

Handbook of naval cookery.

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Great Britain. Admiralty.
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Publication/Creation

[London] : [the Admiralty], 1914.

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HANDBOOK
OF
NAVAL COOKERY.

1914.

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HANDBOOK
OF
NAVAL COOKERY.

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HANDBOOK OF COOKERY

for use in H.M. Navy.

P A R T I

GENERAL INSTRUCTIONS.

It cannot be too strongly impressed upon all persons having anything to do with cookery that everything connected with the kitchen and galley should be kept scrupulously clean; all utensils, after being used, should at once be filled with hot water, with a little common soda put in, and placed with the cover on over the fire to scald thoroughly, then cleaned and well dried.

Grease remaining in a vessel will make it rancid, and moisture will rust it.

Iron saucepans and utensils should be well washed inside and out in a large tub of hot water and soda, the insides being rubbed by hand, using yellow soap, and white or silver sand if available.

No flannel or woollen cloth should be used, as particles are very liable to stick to the sides of the utensil.

When the inside of the utensil is quite bright and clean, rinse it in clean hot water, and dry it with a clean cloth. Clean the lid in a similar manner.

Tin, iron, enamelled and steel vessels should be similarly treated, but in addition the outsides must be scoured bright. Stains in white enamel can be removed by rubbing with salt mixed with sand, though it will be found that, except in very bad cases, it will not be necessary to use anything but boiling soda water. Care must be taken to rinse well after the utensil has been cleaned.

The use of copper utensils is always attended by risk, as a certain galvanic action sets up between them and the meat or other article placed in them; but if supplied, great care must be exercised, and they must be kept bright and clean by rubbing well with salt and sand mixed, using double the quantity of sand to salt; and washing in hot water and soda, with a well-soaped hand, until all the stains are removed.

Stains on the outside of the copper can be removed by rubbing with lemon or a little vinegar. When thoroughly clean, well rinse in warm water and dry in front of the fire.

All wooden articles should be cleaned with soap and water. On no account is soda to be used for them, as it makes the wood a dirty colour.

If sand is used, great care must be taken to thoroughly rinse afterwards with hot water, and rub well with a cloth in order to prevent any particles of sand being mixed with the food.

Aluminium being soluble in a strong solution of common soda in hot water, great care should be exercised in cleaning cooking vessels made of this metal, and soap and water only must be used for the purpose.

Bread tins, strainers, or any tins that are greasy or burnt, should be washed in hot water or soda, then scoured clean with sand and soap, and well rinsed. When dried, they should be polished with whitening mixed to a paste with a little cold water, and rubbed up with a leather. The whitening must be carefully taken out of corners and cracks with a plate brush.

Ovens should be kept scrupulously clean, or the fumes arising from burnt grease, sugar, &c. are likely to spoil the joints. A good plan is to wash out the oven at least once a week with a mop and soda water.

The cooking apparatus supplied to H.M. Service varies to a certain extent in each ship, and each oven has its own peculiarity, the cook must, therefore immediately on joining, learn his oven, which, if understood correctly, will be a good servant; if not, it will become a bad master.

In baking it must be borne in mind that for meat the heat is required over, and for cakes and pastry underneath; and the oven must therefore be regulated accordingly.

The under-mentioned instructions should be exhibited in prominent positions so that they may be easily available for all ratings :—

In the Cookhouse or Galley :

- (1) The makers' instructions for the working of the cooking apparatus.
- (2) Description and number of cooking utensils in the cookhouse or galley.

In the Bakery :

- (1) The makers' instructions for working and maintaining the bakery plant.
- (2) Descriptions and number of bakery utensils and implements in the bakery.
- (3) Bakery routine.

The following golden rules for the guidance of cooks will be found of great assistance :—

- (1) Have a place for everything, and keep everything in its place.
- (2) A good cook wastes nothing.
- (3) A thing that is worth doing is worth doing well.
- (4) An hour lost in the morning has to be run after all day.
- (5) Clear up as you work ; it takes but a moment then, and saves time afterwards.
- (6) A time for everything and everything on time.
- (7) Do not make unnecessary work for others.
- (8) Much depends upon starting right.
- (9) Without cleanliness and punctuality good cooking is impossible.
- (10) Far greater skill is shown where, with small material, there are good results.
- (11) Leave nothing dirty ; clean and clear as you go.

The various kinds of cooking may be described as follows, viz. :—

1. *Roasting*.—The most popular of all methods of cooking, but at the same time one of the most expensive. It is cooking

meat, poultry, &c., in heat direct from an open fire. Meat cooked in this manner retains more of its juices, and therefore has more flavour than when treated in any other fashion.

The management of the fire is an all-important point; it must be quick and clear the whole time of cooking the joint.

The heat must be intense enough at first to quickly harden the albumen which lies all over the surface of the meat, otherwise the juices will escape, and the meat become dry and tasteless.

At the same time the heat must not be so great that it hardens the albumen all through the joint, as this would make it tough. So, after the first ten or fifteen minutes, the heat should be reduced so that the meat may not become tough and charred outside before it is cooked through.

For a large joint the heat should be less after the outside is sealed than for small cuts, poultry, &c., for if these are too slowly cooked they will be dry.

Though roasting proper is performed by suspension before a good open fire, it can also be done in a properly ventilated oven, this being an exceedingly convenient way and very generally used. Meat will lose slightly less in weight if cooked by this method.

Roasting is the ideal way of cooking a sirloin and rib of beef, as well as for the best joints of mutton, lamb, and veal.

2. *Baking* is a process of cooking by means of close dry heat in a hot oven. The oven may be heated by coal, gas, or oil. The chief point is to keep the interior thoroughly clean. It will be impossible to obtain good results where the oven is attached to a range unless the flues are kept perfectly clean and free from soot.

3. *Boiling*.—This is one of the simplest ways of cooking. It implies immersing the food to be cooked in boiling liquid, not necessarily water, for a certain length of time. Boiling has three objects:—

- (1) To retain all flavour and nourishment in the food, instead of allowing it to escape into the water—*e.g.*, a boiled fowl, boiled mutton, boiled beef; these must be put into *boiling* water and allowed to boil

for about ten minutes only. This will harden and seal the outside albumen, or white-of egg-like substance, and so prevent the escape of the juices into the water. When this is accomplished, the food must be cooked slowly, otherwise it will be tough.

- (2) To extract the flavour and nourishment from the food, as in soup, broth, &c. This is done by putting the meat, bone, and vegetables into *cold* water, allowing them to stand for about half an hour, and then gradually bringing them to boiling point. This boiling is then steadily continued until all goodness is extracted.
- (3) To draw out part of the nourishment into the liquid, leaving part in the solid food, as in the case of Irish Stew. To do this the meat must be placed in cold water and brought quickly to boiling-point, kept at that temperature from five to ten minutes, then allowed to simmer gently until the meat is tender.

The cold water will draw out part of the nourishment, which will later help to form gravy. Then, when boiling-point is reached, the outside of the meat is hardened and will retain the rest of the flavour and nourishment.

Result, the meat will be juicy and well flavoured.

The following foods must be kept actually boiling all the time of cooking:—

- (1) All green vegetables and most other kinds of vegetables.
- (2) All bone and meat soups.
- (3) All boiled puddings.
- (4) When cooking starch grains in the form of rice, macaroni, flour (in sauces), &c.

After the liquid has reached boiling-point—that is, when its surface is covered with bubbles—no amount of fire can make it hotter; therefore it only wastes fuel by continuing to make up a large fire. The boiling-point of water is 212° F.

Meat should be wiped with a clean damp cloth before being boiled. After weighing it, 15 minutes of boiling should be

allowed to each pound, and an extra 15 minutes "for the pot." Young meat, such as veal and lamb, requires 20 minutes to each pound, and fresh pork needs 25 minutes. Fresh meat should be put in boiling water to which a little salt has been added, whereas salt meat should be placed in cold water for the purpose of extracting some of the salt. With salt meat it is a good plan to place it in warm water and when it comes to the boil to remove it into fresh boiling water. By this treatment the salt is better extracted, and does not re-penetrate the meat and toughen it.

4. *Steaming* is to cook foods in the vapour arising from boiling water. It is the slowest of all methods of cookery, but it need not be an expensive one if several articles are steamed over one vessel of boiling water. When a steamer contains several compartments it is possible to cook a complete meal in one vessel.

The advantages of steaming over boiling foods are:—

- (1) The slow, gradual heat makes the food more digestible, therefore this method is specially suitable for foods intended for invalids.
- (2) Puddings are lighter, and as none of the suet or fat has boiled into the water, they are richer.
- (3) All food retains its full flavour and nourishment, none having escaped into the water.
- (4) Vegetables which are composed largely of water, such as marrows, waste less and are drier than if placed actually in water.

There are a few disadvantages of steaming, amongst them being:—

- (1) The food takes longer to cook.
- (2) There will be no gravy from meat or fish cooked this way.
- (3) The steamer will require constant attention to see that the water is boiling continuously and to replenish it as required.

Green vegetables cannot be satisfactorily cooked by this process.

5. *Grilling and Broiling.*—Both of these methods imply cooking meat, fish, poultry, game, &c. over or before a clear fire. It is rather an extravagant way of cooking, as only the best cuts of meat, &c. can be successfully treated by this means.

It is a quick method of cooking, and if properly done the results are digestible and savoury. The meat, &c. must be exposed to great heat at once, so as to harden the outside albumen and seal in the juices. The gridiron, or griller, must be well heated and greased before the article to be cooked is placed on it, and the food must be so placed that the thickest part of it will be opposite the centre of the fire, so that it may obtain the greatest heat.

At the same time, should there be any fat, it must be placed at the top, so that as it melts it trickles down on the meat and thus bastes it.

6. *Frying.*—This, the quickest of all cooking methods, is cooking food in smoking hot fat or oil. Cheap pieces of meat with tough fibres should never be fried, the quick cooking only rendering them more tough and hard.

Fat must reach a far higher degree of heat (about 350° to 400°) than boiling water before it is fit to fry food in. It is therefore incorrect to speak of boiling fat. Smoking fat is a better description.

For frying purposes the pan should be made of strong iron, for the intense heat will melt the soldering of tin utensils, and enamel-lined pans very quickly chip.

There are two methods of frying:—

- (1) The shallow method.
- (2) The deep method.

In *shallow frying* only a small amount of fat is used, enough to prevent the food from sticking to the pan, and an ordinary frying-pan is employed. Sausages, eggs, pancakes, chops, bacon, &c. are cooked this way.

In *deep frying* a deep pan is used, containing enough fat to cover well the food to be fried. This method is used for rissoles, filleted fish, fish-cakes, &c., and the article to be fried is usually coated with batter, egg and crumb, or pastry.

Of the two methods the second is the more economical, for though a large amount of fat is required at the beginning, yet after use, when it has cooled slightly, it can be strained through a piece of muslin, and can be used over and over again for sweet or savoury articles, even fish.

In the case of shallow frying only one or two ounces of fat will be used each time, and what little is left over is probably full of crumbs and bits, and so is thrown away.

The success or otherwise of any fried food will depend entirely on the temperature of the fat when the food is put into it.

When heated sufficiently the fat will become quite still, and a faint bluish smoke rise from it before it is ready to use.

Food that is very cold or moist will greatly lower the temperature of the fat, so let the fat reach the right temperature again before putting in more.

As it is both bad for digestion and unpleasant in appearance to have grease adhering to fried foods, they should be lifted out of the fat on to a piece of clean paper. This absorbs all grease, and the article will then be crisp and dry.

There are, however, some exceptions to this rule—*e.g.*, sausages, bacon, meat of all kinds which has not been encased in batter, or egg and crumbs, should not be so treated, as any gravy flowing from them must also be served.

Where a great deal of frying has to be done, some of the preparations of nut oil, vegetable butter, &c., will be found to be excellent for the purpose and are economical. Although not actually necessary, the use of a proper frying-bath and basket renders deep frying easier.

7. *Stewing*.—This is the most economical and nourishing of all methods, as the liquid is invariably served as gravy or syrup, and so, whatever good is extracted from the meat, fruit, &c., is partaken of in the liquid.

Stewing is a very slow process of cooking, but as only a slow, gentle heat (about 165°) is required, it does not necessitate keeping up a large fire, and the food can be cooked either on the stove or in a covered vessel in the oven.

There are two methods of stewing meat :—

- (1) Where the meat is first quickly fried to brown it and retain its juices, and so give additional flavour—*e.g.*, stewed steak, haricot mutton.

N.B.—Tough, stringy parts should not be treated this way.

- (2) Where the meat is coarse and contains much gristle, when it should either be allowed to soak for a few minutes in vinegar, the acid of which softens the fibres, or be put in cold water on the fire as in Irish Stew, &c.

Stews may be cooked in a saucepan at the edge of a fire, or in a closely-covered earthenware jar or casserole in the oven, or in a jar set in a saucepan and surrounded by boiling water, care being taken that the outer vessel is kept well supplied with water. A stew should never be allowed to bubble or boil; gentle simmering is the best and only way of obtaining a tender and good-looking stew. *Cook long and cook slowly* is a golden counsel for the attainment of ideal stews.

Heads, feet, knuckles, &c., being rich in gelatine, make excellent stewing material. Even bones may be persuaded by a patient stew-jar to yield much valuable nutriment. Be careful not to make the mistake of using *too much liquid*. Very little liquid is required, as the meat supplies some of its own juices, and there is not much waste by evaporation.

8. *Braising* resembles stewing, inasmuch as the food is very slowly cooked in a small quantity of liquid in a closely-covered pan.

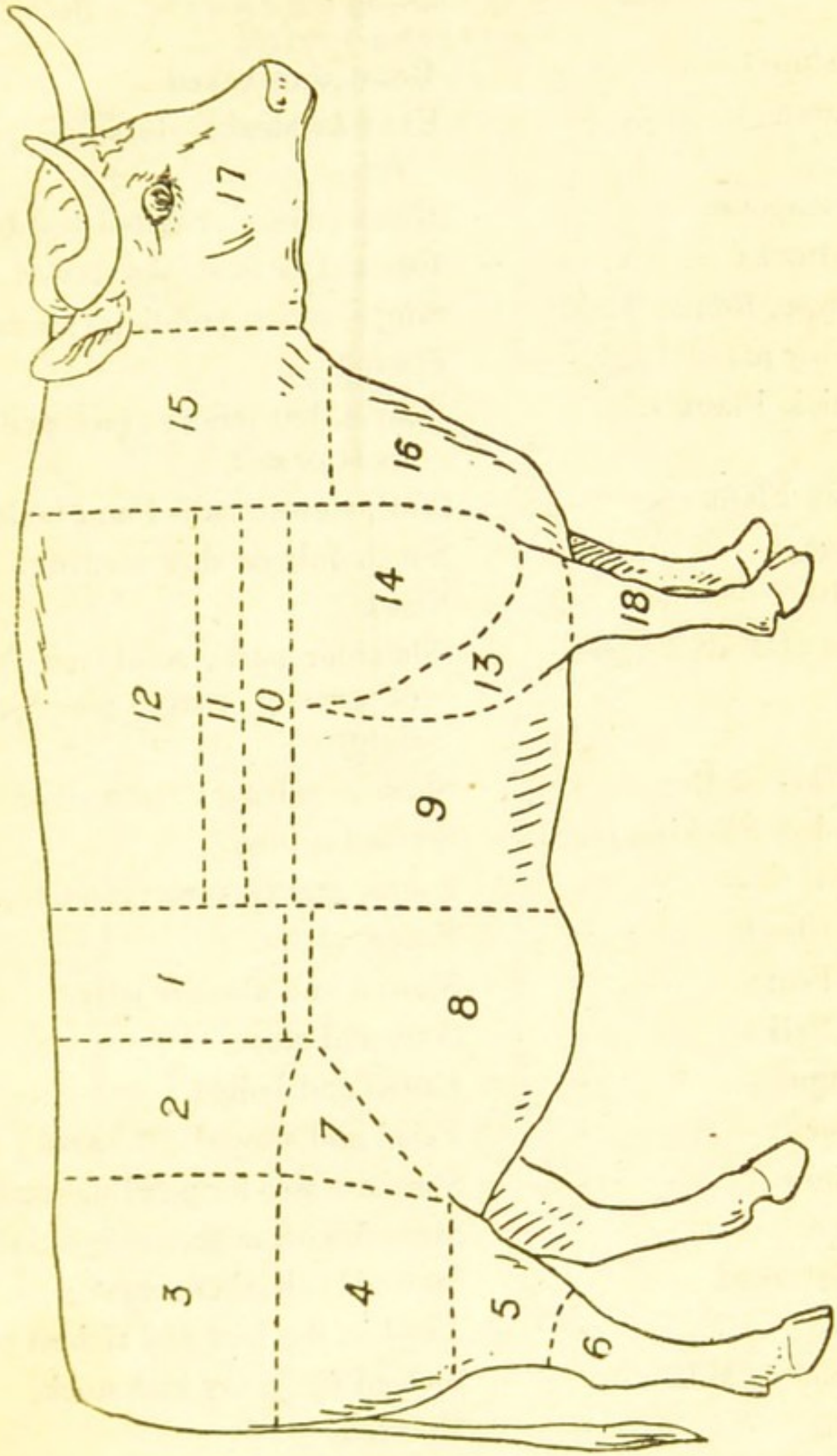
The food is placed on a bed of mixed vegetables in the pan, as they impart a specially rich flavour to the meat, while the liquid is slowly reduced to form a rich gravy.

BEEF.

Mode of cutting up.

The slaughtered ox is divided (jointed) as follows (*see plate on page 13*):—

1. Foreribs - - - Six dorsal vertebræ.
2. The Sirloin - - - Six bones of lumbar vertebræ.
3. The Rump - - - Best part for steak.
4. The Aitchbone - - - Sometimes called the Round.
5. The Mouse (Buttock) This piece is salted at times.
6. The Leg - - - Also called the Veiny piece.
7. Thick Flank.
8. Thin Flank.
9. Nine Holes - - - Includes part of the Brisket.
10. Runners - - - The thin end is sometimes salted
11. First Runners.
12. Spare Ribs.
13. Shoulder - - - Called Mutton-piece or Leg-piece.
14. Brisket - - - Generally salted.
15. Neck or Sticking-piece. Including part of the head.
16. The Clod.
17. The Head - - - Including cheek.
18. The Hough or Leg, Shin.

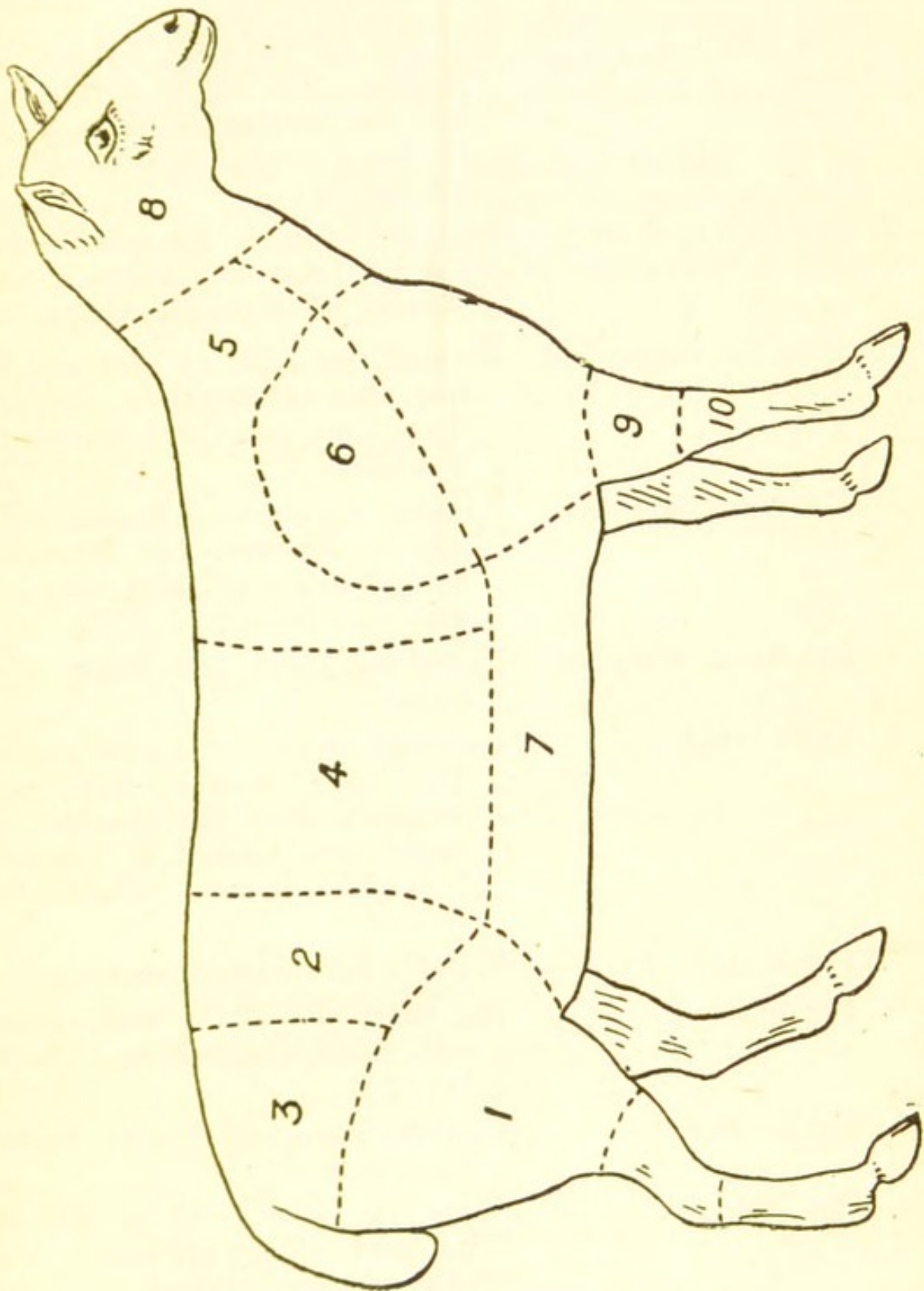


The Best Method of Cooking the Joints of a Bullock.

Sirloin	-	-	-	Roasted or baked.
Rump	-	-	-	Used as steaks—broiling, grilling, &c.
Aitchbone	-	-	-	Roast; fresh or salted and boiled.
Buttocks	-	-	-	Roasted, or as steaks stewed.
Mouse, Round (Leg)	-	-	-	Soups, stews, puddings; salted.
Veiny piece (Leg)	-	-	-	Stewed.
Thick Flank	-	-	-	Coarse, but tender; pies, puddings; roast or salt.
Thin Flank	-	-	-	(Fat), stews; salted and boiled.
Legs	-	-	-	Soups only or slow stewing.
Ribs	-	-	-	Roast.
Leg of Mutton-piece	-	-	-	(Shoulder part), solid, not fat, full of gravy; roast, pies or puddings.
Brisket or Breast	-	-	-	Stews or salting; steamed or boiled.
Clod or Sticking piece	-	-	-	Stews, beef-tea.
Shin	-	-	-	Soups, gravy, stews (gelatinous).
Ox Cheek	-	-	-	Soups, stews.
Ox Feet	-	-	-	Stewed and also for jelly.
Ox Tail	-	-	-	Soup and stew.
Tongue	-	-	-	Salted and boiled.
Liver	-	-	-	Fried and stewed. (Coarse.)
Kidney	-	-	-	Stewed; also for puddings and pies.
Tripe	-	-	-	Stewed with milk. (Digestible.)
Sweetbread	-	-	-	Stewed. (Rather coarse.)
Suet	-	-	-	Used in the best and richest pastry.
Spleen or Milk	-	-	-	Stewed for gravy and stock.
Heart	-	-	-	Roasted.

MUTTON

Mode of cutting up.



Mode of cutting up Mutton—cont.

A sheep is divided into the following pieces (*see* plate on page 15):—

1. The Leg - - - Suitable for roasting, baking, or boiling. The leg of a wether is best for roasting or baking, and the leg of ewes is considered best for boiling.
2. The Loin - - - Best and suitable for roasting or baking, also for grilling, and stewing when cut into chops.
3. The Loin, chump end. Treated the same as best end of loin, but more often stewed. Two loins undivided constitute a saddle.
4. The Neck, best end. Suitable for roasting, baking, boiling, or braising, but generally made into cutlets, when they are grilled or fried.
5. The Neck, scrag end. Useful for stews and soups, also boiled.
6. The Shoulder - - - Generally baked or roasted whole. The blade bone is frequently removed, when the shoulder is stuffed and roasted or braised. This joint is not suitable for boiling.
7. The Breast - - - Suitable for baking or stewing.
8. The Head - - - Including part of the neck (scrag end), suitable for boiling. Useful for broth.
9. The Shank - - - Used for soup and broth. Sometimes stewed.
10. The Trotters - - - Made into broth, with or without the head. They are also boiled, and sometimes stewed.

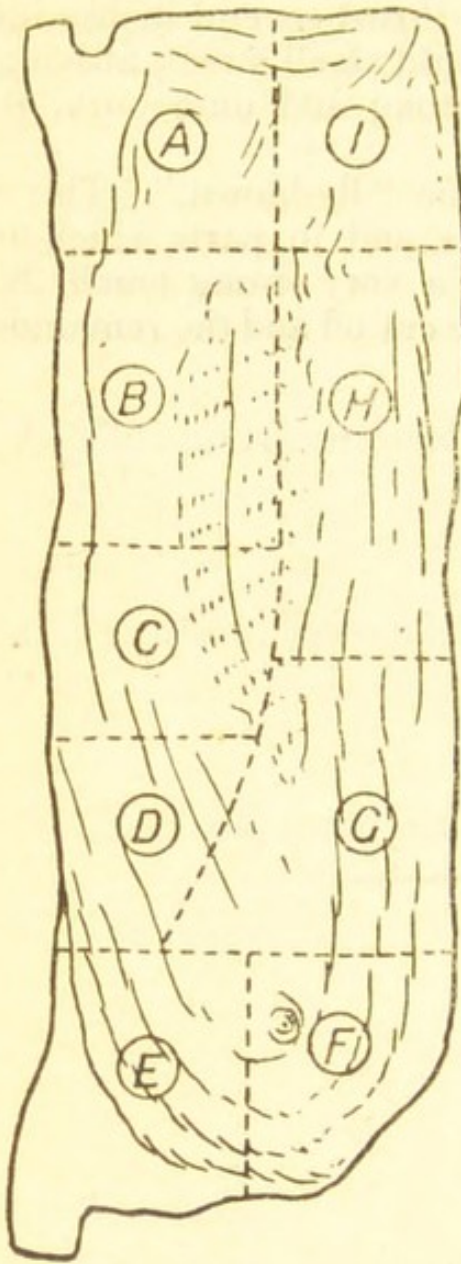
To ascertain whether meat is sweet or tainted, merely requires the employment of the senses of taste and smell. Fresh meat is slightly acid to the taste, stale meat is distinctly alkaline.

A clean wooden skewer should be thrust several inches into the meat, and on being withdrawn should smell sweet, although somewhat meaty; if the smell is strong and unsavoury, the meat is tainted.

In hot weather meat may become "fly-blown." This is most common in the thinner portions, and in parts which are blood-stained. Fly-blown meat has a very strong smell, but the portions affected may generally be cut off and the remainder used, if sweet.

BACON.

The diagram gives an idea of the various cuts in a side of Bacon, and how it is divided up for sale.



The average weight of a side of bacon is 60 lbs.

- A. Fore-end or Shoulder, Hock (about 8 lbs.).
- B. Thick Streaky (about 7 lbs.).
- C. Thin Streaky (about 4 lbs.).
- D. Flank (about 4 lbs.).
- E. Gammon or cushion.
- F. Corner of Gammon.
- G. Loin and Flank (about 7 lbs.).
- H. Back and Ribs (about 9 lbs.).
- I. Collar or Neck-piece (about 7 lbs.).

The fat of hams and of bacon should be firm and white, the flesh firm and free from holes. Any tinge of colour in the fat is suspicious. Bacon should be tested for sweetness by probing in the thickest portion of the meat.

REFINED BEEF SUET.

When fresh suet cannot be obtained this will be found a good substitute for it. It should be perfectly sweet, pure, refined beef fat, free from moisture, tissue, salt, preservatives, colouring matter, or any foreign matter whatever. It should be of a slightly creamy colour (ivory white) and have a pleasant fresh smell, entirely free from any musty or tallowish suspicion in its odour.

When making boiled suet puddings less refined suet is required compared with the fresh article, partly due to the absence of skin in the former.

TINNED FOOD PRODUCTS.

Whenever food products in tins are being used the tins should be first carefully examined for punctures, or signs of bulging at either end. Should a puncture or a bulge be noticed the tin should not be opened, as the contents will almost certainly be bad. It should be returned into store with a report of the reason for doing so.

Tins should never be opened until the contents are actually required for cooking purposes, and the contents should be immediately transferred to earthenware or enamelled receptacles.

Dishes containing tinned food as one of the ingredients, more especially when used in conjunction with potatoes, should be cooked as soon as made. Better to have to re-heat the dish before serving than to delay cooking.

The above directions are very important. Neglect of them will sooner or later result in trouble, and serious illness of the person or persons eating the food may easily be one of the consequences.

PART II.

VEGETABLES AND HERBS.

The vegetables in common use in H.M. Service are potatoes, carrots, turnips, onions, cabbages, greens, turnip tops, beans, and vegetable marrow.

Potatoes.

Potatoes are best when cooked in their skins, but when it is necessary to peel them, it should be done as thinly as possible, as the best part of the potato is that nearest the skin. After peeling they should be kept in cold water until required for use.

If any be spotted inside, they should be rejected, as their flavour and the best part of the nutriment has been lost. If for boiling, salt (a tablespoonful for each gallon of water) should be dissolved in the water before the potatoes are placed in it, but it is better to steam them, as their flavour is improved, and the waste is less.

Potatoes must be boiled gently, the water strained off directly they are tender, and cooking finished in their own steam. If they break in the water there is great waste. The skins must be carefully scrubbed quite clean before potatoes are boiled in their "jackets."

When potatoes are very old they acquire an unpleasant taste when boiled in their skins.

Potatoes take longer to steam than to boil. They take one hour to bake.

New potatoes take longer to boil than old potatoes, and the new should always be placed in boiling water with a little salt in it, whereas old ones may be put into cold water. New potatoes should not be steamed.

Potatoes with rough skins are best for boiling, smooth ones for baking, and, as a general rule, the smaller the eye of the potato the better its quality.

Carrots.

Carrots should always be sent up to table with boiled beef. They vary much in quality, but should be quite firm, and have a crisp appearance when broken. Young carrots should be washed and well scrubbed before cooking; old ones will require scraping and cutting into quarters lengthwise. A little salt should always be boiled with them.

They should be put in clean cold water and require from one to one and a half hours to cook, the time depending on their age and size.

Parsnips.

Parsnips should be treated in a similar manner to carrots. They should, however, be thinly peeled. They are excellent for flavouring, and contain a great amount of nourishment.

Turnips.

Turnips are used in stews, and should be mashed to flavour soups, &c.

They should be small, finely grained, juicy, smooth, and sound. The part next to the skin is fibrous and indigestible, and after the turnips have been scrubbed they should be peeled to the dark line. Place in clean cold water for five minutes. When the water in the saucepan boils, add turnips and salt. Cook for about one hour according to size. After boiling, thoroughly drain, mash with the ordinary vegetable masher, add a little dripping, milk, pepper, and salt to taste, and stir well with a fork.

Onions.

On being boiled an onion is deprived of much of its pungent, volatile oil, and becomes agreeable, mild and nutritious. As a slight flavouring it is considered an improvement to all made dishes.

In stews, pies, &c. it will be found better to first place the onions in a little boiling water with soda, and allow them to remain there for 10 minutes. The water, which will then be found quite green, should be thrown away, as it contains the indigestible element of the onion.

Garlic, shallots, chives, and leeks are more pungent than onions, and should be sparingly used.

The Spanish onion is larger than the English kind, and it is considered better in flavour.

When peeling onions begin at the root end and peel upwards, and the onions will scarcely affect the eyes at all.

Onions should after peeling be put into boiling water and will require from one to two hours boiling, according to size, to make them quite tender. Pour away the water.

When served up as a vegetable they must be kept very hot.

Mix in a basin a dessertspoonful of flour with one table-spoonful of milk, a little pepper and salt. Add a quarter of a pint of milk and place in saucepan. Bring to boil, add your already cooked onions and serve on hot dish.

Cabbages.

Cabbages, greens, turnip tops, and green vegetables generally, must be first well picked, washed, and left in salt and water heads downward for a short time to expel any insects that may be in them.

They should then be placed in boiling water to which has been added a piece of soda of a size in proportion to the amount of greens to be cooked. The soda will assist in retention of the colour of the vegetable, but should too much be used the effect will be bad colour, unpleasant odour and bitter taste. Be careful to add the soda to the water *before* immersing the greens.

Green vegetables should be boiled without the saucepan being covered.

Salt in the proportion of a tablespoonful to each $\frac{1}{2}$ gallon of water should be added to the water shortly before the vegetables are done.

The objectionable smell of cooking cabbage can be got rid of if a piece of bread is tied in muslin and let boil with the cabbage. It should be afterwards burnt.

Leave cauliflower and Brussels sprouts whole.

Beans and Peas.

Peas, beans, and fresh pulse of all kinds should be boiled by placing them in boiling water with a little salt.

The quicker they are cooked, strained, and served, the more tender they will be.

Beans require stringing and slicing.

A few leaves of fresh mint and a little sugar is often added to the water fresh green peas are cooked in and will be found to improve them.

A very small piece of soda will help to keep the colour of old beans.

Haricot Beans.

These should be thoroughly washed and then allowed to soak. Steep them overnight, throwing away the water and adding fresh for cooking purposes. Place them in a saucepan with four times their quantity of cold water. Let them come gradually to the boil and then simmer gently from two to three hours until tender.

Salt must not be added until they are at least half cooked, as it has a tendency to harden them.

The water they are boiled in makes excellent stock.

After cooking they should be strained.

Melt an ounce of fat or butter in a saucepan, in which shake the beans. Sprinkle in a teaspoonful of chopped parsley, mix and serve hot.

Marrowfat Peas (Dried).

These are a valuable article of food, being highly nutritious, and when cooked properly are very palatable, resembling closely ordinary fresh green peas. Care must be exercised in the cooking. Place the peas in a basin with a small quantity of bicarbonate of soda (not carbonate), then pour over them boiling water so that they are properly covered. Allow them to steep for 12 hours if possible. Before cooking rinse the peas in cold water.

The water in the cooking pot should be boiling, and a little soda, sugar and mint should be added to it.

Place the peas in the boiling water and bring to the boil, then allow them to simmer until tender. From 20 to 30 minutes will generally be found sufficient. Remove from the fire, and if they are allowed to remain for about 10 minutes in the water in which they have been cooked before being strained and served it will improve them. A little salt should be added to the water when the peas are nearly cooked.

Haricot beans and marrowfat peas are a favourite dish when baked or steamed with meat, for which they must be previously soaked in water, and will be better if parboiled.

Lentils.

Lentils after being washed should be placed in a saucepan and covered with cold water. Boil gently for one hour with the lid off.

Slice an onion and fry in fat in a saucepan. When the lentils are quite tender add to them the onion and a gill of stock. Cook for 10 minutes, season and serve.

Vegetable Marrow.

Vegetable marrows should be peeled, sliced, and the seeds removed. (The seeds are useful for adding to soup.) They should then be placed in boiling water, with a little salt, and boiled until tender. They are also very good mashed, for which they must be boiled, thoroughly drained, and mashed smoothly, adding a little butter or dripping, pepper and salt to taste.

Spinach.

Spinach must be thoroughly washed in several waters. When cooked especial care should be taken to render it very dry. It should be chopped up on a board, and then returned to the saucepan and mixed well with butter or dripping, pepper and salt and kept warm near the fire until required for use.

Tomatoes.

Choose tomatoes of one size. Wipe them and remove any stalks. Place them in a saucepan with a small quantity of fat, and boiling water. Set them over a very gentle heat and cook till tender. The time will vary from 15 to 25 minutes. Add seasoning and serve on a hot dish.

Artichokes.

Wash, scrub, and thinly peel the artichokes. Place in cold water containing a little vinegar. Boil gently. The time depends on size and age. Drain and serve with white sauce.

Beetroot.

Be careful not to break the surface in any way. The mould may be lightly removed, but the root should not be scrubbed. Place in plenty of boiling water to cover, and boil well from two to three hours according to size. Lift the root into cold water and carefully remove the skin with the fingers.

Seasoning Herbs.

A faggot of herbs usually consists of two sprigs of parsley, four of savory, six of thyme, and two small bay leaves tied together; marjoram may be added.

A cook should be very careful in recognising the commonest of all herbs, parsley, fools' parsley or lesser hemlock being sometimes mistaken for it. The latter is of a poisonous nature, and may be detected by bruising the leaves, when they will emit an unpleasant smell, unlike parsley.

Celery.

The red variety of celery is the best for soup, being stronger in flavour. This vegetable is very palatable when cooked and served like an ordinary vegetable.

Celery seed may be used in lieu for flavouring.

Marjoram.

Marjoram usually grows on chalky soil. Its leaves are small and sharp, and the flower slightly red.

Savory and Thyme.

Savory and Thyme, when not required for use in soups, should be dried, powdered, and bottled.

Mint.

Mint, when fresh, should be chopped up and mixed with vinegar and sugar to form a refreshing seasoning for cold mutton or lamb.

A few leaves may also with advantage be boiled with new potatoes or peas. When dried, mint is used for flavouring pea soup.

Sage.

Sage should only be used in the stuffing for meats of a strong-flavoured, oily nature, such as pork or goose.

Its aromatic qualities promote the digestion of fatty matter.

PART III.

CONDIMENTS AND SEASONINGS.

Condiments and spices consist of salt, pepper, cayenne, mustard, vinegar, sugar, cloves, allspice, cinnamon, nutmeg, mace, ginger, &c.

Salt.

Salt is almost impossible to adulterate; the finest is known by its whiteness, fine crystallisation character, dryness, and complete and clear solution in water.

Salt is the most important of the condiments and seasonings. It is used extensively not only to improve the taste of food, but also to prevent the decomposition of animal and vegetable substances.

Pepper.

That supplied in the Service is of the black description produced by grinding the whole peppercorn. White pepper more frequently met with on shore is prepared by grinding the corn from which the outer black husk has been removed and is more readily adulterated. As, however, the black husk contains an agreeable volatile oil, the black pepper is superior to the white variety.

Pepper is used in soups, stews, &c., for seasoning purposes.

Cayenne Pepper.

Should be of a bright red colour. It has an acrid and extremely pungent taste.

Mustard.

Mustard of good quality is known by its sharp, acrid taste and smell when a small quantity is mixed with cold or lukewarm water.

The Service mustard consists of a judicious blend of the flour of white and brown mustard seed, wheat and chillies, none of the essential oil of the mustard seed being removed.

The advantage which this mixture possesses over pure mustard is that it will keep for a much longer period without turning dark brown and unsightly.

Mustard should never be mixed with hot water, cold or lukewarm water being indispensable, and to ensure the full dietetic value it should be mixed immediately before use.

The mixture will keep for a longer period in a moist and satisfactory condition if a small quantity of salt is added to the water before mixing or by preparing it with boiling fresh milk and placing it in well-corked receptacles, this latter being a favourite method when quantities are required to keep for fairly long periods.

Mustard adds greatly to the flavour of roast beef, goose, &c., and tends to correct the effect of the strong oily fat which exists in some descriptions of meats.

Vinegar.

The vinegar used in the Navy is of the description known as "malt," and prepared from malt and grain only.

Sugar.

The sugar used in the Service is cane, known as "Demerara," a crystallised yellow sugar of the finest quality and colour.

Note.—Beginners often pay too little attention to the very important points of seasoning and flavouring. They should taste frequently until they know the effects of varying quantities of seasonings, &c.

The less raw condiments found to be required with cooked foods, the better the artist who prepared it.

PART IV.

BEVERAGES.

Tea.

In making tea the vessel must be quite clean, then heated with hot water and rinsed, the dry tea put in, and water immediately it comes to the boil poured over it, and the pot or can closely covered for about three minutes to allow the tea to draw.

It should then be strained, and the leaves well rinsed with the additional boiling water required. Sugar and milk may then be added.

When making large quantities of tea, it will be found better to put the dry tea into thin muslin bags, tie loosely so as to allow sufficient space for the leaves to expand and give out their full flavour; put them in the tea vessel, pouring on the boiling water, and allow to remain in a warm place closely covered for about three minutes; then withdraw the bags, add the milk and sugar, and serve as hot as possible.

Tea should never be made in a receptacle which has contained broth or soup.

Earthenware pots are the best for making tea in. The proportions are one teaspoonful of tea to $\frac{1}{4}$ pint of boiling water for each person, giving an additional teaspoonful of tea "for the teapot." Care must be taken that no old leaves from a previous brewing remain either in the body or spout of the teapot.

The teapot should not stand in a draught while the tea is infusing.

Coffee.

In preparing coffee, care should be taken that it is not allowed to boil, as by doing so its aroma is partly dissipated. It should, if possible, be first warmed, which causes each grain of the powder to separate, and a pinch of salt added to it; then the amount of boiling water required should be poured on to

it. Stir well and leave to stand close to the fire for five minutes, when the coffee can be poured off quite clear.

All cans, coffee pots, and jugs must be well warmed before use.

Coffee should be made immediately before being required, and served up as hot as possible.

A strainer can be used, but will not be required if the above directions are carefully followed.

One tablespoonful of ground coffee requires half a pint of boiling water.

Chocolate and Cocoa.

Cocoa as a beverage is more nourishing than tea or coffee.

Admiralty chocolate is issued in block form and is described as soluble.

It consists of cocoa, arrowroot, and refined sugar.

The best way to prepare Navy chocolate is to break it up and put it in a boiling pan with sufficient water to make it into a paste; then fill up with the necessary quantity of water and simmer for from 20 to 30 minutes.

To make one pint of chocolate 1 oz. of soluble chocolate and 1 oz. of sugar are required.

When making cocoa from trade powders about a teaspoonful should be put in a cup and mixed to a paste with a little hot water or milk. Boiling water should then be added and the liquid well stirred.

Most trade packages have directions printed on the tins or wrappers.

PART V.

PREPARATION OF DINNER DISHES, &c.

The following variety of dishes will give an idea of how a difference may be obtained in the daily dinner for a mess during the week, viz. :—

- | | | |
|-----------|---|--|
| Monday | - | Beefsteak pie, boiled potatoes and cabbage, and bread pudding. |
| Tuesday | - | Roast beef, potatoes and cabbage, and suet pudding. |
| Wednesday | - | Irish stew, boiled potatoes, and rice pudding. |
| Thursday | - | Roast mutton, baked potatoes and cabbage, and batter pudding. |
| Friday | - | Sea pie, cabbage and potatoes, and jam tart. |
| Saturday | - | Stewed beef, potatoes and cabbage, and suet pudding. |
| Sunday | - | Roast pork (or other substitute for beef ration), onions, cabbage and potatoes, and cabinet pudding. |

HOW TO BAKE A JOINT.

Allow 15 minutes to every pound of meat, and 15 minutes for warming through. A double tin is an advantage, the bottom one containing hot water, the steam from which prevents the dripping from the meat from burning and making an unpleasant smell.

Flour the meat and put it on a trivet placed on the inner tin. If a trivet is not at hand two old clean rib bones will answer the purpose.

For the first 10 minutes keep the oven very hot, then cool down to an average heat by opening the ventilator to allow the steam to escape, or the meat will be sodden.

Baste the joint frequently; just before serving sprinkle a little salt over it. When cooked, place on a hot dish, pour all the dripping from the pan into a basin for future use when cold.

Pour about one gill of hot water into the dripping pan, scraping the brown particles off which adhere to the pan and

which colour the gravy, pouring this round the joint; not over it.

When the joint is cut, the juices will run out into the dish, making a good gravy.

BOILED JOINT.

Fresh meat must be placed in boiling water with a little salt, and as soon as the joint is in, the saucepan should be drawn off the fire, so that it may only simmer until done.

Salt meat must be put into warm water and brought to the boil, then allowed to simmer until done.

When the joint is cooked, serve it on a hot dish, with a tea-cupful of the liquor it was boiled in poured over it.

The rest of the liquor may be served for soup, if not too salt.

HOW TO MAKE PASTRY.

Proportions.— $\frac{1}{2}$ lb. of flour, 3 ozs. of lard or butter, $\frac{1}{2}$ tea-spoonful of baking powder, 1 gill of cold water.

Sift the flour, add to it the baking powder and a little salt and rub in the fat until the mixture resembles fine breadcrumbs; mix with cold water into a stiff paste, using a wooden spoon.

Flour the board and rolling pin, and roll the paste to the shape of the pie dish. Damp the edges of the dish, then moisten the rim, put on the cover, and cut up the edges and decorate. Bake in a quick oven for half an hour, brush over quickly with cold water and dredge with castor sugar for Fruit Tarts. For Meat Pies brush over quickly with white of egg before baking.

FLAKY PASTRY.

Proportions.— $\frac{1}{2}$ lb. of flour, 4 ozs. of butter or clarified fat, 1 gill of water, salt.

Mix the salt with the flour and pass it through a sieve, rub one-third of the butter into the flour and mix with the water into a stiff paste. Flour the board and rolling-pin and roll the pastry out until it is quite thin and narrow. Divide the rest of the butter into three and put one-third on the pastry in little

dabs over one-third of the surface ; lightly dredge with flour, and fold in three. Turn the pastry with the rough edges towards you and roll it out again, add another third of the butter, dredge, fold, and roll as before. Do this once more, three times in all, then roll into shape as required, and use.

SUET PUDDING.

Proportions.— $\frac{1}{2}$ lb. of suet, 1 lb. of flour.

Chop the suet very fine and mix well with the flour and baking powder ; make this into a stiff dough with cold water. Dip a pudding cloth into boiling water, dredge it well with flour, put in the dough ; tie it up securely in the cloth, but leave room to swell. Boil in plenty of water for two hours and a half.

Note.—Whenever suet for boiled puddings is not available to the extent of $\frac{1}{2}$ lb. of suet to 1 lb. of flour, the addition of a little baking powder will result in an improvement.

TO BOIL RICE.

Wash the rice in several waters to free it from loose starch ; put it into plenty of boiling water with salt in it, and let it boil for about 15 to 20 minutes. When the grains of rice are soft, take the saucepan to the sink and fill up with cold water, to separate the grains. Drain the water thoroughly off, and dry the rice in the oven or in front of the fire.

THE STOCK POT.

Stock is a useful liquid that ought always to be ready for use in the kitchen. The foundation is water, into which the juices and flavour of meat, bones, and vegetables have been extracted by steady boiling. This liquid stock sometimes forms a strong jelly when cold, depending upon the amount of gelatinous substance present in the materials used. The inferior parts of meat are quite suitable for soup-making, and to use "choice cuts" for this purpose is merely extravagant.

Rice, potatoes, bread, cabbage or other green vegetables, high game, slightly tainted meat, pork, or veal are foods quite unsuitable for the stock pot as they quickly sour the stock.

If the stock is required clear, or if the weather is warm, it is a mistake to add thickened sauces and gravies, as the flour which they contain sours the liquid, as well as making it cloudy.

Proportions.—2 lbs. of bones, 2 quarts of water (cold), salt, one small carrot, half a small turnip, 1 onion.

Wash the bones, remove the fat, but not the marrow, saw in small pieces.

Put the bones in the stock pot or saucepan with the water and the salt. Bring slowly to boil, keeping it well skimmed. Wash, peel, and scrape the vegetables, add them and simmer for at least four hours. Strain through a sieve into a bowl. When cold, remove the fat.

The stock pot should be emptied and cleaned out every evening when the work of the day is completed. All suitable scraps of meat available should be used from day to day in the stock pot, boiling them at least four hours daily, adding more water as necessary to the previous day's stock.

Once a week restart the pot with everything fresh.

For the very best soups, especially clear ones, stock should be made from fresh meat and bones.

Brown stock for brown soup, and white stock for all light-coloured and white varieties.

SOUPS.

Soups are divided into four classes:—(1) Clear soups. (2) Purées. (3) Thickened soups. (4) Broths.

Clear soups are made from clarified stock, various garnishes being added which give the distinctive names to the various soups known also by the name of Consommés.

Purées are made by rubbing the materials of which the soup is made through a sieve; the purée, or pulp, thus made is then mixed in with the thin part of the soup, as in lentil soup, spinach purée.

Thick Soup.—Soups are thickened by the addition of either (a) flour, cornflour, rice-flour, tapioca, semolina, or small sago; or (b) a mixture of yolk of eggs and milk or cream.

Broth is stock made from beef, mutton, veal, chicken, &c., it is not clarified, and usually small pieces of the meat and vegetables are served in it, as in Scotch broth, mutton broth.

Julienne Soup.

Proportions.—1 quart of clear soup, 1 pint of stock, 1 carrot, 1 turnip, 1 stick of celery, 1 leek, $\frac{1}{2}$ a lettuce, a few leaves of tarragon, 1 oz. of butter, salt and pepper, $\frac{1}{2}$ teaspoonful of castor sugar.

Wash and prepare the vegetables, and cut them all into fine shreds about an inch long. Melt the butter in a stewpan, add all the vegetables except the tarragon and lettuce, let them cook gently in the butter until they become slightly coloured. Then add to them the stock, sugar, and a little salt, and cook them gently until they are tender, skimming off all the grease as it rises. About ten minutes before the other vegetables are done, add the lettuce and tarragon.

Heat the clear soup, strain off the stock from the vegetables, and add them to the clear soup. Bring the soup to boiling point, see that it is nicely seasoned, and serve it hot.

Potato Soup.

Proportions.—1 lb. of potatoes, $\frac{1}{2}$ pint milk, 1 oz. fat, salt and pepper, 2 small onions, 2 cloves, 1 teaspoonful of sago, $1\frac{1}{2}$ pints of boiling water.

Wash and peel the potatoes; cut into slices, put into a saucepan with the fat (melted) and sliced onion. Simmer gently for ten minutes, stirring occasionally. Cover with boiling water or pot liquor, simmer till the potatoes are tender (about half an hour). Rub through a wire sieve or colander. Return to saucepan, add sago, and boil till clear. Add milk, salt, and pepper. Re-heat.

Beef Soup.

Proportions.— $\frac{1}{2}$ lb. of lean beef, 1 onion, 2 ozs. of dripping, 1 turnip, $\frac{1}{4}$ lb. of rice, 1 carrot, salt and pepper, 2 quarts of water.

Cut the meat into small pieces, peel the onion and cut up small, melt the dripping in a saucepan, when hot, put in the onion and fry a little; now add the beef and fry a nice brown, then add the water. Let it come to the boil, take off the scum, and add the vegetables, cleaned and cut up small, and the rice.

Let the soup simmer gently for an hour or more, stir and skim occasionally, season with pepper and salt, and serve hot.

Vegetable Soup.

Proportions.—1 leek, 1 onion, $\frac{1}{4}$ small cabbage, $1\frac{1}{2}$ lbs. potatoes, 2 ozs. of dripping or butter, 1 pint of milk, salt and pepper, 1 teaspoonful crushed tapioca or sago.

Wash and trim the leek and cabbage, peel the onion, cut all into small slices; wash and peel and slice the potatoes. Put all the vegetables in a saucepan with the dripping or butter, and stir over the fire for some minutes. Moisten with four pints of boiling water, and let simmer for about an hour; season with salt and pepper, and rub through a colander or wire sieve. Boil up and add the milk to the soup. Let all come to the boil, skim, then stir in the tapioca or sago, and let simmer for another ten minutes. Stir occasionally. A teaspoonful of celery seed can also be added if liked.

Bone Soup.

Proportions.—3 lbs. of bones, scraps or trimmings of meat, 2 carrots, 2 turnips, 1 parsnip, 1 bunch of herbs, 2 onions, 12 peppercorns, salt, 2 ozs. of dripping, 2 tablespoonful of sago or semolina.

Fry the bones brown in the dripping, then cover with four pints of water. When this boils, throw in a dessertspoonful of salt to raise the scum; skim it well. Prepare the vegetables, fry them and add them, with the herbs and peppercorns, when the soup boils up again. Let it simmer gently four or five hours, skimming occasionally. Strain it, and return to the saucepan; thicken it with the sago or semolina.

Tomato Soup.

Proportions.— $\frac{1}{2}$ quart tin of tomatoes (or four fresh ones), 1 onion, 1 carrot, 1 turnip, 2 cloves, 1 oz. of dripping, 1 oz. of flour, 1 pint of water, $\frac{1}{2}$ pint of milk, salt and pepper.

Slice carrot, onion, and turnip; put these, with the tomatoes, cloves, and water into a saucepan. Simmer gently for one hour. Pass through a sieve, melt fat, stir in flour, fry gently, taking care not to brown, add milk gradually; when boiling pour in the soup. Re-heat and season.

If fresh tomatoes are used more water will be required.

Green Soup.

Proportions.—1 lb. of spinach, $\frac{1}{2}$ oz. of butter, 1 onion, $\frac{1}{4}$ lb. of green peas, mint, herbs, 2 tablespoonsful of flour, 2 quarts of stock, $\frac{1}{2}$ pint of milk, salt and pepper.

Prepare the spinach, wash it and boil in very little water with soda for ten minutes, strain, melt the butter in a saucepan, add peas, sliced onion and spinach, and stir well. Add stock, flavourings and seasonings. Thicken with the flour, mixed with milk. After the peas are tender, pass through a sieve, then serve hot.

Barley Cream Soup.

Proportions.—3 ozs. of barley, mace, 1 onion, $\frac{1}{2}$ pint of milk, $\frac{1}{2}$ oz. of flour, $\frac{1}{4}$ pint of cream, 2 pints of stock, salt and pepper.

Boil the barley, flavourings, and seasonings together, and simmer until quite tender. Rub through a sieve and thicken with the flour previously mixed to a paste with the milk. Boil well and add the cream.

Rice Soup.

A simple soup can easily be obtained by boiling the following proportions together for an hour, viz.: quarter of a pound of rice well washed, 5 pints of stock, salt, and a dessert-spoonful of chutney.

Tapioca Soup.

Proportions.—1 oz. of fine tapioca, $\frac{1}{4}$ pint of milk, 1 pint of stock, salt and pepper.

Boil the stock and tapioca until the tapioca is clear. Add seasoning and milk, and serve hot.

Haricot or Lentil Purée.

Proportions.—1 pint of haricot beans or lentils, 1 onion, 1 pint of milk, salt, pepper, 2 quarts of water.

Soak the haricot beans or lentils in cold water all night. Take the soaked beans or lentils and put them in a saucepan with the water and sliced onion; put it on the fire and let it

boil gently four hours for haricot beans and for one hour in the case of lentils. Add salt. Pass through a colander into a basin, stir in milk, add pepper, and pour the purée back into the saucepan to warm. Stir while warming. Keep very hot.

Pea Soup (Service).

Proportions.—1 pint of peas (split), 3 pints of water, carrot, onion, turnip, celery seed, salt and pepper.

Put the peas and water into a saucepan and bring to the boil. When boiling, add the vegetables, salt, pepper, and celery seed. Allow them all to boil gently for 1½ hours, stirring occasionally. When done, rub all through a sieve and serve hot.

Note.—The liquor in which ham, bacon, or salt pork has been boiled is to be preferred for pea soup if not too salt.

Pea Soup (Shore).

Proportions.—½ lb. of split peas, 1 carrot, 1 turnip, 2 onions, 1 stick celery, 1 oz. of dripping, 2 quarts pot liquor (cold), salt and pepper.

Soak the peas overnight; melt the dripping, put in the peas and sliced vegetables, steam for ten minutes, add pot liquor, boil for two and a half hours. When peas are quite soft rub through sieve. Return to saucepan, add pepper and salt, and serve with powdered mint and toast cut into dice.

Fish Soup (White).

Proportions.—3 lbs. of fish, bones and fins, 3 quarts of cold water, 1 leek, 1 onion, 1 carrot, parsley, 1 bay leaf, 1 sprig of thyme, 3 sticks of celery, 3 cloves, mace, 1 pint of milk, 1 oz. of butter, 3 teaspoonsful of flour, salt and pepper.

Herrings or mackerel must not be used for soup. Ling, conger, hake, or skate are best.

Chop up the fish, wash and place in a saucepan with the water and salt. When boiling skim well, and then add the vegetables, previously washed, and cut up, also the cloves, mace, and herbs. Let this all boil gently for an hour and a half. Mix the flour into a smooth paste with a gill of milk.

Stir this into the soup. Stir till it boils again to cook the flour, then add the rest of the milk and the butter. When it has boiled for another ten minutes, strain it into a hot soup tureen into which you have previously put a teaspoonful of finely chopped parsley and a little cooked carrot nicely shredded.

Scotch Broth.

Proportions.—2 lbs. of neck of mutton, or shin of beef, 1 carrot, 1 turnip, 1 onion, 2 ozs. of pearl barley, 1 tablespoonful chopped parsley, salt and pepper.

Wipe the meat, cut in pieces, put in cold water. Bring to boil and skim. Add barley (scalded first). Boil for one hour. Add carrot, turnip, and onion (also a little cabbage if desired) thinly sliced. Boil for one and a half hours, skimming frequently. Season with salt and pepper. Remove meat from the saucepan, cut up into small pieces, taking away the bone, and return to soup just before serving, at the same time adding parsley.

A handful of oatmeal thrown in in the early stages will make the soup delightfully creamy.

Mutton Broth.

Proportions.—1 lb. of scrag end of neck of mutton, 1 carrot, 1 turnip, 1 onion, 1 quart of water, 2 ozs. of pearl barley, parsley, salt and pepper.

Trim off some of the fat from the mutton, cut the meat into rather small pieces, and place them into a saucepan with the cold water, a little salt, and boil up, then skim well. Add the prepared vegetables and well-washed barley. Boil for two hours. Take out the meat and cut into small pieces, put aside the bones; return the meat to the soup. Season with salt and pepper, and add the chopped parsley.

Hotch Potch.

Proportions.—3 lbs. neck of mutton (scrag), 3 quarts of cold water, carrots, turnips, cauliflower, lettuce, green peas, broad beans, 2 onions or leeks, 2 teaspoonsful of sugar, salt and pepper, chopped parsley.

Cut the meat up into small pieces, and put it in a saucepan with cold water and salt. Let it come to the boil, and well

skim it. Scrape the carrots and cut up; peel and cut up the turnips. Break up the cauliflower into little sprigs, and shred the lettuce; shell the peas and beans, and chop up the onions. Put all these vegetables when prepared in with the meat; add the pepper. Let this boil slowly for three or four hours, according to the age of the vegetables. Just before serving, stir in the sugar and the chopped parsley.

Cock-a-Leekie.

Proportions.—3 lbs. of knuckle of veal or scrag of mutton. 1 fowl, 6 leeks, 2 ozs. rice, salt and pepper.

Boil the meat and fowl in three quarts of water; put in salt and skim well; cut up three leeks into pieces about an inch long; add pepper, and let it all boil slowly for an hour. Then put in the rest of the leeks, and the rice, and boil it three-quarters of an hour longer; take out the meat and the fowl. Serve the soup with some of the fowl cut up into neat pieces in it.

The meat should be served separately with parsley and butter sauce.

Macaroni Soup.

Proportions.—3 ozs. small macaroni, 1½ pints of stock, grated cheese, salt and pepper.

Blanch the macaroni in salted water, drain cool, and cut it into short pieces. Cook it for half an hour in the stock, and add about half a pint of water. Add salt and pepper. Skim the soup when boiling. Serve with a little grated cheese.

Artichoke Soup.

Proportions.—2 lbs. of artichokes, 1 quart of white stock, 1 onion, ¼ pint of milk, 1 oz. of butter, ½ oz. of flour, salt, and pepper.

Peel and slice the artichokes and onions, and fry them in butter. Add the stock and boil until tender. Add the flour and milk mixed, to thicken. Rub through a sieve. Serve very hot.

White Soup.

Proportions.—1 quart of white stock, 1 tablespoonful flour, ½ pint of milk, salt and pepper.

Mix the flour with a little of the milk. Put the rest of the milk into a saucepan with the stock and seasonings, and when hot, add the flour, stirring well. Bring to the boil and serve.

Oyster Soup.

Proportions.—2 dozen oysters, 2 pints of fish stock, cream, 1 oz. of fresh butter, 2 hard-boiled eggs, salt and pepper, mustard, cayenne, lemon juice.

Beard the oysters, and let the beards boil for 15 minutes in the stock and oyster liquor. Pound well together the butter, the yolks of the hard-boiled eggs, salt, pepper, a little dry mustard, and dust of cayenne. Then add enough cream to form a paste. Strain the fish stock, stir the pounded paste into it, add a little lemon juice and more seasoning if required, and allow to simmer for a few minutes. When all is quite hot—it must not boil—stir in the oysters, and keep on the fire for about a minute, stirring all the time. Serve very hot.

If soup is required thick use a little arrowroot mixed with milk, to which may also be added the yolks of two raw eggs well beaten.

TO BROWN FLOUR.

Put $\frac{1}{2}$ lb. of flour into a baking sheet, and place it in a warm oven, and brown it thoroughly. It will require turning about with a spoon, and should be sifted after browning. This is very useful for stews or gravies, and gives them a good colour. Keep it in a tin or dry place.

TO CLARIFY FAT.

Cut up any scraps of cooked or uncooked fat into small pieces, and put them into a stewpan with enough cold water to thoroughly cover them. Let this boil with the lid off until all the water has evaporated or boiled away in steam, and nothing is left but brownish bits of fat. You must stir occasionally or it will burn. Allow to cool a little and then strain through an old sieve or strainer into a basin. When quite cold it makes a cake of pure fat, which is useful for frying purposes instead of lard or oil. It may also be used in plain cooking in the place of butter. It must never be allowed to burn or it will be spoilt and must then be thrown away. Fat should always be strained

after use for frying purposes in order to remove all bread-crumbs, &c., which would stick to whatever was fried in it next time. It can be reclarified continually and fresh fat added to it.

To Clarify Dripping.—Pour it out of the dripping-pan into a basin with about half a pint of cold water; when it is cold take the cake of dripping off the water, scrape all the sediment off the bottom of the cake and wipe it dry. Throw away the water, which will contain all the impurities.

MEAT DISHES.

Meat Pie.

Proportions.— $1\frac{1}{2}$ lbs. of meat (steak); $\frac{1}{2}$ lb. of bullock's kidney, flour, salt, and pepper.

Cut the steak into thin pieces and roll them up with a piece of kidney inside each; put one teaspoonful of flour, one teaspoonful of salt, and half of pepper on to a plate, mix together and dip each piece of meat into it. Arrange these rolls of meat and kidney in a pie-dish and fill up the dish two-thirds with water. Make your pastry and brush over with white of egg before baking.

Irish Stew.

Proportions.— $\frac{1}{2}$ lb. of neck or breast of mutton, 1 lb. of potatoes, $\frac{1}{4}$ lb. of onions, salt and pepper, about $\frac{1}{2}$ pint water.

Divide the meat into fair-sized pieces, cutting away gristle, and put the meat into a saucepan with the onions cut in slices, and water. Simmer gently for three-quarters of an hour. Scrub and peel the potatoes and cut them into thick pieces. Put with stew and simmer for three-quarters of an hour. Season and serve on a hot dish.

Sea Pie.

Proportions.—1 lb. of steak, little onion and carrot, pepper and salt, 6 ozs. of flour, 3 ozs. of suet, half a teaspoon of baking powder.

Cut meat into thin slices, peel onion, and carrot, and chop them up. Season pieces of meat with salt and pepper. Place

the meat in saucepan in layers, sprinkling chopped vegetables over each layer, then pour in enough cold water to cover, place on range, and let it come to the boil, simmer for one hour. While simmering make crust. Chop suet finely, place flour, salt, and baking powder in a basin, mix thoroughly, then add suet and enough cold water to make into a stiff paste, turn out on to a floured board, and roll out to size of saucepan. Put the paste over the contents of saucepan, and gently simmer for about one hour, keeping the lid on. When done, remove the crust whole, turn the meat and vegetables out on to a dish, then place the crust on top, having previously divided it into quarters. (Total simmering about two hours.)

Haricot Mutton.

Proportions.—2 lbs. of scrag end or neck of mutton, 2 onions, 2 carrots, 2 turnips, 1 oz. of dripping, 1 oz. of flour, $\frac{3}{4}$ of a pint of cold water, salt and pepper.

Cut the mutton into pieces and fry it brown on both sides in the dripping. Take out the meat and stir in the flour, allowing it to brown in the dipping. Stir in $\frac{3}{4}$ pint of water and put back the meat. Cut the onions, carrots, and turnips into dice; add these vegetables to the saucepan, season, and skim. Simmer gently for two hours. When serving, arrange the meat in a circle on a hot dish, the gravy over the meat, and the vegetables in the centre.

Hot Pot.

Proportions.— $\frac{1}{2}$ lb. of steak, 2 onions, $\frac{1}{2}$ pint of cold water, $1\frac{1}{2}$ lbs. of potatoes, $\frac{1}{2}$ oz. of dripping, salt and pepper. Parboil the onions and potatoes. Cut the meat into neat pieces. Lay these in a pie-dish with quartered onions between. Cover with potatoes cut into rough pieces; *not sliced*. Pour water over. Place dripping cut in pieces on top. Bake for one hour in a hot oven.

Beef à la Mode.

Proportions.—1 lb. of beef pieces, 3 onions, 1 carrot, herbs, 2 tablespoonsful of flour, 2 quarts of water, 1 oz. of dripping, salt and pepper.

Wash the meat well and cut it up small, cut the onions and carrot into slices, add the herbs ; fry all this for a few minutes in the dripping, then add the flour, and when it is brown pour in 2 quarts of water, add salt and pepper. Let this stew for two hours. Make a few dumplings, boil them for 20 minutes in the stew, which will then be ready to serve.

Grilled Beef Steak.

The fire must be clear, bright, and free from smoke. The griller should be well heated, the bars well rubbed with paper, and then greased to prevent the meat adhering to them. Brush over the steak with liquid butter or oil before placing it on the griller. It should be exposed to great heat as soon as it is placed over the fire in order that the outside albumen may be quickly hardened. Frequent turning will be necessary, and this is best done by using two spoons, as the use of a fork or skewer involves the loss of some of the juices. The time for cooking will depend upon the size and thickness of the meat, but 10 to 15 minutes should be long enough for a steak of moderate size.

Grilled Chop.

Trim the chop. Proceed as in foregoing, turning the chop every two minutes. A medium-size chop takes from eight to ten minutes. Do not forget to sprinkle it with salt and pepper.

Steak and Kidney Pudding.

Proportions.— $1\frac{1}{2}$ lbs. of steak, $\frac{1}{2}$ lb. of kidneys, 8 ozs. flour, 4 ozs. suet, salt, and pepper.

Line a pudding basin with thin suet paste. Cut up the steak into neat pieces about 2 ins. square ; cut up the kidneys and fill the basin with these ingredients. Season well with salt and pepper, cover the basin with suet-paste, tie in a cloth, and let it boil for two hours.

Exeter Stew and Savoury Balls.

Proportions.—For *Stew*, $\frac{1}{2}$ lb. of gravy beef, $\frac{1}{2}$ oz. of dripping, $\frac{1}{2}$ oz. of flour, $\frac{1}{2}$ tablespoonful of vinegar, $\frac{1}{2}$ pint of cold water, salt and pepper.

For *Savoury Balls*, $\frac{1}{4}$ lb. of flour, baking powder, salt, and pepper, chopped parsley, $1\frac{1}{2}$ oz. of suet chopped, sweet herbs.

Slice the meat into four pieces and dip in the vinegar. Melt the dripping in a saucepan, when hot, put in the onion sliced, and flour, and fry gently till brown; add water and boil up. Then put the meat in, cover, and simmer gently for two hours.

To make *Savoury Balls*.—Sift flour, baking powder, and salt together, put into a basin with other dry ingredients, and add enough cold water to make into a stiff paste. Divide into ten pieces, make into balls and drop them into the gravy three-quarters of an hour before the stew is done. Season gravy and serve.

Cornish Pasties.

Proportions.— $\frac{1}{2}$ lb. of beef steak, $\frac{1}{2}$ lb. of potatoes, small onion, 8 ozs. of dripping, 1 lb. of flour, 1 teaspoonful of baking powder salt, and pepper.

Cut the meat and potatoes into small pieces about the size of dice, chop the onion very fine. Mix together on a plate with salt and pepper, small drop of cold water. Put the flour in a basin with a little salt, rub the dripping into the flour, then add the baking powder. Add enough water to make a paste.

Cut the pastry into about six pieces, roll out, put a little of the meat and potato in the centre, fold over and bake for about 40 minutes:

Fried Steak and Onions.

Proportions.— $\frac{1}{2}$ lb. of steak, 1 oz. of dripping, 2 onions, $\frac{1}{4}$ oz. of flour, $\frac{1}{4}$ pint of stock, salt and pepper.

Make the fat hot and fry onions sliced very thinly. Remove onions from the pan, re-heat the fat and put in the meat slightly floured. Turn frequently, using a knife and spoon. Cook for 10 minutes. Remove to a hot dish, placing onions on top. Make gravy by browning the flour in the fat, adding stock gradually. Season and strain round (not over) the steak.

Liver and Bacon.

Proportions.— $\frac{1}{2}$ lb. of liver, 2 ozs. of bacon, 1 tablespoonful of flour, $\frac{1}{2}$ pint of stock, salt and pepper.

Wash the liver. Cut rind off bacon thinly. Heat the frying-pan and fry bacon slowly, turning continually. Remove to hot dish.

Mix flour, salt and pepper together on a plate, slice the liver, and draw the slices lightly through the seasoned flour. Fry in the bacon fat. Put in centre of dish. Add remainder of flour to the pan, brown it and pour stock to it. Boil. Pour round the liver. Place bacon on top of liver.

Liver Collops.

Proportions.— $\frac{1}{2}$ lb. of sheep's liver, 2 ozs. of fat bacon, $\frac{1}{2}$ pint of cold water, 1 dessertspoon of flour, 3 onions, chopped sage, salt, pepper.

Cut the bacon into slices. Fry lightly in a saucepan. Remove the bacon. Slice the onions, add them, with the flour, sage and seasoning, to the fat, and brown the whole. Add cold water, boil up, put in the liver cut into small pieces. Simmer gently for three-quarters of an hour. Warm bacon on top and serve as a garnish. Serve with sippets of toast.

Poor Man's Goose.

Proportions.— $\frac{1}{2}$ lb. of potatoes, $\frac{1}{2}$ lb. of pig's fry or scraps of pork or liver, 2 onions, dried sage, salt and pepper, 1 tablespoon of flour.

Mix the flour and seasoning together. Cut the meat into pieces. Dip each piece into the seasoned flour. Lay these in a pie-dish alternately with the onion sliced thinly. Parboil the potatoes, slice them and place over the meat. Put rest of seasoning over the top. Half fill dish with cold water. Cover with greased paper and bake for one hour.

Baked Veal.

Proportions.—2 lbs. of breast of veal, 4 tablespoonsful of bread-crumbs, 1 tablespoon of suet, chopped parsley, sweet herbs, one egg. Fat for basting, salt and pepper.

Bone the veal. Put bones on for stock. Spread veal flat on board. Make forcemeat with bread-crumbs, and seasoning. Spread this over the meat. Roll up, and tie with string. Lightly dredge with flour, and bake for one hour, basting frequently. Serve with thickened gravy made from stock from the bones. Fried bacon is often served with veal.

Baked Heart.

Proportions.--A calf's heart, 2 ozs. of dripping, bread-crumbs, chopped suet, chopped parsley, thyme, marjoram, 1 egg or a little milk, salt and pepper.

Clean the heart well, soaking it in warm water to draw out the blood; while soaking make the stuffing. Mix well together the bread-crumbs, chopped suet, parsley, herbs, and salt and pepper, and bind these ingredients together with one egg or a little milk. Take the heart and dry it with a clean cloth; cut off the deaf ears and stuff it with the stuffing. Flour it, and place in a baking tin in the oven with the dripping. Bake for one hour, basting frequently. Serve with brown gravy as for baked meat.

A bullock's heart will require two hours to bake.

Baked Fresh Pork (Breast).

Proportions.--2 lbs. of breast of pork, 2 onions, bread-crumbs, sage, salt and pepper.

Parboil onions, chop finely and mix with the sage, bread-crumbs, and seasoning. Bone the pork, spread flat on board, put forcemeat over smoothly. Roll up and tie with string. Dredge with flour, and bake for one hour. Make gravy as for roast meat, using stock made from bones. Serve with apple sauce.

Boiled Rabbit.

Wash the rabbit well in warm water, clear out all the blood from the head and neck, truss into a proper shape, and put into boiling water and boil for one hour. Serve the rabbit with onion or parsley sauce.

Stewed Rabbit.

Proportions.—1 rabbit, 3 ozs. of bacon, $\frac{1}{4}$ pint of milk, 2 onions, 1 tablespoon of flour, 2 cloves, salt and pepper.

Cut the rabbit into neat pieces. Split the head, and allow that and the neck to soak in salt water to draw out blood. Wash rabbit and place in a saucepan with onions, cloves, bacon (cut into small pieces), and sufficient cold water to cover. Simmer gently for one and a half hours. Mix flour, salt, and pepper with the milk, add carefully to the rabbit and boil for five minutes.

After cutting up the bacon, pour a little boiling water over it to remove salt.

Fried Rabbit.

Proportions.—1 rabbit, salt and pepper, dripping, flour, 1 tablespoonful Worcester sauce.

Clean and skin the rabbit, wash it well in vinegar and water, cut it up into pieces, roll each piece in flour and sprinkle well with salt and pepper. Put two tablespoonsful of dripping in a frying-pan, and when it is boiling put in the pieces of rabbit and fry them until nicely browned, turning frequently to prevent burning. When the rabbit is cooked remove from the pan and place on a hot dish. Make some gravy in the frying-pan and then add to it the Worcester sauce and half a breakfast cup of water; stir well and boil for two minutes; then strain over the rabbit.

Stewed Ox Kidney.

Proportions.—1 lb. of kidney, 3 ozs. of fat bacon, 2 onions, $\frac{1}{2}$ pint of water, $\frac{1}{2}$ oz. of flour, salt and pepper.

Cut up kidney into neat pieces and wash well. Remove the fat. Place in a saucepan with bacon (scalded) and onions cut up. Simmer gently for two hours. Mix flour, salt and pepper, with two tablespoonsful of cold water, add carefully to stew, stirring all the while, and cook for five minutes. Serve with sippets of fried bread or toast.

Stewed Rabbit with Rice.

Proportions.—1 rabbit, 1 carrot, 1 turnip, 1 onion, herbs, $\frac{1}{2}$ lb. of rice, $\frac{1}{2}$ oz. of dripping, chopped parsley, salt and pepper.

Wash the rabbit and cut into neat, small joints. Place in saucepan with vegetables and herbs. Pour in enough hot water to cover the rabbit, and let it simmer very gently for about three-quarters of an hour.

Wash the rice and add it to the rabbit, and let it all simmer until the rice has soaked up nearly all the liquor; it will take about an hour. As it gets thick keep it constantly stirred to prevent burning.

Roast Turkey.

Tie two or three slices of fat bacon over the breast of the turkey. Dust lightly with flour, and fill the bird with forcemeat. Melt a pound of dripping (beef), or lard in a large pie-dish; stand this in the dripping-pan, and put the bird down to roast. Baste well every few minutes, and when done serve with bread sauce and some good made gravy. Allow 20 minutes to the pound, and quarter of an hour over.

Boiled ham or bacon is often served with turkey. Bread sauce is also an agreeable accompaniment.

To make Forcemeat.—Take 2 breakfastcupsful of fine bread-crumbs, a teaspoonful of mixed herbs, chopped parsley, 4 ozs. of fat ham or bacon minced up, and the finely-grated rind of a lemon. Mix all well together with salt and pepper, and stir into it a well-beaten egg, add a piece of butter about the size of a walnut, broken into small pieces, and the strained juice of a lemon.

Jugged Hare.

Joint the hare. It must not be high. Place the pieces in a covered jar with an onion stuck with three cloves, a small piece of mace, pepper, salt, and cayenne. Cover with water and allow to simmer in the oven for four hours. Ten minutes before serving add one tablespoonful of flour and a large piece of butter.

TO TRUSS AND ROAST A FOWL.

The fowl being already plucked, must be placed on a board. Turn it on its breast and make an incision 1 inch long down the neck, 3 inches below the head. Pass the thumb round this incision and loosen the skin. Put a sharp knife under the skin.

and cut off the neck as near the body as possible. Be careful to leave a piece of skin to fold over on to the back of the neck and cover the opening. Take out the crop, which lies in the front of the neck. Then with the finger loosen the liver and other parts at the breast end. Now turn the fowl round and make an incision at the vent, about $1\frac{1}{2}$ inches wide. Put the fingers through the incision into the body and draw out all the interiors carefully, so as not to soil the fowl. Be careful not to break the gall bag or the liver will be spoiled. The liver, heart, and gizzard should be put in a basin of water with salt; the other interiors should be thrown away. See that the fowl is perfectly cleared out. Take a damp cloth and wipe out the inside of the fowl to clean it thoroughly.

Cut off the claws. Hold the ends of the legs of the fowl in a basin of boiling water for two minutes. Then take off the outside skin as far as to the first joint. Take the fowl up by its legs and singe off the little hairs with a lighted taper or twist of paper. Do not blacken or mark the fowl in any way. Turn the fowl on its breast, and draw tightly the breast skin over the incision on to the back of the neck. Cross the ends of the wings over the back of the neck. Turn the fowl on its back with the neck towards you. Take a trussing needle and fine twine. Hold the legs up, and press the thighs well into the sides of the fowl, forcing the breast up to give the fowl a good shape. Pass the threaded needle through the bottom of one thigh, through the body, and out on the other side through the other thigh. Turn the fowl on its breast, and pass the needle through the middle of the wing through the little bone called the sidesman wing, catching up the skin which folds over the incision, and out through the other little bone and wing. Pull this twine very tightly, and tie it as firmly as possible at the side of the fowl: Turn the fowl on its back, keeping the neck still towards you. Put the finger in the incision (made for drawing the fowl) and lift up the end of the breast bone. Pass the needle through the skin over the bottom of the breast bone, over the end of one leg, back through the body close to the back-bone, and tie it firmly over the other leg at other side.

You do not require such a large fire as for roasting meat.

If the fire is very fierce, tie a piece of greased white paper over the fowl to prevent it from burning. Put one ounce of butter in the dripping pan to melt, and use this for basting, as

the fowl not being very fat there will not be much dripping from it. Baste frequently.

When the fowl is done, place on a hot dish. Take off the paper. Cut the twine and draw it all out of the carcass.

Bread sauce should be served with it.

STEWED BRISKET OF BEEF (HOT).

Proportions.—6 lbs. of brisket of beef, 2 carrots, 1 turnip, 3 onions, celery leaves, 1 leek, 6 cloves, 12 peppercorns, allspice, parsley, herbs, salt and pepper.

Scrape the meat quite clean, put it into a stewpan with enough hot water to cover it, and a good spoonful of salt. Let it boil up and skin it well. When quite clean of scum, add vegetables, the parsley and herbs tied together, and the cloves, allspice, and peppercorns. As the vegetables are only for seasoning, they may be cut up roughly. Let all this simmer for four or five hours. When quite tender, take out the meat and remove the flat bones. Serve very hot with a cupful of the liquor poured round the beef and chopped parsley sprinkled on the top of it.

If sauce is required for this dish, melt one ounce of butter and half an ounce of flour together in a stewpan; stir in half a pint of the liquor strained and boil for 10 minutes. Then add a teaspoonful of made mustard, a little mushroom ketchup and a little chopped parsley. The sauce should be served in a sauce-boat, very hot.

STEWED OX TAIL.

Proportions.—1 ox tail, 1 onion, 3 cloves, 1 blade of mace, salt and pepper, tablespoonful of lemon-juice, 2 ozs. of fat, 1 oz. of flour.

Fry the onion in the fat, and strain. Divide the tail at the joints and fry brown in a saucepan, in the fat; take out the pieces of tail, stir in the flour and allow it to brown. Put back the pieces of tail, and well cover them with water; add vegetables and seasoning. Simmer for three hours, then add lemon-juice. Arrange the pieces of tail in a hot dish, strain sauce over them, and garnish with sippets of toast.

TRIBE AND ONIONS.

Proportions.—1 lb. of tripe, 4 large onions, 1 pint of milk, 1 dessertspoonful of flour, salt and pepper.

Blanch the tripe by placing in a saucepan in cold water and let it come to the boil; throw the water away. Cut into neat oblong pieces. Peel and slice the onions. Put the tripe and onions into a saucepan with one pint of milk. Let it simmer for two hours. Mix the flour into a paste with a little cold milk; stir this into the hot milk slowly, let it boil up and thicken. Season to taste. Serve very hot.

SAUSAGES.

Prick the sausages to prevent them bursting. Put them into a hot pan with plenty of dripping. Fry brown all round; they will take about seven minutes. Serve on a square of fried bread or on mashed potatoes.

Steeping sausages in hot water well often prevent bursting during frying.

CORNED BEEF.

Proportions.—6 ozs. of brown sugar, 1 oz. of saltpetre, 1 lb. of common salt, a blade of mace, 6 cloves, 12 allspice, 2 bay leaves and 2 tablespoonsful of vinegar.

Boil the above in four quarts of water. Skim, and then pour off and allow to cool.

This pickle will then be ready for use, and beef should be soaked in it for three or four days before being cooked.

In cooking corned or salt meat, it must be put into warm water and brought steadily to the boil, then allowed to simmer until it is done.

The liquor in which it was boiled may be used for soup if not too salt, and if no vegetables have been boiled with the meat.

DRY PICKLE (FOR PORK).

Rub 4 ozs. of brown sugar into about 4 lbs. of pork, let it remain for about four hours, then rub in $1\frac{1}{2}$ lbs. of salt and 1 oz. of allspice. The pork will not be ready for use under 10 days, and should be rubbed daily with the mixture.

PEAS PUDDING.

Proportions.—1 pint of split peas, 1 oz. of butter or dripping, salt and pepper.

Wash the peas well, tie them tightly in a cloth, put them on in cold water, and let them boil till soft.

Then rub them through a sieve. Mix in the butter or dripping, salt and pepper. Flour a cloth, put the pudding in it, tie it up tightly, and let it boil for one hour.

PRESERVED MEAT PIE.

Proportions.—16 lbs. of meat, 5 lbs. of flour, $1\frac{1}{2}$ lbs. of suet, 1 lb. of onions, 2 ozs. of salt, $\frac{1}{2}$ oz. of pepper.

Make your paste; cut up and stew the onions with jelly from the meat added; cut the meat into dice and place it in a baking dish, add the cooked onions, season with salt and pepper, cover with a light crust, and bake in a quick oven for 20 minutes.

PRESERVED MEAT STEW.

Proportions.—16 lbs. of meat, 2 lbs. of carrots or other vegetables, 1 lb. of onions, 2 ozs. of salt, $\frac{1}{2}$ oz. of pepper.

Cut up the vegetables and onions and place in a saucepan with sufficient water to cover them, adding some jelly from the meat. Season well with salt and pepper, and stew gently, keeping the lid of the saucepan closely shut until the vegetables are tender, then add the meat; let the whole simmer for 10 minutes, and serve.

PRESERVED MEAT CURRIED STEW.

Proportions.—As for stew, but with the addition of 1 oz. of curry powder and 1 lb. of flour.

Prepare as for stew; mix the curry powder and flour with cold water into a smooth batter, and add it to the stewed vegetables with the meat; let the whole simmer for 10 minutes, and serve.

PRESERVED MEAT SEA PIE.

Proportions.—As for stew, with 5 lbs. of flour and 2 lbs. of suet added.

Make your paste. Prepare and cook the vegetables and onions, and when they are tender add the meat. Cover the whole with a light paste, and boil or steam for 20 minutes. A thickening of flour added is an improvement.

TOAD-IN-THE-HOLE. PRESERVED MEAT.

Proportions.—16 lbs. of meat, 5 lbs. of flour, 1 lb. of suet, 1 lb. of onions, 2 ozs. of salt, $\frac{1}{2}$ oz. of pepper, 6 eggs, milk.

Cut up and cook the onions; prepare a batter with eggs and milk; season with half the salt and pepper; grease the inside of a baking dish; pour into it half the batter and place in the oven; when the batter sets, place on the meat, cut up, and the cooked onions; cover the meat with the remainder of the batter and seasoning, and bake from 15 to 20 minutes in a quick oven.

POTATO PIE. PRESERVED MEAT.

Proportions.—16 lbs. of meat, 20 lbs. of potatoes, 1 lb. of onions, 3 ozs. of salt, $\frac{1}{2}$ oz. of pepper.

Cut up and stew the onion with jelly from the meat added; boil or steam the potatoes, and place the meat and cooked onions in the centre of a baking dish, seasoning with pepper and salt. Cover with the potatoes (mashed) and bake till the potato cover is brown.

As the mashed potatoes absorb the moisture of the meat and render it dry, about two pints of gravy, prepared from the liquor in which the onions were cooked, should be poured into the pie after it is taken out of the oven.

BACON PASTIES.

Proportions.— $\frac{1}{2}$ lb. of bacon (pieces), $\frac{1}{2}$ lb. of potatoes cut up small. One lb. of flour, 1 onion, pepper, 2 ozs. of fat. Rub the fat and flour together and mix it up with sufficient water to make a paste, roll it out, and cut it out with a clean saucepan lid. Sprinkle pepper on the pieces of bacon, lay two or three pieces on each round of paste, also some of the chopped-up potatoes and onions. Close up the pasties and bake them for about three-quarters of an hour.

Fresh pork can be used in lieu of bacon. If preferred, all the vegetables and meat can be put into the paste; tie up in a floured cloth and boil from one to one and a half hours. This would be a meat roly-poly.

HASH.

Proportions.—1 lb. of scraps of cold or preserved meat, 2 onions, 1 carrot, half a turnip, herbs, tablespoonful of flour, 2 ozs. of dripping, salt and pepper, sippets of bread.

Cut up the meat as required. Prepare the vegetables and place them with the herbs, salt and pepper in a saucepan with one pint of cold water; let this come to the boil, then put on the lid; draw the saucepan to the side of the fire and let it stew gently for one hour; skim it occasionally.

Cut up one onion and fry it a nice brown in an ounce of dripping, stirring in a tablespoonful of flour with it when done. Strain the gravy from the vegetables on to the fried onion; put back on the fire, and stir till it boils and the flour is cooked; lay in the meat, but do not let the hash boil after the meat is in the pot.

Cut a slice of bread into small three-cornered pieces, and fry them a light brown in an ounce of dripping.

To serve, put the meat on a hot dish, strain the gravy over it, and put the fried sippets of bread round the edge of the dish.

MINCE.

Proportions.—Scraps of cold meat; a little onion, little carrot, and turnip; small bunch of sweet herbs; little flour; toasted bread cut into fancy shapes; little dripping.

Put the carrot, turnip, and sweet herbs into a saucepan and boil for about an hour. A little parsley may be added. Chop the onion fine and brown it in a saucepan; then add the flour and cook and brown that; when nicely coloured add the meat finely minced and season to taste; strain the gravy from the carrot and turnip on to the meat and browned onion, then let simmer very slowly. The toasted bread should be arranged round the dish fastened to the dish by a little flour and water, and the mince should be placed in the centre. Sippets of fried bread or a poached egg may be served up with this.

CROQUETTES OF COLD OR PRESERVED MEAT.

Proportions.—1 lb. of cold or preserved meat ; stock as required ; 1 oz. of butter ; a little onion, chopped parsley, and nutmeg ; 1 egg ; pepper and salt ; 2 teaspoonsful of flour ; dripping for frying and bread-crumbs.

Chop or mince onion and meat (after removing skin and gristle) very fine. Put the butter into a saucepan, add onion, and fry to a nice brown, then add meat, and stir to warm through. Now work into it the flour, and lastly the stock as required. Add pepper, salt, chopped parsley, and nutmeg, place aside to cool, and, when cool, take tablespoonsful and work into required shapes, either cones, balls, or rolls. Beat up the egg and dip each one in it, and then into the bread-crumbs. Have ready the frying-pan with dripping, put croquettes in and fry to a nice brown colour, lift them out and drain. Serve up on a hot dish with a nice brown gravy poured round them.

BEEF OLIVES.

Proportions.—Cold cooked beef, 1 lb. ; 2 oz. of suet, 1 egg, 4 tablespoonsful of bread-crumbs, chopped parsley, chopped thyme and marjoram, salt, pepper, lemon rind, mashed potatoes.

Cut the meat up into small pieces about three inches long and quarter of an inch thick.

Chop up the trimmings of meat finely with the suet ; put these in a basin with the chopped herbs, bread-crumbs, grated lemon rind, and a good seasoning of salt and pepper.

Beat up the egg and add it to the mixture. Spread a good layer of this on each slice of beef, roll it neatly up, and tie it round securely with a piece of string. Put about a pint of gravy or stock in a stewpan. Put in the rolls of beef, and let them stew gently for about three-quarters of an hour. *Remember the meat has already been cooked and only needs reheating, not re-cooking.*

Be very careful that the gravy never actually boils, or the rolls will be tough. Lift the rolls out of the gravy and keep them hot.

Mix about two teaspoonsful of flour smoothly with a little cold stock or water, pour it into the gravy, and stir over the fire

until it boils well and thickens; season carefully. It should be of a good brown colour.

Arrange a neat bed of mashed potato down the middle of a hot dish, arrange the olives on this, and strain the sauce over.

CURRY OF COLD MEAT.

Proportions.—1 lb. of cold meat, 1 onion, apple and chutney, 1 oz. of butter, $\frac{1}{2}$ pint of stock, $\frac{1}{2}$ oz. of bacon chopped very fine, flour, 1 tablespoonful of curry powder, squeeze of lemon juice, a little grated carrot, and chopped raisins, salt.

Finely mince the onion, place in a stewpan with the butter and bacon, also apple and raisins, and fry to a golden brown, then add flour and curry powder. Stir well together and add stock, then boil for about half an hour. Add meat and lemon juice and chutney, and simmer gently until the meat is thoroughly heated through.

Curry should be served up with freshly-boiled rice. Make a border of rice round a flat dish, pour the curry in centre, and garnish round dish with shapes of lemon and hard-boiled eggs.

The following dishes are suggested as being suitable for making good breakfast dishes from corned beef.

CURRY.

Proportions.—Cold corned beef, 2 ozs. of dripping, 1 apple, 1 onion, 1 teaspoonful of curry powder, 1 teaspoonful of curry paste, 1 dessertspoonful of flour, 1 teaspoonful of lemon juice, 6 ozs. of boiled rice, salt and pepper.

Cut up the onion and the apple finely; cut the meat into slices; put the dripping into a small saucepan and when it is hot add the onion; fry the onion brown, strain it, and return the dripping to the saucepan; add the curry powder, paste, flour, chopped apple, and salt, and stir in gradually half a pint of cold water.

Bring to boil and then simmer for half an hour with the lid off. Add the meat, let it get hot through, add lemon juice, but do not let it boil again. Serve with boiled rice.

SAVOURY BEEF ROLLS.

Proportions.— $\frac{1}{2}$ lb. of corned beef, 1 lb. of mashed potatoes, 2 eggs, $1\frac{1}{2}$ ozs. of flour, handful of crushed vermicelli, pepper

and salt, dessertspoonful of chopped parsley, tablespoonful of melted butter sauce.

Mince up the meat very fine, removing skin and gristle, season the mince with pepper and salt, mix with the sauce and add the chopped parsley. Have ready the mashed potatoes, work in the flour, beat up the eggs, add the same, retaining sufficient to brush over the rolls, season to taste, and stir over the fire in a stewpan to form a stiff paste.

Roll out the paste a quarter of an inch in thickness, cut it in oblong pieces about 4 inches long and 2 inches across, put a dessertspoonful of meat upon each piece, wet the edges, turn over to give it the shape of roll, press down the ends firmly and trim. Brush the tips with beaten egg, sprinkle with crushed vermicelli; place on a greased baking sheet, and bake in a hot oven until of light brown colour; dish up and serve hot.

CROQUETTES OF CORNED BEEF.

Proportions.—1 lb. of meat, 1 gill of stock, $\frac{1}{2}$ oz. of flour, 1 oz. of dripping, 1 small onion, parsley, nutmeg, pepper and salt.

Chop the meat fine, chop the onion fine and fry (without burning) in the dripping, add the flour and stock, chop the parsley fine, boil the sauce well, and add the chopped meat and parsley, a grate of nutmeg, pepper and salt.

Turn out on a plate to cool. When cold, make into balls, egg and bread-crumbs, and fry in a hot fat.

SHEPHERD'S PIE.

Proportions.—1 lb. of cold meat, pepper and salt, $1\frac{1}{2}$ lbs. of potatoes, 1 oz. of dripping, 1 tablespoonful of milk.

Scrub, peel and boil the potatoes; any remains of cold potatoes may be used instead of boiling fresh ones; rub them through a sieve, melt the dripping in the milk, add the potatoes to it. Cut up the meat and place in a pie-dish with pepper and salt; add a little well-seasoned gravy. Cover the pie-dish with the mashed potato, smooth it neatly with a knife dipped in hot water. Mark it over with a fork. Bake the pie for three-quarters of an hour.

KEDGEREE.

Proportions.— $\frac{1}{2}$ lb. corned beef, $\frac{1}{4}$ lb. of rice, 2 eggs, 2 ozs. of butter, cayenne pepper, salt and nutmeg.

Wash and boil the rice, boil the eggs very hard, break the meat in pieces, take the eggs, break off the shells and cut the whites into small square pieces. When the boiled rice is dry, melt the butter in a stewpan and add the rice to it, then add the meat, white of egg, cayenne pepper, a little grated nutmeg and salt. Mix them well together and serve on a hot dish. Break up the yolks of eggs and sprinkle over the kedgerree.

RICE CUTLETS.

Proportions.— $\frac{1}{4}$ lb. of rice, $\frac{1}{2}$ lb. of corned beef, 1 onion, salt and cayenne, $\frac{1}{4}$ lb. of suet, 2 ozs. of bread-crumbs. (Sufficient for about 16 cutlets.)

Boil the rice and strain it, boil the onion and chop it up; chop the meat and the suet very small and mix it with the rice, bread-crumbs and onions: sprinkle a little salt and cayenne pepper over it; mix well together with a little warm stock, cook a little to make a paste. Let the mixture set in a plate; cut into the shape of mutton cutlets, egg and bread-crumbs, and fry a golden brown. Serve with fried parsley in the centre.

GATEAU OF CORNED BEEF.

Proportions.— $\frac{1}{2}$ lb. of meat, 2 ozs. of bread-crumbs, 1 shalot, $\frac{1}{2}$ oz. of fat, $\frac{1}{2}$ gill of gravy, 1 teaspoonful of parsley, 2 yolks and 1 white of egg.

Grease a cake-tin and well cover the inside with brown bread-crumbs, mince the shalot and the parsley; fry the shalot in the fat, then mince the meat; put all the ingredients in a basin and mix with the gravy and the eggs beaten; put into a cake-tin. Bake in a steady oven for three-quarters of an hour.

SCOTCH COLLOPS.

Proportions.— $\frac{1}{2}$ lb. of meat, 1 oz. of butter, 1 onion minced finely, salt and pepper, gill of stock or water.

Mince up the meat, then dissolve the butter and fry the meat light brown; sprinkle with a little flour, then add the

stock or water, the minced onion, and seasoning. Simmer for one hour. Serve with sippets of toast.

RISSOLES OF CORNED BEEF.

Proportions.— $\frac{1}{2}$ lb. of corned beef, $\frac{1}{2}$ gill of stock, small onion, dessertspoonful of flour, parsley, nutmeg, pepper and salt, $\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. of dripping or butter, 1 egg, bread-crumbs, fat for frying.

Chop the meat very fine, chop up the onion, fry it lightly in a little dripping, add the meat. Stir a few seconds over the fire, add then a little flour, and last of all the stock; season with pepper, salt, and a little grated nutmeg and chopped parsley. Spread on a plate to cool.

Put the flour in a basin, add a pinch of salt, shred the dripping finely (or, if you use butter, divide into little bits), and rub in the flour with the tips of your fingers; when well mixed and perfectly smooth, add a little water, and make into a stiffish paste, then roll out on a floured board; stamp out some rounds about $3\frac{1}{2}$ inches in diameter, put some of the prepared meat mixture in the centre of each, brush the edges with beaten egg or water, fold over to form a half circle, press the ends together so as to well close the edges, beat up the egg, dip the rissoles in it, crumb well, and fry in hot fat.

BUBBLE AND SQUEAK.

Proportions.— $\frac{1}{4}$ lb. of cold potatoes, 2 ozs. of bacon (fat), cooked, $\frac{1}{4}$ lb. of cabbage or other vegetables, salt and pepper. Chop the cabbage, mash the potatoes, and cut the bacon into dice, mix well together. Fry the mixture in a hot frying pan until the vegetables are brown on both sides, shaping it into a flat cake the size of the pan.

(ANOTHER WAY.)

Proportions.—Remains of cold corned beef, cold cabbage, cold potatoes, pepper and salt.

Cut the corned beef into thin slices and fry; place on a flat dish. Fry the cabbage and potatoes with a little butter and season to taste. Place the vegetables over the meat and serve very hot.

FRIED POTATOES.

Slice the potatoes, lay the slices in the hot fat in the frying pan and fry golden brown, drain and sprinkle with pepper and salt.

POTATO BALLS.

Proportions.— $\frac{1}{2}$ lb. of cold potatoes, $\frac{1}{2}$ oz. of fat melted, chopped parsley, 1 egg, bread-crumbs, salt and pepper.

Rub the potatoes through a sieve and mix all the dry ingredients together. Melt the fat and add this to the potatoes with half the yolk of egg. Roll into balls about the size of a large walnut; brush with beaten egg, coat with crumbs, and fry in hot fat.

POTATO STRAWS.

Wash and scrub the potatoes, then cut them into thin slices, and cut these again into very small thin strips like matches. Dry them lightly in a soft cloth, then fry them a golden brown in hot fat. Drain by placing on hot paper.

SCRAPS OF BEEF OR MUTTON.

These may be well used up in the following manner:—Well butter a pie-dish and shake over it a good layer of bread-crumbs. Cut the meat into pieces as desired and place a layer of it into the dish, then a layer of tomatoes sliced, sprinkle over with parsley, onion, salt and pepper; next put a thick layer of bread-crumbs, then more meat, and so on until the dish is full, finishing off with a thick layer of bread-crumbs. Put some butter, cut into tiny bits, on the top. Put the dish in the oven and bake for about half an hour, or until the pie is hot through and nicely browned. A few scraps of cooked or raw ham mixed with the other meat will be found a distinct improvement.

COLCANNON.

Proportions.— $\frac{1}{2}$ lb. of cold boiled potatoes, $\frac{1}{2}$ lb. of cold cabbage, dripping, salt and pepper.

Crush the potatoes with a fork, chop up the cabbage small, mix well together. Place them in a saucepan with one ounce of dripping, salt and pepper. Stir well over the fire until the dripping is melted and mixed with the vegetables. Grease a pie dish, and put in the mixture. Bake in a hot oven for twenty minutes. Turn on to a hot dish and serve.

HAMBURG STEAK.

Proportions.—2 lbs. steak, a few herbs, salt and pepper, 1 egg, 2 tablespoonsful butter, tablespoonful of chopped parsley, tablespoonful of Worcester sauce.

Mince the steak very finely and season well with pepper and salt; mix in the parsley, herbs, sauce and egg; then make the mixture up into balls. Place the butter in a frying pan, and when hot put the balls in and fry to a nice brown, turning them over from time to time. Serve at once sprinkled with the chopped parsley.

WELSH RAREBIT.

Proportions.— $\frac{1}{2}$ lb. of cheese (grated or cut into small pieces), 1 oz. butter, 2 tablespoonsful of ale (or milk), 1 teaspoonful of made mustard, hot buttered toast.

Melt the butter in a stewpan, add the cheese, stir until melted, then add the ale or milk gradually; mustard and other seasoning to taste. Have ready some hot buttered toast; pour the cheese preparation on to it, and serve as hot as possible.

Macaroni Cheese.

Proportions.—2 ozs. of macaroni, $\frac{1}{2}$ pint of milk, 1 oz. of butter, 3 ozs. of grated cheese, $\frac{1}{2}$ oz. of flour, salt, cayenne pepper. One teaspoonful of made mustard.

Put a saucepan of water on the fire to boil; put in the macaroni with one teaspoonful of salt, and boil till tender; then take out the macaroni, cut it up into convenient pieces, and throw the water away. Melt 1 oz. of butter, stir in the flour, and add the milk and seasoning. Boil it well, put in the macaroni, let it cool a little, then add half the cheese. Turn it out on to a greased dish or tin, put the rest of the cheese over it. Brown in the oven for ten minutes

Scotch Woodcock.

Proportions.—2 eggs hard-boiled, 1 oz. of butter, slices of toast, anchovy paste.

For *Sauce.*—1 gill of milk, 3 raw yolks of eggs, chopped parsley. Pound the hard yolks, butter and paste, and spread on the toast after seasoning with cayenne and salt. Spread all sides of the toast. Mix the milk and three raw yolks in a basin and cook over the fire. Season and pour over the toast. Some parsley may be put in the sauce, and decorate the top with chopped parsley.

The dish looks like a sandwich covered with sauce, not much to look at but very good.

PART VI.

FISH.

There are three classes of fish :—

- (1) Oily fish, such as salmon, eels, herrings and mackerel. The flesh of these fish is dark, because the oil is distributed throughout the flakes, and, although it is richer and more nutritious than the flesh of white fish, it is more difficult to digest.
- (2) White fish, such as whiting, soles, cod and plaice. The oil, or fat, in these fish is stored in the liver, with the result that the flesh is light, digestible, and particularly white in appearance. For invalids white fish should always be selected, never the oily kinds.
- (3) Shell fish, such as oysters, crabs, lobsters, &c. These fish, with the exception of the almost self-digesting oyster, are less wholesome than the other classes, owing to the close texture of the flesh.

Fish must be fresh and well cooked. Stale or undercooked fish is not only unpleasant to eat but also is positively dangerous.

Fresh-water fish must be cleaned at once, since, if left uncleaned for long, it will develop a muddy flavour which is most disagreeable. If the fish smells at all muddy it should be washed or even soaked. Early cooking is important.

Staleness in fish is not easily detected when the fish has been kept on ice ; but its apparently fresh condition rapidly changes when once removed from the ice.

Fish is best when cheap and plentiful, for when scarce and dear it is usually out of season.

White fish are best when fried ; oily fish when baked or grilled, since, if cooked in fat, they become even richer than before. As it lacks fat, and fat is essential for health, white fish should be eaten with a sauce composed of butter and milk, &c. Bread and butter and some starchy food, such as potatoes, should always be eaten with fish to render the meal of greater dietary value.

When selecting fish it is important to observe that—

- (1) the eyes are full and bright.
- (2) the gills are a clear bright red.
- (3) the body is stiff.
- (4) the flesh is firm and elastic to the touch.
- (5) the smell is fresh, not unpleasant.
- (6) girth is large in comparison to length.

Very large fish should be avoided, as it is probable they are old and the fibres stringy.

Special Hints for Special Fish.

Salmon.—The head and tail should be small; shoulders thick; scales, clear and silvery; and the flesh a bright yellowish red.

Cod.—The head should be large; tail small; shoulders thick; liver, creamy white; and the skin clear and silvery, with a bronze-like sheen.

Mackerel.—The markings on skin should be very bright and distinct, and the underside should be a creamy white.

Plaice.—The body should be thick, the spots on skin bright orange and the skin itself unwrinkled. The white side, moreover, should be of a pinkish not a bluish tint.

Soles, Brill and Turbot.—The body should be thick, the skin bright and unwrinkled, and the underside a creamy white.

Eels are best bought alive and should be from 1½ lb. to 2 lb. in weight, and silvery in appearance.

Smelts.—Should have a faint smell resembling that of a newly cut cucumber.

Lobsters, Crabs, Shrimps and Prawns.—The tails, when pulled out straight and then loosened, should spring back and clip tightly against the body. Lobsters with incrustations on the shell are usually old and tough.

Oysters.—The shells must be tightly closed, and preference should be given to the small kinds with fairly smooth shells.

All fish should be washed in salt and water with the exception of dried and smoked fish, which should be wiped with a damp cloth, to preserve as much of the flavour as possible, and salt fish, which requires soaking in cold water to

extract some of the salt. The eyes, gills and scales should be removed from all whole fish, the fins and tail trimmed, and the inside thoroughly cleaned and wiped.

Turbot is served with the fins left on, and red mullet and smelts are usually left undrawn.

When scaling round fish begin at the head and work downwards, but for flat fish reverse the direction and begin at the tail.

Fresh-water fish should be left to soak in strong salt and water, after washing to remove the muddy flavour they frequently possess. When skinning round fish, proceed from head to tail to prevent the flesh coming from the bones; flat fish are skinned from tail to head.

To fillet fish successfully, a sharp knife must be used. The fish should be laid flat on the board with the tail towards you, and the white side of the fish downwards. Cut round the head bone, and across the tail. Next cut round the edge of the fins where the flesh ends. It is simplest to cut the fins off, but, if preferred, merely cut down to the bone. Turn the fish over and cut through the white skin down to the bone. Next make a long cut down the backbone on each side of the fish, making sure to cut down until the bone can be felt with the knife.

First remove the fillet on the left side of the fish by putting your finger into the cut down the backbone, drawing back the flesh with the left hand, and cutting it off the bones with the knife held very flat. Make long smooth cuts with the knife, always cutting towards you. Be careful that with each cut the knife feels the bone, then no flesh will be left on it. Continue to draw back the flesh, and cut it away from the bone until one fillet is cut right off.

Now turn the fish so that the second fillet is on your left hand, then remove it in the same way as the first. When this is done, the upper part of the fish will have all the bones exposed. Next, turn the fish over and remove the two under fillets in exactly the same way, remembering the fillet that is being removed should always be on your left hand.

There will be four fillets in all, and if the operation has been neatly performed, the skeleton will be complete, with no gaps in the fin bones round.

If there should be some bones missing from the skeleton, feel carefully over the fillets. They will probably be still adhering to the flesh, so cut them off carefully.

Put all the bones and fish trimmings into a saucepan with water to well cover them, and let them cook steadily for 20 minutes; then use the stock as the foundation of the sauce to serve the fish.

Cut each fillet in two or three pieces, according to its size. It is best to cut in a slanting direction; the pieces are then a better shape than if the fillets were cut straight across.

To Skin Plaice.

The black skin of plaice is objectionable, and should be removed before cooking the fish. To do this lay the fillet of fish on the board with the black skin downwards. Dip the fingers in salt to prevent them from slipping. Take hold of the tip of the tail end of the fillet, hold the knife very flat, cut up a little piece of the white flesh of the fish, taking care not to cut through the skin. Continue to cut off the flesh, rolling it backwards with the knife and holding the flap of black skin carefully and tightly down. The white skin need not be removed.

All flat fish, such as soles, brill, etc., are filleted in the same way.

Hints on Frying Fish.

After washing the fish, dry it well.

There are three ways of preparing fish for frying, viz., by dipping it in milk and flour; by coating it with prepared batter; and by egging and crumbing, the last being the nicest method, but it is also the most expensive.

The pan used for frying should contain sufficient fat to thoroughly cover the fish. Dripping, lard, or oil can be used for frying purposes.

The fat must be quite hot before the fish is put in so as to harden the outside, thus preventing the fat from entering into the fish, which would spoil the flavour, and also make it indigestible.

Only a small quantity of fish should be fried at a time, and the fat should be allowed to get thoroughly hot before the next lot is put in the pan.

As soon as the fish is done, drain it and place it on paper, so as to absorb all the fat. It should be dished up on a folded paper placed on a hot dish.

When your frying is completed, allow the fat to cool a little, strain it to remove any loose crumbs or bits of batter; the fat will then be quite fit for future use.

To Egg and Crumb the Fish.

Beat up an egg on a plate, and have some bread-crumbs ready. Mix together on a plate about a tablespoonful of flour, one teaspoonful of salt, and half a teaspoonful of pepper. Dip each piece of fish in this seasoned flour, to try and flavour it. Next brush each piece of fish over with the beaten egg, and cover it with crumbs, pressing these down gently with a knife, so as to give a smooth even surface.

Hints on Boiling Fish.

Clean and wash the fish in plenty of cold water well salted to make the flesh firm. Cod, haddock, whiting, couger eel, mackerel, hake, etc., are best suited for boiling.

The fins should be cut off and the eyes taken out if a small fish, such as haddock, whiting, or mackerel.

Put the fish into warm water; add salt and vinegar to taste. Vinegar helps to keep the flesh firm and white.

Allow about 10 minutes for each pound of fish, and 15 minutes over if large. A moderate sized fish usually takes from 15 to 20 minutes to cook. Fish must not be allowed to boil fast; the slower it boils the better. When done lift it out carefully; let it drain, and place it on a hot dish. Serve it with melted butter, parsley, caper, egg, or anchovy sauce. Boiled fish when once cooked should be served promptly.

Fish whose flesh is somewhat tasteless may be made into very good useful food by being stuffed or stewed, whereas by being simply boiled they are quite unpalatable.

In the case of fish puddings, pies, cakes, curries, etc., great care must be taken to remove all bones.

To Broil a Bloater or Kippered Herring.

Wipe the fish with a damp cloth, place it on a greased gridiron, and cook over or before a bright fire for about ten minutes. Spread a little butter over the top before serving.

Soused Mackerel.

Proportions.—6 fresh mackerel, 12 peppercorns, 1 blade of mace, 1 gill of vinegar, $\frac{1}{2}$ gill of water, salt. Wash and clean the mackerel, cut off the heads and fins, remove the backbones carefully. Roll up the fish and place them in a pie dish. Mix all the other ingredients together, and pour over the fish. Cover the dish closely with greased paper, and bake in a cool oven for about half an hour. Serve cold.

Pickled Pilchards.

Place the fish in layers in a large baking dish, scattering 1 dozen cloves, 4 bay leaves and seasoning evenly over them. Mix 2 teaspoonsful of Yorkshire relish, 2 tablespoonsful of vinegar, and a little water together and pour over the fish. Place little pieces of butter over the fish and bake in the oven. Serve cold.

Baked Fish.

Proportions.—Half a pound of cod (or any white fish), salt and pepper, 2 tablespoonsful of bread-crumbs, chopped parsley, sweet herbs, an egg, one small rasher of fat bacon. Wash and dry the fish thoroughly. Lay it on a greased tin. Mix bread crumbs and seasonings together, bind with the egg. Lay this mixture on the fish, and cover with the rasher of bacon, and bake in a moderate oven for 15 minutes.

If you are cooking a haddock put the stuffing inside the fish and sew it up.

Steamed Haddock.

Wash and clean the fish. Place in the steamer over a saucepan containing boiling water, vinegar, and salt. Steam for half an hour. Serve hot, with or without sauce.

Finnan Haddock.

Wipe the fish, put it into a greased tin, pour milk and water over. Cover with a piece of paper and bake for 20 minutes. Place on hot dish, sprinkle with pepper and pour the liquid round.

Salt Cod and Egg Sauce.

Proportions.— $1\frac{1}{2}$ lb. of salt fish, 1 egg (hard boiled), $\frac{1}{4}$ pint of milk, $\frac{1}{2}$ oz. of fat, $\frac{1}{2}$ oz. of flour, seasoning.

Cut the fish into pieces and steep in cold water for several hours. Drain the fish and put into a saucepan. Cover with cold water and bring to the boil and simmer for half an hour. Serve on a hot dish with sauce over. To make the sauce: Cut up the hard boiled egg. Melt fat, stir in flour, and the milk gradually, boil, add chopped egg and seasoning.

Stewed Fish.

Proportions.—1 plaice, $\frac{1}{4}$ pint of milk, pepper and salt, 1 teaspoonful of flour, $\frac{1}{4}$ oz. of fat, pinch of mace and nutmeg.

Wash, fillet, and skin fish, sprinkle each fillet with salt, pepper, and spices. Roll up and tie with cotton. Place in a saucepan, pour milk over, and stew gently for ten minutes. Mix the fat and flour together on a plate, remove the fish, add the blended fat and flour to the milk; boil for five minutes, keeping fish hot in the meantime. Let the sauce cook thoroughly, and pour over fish.

Broiled Mackerel.

Clean your mackerel, wipe it on a dry cloth, cut it open down the back, and lay it on a clean hot gridiron over a clear slow fire; when one side is done, turn it and cook the other.

Mix a little finely chopped parsley, salt and pepper, with half an ounce of butter; when the fish is cooked spread this butter on it, and serve very hot.

Fish Mould.

Proportions.—1 lb. of cooked fish, 3 ozs. of bread crumbs, 1 oz. of butter, 2 eggs, $\frac{1}{4}$ pint of milk, anchovy essence, salt and pepper, 1 tablespoonful cream.

Break up the fish into small pieces, and add to the bread crumbs a little anchovy essence, eggs well beaten up, milk, butter cream, salt and pepper. Mix and pour into a greased mould, and steam for about one hour. Turn out and serve with parsley sauce.

Fish Pie with Potato Crust.

Proportions.—1 lb. of cold fish (cooked), 1½ lbs. of cold potatoes, 1 oz. of dripping, 2 tablespoonsful of milk, salt and pepper.

Rub the potatoes through a sieve or break them up well in a basin with a fork. Melt the dripping with half the milk and stir into the potatoes. Break the fish up into small pieces, put it into a pie-dish, and sprinkle it with pepper and salt; add the rest of the milk or some fish liquor. Cover the pie-dish with the mashed potato, smooth it neatly with a knife dipped in hot water, mark it over with a fork, and bake it for three-quarters of an hour.

Fish Pudding.

Proportions.—1 lb. of fish, 2 ozs. of bread-crumbs, 4 ozs. of suet, 2 eggs, 1 gill of milk or fish liquor, chopped parsley, salt and pepper.

Take all the bones and skin away from the fish, chop the suet very finely, put the fish and suet into a mortar and pound well together; add the bread crumbs, eggs, parsley, fish liquor, and season with salt and pepper. When well pounded and mixed, put into a pudding basin and boil or steam for one hour. Serve with egg sauce.

Fricassee Fish.

Proportions.—1 lb: of fish, ½ pint of water, ¼ pint of milk, mace, nutmeg, sweet herbs, 1 oz. of butter, 1 oz. of flour, salt, pepper, a few drops of lemon juice.

Put the butter and flour into a stewpan, and mix well together. When well mixed, pour in the milk, stir well, let it boil till the flour is cooked (about ten minutes), fillet the fish, and put the bones into half a pint of water, with a blade of mace, a bunch of sweet herbs, a little nutmeg, and salt and pepper. When this has boiled for half an hour, strain it, and stir it into the milk. Put the fish into this sauce, and let it cook for 15 minutes; just before serving add a few drops of lemon juice.

Scolloped Fish.

Required.—Cold cooked fish of any kind, bread crumbs, butter, fish liquor, salt and pepper.

Butter a scollop tin, sprinkle on it a layer of bread crumbs, then a layer of fish broken up into pieces, salt, pepper, and bits of butter; cover this with more bread, crumbs and bits of butter, pour on a little fish liquor, and bake for ten minutes.

Kedgerree.

Proportions.— $\frac{1}{2}$ lb. of boiled fish, $\frac{1}{4}$ lb. of rice, 4 ozs. of butter, $\frac{1}{2}$ pint of milk, 2 eggs, cayenne pepper, nutmeg, salt.

Blanch the rice in water and boil for ten minutes; then strain off the water and boil in half a pint of milk; the rice must be quite soft. Boil the eggs very hard, break the fish in pieces, and carefully remove all the bones; cut the whites of the eggs into small square pieces, melt the butter in a stewpan, and add the rice to it; then add the fish, white of egg, cayenne pepper, a little grated nutmeg, and salt. Mix them well together, and serve on a hot dish, and sprinkle the yolks of eggs over it. Dried haddock makes very nice kedgerree.

Fish Cakes.

Proportions.—1 lb. of boiled fish, $\frac{1}{2}$ lb. of potatoes, 1 oz. of butter, 2 eggs, 1 tablespoonful of milk, salt, and pepper.

Any remains of cold fish may be used, and cold potatoes also. Put the potatoes through a wire sieve; put the butter and milk into a stewpan; when hot add the potato, the pieces of fish broken up small, the yolk of one egg, salt, and pepper (cayenne for choice). Make the mixture up into balls of one tablespoonful each, flatten them into cakes, brush them over with egg, cover with bread-crumbs, and fry in hot fat.

This mixture may also be made into a fish pudding. Grease a flat tin, shape the mixture as desired, brush over with egg, and bake for a quarter of an hour.

Fish Curry.

Proportions.— $\frac{1}{2}$ lb. of cold boiled fish, 1 onion, $\frac{1}{2}$ pint of fish stock, small piece of fat, lemon juice, 4 ozs. of rice, dessertspoonful of curry powder, slice of apple, salt, and dessertspoonful of flour.

Fry the onion in the fat (taking care not to brown it), strain and add curry powder, flour, apple and stock. Cook for a few minutes, add fish broken up, simmer gently for five

minutes, and re-heat. Add the lemon juice, and serve, surrounded by the rice previously boiled for the purpose.

Cold Fish (left over).

When fish is left there is very often a small quantity of sauce also left over, but if not, make some plain white sauce, and add a little anchovy essence or parsley to it.

Remove the skin and bones from the fish before it is cold, mix with sufficient sauce to moisten, then turn into a buttered dish and heat through in the oven.

Another way is to sprinkle the dish with bread-crumbs and a little grated cheese, put the fish and sauce in, and cover the top with a layer of crumbs and cheese.

Heat through and nicely brown the top in oven.

Fish can always be augmented by rice or potato and made into an appetising dish.

Salmon Steak.

Butter a tin dish, sprinkle one cut side of the salmon with salt, pepper, and vinegar or lemon juice. Lay this side on the dish, then treat the upper side in the same way. Cover entirely with a piece of buttered paper, pressing it closely against the fish to keep in the steam and flavour.

Bake in a good hot oven for 20 minutes. When done the fish will easily separate from the bone; remove the paper and serve hot or cold, according to desire. If cold, divide the fish into suitable portions; arrange some salad on a dish, place the pieces of fish on it, skin side (the skin having been removed) downwards, *partly* cover each with mayonnaise sauce, letting the pink sides show, garnish the salad according to taste. A few watercresses, radishes cut in rings, slices of hard-boiled eggs, or of cucumber, are an improvement, and sufficient mayonnaise sauce should be allowed to make the salad palatable.

Sardines (left over).

When there are only a few sardines remaining they can quickly be made into sardine toasts by removing the skin and bone, mashing them up with a fork, adding salt, pepper, and

vinegar to taste and spreading the mixture on neat squares of hot-buttered toast, and placing them in the oven until the mixture is hot through.

Oyster Patties.

Proportions—12 oysters, 1 oz. of flour, 1 oz. of butter, $\frac{1}{4}$ pint of oyster liquor and milk mixed, $\frac{1}{4}$ pint of cream, salt, pepper, mace, cayenne.

Roll out some puff paste; cut into rounds and take a smaller cutter to make a mark in the centre of each; bake in a hot oven for 20 minutes; take out the centre piece and fill in with the above carefully prepared as follows, viz.:—Melt the butter in a pan, add flour, milk, and cream gradually; bring to the boil, add seasoning and oysters.

After filling the pastry case, replace the ring of pastry, and serve hot.

How to dress a Crab.

Break off the large claws, then open the crab by separating with your hands the body from the top shell, in which there is a brown and white creamy matter. Take this, and with salt, pepper, and vinegar to taste, mix it with as much bread-crumbs as to get a solid paste. Wash out the top shell, and fill each end with this paste, leaving a place in the middle for the white meat. Before picking the white meat out of the body of the crab, clear away the fungus part (called the dead man). Cut the white meat very small and fill in the shell between the brown paste. Then crack the claws, take out the meat, which, if carefully operated upon with a fork, will become finely shredded, and place this on top of the other white meat. Take some finely chopped parsley, and garnish round the bottom of the white part. Take the small claws or feelers, cut them at both ends, stick them together so as to form a chain, and lay round the dish on which the crab is served. Garnish dish with beetroot cut in shapes.

Lobster Filling for Patties.

Proportions.—1 tablespoonful of flour, 1 tablespoonful of butter, $\frac{1}{2}$ pint of milk, 2 tablespoonfuls of cream, seasonings, $\frac{1}{2}$ pint lobster meat.

Put the butter into a saucepan, and, when melted, add the flour, cook a few minutes, then slowly add the milk, and stir until boiled perfectly smooth. Into this stir the cream and the lobster meat cut in small pieces; season and allow to thicken. If carefully mixed with a wooden spoon, the filling will be very creamy.

Fish à la Victoria.

Proportions.—2 lbs. of whitefish, $\frac{1}{2}$ breakfast cup of milk, pepper and salt, 2 tablespoonsful of butter, 1 tablespoonful of chopped parsley, 2 ozs. of bread crumbs.

Cut the fish into nice fillets, roll the fillets and dip them in the milk, pack them tightly in a pie-dish, and sprinkle with pepper, salt and parsley. Cover with bread-crumbs, and on top of all distribute small pieces of the butter (one piece for each fish). Bake for 20 minutes or so, and serve at once.

PART VII.

PUDDINGS.

Yorkshire Pudding.

Proportions.—4 ozs. of flour, 1 egg, half-pint of milk, salt.

Salt the flour in a basin and make a well in the centre; break the eggs into the well with a little of the milk, and stir in the flour from the sides gradually until a thick smooth batter is formed.

This mixture will improve by being continually beaten for 10 minutes or so.

If time admits, let the batter stand (covered over) for an hour.

Grease the pudding tin, and put into it a little of the dripping from the meat you are roasting, then pour in the pudding and bake half an hour. When done, cut into squares and serve on a hot dish.

Bread Pudding.

Proportions.—4 ozs. of bread scraps, 4 ozs. of flour, 2 ozs. of suet, 2 ozs. of sugar, 2 ozs. of raisins, 1 oz. of currants, a little spice, half-teaspoonful of baking powder; milk for mixing.

Soak the bread in cold water. Chop suet, adding a portion of the flour, and clean the currants; stone the raisins. Mix together the sugar, suet, flour, spice, and baking powder; grease the pudding basin. Squeeze the water from the bread and mix the bread well with the other ingredients. Place in the basin, and cover and tie down with a scalded and floured cloth. Plunge into boiling water and boil for two to three hours. To enrich the pudding, an egg may be added.

Suet Pudding.

Proportions.—1 lb. of flour, $\frac{1}{2}$ lb. of suet, salt, water.

Chop the suet very finely and mix well with the flour and salt and then make a stiff dough, using cold water. Dip a pudding cloth into boiling water, dredge it well with flour and tie the dough up in the cloth, leaving room for swelling. Boil in plenty of water for $2\frac{1}{2}$ hours.

Note—Whenever suet for boiled puddings is not available to the extent of $\frac{1}{2}$ lb. of suet to 1 lb. of flour, the addition of a little baking powder will result in an improvement.

Plum Pudding.

Proportions.—5 ozs. of bread-crumbs, 7 ozs. of flour, $\frac{1}{4}$ lb. of suet, $\frac{1}{4}$ lb. of raisins, $\frac{1}{4}$ lb. of currants, 2 ozs. of moist sugar, 2 eggs, 1 gill of milk, salt.

Chop the suet as finely as possible, and rub it into the flour in a basin; add the bread-crumbs, sugar, baking powder, and salt. Clean the currants with a little flour; stone the raisins. Mix all the dry ingredients together, break the eggs in a basin and beat them up; add the milk to them and stir into the flour, etc. Mix well together, and put into a well greased basin, flour a pudding cloth, tie it securely over the pudding and put it into boiling water. Boil for three hours.

This pudding may be boiled in a cloth, and then will not take so long to cook.

Mincemeat.

Proportions.— $\frac{1}{2}$ lb. of apples, 6 ozs. of raisins, 6 ozs. of sugar, 6 ozs. of currants, $\frac{1}{4}$ lb. of figs, $\frac{1}{4}$ lb. of suet, $\frac{1}{2}$ oz. of ground ginger, $\frac{1}{2}$ oz. of mixed spice, rind and juice of one lemon.

Peel, core the apples and chop them up finely, with the lemon rind, mince the figs, stone and chop the raisins and clean the currants. Mix all these ingredients well together and keep in a covered jar. This will make a little over 2 lbs. of mincemeat.

Spotted Dick.

Proportions.— $\frac{1}{2}$ lb. of suet, 1 lb. of flour, $\frac{1}{4}$ lb. of currants, raisins or sultanas, salt.

Chop up your suet finely and mix it with the flour and salt, then add enough water to make a stiff paste. Roll out about half an inch thick, and spread the fruit over the paste; roll it up and wet the edges. Scald a pudding cloth, wring it out and flour it. Place the paste on to the cloth, and tie up tightly at both ends with a fastening in the centre (stitch or two of thread) allowing room for the pudding to swell,

Place in a saucepan of boiling water, and boil for one hour and a half.

Fruit Tart.

Proportions.—6 ozs. of flour, 3 ozs. of butter or dripping, 3 teaspoonsful of brown sugar, fruit.

Prepare the fruit and half fill the pie-dish with it; add the sugar and fill with the rest of the fruit. Make your pastry, and roll it out to the shape of the dish about one-third of an inch thick, and complete the tart as directed under the heading of pastry.

Roly-poly Pudding (Jam).

Proportions.— $\frac{1}{2}$ lb. of flour, 3 ozs. of suet, $\frac{1}{2}$ lb. of jam, salt, $\frac{1}{2}$ teaspoonful of baking powder, cold water.

Skin the suet, chop it finely with a portion of the flour, add salt and baking powder when well mixed, and then mix into a stiff paste. Roll the paste out into an oblong piece, spread jam on it, and roll it up. Place the roll in a scalded and flour cloth, and fasten the ends with string.

Put in boiling water and boil for one and a half hours.

Fig Pudding.

Proportions.— $\frac{1}{4}$ lb. of scraps of bread, $\frac{1}{4}$ lb. of flour, 3 ozs. of suet, $\frac{1}{4}$ lb. of figs, 3 ozs. of sugar, $\frac{1}{2}$ gill of milk, nutmeg, salt, $\frac{1}{2}$ teaspoonful of baking powder.

Soak the bread, chop the figs, skin, shred, and chop the suet finely. Mix flour, suet, sugar, salt and nutmeg, and baking powder. Squeeze bread and break it with a fork, add to other ingredients. Mix well, put in basin, cover with scalded and floured cloth, tie down, plunge into boiling water and boil for two to three hours. This pudding can also be steamed. Crumbs should then be used instead of soaked bread, and the pudding should be covered with greased paper and steamed for four hours.

Cold Fruit Pudding.

Proportions.—4 ozs. of bread, 1 lb. of fruit, 4 ozs. of sugar, water, salt.

Put sugar and water on to boil. Prepare the fruit and add it to the syrup. Simmer until soft. Line a basin or tin or pie

dish with bread. Pour the fruit into the basin and cover with bread. Put the basin on a plate, cover with another plate, and place a weight on it. When cold turn out and serve.

Stewed Fruit.

Proportions.—1 lb. of fruit, 2 ozs. of sugar, flavouring, 2 tablespoonsful of water.

Make syrup with the sugar and water, add the fruit, and simmer very gently until tender. If apples, the fruit should be first peeled, cored, and quartered. Rhubarb should be wiped, and, if old, stringed and cut into neat pieces. Prunes should be soaked overnight and flavoured with cinnamon.

Batter and Fruit Pies.

Proportions.—4 ozs. of fruit, 4 ozs. of flour, 1 egg, $\frac{1}{2}$ pint of milk, sugar, and salt.

Mix a batter as for pancakes (page 85); cook the fruit with the sugar in a greased pie-dish until tender; pour the batter over it, and bake for about half an hour in a moderate oven.

Christmas Pudding (for Ten Persons.)

Proportions.— $\frac{1}{2}$ lb. of beef suet chopped fine, $\frac{1}{2}$ lb. of moist sugar, 10 ozs. of carefully stoned raisins, 6 ozs. of chopped candied peel, $\frac{1}{2}$ lb. of currants (well washed and rubbed in a cloth), 3 grains of powdered cloves. The grated rind of a lemon, $\frac{1}{2}$ a drachm of powdered cinnamon, the sixth part of a nutmeg grated, 6 ozs. of flour, 2 ozs. of bread-crumbs.

Mix all the above well together, then add the strained juice of a lemon and half a gill of rum or brandy; stir for five minutes, then add four eggs, well beaten up, and a gill of milk. Beat the mixture for 20 minutes with a wooden spoon. Put into a well-buttered quart basin or mould. Tie over with buttered paper and a scalded and floured cloth. Place into boiling water and boil fast for six hours, adding to the water as it boils away. Turn out and serve with sauce.

Baked Apple Dumplings.

Proportions.— $\frac{3}{4}$ lb. of flour, $\frac{1}{4}$ lb. of clarified dripping or butter, $\frac{1}{2}$ teaspoonful of baking powder, 6 apples, moist sugar.

Make a crust with the flour, dripping, and baking powder, and divide it into six portions. Peel and core the apples and fill the centre with moist sugar. Place an apple in the centre of the paste and work the piece of paste round it till quite covered; do the same with all six. Grease a tin, place the apple dumplings on it, and bake for a quarter of an hour.

Cabinet Pudding.

Proportions.— $\frac{1}{4}$ lb. of stale bread free from crust, $\frac{1}{2}$ pint of milk, 1 egg, 1 oz. of sugar, 1 oz. of raisins or sultanas, butter.

Stone the raisins (if sultanas, clean), and put a few here and there on the side and bottom of a buttered basin or mould. Cut the bread into small squares, and with it fill the basin or mould lightly. Beat the egg, add sugar and milk, and pour over the bread. Let it stand long enough to soak the bread, cover with greased white paper, put it in a saucepan with enough boiling water to half cover the side of the basin; steam for about 40 minutes, turn out and serve.

A richer pudding may be made by substituting sponge cakes or biscuits for the bread.

Golden Pudding.

Proportions.— $\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. of treacle, 2 ozs. of suet, 1 gill of milk (or water), $\frac{1}{4}$ teaspoonful of carbonate of soda, 1 teaspoonful of ground ginger.

Chop the suet and mix with the flour and soda, add the treacle and milk and mix all well together. Pour into a greased basin; cover with a greased paper and steam for about two hours.

Bread and Butter Pudding.

Proportions.—4 thin slices of bread and butter, $\frac{1}{2}$ pint of milk, 1 tablespoonful of cleaned currants, 1 egg, salt, 1 dessertspoonful of sugar.

Fill a buttered pie-dish with alternate layers of bread and butter and currants. Beat the egg into a small basin, add the sugar, milk, and salt, and pour over the bread, &c. Bake in a moderate oven for about half an hour.

Lemon Pudding.

Proportions.— $\frac{1}{2}$ lb. of flour, 3 ozs. of chopped suet, 1 egg, rind and juice of $\frac{1}{2}$ a lemon, 2 ozs. of sugar, $\frac{1}{2}$ gill of milk, $\frac{1}{2}$ teaspoonful of baking powder, salt.

Mix the chopped suet, flour, sugar, salt, and grated lemon-rind, in a basin. Beat up the egg, add the milk, and stir into the dry ingredients. Put the mixture into a greased basin, cover with greased paper and steam for two hours.

Marmalade Pudding.

Proportions.—4 ozs. of flour, 4 ozs. of bread-crumbs, 4 ozs. of suet, 4 ozs. of sugar, 1 tablespoonful of marmalade (heaped), 1 egg, $1\frac{1}{4}$ gills of milk, $\frac{1}{2}$ teaspoonful of baking powder, salt.

Chop the suet finely, mix all the dry ingredients, add the marmalade, egg, and milk, stir well, pour into a greased pudding basin, cover with greased paper, and steam for two and a half hours. Serve hot with marmalade sauce round it.

Apple Charlotte.

Proportions.—4 large apples, 2 large cupsful of bread-crumbs, 1 tablespoonful of sugar, 1 oz. of dripping, salt.

Peel the apples thinly, cut them in quarters and take out the core. Grease a pie dish, line it with bread-crumbs, and fill it with layers of apples and sugar and a little grated nutmeg. Cover the top with bread-crumbs, put the dripping in little pieces on them and a piece of greased paper on the top. Bake *slowly* for an hour. Turn it out of the dish to serve.

Bread Fritters.

Proportions.—4 ozs. of flour, $\frac{1}{4}$ pint of milk, 1 egg, salt, 4 thin slices of bread, 4 tablespoonsful of jam. Mix salt and flour through a sieve. Break egg and make a batter with flour and milk. Beat well. Let it stand. Make sandwiches of jam and bread. Cut them into small triangular pieces. Dip into the batter, and drop into the frying pan of hot fat. When golden brown remove with slice. Drain well on soft paper. Lightly powder with white sugar and serve.

Apple Fritters.

Proportions.—4 ozs. of flour, 4 apples, whites of 2 eggs, 1 gill of tepid water, 1 oz. of melted butter, salt.

Put the flour in a large basin, add salt, melted butter, and tepid water gradually. Beat the whites of eggs to a stiff froth and stir them in lightly. Peel the apples, cut them in rings, remove the core, dip them in the batter, and fry a nice brown on either side. Serve with castor sugar dredged over.

Boiled Apple Pudding.

Proportions.— $\frac{1}{2}$ lb. of flour, $1\frac{1}{2}$ lbs. of apples, 4 ozs. of suet, 2 ozs. of brown sugar, 6 cloves, salt.

Chop up the suet fine, add it to the flour with half a salt-spoonful of salt, mix it with cold water into a stiff paste. Put large saucepan of water on to boil. Take one-third of the pastry, and roll out the rest in a round, about twice the size of the top of the pudding basin. Grease the basin thoroughly and put the pastry in to line it, cut up the apples in quarters, half fill the basin, put in the sugar and two table-spoonfuls of water and cloves; fill it up with the apples. Roll out the remainder of the pastry, wet the edge and put the top on, pressing the edges together and trim round. Take a pudding cloth, dip it into boiling water, dredge it with flour and lay it over the top of the basin. Tie it up but allow room for the pudding to swell.

When your water is quite boiling put in the pudding and let it boil two hours. Fill up the saucepan from time to time with boiling water.

For serving take the cloth off and carefully turn the pudding out on to a hot dish.

Baroness Pudding.

Proportions.— $\frac{3}{4}$ lb. of suet, $\frac{3}{4}$ lb. of flour, $\frac{3}{4}$ lb. of stoned raisins, $\frac{1}{2}$ pint of milk, 1 egg, $\frac{1}{4}$ teaspoonful of salt.

Chop the suet finely, stone the raisins, cut them in half and mix them with the flour, salt, and suet; add the egg and the milk. Stir well, tie in a cloth, and boil for $2\frac{1}{2}$ hours. Serve with castor sugar sifted over the top.

Pancakes.

Proportions.—4 ozs. of flour, 1 egg, $\frac{1}{2}$ pint of milk, sugar, salt, one lemon.

Put the flour into a basin, add the egg to it, and pour in gradually one gill of the milk. Beat in well and then add the rest of the milk. Strain the mixture into a jug; it is better to let this mixture stand before frying it if possible.

Put a small frying pan on the fire, put into it a piece of lard the size of a walnut, let it get quite hot, then pour in sufficient batter to cover the bottom of the pan thinly; when it has become a light brown on one side, toss it over to brown on the other side. Turn it out on a piece of white kitchen paper, dredge sugar over it, and a squeeze of lemon juice; roll it up and proceed in this manner until all the batter is used up. The above quantities are sufficient for 12 or 14 pancakes.

French Pancakes.

Proportions.—2 ozs. of flour, 2 ozs. of butter, $\frac{1}{2}$ pint of milk, 2 eggs, 2 ozs. of castor sugar, salt.

Cream the butter and sugar together, add the eggs, beat well, stir in the flour, and lastly the milk.

Grease a paper, fit it on a baking tin, and spread the mixture on it. Bake in a quick oven for 20 minutes.

Swiss Roll.

Proportions.—2 tablespoonsful of milk, 2 eggs, the weight of 2 eggs in sugar and flour, salt, $\frac{1}{2}$ a teaspoonful of baking powder, $1\frac{1}{2}$ ozs. of butter, jam.

Cream the butter and sugar, add half the flour and one egg well beaten, then add the remainder of the flour and the other egg, and mix well together; then add the milk and the baking powder and salt. Grease a paper, fit it on a baking tin, and spread the mixture on it; bake about 10 minutes, spread over it 3 large tablespoonsful of jam or marmalade, roll it up carefully, and sift castor sugar over it. In cold weather the chill should be taken off the milk.

The same ingredients make Canary pudding, leaving out the jam or marmalade, and it must be put into a mould and steamed one hour.

Treacle Pudding.

Proportions.—1 lb. of flour, 10 ozs. of suet, 10 ozs. of bread-crumbs, $\frac{1}{2}$ pint of treacle, 1 lemon, salt.

Chop up the suet very finely; add it to the flour with a pinch of salt; mix it into a stiff paste with a little cold water. Line a greased pudding-basin with the paste. Pour in a layer of treacle, then a layer of bread-crumbs and grated lemon-rind mixed, and so on alternately until the basin is full. Tie a pudding-cloth over the top of the basin, and boil for two and a half hours.

Windsor Pudding.

Proportions.—1 lb. of chopped suet, 6 eggs, 1 lb. of bread-crumbs, $\frac{1}{4}$ lb. of flour, $\frac{1}{2}$ lb. of candied peel, 1 lb. of currants, salt, $\frac{1}{2}$ lb. of moist sugar, 4 raw potatoes and 4 raw carrots, grated.

Mix all together well and boil for four to five hours.

Carlisle Pudding.

Required.—Thin slices of bread and butter, 2 eggs, powdered cinnamon, castor sugar, $\frac{1}{2}$ pint of milk. Vanilla or other flavouring, salt.

Well butter a pudding-basin, then sprinkle each slice of bread and butter with a little powdered cinnamon and castor sugar; fill up the basin with these slices.

Beat up the eggs, add the milk, sugar and salt, and flavouring to taste.

Pour this custard over the bread and butter, let it stand for about half an hour until the bread is quite soaked with the custard, before it is cooked.

Cover the top with a piece of greased paper and steam it for one and a half hours.

Replenish the saucepan as necessary with *boiling* water.

When done, turn the pudding carefully on to a hot dish, and serve with it either jam or stewed fruit.

Potato Roly Poly.

Proportions.— $\frac{1}{2}$ lb. of hot mashed potato, 2 ozs. of butter, jam, $\frac{1}{2}$ lb. of flour warmed, baking powder, salt, milk.

Mix the above together, and moisten with enough milk to form a light dough. Roll it out and spread with any jam that has no stones.

Roll and tie up in a cloth, and put in a saucepan of boiling water. Boil for about one and a half hours.

Pineapple Bouchées.

Slice a tinned pineapple very thinly, trimming off any hard parts. Cut some rounds of sponge cake, lay them on a dish, moisten them with pineapple syrup, and place a slice of the fruit on each. Dust with castor sugar, and drop a small, roughly shaped cone of whipped cream on the top.

Cherry Custard.

Place some thin slices of sponge cake in a pie dish, covering each layer with glacé cherries cut small, or with bottled cherries that have been stoned.

Pour a custard mixture over all and bake till set. When cold decorate with ratafia biscuits and cherries. Serve.

Cold Fruit and Sponge.

Required.—6 sponge cakes, 1½ lbs. of apples or other fruit, sugar, water, ½ pint of cream.

Line a basin with the sponge cakes cut into slices. Pour in some of the fruit stewed, then put a layer of cake, fruit, &c. until full. Place a plate and weight on top and allow to get cold. Turn it when cold on to a glass dish and decorate it with whipped cream.

To Whip Cream.

Take ½ pint of cream, add 1 teaspoonful of castor sugar. Beat very slowly until thick. Do not whisk too long or the cream will be curdled.

Cream Cornets.

Roll out some good paste (either short or puff) thinly. Cut into strips about $\frac{3}{4}$ inch wide and wrap round cornet tins. Bake in a hot oven for about 12 to 15 minutes. Allow to cool, then put in a half teaspoonful of jam and a little whipped cream

Coffee Mould.

Proportions.—1 pint of milk, $1\frac{1}{2}$ ozs. of cornflour, 2 ozs. of castor sugar, coffee essence.

Blend the cornflour with a little cold milk and stir it into the rest of the milk when boiling. Boil for eight minutes, stirring well. Take off the fire, add the sugar and sufficient coffee essence to flavour. Pour into a mould previously rinsed with cold water and set.

Cornflour Blancmange.

Proportions.— $1\frac{1}{2}$ ozs. of patent cornflour, 1 pint of milk, 2 ozs. of castor sugar, a small strip of lemon rind.

Blend the cornflour smoothly with a little milk, bring the remainder of the milk, with the lemon rind added, to the boil, remove the lemon rind, pour in the blended cornflour, add the sugar, then stir and boil for 5 minutes. Allow to stand until cold and firm. Turn on to a dish and place some jam at each corner. This blancmange may also be served with stewed fruit. A little longer boiling may be necessary in warm weather.

Rice Mould.

Proportions.— $\frac{1}{4}$ pound of ground rice, $1\frac{1}{2}$ pints of milk, 1 oz. of sugar. Flavouring.

Boil the milk, sprinkle in the ground rice and simmer for about 20 minutes. Add the sugar and flavouring and pour into a wetted mould. When cold turn out and serve with jam or stewed fruit.

Rice Pudding.

Proportions.— $1\frac{1}{2}$ ozs. of rice, $\frac{1}{2}$ oz. of sugar, $\frac{1}{4}$ oz. of butter, 1 pint of milk, cinnamon to flavour, salt, fat.

Grease the dish, wash the rice and mix it in the dish with the sugar and salt, then pour the milk over, put the butter in small pieces on the top, and sprinkle cinnamon or nutmeg on the surface. Bake in a slow oven for one hour and a half.

Sago, Tapioca, or Semolina Pudding.

Proportions.—2 ozs. of sago, 1 pint of milk, 1 oz. of sugar, 1 egg, flavouring, salt, grease for dish.

Rinse a saucepan with cold water, place in it the milk and cinnamon or lemon rind, and sprinkle in the sago when boiling, and allow it to simmer until the sago looks clear, then add the sugar. When the mixture is cool, add the egg, which must be well beaten up, and pour into a greased dish. Set the mixture in a slow oven for 20 minutes. The same proportions for either tapioca or semolina.

Cold Milk Pudding.

Cold milk pudding does not as a rule look very appetising, but with very little trouble it can be made into a delicious sweet.

First take off all the skin, then beat up the pudding with a fork, adding a little milk if necessary; it should be of a creamy consistency. Put a layer of stewed fruit or jam in a dish, and spread the pudding mixture smoothly over it.

Pour over all a good layer of boiled custard, leave until cold, and serve.

Boiled Rice and Stewed Fruit.

Proportions.— $\frac{1}{2}$ lb. of rice, 1 pint of milk, 1 oz. of sugar, flavouring, 1 quart of water, salt.

Wash the rice, put it into a saucepan of boiling water, boil for five minutes, strain. Put in the milk and simmer till the milk is absorbed. Add the sugar, salt, and flavouring, and put into a mould wetted with cold water; when cold, turn out and serve with stewed fruit round it.

Macaroni Pudding.

Proportions.—1 oz. of macaroni, 1 pint of milk, 1 egg, salt, 1 tablespoonful of sugar, grated nutmeg, or lemon rind.

Break the macaroni into short pieces, simmer it in the milk for 20 minutes, mix in the sugar and salt, and (when a little cool) the egg, well beaten. Flavour with the nutmeg or lemon rind, put into a greased pie dish, and bake about half an hour.

Arrowroot or Cornflour Pudding.

Proportions:—2 dessertspoonsful of arrowroot or cornflour, $1\frac{1}{2}$ pint of milk, castor sugar, 1 egg.

Mix arrowroot or cornflour, with a dessertspoonful of milk, into a paste. Put the remainder of the milk, with the sugar, into a clean saucepan and bring to the boil. Then pour the hot milk on to the paste, stirring well all the time to prevent the formation of lumps. Beat up the yolk of the egg and stir it into the mixture. Whip up the white of the egg to a stiff froth and stir it in lightly. Pour the whole into a buttered dish and bake to a light brown colour.

Currant Fritters.

Proportions.—3 ozs. of flour, 3 eggs, 4 ozs. of currants, sugar, salt, 4 tablespoonsful of boiled rice, $\frac{1}{2}$ pint or milk, nutmeg.

Stir the yolks of eggs and the flour, and add the milk gradually till a smooth and light batter is obtained. Add the salt to the whites of eggs and whisk stiffly. Stir them lightly into the batter, add the currants, rice, a grate of nutmeg, and enough castor sugar to sweeten. Drop the mixture by spoonful into hot fat, and fry to a light brown colour. Drain the fritters on a cloth or paper, and dredge with castor sugar.

Rice Pancakes.

Proportions.—2 ozs. of ground rice, 2 ozs. of flour, $\frac{1}{2}$ pint of milk, 3 eggs, 3 ozs. of butter, salt.

Boil the rice in a little water, till it is a jelly. Stir the milk into a flour, be careful to have no lumps. When the rice is cold stir the flour and milk into it, also the eggs lightly whipped, and the butter slightly warmed. Let this batter stand a little while, and fry as pancakes.

Baked Custard.

Proportions.—2 eggs, $\frac{3}{4}$ pint of milk, 1 tablespoonful of sugar, salt, a little butter, a grate of nutmeg.

Break the eggs separately into a basin, add the sugar, beat well, add the milk by degrees, and the salt. Pour into a buttered pie dish, grate the nutmeg over, and bake slowly in a very cool oven till well set.

Rhubarb Tapioca.

Proportions.—1 teacupful of tapioca, 3 small bundles of rhubarb, $1\frac{1}{2}$ pints of water, 4 ozs. of castor sugar, lemon-juice, salt.

Crush the tapioca as finely as possible. Wash it well, and soak overnight in half the water. Turn the soaked tapioca into a saucepan (double one, if possible), add the rest of the water, and let it boil gently until the tapioca is quite soft and transparent, keeping it well stirred.

Add the strained juice of a lemon and salt.

Stew the rhubarb until just tender with the sugar and a little water, then add it to the tapioca.

Mix all well together. Pour the mixture into a dish, and serve cold with cream or boiled custard.

Rhubarb Fool.

Proportions.—1 lb. of rhubarb, sugar, lemon-rind, 1 egg, salt, $\frac{1}{2}$ teaspoonful of ginger, $\frac{1}{2}$ pint of milk, 1 teaspoonful of flour.

Stew the rhubarb with the sugar, lemon-rind, and ginger. It should be rather thick. Set aside to cool. Make a custard with the milk and egg, thickened with the flour. Add salt. When cold add it to the rhubarb. See that it is sufficiently sweetened. Serve.

Queen Pudding.

Proportions.—1 oz. of butter, 2 eggs, flavouring, $\frac{1}{2}$ pint of water, 2 tablespoonsful of castor sugar, 1 breakfastcupful of bread-crumbs, 1 tablespoonful of jam, $1\frac{1}{2}$ tablespoonsful of condensed milk.

Dissolve the milk in the water and put it on to boil with the butter; when cooled a little add the *yolks* of the eggs well beaten, with flavouring; pour this on to the bread-crumbs, and bake in a buttered pie-dish for about half an hour until it sets, then spread the jam on top. Beat up the whites of eggs to a stiff froth, add the sugar, pile it on the top of the pudding, and put back in the oven for five minutes. Serve hot or cold.

Boiled Custard.

Proportions.— $\frac{3}{4}$ pint of milk, $\frac{1}{2}$ oz. of castor sugar, 3 eggs, flavouring.

Bring the milk to the boil, add sugar and flavouring as desired. Then add the well-beaten eggs, and strain into a jug. Place this in a saucepan of boiling water, and stir till the

mixture coats the back of the spoon and resembles thick cream. Allow it to cool, and serve as required with stewed fruit, fruit pies, &c.

Banana Cream.

Proportions.— $\frac{1}{2}$ oz. of gelatine, 3 bananas, 2 eggs, $\frac{3}{4}$ pint of milk.

Mix the gelatine with the milk, let it soak for an hour, then stir over the fire until thoroughly dissolved. Add the beaten yolks of the eggs, and stir until the mixture thickens. When nearly cold, add the bananas, sliced thin, and the whites of the eggs, well beaten, and pour into a wetted mould.

Fruit Compôte with Barley Cream.

Proportions.— $\frac{1}{2}$ lb. of fruit—pears, plums, &c.; $\frac{1}{4}$ lb. of sugar, 2 ozs. of barley, $\frac{1}{4}$ pint of water, 1 pint of milk, $\frac{1}{2}$ pint of cream.

Prepare the fruit. Boil the sugar and water together, then put the fruit into it and stew until tender. Wash the barley, and simmer in the milk until tender, add sugar (1 oz.) and allow to cool. Whip the cream stiffly, and stir it gradually and lightly into the barley. Pile it on a glass dish and put the fruit round.

Cheese Cake Mixture.

Proportions.—4 ozs. of castor sugar, 1 oz. of butter, 1 lemon (rind and juice), 1 egg, salt.

Divide the egg, beat the white to a stiff froth, put all into a saucepan, and stir until quite hot (not boiling) and thick. This mixture will keep for some time if kept in an air-tight jar.

PART VIII.

SAUCES.

Bread Sauce.

Proportions.—2 ozs. of bread-crumbs without crust; $\frac{1}{2}$ pint of milk, 1 small onion, 4 peppercorns, $\frac{1}{2}$ oz. of butter, salt.

Put the milk into a saucepan, and when it boils add the bread-crumbs, onion, peppercorns, and a little salt. Let this stand on the hot plate for 15 minutes. then take out the onion and peppercorns; stir in the butter and serve.

Parsley and Butter Sauce.

Proportions.—1 oz. of butter, 1 oz. of flour, 1 gill of milk, salt, $\frac{1}{2}$ pint of liquor meat has boiled in, chopped parsley.

Melt the butter in a stewpan, and stir in the flour; then add, slowly stirring all the time, half a pint of stock or liquor; let it boil and thicken. Add the milk, salt, and, last of all, the chopped parsley.

Onion Sauce.

Proportions.—3 onions (about $\frac{3}{4}$ lb.), 3 gills of milk, 1 oz. of flour, 1 oz. of butter, pepper and salt.

Peel the onions, cut them in quarters, and boil in a little water till quite tender, then strain them and throw away the water. Melt the butter, stir the flour into it, then add the milk and the onions chopped up, but not too finely, and stir till it thickens and the flour is cooked. Season with pepper and salt to taste.

Mint Sauce.

Proportions.—1 gill of vinegar, 3 table-spoonsful of chopped mint, 2 ozs. of moist sugar, a little salt.

Put the sugar and salt into the vinegar, and when both are *thoroughly dissolved* stir in the mint.

Egg Sauce.

Proportions.—1 hard-boiled egg, 1 oz. of flour, $\frac{3}{4}$ oz. of dripping, $\frac{1}{2}$ pint of stock (fish), salt and pepper.

Chop the egg into small pieces. Mix the flour with a little cold water, add the cold stock gradually. Boil up and simmer for 20 minutes. Season and add the chopped-up egg. Serve with white fish.

Tomato Sauce.

Proportions.— $\frac{1}{2}$ lb. of tomatoes, 1 onion, 1 carrot, herbs, 6 peppercorns, 2 ozs. of bacon, $\frac{1}{2}$ teaspoonful of cornflour, 1 gill of stock, salt.

Cut up the bacon and put it into a saucepan; peel and cut up the onion and carrot, put these into the saucepan with the bacon, add the herbs (thyme, bayleaf), salt, and the tomatoes sliced. Stir this over the fire for about five minutes, add the stock and cornflour, and boil for about 20 minutes until the vegetables are cooked, then pass it through a hair sieve; return it to the saucepan to re-heat, and it is then ready for use.

Marmalade Sauce.

Proportions.— $\frac{1}{2}$ oz. of cornflour, 1 tablespoonful of marmalade, $\frac{1}{2}$ pint of water, 1 tablespoonful of castor sugar, the juice and rind of 1 lemon.

Put the cornflour into a basin, stir in the lemon-juice, put the rind of the lemon into the water, and boil; when it boils strain it into the cornflour, stirring all the time. Put this into a saucepan over the fire, stir in the marmalade and sugar. When well mixed pour it round the pudding.

Melted Butter.

Proportions.—1 oz. of butter, $\frac{1}{2}$ oz. of flour, $1\frac{1}{2}$ gills of cold water.

Melt the butter in a saucepan over the fire and stir in the flour, then add the water, stirring it to make it smooth, until it boils and thickens. It should boil well to cook the flour.

Sweet Melted Butter.

Proportions.— $\frac{1}{2}$ oz. of butter, $\frac{1}{4}$ oz. of flour, $1\frac{1}{2}$ gills of milk $\frac{1}{2}$ oz. of sugar.

Melt the butter and flour together in a stewpan over the fire; stir in the milk by degrees, add the sugar, and stir till it boils and thickens: let it boil a few minutes to cook the flour. Pour round the pudding to serve. The sauce can be flavoured with a few drops of vanilla if desired.

Caper Sauce for Boiled Mutton.

Proportions.—1 oz. of butter, 1 oz. of flour, 3 gills of stock, salt, 2 tablespoonsful of capers, 1 teaspoonful of caper vinegar.

Mix the flour and butter together in a stewpan, stir in the stock, and let it boil for five minutes. Salt to taste; stir in the capers cut in halves and the vinegar. Let it simmer gently for two minutes and it is ready for use.

Apple Sauce.

Proportions.—1 lb. of apples, $\frac{1}{2}$ oz. of butter, 2 ozs. of sugar, the peel of half a lemon, 1 gill of water.

Peel, core, and cut up the apples; cook them with the other ingredients till tender; take out the lemon-peel and rub the apples through a hair sieve, or beat them smooth with a wooden spoon. Serve with roast goose, duck, or pork.

Rice Sauce (for use instead of Bread Sauce).

Proportions.—2 ozs. of rice, 1 pint of milk, 12 peppercorns, 1 small onion, a blade of mace.

Wash the rice and put it into the milk with onion, peppercorns, and mace; let it boil till quite tender; take out the onion and spice, and run the rice through a sieve. Re-heat and serve.

Sage Stuffing.

Proportions.— $\frac{1}{2}$ oz. of sage leaves, powdered; $\frac{1}{2}$ lb. of onions, 2 ozs. of bread-crumbs, 1 oz. of butter, salt and pepper.

Boil the onions for five minutes, then chop them up; add the sage, bread-crumbs, butter, salt and pepper. Mix all well together. Use for stuffing ducks, geese, and pork.

Brown Sauce.

Proportions.—1 carrot, 1 onion, 1 oz of flour, 1 oz. of butter, 3 gills of stock or water.

Cut up the carrot and onion into thin slices and fry them with the flour in the butter to a nice brown. Then stir in the stock or water, and boil well for 10 minutes. If stock is used the sauce should be brown enough; but if water is used it will require to be coloured with a little burnt sugar.

Salad Dressing.

Proportions.—2 teaspoonsful of mustard, $\frac{1}{2}$ teaspoonful of salt, 2 teaspoonsful of sugar, 4 tablespoonsful of vinegar, $\frac{1}{2}$ pint of milk.

Mix the mustard, sugar, and salt to a paste with cold water, then add the vinegar and milk, gradually stirring well to keep the dressing smooth.

Anchovy Sauce.

Add two teaspoonsful of anchovy essence to half a pint of melted butter sauce.

Correct Sauces to serve with Meat and Poultry.

Roast beef	-	-	-	Horseradish sauce.
Grilled steak	-	-	-	Tomato sauce.
Roast mutton	-	-	-	Onion sauce, red currant jelly.
Boiled mutton	-	-	-	Parsley or caper sauce.
Grilled or fried chop	-	-	-	Tomato sauce.
Roast pork	-	-	-	Apple sauce, brown gravy.
Boiled ham	-	-	-	Parsley sauce.
Roast lamb	-	-	-	Mint sauce.
Roast veal	-	-	-	Bread sauce, brown gravy.
Calf's head	-	-	-	Parsley sauce.
Roast chicken	-	-	-	Bread sauce.
Boiled chicken	-	-	-	Egg sauce.
Roast goose	-	-	-	Apple sauce.
Roast duck	-	-	-	Apple sauce.
Roast turkey	-	-	-	Bread sauce.
Boiled turkey	-	-	-	Celery sauce.
Boiled rabbit	-	-	-	Onion sauce.
Roast rabbit	-	-	-	Bread sauce.

PART IX.

LIGHT DISHES FOR CONVALESCENTS.

The following recipes may be found suitable for use on board ship. As regards the seasonings and flavourings recommended, these may have to be reduced, or even omitted, in the case of weak or impaired digestions.

Bread and Milk.

Cut the bread into dice, put it into a basin, and pour the milk (boiling) over it. Cover and let it stand for five minutes. Serve with salt or sugar.

To Boil an Egg.

Have a small pan of water boiling. Put in the egg, cover at once with the lid. Draw to the side of the fire and let it stand for five minutes. Serve at once.

To Poach an Egg.

Half fill a frying pan with water, add a pinch of salt and half a teaspoonful of vinegar. Break a fresh egg into a cup, being careful not to break the yolk. As soon as the water boils slip the egg gently into the pan, tilt a little so as to keep the egg in shape. When set, take it up with a slice, drain it and trim a little, then place it on a piece of toasted bread, either dry or buttered.

Buttered Eggs.

Proportions.—2 eggs, 1 oz. of butter, salt and pepper. Melt the butter in a saucepan, but do not allow it to get hot. Put the eggs, salt and pepper into the saucepan and stir quickly till the eggs begin to set. Cook two minutes and serve on toast, piling the mixture.

Eggs and Bacon.

Cut the rind off the bacon. Place the bacon in a warm frying pan and cook slowly, turning continually. When done

place in a hot dish. Break the egg carefully into a cup. The fat in the frying pan being very hot, put the egg in, fry slowly, basting with the hot fat. Serve on bacon.

Savoury Omelet.

Required.—3 eggs, $\frac{1}{4}$ pint of milk, 1 oz. of butter, breakfast-cupful of bread-crumbs, chopped parsley, salt, pepper.

Boil the milk, put the bread-crumbs and butter into a basin, and when the milk is hot pour it over them.

Mix well, add salt, pepper, and parsley, and the yolks of the eggs well beaten.

Beat the whites of the eggs to a froth, stir lightly in, pour into a well-greased frying pan, and cook till set and lightly browned.

Fold over in half and serve at once.

Omelet.

Proportions.—2 eggs, chopped parsley (1 teaspoonful), $\frac{1}{2}$ oz. of butter, salt and pepper.

Beat up the eggs slightly. Add the seasoning. Put the butter into a small frying pan, melt, but do not brown it. Pour in the eggs, set on the fire, and stir with a wooden spoon, bringing the cooked parts up, and letting the uncooked parts get to the bottom. When all is lightly set, roll the mixture over towards the side of the pan opposite the handle, cook for a few seconds, and turn the omelet out on to a hot dish.

Sweet Omelet.

Proportions.—3 eggs, 2 tablespoonsful of jam, 1 oz. butter, castor sugar.

Separate yolks of eggs from the whites and beat the whites to a stiff froth; lightly beat the yolks and fold into the whites of eggs, taking care when folding not to show any white streak; pour the mixture into a well greased pan and place in oven for a few minutes; turn on to a paper well dredged with sugar, and spread the jam (well warmed) on one half; fold over the other half, place the omelet on a warm plate, dredge with castor sugar and serve.

Egg Flip.

Proportions.—1 egg, 1 dessertspoonful of castor sugar, $\frac{1}{4}$ pint of milk, 1 teaspoonful of lemon-juice.

Separate the yolk and white of an egg, beat the yolk in a cup with the sugar and lemon-juice, add the milk, mix well, and pour into a glass. Beat the white stiffly, and heap it lightly on top.

Barley Gruel.

Mix one heaped up dessertspoonful of patent barley with half a gill of cold water into a smooth paste. Pour this into a stewpan containing one quart of boiling water and stir over the fire for five minutes. Flavour with lemon, cinnamon, or sugar according to taste, and allow to cool.

Toast Water.

Slowly toast a slice of bread until it is quite dry and dark in colour. Put it into a jug with a thin slice of a lemon, and pour half a pint of boiling water over it. Cover and set to stand. Strain before serving.

Lemonade.

Proportions.—1 lemon, $\frac{1}{2}$ oz. of sugar, $\frac{1}{2}$ pint of boiling water.

Peel the lemon very thinly, putting the rind into a jug. Remove all the pith of the lemon. Slice thinly, removing the seeds. Put into a jug with the sugar. Pour the boiling water over and cover. Strain before serving. Add more sugar if desired.

Nourishing Tea.

When making tea for invalids milk can be used instead of water for the purpose. This will improve the flavour of the tea, and it makes the beverage much more strengthening.

Barley Water.

This is prepared from Scotch or pearl barley by the following method:—

Pearl or Scotch barley	-	-	-	-	2 ozs.
Water	-	-	-	-	2 qts.

Pour a half-pint of water on the barley in a saucepan and simmer slowly for 10 minutes until the barley is soft. Pour off the liquor, and add two quarts of water to the softened barley, and boil or simmer until the quantity is reduced by one-half. Strain into a jug and add slices of lemon or sugar to taste. It is ready for use when cold. Other flavouring could be added if desired.

Milk Whey.

Warm a pint of milk to 98° Fahr., add sufficient rennet to turn it, and leave it in a warm place till the curd has formed. Drain off the whey, and sweeten and flavour it to taste, or serve plain.

Black Currant Tea.

Put 2 tablespoonsful of black currant jam and half a pint of water into a clean saucepan, bring to the boil, then strain; it is then ready for use.

Beef Tea.

This is usually prepared by boiling the meat in water, but it is not a satisfactory method. A better plan is to cut up the beef very finely, discarding all fat, then add cold water, place in a covered earthenware jar and stand in a vessel containing water and boil for three hours or more. A pint of water to half a pound of finely divided meat will be found the correct proportion. The beef tea can be flavoured after it is prepared.

Beef Tea (quick method).

Proportions.—(As above).

After carefully removing all fat and skin from the beef, pass the beef through a mincing machine and place it in a jar with the cold water. Stand the jar in a saucepan of water, put the saucepan on the fire and allow it to boil for half an hour or as much longer as practicable, then remove the jar and strain off the liquor. Add salt if required, and serve.

Porridge.

Proportions.— $\frac{1}{2}$ teacup of oatmeal, 1 quart of boiling water, salt.

Put salt as required in the water, and when boiling sprinkle in the oatmeal and stir with a wooden spoon constantly. Let it boil for three-quarters of an hour. Serve with milk, hot or cold, and sugar or treacle.

Gruel.

Proportions.—1 tablespoonful of oatmeal, 1 pint of water, sugar, nutmeg.

Take the oatmeal with a little salt and add by degrees enough cold water to mix it. Add one teaspoonful of brown sugar and a little nutmeg. Boil one pint of water; when boiling stir it to the oatmeal; boil for 10 minutes. If the oatmeal is coarse it must boil longer, and would be better strained before serving.

Cup of Arrowroot or Cornflour.

Proportions.— $\frac{1}{2}$ pint of milk, 2 teaspoonsful of arrowroot or cornflour, sugar to taste.

Arrowroot should be mixed into a paste with a little of the milk, putting the remainder of the milk into a clean saucepan (with the sugar) to boil. When boiling, pour the milk on to the paste, stirring constantly to avoid lumps.

Cornflour should be prepared by mixing the dry cornflour into a paste and then pouring the paste into the boiling milk, stirring quickly to prevent formation of lumps.

Linseed Tea.

Proportions.—1 oz. of linseed, 1 quart of water, $\frac{1}{2}$ oz. of liquorice, $\frac{1}{2}$ oz. of sugar candy, strip of lemon-rind.

Wash the linseed, put it into a saucepan with the cold water and lemon-rind. Boil gently for one hour. Add liquorice and sugar candy. Strain and serve.

Sheep's or Calf's Brains.

Required.—Sets of brains, pepper, salt, vinegar, 1 onion, 1 carrot, sprig of thyme, and a bayleaf.

For Batter.—2 ozs. of flour, yolks of 2 eggs and 1 white. Melted dripping.

Soak the brains in cold water and salt for several hours, changing the water occasionally.

Next put them in a saucepan with boiling water, the onion, carrot, thyme, a bayleaf, and a little vinegar and salt. Let them boil gently for 20 minutes. Then drain from the water and cut them into convenient sized pieces.

Prepare the batter by mixing the yolks of the eggs smoothly with the flour, then add the melted dripping and beat well together; add two tablespoonsful of milk. Beat up one white of egg very stiffly, and stir it lightly into the batter. Have ready a pan of frying fat, dip each piece of the brain into the batter, drop it into the fat, and fry it a golden brown.

Drain on paper and serve sprinkled with a little finely-chopped parsley.

Stewed Fish.

Prepare a small piece of any white fish without bones. Cut it up into neat pieces, and cook gently in a little seasoned milk, in a jar in the oven, for about half an hour. Serve hot with the fish liquor poured over.

Oysters for Invalids.

These should be served in their shells, on a napkin, with slices of thin brown bread and butter and quarters of lemon.

Fried Sweetbread.

Blanch the sweetbread, then put it between two plates to press; when cold put it with about 2 ozs. of butter into a clean stewpan, add the juice of half a lemon, season to taste, cover it with a buttered paper, and cook in the oven for about half an hour. Keep it well basted while cooking. When cooked, let cool, cut it into slices, then egg-and-bread-crumbs them twice, and fry to a golden colour in hot dripping.

Dish up, garnish with parsley, and serve.

Stewed Sweetbreads.

Soak the sweetbreads in tepid salted water for an hour, then put them in cold water in a saucepan, and bring to the

boil. Throw the water away and rinse the sweetbreads. Put them on again in fresh water or white stock, and let them simmer gently for an hour, then drain and press them between two plates with a weight on top. Trim them neatly, and cut into thick slices.

Put them into a stewpan with three-quarters of a pint of brown gravy, and let them get quite hot; in the meantime pour boiling water over some tomatoes, skin them, and place them in a buttered tin with buttered paper over, bake till tender but unbroken; dish the sweetbreads on spinach, pour the sauce over and round them, and garnish the dish with the tomatoes.

Steamed Sole.

Remove the skin from the sole (both sides), trim off the fins and head, wipe it over with a cut lemon, season lightly with a little salt, and steam for 20 minutes. Dish up and serve with melted butter sauce.

When the flesh comes off easily from near the bone it is a sign that the fish is cooked.

Yolk of Egg Sandwiches.

The yolk of a fresh hard-boiled egg (10 minutes) rubbed through a sieve and slightly seasoned makes a nice relish for use in sandwiches.

Prune Jelly.

Stew 6 ozs. of prunes in sufficient water to cover them well, add a little cinnamon and half an ounce of sugar. When sufficiently cooked add a quarter of an ounce of gelatine previously dissolved in a little water, and rub the fruit and juice through a sieve. Pour into a wetted mould and let set. Serve this with cream or custard.

Banana Sandwiches.

Bananas make excellent sandwiches. Crush the bananas with a fork, and beat a little fine sugar into them. Then spread between slices of thin bread and butter.

Chicken Broth.

Proportions.—1 chicken, 1 quart of water. Seasoning as desirable.

Cut the chicken into small pieces, scald and skin the gizzard, wash the neck and liver. Put all into a stewpan, add the water and $\frac{1}{2}$ a teaspoonful of salt; bring to the boil and skim; then simmer gently for 3 hours. If time admits, let the broth cool and then skim off the fat, reheating when required for use.

The broth may also be made by using a jar inside a saucepan of boiling water.

Mutton Broth.

Proportions.—2 lbs. of neck of mutton, 1 quart of water, 1 oz. of rice or barley, 1 teaspoonful of chopped parsley. Salt.

Divide the mutton into small pieces, chopping the bones, and place it in a stewpan with the water and half a teaspoonful of salt; stand on the range and allow to come to boil slowly, skimming frequently; cover closely and simmer for two or three hours, strain off the solids and return the broth to the stewpan, with rice or barley added, until the latter is sufficiently cooked. Put in the parsley just before serving.

In some cases it may be desirable to omit the rice or barley and parsley.

Beef Tea with Egg.

Well beat one egg and strain it through a clean piece of muslin. Pour a cupful of hot beef tea on the beaten egg, season with pepper and salt, if desired, and serve.

Junket.

To every quart of milk sweetened and flavoured as desired and warmed to its natural heat (98° F.) add a tablespoonful of essence of rennet, and stir once or twice; place it in a cool place and leave it until set. A little nutmeg may then be grated over it. The heat of the milk should not be raised above 98°. Watered milk will not set properly.

PART X.

MISCELLANEOUS HINTS.

Beef should be rather under, not over cooked.

Mutton is generally preferred well done.

Veal, lamb, and pork should always be well cooked, otherwise they are not wholesome.

Venison should be rather underdone.

All poultry must be well cooked.

Freshly-killed meat will take longer to cook than that which is well hung.

All fish must be very thoroughly cooked, otherwise it will not be wholesome.

If the soup has been made too salt, add a few slices of raw potato and cook for five minutes longer. Then remove the potato, which will have absorbed much of the salt.

When stewing meat use as little water as possible. Generally the juices from the meat are nearly sufficient to cook it in. Shake the pan frequently to prevent sticking.

It is often necessary to guess at weights and measures in the absence of a set of scales, &c., and the following approximate ones will assist at a rough eye calculation of them, viz. :--

1 egg = 2 ozs. of butter or suet.

1 teacup of flour = 4 ozs.

1 breakfast cup of flour = 8 ozs.

1 tablespoon = 1 oz. of light material heaped, heavy material flat.

4 teaspoons = 1 tablespoon.

2 teaspoons = 1 dessertspoon.

1 tumbler = $\frac{1}{2}$ pint.

1 gill = 2 wineglasses.

3 pennies weigh 1 oz.

12 pennies weigh $\frac{1}{4}$ lb.

1 two-shilling piece and a sixpence weigh $\frac{1}{2}$ oz.

1 halfpenny and a threepenny bit weigh $\frac{1}{4}$ oz.

If a clear fire is wanted quickly for broiling, sprinkle it over with a little powdered nitre.

Lemon-juice is useful in removing grease from wood. Rub the stain well and wash with soap and water.

If hot grease be spilled on the table pour cold water on it at once. This will cool the grease, which can then be scraped off, instead of it being allowed to sink into the wood.

To cleanse a furred kettle fill with cold water, add a little sal ammoniac, and let it boil. This dissolves the chalky deposit. It must be well rinsed afterwards.

If new tinware is rubbed over with fresh lard and thoroughly heated in the oven before it is used, it will never rust afterwards.

When polishing the range, a very lasting brilliance will be obtained if a teaspoonful of powdered alum is added to the stove polish.

To grill steaks in the French manner, soak them in salad oil for two hours before cooking.

Salt fish is ready for cooking more quickly if it is soaked in sour milk instead of water.

Game will keep sweet for several days if is sprinkled over with freshly-ground coffee.

When cutting bacon into rashers warm the knife first and it will cut both easily and neatly.

Before cutting new bread dip the knife into a jug of boiling water. By this means the thinnest slices of bread may be cut from a new loaf without any trouble.

To soften butter, cut it in rough cubes and place them in a basin of barely tepid water for a few minutes, when it will spread easily. The water must not be warm enough to "oil" the surface of the butter.

When creaming butter have the bowl warm before you put the butter in, and it will cream sooner

To prevent custard pudding curdling, boil the milk and sugar together and let it stand for a few minutes, then pour it on the eggs, which must previously have been well beaten, and stir well.

Stoning raisins will not be found so sticky a task if a little butter is rubbed on the fingers:

Prunes are an excellent substitute for raisins in plum pudding. They should be finely chopped, and will make the pudding richer and, at the same time, more wholesome,

Currants and raisins should be minced before they are used in cakes. They are most wholesome, provided the skin is cut so that they cannot inflate after they are eaten.

Heavy cakes are often the result of using damp fruit. After washing, currants and raisins should be left in a colander in a slightly warm place for some time.

Before skinning tomatoes for salad, place them in a basin and pour boiling water over them. The skin will then peel off without any trouble, and the tomatoes be far nicer than if they were added to the salad without being peeled.

To loosen a glass stopper in a bottle put two drops of sweet oil round the stopper and place it a little distance from the fire. When the bottle is quite warm strike the stopper gently with a stick with a cloth wrapped tightly round it, first on one side and then on the other. This will loosen even the most obstinate stopper.

Never cut lettuce with a steel knife, tear it finely with the fingers.

Never allow green stuff to soak for hours in water, or it will become sodden.

A very delicate flavour of onion may be given to a salad by cutting an onion in half and rubbing it all over the inside of the salad bowl.

To prevent the crust of pies sinking in, allow the strips for the edges and the piece for the cover to shrink for five minutes before placing on the pie.

Always keep the sugar dry on top of the fruit in a tart.

If preserved peas, when cooked, are strained in a colander, boiling water poured over them, then put in a basin with a piece of butter, covered, and heated through in the oven, they will be a delicious dish.

Parsley, mint, or salad should have the water they stand in changed daily, and a piece of charcoal kept in the jar.

Before using new glass or china, if the articles are placed in straw or between towels in a large pan of cold water, brought to the boil, and then let cool again, they will be less likely to crack or break.

To prevent a cheese moulding and to enable it to retain its moisture, wet a cloth in vinegar, wring out, and wrap it round the cheese. Put it into a paper bag and keep in a cool place.

The acidity of tomatoes, which makes them disagree with some people, can be counteracted if a little sugar is eaten with them.

Beware of butter that exudes milk when cut. It has been imperfectly washed and will turn rancid very quickly.

Stains in pie-dishes or cups can be easily rubbed away with a flannel dipped in coarse salt.

A curdled custard may be saved by turning it at once into a clean cold basin, and keep on stirring it one way till it is cold.

Mint sauce should be served hot with hot roast lamb.

To make mashed potatoes creamy use hot milk instead of cold when mashing.

Sandwiches will keep fresh for a long time if covered with fresh lettuce or cabbage leaves and a damp serviette.

Lemons will yield their juice more freely and easily if they are placed in a fairly hot oven for five minutes before using.

Stewed fruit keeps whole and is much nicer if cooked slowly in a double saucepan, and it requires no attention while cooking.

If the pan in which milk is to be boiled is previously rinsed in cold water, the milk is much less liable to stick or singe.

Peeled vegetables should always be kept in cold water till required for cooking, otherwise their colour will be spoilt.

Cabbage is made more digestible and nutritious if it is boiled in two waters.

Dry parsley well before chopping it. It will then chop easily, the chips will keep separate, and it will not lose its colouring fluid.

When tea or other staining fluid is spilt on a white cloth, remove the cloth at once, hold it over a basin and pour boiling water through the stain.

To prevent fruit sinking in cakes and puddings, flour it well before mixing.

Fruit will not stick to a pan if a few drops of fresh salad oil are poured into the pan and the bottom rubbed over well with soft tissue paper.

Sour fruit will require less sugar for sweetening if when it is stewed a pinch of baking soda is added to it.

Delicious rusks can be made by cutting stale bread into small pieces, dipping each in slightly salted milk, and baking in a moderate oven until golden brown. They should be kept in a box.

If an enamelled pan is badly burnt and will not recover with the usual remedies, try boiling a tablespoonful of barley in it for a few hours.

To keep boiled or baked potatoes warm for some time, lay a towel in a colander. Wrap it round the potatoes and set inside a saucepan with a little water. Keep the water boiling.

Left-over pastry should be rolled out thinly, stamped into small shapes, baked till crisp, and put in a tin till required as a garnish.

When making pastry roll in one direction only.

It should be remembered that a tablespoonful of butter melted is not the same as a tablespoonful of melted butter ; the former measures more than the latter.

The stuffing from any meat roast may be mixed with the chopped meat prepared for croquettes, and will add to their flavour.

THE COOK'S TIME TABLE.

AVERAGE TIME REQUIRED FOR COOKING FOODS.

Meat.

—	Weight.	How cooked.	Average Time.
	Lbs.		
Bacon - - - -	4	Boiled - - -	1 $\frac{3}{4}$ to 2 hours.
Beef - - - -	12	Roast or baked	3 to 3 $\frac{1}{4}$ "
" - - - -	5	" " - - -	1 $\frac{1}{2}$ to 1 $\frac{3}{4}$ "
" salt - - - -	6	Boiled - - -	2 $\frac{1}{2}$ to 3 "
Brisket of beef - - - -	6	Stewed - - -	5 to 6 "
Calf's head - - - -	—	Boiled - - -	3 to 3 $\frac{1}{2}$ "
Ham - - - -	8	" - - -	4 to 4 $\frac{1}{2}$ "
Lamb, leg of - - - -	5	Roast or baked	1 $\frac{3}{4}$ hours.
Mutton, leg of - - - -	7	" " - - -	2 to 2 $\frac{1}{4}$ hours.
" " - - - -	7	Boiled - - -	2 $\frac{1}{2}$ hours.
" shoulder - - - -	4	Roast or baked	1 $\frac{1}{4}$ "
Ox tongue - - - -	4	Boiled - - -	2 $\frac{1}{2}$ "
Pig's head - - - -	—	" - - -	2 $\frac{1}{2}$ to 3 hours.
Pork, leg of - - - -	5	Roast or baked	2 hours.
" " - - - -	5	Boiled - - -	2 $\frac{1}{2}$ "
Sausages - - - -	—	Fried - - -	8 to 10 mins.
Sheep's head - - - -	—	Boiled - - -	2 to 2 $\frac{1}{4}$ hours.
Sucking pig - - - -	—	Roasted - - -	2 $\frac{1}{2}$ to 3 "
Veal fillet - - - -	6	Roast or baked	2 to 2 $\frac{1}{4}$ "
Venison - - - -	6	" " - - -	1 $\frac{1}{2}$ to 1 $\frac{3}{4}$ "

Poultry and Game.

	How cooked.	Average Time.
Black game - - - -	Roast or baked	45 to 60 mins.
Capercaillie - - - -	" "	45 to 60 "
Duck - - - -	Roast - - -	45 to 60 "
Fowl, large - - - -	" - - -	1 $\frac{1}{4}$ hours.
" medium - - - -	" - - -	$\frac{3}{4}$ hour.
" young - - - -	Boiled - - -	$\frac{3}{4}$ to 1 hour.
Goose, medium - - - -	Roast or baked	1 $\frac{3}{4}$ to 2 hours.
Gosling - - - -	" "	1 hour.
Grouse - - - -	" "	30 to 35 mins.
Guinea Fowl - - - -	Roast - - -	1 to 1 $\frac{1}{4}$ hours.
Hare - - - -	Roast or baked	1 $\frac{1}{2}$ to 2 "
" - - - -	Jugged - - -	1 $\frac{3}{4}$ to 2 "
Ortolan - - - -	Roast or baked	20 to 30 mins.
Partridge - - - -	" "	25 to 35 "
Pheasant, large - - - -	" "	45 to 60 "
" small - - - -	" "	25 to 30 "
" large - - - -	Boiled - - -	40 to 60 "
Pigeon - - - -	Roast or baked	20 to 25 "
Plover - - - -	" "	15 to 20 "
Ptarmigan - - - -	" "	30 to 40 "
Quail - - - -	" "	10 to 15 "
Rabbit - - - -	" "	30 to 40 "
" - - - -	Boiled - - -	$\frac{3}{4}$ to 1 hour.
Ruffs and reeves - - - -	Roast or baked	10 to 12 mins.
Snipe - - - -	" "	15 to 20 "
Teal - - - -	Roast - - -	20 to 30 "
Turkey, medium - - - -	Roast or baked	1 $\frac{3}{4}$ to 2 hours.
" " - - - -	Boiled - - -	1 $\frac{3}{4}$ to 2 $\frac{1}{4}$ "
Widgeon " - - - -	Roast or baked	15 to 20 mins.
Wild duck - - - -	" "	20 to 30 "
Woodcock - - - -	" "	20 to 25 "

Fish.

—	Weight.	How cooked.	Average Time.
	Lbs.		
Barbel - - -	—	Boiled - -	About 10 mins. to the lb.
Bream - - -	—	Baked - -	40 to 50 mins.
Brill - - -	2	Boiled - -	10 to 15 "
Carp - - -	—	Baked - -	1 hour.
Cod or hake - - -	2	Boiled - -	20 to 30 mins.
Dory - - -	—	Stewed - -	15 to 20 "
Eels, small - - -	—	Boiled - -	20 to 30 "
Flounders, medium - - -	—	" - -	5 to 10 "
Fish, small, stuffed - - -	—	Baked - -	20 to 30 "
" thick, stuffed - - -	—	" - -	30 to 40 "
Gurnet - - -	—	" - -	35 to 45 "
Haddock - - -	2	Boiled - -	10 to 15 "
Halibut - - -	3	" - -	20 to 25 "
Kippers - - -	—	Grilled - -	5 to 8 "
Lobster, large - - -	—	Boiled - -	30 to 45 "
" small - - -	—	" - -	20 to 30 "
Mackerel, medium - - -	—	" - -	10 to 15 "
Mullet - - -	—	Grilled - -	About 10 to 12 mins. to the lb.
Perch - - -	—	Stewed - -	About 10 mins.
Prawns - - -	—	Boiled - -	8 mins.
Salmon - - -	4	" - -	35 to 40 mins.
Salt fish - - -	3	" - -	35 to 40 "
Shrimps - - -	—	" - -	5 mins.
Skate, small - - -	—	" - -	35 to 40 mins.
Sole, large - - -	—	" - -	10 mins. after water boils.
Tench, small - - -	—	" - -	15 mins.
Trout - - -	1½	" - -	10 to 12 mins.
Turbot, middle cut - - -	3	" - -	25 to 30 "
Whiting - - -	—	" - -	7 mins.

Vegetables.

	Average Time.
Artichokes, globe - - - - -	30 to 35 mins.
" Jerusalem - - - - -	30 to 35 "
Asparagus - - - - -	20 to 25 "
Beans, French - - - - -	15 to 25 "
" broad - - - - -	15 to 25 "
" haricot (soak overnight)	15 to 20 "
Beetroot - - - - -	1½ to 2 hours.
Brussels sprouts - - - - -	10 to 15 mins.
Cabbage, spring - - - - -	15 to 20 "
" large - - - - -	30 to 40 "
" red (stewed) - - - - -	1 hour.
Carrots, old - - - - -	1 to 1½ hours.
" new - - - - -	20 to 25 mins.
Cauliflower (medium) - - - - -	20 to 25 "
Celery, young - - - - -	45 to 60 "
Endive (stewed) - - - - -	½ to ¾ hour.
Leeks - - - - -	40 to 45 mins.
Lentils - - - - -	1 hour.
Mushrooms (stewed) - - - - -	30 to 40 mins.
Onions, Spanish - - - - -	1½ to 2 hours.
Parsnips - - - - -	1 to 1½ "
Peas, green - - - - -	15 to 25 mins.
" split (soak overnight)	2½ to 3 hours.
Potatoes, old - - - - -	25 to 40 mins.
" new - - - - -	15 to 25 "
Salsify - - - - -	45 to 70 mins. according to size.
Seakale - - - - -	25 mins.
Spinach - - - - -	20 to 25 mins.
Tomatoes (baked) - - - - -	20 to 30 "
Turnips, old - - - - -	¾ to 1 hour.
" new - - - - -	15 to 20 mins.
Turnip tops - - - - -	20 to 25 "
Vegetable marrows - - - - -	15 to 25 "

Grilling.

	Average Time.
Herring, split	8 to 10 mins.
Kidney, sheep's	5 mins.
Loin chop	8 to 10 mins.
Mackerel, split	10 to 15 "
Mushrooms	7 to 10 "
Neck of mutton	6 to 8 "
Salmon steak, $\frac{3}{4}$ inch thick	15 to 20 "
Sausages	8 to 10 "
Steak, 1 inch thick	About 8 "
" 1 $\frac{1}{2}$ inches thick	8 to 10 "
Tomatoes	5 to 8 "

PART XI.

BREADMAKING.

The greatest possible care and attention must always be given when breadmaking, as a moment's want of care may easily be the cause of the spoiling of a whole batch of bread.

The first thing required for making wholesome bread is the utmost cleanliness; the next is the soundness and sweetness of all the ingredients used for it; and, in addition to these, there must be attention and care through the whole process.

Ingredients.

The necessary ingredients are flour, yeast, salt, and water.

Yeast.

The flavour of bread and its sweetness depend largely on the yeast used for its preparation.

Until a satisfactory "compressed," or desiccated yeast can be obtained it will be necessary for bakers afloat to make their own yeast from day to day, and the following recipe will be found satisfactory:—

Proportions.—Hops 1 oz., crushed malt $1\frac{1}{2}$ lbs., water $8\frac{1}{2}$ pints, to make 1 gallon of yeast.

Place the hops into a perfectly clean pot absolutely free from grease and add 5 pints of cold water. Boil for half an hour, keeping the pot covered.

Pour the whole direct into a clean tub, adding $\frac{1}{2}$ pint of cold water to make up for the loss by evaporation during boiling, and allow to stand until the temperature has fallen between 160° Fahr. and 140° Fahr., not less.

The reason for using hops in the yeast is to prevent any souring or other diseased fermentation being set up.

The next step is to mash the malt. Weigh off the quantity of crushed malt and stir it in with the water and hops, cover the tub over and place it where it will not readily cool. Let the mash stand altogether about one hour and a half, maintaining the temperature the whole time between 160° Fahr. and 140° Fahr.

This is the temperature which is best suited for the conversion of the starch contained in the malt into sugar. If the temperature is too low the change does not take place so rapidly, and with too high a temperature the converting property of the malt is destroyed.

It is not advisable therefore to use boiling water to extract the malt.

The next process is to strain the mixture from one tub to another through the tin strainer provided for the purpose.

Squeeze the grains remaining on the strainer as dry as possible, then wash them by the addition of the remaining 3 pints of cold water in small quantities, again squeezing the grains to obtain as much of their liquid as possible.

The addition of cold water will have lowered the temperature of the wort, but it is very desirable that it be brought down to the fermenting temperature as rapidly as possible, for the reason that between the temperature of 95° Fahr. and 104° Fahr. there is much risk of diseased fermentation occurring. It is therefore highly desirable that the wort be cooled below 95° Fahr. as rapidly as possible.

The cooling of the wort may be hastened by pouring from tub to tub two or three times.

As a result of these operations we now have well aërated wort at a temperature of from 70° Fahr. to 80° Fahr.

The next step is the fermentation.

In order to induce fermentation a small quantity, say a pint, of yeast may be added which has been preserved from the last brewing.

An ounce of fresh, healthy, compressed yeast, if it can be obtained, may be employed for this purpose.

During fermentation the wort should be kept at as uniform a temperature as possible, neither too hot nor too cold.

While fermenting allow the yeast to be freely exposed to the air, and if at any time the fermentation appears sluggish, stir it thoroughly so as to aërate the wort.

In 24 hours the yeast should be ready for use, but will be in better condition at the end of two days. On board ship it is advisable to brew fresh yeast daily.

When the yeast is made keep it thoroughly exposed to the air.

The strength of the yeast is governed not by the quantity of water, but by the malt employed in manufacture.

The smaller quantity of a strong yeast will go further than the larger quantity of a more dilute yeast.

There is no saving of malt in making a very watery yeast, but there is very serious objection that through insufficient nutriment the yeast is weak and feeble; and, further, a dilute infusion of malt is a much more favourable medium for acid fermentation.

All vessels must be thoroughly scalded after use, and kept scrupulously clean. They must not be closed up when not in use, but should be left so that the fresh air has free access to them.

When using bread improvers the above instructions should be read in conjunction with those at page 125 *et seq.*

Making the Bread.

For a batch of bread (about 290 lbs.) to be baked in a Service double oven the following ingredients are required:—

Flour	-	-	-	-	-	-	210 lbs.
Salt	-	-	-	-	-	-	2¼ to 2½ lbs.
Water	-	-	-	-	-	-	10 gallons.
Yeast	-	-	-	-	-	-	4 pints.

These quantities will prove sufficient for bakeries in shore establishments, but on board ship, where circumstances are not so favourable, the proportions of flour and yeast materials will probably be slightly higher. However, they should not exceed an average of—

Flour	-	-	-	-	780 lbs.	} per 1,000 lbs. of bread produced.
Hops	-	-	-	-	2¼ ozs.	
Malt	-	-	-	-	3¼ lbs.	

The amount of lard used for greasing baking tins should not exceed 1 lb. per 1,000 lbs. of bread.

It is recommended that a sponge be set first, and then a dough mixed, in accordance with the following directions.

Setting the Sponge.

In setting the sponge it is well to bear in mind that all extremes of temperature weaken and change the action of yeast. As before stated, a cold or slow fermentation is most detrimental, for it makes the bread heavy and produces bad

flavours. On the other hand, hot fermentations are equally dangerous, because the yeast becomes overstimulated, in other words, acts, too quickly, and the sponge becomes over-ripe before the baker is ready for it.

The best results are obtained by using the water to mix the yeast with at a temperature of between 78° and 85° Fahr. in summer in Home Waters, but in winter the temperature must vary according to the weather. Water above 120° should not be used, and when hot water is employed it should be added to the flour, and the yeast should be added when the mixture of the flour with the water has reduced the temperature.

Temperatures can only be given approximately because in each case the kind and quality of the yeast employed, the temperature of the bakehouse, and the kind of flour used, as well as the conditions of utensils and troughs and the speed of the workmen, must be taken into consideration.

Sponges are made by mixing water, yeast and flour together in the following manner so as to produce a thick spongy batter, the prime object being to feed and develop the yeast.

For a sponge sufficient for a batch of bread to fill a service double oven take one-third of the flour, one-third of the water, and all the yeast. Pin the flour up at one end of the trough, add the water and yeast, and mix well so as to make the sponge tough but elastic. Then let it stand until it has risen and dropped. The time required will depend on the temperature of the water and on the bakery, also on the degree of tightness of the sponge. The sponge should be set tighter (*i.e.*, slightly more flour should be added) in summer than in winter.

The Dough.

Dissolve the salt in the remainder of the water at a temperature of 80° Fahr. (or according to the requirements of surrounding conditions) and break the sponge, *i.e.*, pour the water with the added salt into the sponge tub (or trough) and so mix the sponge with the water that the whole becomes a "milky" fluid in which no particles are apparent. (Failure to do this properly will result in very irregular and "holey" bread.)

Add this fluid to the remaining flour in the dough mixing machine and thoroughly mix the whole. After mixing, allow the dough to rest in the trough for from one to two hours, when it should be ready for moulding.

For a *hand-made* dough, the sponge, broken in the salt and water as described above, should be worked into the remainder of the flour in the trough until it becomes of the right consistency.

Scrape down the sides and bottom of the trough with the scraper, cut the dough back and knead it well over from one end of the trough to the other, turning up the sides to clear it properly. Leave it for at least one hour, then cut it back and leave it for another hour, when it will be ready to scale off and mould.

The dough can be set back, *i.e.*, can be made to take longer to rise, by the addition of more salt.

Dough is ripe and ready for manipulation when it has well risen and is full of gas.

It should then come out of the trough and be worked off with as little delay as possible.

When the dough is cold and slow in rising it may be required to be covered over, so as to help it to rise.

On the other hand, if it works too freely, and is cracking all over the top, it requires to be worked up, so as to keep it more steady and so prevent too speedy rising.

When doughs are constantly made at the same end of the trough, something is sure to go wrong sooner or later, and it is absolutely essential that the strictest cleanliness must be observed throughout the whole process of the manufacture of bread.

The troughs must be well scraped out and thoroughly dry cleaned each time they are used. They should be well washed out every week, after Saturday's work is finished, to allow of them getting dry before being again used.

Special care must be taken to see that there are no cracks or holes in the wood where stale dough could accumulate and eventually become mixed with the fresh dough. The troughs must be well lined, so that no moisture or liquor can get in between the joints. The neglect of these details and the use of dirty utensils are very frequently the cause of the bread being sour.

It is very necessary throughout the whole process of breadmaking to keep a very keen eye upon the clock, checking each operation by the time of your batches of the previous day, and correcting where necessary, to guard against future errors.

Moulding.

When the dough is ready, scale it off into the required weights, allowing 1 oz. to $1\frac{1}{2}$ ozs. over for every pound.

Place the pieces of dough on the floured board, and work them thoroughly, taking one piece in each hand, press down firmly, and continue to fold and press down the dough with the knuckles and fingers until the desired shape and elastic texture are obtained.

As soon as moulded, place the shapes in the baking tins, or on the trays, and allow them to prove.

The time allowed for proving is from half an hour to one hour, and when it has proved it should have risen to the top of the tin.

It is now ready for the oven.

The Oven and Baking.

To bake bread successfully it is imperative that the oven be well managed and kept in good order.

The time allowed for baking should be $\frac{1}{2}$ an hour for a 1-lb. tin and $1\frac{1}{4}$ hours for a 2-lbs. or 4-lbs. tin.

The temperature of the oven when a batch is set should be 460° Fahr. The entry of the batch will reduce it temporarily to 370° or 360° .

Over-heated ovens are as detrimental to breadmaking as under-heated ones.

When a batch—*i.e.*, shapes of dough placed in tins, or against one another—is put in the oven, the crust on the top of the loaves is formed too soon by an overheated oven, that is, before the dough has had sufficient time to fully expand or rise, whilst in the case of the oven being too cool the crust is not formed quickly enough.

To test if the loaf is baked “press your finger on the soft part; if it rises to its former position it is cooked.” Also by tapping the bottom with your knuckles you get a hollow sound when a loaf is properly baked.

Another method is to thrust a skewer through the loaves. If it comes out clean and free from adhesions of dough the bread is "done."

The oven door should be kept shut when the bread is in, as the vapours rising from the dough, if kept imprisoned, help to form what is known as "bloom" on the crust.

Testing the Heat of the Oven.

When no thermometer is used, the heat of the oven may be tested by sprinkling a little flour on the plate of the oven. Should the flour remain white after the lapse of a few minutes, it may be taken as a sign that the oven is not hot enough for baking; if, on the other hand, the flour becomes a dark brown colour in a few minutes, then the oven is too hot; but if it assumes a fawny colour and looks scorched slightly, the temperature is suitable for baking purposes.

Salt.

Salt must be used in all cases with judgment, as this will guide the fermentation and give flavour to the bread.

The natural effect of salt upon yeast is to check its growth. It will, therefore, to some extent delay the working of the sponge or dough. This being so, it is a wiser plan to add salt towards one of the later stages in breadmaking.

BREADMAKING IN THE TROPICS.

It may be found that in spite of satisfactory results being obtained from day to day by following the methods previously described while a ship is in temperate climates, yet continuing the same in tropical waters the bread produced may occasionally become of an inferior quality, as the setting of a sponge is unsatisfactory at times when in the tropics, and the making of a straight dough in the following manner will be found to meet with success under such conditions.

For 200 lbs. of Flour.

Yeast.—Boil in their jackets 3 lbs. of potatoes thoroughly in a gallon of water. There would then be about four pints of

boiling water unabsorbed by the potatoes. Mix in a quarter of a pound of hops. Boil up for five minutes, and then stand the saucepan in a cold place.

When quite cold pour it into the comp. tub, stir in $1\frac{1}{2}$ lbs. of flour, 2 lbs of sugar, $\frac{1}{2}$ pint of old yeast or old comp., and add cold water (temperature about 65° Fahr.) to make the quantity up to $2\frac{1}{2}$ gallons.

Stand this in a cool place for 12 hours. If there is no old yeast to add, let the comp. stand for 48 hours, and it will self-ferment.

When the yeast is ready pour it on to the flour and mix in about $4\frac{1}{2}$ gallons of cold water and $1\frac{1}{4}$ lbs. of salt.

No kneading nor punching is necessary, but the dough must be cut and spread until the texture is even.

Leave the dough in the trough for about 5 hours to rise, then lightly knock it down and leave it for another $\frac{1}{2}$ to $\frac{3}{4}$ hour.

It may then be scalded and moulded as required, leaving it after moulding for about $\frac{3}{4}$ hour in a cool place to rise, though the second and third batches will usually take a little longer to rise in the tins than the first batch.

Advantage may further be gained by working in about 2 lbs. of lard with the dough, and also greasing the kneading trough before pouring the flour into it, but these are not necessary.

In cold weather the same method could be employed, but the water added to the comp. and dough should be slightly warmed.

BREAD IMPROVERS.

There are several "bread improvers" on the market, the use of which in one form or another having become general in bakeries on shore, not only on account of the quality of the bread being improved by use of one of these; but there is also a considerable increase in the quantity of bread to be produced from a sack of flour when an article such as "Zymax" is added in one of the early stages of breadmaking. The best results

have been obtained from "Zymax" and flour being used in the following proportions, viz. :—

Flour—160 lbs.

Salt— $1\frac{1}{2}$ lbs.

Water—7 gallons.

Zymax yeast— $1\frac{1}{2}$ pints (in proportion of 3 ozs. of hops, 4 gallons of water, 1 lb. of "Zymax").

For "Zymax," as an improver, 5 to 6 ozs. (soaked in water at a temperature of 110° Fahr. to 120° Fahr. for 30 minutes), and then mixed in the dough, is suggested as sufficient for a similar quantity of flour.

The following directions for the use of "Zymax" are those issued by its proprietors.

For an Overnight Sponge and Strong Flours.

Put it into the sponge in the morning, when breaking the latter up, first soaking it in water of from 110 to 120 degrees (*not hotter*) for 20 minutes to half an hour. Two ounces of "Zymax" can with advantage be put into the sponge overnight, cold in summer, and soaked as above in winter. In either case the temperature of the water used in sponging can be reduced, and the time allowed for sponges to work be shortened, although the small amount of "Zymax" will not in this respect materially affect it, whilst it certainly *clears* the sponge. Into the salt and water in the morning add from $\frac{3}{4}$ to 1 lb. of "Zymax" previously soaked for 20 minutes to half an hour in water of 110 to 120 degrees sufficient to cover it. If the dough is wanted quickly, as much as 2 lbs. can be used, but with this amount of dough *may appear greasy at first* when about half proved; if, however, it is *well worked over*, and *dusted freely*, the dough will come up strong and bright.

It should be borne in mind that "Zymax" hastens the development of dough, sponge, and ferment, therefore as much as one-third to two-fifths less yeast can be used. In scaling the dough, a saving of half an ounce in the 2-lb. loaf can be made; that is to say, the dough can be scaled 2 lbs. $1\frac{1}{2}$ ozs. instead of 2 lbs. 2 ozs. without loss of weight in the loaf, which means a gain of 6 lbs. to the sack.

The addition of "Zymax" enables an average addition of two quarts more of water to be made to the sack, which accounts for the above-claimed increase yield in the bread.

It is claimed that "Zymax" replaces in the flour what has been extracted from it in the milling, and that through its action on the gluten, and conversion of a percentage of the starch of the flour into sugar, it produces an improved flavour, moisture, texture, and bloom, and makes the bread more digestible and nutritious, in addition to the slightly increased gain in bread. "Zymax" possesses very little flavour of its own, and its use simply develops the natural flavour resulting from its action on the flour used, without in any way masking the same by the introduction of strong foreign flavours.

Bloom.—Should the colour be too much, reduce the heat of the oven several degrees; the result will be less colour and a finer loaf, as the loaf takes the firing more readily when "Zymax" is used.

Where "Zymax" is used the dough will be found to be brighter, more elastic and silky, and firmer, hence the property of "Zymax" enabling the dough to hold more moisture.

Malt Extract.

If malt extract should be used the following method should be adopted, and, providing the other conditions are favourable, will add to the appearance and eating qualities of the bread.

Take 1 lb of good malt extract and dissolve it in 10 quarts of warm water; stir in about 14 lbs. of flour and $\frac{1}{2}$ lb. of reliable distillery yeast into your ferment tub; cover with the sieve, and leave it to rise and fall. It will ordinarily take about $1\frac{1}{2}$ hours, more or less, according to the heat you have started it to work. Add to that, when it has dropped, 16 quarts more water, and stir it into a sponge in the usual way, regulating the "size" or firmness of the sponge and the heat of the liquor according to the time you propose to give it at this stage, but generally three hours will be sufficient. It should come up and drop in the ordinary way; then add another 30 quarts of water and 3 lbs. of salt; break up your sponge and make into dough; pin up at end of trough, cover over with lid, and let it lie for an hour; then throw out, and get it into the oven in the usual manner. Practically this is a short dough; but the time taken from commencement to finish, or drawing of the batch, would be about $8\frac{1}{2}$ hours.

“*T'rephona.*”

When “*T'rephona*” malt is used it should be mixed with the yeast, taking the water at usual temperature and in the proportion of 6 ozs. to 8 ozs. of “*T'rephona*” malt to one sack of flour.

The ferments are active and quick, and begin their work soon after being set away.

In overnight ferments or sponges add the malt at the doughing stage, because the ferment or dough is ready long before work is started in the early morning.

The resultant dough will be of a silken texture, and when baked, the bread will have a golden bloom, tempting to the eye, and it will remain moist.

CURRENT BREAD.

Proportions.—2 lbs. of flour, 4 ozs. of lard, 1 oz. of German yeast (or equivalent), $\frac{1}{2}$ lb. of currants, 1 gill of milk, $\frac{1}{4}$ oz. of salt.

Sift the flour and add the salt and rub in the lard, then add the currants. Make a well in the centre and crumble or pour the yeast into it. Add a gill of tepid water and make into a batter or sponge, then let it stand for half an hour. Add half a pint of tepid water and a gill of milk and knead for 10 minutes more milk or water may be added if found too stiff. Let the dough stand in a warm place covered with a cloth for an hour, then make into small loaves of even size, and let them stand for another 20 minutes to prove. Bake the loaves in a moderate oven for from 35 to 40 minutes.

A PLUM CAKE.

A good plain reliable cake can be made by taking the following proportions:— $1\frac{1}{2}$ lbs. of flour, $\frac{1}{2}$ lb. of butter, 6 ozs. of sugar, $\frac{1}{2}$ lb. of currants or sultanas, $\frac{1}{4}$ lb. of lemon-peel, 3 eggs, $\frac{3}{4}$ pint of milk, baking powder and salt.

Well rub the butter and sugar into the flour, add the well-beaten eggs and sufficient milk to mix, also baking powder and salt. Then add the fruit and peel. Bake in a moderately hot oven for about 2 hours.

ROCK CAKES.

Proportions.— $\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. of currants, $\frac{1}{4}$ lb. of sugar, 1 oz. of candied peel, 1 teaspoonful of baking powder, 1 teaspoonful of grated nutmeg or ginger, 1 egg, 3 ozs. of clarified dripping, 1 tablespoonful of milk, salt.

Put the flour and baking powder and salt into a basin and rub into them the dripping until there are no lumps remaining, then take the currants and, after cleaning them by rubbing them in a clean cloth, add them to the flour, also the nutmeg or ginger, and sugar. Cut up the candied peel and add it to the other ingredients, mixing them up with a wooden spoon. Break the egg into a cup and beat it up with the milk and mix it with the rest. Grease a tin with dripping and divide the paste into little rough heaps and lay them on a tin; bake them for about 15 minutes. Sufficient for 12 cakes.

CURRANT OR SEED BUNS.

Proportions.— $\frac{1}{2}$ lb. of flour, 2 ozs. of dripping, 2 ozs. of sugar, salt, 2 tablespoonsful of milk, 1 tablespoonful of currants or 1 teaspoonful of carraway seeds.

Put the flour in a basin, rub in the dripping, add the sugar and the currants or carraway seeds, moisten with the milk, and mix well together. Place the mixture on a greased baking tin in little lumps and bake for 15 minutes in a hot oven.

GINGERBREAD.

Proportions.— $\frac{1}{2}$ lb. of flour, 2 teaspoonfuls of ginger, salt, $\frac{1}{2}$ oz. of candied peel, 2 ozs. of butter, 1 oz. of brown sugar, 6 ozs. of golden syrup, 1 egg, $\frac{1}{2}$ teaspoonful of soda, $\frac{1}{2}$ gill of milk.

Grease and line a Yorkshire pudding tin with paper. Melt the butter (or dripping), add golden syrup and sugar, and mix well over the fire. Do not boil. Sift the flour, ginger, and salt together. Cut up the peel and stir it to the flour. Add syrup, mix slightly, and add the egg well beaten up. Pour the wet ingredients to the dry and beat well. Put the soda into the milk and add to mixture. Pour the mixture into the greased tin. Bake in a *moderate* oven for three-quarters to one hour. When done, cool on a sieve.

JOSEPHINE CAKE.

Proportions.— $\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. of sugar, $\frac{1}{4}$ lb. of fat, 2 eggs, 2 tablespoonsful of milk, $\frac{1}{4}$ lb. of currants, salt, teaspoonful of baking powder.

Cream the fat and sugar together. Add eggs and flour alternately, lastly add the baking powder, salt and currants, beat all well together with a wooden spoon. Pour into a greased tin and bake in a moderate oven for one hour.

RICE CAKES OR BUNS.

Proportions.—3 ozs. of flour, 3 ozs. of sugar, $\frac{1}{4}$ lb. of ground rice, 3 ozs. of dripping, 2 eggs, salt, $\frac{1}{2}$ teaspoonful of baking powder.

Beat the dripping into a cream, add the sugar. Stir well, and work in the eggs one at a time. Lastly, stir in the ground rice, salt, flour, and baking powder. Put the mixture either into one large well-greased cake tin or several greased patty-pans; bake for about three-quarters of an hour if a large cake, or 20 minutes if small ones.

A few drops of flavouring may be added to the mixture if desired.

CURRANT CAKE.

Proportions.— $\frac{1}{2}$ lb. of flour, 2 ozs. of dripping, 1 gill of milk, $\frac{1}{4}$ lb. of currants or sultanas, 2 tablespoonsful of sugar, baking powder, salt.

Mix the flour, baking powder, and salt well together, rub in the dripping, add the currants, well cleaned in a dry cloth, the sugar, and sufficient milk to make a stiff batter. Pour into a greased cake tin, and bake for about three-quarters of an hour.

Cakes will not stick to the tins if the tins are placed on a damp cloth when removed from the oven.

MILK SCONES.

Proportions.— $\frac{1}{2}$ lb. of flour, 1 teaspoonful (level) of cream of tartar, $\frac{1}{2}$ teaspoonful (level) of carbonate of soda, $1\frac{1}{2}$ ozs. of butter, 1 teaspoonful of castor sugar, $\frac{1}{4}$ pint of milk, salt.

Sift the flour, cream of tartar, and carbonate of soda

together. Rub the butter into the flour, add the sugar, and mix to a paste with the milk.

Roll out, and cut out with a small round cutter or a wineglass. Bake in a good oven for about 15 minutes.

SPONGE CAKES.

Proportions.—2 ozs. of flour, 2 eggs, 2 ozs. of castor sugar, $\frac{1}{2}$ teaspoonful of grated lemon-rind, salt.

Whisk the eggs and castor sugar together to a stiff froth, lightly stir in the flour, pinch of salt, and lemon-rind. Grease some sponge cake tins with dripping, dredge lightly with sugar, and half fill the mixture. Bake in a moderate oven for about 15 minutes.

QUEEN CAKES.

Proportions.—6 ozs. of flour, 3 ozs. of butter, 3 ozs. of sugar, 1 oz. of currants, $\frac{1}{2}$ teaspoonful baking powder, salt, 2 eggs, few drops of flavouring (if liked).

Clean the currants in a cloth, lightly grease some small cake tins, and place a few of the currants in the bottom of each tin. Beat the butter and sugar to the consistency of cream. Well beat up the eggs and add them, and stir the remaining ingredients in as lightly as possible. Fill the tins, and bake in a moderate oven. Cool on a sieve.

YORKSHIRE TEA-CAKES.

Proportions.— $\frac{3}{4}$ lb. of flour, $1\frac{1}{2}$ gills of milk, 1 egg, 1 oz. of fat, $\frac{1}{2}$ oz. Germany east, 1 teaspoonful of castor sugar, salt.

Cream the sugar and the yeast; melt the fat in a saucepan; pour the milk on to it, and make it lukewarm; pour this on to the yeast and sugar. Pour the yeast and milk through a strainer into the flour, add the egg beaten up, and mix well together. Flour a board and turn the dough on to it, beat it, and cut it into cakes.

Grease some cake tins, and put the cakes in, and stand by the fire to rise for one hour, then bake them for a quarter of an hour.

HOT CROSS BUNS.

Mix 2 lbs. of flour with a teaspoonful of powdered spice and half a teaspoonful of salt. Rub in half a pound of good butter. Make a hollow in the flour and pour in a wineglassful of yeast and half a pint of warm milk, slightly coloured with saffron. Mix the flour with the yeast and the milk to a thin batter; throw a powdering of dry flour over it, and set before the fire to rise.

When risen, work in a little sugar, one egg beaten up, half a pound of currants well cleaned, and milk to make a soft dough. Cover as before, and let it stand for half an hour. Then form the dough into buns, and mark them with the back of a knife. Bake for 15 to 20 minutes.

These quantities will make two dozen buns.

APPENDICES.

APPENDIX I.

The following routine for guidance of Bakers on board H.M. Ships is suggested as a convenient one to follow :—

Time.	Duty.
On Com- missioning.	Chief baker to report bakery staff joined to the Accountant Officer. Obtain malt and hops from ship's steward. (N.B.—Chief baker should remember to take two pints of old yeast from depôt with him to start the brew.) Proceed to make yeast (24 hours). <i>Sponges to be set overnight at 6, 7, 8, and 9.30 (after rounds), the later sponges to be made at a lower temperature and kept in a cooler part of bakery.</i>
5 0 a.m.	Call duty baker's mate (with the hands).
5 15 a.m.	<i>Make first dough. Light fire.</i>
6 45 a.m.	Make second dough (one mate). <i>Remainder scale off first dough.</i>
7 15 a.m.	Breakfast.
7 45 a.m.	<i>Set first batch. Clear up bakery.</i>
8 15 a.m.	Make third dough (one mate). Remainder scale off second dough.
9 0 a.m.	<i>Draw first batch.</i>
9 30 a.m.	Set second batch.
10 0 a.m.	Make fourth dough (one mate). Remainder scale off third dough.
10 45 a.m.	Draw second batch.
11 15 a.m.	Set third batch.
11 45 a.m.	Scale off fourth dough. Dinner.
12 30 p.m.	Draw third batch.
1 0 p.m.	Set fourth batch. Clear up bakery.
2 15 p.m.	Duty baker draw fourth batch. Grease tins and place ready for first batch in morning.

N.B.—The complete process of one batch has been printed in *italics*.

APPENDIX II.

SYLLABUS OF EXAMINATION FOR SHIP'S COOK RATINGS.

1. All Cook Ratings passing examinations for confirmation for higher ratings will be required to prepare a dinner of five subjects.

2. Probationary 2nd Cook's Mates at the end of six weeks will be specially arranged for, and will be required to prepare such simple subjects as may be considered desirable to show whether they have made sufficient advance to warrant their being retained to complete the probationary period.

3. The following will be required as examination subjects on completion of the periods specified :--

2nd Cook's Mates after Six Weeks' Course.—Such simple subjects as may be selected, chiefly knowledge of how to prepare the Service rations and an elementary knowledge of breadmaking.

2nd Cook's Mates at the End of Three Months' Course.—A practical examination in five subjects :—Soup, fish, meat, and two vegetables, pudding, and a sick berth cookery subject. All these will be the simpler recipes.

2nd Cook's Mates at the End of their Six Months' Training.—Five subjects similar to above, but all more advanced.

All Men passing for Leading Cook's Mates, Ship's Cooks, and Chief Ship's Cooks.—Five subjects as above, but these five subjects will be the most advanced in the book, and the higher ratings will be expected to show a greater proficiency in all subjects.

4. All 2nd Cook's Mates and higher ratings will be required to have a thorough knowledge of breadmaking, and before passing out will have to prepare a batch of bread. The 2nd Cook's Mates will do this under supervision to avoid any loss through spoiling the bread, but all Higher Ratings will turn out a batch of bread unaided, except that the necessary manual labour will be provided for them. They will be put in charge of the bakery to do this work, and will be entirely responsible for the bread turned out while they are in charge. No assistance is to be given to them except as stated above.

5. The following system of judging results of the practical subjects for the examination will be followed:—

A maximum of 15 marks will be obtainable for each of the five subjects, 10 for general appearance, neatness and economy, and 15 for replies to verbal questions, making 100 in all.

To qualify when passing at the end of six months, a 2nd Cook's Mate must obtain 70 per cent.; to pass for Leading Cook's Mate 75 per cent. is required; and to pass for Ship's Cook or Chief Ship's Cook 80 per cent. is required.

6. The scale of marking will be as follows:—

<i>Marks.</i>	<i>Ability.</i>	<i>Examination for.</i>
Below 65	- Inferior	} Cook's Mate.
65 to 69	- Moderate	
70 to 85	- Satisfactory	
86 to 95	- Superior	
96 to 100	- Exceptional	
Below 70	- Inferior	} Leading Cook's Mate.
70 to 74	- Moderate	
75 to 86	- Satisfactory	
87 to 95	- Superior	
96 to 100	- Exceptional	} Higher Ratings.
Below 75	- Inferior	
75 to 79	- Moderate	
80 to 89	- Satisfactory	
90 to 96	- Superior	
97 to 100	- Exceptional	

7. The dishes required to be prepared will be "half quantities" of those given in the book. Each man will weigh off what he requires to prepare the dishes, and will have to prepare them without the help of the book and without any assistance of any sort.

Faint, illegible text, possibly bleed-through from the reverse side of the page. The text is arranged in several paragraphs and appears to be a formal document or letter.

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Zymax - - - - -	125

4/AN

RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 3508

Microfilm No:

Date	Particulars
FEB 99	Chemical Treatment Fumigation Deacidification Renaissance HA Liquid Lamination Solvents Leather Treatment Adhesives Remarks

