetbread. No. 1. Braised.** (1880.)

As the grease rising in stock-pot is very nicely flavoured with vegetables, ham, spice, herbs, &c., keep it for basting braised meat—such as sweetbreads.

When the cut vegetables are in, add a little stock, and bacon if wanted, place the meat on it, cover with a paper lid. Cover close and cook gently but long.

Sweetbread, No. 2, "à la Financière."

Lard and braise some sweetbreads and garnish with the sauce and trimmings left from a "Vol au Vent à la Financière" (*see* Poultry)—*i.e.*, truffles, mushrooms, scraps of chicken and thick gravy.

Sweetbread. No. 3. Sweetbread and Macaroni Timbales.

For macaroni timbales the macaroni is blanched in salt and water, cut short, and the bottom and sides of the moulds lined with it (*take patience*), fill the moulds with pounded sweetbreads. Steam them 20 minutes and serve in a Béchamel Sauce. *See* Sauces for Meat. *See* also Veal and Macaroni Timbales for a larger kind.

If the meat is fresh, mince it and stew it in gravy alone first.

Sweetbread, No. 4, as Cutlets.

Braise the sweetbreads before you press and cut them into shape and cook.

Mask with a thick tomato sauce, mount on a "socle" and have a good sauce with them.

Sweetbread. No. 5. "Riz de Veau à la Napolitaine."

(1854 *and 3rd April*, 1896.)

Take a plain mould, butter it and line it with kitchen paper. Stamp out rounds of tongue and truffles and place at the bottom of the mould quite in the centre. Then line the mould with cooked Sparghetti, commencing from the round of tongue, and continue winding the Sparghetti until you get to the top of the mould. (Sparghetti is a kind of fine macaroni.)

Blanch 2 sweetbreads, then put them on to cook in some good white stock with a little salt, peppercorns, carrots, onions, celery, mushrooms, tomatoes, thyme, and a bay-leaf. When they are nicely cooked take them up, strain the liquor and make into a sauce. Thicken it with enough best white flour to make a thick sauce and add a few drops of lemon juice, a little pale sherry, 2 tablespoonfuls of Sauterne, and 4 yolks of egg.

Cut the sweetbreads into slices, put them into the sauce, and pour all into the mould and steam in a moderate oven, placing it in a tin with water to come about half way up the outside of

* To whiten Sweetbreads: First soak them in salt and water, take out, and put in clean cold water; bring to the boil; then throw that water also away and dress the sweetbread.

the mould. A buttered paper should be placed over the mould before putting it into the oven.

Serve when finished with a good creamy white sauce.

Sweetbread, No. 6, with Sorrel. (*Beechwood.*)

The sweetbread should be blanched in veal stock—then larded and braised.

Boil the sorrel, and when well drained rub it through a sieve. Heat it up, or rather stew it afterwards with a large lump of butter—cover the whole bottom of the dish you serve it in with the sorrel made very hot, and lay the sweetbread in the middle.

Eels done in the same way are excellent, cut into slices and boiled. *See* Appendix about Eels.

Sweetbread. No. 7.

Sweetbreads can be larded the first day, and served with thick gravy and peas.

Second day make a vol au vent with the sweetbread remains.

Third appearance: As "Turban chaudfroid" with Italian Sauce (*see* Sauces for Poultry), or in cockle shells or as rice patties or "Petits pâtés."

One sauce which is good with them is Mushroom Sauce. *See* Sauces for Fish.

Sweetbread. *See* also Sweetbread Purée Soups.

"Tête de Veau en Tortue." *See* Calf's Head, No. 1.

"Tête de Veau Farcie." *See* Calf's Head, No. 2.

Veal Cutlets. No. 1. (*Mrs. Sherwood.*)

Order 2 lbs. leg of veal.

Trim the meat nicely and you will thus gain a full $\frac{1}{4}$ lb. for sauce. The cutlets may be *panées*—but if not, keep them white in a sauté-pan covered with paper. *For Sauce:* Put $\frac{1}{2}$ oz. of butter into a little pan, adding the trimmings, and cover close; put the pan on one side of your fire to draw 10 minutes. That the sauce may keep white, use only a gentle heat.

Add a teaspoonful of flour and let it cook 3 minutes, stirring all the time. Then cover with warmed second stock, or warm water if you are out of stock, and stir till it boils. Then add a little bit of celery sliced, the same of carrot, the same of onion, a little parsley, and half a bay-leaf.

Let it boil up $\frac{1}{2}$ hour, skim carefully the whole time, then strain through a tammy. Now take half the yolk of an egg, strained, and to it add 2 tablespoonfuls of warmed cream; when the sauce is off the boil add this liaison and mix it smooth. Just before you dish, add a squeeze of lemon.

"Tomato Sauce for Boiled Chicken" (*see* Sauces for Poultry) is also good with veal cutlets if *panées;* or you can use White Sauce, No. 3 (*see* Sauces for Poultry).

Another sauce for veal cutlets is Sauce Robert, No. 2 (*see* Sauces for Meat).

For cucumber for centre of veal cutlets, *see* Cucumber, under Vegetables.

Veal Cutlets. No. 2. "Escalopes de Veau Sautées." (*Mrs. Thomas.*)

To sauter veal cutlets (or roe, chicken, partridge, or duck cutlets), Mrs. Thomas says: "It is better first to clarify a little butter, enough to grease the pan well, and just to colour them, turning each piece once; then to finish in the demi-glace which is served with them. The veal must be very well beaten. I think young meats only require to be sautéd."

Veal Cutlets. No. 3. "French Cutlets." (*Beechwood.*)

Alternate layers of veal and tongue or ham, cut round, the same size and shape, and put into a stew-pan with brown or white stock. Let it stew till quite tender, There must be no fat on the ham if you use it instead of tongue, or the gravy will be oily. Serve in circle, alternate veal and tongue, with white sauce or thick brown gravy. *For gravy, see* Brown Gravy for Veal Cutlets No. 3, under Roux, &c.

Veal Cutlets. No. 4. "Prussian Cutlets." (*Mrs. Hobhouse.*)

Take 1 lb. of veal with a little fat, no gristle. Chop it up, but not too fine; add to it 2 teaspoonfuls of chopped shallot, a teaspoonful of salt, and a small ½ teaspoonful of pepper, with a little nutmeg grated. Chop it a little more, and shape into cutlets; egg and bread-crumb each, keeping the shape, and inserting a small bone at the smaller end; sauté them in fresh fat, oil, lard or butter. Give them 10 minutes on the fire till a nice brown colour, dish and serve with any kind of rich brown sauce you may prefer.

Cutlets from this recipe may be made of hare or of any cold meat or game, instead of veal.

Veal Fillets can be served with "Fines Herbes" Sauce. *See* Sauces for Fish, substituting, of course, veal liquor for the fish liquor in the recipe.

Veal Hash. *See* end of recipe for Calf's Head, No. 2.

Veal and Macaroni Timbale. (*Mrs. Dick.*)

A plain mould, buttered; and at the bottom put a nicely-fitting piece of writing paper cut to the size (this is to make it turn out neatly, and Mrs. Dick also uses it for her steamed puddings). To the veal (*under* a lb.) add ¼ its weight of sausage mixture or of lean ham. Make a little quenelle mixture with part of the veal.

The macaroni must be thrown into briskly boiling water to blanch, then into cold water, then drained, and cut all one size

on a board, line the mould with it, then again, inside the macaroni, line the top and sides of the thus prepared mould with quenelle or sausage mixture that it may not break in turning out.

Chop the fresh meat fine and blanch it, taking away all fat or gristle, then warm up with a rich Béchamel (*see* Sauces for Meat), add 3 yolks and 1 white of egg and fill the mould. Steam 1 hour or more and serve with Béchamel sauce round.

Some add a little grated Parmesan to the macaroni.

This recipe is also good for chicken, sweetbread, tongue, mushrooms, &c., or lobster.

Veal Quenelles. No. 1. "Bagshot Quenelles." Best Recipe. (1865.)

Ingredients: ½ lb. veal cutlet cut in slices and scraped.

6 ozs. sliced bacon, scraped.

5 ozs. bread-crumbs, first soaked in second stock well flavoured with vegetables then squeezed in a clean cloth.

2 or 3 mushrooms, 1 shallot.

Take the white part of 2 or 3 peeled button mushrooms and 1 sliced shallot, and pound them in a mortar; add the scraped veal and mix and pound again; do the same with the scraped bacon and then with the crumbs; pass all through wire sieve and pound again.

Beat in well 2 yolks of egg (1 at a time), add white pepper and salt; pass through the sieve a second time, and let it get cold and quite firm.

Put aside in a basin covered with a buttered paper till dinner-time.

Make the quenelles in the usual way; you can lard them with truffles.

Veal Quenelles. No. 2. (*Mrs. Payton.* 1862.)

Take about 15 minutes to cook.

Proportions: 1 lb. scraped veal, 5 or 6 ozs. scraped udder,* 4 ozs. panada, all well pounded together and passed through a sieve.

If you can get udder, use 3 ozs. butter; but if instead you use rabbit (a drier meat even than chicken), then use 4 ozs. of butter but not more, or 2 of butter and 2 of scraped fat raw bacon.

Make quenelles in the usual way.

The panada must be prepared with great care, as follows: Take 1 oz. of butter in a little pan, and put in it over the fire the peel of two button mushrooms, a small shallot minced, the green leaf of two sprays of parsley, cut up with a very little thyme and basil, a piece of raw stock ham (the size of a French bean), 2 or 3 peppercorns and 1 clove.

* "The firm white fat of the fillet, much used by French cooks instead of butter, in making forcemeats; for these it is first boiled, then left until quite cold, and afterwards thoroughly pounded before it is mixed with other ingredients." (From "The People's Book of Modern Cookery," by Eliza Acton. Messrs. Longmans, Green & Co.)

Cover and draw down for a few minutes, then add about ½ pt. cold milk and let it come to the boil. Strain it and return to the pan on the fire, and stir in enough grated bread-crumbs to make it stiff. Stir all over the fire till it boils and a minute or two longer, then turn out to get cold on a plate.

When the 3 things, veal, udder and panada, have been pounded through a sieve, return them to the mortar, and mix in well 3 raw yolks of egg, a grain of cayenne, a grate of nutmeg and a little salt; then pass through the sieve a second time, and put aside till wanted. Cook a small piece, and if it seems too light, work in a fourth yolk of egg.

Veal Quenelles. No. 3. (*Mrs. Thomas.*)

½ lb. each of veal and of veal udder,* 6 ozs. of scraped bacon, (*un*cooked of course), and the same weight of bread which has been soaked 1 hour in cold milk, the milk must have then been thoroughly squeezed out from the bread with a nice clean cloth. Pound the meat through a sieve, veal alone, udder alone, pound the crumbs also through a sieve, but separately from the meat, then pound meat and crumbs together. Add the yolks of 2 eggs first and mix them well with the meat, then the whites and pound all together. Season delicately with pepper, salt, and cayenne. Shape in a spoon and lay in a stewpan and cover them with buttered paper. Pour boiling stock over all, and boil gently 10 minutes. Take out and drain on a cloth.

Coat with Béchamel sauce; if you serve with stewed peas, then you must flavour with mushrooms and shallot; or if with truffles in centre, lard quenelles with truffles. To the sauce Mrs. Thomas adds the yolk of an egg and one drop of lemon juice.

If no veal to be had, use ½ lb. chicken instead. Put the chicken meat through the sieve, then pound ¼ lb. suet and ¼ lb. butter with it, and put it again through sieve—then add crumbs previously passed separately through sieve; you may flavour with 1 chopped mushroom and ½ a shallot. Lemon juice will keep it white.

Veal and Rice Patties. (*Beechwood.*) *See* Lobster Rice Patties, under Fish.

Veal Rissoles. (*Beechwood.*)

Save the gravy of a fillet of veal, which has been roasted the day before. Cut off part of the meat and pare off the outside—mince the veal small but do not pound it. Add a little tongue, or the lean of ham, minced, and mix all well together. Put into a clean saucepan with the veal gravy. Season with pepper and salt, and add as much flour as makes the whole of a proper consistency. Put the pan on the fire and stir well, till the

* *See* footnote to Veal Quenelles, No. 2.

ingredients are thoroughly mixed; then spread on a large dish and put it in a cool place.

Whip up 4 eggs well with a little salt, rub the crumb of a stale loaf through a fine colander and keep both ready separately.

When the meat mixture is cold take up a little and form it into shapes, such as a pear, a cutlet, or a pigeon's egg. Dip each first into the egg, and then into the crumbs, working it into shape again. When all are made, fry the rissoles in a pan with hot fat enough to cover them, cook them a light brown colour.

Veal Sandwiches. *See* under Poultry—Chicken "American Salad Sandwiches."

Veal—Stuffing for. *See* Stuffing for Hare, under Stuffings.

Veal Tendrons, "Tendrons de Veau aux petits Pois."
(*Mrs. Weston.*)

This dish takes 2 days to prepare. Tendrons of veal should be served on a flat platform of quenelle mixture, spinach or mashed potatoes, with peas in the centre and a thick brown sauce.

Take a breast of veal and cut 3 lbs. out of the middle of it—the tendron part—cut in thick slices—line the bottom of a stewpan with ½ lb. or more of fat bacon in slices.

Add any trimmings from the veal, a carrot, 3 onions, a little green parsley, thyme, and a bay-leaf.

Lay the pieces of tendron in the middle—cover them with water, put them on the fire and, when boiling, draw the pan off to one side of the fire. Skim it, and let it stew gently for 8 or 9 hours till tender.

Then take out the tendrons and lay them on a dish. Place over them a second dish, of the same size, on which put a 7 lb. weight, and let them remain, thus pressed, all night.

Next day trim them and cut them all one shape, oval or round; put them on a dish near the fire or in a pan in the bain-marie to get warm; glaze them and serve in a circle with fresh peas in the centre. To prepare the peas, put them into a stewpan with 1 onion, a sprig of parsley, a sprig of fresh mint, a little sugar, pepper, and salt; let them simmer ½ hour, then drain well and add ¼ pt. of sauce well reduced. If you have only preserved peas put them in a stewpan with a teacupful of broth, also a little sugar. Let them stew for ¼ of an hour, then add them to the sauce. Never have this dish unless you can get peas or asparagus points. For sauce, *see* Sauce for Veal Tendrons, under Sauces for Meat.

Veal with Potatoes. (*Beechwood.*)

Take a dozen pieces of veal cut in long squares well larded, and braise them. Have pieces of bread cut the same shape and fried in butter to arrange alternately with veal in a circle

on the dish. Mash potatoes with a little white gravy and cream, work them in a bowl to thickness of white sauce, place in the centre of the veal circle, pour a little good brown veal gravy round the edge of the dish but *not to mix with the potatoes.*

Veal. *See* Neck of Mutton, No. 3, for another recipe to cook it.

MEAT JELLIES

Aspic Jelly. No. 1. (*Cataldi.*)

Cataldi's Aspic jelly is of veal stock flavoured with sherry, vinegar, a few tarragon leaves, and a little salt. Clarified and strained.

Aspic Jelly, No. 2. (*Mrs. Evans.*) For Raised Pies, Plover's Eggs, Galantine, &c.

To make enough for a luncheon party.

Take in a stewpan 1 pt. of first stock or of veal stock; to it add half a carrot sliced, ¼ oz. of sliced celery, a sprig of fresh tarragon, a blade of mace, and 2 or 3 peppercorns, ½ oz.* of gelatine, 2 tablespoonfuls of tarragon vinegar, and 1 of chilli vinegar.

Let all simmer ½ hour, clarify with 2 beaten whites of egg and pour through a jelly bag, or pastry napkin, into a basin. If for a mould, it is then ready to pour in; if for galantine, let it grow cold, for garnish.

If for a ring mould, take 5 plovers' eggs, hard-boil them, and divide in halves; or use instead a little cold braised sweetbread or veal, braised tongue or ham, and sliced truffles to set in the jelly. Ornament the jelly also with pistachios or have almonds and pistachios *in* the jelly. In centre of mould, put cold cooked vegetables, beetroot, and potato, and a little raw celery, all cut the size of a shilling, not much of it; the sauce to be 2 parts of whipped cream to 1 part whipped aspic.

Calf's-foot Jelly. (**Sweet.**) *See* Jelly—Wine, Nos. 1 and 3, under Sweet Dishes.

Chicken Jelly.

Take a fresh young chicken, joint it all up into little pieces; wash it well. Put it into a stone jar with ½ a teaspoonful of salt and 1½ breakfastcupfuls of boiling water. Cover up the jar with a cloth. Then put it into a pan of boiling water for 5 hours, and cook it slowly. Then strain it through muslin into a jar. Let it stand overnight; it will then be ready for use, and may be eaten cold. It is strengthening for an invalid; a teaspoonful now and then.

Meat Jellies for Invalids. *See* Invalid Cookery.

* For each quart of jelly you will need 2 ozs. gelatine.

Mutton Jelly. (*Orchard Leigh.*)

Put the shanks and bones from the legs and shoulders of mutton, *fresh*, into cold water to soak for 24 hours.

Throw away the first water, and put into fresh cold water and blanch them ; throw away that water, and boil for 5 or 6 hours with fresh water. When cold, clarify as you do Calf's-foot Jelly. (*See* Jelly—Wine, No. 1, under Sweet Dishes.)

MEAT PIES, PUDDINGS AND SOUFFLÉS

INCLUDING SOME GAME AND POULTRY PIES AND PUDDINGS.

For other Soufflés and Pies, *see* Game.

For paste and crust for meat and game pies *see* also Paste and Pastry.

Beef and Oyster Pie, a Cornish Dish. (*Mrs. Backhouse.* 1881.)

This is merely the addition of an oyster rolled up in each little piece of beef. It gives an excellent flavour, and the oysters themselves cook most agreeably in their beef blankets.

For good crust *see* Paste and Pastry for Recipes.

The beef must be carefully trimmed from fat, which does not suit with the oysters.

Beef Pies.

N.B.—For servants' hall pies or puddings, ask for beef "skirt," as more tender than any other part, except the rump, and free from gristle. (A "skirt and kidney pie" is a favourite dish in the country.)

Beefsteak Pudding. No. 1. For Two People. (*Isa. Emslie.* 1892.)

Ingredients: The trimmings and parings of rump steak fillets, ¼ lb. suet, 2 tablespoonfuls of flour, and a pinch of salt, with enough water to mix lightly into a paste. Beat the meat well, shred a small onion fine, put it and meat in basin with a little pepper and salt, add a teacupful of stock, and put paste lid over and for one inch down sides of basin, *not more.* Tie a floured cloth over, boil 5 hours. Take off cloth and serve in the basin.

Before sending to table open the paste at the side to see if the pudding wants more hot stock added; it very rarely does.

Beefsteak Pudding. No. 2. "Our Beefsteak Pudding." (*Mrs. Sherwood.*)

1 lb. flour to ½ lb. beef or mutton suet minced fine. Mix well, and add a pinch of salt and as much cold water as is wanted to make it into a stiff paste. Roll it out and line a basin with it. Have 2½ or 3½ lbs. of tender beefsteak (a very little fat, but no skin or gristle). Cut it up neatly, and pack it in layers in the paste-lined basin with a little chopped parsley leaf and plenty of sliced onion. Season with a little pepper

and salt, add a teacupful of good stock, and dredge a small spoonful of flour over all. Cover with a paste lid, and tie tight over all a cloth floured on the inside. Boil for fully 3 or 4 hours, and serve up in the basin. Add more hot stock or hot beef gravy free from fat, at the last, as much as it will take. Ham and bacon improve the pudding.

Mrs. Wellington's beefsteak pudding is similar to above, but she always adds ham—½ lb. ham fat and lean, but no skin—to 2 lbs. steak without fat or gristle, both ham and steak cut in slices. Her paste is ½ lb. flour to 5 ozs. suet, and she fringes the inside of top of basin with it for 1½ or 2 in., no lower, "or it will suck up the gravy." She omits all onion and uses a little shallot instead, and mushroom peelings, or, failing latter, ½ teaspoonful of mushroom catsup, and adds a teacupful of good stock.

Beef and Oyster Pudding.

2 lbs. of fillet from underside of sirloin, 4 doz. oysters with their liquor, but no "beards" or horny part, a wineglassful sherry, the same of catsup, shallot and pepper to taste.

Paste same as for Beefsteak Pudding, No. 2.

"Birk Hall Excursion Pie."

A cold Game pie.

This requires 4 grouse or 6 partridge to make a very good pie. If you take grouse, use the *fillets* only, and as large as you can get without bones. Make clear or thick soup of the rest of the birds. Lay the grouse or partridge fillets in the pie-dish with a sliced onion and some chopped truffles; season, and cover with first stock; then add the paste and remember to make a hole as "chimney" in the centre of the paste under the centre ornament or "rose," to let out unwholesome steam.

For the paste take ½ lb. flour, 4 ozs. butter or some dripping, 1 egg, a little salt, and as much water as will make it into a stiff paste; work it well. Prepare the crust of this, and put it on.

Put the pie to bake in the oven. In 1½ hours the paste will be a nice brown. If it is so, the pastry is done enough, but the birds will require ½ hour's additional simmering to make them tender (*i.e.*, 2 hours in all); so cover the paste quickly with paper to prevent its catching, and if the oven bottom is cool, as it is at Birk Hall, put the pie on that, but if it is hot (as in many ovens), then put the pie on the top of the hot plate, or wherever it *is* cool, to simmer the meat the additional ½ hour. Take off the paper and replace the "rose." Serve cold for an excursion or for breakfast.

For another pie use grouse fillets and thigh only, drawing down the carcase and drumsticks with a slice of lean ham, 2 or 3 sliced onions, 1 sliced carrot, a stick of celery, a little parsley, very little pepper, *no* salt; let there be 1 pt. when strained. Put half into the dish with the fillets and a little chopped shallot, or onion if shallot cannot be got. The pastry and baking to be the same as for the Birk Hall pie, but when the pie is taken out of the oven,

take off the "rose," and quickly pour into the pie, through a funnel, the rest of the gravy *boiling hot*, replacing the "rose" finally when the pie is cold.

Black Puddings. (*Beechwood Recipe altered by Isa. Emslie.* 1892.)

Stew 2 large handfuls of whole groats ("Embden Groats" are best), or even rice, or a teacupful of oatmeal, in new milk till tender. Mix with it ¼ lb. of crumb of bread, and when cold add ¼ or ½ lb. of beef suet nicely chopped; season with pepper and salt, parsley, chopped pennyroyal and sweet marjoram, also raw onion or raw shallot chopped small, 2 pieces of pig's fat (called "fleed," *i.e.*, fat before it is melted), or use lard not melted, 3 well-beaten eggs both yolks and whites, and 1 pt. of pig's blood strained.

Enough for three or four dishes.

Clean the skins thoroughly, scraping them inside with a knife till quite clear and transparent. Fill them in long pieces, but not quite full, so as to leave them room to swell.

Boil gently in a kettle of water 20 minutes, pricking them all the time to prevent their bursting.

Lay them out on a clean cloth. Broil them before sending them to table.

You may, if preferred, bake the mixture in a pie-dish and when cold cut it up and fry it in slices.

(*See* also under Meat, Mutton and Lamb—how to use whole sheep.)

"Boudin à la Richelieu." *See* Rabbit Pudding.

Chicken, for a Pie of. *See* Parsley Pie, also Partridge Soufflé, under Game.

Chicken and Liver Pie. Cold. (*Mrs. Rothery.*)

For a small one, the proportion is 1 fowl or pheasant to ½ lb. of fresh calf's liver. If more is wanted to "make out," prepare some veal as for quenelles (*see* Meat—Veal).

The calf's liver must be cut into pieces an inch square, with fat and lean bacon in tiny dice. Add chopped shallot, and parsley, salt, pepper, and spice. Fry all gently on a slow fire, stirring often. When the liver and bacon are thoroughly cooked, drain off the fat. Put the meat into a mortar, beat it to a paste, and season. Bone the fowl or pheasant, cut it in pieces, and put it in a saucepan with a little butter to fry, but do not brown it too much; season to taste, and add cloves, allspice, &c.

Have a pie-dish and put some of the forcemeat in, then a layer of game, and so on till the dish is full. Arrange so that a layer of forcemeat is at top. The dish must not be quite full.

Steam 2 or 3 hours according to size.

When cooked, press down the contents with a spoon, and when cold, run lard or clarified butter on the top. This dish is for luncheon, breakfast, or supper.

Chicken Pudding. Cold. (*Bate.* 1880.)

To use up fowl, or turkey, or game.

Pound all the meat and pass it through a wire sieve; use *no* fat, skin, or gristle; season with a little mace, pepper, and nutmeg. The meat must, as you pound it, be moistened with a little good white sauce, strongly flavoured with mushroom. If you have no mushroom, add a little finely minced truffle. Add a yolk of egg to the mixture to bind it. Two stiff whipped whites of egg must *be lightly* added at the last, and then steam slowly for 20 minutes. You serve it cold with aspic jelly for luncheon or supper.

Chicken Little Puddings.

Take the white meat from a cooked chicken or turkey, clean it of skin and gristle, chop it very fine, and season to taste.

Beat up 2 eggs with 2 or 3 tablespoonfuls of cream; add it to the chicken with a few bread-crumbs.

Beat all well together.

Butter some cups and put in the mixture, $\frac{1}{4}$ hour will boil the puddings.

Turn them out and serve with white sauce.

Cottage Pie. *See* Pedro Pie.

Dutch Savoury Pudding. (1879.)

Have 2 ozs. of butter in a pan, to it beat 6 yolks of egg. Whisk the 6 whites to a strong froth, apart. Flavour yolks and butter with fine herbs and shallot. Season at the last, mix in the whites, put into a buttered plain mould or basin. Steam 20 minutes. Turn out. Serve a good gravy in a boat with it.

You may make this a sweet pudding by using sugar and lemon peel or vanilla instead of herbs, &c. In this case a nice fruit sauce is wanted in a boat to correct the egg flavour.

Game Pies and Puddings. *See* Chicken Pudding and Birk Hall Excursion Pie.

Game Pie.

A cold pie. No crust.

Pound remains of hare or any cooked game with a little beef suet; mix with a little panada of flour, butter, and stock, the yolk of 1 egg, salt, allspice, or pounded mace. Line a pie-dish with this; cover the bottom with fillets of uncooked game or veal, or ham, or poultry; then another layer of forcemeat, and so on till the dish is three parts full, then the bones on top, and a common crust over, merely as a temporary lid to keep in savour.

Put the pie to bake 3 hours in or on a slow oven; when done take it out of the oven, and when nearly cold take off both crust and bones, and fill up the dish with a good stock that will jelly.

The remains of jugged hare pounded do well for this forcemeat.

"Gnocchi," to go with a ragout. *See* Preface.

"Goose Pie." A Yorkshire Dish.

This differs little from a game pie, except that its chief ingredient is goose.

A fine goose is selected, carefully boned, and laid out flat; on it are laid fowl, pheasant, or any convenient game, *i.e.*, *birds* only; hares are too strong in flavour for this dish; all well seasoned and tightly wrapped inside the goose wrapping and baked in a raised paste; every cranny to be filled up with forcemeat as in other pies, all the trimmings, &c., to be well drawn down to a stiff jelly, which must be added in a liquid state, little by little, through a funnel, as much as pie will hold, poured in "under the rose," *i.e.*, the paste stopper.

Made in much the same way in Cornwall.

Do not scruple to add rabbits if it suits a somewhat empty larder.

Grouse Pudding. No. 1. Mr. Lowther's.

A pudding made with quite *old unboned* grouse, juicy rump steak and good stock. The pudding to boil rather slowly, or it will get dry. The birds are *not meant to be eaten*, merely put in to flavour the steak.

Grouse Pudding. No. 2. Patterdale.

To come up in a basin with a cloth round it.

The paste is made of finely chopped beef suet. *Edge* the basin only with paste, for except as a rim, it absorbs gravy too much. Put a thin slice of beef at the bottom; season with pepper, salt, and a little chopped onion.

The grouse should be boned, jointed, and laid in the basin till it is full. Season to taste. Fill up the basin with a strong gravy drawn down from the bones and unused fragments of grouse. Cover the basin with a paste lid; tie a cloth over, and boil 4 hours, not too fast.

A similar recipe is—

Grouse Pudding. No. 3. Sutherland.

This must be very slowly boiled. Line a large basin with thick light suet crust, using finely chopped beef suet; lay the backs of the grouse at the bottom to flavour it through. Then put in nicely cut beefsteaks or fillets, seasoned and with a good gravy. Fill in with choice bits of grouse, breast, wings, and thighs of the birds; and put the suet crust over all. This pudding should have "long, long boiling." Serve in the basin with a cloth folded round. Use *old* grouse.

Grouse Soufflé. (*Emslie.* 1890.)

This is made same as Partridge Soufflé, *see* Game, substituting grouse for partridge; but the stock for Grouse Soufflé need not be white.

Hare Pie. *See* Game Pie.

Hare Pie. Cold. (*Mrs. Wellington.*)

Cook in a pie-dish if you have no "terrine," *i.e.*, French fire-proof earthenware dish, but latter is best.

Take the fillets off the hare, lard them, and keep them on one side.

Pound the rest of the meat with an equal quantity of the fat of pork, and then season with ground pepper, a grate of nutmeg and pounded herbs, basil, marjoram, bay-leaf, but no sage; all passed through a sieve.

Lay the larded hare fillets in a dish, and about the centre put in truffles or strips of tongue, or of ham or bacon, cut 3 ins. long and 1 thick. Fill the dish up with the pounded hare, and bake with a common paste cover, only wanted to keep in the savour.

When put into the oven, it must stand in a pan with water one inch deep. When cooked, take out of oven and remove the paste cover, and put a dish on to the meat with a 14-lb. weight to press it firmly.

When cold, cover the meat with clarified butter or with lard.

Serve cold.

Hare Pudding. *See* **Hare "Pain de Gibier,"** under Game.

"Hunter's Pie."

Take the best part of a neck of mutton and cut it into chops, free from fat, season with pepper, salt, and onions and let them brown in a stewpan for ½ hour. Have about 2 dozen potatoes boiled and nicely mashed. Butter a plain mould and line it with the mashed potatoes, put in the chops and onions and cover them with the mashed potatoes. Bake ½ hour in the oven. Turn it out, make a hole in the pie and pour in some boiling hot gravy or stock.

Kidney Pudding. (*Isa. Emslie.* 1884.)

Ingredients: 9 sheep's kidneys sliced, a little of the fillet of beef, a slice of raw ham minced, a little shred onion and parsley, good stock to half fill up the basin, pepper and salt; paste for top of basin only, with just a rim besides.

To cook in a potato-steamer, with *hard boiling* water below.—Cook well 5 hours; add in a little more gravy 10 minutes before or even just before serving.

Steaming in this way does better than boiling, makes it richer and more mellow.

Cooked meat, if you use up kidneys and sautéd steaks, requires to be steamed only 3 hours. Then fresh onion and ham will be required to flavour.

Kidney Soufflé. (*Mrs. Jamieson, Edinburgh.* 1885.)

"A la Hugo," in dariole moulds.

Take a quite fresh ox kidney. Remove all fat and skin, and cut it up small; then pound it in a mortar. Pass it through a hair sieve. Season with pepper and salt. Whisk into it ½ pt. of thick cream and 1 egg. Butter some moulds, and lay a thin slice of truffle at the bottom of each mould. Fill each mould with the mixture, and steam slowly ¼ hour. Glaze them after turning them out, and serve in Half-glaze sauce.

Macaroni Pie. No. 1. (*Wootton Lodge.*)

Mince 1 lb. of veal, chicken, or any white meat, very fine; if *un*cooked, stew it first gently on the fire ¾ hour in ½ pt. of stock, but should the meat have been cooked before, it will merely require warming up again in a little cream or stock, or gravy if cream be scarce, or in a little Béchamel or other white sauce, *see* Sauces for Meat, "Sauce for Macaroni Pie." White Sauce for Rabbit, under Sauces for Poultry and Game, is also good for this pie.

Stew some macaroni soft in salt and water, and cut it into dice; add it to the meat. Bacon fat (the red lean of bacon is too salt and hard), ham, or tongue should also be minced with the meat, and the remains of a sweetbread if it can be spared. If the sauce wants thickening dredge a little flour into the pan, and add ½ teacupful of thin cream, or more gravy if preferred; of course more Béchamel is better than flour and cream.

Button mushrooms or peelings of the large flat mushrooms much improve the flavour, or you may use instead truffles, grated Parmesan cheese, or even stewed peas.

Serve on a hot-water dish with a cover over it. There is no pastry; it is merely a delicate mince.

If to be shaped as a pie, the *sides* must be of strong paste (not to eat), and only the *top*, which is of "feuilletage" (*see* Paste and Pastry), will be eaten. The pastry is baked separately, sides and top powdered with grated Parmesan, then the pie mixture is poured in, and the pastry top clapped on.

Macaroni Pie. No. 2. (*Mrs. Hawkes.*)

Ingredients: ¼ lb. of macaroni boiled till tender, some good gravy, a bit of butter thickened with flour, and some thin slices of ham and sweetbread cut in slices, seasoned with pepper and salt.

Mix all together, and put into a puff-paste lined mould. Bake 1 hour in a moderate oven.

Macaroni Pudding. No. 1.

Boil macaroni till tender, and cut it in very small pieces. Pound any cooked white meat you have, and grate some cooked

ham or tongue ; add chopped parsley, sweet herbs, chopped mushrooms, and chopped onion, and work all well in a basin with 2 whole eggs. Butter a plain mould, steam 1 hour, turn out and serve in a good white sauce with or without button mushrooms.

Macaroni Pudding. No. 2. (*Beechwood.*)

Boil ½ lb. of macaroni quite tender with a little mace, the yolks of 4 eggs, and the whites of 2. Put in a little fowl or white veal pounded, and bread cut in dice. Add a little grated tongue or ham and a pint of double cream. Beat all well together, and put it in a mould ; flavour with mushroom peelings. Steam it 1½ hours, and dish it up with plain white sauce and button mushrooms.

Macaroni Pudding. No. 3. Savoury.

Prepare the meat as for mince ; season it well. Have the macaroni previously cooked in boiling water ; be careful not to break it ; keep the macaroni as a long unbroken coil.

Butter a pudding basin, and line it with the macaroni coiled round and round against the bottom and sides *as close together as possible.* Put in the minced meat, pressing it firmly down, and fill the basin quite full. Tie it with a paper and a cloth as a pudding, and boil it ¾ hour or an hour.

When turned out, serve with white sauce round it.

Macaroni Timbale. (*Tillypronie.*)

Boil some macaroni thoroughly, and line a mould with it. The inside filling of the timbale is of cooked white meat of fowl or game, with sweetbread if to be got, and ham or tongue or bacon, all cut in dice ; also add mushrooms or truffles if you have them.

Warm up the meat first in 2 tablespoonfuls of Béchamel Sauce (*see* Sauces for Meat), then beat up the yolks of 3 eggs, the white of 1 only, and add the other ingredients at the last.

Pour the mixture into the mould previously lined with macaroni. Steam 1 hour. Serve with more sauce round.

Mutton Pie (Hot).

Use neck of mutton, and enrich the pie with forcemeat balls of Veal Quenelle or Rabbit Quenelle mixture (*see* Meat, *see* also Game) rolled with a little flour, also mushrooms or chopped truffles and a very good gravy.

Mutton and Oyster Pudding.—Mr. Monckton Milnes' Recipe.

Materials : A loin of mutton and 4 doz. oysters.

First Part.

Line a basin with a good light beef suet crust. Take all the lean from the upper side of a loin of mutton. Cut it crossways ¼ in. thick, carefully taking away all fat, gristle, or skin. Place these slices of mutton in layers in the basin. Between each

layer powder a little pepper and salt. Shake in lightly a little flour, and add a few bits of butter. Leave a hollow in the centre of the pudding, and when all the mutton is in fill the hollow with 4 doz. fresh oysters, the "beards" and horny part trimmed off. Sprinkle the oysters over with pepper and salt, and cover them up with slices of the fillet, *i.e.*, the underside of the loin of mutton, filling up the basin with stock or water. Now cover all over with a piece of the suet crust. Tie a cloth tight over the basin, and boil *very slowly* for 4 hours.

Second Part.

Put the "beards" of the oysters to simmer in the oyster liquor till all the goodness is out of them ; then strain the liquor ; add to it some gravy and a little butter rolled in flour with a little pepper and salt and boil it up. Just before serving make an opening in the crust, and pour this oyster liquor into the pudding, that it may all incorporate a little and blend with the pudding.

Serve the pudding very hot in the basin in which it is cooked with a napkin arranged round it.

Mutton Soufflé. (*Mrs. Wellington.* 1876.)

From the even underside of cold roast loin of mutton take ½ lb. of nicely picked meat, pound it, and put it through a sieve. Work in gradually 2 yolks of egg and ½ teacupful of cream.

Season to taste, then whisk 1 white of egg to a strong froth, and add at the last. Steam, serve cold with a sauce. It will take ½ hour to cook in a mould or 20 minutes if in separate small moulds.

Parsley Pie, a Devonshire and Cornish Dish. (*Trebah.*)

Prepare 2 chickens for the pie jointed as for a fricassee. Lay in the bottom of a pie-dish a layer about an inch deep of very young parsley (nipped off the stalks and squeezed in a cloth, as the juice is very bitter). Season the joints of chicken, mince a little blanched Portugal onion and 2 shallots, and strew over the chicken with a seasoning of pepper, salt, 1 breakfast lump of white sugar powdered, and a *very little* mace and nutmeg also, if you like spices. Lay the joints on the bed of parsley ; cover with another layer of parsley, and add more chicken and more parsley in alternate layers till the pie-dish is full.

Pour in a very little good veal stock, and cover all with an ordinary pie crust made so : ½ lb. flour, 4 ozs. butter, 1 egg, a little salt, and enough water to make into good stiff paste ; work it well.

In Cornwall they cover the bottom of the pie-dish with a few slices of veal and bacon (to flavour it only, *not to eat*), and the yolks of hard-boiled eggs cut in half, with bacon or ham or tongue cut in dice, are laid in with each layer of chicken and improve the pie much. When the pie is baked, make a small hole in the centre of the crust and pour in ½ pt. of double cream, *boiling hot.*

The spices and shallots are often omitted, and only ½ an onion used.

Partridge Pie. *See* Birk Hall Excursion Pie, Pigeon Pie, and end of Rabbit Pie ; *see* also Partridge Soufflé, under Game.

"Pease Pudding, Hot," to Eat with Pork.

Soak ½ a pint of yellow split peas more than 1 hour in cold water ; drain them well ; tie them up loosely in a cloth, and boil with the pork 1½ hours of the time that the pork is cooking.

Then pass the peas through a tammy, and mix with them 1 egg, a little cream and white pepper. (No salt.) Put this into a well-buttered basin and steam ¼ hour, just to make it *set*. Turn the pudding out and serve it with the pork.

Pedro Pie (or Cottage Pie).

You must have a perforated tin lid for this dish.

1½ lbs. of rump steak, or neck of mutton chops, free from fat, a little butter and a teacupful of stock, ½ onion sliced, a little chopped parsley, pepper and salt. Dredge it lightly over with flour, and put in pie-dish in oven covered with a tight-fitting paper lid. Now boil and mash some old mealy potatoes.

When the meat has been 1 hour in the oven, take the dish out of oven ; take off the *paper* lid ; and put the prepared potatoes on top of the *perforated tin lid* mentioned, piling them high towards the centre and "roughing" them with a fork to look rocky.

Skim all fat off meat ; put the potato lid on covered tin, and replace dish in oven. A second hour will finish cooking the meat, and will brown the mashed potatoes on the top. Tins for this pie can be bought with the loose perforated lid and a "chimney" in centre to let out steam. When served, place lid on a dish, and help potatoes from lid with the meat.

Mrs. Dick for "genuine Pedro pie" (for 3 at luncheon) uses 4 chops of pork or mutton trimmed from fat and put in a pie-dish with seasoning of flour, pepper and salt, add a little chopped onion and, for *pork only*, sage. Just cover with second stock, and put a tin close over. Put in the oven to stew 1 hour. Then cover with hot mashed potatoes, and put back for ½ hour to brown.

Pheasant Pie. *See* Chicken and Liver Pie.

Pigeon Pie. (*Mrs. Thomas.*)

Best without beef. Six young birds halved, boned and nicely stuffed with forcemeat ; a good strong stock.

Make the forcemeat for stuffing of 2 lbs. very fresh calf's liver, also ½ lb. good uncooked stock ham, fat and lean ; chop all small, and put with a little shallot and a few herbs to braise ¾ hour, just covered with broth ; shake the pan gently every now and then, then take out the herbs, and pass the rest through a wire sieve. If you cannot get calf's liver, and must use other stuffing, put slices of the fillet (or rump) of beef and ¼ lb. of ham in slices

at the bottom of the dish to flavour. Put in more stock *boiling hot* through "chimney," *i.e.*, the hole in top of crust, just before you serve.

Partridge pie is excellent done this way with calf's liver stuffing.

Mushrooms or truffles improve the pie. Raise the pigeons on croûtons.

(For another forcemeat *see* Stuffing for Hare No. 1, under Stuffings.)

Pork Pie.

Use the loin, but no bones; flavour with sage and also with shallot or onion passed through a sieve; give a delicate seasoning, and use *white* stock for this pie.

Rabbit Pie. (*Mrs. Thomas.*)

(Cold.—Most useful for excursions before other game comes into season.)

4 rabbits for a large pie. Bone them all except the shoulders and legs of 2, and pick all the meat off the backs; draw down all trimmings and bones for gravy, with1 onion, 1 stick of celery, 1 carrot, and a little stock ham or cushion of bacon. Cover the ingredients with water if you cannot spare second stock or mutton broth. Make a forcemeat thus: Pound the meat of the 2 remaining sets of shoulders and legs, and pass through a sieve; in the same way prepare the same weight of bacon or ham, fat and lean, half and half. Add seasoning and a little chopped truffle previously stewed till tender in its own liquor and in a little stock; add wine also if you like. If you have no truffle add chopped shallot or onion raw. Stuff the legs and shoulders of the 2 boned rabbits with this forcemeat, and add them to the pie, $\frac{1}{4}$ lb. ham in slices, and, if the weather is pretty cool (for in hot weather they turn pie sour) 6 hard-boiled yolks of egg cut in halves. Season the pie; then pour in $\frac{1}{2}$ pt. of gravy strained through a sieve, keeping back another $\frac{1}{2}$ pt. till the pie is nearly baked, when it may be poured boiling hot through a strainer into the "chimney" of the pie, removing the paste "rose" centre ornament for the purpose. Do not replace the "rose" till the pie is cold.

Partridge pie is done in the same way, but requires a good first stock, as the meat does not jelly.

Veal pie is much the same, but the veal must be well beaten and each piece of ham or bacon must be rolled up in a thin slice of veal. Veal jellies well, not so beef or venison.

Rabbit Pudding, "Boudin à la Richelieu." (*Beechwood.*)

Take all the meat off bones of 2 cooked rabbits. After the rabbits have been well pounded add some fat brawn and pound well together with a little bread soaked in milk. Add some shallot, a little parsley chopped fine, pepper and salt just to flavour it. Pound all together very fine and mix it up with 2 eggs, whites and yolks. Make it of a proper

stiffness ; if too soft add a little flour. Make it into 2 long rolls and boil them 2 minutes in sufficient boiling water just to cover them.

Dish them up with white sauce, made of the bones of the rabbits and stewed with mushrooms and some herbs.

"Roman Pie"—Rabbit. (*Miss Byrom.*)

Boil a rabbit, and cut off all the meat as thin as possible. Boil 2 ozs. macaroni very tender ; grate 2 ozs. Parmesan ; chop some shallot fine ; add sweetbread, chopped mushroom or truffle, or ham, or tongue. Add a small ½ pt. of cream. Line a mould with good paste, sprinkled with vermicelli if preferred ; make a good paste lid to go over also. Grate Parmesan inside the paste case when baked. Bake an hour. Serve with brown sauce.

Rook Pies.

You require the young birds in spring, *skin* them instead of plucking them, use the breast only of each bird, and let them lie some little time in milk before you make the pie. This is to take away the strong flavour of these birds.

Savoury Pudding.

Put a pint of cream on the fire, and when it boils add 3 tablespoonfuls of vermicelli cut small ; let it simmer about 5 minutes ; add 3 eggs—both yolks and whites ; beat all up together with a little more cream, salt, white pepper, shallot and mushroom peelings.

Line a mould with small pieces of cold cooked tongue, or ham, and truffles, and carefully pour in this mixture.

Bake, or steam, and when turned out serve with a good brown sauce such as "à la Dreux" (*see* Grouse Fillets No. 2, under Game), or "Demi-glace" (*see* Sauces for Meat), or "Fines Herbes" (*see* Sauces for Fish).

Sheep's Head Pie.

Get a sheep's head and feet, the head scalded, both head and feet singed. After being thoroughly cleaned, boil till the meat will easily separate from the bones. Then strain, allowing the jelly and meat to stand till quite cold. Then fill a pie dish, first with a layer of jelly, then neat slices of the meat, then of ham, and of hard-boiled egg. Fill up the dish with the remainder of the jelly, cover it with crust, and as soon as the paste is cooked a nice brown, the pie will be ready.

(Another copy says for ingredients 2 sheep's heads and trotters cooked like Sheep's Head No. 3 (*see* Meat), tongue and all, but do not crumb them for a pie.)

Suet Puddings with Boiled Beef. (*J. E.* 1892.)

½ lb. of beef suet, ¾ lb. of flour, ½ teaspoonful of Yeatman's dried yeast, pinch of salt, and cold water to mix.

Shape this into balls the size of Mandarin oranges, and pop into the pot of simmering silver-side of beef and vegetables, to boil ¾ hour.

Serve with the vegetables round the beef.

Swiss Pie.

This comes up in a pie-dish without crust.

Cut some onion and a kidney into tiny bits, take the fat off the best end of a neck of mutton and cut the mutton into chops. Put a layer of mutton, kidney and onion in a pie-dish, then a layer of sliced potatoes, with a little pepper and salt ; then chops again, and so on till the dish is full. Lastly sliced potatoes at the top, instead of crust. Add a strong beef gravy and bake it well.

"Toad in a Hole." *See* Meat—Beef.

Turkey Puddings. *See* Chicken Little Puddings.

Veal Pie. *See* Rabbit Pie.

White Puddings. No. 1. (*Lord Provost Henderson.* 1880.)

Ingredients : 3 lbs. fresh beef suet very finely picked and minced, 4½ lbs. oatmeal, 3 chopped onions, pepper and salt to taste, and, if liked, a little thyme also.

Ask butcher for " pudding rings," or sheep's bladder will do.

Before using them clean well, soaking them 24 hours in salt and water, and changing the water several times. After cleaning the skins turn them inside out, and fill them by inserting the meat at one end (it gradually turns as you fill, so the inner side must be outside when you begin). The skins must *not be quite filled*, as the pudding mixture will swell in cooking. Prick the skins and boil 1 hour, then tie them in short lengths and hang them up. When wanted for use, boil them again and heat them on a gridiron. If onions are used, the pudding will not keep so well, as onions are apt to become mouldy.

White puddings are served for dinner round boiled cod with potatoes and melted butter, in old Scotch houses.

White Puddings. No. 2. (*Lady Farquhar.*)

1 lb. of oatmeal, well dried, ½ lb. fresh beef suet, 2 onions minced, pepper and salt to taste. Get skins from the butcher—wipe well with a dry cloth—fill, and tie with twine. Boil all together 20 minutes, take out and let them stand till cold. Store in dry oatmeal. When required cook slowly on a gridiron. Cut in any lengths preferred as if they were sausages.

Yorkshire Pudding. No. 1. (*Farley Hall.*)

Take 3 tablespoonfuls of flour and mix it smooth with new milk to the consistency of cream. Beat 3 eggs very well, mix them with the flour and milk, and immediately pour it into the Yorkshire pudding tin, which must be *ready hot* before the fire, and the fat in it boiling. The eggs must not stand at all, as the lightness of the pudding depends upon that, and on the tin being hot and the fat boiling.

Yorkshire Pudding. No. 2. (*Mrs. Wellington.* 1877.)

This has a dish of its own, a regular Yorkshire pudding tin if for the Sunday beef, but if for two or four people only, use a sauté pan. It must be put down inside the clean dripping pan under the joint.

The batter should be mixed fully 1 hour before and allowed to stand.

For the batter take $\frac{1}{4}$ lb. of flour with a pinch of salt, make a hole in the centre and add 3 eggs, yolks and whites. Mix into it a little of the flour wall, with a wooden spoon; add 1 pint of milk gradually, and work the mixture well up.

The pan which is to hold the pudding should be well greased with the dripping, but not more than that; pour in the mixture and let it remain $\frac{1}{2}$ hour dripped on by the joint which is roasting. Then turn the pudding and finish it in the oven. It will take about $\frac{1}{2}$ hour more.

MELTED BUTTERS, BUTTER SAUCES, AND SAVOURY BUTTERS

Anchovy Butter. (*Mrs. Brandreth.*)

Butter, a boned and pounded anchovy, and a hard-boiled egg worked together with a palette knife. Nepaul pepper to season, but *no salt* is required. Hand thin, crisp, hot, dry, toast in a rack with it.

Black Butter to serve round Broiled Haddocks.

(*Mrs. Thomas.*)

To a teacupful of strong cold first stock add ½ oz. or ¾ oz., *no more*, of butter, and melt both, stirring well, in a stewpan; add 1 tablespoonful of mushroom catsup, the same of Harvey's sauce, also ½ spoonful of Worcestershire sauce, and let all boil up together. Serve in a sauce-boat. Another copy says, "Serve *round* the fish, not over it."

Burnt Butter, a Delicate Fish Sauce.

(*Mrs. Wellington.* 1876.)

2 ozs. of fresh butter, put on in a stewpan and quickly browned over a good fire. Skim if necessary.

Take care it does not get bitter.

Butter Sauce. No. 1.

Rub 3 ozs. butter in a tablespoonful of flour; add ¼ pt. water, a spoonful of white vinegar, a little white pepper and salt. Stir over the fire until it boils.

When about the thickness of cream and quite smooth, take it off and stir it a little longer before serving.

Butter Sauce. No. 2.

Make hot ½ pt. of cream, and put into it 3 ozs. of butter to melt. Then beat the yolks of 2 eggs, and mix with the butter. Make it hot, but do not let it boil. Pass it through a tammy.

Clarified Butter.

Put butter on till melted. Skim well; draw to side of fire for 15 minutes uncovered. Then pour off, leaving milky part behind. (2 ozs. of clarified butter are used for "Pain Gâté," *see* Sweet Dishes.)

Green Butter. (*Mrs. Hanbury.*)

3 anchovies boned and pounded fine. 3 ozs. of green parsley leaf, boiled till tender and picked from the stalk, then weighed. Squeeze out the water, chop the parsley fine and add

4 ozs. of fresh butter and the pounded anchovies, rub all through a sieve and serve, with slices of toast in a rack.

Melted Butter. No. 1.

Put butter and flour into a pan and stir well; add water drop by drop, and strain at the last.

[All sauces wanted transparent may be thickened with a very little arrowroot, well mixed first in a teaspoonful of cold water.

This applies equally to cutlet sauce.

It looks clear, and if but *little* is used, taste is not detected.]

Melted Butter. No. 2. English.

Put water in a little stewpan to boil, then mix some flour with a little water in a basin, and add it to the boiling water in the stewpan, making it as thick as gruel; to 1 pt. put 6 ozs. butter, and stir till it has melted.

For sauces add a spoonful of cream.

Melted Butter. No. 3. French. (*Pau.* 1881.)

Ingredients: 1 oz. butter, 1 small teaspoonful of flour, the yolks of 2 eggs, and a little salt and milk.

Melt the butter in a stewpan; then stir in the flour and salt. Add the milk, and let it boil. When about to serve, add the beaten yolks of 2 eggs. Stir well on the fire; but do not let it boil again.

Melted Butter. No. 4. French. "Sauce au Beurre." (*Cataldi.*)

2 tablespoonfuls of flour mixed well with very little cold water at first, lest it should be lumpy, a wineglassful in all. Let it boil for about 5 minutes; then pass it through a tammy cloth. Mix with it about 3 ozs. of butter, and warm it but do not boil it again. Add a few drops of lemon juice, season it well, and serve hot.

Melted Butter. No. 5. French. (*Sherwood.*)

3 pats butter (melted first) to a dessertspoonful of flour. Cook a few minutes to take off the raw taste, stirring to prevent lumps all the time.

Take off the fire, and add gradually a wineglassful of water; put it on again to boil; take it off, and add a pinch of salt and the strained yolk of an egg. Then put the melted butter into the previously well-heated sauce-boat; add a squeeze of lemon juice.

Melted Butter. No. 6. Plain French.

This is what its name implies, merely butter melted, skimmed and strained, and is quite the best.

Ravigote Butter. (*Mrs. Jamieson, Portmore.* 1888.)

½ lb. of butter, 4 anchovies, a small bunch of parsley, a spray of Tarragon blanched and the water squeezed from it; pound all in a mortar and pass through a sieve. Hand toast with it.

(For Ravigote Sauces, *see* Sauces for Fish.)

"Sauce au Beurre." *See* Melted Butter, No. 4.

OMELETS

Auchentorlie Meat Omelet.

A most useful "make out" for luncheon or breakfast.

4 ozs. of boiled potato passed through a sieve, ¼ to ½ lb. of the lean of roast mutton or roast beef free from skin or gristle or fat, minced fine with a little shallot and green parsley leaf chopped fine. Pepper and salt to taste. Mix all in a pan on the stove, with a little good stock, and when quite hot mix in a well-whisked egg. Put the mixture into a well-buttered omelet pan and fry it. Brown the top side a moment, sloping the pan to the fire, and turn out on to a dish, *underside uppermost.* Serve good gravy in a boat with it if liked. (We like *less* potato and more egg, 2 yolks and 2 whites.—C. C.)

Bacon Omelet. (*Mrs. Wellington.* 1879.)

To 4 eggs well beaten with a fork and seasoned to taste, add a little chopped parsley, a small teacupful of thin cream and a little cold cooked bacon-fat cut in mere specks, or cold cooked fat of ham. (If you only have raw stock ham, cook it in second stock for ¼ hour, for it must be previously cooked and grown col l again ; or if uncooked bacon, fry it first as if to come up alone and let it get cold before using.)

Put all into a greased omelet pan. The pan must be very hot, but the butter must not brown. Stir till set, then tilt the pan so as to draw the omelet mixture to one side, then turn it over into the dish, but do not double it.

Bagshot Omelet.

3 eggs broken into a basin and strained ; beat lightly with a whisk.

Next add 1½ teaspoonfuls of thin cream, or if the cream be thick let it be cream and milk, half and half, add pepper and salt. Take a piece of butter the size of a hazel nut and melt it in a pan ; add the mixture and put it over the stove. Stir gently till set, drawing it to one side of the pan to brown ; slip it on to a dish.

N.B.—Should the eggs be new laid, you will then not require cream or milk.

Breakfast Omelet. No. 1. (*J. Emslie.*)

Beat 3 whole eggs and 2 yolks all together to a froth ; add a little salt, pepper, a little chopped shallot and parsley, a grate of nutmeg ; add to that a teacupful of cream ; beat as you pour it

in; have the omelet pan very hot. Melt 2 ozs. of butter in the pan, pour in the mixture, stir lightly once or twice. Tilt the pan and slip the omelet on to a hot dish. Serve plain.

This quantity makes a large omelet.

Breakfast Omelet. No. 2. (*Mrs. Wellington.*)

3 yolks of egg beaten in a basin with a fork; to them add gradually half a teacupful of thin cream. Whisk 3 whites to a froth with a whisk—by themselves. Warm the omelet pan over the fire first, then put in a bit of butter, size of a good nut. The heated pan will melt it. Mix the yolks and whites and put into pan. Stir till set with a wooden spoon, then tilt pan to one side and slip omelet on to a hot dish.

For Savoury Bacon or Kidney Omelet beat yolks and whites together.

Ham Omelet.

The yolks of 5 eggs, the white of but 1, ½ teacupful of cold cooked grated ham or tongue, a little green parsley and some chopped onion, or an onion squeezed through a coarse cloth, 2 tablespoonfuls of cream, a small teaspoonful of flour, a little pepper but no salt, please. All stirred together, fried in 2 ozs. of butter, stirring all the time.

Another way is as follows: Mix 2 eggs with parsley, shallot and grated ham or tongue, a spoonful of good gravy and a spoonful of essence of anchovy. The omelet pan must be very hot and the butter *boiling*.

Kidney Omelets. *See* Notes on Omelets later on.

L'Abbé Pericaud's Omelet.

Put the eggs, both yolks and whites, into a basin with a very little salt, and a little water; beat them a very long time until they are entirely mixed, then put a dessertspoonful of butter into a frying pan and melt it until it is very hot, then throw in the beaten eggs and fry them, but not very brown; add onion or shallot or parsley to your taste.

Macaroni Omelet. (*Lady Wensleydale.* 1868.)

Half this quantity makes an omelet for 3.

The yolks of 5 eggs; a tablespoonful of thick cream; pepper, salt and mustard to taste; 2 tablespoonfuls of grated Parmesan, and 3 of macaroni first blanched and then cut into lengths 1 inch long.

Mix all together; whip the whites of the eggs by themselves, and add at the last. Cook like any other omelet.

Macaroni Cheese Omelet. (*Mrs. Lowther, Ampthill.*)

Boil some macaroni till tender with a little salt and a small piece of suet. This makes it mellow. It may take 2 hours.

Drain and let it get cold, and cut it in lengths, an inch long. Then have the omelet pan hot and take 1 oz. of fresh butter, melt it and let it grease the pan. From 3 whole eggs take away 1 white, keeping 3 yolks, 2 whites. Beat the eggs well with a fork. Mix together the eggs and 2 tablespoonfuls of the boiled and chopped macaroni, a tablespoonful of cream, some pepper and salt and 1 tablespoonful of grated Parmesan cheese, and pour into the prepared hot omelet pan.

Make like any other omelet. Don't fold it or turn it—some people like a little mustard in it.

(We find this less rich than a Parmesan omelet and good for luncheon. For a sweet omelet done the same way omit pepper, salt and cheese and use sugar and flavouring instead; or for a plain omelet omit sugar and flavouring also and use a little salt alone.—C.C.)

M. Cotter's Omelet.

Take 6 eggs—beat them thoroughly—add ½ teacupful of cream, some parsley chopped fine with a very little chopped onion. Put a thick slice of butter into a frying pan; when hot pour in the omelet—keep stirring the edges of the omelet with a spoon towards the middle as they stiffen, to prevent sticking to the pan. When all the butter is absorbed the omelet will be sufficiently done.

Mrs. Sherwood's Omelets.

For plain omelet, kidney omelet, or bacon omelet she uses 3 eggs for each, and ½ a teacupful of thin cream and a bit of butter the size of a nut.

Just melt the butter first in omelet pan, then having whisked the whole eggs, stir them in, also the cream and pepper and salt. Mix this over the fire, tilting the pan and drawing the mixture to one side. Have a very brisk fire. Cook quickly if wanted light.

For savoury omelet Mrs. Sherwood takes a double-sized bit of butter.

Mushroom Omelet. *See* Truffle Omelet.

Notes on Omelets.

For breakfast you can have plain, kidney, bacon, ham, tongue, or sometimes savoury omelets.

For dinner, savoury omelets with gravy or with Parmesan cheese; or sweet omelets with sugar, or with preserve.

For Parmesan or for sweet omelets beat yolks and whites of eggs *separately*, and mix whites lightly in, at last, but for plain, or savoury, or kidney omelets have the yolks and whites beaten together from the first, and have a little salt in them.

For sweet omelets just put jam on the hot dish before the omelet is dished.

Kidneys, for kidney omelet, are merely sliced and sautéd, put into the hot dish, and the omelet is put over them.

Omelet "au Lard."

"Omelette au lard" has the fat and lean of bacon in equal proportions, cut the size of dice and mixed through the omelet mixture.

Omelets in Darioles.

To 4 beaten-up eggs, with ½ pt. of cream and seasoning, add chopped mushrooms and "fines herbes," with a little grated tongue or ham.

Butter the dariole moulds rather thickly, fill them with the mixture and cover with paper; steam 15 minutes; turn out on dish, and serve with any savoury sauce.

Onion Omelet.

Take in a basin the yolks of 3 eggs with ½ teaspoonful of salt, and a fresh chilli sliced.

Whisk the whites in a second basin. Put a small piece of butter, about the size of a walnut, into an omelet pan and heat it. Now stir together, gently, the yolks and whites, adding a small button onion chopped fine.

Pour the mixture into the omelet pan and place it on the trivet some distance from the fire, or on the oven.

It takes about 10 minutes to cook.

"Our Breakfast Omelet."

Have the omelet pan ready heated and just greased with fresh butter. Put in 4 whole eggs previously seasoned and beaten in a basin, a tablespoonful of cream, a *tea*spoonful only of milk. Give one stir round and very gradually draw the omelet to the side of the pan by tilting it; do not either turn or fold it.

Parmesan Omelet. (*Mrs. Weston.*)

Serve on a napkin, if in a silver dish.

Take 4 well-beaten yolks of egg in a basin, then add ½ a teacupful of plain whipped cream and a little pepper and salt. Next whip the whites of the 4 eggs to a stiff froth in another basin and mix all the ingredients well together, add about a ¼ lb. of grated Parmesan cheese, just before you put the mixture into an omelet pan. Put on the fire in the omelet pan and stir till well set. Then put the pan into the oven that the omelet may brown. If well beaten it rises high and is light. Sprinkle with grated cheese before serving. Do not turn it for it makes it "sad."

Prawn Omelet.

For the Sauce (in which to prepare the prawns): Put ½ oz. of fresh butter into a stewpan and let it melt. Stir in a very little flour, then add a little milk and cream, season sparingly, with

pepper, salt and a grate of nutmeg. Then add some good shelled prawns and let them stand in this sauce so as to get hot, but *not to boil.*

Make an omelet and when about to serve, place the prawns in the centre of the omelet, fold it over them and put the rest of the sauce round the omelet.

Ratafia, and Orange Flower Soufflé Omelet.

Weigh 5 eggs in their shells, allow an equal weight of sugar; break the yolks into one basin, and the whites into another, and whisk the whites to a stiff froth quite alone. Beat the yolks with a wooden spoon, adding the sugar and a good dessertspoonful of orange flower water. Beat for 20 minutes, then the frothed whites are added very carefully.

Your omelet should be in a metal dish which will bear going into the oven and is well buttered inside before the mixture is poured in. It should be only three-parts filled, as the mixture will rise in the oven. Bake about 10 minutes in a moderate oven, and sprinkle over thickly with pounded ratafias well browned.

The omelet should be quite set at the top, but underneath more like very firmly frothed Schaum sauce.

Rum Omelet.

(*Mrs. Jamieson Wood, Edinburgh, and Mrs. Buchanan.* 1895.)

Put 4 yolks of egg in a basin with 3 ozs. of sifted sugar, a pinch of salt and a teaspoonful of rum. Work into a creamy batter with a wooden spoon, then mix in very lightly the four whipped whites.

Have the omelet pan well rubbed with fresh butter and made very hot. Pour the mixture into it and let it "set" gently on a cool corner of the stove. Then put it into the oven for 3 minutes to cook on the top. Slip out quickly on to its dish, and pour a little hot and sweet, but not coarse, rum over and round it. Send to table with the rum burning.

This dish must not be kept waiting.

Savoury Omelet. No. 1.

3 whites and 4 yolks beaten together, a little parsley leaf and minced shallot, pepper, salt and cream. Made into shape as it cooks in a pan in which a little butter is warmed. Tilt the pan gradually before you slip the omelet into a warmed dish.

Savoury Omelet. No. 2. "Omelette aux Fines Herbes."

(*Cataldi.*)

Beat up the yolks of 4 eggs, add 4 tablespoonfuls of cream and 1 tablespoonful of chopped "herbs," as Cataldi calls mushrooms, shallots, truffles, and well squeezed parsley leaf, which "herbs" have all been previously chopped fine and stewed in a wine-glassful of sherry. Mix all well. Season as required, next whip up the 4 whites well to a stiff froth with a whisk, and add them.

Cook the omelet as usual.

Dry omelet is best for breakfast, but if for dinner or lunch serve with "Demi-glace" sauce, in a sauce-boat. Mrs. Weston says for this omelet serve Spanish sauce with ½ shallot cooked in it; hand round with the omelet in a boat. For either sauce, *see* Sauces for Meat.

Mrs. Weston's Brown Savoury Omelet is almost identical, but she does not use truffles, and when the omelet is set she puts it in the oven to brown. She says if well beaten it rises high and is very light—"don't turn it or it will be heavy."

Sir Alexander Milne's Omelet (*Emslie.* 1884), also called "Kennet French Mince," is very similar to Auchentorlie Meat Omelet. Bella Emslie says: If you want to use up Scotch Collops, take ¼th of potato, mashed to ¾ths of mince, with 1 oz. of fresh butter, a little stock, 2 or 3 beaten eggs, a chopped shallot, and chopped green parsley.

First cook the chopped shallot and parsley till tender in a little stock and then mix them with the minced beef and mashed potatoes, and work in the eggs. Grease a well-warmed pan with 1 oz. of butter, add the mixture, and cook; shake, and slip it first to one side and then gradually on to a hot silver dish, turning the underside of the omelet to the top. Serve "Demi-glace" Sauce (*see* Sauces for Meat) in a boat with it, if liked, but *never put gravy on the dish* with this "French mince," as it makes it heavy.

Sweet Omelets.

No. 1.—½ pt. of cream and 4 eggs, both yolks and whites, a little nutmeg and 3 ozs. of white sugar, all fried together, then taken out of the pan and doubled over, apricot jam being put between.

No. 2.—5 eggs—separate the yolks from the whites, add to the yolks a tablespoonful of flour, 2 ozs. of sweet butter, wrought to a cream; flavour with lemon peel, nutmeg and a very little brandy; beat all up with a spoonful of cream. Then beat up the whites to a stiff froth; mix them lightly with the other ingredients. Butter the omelet pan and bake in a quick oven. When ready slip it off the pan into a *warm* dish. Spread it over with apricot jam or any other preserve, double it over and strew sifted sugar and squeeze a little lemon juice over it. If the oven be hot 10 or 12 minutes will bake it.

No. 3.—Sweet omelet is good cooked the same way as Our Breakfast Omelet, but it may also be made thus: 3 yolks only, cream and milk; whites beaten separately and added lightly in at the last; sugar it over after dishing and brown with a salamander.

This omelet is cooked over the fire in an omelet pan, and does not go into the oven.

No. 4.—Cataldi's sweet omelet has ½ a teaspoonful of sugar; he adds apricot jam at the last; then powders the omelet over

with sugar and salamanders it so that there are cross bars of burnt caramel sugar over it.

For other Sweet Omelets, *see* Ratafia Omelet, and under Macaroni Cheese Omelet.

Tomato Omelet.

Break 4 fresh eggs, separating yolks and whites. Beat the whites to a stiff froth with an iron whisk. Beat the yolks and add to them some salt and pepper and 4 good-sized tomatoes which have been passed through a sieve; cooked or raw as you may prefer, but if *cooked* take most of their liquor from them.

Mix all thoroughly well together, then add the whites of egg.

Have ready a pan with butter melted—pour in the mixture. Keep stirring it from the bottom and sides towards the middle of the pan.

On a clear red fire it will require about 5 minutes.

Truffle Omelet. (*Pau.* 1881.)

Slice truffles or mushrooms and put them into a pan with some fresh butter and a little lemon juice and salt, and let them boil about 5 minutes, then take them out and add a little flour to the liquid. Stir it well, next add a little white stock and let it boil. Mix in the truffles or mushrooms with some of the sauce. Make an omelet, and when it is ready cooked, put the truffles inside, fold it, and pour the rest of sauce round outside.

PASTE AND PASTRY

Crust for Raised Pies.

¼ lb. of butter, 1½ gills of water, 1 teaspoonful of salt. Let it quite boil. Mix with as near 1 lb. of flour as it will take up. When the paste is boiling hot roll it out, and when cool enough to work, cut and make your pie and bake.

"Feuilletage" Puff Paste—Cataldi's. (Excellent.)

Put 1 lb. of flour on a pastry board, make a hole in the middle, into which squeeze the juice of a lemon, add the yolk of an egg and a pinch of salt. Mix all with cold water into a thick paste. Work it well with your hands, then let it stand for about 10 minutes, after which add by degrees 1 lb. of butter. Roll the paste, putting the butter in the middle and folding it up. Next roll again 2½ feet long, butter, and fold up in 3. Do this over and over again, at least 6 times, and then the paste is ready. The butter separates the pastry into the thinnest possible layers or leaves.

This recipe is excellent for Vol au vents.

Marrow for Short Crust. *See* Short Sugar Paste.

Pie Crust. (*Mrs. Pettit.*)

For hot game or meat pies.

¾ lb. flour, ½ lb. fresh butter.

To make it, take ¼ lb. of the butter, and mix with the whole of the flour; work up in the hand till it becomes like bread-crumbs, then mix it into a stiff paste with a little cold water, and roll out thin, and spread over it the rest of the butter.

Roll out 3 times, fold in 4 each time, then let it lie an hour or more, after which roll out again 3 times, and fold in 4 as before.

Do not make the pie for 2 or 3 hours more, as the paste must rest a second time. A pie takes ½ lb. of paste.

Any uncooked trimmings will make patties next day if kept in a cool place, covered by a damp cloth.

Mrs. Pettit's Vol au vent pastry requires equal weight of flour and butter (½ lb. of each).

Pie Crust. *See* also Parsley Pie, under Meat Pies and Puddings.

Puff Paste.

To every lb. of flour add 2 ozs. butter, and rub it well in between your hands—as lightly as possible, for the less it is

handled the better; make a hole in the middle and put in the yolk of an egg, and a little water; in summer the coldest water you can procure; in *very* cold weather, a spoonful of boiling water, mixed with the cold water, will improve the paste. Then mix it till it is rather stiff but not hard. The principal difficulty is in adding the water, to which the greatest attention should be paid.

When mixed smooth, roll it out, and put nearly half the butter you mean to use in small pieces all over it. Puff paste will be lighter if the butter is rather less in weight than the flour. Shake some flour upon it with your hand, and roll it up—then roll it out again and put the remainder of the butter, and sprinkle a little flour over it as before: fold it up again, and roll it out once, but not thin.

Turn the ends and sides to the middle, and fold it once; then roll it out again, fold it up, and set it in a cold place for at least 10 minutes before you finally roll it out for use. The morning is the best time to make the paste, the oven should be hot so as to raise it—but the oven door should *not* be opened if it is possible to avoid it, as that would cause the paste to fall and to draw to one side.

Short Crust Paste. *See* Puffs, No. 6, under Sweet Dishes.

Short Sugar Paste for Fruit Pies. (*Mrs. Weston.*)

Rub 6 ozs. of fresh butter into 1 lb. of flour. Mix in 6 ozs. of powdered loaf sugar—add the yolk of one egg well beaten, with as much warm water as will make it into a stiff paste.

N.B.—Marrow quite fresh, very carefully picked and cleaned, used instead of butter (as in Lancashire), makes the best short crust for pastry, "shorter" than butter, best also for cakes and buns, and makes delicious baked rice "nursery" puddings, there taking the place of eggs.

Ice the crust with sugar, but never meringue it, or the crust will be leathery.

Vol au vent Paste. (*Mr. Taton.*)

$\frac{3}{4}$ lb. butter to 1 lb. of flour; mix half the butter with the flour; then make a hole in it and squeeze in the juice of half a lemon; add a pinch of salt, and the yolk of 1 egg.

Mix all with cold water, and take care the paste is not too stiff. Spread the rest of the butter over the paste and fold paste 5 or 6 times; let it rest some minutes between each time you fold it up. Try a piece in the oven, and should the oven not be of an even heat, give the paste one roll more, whilst it gets so.

(For another Vol au vent Paste, *see* end of Piecrust recipe.

POULTRY

For appropriate Sauces, *see* list at end of Sauces for Poultry and Game.
For other recipes for Poultry, *see* Meat Pies, &c. ; also "Fish, Game, Meat and Savoury Creams."
See Appendix as to killing Birds required for food.

"Bouchées à la Pompadour." *See* Chicken.

"Bouchées de Volaille." *See* Chicken.

"Butter Patties." *See* Chicken Patties.

Capon. (*Mr. Taton.*)

Truss the capon as for boiling, but lard it ; add stock to come only half-way up the bird, carrot, celery, onion, mushroom trimmings, parsley, thyme, marjoram, a bay-leaf, also trimmings of veal.

Cover, and let it cook 2 hours ; then glaze with a brush, and set it in the oven for 10 minutes.

For Sauce : ½ pt. Spanish Sauce (*see* Sauces for Meat) and ½ pot of red currant jelly. Slice the peel of a Seville orange as for marmalade chips ; put on to stew 10 minutes in a little cold water till tender, strain it, the orange-juice is strained to it and mixed with a pinch of sugar ; add this mixture to stock, and warm all together and serve over the bird.

Garnish the dish with veal quenelles with chopped parsley in them and beef croquettes the size of big marbles, alternately all round dish, add sprigs of cauliflower or mushrooms.

Chicken "Adelaide Sandwiches."*

(*Mrs. Hulse, Orchard Leigh.* 1876.)

Take two-thirds of cold cooked chicken and one-third of cold cooked ham or tongue, cut up in dice.

Take 2 good tablespoonfuls of white sauce to 1 of curry paste. Stir, and when it boils add the chicken and ham. Fry thin slices of bread, the size and shape of a crown piece, in butter or lard. Make sandwiches of these fried "croûtons" with the above mixture.

Rub together some butter and Parmesan cheese in equal quantity, and cover the top of each sandwich with the butter and cheese, and brown them for 10 minutes in a quick oven.

Serve piled on a napkin.

* A different recipe (for anchovy), also called "Adelaide Sandwiches," is under Fish.

These sandwiches can be made with fish instead of chicken and ham.

Chicken "American Salad Sandwiches."

(*Mrs. Wigfall.* 1887.)

"The only sandwiches which do not dry up at once in a journey in the United States," writes Geneviève Wigfall.

Cut up 4 ozs. of boiled chicken and 4 ozs. of tongue; place them in a mortar and pound them to a paste; add a little celery salt, and cayenne, a teaspoonful of anchovy paste, and 4 tablespoonfuls of Mayonnaise sauce. Put the mixture in a cold dish, and set it aside.

Take a few nice leaves of lettuce, and dip each leaf into tarragon vinegar; shake it, and put it on a slice of bread. Spread a layer of the prepared meat over the lettuce, and then lay over that another leaf of lettuce, and over that another slice of bread.

Trim and cut the slices of bread into sandwiches of a nice shape.

Ham and veal thus prepared make a nice sandwich.

Chicken, Boiled. For Sauces, *see* list end of Sauces for Poultry and Game.

Chicken "Bouchées à la Pompadour." (*Mrs. Jamieson.*)

These are made of small quenelles, using the same mixture as for a chicken cream. Shape them in dessertspoons, or large teaspoons, lay in a buttered stewpan, and poach gently 5 minutes. When cold, dip them in a very light batter, using whipped cream instead of water to mix the flour. Fry in the usual way.

For the Batter: Allow 1 egg for each tablespoonful of flour; work the yolks well in a basin; then add the flour and sufficient cream to make the batter of a proper consistency. Flavour with pepper and salt, and add the whipped whites, lightly. Serve dry and crisp on a cloth, but if you like, have a sharp sauce in boat to serve with them (*see* Sharp Sauce for Chicken Cream Quenelles, under Sauces for Poultry; and for Chicken Cream recipes, *see* Fish, Game, Meat and Savoury Creams).

Chicken "Bouchées de Volaille."

(*Mrs. Ellice, Invergarry.* 1887.)

Open a tin of *fonds d'artichauts*, (artichoke bottoms), trim them, and scrape all the moisture from the inside. (Be sure no "choke" is left in!) Place a small ball of minced chicken, or of any other sort of white meat, in the centre of each of the artichokes. Prepare also some chicken forcemeat, and cover over the mince with it. Place the artichokes in a sauté pan with a little good stock, and bake in a moderate oven for 10 minutes. Take care they neither boil nor brown in the oven. Serve with Béchamel sauce (*see* Sauces for Poultry) or plain gravy.

Chicken "Breakfast Relish."
(*Mrs. Challen, Worthing.* 1882.)

Joint what is left of cooked chickens, and when cold rub them over with chutney, and leave so smeared all night.

Broil next day like "broiled bones" in old days.

Serve dry or with a clear good gravy.

Chicken "en Casserole."

Take a young chicken and braise it in the oven for 1½ hours or until tender, in about 1 pt. of good stock, a bay-leaf and bunch of herbs, carrots, onions, and a little mace, and a very little salt, also ½ doz. peppercorns.

When the chicken is tender cut it up into neat joints, remove the herbs, and skim off the fat; return it to the oven again for about ½ hour, with the vegetables and stock, and serve in the jar in which it was cooked.

Chicken Fillets. *See* "Suprême de Volaille" and "Gebackene Haendel."

Chicken Fricassée. *See* White Sauce, No. 3, for Rabbit, under Sauces for Poultry and Game.

Chicken Galantine. No. 1. (*Cataldi.*)

Take an uncooked fowl and slit its skin from end to end; next take off the skin in one piece most carefully, for any rents in the skin would spoil the dish. Boil the fowl, and add to it the white meat of a *second* fowl, also some veal; chop and pound all well together with a little fat (no lean) of bacon. Should the galantine be made of game, then use the lean of ham or of bacon.

Season delicately with salt, pepper, and a little nutmeg; add some truffles and pistachios, (take almonds if you cannot get pistachios), put some long and some square pieces of ham to "marble" the galantine; now fill the skin of the fowl with these good things; then sew it up tight; tie it in a cloth like a pudding, and *simmer* 1½ to 2 hours or longer.

When cooked, let it lie well pressed for many hours, and ornament when cold and glazed with Aspic Jelly (*see* Meat Jellies).

Chicken Galantine. No. 2. (*Imperial Hotel, Aberdeen.* 1893.)

Take a good-sized chicken and bone it, beginning by cutting it straight down the back. Lift the flesh away from both sides, remove all bones, and lay it out square, turning the legs inside and making the whole chicken as nice and *level* as possible. Season with salt, pepper, and a little grated nutmeg.

For the Forcemeat: 1½ lbs. of forcemeat made from veal and fresh pork. Season with a glass of sherry, salt, pepper, chopped parsley, a little nutmeg, a very little basil, marjoram, and thyme finely chopped, 2 raw eggs, and ¼ lb. of bread-crumbs.

Mix all this well together, and place a layer of it, ½ in. thick, over the chicken, and over this put long strips of ham and tongue, 2 doz. pistachios, 4 truffles cut in pieces, 3 hard-boiled eggs cut in quarters, and 4 gherkins. Over this put another layer of forcemeat. Roll the galantine up and tie it up in a damp cloth. Tie both ends, and tie a string round the centre also.

Boil in stock from 1½ to 2 hours. To see if it is cooked, unroll it, and press a skewer into it. If it should want more cooking roll it up again in the cloth, and return it to the pot.

When cooked, put it aside heavily weighted till next day. Then remove cloth, and glaze it. Send up with squares of Aspic (*see* Meat Jellies) round it.

Chicken "Indian Tartlets." (1879.)

Cut the breast of a chicken into small dice, also a little ham and truffle, 1 tablespoonful of chutney and ½ mango, a little grated Parmesan cheese, and a good spoonful of Sauce Velouté, (*see* Sauces for Meat).

Put all into a stewpan; when hot, fill with it some baked tartlet cases, and strew over the top a little Parmesan cheese.

Brown with a salamander.

Chicken—in Hot Weather.

If chickens are small they must, in hot weather, be killed early in the morning, and will then be ready for a late dinner.

Chicken Kromeskies.

For Kromeskies use white meat of chicken, or any of the following: sweetbread, tongue, ham, mushrooms, whatever you have best and well flavoured, previously cooked and cold.

Kromeskies are greasy if wrapped in bacon; they should have instead a thin coat of batter made as follows: 3 tablespoonfuls of flour, 1 oz. of butter melted in a basin and to which you have added enough tepid water (a few drops) to make the flour the thickness of double cream; add a pinch of salt. Beat well with a wooden spoon and put it in a cool place.

Do this in the morning.

In the afternoon whisk 2 whites of egg to a stiff froth, and mix with the other things. Make a blanket of this batter for the Kromeskies, dip them in it all over, and take them out, with a spoon when coated all over with the batter.

Fry in plenty of fat. Drain on a sheet of kitchen paper, or a sieve. Dish and serve at once.

Chickens' Livers as an Entrée.

6 chickens' livers, 3 ozs. marrow, 2 truffles, mushrooms, and a brown sauce, all pounded together and seasoned with pepper and salt; add 2 whole eggs; steam for 1 hour.

Serve with sauce round it made with mushrooms and truffles.

Chicken Mayonnaise. *See* Salmon Mayonnaise, under Fish.

Chicken, Minced.

Use Italian Brown Sauce for this, or if served minced in scallop shells, use White Sauce No. 3 for Rabbits. *See*, for both, Sauces for Poultry and Game, or use German Sauce, *see* Sauces for Fish.

Chicken, Onion, and Rice. (*Lady Lawrence.* 1882.)

Cut up an uncooked chicken into pieces. Put a large Spanish onion into a stewpan with ¼ lb. butter; and, when the onion has browned well, put in the pieces of chicken with pepper and salt. When done serve with a border of rice.

Chicken Patties, or "Butter Patties." (*Mrs. Thomas.*)

Cut a piece of fresh butter into patty shapes with a plain round cutter.

Cut a top for each in the same way, just like a patty.

Egg and bread-crumb, and fry in lard like croquettes; make a small hole at top of each, on taking them from the pan, and turn it over and drain out what butter is left inside, and fill the patty with mincemeat, like any other chicken patty, or with hot quenelle mixture.

These patties may be varied by being made with rice, Italian paste, or potato instead of bread-crumbs.

Chicken Patties. *See* Lobster Rice Patties, under Fish.

Chicken "Pillau." No. 1.

Wash and clean 1 lb. of rice; dry it by the fire in a napkin.

Take a fowl and a piece of bacon; put them into a stewpan with 2 qts. water, ¼ oz. of cinnamon, 2 blades of mace, 4 cloves, 8 cardamoms, and 4 bay-leaves, and let all boil together until the meat is quite done; then take out the fowl and bacon, and strain the gravy, and put on one side.

Melt 3 ozs. of butter in a clean stewpan; throw into it 2 tablespoonfuls of sliced onion as soon as the butter has melted. When the onions have browned, put them aside, and put the rice in their place. Stir it well; now add the strained gravy the fowl was boiled in, to the rice and go on stirring to prevent its burning. Cover close to keep the steam in. When all the gravy, &c., has been soaked up by the rice, the dish is ready.

The fowl and bacon must be *browned* as for roasting. Put them in the middle of a dish, heap the rice over, and scatter the onions on top.

Add hard-boiled eggs in quarters round as a garnish, if liked

Chicken "Pillau." No. 2.

Half boil some rice in water, then drain it, and add an uncooked fowl with some small onions.

When finished cooking, dish the fowl, and put the rice over it.

The following pillau (*Mrs. Wedderburn's*) may be made of any other meat instead of chicken:

Make 1 qt. of good gravy from 3 lbs. of any kind of meat. Take 2 lbs. of any other uncooked meat cut into squares as for "kabobs," and cook separately, stewing with plenty of onions, mixed spices, and 4 ozs. butter. (For "Kabobs" *see* Curries).

Boil 1 lb. of rice in the gravy first made, adding 2 ozs. butter and a little salt; when perfectly well cooked, dry the rice and serve it, over the meat.

A few small button onions and a few cooked sultanas may be thrown on the top of the dished meat and rice.

Chicken "Pish-Pash." *See* Rabbit "Pish-Pash," under Game.

Chicken Quenelles.

½ lb. of fresh uncooked chicken from breast and wings pounded and put through a sieve, ¼ lb. suet sliced fine and put through a sieve; add to it ¼ lb. of butter, and pound together; add to chicken, and put all three together through sieve; add ½ lb. bread-crumbs which have previously been passed through sieve alone; season with white pepper and salt; bind with egg; flavour and proceed as for Veal Quenelles, No. 3 (*see* Meat).

Chicken, Roast. For Sauces for Roast Chicken, *see* list at end of Sauces for Poultry and Game. For Sandwiches to go with Roast Chicken, *see* Ham Sandwiches No. 3, under Meat—Pork.

Chicken Salad. (*Emslie.* 1891.)

The birds must be boiled or stoved, not roasted.

Line the bottom of a sauté pan with melted aspic jelly; put in 4 fillets from each bird, and sauce them with a little mayonnaise in which is a little aspic to make it "set." When cold, pour a little more aspic over the fillets and put it into refrigerator till wanted. Then dish in a circle, garnished with tongue and tarragon leaves.

A well-mayonnaised salad of lettuce leaves fills the centre of this dish.

Chicken "Salpiçon Rolls."

Rasp off the crust of some small round rolls, and then cut off a lid of crust at the top of each. Take out all the *inside crumb;* make a *salpiçon** of chicken, tongue, and truffles previously cooked.

Mix it in a Mayonnaise Sauce, *see* Sauces for Fish, fill the rolls, put lids on, and serve.

Chicken Sautéd. *See* Marengo Sauce, under Sauces for Poultry and Game.

Chicken Spatchcock. For this use Sauce Béarnaise, *see* Sauces for Meat.

* "Salpiçon"—*i.e.* A mixture of different finely chopped meats.

Chickens Steamed.

Put a breakfastcupful of boiling water and a teaspoonful of salt into a pan. Roll up the chicken rather loosely in a table-napkin, put it in the pan, put on the lid and steam, if small chickens, ½ hour and 10 minutes on a slow stove. The large chickens require longer cooking.

Chickens Stewed. (*Monaltrie House.* 1883.)

Take 3 chickens, 1 qt. of young peas, 3 or 4 stalks of lettuce, pepper, salt, and a bit of butter. Put them in a stewpan and cover very close, so that no steam may escape. The slower it stews the better, and it generally takes 1 hour.

Shake the pan frequently that its contents may not stick to it or scorch.

The flavour of the stewed lettuce is good, though it does not *look* very inviting.

Abroad lettuces are served whole, round Beef "à la jardinière."

Chicken. *See* Fowl, Poulet, "Suprême de Volaille," "Timbale à la Réginald," "Vol au Vent à la Financière," and Turkey. *See* also under Game, Partridge Wafers, Rabbit "Pish-Pash," and Game Polpette.

Duck and Duckling. *See* Grouse Salmis, under Game; also *see* Goose, under Sauces for Poultry and Game; and Stuffings for Geese, under Stuffings.

Fowl—Boiled, Cooked in Paste. (*Beechwood.*)

Wrap the bird in a flour and water paste 1 inch thick, perfectly well covered. Tie it up in a cloth and boil it. Take off cloth. Serve it up in the paste, taking care not to break it. The paste will all readily fall off by 2 or 3 incisions being made in it. 1½ hours will cook a large fowl, 2 hours a turkey if not very large.

Fowl—Boiled. *See* also Emslie's Sauce for Boiled Chickens; and White Sauce, Nos. 1 and 3, under Sauces for Poultry and Game; and "Nouilles," under Soup Garnishings.

Fowl—Braised. No. 1. (*Mrs. Thomas.*)

The fowl is stuffed with Stuffing Forcemeat for Braised Fowl (*see* Stuffings) and trussed as for boiling. It takes about 2 hours to cook. Cover the bottom of the stewpan with slices of fat bacon. Put the fowl on its back, and put slices of bacon on its breast. It must cook the whole time in this position (*i.e.*, not be turned). Add sliced onion, celery and carrot, mushrooms, also, if to be had, a bouquet of sweet herbs. Pour in stock so as to reach nearly half-way up the leg. ½ hour before serving pour this stock off to cool, pouring in fresh stock to finish the cooking. Clear all fat off the first cooled stock, and warm up some chopped truffles in it. The truffles must previously have been cooked in their own juice, with wine and glaze. Serve with fowl.

Fowl—Braised. No. 2. (*Mrs. Warre.*)

Braise the fowl in stock, without bacon, the breast covered with paper; wipe off grease two or three times; glaze it; serve with Half-glaze. *See* Mrs. Warre's recipe to boil Rice, under Vegetables, to go with fowl.

Fowl—Braised. *See* Chestnut Sauce, No. 1, for Turkey, under Sauces for Poultry and Game.

Fowl—"Our Fowls."

The fowls should hang 2 days, picked and drawn. Truss them for boiling, and lard them or not, as you prefer, wrap all in a napkin and cover with cold water with cut-up carrot and onions in it. First let them come to the boil, and then simmer till cooked from 1 hour up to 2 hours. Keep the cover on the whole time. When ready, remove napkin, dish and glaze them, and brown a few minutes in the oven, 10 minutes at most. They should come up to table with salad and bread sauce, as if roasted. For gravy, a sauce of essence of beef or tomato sauce does well, or a mild curry sauce.

Fowl—"Pollo con arroz" Fowl with Rice, a Spanish Dish. (*Mrs. Ford.*)

Cut a good fowl in joints, wipe it clean but do not put it in water. Take a saucepan, throw in a wineglassful of the best salad oil, heat the oil gradually, and when hot put in a bit of crumb of bread; let it fry, stirring it about with a wooden spoon. When the bread is browned take it out and throw it away.

Put in one clove of garlic (taking the greatest care it does not burn, for if it should burn it turns bitter), stir the garlic well till it is fried, then put in the chicken and keep stirring the joints of chicken about till fried, then put in a little salt and stir again; whenever a sound of crackling is heard stir it *well* again, doubly carefully.

When the chicken is lightly browned, which will take from 5 to 10 minutes, stirring constantly, put in 2 chopped Portugal onions, previously blanched, 3 finely chopped green chillies, but do not leave off stirring for one moment, for the dish is quite spoiled if the contents catch, even for a second.

Then add tomatoes scalded and passed through a sieve to get rid of skins and seeds, and 2 or 3 teacupfuls of rice washed 3 times in 3 separate cold waters.

Mix all well together, add enough hot stock to cover the whole, let it *boil once*, and then set it aside to simmer till the rice is tender and done.

The great art is to turn out the rice separate and granulated, not in a pudding state, which is sure to be the case, if by the pan being covered the steam is condensed on the dish.

The fowls thus dressed are eaten with hot ham and salad.

Fowl, "Poulet à la Crapaudine."

When a fowl is wanted quickly, it may be split, egged and bread-crumbed, and broiled, or cooked on a toaster before the fire. Grouse is excellent and broils quickly and well this way; pigeons also, especially in Italy.

If the fire is too hot, cook them in the oven.

If for breakfast serve dry; if for luncheon, mushroom sauce in a boat is good with this dish (*see* Sauces for Poultry); or make Mustard Sauce for Herrings (*see* Sauces for Fish) and serve in a sauce-boat with this fowl.

Fowl—Stoved. No. 1.

Truss the fowl as for boiling. Take a pan and warm in it from 3 to 4 ozs. of fresh butter.

Add a raw onion minced fine, and 3 ozs. of fat and lean bacon cut in dice. Put in the fowl, first on its breast "to plump," but turn it round to back and sides every 10 or 15 minutes, according to the heat of your fire; if the fire is fierce, turn the fowl oftener. ½ hour before serving add 2 tablespoonfuls of clarified beef gravy taken from under the dripping in the dripping pan. This gives a better flavour than stock or glaze.

Take the fowl out and keep it hot in the meat screen. Add to the sauce in the pan a tablespoonful of glaze, a pinch of sugar, and a mere squeeze of lemon-juice—some also add a teaspoonful of mushroom catsup. Skim and then serve the strained sauce over the fowl. Serve at once.

This takes 1½ hours from the beginning.

Fowl—Stoved, No. 2, the German Way, to make it tender, "Poulet rôti à l'allemande."

Truss the fowl as for roasting, put it into a braising pan with a little butter, over a sharp fire; do *not* put the cover of the pan on. When the fowl has browned well, take the pan off, and put the cover on close; and place the braising pan on charcoal or on very hot cinders, and put charcoal or hot cinders also on the *top* of the pan.

When done, serve up with a garnish of watercress.

This recipe is for a freshly killed or elderly fowl.

Fowl—Stoved. No. 3. Sometimes called "Monday" Chickens. (*Mrs. Cook, of Aboyne.*)

If for late 7.30 dinner, take 2 chickens and prepare them about noon, thus: Draw them and put into each a raw onion and a little pepper and salt, 1½ hours before they are wanted (Mrs. Cook says only 20 minutes or ½ hour are needed for small Scotch chickens), take 2 ozs. butter and melt it in a stewpan, but do not let it brown. Then add the chickens, laying them on their breast for a short time (*i.e.*, ½ hour); put on the lid, and put it on the fire or stove, that the birds may cook. In ½ hour turn

them over on to their backs. In ¾ hour, that is 5 minutes before they are wanted, mix in a ladle ½ pt. strong beef gravy, taken from under the dripping from which all the fat has been cleared, with, if necessary, a little boiling water—about ½ pt. liquor altogether, and put it in the pan, adding also 2 or 3 sliced and peeled onions. Dredge a little flour over the chickens, and again cover close till cooked. They will be ready almost immediately to serve up. Clear all grease from the gravy and strain over the fowls when you dish them.

This dish *sounds* easy to prepare, but requires very nice cooking to make the birds tender and juicy. If underdone, they are not nice, and if much done are dry and taste hard and burnt.

Grouse are excellent stoved in this way.

Fowl. *See* also Capon, Chicken, Poulet, &c.

"Gebackene Haendel,"* *i.e.*, **Fried Chicken Fillets.**

(*John's one Recipe.*)

This is a favourite supper dish at Vienna for the first month of spring chickens, when they are very young and plump (poor little "kikerikas!")

"You take a plump little chicken, joint him and skin him, season the pieces delicately with cayenne, mace, salt, and pepper; and fry him in a light batter in a sauté pan, turning the pieces often as they cook, and he comes up dry outside, but juicy within.

"Squeeze a lemon over all if you like when dished.—J.F.C."

Meg Dodd says: "If for supper add a sauce in a boat made thus: Draw down the uncooked head, bones, and trimmings of the bird, with a little lemon peel to flavour; strain, and add a little mushroom to flavour, thicken the sauce with butter rolled in flour, add a liaison of 1 egg,"

This dish also does for breakfast.

Goose.

A goose to be good to eat should have plump breast, white skin, and feet pliable and yellow. For sauce, *see* Sauces for Poultry and Game. For stuffing, *see* Stuffings.

Indian Tartlets. *See* Chicken.

"Monday Chickens." *See* Fowl—Stoved, No. 3.

"Our Fowls." *See* Fowl.

Pea Fowl—Stuffing for. *See* Stuffings.

Pigeons—Braised, not Stewed. (*Mrs. Weston.*)

The poulterer sends them ready boned. They are stuffed with a veal forcemeat, like quenelle mixture, and are served cut in half with fresh mushrooms or truffles in the centre of the dish.

* Viennese City dialect.

A rich brown wine sauce or Spanish Sauce with a wineglassful of sherry (*see* Sauces for Meat) served with it.

Another copy says: Add a pinch of sugar, and flavour with mushroom peelings. Reduce it 15 minutes over a slow fire; or use sauce "à la Dreux," for which *see* Grouse Fillets No. 2, using pigeon, instead of grouse, gravy.

Pigeon Fillets, a Spring Entrée (Cold).

Two pigeons for six people (wood or farm birds). Warm 2 ozs. of butter. Fillet the birds, and fry them with 2 ozs. of minced ham or bacon, fat and lean, a shallot, and just a dust of bottled savoury herbs; also a small piece of fresh celery, the centre bit. Give all a quick fry over the fire uncovered 5 or 6 minutes, then put lid on and draw to one side of stove to stew 1 hour in their own juice. Take off, and add a little pepper and salt, pounding and passing all through a wire sieve. Then put them into small-sized cutlet moulds, previously lined with aspic jelly. Put ½ doz. green pistachio nuts, in their shells, into boiling water to cook 5 minutes. Then rub off the shells, and chop the kernels fine. When cold, strew them over the aspic, press the meat in, and scatter more pistachios on the top; then add another layer of aspic jelly.

[Truffles may be used instead of pistachios, and a bunch of sweet herbs tied in muslin are better than the use of dried herbs; but that bunch should be taken out before you pound the forcemeat.]

Pigeons—Stewed. (*Lady Holland, Munden.*)

Bone the pigeons, and have some very good forcemeat ready. Fill the pigeons with the forcemeat, and add chopped truffles; stew them 1 hour tied up tight in muslin. When done, cut each pigeon into four pieces. Dish up in usual way.

Pigeons—Stuffed and Boned. (*Mrs. Jennings.*)

Fillet as many pigeons as you require, and set the fillets in a sauté pan in the oven for 5 minutes before the forcemeat is put on; then drain them on a napkin to take all the butter from them.

Make some forcemeat with the trimmings of the pigeons, a little calf's liver, or liver of fowls which is more delicate, drawn down with bacon, and a little veal and mushrooms and parsley, drawn down together; all pounded and passed through a hair sieve, and flavoured to taste. Lay forcemeat the size of a quenelle on each fillet, and place fillets carefully in a sauté pan, with Half-glaze to set them and to cook the forcemeat.

Make quenelle balls of any forcemeat left over and dish them on the top.

Pigeons—"Turin Pigeons" (Braised and Served in Rice).

Take a breakfastcupful of rice, and stew it in a little stock for about ¼ hour; add the pigeons cut in half, but *not* boned,

putting them upon the rice; cover the pan, and let all simmer again for ¼ hour. This is long enough to cook the birds. Take out the pigeons and keep them warm in the bain-marie, and put to the rice a piece of glaze the size of half an egg, some mushroom peelings, pepper, and a few grains of salt.

Shake the pan gently that the glaze may melt more quickly. and when all has melted and mixed, let the pigeons be well warmed, and dish them like cutlets, in a circle, with the rice and gravy.

Four pigeons are enough for a dishful for seven or eight persons.

Pigeons. *See* also "Poulet à la Crapaudine" and Hare Cutlets, under Game.

Pillau. *See* Chicken.

"Pollo con arroz." *See* Fowl.

"Poulet à l'Estragon," No. 1, Fowl Dressed with Tarragon. (*Cataldi.*)

Boil a fowl in stock.

If you have any tarragon-flavoured aspic jelly, add to it some fresh tarragon leaves trimmed in diamond shape; melt the jelly and let the leaves warm in it, adding the gravy of the fowl. Some cooks put a few fresh tarragon leaves inside the fowl when trussing it.

If without aspic jelly, then take second stock and simmer the tarragon leaves 15 minutes in it; thicken with butter and flour, and strain it into the sauce-boat. Serve on the dish.

"Poulet à l'Estragon." No. 2. (*Philippe.*)

Truss a fowl as for boiling and rub it all, except the legs, over with half a lemon. Place under it on the clean kitchen table a row or two of fresh tarragon leaves on thin slices of bacon lying on tape. Put the bird on its back on this, and tie it up in the bacon with plenty of fresh tarragon leaves also between the breast and the bacon.

Cover the bottom of a small stewpan with slices of bacon, trimmings of lean beef and veal, 2 Portugal onions, a little carrot, turnip, celery, tarragon, thyme, savory, 2 bay-leaves, 2 qts. of veal stock and 1 glass of sherry, and put in 1 breakfast lump of sugar and season very delicately with white pepper, salt and nutmeg.

Simmer 1¼ hours, covered closely and keeping hot coals continually on the lid.

For Sauce: Strain 3 parts of the gravy into a small basin, skim off the fat, run through a tammy into a small stewpan, add a little glaze to colour it and put in 40 fresh tarragon leaves and a tablespoonful of white vinegar. Place the fowl by

itself on dish, omitting vegetables, &c. Pour this sauce over it when you serve, and fry some slices of bacon to garnish it.

N.B.—The vegetables used for this and removed before serving will be of use for any stew of beef, &c., you may be having at the same time

"Poulet à la Stanley."

Take a very fine fowl, joint and cook same way as to make a "Poulet Sauté," but before adding the stock put in 6 heads of garlic rubbed very fine, also a tumblerful of good cream and plenty of first-rate truffles not cut too small.

Season well with salt and pepper, boil until well reduced, then add as much stock as is necessary to complete the cooking and leave just sufficient sauce wherewith to serve up.

(This recipe is signed "Cock a doodle doo! 1er cuisinier de l'Empereur!")

"Poulet au Gros Sel." (*Rome.* 1878.)

Truss the fowl as for boiling, and put it into a stewpan. Just cover with second stock and, if you can spare them, add the skimmings of first stock, it will flavour it agreeably. Let the stock come to the boil then draw to one side to finish by simmering. A very large fowl may require 2 hours, but it is a much quicker process than braising. It should lie in the pan *on its breast.* In France it is dished in a little of its own gravy, with rough crystal salt ("gros sel") on its breast. We prefer a better sauce—Tarragon sauce as used in "Poulet a l'Estragon," No. 2; Béchamel or Tomato (*see* Sauces for Poultry or Game) and no salt; or merely glaze it as you dish it, then put cresses round and hand bread sauce with it, beef gravy, the essence of the joint, is then best to dish it in.

(Call it merely roast fowl if without crystal salt.)

Dry curried rice in a separate dish is good with this if vegetables are scarce, *see* "Rice, Plain or Curried," under Vegetables.

"Poulet au Riz." (*Mrs. Thomas.*)

The fowl is to be braised in veal broth or mutton broth and to lie on its back the whole time, breast covered with paper. Stock to come up just to the top of the pinion of the wing, braise *without rice,* but with onion, carrot, turnip, celery and a bouquet. Some stick 3 cloves in onion and add, as it is white meat, 1 blade of mace. When half braised take out the stock and put fresh in. The rice must be half cooked (blanched) then drained. Skim all grease from stock and pass it through a sieve into a basin; finish the rice in it. If you have more stock than the rice requires, keep a little back for the sauce. Wipe all grease from the fowl and baste it well 3 or 4 times with the liquor in the pan. Glaze, with glaze brush, at the last.

Make a little sauce of first stock or glaze to put with the bird on the dish, some add a little wine, put a wall of rice round, or serve rice on a dish separately.

If rice and fowl are cooked together the rice tastes greasy.

(Some people, however, use 2 chickens for this dish, one to flavour the rice, the other to serve *with* the rice.—J.F.C.)

"Poulet rôti à l'allemande." *See* Fowl—Stoved, No. 2.

"Poulet Sauté à la Marengo." (*Cataldi.*)

The fowl must be cut in joints and put into a sauté pan, the bottom and sides of which have been well-greased with fresh butter or oil. Cook about 10 minutes, and remember that each piece of fowl must be turned over once as it lies in the pan. Fry 4 eggs and some 3-cornered sippets of bread. Pile up the jointed fowl on a dish and arrange the eggs over the pile, or little quenelles round if preferred to eggs, and the fried sippets round. Marengo Sauce over all. *See* Sauces for Poultry and Game.

"Poulet Sauté aux Truffes."

This is similar to "Canard Sauté aux Olives" (*see* Wild Duck, under Game), substituting chicken, truffles and Half-glaze sauce for duck and olives and Spanish sauce.

If you have no truffles add a little chopped parsley or long oval quenelles.

"Suprême de Volaille." (*Cataldi's Chicken Fillets.*)

This dish requires 4 chickens. Take off 2 wing slices as large as you can get without the bones, and then 2 slices from the breast of each chicken, each slice in 1 piece free from bone—4 pieces in all from each chicken. They would say abroad "le filet and le filet mignon."

Take off the under skin also as well as the upper one with a sharp knife. Trim the pieces into shape. Have ready 3 ozs. of clarified butter in a sauté pan.

First dip both sides of each piece of the meat into the butter and then lay all of them in it. Season with salt and white pepper. Squeeze over them a little lemon-juice.

If you put the slices aside, leave them in the pan and cover them over with buttered paper to preserve their whiteness.

When wanted, cook them on a sharp fire *but do not let them brown.*

Dish the wing slices in a circle, putting a slice of cooked tongue between each *wing* slice and its neighbours. The "filets mignons," slices from the breast, must be in the centre.

The tongue has been previously cooked and left to get cold, slices trimmed and warmed in a little stock in a casserole in a bain-marie.

When dished serve with "Suprême" Sauce over all (*see* Sauces for Poultry and Game).

"Timbale à la Reginald." (*Mrs. Stubbington.* 1888.)

½ lb. of the white meat of cold cooked chicken, 4 anchovies, skinned, washed and boned, 3 yolks of hard-boiled eggs and a tablespoonful of tarragon vinegar. Pound together till quite smooth, then add ½ pt. of cream and ½ pt. of aspic jelly. Rub all through a tammy, then put the purée into a sauté pan.

When cold cut it out into cutlet shapes and ornament each cutlet with truffle or tongue. Line a plain Charlotte mould with aspic jelly about ⅛th inch thick, arrange some of the cutlets at the bottom of the mould and "set" them with more aspic. Garnish the sides of the mould in the same way.

Now take pieces of cold chicken, breast and wings only, tongue or ham, hard-boiled yolks of egg sliced, a teaspoonful of capers, some French gherkins minced, and a little fillet of anchovy minced also, mix and fill in the centre of the mould with these and the following sauce:—

For Sauce: 1 pt. of Aspic Jelly (*see* Meat Jellies) in a stew-pan reduced on the stove to half, before you use it. Mix this reduced aspic with ¼ pt. thick Tartar Sauce No. 2 (*see* Sauces for Meat). Stir till it begins to set, then pass it into the mould. Let the whole set, before you turn out on a dish. Garnish with chopped aspic jelly and a salad of cucumber, tomato, and potato all sliced.

Turkey—to Cook a Hen Turkey.

(*Mrs. Major Farquharson.* 1876.)

This recipe does for a hen, or for a hen turkey.

Blanch a hen *turkey* ½ hour in water or mutton barley broth, but a hen (*i.e.*, Mrs. *Cock*!) only 15 minutes. The bird being wet out of the pot, rub it well over with fresh butter. Then bread-crumb all over.

Roast, or cook in a pan in the oven. Baste it now and again. Very tender and juicy.

Turkey—to Cook in Paste. *See* Fowl Boiled in Paste.

Turkey—Pulled and Grilled. (*Mr. Mackenzie's Recipe.*)

Mr. Mackenzie says that for this dish the legs of the turkey should be *well plastered over with bread sauce* before grilling.

Turkey—Roast with Chestnut Sauce and Stuffing.

(*Auchintorlie.*)

Before you roast the turkey make a good chestnut stuffing, *see* Stuffing for Turkey, under Stuffings; and for sauce use Chestnut Sauce, No. 3, under Sauces for Poultry and Game.

Turkey—Sauces for. *See* list end of Sauces for Poultry.

"Vol au Vent à la Financière."

Make a "Vol au Vent" case of "Feuilletage" paste with loose lid of same (*see* Paste and Pastry). Shape some chicken quenelles with a small teaspoon and boil like other quenelles. Have them hot. Add to them some mushrooms stewed or broiled, cockscombs, kidneys or bits of tongue, truffles and fillets of chicken or pieces of sweetbread. All cooked and cut into pieces about the same size. Put them into a rich sauce (White Sauce No. 3, *see* Sauces for Poultry) and warm them up, and season with salt and white pepper. Fill your "vol au vent" and cover with the loose lid of the same puff paste. To be served *very hot.*

"Wet Devil." (*Mrs. Angerstein, Weetney Park, Suffolk.*)

Breakfast dish.

For the Sauce: ½ pt. of cream, 1 tablespoonful of curry powder, 1 tablespoonful of dry mustard.

First grill a chicken and then place it in this sauce in the stewpan till it comes to the boil. Then serve quickly.

(Recipe from Merevale, 1880.)

PRESERVED FRUITS

(*See* also Sweet Dishes.)

Apricots Preserved Whole.

For "Mismash," the Eastern name for apricots preserved whole, use the finest French apricots from Covent Garden; open them at the side with a pen-knife, and thrust out the stone; peel them, and, as each is peeled, throw powdered sugar over it. Have more powdered sugar in a pan, and boil it to candy height; then add the apricots and give them a boil, but take the greatest care that they do not break.

Take off the pan, and take the apricots out. Let the syrup stand till it is almost cold. Then add the fruit; cover it with white paper, and put it on a slow fire to simmer a little longer; repeat this three or four times, letting the syrup be *almost cold* each time, before putting it again on the fire.

The apricots should simmer gently till they become quite transparent; blanch their kernels, put them in at the last, boiling, and pot them with the fruit.

If in the course of a few weeks the syrup should become thin, give it a boil up.

Bilberries. (*Mrs. Wellington.*)

Bilberries do not keep many weeks, but are very much liked for tarts.

Pick them carefully, and put them on the fire in a preserving pan without any water as they are very juicy. For each 1 lb. of fruit give ½ lb. of sugar. Let them boil ½ hour, then tie them up in jars. When you make the tart add a tablespoonful of Black Currant Jelly, *not* jam (*see* Jams, Jellies, &c.), to improve the flavour.

Mrs. Davidson says they keep well if you allow 1 lb. of sugar to 1 lb. of fruit, and boil ½ hour—otherwise they turn sour.

Black Currants Preserved.

Take 1½ lbs. of sugar to 1 qt. of black currants, and to each qt. of black currants add ½ pt. of red currant juice *without* any additional sugar. Boil ½ hour.

To preserve strawberries this way boil them 6 *minutes only*.

Cherries Preserved the American Way.

(*Mrs. Hunting, New York.*)

Take Morella cherries. Stone them and set them aside on a plate. Weigh them. Take the same weight of sugar, put it

in a preserving pan with a little water. When it boils, put in the cherries, and boil slowly till you can pierce them with a small twig. Then take them out, and leave them on a plate while you finish the syrup, slowly boiling it till it is clear; then, while hot, drop in the cherries carefully, one by one. Then put them in pots.

Cranberries, German Way. (*Princess von Reuss.*)

Pick some cranberries, and wash them if necessary. Strain off all the water.

When, after a baking, bread is taken out of oven, fill oven with stone bottles full of cranberries. Leave them there all night; *no water, no sugar.* Paper over the bottles next day.

When wanted in winter for a dish, take out as much as you require, and to every ¼ lb. of fruit add a teaspoonful of honey.

Serve in a trifle dish, and cover with plain cream.

(Cranberry juice is a febrifuge.)

Cranberries Preserved.

To preserve cranberries you require 1 lb. of sugar to each lb. of berries; cook on till the juice jellies; add cranberry juice if it seems dry.

Cranberries will keep good till the new season's fruit is in.

Cranberries (Russian Way to Preserve).

Russian cranberries must be drained from the water they come in. They require an equal weight of sugar. Put the fruit in a preserving pan with a little water (a cupful to 12 lbs.). Add the sugar, and put them on to boil for 20 minutes.

Put the fruit loosely into jars and do not paper the jars till cool.

Cranberries—to Bottle. (*Mrs. Young.*)

Fill each bottle half up with water (if possible taken from a stream on the moor where the cranberries grow), then put in as many freshly-gathered good cranberries as it will hold. Tie over it a bladder, or cork close, and keep the bottles in a cool place.

For another Cranberry recipe, *see* Mrs. Farquharson's recipe for Cranberries, under Sweet Dishes.

Damsons—to Bottle (Caldy Manor Recipe. 1886.)

To every quart of damsons add 2 tablespoonfuls of pounded white sugar, tie down tightly, put into a cool oven after bread-making; next day tie down with bladder; put in a cupboard, as, to make them keep well, the air must be carefully excluded.

Gooseberries. (*As bottled at Trebah.* 1880.)

Fill bottles—such as are used by confectioners—with the fruit, and place the bottles in a fish kettle with cold water, and a little hay to keep them steady. The fish kettle ought to be nearly full of water when the bottles are in it. Let it come to the boil and continue boiling for 20 minutes. Have a kettle ready with

boiling water, and fill up each bottle with boiling water as you take it out, and *instantly* tie it down with a bladder—it requires two persons to do this, one to pour in the water, the other to tie down the bladder quickly. If the bladder becomes concave as the water cools, the fruit will keep well for a year.

Plums can be bottled in the same way.

"Mismash." *See* Apricots.

Pears. *See* recipe for Pears Stewed, No. 1, under Sweet Dishes.

Pineapple Preserved.

Have 1 pineapple, pared and sliced, also 1 lb. of sugar to each lb. of fruit, ½ pt. of water to each lb. of sugar. Boil the water, sugar and pineapple parings together; strain off the syrup and put it to the sliced pine; give them one boil, and let the slices stand one day in the syrup. Next day strain off the syrup again, boil it up, and pour again over the sliced pineapple to stand another day. Repeat this process the third day. It is then complete.

The following recipe for fruit for creams or dessert is similar:—

Ingredients: The pineapples pared and cut into rather thick slices; and equal weight of sugar.

Lay the slices in a bowl and grate *half* the sugar over them, letting it stand till the next day.

Then drain off the syrup, add to it the remaining lumps of sugar, and skim it. When the syrup is sufficiently clear put in the slices of pine and let it boil for a short time. If the syrup should get thin it should be boiled a second time.

N.B.—Preserves may be kept from the air by the pot being covered with silver paper dipped in white of egg.

Plums. *See* end of Gooseberries' recipe.

Strawberries Preserved Whole. (*Lady Ryecroft.*)

Take the quantity of large strawberries you wish to preserve ("British Queen" strawberries are best), and their weight in sugar; pound *half* the sugar, and strew it over the fruit overnight.

In the morning, pour the syrup thus made on to the remainder of the sugar, and dissolve it over a slow fire; then put the strawberries to the syrup, and give them a gentle boil for 5 minutes; repeat this process for 3 *successive days*. On the last of these occasions, take out the strawberries, and boil the syrup for 10 minutes, and then pour it over them.

When bottled they should be looked at every now and then, and, if they seem inclined to ferment, give them a boil up.

They are good for dessert, or to fill baskets of short-crust, baked in dariole moulds, with handles added, stuck on with caramel spun sugar. Strawberries can also be preserved with the recipe given for Black Currants.

Walnuts. (*Sir Bartle Frere.* 1876.)

Dry old walnuts should be soaked in cold milk some hours in their brown shells, *unopened*, and when you crack them you will find the nuts have swelled and fill the inside of the walnut shells, they peel easily, and are mellowed generally.

ROUX, BROWNING, AND GLAZE

Browning for Sauces.

Put a few lumps of sugar in a stewpan and place it on the fire till melted and of a dark colour; then take it off the fire and add a cupful of broth or water to it; or, to save the stewpan, you may burn the sugar in a large iron spoon.

A very little of this will colour sauce, without spoiling its flavour.

Browning for Soups.

The gravy *under* the dripping in drip-pan is most valuable for many things, being in fact the essence of the meat. It is the best thing for browning, *i.e.*, colouring soups, &c.

Another browning is made as follows: Slice an onion and put it into a pot with 2 ozs. butter and 2 lbs. gravy beef cut up small. Let it brown quickly, then keep turning the meat till all has browned; fill up with cold water and skim off all fat; reduce to 1 pt.

Brown Gravy for Veal Cutlets No. 3, "French Cutlets."

See Meat—Veal.

Make a good brown roux, 1 oz. of butter to a spoonful of flour and colouring; and add to it ½ pt. of stock, a little ham, a carrot, an onion, some celery, and a few herbs (parsley, thyme, marjoram), or mushroom peelings, to boil ½ hour; skim, strain, and serve.

Glaze. No. 1. (*Cataldi.*)

Glaze must be second stock drawn as for soups, reduced to glaze *as quickly as possible*, for if done slowly it will look dark and taste very bad.

Never make it from bones.

Isabella Emslie says: 3 qts. of second stock (no cooked bones), reduced *un*covered by quick boiling to a teacupful of solid glaze; skim well all the time.

Her "Demi-glace" sauce is this and first stock (no butter, no flour).

Glaze. No. 2. (*Mrs. Thomas, Birk Hall.* 1859.)

Economical.

Twice a week collect all the bones, cooked or not, of venison, game, beef, or mutton—*everything but salt meat*—and put in

large pot with any trimmings of vegetables, carrot, turnip, onion, celery and herbs, boil gently till all the good is drawn out and the bones look dry. Then strain, and let it get cold in a large basin; any pieces or fibres of meat strained out will do for the dog's dinners.

Next day skim off fat (this will do to add to the chickens' food), and boil the stock at a gallop to reduce to glaze, every now and then adding a small teacupful of cold water to make scum rise; skim; when much reduced finish the glaze in a smaller pot. Second stock will make nice glaze when it can be spared.

Roux. (*Cataldi.*)

For this, we have no English word, but it is the foundation of all sauces.

Take $\frac{1}{4}$ lb. of fresh butter and put it into a stewpan, when melted add some flour and make the mixture thick enough to adhere to the spoon.

If you want a brown roux (*e.g.*, as for Spanish Sauce, *see* Sauces for Meat), brown it with Browning, *see* above.

But for a white sauce, keep it white but take care to prevent its tasting raw.

Other roux are given under various recipes.

SAUCES FOR FISH

(*See* also Melted Butters and Butter Sauces.)

Calwick Abbey Fish Sauce.

Ingredients : 3 anchovies, 2 tablespoonfuls of sherry, 1 tablespoonful of lemon-juice, 1 sprig of thyme, 1 sprig of winter savoury, 2 sprays of parsley, 1 small onion, 1 bit of lemon peel, 1 blade of mace, 2 cloves, 6 white peppercorns.

Pick away the hard stems of the thyme and savoury, and beat all well together in a mortar for 5 minutes, strain through a tammy, and add $\frac{1}{4}$ lb. of clarified butter, 1 teaspoonful of flour and 6 tablespoonfuls of double cream.

Boil all together, stirring all the time.

Caper Sauce for Salmon. (*Mr. Taton.*)

To be put round and over slices of salmon.

Put a small piece of butter into a stewpan, and melt it ; then mix well into it a tablespoonful of flour, add some pounded lobster spawn, also some first stock very strongly flavoured by re-boiling with vegetables and herbs, *i.e.*, parsley, thyme, bay-leaf and marjoram, and boil all together till it is the colour of lobster sauce ; add a little essence of shrimps, or essence of anchovies, and season to your taste. Then add some chopped capers.

Cardinal Sauce for Fillets of Sole. (*Mrs. Thomas.*)

This sauce is also used for Lobster Boudins—*see* Fish.

Put a small piece of butter into a stewpan ; when it has melted, add a tablespoonful of flour and mix well ; next add $\frac{1}{2}$ a pint of good stock (second stock will do), a small shallot, a little lobster spawn, a third of a teaspoonful of tarragon vinegar, the same of chilli vinegar and of essence of shrimps, and 1 tablespoonful of good thick cream.

After the cream you *may* add half a wineglassful of sherry, but it is a very doubtful improvement.

After adding the cream the sauce must not be allowed to boil ; remove all fat and grease as it rises ; then season with pepper and salt, and serve over and round the fillets.

(This red sauce, which should be a most beautiful colour, and rather thick, and Venetian Sauce No. 2, white, are the two best sauces for fillets of sole.)

Cheese Custard Sauce for Haddock. *See* Findon Haddocks on Croûtons under Fish.

Chilli Sauce for Filletted Sole. *See* Fillets of Sole No. 5, under Fish.

Cold Sauce for Fish. (*I. Emslie.* 1888.)

Break a fresh egg and put it into a basin. Stir with a wooden spoon and add gradually 2 tablespoonfuls of olive oil and 1 dessertspoonful of chilli vinegar, or a tablespoonful of tarragon vinegar. If you do not use *chilli* vinegar add a little pepper; add salt, ½ teacupful of whipped cream and a nip of small cress—just the tiny leaves, a tablespoonful—not any stalks (use the cress sold with mustard, but *don't* use the mustard).

Crab Sauce. (*Birk Hall.*)

When you cannot obtain lobster for sauce.

2 tablespoonfuls of flour mixed well with *very little* cold water at first, lest it should be lumpy; you can use ½ pint of water in all. Let it boil for about 5 minutes, then pass it through a tammy cloth.

Mix with it about 3 ozs. of butter, taking great care it does not boil.

Take a boiled crab (*see* Appendix, regarding boiling crabs), and mince very finely the whole of the crab's meat, both hard parts and soft; add it to the melted butter with a teaspoonful of essence of shrimps, some seasoning and ¼ pint of cream.

Let all warm through and mix, but not boil. Serve in a sauce-boat.

Cream Sauce for Turbot Réchauffé.

Take a small onion, cut it fine, a slice of ham, a few sprigs of parsley, some pepper, a little mace, and a piece of butter rolled in flour.

Put in a stewpan on the fire and stir till hot; then add some cream, boiling; stir the sauce over the fire to thicken, then pass it through the tammy, and return it to the stewpan; add a little more butter, and a small bit of glaze.

Stir and keep hot till wanted.

Very good for réchauffé of turbot.

Curry Sauce. *See* Haddock Croquettes, under Fish.

Custard Sauce for Salmon. (*Emslie.* 1892.)

Have a pan in the bain-marie, boiling briskly on side of the stove, put in 3 yolks of egg; gradually mix in 2 tablespoonfuls of cream in which are 2 ozs. of fresh butter; stir on till it thickens, adding a teaspoonful of sugar and a pinch of salt—at the last the juice of a lemon or a small teaspoonful of tarragon vinegar and a few drops of chilli vinegar. Strain the sauce into a warmed sauce-boat.

Dutch Sauce. No. 1. Cataldi's "Sauce Hollandaise."

For boiled salmon or other fish, or for cauliflower.

Put 2 yolks of egg into a pan in the bain-marie to get quite hot, with 3 ozs. of butter, but not to boil, or it will be spoilt. Stir for about 15 minutes, and, when it becomes thick, squeeze into it the juice of a lemon ; season well, and serve. It should be thick and smooth. There is *no flour* in this sauce.

Dutch Sauce. No. 2. "Sauce Hollandaise." (*Bate.*)

First put 2 ozs. of butter into a stewpan and put it on the fire to melt, then add 1 tablespoonful of flour. When well mixed together add about a teacupful of milk and mix well and smoothly in ; after the sauce comes to the boil, let it boil for 10 minutes, then have ready in a bain-marie pot 2 yolks of egg, the juice of half a lemon, pepper and salt, to this add the sauce ; mix all well together, put on to the fire but be sure it does not now boil or else it will curdle ; just before sending to table add a tablespoonful of cream. Serve in a sauce-boat.

Dutch Sauce. No. 3. For Boiled Fish. (*Mr. Courtenay.*)

Boil ½ lb. of butter, 2 blades of mace, a little flour and water. When off the boil add the yolks of 3 eggs. Let it simmer over the fire, and stir it constantly, taking care not to let it boil ; add at the last 3 spoonfuls of vinegar, or lemon-juice, which is better.

This sauce is good with boiled tench, or for salmon or any other boiled fish.

Dutch Sauce. No. 4. "Sauce Hollandaise."

(*Mrs. Gordon.* 1897.)

Put the yolks of 3 eggs into a bain-marie pan, place that in another pan in hot water on the stove ; add 1 teaspoonful of tarragon vinegar, 1 teaspoonful of chilli vinegar, ½ a teaspoonful of sugar, a pinch of salt, adding gradually and alternately 2 ozs. of butter, 1 tablespoonful of white sauce (*see* below), and a teacupful of cream, whipping with a wire whisk all the time. The water in the pan must not boil, though just *on* the boiling point. It requires to cook about 20 minutes.

The white sauce mentioned is as follows : 1 oz. of butter, 1 dessertspoonful of flour, mixed with milk and cream into a smooth paste over the stove.

Dutch Sauce. No. 5. Brown. (*Mr. Taton.*)

For pike, cod, or stuffed and baked haddock.

Make a roux of 2 ozs. butter to a tablespoonful of flour, and fry to a brown roux in a stewpan.

Slice an onion into another stewpan, and let it brown with a little butter, then add it to the roux.

Next melt a piece of glaze, the size of half an egg, in ½ pt. brown stock to make a good thick sauce ; add it to the roux and onion ; flavour with a sprig of parsley, a sprig of watercress, a little celery, rather less than 1 oz. of lean bacon, and a wineglassful of sherry.

Season to your taste, and add a small pinch of sugar—stir it well in; let all boil together for a short time. Strain through a tammy cloth before serving hot, round the fish.

Dutch Sauce. No. 6. (*Mrs. Sherwood's.*) *See* "Peppercorn Sauce."

Dutch Sauce. No. 7.

To a small onion, sliced, add a little horse-radish, parsley, half an anchovy, half a bay-leaf, 2 or 3 spoonfuls of Elder vinegar, and a little second stock. Set it on the side of the stove to simmer; then strain it off, and return it into the stewpan with a little pepper and salt.

Just before using add a liaison of the yolks of 3 or 4 eggs and thick cream. Mix all well together, and make hot; add a piece of butter about the size of a walnut, worked to a cream, and a spoonful of lemon-juice; stir till quite hot, and pass through a tammy. Have a hot basin ready; wet the middle of the tammy, and put in the sauce. Take hold of the tammy at both ends and twist it different ways, wring the sauce through, and dish it at once.

Egg Sauce for Haddock. (*Emslie.* 1886.)

To eat with fresh haddocks which have been powdered with salt and kept for a few hours, and then boiled.

Have 2 hard-boiled eggs (or you may have 3 yolks to 2 whites of egg) minced when cold, not cut too small.

Melt 2 ozs. of fresh butter, mix in a dessertspoonful of flour, cook as a roux a few minutes; then add 2 tablespoonfuls of boiling water and mix; then add 4 or 5 tablespoonfuls of cream. All may simmer quite 20 minutes at the side of the fire.

At the last add the eggs, and a grate of nutmeg, a little salt and white pepper.

Serve hot in a well-warmed sauce-boat.

Egg Sauce for Salt Fish.

Hard-boil 4 eggs; then chop them up and put them aside. Next melt in a stewpan 1 oz. of fresh butter; add a tablespoonful of flour, and $\frac{1}{2}$ pint of cream or milk; boil these together first and *then* add the chopped eggs, and season the sauce to your taste with pepper and salt.

When the eggs have warmed through, the sauce will be ready. Serve in a sauce-boat.

"Excellent" Sauce for Fish. (*Mr. P. Courtenay.*)

To melted butter add catsup or tarragon vinegar, to your taste—*i.e.*, if it be a good one! (Mr. Courtenay used to say, "There was no good tarragon vinegar in the world except Maille's.")

"Fines Herbes" Sauce. (*Mrs. Thomas.*)

For fillets of mackerel, or veal; *see* Fillets of Mackerel, under Fish.

Put a piece of butter in a stewpan with a little flour, add to it a little good brown stock, and let it boil. Flavour with a good spoonful of mushroom catsup—fresh mushroom peelings are even better, a little tarragon vinegar, a shallot, and some parsley, both these chopped very fine. At the last moment add the liquor of the fish (or veal, whichever it is you are cooking), and a little lemon-juice—but no wine at all. Pour the sauce over the fish and serve hot.

Fish Sauce—almost a Purée. (*Mrs. Caswell.*)

For the stock, draw down the fish bones with vegetables about 15 or 20 minutes. You should, early in the day, have fried some sliced onions and flavoured them with a little essence of anchovy, parsley, catsup, cream, and seasoning. Pass all with fish stock through a sieve or tammy.

Fish Sauce for Freshwater Fish. (*A Recipe from a Monastery.*)

A sauce to keep in store.

Take 1 lb. of anchovies, a quart measure of claret, $\frac{3}{4}$ pint of white wine vinegar, $\frac{1}{4}$ oz. cloves, $\frac{1}{4}$ oz. mace, 2 pieces of ginger sliced, a little horse-radish, 1 large onion, a bunch of thyme, and the same of winter savoury.

Set them over a slow fire to simmer for 1 hour. Then drain the liquor through a sieve. When cold, put it into a bottle with the spice, but *without* the herbs.

When used, shake the bottle, and to 3 tablespoonfuls of the sauce put $\frac{1}{2}$ lb. of cold butter. Boil up the sauce, draw to one side and whisk in the butter by degrees—whisk over gentle heat the whole time till as thick as good cream. (Add no water, no milk.) The difficulty is to get the sauce to mix with the butter, and not to lie at the bottom whilst the butter floats on the top. The way to avoid this is to use a very slow fire and never to leave off whisking for a moment.

Fish Sauce to keep all the Year. (*Mrs. Whyte.*)

Take walnuts when fit for pickling. Cut them and beat them in a marble mortar, press them and put them into a flannel bag to strain. To 1 pt. of their liquor add 1 lb. of anchovies. Let it boil till dissolved, filter it through a muslin, then boil it again.

Add to it $\frac{1}{4}$ oz. of mace and half that quantity of cloves, some whole pepper, a handful of shallots, a few cloves of garlic, also $\frac{1}{2}$ pt. of white wine vinegar.

Boil it all together till the shallots are tender. When cold, strain it and bottle it for use. Instead of one large bottle, use several smaller ones to hold $\frac{1}{4}$ pt. each.

1 tablespoonful of this liquor will be sufficient to add to a common-sized boat of melted butter for a sauce.

Great care must be taken to strain it well, and *not to shake it*, for if you do shake it you will spoil the colour.

Geneva Sauce, Brown — Cataldi's "Sauce Genèvoise" for Salmon or Grilse or Salmon Peel.

("Sir John's favourite brown sauce.")

Take a tumbler of port wine and put it into a stewpan with a little thyme, 1 bay-leaf, and 1 onion. Let it cook till reduced to glaze; then add to it about 8 tablespoonfuls of Spanish Sauce (*see* Sauces for Meat). Let it boil for about 5 minutes; pass it through a tammy; season, and serve over and round the sliced salmon.

(The above is enough for 12 people—but for 4 people a wine-glassful of port wine to 3 tablespoonfuls of Spanish sauce is quite enough.)

German Sauce, "Sauce Allemande." (*Cataldi.*)

Used for Chicken or for Fish served in scallop shells.

Make a white roux of a little flour and a little butter cooked together. When the roux is cooked, add stock, and boil again 1 hour; reduce the sauce till it is of a proper thickness; skim most carefully the whole time, then add a liaison of 2 yolks of egg and a little cream, which have been well stirred together; strain it again through a tammy, adding a little lemon-juice the last thing, half a lemon is enough.

Green Ravigote Sauce. *See* Ravigote Sauce.

Haddock Sauce for Crumbed and Baked Haddock.

Put on in cold water, heads, tails, &c., of the fish, with onion, parsley, and peppercorns, to boil $\frac{1}{4}$ hour.

This makes the stock for the sauce, thickened with a brown roux and flavoured with anchovy, which gives the fish a flavour of red mullet ("sea woodcock").

Failing the anchovy you must use mushroom catsup or Harvey's sauce.

Some add a glass of wine.

Haddock Sauce. *See* Haddocks—Creamed, under Fish.

Horse-radish Sauce for Salmon. No. 1. (*Mrs. Thomas.*)

This sauce does also for fish rissoles or fish fritters.

Boil a slice of horse-radish 10 minutes in a teacupful of stock. In another stewpan have ready a good white roux made of 1 oz. of butter to a teaspoonful of flour. To this roux add the flavoured stock strained from the horse-radish; cook 5 minutes; stir in 2 raw yolks of egg, then mix all thoroughly.

Heat gradually to all but boiling point; then add 1 table-spoonful of good English vinegar before serving in a sauce-boat.

This sauce should look creamy.

Horse-radish Sauce (Cold) for Salmon. No. 2.

(*Mrs. Creswell.* 1882.)

Half Mayonnaise, half horse-radish.

Part 1. (Mayonnaise part.) To 1 yolk of egg whisk in fresh salad oil *very* gradually drop by drop, also a little tarragon vinegar, making a ½ pt. of sauce in all, rather less than more. Season to taste.

Part 2. (Horse-radish part.) Grate a tablespoonful of horse-radish and mix it with whipped cream, add a little French vinegar, a small eggspoonful of made English mustard, a ½ teaspoonful of powdered sugar, and a little salt, if wanted.

Mix parts 1 and 2 together to make the sauce.

Indian (Hot) Salmon Sauce.

Make hot ½ pt. of good Spanish Sauce (*see* Sauces for Meat), add a teaspoonful of chopped Indian pickles, 15 drops of Harvey's sauce, 10 of Worcestershire sauce, and a good piece of glaze. Season if wished. Boil all 10 minutes. Skim and serve.

Lobster Sauce. No. 1. (*Cataldi.*)

(*See* Appendix regarding the boiling of Lobsters.)

A hen lobster is best (cock lobsters being too large and strong in flavour). Buy a live one. Blanch it, split it in two, running your knife from head to tail down the back. Take out all its meat. Separate the coral from the meat; and cut the meat into small dice. Put them aside on a plate till wanted. Pass the coral through a small hair sieve, then put it also aside on a separate plate.

Crack the lobster's shell in a mortar, put it into a stewpan with a little thyme, bay-leaf and parsley, and a little sliced onion. Put the stewpan on a gentle fire, and cover it close.

When the liquor is fully drawn, add as much water as is required, and let it boil for about 20 minutes, then pass it through a sieve. Make melted butter with this liquor instead of water, and proceed otherwise as usual in making it. Season sauce when made, with a little salt, white pepper, and cayenne. Take some live spawn and pass it through a sieve, then add it to the sauce.

Now add the coral and mix it well in. The dice of lobster meat must be added the last thing, with a small teaspoonful of essence of shrimps and 1 tablespoonful of cream, merely in time to be well warmed through.

Lobster Sauce. No. 2. (*Mr. Taton.*)

Have a large boiled hen lobster with plenty of spawn and coral; get some live spawn also. Pound its own coral and spawn in a mortar with a piece of butter the size of a nut. Cut the meat of the lobster into dice. Take 2 ozs. of butter in a stewpan, and a good spoonful of flour, add the pounded spawn and coral. Now pound the live spawn in the empty mortar, and with ½ pt. of cold water wash it into the same stewpan; melt and stir all on

the fire till it boils (5 minutes or so). Then add 1 teaspoonful of essence of anchovy; lastly, add the cut-up lobster meat and a little white pepper.

Let all heat through together.

2 spoonfuls of scalded cream can be added if the spawn is not first-rate in quality.

Maître d'Hôtel Sauce for Salmon Cutlets. (*Cataldi.*)

(This recipe also does with beefsteaks sautés in butter, or grilled.)

A little lemon-juice, chopped green parsley-leaf, and cold butter, mixed, and put to blend and melt on the hot dish prepared for salmon cutlets (*not* in paper), when they are served for breakfast or for supper.

But if the salmon cutlets are broiled or baked, and you wish to serve them in paper, you must stew some tiny bits of mushroom peelings, truffles, and fine herbs, all chopped small, in a small wineglassful of sherry, and add this wine to the Maître d'Hôtel sauce given above.

The whole to be reduced; then open the cutlet papers carefully, put a spoonful of sauce hot over each slice of fish, close the paper quickly and neatly, so that the salmon does not chill.

The salmon cutlets are best cooked in the oven.

For another Maître d'Hôtel Sauce, *see* Sauces for Meat.

Mayonnaise Sauce. Two Ways.

(*a*) For lobster, crab, or crayfish.

To be well made this requires much care.

Put a yolk of egg into a basin, pour into it gently *drop by drop* a little very fresh olive oil; whisk all the time with an iron whisk, season with a little white pepper; when the mixture becomes thick add a few drops of vinegar, then a few drops of oil, and so on alternately, till you have enough.

Then add about a $\frac{1}{4}$ pt. of good thick cream and $\frac{1}{2}$ a teaspoonful of French mustard; if liked, a few chopped gherkins and capers can be added the last thing (or, better still, the green tips of a little hot-tasting cress, but *not* the green mustard sold with it). A little salt must be added, but only at dishing time, as it makes the sauce soon become thin.

Split the boiled lobsters, crayfish or crab; should the fish be crab then add the spawn to the sauce; and put some sauce over each piece of the meat before you serve.

(*b*) Mayonnaise sauce (cold) for salmon is very similar, but requires the yolk of 2 or 3 eggs, a little pepper, salt, and $\frac{1}{2}$ teaspoonful of dry mustard; work with a whisk, adding fresh olive oil (3 tablespoonfuls) in, drop by drop, as wanted; then a teaspoonful each of tarragon, and of chilli vinegar, also drop by drop, then 2 tablespoonfuls of cream, and at almost the last a pinch of sugar. Make it smooth.

(For a Mayonnaise of cold salmon, *see* Fish.)

Mote Fish Sauce—Hot or Cold. (*Revised by Isa. Emslie.* 1888.)

Ingredients: 1 oz. butter, 1 oz. flour, nearly ½ pt. of cream, or not quite ½ pt. of milk and 2 tablespoonfuls of cream, 2 teaspoonfuls of tarragon or of chilli vinegar, 1 teaspoonful of essence of lobster or of anchovy.

Melt the butter in a stewpan on the stove, then stir in the flour with a spoon, and mix thoroughly over the fire; next add the cream very gradually, as if making a white sauce, stirring on all the time till it boils. After this it must simmer 6 or 7 minutes. Now draw it to one side and let it cool a little before you add tarragon vinegar and essence of lobster, or of anchovy; serve the sauce in a sauce boat. If the sauce is to be served *hot*, keep it warm in the bain-marie. If sauce is wanted *cold* you just cook the roux, then take it off to add the cream and other ingredients, and do not heat it again.

Serve hot for turbot, cold for salmon.

The sauce can be used up cold next day.

Mushroom Sauce, Grillon's, for Sole Fillets.

(*Mrs. Henry Dick.*)

For fillets of sole dressed "aux fines herbes" as in Venetian sauce recipe but rolled and stuffed with a little veal forcemeat.

Have ready some clarified butter in a stewpan, chop fine the rind of 14 mushrooms, and fry them 10 minutes; chop fine and fry a little parsley, also some onion; chop fine also 1 truffle but do not fry it, merely *warm* it, in a little good brown stock.

Fry each thing separately; then mix the whole; add a little brown sauce, or white if preferred, and season with pepper and salt.

Serve the sauce over the stuffed fillets of sole.

The soles are better stuffed with a very little veal forcemeat or with Whiting Quenelle mixture, *i.e.*, fish, butter, panada (*see* Fish), sole, or quenelle mixture of sole if more convenient. One whiting does for a dish of sole fillets.

The same sauce is good with cutlets and sweetbreads.

Mustard Sauce for Herrings. (*Mrs. Wellington.* 1877.)

For this use good melted butter made with stock or milk instead of water.

At the last add a teaspoonful of French mustard and ½ a teaspoonful of English made mustard.

This sauce also does for "Poulet à la Crapaudine." *See* Fowls, under Poultry.

Organ Fish Sauce.

To ¼ pt. of good white sauce (not too thick) add a little cream, the yolks of 2 eggs, 1½ ozs. of cold butter, a little nutmeg, pepper and salt.

Set the pan in another pan, the latter being full of *boiling* water, on the stove; stir the sauce with a whisk until thick, then add a little tarragon vinegar to your taste.

Oyster Sauce for Fish. (*Mrs. Sherwood.*)

Eighteen small "natives," which make the whitest sauce, or 1 doz. larger ones, but not sea oysters. As you open the oysters throw them, liquor and all, into a small empty stewpan, and let them just come to the boil (10 minutes). Then take them out with a spoon, cut off "beards" and horny parts, keep back the oysters, putting back "beards" and horny parts to the liquor in pan to stew 5 minutes longer. Now strain off liquor through a colander, and throw away all the "beards" and horny parts. Melt 1 oz. butter in a clean pan, to it add a teaspoonful of flour and cook to make it a white roux (3 minutes), stirring all the time. To this add strained liquor and let all boil up. Warm alone a small ½ teacupful of *thin* cream (from 3 to 4 spoonfuls). Add the cream gradually, taking care the sauce is off the boil, and stir all the time. The oysters themselves must be passed through a sieve and added just to blend and warm through. Season with a grain of white pepper.

Scalloped Oysters, *see* Fish, is from this recipe with alterations.

Oyster Sauce. *See* Cod and Oyster Sauce, under Fish.

Peppercorn Sauce for Fish. (*Mrs. Sherwood.*)

(This is recipe for Dutch Sauce, No. 6.)

Put 3 large onions, peeled and sliced, and 2 tablespoonfuls of whole peppercorns, with a teaspoonful of sugar, and ½ pint of cold water to boil quickly till reduced to ¼ pint, by which time the onions should be a mash (if drawn down too long it gets a strong, unpleasant taste); strain all through a hair sieve.

Now take a clean pan with 2 ozs. of butter in it, melt it and skim, and next add to it a spoonful of flour, mixing it very smooth; stir for a minute or two as it cooks, but do not let it brown.

To it add the onion and peppercorn mixture and let all boil, add a small teaspoonful of essence of anchovy or of shrimps, and at the last ½ teacupful of scalded cream.

Serve in a sauce boat.

It should be smooth and rather thick.

Pike Sauce. *See* Pike—Baked, under Fish.

Ravigote Sauce for Cold Fillets of Fish.

To a good Béchamel Sauce (*see* Sauces for Meat) but made with *fish* stock, add 1 tablespoonful of chilli vinegar, the same of tarragon vinegar, a little Harvey's sauce and anchovy sauce, and, when the mixture is about to "set," you mix in 2 good tablespoonfuls of aspic jelly previously whipped to a froth. Mix this in very quickly, and pour it over the cold fillets of fish, which you have previously placed on the dish. Garnish each fillet with a bit of Anchovy Butter. *See* Fillets of Fish—Cold "à la Ravigote," under Fish; and for Anchovy Butter, *see* Melted Butters; where also will be found Ravigote Butter.

Ravigote (Green) Sauce Cold for Salmon.

For this you need a handful of chervil, a few sprigs of tarragon, spring onions, green and white together, blanched and squeezed dry, passed through a sieve, and at the last moment stirred into a Mayonnaise sauce, *see* Mayonnaise Sauce. Serve quickly. If the ingredients are long together, the sauce will get poor and messy.

"Sauce à la Vénitienne." *See* Venetian Sauce.

"Sauce Allemande." *See* German Sauce.

Sauce for Creamed Whiting. *See* Haddock—Creamed, under Fish.

"Sauce Genèvoise." *See* Geneva Sauce.

"Sauce Hollandaise." *See* Dutch Sauce.

"Sauce Piquante." No. 1. (Brown) for Salmon or Mullet.
(*Mrs. Sherwood.*)

Melt and clarify 2 ozs. of butter, then add mushroom peelings if you have them, a slice of carrot, of turnip, of shallot, of celery (about 1 oz. of each), a little bit of each kind of herb (savoury, thyme, marjoram, parsley-leaf). Cover and draw down to brown a little first, then add a good spoonful of flour and draw down again, *uncovered* 3 or 4 minutes, then add ½ pt. of second stock and let all boil 10 minutes, skimming all the time. Strain and heat up again, adding a teaspoonful of anchovy essence and (if you have had no mushroom peelings with the herbs) a teaspoonful of mushroom catsup. Add also a good squeeze of a lemon or a dessertspoonful of tarragon vinegar and the same of sherry.

For sauce with mullet add also any juice that comes from the fish to the above recipe.

"Sauce Piquante." No. 2. For Boiled Fish.
(*Imperial Hotel, Aberdeen.* 1886.)

A smooth roux, stock added, and a few drops of Worcestershire sauce; when all is mixed and cooked add a few capers, cut in halves, a little of their liquor from the bottle of capers, and a little finely-minced gherkin—all to cook a minute or two before putting into a *very hot* sauce boat.

Fill up the caper bottle with vinegar, and cork it.

"Sauce Piquante." No. 3. (*Goodwin's, London.* 1886.)

For sole or haddock fillets, fried.

Take gherkins and capers chopped small, parsley and shallot, also well chopped. Sautez (*i.e.*, toss) them in butter and add a small glassful of claret; add also a little good stock 10 minutes before you serve. Use tarragon vinegar if out of shallot.

Serve in the sauce boat.

Sauce "Tournée"—Brown.

½ oz. of butter to a tablespoonful of flour, to brown together. Then add a teacupful of fresh stock to moisten—mix well over a fire.

N.B.—This is a small quantity, but will show the relative proportions.

Shrimp Sauce.

Mrs. Weston says: "Take a piece of fresh butter the size of a walnut, and a tablespoonful of flour; mix them smooth together over the stove, then stir in ½ pt. of thin cream, or of milk if you cannot get cream; or you may take ½ pt. of warmed milk and 2 tablespoonfuls of cream with it; when it boils add 2 teaspoonfuls of essence of shrimps.

"Keep the bottle of essence of shrimps well corked, and in a cool place."

"Sole au Gratin"—Sauce for. *See* that recipe, under Fish.

Tarragon Sauce for Fish or for Quenelles.
(*Miss Sterling, The Craig.* 1881.)

To 1 pt. of clear first stock, reduced to Half-glaze, add a bunch of fresh tarragon leaves and a tablespoonful of water.

Boil it up, then strain and add a little tarragon vinegar and a few choice little bits of the fresh tarragon leaves, chopped small.

Tartar Sauce (Cold) for Salmon.

Use hard-boiled yolks of egg pounded, instead of raw yolks; in other respects make the sauce like Mayonnaise Sauce (Cold) for Salmon. *See* that recipe.

Tartar Sauce. *See* also several recipes, under Sauces for Meat.

Tomato Sauce "à l'Italienne" for Halibut, Turbot, or John Dory. (*Chef, Imperial Hotel, Aberdeen.*)

Ingredients: Half a small onion, a little chopped parsley, ½ doz. tinned mushrooms, or some trimmings of fresh mushrooms, a slice of the white part of a cooked chicken, ham, tongue, 1 pt. of tomato sauce and ½ pt. of stock.

Chop the raw onion fine, and fry it a gold colour in a little butter, then add a little chopped parsley, and let both fry on together a minute or two.

If you use trimmings of fresh mushrooms chop them very small like the parsley, but if tinned mushrooms are used they may be chopped with the chicken, ham, and tongue, and mixed well with the parsley and onion on the stove for a few minutes.

Then add 1 pt. of tomato sauce and ½ pt. of stock, and allow all to boil together ¼ hour, stirring well to prevent its burning.

Before serving add a *few* drops of anchovy essence, and season with salt and pepper.

Venetian Sauce. No. 1. For Fish Fillets. (*Mrs. Sherwood.*)

Draw down the bones of the fish 10 minutes in a little second stock or water, with a sprig of parsley. With 1 oz. of butter and a teaspoonful of flour make a white roux; when the roux is cooked enough, strain the fish liquor into it; put it aside.

Strain the yolk of 1 egg and mix into it very gradually 4 tablespoonfuls of well-warmed cream, and keep on one side.

Next, boil up the mixed roux and fish liquor, and skim it thoroughly; when off the boil add the yolk and cream, a little salt, and a squeeze of lemon-juice.

Venetian Sauce. No. 2. (White) for Filletted Sole or Haddock, "Sauce à la Vénitienne." (*Cataldi.*)

Have the fish ready filletted, and get their bones from the fishmonger.

Put the bones of the fish into a saucepan, and to draw the fish stock add a bunch of herbs, *i.e.*, 2 bay-leaves, some thyme and parsley, and one whole onion with 2 cloves stuck in it; add 1 pt. of second stock or of water; boil all these with the fish bones.

Now in a clean stewpan make a white roux of ½ oz. of butter to a spoonful of flour, and when the roux is cooked add the fish stock, *boiling hot;* skim and strain.

Add a little finely-chopped parsley, only the green part, and the juice of a lemon the last thing. Season and serve over the fish fillets, which have been cooked apart. (*See* Filletted Sole, under Fish; also *see* Mushroom Sauce.)

Venetian Sauce. For another recipe, *see* Haddock—Filletted, under Fish.

White Sauce. No. 1. (*Mr. Courtenay.*)

Boil ½ pint of milk and a piece of butter the size of a large walnut. Mix 2 tablespoonfuls of flour to four pennyworth of cream that is to say if it is thin town cream. Add the cream to the milk, stirring it to make it quite smooth. Grate a little lemon peel into it, and just before it is taken off the fire add a pinch of salt.

White Sauce. No. 2. (*Mrs. Evans, Birk Hall.*)

Put 1 oz. of butter in a stewpan to melt; add 2 tablespoonfuls of flour and mix well, then add a pint of first stock, half a carrot, sliced, half a sliced shallot, a bunch of sweet herbs and some mushrooms, or their peel to flavour, ½ oz. of lean ham cut into little dice; boil all up and then let it simmer for 1 hour. Skim off all the fat, put the sauce through a tammy, and add a gill of cream and give it a good warm up, but *not* to boil. Season to your taste.

Wine Sauce No. 1. For Dressed Salmon.

(*Mrs. Weston and Mr. Taton.*)

(This quantity for a party.) This requires ½ pint Spanish

Sauce (*see* Sauces for Meat) to a wineglassful of sherry and half a small lump of sugar, all well mixed; also truffles chopped the size of half a caper.

Boil all up together, stirring well all the time. Pour over fish.

Mrs. Weston adds tiny quenelles of chicken or veal cooked the usual way, all round the slices of salmon when dished up.

The wine must be cooked a few minutes by itself *first*, or it will taste too strong.

Wine Sauce. No. 2. For Salmon or Freshwater Fish.

Four tablespoonfuls of white wine, and 3 of vinegar, 1 large onion, and 4 anchovies are simmered for 1 hour and strained. You then add a teacupful of cream thickened with a little flour and butter.

Wine Sauce. No. 3. For Red or Grey Mullet.

(*Mrs. Thomas's.*)

If for *red mullet*, melt some butter in a stewpan, add some flour to make a good roux; cook and mix it with great care. In another stewpan boil for half an hour some good stock, a little thyme, a blade of mace, an anchovy, 4 cloves, 2 shallots, and a little lobster spawn; then add roux; also wineglassful sherry or Madeira and the liquor that came from the fish; strain through a tammy cloth, and serve over and round the red mullet. Paper the mullet, or cover them with paper in the pan.

If for *grey mullet*, the only difference in the sauce is that you must leave out the spawn.

The mullet must be wrapped in paper and put into a buttered pan; cover pan with a paper lid.

The above quantity is enough for a party.

LIST OF SOME SAUCES APPROPRIATE FOR THE FISH NAMED.

Fish.	Sauces.
Boiled Fish	One of the Dutch Sauces.
" "	Sauce Piquante, No. 2.
Cod	Dutch Sauce, No. 4.
"	Oyster Sauce.
Crab	Mayonnaise Sauce.
Crayfish	Mayonnaise Sauce.
Freshwater Fish	Fish Sauce for Freshwater Fish.
" "	Wine Sauce, No 2.
Grilse	Geneva Sauce.
Haddock	Cheese Custard Sauce.
"	Curry Sauce.
"	Dutch Sauce, No. 4.
"	Egg Sauce.
"	Sauce Piquante, No. 3.

Fish.	Sauces.
Haddock (Broiled) . . .	Black Butter. *See* Melted Butters.
„ (Creamed) . . .	*See* Haddocks—Creamed, under Fish.
„ (Crumbed and Baked)	Haddock Sauce.
„ (Filletted) . . .	Venetian Sauce. *See* Haddock —Filletted, under Fish.
Hallibut	Tomato Sauce.
Herring	Mustard Sauce.
John Dory	Tomato Sauce.
Lobster	Lobster Sauces, Nos. 1 and 2.
„	Mayonnaise Sauce.
„ (Pudding) . . .	*See* Lobster, under Fish Pies and Puddings.
Mackerel	"Fines Herbes" Sauce.
Mullet	Wine Sauce, No. 3.
„	Sauce Piquante, No. 1.
Pike	Dutch Sauce, No. 4. *See* Pike—Baked (under Fish).
Salmon	Custard Sauce.
„	Dutch Sauce, No. 1.
„	Geneva Sauce.
„	Horse-radish Sauces, Nos. 1 and 2.
„	Indian Sauce.
„	Maître d'Hôtel Sauce.
„	Mayonnaise Sauce.
„	Sauce Piquante, Nos. 1 and 3.
„	Ravigote (Green) Sauce.
„	Tartar Sauce (Cold).
„	Wine Sauces, Nos. 1 and 2.
„ (Filletted) . . .	Mote Fish Sauce.
„ (Slices) . . .	Caper Sauce.
Salmon Trout	Vinegar Sauce. *See* Sauces for Meat.
Salt Fish	Egg Sauce.
Sole	Cardinal Sauce.
„	Chilli Sauce..
„	Sauce Piquante, No. 3.
„ (Filletted) . . .	Mushroom Sauce (Grillon's).
„ „	Venetian Sauce.
Tench	Dutch Sauce, No. 3.
Turbot	Tomato Sauce.
„	Cream Sauce.
„	Mote Fish Sauce.
Whiting (Creamed) . . .	*See* Whiting — Creamed, and Haddock — Creamed, both under Fish Recipes.

(Some other Sauces are given under Fish Recipes.)

SAUCES FOR MEAT

(*See also* Sauces for Poultry and Game, &c.)

Aigre-doux Sauce. (*Cataldi's.*)

For Roe Venison or upper side of loin of mutton dressed as Roe "à la Châteaubriand" (*see* Loin of Mutton, No. 4, under Meat).

First, cut in crescent shapes a little hard-boiled white of egg, 6 blanched sweet Jordan almonds, some fresh lemon peel, 12 pistachio nuts, and an equal weight of cold cooked ham, a little gherkin, and a little angelica. Put all these aside.

Secondly, put a pinch of sugar (less than ½ teaspoonful) into a stewpan over a sharp fire, to melt it. When melted, add a teaspoonful of mushroom catsup, ½ teaspoonful of Worcestershire sauce, ½ teaspoonful of tarragon vinegar, boil all these till reduced to half; then add a piece of glaze the size of half an egg, ⅓ teaspoonful of red currant jelly, and 3 tablespoonfuls of "Sauce Velouté." Boil all 5 minutes.

Add the crescent-shaped white of egg, almond, &c., to the sauce 5 minutes before serving, and as you dish it squeeze in a few drops of lemon-juice at the last moment.

Béchamel Sauce. No. 1. (*Cataldi.*)

Make a white roux; take 1 pt. of chicken (which is better than veal) stock, and add it to your roux; then add ⅓ pt. of cream; boil it; when boiled add a bunch of sweet herbs, parsley, thyme, sweet marjoram, and 1 bay-leaf, also a sliced onion, and a sliced carrot, and some button mushrooms or mushroom peelings. Let all now simmer gently 15 minutes; skim it; take out the vegetables; skim well a second time; pass through a tammy.

Béchamel Sauce. No. 2. For Braised Fillet or Loin of Veal. (*Mrs. Thomas.*)

Make a white roux of 2 ozs. of butter to a spoonful of flour, melted and most carefully mixed. If you can get button mushrooms, peel them, and, when the roux is ready cooked, add ⅓ pt. of good, white stock (cold) and the mushroom *peelings*, keeping the mushrooms themselves till later. Heat till it boils; it must cook nearly an hour. Add the rest of the stock, one-third at a time, *cold*, to throw up the grease, a full pint of stock in all is used; be careful to remove the grease. When slowly reduced to ½ pt. it is done; keep very hot, but not boiling.

The button mushrooms must be stewed alone in a little milk and butter, or cream, but no seasoning. They will be served whole in the dish for which this Béchamel is the sauce.

For the liaison take 2 yolks of egg in a clean basin, and mix in well a teacupful of warm cream; strain; add to them a little of the sauce hot, but *not* boiling, and mix it well again; then gradually add these eggs, &c., to the remainder of the hot sauce, as also the milk and butter in which the mushrooms were stewed. Season and pass through a sieve or tammy, and at the last add a few drops of lemon-juice.

[The "blanquette," for which this sauce is used, is best of neck, or underside loin, of veal. Cut it ½ inch thick, and beat it to the thinness of a halfpenny, ¾ lb. sautéd (or tossed) in 2 ozs. of clarified butter (a paper tied over sauté pan to keep veal white), *on slack fire* for 10 minutes, and turned once or twice. After that you drain off the butter and cover the veal with white stock; repaper pan, and braise very gently for ½ hour.]

Béchamel Sauce. For other varieties, *see* Sauces for Poultry and Game.

Brain Sauce for Sheep's Head No. 5. *See* Meat—Mutton.

Brown Sauce—Mr. Taton's. *See* Sauce Robert, No. 2.

Caper Sauce. No. 1. For Boiled Mutton. (*Cataldi.*)

You use French melted butter (*see* Melted Butters, &c.), and not too many capers, please; cut these in halves or smaller, add the yolk of an egg and a little cream well mixed as a liaison, always stirred one way. Add a little sauce to them, hot, but not boiling, first; then put the egg, &c., to the rest of the sauce just before the capers are added. Put all on the fire to warm through, but not to boil. Smother the boiled neck of mutton in this sauce, or serve the sauce in a boat.

Caper Sauce. No. 2.

Chop the capers.

Make a sauce of a little white stock and a bit of butter worked in flour, and boil quite smooth; strain it, lest it should be lumpy; then add the capers and a spoonful of vinegar.

Caper Sauce. For another Caper Sauce, *see* Neck of Mutton No. 1, under Meat.

"Demi-glace" Sauce.

Is a sauce of first stock—if out of first stock use second stock—with glaze melted in it (*see* Roux, Browning, and Glaze), half and half of each; or first stock *half* reduced to glaze.

"Devil Sauce"—German. (*Mrs. Goodwin's German Cook.*)

To be used uncooked, mixed to a paste, and rubbed over broiled mutton cutlets, kidney, or steak.

¼ lb. of fresh butter, 2 dessertspoonfuls of dry mustard (half that if not wanted so hot), a teaspoonful of Worcestershire sauce, a little mushroom catsup, a little white pepper, cayenne pepper, and salt. Mix all well together in a basin, and spread on the cutlets, &c., just before sending to table.

D'Uxelles Mixture for Sauces. *See* footnote to Cutlets No. 4, under Meat—Mutton.

German Sauce for a "Blanquette de Veau."

Ingredients: 3 pts. of water, 2 lbs. of beef, 3 lbs. of veal from the fillet, and some trimmings of poultry, seasoned with very little salt, 1 carrot, and some turnips.

When all is *half* cooked, mix 3 teaspoonfuls of flour in butter and simmer all together for 10 minutes without browning; mix with the stock, taking care that it does not boil at first, to prevent lumps or roughness from forming. Boil it afterwards till quite done, then take out the meat, and pass the sauce through a sieve into a perfectly clean saucepan. Put it on the fire again, skim off the fat, and reduce sauce to two-thirds of the original quantity, stirring with a wooden spoon that the sauce may not adhere to the pan.

When reduced to this point, break 4 yolks of egg, diluting them with the sauce, which must not boil at the time of mixing in the eggs. Simmer afterwards on a slow fire for 6 minutes, and add to the blanquette of veal, adding also a piece of butter of the size of an egg, and the juice of a lemon, and serve.

Half-glaze. *See* "Demi-glace" Sauce.

Horse-radish Sauce. No. 1. For Boiled Beef. (*Danish.*)

Enough for 3 people.

Have a dessertplateful of horse-radish scraped and ready.

Warm a small enamel pot, then put into it a good tablespoonful of butter, let it half melt, add a teaspoonful of flour, mash this in the pot until heated through, then add the horse-radish, and stir it well, pouring in by degrees a teacupful of liquid stock; add ½ teaspoonful of salt, one of brown sugar, one of vinegar, the whole to simmer slowly for a few minutes and then be put in a sauce-boat. This sauce should be made just before serving.

Horse-radish Sauce. No. 2. (*Beechwood.*)

For roast beef.

Grate about a teacupful of horse-radish; mix it with a little thick cream, a little mustard, vinegar, cayenne pepper, and salt, very little of these last two ingredients.

Serve in a sauce boat.

Horse-radish Sauce as used for "Russian Cutlets," *see* under Meat—Beef.

Italian Sauce. A brown sauce, sometimes used in making others. *See* Italian Brown Sauce, under Sauces for Poultry.

Maître d'Hôtel Sauce.

For veal—also used for fish and for eggs, &c.

This should only be made just when wanted as it cannot be kept hot.

Rub well together 2 ozs. of fresh butter and a large teaspoonful of flour. Put it into a stewpan, with a kitchen ladleful of good white stock and a teaspoonful of green *leaf* (only) of parsley, chopped very fine.

Set it on the fire; stir all the time till it nearly boils; then take it off and still stir it, adding a good ounce of fresh butter, a teaspoonful of lemon-juice, and a little pepper and salt. Keep stirring till it has rather a frothy appearance. Serve at once.

Maître d'Hôtel Sauce for beefsteaks sautés in butter or grilled. *See* Maître d'Hôtel Sauce for Salmon Cutlets, among Sauces for Fish.

Mint Sauce for Lamb. No. 1.

Wash, dry in a cloth, and chop fine a handful of green mint. Mix a gill of vinegar and 2 tablespoonfuls of sugar well together. Add the mint. Serve in a boat.

Mint Sauce. No. 2. (*Mrs. Wellington.* 1878.)

In the morning make a good syrup of $\frac{1}{4}$ pt. of cold water to $\frac{1}{4}$ lb. of sugar.

Do not cover the saucepan when you put it on the stove. Stir the syrup, and let it come to the boil; skim well. It should stand $\frac{1}{4}$ hour on the stove; then add 3 tablespoonfuls of French vinegar, and let it boil. Next set it aside to cool in a basin. Chop fine a handful of mint, and add it when the syrup is cold, for should the liquid be warm when mint is added, it will cease to look green.

Mushroom Sauce—Grillon's, much used for meat. *See* Sauces for Fish.

Onion Sauce. No. 1.

For *all* joints of mutton.

Peel 1 doz. onions, boil them in water, and pass them through a sieve. Put them into a stewpan, add a little cream, pepper, and salt, and warm them up.

Serve in a sauce boat.

Onion Sauce. No. 2. (*Mrs. Sherwood's.*)

A large sauce-boatful for a leg of mutton.

Take 2 large onions, peel and slice them, and put them in a pan, with *half* $\frac{1}{4}$ oz. of butter, also $\frac{1}{4}$ pt. of milk. Boil to a purée, and stir now and then. Pass it through a hair sieve.

In a clean pan put rather a larger piece of butter than before; melt it, and add a teaspoonful of flour; stir together over the fire till smooth; add purée; make it boil; add pepper and salt, and a tablespoonful of cream.

Oyster Sauce, Brown, for Beef Steaks. (*Mrs. Thom[illegible]*)

(Quantity for 2 *couples* or for 3 bachelors!)

Take 2 doz. small "natives" and simmer them 2 minutes in a stewpan, just as they come from fishmonger. They must *not*

boil, or they will be tough. Take off the "beards" and horny part, and put the oysters themselves on one side into cold water till wanted. The oysters will merely require draining on a sieve and warming up in the sauce at the last.

Stew the "beards" and horny parts 20 minutes by themselves to draw out the flavour, pass the latter through a sieve on to a plate, but *not* the liquor.

Take the "beards" out of the liquor, and throw them away.

Now make a brown roux by melting 2 ozs. of butter and mixing and cooking 3 minutes with it 1 oz. of flour. You must stir all the time, that it may not burn. When cooked add a teacupful of good brown stock, and flavour with a little of the oyster liquor. Taste to see that it is not too salt, for fishmongers *will* keep their oysters in salt and water. If you have opened the oysters at home, the whole of the liquor would give it a fine flavour. Now add the purée of horny part; let it come to the boil.

Let it boil gently 5 minutes, skimming all the time to get rid of the grease from the roux. Drain the oysters from the cold water in which you have kept them meantime, and add whole, just in time to heat through before serving.

Pimento Powder for Hot Sauces. *See* Provence Sauce.

"Poivrade Sauce."

This is the foundation of sauce for Mutton "Reform Cutlets," and many others. Take the red part of carrots and 1 onion, a little lean ham, 1 bay-leaf, and parsley, and fry all in as little fresh salad oil as is possible. The quicker they are done the better will be their colour. Add a teaspoonful of sugar and a few peppercorns. Finish in a little stock, and, when stewed soft enough, pass through a tammy. (For "Reform Cutlets" *see* Mutton, under Meat.)

"Poor Man's Sauce."

Boil a shallot in a little vinegar, and then add some brown sauce, Spanish sauce is best. It does not require thickening.

"Portarlington Sauce." *See* Game "Polpette," under Game.

Provence Sauce, "Sauce Provençale Chaude" (*Cataldi.*)

A hot white sauce for braised pork chops, also for pork cutlets —latter *not* "panés."

The yolks of 2 eggs are put into a small stewpan in the bain-marie with about 2 teaspoonfuls of Sauce Velouté (*see* Sauces for Meat). Stir it together till it becomes thick; then add 4 tablespoonfuls of fresh olive oil and ½ a teaspoonful of pimento powder ("piment enragé"), a powder made of mace and cloves, peppercorns, cayenne pepper, pepper, and shallot (the French use *garlic*), the whole thoroughly pounded, *no lumps*, and mixed together.

Season and serve.

Beware of lumps, if the sauce is home-made!

Reform Sauce, "Sauce à la Réforme." (*Cataldi.*)

This is an "aigredoux," *i.e.*, sour-sweet sauce, for Loin of Mutton No. 3, dressed like Roe Venison after lying some days in a marinade, *see* Meat.

4 spoonfuls of Spanish sauce, 1 of tomato sauce, 2 teaspoonfuls of red currant jelly, a piece of glaze the size of half an egg, and a little port wine.

Let all boil together for about 5 minutes; season, and strain through a tammy. Have ready some hard-boiled white of egg and some gherkin, both cut in shapes like a half-moon.

Warm them up in the sauce, and serve with the cutlets.

Use this sauce also for Roe Venison cutlets.

"Sauce Béarnaise." Two Ways. (*A. Emslie.* 1887.)

For grills, *i.e.*, chops, steaks, spatchcock chicken, or any "devilled" dishes.

(*a*) This requires very careful cooking, as, if it boils, the sauce is spoiled, so it should be done in a bain-marie.

Put the yolks of 2 eggs in a well-tinned saucepan with 2 tablespoonfuls of thick cream, 1 oz. of butter, pepper and salt, and a dessertspoonful of lemon juice. Stir all well together over a slow fire till it looks firm and creamy.

Serve under the meat, or in a sauce-boat.

(*b*) Stir 2 yolks of eggs till they thicken with 2 ozs. of butter whisked in. Then add 2 or 3 drops of anchovy and a teaspoonful of melted glaze and a little of the green of parsley, if liked.

"Sauce Espagnole." *See* Spanish Sauce.

Sauce for Calf's Head Rolled. *See* Calf's Head, No. 3, under Meat—Veal.

Sauce for Filletted Veal Steaks. (*Mrs. Caswell.*)

Ingredients: A little brown sauce (it must be good), a lump of glaze the size of a walnut, 2 yolks of egg in a little butter, which are warmed together and added to the sauce and seasoning; add a squeeze of lemon at the last.

The steaks are sautéd.

Sauce for Macaroni Pie.

1½ ozs. of butter half melted in a pan. Add half an onion, 1 clove, a bit of mace, half a bay-leaf, a bit of thyme, ½ oz. of ham, all to fry together.

Fry till browned; then add 1½ tablespoonfuls of flour to cook with 1½ pts. of stock. Simmer 1 hour; then strain. Add some cream when you take the pan off the fire.

The sauce must be rich.

Serve the Macaroni pie (*see* Meat Puddings and Pies) *very hot.*

Sauce for "Mutton to taste like Venison." *See* Neck of Mutton No. 6, under Meat—Mutton.

Sauce for Pettitoes. No. 1. Mrs. Dick's "Hollandaise."

Put a little butter and flour in a stewpan on the fire ; then add a little cream, salt and pepper, also very, very little Worcestershire sauce and the yolks of 2 eggs. Make this into a custard, and send very hot to table in a boat.

Sauce for Pettitoes. No. 2. (*Isa. Emslie.* 1890.)

Put a breakfast pat of fresh butter on to brown ; add to it savoury herbs—lemon-thyme is best—a little chopped uncooked ham, fat and lean, 2 cloves, and a bit of allspice, all to cook from 5 to 10 minutes to extract their flavour ; then stir in a dessert-spoonful of flour and let it cook 3 to 5 minutes, stir all the time ; add 1 pt. of chicken or of second stock and stir on till it boils ; then draw to one side to simmer, *un*covered, for an hour.

Next take off and strain the sauce through a fine strainer ; add a good pinch of sugar and a very little salt if any is necessary (but the pettitoes have been lying in salt), a teaspoonful of mushroom catsup, and a piece of glaze the size of 2 walnuts ; strain again *hot* on to the *hot dish*.

If wished for, add a little gherkin minced the size of carraway seeds ; put the gravy on the dish first, then the pettitoes, jointed, one side being covered with Veal quenelle mixture (*see* Pettitoes No. 1, under Meat—Pork, and for Veal forcemeat *see* recipes for Veal Quenelles, under Meat—Veal).

Sauce for Sheep's Head. *See* Sheep's Head No. 5, under Meat—Mutton.

Sauce for "Tête de Veau en Tortue." (*Cataldi.*)

Thick, rich Spanish Sauce (*see* Spanish Sauce, No. 1) added to 2 wineglassfuls of veal stock ; reduce over a sharp fire ; season with a grain of cayenne, salt, pepper, and a grain of nutmeg ; flavour with mushroom peelings, or if you have button mushrooms serve them whole in the dish.

Pass the sauce through a tammy ; taste and see if it wants any more flavouring ; pour hot over sliced Calf's Head No. 1 (*see* Meat—Veal) just as you dish it.

Sauce for "Tête de Veau farcie." *See* Calf's Head No. 2, under Meat—Veal.

Sauce for Veal Tendrons. (*Mrs. Weston.*)

Melt a little butter in a stewpan ; add a tablespoonful of flour. Mix them over the stove ; then add as much stock as will make it into a sauce ; then add a little parsley, celery, and very little onion, a shallot, also a few mushroom peelings.

Let it simmer for 20 minutes ; skim it well.

Pass it through a tammy, add peas, and serve.

(For Veal Tendrons recipe *see* Meat—Veal.)

"Sauce Gourmet" for a Fillet or Steaks Sautéd or Fried.

Chop and fry 2 onions in butter till brown; then add a spoonful of glaze and a spoonful of vinegar, a little chopped parsley and cayenne, also 1 oz. of butter cut in tiny bits and dropped in. At the last have some beef marrow, and add it to the sauce, with which you may cover the steaks if you like, or merely put on the dish with steaks on the sauce.

This marrow must be *very fresh*, and cut into dice and blanched before you add it.

"Sauce Piquante." A Sharp Sauce for Fried Pettitoes. (*Mrs. Caswell.* 1882.)

This sauce looks quite clear.

Chop some raw onion fine, and reduce it over the stove in 2 tablespoonfuls of vinegar till nearly dry; then add a spoonful of Spanish sauce, also a piece of glaze the size of a walnut, chopped gherkins, chopped capers (I prefer no gherkins, only capers very small—C.C.), and parsley, just at the last minute.

[Pettitoes are useful first this way; second appearance as crumbed mince, no bones; third appearance as croquettes.]

Sauce Provençale. *See* Provence Sauce.

"Sauce Robert." No. 1. (*Mrs. Thomas.*)

A brown sauce for pork cutlets, pettitoes, beefsteaks, &c. *See* Pork Cutlets No. 2, under Meat.

First, make a Sauce Tournée (for this *see* Sauces for Fish), then put it aside till ready for it.

Next, make 2 ozs. of fresh butter hot in a stewpan; add to it 8 large onions previously sliced and chopped; "sweat" them by the side of the fire, stirring and turning them and shaking the pan gently lest they should burn. To brown well, they will require from 20 to 30 minutes; drain on a sieve, and add ½ pt. of good stock. Let all simmer ½ hour at one side of the stove; then, if the sauce is for pork cutlets, put a good *half* of the onions through a sieve, keeping the rest back for the centre of the dish.

Thicken with the Sauce Tournée, and let all boil 10 minutes, skimming carefully.

When the cutlets are dished, add the juice from them, free from fat, to the made sauce; season, but just before seasoning add, if you like, ½ teaspoonful of mushroom catsup and ½ teaspoonful of Harvey's sauce.

But if the sauce is for Pettitoes put the *whole* of the onions through the sieve, thicken with the Sauce Tournée, and let all boil gently 10 minutes, skimming carefully.

"Sauce Robert." No. 2.

["Rather call it my brown sauce," said Mr. Taton, an invention of his own, *not* "Sauce Robert" at all!]

For pork cutlets or for mutton cutlets. *See* also Veal Cutlets No. 1.

Make a good brown roux ; 1 oz. butter to a spoonful of flour, add some stock to it, 1 carrot, 1 onion, and some celery, all 3 sliced, also a very few herbs, thyme, green parsley, knotted marjoram, and a little ham. This should make ½ pt. of sauce.

To boil ½ hour ; when made, set it on one side till wanted.

This as it is, skimmed and strained, is good for veal cutlets or mutton cutlets braised.

Now take a shallot and chop it fine (and for pork cutlets add a teaspoonful of chopped sage, but *not* if your cutlets are mutton).

Put shallot (and sage) into a small stewpan with 2 tablespoonfuls of stock, and stew together 5 minutes ; then add the ½ pt. of brown sauce prepared as above, season with a little salt and pepper, add a pinch of sugar, and stir it well in. Let all boil well up together.

Strain through a tammy before you serve with egged and bread-crumbed cutlets.

"Sauce Velouté." (*Cataldi.*)

Mrs. Thomas says, "For this white sauce take white roux as for Béchamel sauce ; to it add white stock, mushroom, ham, a blade of mace, a small bouquet, carrot, onion, bits of turnip, any essence of white roast meat or braised brown meat or Demi-glace, and a liaison if you like."

It is kept white by having a greater proportion of veal or chicken broth, or both, than of beef stock. The flour is not browned.

"Soubise" Sauce. No. 1. For Braised Mutton Cutlets. Two Ways.

(*a*) Peel 6 Portugal onions, slice them very thin, and blanch them over a sharp fire that they may not lose their white colour, if watery they must be boiled in butter ; strain them, and pass them through a tammy. Reduce the mixture alone a little ; then add 3 tablespoonfuls of good white Béchamel sauce ; add 4 tablespoonfuls of cream, and reduce the mixture again to a thick substance ; season with pepper, salt, and nutmeg. It should be thicker than a purée.

[The soubise cutlets should be half cooked ("sautées") some hours before, if not the day before, they are wanted, so as to be *quite* cold. When you prepare them for dinner they must be trimmed, and braised in stock ; glaze them over with a brush whilst they are braising, and make them *set* in the oven.]

(*b*) Make a Soubise sauce same as Onion Sauce No. 2, but use no milk with the onions and butter, which are drawn in a covered stewpan, and passed through a sieve ; make the white roux of ½ oz. butter to a tablespoonful of flour ; add ¼ pt. of thin cream to the roux, and let it boil. If the onions are not very sweet, add ½ teaspoonful of sugar to the purée, before adding the roux, also a little white pepper.

Soubise Sauce. No. 2. For Soubise Cutlets. (*Mrs. Thomas.*)

Slice 6 or 8 onions, and put them in a stewpan with ½ oz. of butter, a breakfastcupful of milk, 1 lump of sugar, and a pinch of salt; cover close, and let all stew gently till quite tender (½ hour at least); shake the pan frequently to prevent it from burning; then drain the onions on a sieve, but keep the liquor (butter and milk) that runs from them to use later. Pass the onions through the sieve into a clean basin.

Now make a white roux in a clean pan, so: Melt and work well together ½ oz. of butter with a dessertspoonful of flour, but do not let it brown; add a teacupful of white stock and 2 spoonfuls of the oniony buttered milk which you drained from the onions, also a little pepper and salt.

Just before serving, add the sieved onion, and give a boil up, then add a teacupful of warmed cream.

Serve at once, as it will get oily if kept. Serve in the centre of the Soubise cutlets, cooked like Mutton Cutlets No. 8 (*see* Meat).

Spanish Sauce, No. 1. "Sauce Espagnole." (*Cataldi.*)

(Often referred to as an ingredient in other sauce recipes.)

First make a brown roux of the quantity required, then add some beef stock (*first* stock, please), and keep on stirring it till it boils. The sauce should then be allowed to simmer for about an hour. Skim it, and pass it through a tammy cloth.

Use as Sauce for Mutton Cutlets No. 3 (*see* Meat—Mutton).

Spanish Sauce. No. 2.

1 oz. butter in a stewpan. Place it on the stove; stir in as much flour as it will work up. Let it become rather brown; then take it off the fire, and mix in well a little good brown stock. When smooth add more stock till it is about the thickness of melted butter; stir until it boils.

Add mushrooms, trimmings of truffles, a little parsley and thyme, an onion, a small quantity of chopped ham, some pepper, a bay-leaf, a blade of mace, and 2 cloves; set it by the side of the fire to boil slowly, and take off the scum as it rises. When the sauce is strong and clear, pass it through a tammy into a basin.

Sultana Sauce for Roast Pork or for Roast Sucking Pig. (*Cataldi.*)

This is better than currants and apple sauce. (For recipe for Sucking Pig, *see* under Meat—Pork.)

Swell 2 ozs. of sultana raisins in sherry; next put them in a stewpan on the fire; add some pounded sugar and a piece of glaze the size of half an egg.

Sugar and glaze must on no account be allowed to boil, but must just melt and mix well.

Add these ingredients to the gravy of the pig, and serve the sauce in a boat for the loin of pork, but *round* a sucking pig.

This same sauce, *omitting* the pork gravy and *adding* sweet spices, is good for tongue, "Langue au jus" (*see* Meat—Beef).

Tarragon Sauce. *See* Turin Braised Beef, under Meat.

Tartar Sauce. No. 1.

This cannot be made so well without ice.

Place the yolks of 6 eggs and a teaspoonful of made mustard in a basin on the ice, and work it well with a whisk. Add a little cayenne and salt.

Whisk in gradually nearly 1 pt. of the best salad oil; *whisk it quickly;* add a tablespoonful of tarragon and one of chilli vinegar, with lemon-juice to make it very sharp, and chopped herbs.

Place the dish on the ice, and continue to work the sauce, as it should be *very stiff*.

Tartar Sauce. No. 2. Sir William Stuart's. (*The Hague.* 1887.)

Put 2 raw yolks of egg in a basin, with pepper and salt.

Work with a wooden spoon or whisk, adding fresh salad oil drop by drop, also a little tarragon vinegar, alternating them.

Go on till there is enough sauce; then add finely-chopped *fresh* tarragon and chervil. Remember to keep stirring all the time you add the drops of oil and vinegar.

Serve this sauce cold, in a sauce-boat, with broiled neck of mutton chops without gravy.

If liked, add a little French mustard and essence of anchovy besides the green tarragon and chervil chopped fine, and a little chopped onion.

Tartar Sauce. No. 3. Thomas House. (1891.)

Place 2 yolks of egg in a basin; add a little pepper, salt, and dry mustard; work in, very gently, enough salad oil to make it very stiff; then thin it by mixing in gradually some French vinegar and a few drops of tarragon vinegar and chilli vinegar, a tablespoonful of cream, and a very little Worcestershire sauce.

Tartar Sauce. No. 4. Tillypronie.

Ingredients: 4 yolks of egg, a teaspoonful of mustard, a saltspoonful of salt, 2 shallots, olive oil, tarragon vinegar, pepper, and cayenne.

Break the yolks into a pan, and add salt and mustard.

Stir in, alternately and *very gradually*, a tablespoonful of oil and a teaspoonful of tarragon vinegar, lastly the chopped shallots or green parsley-leaf, or small cress, no stalk.

Tartar Sauce. No. 5. "Sauce Tartare à la Carême."

"Mettez dans une moyenne terrine une cuillerée à bouche de sauce allemande (maigre pendant le carême), une idem de moutarde fine, deux jaunes d'œufs frais, un peu de sel, de poivre, et de muscade râpée. Après avoir bien remué ce mélange, vous y mêlez peu à

peu deux grandes cuillerées d'huile d'Aix, une demie de vinaigre à l'estragon, puis une pointe d'échalote hachée et blanchie, un peu d'ail, et une cuillerée à bouche d'estragon et de cerfeuil haché. Observation : Cette sauce doit être relevée d'assaisonnement ; elle sert pour les entrées indiquées à la Tartare."

(For "Allemande" Sauce, *see* Sauces for Poultry.)

Thick Sauce for Cutlets. No. 1.

Take ½ pt. of first stock, add 3 slices of carrot, 3 young onions, the peel of ½ doz. mushrooms, 1 stick of celery, and a bunch of herbs (viz., 1 sprig of parsley, 1 of thyme, 1 of sweet marjoram, and a bay-leaf). Simmer ½ hour, adding more stock if wanted; then strain it. In another stewpan make a roux of 1 oz. of butter to a spoonful of flour. Mix in the usual way, and cook a minute or so. Add the sauce hot to mix and blend, and pass all through a tammy. It may now be put aside for a few hours or till next day whenever wanted.

At dishing time heat again, and season with a little pepper and salt.

Thick Sauce for Cutlets. No. 2 (Transparent).

The same to begin with as Thick Sauce for Cutlets No. 1, but boiled down with vegetables almost to thick half-glaze. Mix a small teaspoonful of arrowroot with enough cold water to wet it, and stir it in when the sauce boils up after being strained. Season, and it will be ready.

Tomato Sauce. No. 1 (Bottled).

Pull off their stalks, and put the tomatoes into a stewpan on the fire or in the oven till tender; then run them through a sieve and return them to the stewpan.

To 6 doz. tomatoes add 6 cloves of garlic, 3 or 4 blades of mace, a teaspoonful of cayenne, and ½ pt. vinegar. Boil all together till as thick as onion sauce, and add a spoonful of salt. Put the sauce into wide-mouthed bottles, cork down, and tie a bladder over.

When required for use, take the best stock, a piece of butter, and some flour with some of this tomato sauce, and boil it up.

Tomato Sauce. No. 2 (for Bottling).

Take 6 doz. tomatoes without stalks, 6 cloves of garlic, with 6 chillies; put all in a saucepan with a small tumbler of water. Boil till the skins curl up, and till the tomatoes have thoroughly melted. Take off skins.

Then pass all through a sieve into a saucepan, with a full pint of vinegar and a handful of salt. Boil till reduced more than half. When it no longer adheres to the spoon it will have boiled long enough and can be bottled.

Tomato Sauce. No. 3. "The Duke of Cumberland's."
(*As given by Mr. Courtenay.*)

Take ½ sieve of tomatoes, break them in pieces, and add to them ¾ lb. of lean ham cut in very thin pieces.

Peel and cut in halves 1 oz. of shallots and ½ oz. garlic; add a handful of salt. Boil all together for 2 hours; then rub through a hair sieve.

When cool put into it a teaspoonful of cayenne pepper and ½ pt. of vinegar (or rather less of both these).

This sauce is used with Mutton Cutlets No. 10 (*see* Meat—Mutton).

Tomato Sauce. No. 4. French.

"Prenez 15 tomates dans une casserole, un peu de bouillon, du sel, du gros poivre; vous les ferez cuire, et reduire; quand vos tomates sont épaisses, vous les passez comme une purée dans une étamine; au moment de servir vous y mettez gros comme un œuf de beurre, que vous ferez fondre dans votre sauce. Avant de la servir, voyez si elle est assaisonnée et de bon gout."

Tomato Sauce. For other recipes *see* Tomato Sauces, under Sauces for Poultry.

Vinegar Sauce. (*Mr. Taton.* 1859.)

A brown sauce for egged and crumbed Mutton Cutlets No. 6 (*see* Meat—Mutton).

Take 2 ozs. of butter, a little sliced celery, the red part of a carrot, an onion, a sprig of parsley, and a piece of thyme. Let all simmer gently ½ hour without water or stock; this is to draw out the flavour. Next, add a small dessertspoonful of English vinegar and as much good stock as you require; give it a boil up, skim, and strain.

[This "Vinegar" cutlet sauce is excellent for salmon trout if you add 1 anchovy, previously well washed, boned, and scraped, to the other ingredients at the first, also a glass of sherry, latter added when you add the stock; also a little cream at the last, *for salmon trout only.*]

White Sauce. (*Mrs. G. Humphreys.*)

This should be made quickly; it is very good when stock cannot be ready in time.

Mix together very smoothly ½ pt. of cream, ½ teacupful of milk, ¼ lb. of butter, a little lemon peel and a little mace, about 3 tablespoonfuls of sherry or Madeira, not very sweet, a few drops of lemon juice, and sufficient flour to make it of a proper substance.

White Sauce. For another, *see* Veal Cutlets No. 1, under Meat—Veal.

LIST OF SOME SAUCES APPROPRIATE FOR VARIOUS JOINTS, &c.

Joints, &c.	Sauces.
Beef, Boiled	Horse-radish Sauce No. 1.
„ Braised	Tarragon Sauce.
„ Roast	Horse-radish Sauce No. 2.
Russian Cutlets	Sauce given with that recipe. *See* Meat—Beef.
Beefsteak	"Sauce Gourmet."
„	Oyster Sauce.
„	Reform Sauce.
„	Sauce for Filletted Steak.
„	*See* Maître d'Hôtel Sauce under Sauces for Fish.
„	"Sauce Béarnaise."
„	"Devil Sauce."
„	"Sauce Robert" No. 1.
"Devilled" Dishes	Sauce Béarnaise.
„ „	"Devil Sauce."
Lamb	Mint Sauces Nos. 1, 2, and 3.
Mutton, Boiled	Caper Sauce.
„ Chops	"Sauce Béarnaise."
„ Broiled	Tartar Sauce No. 2.
„ Cooked like Venison	*See* Sauce with Neck of Mutton No. 6, under Meat—Mutton.
„ Cutlets	*See* Artichoke Purée under Vegetables.
„ „	"Devil Sauce."
„ „	Thick Sauces Nos. 1 and 2.
„ „	Tomato Sauce.
„ „	*See* Mushroom Sauce, under Sauces for Fish.
„ „ Braised	Soubise Sauces Nos. 1 and 2.
„ „ „	Reform Sauce.
„ „ „	"Sauce Robert" No. 2.
„ „ „	*See* Chestnut Sauce No. 2, under Sauces for Poultry.
„ „ „	*See* Tomato Sauce No. 1, under Sauces for Poultry.
„ „ „	*See* Brown Gravy with Veal Cutlets, under Meat—Veal.
„ „ Egged and Bread-crumbed	Vinegar Sauce.
„ „ "Reform Cutlets"	"Poivrade Sauce." *See* Reform Cutlets, under Meat—Mutton.
„ „ Sautéd	Emslie's Sauce for Broiled Chicken. *See* Sauces for Poultry.

Joints, &c.	Sauces.
Mutton, Leg and all Joints	Onion Sauces Nos. 1 and 2.
„ Loin . . .	"Aigre-Doux" Sauce.
„ Neck . . .	*See* Sauces given with Neck of Mutton Nos. 1 and 6, under Meat—Mutton.
„ Sheep's Head . .	*See* Brain Sauce with Sheep's Head No. 5, under Meat—Mutton.
Pork, Cutlets or Roast .	Sultana Sauce.
„ „ . .	Provence Sauce.
„ „ . .	"Sauce Robert."
„ Pettitoes . . .	Sauces for Pettitoes Nos. 1 and 2.
„ „ . . .	"Sauce Piquante."
„ „ . . .	"Sauce Robert."
„ „ . . .	*See* "Fines Herbes" Sauce, under Sauces for Fish.
„ Sucking Pig . .	Sultana Sauce.
Veal	Maître d'Hôtel Sauce.
„	*See* "Fines Herbes" Sauce, under Sauces for Fish.
„ "Blanquette de Veau"	Béchamel Sauce No. 2.
„ „ „	German Sauce.
„ Fillet or Loin . .	Béchamel Sauce No. 2.
„ Calf's Head . .	*See* Calf's Head Nos. 2 and 3, under Meat—Veal.
„ Cutlets . . .	*See* Mushroom Sauce, under Sauces for Fish.
„ „ . . .	*See* White Sauce with Veal Cutlets No. 1, under Meat—Veal.
„ Tendrons . . .	Sauce for Veal Tendrons.

SAUCES FOR POULTRY AND GAME

(*See* also Melted Butters and Butter Sauces.)

"Allemande" Sauce. *See* end of Béchamel Sauce, and White Sauce No. 3.

Béchamel Sauce for (Two) Boiled Chickens. (*Mrs. Sherwood.*)

Ingredients: ½ pint white stock or second stock (if you have no stock use an extra 5 tablespoonfuls of cream); ¼ pt. of single cream, 6 button mushrooms (peel them or their skin will make the sauce dark), 2 ozs. of lean uncooked stock ham, 1 oz. butter, 1 tablespoonful flour.

First make a white roux by melting the butter and then stirring the flour into it. Stir on 3 or 4 minutes over the fire till smooth, so that there may be no raw taste and no lumps. Be careful, however, not to let it brown.

Then add the stock, which should be drawn well flavoured with vegetables and herbs; next add the ham and the mushrooms whole. Stir till it boils, then draw off to the side to simmer with the lid of the pan on, 15 minutes. Skim well two or three times, then pass the sauce through a tammy, to keep back the ham and the mushrooms. Boil sauce up again; give the cream a scald by itself, and then add it also to the sauce in the pan, which will then be ready.

This is a "Béchamel" sauce, but to make it an "Allemande" beat up 2 yolks of egg in a clean basin, and add to them the cream (cold) not scalded, and beat again.

Take the pan of Béchamel off the fire, and when it is off the boil turn the creamed eggs into it; stir of course only one way. Add no seasoning, because the ham has made it salt enough, but before dishing give one squeeze of a lemon over the pan, *i.e.* less than a teaspoonful of the juice.

(For other Béchamel Sauces, *see* Sauces for Meat and "Œufs à la Béchamel," under Eggs.)

Bread Sauce. No. 1. Birk Hall. (*Mrs. Evans.*)

Put 1 pt. of cream in a stewpan, add 2 whole onions, and let them boil 15 minutes; then add a teacupful of bread-crumbs, and let all boil again 10 minutes. Take out the onions and pass through a sieve; heat all again, season with pepper and salt, and serve up *very* hot in a sauce-boat.

Bread Sauce. No. 2. Humberstone. (*Miss Mainwaring.*)

If these directions are observed exactly, your bread sauce will be first-rate.

Pare a small onion and boil it till it is quite soft. Take off

the outer skin and mash the rest. Put it into a little saucepan with a teacupful of thin cream, and as many *stale* bread-crumbs, grated very fine, as will cover a small plate. Add a little cayenne pepper, and a piece of butter, the size of a nut.

Mix all together and let it boil, well stirred, for a few minutes.

Bread Sauce. No. 3. (*Lady M. Stopford's.*)

Boil ½ pint of milk with a good-sized onion and 6 peppercorns for ½ hour, till the onion is half cooked. Take the onion and peppercorns out and strain the milk through a strainer. Crumble a teacupful of bread through a wire sieve into the milk and boil the milk again with the bread in it 10 minutes. Then add ½ teacupful of cream, with pepper and salt to taste.

Bread Sauce. No. 4. (*Mr. Courtenay's.*)

Ingredients: The crumb of a stale French roll; no milk nor water, only cream, and a Spanish onion. Cook as usual.

Pass the sauce through a sieve, and season with a little white pepper.

Capon Sauce. *See* under Poultry.

Celery Sauce (White) for Turkey.

Take fine white celery and cut it into pieces ½ an inch long; boil it till tender, drain it on a sieve, and return it into the stewpan, then add some white stock.

If the celery should not be strongly flavoured, merely blanch it and finish stewing in the stock (this way answers best). Add a piece of butter rolled in flour, a little white pepper, and a few spoonfuls of thick cream.

Chestnut Sauce. No. 1. Brown. For Turkey.

(*Mrs. Coninghame.*)

Boil 20 shelled chestnuts, till they are tender, take off the skins and pound the chestnuts quite smooth in a mortar. Put them into a saucepan with a small pat of fresh butter, a little salt and pepper, a small bit of glaze, some mushrooms or mushroom peeling or truffles chopped fine to flavour, and a ladleful of consommée. Stir and heat quite hot and serve round the dished turkey, fowl, or braised mutton cutlets.

Chestnut Sauce. No. 2. For Turkey.

Shell 60 chestnuts (if very large, use fewer) and put them into a stewpan with a piece of butter; shake them over the fire till you can peel off the inner skin. When peeled put them on the fire again in 1 pt. of mixed white wine and brown stock (half and half), stew till tender. Take out the chestnuts; boil down the sauce, and add to it ½ pt. of Spanish Sauce (*see* Sauces for Meat). When sufficiently reduced, strain the sauce, and put to the chestnuts.

[This is excellent also as a purée for Braised Mutton cutlets.]

Chestnut Sauce. No. 3. For Roast Turkey. (*Auchentorlie*).

Take 50 roasted chestnuts and cut a notch in the skin of each; put them in a stewpan with a little butter, shake them over the fire, and when the skin has come off let them simmer in some good stock, turning them over from time to time till they are nearly dry. Then add a little more stock and simmer them quickly for a short time. Season, and add a few mushrooms to flavour. Serve round the turkey when dished.

(For Auchentorlie Stuffing of Chestnuts used for Turkey with this sauce, *see* Stuffings.)

"Civet de Lapin." *See* recipe for Rabbit, "Civet de Lapin," under Game.

"Duc de Coigny's Sauce" for Roe Venison.

Cut a thin slice of bacon into 12 little bits, and put them into a saucepan with a bit of butter, 5 or 6 leaves of parsley, 2 or 3 green onions, a bay-leaf, and some thyme. Set the whole on a good fire, and, when thoroughly fried through, add a pinch of fine pepper, some vinegar, and 4 spoonfuls of Spanish Sauce (*see* Sauces for Meat). Continue all the while skimming the sauce. Set it on the side of the fire, and let it simmer there for $\frac{3}{4}$ of an hour. Skim it again thoroughly, and pass through a tammy before serving round the cutlets which are prepared from the Duc de Coigny's recipe for Venison—Roe Deer; for method of preparing it, *see* Game.

In Germany they use Cranberry jelly for Roe Venison, instead of Currant jelly. For other appropriate Sauces, *see* Sauces for Roe Venison Nos. 1 and 2.

"Aigre-Doux" and "Reform" Sauces are also excellent for Roe Venison, *see* Sauces for Meat.

Duck. *See* Goose—Sauce for.

Emslie's Sauce, for Boiled Chicken. (1865.)

Fry a chopped mushroom in butter, add a chopped onion, and fry it, then add a little flour, stir and fry on; it flavours roux more to fry the vegetables first. Then add good stock, and pass all, when cooked, through a strainer.

If this sauce is for a fowl, boil the fowl in water; it is like stoved fowl, but more juicy. If you have no mushrooms, pound a truffle to flavour the sauce.

This sauce is also good for sautéd Cutlets; in that case their juice, *i.e.*, the essence of the meat, improves the sauce, so add it before straining.

"Gebackene Haendel"—Sauce for. *See* under Poultry.

Goose—Sauce for Goose or Duck.

Two tablespoonfuls of mustard, the juice of a lemon, a little cayenne, and a coffeecupful of port wine all boiled in a saucepan and sent up hot in a boat.

Green Sauce for Ducklings or Green Geese.

A pint of sorrel juice, a glass of white wine, some scalded green gooseberries, sugar and a bit of butter. Boil up. Pass through sieve.

Grouse Salmis Sauce. (*Mrs. Brinkler.* 1883.)

Have a little butter melted, or use a tablespoonful of salad oil. Add a little chopped onion and half a bay-leaf and some mace, and 3 cloves, also some fat and lean uncooked ham chopped up. Fry all together till nicely browned for about ½ hour.

Next add a small teaspoonful of flour and in 15 minutes a little good gravy from the dripping-pan, failing that, a little half-glaze. It must blend for 10 minutes before you add ½ a tumbler of good claret, and then pass the sauce through a sieve on to the already cooked bird. You will want 1 pt. of good sauce in all, *including* the wine.

This sauce may also be used for Salmis of Duck, Partridge or Woodcock.

Hare Fillet Sauce. *See* Hare Croquettes, under Game.

Hare Polpette Sauce. *See* "Game Polpette," under Game.

Italian Brown Sauce for Minced Chicken. Two Ways. (*Cataldi.*)

(1) This sauce is also good with a "Turban," *i.e.*, minced meat boiled in a mould like a pudding.

Take 6 tablespoonfuls of Spanish Sauce (*see* Sauces for Meat), and 1 of "fines herbes" chopped small. Boil all together 5 minutes, add 2 tablespoonfuls of sherry, let all boil for a minute or two, season well and serve. Put chicken in sauté pan with only enough oil or butter to grease the bottom of the pan.

(2) Mrs. Thomas' Italian sauce is different. She says: "Italian sauce may be white or brown; for latter make a brown roux, a good spoonful, to it add ½ pint of good stock and a dessert-spoonful of chopped 'fines herbes,' if you cannot get mushroom peelings have a teaspoonful of catsup. Let all boil 20 minutes, skimming well. Boil 2 tablespoonfuls of sherry alone 3 minutes, then add it to boil 10 minutes with the sauce. Season with pepper, salt, and a pinch of sugar."

Marengo Sauce for Sautéd Chicken. (*Cataldi.*)

They dress fowls with this sauce in France.

Take 8 tablespoonfuls of Spanish Sauce (*see* Sauces for Meat), and 2 of tomato sauce; let them boil together for about 5 minutes, stirring all the time, then add a piece of glaze the size of half an egg; stir on till the glaze has melted and thoroughly mixed. Season the sauce, and it is ready to pour hot over the prepared jointed Chicken (*see*, under Poultry, "Poulet Sauté à la Marengo.")

Mushroom Sauce, for Broiled Fowls.

Take some good mushrooms, "flaps," not button mushrooms,

wash them first, then peel them very thin, then chop them fine, stalks and all; put them on the fire in a little stewpan with ½ oz. of butter, to simmer a little.

Then add a teaspoonful of flour, and simmer 10 minutes more; stir constantly; next add ½ pint of good stock, and stir all the time till it boils.

When it boils, draw the pan to the side of the fire and let it simmer for an hour, stirring it every now and then, as this sauce is very apt to "catch."

Skim off all fat; season with a little pepper and salt, and serve very hot in a sauce-boat with roast or broiled fowls.

Onion Sauce for Boiled Chickens. (*Emslie.* 1891.)

Take 1 Spanish onion peeled, sliced, and chopped, and 1 oz. of chopped raw ham, fat and lean. Fry them in 1 oz. of butter, and powder over with a mustardspoonful of white sugar; fry all till browned, then add a small dessertspoonful of flour, 1 pt. of good stock, and a dessertspoonful of mushroom catsup. Let all cook *un*covered on the side of the stove for ½ hour; stir from time to time, then strain.

When dished, serve under the chickens with curly bacon round. To go with this Onion Sauce the chickens should be boiled in water with vegetables cut as for soup and with trimmings and bones of fresh uncooked rabbit or lamb. They must come up glazed, and look rather as if roasted than boiled —the bacon is blanched, then curled and toasted.

Rabbit Cutlets, Sauce for. *See* Rabbit Cutlets No. 1, and Rabbit "Indian Cutlets," under Game.

Rabbit Quenelles Sauce. *See* Rabbit Quenelles, under Game.

Roe Venison Sauce. No. 1.

A good sauce for Roe Venison is made of the trimmings of the Roe Venison itself and partridge or other stock reduced to half-glaze with bay-leaf, thyme, carrot, onion. Skim all the time, strain and add a roux and then 2 teaspoonfuls of currant jelly. Melt, mix, and strain again into a sauce-boat; serve very hot.

Roe Venison Sauce. No. 2.

Slice half a Spanish onion, 1 piece of celery minced fine, thyme, bay-leaf, 2 ozs. of lean bacon, 2 cloves, 6 peppercorns; put all into a stewpan with 2 ozs. of butter, and fry to a nice golden brown; then add 1 dessertspoonful of flour, and 1 pt. of good brown stock, made from the bones and trimmings of the roe deer; let all come to the boil; then draw to the side of the stove to simmer for 1 hour.

Strain the sauce through a fine wire strainer into another stewpan; add a piece of glaze the size of a walnut, 1 teaspoonful of catsup, 1 dessertspoonful of red currant jelly, ½ tumblerful of claret reduced to a glaze, a pinch of salt, and a dust of sugar. Put on the stove again, and simmer for ½ hour. Serve in sauce-boat.

Roe Venison Sauce. *See* also "Duc de Coigny's Sauce."

"Sauce à la Dreux" for Grouse. *See* Grouse Fillets No 2, under Game.

Sauce for Capon. *See* Capon, under Poultry.

Savoury Custard Sauce, for Boiled Chicken.
(*German Cook.* 1889.)

Put 2 ozs. of fresh butter to melt in a saucepan, stir 2 tablespoonfuls of flour with the butter to a paste. Next add about ½ pt. of chicken broth which you have flavoured with onions and parsley, peppercorns and a few cloves, also ½ pt. of new milk, to the flour and butter. Stir all well together to prevent it from getting lumpy, till it boils. Flavour it with a little salt and cayenne. When it is ready to serve round the boiled chicken, mix in the *yolks* of 2 or 3 eggs and add a squeeze of lemon juice.

Sharp Sauce for Chicken Cream Quenelles "Bouchées à la Pompadour." (*Mrs. Jamieson.*) *See* Poultry Recipes for these Bouchées.

Cut up an onion and pieces of carrot, turnip, celery, a little parsley and thyme, and any trimmings or peelings of mushroom, also 2 ozs. of scraped lean ham. Put in a pan with 2 ozs. of butter, and then dredge with flour and fry a nice brown.

Add next 1 pt. of good second stock, and simmer at side of stove for ½ hour. Skim, and strain into small saucepan, pressing the juice from the vegetables, but not letting the vegetables themselves pass through. Add a small glass of sherry, a dessertspoonful of vinegar, the same of mushroom catsup, and a small bit of glaze; give it a boil up again before serving it in a boat.

"Suprême" Sauce (for Fillets of Chicken). "Suprême de Volaille." *See* Poultry.

Make a white roux of 2 ozs. of melted butter; add some flour, and let it cook but not brown. When the roux is ready, add to it a proper quantity of good chicken stock as white as possible. Let all boil together and stir it all the time.

When boiled, take the spoon out, cover up the saucepan but not quite close, so that the steam may escape. Let the sauce simmer 1 or 1½ hours, according to the quantity you are making. Take it off the fire, skim it carefully, take away all the fat that rises to the top, and strain it again through a tammy into a sauté pan.

Put it again over the fire and let it reduce a little; then add to it a liaison made of the yolks of 3 eggs strained through a tammy cloth, and ½ pt. of cream. If too thin, let it reduce a little by cooking, but it must keep its whiteness. Strain all again through a tammy; season with salt and white pepper, and serve.

Tarragon Sauce. *See* "Poulet à l'Estragon" No. 2, under Poultry.

Tomato Sauce. No. 1. For Boiled Chicken. (*Cataldi.*)

Take 2 ozs. of ham, fat and lean, 2 ozs. of carrots, 1 oz. of onion, and a little celery, the ham and vegetables all to be cut in very small square pieces; add a bunch of sweet herbs, *i.e.*, parsley, thyme, a bay-leaf, and sweet marjoram.

Put all into a stewpan with a little butter, and when well browned add just enough stock to cover them.

When the sauce has cooked sufficiently, add ½ lb. tomatoes, which should be ready divided and have had all their seeds taken out, and simmer all gently for ½ an hour; then, with a spoon, press it through a tammy; season and serve.

This sauce is also good with cutlets.

For other Tomato Sauces, *see* Sauces for Meat.

Tomato Sauce. No. 2. For Rabbit Creams.

Fry onions and the red part of carrots, allspice, pepper and mace, a slice of ham cut up, and half a bay-leaf; cook and pass with tomatoes through a tammy.

If fresh tomatoes are used, slice them in and draw them *after* the onions, etc. have fried and got a little colour; but if you use tomato paste add it at the same time as the onions. Add glaze and ½ teaspoonful of white sugar merely to melt and heat through at the last.

For recipe for Rabbit Creams, *see* Fish, Game, and Meat Savoury Creams.

Venison Sauce, for a Haunch. *See* Venison—Haunch No. 2, under Game.

"Wet Devil Sauce." *See* "Wet Devil," under Poultry.

White Sauce. No. 1. For Boiled Chickens.

When mushrooms are not to be had.

2 ozs. of ham or bacon, fat and lean, minced fine.

2 raw onions minced, a bit of bay-leaf, 1 clove, a little mace. Fry all in 2 ozs. of butter in a pot.

Let it simmer by the side of the fire, with no lid on for you must stir now and again. Add a tablespoonful of flour, and quite a pint of chicken broth; failing that, use first stock.

All to cook uncovered for 2 hours, strain the sauce and put it into a clean stewpan. Just before serving add the strained yolks of 3 eggs, half a teacupful of cream, and a bit of glaze, the size of a walnut, a little salt and pepper if wanted, the rind of a lemon, and just a squeeze of its juice.

Strain this sauce over the chickens on the dish.

White Sauce. No. 2.

Put 1 oz. of butter in a stewpan to melt; add 2 tablespoonfuls of flour and mix well; then add 1 pt. of first stock, ½ a carrot sliced,

a bunch of sweet herbs, and button mushrooms or mushroom peelings to flavour the sauce, ½ oz. of lean ham cut into little bits.

Boil it up, then let it simmer for 1 hour, skim all the fat off, put through a tammy, and season it; add a gill of cream, and give a warm up, but not a boil.

White Sauce. No. 3. For Rabbit "Sauce Allemande travaillé." (*Cataldi.*)

Make a white roux of 2 ozs. butter melted to a spoonful of flour mixed smoothly, and when it is ready add ½ pt. white stock to it and boil again for 1 hour more; skim most carefully the whole time; then add a liaison of 2 yolks of egg well stirred and mixed in some cream; add a little boiling sauce to the liaison and then put all into the stewpan to get quite hot, but not to boil. Now cook it till of a proper thickness, but without boiling, then strain it well through a tammy and add a little lemon juice the last thing, ½ a lemon is enough.

This sauce also does for boiled chicken, fricassée, macaroni pie, timbales, minced chicken or veal.

N.B.—Fowls are best boiled in stock, and the stock in which they are cooked helps to make the white sauce which is served over them.

Boil the fowl in stock or broth to reach half-way up the leg, buttered paper on breast to keep it white. If you have only water to cook the fowl in, add any trimmings of meat or rabbit to boil in it.

If you have mushrooms add the peelings to the stock when it boils. The mushrooms are stewed in a little butter and milk or in cream and are added to the dish. The milk they stew in goes to flavour the sauce just before the liaison is added.

For another "Allemande" Sauce, *see* end of Béchamel Sauce.

Wild Duck Sauce. No. 1. (*Mrs. Dover.*)

When the 2 birds, which should have been lightly roasted, come to table, the carver should score the breast of each 2 or 3 times all the way down, and sprinkle salt and a little black pepper over it; then he cuts a lemon in two, and powders a little cayenne over both halves of the lemon (⅓ of a teaspoonful in all), and squeezes both halves over the birds, adds ½ teaspoonful of Harvey's sauce, and a tablespoonful of port wine; mixes all with the gravy of the birds, and bastes them well with this sauce before carving.

Wild Duck Sauce. No. 2. (*Mrs. Thomas.*)

A glass of port wine, a teaspoonful of red currant jelly, and 2 tablespoonfuls of good brown stock. Stir till they boil and till the jelly has quite melted, add a grain of cayenne, but no more.

You may serve it in a boat or else mix it with the gravy of the bird on the dish.

When the duck is to be carved score the breast 2 or 3 times and give a squeeze of lemon over the scored part.

Wild Duck Sauce. *See* Wild Duck, "Canard Sauté aux Olives," under Game.

Wood Pigeon Sauce.

For this take the livers of 3 or 4 of the birds, boil and pass them through a wire sieve. Add ½ pt. of stock or good gravy, 2 yolks of egg and a little chopped thyme and parsley; season it with a grate of nutmeg and a little cayenne.

Serve it in a sauce-boat.

Wood Pigeon Fillets Sauce. *See* Wood Pigeon, under Game.

Woodcock Salmis. For Sauce, *see* Woodcock Salmis, under Game.

LIST OF SOME APPROPRIATE SAUCES FOR POULTRY AND GAME.

Poultry or Game.	Sauces.
Capons	*See* Capon, under Poultry.
Chicken or Fowl (Boiled)	"Allemande" Sauce. *See* Béchamel Sauce, also White Sauce No. 3.
,, ,, ,,	Béchamel Sauce.
,, ,, ,,	Emslie's Sauce.
,, ,, ,,	Onion Sauce.
,, ,, ,,	Savoury Custard Sauce.
,, ,, ,,	Tomato Sauce.
,, ,, ,,	White Sauce Nos. 1 and 3.
,, ,, (Braised)	Chestnut Sauce No. 1 (Brown).
,, ,, (Broiled)	Mushroom Sauce.
,, Cream Quenelles or Bouchées	"Sharp" Sauce.
,, Fillets	"Suprême" Sauce.
,, Fricassée	White Sauce No. 3.
,, (Minced)	Italian Sauce.
,, (Roast)	All the Bread Sauces.
,, (Sautéd)	Marengo Sauce.
Duck	Goose—Sauce for.
,, Salmis	Grouse Salmis Sauce.
Duckling	Green Sauce.
Goose	Goose—Sauce for.
Green Geese	Green Sauce.
Grouse Salmis	Grouse Salmis Sauce.
,, Fillets	"Sauce à la Dreux." *See* Fillets of Grouse No. 2, under Game.
Hare	*See* Hare Croquettes. (All under Game.)
,,	*See* Hare Fillets. (All under Game.)
,,	*See* Hare—Hashed. (All under Game.)
,,	*See* Hare "Polpette." (All under Game.)

Poultry or Game.	Sauces.	
Partridge	All the Bread Sauces.	
„ Salmis	Grouse Salmis Sauce.	
Pheasant	All the Bread Sauces.	
Rabbit	White Sauce No. 3.	
„	*See* Rabbit "Civet de Lapin."	All under Game.
„	*See* Rabbit Cutlets No. 1.	All under Game.
„	*See* Rabbit "Indian Cutlets."	All under Game.
„	*See* Rabbit Quenelles.	All under Game.
Roe Venison	Duc de Coigny's Sauce.	
„ „	Roe Venison Sauces Nos. 1 and 2	
„ „	*See* "Aigre-Doux" Sauce.	Under Sauces for Meat.
„ „	*See* "Reform Sauce."	Under Sauces for Meat.
Turkey	Celery Sauce.	
„	Chestnut Sauces Nos. 1, 2 and 3.	
Venison (Haunch)	*See* Venison—Haunch No. 2, under Game.	
Wild Duck	Wild Duck Sauces Nos. 1 and 2.	
„ „	*See* "Canard Sauté aux Olives," under Game.	
Wood Pigeon	Wood Pigeon Sauce.	
„ „ Fillets	*See* Wood Pigeon Fillets, under Game.	
Woodcock Salmis	*See* Woodcock Salmis, under Game.	
„ „	Grouse Salmis Sauce.	

SAUCES FOR VEGETABLES

For other Sauces, *see* Vegetable Recipes, also Melted Butters and Butter Sauces.

Bagshot Salad Sauce. (*R. M. Beverley.* 1861.)

Take the hard-boiled yolks of 2 fresh eggs (cooked the day before for 20 minutes) and beat them smooth in a mortar, with 3 young onions, or a teaspoonful of chopped old onion, *raw*, to flavour the eggs.

Next work in a small saltspoonful of salt, then about ½ teaspoonful of English (made) table mustard. Beat again. Add a tablespoonful of English vinegar *very* gradually, then 2 large tablespoonfuls of very fresh sweet olive oil, mixing the sauce well in a mortar with a spoon, between each ingredient throughout this recipe. If the vinegar be not very sharp, add ½ tablespoonful more of vinegar, and mix again. Next add a tablespoonful of cream, then ½ teaspoonful of Tarragon vinegar and a second tablespoonful of cream. Lastly, add a tablespoonful of mushroom catsup *or* a teaspoonful of Reading sauce, or even *less* of Worcestershire sauce, which is less mild.

1 spoonful of vinegar is generally enough. If you have no cream, then use 3 spoonfuls of oil. Some prefer no tarragon vinegar.

Cut the lettuce lengthways, *not* across, and mix well before serving.

The above is called a "rare salad sauce."

Caldy Manor Salad Sauce. (*Mrs. Beard.* 1888.)

1 hard-boiled egg, 1 teaspoonful of Harvey's sauce, 1 teaspoonful of Worcestershire sauce, ½ teaspoonful olive oil, 2 tablespoonfuls of thick cream, a little mustard, and pepper and salt.

(It *was* good!—C. C.)

Curry Sauce for Rice. *See* Rice No. 4, under Vegetables.

Emslie's Salad Dressing. (1892.)

The yolk of 1 egg, a little pepper, salt, and just a pinch of dry mustard or a little made mustard; work into it gradually nearly ½ pt. of fresh sweet olive oil, 3 drops of essence of anchovy, a teaspoonful of mixed chilli and tarragon vinegar (half and half), and a very little French vinegar. Add these gradually and alternately to the yolk of egg, working them all together carefully.

Whip up separately ½ pt. of cream with 1 dessertspoonful of powdered sugar, and add it to the rest.

For a salad of beetroot and Spanish onion sliced, pour the salad dressing *over* the vegetables when in the dish; but if for a lettuce salad, *toss it well through*, to blend.

Francesco's Salad Sauce. No. 1. For Six Persons.

Ingredients: The yolks of 2 eggs put in a small basin, 1 tablespoonful of fresh olive oil, 2 tablespoonfuls of best vinegar, 1 teaspoonful of chilli vinegar, 1 tablespoonful of dry mustard, 6 pennyworth of cream, 1 tablespoonful of powdered loaf sugar, a *very* little salt.

The yolks of egg should be very well beaten, the oil being put in drop by drop whilst the eggs are being beaten. All the other things are added gradually after.

Francesco's Salad Sauce. No. 2. For Six Persons.

(1865.)

The yolks of 2 hard-boiled eggs put through a sieve, and the yolk of 1 raw egg, well mixed, 2 or 3 good tablespoonfuls of the very best fresh olive oil worked gently in, ½ teaspoonful of finely chopped onion, a teaspoonful of mustard.

When all are *very well* mixed, add 1 teaspoonful of Reading sauce, the same of vinegar, and a small ½ teacupful of cream.

Salad Mixture. (*Sydney Smith.*)

To make this condiment, your poet begs
The pounded yellow of two hard-boiled eggs;
Two boiled potatoes, passed through kitchen sieve,
Smoothness and softness to the salad give;
Let onion atoms lurk within the bowl,
And, scarce suspected, animate the whole;
Of mordant mustard add a single spoon,
Distrust the condiment that bites too soon;
But deem it not, thou man of herbs, a fault
To add a double quantity of salt;
Four times the spoon with oil of Lucca crown,
And twice with vinegar, procured from town;
And, lastly, o'er the flavoured compound toss
A magic *soupçon* of anchovy sauce.
Oh! green and glorious! Oh! herbaceous treat!
'Twould tempt the dying anchorite to eat;
Back to the world he'd turn his fleeting soul,
And plunge his fingers in the salad bowl.

Salad Sauces. For six other recipes, *see* Salads, under Vegetables.

Sauces for Cauliflower. *See* Dutch Sauce No. 1, under Sauces for Fish; and Cauliflower No. 6 with White Sauce, under Vegetables.

Sauce for Endive. *See* Endive, No. 2 under Vegetables.

Sauce for Salsify. *See* Salsify "Salsifis à la Bourgeoise," under Vegetables."

Sauce for Seakale (without Stock).

Melt 1 oz. butter in a stewpan, add a spoonful of flour, and stir over the fire till smooth.

Next add ¼ pt. of milk, and let all boil 10 minutes; skim all the time; add a little salt, 2 tablespoonfuls cream, and 2 drops only of essence of celery, and pour the sauce over the seakale.

This sauce, *without* the essence of celery, does for all vegetables.

If wished you may, for this sauce, use the same quantity of white stock instead of milk, but if so, omit the celery essence.

Tarragon Holland Sauce.

Good for artichoke bottoms, "fonds d'artichauts."

Ingredients: 2 yolks stirred as for custard, 1 oz. of fresh butter, 1 spoonful of stock, ½ teaspoonful of tarragon vinegar, a little salt and pepper, all cooked together.

The artichoke bottoms want stewing, or rather simmering, in stock for hours; they should not break, but just be tender enough for a straw to penetrate them. The sharp sauce improves them.

Zurich Salad Sauce.

The yolk of a fresh egg broken into a bowl; *stir only one way;* as you stir, add in drop by drop, 3 tablespoonfuls of fresh Lucca oil, 1 tablespoonful of tarragon vinegar flavoured with lemon juice, a little salt and pepper and mustard, if your British palate cannot be independent of it.

Add the salad, and turn it over *from the bottom to the middle* of the dish to get well mixed with the sauce.

"Travaillez bien votre salade."

SOUPS AND BROTHS

GENERAL DIRECTIONS FOR SOUPS.

The softest, purest water should be used. Less heat keeps earthen vessels boiling than is required for metal ones.

Use double the weight of water to that of meat. First *boil*, to throw off the scum, *then simmer* the meat gently till all the goodness is extracted into the water. Strain the soup. Keep it till cold, and then clear off the fat. When wanted, let it be slowly heated to boiling point.

All clear soups should be made the day before they are wanted. Next day, before you heat the soup, remove the cake of fat which will have formed on the top, and press a clean cloth over the surface so that no grease is left.

All maigre *white* soups are best made with milk instead of water.

MEMO. ABOUT SOUPS

To clarify soup put the soup on to simmer, not to boil. Stir in 2 whites of egg and a handful of chopped raw beef. Do not cover it; stir, and in 10 minutes strain and set aside to get cool.

To clarify second stock take ½ lb. of raw beef or veal. Chop it and pound it, and put it into a clean basin with 3 tablespoonfuls of cold water.

Pour it into the hot strained soup, and let it first boil up on the fire, and then simmer at the fireside for ½ hour.

Any of the following can be used to vary Soups.

"Julienne" vegetables, sugared and cooked in butter, braised in broth till tender. *See* recipe, under Garnishings for Soups.

"Crusts"—bread cut size of a shilling and fried; these can have a little grated Parmesan on them after frying, and then be salamandered. *See* "Epicure Crusts," under Garnishings for Soups, also Vermicelli Soup No. 1.

Button onions first blanched, then cooked; do not cut top off too near crown or they will split.

Poached eggs, allow 1 for each guest; bantams' eggs are best for this purpose.

"Œufs filés." *See* Eggs for Clear Soups, under Garnishings.

"Ravioli."

Quenelles of game or chicken; these may have cooked cut vegetables inside, or bits of cooked truffles; *see* also Carlton House Balls.

"Nouilles," cut in shapes or in ribbons.

Well boiled plain rice.

Macaroni, vermicelli, or Italian paste; semolina, with or without a liaison; tapioca; Brussels sprouts; Parmesan quenelles; or savoury quenelles with herbs and tarragon.

For clear Mock Turtle, use quenelles made of any scraps, such as a little sweetbread and brains, scraped veal and bacon, made up with the yolk of an egg, and a little cream and seasoning—size of nuts when put in to blanch in boiling stock—only added to soup when *in the tureen.*

A good stock for soup should be made once or twice a week. Vary each day with some of the following.

(The first day, *i.e.*, the day after it is made, the stock has the most delicate flavour.)

First day have croûtons. Cut them all one shape, size of a shilling, but as thick as half-a-crown. See they are crisp and not greasy.

Second day with custard dice or Parmesan quenelles or Agnoletti, which are a kind of boiled paste croquettes nearly the size of a florin, with forcemeat inside (*see* Quenelles No. 8).

Third day, Julienne vegetables.

Fourth day, rice, with carrots cut in shapes; or tapioca.

Fifth day: Brussels sprouts.

Sixth day: semolina, best with veal stock, macaroni well boiled, Italian paste, vermicelli or rice alone (all the 4 last should have grated Parmesan handed with the soup—but do not have cheese if any vegetable or meat is in the soup).

Second stock may be cleared for these *cheese* soups, or may be used up in vegetable soups or purées, or made quickly into glaze if you have stock meat twice a week.

Note as to using cooked and uncooked bones for Servants' Hall Soups, etc.

Mrs. Wellington, twice in the week or more often, collects the cooked bones of beef or mutton, breaks them up and draws them down with any spare cuttings of vegetables for gravies for joints for the servants, or for their soups with liquor of boiled pork or silverside.

Uncooked beef or mutton bones do for drawing down for making second stock.

Browning for Soups. *See* Roux, Browning and Glaze.

GARNISHINGS FOR SOUPS.

"Agnoletti." *See* Quenelles, No. 8, below; *see* also Ravioli, No. 2.

Bantam's Eggs in Soup. *See* Memo. about Soups, above.

Barley for Soups, "Crème d'Orge."

This is a prepared barley to thicken soups, 3 tablespoonfuls to each quart. The powder should just be mixed like arrowroot

in a little fresh cream ; then added to the boiling white stock to cook for 20 minutes or more, stirring well to keep it smooth ; season and serve.

For the stock, use mutton broth, in which a fowl has been boiled, but well freed from grease when cold. You can have a little pearl barley to heat up and serve with it.

"Bouquet" for Flavouring.

A "bouquet" means: parsley, 1 sprig ; thyme, 1 sprig ; tarragon, 1 sprig ; 1 bay-leaf.

Brussels Sprouts or Savoys for Clear Soup.

Wash the vegetables in cold water and pick them into clean water. Drain on a colander, and cut into shreds with a knife ; then wash them well again, and plunge them into boiling water in which is a little salt and a tiny pinch of soda. When boiled, place them again on a colander, and let the tap water run over them till they are quite cold ; then strain them on a sieve. Put into tureen, and pour the boiling soup over them.

Button Onions. *See* Memo. about Soups.

Carlton House Balls. *See* Quenelles, No. 2.

Chervil for Soups.

To keep chervil green for use in soups, boil the leaves in salt and water about 5 minutes.

"Crème d'Orge." *See* Barley for Soups.

Croûtons for Thick Soups.

Cut 4 ozs. stale bread in dice. Put them on with 1 oz. of fresh butter, and keep stirring till gold coloured.

Then drain them on a sieve, and serve on a napkin.

"Crusts" for Julienne Soup.

Julienne with "crusts" is very good. These (like pulled bread or fried croûtons) are added only when soup is helped, so that they keep crisp (*see* also Vermicelli Soup, No. 1 ; and "Crusts," under Memo. about Soups).

Custard Dice for Clear Soup. (*John's recipe.*)

These are made of the yolks of 2 eggs to ½ pt. of milk, a little white pepper and salt added.

Steam the mixture ½ hour in a plain mould ; after that let it get quite cold ; and cut it into dice just before putting in the tureen.

Eggs for Clear Soup, "Œufs Filés."

2 whole eggs to 1 pt. of soup.

Have the soup boiling, and just before it is sent to table pass the eggs through a colander to the soup ; give a stir round, let it come to the boil, and send to table *at once*, as it will spoil if kept on the fire.

It looks like thinly cut "nouilles" or like threads of egg, and is used in "Feather Fowlie" Soup.

Eggs, Poached. *See* Memo. about Soups, above.

"Epicure Crusts."

Epicure crusts are the size between a florin and a shilling. When fried, cover one side with grated Parmesan, which the hot lard will make stick on; salamander; let whoever helps the soup float a few on the top of each plateful, then they keep crisp, and the cheese does not scatter.

"Fines Herbes."

By "Fines herbes" is meant parsley, shallot, thyme, tarragon, mushrooms or their peelings.

Some stew them just a few minutes in a little sherry. For an *omelet* we omit thyme and tarragon from "fines herbes"—C.C.

Julienne Vegetables for Soup.

Vegetables, cut like needles and fried to a gold colour in a little butter, powdered with sugar; drain, and stew gently till soft, in a little second stock; drain again, and add to the soup quite free from grease to warm up.

Do not add the stock in which they are stewed to the soup.

Lettuce, peas and asparagus tips should be simply boiled and drained before adding to soup.

"Nouilles" for Soup. No. 1. (*J. Emslie.* 1885.)

Enough for four people's soup—double this quantity would make a pudding as well.

3 full ozs. of flour mixed into ½ oz. of butter, and a pinch of salt, sprinkled with cold water, with the *yolks* only of 2 eggs added. Make it into a stiff, dry paste early in the day, knead it for ¼ hour, and roll it out as thin as paper; let it lie some hours on the marble pastry slab to dry; then cut it into long narrow thin strips.

Boil some water with a little salt, and when well boiling throw in the strips to boil ½ hour or less, some say 6 minutes should do; then take them out and drain them on a sieve, and they are ready for use.

It should be in long, long pieces like vermicelli, for clear soup, or cut with a cutter into shapes if you prefer, and plenty of it; it does not keep, but is richer than vermicelli for soups; grated cheese should be handed with the soup.

Nouilles are good when slightly "cheesed" as a garnish for boiled fowl. *See* also Nouilles Pudding, under Sweet Puddings.

"Nouilles." No. 2.

Take 3 ozs. of best flour, a little salt, and the yolk of 1 egg, mixed to a stiff paste with water and rolled till quite tough. Then roll it out very thin, and cut it in shreds rather thicker than vermicelli. Let the "nouilles" dry several hours, then

blanch them in water, and simmer *in the soup* till quite tender; skim carefully and constantly; mix a dessertspoonful of arrowroot in a little cold milk and add it to the soup at the last and let it boil; then add a gill of cream.

You may make richer soup by a liaison of 2 yolks of egg instead of using arrowroot, but in that case it must *not boil*, or it would curdle.

Peas (Tinned) for Soup.

For soup, tinned peas must be first washed, then thrown into boiling stock 5 minutes or more till it again boils up; then drained, and added to the soup, *without* the stock in which they were boiled.

Quenelles. No. 1.

In consommé or in a white soup.

Cooked white meat of fowl and ham pounded, mixed with the yolk of an egg, 2 tablespoonfuls of cream and seasoning.

Spread the mixture flat on a paper and slip it off into boiling water to blanch; take out, and when cold cut into shapes.

Chopped truffles improve it.

This mixture does for "Ravioli."

Quenelles. No. 2. "Carlton House Balls." Three Recipes.

(*a*) These are of batter and the size of a small walnut.

Put on ½ pt. of water with ½ oz. of butter; let it boil, and then mix in 2 tablespoonfuls of flour, 2 yolks of egg and 1 white; stir together when off the fire, and drop through a funnel on to a tin in bits the size of a nut, they puff out in the oven; 10 minutes will bake them.

They are sometimes filled with quenelle mixture, sometimes flavoured with cheese.

(*b*) 2 ozs. of fresh butter to ½ pt. of water and a little salt; all to boil up together on the stove in a largish stewpan to give "room for action"; then take off and add 3 ozs. of fine flour. You sprinkle the flour in gradually, and stir all the time; it will be enough cooked when the mass gets compact and leaves the side of the pan. Take off then, and let it cool before you work in 1 oz. of grated Parmesan cheese, then 1 whole egg, then a second yolk, but not its white.

This makes a kind of "petits choux" batter; press it out from a paper funnel on to a baking sheet in little bits of the size of a marble.

Bake in a moderate oven.

(*c*) If you wish for *stuffed* Carlton House Balls use the following for forcemeat to fill them:

2 ozs. of cooked poultry or game, 1 oz. of cooked ham, fat and lean, 2 or 3 cleaned anchovies, 1 oz. of cooked spinach, 1 oz. of grated Parmesan cheese, 2 hard-boiled yolks of egg and 2 raw

yolks of egg, 1 shallot chopped fine and fried 5 minutes in a little butter (*no salt*, as you have the anchovies), a grate of nutmeg, a little pepper.

Pound all, except the shallot, well in a mortar, adding a tablespoonful of Béchamel Sauce (*see* Sauces for Meat); after this add the shallot. When wanted, make all hot in a saucepan; stir now and again.

The Carlton House Balls are to be first baked *un*stuffed. Then make a small hole in each, and fill with the forcemeat by means of a forcer. When filled, put in oven to re-heat 3 minutes. (If raw material be used for this filling, it must bake in the Carlton House Balls the whole time, but they are then not so light.)

Have the balls on a hot napkin, and put 2 or 3 in each helping of soup when it is ladled into soup plates, for if put in the tureen they get sodden.

Quenelles. No. 3. Egg Quenelles.

White of egg quenelles go well in clear soup with those made of yolk of egg.

Take the white of a raw egg and whip it; add a tablespoonful of cream, a grain of salt, and a pinch of grated Parmesan; steam in a little mould and cut up when cold; treat yolk of egg in the same way. The two colours, white and yellow, look well in clear soup.

Quenelles. No. 4. Mrs. Pettit's Quenelles for Clear Soup.

Melt 2 ozs. fresh butter in a stewpan, skim it well, add 2 tablespoonfuls of flour and work till stiff, but not brown, over the stove with a wooden spoon. Add $\frac{1}{4}$ pt. of cream, cold, and 2 ozs. of grated Parmesan, the yolks of 4 eggs, one at a time, and a little chopped parsley and white pepper or "mignonette pepper." Have the lid of a stewpan buttered, press the mixture through paper funnel on it in bits about the size of large peas. In cooking they should swell to twice that size.

Have about a breakfastcupful of stock ready boiling in a clean stewpan and slip the quenelles gently into it off the buttered lid. They will cook in this stock in 7 minutes. Take care they do not taste raw. Drain on a sieve and put into the empty tureen, pouring the soup over.

Quenelles.* No. 5. (*Mrs. Wellington.* 1880.)

$\frac{1}{2}$ lb. of scraped meat (udder $\frac{2}{3}$, veal $\frac{1}{3}$), but if you cannot get udder use bacon, the fat only, but then you must use less of it, as the flavour is less mellow and less delicate, and if bacon is used less butter also is required. Put all through a sieve, add to this a third of the weight of panada, and the same

* *See* Veal Quenelles, Nos. 2 and 3, under Meat—Veal, and footnote to those recipes.

weight of butter; season with a little nutmeg, pepper and salt, and a little very finely chopped mushroom; if liked, a little cooked minced truffle. Mix all well and beat in with a wooden spoon; put in a whole egg, then a second yolk; add cream till it is of a proper consistency; shape; poach in stock if possible.

If you prefer, instead of panada (*i.e.*, bread soaked in milk and squeezed dry), you can use the following: Boil ¼ pt. of water, and add pepper, salt, and 1 oz. of butter; boil all together and stir in 2 ozs. flour; when whilst being stirred it leaves the sides of the pan it is done; put it aside to cool till wanted.

Quenelles. No. 6. Parmesan Quenelles. Enough for Four People. (*Emslie.* 1888.)

Take 2 yolks of egg and 1 white; beat well; add 1 tablespoonful of cream and 1 of milk or of stock, a little cayenne and salt, also a dessertspoonful of grated Parmesan. Steam in a mould 20 minutes. Leave till cold, and then cut in large dice.

Some add a little chopped parsley or seasoning.

Quenelles. No. 7. "Princess" Quenelles. "Appareil à la Princesse." (*Cataldi.*)

The yolks of 4 eggs in a stewpan mixed with flour into a thinnish paste.

½ pt. cream, ½ pt. milk, are to be gradually added and mixed with this paste.

Boil the mixture for about 10 minutes, then pass it through a sieve; season well; shape in a sauté pan into tiny marbles and poach 15 minutes, just before serving the soup.

Quenelles. No. 8. Turin Quenelles. "Agnoletti."

For each, a ¼ teaspoonful of quenelle mixture put in a paste of flour and water rolled very thin; cut in rounds rather larger than a shilling and joined like croquettes. Boil them 5 minutes in boiling water.

Put at once into the hot soup tureen, and pour first stock over them.

See also under Ravioli, No. 2.

Ravalenta Arabica may be served in a maigre soup, mixed in the same way as Barley; put into boiling milk, and stirred 15 or 20 minutes; seasoned with salt or with sugar.

You may use cold milk, or beef tea instead of milk.

"Ravioli." No. 1.

The paste is made of 6 ozs. of flour, 1 yolk of egg, and a little cold water, and is rolled very thin.

Chop up finely cooked cold sweetbread, white breast of chicken, &c.; then add an equal quantity of bread-crumbs, flavour with thyme, parsley and salt. Put small quantities of

this mince on the paste at equal distances, lay a sheet of paste over all, and cut into rounds. Lay all carefully in a dish to harden. Then boil 10 minutes in water with a little salt.

Drain off the water; put ravioli in a little butter and grated Parmesan in a pan. Just melt the butter over the fire. Shake till done and serve.

"Ravioli." No. 2.

Paste made of ½ oz. butter worked into ¼ lb. flour mixed up with a little cold water and a pinch of salt, also a little cream to bind it; roll out thrice; cut with a cutter size of half-a-crown; the forcemeat for it is remains of cold game or chicken cream, a small teaspoonful for each moistened with a raw yolk of egg. Have 2 rounds of paste with forcemeat between, or one round spread with forcemeat and double it over D shape and pinch the edges well together, then poach it for about 10 minutes. (The inner side of each round of paste is brushed with raw egg. You may make the filling of scraped bacon, butter, and herbs to flavour it rather highly, and a little grated Parmesan may also be dusted on the inside of the paste, a little also put through the forcemeat, to flavour very slightly.) Poach these "ravioli" till tender, in boiling second stock or in water.

Emslie has the following recipe for meat to fill these "ravioli" for clear soup:

Take 2 ozs. of cooked cold game pounded to ½ oz. of pounded lean cooked ham, or cooked tongue, or cooked bacon, *all* lean, no fat, a teaspoonful of grated Parmesan cheese, a grate of nutmeg, and a little pepper, all pounded together, and passed through a sieve, then mix in a tablespoonful of plain cream, and put aside till wanted to make into "ravioli."

See also Quenelles, Nos. 1 and 8.

(*Mrs. Wellington.* 1878.)

To use Ravioli *as an Entrée*: Take any nice mince of white meat and cooked ham, fat and lean, pounded sweetbread previously braised, added cold, mushrooms, truffles, and a teaspoonful of grated Parmesan moistened with stock or white sauce. If possible flavour with mushrooms or their peelings. This mixture is enclosed between 2 very thin pieces of paste made of butter, flour, and salt (not too rich, or the ravioli will burst), cut with a round or crescent-shaped cutter. Pinch the edges of the paste together hard and brush them over with yolk of egg. Take the ravioli up carefully with a palette knife and slip them into boiling water till tender, about 20 minutes' cooking, then take them up carefully so as not to break them, and drain on a napkin.

They should be the size of a poached bantam's egg.

Dish them on a *hot* dish in a circle, powder them over with grated Parmesan, and salamander them. Put truffles in centre of dish, or mushrooms or peas.

Use any convenient sauce for them. "Demi-glace" sauce, or Béchamel.

"Agnoletti" for soup are made similarly, but are much smaller and shape of a round folded in half like a D, and are rather more strongly flavoured with herbs and ham. Any game pounded does for them. *See* also Quenelles, No. 8.

Rice for Soup or Curry.

Patna rice is best for curry and soup, Carolina for puddings.

You must wash the rice in several waters till the water used remains clear. Then drain the rice on a sieve and put it into a stewpan allowing at least 1 pt. of *cold* water to each teacupful of rice, add a teaspoonful of salt and a small piece of fresh mutton suet the size of ½ an egg. (Beef suet does not answer, so use mutton suet or none at all.) Stir pretty often till it boils, but not afterwards, and let the rice cook till half swelled, then strain off water and put a cloth, or a piece of paper over the top *under* the lid; cover close and draw to one side of the fire as if you were cooking mealy potatoes, let it remain in till the rice is soft; all the moisture will then go into the cloth or paper, and not drip back off the lid on to the rice. Turn the rice out on the dish with a silver fork, that each grain may fall loosely and separately.

For Carrot or Mulligatawny soup the rice must be cooked in the same way.

Rice. *See* also "Clear Soups from Second Stock" for a nice recipe.

Savoys. *See* Brussels Sprouts.

Vegetables for Soup. No. 1.

"Spruce peas,"* if to be had in spring. Well cooked alone in salt and boiling water and drained.

A handful of rounds cut from spinach or lettuce leaves cooked in boiling water and a little salt.

Carrots, onions, celery may be boiled together.

Tinned peas are best stewed in stock 20 minutes at least, but sliced carrots and onions are best sautéd in butter and powdered with sugar, then cooked in stock till tender and drained.

Vegetables for Soup. No. 2. (*Isa. Emslie.* 1887.)

The onions minced and fried in butter, just dusted with white sugar.

Cut the carrots in shape and put them on in cold water, quite *cover* with water, and 1 oz. of fresh butter; put lid on pan, and let them come to the boil. Then boil with lid off.

Cut turnip and cut celery, and boil till tender with 4 lumps of sugar; add a white savoy (or curly cabbage) cut up, if liked, at same time.

* "Sprue" or "Spruce Peas" are the soft eatable parts next to the very points of the sprue asparagus, cut in pieces the size of large peas.

$\frac{3}{4}$ hour before dinner add the fried onions, and then let all boil; drain at the last, and wash the vegetables at the tap, pouring the water on them through a strainer: add the vegetables, warmed, to the hot soup.

Vermicelli, Macaroni, or Italian Paste for Soups.

Break the vermicelli in short pieces, and boil it a few minutes, first in water, then in strong stock.

Cook Italian paste the same way.

Macaroni requires a longer time; it should be boiled till soft enough to be cut in pieces $\frac{1}{3}$ of an inch long. The water must *boil* before you put it in.

All three must be placed in cold water, *after* boiling and *before* they are put into the stock to boil again.

Use 6 ozs. of vermicelli or macaroni for 3 qts. of soup.

SOUPS AND BROTHS.

Artichoke Soup.

Pare and blanch 1 doz. Jerusalem artichokes, slice and boil till tender in some good white stock with 2 small onions; then bruise and pass all through the tammy.

Mix a small quantity of potato flour in a little stock and add it to the soup; then add as much more stock as will reduce it to a proper consistency.

The stock for this soup must be well seasoned.

Bagshot Clear Soup. (*Mrs. Sherwood.* 1864.)

(There are no less than 5 nearly identical recipes for clear soup—in some 13 variations, but they all resolve themselves into the following—enough for 12 people.)

8 lbs. of shin of beef and 4 lbs. shin or knuckle of veal,* with 2 ozs. of uncooked lean ham.† Cut up all the meat into bits.

The bones—not used yet—are also cut up into pieces the size of your fist to be used later on.

Take 2 ozs. butter and with it grease the stock pot, the *bottom* especially, but *also the sides*, to prevent the ingredients from catching and scorching. Put the chopped up meat into the greased pot and add 4 cloves, $\frac{1}{2}$ teaspoonful peppercorns, 1 inch or less of cinnamon; you may add celery seed if there is no celery in the vegetables you will add later.

Cover tight, put no water and no salt.

* Or 9 lbs. beef and 3 lbs. veal, but some omit veal altogether.

† Sometimes given as 4 ozs. ham and even ½ lb.; sometimes knuckle of bacon is used instead of ham.

Cook till browned—shaking the pot often and turning the pieces of meat with a fork. It will take 1 hour or more for this.

Then cover with about 4 qts. of hot water (blood heat) and add fresh vegetables cut up or sliced; plenty of onions, or some leeks and fewer onions, carrot, celery,* and a bunch of sweet herbs: a little thyme, a little parsley, 1 blade of mace, 1 bay-leaf and a little knotted marjoram.

Place the cut-up fresh bones on the top of the vegetables; never use any cooked bones for this clear soup. Boil up quickly, skim constantly; † simmer *un*covered for 6 or 8 hours.

Then strain off the soup through a cloth into a kitchen basin and put aside till next day.

The following day take off the cake of fat which will have formed at the top, and press over the soup a clean cloth, or a bit of whitey-brown kitchen paper—*not* foolscap—to remove the little bits of grease.

Warm up the soup and add Custard Dice, Quenelles, or previously cooked "Julienne" vegetables (for all these *see* "Garnishings for Soup") and serve.

Do not chill the soup by putting it in a cold tureen. If too reduced before ready to serve, add a ladleful of warm water at a time.

Cold water added to make grease rise, or white of egg to clarify, weaken the soup and spoil the flavour.

The stock should be perfectly clear and of a beautiful amber colour.

The remains draw down for second stock, but you should add fresh vegetables and ham for soups made of second stock, to flavour.

Barley Soup, "Gerstenschleim," a Purée.

(*Miss Weber, Hyde Park Gate.* 1880.)

There are 2 recipes under this name:

(*a*) 1 qt. of good veal consommé boiling, or this soup can be made with clear soup from second stock. Put with it 4 tablespoonfuls of pearl barley. Let it simmer 2½ hours at least over a slow fire. Ten minutes before serving pass it through a hair sieve like any other purée. Let it boil up again and season with salt.

(*b*) Scotch barley answers better than pearl barley, having more flavour. Boil it in water with a small piece of butter till soft. In Germany, sometimes a little vinegar is added.‡ Meantime mix well a dessertspoonful of fine flour in a little milk; mix as carefully as if it were arrowroot; add this to the barley, and give all a boil up; add white stock, and pass the soup through a sieve.

* Some add turnips, but these, especially in hot weather, are apt to turn sour—*better omit.*

† This "skimming" is most delicate for frying croquettes and cutlets and for braising meat or birds—so keep it for that purpose.

‡ Lady Clark does not think this improves it.

You may make it richer with a little yolk of egg mixed in thin cream; but do not turn it into English rich "white soup," as it has an individuality of its own.

Barley Broth. (*Miss Woollett's Scotch Recipe.*)

6 lbs. shin of beef, 3 (Scotch) pts.* of water, 1 breakfast-cupful of fine pearl barley well washed. Boil together and skim while boiling.

Now take 3 large carrots; grate 1 and mince the others; mince also 3 turnips, and a handful of peeled onions. Add a handful of the green *leaves* of parsley chopped fine. Have all these ready, and when the beef and barley have boiled slowly for about 3 hours add the vegetables, and let the whole boil another hour, taking care to stir it frequently.

Allow it to stand half an hour by the side of the fire before it is served.

Beef Tea. *See* Invalid Cookery.

"Brose."† (*Dr. Gordon Stables' Recipe.*)

Have the kettle not simply boiling, but *rattling its lid;* then place about 2 handfuls of medium oatmeal in a basin big enough to hold double that quantity, and over this 1½ teaspoonfuls of salt. Hold this in front of the fire for a few moments to heat.

Pour the boiling water (not too much) on it, and stir well up with a fork. The stirring is the principal thing. When made it should be very thick indeed.

To eat it, float a large piece of butter (fresh or salt) in the centre, eat it with a spoon, and have some nice creamy milk to cool the mouth. Brose cannot be eaten too hot.

Broth for a Child. *See* Invalid Cookery.

Calf's Tail Soup.

Three calves' tails, as they are small, are wanted for enough soup for a party.

Blanch them in water (do not use that water in the soup); then place the tails in boiling stock to simmer till tender; then take them out to cool.

Have some white soup made as usual, flavoured and thickened with a nice smooth roux.

Some cooks advise the addition of a glass of sherry which has lost its spirit by warming over the fire.

Others add a liaison of 2 strained yolks of egg in hot cream, ½ pt. of which is added just before serving the soup.

Serve the warmed and jointed meat in the soup.

See also Oxtail Soup.

* A Scotch pint is equal to 4 English pints, *i.e.*, same as 2 quarts. So this recipe requires 6 quarts English measure of water.

† Jamieson's Scottish Dictionary describes "Brose" as a kind of pottage made by pouring water or broth on meal, which is stirred while the liquid is oured in.

Carlton House Soup is a very good consommé with Carlton House Balls in it. For these latter, *see* Garnishings for Soups.

Carrot Soup. No. 1.

Take the red part of 10 large carrots; also 2 turnips; and blanch them in water.

Put into a stewpan 1 large leek, 2 sticks of celery, 2 onions, also a slice of lean ham and a piece of butter; then set the pan on the stove.

Drain the carrots and turnips, and add them to the other vegetables; also 1 qt. of good white stock, and part of a French roll. Let all boil slowly till well done; then skim and pass all through a tammy; pounding the ham and putting it through also with the vegetables. Add more stock if too thick, and a little sugar. Also Italian paste if liked, and some scalded cream.

Carrot Soup. No. 2. (*Mrs. Lyall.*)

Make a strong gravy soup of beef and veal, and when cold take off the fat; then take a little of the soup and boil in it 2 French rolls and 3 large carrots till quite soft; rub them through a tammy. Warm the rest of the soup, and add it to the carrots; stir it well together and boil $\frac{1}{4}$ hour.

When you send it to table, put into the tureen the yolk of 1 egg well beaten and a little cream; stir it whilst pouring it into the soup; season to your taste.

(Mrs. Whyte's Carrot Soup is similar, but she uses only the yellow part of the carrots, and boils the roll in milk, not stock, and uses 1 pt. of cream to 6 large carrots.

Lady Parke says, Cut carrots in pieces before boiling in broth, then pound in a mortar and mix with gravy soup, no egg—no cream.)

Carrot Soup. No. 3. (*Birk Hall.*)

Cut off the red part of several carrots, add $\frac{1}{2}$ doz. onions sliced, 2 sticks of celery sliced, and a small teaspoonful of peppercorns. Put them in a stewpan; add a beef bone, cooked or fresh, if you have it left from a sirloin or ribs; it must be cut in pieces the size of your clenched fist, and add also 2 ozs. lean ham or knuckle of bacon cut in small bits the size of dice.

Cover bone and vegetable with second stock. Should you, however, have no stock ready, you may use water; but avoid water if possible; put the lid of the stewpan on tight and boil all, close covered, for 2 hours, then strain through a tammy.

Return it to the stewpan to warm up; add a lump of sugar and a very small pinch of salt; before taking it off the fire draw it to one side and when off the boil stir in a little cream.

This soup is good of second stock alone, but even then a cooked bone added makes it rich; an uncooked beef bone and stock is best of all, but it is a pity not to make clear soup if the uncooked bone is large enough. Treat it then like shin soup meat.

Carrot Soup. No. 4. Mr. Courteney's "Potage à la Crécy."

Cut off the red parts of several carrots; to them add ¼ the quantity of turnips, a leek or a Spanish onion sliced thin, and some celery also sliced.

Cut all the vegetables up into very small pieces, and stew them slowly, with a slice of butter; stir constantly that they may not burn. When they are quite tender, rub them through a sieve, having previously diluted them with the desired quantity of stock. Add the inside of a French roll.

Add 2 lumps of sugar. Let all simmer gently 2 hours.

Add some cream before serving, and hand round dice-shaped pieces of bread, which have been fried in butter and well dried on a cloth so as not to be greasy.

Carrot Soup. For Rice to go with Carrot Soup, *see* Rice, under Soup Garnishings.

Cheap Soup. (*Miss Onslow.*)

Simmer 4 lbs. of lean beef in 4 qts. of water 4 hours, skimming it. Add turnips, carrots, celery, onions, pepper, salt, and pearl barley, till the vegetables are quite soft. Serve very hot with the meat in it.

Chestnut Soup. (*Mrs. Challen.*)

1 pt. of chestnuts blanched and put through a sieve; then boiled with stock and passed through the sieve again; 1 lump of sugar and seasoning and a little cream added, "onions intilt" if liked.

Chicken Soup. No. 1. "À la Reine."

(*Roxburgh Hotel, Edinburgh.* 1887.)

This is an old Scotch recipe. 2 qts. of good strong chicken stock; cut up and add 1 carrot, 1 head of celery, 2 onions, 1 sprig of marjoram, a blade of mace, and some whole white pepper. Boil 15 minutes and strain through a hair sieve.

To thicken it, have butter and flour in a stewpan, and cook them together first 10 minutes or more, to take off the raw flavour of the flour, then add the purée to it, and bring all to the boil.

Warm well a teacupful of sweet cream and put it into a well-heated tureen, pouring in the soup and stirring it gently round.

[You can make the stock of veal, pheasant, rabbit, or partridge instead of chicken if you wish, but *Rabbit* Soup "à la Reine" is different, *see* Rabbit Soup No. 4.]

Chicken Soup. No. 2. Brown. (*Mrs. Fisher, Pitlochrie.*)

For this use a hen (old will do, or a cock), 3 lbs. of shin of beef, which is just browned, also onions, carrots, and a little mace; thicken the soup with arrowroot.

Chicken Soup. No. 3. (*Emslie's.* 1891.)

1 chicken boiled with vegetables roughly cut as for soup; add, if liked, 2 oz. of fat and lean ham chopped and boiled with the fowl, and any *un*cooked trimmings of rabbits, or even fresh uncooked bones of lamb, and a few white peppercorns. The stock (3 pts.) is skimmed and strained and left to get cold.

When wanted, boil ½ hour with finely-chopped parsley-leaf, a dessertspoonful of small sago, and a pinch of celery salt; when off the boil add a dessertspoonful of cream and the yolks of 3 fresh eggs; never thicken with flour; you can vary with vermicelli well broken up, or semolina, instead of sago.

Chicken Soup. No. 4. (Of Chicken Bones). "Potage à la Reine," for Four or Six People.

Put 2 ozs. butter in a stewpan, a tablespoonful of flour, and 1 qt. of cold water. Let them boil, stirring all the while.

Then add the uncooked bones and heads of 3 chickens, all carefully cleaned and bits of skin taken off, and, as soon as the other things boil, 2 ozs. of ham or knuckle of bacon cut in dice; if the bones have been previously cooked the soup must have *second stock* instead of water.

With the ham and chicken bones put in 2 sliced carrots and 4 sliced onions, a sliced stick of celery, a bunch of sweet herbs, and ½ teaspoonful of white peppercorns. All must simmer together for 3 hours, then pound any meat left on the bones and pass through the sieve, or strain through a tammy, also the celery and onions, and warm up in a clean stewpan.

When off the boil, add cream.

This soup can be made the day after "poulet sauté"; or turkey bones instead of chicken bones will do for this soup.

Chicken Soup. No. 5. "Friar's Chicken."

Boil a chicken *very* slowly in a small quantity of water. Take it out and remove all the nice white parts. Put the back and legs again into the soup to improve it, and add some ground rice. Pull the white of the fowl into small pieces, and add it to the soup with a spoonful or two of cream, and very little pepper and salt.

When quite ready to serve strain it and stir in the yolks of 2 new-laid eggs, but the soup must then be off the boil, and it must not boil after this addition.

Use rabbit instead of fowl if more convenient.

Chicken Soup. *See* also Rabbit Soup, No. 3.

Clear Soup from Fresh Meat.

The most usual way of making clear soup is: Cut the meat in pieces and fry in a spoonful of dripping till brown. Pour on cold water, 1 quart to each lb. of meat, and ½ teaspoonful salt. Bring to the boil—skim off any white scum and simmer

very gently 3 hours. Then add to each quart 3 onions, 2 carrots, 1 turnip, celery or celery seed, small bouquet "garni," a few cloves and a few peppercorns.

Simmer another 3 hours and strain off through a cloth.

Clear Soups from Second Stock. (*Birk Hall.*)

For clear soups second stock may be warmed up, and then clarified with 2 beaten up whites of egg, then strained, and served with rice, Italian paste, tapioca, macaroni, or semolina in it, which all make well-flavoured clear soups.

If you use rice: Wash the rice first, then boil it in water; the water should be *boiling* when you put the rice in, taking 2 tablespoonfuls of rice for each quart of soup; boil 20 minutes, then strain, and let it get cold. Put the rice into the soup tureen, pour the hot soup over, giving it one good stir. Hand grated Parmesan cheese with it when served.

If you use macaroni you will want 3 ozs. of macaroni to 1 qt. of the second stock. Put it first into boiling water, and let it boil for ½ hour. Then drain it, cut it up and put it into the tureen, pouring the hot soup over it. Hand grated Parmesan with this soup.

Macaroni white soup made with veal stock is similar, but is thickened with flour cooked in butter.

Italian paste, "melon seed" paste or vermicelli, have merely to boil up alone 10 minutes in boiling water, or, better still, in stock, then add before the soup is taken off the fire. This will cook them enough.

Hand grated Parmesan with this soup also.

Tapioca makes a good clear soup with second stock, but, of course, first stock is better.

Take a tablespoonful of tapioca and 1 qt. of stock; let both simmer together for 1 hour, then season and serve.

[Do not hand cheese with tapioca soup.]

For semolina clear soup made with this second stock, take a teacupful of semolina to 2 qts. of soup; veal stock is best if to be had. Boil for ½ hour.

Second stock is excellent for sauces, for glaze reduced in a stewpan as quickly as possible, or for thick vegetable soups.

The soup meat as used in Bagshot Clear Soup is again drawn down, *i.e.*, second stock, for these thick vegetable soups. It is better to add 2 ozs. of fresh ham cut in dice.

Draw down the bones also for second stock.

Clear Soup. To Freshen. (*I. Emslie.* 1891.)

Cut up ¼ lb. of fresh raw beef in dice; whisk the whites of 2 or even 3 eggs in a small teacupful of cold water; add this liquid to the other things (*i.e.*, meat and stock); add also a little raw carrot, onion, celery, 1 clove, 2 peppercorns, bit of mace,

2 all-spice, a bit of bay-leaf, and put all on the fire and whip till it boils; then draw to the side of the fire to simmer uncovered 1 hour. Strain through a soup cloth.

Should you have no celery, add a little celery salt.

Cockie Leekie. No. 1. (*Meg Dod's.*)

When leeks are tender, blanch and clean 6 large or 9 small leeks, and cut them in inch lengths, rejecting the *coarse* green parts. Take 3 pts. of good beef gravy strained (drawn down from 4 to 6 lbs. shin of beef well broken). Put to it a good-sized fowl trussed for boiling, and when it boils put in $\frac{1}{2}$ the quantity of the leeks. Skim carefully, and in another $\frac{1}{2}$ hour add the remainder of the leeks, with pepper and salt.

The soup must be a green purée of leeks which are passed through a tammy. The capon is either served whole in the tureen, or taken out and the prime parts jointed and put back in the soup, whichever you prefer.

Cockie Leekie. No. 2. (*Isa. Emslie.* 1891.)

The stock is mainly of any luncheon chickens which have been boiled with vegetables and a little ham and trimmings of rabbit; also, when convenient, add to this fowl stock a teacupful of first stock, in all about 2 qts. of stock.

You will require the white part of 1 doz. leeks, and, if tender, a little of the green leaf also, all cut in pieces, 1 inch long; stew leeks in stock 1 hour, with cover on.

1 doz. prunes should be cooked, cover on, in other stock $1\frac{1}{4}$ hours till tender, powdered with a dessertspoonful of sugar; drain and let them get cold, then stone them, but keep their shape. Add the prunes to the leeks and the soup to heat up in the pot just before it goes off the stove into a well-heated tureen.

Flavour the soup to taste before the prunes go into it.

Cockie Leekie. No. 3. (*Sir Stafford Northcote's Scotch Cook.* 1876.)

This needs an old fowl and 3 lbs. knuckle of veal.

Boil 3 hours, strain, take off grease and clarify the broth with a little beef. Shred the white part of 8 leeks. Blanch in water 10 minutes, and put them into the soup with some slices from the breast of a chicken. Stew some prunes with a little of the veal stock, and hand them round separately on a soup plate when the soup is helped, as some like them in soup and others do not.

Cockie Leekie. No. 4. (*Mrs. Jamieson.* 1885.)

Clean 2 doz. young leeks; cut the white part of them into 1 inch lengths; blanch them, and put them on one side till wanted.

Have some good stock made from shin of beef or from knuckle of veal—even the boilings of fresh beef will answer equally well if it is strong enough, but for this soup *good stock is necessary.*

About 3 hours before dinner put the leeks on to cook with this stock; also have a fowl (the prime parts of it that is to say) neatly jointed, and add it to the soup. Should the fowl be *old*, it will have to go into the pot *at the same time as the leeks;* should it be a young chicken, it will of course be added later, just giving time enough for it to cook; season to taste.

Stone and stew 1 doz. French prunes early in the day, and add them to the soup at the last to heat up.

The soup is served with the leeks, pieces of fowl, and prunes all in it.

Crab Soup. "Partan Bree."—Scotch name for Crab Broth. (*Learney.*)

(*See* Appendix as regards crabs.)

Pick all the meat from 2 crabs, except that in the large claws; boil $5\frac{1}{2}$ ozs. of whole rice in milk till soft, but not to a pulp, and pass it with the crab-meat through a tammy into a basin; stir with a wooden spoon till perfectly smooth. Add to it in the basin, very gradually, sufficient white unseasoned stock for a party of 12 or 14; season with salt, white pepper, and anchovy; put all into a pan, and stir over the fire till quite hot, but do not let it boil; add pieces of meat from the claws, and just before serving stir $\frac{1}{2}$ pt. of cream into the tureen.

This must not be as thick as a purée, or it will be too rich.

Crab Soup. *See* also Lobster Soup.

Crème d'Orge," a barley soup; for recipe *see* Barley for Soups, under Garnishings for Soups.

Curry Soup. (*Mrs. Jamieson's.*)

Stock is made of an old hen, strengthened and clarified with minced raw beef. You flavour it with minced onion and chopped apple, both uncooked, and later on add curry powder, and let it cook in the soup; clear it like beef tea, strain, and serve; hand rice round with it on a *hot* plate. The rice is cooked like rice for "Kari à la Baboo," *see* Curries.

For another Rice, *see* Garnishings for Soups.

Eel Soup—"Jersey Eel Soup." (*Miss Woollett.*)

(*See* Appendix about Eels.)

To 2 lbs. of fish take 2 qts. of water. Boil $1\frac{1}{2}$ hours.

Take out the fish, and add to the soup a handful of young peas, the same of marigold flowers, a dessertspoonful of leeks, the same of onions, the same of thyme; all chopped small and well floured; $\frac{1}{2}$ lb. of butter, and $\frac{1}{2}$ pt. of milk. Give 20 minutes' more boiling before dishing. Season with pepper and salt.

"Faubonne Soup." (*Mrs. Jamieson, Portmore.*)

Peel 6 good carrots, remove the core from them and cut the red part (only) in thin slices, or if more convenient use

artichokes instead of carrots. Cut up 2 leeks, 2 onions, 2 turnips, and a little celery in the same manner; add a bunch of herbs and a few peppercorns, and fry all together in 2 ozs. of butter without discolouring them; add 3 tablespoonfuls of "Crème d'Orge" (*see* Barley, under Garnishings for Soups), or "Crème de Riz," add 2 qts. of ordinary stock; let it come to the boil first, then simmer for 2 hours by the side of the stove; pass through the tammy, and to each pint of soup allow ¼ pt. of cream, 2 raw yolks of egg, and ½ oz. of butter; stir till it thickens, strain into the tureen, and add little cream quenelles; add also a few drops of carmine to give it colour (pink).

"Feather Fowlie." No. 1. (*Isa. Emslie.* 1893.)

A luncheon soup. The name is a corruption of "Œufs Filés."

Take 1 fresh fowl; joint it, and lay the pieces to soak for ½ hour, well covered by cold water in which is a dessertspoonful of salt; next wash it well under the tap, and put it into a stewpan with a slice of ham, fat and lean, a stick of celery cut up, an onion cut up, thyme, parsley, and a bit of mace. Cover all with 1 qt. of cold water; put the lid on and let it boil up; then draw to the side to cook more gently for 1½ hours; strain off, and at once clear off all the grease with paper. Put it into another stewpan, and add a dessertspoonful of chopped parsley and a ladleful of first stock—all to heat up 15 minutes; add minced white meat of chicken. When taken off the fire, stir in 3 strained yolks of egg and a dessertspoonful of warmed cream.

Have soup tureen ready very hot.

"Feather Fowlie." No. 2. (1888.)

If you have 2 chickens, boil one of them in 2 oz. cold water, with 1 onion, 1 carrot, and celery, and keep the liquor it boiled in; when this fowl comes down from the dining-room keep also any white bits that may be left on it.

Joint the second chicken, carcass and all, and use the livers and gizzards of *both;* cover all with the chicken stock of the first fowl, just as it is, adding 1 raw whole onion, 1 raw whole carrot, and a little celery, 6 white peppercorns; add some raw ham also, and if the chicken stock is not enough, add a ladleful of fresh water, or of pork liquor, drawn from uncooked bones and trimmings, or veal stock, mutton stock, or failing that, second stock, but *white* stock looks best. This stock must be enough to cover all; put the lid on, and let it just come to the boil; then simmer uncovered 1 hour at the side of the stove, strain off and pick out all nice white meat for use.

Return liquor and white meat to the pan, add a little pepper and salt, and a tablespoonful of finely chopped parsley-leaf, blanched and well squeezed in a cloth, all to simmer, still uncovered, ½ hour, then take off and stir in quickly 2 whole raw eggs. Stir, one way only, quickly, and serve in a *very* hot tureen.

Anything with egg must not boil, and chills quickly.

Do not have too much chicken meat in soup if for dinner—more if for luncheon.

"Fish and Sauce." *See* Fish Soup, No. 3.

Fish Soup. No. 1. (*Auchintorlie.*)

Take 2 or 3 fresh haddock; trim them and cut them in good sized fillets; keep these till the soup is ready. Put the trimmings and bones of the fish in a pan with some good broth (in Scotland this broth is entirely made of skate and ling), 1 large onion, a blade of mace, a few peppercorns, and a sprig of thyme.

Boil all well together, 20 minutes to ½ hour, then strain; add the quantity you may require of some good beef stock, a large spoonful of anchovy sauce, the same of mushroom catsup, a little white pepper, and a good handful of green parsley *leaf* chopped fine and well squeezed in a clean cloth to press out the bitter juice.

Put in the fish fillets and boil rather more than 10 minutes.

Thicken the soup with a good piece of butter rolled in flour, cooked 5 minutes over a slow fire, and stirred all the time, and serve the soup with the pieces of fish in it.

Fish Soup. No. 2. (*Mrs. Brandreth.* 1890.)

2 ozs. of butter in a stewpan with 4 sliced onions, 2 large or 4 small sour apples, a bunch of herbs (such as thyme, parsley, bay-leaf) and let all fry together till a nice golden colour. Then mix in a tablespoonful of curry powder, 1 of essence of tamarinds, 1 of curry paste, a little lemon juice, and 3 qts. of good fish stock, and any very fresh, *un*cooked, fishbones you may have; all to cook ¾ hour, then strain, and let it get cool; then clarify and strain through a clean soup cloth, and boil up.

Serve with a dish of rice piled high, and fillets of cooked sole all cut one shape, as a border round the rice. Garnish with chopped parsley.

Fish Soup. No. 3. "Fish and Sauce," as at Indego.

(The Scotch name for Fish Soup.)

Use cod or haddock—the best flakes are put whole into the soup; head, bones, &c., are boiled and drawn down to make good stock of itself—none other added; season and strain; thicken with a little cornflour; add the flakes of fish.

Put a teacupful of cream in tureen, and a little finely minced parsley-leaf; add the hot stock, stirring all the time.

Serve in a hot tureen.

Fish Soup. No. 4. (*A. Young.*)

Of turbot, haddock or cod.

Cut the fish from the bones; let the bones boil 2 hours, then strain the liquor through a fine sieve; to it add some good

strong beef stock, and make it as thick as mock turtle. Add 2 spoonfuls of mushroom catsup, 2 of anchovy, and 1 of soy; pepper and salt if you like.

Cut the fish in small pieces, and let it simmer ¼ hour in the soup. Mince some green onions, and chop a little leaf of parsley, add both to the soup just before serving.

French Bean Soup.

"String" some French beans, boil them in salt and water; when done, drain, and cut them into lozenge shapes. Make some well-flavoured clear stock, boiling hot; add the beans to it and serve.

"Friar's Chicken." *See* Chicken Soup, No. 5.

Game Soup.

Put any remains of game in a saucepan with onion, carrot, 3 cloves, a small bit of mace, a bay-leaf, parsley, pepper and salt. Cover them with stock, and let all boil gently 2 hours; strain off the stock and set it to boil again; then throw in 1 oz. of coarsely chopped raw beef. Give one boil up and strain all through a napkin.

If not quite clear repeat this clarifying process, and a very small quantity of sherry may be put in before doing this.

"Gerstenschleim." *See* Barley Soup.

Giblet Soup as at Trebah. (*From Undercliffe House*, 1881.)

Stew the giblets (*i.e.*, head, neck, feet, gizzard, liver, heart, &c., "all the parts of a goose that are *left behind* when it goes to the spit to be roasted"), in 3 pts. of water, and cook until the gizzard is tender, by which time all the other parts are sure to be well done; a little thyme should be used to flavour, and salt and pepper to season; strain the liquor, and when it is cold remove all fat and grease. Cut up the cold giblets into small pieces ready to add to the soup when required.

Beef stock must be added to the giblet stock, in quantity according to the number of diners; the beef stock to be of course flavoured with vegetables, onion, &c. Add the minced giblets to the combined stocks. Heat well, and serve as *hot* as possible.

Have ready some light and delicate suet and flour dumplings, the size of a large walnut, well boiled and tender, to be served *in* the soup; allow 2 or more for each person.

Add the freshly made dumplings to the soup when it is in the tureen.

Gravy Soup—Clear.

Put in first at the bottom of the stewpan 2 ozs. butter, sliced celery and carrot (no turnip), 3 large whole onions, one of them stuck over with cloves, a bunch of herbs, some peppercorns.

Also 4 qts. of water. Add to this 4 lbs. fresh gravy beef, 1½ lbs. veal, 1½ lbs. scrag of mutton, cut in pieces the size of your fist, a little ham cut small as dice, or 3 anchovies.

Set all on the fire to simmer very gently for 7 or 8 hours; skim it and put it by till next day.

Clear off all the fat first with a spoon, then with a napkin, and, if not very clear when warmed up, clarify with white of egg, and if you like flavour with a little mace.

Serve with Custard Dice (*see* Garnishings for Soups), peas, or asparagus points; well boil and drain these vegetables first.

Grouse Soup. *See* Birk Hall Excursion Pie, under Meat Pies and Puddings.

Grouse Soup. No. 1. Clear. (*Mrs. Evans, Birk Hall.*)

(Grandpapa grouse, too tough for table, makes this soup best.—C. C.)

Calculate 1 grouse for 3 people; this recipe is therefore for 9. The soup should be a clear amber colour if made the day before wanted.

Pluck and draw three birds and clean them thoroughly; then joint them and put all the pieces, especially the backs, into a stock pot. Add 2 carrots sliced, 1 head of celery sliced, a bunch of sweet herbs, add onions if liked, a blade of mace, a teaspoonful of peppercorns; pour 2 or 3 qts. of cold water over all; simmer for 2 hours carefully, and if possible allow it to remain till next day. When wanted, skim and strain through a tammy.

After pouring it into a hot soup tureen add a pinch of salt and a lump of sugar. Give it a good stir, to mix, before serving. Add Custard Dice (*see* Garnishings for Soups).

Emslie's recipe for clear Grouse soup has some variations:—

Have 3 old birds; take off the fillets and make of them grouse cream quenelles to add in tureen at the last; chop up the whole of the rest of the birds, especially the backs, and add soup vegetables and herbs, *i.e.*, thyme, parsley, bay-leaf, with peppercorns and mace, and put all in a well-buttered pan to draw down, without water, on the stove, covered, for 10 min. Then take the cover off and leave the pan on the hot plate, shaking and stirring from time to time till it almost crackles, *i.e.*, from 20 min. to 1 hour according to strength of fire. Then add 3 pts. of water; let it come to the boil and then draw down gently for about 2 hours.

Strain through a strainer, but do not clarify.

Grouse cream quenelles, cooked but cold, in tureen; pour soup over them. Truffle them if possible.

Thick soup (*see* Grouse Soup, No. 5) requires far fewer birds than are needed for this clear soup.

Grouse Soup. No. 2. Clear—Ingleboro' Recipe for 12 People.

Take 12 grouse, and truss 6 of them; cut the fillets of the other 6 and keep for an entrée; chop up the bones and 3 lbs. each of

veal and ham ; put these and whole grouse together ; cover with cold water ; skim well. Before it boils add carrot, turnip, celery, a tiny bit of mace, 6 cloves, and white pepper.

Let it simmer 4 hours, and strain through a fine sieve or cloth ; then cut up the trussed grouse into small pieces, and serve with brown bread-crumbs.

Grouse Soup. No. 3. (*Mrs. Wellington's.*)

This takes one whole cooked grouse, and any bones of grouse, cooked or not, all pounded together and fried in butter with cut vegetables and sweet herbs ; when well browned cover with second stock and simmer for some time ; then pick out bones and bouquet and pass through a tammy. Add a small glass of claret, and let it boil up.

If you have a young uncooked bird you can add the breast cut in slices—if an old one, you can make game quenelles of that meat and serve in the soup.

Grouse Soup. No. 4. Thick. (*Isa. Emslie.* 1891.)

This recipe is to use up cooked grouse.

Take 1 whole bird and the bones of another ; cut off all the meat to use later ; cut up the carcasses of the birds and draw them down with soup vegetables, *i.e.*, celery, onions, thyme, and parsley. Then cover with 2 pts. of clear stock ; put cover on, and let all simmer 2 hours ; strain and let the liquor get cold and take off all grease.

Put on again 1 hour before dinner, with a dessertspoonful of tapioca to boil, covered, 1 hour. The grouse meat must have been carefully picked and pounded, and as you pound, mix smooth with a little hot stock ; add it then to the soup in the pot to heat and blend before serving.

Grouse Soup. No. 5. Thick.

This is made the same as grouse soup, No. 1, but, instead of straining, rub it, meat and all, through the tammy with a spoon (2 fine birds will do for 9 people). Put it into a stewpan and thicken with 2 spoonfuls of flour, cooked 5 minutes over the fire in 1 oz. of butter, stir flour and butter the whole time.

A glass of red wine can be added if liked, or add Custard Dice—*see* Garnishings for Soups.

Grouse Soup. No. 6. Excellent, Thick. (*Isa. Emslie.* 1894.)

Two uncooked birds, 2 pts. of first stock, and the same amount of water (2 qts. in all of liquid), also a slice of ham without its skin, raw celery, raw onion, peppercorns, cloves and mace. *No carrot.*

Let all boil up, then simmer 1 hour. Skim now and again, but have the lid on the pot between times.

Next add to it a teacupful of sago ; Emslie prefers sago to bread, she thinks bread makes the soup "curdle" ; cook another hour, and stir oftener than before, as sago is apt to go into lumps.

Strain into a basin, taking the birds out, to get cold by themselves.

Pick off all the meat, and pound it, adding it to the grouse-flavoured stock. Pass it through the tammy at dinner time, and add a teacupful of cream to warm up with this soup at the last.

Hare Soup. No. 1. (*Auchintorlie.*)

Pound the meat of a cooked hare, but if there is a good deal of meat, more than will be required to make the soup, then keep a few nicely cut pieces to warm up in the soup when ready to serve.

Flour the pounded meat, and add 3 pts. of gravy or of soup; chop an onion very small; stew all for 20 minutes.

Just before serving add a wineglassful of boiling port wine, and a little cayenne.

Add the pieces of meat, and serve.

Hare Soup. No. 2. (*Ballindalloch.*)

Skin the hare and take out the blood, &c., then wash the hare in a little cold water, to save any blood that may remain about it. Mix this water with the blood till you have about 5 pts. Then put into a rather large pan on the fire 1½ tablespoonfuls of butter and dust into it 1½ spoonfuls of flour from a dredge-box. Stir the butter and flour round till well melted, mixed and lightly browned. Then pour the blood through a strainer, stir carefully while you are pouring in the liquid with the pan off the fire. Then you must keep stirring, to prevent the blood separating, till it boils. Then put in the hare, which must be cut in pieces (but not washed after it is cut) also a carrot and 3 onions, the whole to boil very slowly for 3½ hours, then pour the whole through a hair sieve. Pick out the nicest pieces of the meat to be put in the soup. (The remainder may be put to any other use.) The liquid which has been strained must now be well skimmed and the pan being washed, it is poured into it again. Season with salt and pepper. Put in the pieces of selected meat into the soup and boil it slowly for ¾ of an hour, when it will be ready and can stand aside till required.

Hare Soup. No. 3. (*Mrs. Brandreth.* 1885.)

This recipe is the missing link between Hare Soup and Jugged Hare.

Skin; save the blood; wipe the hare; cut it in small pieces and fry in butter with a sliced onion till browned, ¼ or ½ hour, put it in a brown stone jar; cover it with good stock, another onion, and sweet herbs; stew for about 3 hours, thicken the gravy with 1½ dessertspoonfuls flour, add the blood, ½ pt. beer, and a glass of port wine if wished, also add a small teaspoonful mushroom catsup.

Put the bits of hare into a *very* hot tureen, and strain the soup

over it; add a teaspoonful of currant jelly; help it into soup plates, and offer currant jelly to each person to eat with it.

Hare Soup. No. 4. Clear.

For Clear Hare Soup, skin and wash the hare well, then cut it in pieces. Add 2 large onions, 1 carrot, 1 turnip, 1 stick celery, about 4 ozs. of raw ham, 2 blades of mace, 6 cloves, a teaspoonful of peppercorns, a glass of wine, a bunch of sweet herbs, 2 qts. of cold water. Cover close and set over the fire to simmer till all the strength is drawn. If it boils quickly it will spoil. An old hare will require 2½ hours. Take everything out, but do not skim this soup. Strain through a napkin.

"Hodge-podge." No. 1. For Luncheon. (*Lady Murray.*)

For this you will want a neck of mutton.

Use the scrag and any spare pieces and trimmings of meat, beef or mutton, as for Scotch broth; boil it 1½ hours, then skim, and strain the broth from the bones.

Have ready nearly equal quantities of green peas, celery, cauliflower, carrots and turnip, and a double quantity of onions, all cut the size of dice. Add a few more pieces of beef and the cutlets of the neck of mutton, nicely trimmed, all to be put into the broth with, if approved, a sprig of mint, and simmered VERY GENTLY till the vegetables are tender and mellow. The great secret of success is to cook it *slowly!* Serve in a soup tureen.

Hodge Podge. No. 2.

3 lbs. of fresh mutton (back, ribs, neck, or breast), cut in pieces as for a pie. Boil 1 hour in 3 pts. of water. Then add the vegetables to boil 2 hours more. One large carrot grated, and 2 smaller minced; sliced turnips; plenty of onions; 1 lettuce; some green *leaf* of parsley, and a pt. of green peas. Keep back some peas to add nearer the end.

Boil well, and skim carefully; then add the rest of the peas, and season before you dish with a little white pepper. Serve when thick in a tureen, with the meat in it.

Or you may make it with mutton stock, and add cutlets when almost ready.

White cabbage, asparagus, and cauliflower may be added if you like.

Invalid's Soup. *See* Invalid Cookery.

Julienne Soup. No. 1. A Good Recipe.

Slice carrots, turnips, celery, onions, or shallot, cabbage-lettuce, asparagus, a little tarragon and chervil, or any other good vegetable in pieces the size of a small kidney bean. Also chop up some green parsley-leaf very fine.

Put a little butter in the bottom of a stewpan and lay these vegetables over it. Stew them well over a slow fire, turning

them often to prevent their burning, but cover the stewpan close till done.

When the vegetables are soft and look yellow, add, if you are making "Soupe Julienne Gras," 2 tumblerfuls of very hot but not quite boiling stock and simmer all gently 10 minutes.

Then add as much more very hot stock as you want soup, also a large lump of sugar. Give all a good stir, after adding the sugar, before serving.

For Soup "Julienne Maigre" the recipe is the same except that you use boiling water where in the above you add stock.

Julienne Soup. No. 2. "Potage Julienne." (*l'Été, Rue Castiglione.*)

Have some really good stock well prepared, and carrots sufficient for the quantity of soup you intend to make, two-thirds fewer turnips than carrots, 1 onion, some celery and some leeks; cut all these vegetables into narrow, long strips, leaving out the core of the carrots. Fry them all in butter till a good colour, drain off the butter, and moisten with a glassful of stock, add a small handful of sorrel, the leaves of a lettuce, and a handful of peas, if in season.

Also add tarragon or chervil if you wish and 1 lump of white sugar.

Boil all together, and reduce till all liquid is lost, which is called bringing into jelly ("tomber à glace"). Add this to some stock previously drawn, and boil gently in order to skim off the fat and get the soup clear. Season and serve.

Julienne Soup. No. 3. (*Mrs. Farrer.*)

This soup must be made the day before it is required.

To make 3 qts. take 6 lbs. of knuckle of veal, 7 lbs. of shin of beef, 1 lb. of ham, a small bunch of sweet herbs, 4 onions, 1 large carrot, 2 blades of mace, a few cloves and peppercorns, a little salt, 5 qts. of water.

Boil 9 hours.

The next day take sliced turnips and carrots, plenty of tarragon and chervil, also asparagus and lettuce, and fry them in butter till tender and well flavoured. Take all fat carefully from the soup, heat it and throw these previously boiled vegetables into it, skim off all grease carefully, add a dessertspoonful of brown sugar and stir round before serving.

$4\frac{1}{2}$ lbs. of shin of beef and $3\frac{1}{2}$ lbs. of knuckle of veal will fill a tureen.

Julienne Soup. *See* also "Winter Julienne Soup," and Julienne Vegetables under Garnishings for Soups.

"Kail Brose."

Take 2 lbs. of kail well washed.

Have water boiling with a little salt in it, and put the kail in, and, if possible, also a fresh shank bone.

The boiling water must be sufficient to cover all. Now put the lid on the pot and let all boil ½ hour. Take 2 teacupfuls of raw oatmeal, a pinch of salt, 2 ozs. of fresh butter, and 1 pt. of the "bree" from the kail, stir them all well together one way, for 10 minutes, and then pour in ¼ pt. more "bree"; take away the shank bone, then the "brose" is ready.

Strain the kail, but save the liquor. Chop the kail or pass it through a sieve, and add the third of a teacupful of raw oatmeal and ½ pt. of the strained kail "bree," all these to cook together for fully 10 minutes. Brose and kail are served up at the same time, but separate; eat brose first. Before serving the kail add to it ½ teacupful of warmed cream.

Kidney Soup. (*Mrs. Jamieson, Portmore.* 1887.)

Cut up an ox kidney into 10 or 12 slices; season with pepper and salt; dredge with flour, and lay them in a well-buttered stewpan; set them on a brisk fire, giving them an occasional toss up till they are all well browned. Then add to them some good stock and let them simmer gently till tender; put them into a good brown soup which has been thickened with a little roux, and, when about to dish, add a glass of port wine, a squeeze of lemon, and 12 cooked mushrooms.

"Lambs' Stove." (*An Auchentorlie soup.*)

A very old Scotch recipe.

Clean and blanch the lamb's head; stew it in broth, or in water with a scrag of mutton, till tender; add minced parsley, green onions, a good deal of mashed spinach; thicken with yolks of egg and put large wide leaves of well-cooked spinach also *whole* in it.

Serve the lamb's head and the soup *together*, in a tureen; the head may be divided, but is not boned.

Leek Broth. *See* Invalid Cookery.

Lentil Soup. (*Mrs. Wood.* 1880.)

Egyptian yellow lentils are used; they are soaked all night in water—1 pt. of lentils to 2 qts. of thin stock will be the right proportion. Make the soup exactly the same way as split pea soup. *See* Pea Soup No. 1.

Lettuce and Sorrel Soup. ("Gras.")
"Potage à la bonne femme."

Put the sliced hearts of 4 well washed cabbages, lettuces and a handful of sliced sorrel into a stewpan with 2 ozs. of butter and stir ten minutes over a slow fire, for they must *not brown*, add 1 qt. of cold broth drawn from the carcasses of fowl or rabbit, with ham, herbs, &c. Let all boil ½ hour—skimming the whole time—strain 3 yolks of egg into a basin with ¼ pt. of warm cream—let the soup be hot, but off the boil—add a little of the soup first to this liaison, stirring it *one way*, then turn the mixture into the rest of the soup.

Have "crusts" of French roll cut in shape and made crisp in the oven, ready in the heated tureen, and pour the soup over them.

This is enough for 8 people.

Lobster Soup.

Any remains of cooked lobster, from a former dinner will do, or even crab picked.

(Regarding cooking Lobsters and Crabs, *see* Appendix.)

Put a piece of butter into the stewpan with onion, celery, a large handful of spinach, a cucumber, and green peas, if you can procure them. Stew all, till soft, over a slow fire, and rub through a tammy; return it to the stewpan, add pepper and salt, a spoonful of essence of anchovies, some good stock, and the pieces of lobster.

Take off the fat as it rises.

When very hot it will be fit for table.

"Melon Seed Paste" Soup. *See* Semolina Soup, No. 2.

Milanese Soup. *See* "Risotto."

Milk Soup. No. 1. (*Mrs. Weston, Clach-na-darroch.*)

The only stock required for this soup is the water in which a silverside of beef has been boiled—after lying 24 hours in salt. Take off all the fat.

Take 2 qts. of the broth, 8 carrots, 3 turnips, and 6 onions, all the vegetables sliced, also a teaspoonful of white peppercorns; simmer all three hours, then rub through a sieve.

To 1 qt. of broth add 1 pt. of milk; thicken with 2 tablespoonfuls of flour mixed and boiled in 1 oz. butter, cooked 5 minutes over a slow fire and stirred all the time. Season if necessary.

Let it boil up once, stirring it all the time.

A little cream is a great improvement.

Milk Soup. No. 2. Without Stock—"Maigre." (*Mrs. Thomas.*)

Enough for 8 people.

Slice 6 turnips into cold water—put 3 or 4 ozs. of butter in a stewpan, add the turnips, a stick of celery sliced, a large onion sliced, any mushrooms or their peelings, a whole carrot, a second onion stuck with 3 cloves and (for Protestants) 2 ozs. of ham. Cover close and shake the pan gently over the fire 10 minutes or more. Heat through, then cover with warm milk and add a whole French roll with the crust pared off, or a piece of bread same size, a teacupful of whole rice well washed, sago, tapioca, or pearl barley, whichever preferred, also a bouquet of 1 bay-leaf, 1 sprig each of parsley, tarragon, and thyme. Onion, turnip, carrot, all want bread added to thicken the soup, but you will not want bread if potatoes or peas are the

vegetable used.) Simmer till all are tender, then take out ham, whole onion, bouquet and carrot, and pass the rest through a tammy.

Have a pinch of sugar in a heated tureen, and give one stir when the soup is poured over it.

This does for all "maigre" vegetable soups except Sorrel (*see* Sorrel Soup).

Mock Turtle Soup. No. 1. (*Beechwood.*)

Take a cow's heel, cut it in pieces, and clean it from the bone.

Cut ½ lb. of leg of veal into small bits, and fry them in butter till they are brown.

Take 1 lb. of gravy beef.

Put all these in a stewpan, with 2 qts. of boiling water, a little thyme, parsley, onion, and lemon peel; let it boil gently 3 hours; then add a little cayenne and a little Jamaica pepper; if liked a gill of sherry, but a little sugar before it is served up is better than the wine.

Take out the gravy beef the last thing. Squeeze in the juice of ½ lemon, and add hard-boiled yolks of egg and forcemeat balls to the soup.

Mock Turtle Soup. No. 2. Clear—Richmond. (*Mrs. Sherwood.*)

If you want clear Mock Turtle Soup, use the hind leg of veal, with the gristle, 6 lbs.

Cut the bone small, with 4 ozs. lean ham, 2 ozs. butter, 2 carrots, 1 turnip, 1 stick of celery, 3 onions, one of them stuck with 4 cloves, a bunch of herbs, *i.e.*, 3 sprays of parsley, 1 of marjoram, 1 of basil, 1 of thyme, also a blade of mace, and a few peppercorns.

Cover the pan close, and fry for ½ hour, over a quick fire. Shake the pan from time to time. Then cover the contents with warm water, and let it come to the boil. Skim well, and let it cook 5 or 6 hours. Strain, and if the gristle is *soft*, cut it into the soup like turtle—and you may add a little well-boiled rice.

Mock Turtle Soup. No. 3. Thick.

For thick Mock Turtle Soup you use the same materials as for Mock Turtle Soup, No. 2, and it is drawn the same way, but you take *one* piece only of parsley, and you thicken the soup by first making a roux, to which you add the strained stock, then put it on the stove to boil up for ½ hour, after which you pass it through a tammy.

Mock Turtle Soup. No. 4. White.

(*The Hon. Mrs. Erskine, Fir Grove.* 1861.)

Scald half a calf's head. Put it into a stewpan with ½ lb. lean uncooked stock ham; 2 lbs. knuckle of veal, 1 carrot, 1 turnip, 1 stick of celery, 3 onions, parsley and thyme, and add 4 qts. water.

Let all simmer 6 hours, then take out the calf's head, and press it between 2 dishes when boned.

Pass the stock through a sieve, and add 6 ozs. flour.

Cut up the calf's head, when cold, into pieces an inch square, and add it to the soup with a gill of cream, warm well, but do not boil; season; serve hot.

The soup may be flavoured with mushrooms.

Mock Turtle Soup. *See* also Calf's Head, No. 2, under Meat —Veal.

Mulligatawny Soup. No. 1. (*Miss Duckworth.*)

Make a good gravy soup. Put in the carcass of a fowl or any boiled bones. Boil till the substance is out of it; strain it 2 hours before dinner.

Fry the choice parts of the fowl, cut in pieces, with celery chopped fine; take 1 teaspoonful of curry powder; 1½ of flour, and 2 spoonfuls of milk; mix; then add 1 spoonful of vinegar, 1 of mushroom catsup, and a dessertspoonful of anchovy; mix well together, and let them steam till dinner.

Mulligatawny Soup. No. 2. Clear. (1880.)

Cut 6 good onions in slices, and put them on the stove to fry a nice light brown; then add 2 tablespoonfuls of curry powder, and 1 of curry paste to mix with the onions. Cut up 4 good apples, and add also a little salt and lemon-juice and sugar.

Fill up the stewpan with white stock made from veal, rabbit, or chicken bones. Set the stewpan on the stove to boil; boil for 2 hours, skimming off the oil as it rises to the top; strain the soup through a fine hair sieve.

Taste to see if it is hot enough and strong enough—if not, add what is wanting, either more stock or more curry powder.

Return the soup to the stewpan with 3 whites of egg, stirring it occasionally when boiling. Let it reduce until you have the quantity you require; then strain it through a cloth, and leave ready for use.

When wanted, have some cooked chicken or rabbit cut up, and put into the tureen; pour the boiling soup over it and serve.

Hand round rice boiled very dry, on a plate, as for other curries; serve the rice on a warm napkin which you have folded on a very hot plate. For rice recipes, *see* Garnishings for Soups, *see* also under Vegetables.

Mulligatawny Soup. No. 3. Clear. (*Lord Lurgan.*)

Chop 2 onions roughly, and fry a gold colour. Then add some curry powder, and let it cook a little; next add good stock (cold), and put in 2 or 3 carcasses of chicken.

Let it boil; skim it well, then garnish with vegetables; after that let it boil gently for 3 or 4 hours, then strain off and clarify. Serve with well boiled but very dry rice.

(Cornelius Capelun's Genuine Curry Powder, 46, Above Bar, Southampton.*)

Mulligatawny Soup. No. 4. (*Emslie's.* 1890.)

Butter the frying pan; cut up a Portugal onion and 2 apples and a slice of uncooked stock ham; fry, uncovered, in butter over the fire for 20 minutes, turning the pieces and stirring now and again.

Then add a teaspoonful of curry powder and a dessertspoonful of curry paste, also a dessertspoonful of flour and a heaped up teaspoonful of powdered white sugar; to these, add 2 qts. of white stock, and boil ¾ of an hour before passing through a tammy or sieve. Boil up again and skim; add a teacupful of warm cream when off the fire.

Emslie likes half of the stock to be of chicken, veal, rabbit, or fresh trimmings of pork or rabbit—the other half may be liquor of boiled beef, if not too salt, or from scrag of beef, or of mutton.

This quantity is enough for 6 people.

Mulligatawny Soup. No. 5. Thick. (*Isa. Emslie.* 1886.)

Two scrags of mutton, 1 rabbit—jointed, all uncooked; any raw beef trimmings improve it. If the scrags are *not* fat, you must butter the sides and bottom of the cooking pot; fry the meat uncovered (*no water*); shake the cooking pot from time to time.

Then add 2 qts. of cold water, cover, and simmer 5 or 6 hours; then strain.

Mince many onions and 3 apples, and fry them in a little butter till soft; mix in a teaspoonful of curry powder, and a tablespoonful of fine flour, a little salt, and a teaspoonful of white sugar; then add the stock and let it boil up; draw aside to simmer on the side of the fire 1 hour, covered; put the soup through a sieve and put it back to get hot, and see the tureen is *very hot* before you pour in the soup.

This is better without cream, but it *may* be added warmed at the last.

For rice to hand with it, *see* Garnishings for Soups, *see* also Vegetables.

Mutton Broth.

For broth of mutton only, use any pieces of shin bone uncooked, the scrag, the head, the shanks, and the breast also.

First put on a teacupful of Scotch barley with the bones and as much water as it will require, to boil up for 1 hour; then add carrots cut in dice, if possible use only the *red* part; at

* Probably Messrs. Caplen, of 33 Above Bar, Southampton, who have a special curry powder.—C.F.F.

the end of the second hour add sliced onions and turnips, cut in dice, also a stick of celery whole; this last to be taken away at dishing-up time.

It must boil fast from 4 to 6 hours; skim from time to time; season to taste, and at the last add a little chopped parsley green, and a teacupful of cream just to boil up, a little celery-salt to flavour.

Some cook the vegetables apart, then drain them and add just before the cream, merely to heat up; this is for people who object to a strong taste of vegetables. (We like vegetables!—C.C.)

Mutton Broth. *See* also Invalid Cookery.

"Nouilles Soup." (*Mrs. Norman.* 1862.)

Make a soup of second stock, and, if not very good, reduce it till it *is* strong enough; flavour with a small piece of celery and add Nouilles. *See* Nouilles, under Garnishings for Soups.

Onion Soup. *See* Turnip Soup, No. 3.

Ooria Soup. (1880.)

Consommé which has in it quenelles of various colours cut with a cutter all one shape to size of a 3*d.* bit and ½ inch thick; some made of yellow custard of the yolk; some of white of egg steamed; some of chicken or veal steamed and coloured to taste, green (coloured with spruce or spinach), pink (cochineal), or red (spawn). Best without red or pink.

Our Rabbit Broth.

(*Altered from Mrs. Jamieson's Recipe by I. Emslie.* 1886.)

Skin 3 young uncooked rabbits, cut them into neat fillets and joints. Put them into cold water to soak for 2 hours; throw that water away and put the meat a second time into fresh, cold water; directly it boils throw *that* water also away. This is to blanch the meat. Wash it well again in cold water. Trim away any rough part of the rabbit fillets.

Butter a pan and draw down the carcasses and joints of the rabbits with a ¼ lb. cut-up ham, and onion, carrot and celery, ½ bay-leaf, a few white peppercorns, and a clove; some add a very tiny sprig of lavender. Put neither stock nor water for the first ½ hour, and keep the best fillets on one side. Have the lid on the pan to keep all moist, and see it does not scorch. Shake it up and turn the pieces over now and then.

Next cover the contents of the pan with stock, or cold mutton broth, or even cold water, lest the trimmed rabbit fillets, which are now added with the stock, should get hard. The water in which a leg or neck of mutton has been boiled with its vegetables makes the best mutton stock for rabbit broth. Again put lid on pan, and strain; all must come to the boil first, and then simmer gently at the side of the stove till the

fillets are tender and perfectly cooked—about 2 hours ; then pick them out with a spoon, strain the stock, and let it get cool enough to skim. Now add 2 or 3 tablespoonfuls of well-washed rice, and let the strained stock simmer uncovered for 1 hour till the rice is cooked—almost pulpy ; then pulp half of the rice through a sieve, and return it to the rest of the rice which you have left whole in the stock ; add the cooked fillets also. A little minced onion is an improvement in flavouring, also a little salt. Dip some parsley a minute, to blanch it, in boiling water, squeeze it in a dry cloth, and add a little of the chopped *green leaf* of it to the soup. Heat a tureen well, and add ½ teacupful of warmed cream, if wished for, to the broth and meat, just before pouring it in. Stir well round, and serve.

Use young rabbits only for these fillets, and, if you can get it, add to them the fillets of a tender young partridge, drawing down the rest of the bird with the carcasses of the rabbits for the soup and mincing the brea t, &c., in dice to add. For Rabbit Soups, *see* later.

Ox Cheek Soup. (*Beechwood and Sussex Lodge.* 1885.)

Soak and cleanse a fine ox-cheek the day before it is to be used ; put it into a stewpan that will cover close, with about 3 qts. of water. Simmer it after it has first boiled up and been well skimmed. Take out all the bones, and in 2 hours put in plenty of carrots, leeks, 2 or 3 turnips, a bunch of sweet herbs, and some whole pepper ; skim it often.

When the meat is tender, take it out and set it by to get cold, having first strained the vegetables from it.

Next day take the fat off the soup and when reheated it will be ready for use.

The meat to be used as follows : Fry some onions in flour and butter to make the gravy brown ; cut carrots, turnips, and celery in square shapes—if liked, add chopped gherkins also ; add to them as much of the gravy as you want to pour over the meat after it has been put in the dish.

The meat must be stewed in the gravy about 1 hour the second day, to make it quite hot through, and then put on the dish it is to be sent to table in, and the gravy and cut vegetables poured over it just before it is served.

It should be as hot as possible. (*See* also Ox Cheek, under Meat—Beef, for another way to use Ox Cheek.)

Oxtail Soup. No. 1. (*Mrs. Goodwin.*)

For putting in a soup use the thinner end of the oxtails, in joints : fry them in butter ; finish by simmering in stock till tender ; then add a "scarce suspected" touch of arrowroot to the soup to thicken it.

Oxtail Soup. No. 2. Clear. (*Mrs. Sherwood.*)

Made of second stock.

Get the *butcher* to scald but not skin an ox or calf tail, then the *cook* should joint it and wash it well.

Boil the joints of oxtail many hours in second stock, with sliced carrot, turnip, celery, onion, a bunch of herbs, 3 cloves, blade of mace, and a few peppercorns. When the meat is soft, take the joints out carefully, lest they should break, and put them aside. Strain the soup through a sieve, and, that you may clarify it nicely, take ½ lb. of raw beef or veal, chop it and pound it, and put it into a clean basin, with 3 tablespoonfuls of cold water. Next pour it into the hot, strained soup, and let it boil on the fire. Then simmer ½ an hour by the side of the fire. Warm up the joints of oxtail in the soup before sending to table (*see* also Calf's Tail Soup.)

Oyster Soup, "Maigre." (*Mrs. Jamieson. Xmas*, 1884.)

Scald and beard 2 doz. oysters; save their liquor in a basin.

Prepare a good fish-stock with a cod's head or with other trimmings of fish.

Put 2 ozs. of fresh butter in a pan over the stove; stir in 2 ozs. of flour; moisten all with fish-stock; then let it simmer ½ an hour by the side of the fire, skimming well; add the scalded oysters cut in half, and their liquor, and ½ pt. of cream at the last.

Do not add oysters or cream till the stock is off the boil.

Palestine Soup. No. 1. (*Mr. Courtenay.*)

Take 7 or 8 Jerusalem artichokes, pare and slice them into a pan with a stick of celery, a large Spanish onion and as much veal gravy as will cover them. Add also one lump of sugar. Stew them till quite tender, then rub them through a sieve. To every 1 qt. of soup add 1 pt. of cream. Season to your taste with salt and white pepper, and thicken with a little flour and butter. Give it a boil up and serve.

(We find it makes better soup to use more artichokes, and omit the flour and butter. 3 lbs. of good artichokes should make soup for 5 people, and no thickening should be required.—C.C.)

Palestine Soup. No. 2. (*Mrs. Sherwood.*)

Quantity for 6 people: 1 doz. full-sized artichokes peeled and sliced, 2 large onions peeled and sliced, 1 stick of celery sliced.

For white soup, all *white* vegetables must be peeled and thrown into cold water as you slice them, to keep them white.

Put 1 oz. of butter in a stewpan: drain the vegetables well and add them, also 1 oz. of raw, lean, stock-ham cut in dice, and 1 blade of mace.

Cover, and let all "sweat" till tender, but stir often lest they should catch—the length of time will vary from ½ hour onwards. When ready and soft, add 1½ pts. of stock (cold) and let it come to the boil, then skim well, draw to the side of the fire, and cover again.

It must now simmer to a purée, then pass it through a tammy, and heat it again.

Scald ¼ pt. of cream, and stir it in *just* as the soup is going into the tureen.

Serve "crusts" (*see* Garnishings for Soups) on a plate with it.

"Partan Bree." *See* Crab Soup.

Partridge Soup. (*Mrs. Thomas.*)

This is very delicate in flavour. Take 2 brace of partridge and cut off and reserve the *fillets* for an entrée. The carcasses, well prepared, make the soup.

Take away all skin and soak the carcasses of the birds well in cold water; pick them clean; then pump water over them and put them into fresh water to rinse them well. Do not dry them, but put the pieces just as they are into the stewpan with an onion and a piece of butter. Cover close, and put them on the fire to draw till the bones look quite dry; then add a carrot, a turnip, a head of celery, a piece of lean ham, and a bouquet, and cover with water to draw, just like any other stock.

If you wish to make it a thick white soup and have no artichokes, then to the vegetables add a French roll cut in two (some use crust and all, if not overbaked) and pass it through the sieve with the soup when you take out the bones, carrot, ham, and herbs. This is more delicate than to thicken with butter and flour. Or put in a teacupful of well-washed and cooked rice with the water and pass it through the sieve with the soup, and if the birds are old then *pound* the meat before passing it through the tammy. Season and add cream at the last when off the boil.

For a variety you may leave one fillet on the breast of one bird. Let it cook till tender enough with the carcasses, then take it out, and when cold cut into dice and put into the heated tureen. Pour the soup over.

For another recipe, *see* Pheasant Soup.

Pea Soup. No. 1. (Of Dried Peas)—Barron Hill.

A winter soup enough for 12, or half this quantity for 7 people.

Two carrots, 2 turnips, 2 onions (1 stuck with cloves), 2 heads of celery, 1 large potato, 1 qt. of dried green peas, 2 qts. of second stock or good beef stock (if you want a "maigre" soup use water instead), ½ teaspoonful of peppercorns and a very little white sugar. Boil all together till smooth, rub it through a sieve, and at dishing time add a little good cream.

In summer, of course, the peas should be fresh: then leave out the potato, a doubtful improvement even in mid-winter, and

add a sprig of mint, if approved, to flavour, but if so take out the mint before serving.

N.B.—Should you not be able to get dried *green* peas, only dried *yellow* peas, then colour the soup with juice of pounded spinach; the soup must *not be boiling when the juice is added*, or it will spoil the colour.

Pea Soup. No. 2. Of Dried and Green Peas mixed.

When peas are young and scarce, take a breakfastcupful of them, wash them, boil, drain, and put aside.

Next put on a teacupful of green split dried peas or 1 qt. of old large garden peas, well-washed, and ¼ lb. of stock ham, cut up, in 3 pts. of stock, half of mutton broth and half of boiled-beef liquor; let it first come to the boil, then simmer for 2 hours; ¼ hour before the end, add a little pepper and 2 fresh and previously well-washed lettuces cut up, also a sprig of mint, also *half* the quantity of the young peas.

In ¼ hour take out the mint; pass all the rest through a fine hair sieve; add the rest of the young *whole* peas, leaving them whole; give it a boil up, and skim.

Take it off the fire and add a teacupful of warmed cream to the soup, and serve in a heated tureen.

¼ lb. of pickled pork improves the flavour if *old* peas are used.

Pea Soup. No. 3. Green.

Put in a stewpan 1 qt. or more of green peas with some green onions, also a little parsley and mint. Add a slice of stock ham, and a small piece of butter. Set it on the stove, and be careful not to let the contents adhere to the bottom of the pan, as that would spoil the soup.

When tender, bruise and add a little spinach of a good colour, to make it a nice green; dilute with some good white stock, boil to a pulp and pass through a tammy.

Place it by the side of the stove to get hot, and then take off any fat that rises; it must *not boil*, or it will curdle. Serve fried croûtons with it.

Pea Soup. No. 4. "Maigre." (*Caldy.*)

Slice finely 2 cucumbers, 2 cabbage lettuces, ½ pt. of young peas, a handful of spinach, and the same quantity of young onions, and stew them in a little fresh butter; also a peck of old peas boiled in 2 qts. of water—this water makes the soup liquor, so must not be thrown away.

Pass everything through a tammy, and at dishing time add some cream.

Pea Soup. No. 5. (Green.) "Maigre," for 6 People.

1 qt. of peas shelled into cold water, then drained; 2 ozs. of butter in a stewpan and 2 sliced onions; shake over the fire till the butter has melted, then add the peas and a sliced cos

lettuce, also a bunch of green onions or 2 leeks, a bouquet of thyme, parsley, tarragon, and chervil (and ¼ lb. lean ham, for Protestants); cover with 2 qts. of cold water, and let all boil till tender, closely covered.

Then take out the ham, herbs and green onions, and pass the purée through a sieve or tammy, add a lump of sugar and a grain of pepper; boil up and skim, then add a little scalded cream (hot), and a few *whole*, boiled, peas. If you have no cream and no stock, boil the peas in *milk* instead of water—all "maigre" white soups are best made with milk.

If not a good colour, pound some spinach and squeeze the juice into the well-heated empty tureen before putting in the soup; then pour the soup *on* it, and stir.

Peasant's Soup, "Potage à la Paysanne." (*Cataldi.*)

Use best stock, a white cabbage cut up, sliced, and thoroughly well boiled in it to make this soup.

Pheasant Soup. (*Isa. Emslie.* 1891.)

A good "make-out" white soup.

When a pheasant is elderly, and some of the cooked white meat is left over, take it all off the body (*not* legs), and put it aside, free from skin. Joint carcass and legs; add any trimmings of raw beef, soup vegetables, 2 ozs. of raw stock, ham fat and lean, and 2 or 3 white peppercorns.

Cover with water, put the lid on the pan, and let it come to the boil first, then simmer on stove 2 hours. Take off and strain the liquor, and add 1 doz. Jerusalem artichokes to boil in the soup ½ hour with lid on. If without artichokes, a slice of crumb of home-made bread answers to thicken soup.

The white meat, picked and pounded, may now be added, and the soup, thus thickened, be passed through a tammy and put on the stove again to come to the boil, *no* lid on this time. When taken off finally, add the yolk of a fresh egg which has been beaten in a teacupful of cream.

Partridges, previously cooked, do in the same way for soup.

Piedmontese Soup. "Piémontaise." (*Cataldi.*)

A national dish "Riz aux Choux."

1 qt. of veal, or first or even second beef stock, a white cabbage, 2 ozs. rice, 2 ozs. of *fat*, not lean, bacon, ½ oz. grated Parmesan cheese—these are the materials for soup for 8 people.

Chop the bacon fine and brown it in a stewpan over the fire. When it is browned, add a white cabbage sliced across. Cook bacon and cabbage as for "Potage à la Paysanne" till the cabbage is soft, and till all its natural moisture has evaporated, then add the quantity you require of stock. Full 20 minutes before dinner add the rice, and 5 or 6 minutes before serving the soup add the grated Parmesan cheese.

Pigeon Soup, for 4 people. (1891.)

Remove the fillets of 6 pigeons and keep them to make an entrée ; joint the carcasses ; melt 1 oz. of butter in a stewpan ; add the pigeons' jointed carcasses, a slice of raw stock ham minced, raw soup vegetables and herbs—*i.e.*, onions, 1 carrot, head of celery, half a bay-leaf, a little mace, and a few whole peppercorns. Add no water, but put the lid on, and let them fry for ½ hour ; shake the pan, and turn the pieces over now and then, that they may not "catch" ; then cover them with 3 pts. of water, and let all stew, covered by lid, for 3 or 4 hours, till the meat will come away easily from the bones. Then pass through a wire sieve all the meat you can pick from the bones.

Strain the soup off, and let it get cold, then clear it of grease, and add the sieved meat to thicken it ; add also 1 tablespoonful of fine tapioca ; boil again uncovered for ½ hour, flavour if necessary, and strain into a hot tureen. Serve hot.

If you have no fresh celery, then flavour the soup with celery-salt instead of using common table salt.

Pork Broth and Pork Soup. *See* Invalid Cookery.

"Potage à la Bonne Femme." *See* "Lettuce and Sorrel Soup."

"Potage à la Crécy." *See* Carrot Soup, No. 4.

"Potage à la Paysanne." *See* Peasant's Soup.

"Potage à la Princesse." *See* Princess Soup.

"Potage à la Reine." *See* Chicken Soup, No. 4.

"Potage Julienne." *See* Julienne Soup, No. 2.

"Potage Printanière Maigre." *See* Spring Soup.

Potato Soup. No. 1.

Slice the potatoes very thin with a little streaky bacon, onion and butter. Season with pepper and salt. Add a little white stock, and let it gradually simmer. When soft, pass through a sieve. Heat and add a little cream before sending to table. Fried croûtons should be handed with it.

Potato Soup. No. 2.
(*Mrs. Challen, Marine Parade, Worthing.* 1882.)

1 oz. butter, 2 or 3 large onions, 1 doz. potatoes, or fewer if they are fine ones, 1½ pts. of stock.

Boil till it will pass through a fine hair sieve ; add a good lump of sugar, salt, pepper, and a grate of nutmeg, and after boiling up at the last, add ¼ pt. of cream.

Potato Soup. No. 3. (*Miss Duckworth.*)

2 lbs. of breast of mutton, 12 potatoes, 2 onions, 2 heads of celery, pepper and salt ; stew slowly till the potatoes are dissolved ; then strain ; add a little gravy, ½ pt. of cream and 4 ozs.

of butter rolled in flour. Put it on a slow fire, and stir till the butter is dissolved; season it to taste; sugar may be handed round with this soup.

It need not be made so rich. This makes 2 qts.

"Pot au feu." No. 1. (*Auchintorlie.*)

6 lbs. of beef, including bones, cut into several pieces; ¾ lb. of mixed vegetables, such as onion, carrot, turnip, leek, celery with its leaves, and white cabbage; 1 teaspoonful of pepper, the same of sugar, and 3 teaspoonfuls of salt, 8 pts. of water.

Let it all boil very gently for many (? 8) hours, carefully remove the fat; add "crusts" of bread (*see* Garnishings for Soups) or slices of roll—baked or plain, according to taste.

Serve in tureen very hot.

"Pot au Feu." No. 2. (*M. de Bergue to A. Young.*)

4 lbs. of fresh beef, 4 qts. of water, 4 leeks, also 1 onion, carrot and turnip cut lengthways, some whole pepper in muslin, a bunch of herbs also in muslin.

The beef and water are to simmer together in an earthern vessel on a *very* small fire. It should take a *long time* to come to the boil, and after it boils, it must simmer again quite slowly, and the fat, as it rises, must be carefully skimmed off. After the beef and water have thus boiled for 20 minutes, add the vegetables, &c., and simmer all again as slowly as possible 7 hours. In all, the dish should take from 9 to 10 hours. Serve the soup with vermicelli or rice.

The vegetables and meat, with a little of the broth for gravy, make a good dish separately by themselves.

Princess Soup, "Potage à la Princesse."

A proportion of 6 lbs. of veal to 10 lbs. of beef, in making the stock.

For the "*Appareil à la Princesse*" (in English, the quenelle), for this soup, *see* Quenelles, No. 7, under Garnishings for Soups.

Cataldi occasionally makes this soup with second stock.

"Purée au Riz." *See* Rice Soup, No. 2.

Rabbit Soup. No. 1. White. (*J. Emslie.* 1888.)

Cut up 2 rabbits and put them on in white stock, with ¼ lb. of ham, and soup vegetables, to come to the boil; then draw down for 2 hours and strain. Then take a slice of bread and soak it in the strained liquor; take the bread out, and pick out all the nice bits of white meat and pound both together; pass it through a sieve or tammy; season, and add a little green parsley-leaf minced, also celery salt, if you have no fresh celery, and a dust of sugar.

Make some cream hot over the fire; to it add 2 yolks of egg, one at a time, to mix well; put the cream and eggs in the tureen, and pour the soup over, stirring well.

Rabbit Soup. No. 2. White. (*Isa. Emslie.* 1895.)

Wash a rabbit, and soak it ½ hour in cold water, with a spoonful of salt to prevent too strong a flavour of rabbit.

You may leave it whole, and to it add any trimmings of the lean of un-cooked mutton, or chicken—(no skin)—also liver, gizzard, &c. Put all in a pan with onion, carrot, celery, sweet herbs, a little lean ham or bacon, 2 or 3 cloves, and also white peppercorns. Cover with 3 pts. of cold water. Put the lid on and let it cook 2 hours. Then take off and let it stand a few minutes before you skim off the grease—then strain it. Have ready a tablespoonful of small sago, add it to the soup, and set it over the fire, stirring it, or the sago will get into lumps. It will take ½ hour.

Break the yolk of a fresh egg into a teacupful of cream and add a little chopped parsley with it—to heat up, but *not* to boil.

Add to soup the last thing. Serve soup in a hot tureen.

Rabbit Soup. No. 3. White. (*Mrs. Gordon's.* 1897.)

Put a rabbit or chicken into a stewpan, with 2 qts. of cold water, let it boil up, pour this first water away.

Add again 2 qts. of cold water, a piece of lean ham, celery, or celery seed, 1 onion with 2 cloves stuck into it, 8 white peppercorns, a small sprig of bay-leaf and thyme. When it boils up draw, with lid on, to the side of the fire to simmer for 2 hours, then strain and let it get cold, so that all grease can be taken off. Pick all the meat from the bones, and pound it in a mortar with a little of the stock, and pass it through a fine hair sieve. 1 hour before it is wanted, add some more stock, with a teacupful of well-washed sago, and boil 20 minutes to ½ hour; strain again, and, just before serving, add the yolk of 1 egg mixed with a teacupful of cream, some chopped parsley and the purée of meat.

It must not boil after these are added, but be kept very hot.

Rabbit Soup. No. 4. "Potage à la Reine," for 12 people. (*Mrs. Thomas.*)

Cut up a rabbit or 5 lbs. knuckle of veal, skin and cut up an *old* fowl and well rinse it in water, but do not dry it. Leave the fillets whole on the breast. Add a sliced onion and 2 ozs. of butter. Cover the pan and let it draw 15 minutes; shake the pan gently all the time, that the meat may not scorch. Then add 3 qts. of cold water and let it come quickly to the boil; skim carefully; add a whole carrot, ½ lb. of lean ham in one piece, 2 blades of mace, a bunch of sweet herbs, all these to be taken out before the soup goes through the sieve, a sliced Spanish onion, sliced celery, and a sliced turnip, also the inside of a French roll, ½ teacupful well washed pearl barley, which is more delicate than rice, and mushroom peelings. Simmer till soft, take out the chicken fillets, pound them in a mortar and pass through a tammy; take the bones and pieces out of the soup.

and then pass all the rest of the soup through a tammy to add to the pounded meat, heat up and just before serving, when off the boil, add some cream and a little pepper if required.

Rabbit Soup. No. 5. (*Miss Young.* 1886.)

Two rabbits—roast one, boil the other; cut the fillets out of the back of the boiled one, pound them in a mortar with 2 or 3 ozs. bread-crumbs. Keep ready. Put both rabbits' carcasses in 2 qts. of water with celery, carrots, onions, &c., to come to the boil, then simmer, covered. Stew them well, 5 or 6 hours, then strain the carcasses, &c., from the broth, fillet the rabbit originally roasted, adding these fillets to the pounded fillets of the boiled rabbit; rub all this meat through a sieve and then put it back into the strained stock; warm and add ½ pt. of cream, which should be boiled alone and added just before serving.

Without the cream it is a good brown soup.

N.B.—The well-roasted rabbit browns the soup, and flavours it better.

Rabbit Soup. *See* also Chicken Soups No. 1 and No. 5, and "Our Rabbit Broth."

Rice Soup. No. 1.

Wash 6 ozs. rice with cold water; put it into a stock-pot with some good white stock, and place it over a slow fire. Add celery, onion, sweet herbs, parsley, and a bay-leaf, also some lean ham.

Let all boil together 1 hour, then take out the ham, herbs, and bay-leaf before serving. This should make 3 qts.

Rice Soup. No. 2. "Purée au Riz," for 12 people.

Take a teacupful of well-washed rice and simmer for 1½ hours in 3 qts. of veal or chicken stock, then put *half* the stewed rice through a tammy, keeping the other half back in the soup.

After the rice is passed through the sieve return it to the stewpan and boil all up; then draw it to the side of the fire, and pour into it ½ pt. of cream, or of boiled milk if for home party, or half and half. Warm up before serving.

If preferred, put *all* the rice through the tammy.

This soup may be made with macaroni or vermicelli instead of rice.

Should you use macaroni, thicken the soup with the inside of a roll, or flour melted in a little butter. Cut up the macaroni and put it into *boiling* water; it will take 1½ hours to get soft; drain it, cut in bits 1 inch long, and put it into the tureen, pouring the hot soup over it.

Vermicelli, or Italian paste, will merely require from 2 to 10 minutes' cooking in boiling water and draining in a sieve, and boiling up in the soup before adding the cream. Heat all well up in the soup.

"Richmond Soup," Clear and Thick, is another name for Mock Turtle Soups, Nos. 2 and 3.

"Risotto," a Milanese Soup. (*Cataldi.*)

Blanch the rice in a stewpan in water till it all but boils, then take it off to cool, and strain off all the water. Put it on the fire again with a little stock until it is quite cooked but *not* become a mere purée.

Stir in some grated Parmesan cheese, also a little fresh butter. Season delicately, and serve in a tureen very hot.

This is eaten almost solid at Milan, but foreigners have plain clear soup offered them to eat with the Risotto; the latter is thick as porridge.

"Riz au Choux." *See* Piedmontese Soup.

Salmon Soup.

Prepare the stock of the head, bones, fins, and skin of the salmon and a few vegetables boiled ½ hour; strain it. When cold, be very careful to remove all the fat and oil; thicken the soup with a little potato flour; add some chopped parsley, also some scallops of cooked salmon and of brown bread. N.B.—The bones of 1 or 2 raw whiting give excellent flavour to the soup.

Scotch Barley Broth. No. 1.

Scotch barley is much better, and more glutinous than pearl barley.

Use, if convenient, the liquor in which a sheep's head has been boiled, and also that which has boiled a fowl (two-thirds former and one-third latter). To make it good, it will still take fully 3 hours' cooking.

For the first 2 hours cook barley, carrot and celery (all cut up and put on in the stock with the lid on) to come first to the boil, then to simmer, still covered, at the side of the fire. Then add cut-up raw onion and turnip, to cook another hour. Should the turnips be too strong in flavour, blanch them first; for this you must cut them up, and put them on in cold water to come to the boil (lid on); strain off the water; then add the turnips to the broth.

Add a little chopped green leaves of parsley at the last, well squeezed in a cloth to get out the sap. When soup is off the fire strain in some warmed cream, and, if the cream is too thin, add to it the yolk of 1 egg; this gives richness to the broth. If without celery add a little celery-salt, but sparingly, as guests like to put pepper and salt in for themselves, and no two people's tastes are alike.

Scotch Barley Broth. No. 2, for Five People.

Swell a teacupful of Scotch barley with ¼ oz. of fresh butter for ½ hour in 2 qts. of cold water; then put butter, barley, cold water, and 2 lbs. of scrag or neck of mutton into a clean stewpan; when they boil add a *little* cold water to make the

scum rise; skim the broth most carefully before adding the following vegetables: 2 carrots, 2 turnips, 2 heads of celery, all cut in small pieces and put into the broth; add also a good number of onions *whole*.

Let broth and vegetables simmer 6 hours; then season.

Twenty minutes before serving you may add the green leaves of a cabbage sliced, but none of the stalk.

Take the meat and the whole onions out before serving up, and at dishing time add a little cream.

Scotch Broth. No. 1. (*Bella Emslie.* 1880.)

A breast of mutton trimmed of fat and boiled with vegetables in at least 3 qts. of water. Any trimmings of fresh meat or bone improve it. Boil up at first, covered; then draw it to one side, and simmer 2½ hours. When cooked, take out the breast of mutton (you can crumb and broil that for servants' dinner); strain off the soup to get cold and remove the fat; then boil new vegetables in the soup 3 or 4 hours, but if you use rice it should be boiled *alone*, or if barley be used, it should be swelled in cold water 1 hour or more first, and then boiled, covered, with the broth till tender, 3 or 4 hours.

A little boiled beef stock, if not too salt, improves this soup, cream also at the last, or you may warm but not boil the ½ gill of cream, and add it to the soup in the tureen itself, mixing it well with soup 10 minutes before serving, and it must not boil after cream goes in.

The best of all Scotch broth is made of sheep's head when the sheep's head is cooking for table with scrag of mutton; you may also make it of shoulder of mutton.

Scotch Broth. No. 2. Of Beef. (*Miss Ewart's.*)

4 or 5 lbs. of the shin of beef; put on the fire in 1½ gallons of water; 2 or 3 turnips whole, 1 or 2 carrots, and some onions, also a little celery. Let it boil gently for about 3 hours; then take it off and strain it. *Next day* put it in a pan with ½ teacupful of Scotch barley, a turnip cut up, and part of a carrot in small pieces, and boil it again till these vegetables and the barley are soft, and before it is quite done add a few greens chopped, and a few celery tops. Take one of the whole turnips which were first put in; mash it quite small, and add it to the rest.

Semolina Soup. No. 1. Clear. (*Miss Benyon.*)

Use first stock, second stock, or veal stock, as most convenient (Miss Benyon used veal).

2 qts. of stock require a teacupful of semolina. Boil it for ½ hour in the soup. Stir till it comes to the boil, then draw to the side of the fire to simmer till done.

Semolina Soup. No. 2. Thick. (*Cataldi.*)

This is of first stock or veal stock and made like clear semolina soup, to which Cataldi adds the following: 2 yolks

of egg mixed in a basin with ½ teacupful of cream strained through a strainer; then mixed first with a little very hot, but not boiling, soup before it is put into the soup tureen; then the rest of the clear semolina soup is poured over it in the tureen, and all well stirred together.

Boiling soup would make the eggs curdle.

This is very good with "melon seed paste" instead of semolina. Just cook the "melon seed paste" in boiling water, drain and finish in stock, to make it rich, and add it to the soup before the liaison.

Sheep's Head Soup. (*Beechwood.*)

Take a sheep's pluck and put it into 4 qts. of water; then add onions, carrots, turnips, and a cup of pearl barley, a few peppercorns, and cloves. Boil it till nearly done enough.

Then wash a sheep's head and put it into the stew. When the head is quite tender, take it out, pour off the liquor from the pluck and vegetables, and let the liquor stand till the next day.

Then take off the fat and thicken the soup with flour and butter properly browned, add a little cayenne pepper, serve soup with the sheep's head warmed, cut into pieces, and sent up in the hot soup; put in a good deal of mushroom catsup.

The pearl barley may be omitted if not approved.

Sorrel Soup.

This is made the same way as Milk Soup without stock, but sorrel, being acid, would turn milk, so draw it with water; take 2 strained yolks of egg and mix in a basin with a little warmed cream. When the sorrel soup has been heated again, after passing through the tammy, and is quite off the boil, add a little of the soup first to the basin of eggs and cream, then mix well one way; after this add the whole to the soup.

It is always a risk to put eggs for soup over the fire, so, when the soup is off the boil, plunge the pot into the bain-marie to keep hot, and then add the egg and cream mixture from the basin.

Heat the tureen as much as possible before putting the soup in it.

Souchet. *See* Water Souchet and Trout Souchet, under Fish.

"Soup made in haste." Enough for 5 or 6 people.

Any pieces of beef cut up, and if possible an old fowl, or rabbit, skinned, also vegetables, ham, herbs, all put in at first with the meat, *cold* water poured over; cover till it boils up, and do not skim it till quite the end, *i.e.*, not, in fact, till the fat rises; the early skimmings must sink and strengthen the soup; add a little cold water now and then to stop the boiling and make the grease rise; strain, and, if you like, add a little browning (*see* Roux, &c.) to colour the soup.

As in other clear soups, all the vegetables that are *served up in the soup* are cooked separately and added warm at the last, the first vegetables, which were to flavour, being strained out.

Soup—"Julienne Maigre." *See* Julienne Soup, No. 1.

"Spanish Soup." *See* Tomato Soup, No. 1.

Spring Soup. "Potage Printanière Maigre."

To 2 qts. of water put 1 qt. of peas, 2 onions, a head of celery, 1 carrot, 2 turnips, a handful of spinach, and a sprig of mint.

Stew all together till quite soft; then strain and pass through a sieve. Put the pulp and water back into the stewpan with a lettuce sliced, a small piece of butter, and 2 lumps of sugar. Put it on a quick fire for a short time.

If the soup is a bad colour, add the juice of a little pounded spinach, but be careful not to add this while the soup is boiling, as that would spoil the colour.

This soup may be made with stock instead of water.

Sweetbread Purée. (*Goodwyn.* 1890.)

Take 1 sweetbread for 6 people, blanch it 5 minutes in boiling water, and cut it in slices. Have ready 2 pts. of white chicken stock and the same of milk, to come to the boil together, and skim them; season, and then add the sweetbread to simmer 1 hour; lastly add the beaten yolks of 4 eggs and thicken if necessary with crumb of a French roll previously soaked in milk or stock; pass all through a sieve and serve.

Tapioca Soup. (*Mrs. Goodwin.* 1886.)

Ingredients: 1 qt. of veal stock, a teacupful of small tapioca, $\frac{1}{2}$ pt. of milk, or $\frac{1}{4}$ pt. of cream, the yolk of 1 egg.

Soak the tapioca 4 hours, then throw it into the stock to simmer till quite cooked; put the yolk of egg into a basin and add the milk or cream warmed; mix, and add to the soup; it must be hot, but not boil after the egg goes in. A little lean ham or a bone of ham drawn down with the stock improves the flavour.

Tomato Soup. No. 1. (*Orchardleigh. Xmas*, 1876.)

A Cheshire dish.

Called also "Spanish soup."

Put on twelve fresh-gathered tomatoes well washed to stew in some good broth; when done pass through a tammy and keep ready on one side. Skin and joint a fowl and put it on to boil, with 1 onion and a bit of parsley; when cooked, take out the joints of fowl, which can be used otherwise, but add the liquor in which they boiled to the tomato purée; also a little boiled rice, and some nice slices of the *white* meat (only) of the fowl; season with salt and cayenne pepper.

Serve all well mixed, and heat in a well-warmed tureen, for purée soups soon chill.

Pheasant does instead of fowl.

If canned tomatoes are used, 2 tomatoes are enough, just to colour and flavour. Do not use the liquor from the tomato tin.

Tomato Soup. No. 2. (*German Cook at Goodwin's Hotel.* 1888.)

Slice 2 lbs. of fresh tomatoes, mince a little raw ham, 1 carrot, 2 onions, 2 small leeks, also add a few peppercorns and cloves.

Let all "sweat" together in a stewpan 20 minutes; next let all boil gently for a full hour, with 3 qts. of chicken broth; skim it well, and pass through a hair sieve.

Put the soup back into a stewpan with cayenne pepper and salt to your taste; let it simmer gently, and, just before sending to table, add ½ pt. of cream.

Get fresh tomatoes if you can, *quite ripe;* if not, use those in tins.

"Turin Quenelles." *See* Quenelles, No. 8, under Garnishings for Soups.

Turnip Soup. No. 1. White.

Prepare any time, but serve *very hot.*

Slice 8 or 9 turnips, 1 large onion, and a stick of celery, and boil all for 5 minutes in water; then drain well, and put into a stewpan with 1 qt. of white stock, the crumb of a French roll, and a slice of lean ham.

Let all cook, slowly, on the stove; mash it with a wooden spoon, and pass through the tammy with a little more stock, as it should not be thick. Season as required.

Add cream or boiled milk the last thing.

Turnip Soup. No. 2. Brown.

Make this the same as Turnip Soup (white), but use brown stock, the *crust* of the French roll, and *no cream.*

Hand fried croûtons, if liked, with this brown soup. (*See* under Garnishings for Soups.)

Turnip Soup. No. 3. Maigre. (*Mrs. Thomas.*)

Slice 6 turnips into cold water to preserve their colour; put 3 ozs. of butter in a stewpan, add the turnips, drained but not dried, a stick of celery sliced, a large Spanish onion sliced, button mushrooms or any mushroom peelings, a whole carrot, a second onion stuck with 3 cloves, and 2 ozs. of ham.

Cover close, and shake the pan gently over the fire 10 minutes or more to heat all through, then add well-washed rice or tapioca, sago, or swelled pearl barley, and a French roll free from crust; cover with warm milk—all white maigre soups should be made with milk instead of water; add a bouquet also, *i.e.*, 1 bay-leaf, 1 spray of parsley, 1 of tarragon.

Simmer till all are tender, then take out the herbs, ham, whole onion, and carrot, and put all the rest through a sieve or tammy. Heat up and add a grain of pepper and a lump of sugar, also, when off the boil, a little cream, if to be had.

Onion soup may be made in the same way.

Turtle Soup. *See* also Mock Turtle

Turtle Soup of dried Turtle. (*Lady Hobhouse.*)

Soak ½ lb. of dried turtle in cold water for 12 hours or more; then put it in a stewpan and cover with fresh cold water; boil quietly for 8 hours, strain off, and cut into pieces about 1½ in. square; then add these pieces to 3 qts. of clear strong stock; boil on till the turtle is quite tender.

While boiling add, for 5 minutes only, a sprig of basil, also, at the last, a glass of sherry or Madeira; add the juice of ½ a lemon, if liked.

Turtle. Notes about using fresh Turtle for Soup, &c.

The turtle must be put in straw in the cellar and given water every 2 or 3 hours.

It should be beheaded at night, and left hanging neck downwards.

Mrs. Thomas used mushrooms, ham, knuckle of veal, and some wine, and made, with these and the turtle, thick and clear soup, cutlets in Cardinal sauce, and a dish of the fins dressed like calf's head.

The clear soup was best.

To buy best turtle soup: Ship and Turtle Tavern (Painter's), 130, Leadenhall Street, London, E.C.

Veal Broth.

For this use knuckle of veal.

(*Saw* the bone in pieces, for if you chop it the soup will have splinters.)

Put it in the stock-pot, and add boiling water; then add a large spoonful of rice, 1 large onion, and a head of celery, a bunch of sweet herbs, in which tie 2 blades of mace, and take herbs out before serving; skim carefully, and add a little green *leaf* of parsley.

Stew 3 hours, season, take out the bones, and serve.

Vegetable Soup. No. 1. "The Vegetable Soup," Maigre.

The hearts of 6 lettuces cut in pieces, 6 cucumbers pared and sliced, 1 pt. of young peas, 2 very large onions, a little parsley chopped fine, pepper, salt, and 2 ozs. of fresh butter.

Stew them together for an hour without water, but stirring them often, or they will burn. Have ready 2 qts. of older peas boiled in 1 gall. of water; pass them through a hair sieve to the very same water in which they were boiled; then to this purée add the stew of lettuce and cucumbers, &c., and boil all softly 1½ hours.

When done, take out the onions, just dip a sprig of mint in before taking the soup off the fire, and putting it into a well-heated tureen.

Vegetable Soup. No. 2. (*Mrs. Whyte.*)

Two carrots, 2 turnips, 2 onions, 2 heads of celery, 1 large potato, 1 qt. of split peas, 2 qts. of water or stock, 2 or 3 cloves, a few peppercorns, and a very little sugar. Boil all together till smooth, pass it through a sieve, and, at dishing time, add a lump of sugar and 1 pt. of boiled peas also, and a little cream.

The following recipe is similar:—6 turnips, 6 carrots, 6 onions, 6 heads of celery, 6 potatoes, all to be fried in butter. Then stew in 5 qts. of water for 6 hours, when all should be rubbed through the tammy, heated and served.

Vegetable Marrow Soup. (*Mrs. Young.*)

Use white stock; take out the hearts of 2 or 3 middle-sized vegetable marrows, and cut the marrows in slices; boil till they are soft, about 20 minutes will do; strain first through a tin colander, then through a hair sieve; mix well with stock.

At the last, add about 2 gills of cream, then warm all together, but be very careful that it does not boil after adding the cream.

Vermicelli Soup. No. 1. (*Mrs. Austin's.*)

5½ lbs. rump or brisket of beef (the rump answers best), 2 carrots, 3 turnips, ½ parsnip, an onion, stuck with 6 cloves, 4 leeks tied in a bunch with a few sprigs of thyme and chervil. 5 qts. of water.

Put the beef on in cold water; as soon as it boils take the froth off carefully, not the fat. Then add the vegetables and let it *simmer* (not boil) for 3 hours if the rump, and for 5 hours if the brisket. Take off the froth from time to time, but not the fat, and use a skimmer, not a spoon for this. When you take out the soup use a ladle, fill it quite full and the fat will rise to the top, and may be poured off before it is put through the strainer into the tureen. Take a ¼ lb. of vermicelli, put it in a saucepan with a little of the soup. Boil it a ¼ of an hour, and then put it in a hot tureen before pouring on the soup. (If bread "crusts" are preferred, cut pieces of bread 2 or 3 inches long; brown them in the oven; then put into a saucepan a small piece of butter, melt it and let it brown over the fire, then put in "crusts" and let them absorb the butter, stir them round, put into the tureen and pour the soup over them. For other "Crusts," *see* Memo. about Soups, also Garnishings for Soups.)

Vermicelli Soup. No. 2. Brown.

To seasoned brown stock, add a little potato flour to thicken, and 6 ozs. vermicelli, with chervil leaves and young French beans.

Vermicelli Soup. No. 3. White.

Take about 2 qts. of veal or chicken stock, 4 ozs. boiled vermicelli, and a few chervil leaves blanched 5 minutes in salt and water, to make them *very green*.

Beat up the yolks of 8 eggs and ¼ pt. of good cream in a basin; add to them a little soup, warm, but not hot; gradually add the whole of these eggs and cream to the rest of the soup, and heat all in boiling water.

Pour over the vermicelli in the warmed tureen.

White Soup. No. 1.

Joint a knuckle of veal and put on the fire with a little butter, 4 onions, carrots, celery, herbs, and a blade of mace. Shake a little flour over the meat, and, when the gravy is drawn, add a gallon of cold water and a teacupful of rice.

Let it simmer all day, then strain it.

When cold, take off all fat, and put in a little vermicelli.

When heated to serve, add 1 pt. cream, but do not let it boil afterwards.

If you are short of cream, thicken with ground rice.

White Soup. No. 2. "À la Célestine."

This soup should be made from chicken stock. It has cut cooked vegetables in it—any kind, but all cut with a cutter to one shape.

In Scotland, capers are used sometimes when vegetables are scarce, but they should be well cooked and used sparingly, as otherwise they are acid and strong tasting.

White Soup. No. 3. (*Mrs. Husthwaite.*)

Excellent for a ball supper.

Melt 4 ozs. of butter in a stewpan, add a little lean stock ham, 3 sliced onions, and some sliced celery, also a few button mushrooms, and a bunch of sweet herbs.

Set the stewpan on the stove to cook the vegetables slowly, then add as much flour as you require for thickening the soup. When cooked, add veal stock and let all boil for 20 minutes. Season with a little pepper and a blade of mace, and when the soup is off the boil add some cream before serving.

White Soup. No. 4. Bramcote—enough for 12 people.

(*Hon. Mrs. Wright.*)

6 lbs. knuckle of veal, 2 lbs. scrag end of neck of mutton, 2 whole onions, a clove stuck in each, ½ teaspoonful of peppercorns, a small bunch of sweet herbs, a *very* little thyme, parsley, knotted marjoram, and 1 bay-leaf, 2 ozs. of ham cut in dice. Pour over all 2 qts. of hot, but not boiling water,* and boil 3 hours, all the while skimming carefully; then strain it and let it stand till next day.

* One authority says cold water is best for this.

Before warming it up clear off all fat; add 1 tablespoonful of flour and ½ oz. of butter mixed smooth, cooked and stirred 5 minutes over a slow fire. When the soup boils add 2 tablespoonfuls of vermicelli cut small; let it boil 5 minutes in the soup. Then draw the pot to the side of the fire, and when the soup is quite off the boil add nearly ½ pt. of cream; take care it merely heats, and does not boil after the cream is added.

White Soup. No. 5. Lady Murray's.

4 lbs. of lean veal, rabbit, or fowl, ½ lb. of Scotch barley, a little parsley; simmer slowly in 3 qts. of water; pound all together in a mortar, then pass through a tammy, and add the water in which it was boiled.

Warm it up, and just before taking it off, stir in gently 1 pt. of cream.

Add some chopped capers, French beans, peas, vermicelli, or asparagus, previously very well boiled.

White Soups. For other White Soups, *see* Pheasant Soup, Rabbit Soup, &c.

Winter Soup. (*Mrs. Whyte, Barrow Hill.*)

Ingredients: 2 carrots, 2 turnips, 2 onions, 2 heads of celery, 1 large potato, 1 pt. of dried green peas, or in summer 1 pt. of fresh young peas, 2 qts. of water or of beef stock, a few peppercorns, and a very little sugar.

Boil all together till smooth, pass it through a sieve, and at dishing time add a little cream.

Winter Julienne Soup (for 8 people).

Cut some carrots and throw them into boiling water, with a pinch of salt, to boil on alone ½ hour. Cook together 2 large onions and the white part of a stick of celery for 10 minutes in boiling water. Keep these vegetables ready.

Stew ¼ pt. of canister peas in stock for ½ hour with piece of fresh mint or a bit of the stalk of dried mint, trim 2 doz. beans and blanch them ¼ hour, wash a handful of spinach leaves in several waters, cut them and then blanch them from 5 to 10 minutes till tender, also blanch some green peas in salt and water; keep all these ready to add.

The carrots, onions, celery, &c., are all to boil up *in* the soup, but *not* the spinach, peas, or beans which must be added at the last merely to heat, with a lump of sugar.

Add 1 sprig of freshly gathered tarragon, 1 of chervil, cut up and dipped 1 minute in boiling water; if whole and not cut up, let it merely flavour the soup and be taken out.

(For other Julienne Soups, *see* earlier.)

"Yorkshire Club Soup," for 10 or 12 people.

(Exact copy of French Chef's English.)

"To prepare this soup, set to ebullitions 4 qts. of good broth. Cut up 2 chickens, put them into a stewpan with their backs, pignons, legs, bones, and gizzards, and with 12 ozs. of raw ham in large dice, 4 lbs. veal in large dice. Fry these meats with butter on a good fire until highly coloured. Then sprinkle over 2 tablespoonfuls of arrowroot. Two minutes after moisten with 1 bottle of Sauterne ("vin blanc") and the 4 qts. of good broth. Stir the liquid until boilings, then remove it back and add to it a few sprigs of sweet herbes ("Aromates"), 2 onions, 2 carrots, 8 Leeck, and 1 turnips, 1 head celery, parsley, 4 Bay lives, 6 eschalottes, 1 head garlick, 6 cloves, 10 peppercorns. Let the soup boil. It should be of a slight consistency. 25 minutes before you pass the soup, put into it 1 cod's head (*very fraiche*) not boiled after. Skim off its fat again. 25 minutes after you put in the cod's head pass the soup through a cloth. Basil, marjorame, and a sprig of chives, thyme, sprigs of sage (not one of these flavours should predominate) simply pass these infusions through a cloth into the soup. *But at the last moment* take black skin of the Cod's head and put in the soup tureen 8 or 10 pieces of fat green turtle, 4 glasses of good sherry, 1 juice lemon, and 1 pinch of Cayenne pepper."

STUFFINGS

(Various Forcemeats and other Stuffings will be found under Meat, Poultry, Game and Fish with their respective recipes.)

Stuffing for Artichoke Bottoms.

To a tablespoonful of finely-minced raw bacon quickly fried in butter, add some onion blanched and chopped, mushrooms and parsley, 2 yolks of egg, a little brown sauce and pepper. Stuff artichoke bottoms. Crumb lightly and cook brown.

They should come up alone, and are good as a savoury.

"Demi-glace" Sauce is best with them. (*See* Sauces for Meat.)

Tomatoes or mushrooms may be stuffed the same way.

Stuffing for Beef Sirloin. *See* Meat—Beef, Stuffed Sirloin.

Stuffing (Forcemeat) for Braised Fowl. (*Mrs. Thomas.*)

See Fowl—Braised, No. 1, under Poultry.

¼ lb. of sausage meat, 2 ozs. of bread-crumbs, a teaspoonful of chopped parsley, a tablespoonful of chopped truffles—all mixed with the yolk of a raw egg.

For forcemeat, the truffles must be simmered till done, ½ hour to 2 hours, in their own juice, a little sherry, and some glaze.

Stuffing for Cod. *See* Stuffing for Pike, No. 3.

Stuffing for Roast Duck. (*Isa. Emslie.* 1888.)

Chop 2 peeled raw onions fine, and put them on to fry in 2 ozs. butter for half an hour in a sauté pan, stirred and tossed. Take off, and mix in ¼ lb. nicely prepared bread-crumbs, a teaspoonful of chopped sage, pepper and salt to taste. Bind with the yolk of 1 egg. You may half boil the onions instead of frying them, and then pass through a sieve.

Do not stuff the ducks too tightly—give room for stuffing to swell. This quantity would stuff two birds.

Stuff ducklings also. It mellows their flesh, even if the stuffing is not eaten.

Stuffing for Ducks. *See* Stuffing for Geese.

Stuffing for Ducklings. *See* Stuffing for Geese, *see* also Stuffing for Roast Duck.

Stuffing for Fish. (*Mrs. Thomas.*)

A Quenelle farce made of whiting is the most delicate stuffing for fish.

Stuffing: Forcemeat Balls are like quenelle mixture, but with lean ham instead of shallot. Truffles or mushrooms flavour nicely—if you have none use chopped herbs.

Stuffing for Geese.

Chop an onion fine, also half its weight in sage leaves; mix with it twice as much bread-crumb, a piece of butter the size of a walnut, the yolk and white of an egg, pepper, and salt.

The same stuffing can be used for ducks or leg of pork or ducklings, but latter only require a little sage, pepper and salt.

Stuffing for Haddock. *See* Stuffing for Pike, No. 3.

Stuffing for Hare. No. 1. (*Mrs. Thomas.*)

¼ lb. of raw fillet of beef, pounded and passed through a sieve, the same weight of sifted bread-crumbs, 3 ozs. of beef suet chopped fine, use mutton suet if you cannot get beef suet, a sprig or two of thyme and 2 or 3 of parsley; use the green part, not the stalks. Beat all smooth in a basin with a whole raw egg and mix thoroughly.

This stuffing does as forcemeat for Pigeon Pie. *See* Meat Pies.

Stuffing for Hare. No. 2. (*Beechwood.*)

Chop 2 ozs. of beef suet fine—add 3 ozs. of bread-crumbs and 2 shallots, and season with a little "herbaceous mixture," sold at Italian oil shops and highly esteemed for soups, stuffings, pies, game, and all things requiring a high seasoning; add the white and yolk of 1 egg. The liver may be added, scraped, parboiled and minced; also a grate of nutmeg if liked; mix all well. The stuffing must be stiff.

To stuff veal, turkey, &c., the above would do well with parsley and onion chopped fine, pounding all with the yolk of 1 egg and the whites of 2 eggs.

Stuffing for Mushrooms. *See* Stuffing for Artichoke Bottoms.

Stuffing for Roast Partridge. (*Mr. Courtenay.*)

Chop up the liver of the bird with bread-crumbs, pepper and salt, and a *very* little onion—or if you prefer it, put a small whole onion into the bird.

(A note by Mr. Courtenay says: "Lady E. Lowther, assured me it was inconceivable how much this stuffing improved the birds by keeping them moist. The stuffing itself may be eaten or not, as you prefer. She told me the well-known Lord Hertford always had partridge stuffed so.")

Stuffing for Pea Fowl.

Scrape some veal aud shred fine some suet; add bread-crumbs sweet herbs, pepper, salt and mace—also 2 eggs.

Stuffing for Pigeons. *See* Pigeons Stuffed and Boned, under Poultry.

Stuffing for Pike. No. 1. (*Mrs. Thomas.*)

All freshwater fish should be rubbed with salt to prevent their being soft and tasting muddy.

Pike to cut firmly should be cleansed and well rubbed inside with salt, which should remain in it 2 or 3 hours.

Soak a French roll or a piece of crumb of home-made bread in milk and squeeze dry. Add 2 ozs. of butter, a raw egg, a teaspoonful of essence of anchovy or shrimp, or a dessert-spoonful of essence of lobster, a little green parsley-leaf squeezed and chopped fine, and seasoning. Mix all well and it will make a delicate stuffing for the fish.

Stuffing for Pike. No. 2.

Veal, suet or butter, bread-crumbs, parsley, thyme, all passed through a sieve, and seasoned with essence of shrimp or anchovy.

Stuffing for Pike. No. 3.

Equal parts of fat bacon, suet, and fresh butter, some parsley, thyme and savory; a little raw shredded onion, a few minced leaves of marjoram, and 2 anchovy fillets, nutmeg, salt and pepper; oyster improves it.

Add bread-crumbs and an egg to bind.

The same stuffing does for haddock or cod.

Stuffing for Pike. *See* also Pike—Baked, under Fish.

Stuffing for Tomatoes. *See* Stuffing for Artichoke Bottoms.

Stuffing for Turkey. No. 1.

The same as Stuffing for Veal adding a sausage or a few oysters.

Stuffing for Turkey. No. 2. Chestnut.

Roast as many chestnuts as you will require, skin and pound some of them to make the stuffing; add to the latter the chopped liver of the bird, some green of parsley, a little pepper and salt, and the yolks of 3 raw eggs. Put this stuffing into the *crop* of the bird, but stuff the *body* with whole chestnuts and with small sausages previously half cooked *i.e.*, fried in butter.

Stuffing for Turkey. No. 3. (*Mrs. Thomas' two ways*)

(*a*) ½ lb. of the nut of a fillet of veal; weigh when scraped, chopped and passed through a sieve; ¼ lb. raw ham and 1 teacupful of bread-crumbs, both treated in the same way. Add a little chopped truffle and seasoning, all mixed with a raw egg, and passed through a sieve. An excellent stuffing.

If you have no suet, use butter, bread-crumbs, thyme, sage or lemon.

(*b*) ½ lb. sausage mixture pounded; 1 teacupful pounded bread-crumbs, and a little chopped parsley-leaf, green part only, not the stalk—all pounded, mixed and passed through a sieve.

Stuffing for Turkey. *See* also Stuffing for Hare, No. 2.

Stuffing for Veal.

To a cupful of suet chopped fine, add the same weight of bread-crumbs; pepper, salt, a grate of nutmeg, chopped parsley, and a little thyme or knotted marjoram. Mix all well, and add a whole egg. Work well together with a spoon.

SWEET DISHES

(*See* Sweet Puddings, also Preserved Fruits, &c.)

"Allumettes."—*See* Puffs, No. 1.

"Almond Wafers."

For dinner.

½ lb. sweet almonds chopped and pounded; as you pound, drop over them a little orange-flower water to prevent them oiling; put in a basin, and mix in a spoonful of flour, the same of cold water, and a pinch of salt, also 4 ozs. sugar, 4 yolks of egg, and 2 whites.

Mix well, and put on baking sheet to half bake in a slow oven; when done, cut with a round cutter and twist them into shape of cornucopias, and dry in screen; stick pistachios on top rim, or coloured sugar. Fill the cornucopias just before you send them up with iced Italian Cream, No. 1 (*see* later on under Cream).

American "Cracked Wheat."*

Boil the wheat 10 minutes. Beat up a couple of eggs with a little sugar; flavour to taste with ratafia.

Bake a nice brown.

"Angoulême Cups." *See* Custards.

Apple Cake. Mr. Courtenay's "Gâteau de Pommes."

Sharp fresh-gathered apples answer best—Golden Pippins, Ribston Pippins, or old English unreformed Russetins.

Mrs. Thomas says Hawthornden apples answer best. Peel, quarter, and core; so prepared, weigh 2 lbs. Take a large stew-pan, and just cover the bottom with cold water in which pips, peel, &c., have been stewed and the water then strained; add the apples, 1½ or even 2 lbs. of lump sugar, and the whole rind of 2 lemons free from white; some add the pulp and juice as well.

Shake the pan gently over the fire till all comes to the boil; then stir constantly with a wooden spoon till the mixture will drop off the spoon like jam (20 or 30 minutes). Take out the lemon peel, and pour the apple into a hollow mould well rubbed with olive oil or clarified butter. If possible, make the day before it is wanted, and do not turn it out till quite cold.

* Mrs. Hoover tells me that "Cracked Wheat" is an American preparation of wheat with husks removed—said to make an excellent porridge. A good recipe for it in a different form is given in The Century Cook Book (by Mary Ronalds); this seems to resemble the old English "Wheat Flummery."

Stick the "cake" all over with spikes of blanched almonds. *Smother* in thick plain cream or rich custard (cold). It requires a great deal of sauce.

(The remains of this dish make delicious Apple Charlotte or Apple Fritters.)

Apple Charlotte, "Charlotte aux Pommes."

This is simple and excellent if well made.

Stew some apples, sweetened as for apple sauce; do not over-sweeten the apple, or the pudding will stick to the mould and will not turn out "clean"; flavour with whole cloves, or the rind of a lemon may be put in to stew with it and taken out before serving; have a little *fresh* butter clarified, cut some crumb of bread into slices, all one shape, and dip each piece in the butter, first one side, then the other.

Butter a plain mould, and line the bottom and sides with the buttered slices of bread, fitted together like a mosaic to make a perfect shell of slices both at the bottom and sides of the mould; then fill the mould with the prepared apple, pressing it down, and bake a nice brown.

The slices of bread must be equally and well buttered to make them crisp, and the oven not too quick. If the bread catches and scorches, the pudding is spoilt. Plunge the mould to two-thirds of its depth in cold water for a minute to loosen it before turning out, and wipe the outside dry before turning the pudding out; serve hot.

Plain cream in a sauce-boat is the best sauce, but if you prefer it, use Kymac (*see* later on under Cream).

Emslie lines the mould with a thick crust of browned, very crisp bread-crumbs *instead* of pieces of bread; it turns out with quite a wall of crumbs.

Another Apple Charlotte recipe is very good; in this the bread is cut in little round bits like a thick shilling and fried. Make a mosaic of these in a buttered mould, dipping each bit of bread in a little warmed clarified butter.

The apples for this charlotte must be peeled, cut up, and cooked (2 lbs. of apples to 1 lb. of white sugar, and the grated rind of a lemon, no water). Keep the lid on, but often take it off to stir. The apple should simmer gently on the stove in a buttered pan 1½ hour, like a pudding. It becomes smooth. When enough done pour the apple with care into the bread-lined mould, and bake it 2 hours in the oven. Turn out, and serve with cream in a boat as sauce.

Apple and Orange Chartreuse, "Chartreuse de Pommes et d'Oranges."

Cut up 8 apples into 8 "pigs" each (*i.e.*, like divisions of an orange), put into a stewpan with 2 tablespoonfuls brown

sugar, a little lemon-juice, peel, 2 or 3 cloves, ¼ pt. of water, and cochineal to colour; stew them till soft; take out the apple and keep on one side; cut 6 oranges into "pigs," cutting off all the skin; put these cuttings into the syrup in which the *apples* have cooked; add ¼ of an oz. of gelatine to this syrup; boil up, clear with white of egg, and strain; pour syrup all over the inside of a mould; dip each "pig" of orange first into pounded sugar, and then into syrup; lay them at the bottom of the mould, then a layer of apple round the side, and so on alternately. The apples must be dipped into syrup, but *not* in sugar. Pour the remaining syrup over all in the mould, and, when cold, fill up with whipped cream.

Apple. *See* also Cheesecakes—French Apple.

Apple Compote. (*Emslie.* 1888.)

Peel some apples as thin as possible; cut them in half from top to stalk, core carefully; have the thin peel of a lemon also.

Have ready, boiling, ¼ lb. lump sugar in 1½ pts. of water. Put in the apples and lemon peel; cover with lid, and draw to the side of the fire, there to simmer till the fruit is tender.

Take the apples out, and add ¼ lb. more lump sugar to the syrup; boil fast, uncovered, till reduced to half; let it cool, then strain over the fruit when dished.

In the centre of each apple put a whole red crystallised cherry, and if you have "company," add pistachios and slices of lemon peel also.

Apple Compote. *See* also end of Apple Tart recipe.

Apple—"Cream Apples."

Large, fine apples pared and cored; but in taking out core leave them solid below it, to hold the cream better; boil in a syrup of sugar and water. When rather more than half cooked lift them out into a dish and fill the centres with Italian Cream, No. 1 (*see* Cream); cover the apples also with the cream, powder them well with sugar, and salamander the sugar for 10 minutes. Ornament the dish with angelica and dried cherries.

"Apple Flan."*

Make an open tart-shape of short-crust paste, baked separately as for strawberry tart (*see* Tarts), and fill when ready with "pigs" of apple previously stewed in a little water and sugar, and reduced; finish if desired with apricot jam or apple jelly.

Apple "Folly."

(This is marked "Innocent for children, but dull!")

Pare apples, and core them. Stew them in water till tender,

* "Flan," French for tart made with cream, &c.

but not broken. Fill the hollow where the core would be, with sugar. Whip some white of egg to a froth. Dip the apples into it, and sift powdered sugar thickly over. Put them in a very cool oven to candy, but *not to brown.*

Apple Fool. No. 1. (*Beechwood.*)

Pare, core, and cut in pieces some good stewing apples. Stew them till tender with a *little* water, 2 cloves, a bit of cinnamon, and the peel of half a lemon. Pulp ½ a lb. of this through sieve, with same weight of brown sugar, the juice of a lemon, and the whites of 2 eggs. Beat all together for 1 hour, serve it upon rich cream or a boiled custard in a glass dish.

Apple Fool. No. 2.

Rub some well-cooked apples through a sieve ; then weigh out ½ lb. of them, and ½ lb. lump sugar, ½ pt. *thick* raw cream, and the grated rind of a lemon.

Serve in a trifle dish.

Apple—Normandy Pippins.

Well wash the pippins, then cover them with fresh cold water and leave all night to soak. Next day cook them very gently *in the same water* till quite tender; do not add sugar till they are nearly done. Flavour with cloves and lemon peel; add a glass of sherry as you take them off the fire.

Apple—"Original" Apples (Roasted).

Take out the cores, but leave all solid below ; fill the holes with butter and sugar (renew this when half cooked) and dish all the syrup with the apples.

Apple Pie. (*Lady Clark and Miss Pilkington.*)

For short-crust use Short Sugar Paste for Fruit Pies (*see* Paste and Pastry).

For this pie the apples must be peeled as thin as possible. Carefully cut away any specks of decay from them, and from the peel, and core them. Take peel, core, and pips, and put them into a pan with a little water ; put the lid on close, and stew them gently for some time. Then strain this apple-flavoured water through a tammy, and use it, tepid or almost cold, with the prepared apples instead of plain water in making the pie, and it will give the full flavour of the fruit.

Put an inverted egg cup under all tart crusts, and make a little hole or chimney in the paste above the cup.

Have plain cream for sauce, or a mixed cream-custard, *i.e.*, flavoured custard and Italian Cream, No. 1 (*see* Cream), mixed half and half.

Apple and Orange Sandwiches.

12 russet apples, 12 oranges, put on in an earthenware pan with 2 lbs. of sugar to cook gently till all are a pulp; strain the fruit whilst hot through a muslin bag, make into sandwiches with Puff-paste (see Paste and Pastry), and bake.

Apple Soufflé. *See* Soufflés.

"Apple Snow." (*Lady Hobhouse.*)

10 good-sized apples, the whites of 10 eggs, the rind of a lemon, ½ lb. of powdered sugar.

Peel, core, and cut the apples into quarters, and put them into a saucepan with lemon peel, sugar, and enough water to keep them from burning, rather less than a pint. When the apples have cooked, take out the lemon peel, beat them to a pulp, and let them cool—then stir in to them the 10 whites of egg previously beaten to a stiff froth. Miss Duckworth prefers lemon *juice* to peel for this dish, and *her* recipe for it ends: Whip all together for 1 hour,* then drop lightly into a glass trifle dish.

Apple Sponge. (*Lady Hobhouse.*)

1 pt. of thin syrup, 1 lb. of apples peeled and put into the syrup, with the rind of ½ a lemon. Boil till quite done; add ½ oz. of dissolved gelatine, pass all through a fine hair sieve; when nearly cold whip it to a white froth and pour into a mould. Turn out when set.

Apple Tart "Newtown Pippins." (*J. Emslie.* 1895.)

First make some syrup in a pan, ½ lb. of lump sugar to ½ pt. of water. Let it come to the boil before you add the apples, which should already be peeled, quartered, and cored.

When you have added the apples, draw the pan (with cover on) to the side of the stove to cook quietly till they are quite tender. Then put them in a pie-dish, and do not add the paste lid till they are quite cold. (The crust probably like apple pie, and baked separately.—C.F.F.)

If wanted as compote, instead of a tart, some shreds of fresh lemon peel, pistachios, and glacés cherries improve the dish.

Apple Toast.

Cut 6 apples into quarters, peel, and core; put them in a stewpan with 1 oz. of butter; strew 2 ozs. of pounded sugar over the apples; add 2 tablespoonfuls of water; stew quickly on the fire, tossing them up or stirring with a spoon; a few minutes will do them. Put 2 ozs. of butter in a frying pan; when melted put in 2 or 3 slices of bread ½ in. thick; fry a nice gold colour; when crisp, sift pounded sugar over; spread the apples 1 in. thick on them, and serve hot.

* The rolling whisks now used do not take so long.

Apple—"Transparent" Apples. (*Mr. Taton.*)

Of golden pippins or the "painted lady" kind take about 12 apples. Peel them very thin and smoothly; better *not* take out core and pips as they break and spoil. Put the fruit in cold water, and let them simmer till tender enough for a straw to penetrate, but they must not break; put them on a sieve to drain till quite cold.

Cook 1 lb. sifted sugar in ½ pt. of water—till it syrups; it will probably require about 20 minutes; carefully take off any scum that may arise. Into this syrup put glacés cherries, pistachios, shreds of lemon peel, and small rings of angelica.

When syrup and apples are *quite cold*, dish the apples in the form of a pyramid, putting a ring of angelica and a cherry on the top of each apple; then pour the syrup and dried fruit gently into the dish—if the syrup were poured in hot, the apples would break.

Apricot Compote. (*German Recipe.*)

First boil up sugar and water thoroughly, peel the apricots, divide them, and drop them into the boiling syrup; take out the fruit when only slightly cooked, continuing to cook the syrup till thoroughly done; then pour it over the fruit.

[Gooseberries, currants, and all other fruits for a similar dish are dropped into the syrup the same way as apricots, except strawberries and raspberries which are not dropped into the syrup at all, but the boiling syrup is *poured over the fruit* which is piled in a dish, then the syrup is poured off and reboiled; this is repeated *three times;* the well-cooked syrup is finally poured over the fruit and left; it retains the flavour of fresh fruit without a suspicion of "jamminess."]

Apricot Jelly. *See* Jelly.

Apricots—"John's Stewed Apricots."

Take 12 apricots, divide each in half, but *do not peel* it. Take out the stones.

First make a syrup thus: put 1 lb. lump sugar in a stew-pan with ½ pt. cold water; cover the pan and let all come slowly to the boil; then skim well and put in the divided apricots. Let them simmer *un*covered on the hot plate, or at the side of the fire, till they are tender (20 minutes). Watch them. Take them up to drain on a sieve, and reduce the syrup by boiling it quickly, *un*covered, skimming it all the time. Let the syrup then get cold.

Now crack the apricot stones, peel the kernels and arrange the fruit in a dish with the kernels.

N.B.—Add the syrup *cold*, as, if poured hot on the fruit, it will break the apricots and make them look messy.

Apricot Puffs. *See* Puffs, No. 2.

Apricot Roll, Boiled.

6 ozs. of finely-chopped very fresh beef suet to 8 ozs. of flour, a pinch of salt, and ½ teaspoonful of baking powder mixed into the *flour*. Mix all most thoroughly with the hand, with water enough to make it a stiff paste; then roll out twice thinly, and spread apricot jam on it. Roll up rather tight.

Wring a clean cloth out in hot water, and sprinkle it inside with flour; tie the pudding up in it, put on in *boiling* water, and boil 4 hours.

Untie the cloth gently, and dish the pudding with a jam sauce round it, made of a tablespoonful of apricot jam, the same of hot water, and 4 lumps of sugar, all stirred over the stove and strained.

Plain cream is also handed in a boat with the pudding.

Apricot Soufflé. *See* Soufflés

Apricot Sponge. *See* Sponges.

Arrowroot Shape. No. 1.

2 dessertspoonfuls of arrowroot, moistened with the juice of 1 lemon or of 2, according to desire, then with *boiling* water make it as thick as starch.

Add the whites of 2 eggs, beaten to a stiff froth and stir in the yolks of the eggs with sugar to taste. Put in a mould.

The principal thing is to make the arrowroot clear and stiff. Sometimes it is a great failure, if the water is not quite boiling.

Arrowroot Shape. No. 2. Auchentorlie. (1875.)

1 pt. milk, set on to boil, flavoured and sweetened to taste. Let it come to the boil; then add 2 tablespoonfuls of arrowroot previously well mixed in ½ pt. of cream.

Stir all well for a few minutes; then pour into a prepared shape. Do not turn out till cold.

Serve plain, cold, but send also to table with it a dish of stewed fruit or jam or fruit jelly, and a jug or boat of plain cream.

Baba. No. 1. (*Emslie.* 1891.)

Take ¾ lb. of fine wheat flour and a pinch of salt; work into it 3 ozs. fresh butter and 3 ozs. sugar; dissolve 1 oz. German yeast in 2 tablespoonfuls or more of lukewarm milk and water (half and half), and strain it. Mix the flour into a dough with as much of this milk as you require, and let it rise before the fire, covered with a cloth, in the meat screen for 1 hour.

Then beat in 3 raw whole fresh eggs one at a time. Take a plain mould or cake tin, butter the inside and line it with peeled blanched almonds cut in slices lengthways. The dough should half fill the mould when put in, and you should pin a paper round

the mould outside, and higher than it by 3 inches, like a palisade. Let the Baba rise to the top of the mould; then bake it 1 hour in a brisk oven.

Serve Rum Custard Sauce, No. 2 (*see* Sweet Sauces) in a sauce-boat with it.

Baba. No. 2. "A Louvre Baba" (Cold). (*Hotel in Rome.* 1878.)

To eat with a much-frothed lemon sponge.

Butter any kind of mould, but a Baba or plain cake mould is best, and strew it with bread-crumbs.

Ingredients: 1½ lb. flour, 6 ozs. only of fresh butter, ½ pt. lukewarm milk, the rind of a lemon, some strained German yeast (first dissolved in a little lukewarm water), sweetened with a good tablespoonful of sugar, a little salt, the well-beaten yolks of 4 eggs, flavoured with orange-flower water. Whisk the 4 whites to a stiff froth by themselves.

Take three parts of the flour in a basin and warm it, and make a hole in the centre, into which put the strained and sweetened yeast, the milk, and the salt. Give one stir round, as for breadmaking, when a little flour will fall in. Let it stand, to rise a longer or shorter time, all depending on the yeast. Then add the butter, just melted, the well-beaten and well-flavoured yolks of egg, and the remainder of the flour. Beat the mixture till it will fall lightly off the spoon like a smooth thick batter, and just before putting it into the mould mix the 4 frothed whites of egg lightly in. The mixture should fill the mould about two-thirds. Paper the mould, and when the Baba has risen to the top then quickly put it into the oven. When half done, rough the top with almonds, each cut *across* into halves or thirds; finish baking, but *the almonds must not burn.*

Do not cut the Baba till it is cold.

N.B.—It should honeycomb from lightness, owing to the well-beaten eggs and the yeast, whilst the orange flower and the almonds give it a pleasantly foreign flavour. At Rome this was handed at dinner to eat with a "shape"—whipped wine jelly probably, or made of some frothed material like an old-fashioned sponge, flavoured with lemon, or orange, or cherry; in the latter case a few dried cherries were added in it, and it was pink. An orange shape had needle-shaped chips of orange peel in it, whilst the lemon shape was white and merely flavoured with lemon.

Baba. *See* also Savarin.

Bavaroise. No. 1. Coffee. (*Cataldi.*)

This is between a cream and blanc-mange. Half this quantity is generally sufficient.

Whip up 1½ pts. of cream, and put it aside. Have ready also about 2 tablespoonfuls of isinglass or gelatine melted and strained.

Put the yolks of 2 eggs in a stewpan; add to them 2½ tablespoonfuls of sugar, also ½ tablespoonful of ground rice or of potato flour. Stir eggs, sugar, and rice well together, adding ½ pt. of milk, or *cream* if to be had; mix well. Boil well up once; then strain through a tammy. Add 4 tablespoonfuls of strong coffee, and let it cool gradually, stirring all the time to prevent it from becoming lumpy.

Now pour in the melted isinglass very gradually as you stir, but do not add the whipped-up cream till the last moment, *just before* putting the bavaroise into an ornamental mould.

If this dish is set in ice, less isinglass is required.

Bavaroise. No. 2. Coffee or Chocolate.

(*Mrs. Wellington.* 1877.)

A custard of 4 eggs (yolks only), a teacupful of strong coffee, 1 pt. milk, all sweetened to taste, whisked together, and strained through a tammy.

Melt 2 or 3 flakes of gelatine in a little milk warmed on the stove, and strained; add it; and, lastly, when cool but not cold, add a teacupful of whipped cream. Pour into a mould rinsed out in fresh water and not dried; bury in ice from 6 to 8 hours.

(A similar recipe gives 6 yolks to 1 pt. of milk, ½ lb. sugar to 5 tablespoonfuls of cream, and breakfastcup of coffee, the two last added when off the fire.)

If you use grated chocolate in place of coffee for a bavaroise, mix it first with *half* the milk, stir over fire with a wooden spoon till it boils, put through a tammy to prevent lumps, and add when cool to a custard made of 6 eggs and the rest of the milk, before it goes on to the fire; less sugar than with coffee, as the tablet chocolate is so sweet; 5 tablespoonfuls of cream may be added.

A bavaroise is much less rich than an English "cream."

"Beignets." *See* Fritters.

Blanc-mange. (*Dr. Combe.*)

Take 2 pts. of new milk or thin cream to 1 oz. of gelatine; dissolve in same way as for jelly—*i.e.*, by heating in the greater part of the milk—season to taste with sugar, a bay-leaf or a few drops of essence of lemon to flavour it; let it boil a few minutes, strain through a bit of muslin or a lawn sieve, and stir occasionally until cold before putting it into a mould.

Blanc-mange—Coffee.

For this you use ½ pt. of very strong clear coffee, omitting the same quantity of milk; otherwise make like last recipe.

Blanc-mange—Green Gooseberry.

For a very pretty green gooseberry blanc-mange take ½ lb. gooseberries and boil with ¼ lb. loaf sugar till they will pass

through a sieve, add to this pulp ¼ lb. of isinglass, pour into a wetted mould, and fill up with the plain blanc-mange in the first blanc-mange recipe.

"Boiled Angels." (*Helston.* 1881.)

("New College Puddings," from Angel Inn, Helston.)

1¼ lb. of bread-crumbs to 1 lb. of suet, 1 lb. of currants, 1 grated nutmeg, ½ lb. of brown sugar, mixed well together and moistened with fresh eggs; put in cups, and boil 4 or 5 hours. If cooked and left in the cups, they will keep good a fortnight, and warm up on short notice.

Bread Tarts. *See* "Brod Torte," under Tarts.

"Brown Caps." (*Mrs. Farrer.*)

Make a batter of 3 eggs and 3 spoonfuls of flour beaten well together, and then mix in 1 pt. of new milk. Butter some cups, pour in the mixture, and it will take about 20 minutes in quick oven to bake them.

This quantity will fill 9 cups, and they ought to rise out of the cups till the inside is quite hollow. The crisp outside should be of a nice light brown; they are served hot—without the cups. Hand round Demerara sugar and cold butter to eat with them.

Cambridge "Crème Brûlée." *See* Cream—Burnt Cream, No. 4.

Caramel. *See* Cream—Portuguese Cream.

"Charlotte aux Pommes." *See* Apple Charlotte.

"Charlotte Russe." (*Birk Hall.*)

Line a mould—a plain one, both bottom and sides—with "ladies' finger" sponge biscuits.

Half freeze some Italian Cream, No. 1 (*see* Cream) in a freezing pot, about 20 minutes, then pour it into the biscuit-lined mould, put the cover on tight, and let it remain 3 hours at least, buried in ice.

If you can get only a little ice, add to the cream a custard made of ¼ pt. of milk to 2 yolks of egg and ½ oz. of gelatine melted in a little water. This gelatine and water must be *barely lukewarm* when added, or the preparation will become lumpy. Set the cream 1 hour in ice if you can get ice.

Chartreuse. *See* Apple and Orange Chartreuse; also *see* Pear Chartreuse.

Cheesecakes—Almond, or Irish. (*Beechwood.*)

6 bitter almonds and ¼ lb. sweet almonds. Blanch them nd put them into cold water; when cold, chop them, but *not very fine.*

Whip the whites of 2 fresh eggs in a gentle heat, to a stiff froth; *mix thoroughly* with the whites ¼ lb. finely-pounded loaf sugar; then add the almonds. A little vanilla or orange-flower water improves these cheesecakes.

Butter 12 tartlet pans; line each pan with thin puff-paste (*see* Paste and Pastry); put a tablespoonful of the mixture on each, and bake in a moderately hot oven.

Take care they are not "*sad*." Watch the oven, and bake with care.

Cheesecakes—"Capital."

Grate the rind of 2 lemons, and add the juice of 1, the yolks of 12 eggs, the whites of 6, ½ lb. of butter melted in ½ pt. of cream. Sweeten with sifted white sugar to your taste. Put it over a slow fire till it begins to thicken. Some add 2 ozs. of bruised sweet almonds. Fill paste-lined pans half full, and bake ½ hour.

Cheesecakes—Curd, or Yorkshire. (*R. M. Beverley.*)

1 pt. of fresh curds (*see* Cream—Curds and Cream, No. 1), 4 or 5 eggs, both yolks and whites well beaten, first apart, then together, 3 large tablespoonfuls rich cream, 6 ozs. currants washed and dried, 3 ozs. powdered loaf sugar. Flavour with nutmeg or grated lemon peel; stir well up together.

Line a patty pan with a plain paste made with very little butter; pour in the mixture, and bake. Send up cold for luncheon like a large cheesecake in a napkin. The patty pan must be very deep, and at least 4 inches across. This mixture is still better made the shape of a deep open tart, which looks almost like a cold custard pudding.

Cheesecakes—French Apple. (*Mrs. Backhouse.*)

Stew 5 apples till they are soft; then rub them through a sieve; to them add 2 yolks of egg, also a handful of stale bread-crumbs, 1 oz. fresh butter *melted*, the grated rind of a lemon, and sugar to your taste. Should the apples not have enough flavour, add a squeeze of lemon juice.

Have ready 5 or 6 patty pans lined thinly with a crisp, but not a rich, paste; fill them with the apple mixture.

Bake, and serve *very* hot or *quite* cold.

They are also good warmed again next day.

Cheesecakes—Ground Rice. (*Beechwood.*)

To a coffee-cup of ground rice put a pint of milk, and boil it well over the fire; add ¼ lb. of butter, sugar, and 3 eggs well beaten.

Flavour with noyau or peach-kernel essence, and fill paste cases with the mixture and bake.

Cheesecakes—Irish. *See* Cheesecakes—Almond.

Cheesecakes—Lemon Mixture. (*Miss Duckworth.*)

Excellent for keeping.

This mixture may be prepared when new-laid eggs are plentiful; then, if potted like jam and papered and put in a cool place, it will keep many weeks.

¼ lb. fresh butter, 1 lb. pounded loaf sugar, 6 fresh eggs well beaten, the grated rind of 2 lemons and the juice of 3. Mix these ingredients well, and put in a pan over a slow clear fire, and stir gently till thick as cream. Put into pots, and cover like preserves.

If well kept from the air this mixture will keep for years.

Cheesecakes—Parmesan Custard. *See* "Talmouses," No. 2, under Cheeses and Cheese Dishes.

Cheesecakes—Yorkshire. *See* Cheesecakes—Curd.

Cherries for Cold Pudding should be cooked in hot syrup a few minutes to swell and to mellow. (Glacés Cherries.)

Chestnuts—to Cook.

Cut off their tops, and put them on a baking sheet into the oven 25 minutes or more. When sufficiently done, shake them over the fire in a frying pan—shaking them all the time to allow them to crisp and crack. Send up in hot napkin.

Chestnuts "à la Célestine." (*Auchentorlie.* 1879.)

The chestnuts are boiled and passed through a sieve and sweetened with sugar and then passed a second time through the sieve.

The centre of a dish is filled with "tutti frutti"—cold stewed pear, apple, melon, pineapple, apricot, cut small and round, the size of a dollar. The syrup flavoured with rum. Over this whipped cream, and at the last the chestnut snow round, which must not get into the juice.

"Chestnut Snow." (*Lady Buchanan.*)

To 16 ozs. of shelled chestnuts boiled in milk, and when dry passed through a sieve, add 4 ozs. of sugar, flavoured with vanilla. Pass again through the sieve on to the dish you serve it in; cover with Italian Cream, No. 1 (*see* Cream), flavoured with vanilla; garnish with "pigs" of stewed orange round if liked.

"Choux Paste." *See* Éclairs.

Compote—Strawberry or Currant. *See* Apricot Compote, also Apple Compote.

Cranberries, fresh, for Luncheon.

(*Mrs. Farquharson, Monaltrie House.*)

Put the cranberries in a preserving pan with half their weight of refined sugar, and boil 5 or 6 minutes only; then put them in stoneware moulds. The preserve will, when cold, become quite firm.

A day or two after it is made turn it out of the mould and serve with whipped cream or plain cream. It keeps as well as jam, but is prettiest in colour when freshly made.

Cranberries, the German way. (*Princess von Reuss.*) *See* Preserved Fruit.

Cranberries, called "Kisselle." (*Miss Young's Russian Recipe.*)

Take a cupful of rice or potato flour, a bottle of cranberry juice and water, or of red currant juice and water—sugar to taste. Mix it very gradually and stir it by degrees as the juice is added (in the same way as starch is made). Boil it. If when it begins to boil it appears too thick, add juice and water. It should be of the consistency of starch; dip a jelly mould in water and pour in the "Kisselle." Let it stand in a cool place till cold; eat it with sugar and cream.

Cranberry Tower.

A pretty dish, a hollow round tower of thin layers of Cataldi's *Feuilletage* flaky puff paste (*see* Paste and Pastry), with cranberry jam between, cut through when you help it. Centre filled with Chantilly cream. *See* Italian Cream, No. 1, under Cream.

Cranberry. *See* also Ices.

Cream—Brown Bread Cream, "Crème à la Royale." (1890.)

First make a custard of the yolks of 4 eggs to ½ pt. of milk, with 2 ozs. of sugar, a tablespoonful of sherry, and 4 sheets of gelatine. Have ready ½ pt. of good whipped cream and 4 ozs. of *brown* bread-crumbs.

When the custard is nearly cold add the cream and the crumbs; put it into a plain mould which you have first lined with glacés cherries.

(Some prefer less gelatine, and put the mould into the refrigerator to set.)

Cream—"Burnt Cream." No. 1. Turned out of a Mould.

Put into a stewpan 2 ozs. of pounded sugar; add the grated rind of 2 lemons. Stir with a wooden spoon over a slow fire until the sugar looks golden, or rather light brown. Then pour in a pint of cream and 3 ozs. more of sugar, the yolks of 3 eggs, and a little salt. Stir the whole, always *one* way, over a slow fire till the eggs are set, then strain the custard through a tammy into a large basin, and mix into it ½ pt. of whipped cream and 1½ ozs. of clarified isinglass. Pour the cream into a mould embedded in rough ice.

(N.B.—The original MS. is very indistinct and blotted, and the figures for sugar and for eggs might be 8 each instead of 3.—C.F.F.)

Cream—"Burnt Cream." No. 2. (*Miss Stovin.*)

Take a little lemon peel shredded fine, and boil it with a pint of cream and some sugar.

Then take the yolks of 6 eggs and the whites of 4, and beat them separately in 2 basins.

As soon as the cream has cooled put in the eggs with a tablespoonful of orange-flower water, and 1 of fine flour. Set it over the fire, keep stirring till it is thick, and then put it into a trifle dish.

When it is *quite* cold sift $\frac{1}{4}$ lb. of fine sugar all over it, and salamander the sugar till it is very brown.

Cream—"Burnt Cream." No. 3. (*I. Emslie.* 1893.)

This will take the yolks of 4 eggs to a pint of cream.

First let the cream boil up.

Have the yolks in a basin with a teaspoonful of sugar and a teaspoonful of orange-flower water, and, as you add the cream, beat all well in. Next return it to the pan, and let all boil up at the side of the fire quickly for a minute or so only. *Stir all the time* lest it should curdle.

Strain it into the dish in which it goes to table. Let it get *quite cold and set.* Then powder thickly over with sugar, and salamander the top so as to make a crust of icing, brown, but not burnt. This sugar top should look like clear brown glass. Serve cold.

Cream—"Burnt Cream." No. 4. "Cambridge Crème Brûlée*." (*The Hon. Mrs. St. John.* 1892.)

Boil a pint of cream, sweetened to taste, for one minute. Pour over it the well-beaten yolks of 4 eggs. Put it again on the fire just to come to the boil, then pour it into a dish and let it get cold. Strew a thick crust of pounded sugar over it. Put for 10 minutes in a slow oven and then brown with a salmander and serve cold.

Cream—Chantilly Cream. *See* Italian Cream, No. 1.

Cream—"Crème à la Portugaise." *See* Portuguese Cream.

Cream—"Crème à la Royale." *See* Brown Bread Cream.

Cream—"Crème à la Vanille."

Faites bouillir une bouteille de lait, où vous mettrez infuser un demi-bâton de vanille et 6 onces de sucre fin ; dans un autre vase fouettez 10 jaunes d'œuf, et versez-y peu à peu le lait ; videz-le, l'un vase à l'autre, 4 ou 5 fois. Passez-le à un tamis de soie.

* For this delicious dish two other excellent recipes are to be found respectively in Mrs. Earle's "Pot pourri from a Surrey Garden," and in "Hilda's Diary of a Cape Housekeeper," by Miss Duckitt (Chapman and Hall). This latter is also called "Cambridge recipe."—C.F.F.

Reservez environ 1/6me de votre appareil quand vous ie versez dans votre moule ; placez votre moule cuire au bain-marie, sans bouillir, ne le démoulez que froid. Mettez dans une casserole sur le feu le 1/6me de votre appareil ; tournez-le jusqu'à ce qu'il soit lié en crème ; il vous servira pour masquer le flanc.

Cream—"Crème de Riz." *See* Rice (Ground Rice Steamed), also Soufflés.

Cream—"Crème Meringuée." *See* Soufflé—Almond.

Cream—"Crème Pâtisserie." *See* Tart—"Frangipani."

Cream—"Crème Renversée." (*Mrs. Farrer.*)

Put 3 tablespoonfuls of powdered sugar in a sugar pan, and let it simmer over a gentle fire till it candies, taking care that the sugar does not become too highly coloured.

When it is sufficiently done cover the sides and bottom of a charlotte mould well with it, and let it grow cold. Take a pint of fresh cream. Put it in a stewpan with 6 ozs. of white sugar and a stick of vanilla.

Let it boil 10 minutes to flavour the cream thoroughly. Take the yolks of 6 eggs and the whites of 2. Beat them well, and mix the flavoured cream with the eggs. Pass the whole through a tammy, and fill the charlotte mould. Steam it, and do not turn it out till quite cold.

(*See* Portuguese Cream for best way to line mould with the sugar.)

Cream—"Curds and Cream." No. 1. Very like Devonshire Junket. (*Emslie.*)

1 pt. of milk should be made lukewarm, then put into the trifle dish ; stir into it ½ teaspoonful of liquid rennet (should the rennet be solid, cut a small piece off, steep it in water, and use *that* water) ; let the dish be in a warm place till the mixture has set, then in a cool place. It will set in 10 minutes in summer, and 30 in winter.

(These are the curds used for Curd Cheesecakes.)

When about to send it to table, cover the curds with plain thick cream.

Cream—"Curds and Cream." No. 2. Minto "Hatted-Kit." (*Lady Colebrooke.* 1877.)

Pour sweet milk boiling on fresh buttermilk in equal quantity. It will turn into curds. Strain the curds in a colander till solid. Serve the curds in a glass dish at luncheon, as you would clotted cream.

To eat with stewed fruit, or with brown bread and salt, adding plain cream, but do not butter the brown bread ; this "kit" is instead. If you have no buttermilk, use fresh milk and rennet. (I prefer fresh new milk curds drained, squeezed, and turned out.—C.C.)

Cream—Devonshire Cream. No. 1.

The milk when brought in warm from the cow should be strained into tin or zinc pans. The latter are best. After standing from 12 to 24 hours, according to the state of the weather, set it over a steamer of boiling water for 20 or 25 minutes, till small bubbles rise, but *by no means let it boil*. Then take it off, and set it in the dairy to cool, where it must remain 12 hours more before it is skimmed.

Cream—Devonshire Cream. No. 2.

Take the evening's milk, and let it stand in a cool place till 10 the next morning. Then put it on a slow charcoal fire, to simmer till it bubbles, which will be in from 6 to 8 hours; take it off the fire, and let it stand 24 hours, at the end of which time the cream will be ready to be skimmed off.

Cream—Honeycomb Cream. *See* Stone Cream.

Cream—Italian or Chantilly Cream. No. 1.

The best (like ours at Turin) is only well-sweetened plain whipped cream, flavoured with essence of lemon, vanilla, orange-flower water, or what you will. 1 pt. cream, 2 ozs. sugar, and a pounded stick of vanilla.

(No wine, no lemon-juice.)

Ornament if you like with sponge ("lady's finger") biscuits divided and cut into shapes. Serve with fruit tarts. This cream is used in Charlotte Russe and many other recipes.

Cream—Italian Cream. No. 2.

(Sometimes called "Snow Cheese," or "Whips.")

Whip 1 pt. of thick cream, the juice of 2 large lemons, with sugar to your taste, rub it on their rinds, a tablespoonful of white wine.

Beat it with a whisk till quite firm, which it will be in a few minutes; then put it on a sieve lined with muslin, and let it stand all night. Serve in jelly glasses.

Cream—"Kymac." (*Sir C. Fellows.*)

A Turkish recipe.

To make it well, put new milk into a shallow oval tin pan; let it stand 12 hours in a cool place.

Then, without disturbing the milk and cream, put the tin vessel an inch *above* the fire, which must be a clear fire, but not touch the pan; or you may put the tin on a hot hearth. Let it simmer for 1 hour, *but never boil;* do not stir it. A thick scum will form over it, which must not be broken. When this is formed put it again for 12 hours into a cool place to stand for cream, and it will be found that by next day the cream has saturated and adhered to the spongy under-part of the scum.

Then carefully put your hands into the dish under this coating, which is nearly ½ inch thick, and without breaking it transfer the whole surface of the cream into a glass trifle dish. When taken off it may be doubled or rolled up.

Serve with sweet dishes, fruit pies, stewed fruit, puddings, tarts, or coffee. To make it more quickly or richer, you may add 2 gills of cream to each 4 qts. of milk. Sir C. Fellows says: "Kymac will keep sweet for days."

In Devonshire these oval tin pans are rarely made to hold less than 5 qts., and in a Devonshire farm you will never see less than 12 of these oval tin milk vessels, each holding 5 qts. at least.

Cream—"Leche Crema" (pronounced *laychy crayma*—Spanish, literally "milk cream").

Beat up 3 eggs, leaving out 2 of the whites, and add to them gradually 1½ pts. of milk; then mix very carefully 2½ tablespoonfuls of fine wheat flour, and 2 ozs. of finely-powdered white sugar, with grated lemon peel to give a flavour.

Boil these ingredients over a slow fire, stirring constantly to prevent burning, until the flour is quite dissolved.

Prepare a shallow glass dish, with a layer of ratafia cakes at the bottom, and when the mixture is sufficiently boiled, pour it through a sieve upon the cakes.

This delicious dish is always served up to the table cold. It should be a little thicker than a good custard.

Cream—Lemon Cream—Bodorgan Recipe. (*Mrs. Coningham.*)

Take 2 lemons; grate the rind of 1, and squeeze the juice of both into a glass dish. Add 2 tablespoonfuls of Madeira and a dessertspoonful of white brandy or Maraschino. Add 1 oz. of isinglass, dissolved in as little water as possible.

Sweeten a pint of double cream with 6 ozs. sifted sugar, and stirring it well till it thickens, add it to the above in the glass dish. Garnish it with preserved Seville orange and pistachio nuts, the latter peeled and minced.

N.B.—The isinglass must be boiling hot, or it will stiffen before it can be properly mixed.

Cream—Lemon Macaroons, a Supper Dish. (*Miss Woodington.*)

1 pt. of cream and the rind of a lemon cut thin. Put on the fire till it boils. When taken off sweeten with loaf sugar to your taste, and when cold add the juice of a lemon with a teaspoonful of flour, nicely mixed together and smooth, to the cream.

Take a small dish, and place on it a layer of macaroons; cover them with the cream; then another layer of macaroons and more cream, and so on, till the dish is full. Serve cold.

Cream—"Middleton Lodge Cream." *See* Cream—Rice Cream, No. 1.

Cream—Orange Cream. No. 1. (*Mrs. Weston.*)

Rub the rind of 2 or 3 oranges upon sugar; then put this orange-flavoured sugar into a basin, and squeeze the juice of the oranges over it.

Have ready nearly a pint of whipped cream; add to this the orange juice and sugar (add more sugar if wanted), with ½ oz. of isinglass dissolved in a little water.

Whisk all well together, add 2 large tablespoonfuls of rich custard, cold, and put in a mould previously ornamented with pieces of orange and with jelly.

Ice the cream.

Cream—Orange Cream, No. 2, and Sauce. (*Mrs. Stubbington.* 1888.)

Take 1 pt. of new milk; in it steep the thin rind of 3 oranges for 1 hour in a covered bain-marie pot; then add 6 lumps of sugar, and let it come to the boil. Take off and add at once 1½ ozs. gelatine previously melted in 2 tablespoonfuls of cold water; strain into a basin, and leave till *all but* cold; add the strained juice of 3 oranges and 1 lemon, and whip well till it is in bubbles and sets.

Rinse a mould out, but leave it wet to pour the mixture in; use cold water for this.

For the Sauce: Cut some thin needle-shaped chips of the fresh orange rind, which chips must be boiled alone in water ½ hour to soften them, before you add 2 ozs. of lump sugar and the strained juice of 2 oranges.

(If you cook the orange needles from the first *in syrup*, they will be hard.)

All must simmer slowly ½ hour uncovered; skim it carefully as it simmers; serve cold in a boat with the orange-rind chips in it.

(For another Orange Cream, *see* Soufflé Orange, No. 2.)

Cream—Peach Kernel, Cold. (*Mrs. Sherwood.*)

1 pt. of double cream whipped till thick. To it add 3 ozs. of finely-powdered sugar, 6 drops of essence of peach kernels, and 1 tablespoonful of French brandy.

¼ oz. of gelatine must be just covered by cold water and remain about 5 minutes to get soft. Then put it by the side of the fire to heat gradually to boiling point; skim carefully, then stir it into the cream, &c., and pour it into the mould; set the mould in 4 lbs. of rough ice to remain 3 or 4 hours.

Dip the mould in lukewarm water to loosen it, before you turn it out. If you have no ice or snow, keep the mould in cold water in a cool place. Serve cold.

Cream—Pineapple.

A pint of double cream whipped stiff, ½ pt. of pineapple syrup, and 2 tablespoonfuls (¼ lb.) of the fruit cut up. Strain in

an ounce of gelatine, and put into a rinsed mould garnished with the pineapple. Put ice in a stewpan or bucket with a handful of bay salt ; put in the mould with lid on ; leave 6 or 7 hours.

(The same mixture, *without gelatine*, is used for Pineapple Ice. *See* Ices, later on.)

Cream—Portuguese Cream. (*Cataldi.*) **"Crème à la Portugaise."**

Grease a mould with fresh olive oil slightly but thoroughly. Then cook some sugar (2 ozs. of sugar, about 12 lumps, to 1 tablespoonful of cold water)—it must not burn, but cook in a sugar pan "au caramel," *i.e.*, just gold colour, *not brown*, and line the oiled mould with it so : "Jig" it, *i.e.*, turn it about quickly, so that before it sets it may glaze bottom and sides of mould. Do this in early morning. Put it aside, the sugar should get quite cold in the mould by itself. Now make a custard : Break into a basin 6 yolks of egg and 2 whites, and beat, but do not froth them, or custard will honeycomb ; sweeten it to taste. Add 1 tablespoonful of ground rice, and the same quantity of orange-flower water, or rose water, or a few drops of essence of vanilla, Spanish kernels, bitter almonds, or lemon ; mix the flavoured custard well together. Then add about 1 pt. to 1½ pts. of milk *warm*, not hot ; a teacupful of cream added makes it much softer ; again mix all thoroughly, and pass through a sieve. Pour into the sugar-lined mould, and cook it in the bain-marie or else steam it very gently for 1 or 1½ hours. For Portuguese Cream Sauce, *see* Caramel Sauce, under Sweet Sauces.

Portuguese cream is the same as a good caramel, except that in the latter you *omit* ground rice, and when nearly done have cover only *half* on, to check the cooking. When ready, let it stand 5 minutes before turning it out.

Cream—Rice Cream. No. 1. (*Orchard Leigh.*)

(Middleton Lodge recipe is similar, but for that the cream is whipped till it is quite firm.)

Stew a good tablespoonful of rice in 3 parts of a pt. of milk for ¾ hour *un*covered, with ½ oz. of butter and just a pinch of salt ; stir often as it stews, as if for a pudding ; flavour with stick vanilla.

Melt ¼ oz. of isinglass or gelatine * in milk, and add it with ½ pt. of whipped cream to the rice, and mix all together.

Should the cream be very poor, you can mix in 2 tablespoonfuls of cold rich custard.

Pour into a hollow mould. It is sometimes served with fruit in the centre. A great improvement to this dish is to freeze it before serving.

* Gelatine or isinglass for a cream must be put in *cold* water, milk or other liquid—kept stirring till melted, then should be heated but not come to the boil, then strained, but should *not be added to the cream till cool ;* if too hot, gelatine will get stringy and form into knots ; add it very carefully and gradually to other ingredients.

Cream—Rice Cream. No. 2.

Take 2 ozs. of rice, put it on the fire with some milk till it splits, taking care not to let it boil long. Put the rice through a sieve. Then put in another saucepan the yolks of 4 eggs, 3 ozs. of sugar, a glassful of milk, and some leaves of gelatine. Take it off the fire the instant it is near boiling, mix the whole together with the rice ; when cold add whipped cream, pour it into a shape, previously decorated with dried cherries.

Cream—Rice Cream, No. 3. (*Isabella Emslie.* 1892.)

"Carolina—broken, but not damaged"—to be asked for.

Take a teacupful of the rice well washed in cold water and drained ; put it on with 1 pt. of water, and 1 oz. of butter, and boil and stir it till all the water has dried up, then add 3 pts. of cold milk ; put to boil, and stir on the fire *till* it boils, then put cover on and draw to the side of the fire—still giving a stir now and then—add just a pinch of salt once.

It should cook 2 hours and have a little cream added at the end, to warm and blend.

This dish, if served cold, should have parched almonds, cut across, on the top and a little vanilla to flavour.

Cream—Scalded. (*Mrs. Kingsley.* 1862.)

Take a pan of milk after it has stood 12 hours in the dairy. Stand it on a hot plate till the cream rises thick on the top in a ring, about the size of the bottom of the pan ; on no account let it boil, for then it would form a *skin* instead of cream.

Remove the pan into the dairy when this is done and skim it next morning.

The time required to scald cream depends upon the size of the pan and the heat of the fire. The slower it is done, the better. We have at breakfast the cream that was scalded yesterday morning, and at dinner that which was scalded the night before. We always do it in our own kitchen grate, which is a close one. With only one cow we have milk enough for ourselves, and raw cream and scalded cream twice a day.

In winter you must let the milk stand longer than in summer.

(*See* also Devonshire Cream and "Kymac.")

Cream—"Stone" or "Honeycomb." (*Nora Beverley.*)

A very old-fashioned dish.

Cover the bottom of a glass dish with apricot jam, or any other kind of preserve, adding a glass of white wine, the juice of a lemon, and a little peel grated. Take a pint of good cream, boil it with a little sugar and a few flakes of isinglass, and pounded vanilla, or 2 bitter almonds pounded, put it into a teapot, and when a little cooled pour it from a great height over the fruit.

This dish must be made the day before it is used.

Cream—Tapioca Cream.

Dissolve 2 tablespoonfuls of tapioca in water for 2 hours, boil 1 qt. of milk with any flavouring, pour it boiling on the tapioca, add sugar to taste, and stir in the well-beaten yolks of 3 eggs; let it boil until it thickens a little, turn it into a glass dish, and when cold put over it an icing made of the whites of 3 eggs and some powdered sugar.

Cream—Velvet Cream.

Dissolve 1 oz. of gelatine in ½ pt. of orange wine; add the juice of a large lemon, rub sugar over the peel, and use it to sweeten to your taste. Boil these together and strain; when cool, add 1 pt. of half milk, half cream; stir it well and put it into a mould.

It requires no more boiling.

"Creamed Rice." *See* Rice Puddings, No. 4, under Sweet Puddings.

"Crème Meringuée." *See* Soufflé—Almond.

"Croqu'en Bouche," or "Round Tower."

A basket of "choux"—stuck together by caramel mixture and filled with Italian Cream, No. 1. Very good, and yet simple. (For choux and caramel see "Gâteau St. Honoré.")

"Croquettes de Riz." *See* Rice Pears.

Currant Compote. *See* Apricot Compote.

Custard. (*Mr. R. M. Beverley.*)

Boil 1 pt. of rich milk, slowly, for about ½ hour, with 2 inches of cinnamon. Take out the cinnamon.

Beat up the yolks of 4 or 5 new-laid eggs, using a *silver* fork to beat them with. Add a tablespoonful of cold milk and beat them again. Pour the eggs thus beaten into the pint of boiled milk.

Put the pan on the fire again, and stir it round slowly and carefully all the time with a wooden spoon. As soon as it begins to thicken (*at that very instant*), take it off the fire. If exposed to heat too long, the eggs turn to curd, and the dish is spoiled. This requires particular caution to hit the right degree of thickening without going too far.

Next sweeten well with loaf sugar. When cool add a teaspoonful of Cognac brandy and, when all but cold, add 3 drops (*not more*), of essence of bitter almonds.

Do not use cream; it makes custard too rich.

If well made, it should be rich, thick, and yellow. Over-flavouring spoils most custards.

Custard for filling Éclairs and Choux Paste.

1 oz. of fine flour, 1 yolk of egg, 2 ozs. butter, 1 oz. castor sugar, 15 tablespoonfuls of cold milk. Stir over the fire in a stewpan till it boils, then flavour. Add one tablespoonful of whipped cream, and use.

Custard for Fruit Tart.

The best custard for fruit tart is half custard (cold), *not* whisked, and half-whipped cream, sweetened, all well mixed together.

It may be put into the refrigerator.

Custard—Braemar Custard.

Warm ½ pt. of milk sweetened to taste—stir in a spoonful of flour and let it mix. Beat 3 whole eggs well and add the warm milk. Flavour with grated lemon peel. Steam in a mould prepared with clarified butter, and turn it out. Serve with plain cream round it or a fruit or wine sauce, *see* Sweet Sauces.

This custard is said to be much lighter when made with arrowroot instead of flour.

Custard—Caramel in Cups, or "Angoulême Cups." (*Emslie.* 1891.)

Hot or cold.

2 ozs. of fine white sugar, burnt a gold colour in a small dessertspoonful of water; boil it quickly.

Whilst it is still hot, pour into it ½ teacupful of cream and the same of milk, and leave it to stand and draw out the full flavour of the caramel.

Beat up 4 yolks of egg and 2 whites of egg in a tablespoonful of orange-flower water; add the sugared milk, and pour into cups; steam ¾ of an hour. They should be three-quarters full of the caramel cream.

(For Caramel Custard Ice, *see* Ice.)

Custard—Chocolate Custard. (*Mrs. Brandreth.* 1883.)

This is a cold dish.

Dissolve 6 ozs. of best vanilla-flavoured chocolate in 1½ pts. of milk; add sugar to taste; let it boil for 5 minutes, and then get *all but* cold.

Beat the yolks of 5 eggs and the white of 1 all together; add them to the chocolate, and if wanted, add a little more vanilla to flavour, and a little sherry.

Butter a mould, pour in the chocolate mixture, and steam 1 hour. When cold, turn it out in a glass dish and garnish with blanched almonds.

Fill a large bowl with the following sauce to hand with it:

For Sauce: Grate off 2 inches of the Vanilla chocolate, and dissolve in ½ pt. of milk and cream; put it in cold, then boil, stirring all the time, and pass through a tammy.

When cool, add the beaten yolks of 2 eggs and 4 lumps of sugar. Now whisk up all together in the bain-marie to a froth and serve. (A similar chocolate custard sauce is among Sweet Sauces.)

Caramel, flavoured with vanilla and sherry, makes an alternative sauce.

[A note shows Lady Clark thought that this dish of good vanilla-flavoured chocolate would be better *without* these complications of almonds, caramel, sherry, and more vanilla, but kept as simple as possible and served quite dry, but with plain cream handed, if asked for.]

Custard—Lemon Custard.

The yolks of 10 or 12 eggs well beaten, sweetened with sugar rubbed on lemon, 1½ pts. of new milk, 1 oz. of isinglass dissolved in a little water—put all together in a stewpan.

Stir it over the fire till it is a little thick, strain through a fine hair sieve, and when nearly cold put it into a mould.

Custard—Mr. Cook's.

A "mutchkin" (a liberal English pint) of new milk, with 2 spoonfuls of sugar, stirred over the fire to blood heat. Two whole eggs whipped with a 3-pronged fork, put into a pie dish, and the milk stirred in and mixed; then baked.

Custard—Solid Custard.

Pour 1½ pts. of boiling milk, which has been flavoured with essence of Spanish kernels, over 1 oz. of gelatine and the peel of a lemon grated; let it stand for an hour, then stir it over a clear fire till the gelatine be well dissolved. Add the yolks of 4 eggs well beaten, and ¼ lb. of loaf sugar, stir it again over a clear fire, and pour into a mould.

"Dampf Nudeln." *See* "Nudels."

Darioles. (*Mrs. Sydney Smith.*)

Very simple.

For ½ doz. darioles, take 2 tablespoonfuls of ground rice, 2 or 3 bitter almonds, 4 eggs (leaving out 1 white), and as much sugar as makes it sweet.

First, boil the rice in a little milk till very stiff, stirring it all the while; bruise the almonds finely, add them and the eggs by degrees; a little lemon peel improves it much.

Cut out the paste by a paper pattern, exactly to fit, and line the patty pans; after lining them with it, put in the prepared rice, but do not *fill* the tins as it rises considerably in baking. A slow oven bakes these almond puddings in about 20 minutes.

"Kymac" (*see* Cream) can be handed with them in a sauce-boat.

Darioles – Frankfort. (*Mrs. Wellington.* 1879.)

3 eggs, 2 ozs. sugar, 2 ozs. bread-crumbs, passed through a sieve—minced citron and orange candied peel, 12 sweet and 2 bitter almonds blanched, 2 ozs. butter, as much pounded spice (cloves, nutmegs, cinnamon) as a silver threepenny-bit will carry, also some castor sugar.

Warm the butter, mix sugar, spice, yolks of egg, &c., together till creamy, add the whites at the last and fill the dariole moulds. To steam half an hour.

Serve with frothed sauce or thin fruit sauce. *See* Sweet Sauces.

Devonshire Cream. *See* Cream.

Devonshire Junket. (*Mrs. Ellacombe.*)

Take 1 qt. of new milk; make it lukewarm; put it into a trifle dish; add a wineglassful of brandy, a dessertspoonful of liquid rennet, which has been previously prepared. Stir for a few minutes; keep it in a warm place till it has *set*. When cold sift pounded sugar and nutmeg or cinnamon over the top, and then cover all with a layer of Devonshire Cream (*see* Cream).

Dumplings—Lemon. (*Beechwood.*)

$\frac{1}{2}$ lb. of stale bread grated, $\frac{1}{2}$ lb. of suet chopped very fine, 2 eggs and the juice of a lemon with the rind also (very finely grated), sugar to taste.

To be made into small balls. Bake a light brown in a moderate oven, and serve with melted butter or wine sauce. They are tasteless if boiled.

Dumplings—Yeast. No. 1. (Auchentorlie.)

Set a sponge, as for bread. Pull it in pieces, the size of a very small apple, work them well up, and set them before the fire for $\frac{3}{4}$ of an hour. Then they should boil $1\frac{1}{2}$ minutes. Send to table at once, and hand melted butter and Demerara (brown) sugar with them.

Dumplings—Yeast. No 2.

Balls of bread dough dropped into boiling water—boil 20 minutes, serve and eat at once with wine sauce well sweetened. (*See* Sweet Sauces.)

"Éclairs." (*Cataldi.*)

Hollow ovals of the lightest paste, filled with Italian Cream, No. 1 (*see* Creams). They look rather like long Bath buns, having pieces of almonds cut across thick and short, and roughly pounded sugar on the top of each; blanch the almonds first, and dry them in the oven.

Éclairs will be quite light and not sodden if the cream or custard fillings are put in the last thing (*see* Custard for filling Éclairs).

To make the paste, which should be done early in the morning,

take 1 oz. of fresh butter, and boil it in a small ½ pt. of water; add enough flour to make it into a thick paste, beating over the fire; then add 4 eggs, one at a time, keeping back two of the whites; mix it well; shape them, and lay on a tin in rolls like small sausages. Then paint each éclair over with yolk of egg and cover with the chopped almonds and rough sugar; and bake for fully 20 minutes on a tin sheet in an equal oven, early in the day. Make a hole at one end of each éclair, put in the cream *the last minute*, before sending to table, as, if put in sooner, it melts, and the paste gets "sad" and flat. Close the hole up after putting in the cream.

If you prefer, instead of the yolk of egg, almonds, and sugar, you can ice the tops with sugar, as follows:—

For Icing: Put ¼ lb. fine sugar into a pan with 2 tablespoonfuls of water; boil it till it adheres to the spoon; then put it into a basin, and stir with a wooden spoon till it becomes quite white and thick, but not too thick; add a few drops of strong coffee (a third of a coffee cup made on purpose) to flavour the icing delicately; ice the top and sides of each éclair.

Pile them round a dish like cutlets, on a napkin. They are eaten cold.

The following is a simpler icing:

½ lb. icing sugar stirred till hot with strong coffee to a paste, and poured over the éclairs.

Choux paste is very similar to éclairs, *see* Soufflé—Chocolate, and "Petits Choux à la Vanille."

Figs—Stewed.

One pt. cold water, in which melt ¼ lb. white sugar—an enamelled stewpan* to be used; flavour with almond or lemon peel. Add 1 lb. of common dried figs. Stew very gently 2½ hours. Some add a little port wine.

Flummery—Orange.

Made of remains of orange jelly; melt it, add more orange flavouring, and leave in a basin till nearly set and cold; whisk it for about 10 minutes, when it must be put into a mould before it is quite cold.

Turn out later.

Flummery. *See* also Rice—Ground Rice Flummery.

"Frangepan."

Lay a foundation of thin-sliced apples, then of sifted white sugar in a pie dish till it is three parts full, laying a few pieces of butter on the top, then a layer of apricot jam or currant jelly.

Now cook separately ½ pt. of cream with 2 ozs. of loaf sugar, and when nearly boiling pour in 2 ozs. of arrowroot, well mixed

* Never use any but the best enamelled ware—English manufacture. Cheap enamel is apt to split into minute fragments, like needles, which are dangerous.

to a paste in a little cream; mix arrowroot, cream, and sugar thoroughly together, and pour it over the fruit to form a crust. Bake in a slow oven.

Frangipani Tart. *See* Tarts.

"French Eggs," a Cold Sweet

Cut rounds of stale cake, and flavour with sherry, Madeira cake is better for this dish than sponge cake, as it is firmer; place them on a dish, and place half an apricot well stewed in sugar, but keeping its shape, on each round of cake.

Apricot is a better colour than peach to look like yolk of egg. Cover all with sweetened whipped cream; flavoured to taste.

Fritters—Apple. No. 1.

Cut some apples into thin slices, cutting out the core, and steep the pieces well in wine or brandy before you fry them.

For the Batter: Make it of a teacupful of flour, the yolks of 2 eggs, and a little salt; mix all well, add a piece of butter the size of a walnut, and melt it; mix with as much milk as will make it into a thick batter; whip the whites of the eggs well, and mix all together, and dip each piece of apple in the mixture before frying it in boiling lard. When fried, sift a full teaspoonful of powdered sugar on one side of each fritter and salamander it—showing *that* side when you dish them "en couronne," *i.e.*, in a ring.

Fritters—Apple. No. 2. (*Isa. Emslie.* 1888.)

The apples should be sliced a full inch thick, and cored, and should then be dredged over with sugar and a little grated lemon peel or pounded vanilla; turn each piece to get well sugared; let them lie, so flavoured, a full hour.

For the Batter: Warm and melt in a pan ½ oz. of butter; next add to it ½ pt. of tepid water; add this liquid gradually into 2 tablespoonfuls of flour; add a tiny pinch of salt; work all together with a wooden spoon, and leave it to cool 2 hours at least, in the larder. Before using batter whip up stiff 2 whites of egg, and add them lightly to the rest of the batter mixture.

Dip the slices of apple in and see that *both* sides of apple get well covered; then fry in fresh lard. As each is done, drain it on a bit of kitchen paper on a sieve, and keep it warm in a meat screen; powder both sides with sugar—one side thickly, and salamander that side only. It looks iced, and crackles in the eating.

Fritters—Hominy.

Two tablespoonfuls of hominy boiled in ½ pt. of milk for 20 minutes.

When cold, make a batter with 2 eggs, 3 tablespoonfuls flour, and ½ pt. of milk; mix with the hominy, and fry.

The fritters should be thin and crisp. You can eat jam with them—handed separately—or flavour the fritters and serve with sugar only.

Or they can be made with salt as a savoury.

Fritters—Orange.

Use seedless oranges.

These are done much the same as Emslie's apple fritters, but *divide* oranges into "pigs," or quarters (according to the size of the fruit), peel off all the white. If you *cut the inner skin*, the juice runs out and makes the fritters heavy. Crispness is the great attraction of these fritters.

Fritters—Orta, "Beignets d'Orta." (*Cataldi.*)

Orta fritters are made the same as Vanilla fritters, but you put a mite of Green Gooseberry jelly (*see* Jams, Jellies, &c.), or Red Currant jelly or Apricot jam, into each fritter, the last thing—*i.e.*, after drying them—then dish, piling them on a napkin, and powder quickly with vanilla-flavoured sugar. Should the inside batter taste raw, it will be a sign they have been cooked too quickly.

Fritters—Semolina. (*Cataldi.*)

Cook some semolina as for a boiled pudding. Sweeten it and flavour it with 1 tablespoonful of orange-flower water, add a sufficient quantity of yolks of egg to bind the paste well (should the paste still not be thick enough, reduce it over a gentle fire). Add to it some almonds chopped fine. With a knife flatten the paste down on the cover of the stewpan to the thickness of an apple fritter, or thinner; shape them into rings, like apple fritters with the core cut out, cutting them with a cutter into rounds with an O out of the centre, egg them and roll them in vermicelli; then fry in lard or butter, and dry them well on a cloth before serving. The little O cut out of the middle should merely be fried, sugared, and used as garnish.

Fritters—"Spanish Fritters."

Cut the crumb of a French roll into slices as thick as your finger, and shape with cutter; soak them in some cream, mixed with sugar, pounded cinnamon, and an egg.

When well soaked and swelled, drain them first and then fry them a nice brown, and serve with butter, sugar, and a wine sauce. *See* Sweet Sauces.

Fritters—Strawberry. (*Mrs. Fox, Trebah.*)

Cut slices $\frac{1}{2}$ in. thick off a French roll, powder with sugar, and fry in butter a light brown. Pack on each as many ripe strawberries as it can possibly carry. The strawberries must *just heat* through. This dish must be made with care, to prevent the fruit falling off, or the syrup becoming too liquid. Serve very hot.

Fritters—Vanilla, "Beignets à la Vanille."

Put half a tumbler of cold water into a stewpan, with a piece of butter the size of half an egg. Let them boil together, adding flour enough to make a thickish paste. Let all cook, stiring now and then. Next add 4 whole eggs, one after another, and flavour with pounded stick vanilla or cinnamon.

Take the pan off the fire pretty soon.

Fully 10 minutes before serving have ready some melted lard (very fresh, please) or butter. Shape the fritters, making them all one size, and round—drop them into the boiling lard. When done, take them out and dry them well on a cloth—dish and cover with vanilla-flavoured sugar.

Fritters—Yeast.

One pennyworth of yeast, mixed into a thin batter with flour and tepid milk or water, a little grated lemon peel, some sugar and a few currants.

Let it stand by the fire till it becomes a nice light sponge, then drop pieces of it into the frying pan and fry in lard.

"Frontignac." *See* Ices—Elder Flower Water Ice.

"Fruits Glacés." (*Auchentorlie.*)

Take 12 peaches or plums, apricots, pears, or any other fruit you can get; skin them and cut in halves, break any stones and take out the kernels. Blanch the kernels and skin them, then ornament the fruit with them.

Weigh the prepared fruit, as, to make the syrup, you will require an equal weight of sugar. Do not mix the fruit and sugar but (after the weight of the first is ascertained) put the same weight of sugar into a copper pan, and for each lb. of sugar add 1 pt. of water.

Let it boil to a stiff syrup and pour it *hot* over the fruit. When it has grown cold enough, put it into a freezing machine, well set with ice *but not with salt*, and let it stand there till wanted.

Serve in a silver soufflé dish.

You may, for this dish, use mixed fresh fruits; or mixed tinned fruits make a pretty dish; you can flavour the syrup as you like.

Fruit "Macédoine."

For this you will want strawberries, raspberries, tinned apricots (these latter stewed and cold), and the juice of currants, strained; also an equal weight of sugar for the fruit used. Put the fruit, currant juice and sugar alternately in the dish. Let all stand 12 hours covered. Then stir and let stand another 12 hours. Then serve in a bowl with a soup ladle to help it with.

Hand a jug of plain cream with it. This dish is better if kept plunged in ice the whole 24 hours.

Fruit Vol au Vent. (*Mr. Taton.*)

Use oranges, plums, &c. The fruit to be quite by itself in one stewpan inside another filled with boiling water. Thus to steam till cooked; then drain off the juice and make the syrup of that and sugar. When the syrup has boiled a few minutes add a little arrowroot. Fill a Vol au Vent Case, *see* Paste and Pastry, with the fruit and syrup.

Fruit. *See* Ices.

"Gâteau au Confitures."

Savoy cake made in a mould with a hole in the centre. Soak the cake in wine flavoured with noyau or brandy. In the centre put alternate layers of apple jelly, apricot jam, marmalade, and strawberry jam. Decorate the top with preserved limes, and pour a custard into the dish.

"Gâteau de Cobourg."

½ lb. of sifted sugar, to be beaten into the yolks of 6 eggs, add a glass of wine, 2 ozs. of pounded cinnamon, and 2 ozs. of chopped candied lemon peel.

Beat all these well together. Next beat the *whites* of the eggs to a stiff froth, by themselves first, and add to the other things, as for a sponge cake. Melt ¼ lb. of fresh butter and stir it in, have ready ½ lb. of bread-crumbs, and rub them through a sieve into the mixture which should be well stirred all the time. Fill a prepared mould and bake.

"Gâteau de Pommes." *See* Apple Cake.

"Gâteau de Riz." (*Mrs. Thomas.*)

Ingredients: 3 eggs, taking away 1 white; 1½ pts. of milk, the thin grated rind of a lemon, 2 ozs. of pounded white sugar, and a small teacupful of rice.

(For a large pudding, 5 yolks, 3 whites, 2 pts. of milk, 3 to 5 large tablespoonfuls of rice.)

First wash the rice well, then drain it, and put it into a stewpan and just cover it with milk. Put the lid on, but stir pretty frequently till it boils; then draw to one side and let it simmer for 2 hours, adding the rest of the cold milk gradually.

Beat up the 3 yolks of egg well, by themselves in a basin, and to them add first the sugar, then the lemon peel, and lastly, the swelled milky rice; but this last must be *all but cold* before you add it. After the rice, add 2 whites of egg whisked by themselves, and mixed in lightly just before putting the mixture into the mould.

Steam as you do Semolina Pudding—No. 1, Steamed (*see* Sweet Puddings). If the pudding is to be *steamed*, first butter a mould, and then line it with browned bread-crumbs; or ornament with dried cherries and angelica; for a variety use powdered

ratafia, both to flavour and to brown; but if baked, you may, if you prefer it, use flour to line the mould instead of brown bread-crumbs.

Ten minutes before serving, heat the dish in which the pudding is to go to table, and turn the filled mould upside down on it; keep it warm; remove the mould off the shape gently at the last moment at the dining-room door. Serve with strained Apricot or Cherry Sauce in a boat, *see* Sweet Sauces.

Another Gâteau de Riz, "St. Julian's," is similar, except that apricot jam or orange marmalade is mixed *with* the pudding in the mould, and a sauce of whipped cream or custard, flavoured with the jam, is poured over it when served.

Embley Pudding, *see* Sweet Puddings, is also a Gâteau de Riz.

"Gâteau Savarin." *See* Savarin Cake No. 2, later on.

"Gâteau St. Honoré."

Pastry like that used for Éclairs (*see* Éclair recipe), the border dotted over with "choux," of the same paste, glazed with caramel mixture, *i.e.*, plain boiled sugar; between every "chou," 2 glazed cherries and a diamond-shaped piece of angelica or a pistachio.

The gâteau is shaped like a "tourte," it is baked on a sheet, and this pastry shape filled with Italian Cream, No. 1, just before it is served (*see* Cream).

Genoa Pastry.

$\frac{1}{4}$ lb. of butter beaten to a cream, $\frac{1}{2}$ lb. of fine castor sugar, $\frac{1}{2}$ lb. of fine flour; then mix all well together. Beat 4 eggs for 5 minutes, mix with the other things; flavour with vanilla. Add the rind of a lemon very finely grated at the last.

Bake about an inch thick, on a tin sheet. When done, cut into broad strips, and put strawberry or apricot jam or orange marmalade between to make sandwiches. This is very similar to Roll pudding of Genoa pastry (*see* Sweet Puddings).

German Roll or Sandwiches. (*Mrs. Weston.*)

1 fresh egg, yolk and white well beaten, 2 ozs. of fresh butter, 2 ozs. of castor sugar, 2 ozs. of flour. Melt the butter in a basin and mix it *thoroughly* with the sugar and flour. Then add the egg and again mix all well.

It must be spread out very thin and *equally* on a well-buttered tin sheet. Bake in a moderate oven till it will roll (about 5 minutes). Then spread preserve on it, roll it up, and put it in the oven to bake and brown till quite crisp. This quantity is for two persons.

Or you can cook the paste thoroughly at once and make square jam sandwiches with it.

It is best as thin sandwiches with apricot jam.

Gooseberry Compote. *See* Apricot Compote.

Gooseberry Fool. (*Mrs. Weston.*)

Stew 1 qt. of green gooseberries, with 2 tablespoonfuls of castor sugar. Pass through a hair sieve—when cold add ½ pt. of cream with a full tablespoonful (or 1½) of castor sugar, and mix all well. Put into the refrigerator till wanted, and serve in a trifle dish or in jelly glasses.

"Hatted Kit." *See* Cream—Curds and Cream, No. 2.

"Honeycomb Cream." *See* Cream—Stone Cream.

Ice—Apricot.

Use French or American canned fruit.

Add ¼ lb. sugar, and put the sweetened fruit on to the stove to boil 10 minutes; then pass it through a tammy into a basin, and let it get cold. Freeze it slightly first for 10 minutes, then add to it 1 pt. of whipped cream; freeze hard.

Canned peach ice is done the same way.

Ice—"Biscuit Cream Ice." *See* Ice—Oatmeal.

Ice—"Biscuits glacés à la Richelieu." (Two Recipes.)

No. 1. Cataldi breaks 6 yolks of egg into a basin and strains them through a tammy cloth; pounds some fresh pistachio nuts in a mortar, and as he pounds, drops a little cream on them that they may not turn to oil; sweetens with sugar cooked "à la plume" (stirred with a silver spoon); cooks the mixture, then adds the rest of ½ pt. cream; works it together; puts in paper cases, and freezes.

No. 2. Francesco makes a strong coffee syrup, mixes it with 6 yolks of egg which have been passed through a tammy and then cooks it, but does not let it boil, then adds ½ pt. of good cream; mixes well and ices in papers.

Ice—Caramel Custard.

1 pt. of good custard of ½ milk, ½ cream, and 4 yolks of egg, with 3 or 4 pieces of sugar, stirred all together over the stove with a whisk till it thickens.

At the same time ¼ lb. of sugar must be cooking with a teaspoonful of water in a sugar-burner to a gold colour.

Take the custard pan off and put the pan into cold water and strain in the burnt sugar and stir till all is mixed. Flavour slightly, if liked, with a tablespoonful of orange-flower water or rose water or rum. Make this in the morning, set aside, freeze in the afternoon in a freezer till wanted.

2 doz. sweet almonds must be blanched and peeled and cut across and *parched* (but not burnt) in the oven, to be scattered over the ice when dished.

Ice—Chocolate Cream.

Make a custard of 6 yolks of egg to 1 oz. (*i.e.*, 6 or 7 bits) of broken lump sugar and 1 pt. cold milk in which some chocolate has already been melted. Stir on the stove for about 5 minutes

till thick (but do not let it boil). Then pass through a tammy and pour into a basin to get cold and mellow.

Do this after breakfast, and let it stand till after luncheon or even longer.

First freeze alone 10 minutes; then add whipped cream; and freeze it again 1 hour.

Ice—Coffee Syrup. (*Turin.*)

This is the same as "Biscuits glacés à la Richelieu"—Francesco's recipe.

Ice—Cranberry. (*Auchentorlie.* 1877.)

Useful in winter.

Whip 1 pt. of double cream; add a small pot of cranberry jelly, a few drops of cochineal, and the juice of ½ lemon.

Freeze in the usual way.

The jelly being sweet, no sugar is required.

Ice—Elder Flower Water, "Frontignac." (*Lady Clark.*)

When elders are in flower gather them on a dry day. They should be in full but fresh blossom. Put the flowers in a preserving pan with sufficient water to cover them, and boil for ½ hour. Then strain through a fine sieve, or woollen bag, and let it stand. When cold put again in the pan, and allow ½ lb. of sugar for each pint of the flavoured water. Boil 10 minutes, skimming well all the time.

When cold, bottle for use, corking the bottles tight and sealing them down.

For an ordinary shape of ice use a breakfastcupful of this syrup and make like any other ice, but use less sugar.

Ice—Melon Water.

Pulp the eating part of the fresh fruit through a hair sieve, and boil it. Take ½ lb. of sugar, make a syrup of it with water; boil and clear it. Add this to the pulped fruit with the juice of a lemon. Freeze it.

This ice is pretty served in the Melon rind.

Ice—Oatmeal. (*Mrs. Jamieson, Auchentorlie.* 1877.)

("Biscuit Cream Ice.")

Sift some oatmeal through a hair sieve and so leave out the finely ground part, the *rough grains only* being used in making this ice; dry this rough oatmeal well in the oven; it should be almost *crisp*. Use 6 ozs. of meal to each pt. cream.

Freeze in the usual way, and flavour as you prefer; they use orange-flower water at Auchentorlie.

Ice—Peach (Tinned). *See* Ice—Apricot.

Ice—Pineapple.

For pineapple ice use the same mixture as for Pineapple Cream (*see* Creams), but *without gelatine*, and use a freezing machine, or freeze in a pail of ice, worked 2 hours; stir now and again till set; then leave till wanted.

Ice Puddings. *See* Sweet Puddings.

Ice—Soufflés Iced. *See* Soufflés.

Ice—Strawberry. No. 1. (*Mrs. Jamieson, Auchentorlie.* 1876.)

Pick fresh ripe strawberries, and put them in a jar; keep the dust off with muslin, stir now and then, and, when you squeeze out the juice, to each pint of juice allow ½ lb. of sugar. Put juice and sugar on the stove to come to the boil; skim well. Let this syrup get cold before you bottle it, and then cork it.

When you want to make the ice, mix a little sugar and some water with the syrup, and the juice of ½ lemon; then freeze it.

Ice—Strawberry. No. 2. *See* Strawberry Fool.

Ice—Wafers and Cakes. *See* Biscuits—Sweet, also Genoa Cake and Sponge Cake, all under Cakes, &c.

"Iced Cups." *See* Soufflé—Frozen.

Irish Cheesecakes. *See* Cheesecakes—Almond.

Jelly—Apricot.

Put the apricots into an earthen jar with water. Allow 1 pt. of water to 2 doz. apricots. Place the jar in a pan of water, and let the apricots stew till they are quite soft. Press them first through a sieve, and then through muslin. Each pint of this will require a pound of sugar; boil the sugar to candy height, to clarify it, after which add apricot to sugar and boil them together for about 3 minutes. Put in a mould to set.

Jelly—Claret. (*I. Emslie.* 1887.)

Ingredients: 1½ ozs. gelatine, a bottle of light claret, 2 tablespoonfuls of brandy, 4 allspice, 3 cloves, 4 whites of egg.

Soak the gelatine in a teacupful of warm water till dissolved, and add to the other ingredients. Whip 4 whites of egg in 2 tablespoonfuls of cold water, and add this also.

Put on the fire to come to the boil; then draw to one side and leave for ¼ hour, with the cover on, and a live coal on the lid to draw up the scum; skim well first; then pass 3 or 4 times through a jelly-bag; pour into the mould, which should have been rinsed out in cold water and not dried; bury the mould in ice for 3 or 4 hours. Mrs. Wellington uses for a similar claret jelly 12 cloves, if small, and the same of allspice, a piece of cinnamon, the thin rind of 2 lemons, the juice of 3, and ¾ lb. of whole lump sugar.

Jelly—Fruit. *See* Fresh Fruit Syrups, under Jams, Jellies, &c., to make this.

Jelly—Maraschino. *See* Wine Jelly, No. 2.

Jelly—Noyau. *See* Wine Jelly, No. 2.

Jelly—Orange. No. 1. (*Mrs. Thomas.*)

Soak from 1½ to 2 ozs. of gelatine in just enough cold water to cover it ½ hour.

Take 12 China and 2 Seville oranges, and squeeze their juice through a sieve into another basin.

Take 6 lumps of sugar, and rub them well on the rind of one of the Seville and 2 of the China oranges, the darkest-coloured ones you can find, that the jelly may be dark though clear, and add these 6 lumps of sugar to the juice.

Make a syrup of ¾ lb., or even 1 lb., of sugar, according to the sweetness of the oranges; 1 lb. sugar should dissolve in 2 wine-glasses of cold water. When melted give it a boil up; skim it thoroughly, and use it to sweeten the jelly.

When the gelatine has soaked, put it into a stewpan, pouring over it ½ pt. of boiling water, and add the whites of 2 eggs, and beat it well over the fire till it comes to the boil. Then it must be taken off and the juice poured into it. Cover close, and put it for 10 minutes by the side of the fire. Then pass it two or three times through the jelly-bag, and sweeten to taste with the syrup the last thing before it goes into the mould. Ornament the mould with pieces of orange if you like, but do not add anything else.

[Mrs. Sherwood's "orange jelly" is nearly the same, but she uses 2 lemons instead of 2 Seville oranges, and rubs ½ lb. sugar on the best part of rind of 4 or 5 oranges and 2 lemons; she clears the jelly with 2 shells and whites of egg, and stands the jelly mould on ice for 2 hours.]

Jelly—Orange. No. 2. (*Bagshot.* 1862.)

Almost all juice. 15 China oranges; 1 lemon should the oranges be sour or 2 lemons if sweet. Rub the fruit clean; then peel half the oranges (choosing the dark ones), and both the lemons; put the peel in a stewpan, and just cover with ¼ pt. of boiling water. Put the lid on close, and boil out all the flavour (15 to 20 minutes). Strain off the liquor for use, but *do not press the peel.* Throw the peel away. Now squeeze out all the juice from the oranges and lemons, and strain it.

Having previously dissolved 1½ oz. of gelatine in just enough warm water to cover it, add this to the juice, and add also the peel-flavoured water, and put all to boil together. When it comes to the boil, add from ½ lb. to ¾ lb. of white sugar.

Stir all the time till it has melted; then strain two or three times through a jelly-bag till it runs clear.

If wanted to be as clear as calf's foot jelly, add 2 raw whisked whites of egg before bringing to the boil, and run it many times through the jelly-bag.

Pour into a quart mould. Put the lid on the mould, and bury it in ice for 3 or 4 hours.

[Ruth Camp uses only 9 oranges and ¼ lb. sugar, and buries the mould in ice, or snow, for 8 hours.]

Jelly—Raspberry.

Boil 1 oz. of isinglass in ½ pt. of spring water, ½ pt. of currant wine. When the isinglass is dissolved, pour over it 1 lb. of preserved raspberries; let it boil a short time; then strain it through a sieve; sugar to your taste. When nearly cool, add ½ pt. of very thick cream, and pour it into a mould. Let it stand till next day.

Jelly—Raspberry made from Raspberry Acid. *See* Jams and Jellies.

Jelly—Rhubarb—Very Clear. (*Mrs. Brinkler.* 1883.)

Do not spare the rhubarb, as the juice only is used.

Stew the rhubarb in but little water, as it is in itself three parts water. Strain two or three times through a jelly-bag till the juice runs quite clear, and use 1 white of egg to clarify it. Add, for 1 qt. of jelly, ½ lb. of sugar, and 1½ ozs. of gelatine. If you want colour, add 3 drops of cochineal. If you bury the jelly in ice, use less gelatine. (1 oz. of gelatine *very much iced* is enough for a mould.)

You pour the jelly into a ring mould and put it on the ice, and you fill the hollow centre of the jelly before serving, with Chantilly cream flavoured with pounded vanilla (*see* Italian Cream, No. 1, under Cream).

(For stewed rhubarb, or for tarts, should the acid be objected to, first boil the rhubarb in water, and *throw that water away;* finish in fresh water, and do not sweeten the rhubarb till you use this second water.)

Jelly—"Royal Jelly." (*R. M. Beverley.*)

Boil 3 large glasses of the best Madeira, 1 tablespoonful of Cognac, 3 ozs. of sugar, and some cloves. When it has simmered, and all the sugar is melted, set it aside and keep it hot.

In another stewpan melt thoroughly 1 oz. of gelatine in 1 pt. of water. Add 3 wineglassfuls of cream and the yolks of 3 eggs.

Pour this into the heated wine; carefully add the juice of a lemon. Warm up, and stir about till thickened; but on no account allow it to boil. Strain through a sieve, put in a mould, but do not serve till cold.

Should more sugar be wanted, add according to your taste.

Jelly—Rum. *See* Wine Jelly, No. 2.

Jelly—Sherry. No. 1. (*Dr. Coombe.*)

Take 1½ ozs. of gelatine (in hot weather ¾ oz. more), and pour 1 pt. of cold water over it; let it stand for ¼ hour, and add 2 pts. of boiling water, which will soon dissolve it. When a little cooled,

add 2 teacupfuls lump sugar, grated peel, and juice of a lemon, 2 teacupfuls of sherry or of currant wine, a *little* pounded cloves, a few drops of essence of cinnamon, and 2 eggs, both yolks and whites, well beaten. Put all on a slow fire, and as soon as it boils take it off and pour it into the jelly-bag. Return it gently again and again into the bag until it be perfectly transparent, and then pour into the mould.

By boiling the jelly longer it will be less stiff.

Jelly—Sherry. No. 2. (*Mrs. Willis's recipe improved by Emslie.* 1888.)

Dissolve 1½ ozs. of gelatine in ½ pt. of cold water; add the rind of 3 lemons (or 4 if lemons are small) and 3 tablespoonfuls of lemon-juice strained, also 1 pt. of water, and, if liked, 6 cloves and a bit of cinnamon 3 inches long, also 5 allspice, and the whites of 3 eggs and their shells, and ¾ lb. of lump sugar.

Whip all over the fire till it boils; then draw quite to one side; put lid on, and on the lid a little live charcoal or a few live coals; leave them on it about 8 minutes to make the scum rise to top; then run the jelly through a bag two or three times till clear; turn it into a cook's basin.

When nearly cold, add ½ pt. of *sweet* brown sherry (use good sherry), also, if liked, 3 tablespoonfuls of brandy. The brandy should not taste in the jelly. You may leave out both brandy and spice, if you prefer.

Rinse a mould out in cold water; do not dry it; pour in the jelly, and put the mould into the refrigerator till wanted.

Jelly—Strawberry. *See* Strawberry Acid, under Jams, Jellies, &c.

Jelly—"Whipped Jelly." (*Mrs. Connyngham.*)

Take any jelly, calves'-foot, or orange, or Maraschino. Put it *hot* into a large bowl on ice and salt. When it is *almost* cold, whisk it to a thick froth; pour it very quickly into a mould, and set the mould on ice and salt till wanted to serve.

Jelly—Wine. No. 1. (*Birk Hall.*)

Half this will do.

Take 2 cow's heels; cut them up at the joints; put them in a well-covered pan on the fire with 4 qts. of water; keep the meat covered with water; leave them to simmer for 10 hours; then strain the liquor, and let it get cold.

Next morning take off all the fat and put the liquor back into the stewpan, with the rind of 6 lemons peeled very thin, add their juice also, 2 lbs. sugar, and ¼ oz. cinnamon, also 6 cloves and 2 allspice. Boil all these things together about 10 minutes.

Now whip up the whites of 4 eggs, and add them and their shells; boil 2 or 3 minutes; then draw to one side. Put hot coals on lid for 10 minutes. Then strain three or four times through a jelly-bag.

This quantity will fill 3 or 4 moulds; after pouring in the jelly add in each mould 1 wineglassful sherry, also 1 tablespoonful brandy; bury in ice 3 or 4 hours.

You may require from ¼ oz. to ½ oz. of gelatine, melted in water, added with the whites of egg and shells.

[Isa. Emslie's wine jelly is very similar, but in that the ox heels, though scalded, are not skinned, and are left *un*covered when put in the 4 qts. of water. They simmer for 8, instead of 10, hours. Of cloves she uses 2 instead of 6. She says: "If you boil 10 hours, the jelly is stiffer, but does not taste so well; and ox heels boiled only 8 hours do afterwards for stockpot."]

Jelly—Wine, No. 2, or Noyau Jelly. (*Mrs. Thomas.*)

1 oz. of gelatine to ½ pt. of cold water. Leave it to swell ½ hour; then add the juice of 2 lemons and their peel, ¼ lb. of sugar, the whites of 4 eggs, ½ tumbler of wine, and the same of water, also half a stick of cinnamon.

Whisk all thoroughly over the fire till it boils, but no longer; then let it simmer at one side of the stove, closely covered, 10 minutes; then pass two or three times through a bag till quite clear.

Have a mould rinsed out in cold water, ornamented with fruit, and buried in ice; fill it by degrees with the jelly.

If you wish for a Noyau, Maraschino, Rum, or fresh fruit jelly (made of fruit juice or syrup), *omit both cinnamon and wine*, and add the liquor or juice after passing the jelly through the bag and before it is poured into the mould.

Jelly—Wine. No. 3. (*Miss Holland.*)

To a "gang" of calves' feet, add 1 gallon of water; boil till reduced to 2 qts.; the whites of 8 eggs, and juice of 4 good lemons, *nearly* a bottle of Madeira (2 or 3 glasses may be omitted).

Take the rind of 1 lemon very finely pared; cover it up from the air that it may not turn black. Set on the stock to be quite boiling. Whilst it is getting hot, beat the whites of the eggs to a perfect froth, add the wine and 1 lb. of loaf sugar to the lemon-juice; stir it well; do not put this into the stock, but *pour the stock upon it*, and strain.

Now let the empty pan be cleaned, and while this is doing, keep stirring the liquor. Then pour all back into the clean pan, and give it a brisk boil for about a minute before pouring it into the mould; first putting the lemon peel into the mould into which the jelly is poured.

Junket. *See* Devonshire Junket.

"Kisselle" *See* Cranberry.

"Kugelhopf."*

Butter a Baba mould, line it with bread-crumbs and ornament with peeled almonds.

* Baroness von Deichmann tells me this is sometimes called "Guggelhopf" in South Germany, and a recipe for a somewhat similar cake called "Kouglaüff" is also to be found in "The Modern Cook" by C. E. Francatelli.

For 3 lbs. of flour you will want ½ lb. butter, 2 pts. lukewarm milk, the rind of a lemon, some German yeast, some salt, 6 eggs, and sugar to taste.

Take three-quarters of the flour and mix it with the yeast, milk, and salt; stir round, and let it rise 2 hours in a basin. Then add the butter (melted), the eggs well beaten with a little rose-water. Add all the rest, and beat well till it will fall off the spoon quite soft.

Then pour it into a mould, which it should half fill, to rise to the top in 2 hours. Paper the top. Bake 1 hour.

"Kymac." *See* Cream.

"Leche Crema." *See* Cream.

"Louvre Baba." *See* Baba, No. 2.

Macaroni Timbale—Sweet. (*Mrs. Jamieson.* 1881.)

3 ozs. of macaroni boiled in milk, with a bit of fresh butter, till quite tender. Stir it to prevent its sticking to the pan. When enough cooked, take it from the stove and let it cool a little; then sweeten and flavour it to taste; add 2 yolks of egg and, at the last, the 2 whisked whites. Have a plain mould lined with short paste. Fill in the mixture, and bake in a moderate oven for ½ or ¾ hour.

"Macédoine." *See* Fruit Macédoine.

"Matches." *See* Puffs, No. 1.

Meringue Mixture to cover Fruit in Glass Dish.
(*Mrs. Brinkler.*)

3 whites of egg stiffly whisked, ½ lb. castor sugar put through a fine hair sieve.

Mix the sugar in gradually with a whisk till all is light and creamy, then put a paper on the baking sheet with a little powdering of sugar on it; slip the meringue on to this and powder its top with sugar; bake in a slowish oven till a good coffee colour. Then put it on the fruit and place it in the meat screen a ¼ hour to keep warm and to fix it to the stewed fruit to cover it completely.

Meringue. *See* "Portman Meringue" and Strawberry Meringue.

Mincemeat. No. 1.

A very old recipe, and good.

Boil 3 whole lemons until quite tender, in very little water, just enough to cover them. Take out the pips only, and chop up the whole fruit finely, pulp and all.

Add 2 lbs. of chopped raisins, 1 lb. of chopped sultanas, 2 lbs. of currants, 2 lbs. chopped beef suet, 2 lbs. sifted sugar, ½ lb. chopped candied peel, ½ oz. of mixed sweet spice, 2 ozs. of brown sugar, 8 apples chopped *very* small; mix the juice of ½ a lemon squeezed into ½ pt. of brandy, with ¾ pt. of old port wine.

Put enough of this to make the mincemeat moist, cover it *tightly*, and in 10 days stir it well and *re*moisten it with more of the lemon-juice, &c.; do this twice before it is used; cover it from the air, and keep it in a warm place till wanted.

Mincemeat. No. 2. (*Barbara, Lady Clark.*)

2 lbs. good beef suet; 2½ lbs. good baking apples; 2½ lbs. loaf or brown sugar; 3 lbs. currants; 3 lbs. raisins; the suet and apples to be chopped very small, and the raisins and currants to be well washed, picked, and stoned; ¼ oz. mace; ¼ oz. cinnamon; ¼ oz. nutmeg; 8 cloves—the spices should all be pounded together in a mortar to a fine powder; the juice of 6 and the grated rind of 3 lemons; 6 ozs. chopped candied orange and lemon peel, and a little citron peel; ¾ pt. of good brandy; ½ pt. raisin wine. Stir this all well together.

This makes a large quantity.

Mincemeat. No. 3.—Lemon. Excellent.

Ingredients: 2 lbs. of currants; 2 lbs. of "Sun raisins"; 2 lbs. of apples; 8 lemons, both juice and rinds; 2 ozs. of citron; 4 ozs. of candied lemon peel; 2 lbs. of beef suet, quite fresh and finely shred; a little cinnamon, sugar, brandy, and Madeira wine.

"Mirlitons." *See* Soufflés.

"Normandy Pippins." *See* Apples.

Nougat. (*Cataldi.*)

1 lb. sweet almonds blanched and sliced lengthways. Dry them in a slow oven. Put ¾ lb. sugar by itself, with *no water*, into a sugar pan over the fire to melt; stir gently all the time, or it will spoil by getting lumpy; when it has quite melted, add the almonds, and mix all well together. Let it be gold-coloured, not brown.

Have quite ready a plain, round mould, which must have been well oiled with fresh olive oil (butter does not answer in making Nougat); line the sides and bottom of the mould quickly with the hot Nougat mixture, and press it down evenly everywhere with a lemon. Fill with Italian Cream, No. 1 (*see* Creams) at the last moment before serving. If the Nougat should stick to the mould when you want to turn it out, plunge it two-thirds of its depth in warm water, then wipe the outside, and the Nougat will come out.

Noyau Jelly. *See* Wine Jelly, No. 2.

"Nudels." No. 1. (*Miss "Paula" Schuster.* 1885.)

Stir up 1d. worth of German yeast in a teacupful of milk, and then pour it into the middle of 1 lb. of flour; stir it all up, and put to rise (as sponge) in a warm place out of all draughts, just as if it were for rolls; after that you mix it to a smooth mass with

½ pt. milk, ¼ lb. butter, 1 egg, and a little sugar, mixing all well together. These all must rise again (as dough).

Next roll with a rolling-pin, and cut out into small cakes with a little tin or teacup.

These cakes must be placed on a tin tray with sides to it, or in a pan, and have boiling milk poured on them; then the pan or tray must be put into the oven for about 10 minutes, that they may *boil from the bottom and bake from the top.* Use Custard Sauce No. 1—German, with this dish (*see* Sweet Sauces).

"Nudels." No. 2. "Dampf Nudeln," Steamed. (*Mrs. Emslie.* 1896.)

½ oz. of German yeast; 2 ozs. of flour; a pinch of sugar, ½ pt. of tepid milk and water (equal, half and half). It should rise for 1 hour in the meat screen, not too hot a part.

Have ready in a basin ½ lb. of flour; work in 2 ozs. of butter, ½ oz. of sugar, 2 whole eggs. To this add the yeast &c., and work for 5 minutes into a stiff dough. Put it to rise for 1½ hours in a warm place. When ready, take out, put on the slab, and knead into small rolls. Then put these into a deep sauté pan, to rise again for another ½ hour, when they will be ready to put in the oven. Pour over and round the "nudels" 1 pt. of boiling milk, and bake for 20 minutes. When ready to serve, dust them over with sugar, and salamander them.

Serve with vanilla-flavoured sugar and this custard sauce:—

For Sauce: 2 yolks of egg, ½ pt. milk, 1 oz. of vanilla-flavoured sugar. Whip all together over the fire for 10 minutes, and serve in a sauce-boat.

"Nudels." No. 3.—Munich. Steamed. (*Miss Hoffman.*)

Take 1 lb. of fine flour, and warm it thoroughly before the fire in a basin before making the paste. When warmed, strew over it a pinch of salt and a good teaspoonful of white sugar, more would make it heavy. Mix salt and sugar well into the flour, and then make it into a paste (as if for rolls) with German yeast and lukewarm milk. You must judge yourself of the strength of the yeast, putting as much as common rolls require (the German recipe says 2 dessertspoonfuls). Mix all well, and stir especially carefully round the edge of the basin. Cover the basin with a cloth or a paper, and put it before the fire to rise *gently*. Put it to rise 2 full hours before dinner.

When it has risen well, warm the pastry board, and strew it over with flour. Take up small round pieces of the mixture very carefully with a tin spoon, and place them on the board; then put the board before the fire, that the "nudels" may rise again.

Meantime melt a good-sized piece of fresh butter in a pot that has a tight-fitting cover. Add some powdered sugar and then milk to the depth of ½ inch (not more), and let butter, sugar, and milk boil up once. At the moment of boiling put the "nudels" carefully in. Take care not to put them too close together, and

cover them up close at once. They must cook very slowly till nearly done, and should then be browned over a sharp fire. Look at them once (or even twice) for a moment, and, when all the milk is sucked up, run a clean skewer into one of the "nudels." Should any paste stick to the skewer, they are not cooked enough, and more warm milk must be poured in at the side (*not upon*, but *round*, the nudels); then the cover of the pot is put on as quickly as possible.

The "nudels" should be very brown on the under-side, and served on a hot dish, any scrapings of the pot (ugly, but the best tasted of all!) being served under them.

Custard Sauce, same as for "Nudels," No. 2, served in the sauce-boat with them.

"Nudels." No. 4.—Kissingen. Baked.

These are baked in the oven. The mixture is like Munich steam "nudels," but a little butter is added, also the whole of a raw egg, well beaten and mixed with the rest (2 eggs if many "nudels" are to be made). This mixture should be very light, and put to rise in the basin for as long as that for the steam "nudels." Then put spoonfuls of it in rows into a well-buttered baking tin, or mould (*not* a baking sheet), space being left for them to spread *sideways* as well as in height.

The baking tin is then put into the oven till all the "nudels" are brown and crisp. They will have joined together in the oven and must be divided with the hand, just like loaves of baker's household bread, then piled on a dish on which there is a clean warm napkin.

Serve in boat the same vanilla sauce as in the recipe for Nudels, No. 2, or with Custard Sauce No. 2, *see* Sweet Sauces.

These Kissingen "Nudels" are much less troublesome than steamed "Nudels" and much better.

"Œufs à la Neige." *See* Snow Eggs.

Orange Fool.

Take a pint of cream, beat 3 eggs well into it, and add the juice of 6 sweet oranges and the grated rind of a Seville orange; sugar to your taste, stir all well over the fire till it thickens.

Orange Salad. (*Pauline Guizot.*)

This salad is good with wild duck.

"Coupez par tranches des oranges très mûres, couvrez-les de sucre des deux côtés et ensuite arrosez lentement avec du rhum ou de la bonne eau-de-vie, laissez-les reposer trois ou quatres heures avant de les manger."

Oranges—Mrs. Steel's. (1878.)

These are carefully-peeled whole oranges with no white left on them, in thick, rich orange-flavoured syrup.

They are simmered in a strong syrup and, when nearly cold, masked with white sugar candy or white crystallised sugar and served cold.

Oranges. *See* Cream, Flummery, Fritters, Jelly, Soufflés, Sponges ; also Apple and Orange Sandwiches and Chartreuse.

"Pain de Fraises." *See* Strawberry Shape.

"Pain Gâté." (*J. Emslie.* 1894.)

Made with our own tin bread,* rather stale. Use crumb only, no crust. Cut slices of any shape ½ inch thick ; put them to soak in cold milk previously sweetened and flavoured to taste with orange-flower water or pounded vanilla or lemon rind.

Turn each piece over carefully the whole time they soak, then drain them. Have ready on a plate the well-beaten yolks of 2 eggs. Dip both sides of the drained pieces of bread into the egg in their turn. Have ready a little very fresh best butter, which has been clarified, and fry them in it quickly but not too brown. Sprinkle with vanilla-flavoured castor sugar, and dish with a dab of sieved apricot jam or damson jelly in centre of each, or pile one on another on a napkin or a hot dish, with more vanilla-flavoured sugar over all.

The fritters should be a browny gold and served and eaten at *once*, hot ; standing spoils them.

Begin to make them only ½ hour before dinner.

If made of baker's porous "French rolls," 5 to 10 minutes' milk-soaking will be enough.

Pancakes. No. 1. Bates'. (1882.)

3 ozs. of flour, 2 ozs. of crushed ratafia, 3 ozs. castor sugar, a little salt, 3 eggs, ½ pt. milk, the grated rind of a lemon or a little pounded vanilla. Work this well together in the morning to blend for late dinner.

At cooking time add ¼ pt. of whipped cream. Fry quickly in clarified butter, and serve up hot with apricot jam rolled up in each. Serve Apricot Sauce round (*see* Sweet Sauces) or plain cream in a boat. Keep any pancakes that are left to make a "George IV. pudding" next day (*see* Sweet Puddings).

Pancakes. No. 2. Emslie's. (1889.)

2 tablespoonfuls of flour, the grated rind of a lemon, 1 teaspoonful of powdered sugar, all mixed in a basin ; 2 whole eggs beaten in, 1 at a time. Work all together in the morning, and leave to stand and blend till wanted ; then mix in half a teacupful of cream, and the same of new milk ; if *all* milk, the pancakes would be tough.

Butter an omelet pan and put in 2 tablespoonfuls at a time to cook ; turn each pancake over with a palette knife (once turning

* Probably "Tin Loaves," *see* Bread, which is also a recipe of Emslie's.

should do); when the pancake is done, turn it on to the warm lid of a stewpan, on the stove; dust it over with sugar and give it a squeeze of lemon-juice; roll it up and put it in a hot enamel dish in oven to keep hot whilst you do the others; pile the pancakes on this enamel dish, dust again with sugar, and serve.

The omelet pan must be rebuttered for each pancake, as you only do one at a time.

(Mrs. Jameson makes savoury pancakes with salt, and rolls them up with a little dressed cheese preparation, powdering cheese on the outside as they do in Rome.)

Pancake. No. 3. French.

The yolks of 3 eggs, well beaten, 1 tablespoonful of flour, the same of marmalade; mix well together with a little new milk. Just before putting it into the oven whisk the whites of the 3 eggs well and add them to the other ingredients. Put it into a tin and bake it in a quick oven for ½ hour.

Pancakes. No. 4. French. (Two recipes.)

(*a*) Mrs. Brinkler's: 3 whole eggs whisked together, ¼ pt. of new milk, ¼ pt. of cream, 2 ozs. of pounded white sugar, and the grated rind of a lemon. Mix all together like a custard.

Butter small saucers and pour in the mixture like thin pancakes; bake 20 or 30 minutes in a slack oven.

Have a dish ready *very warm* and slip on to it one pancake over another, putting a little apricot or other jam or pounded vanilla between each. Layers of pancake and jam alternately.

It looks like a pudding turned out of a mould. At table it is cut through like cake. Plain cream is handed with it for sauce.

This recipe makes lighter pancakes from having no flour.

To caramel the top of the pancakes sprinkle a teaspoonful of sugar on the top and salamander them.

(*b*) Mrs. Backhouse's Middleton French pancakes are served same way as Mrs. Brinkler's, but made as follows:

Take 5 eggs and beat the yolks and whites separately; keep them apart.

Beat a tablespoonful of flour into a ¼ pt. of cream. Add ½ oz. of loaf sugar and the grated rind of a lemon, then the well-beaten yolks of the 5 eggs—lastly, add the 5 beaten whites.

Pancakes. No. 5. Harding's.

¼ lb. of flour, 1 egg, ¼ pt. of milk (½ pt. milk for thinner pancakes).

Put the flour in a clean basin and mix in the milk slowly, that there may be no lumps. Break in the egg and mix it well in.

Melt about 1 oz. of fresh lard in a little stewpan; put 1 tablespoonful of it into the frying pan and grease the sides and bottom of the pan well, then return lard to stewpan and keep it hot for the second pancake.

A spoonful of the pancake mixture cooked in this larded frying pan makes 1 pancake; when the underside has browned toss the pancake over with a fork to brown the other.

When done, powder it over with sugar, roll it quickly, and dish on a *warm* napkin.

Again grease the frying pan as above, and make a second pancake; send up (1 pancake for each person), and let a second supply follow at once, that they may be served *very* hot. Hand pounded sugar and a lemon cut in two to squeeze over them, with the pancakes.

Pancakes. No. 6. "Royal." (*From Nice.*)

Use 2 eggs and milk, instead of cream—otherwise they are mixed like ordinary pancakes. They must be rather larger than a saucer, very thin, and are fried in an omelet pan greased with *salad* oil. They are rolled up like pancakes, and have a preserved apricot or a little apricot jam put inside each when rolled.

Pancakes—For Savoury Pancakes, *see* Pancakes, No. 2.

Peaches—Stewed.

Divide in half and stone as many peaches as the dish requires; peel them and put them inside uppermost in a stewpan with a syrup prepared from peel and kernels; let them stew gently till sufficiently soft, but not long enough to break them. Take them carefully out, keeping the inside uppermost; pile them like saucers on a dish, and put their blanched kernels on them or put a cherry-coloured ratafia drop where the stone was. Boil and skim the syrup again if necessary to make it clear, and serve it with the peaches. The peaches must be cooked less than for a preserve.

Pear Chartreuse. (*Fox Warren.*)

Stew 6 pears in a syrup of $\frac{1}{2}$ lb. of sugar to $\frac{1}{2}$ pt. of water, with the juice and the grated rind of a lemon, a pinch of cinnamon, and 4 cloves; also 6 drops of cochineal if desired.

Rub all through a fine wire sieve, "set" it with $\frac{1}{2}$ oz. of gelatine; put it into a hollow mould, and do not serve till next day.

You can put iced whipped cream powdered with vanilla-flavoured sugar in centre.

Pear Fool. *See* Pears—Tinned.

Pears—Stewed. No. 1. (*Beechwood.*)

Take 1 lb. of pounded loaf sugar, put to it 1 qt. of water, clarify, and boil it to a syrup, then take it off the fire, and when it is almost cold put in peeled half pears, on their *flat* sides, at the bottom of stewpan; cover them with a lid of foolscap paper, shaped to the size of the pan; cut any little brown specks from the peel, then lay the peel on the top of the paper lid and cover so close

that no steam can escape from the stewpan. Put it on a slow fire and stew them gently about 6 hours, giving them now and then a shake in the pan.

When you find the liquor wasting put in some *boiling* water (two or three times while stewing); they must stew some hours before coming to a fine colour. When the pears are red and the syrup clear, have ready a fine fresh lemon, thinly pared; put in the parings and also the juice of the lemon, and give all a quick boiling; then take the pears off the fire and put paper on them till they are cold. They will (so covered) keep some weeks if you put them into a jar, pour the strained syrup over and tie parchment over them, but may be refreshed by giving the syrup a boil up.

The best eating pears have more flavour when cooked than the best stewing pears.

Pears—Stewed. No. 2.

Use fresh fruit. The large pears answer best if to be got, but they can only be procured early in the winter. Take 6 of the longest, peel them as thin as possible, and cut in half longways, core them and put each in water as finished, to prevent their turning brown. Then stew them.

Pears—Stewed. No. 3. (*Learney.* 1878.)

Put the whole pears on the fire with cold water, parboil them till sufficiently cooked to admit of their being peeled with very little help from a knife, letting them cool in the process.

Weigh the skinned pears, and take the same weight in refined sugar to make the syrup; they are cooked same as Stewed Pears, No. 1; add, if liked, a little cochineal to colour.

Pears—Tinned. (1890.)

This recipe is for white Californian pears in tins, but most tinned pears now-a-days are soft enough when opened to require no extra boiling.

Open the tin and taste the syrup; if it is fresh and tastes of pears, not of tin, use it with the fruit, as it helps the flavour.

Put the fruit on in 1 pt. of water and put the lid of the pan on; let it first come to the boil, then draw to one side, simmer very gently till soft, about $\frac{3}{4}$ of an hour, covered all the time, then lift the pears into a clean dish, without the water, add $\frac{1}{2}$ lb. of sugar to the water in the pan, also some thin strips of fresh lemon peel; do *not* cover, but let it now boil till reduced to half, boiling all the time; then strain over the pears, and let all cool together; leave no lemon peel on when dished.

Garnish with preserved cherries.

These pears can reappear next day as "Pear fool," for which they are passed through a sieve and creamed. You can vary this so: Melt 1 oz. of gelatine and strain it; mix it into the pear squash, and pour into a mould. Bury in ice some hours.

Some add 3 beaten-up whites of egg; then it is more like a sponge. These pears are also good in jelly.

Pears—"Tonbridge Pears" for Dessert.

3 lbs. of large Jargonelle pears picked before they are yellow, 7 lbs. of sugar. Clarify the sugar, adding 4 pts. of water and whites of 3 eggs for syrup. Peel pears and take cores out at the broad end, leaving the stalks on. Lay them in the syrup and let them simmer awhile. Take pan off, let them stand a day or two, and then boil them till they are clear.

"Petits Choux à la Vanille." (*I. Emslie.* 1891.)

Round and hollow, and almonded at top.

½ pt. of cold water, and in it 2 ozs. of butter and a teaspoonful of vanilla-flavoured sugar. Put on uncovered to come to the boil, then add 2 or 3 tablespoonfuls of flour and mix over the stove to a smooth paste, using a wooden spoon. Take off the stove, and add 3 eggs, 1 at a time, working each well in. You must beat batter till very light.

Butter a baking sheet, and press a dessertspoonful at a time through a paper funnel on to it.

Bake, and when done glaze with white of egg, and scatter the top over with pieces of parched almonds, blanched, and peeled and cut across.

Custard Sauce, No. 2, in a boat, or whipped cream is served with them.

If you serve cold add a teacupful of well-whipped cream.

You may use a Chocolate Custard Sauce if you prefer it (*see* Sweet Sauces, for both these sauces).

These "Petits choux" if made with cheese, do for a savoury.

Another kind of "Petits choux" will be found under Soufflé—Chocolate.

"Petits Pains de Turin." (*Cataldi*).

Melt 2 ozs. butter in a basin. Take a wooden spoon and measure into the butter 3 spoonfuls of sugar and 6 spoonfuls of flour. Add the grated rind of a lemon and 2 eggs, both yolk and white. Mix all well together; if the paste is too stiff, add more egg; if too thin, add more flour

Work the paste on a pastry board, shape them into miniature rolls (oval, 1½ ins. long, with a nick lengthways in the middle); egg them over, and bake in the oven.

Plum Nest. (*R. M. Beverley.*)

The nest is made by stewing a proper quantity of Carolina rice, gently, in milk for ¾ hour, stirring it all the time.

Flavour it whilst doing this with vanilla or bitter almonds.

When taken off the fire stir into the rice some fresh butter and sifted sugar, stirring till both are melted.

Take the best Imperials (*not* prunes), stew them, with lump sugar, in equal parts of Whitwell's extra green ginger wine (this ginger wine is made in Yorkshire) and sherry. Add a dessert-spoonful of brandy just before you take them off the fire and a squeeze of lemon. Dish the rice with a hole in centre, and place in it the stewed plums, like eggs in a nest.

"Portman Meringue." *See* Strawberry Meringue.

Portuguese Cream. *See* Crea m.

Prunes—"Bordeaux Plums," Stewed. (*Mrs. Sherwood.*)

A luncheon dish.

Soak ½ lb. of Prunes 1 hour in cold water. Then put them on in the same water over a gentle fire to simmer 1 hour *un*covered, do not let it boil. At the end of the hour add ¼ lb. lump sugar and the thin peel of half a lemon and let all simmer ¼ hour more. Then take out and dish the plums; add a spoonful of sherry to the syrup, skim and reduce it and strain it over the prunes to get cold.

Prunes—"Elvas Plums," Stewed. (*Birk Hall.*)

Soak 1 lb. of green Elvas plums 1 hour in cold water, drain them, put them on the fire with 2 qts. fresh water quite cold; simmer fully 2 hours very gently. A quarter of an hour before taking the prunes off add ½ lb. sugar to make the syrup.

Serve cold in the syrup thus made.

(Real prunes must soak 2 hours. "Pistoles" plums cook in 1 hour, and do not require swelling in cold water; they are less rich and very good, and have no stones.)

Prunes in a Mould. (*Auchentorlie.*)

Swell 1 lb. prunes for 1 hour or more in cold water; stew them till tender, then stone them and put them into a plain mould. Add ¾ lb. of isinglass to the liquid the prunes were stewed in, also a glass of white wine, a spoonful of red currant jelly, and a little sugar. Mix all well and pour into the mould.

Puffs. No. 1. "Allumettes," *i.e.*, "Matches," or "Royal" Puffs. (*Cataldi.*)

To be handed round with cream.

Take some trimmings of "Feuilletage" puff-paste (Cataldi's, *see* Paste and Pastry) and roll them as thin as a shilling; then make it up again ¼ inch thick. Have ready some "glace royale" (which is merely white of egg and sugar), and spread it over the top of the pastry as thin as you can. Then cut pastry in pieces about 3 inches long and a third of an inch wide, and bake.

Puffs. No. 2. Apricot, are excellent when fresh baked, made of "Feuilletage" paste (Cataldi's, *see* Paste and Pastry), quite plian, or with apricot jam, as "sandwiches" with raw edges. For a variety you may cover the tops with white of egg and sugar, to fix almonds, filberts or pistachios cut across in thick pieces (*not*

sliced) on top. Crisp the almonds first in oven to improve the flavour.

The simple "Feuilletage" puffs are, however, best of all, Lady Clark says.

Puffs. No. 3. Batter. (*Mrs. Sherwood.*)

Put ½ pt. of milk on to boil, with 3 ozs. of butter, 2 ozs. of sugar, and a pinch of salt. When it boils, stir in 5 ozs. of flour quickly, and mix 2 or 3 minutes over the fire.

Take it off and let it cool a little, then stir in 3 whole eggs. Form the puffs oval or round, on a baking sheet, squeezing batter through paper funnel. Egg them over, and shake on to them 2 ozs. of chopped sweet almonds. You must bake the puffs in rather a quick oven and not open it till they are done (15 minutes or so) or they will be sodden.

Serve cold in pairs, with apricot jam between, sandwich fashion.

Puffs. No. 4. Dutch. (1883.)

This quantity is only enough for 2 people. To a good tablespoonful of flour in a pan, add 3 large tablespoonfuls of milk and 1½ pats of butter; mix all well over the fire and boil; stir till it is a stiff paste. Then take it off and let it cool, and beat in a whole egg; beat with a wooden spoon. Put one teaspoonful on each greased patty pan. Bake from 15 to 20 minutes in the oven. Dish on a napkin and put jam on the top of each.

You can meringue over the jam if wished, and brown it in the oven, but I do not advise this.

Another way is to brush the baked puffs over with yolk of egg, and scatter chopped pistachios or chopped filberts previously parched in oven, over the top. In both these latter cases, serve whipped cream, sweetened and flavoured, with the puffs.

Puffs. No 5. German.

2 ozs. blanched almonds cut fine, 2 ozs. loaf sugar, 1 tablespoonful flour, ½ pt. new milk or a little cream, 3 eggs, leaving out 1 white.

Butter some cups, pour in the mixture, and bake.

This will make 6 puffs.

Puffs. No. 6. Heathcroft. (1895.)

These are almost as small as a half-crown—very short crust.

¼ lb. fresh butter to 5 ozs. of flour. Mix well together, add a dessertspoonful of powdered sugar and a pinch of Yeatman's "dried yeast" or of any baking powder.

Make a hole in centre, drop in a yolk of egg mixed in a tablespoonful of water. Mix all lightly into a paste and roll out. Double and roll again, *three times in all.* Butter some saucer-shaped tartlet pans of a small size, line with the paste cut to size, and fill them with dry rice to make them keep their shape.

Bake in a moderately brisk oven. When baked, remove the rice, and fill half the number of baked short-crust saucers with black currant jam; put an empty short crust saucer over each one that has jam, and unite the two with white of egg. Dust their tops over with powdered sugar after giving them a touch of white of egg.

Bake say 10 minutes in a slow oven. Serve on a napkin, to eat fresh.

Any jam does, but the paste being sweet and short the black currant suits this dish remarkably well.

Puffs. No. 7. Baked. (*Mrs. Coltman.* 1879.)

Beat up 2 eggs with 2 tablespoonfuls of flour, adding 2 ozs. of butter melted. Mix all well with milk to a thick creamy consistency. Half fill well-buttered teacups, and bake. Turn out.

Serve with jam inside, and sift sugar over before serving.

They look like baked apple dumplings, and are crisp.

Puffs. No. 8.

These are good and uncommon; they look like sweet sandwiches, and must be roughed at top with almonds cut across and browned in the oven; if out of almonds, rough the tops with vermicelli.

2 ozs. of sweet Jordan almonds, and only two bitter almonds to flavour, 2 ozs. of fresh butter, 2 ozs. of sifted sugar, 1 egg (both yolk and white), the grated rind of a lemon. All these are to be pounded well together and thoroughly well mixed. Spread the mixture on a sheet of puff-paste (*see* "Feuilletage," under Paste and Pastry), and bake, then cut into sandwiches (long shape, not square).

Rhubarb—Stewed. *See* Rhubarb, under Jellies.

Rhubarb Tart.

Serve flavoured custard and Italian Cream No. 1 (*see* Cream), half and half, with Rhubarb Tart.

Rice—Caramel. (*Miss "Paula" Schuster.*)

About $\frac{1}{4}$ lb. sugar must be put into a saucepan with just enough water to cover the sugar; cook quickly till it has browned; it is then put into the oiled mould or cake-tin which is to be used; turn it about till the burnt sugar covers the bottom and sides—lining the mould with sugar as it were. Put mould aside till wanted.

Now soak $\frac{1}{2}$ lb. of Carolina rice in hot water for about 10 minutes, drain off the water and put the rice into 2 pts. of boiling milk, and cook it slowly but thoroughly, then leave it to cool.

Six yolks of egg, $\frac{1}{2}$ lb. sugar, and some pounded vanilla must now be well stirred together for $\frac{1}{4}$ hour, then the rice, which must be *all but cold*, has to be mixed in—the whites (all 6) must be

beaten to a froth by themselves, then lightly mixed in thoroughly, and all quickly put into the mould. The mould to go into a saucepan in which must be just enough water to go half-way up the mould; the saucepan to go into the oven or into the bain-marie for ½ hour. Serve Custard Sauce No. 1—German, with this dish (*see* Sweet Sauces).

Rice—Creamed. (*Mrs. Sydney Buxton.*)

This is same recipe as Rice Pudding No. 4 (*see* Sweet Puddings).

Rice—Ground Rice Flummery.

To serve with plain cream and preserved fruit.

¼ lb. of ground rice, boiled slowly in 1 qt. of new milk, with a little lemon peel, cut very thin, and a few bitter almonds (6 at the most) cut very small, and less than ¼ lb. of loaf sugar; stir it all the time it is on the fire, and when it is all but stiff pour it into a mould to stand all night.

Rice—Ground Rice Pyramids. (*Beechwood.*)

2 ozs. of ground rice, 2 ozs. sifted sugar, 2 bitter almonds, and 1 oz. of sweet almonds; boil all in 1 pt. of good milk till rather solid; press it very closely down into long wineglasses, let them stand all night, then turn out into a dish; lay custard or plain cream at the bottom of the dish, and add preserve between the pyramids.

Rice—Ground Rice Shape. No. 1.

Boil 1 pt. of milk with sugar to taste—add gradually ¼ lb. of ground rice—keep stirring it for 10 minutes, then take it off the fire. Add a little gelatine and allow it to get cold. Have ½ pt. of cream ready, whipped firm; mix it with the rice, pour into a mould and keep cool. N.B.—The white of an egg whipped with the cream lightens the cream much.

Use a hollow mould, put stewed fruit in the centre, and ice this dish a little.

Rice—Ground Rice Shape. No. 2. (*Mrs. Frank Coltman.*)

4 ozs. of ground rice put into a stewpan with 2 ozs. of fresh butter and a few drops of essence of almonds or cinnamon, vanilla, or grated peel, add 1 qt. of milk. Boil 15 to 20 minutes, and stir constantly till it is a smooth substance, though not too thick.

Then pour it into a previously oiled mould and do not turn out till quite cold. It will turn out like jelly. The rice should be done too much rather than too little.

What is left bakes well in a pie-dish with 3 yolks of egg beaten into it, and 2 of the whites whipped to froth and mixed lightly in at the last. When half baked and just browned, paper it to prevent being too brown, and finish baking.

[Mrs. Wellington makes a ground rice shape a little differently. She first boils the milk, then adds sugar and flavouring, next the

butter to melt in it a minute; the ground rice, which has meanwhile been smoothly well mixed in 2 tablespoonfuls of milk, is then added to boil 20 minutes on the stove, stirred all the time; poured into a mould to cool, and later on buried in ice if liked—not turned out till cold.]

Rice—Ground Rice Steamed, "Crème de Riz."

Put about 1 oz. ground rice in a stewpan, add a pt. of milk and boil till it is quite thick, stirring it all the time. Then add the yolks of 5 eggs, the grated rind of a lemon, and 2 tablespoonfuls of powdered sugar. Beat up the 5 whites to a stiff froth and add them just before steaming. Pour into a mould, and steam ½ hour. Chocolate Sauce No. 2, or Sabaglion Sauce (*see* Sweet Sauces) over it—colour the latter with cochineal.

(For another "Crème de Riz" *see* Soufflés.)

Rice—Heathcroft (Cold).

Wash the rice in 2 waters, then strain off the cold water and put the rice into boiling water—let there be plenty of water—let it boil about 20 minutes. Then put it into a sieve, pour fresh cold water through it, cover it and let it stand to drain—many cooks let it stand by the fire to dry it more thoroughly. When dry shake it out and let it stand to get cold. It should be snowy white—each grain separate and dry, yet quite cooked. Serve the rice piled on a warm napkin on the dish, and have a silver salver placed close to it, on which is a jug of cream and a dish of apricot or strawberry jam.

Rice Pears, "Croquettes de Riz."

To make a large dishful, take about 6 tablespoonfuls of rice cooked as for a pudding; sweeten it and flavour it, add the yolks of 5 or 6 eggs and the whites of 2. Mix well and reduce it over a sharp fire till it becomes thick, then put it on one side until cold.

When cold, shape the rice like small pears. Egg and breadcrumb each "pear," and then fry them; put an angelica stalk at the narrow end and a currant at the broad end *outside*, having already inserted a little strawberry or apricot jam at the broad end.

Range the "pears" round in a circle on the dish, standing up on their broad ends. Serve plain cream or custard sauce with them.

Rice Shape.

Put a teacupful of well-washed Carolina rice on the fire with 1 qt. of milk to come to the boil, lid on the pan. Then draw the pan to the side of the fire to stay there till the rice is soft (2 or 3 hours), lid still on. Add a teacupful of *warm* milk from time to time if the rice, in swelling, dries.

Flavour with a little pounded vanilla in castor sugar, added when you draw the rice to the side of the fire; if you have no vanilla, put in the rind of a fresh lemon, you take it out before moulding the rice, and stir in 4 ozs. of sugar to melt and mix; but *use no lemon if you use vanilla.*

Rinse out a basin or a mould in cold water. Give the rice a stir round before you put it in, you can use small moulds for a party, as more "dressy." Put the hot rice in quickly, pressing it in with a spoon. Put mould into a stewpan with hot water, if you want to keep it warm, or if in summer put the mould into ice till wanted; you can use a hollow mould with apricots or stewed Elvas plums in centre, if liked.

When you turn out the rice, warm a cutter, and with it make a hole in the top of the rice, and put apricot jam or damson jelly as a finish. Hand plain cream for sauce, or failing that, a custard.

Rice Volcano. (*R. M. Beverley.*)

Take 6 ozs. of well-washed Carolina rice and a stick of vanilla 2 ins. long, and boil both together in milk for ¾ hour—put in but little milk at first, but add more by degrees as fast as it dries—stir with a wooden spoon the whole time; it must not be left unstirred for half a minute, nor must it boil violently; the goodness of the pudding depends upon your attention to these two points.

At the end of the ¾ hour the milk should have dried up, at any rate the rice should not be sloshy.

Now it is time to stir in a small piece of butter and some lumps of white sugar; stir on till the sugar and butter have melted and blended, then take out the vanilla stick, put a jam pot on a dish, pour rice all round (not over) the pot, smoothing it with a spoon into a comely appearance, giving it as much as may be the appearance of the cone of a volcano.

When the rice is nearly cold remove the pot very carefully so as not to disturb the rice. Put preserved apricots with their syrup into the hollow left by the cup in the rice, and then pour over the whole a flood of rich custard or plain cream.

If you like, ornament the dish with macaroons.

(Apricot jam will not do for this dish—the fruit must be whole.)

Rice Wall.

Put a teacupful of well-washed Carolina rice into a stewpan with cold water to cover it, put it on the fire and let it come to the boil, then strain the water from the rice, add 1 pt. of milk to the rice, then put the stewpan at a further distance from the fire and let it simmer, with a small piece of cinnamon and the rind of a lemon, no sugar.

After it has simmered for 2 hours it will require about another pt. of milk put in gradually. Then let it boil for 10 minutes, stirring all the time; a tablespoonful of sugar is added, merely to boil up or it makes the mixture scorch; by this time the rice

should be well cooked and quite stiff; put the rice into a mould just rinsed out in cold water and *not* dried. If in summer, bury the mould in ice. At dinner-time turn out, and serve with any kind of stewed fruit.

This can be eaten either hot or cold.

A similar recipe and a useful dish is to make a stiff flat-topped rice border with some stewed pears on top, and Devonshire cream in centre. (Lady Hobhouse. 1880.)

Lady Holland's Rice Puddings (*see* Sweet Puddings) are made of this mixture. She adds a "tiny bit of fresh butter," and at the last a little vanilla-flavoured cream.

"Röde Gröde."* (*Mrs. Forster, Reinacharn.* 1875.)

1 pt. fresh or bottled fruit, 1 pt. of water; let it boil for an hour and strain. Sweeten and flavour with vanilla; to each pt. of juice allow 2 tablespoonfuls of arrowroot or of corn-flour, mixed in a little cold water; add to juice, and boil 15 minutes. Pour into a shape. Serve with whipped cream and almonds, like tipsy cake. (If you use raspberries you will require 3 pts. of fruit.)

"Round Tower." *See* "Croqu'en bouche."

"Royal" Puffs. *See* Puffs, No. 1.

Sago Shape. (*Mrs. Russell.*)

Set water on to boil; scatter small sago in and let it boil till done; stir.

Take half a pot of strawberry jam or of currant jelly, and pass it through a tammy or sieve; then at once mix with the cooked sago; sugar to your taste.

Add also a little vanilla and, if wished, a drop or so of cochineal; put all into a mould to get cold; turn out; then scoop a hollow in the top of the cold shape and fill it with whipped cream, sweetened and flavoured with vanilla.

Serve whipped cream as sauce.

Sago Stewed, for Luncheon. (*Miss Duckworth.*)

Use large kind of sago. Take a teacupful of it and steep 3 hours in water (if you use the small kind 2 hours will do); drain off the water, and put the sago into a stewpan with 1 pt. of milk; stew it slowly $\frac{3}{4}$ hour; stir it every now and then, to prevent a skin from forming at the top. Have boiling milk ready, in another pan, to add if the sago should become too thick.

It may be put through a sieve if wished, and should look, when served to table, as if made with rich cream. Serve apricot or strawberry jam in a glass dish with it, and thin plain cream in a jug.

* Röde Gröde (? a Scandinavian dish). A similar recipe is known in Germany, and very popular, as "Rothe Grütze," where it is made with ground rice or sago.

"Savarin." *See* "Baba."

Savarin Cake. No. 1. (*Mrs. Caswell.* 1882.)

½ lb. flour, 2 ozs. butter, 3 whole eggs, ½ oz. German yeast, dissolved and strained, 1 oz. of sugar. Mixed slack with warm water or milk to honeycomb. Put into a buttered tin, half full, and let it rise to top of tin, then bake. When baked, scoop a hollow in centre and fill with stiff whipped cream, sweetened and flavoured with vanilla.

The butler before handing it cuts the Savarin cake as you would a melon. Each helping is a wedge of this light bread-cake and some cream beside it, on the plate.

This Savarin can also be served with Rum Sauce, No. 2 (*see* Sweet Sauces), in a boat.

Savarin Cake. No. 2. Cataldi's "Gâteau Savarin."

A dish of the "Baba" family. *See* Baba for similar recipes.

Begin at 1 o'clock or soon after, if you dine at 7 or 7.30—it should rise 4 or 5 hours.

1 lb. flour in a basin, worked into ¼ lb. butter, ¼ lb. sugar, ¼ pt. warm milk, and 1 oz. German yeast dissolved in ½ teacupful of warm milk and water and strained. Let it rise like sponge. Then break in 4 eggs one after another; beat all for 10 minutes, it should be as thick as pancake mixture.

You have already buttered a hollow mould and lined it with peeled and sliced almonds; pour in the mixture till half full, and set it before the fire till it rises to the top of the mould; bake in a quick oven. While it bakes prepare the following sauce:

For Sauce:* Make ½ pt. syrup of sugar and water, 2 tablespoonfuls sherry, the same of port and of brandy, and 1 or 2 of noyau, 1 only of maraschino, the juice of an orange; mix well together. As soon as the Savarin is out of the oven, pour half the hot sauce *over* it as it lies on the silver dish, let it soak, then pour the *second* half, also hot, over it when about to serve.

Some prefer to let the cake cool before adding sauce, but the *sauce* should always be hot.

Enough of the Savarin mixture will be left to make a Baba for a picnic or luncheon, with sultanas and candied peel added. The top to be iced with sugar flavoured with vanilla or coffee or lemon. If you wish a rich Baba, give double quantity each of butter and sugar to make it. This picnic Baba requires no sauce.

Scalded Cream. *See* Cream—Scalded, under Cream.

Semolina for Luncheon. (*Emslie.* 1888.)

More than 1 pt. of fresh milk, 1½ ozs. of butter; put on to boil together; stir well; then scatter in 2 tablespoonfuls of semolina, just as you scatter oatmeal in making porridge, and let it boil on about 5 minutes; then cover and draw to one side to simmer 20 minutes; add 1 teaspoonful sugar, and, if

* This is recipe for Wine Sauce No. 2—under Sweet Sauces.

wished, flavour with grated lemon peel, but we prefer to have prunes, or pears, or green Elvas plums stewed, to eat with it and *no flavouring*, the fruit being in another dish.

To make a steamed pudding the semolina so cooked requires eggs added when it has cooled.

Snow Cheese. *See* Cream—Italian Cream, No. 2.

Snow Eggs, "Œufs à la Neige."

Whip up the whites of 4 eggs to a stiff froth, then add some sugar; mix these well together.

Then have ready a stewpan with boiling milk, into which you put a stick of vanilla. Shape the meringue paste with a tablespoon into flat ovals, and when the milk is boiling let them cook gently in it about 5 minutes. Then dry the meringue ovals on a cloth and dish them; when cold they should look like eggs, made of snow, and are served floating on the following custard sauce:—

For the Sauce: Put the 4 yolks of the eggs into a saucepan with 3 tablespoonfuls of sugar; stir the whole together until it becomes white. Next add some of the vanilla-flavoured milk in which the whites of egg were cooked.

Cook it till it becomes thick, taking care the yolks do not boil. When cold, put in the dish and the "snow eggs" on it.

(Caswell, 1882, puts the meringue mixture into a buttered, sugared mould to simmer, *not boil;* it is troublesome but lovely, and never seen elsewhere. Serve sauce round.)

Soufflé—Almond or "Crème Meringuée."

(*Miss Temple-Bowdoin.*)

Infuse in 1 pt. of new milk the very thin rind of a lemon with 2 or 3 bitter almonds bruised. As the quantity should not be reduced, it should be kept by the side of the fire till strongly flavoured, and *not* be allowed to boil for more than 2 or 3 minutes.

Sweeten it with 3 ozs. of lump sugar, and when this is dissolved, strain it—then mix the milk with ½ pt. of cream. Stir the whole gradually in to the well-beaten yolks of 6 new-laid eggs and thicken it like boiled custard.

When *quite cold*, put it into a soufflé dish, and beat the 6 whites of egg in a basin to a solid froth, mix them with 5 tablespoonfuls of pounded and sifted sugar, and spread them evenly over the custard. Set the dish immediately in a moderate oven and bake ½ an hour. Serve in a silver dish directly it is taken out of the oven.

Soufflé—Apple. Three ways. (*Mrs. Weston.*)

(*a*) Make a custard of 4 or 5 eggs. Mix the eggs with rather more than ½ pt. of milk. Add a little sugar, then put it in a soufflé dish to bake.

Have ready some apples which have been stewed very tender in a syrup made of about ½ pt. of water to ½ lb. of sugar. The quantity of syrup must of course depend on the number and size of the apples. When the custard is baked, put over it a layer of apples, and cover these over with meringue mixture, then put it in the oven to set, and ornament the dish with red currant jelly or apricot jelly.

(*b*) Flavour and stew the apples to a stiff marmalade. Put them on a dish and pour custard over—then whip the whites for the top, sift sugar over, and brown in oven.

(*c*) The Beechwood version is this: Make first a very rich apple sauce flavoured with grated lemon peel, and sweetened. Cover with rice stewed in cream, or new milk, also flavoured with lemon peel and sweetened; and spread over with a meringue of froth of white of egg with a little sifted sugar; ornament with apricot jam; sift sugar over all, and bake.

Soufflé—Apricot.

4 sponge biscuits broken small to cover the bottom of a dish, a layer of apricot jam spread over the biscuits, thin cream warmed or new milk, to be poured over all.

Beat the whites of as many eggs as you require to a stiff froth and lay on as for any other soufflé; sift fine sugar over all and brown in the oven.

Soufflé—Arrowroot. No. 1. Baked. (*Wootton.*)

Mix 1 oz. of arrowroot with a little cold milk. Pour ½ pt. new milk, boiling, over it. Let it stand to grow cool. Then add the beaten-up yolks of 3 eggs, and about 3 tablespoonfuls of well-sweetened stewed apples.

Beat up the 3 whites separately on a plate with a knife to a stiff froth. Mix all up together and put it into a pie-dish.

Bake about 20 minutes in rather a quick oven.

Soufflé—Arrowroot. No. 2. Steamed. (*Mrs. Bate.*)

Melt 1 oz. butter in a stewpan, and mix smooth with it 2 tablespoonfuls of arrowroot; add gradually 1 pt. cold milk, sugar to taste, and the grated rind of a fresh lemon. Stir till it boils, then take it off, and add the yolks of 4 eggs (or beat the eggs with orange-flower water to flavour instead of using lemon); and later on add the well-whipped-up 4 whites.

Pour into a well-buttered hollow mould, close over, and steam ½ hour gently.

Serve any nice sauce in a boat with this.

Soufflé—Brandy. (*Mr. Taton.*)

10 yolks of egg stirred over the fire in a stewpan with 2 spoonfuls of sugar, the grated rind of a lemon, a grate of nutmeg, and ½ pt. brandy. Stir till nearly set, then, having previously

beaten the 10 whites to a stiff froth, add half of them and stir them in very gently over the fire.

Put the mixture in soufflé tin and add the rest of the whites over the top. Smooth with a spoon, and dredge sifted sugar over.

Soufflé—Chocolate.

First make this chocolate mixture: Soak ½ cake of chocolate in boiling water for 1 hour; blend a little cold milk with a tablespoonful of flour. Have ready 1 pt. thin cream, boiled; mix 2 teaspoonfuls of pounded sugar with the chocolate, then add the flour and milk and cream; let it boil, and pass through a tammy or sieve.

Then make some "petits choux" by boiling a teacupful of water and a piece of butter as large as a nutmeg; when it boils, put in flour to make a thick paste, stir it till quite smooth, then stir in 1 fresh egg, then another.

Have ready a baking sheet well buttered, and drop this paste on it in small bits, and bake them in a hot oven 10 minutes. Cut out the bottom of each, fill in with chocolate mixture, put them into a soufflé dish or baking dish. Pour in the rest of the chocolate mixture, shake over a little powdered sugar, bake ½ an hour, and serve hot.

Soufflé—Coffee. (*Orchardleigh.*)

Have a cupful of strong coffee, made of 4 tablespoonfuls of ground coffee; put this in a stewpan; when boiling, add 2 spoonfuls of flour, and ¼ oz. of butter, beat it with a wooden spoon for 10 minutes; withdraw it from the fire, and, when cool, add 2 yolks of egg, and 2 tablespoonfuls of sugar; whip the 2 whites to a stiff froth, and add them to the batter, just before it is put into the mould; steam for 1½ hours, taking great care that the water does not boil, or the dish will be spoilt. No sauce needed.

Soufflé—Dr. Hoffmann's Small Soufflés.

Put ½ pt. of milk and 2 ozs. of butter on the fire.

When it boils, add ½ pt. of flour, and stir it till it comes off the sides of the pan.

Let it cool; add 4 eggs and a little sugar, and beat till it is quite smooth.

Flour a baking tin, and put teaspoonfuls of this mixture on the tin, leaving a little space between each (for each teaspoonful is a pudding). Glaze the tops with egg and sugar flavoured with vanilla. The oven must not be too hot. They should rise quite high in the oven.

Serve with fruit juice, or custard, or cream flavoured with coffee.

Soufflé—Frozen. (*Mrs. Whyte of Barrow Hill.*)

Make a very rich custard; add to it some finely-pounded sweet almonds, and flavour with a wineglassful of noyau; cook all together on a very gentle fire, taking the greatest care it does not

boil; stir the whole time, for smoothness should be its great merit; take it off when it adheres to the spoon, and pass it through a sieve.

Before putting it to freeze, add a handful of macaroons, powdered and rubbed through a sieve.

Freeze the whole. It must not be stiff—only about as thick as batter.

Put a layer of the *frozen* custard into the soufflé dish, then a layer of whipped cream, sweetened and flavoured with pounded vanilla but *not* frozen, over it another layer of *frozen* custard, then a second layer of whipped cream, and so on till the dish is full. Cover with whipped cream to stand high, and slightly brown it by dredging over it some pounded macaroons; or for a variety make it green with chopped pistachios.

For a small party you can use the same mixture for "Iced cups" by filling little round fluted paper cups with the iced custard as made for Frozen soufflé, and dredging macaroons over if you are short of cream, but if you keep cows and get plenty of cream, or live in town and can buy it, fill the paper cups above the custard with frozen vanilla cream, and put 3 strawberries at the top of each cup.

Soufflé—Ground Rice or "Soufflé de Crème de Riz."

(*Cataldi.*)

Quickly made and very little trouble.

Take 2 yolks of egg with about 2 ozs. sugar; beat them well with a little lemon peel grated or essence of lemon; then add 2 teaspoonfuls of ground rice.

Having beaten 5 whites of egg by themselves to a stiff froth, mix them well in and bake. Serve in a silver soufflé dish.

(*See* another "Crème de Riz," Ground Rice Steamed, under Rice.)

Soufflé—Iced, No. 1, with Fruits in Maraschino.

(*DevonshirePlace.*)

The yolks of 10 eggs and $\frac{1}{2}$ lb. of fine sugar, well beaten for $\frac{1}{4}$ of an hour.

The whites of the 10 eggs well beaten to a stiff froth.

1 pt. of cream beaten stiff.

These ought to be done at the same time (but *separately*), as otherwise one falls while another is being beaten. Mix the whole together lightly, but do not beat any more, and have ready a soufflé dish with a paper round it, oiled. Pour in the mixture and freeze, and, when quite frozen, take out a small piece from the centre with a spoon; fill it quickly with preserved fruits previously soaked in maraschino; replace a bit of the ice soufflé to cover the hole; sprinkle pounded ratifia over the top, and serve.

Soufflé—Iced. No. 2. "Soufflé glacé à la Vanille."

(*Devonshire Place.*)

Fifteen yolks of egg, $\frac{1}{2}$ lb. of pounded sugar, $\frac{1}{2}$ pt. of water, 1 stick of vanilla pounded and passed through sieve, 1 glass of

best brandy, ¼ pt. of cream whipped stiff, also 2 ozs. of ratafias pounded and browned to sprinkle over the top at the last.

Put the eggs, sugar, water, brandy and vanilla in a large basin or bowl; place it over a stewpan of hot water, and whip all well till it becomes quite warm and about the substance of sponge-cake batter; then whip it on the ice till perfectly cold, gently stir in the cream, previously whipped stiff, then pour it into soufflé dish which is previously tied round with cartridge paper about the same height as a baked soufflé would be. Place in an "ice cave" and set it in ice about 6 hours before dinner.

About 1 hour before dinner, drain the water off from the tub carefully, and cover the "cave" again with more ice and salt; when you want to take the paper off, do it by running a hot table knife round the paper. Lastly, sprinkle ratafia over the top and serve.

You can, instead of brandy, flavour with tea, coffee, chocolate, liqueurs, orange or lemon, as you think proper; if flavoured with tea or coffee use ½ pt. of either instead of the ½ pt. of water mentioned at the beginning of the recipe, but you must make it *very strong*.

Soufflé—Iced. No. 3. "À la Walter Scott."

Ingredients: 1 pt. of syrup, 15 yolks of egg, ¼ pt. of curaçoa and half that quantity each of orange-flower water and orange juice, ½ pt. of double cream whipped.

Prepare as an ordinary ice soufflé, only take care that it is not too liquid as there is so much liquid in the flavouring of this one.

Soufflé—Iced. No. 4. Lemon. (*Lady Holland.*)

Take 2 ozs. of fresh butter, the yolks of 12 eggs, the rind of 3 lemons and the juice of 2.

Stir all over the fire with a wooden spoon, sweetening to your taste; stir on till it gets thick like custard, but take great care it does not boil. Let it then get quite cold.

Now whisk the 12 whites up quite stiff in a separate basin in a gentle heat and mix them with the cold custard; put the mixture into a silver soufflé dish and place in "ice cave" 3 or 4 hours.

Soufflé—Lemon, Steamed. (*Beechwood.*)

Best done over a charcoal fire.

1 pt. of milk with 2 spoonfuls of flour put into it and stirred till it boils; 4 eggs, the yolks put in the milk as soon as it is taken off the fire, the whites to be beaten up stiff and added when it is cold. Put it into a small mould with the rind of 2 lemons, and steam it about 1 hour.

If you omit the lemon peel, and flavour the mixture with vanilla instead, you may serve Chocolate Sauce with this soufflé. (*See* Sweet Sauces.)

Soufflé—Marmalade. (*Mrs. E. Emslie.* 1897.)

4 ozs. of flour, 2 ozs. butter, 2 ozs. sugar, 3 eggs, 2 tablespoonfuls of marmalade.

Mix the flour, sugar and butter with a little milk, and stir it over the fire until it boils; lift the saucepan off the fire, then add the yolks of egg and marmalade; the whites, after they are well beaten, are added at the last.

Bake in rather a hot oven.

Soufflé—"Mirlitons."

(Recipe from the convent, for small soufflés.)

The yolk of 1 egg to 1 tablespoonful of cream, and a few drops of orange-flower water, for each "mirliton."

Sweeten the cream and orange-flower water to taste.

Beat the flavoured cream *alone;* beat the yolks of the eggs *alone;* put both together and bake in little paper cases, like coffee cups in shape, or in little tins of the same shape, lined with puff-paste, like very deep cheesecakes.

They soon fall with cooling, so must be eaten hot and at once.

Soufflé—Orange. No. 1.

This requires 3 oranges in the height of the season, but if they are only coming on, or if they are going off, you should use 4.

Take a thin slice of butter, 1½ tablespoonfuls of flour, a teacupful of milk, and the rind of 3 oranges rubbed on lump sugar—use the common China orange.

Boil the mixture till it thickens, stirring it well all the time to prevent it from getting lumpy.

When thick, take it off the fire; break in the yolks of 4 eggs, and mix all thoroughly together. Then you may leave it in that state for hours.

When the soufflé is wanted, whip up the whites of 5 eggs to a very stiff froth and mix them in lightly with the other ingredients; then put all into the mould and set it in a pan of water on the fire, taking care that the water rises *less than half-way up the outside of the mould*, and that the mould itself does not touch the bottom of the pan.

Three-quarters of an hour will steam it.

For Sauce: The sauce served with it is the juice of 5 more China oranges strained and sweetened with white sugar, then boiled 5 or 6 minutes. (Do not flavour the soufflé itself with orange juice or it will be heavy.)

Soufflé—Orange. No. 2.

Squeeze 12 oranges, but first rub off the rind on lump sugar, add the sugar to the juice and 1½ ozs. isinglass dissolved in water. Whisk this orange jelly till quite thick. Take 1 pt. of it, mix with it 1 pt. of cream previously sweetened and whipped by itself. 4 more oranges must now be cut into tiny pieces (no white) and laid in sugar for ½ hour, then mixed well with the mixed whipped

jelly and whipped cream. Let it chill well in ice. Put it lightly into a soufflé dish and see that the bits of orange are evenly distributed through the soufflé. Powder with sugar before serving.

This mixture makes "Orange cream" if turned out of a mould.

Soufflé—Orange Flower. (*Bates.* 1873.)

Weigh 5 eggs in their shells and take their weight in sugar. Break the yolks into a clean basin. Put the whites by themselves into a second basin and whisk them to a stiff froth.

Stir the yolks with a wooden spoon for full 20 minutes, adding the sugar gradually and a good dessertspoonful of orange-flower water. Then add the whites very carefully. You must use a flat dish, not a silver soufflé dish, for this latter is too deep. The dish must be one not to suffer from going into the oven. Butter the inside well and also put a paper band to it 3 ins. high, before pouring in the mixture, which must only three-quarter fill dish, as it will rise to the top of the dish when in a moderate oven.

Before putting into the oven, sprinkle some well-pounded ratafias over the top.

Serve quickly. Hand very stiff "Schaum Sauce" (*see* Sweet Sauces) with it.

Soufflé—Semolina, Baked.

A teacupful semolina stirred in 1 qt. of milk (no lid), sweetened and flavoured. When cool, add 3 yolks of egg, and 3 whipped up whites at the last. Moderate oven. Bake $\frac{3}{4}$ of an hour.

Soufflé—Strawberry, No. 1, or "Styrian Soufflé."
(*Mrs. Weston.*)

(To use up whites of egg.)

Beat the whites of 4 eggs to a froth. Put this froth into an earthen pan with 2 ozs. of castor sugar. Mix this gently, then add $\frac{1}{4}$ lb. of strawberry jam to flavour it. Put it into a well-buttered soufflé dish. Stir it well up and let it bake nearly an hour in an equal temperature. Serve in a silver soufflé dish as soon as it is ready, as it falls immediately.

Soufflé—Strawberry. No. 2.

First a custard of 3 yolks of egg with milk and sugar. Put it in a soufflé dish in the oven to set. Whip the three whites to a strong froth with 3 spoonfuls of sugar and a little strawberry jam. Put the rest of the jam over the custard, and meringue mixture over all. Bake 1 hour in a moderate oven.

Soufflé—Tapioca.

Soak a tablespoonful of tapioca in water for a couple of hours, set it to boil, adding powdered loaf sugar to taste, and milk, till the mixture is of the consistency of porridge; flavour it with grated lemon peel, work in when cold the yolks of 3 and the

whites of 4 or 5 eggs whisked to a stiff froth; then pour quickly into a soufflé dish, and bake till it has well risen. Serve immediately.

Soufflé—Tapioca. No. 2. (*Beechwood.*)

¼ lb. of tapioca well washed, put into a stewpan with a pt. of cream or new milk, some lemon peel and sugar. Let it boil till it comes to a custard. Put it to cool, then add the yolks of 4 eggs. Put it into a pie-dish and have it very lightly baked. Whip the whites of the eggs up very lightly; put them on the top of the soufflé after it is baked and brown them with a salamander.

Sponge—Apricot.

Dissolve gelatine as for blanc-mange, in water. Mix with the fruit and syrup, adding water if wanted. Whisk all together in a bowl till it thickens, then put in mould and leave to set.

Sponge—Arrowroot. (*Louvre Hotel at Rome.* 1877.)

Ingredients: The juice of 2 lemons, the thin rind of one, rubbed on 6 ozs. of roughly broken lump sugar, 2 yolks of egg well beaten, 2 whites whisked to a froth, ¼ oz. gelatine melted in a little water, 1 dessertspoonful of arrowroot carefully mixed in a little cold water.

First dissolve the lemon-flavoured sugar over the fire in 1 pt. of cold water; it should then boil for a few minutes. Then add the prepared arrowroot. Take it off the fire and wait till it has cooled, then add the 2 beaten yolks of egg, and cook again for a minute to take off the raw taste of egg—too great heat makes it curdle. Add lemon juice, and, when cooled, the liquid gelatine and the frothed whites of egg—mixing them in lightly.

Pour all into a mould which has been rinsed in water, but not dried, as it turns out better from a wet mould. Bury the mould in ice, or use more gelatine.

For its reappearance next day: Mix the remains of the sponge with whipped cream and add ½ teaspoonful of dissolved gelatine if necessary; whisk all lightly together, fill dariole moulds with it, and set them in ice.

Sponge—Lemon or Orange.

(*Mrs. Wellington and Mrs. Fordyce Buchan.* 1880.)

Soak ½ oz. gelatine for ½ hour, in 1 pt. of cold water. Then add ½ pt. of boiling water, let it again come to the boil, add ¾ lb. loaf sugar with the rind of 4 lemons or oranges rubbed on it (but *orange* sponge would want half the sugar only), add the juice of the fruit also; all to dissolve and come to the boil as if for jelly; then strain it into a large basin to cool.

Add the well-whipped whites of 2 or 3 eggs and whisk all stiff together ¼ hour till white. Pour into a rinsed mould and bury in ice 2 or 3 hours.

Sponge—Lemon Caramel. (*Emslie.* 1896.)

For the Caramel: ¼ lb. sugar put on with tablespoonful of water in sugar-boiler to reduce quickly to caramel, then line the sides and bottom of a plain mould with it, and keep turning it about until set, that it may completely line the mould.

For the Sponge: Soak ½ oz. gelatine in ½ pt. of cold water with the rind of a lemon, the juice of half a one, and ¼ lb. of sugar. Allow all to stand for ½ hour, then boil up for 10 minutes, strain into a basin and, when quite cold but *not set*, add the whites of 3 stiffly-whipped eggs. Pour into the mould you have already prepared with caramel.

Custard for Sauce: Take the yolks of the 3 eggs, mix them with a teacupful of milk and 3 drops of essence of lemon, and a teaspoonful of sugar. Put into a bain-marie. Whip all for about 10 minutes over the fire and pour cold round the caramel when served.

Sponge—Orange. No. 1. (*Mrs. Stubbington.*)

Dissolve 1 oz. of gelatine in ½ pt. boiling water and leave it to cool. Then strain and add to it the juice of 4 sweet oranges with a clarified syrup made of 10 ozs. of sugar. Whisk it up to a sponge, put it into a mould and let it stand till wanted.

Sponge—Orange. No. 2. (*Ruth Dowden.*)

1 oz. of gelatine dissolved in 1 pt. of boiling water, strained, and allowed to stand till nearly cold—mix with it the juice of 6 oranges and of 1 lemon. Add the whites of 3 whisked eggs and sugar to taste, rubbed on orange peel. Whisk the whole together till it looks light and like a sponge.

Put it into a mould and place it on ice till set—then you can turn it out. Garnish this dish with "pigs" of seedless orange sweetened.

In Italy a little chopped candied orange peel is scattered through the sponge mixture.

Stone Cream. *See* Cream.

Strawberry Compote. *See* Apricot Compote.

Strawberry Fool.

With a spoon bruise ½ lb. of ripe strawberries through a sieve. Whip ½ pt. of cream, add the fruit and 2 tablespoonfuls of powdered sugar (reduce with milk if you are wise enough to prefer the Fool *thin*).

This without milk and frozen, is a good recipe for Strawberry ice. For another Strawberry Fool, *see* Strawberry Shape, No. 2.

Strawberries fresh-scalded for Luncheon.

(*As at Beverley.* 1880.)

Make a strong syrup, proportion 1 lb. of sugar to 1 pt

of water. Clear it, and when ready and boiling, put in the strawberries. Take up one with a spoon and feel if soft, it must not be a *mush;* when soft they are done ; serve cold in syrup.

If for a Macédoine, the strawberries must not be put into the syrup when it is on the fire, only after the syrup has much cooled.

Strawberry Meringue or "Portman Meringue" (a very pretty dish for dinner when Strawberries are in season).

This is a very large meringue baked in the oven; put fresh strawberries, powdered with sugar, at the bottom, then iced, vanilla-flavoured Chantilly cream (*see* Cream — Italian Cream, No. 1), then more sweetened strawberries, and so on till the meringue is full.

Strawberries preserved whole for Dessert. (*Lady Rycroft.*)

Marked "Excellent" by Lady Clark. *See* Preserved Fruits for recipe and for how to use these as a sweet dish.

Strawberry Shape, No. 1. "Pain de Fraises."

(*Mrs. Jamieson, Auchentorlie.* 1876.)

Take a pt. of fresh ripe strawberries, pass them through a fine hair sieve into a basin. Have ready melted 1 oz. gelatine and 2 ozs. sugar; stir it into the strawberries—if necessary, colour with a few drops of cochineal. Keep on stirring till it is cold, then pour into a hollow mould, and fill centre with plain cream ice with a few very ripe scarlet strawberries at top of ice, or fill centre with whipped cream, flavoured and sweetened.

Keep it cool, or put into ice till wanted.

This does with many other fruits and ices (with melon, for instance).

Strawberry Shape, No. 2. "Pain de Fraises."

(*As Emslie does it.* 1888.)

First pass 3 pts. of ripe, fresh strawberries through a fine sieve to make a purée.

Make a syrup of ½ lb. lump sugar to ½ pt. of cold water; let it come to the boil and go on boiling till reduced to half; let it cool.

Put 1½ ozs. of gelatine into enough cold water to cover it; add 2 tablespoonfuls of the strawberry purée and melt gelatine, &c., over warm water in the bain-marie and strain it; add enough of the syrup you made (cold) to sweeten the remainder of the strawberry mash, then mix in the gelatine and strain into the mould; keep in a cool place till wanted.

To make next day into Fool for luncheon, pass the remains of the "Pain de fraises" through a sieve, and add cream.

Strawberry Roll.

Take ½ lb. of very fresh beef suet and 1 oz. less of flour; add a pinch of salt. Mix and roll it out thin.

You will require 1 lb. of strawberry jam. Spread it on the paste and roll the jam and paste up, shaped like a bolster. Tie tightly, to prevent its breaking, in a cloth, the inside of which is floured, and tie each end with tape.

Plunge the roll into a pot in which the water is already boiling briskly. Put the lid on and let it cook about 1½ hours, *the water boiling the whole time.*

Undo it with care, and see that the dish in which it goes to table is hot. Powder the roll with sugar when you dish it. If too dry, serve *on* a syrup sauce made of 2 tablespoonfuls of the same jam with which you filled the roll, and a dessertspoonful of water; let it come to the boil, then strain it into the dish.

Strawberry Tart. *See* Tart—Strawberry.

Syllabub. No. 1. (*Lady Clark.*)

Grate the rind of a lemon into a basin, squeeze the juice upon it, and add ½ a glass of orange wine or of sherry, the same of brandy, and sweeten to your taste with pounded and sifted sugar; pour upon it ½ or ¾ pt. of cream and whip thoroughly for a short time before putting into the dish.

This syllabub may be made an hour or two before dinner.

Syllabub. No. 2. (*Mrs. W. Duckworth, Beechwood.*)

A pt. of cream, ¾ pt. of raisin wine or less of brandy, ½ lb. sifted loaf sugar, the juice of 1 small lemon, and the rind pared very thin; whip all well together for half-an-hour the day before wanted, and put in a cool place.

Serve in a china punch-bowl and help with a ladle.

Tart—Bread, "Brod Torte." Two ways. (*Miss Weber.* 1878.)

(Remember in this recipe that a German lb. is about an oz. heavier than an English lb.)

(*a*) Pound ½ lb. of sweet almonds with a little rose-water, add 4 ozs. of fine white bread-crumbs, ¾ lb. of sugar, ½ oz. of powdered cinnamon, ¼ oz. of cloves, and a whole oz. of fine brown bread-crumbs, 1 oz. of candied citron cut small, and 2 ozs. of preserved ginger just taken out of its syrup. Beat 10 eggs well for ½ hour, add a glass of wine, butter a mould, and line with bread-crumbs; put in the mixture and let it bake slowly.

(*b*) Take 1 lb. of almonds peeled and pounded, ¾ lb. sugar, and 6 ozs. of brown bread-crumbs well dried and rubbed fine.

Moisten these with a glass of wine; add the yolks of 18 eggs, ½ oz. of cinnamon, a little pounded clove, and the rind of a lemon.

Mix all well together, adding the well-beaten frothed whites of the eggs at the last. Bake slowly in a mould strewn with raspings of the crust of a fine roll.

(Half these quantities make large enough tarts.)

Tart—Custard for Fruit Tarts. *See* Custards.

Tart—"Frangipani."

First, for the custard or "Crème Pâtiserie," ¼ lb. butter, ½ pt. cold milk, a grate of lemon peel, a tablespoonful or rather more of sugar, a dessertspoonful of arrowroot and the same quantity of flour, 3 yolks of egg, all mixed together and cooked till it thickens, then to be put into short crust on which is a layer of apricot jam; the paste must cover the custard completely, so that neither custard nor jam shows. Brush the top crust over with white of egg, and cover with sugar. Bake; serve on a napkin.

Crushed ratafias improve the custard mixture.

For "Frangepan," *see* earlier.

Tarts—Fruit Tarts.

In making fruit tarts put sugar *over* the fruit to make it shrink, and take care the oven be not too slack, so that the dome of paste may not fall with the fruit and get "sad."

Tart—Rhubarb. For Sauce, *see* Apple Pie, and Rhubarb Jelly recipes.

Tart—Strawberry Tart of fresh Fruit. (*Mrs. Caswell.*)

Put short crust in a round, flat tin, turning up edges like a wall to keep in the syrup. Fill with dry *uncooked* rice only to keep it in shape, the rice to be on a paper which will lift out. Bake it.

The fresh strawberries must be scalded in syrup, and the syrup reduced. Pop in the strawberries and syrup when the tart is ready to serve.

(You can use up the rice for something else afterwards.)

Tartlets—Lady Abbess's.

Blanch and pound 4 ozs. of best Jordan almonds with a little orange flower water. Add 2 ozs. of fresh butter and the same of sifted sugar. Mix well and bake in small patty pans lined with pastry; bake in a quick oven.

When cold, dish with a little preserve in each.

Tartlets—Cream. (*Sherwood.*)

Line some small tartlet pans with a light puff-paste, and into each put 2 or 3 teaspoonfuls of apricot jam. Just before putting into the oven, fill them up with the following custard, previously made and added cold: Take ¼ pt. of cream, and let it boil. Take 3 yolks of egg, and 2 only of their whites. Beat them well and add by degrees a tablespoonful of flour, beating all the time, so that flour and eggs are thoroughly well mixed. Add the boiling cream to the mixture, still beating all the time. Sweeten to taste (about 2 teaspoonfuls sugar), and let all stand till cold.

Bake the tartlets 20 minutes. Dish very hot.

Tartlets—"Diplomatic." (*Cataldi.*)

Line some tartlet pans with short crust, and have ready the following custard (to make 8 or 10 tartlets):—

The yolks of 3 eggs, 3 teaspoonfuls of potato flour or of ground rice, 2½ tablespoonfuls of sugar, and a teaspoonful of sugar which is flavoured with vanilla or with 2 bitter almonds bruised and pounded. Mix all these well together, then add ¾ pt. of cream and mix it also well again. Then boil it.

After boiling add a piece of butter the size of a nut, and mix it carefully and thoroughly well in. Then fill the tartlet pans with the mixture.

Bake the tartlets, and afterwards ice them with vanilla-flavoured sugar, and to ornament the tartlets put a cherry and 4 diamond shapes of angelica and candied peel, as leaves round it at the top of each.

They are very good, and look pretty.

Tipsy Cake.

Bake a sponge cake in a Baba mould. Stick it all over with almond spikes; soak it in a wineglassful of sherry; put preserve in centre if you like; cover with thick custard, and cover the custard with Italian Cream, No. 1 (*see* Cream), and serve in a trifle dish.

Trifle.

First put on a dish a layer of ratafia drops and macaroons mixed, then a layer of sponge cake, ½ in. thick, soaked 2 hours in a wineglassful of sherry; cover with apricot jam, the jam with custard, the custard with Italian Cream, No. 1 (*see* Cream).

Serve in a glass dish.

Mrs. John Wood's "trifle" is rather different.

This is her recipe: Sponge cakes sliced laterally, jam spread on one side only of each slice—half yellow jam (apricot), half green (plums), or red (strawberry)—but *have two kinds of jam.* Pile the slices of cake on each other till the dish is full, then soak it in sherry and brandy (equal parts), cover with an almond custard, and cover the custard again with whipped cream, sweetened and flavoured. Scatter over all many-coloured "hundreds and thousands"—harlequin comfits.

Some use ratafia drops alternately with jam-spread cake, and it adds more flavour; then you need no almonds in the custard.

"Tutti Frutti." (*Eglingham Hall.* 1886.)

Any fresh ripe fruit you can get. If apricots, pears, peaches or pineapple slices, cut each in halves or quarters, and stew till tender in syrup of sugar and water. Other ripe fruit may be put raw overnight in a strawberry or a raspberry or noyau syrup.

If pineapple is used, pare it first.

"Whips." (*See* under Cream—Italian Cream, No. 2.)

SWEET PUDDINGS

(*See* also Sweet Dishes).

Memo. on turning out Puddings.

To turn puddings well out of the mould, be sure all the pudding moulds are dry in the first instance, then well greased inside with well-clarified butter or beef suet, as otherwise the puddings will look ragged when turned out.

Also, if cooked too fast, they will not turn out unbroken.

Turn over the mould, with the pudding in it, on to the dish it is to be sent to table in, and leave the mould on a minute or two before taking it off the pudding.

Sutherden's way to turn out puddings neatly is: if *baked*, butter the mould and then flour it and line with bread-crumbs.

Steam puddings are more "awkward" to do, especially if light. Sutherden recommends buttering the mould, then sugaring " or dusting it with bread-crumbs on the butter" and having pudding ready 10 minutes before wanted. "Turn the mould and pudding in it on to the dish in which you serve it; leave the mould on and keep all warm in the screen to the last moment." She has often lifted the mould off at the dining room door, if an "anxious" preparation.

(The drawback to this is that though the pudding turns out neatly it is not so light.—C. C.)

Albert Pudding.

½ lb. of butter, ½ lb. of brown sugar, add 6 eggs, one at a time, ½ lb. of sultanas chopped small and then well pounded in a mortar, ½ lb. flour (add gradually), ¼ lb. mixed peel, chopped. All to be mixed, poured into a buttered mould and steamed 5 hours. The mould should be very closely tied to prevent the water getting into it. Serve with either a whipped sauce or custard sauce with wine or brandy added.

Alderman's Pudding.

Put puff-paste (*see* Paste and Pastry) to line the dish, and in that the contents of a pot of jam.

Now take the weight of 3 eggs in sugar; the same in butter. Work the butter to a cream, then add the sugar, the eggs (well beaten), a tablespoonful of rice flour, the juice of a lemon and a little cinnamon. All these ingredients must be well mixed.

Place them over the layer of jam in the dish and bake 1 hour in a moderate oven.

Almond Puddings. (*Mrs. Wood.*)

3½ ozs. of stale bread-crumbs, 2 ozs. of citron peel chopped fine, 2½ ozs. almonds chopped fine (most of them sweet, a couple or even 3 bitter), drop a little orange flower water over the almonds as you chop them to prevent "oiling," 2 ozs. of fresh butter, 1½ ozs. of castor sugar, 2 eggs well beaten and ½ pint of boiling milk.

Mix all thoroughly well together and bake a nice brown in cups or dariole moulds well buttered.

They should rise high and be very light.

Serve on a napkin, standing up just as they did in the moulds, not on their heads, or they will get heavy.

Serve Frothed Sauce or German Sauce (*see* Sweet Sauces) in a boat; no sauce in the dish itself.

Amber Pudding. (*Lady Holland.*)

½ lb. of flour, ½ lb. of suet, ½ lb. of sugar, a pot of orange or apricot jam, a little spice, a little lemon peel grated, a little candied peel, 4 eggs. Steam it slowly 9 hours. (If not wanted so rich, omit the jam.)

For sauce, use Cream Sauce, *see* Sweet Sauces.

Angel Puddings.

2 ozs. of flour, 2 ozs. sugar, 1 oz. butter, 1 pt. thin cream, the yolks of 4 eggs, and the whites of 2.

Melt the butter in *part* of the cream, and when cold mix the whole together.

Bake them in small tins for ½ hour.

Apple Pudding. No. 1. Scotch. (*Miss Burnett.*)

Stew 1 lb. of pared and cored apples to a smooth marmalade with 6 ozs. sugar and a small cupful of water; use peel, core, and pips as in recipe for Apple Pie (*see* Sweet Dishes). When the sweetened apples are enough stewed, and while they are still hot, mix with them 4 ozs. butter, the juice and grated rind of a lemon, also 4 eggs well beaten, with a dessertspoonful of flour, or with the same quantity of fine bread-crumbs which is better.

Bake in a deep pie-dish rimmed with paste; just before serving, cover thickly with powdered sugar and brown with a salamander. Serve in the pie-dish, for luncheon.

Apple Pudding. No. 2. Swiss. (*Mrs. Weston and Miss Ewart.*)

Peel some cored apples very thin and put into oven to stew, as for apple sauce. Next, beat them up and sweeten to taste; add about 1½ ozs. butter, the juice and the finely grated rind of a lemon, and 3 or 4 yolks of egg.

Crumb some bread through a sieve, brown the crumbs, and with them line a buttered pie-dish or pudding-basin; put in the mixture, and bake 1 hour in a slow oven; let it cool and turn it out of the dish before it is quite cold.

Devonshire cream or custard, in a boat, as sauce.

This pudding may be eaten hot or cold as preferred.

You may, if you prefer, put alternate layers of sweetened apples, cored, peeled, and cut up, and of bread-crumbs, butter, and grated fresh lemon peel, the top layer being of crumbs.

Apple Pudding. No. 3. St. Julian's.

Pare and core 6 nice apples, stew them with a bit of lemon peel, then rub them through a sieve. Take 3 eggs, beat them well together with the apple, add sugar and nutmeg; a spoonful or two of cream will be a great improvement. Line and edge the dish with piecrust paste and put in the mixture. The whole to be baked like an ordinary French tart.

Apple and Arrowroot Baked Pudding. (*Auchentorlie.*)

The apples peeled and cut in "pigs" to line the bottom of a pie-dish, with much moist sugar, and a few stoned raisins. Boil some milk; mix the arrowroot into a paste in a little *cold* milk before adding it to this hot milk; add a little butter and cream, and sweeten and flavour it. Pour it over the apples in the dish and bake 1 hour. The top should be a nice brown, and when helped, the milky arrowroot part should look creamy.

Apple and Sago Pudding. (*Miss Ewart.*)

Peel and core 12 apples, take ½ pint of sago and add to it 3 pints of cold water. Mix the sago and water together and sweeten it well with moist sugar. The dish must be well buttered and a little grated lemon peel sprinkled at the bottom, then put in the apples and pour the sago and water over them. Bake it in a rather brisk oven. It will take about 1½ hours.

N.B.—Half this quantity makes a good-sized pudding.

Apricot Pudding. No. 1.

Put 8 apricots over the fire till the skin comes off, bruise them well in a mortar, add a teacupful of bread-crumbs, 3 eggs, ½ pint of good milk, a little butter, sugar to your taste. Mix all well.

Bake it ½ hour.

Apricot Pudding. No. 2.

"Codle," *i.e.* parboil, 6 ripe apricots very tender, bruise them small in a mortar and sweeten to your taste. When cold, add the yolks of 6 eggs and the whites of 2. Mix in a little cream and bake in a dish lined with a thin paste.

Arrowroot Steamed Pudding. (*Mrs. Bate.* 1882.)

Melt 1 oz. of butter in a stewpan; mix it smooth with 2 tablespoonfuls of arrowroot, or you may use instead half arrowroot and half flour; add gradually a pint of cold milk, and sugar flavoured with rind of lemon or orange, or with vanilla to your

taste. Stir till it boils, then take it off and add 4 yolks of egg and later on 4 whipped-up whites of egg.

Pour into a well-buttered mould, cover close and steam gently ½ hour.

Bakewell Pudding.

Line a dish with puff-paste (*see* Paste and Pastry), and spread it over with strawberry jam and add some strips of candied peel. Next, beat up 4 yolks of egg and 2 whites—add ¼ lb. of clarified butter, ¼ lb. of pounded loaf sugar, 2 ozs. of pounded blanched almonds, mix all together. Pour this mixture over the jam and bake in a moderate oven.

Some people partly bake the puff-paste before the jam is spread on it, add a little brandy and nutmeg to the ingredients, melt the butter and sugar together, and add when cold to 3 well-beaten eggs.

Bath Puddings. No. 1.

Cut very thin slices of bread into a basin. Allow a piece of butter about the size of a walnut for each pudding you intend to make, a little grated lemon peel, a little nutmeg and sugar; pour boiling milk over all and cover it up; let it stand till cold, then add an egg well beaten up for each pudding.

Put the mixture in buttered teacups and bake them 20 minutes.

Bath Puddings. No. 2.

(*Mrs. Middleton, housekeeper, Beechwood.*)

Take the weight of 2 eggs in sugar, the same of butter and the same of flour; beat the butter to a cream, then add the sugar, then the 2 eggs—the flour last; grate a little lemon peel in the sugar; butter 6 small moulds and three-parts fill them—you may put 3 plain and 3 with currants; the ingredients mentioned make 6 puddings.

Serve them up with a Wine Sauce (*see* Sweet Sauces).

Beechwood Pudding.

Boil 6 bitter almonds in milk and sugar, then thicken with flour (about 3 tablespoonfuls to a pint and a half). When cool add the yolks of 4 and the whites of 3 eggs well beaten, a little cinnamon may also be boiled in the milk. Put into a mould or basin and boil. Serve with Wine Sauce (*see* Sweet Sauces).

Black Cap Pudding.

Boil 2 ozs. of Carolina rice very tender, to which add a cupful of cream and set it to cool. Break 2 eggs into a basin, beat them a little, and add a large spoonful of bread-crumbs, and a little nutmeg, sugar, and salt; then mix them with the rice.

Spread a mould rather thickly with butter, place at the bottom a layer of currants, rather more than ½ inch thick. Cut

up a spoonful of candied peel, stick a few pieces round the sides, and put the rest on the currants.

Put the mixture into this prepared mould, being careful in so doing not to disturb the currants, and put the mould into a stewpan, containing just enough water to come half-way up the mould; put a greased paper on the top and steam it an hour.

As the water decreases, add more boiling water in the pan, round the mould, and keep the stewpan closely covered, or the top of the pudding will not be done. Turn it out on the dish, and give plenty of Wine Sauce or any other sauce you prefer (*see* Sweet Sauces) with it.

If the pudding is too stiff, add more milk or cream; it should be about the consistency of a light bread pudding.

"Bordeaux Pudding" is another name for Vanilla Pudding.

Bread Pudding. (*Mrs. Thomas's.*)

2 teacupfuls of crumbs passed through a sieve, pour over it a pint of boiling milk flavoured with cinnamon. Sweeten it when nearly cold, beating in 4 yolks of egg and 2 whites, and 1 oz. fresh butter, also a little salt. Steam 1 hour in a basin previously lined with stoned raisins, and covered with a cloth or paper.

For sauce, use a Wine Sauce (*see* Sweet Sauces).

Bread and Butter Pudding. No. 1. Carlisle.

Chop 2 ozs. of mixed candied peel and line the bottom of a ½ pt. basin with half of it. Make a warm custard with 3 yolks of eggs and 1 white, ½ pint of milk, 1 oz. of sugar and the rind of a lemon.

Half fill the basin with slices of bread and butter, distributing the rest of the chopped candied peel between the slices. If you have no peel use marmalade, or 1 oz. of currants. Pour in the custard and steam 1 hour.

(Baked, this takes less than ½ hour.)

Bread and Butter Pudding. No. 2. Deskrie. (*Mrs. Norman.*)

Line a plain mould with sultanas. Cut slices of bread and butter rather thin, no crust, very little butter on slices, put them into a basin and pour over them ½ pt. sweetened *hot* milk to soak thoroughly (it should look like a child's basin of bread and milk); when cold, just beat in 2 whole eggs, and flavour with the grated rind of a lemon.

Pour carefully into the mould, so as not to displace the sultanas, and steam ½ hour.

Serve with a Strawberry Syrup Sauce. For Strawberry Syrups, *see* Jams, &c.

Bread and Butter Pudding. No. 3. Styrian (or Swiss).

Take a pint of milk, a piece of lemon peel and a small piece of cinnamon. Boil all together—then add 4 eggs and a very little loaf sugar. Stir it well. Cut some slices of bread and

butter very thin. Put one layer into a plain mould and then a layer of any kind of jam; then another layer of bread and butter and another of jam. Continue this till the mould is full, then pour the custard over it by degrees, till all is well soaked. Bake or boil the pudding and serve with Currant Jelly Sauce (*see* Sweet Sauces).

Bread and Butter Pudding. No. 4. (*Mrs. Sherwood's.*)

Same as last pudding, but put apple marmalade between the slices of bread and butter, and some fresh lemon peel, and add a glass of brandy to the custard.

Brown Bread Pudding. No. 1.

$\frac{3}{4}$ pt. of brown bread-crumbs, and $1\frac{1}{2}$ pts. of new milk, 3 ozs. of sugar, 3 eggs, 1 oz. butter, 3 ozs. of raisins, grated nutmeg to taste, 1 large baking apple. Boil the milk, and pour it over the bread-crumbs to remain till cold. Stone the raisins, peel and core the apple and chop it and raisins small, mix with the other ingredients, taking care to beat the eggs well. When thoroughly mixed put into a buttered mould and steam one hour and a half.

Brown Bread Pudding. No. 2.

$\frac{1}{2}$ lb. of fine brown bread-crumbs, dried the day before, 8 eggs, $\frac{1}{4}$ lb. of sweet almonds, 2 or 3 bitter ones, $\frac{1}{4}$ lb. castor sugar, a little pounded cinnamon, and some finely-grated lemon peel.

Pound the almonds fine, and add to the bread-crumbs, also a glass of sherry if liked; next add the lemon and spice and the yolks of the eggs. Stir all these well together for a quarter of an hour, then mix in the whites of the eggs, previously beaten alone to a stiff froth.

The mould must be well buttered, and if the pudding is boiled, the water in which it is boiled must not touch the pudding itself. It takes half an hour to cook.

Brown Bread Pudding. No. 3. Gotha.

(A national dish! Why don't they stone their cherries?)

Stew $\frac{1}{2}$ lb. of cherries, fresh or preserved.

Take a large basin and put into it 6 ozs. of brown bread-crumbs, 3 ozs. of powdered sugar, the yolks of 4 eggs well beaten, the grated rind of a lemon, a little powdered cinnamon and a little salt, also $\frac{1}{4}$ pt. of whipped cream. Mix all well together.

Lastly whip up the 4 whites of egg, and add them to the other things in the basin. Then butter a plain mould and strew it with brown bread-crumbs. Spread a tablespoonful of the mixture at the bottom of the mould, cover it with some of the cherries, and so on till the mould is full. Next put the pudding into a tin of hot water and bake it in the oven 1 hour

or more. Put no sauce in the dish, but hand a cherry juice sauce round with it, in a boat (*see* Fresh Fruit Syrups, under Jams and Jellies; also *see* Cherry Pudding).

Brown Bread Pudding. No. 4. Kissingen. (*Miss Hoffmann.*)

Chop ¼ lb. of sweet almonds, pound ½ oz. of cinnamon, also ¼ oz. of ground ginger, and ⅛ oz. of cloves. Grate about 7 ozs. of stale brown bread, soak the crumbs in cream, and chop fine 4 ozs. of candied peel.

Keep all these things separate.

Beat up the whites of 12 eggs to a stiff froth and keep them by themselves. Have ready the 12 yolks in a clean basin by themselves, and beat into them thoroughly ¾ lb. of sugar. Then add the citron, cinnamon, cloves, almonds, ginger, and lastly the brown bread-crumbs, mixing each in most thoroughly.

Then beat the united ingredients for half an hour and at the last add the whites of the eggs. Butter a plain round mould thoroughly and strew it with brown bread-crumbs, pour in the pudding mixture and bake it. Turn out and ornament with glacé sugar and add preserve if liked.

This quantity makes a large pudding; half would do for 5 people.

Serve with Noyau Sauce (*see* Sweet Sauces) hot in sauce boat.

This pudding can be served sliced cold, in its sauce, at luncheon or supper.

Germans often add 2 ozs. of grated chocolate to the ingredients after the ground cloves and before the pounded almonds, but this is a doubtful improvement.

Brown Bread Pudding. No. 5. (*Mrs. Caswell's.*)

Very light.

¼ lb. butter beaten to a cream, ditto of sugar, ditto of brown bread-crumbs passed through a sieve, 2 beaten yolks of egg, 2 whisked whites, the grated rind of 1 lemon and a squeeze of its juice.

First beat the sugar with the creamed butter; then add the beaten yolks and lemon rind and a little juice. Lastly, work together the crumbs and then the whisked whites and add these lightly in. Steam 1 or 1½ hours. Serve with a Frothed Sauce, or German Sauce, or Fruit Sauce in a boat (*see* Sweet Sauces).

This same pudding mixture with 2 rinds and the whole juice of 1 lemon becomes a "Lemon pudding," or it may be made with oranges instead.

(The proportion of ingredients Emslie uses for this pudding is as follows: ¼ lb. butter beaten to a cream, 3 ozs. sugar, 6 ozs. brown bread-crumbs, passed through a sieve, a teaspoonful of baking powder, 3 beaten yolks of egg, 3 whites whisked, the grated rind of 2 lemons and the juice of half a lemon.)

Brown Bread Pudding. No. 6. (*Mrs. Thomas's.*)

$\frac{1}{4}$ lb. of fresh butter beaten to a cream, 5 whole eggs, added 1 at a time, as if for a cake. Pound $\frac{1}{4}$ lb. almonds with a spoonful of orange flower water to prevent them oiling, then pass them through a sieve, $\frac{1}{4}$ lb. of pounded sugar, 2 teacupfuls of brown bread-crumbs, passed through a sieve, 2 ozs. of mixed candied peel, a quarter of a nutmeg grated, and lastly a pinch of salt. Mix all well together, pour into a large Baba mould prepared with clarified butter. Steam gently 1 hour.

Cabinet Pudding. No. 1.

5 sponge cakes, $1\frac{1}{2}$ ozs. of ratafias to be soaked in $\frac{1}{2}$ pt. of boiled milk, 4 eggs, both yolks and whites, well beaten; a tablespoonful of brandy, and the same of sherry or Madeira, the rind of 1 lemon grated, sugar to your taste, 1 oz. of citron peel chopped fine. Mix the whole together and steam it for an hour.

Cabinet Pudding. No. 2 (Hot). Balmoral.

Custard, sponge and ratafia cakes or macaroons to make it. No ornaments—it has neither fruit nor marmalade—baked a good brown—a thick cherry sauce helped with it—generally some whole cherries in the sauce.

Note on this recipe says: "The cabinet puddings Nos. 2, 3, and 5, are all good, but *this is the best* of the three." A good Cherry Sauce is given under Cherry Pudding.

Cabinet Pudding. No. 3. (*Cataldi's.*)

Butter an ornamental mould and decorate it with a little angelica, candied peel, slices of sweet almonds blanched, and red and white preserved cherries.

Put a layer of sponge biscuits at the bottom, then one of sultanas and dried cherries, bits of candied peel, and finely chopped almonds—12 sweet and 2 bitter altogether are required, but dispersed equally in the pudding. (We sometimes use macaroons and ratafia drops *instead* of almonds—1 oz. macaroons, 1 oz. ratafia drops, to 4 ozs. sponge cakes.) Put alternate layers of sponge biscuits and of fruit to the top of the mould. Before steaming the pudding, pour over all a *cold* English custard, which has previously been made of eggs and sugar and *boiling* milk, so that it may not curdle.

Put the pudding aside till it is time to steam it.

Serve with a Wine Sauce or German Sauce (*see* Sweet Sauces) in a boat.

Diplomatic Pudding, No. 1, is rather similar to this pudding.

Cabinet Pudding. No. 4. Cold.

To turn out well, this pudding should, if possible, be buried in ice *and* also have a little gelatine. It is better made the day before wanted.

Have ready 3 or 4 cut-up sponge cakes, a handful of ratafia drops, most of them crushed, a little chopped peel and dried cherries, or swelled sultanas, and the grated rind of a lemon—very little sugar will be required.

Make a custard of 4 or 5 yolks of egg to a breakfastcupful of half and half milk and cream, sweetened. Stir over the fire and add a small teaspoonful of dissolved gelatine if necessary. Mix this custard with the cakes, &c.

Garnish a plain mould rinsed out with water (not greased). Pour in the mixture and plunge the mould in ice. Turn out as you do a jelly, by dipping the mould in warm water just for a second, to loosen it.

Cabinet Pudding. No. 5.

This is made of sponge cakes flavoured with chips of peel *freshly* taken out of a pot of marmalade, divided equally through the pudding, dry but not hard, and no pulp with them nor syrup. It is not ornamented and has no peel, almonds, ratafias, or macaroons, but a few cherries outside to "give it an air." Custard is added as for Cabinet Pudding, No. 3, and it is steamed the same way.

Cabinet Pudding. No. 6. Mamhead.

This is made of brown bread-crumbs, sponge biscuit, and ratafia biscuits, flavoured with brandy, some chopped peel, some currants or sultanas soaked in brandy; milk and eggs, steamed in a plain mould.

Serve hot custard over it, to make which custard the milk must be boiling. Flavour custard with Spanish kernels.

Lady Clark adds: "We guess at the materials, having only seen the pudding. It looked dark, but was plain for a cabinet pudding and was excellent."

Caramel Pudding. For recipe, *see* Portuguese Cream, under Sweet Dishes, and for Sauce for a Caramel Pudding, *see* Caramel Sauce, under Sweet Sauces.

Mrs. Norman's and Mrs. Wellington's Caramel Puddings are the same as Portuguese Cream, except that you do *not* grease the mould before lining it with sugar, and you omit ground rice. If you leave out the 2 whites of egg it will be less stiff.

Carrot Pudding, as at Knutsford. (*Miss Holland.*)

The day before you want the pudding boil 1 large carrot or 2 small ones; let them get cold. Take 5 tablespoonfuls of flour, 6 ozs. beef suet chopped fine, $\frac{1}{4}$ lb. moist brown sugar, $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{2}$ teacupful sultana raisins (if you are out of sultanas, use dried cherries, or a *whole* teacupful of currants).

Bruise the cold boiled carrots very fine, and pass through a sieve. Mix all well together; boil 4 hours. Wine Sauce round it, or German Sauce in a boat with it (*see* Sweet Sauces).

Cherry Pudding.

1½ lbs. of stoned cherries, blanched in a little water with 1 oz. of sugar, 5 ozs. beef suet, and the same of bread-crumbs, 4 ozs. sugar, 4 eggs, keeping back 3 whites to be added, beaten to a stiff froth, at the last. Boil 2 hours and turn out. Reduce cherry juice with 2 ozs. of sugar to a rich syrup, and serve round the pudding (*see* Fresh Fruit Syrups, under Jams, &c.).

Chestnut Pudding. (*Miss Sterling.* 1881.)

First parboil, then bake, 30 chestnuts. Rub them through a sieve and put into a stewpan with ½ pt. of cream, 2 ozs. of butter, 6 ozs. of sugar, a pinch of salt and a little vanilla to flavour. Stir all over the fire till it thickens, then hasten the motion of the spoon so as to prevent the paste from adhering to the pan.

When it leaves the sides of the pan freely, take it off the fire. Add 4 yolks of egg and the stiff beaten-up whites of 3. Pour into a buttered mould and steam for 1 hour. Turn out and serve hot.

Serve Apricot Sauce in a boat if liked (*see* Sweet Sauces).

For another Chestnut Pudding, *see* Iced Chestnut Pudding.

Chipollata Pudding, "Boudin à la Cipollata."

½ lb. flour, ½ lb. finely minced suet, ¼ lb. raisins, skinned, stoned and cut small, ¼ lb. well-washed currants, 3 tablespoonfuls of treacle, ½ pt. water, ½ teacupful bread-crumbs. Mix all well together and boil in a cloth 4 hours.

Chocolate Pudding. (1891.)

Very light. ¼ lb. each of butter, sugar, sweet almonds pounded, grated chocolate, and 4 whole eggs. Beat butter and sugar to a cream, next add the 4 yolks, then the almonds and grated chocolate. Beat the whites to a stiff froth, and add at the last. Pour into a well-buttered mould, and steam 1 hour. Whipped cream served with it.

Cholmondeley Pudding. (*Mrs. Conyngham.*)

Take the sharpest tasting apples. Stew them without peeling in very little water, till they can be beaten very smooth.

Take ¾ lb. of this pulped apple, the juice of half a lemon, the rind of a whole lemon, grated fine, 7 ozs. of sifted white sugar, the yolks of 8 eggs, the whites of 4 very well beaten, 3 bitter almonds and 1 oz. of sweet almonds finely pounded, 1 tablespoonful of Cognac or rum, ½ lb. of butter melted without water and clarified.

Beat all smoothly together. Line a deep dish and round the edge with puff-paste, pour in the mixture and bake 1 hour.

Citron Pudding.

Take 6 yolks of egg and 3 whites, beat them with a fork to a froth; add as much good milk as will fill the mould and 4 or 5 sponge cakes, dipped in white wine; butter the mould well, and line it with citron and stoned raisins.

You must not put the mixture into the mould until just before you put the mould itself into the pan to steam about 1 hour before turning out.

Clapham or Lemon Pudding.

½ lb. of suet chopped very fine, 10 ozs. bread-crumbs, ¼ lb. sugar; the rind of a lemon thinly grated, the juice also; 2 eggs and a tablespoonful of cream. Mix all well together and boil 1½ hours. Add a little milk to moisten.

This pudding requires Wine Sauce (*see* Sweet Sauces).

Cocoanut Pudding.

½ lb. desiccated cocoanut, 4 rusks, 2 ozs. butter, 1 oz. flour, 2 ozs. sugar, 3 yolks and 4 whites, half a lemon rind, 2 tablespoonfuls of brandy, 3 gills of milk, a pinch of salt.

Break the rusks into a basin, pour the hot milk with the butter melted in it over them, beat with a fork till soft and pulpy, add sugar, cocoanut, grated rind, flour and yolk of egg. Mix well; add a pinch of salt to the whites of egg, whip these till stiff, stir lightly into the mixture with the brandy. Turn all into a buttered mould, cover with lid of buttered paper. Steam 1½ hours.

Cold Puddings.

Besides the two following, many excellent recipes will be found for Cold Puddings (*see* Diplomatic, Imperial, Vanilla, Venus, Vienna Puddings, also recipes under Sweet Dishes).

Cold Pudding. No. 1. (*Mrs. Humphrey's.*)

Mask a mould with jelly and decorate with a lining crust, ½ inch thick, of pistachios, red and white cherries, sultanas, blanched almonds, and chopped angelica, and candied peel.

Make a very rich custard, and flavour it with noyau or vanilla; whip up ½ pt. cream and sweeten it; then mix cream and custard well together, and add ¼ oz. gelatine or even ½ oz. When all but cold, pour the mixture into the mould, and set in ice 2 to 4 hours. Serve in Noyau Sauce or Rum Sauce, No. 2 (*see* Sweet Sauces).

This is excellent frozen, *without* gelatine.

Cold Pudding. No. 2. (*Beechwood.*)

1 pt. of cream. The rinds of 3 lemons grated, sugar to your taste. Boil these together 3 minutes and stir them till cold.

Beat the yolks of 5 eggs with a teaspoonful of flour. Put the cream through a sieve to the eggs. Stir all well. Steam if in cups 20 minutes, if in a mould rather longer.

The cups or mould when on the fire should be set in a pan of water, taking care the water does not boil *into* them. Cover the pan with a lid and put hot cinders upon it. Turn the puddings out while hot, but serve them up cold with currant jelly.

Cornflour Pudding. (*Folkestone.*)

1½ pts. of boiling milk to ½ teacupful of cornflour, a dessertspoonful of sugar and 1 egg; flavouring to taste. Bake.

"Crème Glacée au Noyau." *See* Ice Pudding, No. 2.

"Cup Puddings," a Rich German kind.

Mix equal weight of flour, eggs and sugar; weigh the eggs in their shells.

Beat for ½ hour. Add a little grated lemon peel and preserved ginger in pieces. Fill pudding cups and steam or bake for ¾ hour. Turn them out and pour Middleton Sauce (*see* Sweet Sauces) over them and serve.

Curd Pudding. *See* Michael Angelo Pudding.

Custard Pudding. No. 1. Baked. (*I. Emslie.* 1888.)

Beat well together 4 yolks of eggs and 3 whites with a dessertspoonful of orange flower water, and the same of sugar; if you use lemon rind instead to flavour, you will require more sugar.

Mix ¼ pt. cream in ½ pt. new milk, and then add gradually to the custard. Bake in a buttered dish.

Plain cream and apricot jam or stewed prunes are handed with it.

Custard Pudding. No. 2. Boiled. (*Beechwood.*)

A pint of cream or good milk. Set it on the fire and stir into it 1 spoonful of flour or arrowroot till it is smooth. When cold, mix with it 6 eggs well beaten, a little salt and sugar to taste. Flavour with essence of almonds. Butter the basin well that you boil it in and let it be quite full. ½ hour or less will boil it.

Custard Pudding. No. 3. Cold. (*St. Julian's.*)

The thin rind of a lemon in a pint of new milk and a dessertspoonful of orange flower water. Heat slowly at side of fire and keep at the point of boiling till well flavoured, then add a small pinch of salt and ¾ of an oz. of gelatine. Dissolve the gelatine and then strain the milk through a muslin into a clean saucepan with 4 ozs. of lump sugar and ½ pint of good cream. Give the whole a boil and stir briskly before adding to it the beaten yolks of 6 eggs. Thicken as a custard over a gentle fire, but

do not let it curdle. When thick enough pour it out and stir on till it is half cold and then mix in an oz. of candied citron cut in spikes. Pour it into a mould rubbed with oil; serve cold with a fruit syrup (*see* Fresh Fruit Syrups, under Jams, &c.).

Devonshire Pudding. (*Mrs. Deacon's.* 1880.)

You will need 11 eggs to make a rich custard with 1 pt. milk. First warm ½ lb. fresh butter, and beat the yolks only into it, flavour with essence of Jargonelle pears, or other essence; sweeten and steam.

Let it grow cold before you turn it out.

Add the whites of the eggs, meringued, at the top, and strew "hundreds and thousands" over all.

Diplomatic Pudding. No. 1. Cold. (*Cataldi.*)

A variety of Cabinet Pudding, No. 3.

This should be made the day before it is wanted. First make a custard, so: Melt a ¼ oz. of gelatine in a stewpan in a little cold water. Boil a pint of milk by itself in another stewpan. Beat up in a basin the white of 1 egg and the yolks of 5, sweeten to your taste, mix the eggs and milk, then add the gelatine, and strain the custard through a tammy cloth. Let it get quite cold.

Now butter a pudding mould and ornament it with angelica, citron and candied peel. Have ready besides some chopped peel, sultanas, cherries, a double allowance angelica but *no* almonds if you have ratafias.

Put sponge biscuits at the bottom of the mould and 4 ratafia drops, no more, then a layer of the chopped fruit and peel, then another of savoy sponge biscuits and 4 more ratafias, and so on to the top.

Pour the cold custard over all, and let it set. No sauce is required.

If the weather be hot, put the mould into cold water, salt and soda, to ice the pudding. Take care none of this gets into the mould, the outside of which must be wiped dry before turning out the pudding.

If you cannot get ratafias you must add 4 bruised bitter almonds, and a few sweet almonds all pounded and chopped fine, to the pudding.

Diplomatic Pudding. No. 2. (*Mrs. Emslie's.* 1897.)

Line a plain mould with jelly, decorate it with cherries or angelica; whip 4 eggs and sugar, as you do for a sponge cake; then add as much gelatine as will set the mixture, flavour with maraschino or orange flower water, then pour into the mould.

Dr. Hoffman's Pudding—German.

This quantity makes a small one.

Take ¼ lb. of pounded sugar, 6 yolks of egg, the grated

rind of half a lemon, the juice of 1 lemon, and stir well together for ½ hour. Beat to a stiff froth the whites of 6 eggs; when they are stiff, stir lightly into the other ingredients, and put the mixture into a buttered mould and bake it ½ hour in a hot oven, or steam it instead if preferred. This pudding should be as light as possible.

For Sauce: Germans use for this pudding a lemon juice sauce such as that given with Golden Pudding.

Douro Pudding, for Luncheon. (*Birk Hall.*)

Cover the bottom of a pie-dish with strawberry or apricot jam and rim the well-buttered top *edge* with sugar paste (*see* Paste and Pastry). Cover the jam also with the thinnest possible sheet of paste, rolled as thin as a sheet of letter paper, to prevent the custard and jam mixing.

Make a custard with *hot* milk, and flavour it with ½ teaspoonful of noyau or 5 or 6 drops of essence of kernels, and pour it hot into the dish. Bake in a very slow oven at least 1½ hours.

Dutch (Sweet) Pudding. *See* Dutch Savoury Pudding, under Meat Pies, &c.

Embley Pudding, a Rice Cake.

This is, in fact, a good Gâteau de Riz. Boil a teacupful of rice in 1½ pts. of milk, as for a pudding, to swell it well, and cook it alone for ¾ of an hour; when well boiled, add 2 ozs. of fresh butter, and work the butter well in; next, add 4 eggs, *whole*, but 1 at a time, 2 tablespoonfuls sugar, ground ginger and nutmeg just to flavour, about 2 ozs. candied peel chopped fine, and lastly the grated rind of a lemon, and ½ a wineglassful of sherry.

Line the inside of a plain mould with ornamental strips of paste (stars, circles, stripes, or leaves); then put in the prepared and flavoured rice, and bake for ¾ of an hour or more in a very slow oven (the rice must be stiffer than if it were going to be baked in a dish); turn out, and serve the pudding with plain cream, or fruit sauce, or thick custard as sauce.

This pudding is very good cold, sliced, for luncheon, for which it should be baked the day before, and served with custard, plain cream, or Apricot Sauce (*see* Sweet Sauces), or Strawberry Syrup Sauce (*see* Fresh Fruit Syrups, under Jams, Jellies, &c.). For another Gâteau de Riz, *see* Sweet Dishes.

Eve's Pudding.

6 ozs. each of bread-crumbs, apples chopped fine, currants, sugar, 4 fresh eggs well beaten, 1 tablespoonful of brandy, a grate of nutmeg.

Boil 4 hours. Serve with a frothed sauce, such as Miss Byrom's German Sauce (*see* German Sauce, No. 1, under Sweet Sauces).

Fig Pudding—Scotch. (*Miss Burnett.*)

Get boxes, never "drums," of figs.

¼ lb. of figs, and the same weight of bread-crumbs, 2 ozs. of best suet; mince the figs very fine, and mix all the ingredients well together; add 3 eggs well beaten, a small teacupful of thin cream or of milk, sugar to your taste, and a little grate of nutmeg, or lemon peel. Lay the mixture aside, as this pudding is improved by being mixed the day before it is wanted, and next day put the pudding into a well-buttered tin mould and boil it. Serve with Wine Sauce or German Sauce (*see* Sweet Sauces).

"Four Ounce Pudding." *See* Half-Pay Pudding.

"Fourré Polonais." *See* Roll Pudding of Genoa Pastry.

French Pudding.

1½ ozs. flour, 1 oz. butter, 1 oz. pounded sugar, the yolk of 1 egg, a little grated lemon peel, a teacupful of milk.

Beat the butter and sugar well together, then the egg and flour; then add the lemon and milk.

When ready for the oven, beat the white of the egg to a froth and stir it into the pudding.

Geilstone Pudding. (*Miss Woollett.*)

Take the quantity required of ground rice or bread, sago, or tapioca, and boil with milk. Then take off the fire, and continue to stir from time to time until it is about half cooked, sweetening to taste.

Have, ready mixed, a glass of wine with a dessertspoonful of marmalade and put this in the pudding-dish. Gently pour in the rice, &c., and continue to stir till properly mixed. Bake in the oven.

Be sure when you stir to do so gently, and *always one way*.

George Pudding. (*Mrs. Jamieson.* 1881.)

Cook 2 ozs. of rice, as if for rice pudding, with a small piece of lemon rind. Mix it with the well-beaten pulp of ½ a dozen baked or stewed apples sweetened to taste; add the yolks of 3 eggs; add next 1 oz. of candied citron and orange peel minced fine. Whisk the whites of 3 eggs to a stiff froth and mix in lightly. Butter a plain mould and line it with short paste (*see* Paste and Pastry). Pour in the pudding and bake for 1 hour in a moderate oven. Serve with cream in a boat, or custard and whipped cream in equal quantities, well mixed and flavoured.

"George IV. Pudding." (*I. Emslie.* 1889.)

You will want 9 pancakes, if the mould is not large.

To make the pancakes (cooked the day before) for this pudding, take 2 spoonfuls of flour to 2 whole eggs, sugar to

flavour and a grate of lemon peel, all well beaten in a cook's basin. Then mix into this batter ½ pt. of creamed milk (cream alone is too rich), make the pancakes thin, fry in a little butter, roll apricot jam inside, let them get cold, and put them aside, covered, to get cold and mellow.

For this pudding at dinner-time next day make a custard of 3 eggs sweetened to a small ½ pt. of milk. Make enough to fill up a plain mould when the pancakes, rolled and stood *on end* like columns in a temple, are in it. Cover and steam 1 hour, turn out the pudding, and have plain cream handed in a boat, or Apricot Sauce or Frothed Sauce (*see* Sweet Sauces). This pudding does cold in slices for luncheon next day.

The pancakes may be made with crushed ratafias, if liked.

(For using remains, *see* Waffle Pudding.)

German Pudding. (*Bate's.*)

6 ozs. of Genoa Cake (*see* under Cakes) cut up in small bits, the grated rind of a lemon, 2 ozs. sweet almonds and 4 bitter ones, pounded, 3 ozs. sultana raisins, Caramel custard, and a glass of Madeira.

First add the lemon rind to Genoa cake, then all the pounded almonds, next the raisins and the Caramel custard, and lastly the wine. Mix all together, and fill a buttered mould, steam 2 hours, turn out and serve in Almond Sauce, a rather substantial smooth frothed sauce, *see* Sweet Sauces.

For Caramel custard : 4 ozs. of sugar, 4 yolks of egg whipped, and ½ pt. of cream or milk.

Ginger Pudding. No. 1.

¼ lb. of beef suet minced, ¼ lb. of bread-crumbs, 2 ozs. of sugar, 2 tablespoonfuls of West India ginger, not minced too fine ; mix all ; lastly add 2 beaten eggs.

Steam in a mould 4½ hours.

For Sauce : Custard sauce of 1 egg, milk, a little cream, and the syrup of the ginger to flavour at the last.

If the pudding is made with *ground ginger*, instead of West India ginger, you will want ½ lb. golden syrup with it ; mix the ground ginger in golden syrup before adding the syrup to the bread-crumbs and suet ; eggs *last*, always.

Ginger Pudding. No. 2. (*Mrs. Dick's.* 1861.)

Bruise 1½ ozs. ginger in a mortar, and put it into cold milk to boil. Keep back one fourth of this flavoured milk for sauce and make the rest into a soufflé with 5 eggs and a spoonful of flour and a piece of butter the size of a walnut. Steam this pudding 1 hour at least.

For Sauce : The above-mentioned fourth part of the milk and 2 yolks of egg with sugar whipped together.

Ginger Pudding. No. 3. (*Mrs. Emslie's.* 1896.)

1 lb. chopped beef suet, ½ lb. bread-crumbs, ½ lb. flour, ¼ lb. treacle, 4 whole eggs mixed in ½ pt. milk, 1 oz. ground ginger; all well mixed together, put in well-greased mould and steamed for 4 hours.

Ginger Pudding. No. 4. (*Mary Wood's.* 1888.)

1 pt. of milk in a stewpan, 6 ozs. sugar, 6 ozs. butter. As soon as the milk is hot stir in quickly ½ lb. flour, using a wooden spoon. Stir this paste well over the fire for a few minutes, then add the yolks of 6 eggs and 4 ozs. preserved ginger chopped fine (use West India ginger only); next, work in the whites of the eggs whipped to a froth. Pour into a buttered plain mould, and steam 1½ hours. Turn out and dish. German Sauce (*see* Sweet Sauces) with it.

Ginger Puddings. No. 5. Small. (*Mrs. Backhouse.*)

Boil 2 ozs. of semolina, add 2 eggs, both yolks and whites, mix in little pieces of preserved ginger cut small. Of course it must be sweetened to taste. Bake or steam in cups and pour a sweet sauce (such as Middleton sauce—*see* Sweet Sauces) over them when turned out.

Green Ginger Pudding. *See* Green Ginger Cakes, under Cake, for recipe.

Golden Pudding. (*Inverary Inn.* 1877.)

6 ozs. beef suet, 10 ozs. bread-crumbs, 8 ozs white or moist sugar, 4 eggs, 3 tablespoonfuls of orange marmalade, a little nutmeg, and, if necessary, milk to moisten, if the eggs are not enough alone. Boil 4 hours in a buttered melon-shaped tin mould. Serve with lemon sauce as follows:

For Sauce: Cut the peel of a lemon into fine shreds, *no white*, and add, with the juice of the lemon and fine sugar to taste, to ¼ pt. of water. Simmer 20 minutes, and pour over the pudding, leaving the shredded lemon on the top.

Or use Middleton Sauce (*see* Sweet Sauces).

This pudding "turns out" better from a meat-pudding basin, but in that case requires cooking longer, *i.e.*, 7½ to 8 hours. The pudding should be moist and rich, not close and dry.

Golden Syrup Pudding. No. 1.

Make a light suet paste, roll it out, cover it with bread-crumbs, grate the rind of a lemon over it, add the juice, and over all spread golden syrup, roll it and boil.

Be careful to close the ends well, or the syrup runs out.

Golden Syrup Pudding. No. 2. (*Mrs. Francis Coltman.* 1877.)

½ lb. of suet; ½ lb. of treacle; ¾ lb. of flour, 2 eggs, a little salt and sugar; ½ teaspoonful of baking powder. Mix all with a little milk.

Put in mould and steam 3 hours. Serve with golden syrup or a good sauce.

Half-Pay Pudding, also called "Four Ounce Pudding." (*Lady Bell.*)

This is a very simple plum pudding—4 ozs. of each of the following ingredients, viz.:—Suet, flour, bread-crumbs, stoned raisins or sultanas, and currants. To these add 2 ozs. of chopped candied peel, 2 tablespoonfuls of treacle, and ½ pt. of milk. Boil 3 hours. If half-pay permits, serve with Wine Sauce (*see* Sweet Sauces), if not, with Demerara sugar or crystallized sugar and little pats of butter.

Hamburg Pudding. (*Mrs. Thornton of Turvey.*)

½ lb. of fresh suet, ½ lb. bread-crumbs, ¼ lb. pounded white sugar, the juice of a lemon and its peel grated, some chopped candied peel, 4 eggs, and a pot of orange marmalade.

Mix all well together in a basin, and boil it in a mould 3 hours.

If you like it sweeter you may use 6 ozs. each of suet, crumbs, and sugar with the other ingredients, then boil for 4 hours, and add the whites of the eggs beaten alone at the last.

For Sauce, you may use Cream Sauce, but German Sauce (*see*, for both, Sweet Sauces) suits Hamburg pudding better.

Hastings Pudding. (*Mrs. Challens.*)

In a well-buttered pie-dish put a layer of apricot jam, over the bottom; fill up the dish with cut slices of French roll with a little apricot jam on them here and there, also a little fresh beef suet shredded. Then a custard over all when the dish is filled. Bake and turn out the pudding, and the apricot will have run over the sides, and all looks covered with jam.

No sauce, but plain cream is handed with it if liked.

Her Majesty's Pudding.

The yolks of 8 eggs with 1 pt. of cream and ½ pt. of milk. Sweeten it to taste, flavour with a little essence of vanilla or with pounded vanilla; mix all together; steam in a mould for 20 minutes or ½ hour. Turn it out and ornament it with apricot, or orange marmalade. Serve cold or hot with a vanilla custard (*see* Custard Sauce, No. 1, under Sweet Sauces) or plain cream in a boat.

Herodotus Pudding. (*Mrs. Conington.*)

½ lb. beef suet, ¼ lb. bread-crumbs, ¼ oz. allspice, 1 egg, the finely grated rind of ½ a lemon, a glass of sherry, and 5 figs chopped very fine.

Beat all well together in a mortar till quite smooth; put it into a mould and boil 6½ or 7 hours.

Hand German Sauce in a boat with it, or Wine Sauce, No. 1 (*see* Sweet Sauces).

Hominy Pudding. No. 1. Baked. (*Emslie.*)

The unbleached hominy is best, medium size, it looks yellow, not white.

For luncheon, soak 1½ or 2 tablespoonfuls of hominy all the previous night in water. Next day, drain off the water and soak the hominy 1 hour in 1 pt. of cold milk, then stew it gently and slowly 3 or 4 hours in the milk, stirring continually.

After letting it cool, add 1, or even 2 whole eggs, and sweeten with sugar rubbed on lemon peel. Bake in a buttered pie-dish 20 minutes, and serve up in the dish.

Hominy Pudding. No. 2. Steamed. (*Emslie.* 1885.)

For dinner, homely, but a good variety.

A teacupful of the medium-sized hominy soaked 4 to 6 hours in cold water, then drained and put on in a pan to soak 4 hours with a quart of milk, a pinch of salt, and a bit of best butter the size of a hazel nut ; then let it come to the boil, *stirring;* cover and draw to one side of the fire, and let it simmer, stirring now and then, till soft and fully cooked ; take off to get cool, add 3 whole eggs and 2 yolks (*i.e.*, 5 yolks and 3 whites in all), 2 spoonfuls of sugar and the grated rind of 1 lemon.

Have a buttered plain mould lined with browned bread-crumbs or browned ratafias pounded—these last flavour it better ; add the mixture, and steam for 1¼ hours. Turn out the pudding and serve with plain cream as sauce, in a boat, or with Frothed Sauce, or Chocolate Sauce, No. 1, or Fruit Sauce (*see* Sweet Sauces) ; the remains bake well in a pie-dish for luncheon next day.

The oftener this is cooked, the better it tastes. Hominy makes good porridge, and is good also for savouries, mixed with cheese, baked and cut out with a cutter, served on a napkin in a silver dish.

Ices. For these, *see* Sweet Dishes.

Ice Pudding. No. 1.

Boil 4 ozs. of rice in 1 quart of milk until tender, then pulp it through a sieve ; mix with it ½ pt. of custard and ¼ pt. of cream ; add 1 wineglass of brandy with a wineglass of curaçoa or maraschino, sweeten to your taste, and stir it till it is quite smooth.

Ornament a mould with citron, cherries and apricots ; put the mixture into the mould, and freeze it, and set it in ice and salt until it is wanted.

Ice Pudding. No. 2. "Crème Glacée au Noyau." (*Cataldi.*)

Break into a stewpan the yolks of 7 and the white of 1 egg. Add ¾ lb. of sifted sugar. Work it well up with a wooden spoon. Then add enough noyau or maraschino to flavour it well. Next add 2 pts. of cream and 2 pts. of milk. Put it on a *gentle*

fire (taking great care it does not boil), and keep stirring it the whole time, for smoothness is its great merit. When it adheres to the spoon, take it off and pass it through a hair sieve. Let it get cold. Then freeze it in a freezing machine.

You can change this dish into a "Plombière" by adding pieces of preserved pineapple or ginger, sultanas, angelica, dried red and white cherries, pistachios and candied citron—or what you like, but put no raisins, nor currants, nor marrons glacés, as all these are apt to be hard and dry in an ice pudding. Put the cream into a mould and the mould into the ice pail, and let it remain more than 2 hours to freeze.

Ice Pudding. No. 3. Grillon's. (*Lady Rich.*)

Put into a stewpan the yolks of 12 eggs, add ½ pt. of syrup, and nearly ½ pt. of cold water; stir over the fire till it is thick, but do not let it boil; then pass it through a hair sieve into a basin that has previously been made hot; whisk it till quite cold, then add ½ pt. of whipped cream and flavour with noyau, maraschino, or whatever you may prefer.

The mixture is now ready for the mould, but the mould must be buried in ice before you pour the mixture into it—once poured in, it must not be disturbed. It should remain completely buried in ice for 5 hours.

Iced Chestnut Pudding. (*Mrs. Conyngham.*)

Blanch 4 doz. large chestnuts in boiling water, skin and put them in the screen; when dry take them out, and when quite cold put them in a mortar with 1¼ lbs. of very finely sifted sugar and half a stick of vanilla. Pound the whole very thoroughly.

Beat up the yolks of 12 eggs and put them into a stewpan. Sift the pounded and flavoured chestnuts through a fine wire sieve into these yolks of egg and again beat up all well together.

In another stewpan, have ready 1 qt. of new milk and ¼ pt. of cream; when it quite boils, pour it over the other ingredients, mixing it well, and stir continuously over a sharp fire till it begins to thicken and adhere to the back of the spoon. Then lay a tammy on a very large dish, and pour the mixture into it and rub it through with a wooden spoon.

Let it get quite cold and when cold put it in a freezing pot, and freeze it.

When frozen, have ready 2 ozs. of sultana raisins, 1 oz. of dried cherries, 1 oz. currants, 4 ozs. candied citron, shred in fine strips, ¼ oz. of angelica, and 1 oz. candied apricot or pineapple, previously cut in small dice and soaked 48 hours in maraschino or rum. Add all these ingredients to the frozen mixture by putting them also into the freezing pot, mixed with 1 pt. of whipped double cream, and as much ordinary meringue mixture as 6 eggs will make.

Freeze the whole together and force it into a large high ice mould, one that closes hermetically, and bury this in ice and

salt, till needed; then dip the mould in lukewarm water just to loosen it, and turn out the pudding.

Imperial Pudding. (*Isa. Emslie.* 1889.)

This is a cold pudding.

When some jelly that has had sherry and a little brandy in it is left, too little to make a fruit jelly, 1 pt. or so, use it up in this way: Melt it, and rinse out a plain mould in cold water; do not dry it. First pave the bottom of the mould with red preserved cherries; then cover the cherries and the bottom of the mould with ½ an inch melted jelly, *which must get cold;* then put an empty glass jam-pot in, to stand on the cold jelly and keep a space in the middle of the pudding; then pour in more jelly, to fill space between sides of jam-pot and inside of mould, and *let this jelly get cold also.*

Now make a custard (without gelatine) of 2 yolks and 1 white of egg, the weight of 1 egg in sugar, a dessertspoonful of thick cream, and a little flavouring, noyau, maraschino, or what you happen to have. The pan in which you mixed this custard must now be plunged in a larger pan full of hot water, and you must beat the custard vigorously for 10 or 15 minutes as you would sponge cake, the beating doubles the quantity. After this, draw out the glass jam-pot, pour the custard into the space left in the jelly when you took away the glass jam-pot, and place the mould in the refrigerator till wanted. Turn out with care.

Lady Caledon's Pudding. (1887.)

Line a plain oval mould with puff-paste, fill it with alternate layers of apricot jam and the mixture used to make "Little Puddings" (*see* that recipe).

The mould to be three-parts full; bake in a moderate oven.

For Sauce, use Apricot Sauce (*see* Sweet Sauces).

Lemon Pudding. No. 1. (*Mrs. Thomas's.*)

4 ozs. of clarified butter, 4 yolks of egg, but only 2 of the whites; ¼ lb. of lump sugar, which you rub on the rind of 2 lemons, then pound the sugar; mix all well with a pestle till it comes to a thick cream. Pound 2 tablespoonfuls of savoy sponge cake biscuits and pass them through a sieve, and add the mixture with a tablespoonful of lemon juice and the same of brandy, if liked; mix all well and bake ½ hour in a dish rimmed and lined with paste. Bake quickly at first.

Lemon Pudding. No. 2. Lady Ruthven's.
(*Winton Castle.* 1880.)

6 ozs. of butter, 6 ozs. of sugar, 7 ozs. of flour (a tiny bit of bicarbonate of soda to be mixed in the flour), the juice and the grated rind of 1 lemon, 3 eggs.

Put butter and sugar in a basin and work them with a wooden spoon to the consistency of thick cream, then add gradually the eggs, the lemon and the flour. Mix all together.

Butter a plain mould. Pour in the mixture. Bake for 1 hour in a moderately heated oven, and serve with a nice Custard Sauce in a sauce boat (*see* Sweet Sauces).

Lemon Pudding. *See* Clapham Pudding and Poet's Pudding, also end of Brown Bread Pudding, No. 5.

Little Puddings.

The quicker these are made the lighter they will be.

Take 4 eggs, and weigh them in their shells; weigh out an equal weight of pounded sugar, butter and flour, but keep each apart.

Beat the butter by itself to a cream; beat the whites of egg by themselves to a stiff froth; beat the yolks thoroughly, first by themselves, then add them to the butter; beat eggs and butter to a batter; mix in the sugar very gradually, then add the whites of eggs; again beat for 10 minutes; flavour with grated lemon peel; at the last add the flour. Mix it in quickly and lightly.

Do not beat after the flour is in, or the puddings will be heavy. Put the mixture into well-buttered cups or dariole moulds, and bake $\frac{1}{2}$ hour, or $\frac{3}{4}$ hour if necessary.

Serve up quite hot, fresh from the oven, in a napkin, and give Frothed Sauce or Wine Sauce (*see* Sweet Sauces) in a boat.

Louise Pudding. (*A. Emslie.* 1880.)

Have a plain mould buttered and sugared and lined throughout with sliced cherries, and filled with crumbled *stale* sponge cake, a light plain one.

Then make a custard of 4 whole eggs beaten all together, sweetened and flavoured to taste; add milk and cream, half and half; pour this custard over the cake to soak in; steam $1\frac{1}{2}$ hours, with the lid on.

Use Frothed Sauce with it (*see* Sweet Sauces).

Macaroni Pudding. No. 1. Mrs. Brass's. (*Ardenoch.*)

3 ozs. Naples macaroni boiled in water till tender—20 minutes—then strain off the water. Put with it 1 pt. good milk, a little sugar, the rind of a lemon, or a piece of cinnamon. Put it to simmer till quite tender and till it all but loses its shape, then take out lemon or spice, and, when the mixture is nearly cool, beat up 2 yolks of egg and 1 white, and mix with the macaroni; bake for 1 hour. If you boil the pudding have 2 whole eggs.

It will take 2 hours to make the macaroni tender.

Macaroni Pudding. No. 2. (*Emslie's.* 1892.)

Put the macaroni into cold water with a pinch of salt; put the cover on, and let it boil 2 hours, then drain it. Next day, put it to simmer uncovered in 1 pt. of milk 1 hour, with $\frac{1}{2}$ oz. of butter, and stir it from time to time. Take off, and at once add

4 yolks of egg and 4 whipped whites, also a tablespoonful of sugar and the rind of a lemon, or 3 drops lemon essence; bake in a pie-dish if for luncheon.

You can rim it with paste for a luncheon dish.

For guests at dinner, line a plain mould with puff-paste (*see* Paste and Pastry), bake 1½ hours and turn out. Any sauce, in a boat (*not* with it on the dish).

Madeira Pudding.

Line a mould with puff-paste and put apricot jam at the bottom. Then a custard made of ½ pt. of milk, the yolks of 4 or 5 eggs and the whites of 2. Bake 2 hours in the oven and turn out. The following apricot sauce with it:

For Sauce: 1 tablespoonful of apricot jam, ½ teaspoonful of water, 4 lumps of sugar. Boil up in a stewpan and strain into a sauce boat.

Malvern Pudding. (*Orchard Leigh.*)

This must be made the day before it is eaten.

Cut a slice of bread an inch thick. Let it be cut as near as possible to the size of the pie-dish which you mean to use; cut away all crust. Put this bread at the bottom of the pie-dish, then put a layer of nicely stewed and sweetened fruit quite hot —apricots, apples, or raspberries and currants mixed. On the fruit put another slice of bread, fruit over that, and so on till the dish is full. Take care the *top* layer, as well as the bottom one, is of bread.

When quite cold put a heavy weight on it (4 lbs. at least), and let all remain till the next day.

Before serving next day, turn out the pudding and cover it with Devonshire cream, plain cream, Italian Cream No. 1, or custard (*see* Sweet Dishes); or custard and whipped cream mixed, half and half, is very good for fruit puddings and tarts.

A similar recipe, made with red currants only (6 tablespoonfuls to 4 of powdered sugar), is made in large jam-pots instead of in a pie-dish; several small puddings in fact, instead of one large one, which makes a variety. For these 2 tablespoonfuls of fruit are put in alternately with round slices bread ¾ inch thick, then a ½ lb. weight is enough to compress them. Cover when done with cream or custard.

Mamhead Pudding. *See* Cabinet Pudding, No. 6.

Manchester Pudding.

Boil 3 tablespoonfuls of grated bread-crumbs in ½ pt. of sweetened and flavoured milk for 2 or 3 minutes; when off the boil add a piece of butter the size of an egg, the yolks of 2 eggs, and half a gill of brandy. Put a layer of apricot jam at the bottom of a pie-dish, and a puff-paste rim to the dish. Pour in the mixture when cold, and bake 1 hour; then whip up the whites with a little sugar to a stiff froth, spread it over the top and let the pudding "set" in the oven for 5 minutes.

Marie Louise Pudding. (*Lady Holland.* 1880.)

Wash a small teacupful of Carolina rice and simmer it very slowly in a pint of milk, adding a little cream at the end. To be extra well cooked.

Sweeten and flavour to taste, mixing in a little finely-chopped candied peel. When cool, add the well-beaten yolks of 4 eggs. Whip the whites to a froth and add them lightly in just before you steam the pudding.

Ornament a mould as if for a cabinet pudding with candied peel cut in circles, size of threepenny bits, cherries, &c. Serve with Frothed Sauce round the pudding and hand some also with it in a boat (*see* Sweet Sauces).

This pudding would be good buried in ice, then the sauce should be cold custard, flavoured with ½ a teaspoonful of maraschino and a whole one of brandy.

Marlborough Pudding. No. 1. (1892.)

Line a pie-dish with puff-paste, and to keep its shape fill it with rice, to half bake—only from 15 to 20 minutes; then take rice out, scatter 2 ozs. chopped orange peel on bottom of dish, or marmalade, apricot, or any other preserve; on this pour following mixture and again bake:

3 ozs. butter and 3 ozs. of sugar worked together in a pan over the fire till melted; work in a tablespoonful of cream and let it come to the boil; keep stirring. Beat together 3 yolks with 2 whites in a basin by themselves, and add to the butter, sugar and cream, before pouring all into paste-lined pie-dish to bake.

Marlborough Pudding. No. 2. (*Mr. Brandreth's.* 1889.)

The size of a large Yorkshire cheese-cake baked in a flat tin.

Line a tin with light puff-paste; take 1 oz. mixed candied peel, cut very small, and drop it over the paste; take 6 ozs. butter, 6 ozs. *brown* sugar, and the yolks of 4 eggs; put these in a stewpan to cook for a minute, then spread over the pastry and bake ½ hour.

Marlborough Pudding. No. 3. (*Mrs. Husthwaite's.*)

4 ozs. of butter melted in a stewpan over the stove, add 4 ozs. of finely-pounded sugar. Stir till it has melted and mixed. Break 5 yolks of egg into a basin and put *half* the quantity to cook about 3 minutes with the butter and sugar; with the other half make Brandy Custard Sauce (*see* Sweet Sauces) to pour over the pudding when dished.

A tablespoonful of arrowroot must now be well mixed in a small ½ pt. of milk, then both are added to the butter, sugar, &c. Make all hot, add 3 ozs. of chopped candied mixed peel, whip up the whites of the 5 eggs, and add them. Put all into a mould and steam 1¼ hours.

Serve in the Brandy Custard sauce.

Marmalade Pudding. No. 1.

Pour 1 pt. of milk over ½ lb. of bread-crumbs, boil it up, stir in 2 ozs. of butter and 1 of marrow, keeping the pan on the fire till all be well mixed. Let it become cold. Then mix in 2 eggs, 2 ozs. of powdered sugar, 2 of orange marmalade, and a spoonful of orange flower water. Choose a basin that will exactly hold it, and tie it over with a floured cloth very closely. Boil it 1¼ hours.

For Sauce: Melted butter, sugar, a little lemon juice, and 1 spoonful of brandy.

Marmalade Pudding. No. 2.

Cut some very thin slices of bread and butter, cutting off the crust; put some orange marmalade on each slice, lay them in a pudding mould till nearly full, then pour a custard over to fill up the dish. It must be steamed 20 minutes or ½ hour.

Not on any account to be tied down with a cloth, but cover the top of the mould with white greased paper. Serve with Wine Sauce (*see* Sweet Sauces). A little marmalade on the top of the pudding improves the taste and look.

Marmalade Pudding. No. 3. (*Miss Byrom's.*)

(This should be mixed the day before if possible.)

¼ lb. of beef suet, fresh, and chopped *very* fine, ¼ lb. of grated bread-crumbs; mix well together. ¼ lb. of moist sugar, 2 whole eggs well beaten, 2 tablespoonfuls of marmalade. Butter a *China* mould, pour in the mixture, and boil 4 hours or steam 6.

For Sauce, use Lemon Sauce, given under Golden Pudding.

Marmalade Pudding. No. 4. (*Mrs. Weston's.*)

Take 2 ozs. of butter and melt it in a stewpan. Mix with it nearly 3 ozs. of flour. Have ready rather more than ½ pt. of boiled milk, add it by degrees, keeping it near the fire, as the milk, butter, and flour must all boil together to come to a very stiff mixture. When it quite boils take it off the fire and add the yolks of 6 or 7 eggs, putting the whites aside into another pan. Add a teacupful of orange marmalade and a little powdered sugar to the milk, flour, &c. Next whisk the whites of the eggs to a very stiff froth, and mix in with the other ingredients *just* before they are put into the mould.

Steam the pudding 1 hour.

Marrow Pudding.

You will want ½ pt. of bread-crumbs, ¼ lb. of sugar flavoured with grated lemon peel, 6 ozs. of beef marrow, 3 eggs, 1½ pts. of milk, ¼ lb. of raisins stoned and chopped.

Boil the milk and pour it over the bread-crumbs, cover them and let them soak a good while; shred the marrow fine.

Mix all the ingredients, beating them well together; boil in a buttered mould for 3 hours.

"Michael Angelo Pudding," or "Curd Pudding."

Turn 4 qts. of milk with a little rennet, strain off the curd quite dry; then weigh 1 lb. of curd, well pounded in a mortar, take 3 whole eggs and 2 *extra yolks* well mixed, $3\frac{1}{2}$ ozs. of fine sugar, a little cinnamon, $\frac{1}{2}$ lb. stoned raisins soaked in a little brandy, $2\frac{1}{2}$ ozs. of the crumb of white and of brown bread mixed, $1\frac{1}{2}$ ozs. chopped citron peel. Mix the whole well together. The 2 whites not previously used are well whisked up into a stiff froth, and added just before cooking the pudding.

Boil as you would a plum pudding; or the mixture is sometimes put into a plain mould and steamed 1 hour, then served directly.

A little brandy may be added to flavour.

For Sauce: $\frac{1}{2}$ spoonful of potato flour, $\frac{1}{2}$ pt. of new milk, add sugar and a little brandy.

Or this Sauce: a very thick Almond Custard, flavoured with Cognac. For this boil $\frac{1}{2}$ pt. of milk with 1 oz. of sugar; add 1 oz. sweet almonds blanched, and pounded, 3 bitter almonds, and boil 10 minutes. When the sauce is off the boil pour it over the strained yolks of 3 eggs, and return it to the stewpan. Let all again cook, but *not boil*, strain, and then lastly add a glassful of Cognac.

Mousseline Pudding. (*Lizzie Emslie, Castle Grant.* 1894.)

Break the yolks of 6 eggs into a bain-marie pot. Add $\frac{1}{4}$ lb. castor sugar, 2 ozs. fresh butter, the juice of *one* lemon, the grated rind of *two* lemons.

Stir this mixture over the stove till it thickens. Next strain it through a fine strainer or through a tammy cloth into a clean basin. Leave it to get cold.

Having previously beaten 4 of the whites of egg to a stiff froth, on a plate with a palette knife, add them to the pudding mixture, and put all into a prepared mould which has first been buttered and then dusted with sugar.

Steam in a pan of hot water, with lid of mould on, for 2 hours. Should the water boil, the pudding will be spoilt.

Nesselrode Pudding.

Spread 3 ozs. of Pound cake mixture flat on a baking tin; when *half* baked take it out of the oven, and spread a layer of preserve over it; roll it up, and return it to the oven to finish baking. A short time will finish it.

When baked, stick it over with almonds cut and blanched, and when ready to dish, pour over it a rich custard.

New College Puddings. *See* "Boiled Angels," under Sweet Dishes.

"Nouilles" Pudding. No. 1. (*J. Emslie.*)

Make the Nouilles according to recipe for Nouilles, *see* Garnishings for Soups (under Soups), and, after drying the boiled

Nouilles strips on the sieve, put them on the stove in ½ pt. of cold milk, and stew uncovered for ½ hour, sweetening with a tablespoonful of sugar; add 1 oz. of butter; flavour with powdered vanilla; take off to cool; then add 3 *whole* eggs and 2 extra whites (*i.e.*, 3 yolks and 5 whites altogether). Steam 1 hour in a hollow "baba" mould lined with crushed ratafia or with glacé red cherries.

Serve with a sharp, sweet, Currant Jelly Sauce or Fruit Sauce, Frothed Sauce or a Chocolate Sauce (*see* Sweet Sauces).

Nouilles Pudding. No. 2.

Prepare the paste as for Nouilles for soup (*see* Garnishings, under Soups), but cook it gently 1 hour only, instead of 2 hours, in water. Then rinse in cold water on a colander and drain it. Return it at once to the fire with 1 pt. milk, in which a tiny piece of fresh butter has been melted. Let it now stew gently 1 hour, till all the milk has been absorbed. Stir now and then with a wooden spoon, but do not break the ribbons of paste. Put it in a basin, adding a dessertspoonful sugar, and the grated rind of 2 fresh lemons.

Strain in 4 yolks of egg, one by one, beating each in.

Whip the 4 whites to a froth by themselves, and add just before putting the pudding into a buttered mould lined with bread-crumbs. Steam 2 hours with lid on, turn out and serve dry. Fruit Sauce or Frothed Sauce (*see* Sweet Sauces) is handed with it in a sauce boat.

Oatmeal Pudding. No. 1.

Mix 2 ozs. best oatmeal in ¼ pt. of milk; to it add 1 pt. of *boiling* milk, sweeten to taste, and stir 10 minutes over the fire; then add 2 ozs. of sifted bread-crumbs. Stir till the mixture is stiff, then add 1 oz. of fresh suet and 1 or 2 well-beaten eggs. Add lemon peel to flavour, or grated nutmeg. Put into a buttered dish and bake slowly 1 hour.

Oatmeal Pudding. No. 2.

Pour 1 qt. of boiling milk over 1 pt. of the best fine oatmeal; let it soak all night. Next day beat 2 eggs, and mix them into the oatmeal with a pinch of salt.

Butter a basin that will just hold the mixture; cover the basin tight with a floured cloth, and boil 1½ hours. To eat hot, with cold butter and salt, or when cold, slice it, toast it, and butter well, when sent hot to table.

Orange Pudding. No. 1. (*Beechwood.*)

Put the rinds of 3 large oranges into water and let them remain for 1 hour to extract the oil. Then take them out and set them to boil in 1 gallon of fresh *cold* water. After this change the water two or three times, but always replace it with *hot* (not cold) water, to keep the peel tender.

Allow the peel to cool, and then beat it in a marble mortar; add by degrees ¾ lb. of loaf sugar, ¼ lb. of butter, the juice of 8 oranges, and 6 eggs well beaten. Dish should be lined with a thin paste. Pour in the mixture and bake gently till set.

Orange Pudding. No. 2.

Mix ¼ lb. of bread-crumbs in 2 ozs. butter, add the juice of 2 oranges, the rinds of 3, and 3 ozs. of sugar, then add first the yolks of 3 eggs, and next the whipped-up whites; steam an hour in a buttered "border" mould; turn out; serve with "pigs" of orange in the centre and the syrup in which they were warmed also. For another Orange Pudding, *see* Brown Bread Pudding, No. 5.

"Our Prune Pudding." *See* Prune Pudding.

Paradise Pudding.

1 large tablespoonful of ground rice scalded in a little milk, enough to moisten it, 2 ozs. of chopped apples, 2 ozs. of suet, 2 ozs. of currants, 3 eggs, 1 tablespoonful of sugar, lemon and orange juice to taste. Bake 1 hour.

Pitlochry Pudding. (*Mrs. Pettit, Deskrie Shiel.* 1861.)

2 ozs. well-washed Carolina rice put on to stew in 1½ pints of milk; stew full 2 hours or more till tender. When nearly cold add 3 ozs. finely-chopped fresh beef suet, shredded fine, 2½ ozs. pounded sugar, 1 oz. candied orange peel chopped small, 6 ozs. sultana raisins, and 3 eggs, beat one in at a time.

Steam 2½ hours, and see the pudding turns out whole and smooth; serve with rich Brandy Custard Sauce, or German Sauce in a boat (*see* Sweet Sauces).

Plantagenet Pudding.

Weigh 3 eggs in their shells, take an equal weight of butter, of finely-pounded loaf sugar, and of well-dried flour. Beat the butter first to a cream, and add the other ingredients by degrees. Flavour the pudding with bitter almonds, a little pounded cinnamon, lemon peel beaten quite to a paste, and 2 tablespoonfuls of brandy or sherry. Add sultana raisins if wished. Bake in a pudding mould and serve it with German Sauce. *See* Sweet Sauces.

"Plombière." *See* Ice Pudding, No. 2.

Plum Pudding. No. 1. (*Bagshot.*)

Ingredients: ½ lb. suet chopped fine; same of stale bread-crumbs (but *no flour*); ¾ lb. stoned and chopped raisins; the same of sultanas; 6 ozs. of pounded sugar; ¼ lb. mixed candied peel chopped fine; 1 teaspoonful mixed spice; a pinch of salt.

First mix the fruit, sugar, salt, and spice; then add the suet and crumbs, and keep these ready till wanted.

Next beat up 5 eggs, one at a time, *i.e.*, beat one alone, then add the second, and so on. The 5 eggs to be beaten alone first; then beat in with them ¼ pt. of brandy—mild table beer or milk can be used, but milk is not so light or good for it as either of the others. Add these eggs to fruit and other ingredients, leave the mixture to swell and blend all night.

Next day boil the pudding in a tightly-tied cloth for 8 hours. The water must *boil* when you put the pudding into it.

Plum Pudding. No. 2. For Christmas. (*Isa. Emslie.* 1891.)

½ lb. minced beef suet, the same of bread-crumbs and of sugar, 1 lb. sultanas and 1 doz. stoned raisins, ½ teaspoonful of mixed spice, 1 oz. chopped candied orange peel, 1 teaspoonful baking powder, 4 whole eggs beaten in ½ teacupful of cold milk.

Mix all together.

Put the mixture in a buttered and sugared mould, cover it with a floured cloth, and boil the pudding 8 hours.

Plum Pudding. No. 3. A rich one for Christmas.

Mix this pudding the day before you want it.

Chop fine 1 lb. beef suet; add ¾ lb. flour or bread-crumbs, 1 lb. sultanas, 1 lb. currants washed and picked (or use 2 lbs. of sultanas), ¼ lb. mixed candied peel chopped fine, ½ teaspoonful mixed spice, the grated rind of a lemon, ¾ lb. moist brown sugar, and 4 whole eggs, one after another; also a *very* small teaspoonful of salt; put all in a basin, and mix.

Over all pour ½ pt. of cold milk and stir it in; put all aside to swell and blend till next day.

7 hours before dinner-time next day prepare a large pan of briskly-boiling water, put the pudding mixture into a tin mould, and tie a cloth over it; put it in the boiling water and let it boil 6 hours at least. Serve Cream Sauce or German Sauce (*see* Sweet Sauces) in a boat.

Plum Pudding. No. 4. And Custard. (*St. Julian's.*)

Cut some cold plum pudding in slices about an inch wide, and lay the slices round a plain oval mould, the same way as bread is laid for an Apple Charlotte. Have some more of the cold pudding cut in small pieces and laid in the centre of the mould. Then fill up with a custard of 4 eggs beaten up in sufficient milk to fill the mould, and sweetened and flavoured to taste.

To be steamed; and when the pudding is served give a good Wine Sauce with it, or German Sauce, No. 1, in boat (*see* Sweet Sauces).

Plum Puddings. Brandy Butter Sauce is delicious with all Plum Puddings, so also is New Forest Sauce (*see* Sweet Sauces).

Podagra Pudding. (*R. M. Beverley.*)

½ lb. each of suet, of bread-crumbs, and of sugar; the peel and juice of 1 lemon; half a curl of candied lemon peel; 4 eggs; a small pot of orange marmalade or of apricot jam.

Mix all well together and boil in a mould 4 hours.

For Sauce: ½ lb. fresh butter, 2 ozs. sugar, 6 bitter almonds blanched and pounded, and a large tablespoonful of brandy.

Beat all to a cream near the fire.

Poet's Pudding. (*The Poet Rogers.*)

Sometimes called a Lemon pudding.

Pour ½ teacupful of boiled cream over 2 or 3 Savoy biscuits; add ¼ lb. butter, ¼ lb. sugar dissolved in water, the yolks of 4 eggs and the stiffly frothed whites of 2, the grated rind of 2 small lemons, and the juice of 1 lemon.

Rim a pie-dish with puff-paste; fill with mixture, bake, and serve in the pie-dish for luncheon, hot or cold. No sauce.

Potato Pudding. No. 1.

½ lb. of boiled potatoes, 3 ozs. of fresh butter, the yolks and whites of 2 fresh eggs, a little rich milk or cream, the juice and rind of a lemon. Beat all to a froth and add sugar to your taste; put a paste rim round a dish; pour in the mixture and bake.

You may add pounded sweet almonds or preserve, if liked.

Potato Pudding. No. 2. Auchentorlie.

5 well-boiled, mealy, dry, hot potatoes to be first rubbed through a sieve, then put into a basin with 2 ozs. powdered sugar and the grated rind of a lemon; stir it well for 10 minutes; add a glass of white wine and the yolks of 4 eggs; then stir on a little longer. At the last add the whites, previously beaten to a stiff froth.

Meantime, a well-buttered pie-dish must be rimmed with puff-paste; into this pour in the mixture, and bake 1½ hours in a moderate oven. Turn out and serve.

Potato Pudding. No. 3. (*Miss Duckworth.*)

Beat well together 14 ozs. of mashed potatoes, 4 ozs. fresh butter, 4 ozs. powdered loaf sugar, the grated rind of a lemon, 5 new-laid eggs, and a mere pinch of salt. Ornament a basin or a mould with slices of candied citron or of orange peel, and put in the pudding. Bake till well set and turn out.

Pour a little clarified butter on the top and then sift plenty of white sugar over.

Prince Albert Pudding. *See* Prune Pudding.

Prune (or Prince Albert) Pudding.

Line a plain mould with prunes, previously stoned and stewed. Make a pudding mixture of 6 ozs. butter beaten to a cream,

into which are worked first 6 ozs. sugar, and then 6 ozs. bread-crumbs (use brown bread), and then the yolks of 3 eggs beaten in a glass of sherry, fresh lemon and orange peel grated or cut fine, chopped candied citron peel or sultanas, as you prefer; mix all, add 3 well-whipped whites of egg at the last.

Fill the already prune-lined mould with this mixture, steam 2 hours, turn out with care; use Cream or Frothed or Wine Sauce (*see* Sweet Sauces) with it in a boat.

"*Cur* Prune Pudding" is simpler: ½ lb. of prunes and the same weight of white sugar, and the rind of a lemon are put in a saucepan on the fire with 1 pt. of cold water—the lid is put on, and they are stewed till tender. You then butter a plain mould, stone the prunes, and line the mould with them throughout, keeping the prune syrup for sauce.

The pudding mixture to fill it is made of 3 ozs. fresh butter, into which are worked first 3 ozs. of white or brown bread-crumbs. You then beat in the yolks of 3 eggs, and lastly their whipped whites, and a mere *pinch* of baking powder; steam 1 hour, turn the pudding out and serve.

For Sauce: Plain cream handed with it; or the following in a sauce boat:—Prune sauce: Reduce the syrup of the stewed prunes till it is half the quantity, add a glass of sweet sherry, and strain this sauce into the dish round the pudding.

Quaker Pudding. (*Humberstone.*)

Add 2 whole eggs to a pint of good rich milk with white sugar and pounded ginger. Beat well up, *cold;* then pour it for a considerable time from one jug to another. Put it into a slightly-buttered basin and tie a white paper over it. Put the basin into a cloth, plunge it in boiling water and boil fast for 20 minutes. Sprinkle the pudding with cinnamon and bring to table in the basin.

Queen Mab's Pudding. Cold.

Ingredients: 1 pt. of new milk, ½ pt. of cream (or 1½ pts. all cream, and no milk), the rind of a small lemon, 2 or 3 bitter almonds, or some stick vanilla, a few grains of salt, ¾ oz. of isinglass (in hot weather 1 oz.), 4½ ozs. of sugar in lumps, the yolks of 6 eggs, 2 ozs. of dried cherries, 1½ ozs. candied citron, 1 oz. of blanched pistachio nuts. If you like sultanas instead of cherries in the pudding you must steam them 20 minutes in an earthen colander placed over a saucepan in which the water is boiling, and covered with the lid.

Throw into 1 pt. of new milk the rind of a small lemon, grated, 2, or even 3, bitter almonds, blanched and bruised, or if preferred some pounded vanilla. Heat it slowly by the side of the fire, and keep it at boiling point till well flavoured, then add a grain or so of salt, and ¾ oz. of isinglass. When this last has dissolved, strain the mixture through a tammy cloth and

put it into a clean stewpan with 4½ ozs. of lump sugar and ½ pt. of double cream.

Give the whole one boil up and then stir it briskly, adding by degrees, as it cools, the well-beaten yolks of 6 fresh eggs. Next thicken the mixture to a custard over a gentle fire, take great care it does not curdle; when it is tolerably thick pour it into a basin and continue stirring till it is half cold; then mix into it ½ oz. chopped candied citron, 2 ozs. of dried cherries or steamed sultanas, 1 oz. of pistachio nuts blanched and cut in 4, or ginger or pine-apple if preferred. If you use ginger, 3 ozs. will be required, well drained and sliced—the syrup of the ginger will then do for sauce. Pour pudding mixture into a mould rubbed with oil, and set it in ice 1 hour before dinner.

Turn out, and serve sauce on the dish with it.

For Sauce: Pour over it plain cream, or any fruit juice well sweetened, or pineapple syrup, or the syrup of preserved ginger.

Ratafia Pudding. No. 1. Baked. (*Beechwood.*)

Boil a quart of milk and 2 ozs. of ratafia biscuits and 2 ozs. of Savoy biscuits, put in ¼ lb. of butter, then set it on one side to cool. Blanch and beat 1 oz. of sweet almonds. Mix them with the yolks of 2 eggs and 1 tablespoonful of white wine, add also nutmeg and sugar. Mix all together, put an edge of paste round the buttered rim of a dish, pour in the mixture and bake ½ hour. Serve in the pie-dish. No sauce.

Ratafia Pudding. No. 2. Steamed. (*Mrs. Norman's.*)

Make hot together ¾ pt. of milk, 2 tablespoonfuls each of cream and of powdered sugar, 8 drops essence of vanilla, do not let these boil.

Beat together in a clean basin 5 yolks and 2 whites, do not froth them; pour the hot milk over them. This is a better custard than if it goes on the fire.

Pour all into a basin in which are 6 ozs. of roughly broken ratafia biscuits; stir round a few times to mix well, then let all soak thoroughly half an hour or longer. Stir every now and then, for the ratafias keep rising to the top.

To turn out this pudding well, sugar a plain mould after you have buttered it, and then pour in the mixture.

Steam the pudding gently with a paper cover over the mould, from ½ to ¾ hour. To prevent it boiling too fast, put the lid of the saucepan only half on.

Every now and then, without taking it off the fire, with a spoon press down the ratafias in the centre (*not* those round the sides); do this often at first, but not at all for the last ¼ hour.

When taken off, let it stand 5 minutes to shrink, before turning out; put no ornaments to this pudding.

Serve with it Brandy Custard Sauce or German Sauce (*see* Sweet Sauces).

Regent's Pudding. (*Beechwood.*)

2 eggs well beaten up with nearly ½ pt. of cream, and strained into the well-buttered mould in which it is to be boiled. Then tie a cloth over the mould and boil it slowly for 20 minutes. Take it up and let it stand a little before you turn it into a deep dish.

Serve with Regent Sauce (*see* Sweet Sauces), put in the dish, but not over the pudding.

Rice for Puddings. To prepare.

The rice should be well washed, and then put over the fire in a good quantity of water till it boils, this is called "blanching," which, if not done, the rice will curdle the milk and spoil the puddings; stir it, then strain off the water and boil the rice in milk.

Rice Meringue Pudding.

Swell 4 ozs. of Carolina rice in 1¼ pts. of new milk. Let it cool a little, then stir into it 1½ ozs. of fresh butter, 3 ozs. of powdered sugar and a grain of salt. Also the yolks of 4 fresh eggs well beaten, and about 12 drops of essence of vanilla, or the grated rind of a lemon. Pour the mixture into a well-buttered dish. Lay lightly on the top the whites of the 4 eggs beaten as for a sponge cake and mixed *at the instant* with 4 or 5 heaped spoonfuls of sifted sugar. Bake ½ hour and serve at once.

Rice. *See* also Tapioca Pudding, to look like thick cream.

Rice Pudding. No. 1. Baked.

Boil rather less than ¼ lb. well-washed Carolina rice in ½ pt. milk, with a little cinnamon and nutmeg. When the rice is half done put it into a baking tin, and when nearly cold add 6 sweet and 4 bitter almonds chopped fine, 6 eggs, sugar, and about 1 oz. butter.

Mix the whole well together, and put it to bake in an oven, which must not be too hot.

Rice Pudding. No. 2. Bagshot "Milky Rice Pudding."

Wash 3 tablespoonfuls of Carolina rice well in cold water. Drain and put in a stewpan; add ¼ oz. of butter and ½ pt. of cold milk. Stir every now and then till it boils, then draw to the side and cover, to stew gently, from 2 to 2½ hours. Stir from time to time, and add the rest of the pint of milk as it is wanted; add a little cream at the last if the milk is poor. When taken off stir in a tablespoonful of nicely minced suet, also 1 lump of sugar and a little cinnamon. Stir all well in and bake ½ hour in a slow oven.

Rice Pudding. No. 3. (*Broughton Hall.*)

Wash the rice very well in several waters, then make it quite hot in fresh water, and afterwards strain off the water, and put the rice into a well-buttered dish with as much new milk as it will absorb. Set it in the oven, stirring it frequently. When done enough take off any "skin," add 1 or 2 beaten eggs if liked, and pour the rice into a *slightly* buttered mould or basin. Throw in a little salt and a small piece of fresh butter, and mix well together. Bake or steam till set. Then turn out the pudding and garnish with liquid jelly or with jam, or serve with cream and preserve. Better as a *baked* pudding if made without eggs.

Rice Pudding. No. 4. Cold. Lady Holland's. (*Pinewood.*)

This is made of the same mixture as Rice Wall (*see* Sweet Dishes), but the mixture is put into rinsed out dariole moulds, or cups as preferred, to stand till wanted. Then turn it out of the moulds, and serve cold in whipped or plain cream, vanilla flavoured, and with preserved cherries; each little shape ornamented at the top with peel, or cherries, angelica or apricot jam.

At luncheon next day serve "remains," mashed up, cream sauce and all, as "Creamed Rice." Over the top scatter minced and browned almonds; serve hot or cold; apricot jam under rice if preferred; ornament with red cherries or angelica.

For flavouring the cream in this pudding recipe use *pounded* vanilla in the sugar, as liquid vanilla would discolour it. Mrs. Wellington's Sauce (*see* Sweet Sauces) is also good with it.

Rice Pudding. No. 5. (*Mrs. Husthwaite's.*)

Put into a pie-dish 2 ozs. of well-washed Carolina rice, 1 tablespoonful of finely-chopped suet, and a little salt, 1 pt. of new milk, sugar to taste, and a grate of nutmeg; bake in a slow oven 2 or 3 hours.

Rice Pudding. No. 6. "Nursery Rice Pudding." (*Deskrie.* 1859.)

2 tablespoonfuls of rice (not *quite* full), put into a large pie-dish, which you then fill to the brim with cold water; leave the rice to swell a long hour, then strain the water off through a sieve, and put the rice into a stewpan.

Wipe the pie-dish dry and then fill it to the brim with new milk (to see how much it will hold), and pour this milk over the rice in the stewpan. Fill the pie-dish to the brim with milk a second time and pour the *second* quantity also over the rice, and put a stick of cinnamon into the stewpan with the milk and rice. Do *not* cover the stewpan, but put it on the stove or over a clear slow fire, that the mixture, often stirred, may come very gradually to the boil; even when it boils it is not done, and must still be frequently stirred till it looks thick and creamy, and is tender; then take off the fire, take out cinnamon, sweeten with 2 spoonfuls of sugar and let it get *all but* cold.

Now take 4 eggs, break the yolks into a basin and beat them well. Beat the whites to a stiff froth by themselves, and put them on a sieve. Just before pouring the mixture into the pie-dish, *i.e.*, when the rice is *quite cold*, stir the 4 yolks of egg in and add the 4 whites.

When baked the pudding should look as if meringued at the top.

Marrow makes delicious baked rice "Nursery" Puddings, if used instead of eggs (*see* Short Sugar Paste, under Paste and Pastry).

Rice Pudding. No. 7. Mrs. Stubbington's Ground Rice. (1882.)

This is steamed in a mould lined with dessert fruits. Frothed sauce, *see* Sweet Sauces, served in boat and also round pudding.

Boil ½ pt. of milk with a little sugar; then mix 2 tablespoonfuls of ground rice with a little cold milk, and stir into the boiling milk; add the yolks of 2 eggs, beat the 2 whites to a stiff froth; flavour with lemon or with vanilla; add in the frothed whites and pour into the mould.

Steam 1 hour.

The fruits give it a "dressed" look, and it is a very light pudding.

Rice Cake Pudding requires a small teacupful of rice to 1½ pts. of milk. First wash the rice well, then drain it and put it into a stewpan and just cover the rice with milk.

Put the lid on, but *stir often* till it boils; then draw to one side to simmer 2 hours, adding the rest of the cold milk gradually. Then proceed as for Semolina Pudding, No. 1, but use 3 yolks only and 2 whites, sugar, lemon peel, *no* butter; add the whisked whites lightly at the last; steam or bake.

Rizine Pudding. (*Isa. Emslie.* 1895.)

1 qt. of milk to come gradually to the boil with a teacupful of rizine stirred in. Boil for 10 minutes, stirring on all the time.

Then take it off and mix in a dessertspoonful of sugar, also the grated rind of a lemon or 3 drops of essence of lemon.

Then work in, one by one, the yolks of 4 eggs, keep back the whites, whipped to a stiff froth, and add them lightly in at the last. Bake 1 hour in a buttered pie-dish in a moderate oven.

Roll Pudding, of Genoa Pastry (Cataldi's "Fourré Polonais").

This Genoa pastry makes excellent sweet sandwiches, or, cut like patties or tartlets, looks pretty filled with preserved fruits or jam.

¼ lb. pounded sugar sifted, ¼ lb. flour, 3 ozs. fresh butter, yolks of 3 eggs, and well-beaten whites of 6 eggs.

Weigh the butter, and work it to a cream; next add the

sugar; break in 3 yolks of egg and beat some time; flavour with a teaspoonful of orange flower water, or, if you prefer, with vanilla or lemon peel. Beat up the 6 whites in another basin to a stiff froth; leave them whilst you mix in the flour to the other things, and add the frothed whites at the last. Place on a baking sheet lined with greased paper, and bake in a quick oven; when baked, take out and spread rapidly with heated apricot jam or green gooseberry jam (*see* Jams, &c.), and roll it up before it stiffens; ice the top with coffee, lemon, or vanilla-flavoured sugar; when sliced you should see three layers of jam.

It is cut like a common baked roll pudding.*

(*See* also Genoa Pastry, under Sweet Dishes.)

Roly-Poly Pudding. (*Sherwood.*)

Take 8 ozs. flour to 6 ozs. of fresh beef suet, chopped fine, or mutton suet would do nearly as well if very carefully picked; use a little water to mix it; work lightly to a dough; knead into a roll and boil it in a cloth till mellow—this paste should be almost transparent.

Serve as a bolster-shaped suet pudding with treacle in a boat; or spread it with jam before boiling and then roll it up.

Roydon Citron Pudding. (*Mrs. Temple Frere.*)

Good either hot or cold.

The pudding mixture is of the following: $\frac{1}{4}$ lb. pounded loaf sugar, $\frac{1}{4}$ lb. butter, 1 white of egg, 4 yolks of egg, $\frac{3}{4}$ oz. of citron peel in long slices, $\frac{1}{2}$ oz. of orange peel, and a little essence of kernels to flavour.

Slice the peel in as long pieces as you can; first line the bottom and sides of the dish with puff-paste, and then lay the peel at the bottom of the dish on the paste. Pour in the mixture and bake the pudding slowly—it should take at least $1\frac{1}{2}$ hours to bake.

Roydon Cup Puddings.

Weigh 3 or more eggs in their shells; also equal quantities in weight of flour, butter, and sugar. Let the eggs be well beaten, and add to them the flour, sugar, and butter, mixing all well with a fork. Add citron and candied lemon peel, chopped small, and bake in cups half an hour.

Rusk Pudding. No. 1.

Line a mould throughout with dried fruit.

Make a rich custard by boiling 1 pt. of milk and $\frac{1}{2}$ pt. of cream, sweetened to taste, and flavoured if you like.

Take 10 yolks and 1 white of egg and beat them well, and when the milk, &c., is cool, add it to the eggs, beating well with a whisk; let it get cold.

* This recipe was quoted by permission in Miss Hilda Duckitt's "Diary of a Cape Housekeeper" (Messrs. Chapman and Hall), an excellent book of recipes. Genoa pastry is there by misprint called Geneva pastry.

Take apricot jam, and with it join together pairs of rusks, or of "tops and bottoms," then dip the rusks, both sides, well in the cold custard and fill the mould with them, pouring over all a full glass of brandy or wine first, then the remainder of the custard.

Steam the pudding—not cooking it too fast—and serve it with plenty of German Sauce (*see* Sweet Sauces).

Be sure the pudding mould is dry, and greased with well-clarified butter, or the pudding will turn out ragged.

Rusk Pudding. No. 2. (*Mrs. Stubbington, 25, Augusta Gardens, Folkestone.* 1882.)

Make a cold custard of ½ pt. of milk, 3 eggs, and 3 ozs. of sugar.

Line a mould completely with dried cherries; take the rusks and dip them in the custard and lay in the mould; put raspberry jam in between each layer; fill the mould with the custard, and steam for about 1 hour; turn out, and serve with a frothed wine sauce.

This is not so rich as the previous recipe; any broken bits of rusk answer for it.

Emslie makes a similar good rusk pudding with stoned pudding raisins, instead of cherries, no jam, fruit sauce round it. Either steamed or baked.

Russian Pudding. (*Beechwood.*)

Put the following ingredients in a buttered mould: 12 penny sponge biscuits, soaked in a glass of sherry, 8 tablespoonfuls of red currant jelly, and 3 of apricot jam or apple jelly, a few stoned raisins, a few pieces of candied orange and lemon peel, the yolks of 5 eggs and the whites of 3; all well mixed together.

Boil 4 hours or steam 2 hours, and serve with German Sauce (*see* Sweet Sauces).

Sago, or Tapioca Pudding.

The large sago or tapioca requires 2 hours to swell, and must be very slowly heated to boiling point; use 4 eggs, &c., as in Rice Pudding, No. 6.

N.B.—All these puddings are better when flavoured with the finely-grated rind of a lemon instead of cinnamon; or rub lemon peel on the sugar, and then grate the sugar into the mixture when you add the yolks of egg.

If you use small sago, it must be swelled like the whole rice in the Rice Pudding, but use only *one* pie-dishful of milk, and stir often. It will merely require heating slowly to boiling point; 3 or 4 eggs, &c., used as for Rice Pudding, No. 6 (*see* that recipe under Rice Puddings).

Sago Pudding. *See* also "Tapioca Pudding, to look like thick cream."

St. Andrew's Pudding. (*Beechwood.*)

1 tablespoonful of flour mixed with a little milk; add the yolks of 3 eggs, beat all well together. Sweeten to your taste, and flavour with a few drops of essence of kernel or vanilla. Have some boiling milk ready, in which mix it well till it becomes a thick paste, then add the whites of the 3 eggs beaten to a stiff froth. Mix all well together, and put it in a pie-dish into the oven. Bake for nearly an hour in a moderate heat.

Scalded Pudding. (*Beechwood.*)

Boil $\frac{1}{2}$ pt. of milk, mix 3 small spoonfuls of flour with a little cold milk, and add it to the other. Let it simmer till near boiling. Add 3 ozs. of butter, sugar to your taste, the juice of a lemon and half the rind, 4 eggs well beaten.

Mix all together, lay puff-paste round the dish, and bake it 20 minutes.

Scarborough Pudding.

Take 3 whole eggs, beat them well; have the same weight of pounded sugar, butter and flour. Gently warm the butter to a cream, mix all together, and boil nearly 4 hours; and serve with a sauce of melted butter, sugar, and lemon juice, with about a teaspoonful of brandy added.

Semolina Pudding. *See* Semolina for Luncheon, under Sweet Dishes.

Semolina Pudding. No. 1—Steamed. (*Mrs. Thomas.*)

$2\frac{1}{2}$ tablespoonfuls, not large ones, of semolina and $1\frac{1}{2}$ pts. of cold new milk are stirred together over the fire, till a minute or two after it boils, to keep it smooth—stir on in fact till stiff. It is then taken off, and you add 2 ozs. of butter and $3\frac{1}{2}$ ozs. of sugar, also the grated rind of a lemon to flavour it.

It must be all but cold before you add 4 yolks of egg, 1 at a time, and work them well in as for a soufflé.

Then beat up 3 only of the whites in a clean basin to a stiff froth and keep separate. Line a plain, well-buttered mould with dried cherries, or with pounded ratafias or sultanas, round the top and down the sides; then beat the 3 whipped whites well into the pudding mixture, and pour all into the mould. Steam close covered for an hour or more—simmer slowly, or it will not turn out perfect—turn out and serve with German Sauce (*see* Sweet Sauces).

This pudding may be made with rice instead of semolina as follows:

Wash a teacupful of rice well in water, then swell it fully 2 hours in $1\frac{1}{2}$ pts. of new milk; add the milk gradually, as the mixture thickens; it must stand quite on the side of the fire; stir it *till* it boils, *but not after*, then proceed as above.

Semolina Pudding. No. 2. Turin. Baked The mixture is stiffer than for the steamed pudding: 3 eggs to 1 pt. of milk, and 3 spoonfuls of semolina.

Boil the milk and semolina thoroughly together 2 hours, with 1 oz. of butter and a little spice, or you may use a little lemon rind instead of spice. First it must come to the boil, and then be drawn to the side to stew covered for the rest of the time; stirred now and then; let it get cold, then sweeten and flavour.

Beat the eggs up alone with a fork, and then add them strained to the semolina in a basin. Add sultanas or currants and chopped candied peel.

Have a well-buttered mould or round basin well lined with bread-crumbs, put in the pudding mixture, and bake it.

If the mixture does not seem firm enough, add the yolk of another egg.

Hand a Fruit Sauce (*see* Sweet Sauces) in a boat with this pudding.

Semolina Pudding. No. 3. Francesco's. Baked.

Boil a teacupful of semolina in 1 pint of milk till it gets quite thick, which it should do in 10 or 15 minutes. Take the stew-pan off the fire, and break in the yolks of 5 eggs (keeping back the whites). Add ½ oz. of chopped peel, 2 ozs. of currants, and about 2 tablespoonfuls of pounded sugar.

Mix all well together, and leave in the pan to get cold. Whip up the 5 whites to a stiff froth, and add them to the mixture, mix all well together, pour it into a buttered "border" mould, such as you use for a Baba, and bake an hour at least in a slow oven. It should, when turned out, be a nice brown. Serve with Currant Jelly Sauce (*see* Sweet Sauces), or with Strawberry Syrup (*see* Fresh Fruit Syrups, under Jams and Jellies).

Sir Watkin Williams Wynn's Pudding.

¾ lb. of bread-crumbs, ¾ lb. of beef suet chopped fine, ¾ lb. of pounded loaf sugar, the juice of 2 lemons and their rind grated, 4 eggs, beating the whites to a stiff froth alone, and adding them at the last. Mix all well; steam 4 hours. Serve Wine Sauce or German Sauce in a boat with it (*see* Sweet Sauces).

Skye Pudding. Cold. (*Rev. E. Coleridge.*)

This is very simple, if you can get Devonshire cream. A stiff but thoroughly cooked rice pudding is turned out of a mould and studded over with bits of jam of *many* sorts; fill the dish on which it is served to the brim with plain cream, and put Devonshire clotted cream *over* the pudding. To be eaten cold.

As a variety the hollow centre of mould is filled with plain cream, and the pudding then covered with Devonshire cream.

Soufflés. *See* Sweet Dishes.

Sultana Pudding. No. 1. (*Mrs. Vivian.*)

Take a well-rasped French roll; cut it first into thin slices, then soak in cold milk; let the bread take up as much milk as it will, pour off the rest of the milk, and beat the roll up well.

Next, beat up 4 eggs by themselves, and sweeten to your taste; shred ½ lb. suet fine; pick and clean ½ lb. sultana raisins; mix all well together.

Butter a mould or basin well, pour in the mixture, allow room for it to swell, and boil 8 hours. The mould or basin should be tied tight in a well-floured cloth.

When the pudding is cut, the sultanas should have quite lost their shape from long cooking. You can add chopped peel if liked, or fresh lemon peel and lemon juice, but it is really better without lemon juice.

Serve Schaum Sauce, No. 2 (*see* Sweet Sauces), with it.

Sultana Pudding. No. 2. (*By Mrs. Challen, Anaconda House, Marine Parade, Worthing.* 1882.)

Like a very light bread pudding. A small basin (not pie-dish) well buttered, and then lined all over with quite a mosaic work of sultanas. Fill the basin with small pieces of light French roll cut into dice, but put no butter. Strew a little picked, very fresh beef suet (about 1 oz. of suet will do) between each layer of bread, also a little chopped candied peel; then pour over all a custard of 2 eggs and milk, sweetened to taste, and flavoured with a little grated lemon peel or spice.

Steam and turn out.

For Sauce: This Wine Sauce*: Take 6 largeish lumps of sugar, melted in a little warm water and cleared, to which add a glass of white wine. Serve the sauce hot and clear.

Sultana Pudding. No. 3. "Sunday Pudding."

(*Isa. Milne.* 1891.)

¼ lb. of each of these: Suet, bread-crumbs, sugar, and sultanas, 2 ozs. of chopped candied peel, 2 whole eggs—all mixed up.

With this half fill a mould previously buttered and slightly sugared; tie the mould up in a cloth floured inside. Boil the pudding 8 hours, renewing the water as it wastes.

Hand a frothed wine sauce in boat with it.

Tapioca Pudding. *See* Sago Pudding.

Tapioca Pudding, to look like thick Cream.

(*Mrs. Wood.* 1880.)

Take 3 tablespoonfuls of tapioca, sago, or rice, to 1 qt. of milk, sweeten to taste, and bake 2½ hours in a slow oven.

Tudor Perfection Pudding. Cold.

Make this in the morning for late dinner.

To a custard of 8 eggs with a pint of milk, add a teacupful

* This is recipe for Wine Sauce, No. 3, under Sweet Sauces.

of cream sweetened with ½ lb. of sugar and flavoured with 2 tablespoonfuls of noyau.

Stiffen it with as little gelatine as is possible to make it stand, rather under ¼ oz. cooked in the custard. Ice it instead of putting more gelatine. Rinse a mould in cold water, put it on plate of crushed ice. Line mould ½ inch thick with "tutti-frutti" (preserved cherries, whole pistachios, chopped angelica, moist ginger, candied peel). For this dip each bit of fruit in jelly rather highly flavoured and sweetened, and make a mosaic of it, putting it into the mould with a larding needle.

Bury the mould in ice and pour in the custard cool, but not cold, to fill up; ice the pudding at once.

Turkish Pudding. (*Beechwood.*)

Take a piece of sponge cake, scoop out the middle and soak the cake in 2 glasses of white wine. Have ready some apples, cored, quartered, and baked, over which must be sifted nutmeg and sugar, or flavour the apples with quince. Make a custard of ¼ pt. of milk flavoured with essence of kernels and ¼ pt. of good thick cream, and pour this boiling hot on 8 well-whipped yolks of eggs, stir slowly till thickened. Fill up the hole in the soaked sponge cake with the apples and custard, and keep it hot in the screen.

Take the 8 whites of egg and whisk them well to a good stiff froth, and have ready some double-refined sifted sugar to whisk at last with it.

With this froth cover the pudding. If for a party, ornament it with dried cherries, or pieces of damson cheese, or black currant cheese.

This pudding is also excellent when frozen.

Tuxford Pudding. (*German Cook at Goodwin's Hotel.* 1888.)

Mix 3 eggs and a good tablespoonful of flour to a light batter in ½ pt. of milk; then strain the batter into a well-buttered mould; cover it with white kitchen paper, and steam for 10 minutes; then drop a dessertspoonful of strawberry jam into the centre, replace the paper top, and steam the pudding ½ hour longer. Turn out, and send to table at once.

The strawberry jam should not show (any kind of jam will do).

Any kind of sweet sauce may be served round this pudding.

Vanilla Pudding. French. (*Mr. Courtenay.*)

Lady Bell calls this a "Bordeaux Pudding."

Boil a third of a stick of vanilla in 1 qt. of milk, with 6 ozs. of fine sugar. Beat up 10 yolks of egg in another vessel and pour the hot milk gradually upon them. Pour it backwards and forwards several times. Pass it through a fine sieve and put it into a plain mould which is placed in the bain-marie, without boiling. You may keep back about a sixth part to use later as custard to garnish the pudding, giving it a simmer-up first. Let it cook very slowly, taking care not to let it boil.

Do not turn it out of the mould till it is cold

Venetian Pudding. Cold. (*R. M. Beverley.*)

To 1 pt. of custard, flavoured with a teaspoonful of brandy, add ¾ oz. of gelatine, thoroughly dissolved in a little water.

Rub off the rind of a lemon on lump sugar, and mix its juice with the lemon-flavoured sugar and 2 tablespoonfuls of cream. Whisk this for a short time, and add the custard to it.

Take slices of sponge cake, soaked in raisin wine or in Madeira that has been well sweetened with sugar.

First put a little of the custard into the mould, then a layer of soaked cake, sprinkled with dried cherries, or any other kind of preserve; then another layer of custard, and so on till the mould is full.

Let it stand till set, and then serve—cold.

Venus Pudding. Cold.

Ornament a well-buttered plain quart mould with preserved ginger. Make a good custard with 12 yolks and 6 whites of egg, cream and sugar to taste, and enough milk (about 1½ pts.) to fill the mould, with 1 oz. of isinglass dissolved in the milk, add a glass of sherry, brandy or rum, and put into the mould.

For Sauce: Put aside a little of the custard for sauce, add ginger syrup to it, and serve cold round the pudding.

Vicarage Pudding. (*Beechwood.*)

6 eggs well beaten up together, leaving out the white of one. Then add 1 tablespoonful of flour, 1 pt. of good milk, and a little salt.

Mix them well together, and let them stand 2 hours. Then stir them and tie them in a basin covered with a cloth. Put the basin into boiling water, and let the pudding boil for ½ hour.

Turn it out on to a dish, and cover it with a wine sauce.

Victoria Pudding.

(No. 1.) 1 pt. of milk, ¼ pt. of cream, nearly 1 oz. of isinglass, the peel of 1 lemon, ½ lb. of sugar—boil all together ½ hour.

Have ready the beaten yolks of 6 eggs, pour the boiled milk on them, return it to the stewpan, stir till thickened, but do not let it boil; strain it and let it stand till cold. Whisk 5 of the whites of the eggs and add them to the custard with a little brandy or sherry.

Set some dried cherries, apricots, or greengages cut small, in the mould and decorate it according to your taste before you pour in the pudding mixture.

The lightness of the pudding depends on the whisking of the whites of egg.

The following, though also called Victoria Pudding, is quite a different recipe:

(No. 2.) Take ½ lb. fresh suet minced very fine, ½ lb. of stale bread-crumbs, ½ lb. white sugar, and mix all well

together; add a little candied peel, and half a pot of orange marmalade. Mix all well again in a basin with 4 eggs well beaten, and the juice of a lemon. When thoroughly mixed, put it in a mould, tie up close in a cloth, and boil 3 hours. Serve with German Sauce (*see* Sweet Sauces).

Vienna Pudding for Luncheon (Cold) is baked in a round sponge-cake tin, and is made like Seed Cake, No. 1 (*see* Cakes), *but omit the seeds.* When baked slice it and rebuild pudding, spreading jam between slices to show 3 layers of jam when cut. Ice the top of the pudding when cold.

Wafer Puddings. No. 1. (*Mrs. Wood.*)

Boil ½ pt. of milk with 1 oz. of butter and a little *thin* lemon peel.

When cold add by degrees 2 dessertspoonfuls of flour, 1 spoonful of white sugar and the well-beaten *yolks* only of 4 eggs.

Mix all together and bake in saucers 20 minutes.

Wafer Puddings. No. 2. (*Ormsby Hall.*)

Boil ½ pt. of new milk, pour it into a basin, add to it 2 ozs. of butter, stirring occasionally till it has melted. Beat up 3 yolks of egg and 2 whites; add a tablespoonful of flour, and white sugar to taste. When the milk and butter are cold mix all together; bake in saucers 20 minutes in a quick oven.

Waffle Pudding. *See* George IV. Pudding, from the remains of which it is made—the waffles or pancakes being sliced, and a custard added—no jam in pudding. A little cream improves custard for both puddings. It softens and mellows generally. Same sauce as for George IV. Pudding.

SWEET SAUCES

Many recipes under Sweet Dishes and Sweet Puddings have sauces of their own ; *see* also Fresh Fruit Syrups, under Jams and Jellies, for other Sweet Sauces.

Almond Sauce. As used for German Pudding, *see* Sweet Puddings.

Blanch and skin 1 oz. of sweet Jordan almonds and only *three bitter* almonds. Pound them in a mortar with a little orange flower water. Pound thoroughly, no lumps, and put into a stewpan with a gill of cream and 2 raw yolks of egg.

Whisk the sauce over a slow fire till cooked.

Almond Sauce. *See* "Podagra" and "Michael Angelo" Puddings, under Sweet Puddings, for other almond sauces.

Apricot Sauce (as for Lady Caledon's and for Embley Puddings).

2 tablespoonfuls of apricot jam, 2 ozs. of sugar, 1 glass of white wine ; all mixed and warmed 5 minutes over the fire. Marmalade sauce is made the same way, but you measure the marmalade after passing it through a sieve.

For another Apricot Sauce, *see* Madeira Pudding, under Sweet Puddings.

Baba Sauce. *See* Rum Sauce.

Brandy Butter Sauce.

To make the Brandy Butter quickly, it should be done in a warm kitchen, and look like firmly whipped cream.

For a boatful use 2 ozs. of butter well squeezed in a cloth ; then work in well 2 ozs. of finest powdered sugar, added gradually, and worked with a wooden spoon.

By degrees add a wineglassful of brandy, if put in too fast this will curdle and spoil the sauce, but properly added it helps to make it look white. To serve with Plum Pudding.

It is sometimes made stiff enough to cut in blocks and so handed round with the pudding.

Brandy Butter is also used in Paris Cake (*see* Cakes).

Set on ice till wanted.

For chocolate-flavoured Brandy Butter, *see* Paris Cake, under Cakes.

Brandy Custard Sauce.

Strain 3 yolks of egg into nearly $\frac{1}{2}$ pt. of warm milk, in which 1 oz. of sugar is dissolved. Pour the milk gently to the yolks, and put all back into the saucepan and stir till thick ; then add a spoonful of cognac.

Brandy Sauce (Cold) for Plum Pudding.

To 1½ ozs. of butter melted in the oven, add the yolk of an egg, mix well for some minutes in a basin, then add 2 spoonfuls of sifted sugar and pour in 2 or 3 spoonfuls of brandy *very gradually*.

Caramel Sauce.

Ingredients in following proportions: ¼ lb. white sugar to tablespoonful of water, reduced in a sugar burner till coloured a *light gold;* if reduced longer it will be bitter.

For Caramel Pudding, *see* "Portuguese Cream," under Cream—Sweet Dishes, for which this sauce is also used.

"Chantilly Cream."

So often used as a Sweet Sauce, is the same as Italian Cream, No. 1, *see* Cream, under Sweet Dishes.

Cherry Sauce. *See* Fresh Fruit Syrups, under Jams and Jellies.

Chocolate Sauce. No. 1. (*Cataldi.*)

This requires the yolk of 1 egg, the whites of 3, some chocolate (*not too much*) and some sugar.

Break the yolk of an egg into one stewpan, and the whites of 3 into another stewpan; sweeten the yolk of egg to your taste, add to it some grated chocolate, and stir it in the bain-marie whilst you whip up the 3 whites with an iron whisk, in a very gentle heat, to a stiff froth. Then mix all together.

Whip well together, and, when hot and light, serve in a sauce boat with any light baked or steamed pudding.

Chocolate Sauce. No. 2. (*Sherwood.*)

With some very good vanilla chocolate, grated, flavour to taste ½ a teacupful of cold milk and a teaspoonful of sugar. Put it to melt by the side of the fire. Stir till all is smooth, *i.e.*, 15 minutes or more. It should *not* boil, only get quite hot. Whip a teacupful of thick cream till quite stiff in a basin (or make instead a custard with 4 yolks of egg, if eggs are plentiful and cream is scarce), add the mixture when cold very gradually to it, having previously put it through a tammy; whisk it on well to the last moment till you send it up in the sauce boat.

This is also called Chocolate Custard Sauce and used with Ground Rice steamed (*see* Sweet Dishes), and is similar to sauce for Chocolate Custard, *see* Custard—Chocolate, also under Sweet Dishes.

Cream Sauce.

This goes well with Plum Pudding, Amber Pudding, and Hamburg Pudding, *see* Sweet Puddings.

¼ lb. fresh butter, 2 ozs. castor sugar.
2 bitter almonds blanched and pounded.
1 wineglassful of brandy.
All beaten to a cream before the fire.

Currant Jelly Sauce for Puddings.

Currant jelly melted and thickened with a little arrowroot and a little lemon juice added.

Custard Sauce. No. 1. German.

(*Miss "Paula" Schuster.* 1885.)

1 pt. of milk, some sugar, and vanilla-pod are boiled together; 6 yolks of egg have been beaten up, into them gradually beat the hot milk, &c.

When all are mixed pour all back into the saucepan and put in the bain-marie, and beat again for a long time, then pass it through a sieve.

Custard Sauce. No. 2. Whisked. (*Mrs. Wellington.*)

Take 3 yolks of egg, a little cream in a teacupful of milk, 2 tablespoonfuls of sugar, 1 dozen sweet and 1 single bitter almond, all 13 almonds pounded and passed through a sieve; whisk all these good things together in a bain-marie till the sauce thickens. If you have no almonds, use 2 drops of essence of peach kernel or "stick" vanilla.

Rub the iron whisk with lemon juice before using, or it will give an unpleasant taste to the sauce. If this sauce is served cold, add a teacupful of well-whipped cream.

Serve with baked "Nudels" and "Petits Choux" (*see* Sweet Dishes).

Custard Sauce. *See* under Sweet Dishes, Sponge—Lemon Caramel.

Froth Sauce. German. (*Mrs. Weston.*)

A British version of it.

Put a wineglassful of cooking sherry or light hock into a little pan, add 1 egg and 3 lumps of sugar, whisk it over a slow fire or in a pan of boiling water till it comes to a stiff froth. It must not come near boiling, be in fact not more than new-milk warm.

When the bottom of the pan is hotter than you can touch with the finger, it is ready.

If not cooked enough, it becomes sloshy again and tastes unpleasantly of egg; but if cooked too much, it turns to a bad custard.

Frothed Sauce (as used for Brown Bread Pudding, No. 5, under Sweet Puddings).

A wineglassful of sherry, the third of a wineglassful of warm water, 2 spoonfuls of sugar, 2 yolks of egg, all whisked in the bain-marie, 3 whites whisked alone to a stiff froth and just added to mix and warm.

Fruit Syrups—Fresh, for Pudding Sauces. *See* Jams, Jellies, &c.

Fruit Sauce.

Cataldi says:—"Fruit sauce for puddings is much improved by having a little wine in it—cooking sherry is better than light claret. The sauce is merely fresh melted strawberry or currant jelly (*see* Jams, Jellies, &c.) or apricot jelly with sherry, and sweetened to your taste."

German Sauce. No. 1. (*Miss Byrom.*)

Take ¼ pt. of white wine, Rhenish hock, or that description of wine; also, the yolks of 3 eggs well beaten separately in a clean basin, and sweetened to your taste with powdered loaf sugar. Put all into a jug, the wine first, to prevent the eggs from adhering to the sides, and place the jug in a saucepan of boiling water, and keep it there whilst the sauce is whipped to a complete froth with a whisk. If the water gets cool before the sauce comes to a froth, add more boiling water. It will be done enough when the outside bottom of the jug is too hot to touch with the finger. The sauce to be made the last thing, *only just* before it is wanted. It may be poured over the pudding, or served in a sauce tureen. The chief cause why this sauce fails in England is that we use too strong a hock, and hock and water is not so good as a light hock.

German Sauce. No. 2. (*Cataldi.*)

This is the same as Sabaglion Sauce.

Ginger Sauce. *See* Ginger Pudding, No. 1, under Sweet Puddings, for this sauce.

Italian Cream, No. 1 (*see* Cream, under Sweet Dishes), makes an excellent sauce for many dishes.

Lemon Sauce.

Rub all the rind off a large lemon on sugar; pound the sugar, and add the juice of the lemon strained to it; add more sugar, ½ lb. in all. Boil it, adding a piece of butter rolled in flour.

For another Lemon Sauce, *see* Golden Pudding among Sweet Puddings.

Maraschino Sauce. *See* end of Marie Louise Pudding among Sweet Puddings.

Marmalade Sauce. *See* Apricot Sauce.

Middleton Sauce. (*Mrs. Backhouse.*)

The yolks of 4 eggs to ½ pt. of thin cream, sweetened, mixed and cooked as for custard, add a little grated lemon peel, and ½ a glass of sherry made hot; all whisked to a froth.

Mrs. Wellington's Sauce. (1880.)

To use when eggs are scarce.

A handful of good lump sugar put into a small stewpan, and just covered with cold water, add 1 clean egg shell. Let it come to the boil, and boil gently for some time. Skim off all specks, &c., that rise, and pass the syrup through clean muslin into a jug.

Having washed the pan, put into it a good tablespoonful of red currant jelly, the thin rind of ½ a lemon, and the same of ½ an orange. To this add the syrup, and boil till the jelly has dissolved, stirring all the time. Flavour if approved with Maraschino or Noyau. Strain and serve hot or cold, in a sauce boat.

This is good with Rice Pudding, No. 4 (*see* Sweet Puddings).

New Forest Sauce for Plum Pudding. (*Mrs. Procter.*)

¼ lb. of fresh butter well squeezed in a cloth, ¼ lb. of castor sugar, to be beaten up together with a wooden spoon till quite white and light; beat them in a pan of hot water, or the sauce will taste raw. Add 1 tablespoonful of brandy and 2 of white wine (sherry) and a very little nutmeg. The wine and brandy should be added *by degrees*, beat all till thoroughly mixed. Much depends upon the sugar being very finely pounded.

Serve this up in a sauce boat as cold as possible, *not* poured over the pudding.

It is excellent for plum pudding.

Noyau Sauce.

½ lb. of sugar to ¼ pt. of water, boiled to a clear, but not to a thin, syrup; 2 drops of cochineal to colour, added when the syrup is all but cold; lastly, flavour it with ½ teaspoonful of Noyau.

This sauce is used for Brown Bread Pudding, No. 4, *see* Kissingen Sweet Puddings.

Orange Sauce. *See* Soufflé—Orange, No. 1, under Sweet Dishes.

Orange Syrup Sauce for Puddings.

2 ozs. of sugar covered with water, let it boil till clear, skimming all the time. Then add the strained juice of 6 oranges, and, if liked, a few drops of lemon juice; skim again well, and use it hot or cold as preferred.

Currants, cherries, or raspberries, also make good syrup sauce.

(For Fresh Fruit Syrups, *see* Jams, Jellies, &c.)

Podagra Sauce. *See* Podagra Pudding, under Sweet Puddings.

Portuguese Cream Sauce. (*Mrs. Weston.*)

See Portuguese Cream, under Sweet Dishes—Cream.

Prune Sauce. *See* Prune Pudding, under Sweet Puddings.

Pudding Sauce, a Substitute for Cream.

Beat the yolks of 2 new-laid eggs and strain into 1 pt. of milk; sweeten with 2 knobs of sugar, put it on the stove and stir till it is as thick as common cream; flavour to taste.

Regent Sauce.

A glassful of white wine, the grated rind and the juice of half a lemon, 2 ozs. of sugar made into a syrup.

Rum Sauce. No. 1. For a Baba or a Brioche. (1885.)

This rum sauce is handed in a bowl with a baba the first day hot, and does cold over slices of the baba for re-appearance at luncheon next day.

2 tablespoonfuls of cream must just come to the boil in a little pan on the stove or in the bain-marie. Take the pan off, and beat in 2 yolks of egg with 5 or 6 lumps of sugar. Put back on the stove. Whisk half an hour still in the same pan in the bain-marie. One-third of a small tumbler of rum warmed, is added to flavour.

This sauce is much less cloying than the ordinary maraschino syrup of the French cooks.

Rum Sauce. No. 2. For Baba or Brioche. (*Mrs. Gordon.*)

Make a custard with the yolks of 3 eggs (no whites), teaspoonful of sugar, 2 tablespoonfuls of milk, 1 tablespoonful of cream, 1 teaspoonful of rum, whip all over the fire in a bain-marie pan in hot water until thick. Then put in a cool place to get quite cold and set.

Whip ½ pt. of cream to a stiff froth, adding gradually a tablespoonful of rum and 1 dessertspoonful of sugar, add this to the cold custard and put it in the refrigerator for 20 minutes, then serve. [In this recipe you may omit the first tablespoonful of cream, and use 1 tablespoonful of rum where this says a teaspoonful.]

Sabaglion Sauce "à la Rose." (*Cataldi.*)

Have the yolks of 2 eggs and a spoonful of white sugar, well mixed with a wooden spoon, over a gentle fire. In another stewpan have, in a gentle heat, 4 whites of egg, thoroughly well whipped up.

Mix both the yolks and the whites together and colour a delicate rose with cochineal, and flavour with rose water or orange flower water. Beat all well up till quite firm and light, over a gentle fire or in a bain-marie. Whip on till you put the sauce into the sauce boat; or you can smother the pudding in it.

Savarin Syrup Sauce. *See* Savarin Cake, No. 2, under Sweet Dishes.

Schaum Sauce. No. 1.

1 whole egg and 1 white are broken into a bain marie pot, with 1 tablespoonful of milk and 1 teaspoonful of powdered sugar; strain it, beat it in the bain marie and whisk in gradually 2 tablespoonfuls of sherry (*sweet*, not dry, wine), for 10 minutes.

Schaum Sauce. No. 2.

4 yolks of egg in a small deep stewpan; add 2 ozs. sifted sugar, a glass of sherry or brandy, a little lemon juice and grated peel, and 1 grain of salt. A dessertspoonful of cream may be added.

Whisk the sauce over a moderate heat, taking care to set the saucepan which contains the mixture in another of larger size, in which is a full inch depth of hot water. As soon as it is a well-set creamy sauce pour it into a very hot silver sauce boat or over the pudding.

Vanilla Custard Sauce. *See* "Nudels," No. 2, under Sweet Dishes.

Wine Sauce. No. 1. For Puddings.

To 1 tablespoonful of flour mix in a little wine gradually, adding a glassful in all. Let it boil 5 minutes, then add $\frac{1}{4}$ oz. of butter and a tablespoonful of brown sugar, pass through a strainer and serve hot.

This sauce goes with Black Cap or with Fig Puddings (*see* Sweet Puddings).

Wine Sauce. No. 2. For Baba or Savarin. *See* Savarin Cake, No. 2, under Sweet Dishes.

Wine Sauce. No. 3. *See* Sultana Pudding, No. 2, under Sweet Puddings.

VEGETABLES

(*See* Sauces for Vegetables for any appropriate sauces not given here; a useful sauce for many vegetables is the one there given as Sauce for Seakale.)

For Preserving Beans, Beetroot, &c., *see* Domestic Recipes.

Artichokes. *See* Cauliflower, No. 5.

Artichoke Bottoms. *See* Tarragon Holland Sauce, under Sauces for Vegetables; *see* also Stuffings for Artichoke Bottoms, under Stuffings.

Artichokes—Jerusalem Artichokes in White Sauce.

Boil them whole, in 2 parts milk to 1 part water, till quite soft, then drain on a sieve.

For the sauce: ¼ oz. of butter to a dessertspoonful of flour, mix well with a spoon over the fire but do not let it brown.

Add a teacupful of milk and a little white stock, also white pepper and a little salt.

Artichokes—"Jerusalem Chips."

Clean the artichoke roots, peel them; wash them in water, with a squeeze of lemon juice; dry them well on a cloth, then cut in slices size of 1*s.*, or if you prefer of 1*d.*, and drop them into cold water to keep white; strain them on a sieve; dry in a cloth. Fry in fresh lard to a gold colour like potato chips. Before dishing and when they are still in the frying basket, dust them with salt like whitebait.

You can cook salsify this way, but must blanch that first, as it is tougher.

Artichoke—Purée. (*Cataldi.*)

Boil the Jerusalem artichokes and pass them through a sieve. Put them into a stewpan, add a little butter and mix well; add also a little cream. Season them with white pepper and salt and serve very hot. They look like mashed turnip.

A purée of Jerusalem artichokes makes a good cutlet sauce.

Artichokes—Scalloped.

Get ready 10 roots, washed, pared, and sliced; put 2 ozs. butter in a stewpan; add the artichokes and stew till tender; then take them off the stove; mash with a spoon, and season to your taste.

Butter some scallop shells and fill them with the purée; bread-crumb and brown them, like oysters.

Artichokes. (*St. Julian's.*)

The Jerusalem artichokes are boiled first as usual—thoroughly cooked but not broken; dried in a cloth and seasoned with pepper and salt, egged and bread-crumbed as you do fish or cutlets, fried and served in a brown sauce of second stock thickened with flour and butter, and flavoured with mushrooms. You may use white sauce if preferred, but brown looks best.

Asparagus Tips. (*Mrs. Wellington.* 1880.)

Young asparagus tips or "spruce—or sprue—peas" (*i.e.*, the soft part next the very points of the sprue asparagus cut in pieces the size of large peas) previously boiled till tender are very nice as a vegetable course if cooked as follows:—

A small pat of butter to grease the stewpan inside, a teacupful of cream, 4 eggs, and seasoning to taste. Beat with a fork first, then over the stove with a wooden spoon, adding the "spruce peas"; stir on till it thickens, but do not let it set, or it will become asparagus omelet.

Only the round bit of vegetable is used.

Young asparagus tips 1 inch long are excellent boiled and finished off in a little clarified butter or sauce and served alone.

Beans. *See* French Beans.

Beans—White Haricot, "Haricots blancs."

The secret so little known in England is to soak and cook them *without salt;* salt makes them hard.

Soak the beans all night in plenty of cold water; then let them boil very slowly 2 or 3 hours till tender. Drain off the water, and warm them up in sauce or gravy, or cook them with milk and 1 oz. of butter; or *à la maître d'hôtel* with butter, chopped parsley and strained lemon juice. Season to taste.

If served cold, add a little vinegar and a teaspoonful of sugar.

Salt must not be used till the beans are quite cooked.

[The above is Miss Pace's recipe from a Yorkshire cook, 1876.]

Beetroot—to Boil. (*Ballater Manse.* 1879.)

Wash the beetroot with care lest the skin should break, then plunge it into boiling water. It is boiled enough when the skin will come off if touched. Take it out and let it stand till cold. Then skin it, cut it in slices and pour vinegar over it, and leave it to stand 12 hours; it will sop up the vinegar.

This recipe is *not* to keep, but for immediate use.

Beetroot with Potato as at Cairnton, good for Luncheon with Cold Meat. (*Mrs. Burnett.* 1880.)

Have 2 or 3 well-boiled young beetroots—cold, and cut in slices; next peel and slice 2 small onions, and fry them in a pan with a little fresh butter, but do not let them brown. To a teaspoonful of flour add cream enough to make it a nice sauce; add

to this salt, pepper, and white powdered sugar to your taste, and a tablespoonful of Tarragon vinegar; cook the sauce for a few minutes, and then warm up the beetroot in it.

Have ready a wall of mashed potatoes, and put the vegetable and sauce in the centre. Serve *hot.*

Broad Beans.

If the beans are young, boil them in salt and water till tender, and serve with parsley and butter. But if the beans are old *half boil* them and peel off the husks; then put them into a stewpan with a spoonful of white stock. Cover and set by a slow fire till finished.

Dish as a fricassée with Béchamel sauce.

For another way to cook broad beans, *see* French Beans, No. 3, "Haricots de Wenlock."

Brussels Sprouts. No. 1.

Brussels sprouts must be sprinkled with salt and lie in cold water; then wash them in 2 or 3 waters and plunge them in boiling water in which is a little salt. Drain on a sieve and return into the empty stewpan to finish in a little stock with a tiny bit of butter and pepper and salt.

Brussels Sprouts. No. 2. (*Isa. Emslie's.* 1894.)

Unlike other cooks, Emslie says: *Never use soda* for Brussels sprouts, but cook as follows:

Take off the outer leaves and plunge the sprouts into plenty of *boiling* water which has a little salt in it; boil 10 minutes. Then take them out and drain them on a sieve, and put into fresh boiling water for 5 minutes more. Then on sieve, press out all the water, and keep them hot on the same sieve, in the meat screen, with a dry warm kitchen cloth laid over them till wanted.

Serve quite dry and *very hot.* If liked, have a little clarified butter poured over them when dished, or a little nice white sauce.

If tossed in the butter they often "catch," or get hard.

Brussels Sprouts. No. 3. (*Cataldi's.*)

Boil the Brussels sprouts, drain them on a sieve, squeeze them, chop them, and put them aside on a dish till required. Chop up half a shallot. Put 1 to 2 ozs. of butter, according to the size of the dish, in a frying pan, and when the butter has melted, add the shallot, and let it fry for 2 minutes or so, but not brown too much. Then add the Brussels sprouts and let them warm thoroughly, season with pepper and salt, and serve up hot. Add a squeeze of lemon juice when dished.

Turnip tops, greens, or cabbage can also be cooked according to this recipe. If you use turnip tops give them a squeeze of lemon as you do Brussels sprouts—but not to the other vegetables.

Cabbage. *See* also Kolcannon, and Brussels Sprouts No. 3.

Cabbage. No. 1. Cabbage and Bacon.

(Grüber, Aboyne Castle. 1883.)

This is excellent.—J. F. C.

3 Savoy cabbages are each cut in half, and boiled in salt and water for ¼ hour. They are then taken out and refreshed in cold water and allowed to drain on a sieve. You then line the bottom of a flat pan with thin layers of bacon, and on these place the cabbage, and, after seasoning with salt, pepper, cloves, and spice, just cover them with stock, and then add a layer of bacon again. Leave all to simmer about 1½ hours, the lid being on the pan, at the end of which time the liquor will be absorbed by the cabbage.

Take out the spices before you dish, but serve the bacon with the cabbage.

Cabbage. No. 2. "Au Jus." *(Cataldi's.)*

Divide some Savoy cabbages in halves or quarters, according to their size. Blanch them and squeeze the water well out, but without breaking them. Have a stewpan ready, lined at the bottom with slices of bacon, sliced onion and sliced carrot, 1 bay-leaf, parsley and thyme.

Trim the cabbages before putting them into the stewpan, and, when they are in, season them with salt and pepper, and pour in stock to the depth of an inch. Let them stew as long as they may require.

¼ hour before serving, glaze them with a glaze brush as they lie in the stewpan, then put the pan into the oven, that the glaze may set.

Dish them merely in the stock and *without* the herbs, carrots, and onions.

Lettuce can be cooked the same way, and if very small, may be sent up whole. They are called "Laitues au jus."

Cabbage. No. 3. "Braganza" Cabbage.

Put a Braganza cabbage on with boiling water, salt, and a little soda (this for the colour), to boil from 20 to 30 minutes; cooked like the ordinary cabbage, but served like seakale, for it is the ribs you eat.

Cabbage. No. 4. Dressed with Parmesan.

Savoys answer best—boil them thoroughly, then drain on a sieve and trim them and put a little grated Parmesan cheese and some peppercorns and seasoning inside them. Put them in a clean stewpan with a thin slice of bacon on each piece of cabbage, each cabbage being cut in half or quarter. Half cover with stock and put in the oven for about 10 minutes. Serve with the stock, but *without* the bacon.

Cabbage. No. 5. Red Cabbage stewed, with Sausages.

Cut up a red cabbage as for pickling. Put into a stewpan a little white stock, and an equal quantity of vinegar, and when it boils add the cabbage, to boil till tender; then season and serve under the sausages.

Carrots. No. 1. (*Madame de Bunsen.*)

Parboil the carrots; freshen in cold water and drain dry. Cut into round slices $\frac{1}{4}$ inch thick—as cucumber is cut. Throw the slices into a stewpan with a little butter and salt, pepper also if wished; add a little scalded parsley, chopped fine. Shake the stewpan over the fire till the carrots are enough cooked. Serve hot.

Carrots. No. 2. Carrots and Spinach, a "Vegetable Chartreuse." (*Mrs. Dick.*)

A plain, well-greased mould lined with previously well-cooked, sliced carrot. The inside filled with well-boiled chopped or mashed carrot (one-third) and spinach (two-thirds) or minced greens; a little onion or shallot to flavour, seasoning, butter, cream and stock, all mixed and made hot.

Fill the mould and steam it 1 hour in the bain-marie or in a saucepan. Turn it out, taking care it does not break in turning out, and hand with the roast joint, when you hand the potatoes.

A good but homely dish.

Carrots. No. 3. Carrots and Turnips. *See* Invalid Cookery.

Carrots. No. 4. "À la Flamande."

Choose small French carrots all of a size, trim them if not shapely—wash and clean them—then put them on in fresh water and let them blanch by coming to the boil; when blanched, take them off and put them in cold water and stir them.

Put them back into the stewpan with a little butter and sugar—pour some good stock over them and let them simmer slowly 5 or 6 hours,* for if done quickly they will get hard; add a little finely chopped parsley and melted butter when about to serve up.

Carrots. No. 5. "À la Maitre d'Hôtel." (*Cataldi.*)

The carrots should be young and tender, like French carrots; shape them, blanch them, strain them, and put them in a stewpan on the fire; add some Béchamel sauce (*see* Sauces for Meat), a little chopped parsley squeezed in a cloth, a little butter and some lemon juice; season and serve.

Carrots. No. 6. "À la Poulette" (*Cataldi*) are almost the same as "Maître d'Hôtel" carrots, but you omit the parsley, and give a double portion of Béchamel sauce.

* An experienced cook says 1 or 2 hours should be sufficient

Carrots. No. 7. "Apponyi Carrots." (*Mrs. Bate.*)

An admirable recipe.

Wash a good many carrots thoroughly, then cut up the *red* part only in Julienne needle shapes, prepare about ½ lb. so; mince 1 Spanish onion or 2 small ones—the fragments of onion must *not show*, but add greatly to the flavour—wash all again and put on the fire with enough second stock to cover them, then put the lid on the pot; it must come to the boil and then be drawn to one side to simmer till quite tender, keep the lid still on the pan between your "stirs"; ½ hour before dishing up, powder with a dessertspoonful of sugar—now keep it uncovered to reduce—the carrots should be quite soft, moist but not sloshy.

Should you have no second stock, cook them with water and 1 oz. of butter till tender. ½ hour before dishing, drain and put on again, adding a dessertspoonful of glaze, and the same of sugar. Leave it *un*covered to simmer—stir now and again and serve.

Be sure the onion is minced so as to flavour without showing, for if in long strings guests wonder what they are!

Carrots. No. 8. Minced. (*Mrs. Evans.*)

Clean the carrots, and boil them thoroughly, then drain them and mince them fine; warm a little cream in a stewpan, and if you find it is thin, melt a little butter into it—for a large dish ½ teacupful of thin cream and 1 oz. of butter—but of course, thick cream and no butter is better. Season with pepper and salt; add the carrots to heat up, and serve *very* hot, but do not let the cream boil. Take care the minced carrots are not sloshy; the cream must be blended and the carrots soft.

Carrots. No. 9. Old Carrots. (*J. Emslie.* 1888.)

If the carrots are very old, cut them into Julienne shape and first blanch, and then strain them, and cover at once with stock and 4 lumps of sugar. They should boil 2 hours, covered (but stirred), then add onion fried in butter and reduce till *all but* dry.

Carrots. No. 10. Carrots with Onions, "Carottes à l'Oignon." (*Bate.*)

Cut carrots in slips like needles, as for Julienne soup—onions also. The onion slips are first fried in a little fresh butter; then the carrots are added—about four times as many as are *apparently* wanted, for they shrink beyond belief!—powder them over with sugar; when reduced to half, finish off in stock; serve moist, but not too moist. They must be soft.

Carrots. No. 11. Young Carrots. (*Isa. Emslie.* 1891.)

Pop the carrots into boiling water with ½ oz. butter and a pinch of salt; cover with lid, boil 1 hour; drain and simmer without lid 1 hour in second stock; stir, and watch; drain

again and toss up in ½ oz. butter and a nip of green parsley, add a few cloves, and the juice of 1 lemon at the last.

Or you may cut them in long strips, simmer in white stock, add cream, butter, sugar, and salt. Serve in white sauce.

Peel young carrots by rubbing with a damp cloth. All carrots may be boiled in broth, or with meat.

"Carottes à l'Oignon." *See* Carrots, No. 10.

Cauliflower. No. 1. "Choufleur au Beurre."

This is done in the same way as "Choufleur au Jus," but has French melted butter over it instead of gravy.

Cauliflower. No. 2. "Choufleur au Gratin." (*New Lodge.*)

Boil the cauliflower in the usual way and drain well. Meanwhile, grate some bread-crumbs, and pass through a sieve, put them on to cook with 2 or 3 little bits of butter, and stir till they are dry and gold-coloured, then dry them again on the sieve.

For Sauce: To make the white sauce for them, take a little butter and melt it, then mix in it, over the fire, a dessertspoonful of flour, stir 3 minutes, add ½ pt. of milk, ½ pt. of cream, a dessertspoonful of grated Parmesan, and a little white pepper and salt.

Put the cauliflower on a dish that can stand the heat of the oven.

Mask the vegetable well first with the white sauce, and that again with the crumbs, and then heat through in the oven and serve.

Cauliflower. No. 3. "Choufleur au Jus." (*Cataldi.*)

Blanch the cauliflowers, drain them, force their heads into a basin and press them. Put the basin into the bain-marie to keep warm till required.

When turned out of the basin and put on a very hot dish to send to table, pour over them a little gravy or sauce (half-glaze is the best).

Cauliflower. No. 4. With Cheese. "Chouxfleurs au Parmesan." (*Cataldi.*)

Blanch the cauliflowers in salt and water in the usual way; set them on a sieve to draw off all the water; take a small basin and force the heads in, *pressing them;* add also a very little grated Parmesan cheese.

Butter the bottom of the dish in which the cauliflower is to be served, turn the vegetable out on to it, add a little pepper and salt, pour over it some Spanish Sauce (*see* Sauces for Meat), and grate Parmesan cheese over all. Put little bits of butter over it here and there, about ¼ oz. in all, and bake in the oven.

When you have only a few small cauliflowers, blanch them in

salt and water as above; drain well on a sieve before the fire, put some little bits of butter over them, season with salt and pepper, grate plenty of Parmesan over them, and brown in the oven.

N.B.—Some people who are very fond of cheese put grated Parmesan *between* each cauliflower, but the usual way is not to put the cheese till the last, and then over all.

Cauliflower. No. 5.

Blanch the vegetables in water and a little vinegar, then strain them and cut in pieces; next, pickle them by setting them on a plate in oil, vinegar, salt and pepper, letting them soak 15 minutes, and turning them; take them out, fry them in butter, and dry well on a cloth before serving them up.

You can cook salsify or Jerusalem artichokes in the same way, but the latter must be very young and cut into quarters.

Cauliflower. No. 6. With White Sauce.

Pick out all the green leaves of 2 small cauliflowers, and cut off the stalks close; put them head downwards in a saucepan full of salted boiling water; when done, pick them into sprigs and arrange them, head downwards, in a pudding basin which must first be made quite hot, press them in gently, then turn them out dexterously, on a dish, and pour over them the following previously prepared sauce, boiling hot:

For Sauce: Melt 1½ ozs. butter in a saucepan, mix it with a tablespoonful of flour, and then add ½ pt. of boiling water stirred till it thickens, add salt and white pepper to taste; then take the saucepan off the fire and stir in the yolks of 2 eggs beaten up with the juice of a lemon, and strained.

Cauliflowers are also good with Dutch Sauce, No. 1 (*see* Sauces for Fish).

Celery.

Clear the celery well from grit, and boil it in salt and water, till tender. Strain off all the water and put the celery into a stewpan with some good brown stock or Béchamel sauce (*see* Sauces for Poultry).

Celery. "Céleri au Jus." (*Cataldi.*)

The celery must first be blanched, then braised in stock, divided and trimmed. Serve it with a sauce of half-glaze, *see* Sauces for Meat.

Mrs. Jamieson cuts up the celery in 1½ or 2 ins. lengths and stews it in milk or else braises it in stock for centre of "cutlets" of chicken, veal, or rabbit.

Chicory.* *See* Endive, *see* also Lettuce—Minced, and Spinach, Swiss way.

* What we call chicory the French call Endive Belge, and the crinkly leaves we call endive the French call "chicorée." The white very curly endive is used for salad, the green generally for boiling.

"Chouxfleurs au Beurre," "au Gratin," "au Jus," "au Parmesan." *See* Cauliflower.

Cucumber. No. 1. For Centre of Veal Cutlets.

Cut the cucumber in pieces, pop it into boiling water and half cook it; then take it out and drain it.

Put a bit of butter in a stewpan with a spoonful of sugar and 1 of French vinegar, melt and mix and then add the cucumber to it. Sautez it as it melts, to glaze the vegetable. The cucumber must be tender but the pieces unbroken.

Cucumber. No. 2. Cucumber Rings, Stuffed. (*Bate.*)

These look like patties.

Peel the cucumber and cut it across in pieces about 2 ins. thick; take out the seeds so that each slice is a ring. Have water ready boiling with salt in it, and in it blanch the cucumber rings for about 5 minutes; take out the cucumber rings, drain them, and put aside.

Scrape a little bacon fat and fry the following ingredients in it all mixed together: a little chopped onion, ham, and parsley-leaf, this latter well squeezed in a cloth, as its juice is bitter, also a little grated Parmesan cheese; stir all the time in an uncovered pan or it will burn, and as you stir, add 2 tablespoonfuls of good brown stock and the yolks of 2 eggs with pepper and salt.

Set the cucumber rings in a sauté pan and fill them with the warm mixture, first covering the bottom of the pan with stock.

Put the sauté pan for ½ hour in a moderate oven, glaze the tops of the stuffed cucumber rings, and serve with white or brown sauce.

Cucumber. No. 3. Stuffed and Stewed. (*Beechwood.*)

Choose a large cucumber, peel it, cut one end only and from it scoop out all the seeds, fill it with forcemeat or patty meat, and put a carrot stopper at the open end. Stew it in good gravy very slowly, or it will break. About ½ hour will do.

Cucumber. No. 4. Stewed.

Peel, and cut the cucumbers in half, lengthways. Boil them in vinegar and water, they must not be too soft.

For the Sauce: Take seeds and trimmings of cucumbers, put them into a stewpan with a little broth, 2 shallots, and 2 spoonfuls of vinegar. Boil soft, pass through the tammy, thicken with a little roux, be very careful there are no lumps, and return to the stewpan.

Or, you may add the roux *before* you pass the sauce through the tammy, taking care it is not too thick.

Season with pepper.

Cucumber. No. 5. (*Mrs. Dick.*)

Take one large one, cut it in three, peel and quarter it lengthways, take out the seeds. Lay it in cold water in which is a pinch of salt and a little vinegar and leave it, quite covered by the liquor, for 2 hours. Then take it out and drain and stew till tender in a very little weak stock. Take this stock and add a little glaze to it, reduce and skim and serve with the cucumber.

Vegetable marrow can be done the same way, but you use no vinegar.

Cucumber may also be cut in lengths and blanched, drained, then added to little dice-shaped bits of onion frying in a little butter and sugar; pepper and serve up rather dry.

Endive. *See* footnote to Chicory.

Endive. No. 1. "Chicorée au Jus." (*Cataldi.*)

Blanch the chicory, dry it well with a cloth and chop it fine. Then put it in a stewpan with a little half-glaze or good stock and a little butter. Season and serve.

"Chicorée à la Crème" is the same as "Chicorée au Jus," only instead of half-glaze, you add a little cream and a little Béchamel sauce. Spinach "Epinards au Jus" is done this way.

Endive. No. 2. A useful Winter Dish.

Pick off the outer leaves, leaving only the white. Trim the roots and wash the endive in several waters, carefully removing any insects that may be concealed in the folds of the leaves.

Put a large stewpan, half filled with water, on a brisk fire; when it boils, throw in the vegetable with a handful of salt; let the water boil fast till the endive is quite tender, then drain it in a colander and squeeze all the water out thoroughly.

Next, cut off the root of each endive and most carefully look through the leaves, as insects will lurk. Then chop the leaves fine and pass them through a coarse wire sieve. Next put it in stewpan with 2 ozs. fresh butter, some salt, white pepper and a grate of nutmeg. Place the pan on the fire for 10 minutes. You may then finish in either of the following ways: (*a*) Stir, and add ½ gill of cream, a spoonful of white sauce and a dessertspoonful of sugar. Reduce the endive on a slow fire, and when you dish, garnish with "fleurons," *i.e.*, sippets, of puff-paste (*see* Paste and Pastry).

Or (*b*) as directed by Madame Van de Weyer's chef, New Lodge: Add a little of the strong beef gravy which collects in the dripping pan under the dripping, and also some white sauce (Béchamel—*see* Sauces for Poultry).

If to be eaten alone, as a separate course, the chef served triangular crusts, fried in butter, round it.

"Épinards au Jus." Spinach—*see* Endive, No. 1, for recipe.

French Beans. No. 1. "Haricots Verts à la Crème."

Cut young kidney beans small and with care; throw them into boiling water with a little salt, 1 onion and a little fresh parsley. When thoroughly boiled, drain them from the water, and toss them in a pan with a little fresh butter; sprinkle a little flour over them, and, just before taking them off the fire, add a little cream to heat through but not to boil.

French Beans. No. 2. "Haricots Verts à la hâte."

1½ or 2 lbs. of fresh French beans, "strung," and cut into dice. Wash them in cold water and put them in a stewpan in plenty of boiling water with a little salt and a tiny piece of soda. Boil them quickly for 15 minutes and strain them off.

Take a large onion, chop it up fine, blanch and strain it off. Then put it in a sauté pan with 2 ozs. fresh butter warmed, a chopped bay-leaf, a sprig of thyme and 1 teaspoonful of chopped parsley. Fry for 15 minutes without discolouring.

Add a tablespoonful of Tarragon vinegar to the same of white wine, ¼ pt. of cream, and 1 oz. of butter mixed smooth with 1 oz. of flour. Stir all this till it boils, then add the cooked French beans.

Serve on a hot dish and scatter them over with cooked livers of game or fowl rubbed through a sieve and warmed up between two plates over hot water.

French Beans. No. 3. "Haricots de Wenlock."

These are the beans of "scarlet runners" when the pods are too tough to cut up as French beans; peel them and boil, gently and thoroughly, in meat stock, then serve in a dish with Dutch sauce. The beans should be about the size of a broad bean.

Broad beans are also very good cooked in the same way.

French Beans. No. 4. Tinned. (1887.)

Two ways of cooking.

(*a*) First soak tinned beans in cold water, and drain and slice them; set enough water on to boil to cover them, with a teaspoonful of salt, and a hazel nut of butter; when the water boils briskly, drop in the sliced beans—they will probably require 1½ hours' brisk boiling; drain, and sautez in a little clarified butter.

(*b*) Set on water to boil briskly, add a little salt. "String" the beans (*i.e.*, cut off stringy part) and throw them in to cook thoroughly from 5 to 15 minutes. Drain them on a sieve. Finish them in 2 ozs. of clarified butter or in a little good white sauce. If the latter, it is called "*à la crème.*"

"Gâteau de Pommes de terre." *See* "Pommes de terre à la Marquise."

Greens—Minced.

First lay the greens for 1 hour in cold water with about 3 spoonfuls of salt; rinse them in that water; then rinse them a second time for a moment under the tap. Put into boiling

water with salt and soda, boil till tender, then drain on a colander and squeeze off the water. Pass through a wire sieve into a stewpan, add ½ oz. of butter and 2 tablespoonfuls of cream or of milk, a little pepper and salt to season. Heat them. Let all mix well and serve very hot.

Greens. *See* Brussels Sprouts No. 3, also Kolcannon, and Lettuce—Minced, etc.

"Haricots Verts à la Crème," "Haricots Verts a la hâte," "Haricots Verts à la Maître d'Hôtel," "Haricots de Wenlock." *See* French Beans.

Kail. "Sir John's Luncheon Kail." (*Isabella Emslie.*)

Take a sieveful of kail, carefully wash it, pick leaves from the stalks and throw the leaves into briskly boiling water in which is a little salt, to boil till tender, then drain and press them and put through a sieve.

Put the kail on again with a little bit of fresh butter, a tablespoonful of cream, 2 tablespoonfuls of stock, a little pepper and salt. Mix all, and reduce it to a proper consistency. Serve very hot as a vegetable to eat with *brown* meat.

A similar recipe but without butter, stock, or pepper concludes: "The Scotch add a dust of oatmeal, or eat kail with a spoon and piece of oatcake with it."

Kidney Beans. *See* French Beans, No. 3.

Kolcannon. (*Mrs. Thomas.*)

If you make it with carrots use only the *red* part of the carrots (the yellow part is too sweet, especially when they are old); boil, drain, and pass it through a sieve. Have ready some nicely mashed potatoes, and work carrots and potatoes well together with a spoon, keeping them warm over the hot plate all the time. Season with pepper and salt, and add a little cream when nearly done. Spinach, washed first in 2 or 3 waters, and potatoes are best of all for kolcannon, spinach and carrots are also good, or a nice cabbage boiled as usual, mashed with potatoes.

The following kolcannon of greens is good:—

1 oz. butter in a stewpan, and half an onion chopped. Fry a few minutes. Boil some greens and chop them fine; then take an equal quantity of mashed potatoes; mix all together, and season.

Make it hot, put it into a shape, and turn out.

"Laitue." *See* Lettuce.

Leeks.

Two ways to cook them.

(*a*) Leeks are best after frost; they should be trimmed, the green part removed, and the leeks then blanched and stewed till tender in stock with a little bit of ham, or lean bacon, but the ham, which is only to flavour, is not sent to table.

(*b*) When vegetables are scarce in spring, and young leeks tender and in season, they are nice as vegetables if well blanched and cut in lengths and cooked in mutton broth stock, thickened with barley purée.

Lettuce.

It takes a great many cooked lettuces to make a dish.

Clean them and pick off any soiled leaves.

Blanch them 10 minutes with a pinch of soda in boiling salt and water. Drain them on a sieve, then pass through a coarse wire sieve.

Warm up in a little cream with a bit of butter and a little salt, a lump of sugar and a grate of nutmeg; reduce to a purée.

Lettuce "Laitue au Jus." These are lettuces cooked like Cabbage, No. 2.

Lettuce—Minced.

6 lettuces make a good dish. Pick, as you would spinach, not using outer leaves or stem. Wash and clean the lettuces in cold water and salt. Then boil them to be as green as possible in more salt and water; then pump cold water over them till they are cold. Put them to drain on a sieve and put a plate over them with weights on it to squeeze and dry them. Then pass them through a sieve into a stewpan, add 1 oz. fresh butter, 3 tablespoonfuls of cream, and a teaspoonful of flour or glaze, and add a dust of white sugar. Stir all well till cooked and season with a little pepper and salt.

Chicory or greens can be cooked the same way, but for both these vegetables you use stock instead of cream.

Lettuce. *See* Spinach, Swiss way.

Macaroni as a Vegetable. (*Dr. Playfair.*)

Macaroni, also all white vegetables, such as salsify, seakale, &c., are more mellow if they have a piece of suet boiled with them; fresh mutton suet will do.

Throw some Naples macaroni ("della costa" is the best) into *boiling* water. Avoid breaking the strings as much as possible, with care they will bend. Let it boil till it assumes a greenish tint, which should be in about 15 minutes. Before taking it out of the saucepan, throw in a tumbler of cold water. Next drain off all the water and saturate the macaroni with some concentrated meat gravy; sprinkle it throughout with finely grated cheese.

Serve in a deep, previously heated dish in firm, unbroken strings.

English people living at home like it longer boiled. Foreign cooks never exceed ¼ hour, but then macaroni is freshly made abroad, and therefore softer to boil and quicker cooked.

Mrs. Weston in a similar reçipe says: "Boil 3 ozs. of macaroni for 1 or 1½ hours"; she also adds a little white pepper, and thinks "gravy is better for it than stock."

You may grate a little Parmesan over it when dished and brown with a salamander.

Mushrooms. No. 1. As an Entrée.

Use "Flaps" peeled and a little of the leathery skin removed, leaving the stalk on—rinse in cold water, drain well and put into the sauté pan with a little seasoning and a tiny bit of butter on each, and, if liked, uncooked quenelle mixture or sausage mixture can be added on them to be even with top of the stalks. Put them next into not too quick an oven or in a dutch oven for half an hour, take them up and skim the gravy well before adding. Sausage mixture shrinks a little.

Mushrooms. No. 2. "Champignons aux Fines Herbes."

(Recette de Maître Pierre, chef de cuisine de Madame Catalani.)

"Pelez vos champignons, mettez-les sur un carreau de fer, tranchez la pelure sur votre billot en morceaux fins, avec une proportion convenable d'échalottes, de persil et de fines herbes, ajoutez à cela du poivre, du sel et du beurre selon votre goût; arrosez vos champignons avec cette sauce artistement préparée; mettez-les dans le four. Gardez-vous bien d'y ajouter une sauce étrangère. Si le teint n'est pas parfaitement Italien, il faut leur faire sentir, tant soit peu, la chaleur d'une salamandre."

Mushrooms. No. 3.

Peel the mushrooms and put them into water to clear from grit, but take them out immediately to drain on a sieve.

Place them, bottom upwards, on a baking sheet, and put in each a piece of butter the size of a hazel nut; season with pepper and salt.

Bake till done, then dish them with their liquor.

Mushrooms. No. 4.

Peel and rinse them, and drain on a cloth bottom upwards. Sprinkle them with lemon and turn again to drain well.

Put butter in a stewpan and stew the mushrooms in it 10 minutes, add a small piece of onion chopped fine, butter and salt.

Make a liaison of cream and the yolks of 2 eggs, and, when ready to dish, toss the mushrooms in it. Make all very hot and serve.

Mushrooms. No. 5. Stewed as at Humberstone.

(*Mrs. Paget.*)

The large mushrooms which are very brown inside answer best for this dish.

Take out the stalks and skin, and some of the "fur" or inside —also a slice from the top, if the white be very thick.

Cut the mushrooms in slices and put them into a stewpan with a little water, pepper and salt. Simmer slowly till done. Then add a small piece of butter rolled in flour, and 2 tablespoonfuls of cream. Give them one boil up and serve with sippets of untoasted bread.

Sometimes broth or gravy is used instead of water, but this destroys the flavour of the mushrooms.

Mushrooms. No. 6. Mrs. Green's Mushrooms on Toast. (1884.)

Use the large "flap" mushrooms. Take out their stalks and use for other purposes, and the peel also (the stalks may be chopped, seasoned, cooked without water and bottled or drawn down to flavour sauces); gently remove the outside leathery part under the peel, but *do not make a hole* through centre.

Have a sauté pan slightly buttered; put in the "flaps" bottom upwards and in the place where the stalk was put a tiny bit of butter, a mere speck, and, if liked, a scrap, pin's head size, of raw chopped shallot. Cover close and cook them in oven.

When taken out and dished on squares of toast, dust with pepper and salt, but *not till then*, as it draws out the juices.

Mushrooms. No. 7. On Toast. (*Mrs. Wellington.*)

For breakfast, when only 2 or 3 mushrooms have been gathered, and you have not enough to broil.

Clean and peel the mushrooms and toss them in clarified butter. Let them get cold and chop them up. Cook some bacon and chop it up; chop fine some parsley and shallot and warm all together, season with a little pepper and a grate of nutmeg. Mix all well. Put them on croûtons and cover with a slight powdering of crumbs fried in fresh butter.

Put them into the oven just to brown and heat up.

Mushrooms. No. 8. Potted (Anchovy Flavoured).

Take 3 pts. of button mushrooms. Clean them with great care. Stew them, till they have absorbed their own juice; care must be taken at first that they do not scorch, then add 3 ozs. of butter, a little salt, mace and cayenne. When they have nearly absorbed the butter, add a large tablespoonful anchovy essence, let them stew 10 minutes longer. Then press them into potting pans, and if not required for immediate use cover them with melted mutton suet.

The mushrooms should be the size of a penny and very fresh; put more or less anchovy and seasoning as preferred.

When the mushrooms are turned out of the stewpan, they should have absorbed all the butter and essence of anchovy.

Mushrooms. No. 9. Stuffed "au Gratin."

For a dish you will want 1 doz. large "flap" mushrooms, also 1 doz. "button" mushrooms to chop up, 2 ozs. of scraped bacon fat, a little parsley and thyme and 2 shallots.

Peel the large mushrooms and take out their stalks and put the mushrooms on one side. Chop the peel and the stalks of the large mushrooms and all the button mushrooms up fine, also a little parsley (its *leaf* only), 2 shallots, and a little thyme, and fry all of these in the bacon fat; to them add a spoonful of brown sauce and 3 yolks of egg; cook all for about 5 minutes.

Now have a sauté pan slightly buttered; in it put the "flap" mushrooms, bottom upwards, and fill each with the above mixture; then powder rasped bread-crumbs over each; bake about $\frac{1}{4}$ hour, and then dish them in a pyramid, and sprinkle a few more browned crumbs over all.

This mixture of chopped mushrooms is also good served on croûtons, *i.e.*, fried bread, instead of on "flap" mushrooms.

Mushrooms. No. 10. To Pot Whole.

Peel them, put them in strong salt and water, and drain them.

Take 2 ozs. butter in a stewpan, and, when it is hot, add the mushrooms. Set them on a slow fire till all has dried up; then put the mushrooms into pots. Put some fresh butter into a clean stewpan and let it boil. Take it off and let it remain 10 minutes; then pour it over the mushrooms to cover them.

Tie over the pots with bladders and keep in a cool place.

Mushroom Rice Patties. *See* Lobster Rice Patties, under Fish.

Mushrooms—Stuffing for. *See* Stuffing for Artichokes, under Stuffings.

'Navets au Jus." "Navets Glacés." *See* Turnips, Nos 3 and 4.

"Nouilles" as a Vegetable. (*Isa. Emslie.*)

Make the "Nouilles" according to recipe under Soups (*see* Garnishings for Soups) and drain ready for use. Return to fire with 1 oz. of butter and a teaspoonful of grated Parmesan sprinkled over it. Shake pan lest paste should "catch," do not stir, as it might break the Nouilles. Cook for 10 minutes, add a little white pepper. Serve hot as vegetable to poultry or meat. *It does not keep.*

"Oignons au Jus." *See* Onions, No. 2.

Onions. No. 1. Button Onions.

For fillet of beef or nut of veal.

Do not cut the onions too close at the crown, or they will tear and divide; blanch them, then skin them and blanch again; fry them in butter, and serve with half-glaze sauce.

Button onions (whole) are also good done this way to put in clear soup. Fry in butter first and finish in a little stock.

Onions. No. 2. Spanish Onions. Cataldi's "Oignons au Jus."

Put them into a stewpan with some thin slices of bacon, a little sliced carrot and a bouquet of thyme, bay-leaf, and parsley, also a little mace and 2 cloves, brown them, add a little stock and let them simmer very gently 3 or 4 hours.

Onions. No. 3. Spanish Onions—Braised.

Choose a large-sized onion with a flat top. Just cover it with equal parts hot milk and water and let it boil about 10 minutes, then take off the outer skin and drain the onion.

Line the bottom of a pan with fat bacon, put in the onion and pour second stock almost half-way up it. If it suits better use water with 2 tablespoonfuls of glaze instead of stock. Let it simmer but never boil for 2 or 3 hours, till tender. When you have taken out the onion skim the half-glaze and serve as sauce with it.

Another version says, "Give just a glaze in the oven when fully done with a bit of fresh butter at top."

Onions. No. 4. Spanish Onions—Stoved.

Put $\frac{1}{4}$ oz. of butter, with a dessertspoonful of water, in a little stewpan; add the Spanish onion, and cover close; put on the stove to simmer from $1\frac{1}{4}$ to $2\frac{1}{2}$ hours till tender.

"Oseille à la Crème," and "au Jus." *See* Sorrel, Nos. 2 and 3.

Parsley—to Fry.

Pick it from the long stalks and lay it in water to freshen it, then drain in a colander. Fry, and when crisp lift it out with a slice. Do not have the fat very hot or the parsley loses colour.

Parsnips. Stewed. No. 1.

Take 3 parsnips and boil them thoroughly; drain them on a sieve and let them get cold and then cut them across, scarcely an inch thick.

Take a little stewpan and pour into it $\frac{1}{2}$ teacupful of cold milk or thin cream, into which mix smoothly a teaspoonful of flour, $\frac{1}{4}$ oz. fresh butter, a pinch of salt and a little white pepper. Stir on till they boil, then add the parsnips to this sauce to heat through and serve sauce and all.

Parsnips—Stewed. No. 2. (1880)

They are cut in shape, and blanched, then covered with second stock and left to stew slowly, till the stock has glazed. You should shake them now and then.

Parsnips done this way are good with mutton or boiled pork.

Peas. No. 1. "Petits Pois à la Française." (*Cataldi.*)

Put the green peas into a stewpan with some water. Add about 3 ozs. of butter. Work peas and butter well up together, then strain the water off carefully, and put the stewpan over a sharp fire. When the butter has melted (take care it does not brown) add about 1 pt. of good stock *boiling*. Add a bouquet of fresh mint, 1 onion and 2 cloves. Finish stewing the peas; take out the bouquet. Season well with a little sugar, pepper and salt, and serve.

Peas. No. 2. Pea Soufflé. (*Rei-na-charn.*)

Mix 2 ozs. butter, 1½ ozs. fine flour, 1½ raw yolks of egg, a tiny dust of cayenne, and a saltspoonful of salt, with not quite ½ pt. of cold milk. Stir over the fire until it boils, then add 3 ozs. Parmesan cheese, a pint of green peas that have been passed through a hair sieve, the whites of 3 eggs that have been whipped stiff, with a pinch of salt.

Put all into a buttered soufflé dish and bake in a moderate oven 30 minutes.

Peas. No. 3. Stewed. (*Mrs. Thomas.*)

This recipe does for tinned peas or for old garden peas.

Wash them well in cold water and drain; then throw them into boiling water to blanch quickly, with just a pinch of soda; drain on a sieve and put into a stewpan, in which you have put 2 ozs. of cold butter well mixed in a spoonful of flour, also a raw whole onion, a piece of raw ham, a little pepper, salt, and sugar, a sprig of fresh mint, or merely the stalk if it is dried mint, and ½ teacupful of stock.

Let all stew, and shake the pan gently that all may mix and melt, and cook till tender from 20 to 40 minutes, according to the age and quality of the peas.

Just before serving, take the ham and onion out of the pan, and add 1 tablespoonful of glaze to the peas and a little white sugar; let it mix and melt, and serve the peas very hot.

If you prefer you may mix the flour and pepper and salt on a plate, and add them just at the last, the better to dry up the stock when the ham and onion are taken out.

Peas. No. 4. Stewed. (1889.)

Shell the peas and throw them into briskly boiling water, cook about ½ hour according to size of peas, drain and finish them in ½ oz. to 1 oz. of butter, with 2 tablespoonfuls of stock or white

sauce, and a dessertspoonful of powdered sugar. They should cook, stirred now and then, 10 to 15 minutes.

Serve *very* hot.

A sprig of fresh green mint is put in to stew with the peas and taken out before serving; lettuce is even better than the mint for this.

Peas. No. 5. Our Tillypronie way. (*Isa. Emslie.* 1892.)

1 quart or more of fresh-shelled peas (*not* old); throw them into boiling water with a pinch of salt, 2 lumps of sugar, and a bit of fresh butter the size of a nut. Boil, *un*covered, till tender; then drain, and put them on again with 2 ozs. of butter, a tablespoonful of stock, and the same of white sugar, to simmer uncovered till pretty dry; then dish.

If the peas are very young and served alone, garnish them with triangular bits of light puff-paste, or with fried croûtons.

Peas. No. 6. Vegetarian.

1 pt. of green peas in a small teacupful of water, 2 young lettuces cut small, a little salt.

Stew gently till the peas are quite soft, then add a lump of sugar, the beaten yolks of 2 eggs, and 4 tablespoonfuls of cream. Stir the whole well together for a short time, but do not let it boil.

Peas. No. 7. Young Peas.

1½ pts. of shelled peas thrown into 2 qts. of already boiling water, in which is a teaspoonful of common salt, also a lettuce (tied up); they should now boil from ½ to ¾ hour, without any lid on the pot.

At the end of that time remove the lettuce, and drain the peas. Warm ½ oz. of fresh butter in a clean pan, and add the peas. Then put the lid on and shake the pan now and again; let the peas cook 10 minutes, then powder them over with a dessertspoonful of sugar. Mix it in with the peas and serve them *hot*.

If young peas come to table burst, it shows they have been boiled too fast.

"Pommes de terre à la Lyonnaise," "à la Maître d'Hôtel," "à la Marquise," "à la Parisienne," and "Sautés."

For all these, *see* Potato.

"Potato Balls." Cornwall Terrace way.

These should be *half* the size of a poached egg—light and crisp and a pretty brown; they are made of mashed potatoes and butter, the mixture to be not too thin, shaped into balls and browned in the oven, but neither egged nor crumbed. Use very little butter, for if too rich they will not rise.

Mr. Mackenzie says the mixture is mashed potatoes, butter, cream, pepper, and salt; they rise high, and should be crisp outside.

Potato—"Balcaskie Potatoes."

Peel the potatoes. Clarify fresh butter to cover the bottom of the pan. Cover close, but keep turning them with a fork, that they may brown equally.

Shake the pan also; at the last scatter over them a little minced parsley, pepper and salt.

Potato—"Bates' Potatoes." This dish looks like thin Yorkshire Pudding.

2 lbs. potatoes steamed and put through a sieve. Whilst hot add 2 yolks of egg, 1 oz. of butter and seasoning, also a teaspoonful of cream if liked. Work all well together over the fire, then let it get cold on a plate. Roll it out when cold on a marble slab, indent a pattern with a palette knife and cut in pieces.

Grease a sauté pan with fresh butter and brown the flat pieces of potato, turning each piece over once, to brown well on both sides.

Potato—Boiled Potatoes. No. 1. As at Coldstone Manse. (1885.)

Clean the potatoes but do not skin them; soak them for 2 hours in cold water, cut off the skin at one end the size of 1*d.* (A similar Irish recipe says: At the thickest end cut off a piece the size of a 6*d.*—this is the safety-valve through which the steam escapes, and all rents in the skin are thereby prevented.) Boil the potatoes in salt and water, then drain off the water, put a folded cloth on the top of the pan, and put it on the stove to dry for 20 minutes. Do not let them "catch." Send the potatoes up in their skins.

Potato—Boiled Potatoes. No. 2. "Mealy Potatoes."

To boil potatoes well, peel them as thin as possible; then let them lie in cold water with plenty of salt from 1 to 2 hours, fully covered by the water, then take them out and put on in other water, also cold, and well salted (sea water is the best), and boil; check the boiling near the end by adding more cold water—this is to make them "mealy"; when nearly done pour off all the water, replace the lid again tight, cover the lid with a cloth, and let them finish cooking on the stove or oven top—this is to dry them well.

Potato—Boiled Potatoes. No. 3. To Boil Potatoes the Lancashire way, so as to make them mealy.

(*Mrs. Farrer.*)

Choose potatoes as much as possible of one size, wash but do not scrape them, peel them as thin as possible, put them into

the pan with cold water and a little salt—no lid is to be allowed on the pan. Try them now and then with a fork, and when they are soft, pour off all the water and draw them to the side of the fire ; shake them gently all the time that they may dry, and that the pan may not burn, but still leave them *un*covered, even when you send them upstairs, as their steam would spoil them. Serve very hot.

Potato Cake. *See* Potato—"Pommes de terre à la Marquise."

"Potato Chips." (*Beechwood.*)

Peel the potatoes, then pare them round and round in ribbons, as thin and as long as possible. Have ready a clean frying pan, with some melted lard or nice dripping of veal or beef only—*mutton* will not do,* and throw in a handful of the chips at a time. Brown them as quickly as possible and spread them on a clean cloth to dry. Shake a little pounded sugar over.

Potato—"Cornish Potatoes." Two ways. (1878.)

(*a*) Cold boiled potato chopped up, baked in a dish, sauté pan or omelet pan, and turned out.

Heat the pan and put in a slice of bacon fat. Let it half melt, enough to grease the pan thoroughly. Then add the potatoes, mix and season and bake. In 10 or 15 minutes, having massed it in centre of pan, press a saucer over and cook a few minutes more. Turn it out on to a dish, with the browned underside uppermost.

(*b*) Old potatoes are nice cooked and dried well till they quite fall to pieces, then chopped up roughly. Have a very little fresh and good butter in a warm frying pan ; toss these broken bits of potato in the butter, and shape them into a mass as you do an omelet by turning the pan to one side ; turn out on to a hot vegetable dish, brown side uppermost.

Potato Croquettes or "Bagshot Potato Fritters."
(*J. Emslie.* 1885.)

To 1 lb. boiled potatoes passed through a sieve, work in 3 tablespoonfuls of cream, season with salt and white pepper if liked ; add the yolks of 3 eggs, and 2 ozs. of best Parmesan grated ; lastly, mix lightly in 3 whites of egg. Have plenty of boiling lard ready and drop the mixture into it with a tablespoon.

You may use fresh butter instead of cream and roll the potato mixture into balls and fry in lard or in soup fat, and, when dished, grate a little more cheese over all.

* An experienced cook says the best fat for this is half mutton fat and half beef fat.

Potato—"Disappointed (or Soufflé) Potatoes."
(Mrs. Farrer and Mrs. Buchanan.)

Take 8 sound, good, and *good-looking* middle-sized potatoes.

Bake them, and when done cut about one-third or rather one-fourth off.

Take out the insides of the potatoes and put them in a stew-pan, mashing them very fine with 2 ozs. of butter and a little salt.

Put them over the fire, stirring into them as much cream as will make a thick batter.

Cook, then mix in very lightly the whites of 4 eggs which have been previously whipped to a stiff froth, and put the mixture back into the potato skins.

Bake again 20 minutes.

Send to table on a napkin in a flat dish.

The potatoes are in their skins, but look as if they had burst and overflowed at the top.

Potato—"Dripping Potatoes." *(Mrs. Husthwaite.)*

Wash the potatoes and peel them very thin; boil them 10 minutes with a little salt, and then put them in a Yorkshire-pudding tin under the joint which is roasting before an open fire, to catch the gravy; when enough moistened, put them into the oven, still in the tin, turn the potatoes often, and baste them with a little dripping, till crisp and brown.

Serve very hot, but *not* round the joint, or they will become sodden.

Potatoes done in this way are mealy inside and crisp on the outside.

Potato—"Dutch Potatoes."* *(Mrs. Warre.)*

They are to be had at Covent Garden, and look like new potatoes in winter.

Peel them and pour boiling water over them. Let them boil till three-parts done. Pour off the water and leave them in the pan covered with a cloth 15 minutes. Serve in white sauce.

Potato—Fried the Farley Cottage way.

When the potatoes are about half boiled, cut them into thin slices, flour them, dip them into the yolk of an egg well beaten, roll them in bread-crumbs, and fry them a light brown.

Potato Fritters, a Turin "Frittura" to serve after Soup or Fish; or in place of Fish.

Boil 2 lbs. of potatoes; pass them through a sieve into a basin.

Season with pepper and salt—grate into them about ½ oz. or 1 oz. of Parmesan cheese and pour in 2 tablespoonfuls of cream.

* Dutch potatoes are yellow and waxy, and are the only potatoes good for frying for the dish called "Pommes Soufflées," says a cooking authority.

Next, break in 4 yolks of egg and beat all well together.

In another basin in the bain-marie beat up the 4 whites of egg to a stiff froth and add them to the mixture; mix all well again.

Prepare the frying pan with a little butter and drop in a spoonful of the mixture at a time. They are flat and round, the size of the top of a teacup, ½ inch thick.

Let them fry a nice brown and serve on a hot dish.

Potato—"Lancashire way" to make Potatoes Mealy.

See Potato—Boiled Potatoes, No. 3.

"Potato Marbles."

For centre of entrée in spring, when you have no better vegetables.

Cut old raw potatoes into the shape of marbles, parboil 5 minutes and fry in fresh butter till done.

Then take them off and serve hot—drained.

For a variety, finish them in a little glaze.

Potato—Mashed Potatoes. (*Mrs. Thomas.*)

Put 6 potatoes of an equal size into enough *cold* water to cover them, add also a pinch of salt. Set them to boil. When more than half done drain off water, put on lid, and under lid put a clean cloth to absorb all the steam. Draw to the side of the fire and shake the pan gently that they may not "catch." When dry, pass the potatoes at once (*i.e.*, *hot*) through a sieve, otherwise they will get stringy, or else beat them up thoroughly with a 3-pronged fork till quite smooth. Then, still warm, add to them ½ teacupful of warm milk or cream, ¼ oz. of butter and a little salt and white pepper. Work all well together over the fire. Brown them if you like, in the oven, later.

Cataldi says: If you want them *browned* add some raw eggs whole and mix all well. Put the potatoes into a dish and shape them. Egg them over with a brush and put them in the oven to bake.

Potato—New Potatoes.

New potatoes should not be prepared till just as they go into the pot. Wash and rub off the peel carefully with a cloth. The water should have a little salt in it, and must be *boiling* when you put the potatoes into it. When nearly done, drain off the water and set to dry, but *not* close covered.

Dish them on a little butter, or with white sauce over.

Another copy says you should drain and finish them in a very little butter, the butter is not to show, but to flavour agreeably.

Potato—"Pommes de terre à la Lyonnaise." (*Cataldi.*)

Boil some potatoes and let them get quite cold, then slice them, fry them in butter, and, whilst they are still in the pan, add some chopped parsley leaves and lemon juice. Season and serve.

Potato—"Pommes de terre à la Maitre d'Hôtel." (*Cataldi.*)

Boil the potatoes, and let them get quite cold. Take as much parsley as you require, and squeeze all its juice out with a cloth, then chop the *leaves* (the only part to use); cut the cold potatoes into slices, and put them into a stewpan with a little warm water to heat them through; strain the water well off, and add a piece of butter; then add about 3 tablespoonfuls of Velouté or Béchamel or other white sauce (*see* Sauces for Meat), a little chopped parsley, and a squeeze of lemon juice; season, and serve *very hot.*

Should the sauce be too thick, add a little broth or stock to thin it, but it should be thick rather than thin.

Potato—"Pommes de terre à la Marquise." (*Cataldi.*)

In balls, or as a potato cake.

Boil the potatoes and pass them through a sieve; put them into a stewpan, and add a piece of butter and some eggs, a proportion of 4 yolks to 2 whites; season well, and, if the mixture be too thin, reduce it over the fire.

Next, put it into a dish and press it down with a knife; when cold shape it into balls, and dip each ball first in egg, then in flour; fry, and serve with the joint. The balls go on the dish round a loin of mutton. Or instead of making it up into balls put the potato mixture into a well-buttered plain mould, previously lined with bread-crumbs. Bake in the oven, and turn out. This is called "Gâteau de Pommes de terre," or "Potato Cake."

Potato—"Pommes de terre à la Parisienne." (*Cataldi.*)

Cut the potatoes "à la jardinière," that is in tiny balls, or like the "pig" of an orange. Boil 5 minutes in milk.

Put them to fry in a little butter. Season with pepper and salt. Dry well on a cloth and serve very hot.

Potato—"Pommes de terre Sautés."

Cut small potatoes in 4, or if they are large slice them, and sauté them in a little fresh butter; add chopped parsley and lemon juice when in the pan, if you like—at Lyons some onion also was added; let them cook well and brown a little—season, and serve without drying.

"Potato Puffs."

Pass 1 lb. of boiled potatoes through a wire sieve. Add 3 eggs beaten up, pepper and salt, an onion and chopped parsley. Shape, and fry in butter.

Potato Purée.

Boil some potatoes and pass them through a sieve, put them into a saucepan with a piece of butter, some milk, and some well-flavoured white stock until they become of a consistency between pea soup and pease pudding. Flavour them to taste with pepper, salt, or grated nutmeg; work them well for a short time, and serve.

A pod of garlic laid in the saucepan with the potatoes for a few minutes is an improvement.

Potato—"Rice Potatoes."

Boil them, and at the last minute pass them through a wire sieve which crumbles the potato into grains like rice.

Potato—"Scotch Stoved Potatoes."

They must be good potatoes to begin with. Peel them, and put in a pan with about 2 tablespoonfuls of water. Sprinkle them with a little salt and add a tiny bit of butter here and there. Cover close and simmer till soft and melted.

Some people use dripping instead of fresh butter, and some add a little onion and pepper. (The two latter are undesirable additions, Lady Clarke says.)

Potato—Soufflé Potatoes. *See* "Disappointed Potatoes."

Potatoes. *See* also Kolcannon.

Rice. No. 1. As a Vegetable. (*Isa. Emslie.*)

Use Carolina rice broken, but not damaged.

2 teacupfuls of rice, well washed, and then put into 2 quarts of boiling water with a pinch of salt. Boil 20 minutes with the lid of the pan off. Strain the rice and rinse it in cold water. Warm a tablespoonful of "half-glaze" (*see* Sauces for Meat) in a stewpan, put in the rice, and a "dust" of pepper. Put on the lid of the pan and let it stand by the side of the fire for $\frac{1}{4}$ hour to get hot; give it a shake occasionally to prevent sticking, and then serve hot in a vegetable dish.

Rice. No. 2. As a Vegetable. (*Mrs. Wigfall.* 1887.)

This recipe is called "Rice à la Tutchman ayah"; so no doubt it is Indian.

The secret of its being good is patiently washing and re-washing the rice till the water remains perfectly clear; then put a cupful of it into $\frac{1}{2}$ gallon of briskly boiling water in which there is salt, and remove any scum that rises. Toss the rice now and

then with a fork. It will probably require 20 minutes. The cook must test the state of the rice by taking a grain and pressing it between her fingers, and when it feels soft but not "mushy," it is time to take the pot off the fire; then pour the water off gently and pour the rice into a colander. Put the colander back on the fire on the side of the range or stove and let the rice steam, tossing it now and then with a long-pronged fork. (If you dine at 7.30, begin to attend to the rice at 5—much depends on the fire—our range is small and the heat not great. We cook it in an iron pot lined with porcelain.—C. C.)

Rice. No. 3. Plain Boiled. (*Lady Clark.* 1862.)

Use Patna rice, well washed and picked. Let it soak 1 hour in cold water with a little salt; strain off the water and cook in fresh water in a large saucepan, and give it plenty of water and room to swell. Stir it at first, then cover it and let it boil ½ hour with a nice little bit of fresh mutton suet. It must boil till quite tender *but not broken;* each grain should be separate. Drain on a hair sieve in the meat screen tilted to the fire. Give it a shake every now and then, to make each grain separate, and dry properly.

Keep warm and do not dish till dry.

Rice. No. 4. Plain or Curried as a Vegetable. (1895.)

Use a breakfast-cupful. Wash it well and put it on in *boiling* water in which is a little salt, to boil 10 to 15 minutes.

Then strain it, and wash well in *cold* water.

Next put it between 2 plates in the meat screen to dry and swell and to keep hot.

If to be curried and dry, add, after it has been in the plates, a teaspoonful of curry paste or curry powder—if latter, melt 1 oz. of butter in a pan first, put rice back into the stewpan on the stove, stir with a fork and mix.

This goes well with roast mutton, or with "Poulet au Gros Sel" (*see* Poultry), should you be short of green vegetables.

If to be curried and not so dry make the following sauce first:

For the Sauce: Take 1 oz. fresh butter melted, add a small mild onion chopped fine. When this is half cooked, add a small tablespoonful of curry powder, and stir well over the fire till finished cooking. Then pass all through a sieve.

The rice, which is previously thoroughly cooked, each grain separate—quite dry, is added to the sauce and all made hot together. The sauce is to flavour the rice through, rather than to moisten it, so do not use too much sauce.

Rice. No. 5. "Riz à la Ménagère."

Wash and blanch 6 ozs. of rice in boiling water for 5 minutes and strain, then take ¼ lb. streaky bacon, cut it in dice, fry of a yellow colour, add the rice, 1½ pts. of broth, and a little

pepper. Boil 20 minutes, then add 1½ pts. French tomato sauce, mix thoroughly and put the rice on a dish; garnish it with some small broiled sausages.

Rice. No. 6. To Boil.

Wash the rice well and boil it in a large quantity of cold water. When a very little of the centre of the grains remains hard, take rice off fire and strain off half, or more, of the hot water. Fill up the saucepan with cold water and shake the rice. Strain off the water, and the grains will separate; place the saucepan uncovered near the fire to allow the rice to swell, and the centre part of each grain will become tender.

Rice. No. 7. "Rissort." *See* also "Risotto," under Soups.

Blanch 1 teacupful of rice, strain and cook it in broth, when done add ½ of a small bottle of French tomato sauce and 1 oz. of grated Parmesan cheese, season with cayenne pepper, salt, and a little lemon juice; when dished up pour round the base some rich brown sauce; serve very hot.

Rice. No. 8. (*Mrs. Warre.*)

Put a pint of good gravy or stock into a saucepan; add a little celery, parsley, and onion, also pepper. Wash ¼ lb. rice first in 2 or 3 waters and drain it well; then add it to the stock, &c., and let all boil 20 minutes, after which take off the cover and let it simmer gently till nearly dry. This would go with Braised Fowl, No. 2. *See* Poultry.

Rice. For another excellent recipe, *see* Rice, under Soups (Garnishings).

Salad. No. 1.* "H.R.H. the Duchess of Albany's 'Michelstaeder' Potato Salad." (1890.)

Mix well together the following ingredients: 1 raw yolk of egg, 1 hard-boiled yolk grated, 1 good mustardspoonful of French mustard, 1 saltspoonful of pepper, 2 saltspoonfuls of salt; then add 3 tablespoonfuls each of French white vinegar, of oil, and of ordinary light claret; after that add 1 dessertspoonful each of cold, well-boiled beetroot, minced, and of cucumber minced—for the latter the best to use is German or Russian salted cucumber—"Saltz Gurken"—or, if without that, take slices of ordinary raw cucumber which have been well sprinkled over with salt for ½ hour beforehand. Lastly, pour all these ingredients well mixed together, over cold boiled potatoes which have been roughly cut up—not too thin.

Salad. No. 2. "Circuit Winter Salad." (*Robins.*)

For Fish and Joint.

Some hours or even *the day before* you want this salad, stew 2 large Spanish onions 4 hours at least in milk and water, to make them a good colour; then drain them, and let them get quite cold.

* Inserted by gracious permission of Her Royal Highness.

Part 1.—Take the yolks of 2 hard-boiled eggs (boiled fully 10 minutes), rub them smooth with a teaspoonful of mustard, dry or prepared, a teaspoonful of essence of anchovy, and a little salt and cayenne pepper; then add *drop by drop* 5 tablespoonfuls of fresh olive oil, and 2 tablespoonfuls of best vinegar also drop by drop. Mix all thoroughly. Now add 2 tablespoonfuls of good cream, and ½ teaspoonful of powdered sugar, and the salad mixture is ready.

Part 2.—Slice into the salad bowl the cold Spanish onions *first*, then 3 head of celery, and one good beetroot, well cooked and cold.

Pour the salad sauce over all, and let it soak ½ hour before dinner. Mix all well up before serving.

Hand it with the fish, and again with the joint.

Salad. No. 3. Italian. (*Lady Hobhouse.* 1878.)

A "make-out" for luncheon, or dinner.

Very small dinner rolls to be used. Take out the crumb and fill with this mixture:—Cold well-cooked vegetables, cut in fancy shapes—a little caper or gherkin, some cold cooked chicken, ham, tongue, or game, cut in dice—also a little raw lettuce—all cut small and mixed in Mayonnaise Sauce (*see* Sauces for Fish).

Salad. No. 4. "Russian Salad."

Ingredients:—Cold boiled beetroot and carrots, celery, French beans, haricot beans, green peas, asparagus points, sprigs of cauliflower, pickled cucumbers, anchovies, olives, capers, gherkins, cooked truffles, also some tarragon, burnet, chervil, smoked salmon or white meat of chicken and tongue.

Cut the cold cooked vegetables into pieces all of one size; add the salmon, or cold chicken and tongue cut in dice, mix with Mayonnaise Sauce (*see* Sauces for Fish), garnish with the anchovies, olives, cooked truffles, minced tarragon, burnet and chervil, &c.

Salad. No. 5. "Sir James's Beetroot Salad." (*Isa. Emslie.* 1889.)

Do not prick the beetroot in cleaning it, or the juice will run out, which spoils the colour. Boil it thoroughly and let it get cold.

For the Sauce: Take 2 raw yolks of egg in a clean basin and beat well first with a whisk, add a little English made mustard, pepper, salt; then add ¼ pt. oil, a dessertspoonful Chili vinegar, and the same of Tarragon vinegar (oil and 2 vinegars in turn). Put all these three alternately in drop by drop, beating well in with a whisk; lastly add ¼ pt. of stiffly whipped cream. Make the sauce ½ hour before it is wanted. Keep it in the refrigerator.

Slice the beetroot just before serving the salad, and cover it with the sauce, poured *over* the salad, *not mixed in* as for green salad.

Serve the salad in a soup plate to eat with beef or mutton.

Add a little sugar, if liked, to the cream. "A spendthrift for oil, a miser for vinegar, a lunatic to mix it!"

Salad. No. 6. Spanish, "a really Spanish Salad." (*Mrs. Ford.*)

For the Sauce: Mix together equal quantities of white vinegar and water with 4 times as much oil, and a little salt and black pepper; you will also want chives, tarragon, chervil, and 4 sprigs of burnet minced and mixed together and kept ready to add later. N.B.—Beware of using the *stems* of the burnet and chervil, as they are bitter.

Fill the salad bowl with cos lettuce first very carefully washed and dried, then cut up rather large. Have the sauce mixed in a basin *without* the minced herbs, *stir it well* and throw it over the salad; mix together, *then* sprinkle the mixed herbs over the salad and mix again.

The great point is that the salad should be mixed *only the moment* before serving, and *not stand soaking* in the salad sauce.

Salad. *See* also Tomatoes "au Naturel."

Salad Sauces. *See* also Sauces for Vegetables.

Salsify, "Salsifis à la Bourgeoise." (*Cataldi.*)

Blanch the vegetables; if hard, blanch them in a "blanc," that is, in a preparation of flour, water, a little vinegar and thyme, bay-leaf and parsley. Trim salsify in lengths and put them with French melted butter (*see* Melted Butters, &c.) in a stewpan on the fire. 5 minutes before serving add a liaison of the yolks of 3 eggs, beaten up with a little cream. Take care it does not boil or the sauce will curdle and spoil.

Season well and serve the sauce over the salsify.

Mrs. Wellington (1880) mellows the salsify by putting a piece of fresh mutton suet the size of an egg with the water that cooks it.

Salsify in Batter. (*Mrs. Thomas.*)

Boil the salsify well, then drain it on a sieve. Take the yolk of 1 egg and mix with it a spoonful of flour and a little salt. Beat the white to a stiff froth and add just at the last. Season the salsify with a little pepper and salt. Dip each piece in the batter. Fry a nice brown in deep fat.

Salsify. *See* also Artichokes "Jerusalem Chips" and Cauliflower, No. 5, also Macaroni as a Vegetable.

Seakale.

Seakale, if not tender, must be boiled with a little soda; change the water.

For sauce for seakale, *see* Sauces for Vegetables; *see* also Macaroni as a Vegetable, for cooking Seakale.

Sorrel. No. 1.

Mrs. Sherwood picks a gallon of sorrel and washes it first, then drains it on a sieve. She says, *Do not squeeze it*, but put it into a stewpan on a quick fire and stir till it is a purée, drain first on a sieve and then pass it through the sieve into a clean pan—dredge over it a teaspoonful of flour, add butter the size of a nut, and a spoonful of first stock, also a pinch of sugar and a little pepper and salt. Stir till well reduced over fire, about 10 minutes.

Sorrel. No. 2. "Oseille à la Crème." (*Cataldi.*)

Pick and wash sorrel, dry it well. Put it into a very clean copper or brass stewpan. Add ½ tumblerful cold water and put the pan over a gentle fire. Keep stirring till soft, and when quite soft, drain and pass it through a sieve. Next put it into a common stewpan. "Singe," *i.e.*, powder it with 1 dessert-spoonful of flour. Add to it ½ oz. of butter, and some cream. Season with a little nutmeg, salt and pepper. Allow it to cook 15 minutes. Then serve it with meat, especially with veal. Mrs. Thomas adds a bit of butter the size of a walnut with the sorrel when first put in the stewpan and uses more butter than Cataldi does, she also adds ½ teacupful of cream later and a pinch of sugar.

Sorrel. No. 3. "Oseille au Jus," *i.e.*, with Gravy.

Use *half* the quantity of cream you require for "Oseille à la Crème" and an equal proportion of stock. All the rest as in that recipe.

If to be served alone, give croûtons as a garnish, that is three-cornered pieces of bread, crumb not crust, fried in butter, quite hot and *not greasy*, with half-glaze for sauce.

Sorrel. *See* Spinach, Swiss way.

Spinach. *See* Endive, No. 1, "Chicorée au Jus" and also Kolcannon.

Spinach makes the best kolcannon of all. It must be picked and washed in 2 or 3 waters first.

Spinach Fritters. Turin.

Wash and boil the spinach with salt (*no soda*), drain, then squeeze with a cloth and pass through a sieve.

Stir into it a grate of nutmeg, a little warmed butter, the yolks of 2 or 3 eggs, one at a time, pepper, salt, and a table-spoonful grated Parmesan cheese. Let it get cold. Whip up the whites in a gentle warmth in a separate pan to a stiff froth, and add them just before you shape the fritters, then fry fritters in as much clarified butter as is necessary to prevent their sticking to the pan. Shape them in a spoon with a palette knife, and slip them gently into the pan to cook. Turn them over as they

cook, and dry them on a plate on kitchen paper. They should look a nice green, and be the size of the top of a coffee cup, flat, like a potato fritter, and 1½ inches thick—as thick as a crumpet. They must not be tough nor taste of egg.

If you have the kidney of *one* sheep only, not enough for a breakfast dish, cook it sliced and serve in the centre of a dish and these spinach fritters round on half-glaze sauce.

(For dressing kidneys, *see* Meat—Mutton.)

Spinach with Cutlets.

A small handful of spinach, washed in several waters and carefully picked, is put on in a good quantity of *boiling* water, in which is a tablespoonful of salt, to boil 10 minutes till tender. Put it on a colander under the tap and let the water run over it till it is quite cold. You then drain it on a sieve, pressing it under a weighted plate. Pass the spinach through a tammy. Melt ¼ oz. butter in a stewpan; add the spinach; dust over it a little flour, pepper, and salt; add 1 tablespoonful cream, and a piece of glaze the size of a filbert, if out of glaze use 1 tablespoonful of stock or of brown sauce. You may use instead a teacupful of cream or half cream and half stock. Make it all hot. Reduce, and serve with cutlets in a circle round it.

Spinach. Swiss way. (*Beechwood.*)

Boil it in an uncovered pan, chop and pass it through a sieve. Melt a very little butter; put the spinach in with a pinch of salt, pepper and a little flour. Add to it a very little weak broth *i.e.*, bouillon, or cream, and let it simmer 10 minutes or ¼ hour.

Lettuce, chicory or sorrel may all be dressed in the same way.

Spinach. "Épinards au Jus." *See* Endive, No. 1.

"Spruce Peas," or "Sprue Peas." *See* Asparagus Tips.

Tomatoes. No. 1. "À l'Italienne."

Cut the tomatoes in half and remove the seeds, put a little olive oil in a baking tin, then the halved tomatoes, and fill them with the following mixture: 2 parts bread-crumb, 1 part finely minced ham, chopped garlic, parsley, marjoram, basil, pepper and salt, all mixed, sprinkle olive oil over all and bake them 15 minutes. Serve them on buttered toast.

Use butter instead of oil, if liked, and rub a shallot over the baking tin before you place the tomatoes on it.

Tomatoes. No. 2. "À la Portugaise," as a Savoury, or for Lunch with a Leg of Mutton. (*Cannes.* 1877.)

Choose fresh, ripe, unbruised tomatoes. Cut each in half. Press out a little of their watery juice. Toss them up in a little fresh butter, but be sure they do not break. Season and

place the half-tomatoes on a gratin dish, their cut side up. Next prepare a mixture of half an onion and 2 shallots, minced fine, toss up in a little butter and as soon as they take a gold colour add some minced mushrooms or their peelings. Give them a minute over the fire, then season with pepper, salt and just a grate of nutmeg; add, if wished, a touch of scraped garlic.

Add a bit of anchovy pounded, and a little Spanish Sauce (*see* Sauces for Meat) or glaze or stock.

Cook this mixture and reduce till pretty thick. Pour some on the top of each half-tomato.

Next powder each over with bread-crumbs and put a tiny bit of butter on the centre of each.

Colour them in a gentle oven for about 20 minutes.

Tomatoes. No. 3. American way. (*H. Humphreys.*)

Put the tomatoes in boiling water, which will break the skin directly—then take them out to remove the skin—put them in a pan with a good lump of fresh butter, bread-crumbs, and a little cayenne pepper. Stir them well and mix them thoroughly over the fire for a short time.

Tomatoes. No. 4. "Au Gratin."

You merely put bread-crumbs, pepper, salt, brown sugar, and a little butter on top of each peeled tomato. Lay them close in a well-buttered dish. Bake ½ hour in a slow oven.

Tomatoes. No. 5. "Au Naturel." (1892.)

This way is better than sliced raw.

Pop into boiling water for a minute to loosen their skins; drain on sieve; when cold, carefully peel off their skins, quarter, and serve in a soup plate—just as they are—to eat with fowl, beef or mutton, like salad or cucumber, but quite "au naturel."

As a variety they are sliced and served with oil, vinegar and pepper, after scalding off the skin.

Tomatoes. No. 6. The Farley way.

The tomatoes are first baked in the oven; then you take away the seeds and skins. Put on with a little stock, ham, onion, pepper, &c., reduce, and thicken with a few made bread-crumbs. Serve *very hot*, to eat as a vegetable. *No lumps* of either bread or tomatoes. It should be smooth as if passed through a sieve.

Tomatoes. No. 7. Tomato and Macaroni. *See* Macaroni with Tomatoes, under Cheese.

Tomatoes. No. 8. Stewed.

The tomatoes are cut into quarters, the seeds and watery parts removed; you then slice an onion and shake it over the fire with a little butter till cooked, but *not browned* (5 minutes); add the tomatoes and season, then simmer till tender.

Tomatoes. No. 9. Stuffed.

Pick the stalks off a dozen tomatoes, cut a round out of the top and scoop out the seeds with the handle of a teaspoon, stuff them as follows:—Chop a little truffle, mushroom, parsley, thyme and onion—add a few bread-crumbs, pepper and salt to taste. Mix all well with the yolk of an egg and the juice strained from the inside of tomatoes. Fill the tomatoes with this mixture and bake 20 minutes in the oven.

For another recipe, *see* Stuffing for Artichoke Bottoms, under Stuffings.

Tomatoes, Stuffing for. *See* Stuffings.

Tomatoes. Tinned. (1877.)

The tomatoes should be taken out of their tins and put into a covered stewpan and merely strained in a colander and served hot just as they are—no flavouring; or for a change served "au gratin." Or you may heat them in stock or in plain hot water instead of their own liquor.

N.B.—The liquor in tins should always be tasted first, as it is sometimes too sharp to use.

Turnips and Carrots. *See* Mashed Carrots and Turnips, under Invalid Cookery.

Turnips. No. 1. Baked.

Half boil some turnips and cut them in slices the size of half-a-crown, butter a pie-dish, put on the slices and moisten them with milk or weak broth, dust them with bread-crumbs, pepper and salt. Bake them in the oven to a golden brown.

Turnips. No. 2. Mashed. (*Mrs. Thomas.*)

Wash the turnips well, and cut each in 2 or 4 pieces, according to size; boil them in water with a little salt, till quite soft. If the turnips are strong-flavoured ones, change the water. Squeeze the water out of them on a sieve, and pass the turnips through the sieve, then wring the mash quite dry in a cloth of which two people each hold an end and twist different ways; warm up the mash in hot milk, cream or Velouté Sauce (*see* Sauces for Meat) and season.

Turnips. No. 3. "Navets au Jus." (*Emslie.* 1887.)

Cut all the turnips to the same shape with a cutter; put them on in cold water to come to the boil, covered with lid, let them remain boiling 5 minutes after; then drain them, almost cover them with stock, add 3 lumps of sugar, and gently simmer them, now *un*-covered, at the side of the fire till nearly dry, the stock glazing them.

If served with half-glaze, they will require ½ hour's boiling, and should the turnips be old and strong-flavoured, you must, when

they are half cooked, pour off the water and replace it with fresh water, *which must be also at boiling point*, half-cold water would spoil them.

Turnips. No. 4. "Navets glacés." (*Cataldi.*)

The turnips must be young and not strong-flavoured. Trim them into crescents or any other shape. Blanch them, but do not make them quite soft. Strain off the water, and put them on again in fresh *cold* water.

When quite cold, strain off the water again, then put them in a frying pan with a little butter and a small pinch of salt. Allow them to brown, but on no account to burn. You must keep shaking them gently in the pan, as stirring them with a spoon would break them.

Dry them from all grease on a clean cloth, then put them in a stewpan with a piece of glaze the size of half an egg. Keep them in the pan till the glaze has melted. Season with pepper and salt and serve very hot.

Turnips. No. 5. "The Laird's Yellow Neeps." (1890.)

Cut them in "pigs," like the divisions of an orange, and put them on in cold water to come to the boil, this blanching makes them less strong-flavoured; then take off and drain; boil with and *in* broth, and drain at dinner time, but keep hot.

Serve as a vegetable, dry (no sugar).

Turnip Tops. These can be cooked like Brussel Sprouts, No. 3.

"Vegetable Chartreuse." *See* Carrots, No. 2—Carrots and Spinach.

Vegetable Marrow. No. 1. Baked.

(*J. Emslie*, 1895, *and Mrs. Gordon.* 1897.)

Cut lengthways into 4, 6, or 8 pieces. These shrink in cooking. Put them on in boiling water with a dessertspoonful of salt. Put the lid on. Cook 20 minutes or ½ hour. Then lift the pieces out carefully and drain on a sieve for 10 minutes. Now put them on a buttered baking sheet and score them, pepper them scantily and add also tiny specks of fresh butter on each piece.

Your oven must not be too quick. Let the vegetables cook ¾ hour, that they may dry and brown. They are not turned in the oven, as the hollow side keeps in the butter and pepper nicely. Some add a little grated Parmesan with the pepper and butter.

Mrs. Gordon says: "Put into rather quick oven and bake for 20 minutes, basting them frequently while in the oven; when nice and brown, serve."

Vegetable Marrow. No. 2. In White Sauce. (*Turin.*)

Vegetable marrow in white sauce is a good variety to serve with meat; peel it and first boil in butter, to draw out the water; then cut it in two from end to end, and season with a little pepper, and serve in a nice white sauce.

Vegetable Marrow. No. 3. Stuffed—Turin. "Cousses."

The Turin vegetable marrows are small and short—perhaps 2 inches long; they are stuffed with forcemeat, and served in a thick sauce.

They come as a "frittura" after the soup, and are sometimes called "Zucchetti à la Piedmontaise."

Vegetable Marrow. No. 4. "Zucchetti à la Milanaise." (*Cataldi.*)

For a vegetable course.

Blanch 6 whole vegetable marrows, without peeling them—they should not be thicker than cucumbers. When cold, slice them very little thicker than you would a raw cucumber. Have ready a sauté pan with a little butter, into which put the marrow. Set the sauté pan over a sharp fire till the marrow has become slightly gold-coloured, season with pepper and salt, then dish it in a pyramid and grate Parmesan cheese over it, put it into the oven to brown and serve up very hot.

Vegetable Marrow. *See* also Cucumber, No. 5.

"Zucchetti à la Milanaise" and **"à la Piedmontaise."** *See* Vegetable Marrow.

APPENDIX

If asked their opinion, every good host or hostess would express a strong desire that the animals and birds necessary for food should be spared all possible suffering; to help towards this result I subjoin a few notes by authorities on the subject.

I think we may confidently look to the great *chefs* and to those over whose menus they preside, to permit no such deliberate cruelty as is perpetrated by some caterers—"whose customers insist on it"!—of cooking crayfish and trout (the latter for "truite au bleu") *alive*. It is only necessary that such things should be made known, to ensure their being put a stop to, and if all great leaders of cookery give their powerful support to the laws of common humanity in these particulars, the thing will be done.

The Principal of Marshall's School of Cookery, 32, Mortimer Street, writing to me on the 4th and 15th June, 1909, says:—

"I consider you are quite right in holding the opinion that there is no possible excuse for torturing any living thing in the process of cooking, in order to develop an imaginary flavour. I have had considerable correspondence in times gone by in reference to the phrases used in recipes for dishes, such as 'take a live sole,' and have had to explain that the phrase is merely a market or technical one for 'absolutely fresh'—and is totally distinct from speaking of the sole as '*alive*.'"

As to the special point of cooking trout alive for "truite au bleu," the Principal says the same opinion holds good, and adds "We have never had trout alive in this establishment. . . . The method adopted here for killing lobsters, crayfish, &c., is that mentioned by you" (*see* later), "viz.: the immersion in *boiling* water, thereby effecting an instantaneous death with a minimum of suffering so far as one is able to judge."

In defence of defenceless animals we in England have fortunately not only the support of general public sympathy on the subject, but also the backing of the law in many directions, though it is possible its application might be advantageously simplified and extended—especially perhaps as regards wild animals and birds. All else must be effected by public opinion very strongly expressed.

Cruelty is often, after all, a question of money (misapplied economy) or the result of ignorance. Much more might be done

locally to remove ignorance, by the distribution of reliable information, and instruction in the care of animals, to those who work on farms, to drovers, to the "higglers" who collect the live poultry from the cottagers, to railwaymen, and sailors of ships conveying live cattle, and to small tradesmen—such instruction as would be conveyed in simple handbooks giving authoritative teaching in the matter in an interesting form. Those living in the country might, with a small expenditure, do a great deal in this way.

All such information would be welcomed by every humane man, while the careless would be reminded of the penalties resulting from neglect of the law.

The leaflets and posters published by the Royal Society for the Prevention of Cruelty to Animals prove that they have constantly enforced the application of two Acts of Parliament, formed to protect animals against injury in transit in railway trucks and steamboats, viz. 23 & 33 Vict. c. 70, which ordain the supply of proper refreshment to animals in transit, and 12 & 13 Vict. c. 92, which forbid improper conveyance.

The Society have also done great good in making public the heavy penalties in money, and in imprisonment without option of a fine, to which drovers or their employers, or both, also farmers and tradesmen, render themselves liable by such offences as "travelling lame oxen" or tying the legs of fowls so as to cause suffering or for cutting up live eels, and so on.*

As information of such doings may be given by anyone at any police station, the public themselves are to blame if such offences against the law go unnoticed through neglect to report.

Very much has been done to better things in these directions but people seem hardly yet to have realised the importance of the subject to the health of the consumer—a point directly connected with cookery.

Creatures subjected to privation or illtreatment cannot be wholesome food, and it is no doubt scientifically calculable how much of human disease and suffering may be traced to neglect of our duty to the animal world. That is for scientific men to decide, but as these matters affect public health they are worthy of general consideration. Though the Jewish methods of slaughtering are condemned by the Report of the Admiralty Committee (*see* list at end of Appendix), we might learn much from our Jewish fellow subjects as to the relation of food to health, for among them the *careful inspection of the carcases*

* Extract from one of the posters published by the R.S.P.C.A.:—

"All persons in the words of the Act 'carrying or conveying, or causing to be carried or conveyed, any animal in such manner or position as to subject it to unnecessary pain and suffering,' will be prosecuted by the above Society, when the penalty for such offence may be three months' imprisonment with hard labour. It is hoped that persons having the care of animals will prevent any such prosecutions by considerateness and humane treatment.

"G. L. DERRIMAN, Secretary.

105, Jermyn Street,
St. James's, London, S.W."

of animals slaughtered for food has always been a matter of strict rule. The health of the Jewish community is said to contrast very favourably, in many important points, with that of the non-Jewish world, as a consequence, it is believed, of this protection from the consumption of diseased meat—as many as two out of every three carcases being as a rule rejected,* it is said, by the Jewish authorities.

It is to be wished that some such strict and uniform investigation of the meat supplied to the general public could be instituted throughout the country.

Recent discussions in the papers on meat warranty and kindred matters may result, it is to be hoped, in better protection against bad meat being offered for sale. It is said that close on 100 tons of meat was condemned last year in one of the large meat markets alone.

The following information (marked with their initials) gathered from the Leaflets published by the Royal Society for the Prevention of Cruelty to Animals, 105, Jermyn Street, London, appeared by their kind permission in "Hilda's Diary of a Cape Housekeeper," by Hildagonda Duckitt (Messrs. Chapman & Hall), which I edited some years ago.

I am glad to have the permission of the Society and of the Publishers to repeat the information here, in an abbreviated form, feeling sure that the Society will have the cordial support of Committees and *Chefs* at Clubs, Hotels and Restaurants, as well as heads of private houses and their cooks, in its effort to ensure the proper treatment of animals required for food. I add details from other authorities which may also be of use to those who in country places have to kill animals and poultry on farms, &c., for home consumption or otherwise.

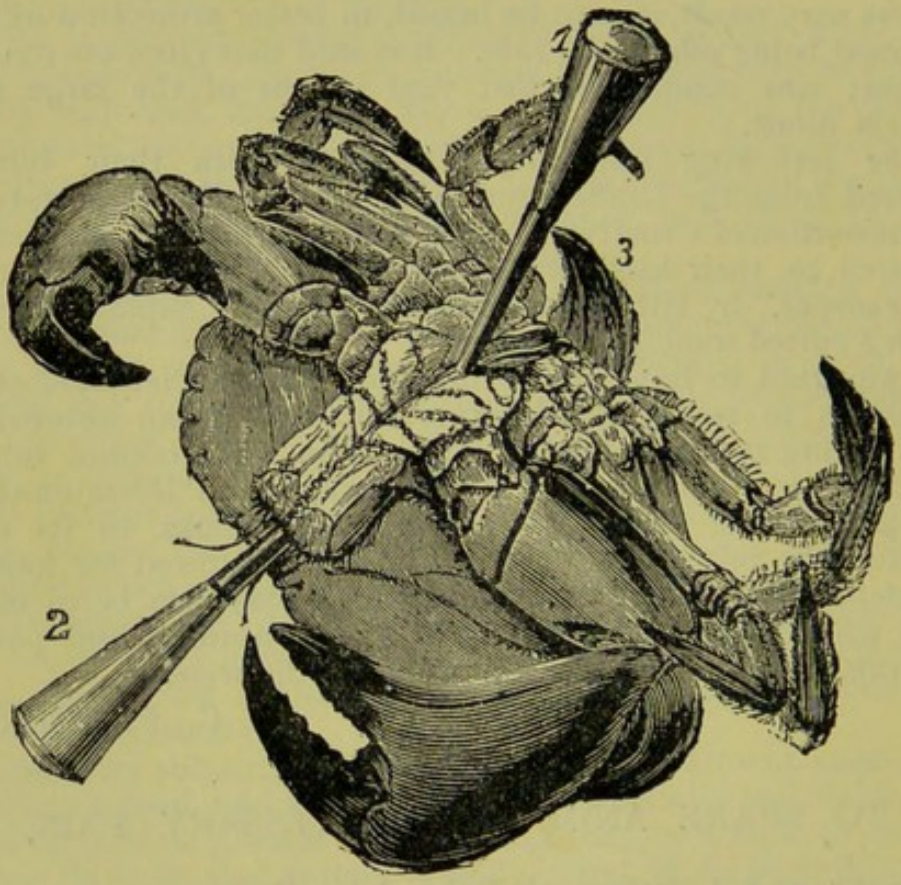
C. F. FRERE.

TO SPARE ANIMALS UNNECESSARY PAIN.

Crabs and Lobsters (R.S.P.C.A.).—People are sometimes guilty unthinkingly of much cruelty to lobsters and crabs when preparing them for food, the animals while still alive being put into saucepans or pots containing cold water, and placed on a fire for the purpose of being boiled; the water gradually rising in temperature, kills them slowly; this cruel practice is shocking to any thinking persons, and seems due to the idea that lobsters and crabs shed their claws if not boiled gradually. To remove this idea, it is best for the purchaser to offer double payment for a supply of shell-fish prepared (*see* following directions) in the proper way, as a test; then they see, and are convinced.

* What becomes of such rejections is perhaps a question for the non-Jewish consumer.

Crabs (R.S.P.C.A.).—Crabs should be "pithed" *before being placed in the saucepan.* This is done by inserting a stiletto in the animal's brain, as shown in our engraving, either from above, perpendicularly (1), or from the side of the shell, horizontally (2). This should be done quickly, and the stiletto should be wriggled about, the object being not only to stun the animal but to destroy the brain matter, and by actual death prevent sensibility returning. If the insertion be made as shown by mark 1, the little crown lap, marked 3, should first of all be drawn back.



The whole process may be done in an instant, after which the animal should be cooked in already boiling water.

Lobsters (R.S.P.C.A.). — Lobsters should be plunged into ample boiling water, when death is instantaneous. Take care that the water *actually boils*—not "steams" merely. If several lobsters have to be cooked at the same time, they should be packed on each other in a pot, weighted down, with a wooden lid, and boiling water poured rapidly on them.

Death is instantaneous.

Crayfish * are cooked in the same way.

* A lady writes regarding the most merciful way to kill crayfish: "My cook severs the head from the tail by a deep cut of an inch long; the crayfish dies then, and is not put into the pot to die slowly of the heat."

Eels (Abbreviated from "The People's Book of Modern Cookery," by Eliza Acton. Simpkins Marshall).—"Eels should be alive and brisk when purchased, but the 'horrid barbarity,' as it is rightly called, of skinning or dividing them while they are alive, is without excuse. They should be killed by piercing the spinal marrow close to the back part of the skull with a sharp-pointed knife or skewer. If done in the right place, all motion will instantly cease.

"Absolutely *boiling* water also kills them instantly, and is perhaps the most humane and ready method."

The R.S.P.C.A. lately instituted proceedings against a fishmonger for cutting up a live eel, and won their case.

Calves, Cattle and Sheep.—Regarding the proper and humane way of slaughtering cattle and sheep, *see* Report of Admiralty Committee, 1904, mentioned in list at end of Appendix.

A leaflet on the question of white veal published by the R.S.P.C.A. gives the following quotation: "The *Daily Telegraph* (July 4, 1867) says—'Yesterday afternoon a meeting of the Nottingham butchers was held, for the purpose of taking into consideration what steps should be adopted with reference to the white veal question. A discussion took place which was entirely in favour of stopping the system of bleeding calves prior to killing, and the following resolution was unanimously adopted: 'We, Members of the Nottingham Butchers' Association, whose names are appended, pledge ourselves not to bleed calves before killing them, and to use our best efforts to induce the trade generally to adopt the same resolve.'

"We advise all butchers, *for the sake of their own interests*, to refrain from ill-treating the animals they have to sell for food, and to put them to death by as simple a process as can be effected."*

BAD MEAT.

Perhaps the most certain cause of diseased meat is violent and cruel treatment of cattle on their way to the markets. The too frequently brutal conduct of drovers, the deprivation of

* The following extract from a letter (1909) from Mr. C. W. Wilmer, the present Secretary of the Nottingham Butchers' Association, shows how effectual was this resolution passed in Nottingham forty years ago. He says: "In respect to the humane slaughtering of calves and other cattle, it is important in the interest of the butcher that all animals should be slaughtered in the most humane manner possible. I have had twenty-five years' experience as a slaughterman, but have not yet seen a calf bled, they are first stunned."

Greener's Humane Cattle Killer, a kind of small gun, is now largely used by butchers for cattle, and is said to cause instantaneous death. It is the same instrument as used by the County Council for all horse slaughtering. The R.S.P.C.A. also sell a similar instrument.

food and water, the over-driving* through dusty roads and crowded thoroughfares, are notorious; and these bring on fever and disease (R.S.P.C.A.).

Rabbits (R.S.P.C.A.).—The best way to kill rabbits is to take the hind-legs in the left hand, so as to allow the head to hang downwards. While in that position a smart blow is struck just behind the ears with a walking-stick, which causes instantaneous death. When the rabbit is very large a second blow is advisable. The jugular, or large veins of the neck, may then be cut through with a penknife, and the body hung up to bleed.

A certain and painless snare or trap for wild rabbits, &c., to ensure instantaneous death, remains apparently to be invented.

"PIGEONS, FOWLS, DUCKS, GEESE, AND TURKEYS. (R.S.P.C.A.).

"The quickest and most painless way of killing any of these birds is to break or dislocate the neck, all sense of feeling being immediately removed. Any struggling which follows is not a result of pain, but reflex action.

"The operation is carried out in the following manner:—The head is taken in the right hand with the thumb against the back of it, the neck being held with the left hand, then with a quick jerk with the right hand, the thumb being pressed downwards at the same time, the vertebræ are dislocated. Another method is to strike a sharp blow on the back of the neck with a heavy stick. Whichever process is adopted, the body may then be hung up, and the large veins of the neck divided. The bird bleeds just as freely with this method as when it is bled to death without the neck being dislocated.—A. J. Sewell, M.R.C.V.S., 55, Elizabeth Street, Eaton Square, London."

Mr. Sewell, writing on 25th March, 1909, says that though the above was written twenty-five years ago, he still considers it the most humane way of killing poultry.

A guillotine for fowls has lately been invented.

Game.—It would be well if all shooting parties could follow the example of many owners of large shootings, and leave off an hour before dusk in order that any wounded game may be found and put out of suffering at once.

* "Mr. Hunt, of North Mundham, in Sussex, who has dealt in calves for thirty-nine years and sends about two thousand every year to market, always conveys them standing in carts which are 6 ft. by 5ft., with open rails each side for ventilation. Each van holds fifteen calves, and travels at five miles an hour. In all those years he has only lost one calf on a journey. A similar plan is in use in Paris."

The following authorities are valuable to those interested in the matter of food and health :—

"Report of the Committee appointed by the Admiralty to Consider the Humane Slaughtering of Animals, 1904." (Cd. 2150. 1*s.* 3*d.* Eyre & Spottiswoode, East Harding Street, Fleet Street).

Dr. Schwarz's "Public Abattoirs and Cattle Markets."

"Royal Commission on Tuberculosis, 1896." (Eyre & Spottiswoode.)

"Report of the Medical Officers on the Inspection of Milk and Meat." Printed by order of the Public Health Committee, 1898. (Messrs. P. S. King & Son, 2, Great Smith Street, Westminster.)

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