Common-sense cookery for English households : based upon modern English and continental principles ; with twenty menus for little dinners worked out in detail / by A. Kenney-Herbert ("Wyvern").

Contributors

Kenney-Herbert, A. R. 1840-1916.
University of Leeds. Library

Publication/Creation

London : Edward Arnold, [1894]

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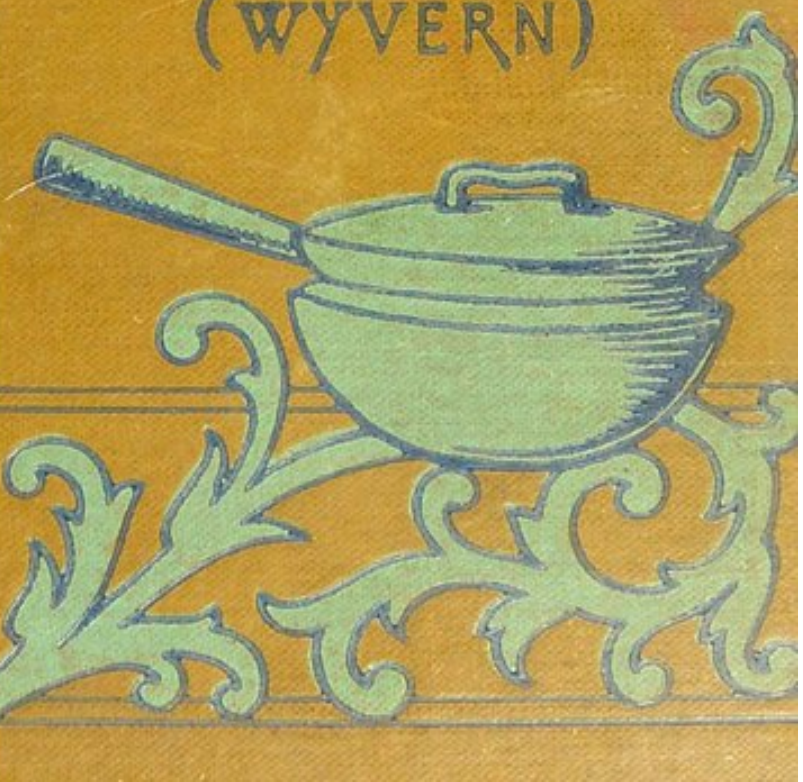
COMMON SENSE COOKERY

COL. KENNEY HERBERT
(WYVERN)



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COMMON-SENSE COOKERY

COMMON-SENSE COOKERY

FOR ENGLISH HOUSEHOLDS

BASED UPON

MODERN ENGLISH AND CONTINENTAL PRINCIPLES

WITH

TWENTY MENUS

FOR LITTLE DINNERS WORKED OUT IN DETAIL

BY

A. KENNEY-HERBERT

(WYVERN)

DON OF THE ORDER OF THE CORDON-ROUGE, AND AUTHOR OF "FIFTY BREAKFASTS," "CULINARY JOTTINGS," ETC

LONDON

EDWARD ARNOLD

37 BEDFORD STREET, STRAND, W.C

Publisher to the India Office

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PREFACE.

ANOTHER cookery book! Yes—another. Surely there can be none too many if each contribute but a little in aid of the movement now fairly on foot for the betterment of English cookery, and the union of efficiency in the kitchen with reasonable economy. But let me try to justify my enlistment in the cause. Sixteen years ago I brought out a little work called "Culinary Jottings" for English housewives in India. It was most kindly received, and has now reached its sixth edition. Encouraged by this success, and by the voices of friends, I have now ventured upon a book specially designed for use in English households.

The grammar and principles of cookery change not, but science has of late come to the assistance of the culinary artist, and during sixteen years a workman who tries to keep level with the time cannot but discover new and better methods. For we who attempt to teach must ourselves be ever learning. We can never flatter ourselves that we have reached the stars, nor be unprepared to hear of interesting discoveries, or of some novel departure from the beaten track. Thus I offer to-day the last results of maturer experience, of kind advice, and practical work in a fresh field.

A student myself I have the sincerest sympathy for those who are also struggling with the subject, and since I have encountered many of them I can well appreciate their difficulties. My endeavour has accordingly been to lay down the rules of the grammar of cooking as simply and as clearly as possible, to explain each branch of the art intelligibly, and to give recipes without vague generalities. Do I not know full well myself how perplexing it is to be suddenly brought to a

standstill by "some" of this, "a little" of that, and "a few spoonfuls" of the other? I have therefore done my best to give exact weights and measures. My practice of stating in ounces the quantities of vegetables required in soups and stews may seem to the skilled practitioner with a fine sense of the dimensions of a cookery-book carrot or onion to be superfluous, but I contend that such data are most necessary in a work of instruction. Root vegetables and bulbs vary in size to such an extent that unless the proper proportions are allotted, the balance of power between them and the meat with which they are associated cannot be maintained.

Differences of opinion there are and ever will be in regard to many points in cookery and the ordering of a dinner. For inasmuch as human tastes vary, so do men's views concerning food and feeding. Better indeed were it if an author on cooking could say :—"There, I have shown you how to prepare your dishes ; pray choose and arrange them as the spirit may move you." But this cannot be. The majority of the community for whom his book is written stand in need of assistance in the composition of their Menus. For these, then, I have suggested a few little dinners according to the light which is in me, even at the risk of occasional oversights, and of offending those who—passing its practical value by—consult an unostentatious cook's guide for "soothing harmonies," and "rhythmical order and sequences." For such euphuists no mortal could cater, for do they not dwell in Nephelococcygia, and batten on hyperbole? I trust, however, that people of milder aspirations may find some useful hints in the pages of COMMON-SENSE COOKERY.

I have to acknowledge the great assistance I have derived, both formerly and of late, from the writings of Sir Henry Thompson, "the G. C.," Jules Gouffé, and Urbain Dubois, and to thank the Proprietors of *The Nineteenth Century* and *The St. James's Budget* for the permission they have granted me to utilize certain of my writings that have been published in their respective journals.

A. K.-H.

LONDON, *October*, 1894.

CONTENTS.

CHAP.		PAGE
I.	To Housekeepers	1
II.	Kitchen Requisites	8
III.	The Menu	18
IV.	Stock, and Clear Soups	26
V.	Thick Soups and Purées	42
VI.	Sauces—Class A.	54
VII.	Sauces—Class B.	73
VIII.	Fish	84
IX.	Fresh-water Fish	101
X.	Entrées	115
XI.	Entrées *(concluded)*	126
XII.	Braising and Roasting	133
XIII.	Boiling and Steaming	147
XIV.	Vegetables	157
XV.	Vegetables *(continued)*	174

CHAP.		PAGE
XVI.	VEGETABLES *(concluded)*	195
XVII.	GAME	209
XVIII.	RÉCHAUFFÉS	226
XIX.	FRITTERS	236
XX.	LUNCHEONS	245
XXI.	SALADS	262
XXII.	EGGS	273
XXIII.	THE OMELETTE	286
XXIV.	MACARONI AND RICE	295
XXV.	TOASTS	308
XXVI.	HORS D'ŒUVRES AND SAVOURIES	321
XXVII.	PASTRY-MAKING	336
XXVIII.	OF PIES	346
XXIX.	CURRIES	366
XXX.	ON ROUGHING IT	390
MENUS I.–XX.		409
ON COFFEE-MAKING		502
INDEX		505

COMMON-SENSE COOKERY.

CHAPTER I.

TO HOUSEKEEPERS.

THE COOK—MARKETING—A CAUTION.

I CANNOT do better than commence with a few words on the subject of management, for upon this the whole question of efficient and economical cookery may be said to depend.

First in regard to the cook herself. If you want to be well fed, and to put nice little dinners before your friends, you must not only be prepared to take considerable personal interest in food and feeding, but you must make a *friend* of your cook. Common cause must be made with her for the development of better things, and the good work should be taken up pleasantly by mistress and servant as a joint enterprise. To this end it is essential that the former should acquire some practical knowledge of the art of cookery herself. The present outcry concerning the incompetence of the domestic cook points really to incompetent management. If ladies knew a good deal more than they generally do about this important branch of their household work they could mend matters to a very great extent themselves, and half the complaints would

never be heard. It is of little use to condemn a bad dish if you cannot point out the why and the wherefore ; or to say that such and such a thing is wrong unless you are able to explain clearly *how* it can be rightly done in future.

In making these remarks I do not appeal to those who are able to leave the direction of their household affairs to a housekeeper, and are willing to submit themselves to the style of food unto which it may please that expert to call them. I address those who are really interested in the subject, who are prepared to take the reins themselves, and earnestly desire to improve their *cuisine*.

The domestic cook is, we must all remember, a mere accident. She may of course have been brought up in a good kitchen, and have acquired a sound knowledge of her business, but in the majority of cases the less said of her early training, and the sooner it is improved away, the better. In these circumstances some one must instruct her, and surely it is the mistress who should do this. If approached with patience, tact, and in a pleasant manner, teaching can be conducted more easily and quickly than many believe. But it goes without saying that the teacher must be up in her subject. How can she acquire the necessary knowledge ?

I answer without hesitation—by self-instruction, provided that a really practical little cook's guide be chosen in which the grammar of cooking with its leading principles and standard laws is simply and clearly expounded. The recipes neither too numerous nor on too large a scale, and weights and measures very carefully given. With a treatise of this description any ordinarily intelligent student can gradually work up the subject, putting many things to practical test, and learning the hard and fast rules that never change. It is my earnest endeavour to construct my book on these lines.

When thus grounded, acquainted with kitchen appliances and their uses, and familiar with culinary phraseology, there can be no doubt that many a valuable wrinkle can be picked up by attending lectures at a good school of cookery, but I deny that sound general knowledge can be acquired by such means alone.

To derive any real benefit from the demonstrations of an artist at the studio the pupil should be fully able to follow the discourse easily, to understand at a glance why this is put in, or that left out, and never be at a loss for the meaning of a term.

Very sound teaching is to be picked up in some of the unpretentious little French handbooks, such as "*Guide de la bonne cuisinière*," by Durandeau ; "*La cuisine de la campagne et de la ville*," by Audot ; &c. Little the worse are these works for treating perhaps of *la cuisine bourgeoise* rather than that of the highest school, for after all much of the latter is based on the former, and many excellent things which pertained originally to the popular or domestic French kitchen remain as national types to-day beyond the reach of the innovator.

Appliances for practical trials will be spoken of in due course ; it need only be mentioned here that many a dainty little recipe can be worked out with the aid of a small gas-boiler placed upon a table, with a flexible tube connecting it with an ordinary gas pendant.

Assuming, then, that the mistress has read the subject up sufficiently, the next step is to the kitchen for a conference with Mary Jane. Now, although averse—as a class—to receive instruction, and prone to resent what they are pleased to look upon as trespassings within their lawful domains, few cooks can hold out against a visit which is evidently kindly meant, and not for fault-finding or with a view to discoveries. Still less likely are they to take umbrage if the new idea be introduced with a few pretty little additions to their kitchen equipment :—some French vegetable scoops and cutters, a few tasty little moulds, a slicing machine, and so on. Seasonable times should be chosen for these studies, when they cannot possibly hinder other work or put the cook out. A good deal can be done in an hour, and after a few successes these "hours" will come to be looked upon by both with much interest.

With the knowledge she has thus acquired, and a cook who by reason of tactful management has improved in all branches of her work, the mistress will cease to dread the daily task of order-giving, the question of the disposal of cold meat and odds

and ends will be settled in a few minutes, and there will be no waste : the whole tone of the domestic cooking will be distinctly raised, and when she gives a little dinner-party she will no longer be a prey to apprehension, or be forced to procure half the dishes she requires from the shop of some expensive purveyor.

Next as regards order-giving. The considerate discharge of this duty is an essential part of the management of the cook. It is most unfair to keep her waiting till after ten o'clock for the directions for the day, including luncheon. The thoughtful mistress looks well forward and gives to-day her instructions as far as lunch to-morrow. But in hundreds of English households the dilatory method prevails. Far too late it is discovered that there is nothing in the house, and at "the eleventh hour" extravagant makeshifts are the subterfuge. The inevitable steak or dish of chops purchased in a hurry, and done in the frying-pan in a hurry, is sent to table as greasy and untempting as possible, often too tough to eat. The cook cannot be blamed for this. Time is above all things an indispensable element of good cooking. That greasy and leathery steak might have been presented delicately stewed, a wholesome and appetising dish, but as at least two and a half hours should be allowed for the process, the meat—ordered the day before—should have come in by the first delivery.

OF MARKETING.

To speak candidly, this is a branch of management with which the majority of English ladies are but partially acquainted. Some try most conscientiously to do it themselves, and some by deputy, but in either case their guiding principle is economy in the books, and to keep within a fixed limit of weekly expenditure. Their catering, therefore, is governed by financial considerations rather than by the exigencies of the kitchen, or thought for nice cooking. Though they little think it, their system is *not* economical. They buy expensive things that are unnecessary, and omit many things that are necessary. The fact is that it is impossible to purchase food stuffs judiciously

unless you know something about cookery. Often, for instance, is the cook expected to make soups, stews, &c., with such an inadequate allowance of vegetables that the operation cannot possibly be successful. "I know nothing of cookery," said a lady to me who prides herself on her management, "my rule is to give my cook half what she asks for." Could confession of crass ignorance and incapacity be more frank than this?

The truest economy is to be contented with little but to have that little excellent. It is better to sit down to a meal of two dishes that are well cooked with their proper adjuncts complete, than to one of six in which the correct elements and accessories are conspicuous by their absence. The French housewife, with her practical knowledge of *cuisine*, sees in her mind's eye the dish she intends to have made, and regulates her purchases accordingly, omitting nothing. The stock of her soup has been made of bones and scraps—she never gets special soup-meat except for the *pot-au-feu*, when it "contrives a double debt to pay" as soup and joint independently—but she provides the full amount of vegetables and herbs to make her broth both fragrant and savoury. Our housewives, on the other hand, will get meat for soup in excess of the proper allotment without much hesitation, but they draw the line at vegetables.

Their want of knowledge of cookery renders many ladies helpless also in regard to the tricks of the trade. They allow their fish to be trimmed or filleted, forgetting to say that the trimmings are to be sent home too; while they buy their poultry and game ready trussed, good-naturedly making the poulterer a present of the giblets, which he sells again independently, as the fishmonger does the fish cuttings. The value of these things in cookery will be explained hereafter; all I would add here is that the practice of having these things done *for* you is bad management. The cook should clean, trim, and truss her game and poultry, and fillet her fish also, making use of the trimmings for broths which to the thrifty are most valuable.

Take the case of a sole. A choice fish probably costs from one and sixpence to one shilling and ninepence a pound, but

as only half of its weight is edible matter you really pay at the rate of three or three and sixpence a pound for what you eat. It is clear, then, that it is absurd extravagance to ignore the bones and cuttings from which an excellent broth can be made as a set-off against the costliness of the fish.

There is another custom very commonly followed of allowing tradesmen to call for orders. This no doubt saves a quantity of trouble, and I do not wish to insinuate that the butcher, the greengrocer, or the poulterer, act otherwise than fairly in regard to the instructions they get. Nevertheless, the system is erroneous, and those who give way to it are liable to a charge of bad management. You never know what the day may bring forth. See things for yourself. This refers especially to fish and vegetables, but is applicable to all marketing. A call of a couple of minutes at the butcher's often enables you to choose that particularly nice little piece of meat, precisely the size you want, which you would not otherwise have got, while but for a look in at the poulterer's perhaps you would never have heard of a fall in the price of ducklings, whereby you find that you can secure a couple for to-morrow's little dinner-party without any grave searchings of heart.

To sum up:—Domestic management cannot be really efficiently conducted without some knowledge of cookery and marketing. This, I have tried to show, is a thing less difficult to acquire than many think, provided it be taken up with zeal and perseverance. I hope that what is to come will smooth the way, and put things clearly, for I well know that to the majority the art of cooking is anything but an interesting subject.

A CAUTION.

Among terms that are often used injudiciously I take exception, at the risk of being considered hypercritical, to the word "grease." This, I contend, should never be mentioned by teachers of cookery save as a term of reproach, or to indicate a substance that should be carefully removed from anything upon or in which it may be discovered. With this view a pupil

should not be told to "grease a pie-dish," or fry a *croquette* "in hot grease," since it is just as easy to say "butter" in the one case, or "oil," "lard," or "fat" in the other. It is obviously dangerous to allow a young cook who has much to learn to think that "grease" can be turned to good account in any culinary process whatever. Clarified fat or dripping, be it remembered, is not "grease."

CHAPTER II.

KITCHEN REQUISITES.

GAS STOVES—UTENSILS—APPLIANCES FOR SLOW COOKERY—MINOR EQUIPMENTS—THE COOK'S STORE-CUPBOARD.

A VERY important matter for our consideration nowadays is our kitchen equipment. So much has been done of late in the way of improvement that the housewife's list of five-and-twenty years ago has become but a very poor guide to the requirements of to-day. The superfluity of gear—half of which was ornamental and rarely if ever used—that in the earlier Victorian period was gathered together for even a moderate establishment has been gradually reduced, and many cumbersome and expensive vessels have been pronounced obsolete. On the other hand utensils which facilitate good cookery and conduce to economy have been invented, while not a few appliances of the French school have been introduced. For each article in a reformed kitchen there is now a distinct purpose, and things are kept for use, and not for show. Selection has accordingly become a rather difficult task demanding a knowledge of requirements that can only be gained by experience. A few hints—off the beaten track—may therefore be useful.

RANGES.

Though the wastefulness in fuel and many defects of English cooking ranges have received much attention for several years

past, it is only a small minority of householders who have as yet benefited by the improvements that have been effected. Modern dwellings run up on speculation are too often furnished with ranges at hap-hazard, the practical qualities of which neither the builder nor proprietor profess to have the slightest knowledge, and thus the tenant finds himself provided with a neat-looking, nicely polished apparatus, the shortcomings of which probably escape detection until some one who understands these things happens to intervene.

Few cooks distress themselves about consuming a quantity of coal, and the custom of letting the kitchen fire burn away all day is so common that the extravagance of the practice is not thought of. Indeed in common ranges there would seem to be no alternative but to accept this unsatisfactory state of things as inevitable, for whether at work or not the fire cannot for the sake of hot water or some accidental call be allowed to go out.

Nor is this waste of fuel the only drawback we have to complain of in one of these stoves. They are inefficient in many ways. Unless the fire be built up level with the hot-plate you cannot manage any frying that requires a fast fire, nor grill or boil, while the ovens are wholly unreliable for baking bread, cakes, pastry, *soufflés*, and all things requiring bottom heat. This is not so marked a defect in oven-roasting because the top and side heat may be good enough, but it accounts for many a failure in regard to other things that we attribute to the cook's incompetence.

Economy and efficiency can only be attained by using a range such as the "Eagle," which specially combats the evils I have pointed out :—(*a*) by a movable bottom grating by which the fire can be raised or lowered at pleasure ; (*b*) by iron flues ; and (*c*) by a reversing damper which enables the cook to regulate the heat of her ovens, top, equal, or bottom, as she chooses. And since the flues are heated from the top, a shallow fire raised nearly level with the hot-plate suffices for the maintenance of hot water, and the general demands of cooking, causing a marked diminution in the expenditure of coal.

Another excellent range is that which has been introduced by the Economic Smokeless Fire Company. While on the one hand effecting a saving in fuel to an extent of from 50 to 70 per cent., the system provides on the other a most efficient oven, an excellent hot-plate, and great roasting heat, all well under control and regulation.

GAS STOVES.

For facility in conducting the various branches of cookery, however, I certainly think that a range which stands out away from the wall of a kitchen is far better than in the customary recess under a chimney-piece, which in many London kitchens is so dark that the cook cannot see how her work is progressing. For this reason one of the improved gas cooking stoves with hot-plate is much to be commended, especially as affording peculiar advantages in regard to the process of *slow* cookery. At one time gas cooking was considered more expensive than cooking with coal, but this has been overcome by scientific adaptations, and if a cook be but commonly careful in putting out fires which are not in use, the former will now be found the more economical system of the two. The choice of these stoves is varied and extensive, while heavy expense in purchasing can be avoided by obtaining one on hire through one of the gas companies. The efficacy of gas cooking will be adverted to when we come to the consideration separately of each branch of the art.

In kitchens where a gas stove is not used the small table-hot-plate or gas boiler, with indiarubber tubing to connect it with the ordinary kitchen gas pendant, mentioned in the last chapter, will be found a most handy and useful auxiliary, particularly for sauce-making, curries, stews, &c., requiring gentle cooking, and close attention.

UTENSILS.

It is difficult to offer advice concerning the metal best adapted for kitchen utensils, for upon this point opinions differ. Copper—the most expensive—is, we all know, universally recommended on account of its durability. You see nothing else

in the kitchens of restaurants, clubs, &c., and in all establishments where the demands upon the *chef* are frequent and elaborate. Some are *afraid* of copper, but this is groundless, for if treated with ordinary care, no evil should result from its use. Wrought and seamless steel vessels are excellent, being durable, safe, and easily cleaned. White enamelled iron-ware looks nice when new, but the slightest carelessness destroys the enamel, and when once cracked or discoloured it may be considered done for ; it is, I think, best suited to sweet cookery, stewing fruit, &c. Plain wrought-iron vessels, tinned, are not showy but serviceable, and block tin for certain utensils is not to be despised. The American agate or grey enamel ware is likewise useful, and at the same time light. In ordinary kitchens I think a mixed collection should answer its purpose well enough as given in detail in the Appendix.

It is not always that old-fashioned things are eclipsed by new. For instance, no more useful article can be included in the kitchen equipment than a Dutch oven, while for curries most certainly no vessel can equal the glazed earthenware *casserole* sold by Messrs. Woolf and Co., at 119, New Bond Street. These articles will be spoken of later on.

I cannot too strongly recommend the adoption in every kitchen of that invaluable utensil a *bain-marie* pan, or shallow trough, which, partly filled with hot water and kept over a moderate fire, affords a hot bath in which the various saucepans containing soup, stews, sauces, &c., can be set, and so kept hot without deterioration. A *bain-marie* complete, with a set of saucepans made to fit it, can be purchased at a moderate cost in planished tin, or you can procure the pan by itself to fit your saucepans, in copper, steel, or block tin ; either of the two first materials will, of course, outlive the last.

Stews, curries, hashes, *salmis*, vegetables, rice, macaroni, in fact all cooked dishes can be heated up *en bain-marie* or be kept hot with perfect safety. If you place a stew, for instance, upon the hot-plate of the kitchen range—even if some distance from the fire hole—the action of the bottom heat will tend to

dry up the sauce or gravy even if it does not cause the meat to catch at the bottom of the pan and burn. Hence the value of the *bain-marie* in this branch of work also.

The "safe-boiling stove mat" is most useful in the same way, providing a fender between a vessel and the hot-plate.

Although it may be allowed perhaps that the ordinary cook is fairly acquainted with the common utensils of the kitchen, in the matter of frying-pans I do not think that she has always been taught to distinguish between a *friture*-pan, a *sauté*-pan, and an *omelette*-pan, or the vastly different processes which unfortunately come under the one and only denomination of "frying" in the English culinary vocabulary. Having no word to express the exact meaning of the French term *sauter* as opposed to *frire*, English authors have been driven to explain the chief frying methods as "wet" and "dry" respectively. Now for all real *friture* work, *i.e.*, "wet frying," you require a frying-vessel—a frying *kettle* in short, rather than the ordinary frying-*pan* of commerce, steady over the fire on account of its own weight, with a wire drainer. In the lists of most furnishing ironmongers this vessel is called a "fish fryer," but this is misleading, for it is needed for every species of work by this method—in conjunction with the wire frying-basket, in the case of whitebait, for croquettes, rissoles, cromesquis and fritters of any kind.

Another most necessary utensil—much needed by the cook in connection with this process—does not appear in the lists, viz., a wire latticed rest in the style of a pastrycook's wire drainer, on which things fried can be set to *dry* either in front of the fire or in the mouth of the oven. The necessity for this will be shown hereafter. Any furnishing ironmonger can supply this.

"Dry" frying is conducted in a *sauté*-pan, the French vessel differing from the English frying-pan in having an upright rim and being provided with a handled cover. The method of using it will be explained in due course.

The *omelette*-pan is shallow with a gently sloping rim; its use is described in a chapter on *omelettes*.

For grilling many cooks are apt to use the English frying-pan rather than be bothered with the gridiron and the trouble of preparing a clear fire for the operation. This is a pity, for, apart from the greasiness too common with the frying process, of the two methods for fillets, cutlets, chops, and steaks, broiling is far the nicer. Work has, however, been made easier by the introduction of the upright wire gridiron which can be attached to the bars of the fire grate. By this process the meat is quickly toasted, and the gravy, &c., caught in a pan fitted to the gridiron.

For this branch cutlet tongs are essential, the object of grilling being to retain the juices of the meat. If the latter be pricked by a fork the gravy escapes.

APPLIANCES FOR SLOW COOKERY.

The great value of slow cookery and of dressing meat in its own vapour and juices is now so universally acknowledged that no kitchen can be considered properly equipped without some appliance for the development of one or other of those processes. Braising is, of course, one of them, a method for which, strictly speaking, a braising-pan is required, nevertheless plain domestic braising for small joints can be conducted in a roomy stew-pan. Then there is "dry cooking" by hot water; that is to say, cooking meat in a receptacle, without broth or gravy, within another filled with boiling water, whereby it does not come in contact with either water or steam, and is cooked in its own moisture. In this connection it is hardly necessary to speak of Captain Warren's vessels, for their success has fully established their excellence. Various scientific apparatus for slow cooking at low temperature have been invented—the Norwegian system, Becker's process, and Atkinson's Aladdin Oven—but these are not easily procured. Another simple and efficient slow cooker on the Warren principle is Messrs. Woolf's "gourmet boila," adapted especially for jugging or steaming. This is simply a glazed stoneware vessel with a fitting cap or lid which, when in operation, is placed inside any common saucepan half-filled with water. As the latter boils the contents of the inner utensil

become heated and are gradually cooked in their own vapour. This is strongly recommended.

For steaming in its commoner form—*i.e.*, the cooking of fish, meat, or vegetables *in* steam—the "patent rapid steamer" may be specially mentioned as quite superseding the old-fashioned double-storied saucepan. These are remarkably cheap, and procurable in all sizes to fit ordinary saucepans.

MINOR EQUIPMENTS.

Under this head a great number of articles might be mentioned :—moulds of divers kinds, French vegetable cutters in variety, paste cutters, cutlet cutters, whisks, knives, larding needles, sieves, strainers, spoons and ladles, slices, &c., with machines for the more rapid and efficacious slicing and peeling of vegetables, coring fruit, and so on. But as these will be spoken of in detail when the branches to which they pertain are discussed hereafter they need only be mentioned here *en passant* as it were. The following few hints may, however, be recorded :—

Every cook should have at her disposal a complete set of earthenware or enamelled iron bowls for the setting of her stocks, gravies, sauces, &c. Three of these at least should have lips. Bowls are also wanted for clarified suet, dripping, and frying fat. It is at the same time always advisable to let her have a few glass and crockery sundries for her special use (apart from the sets in use in the house), such as glasses in sizes and cups for measurement, jugs, a few dishes, soup-plates, and plates in sizes. These can obviously be of the commonest ware.

There should be a mincing machine and strong mortar with pestle in every kitchen, a good set of scales with weights, a set of measures, and a reliable clock.

The few utensils used for sweet cookery should be kept separate from those belonging to the savoury branches.

It is hardly necessary for me to point out the intense importance of cleanliness in the kitchen and every appurtenance connected therewith. Nor need I mention, I hope, that wash-

ing-soda, silver-sand and house-sand, must be regularly issued, with a full supply of scouring cloths and rubbers. A wise cook saves all the squeezed lemons to assist in polishing her coppers, and never dirties a single vessel unnecessarily.

Great care should be taken in regard to *tamis* cloths, or any cloths used for straining purposes. These should never be washed with *soap*, or be sent to the wash with ordinary household linen. After having been used they should at once be scalded, cleansed in hot water, and then wrung out to dry. Before using them again they should be again scalded. The same rules should be followed with jelly bags.

THE COOK'S STORE-CUPBOARD.

A chapter on kitchen requisites would be incomplete without a few hints in regard to the cook's store-cupboard. This, if work is to be satisfactorily carried on, must be supplied with groceries sufficient to meet any probable contingency, for at least a week or ten days. The practice of doling out petty allotments for immediate requirements is a mistaken one, suggesting a want of confidence that is unfair, and continually causing serious inconvenience.

Ready-made sauces for kitchen use cannot be too simple. Useful as they may be in the cruet-stand for those who like them, strongly flavoured, hot, and pungent preparations like Worcester sauce, are not to be recommended for indiscriminate employment in hashes, stews, &c. The safest aids are the ketchups—mushroom, walnut, and tomato, the last especially. Reliance should chiefly be placed in flavours extracted from vegetables, meat, and bones. Fish broths freshly concocted from fish, especially shell-fish, cannot be surpassed for flavouring purposes in fish cooking. For colouring Parisian essence is, on the whole, the best. Wyvern's stock sauce for the cook's cupboard :—An ounce of glaze melted, a gill of mushroom ketchup, half a gill of walnut pickle vinegar, the same of tomato ketchup, a dessertspoonful of red currant jelly, and a gill of marsala. To be mixed together, and well shaken when used. A tablespoonful to half a pint of brown sauce will be

found a good proportion. It improves hashes and stews and gives flavour to the gravy with a joint.

Salad oil should be the best procurable, and the cook should have tarragon vinegar, Moir's *anchovy* vinegar (a most useful thing too little known), and both French red and white-wine vinegars. We are not nearly particular enough in the choice of this preparation. Common vinegar is as dangerous in cookery as rancid butter.

Among things not generally seen in the grocer's lists I would mention "Buckle's horseradish zest," valuable in sharp sauces, and "McMeechen's Chilli Sauce," which is really an excellent decoction of tomatoes by no means *hot* as its name would imply. A tablespoonful of this in a hash has a very beneficial effect, and there are few pleasanter appetisers with cold meats, &c.

Most valuable assistance is nowadays easily available for strengthening broths, sauces, &c., in the form of glaze. Some of this should be always in stock, as well as Liebig's extract, or the excellent essences of beef, chicken, &c., brought out by Messrs. Brand & Co., and J. Moir & Son. Bovril is good for a similar purpose.

Grated cheese—constantly in use in good cookery—is much better prepared at home, for which purpose a couple of pounds of Parmesan should be procured from time to time. After grating it should be put into a large bottle, and kept corked securely. Damp spoils grated cheese. A *dry* piece of Gruyére may be similarly treated.

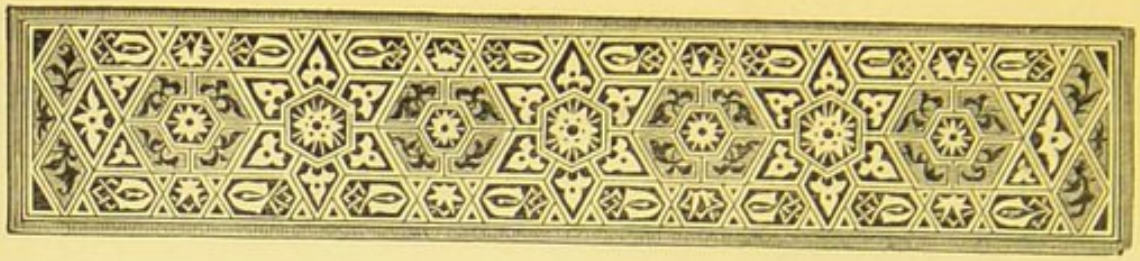
Spiced pepper, spiced salt (both described in Chapter XII.), and *mignonette* pepper are useful seasonings to keep in stock.

The cook should never run short of bread crumbs. These should be of two kinds—white crumbs for the crumbing of fish, *croquettes*, cutlets, &c., for frying, and crust raspings for the surface of *gratins*. Stale finely granulated crumbs should be made every now and then by placing slices or remnants of white bread for a short time in the oven to become crisp without colouring, and then pounding them in the mortar and sifting them. The very unsightly appearance presented by anything crumbed with fresh spongy crumbs should warn us.

Besides, the rough surface of the thing thus coated retains the frying medium, and the result is objectionable greasiness. Stale bread seems never to be available when we want it: hence these precautions.

Raspings can of course be got from the baker, but as a matter of economy they ought to be made at home, either by grating crusts or by keeping bread in the oven till it has browned nicely and then pounding and sifting as in the case of white crumbs.

The practical application of all the things I have mentioned will be explained as we go on.



CHAPTER III.

THE MENU.

THE FRENCH AND ENGLISH SYSTEMS—ABOLITION OF STEREOTYPED HEADINGS—SERVING.

ALL who have studied the art of dining from the standpoint of modern good taste will, I think, agree with me when I say that the *menu* should be reduced to the smallest compass possible. An hour at the outside should suffice for the discussion of the daintiest of bills of fare, so to ensure this we should compose our dinner with deliberation. Thus, while paying proper attention to light and shadow, effects of contrast, and the like, we should aim at simplicity in details, and completeness, for of course it is assumed that our guests will partake of each dish we offer them.

One soup, a nice piece of fish, a well chosen *entrée*, one joint or its equivalent, a choice selection of game or poultry according to the season, and a dressed vegetable, one *entremets sucré* or an iced pudding, a savoury morsel in lieu of cheese and dessert, will be found, if thoughtfully assorted and arranged, ample fare for even the most hypercritical *gourmet* we can bid to our table.

The chief attraction of such an entertainment will discover itself in studied side issues :—tasty sauces, no greasiness, hot plates, really hot food, and quick yet not hurried service. To

these may be added good wine, no lack of ice, the brightest plate, snowy linen, well toned light, and tasteful adornment of the table ; with all minutiæ remembered—from the little rolls in the deftly-folded napkins, and crisp dry toast for those who prefer it, to the artistic salad which in all modern *menus* if not expressed, is yet, like salt, understood to be present.

An extra *entrée may*, of course, be given, but if the one selected be really nice, the *relevé* correct, and the game, or other bird, about to follow be the best in season, I fail to recognise the necessity or the good taste of the addition.

And here it may not be altogether unprofitable to consider attentively certain points connected with the modern banquet upon which opinions differ, and concerning which a good many people find a difficulty in coming to a satisfactory decision.

The moot point or points to which I refer are associated with the general plan or arrangement of the *menu*, and in order to explain them it will be necessary to trace their cause carefully.

In the days of old, our forefathers divided their bills of fare into a number of ponderous courses. But of late years we have simplified matters, and the *menu* of the modern dinner of ceremony, adapted to a great extent, of course, from that of France, is placed before us in two "services," as exemplified in the following table :—

THE FRENCH MENU.

Premier service	*Potage*	Soup.
	Poisson	Fish.
	Relevé	Remove.
	Entrées	Made, or "side" dishes.
Second service	*Rôt*	The roast game or poultry.
	Entremets	Dressed vegetables, and sweet dishes.
	Fromage	Cheese.
	Dessert	Dessert.

In addition to the above, the custom of presenting oysters, when in season, before the soup has of course long been fashionable, and many people have adopted the practice of

sending round *hors d'œuvres*, in the Italian manner, as a prelude to the repast. A matter of this kind is obviously one touching which no writer on cookery can take upon himself to lay down an arbitrary law. I think that the majority are decidedly in favour of the oyster, and many, when oysters cannot be got, like a single, well prepared, cold *hors d'œuvre*, rather than a dish of various things from which selection has to be made. The dainty atom titivates the palate, it is said, and prepares it for the soup that is about to come. When, however, a relish of this description is given, it will be found decidedly advantageous, be it noted, if plates containing it be put upon the table in the places laid for the guests *before* dinner is announced. The time that must be taken up in handing the dish round is in this way economised.

In the Parisian *menu* the *hors d'œuvres*—generally hot *bouchées*, *canapés*, *petites caisses*, or other small dainties are introduced between the soup and fish.

Diversity of opinion exists concerning the next point, viz., whether the *entrées* should precede the *relevé*, or follow it. Brillat Savarin's injunction was—"Let the order of serving be from the more substantial dishes to the lighter;" and Sir Henry Thompson says: "As a rule, to which there are few exceptions, the procession of dishes after the fish is from the substantial to the more delicate, then to the contrasts between more piquant flavour and sweetness."

Now, if we are to discuss this point properly, it seems to me that there is another very important factor in the debate that must not be lost sight of, viz., the *rôt*, or roast. To this item of the *menu* Brillat Savarin gave, and Sir Henry Thompson gives, let us remember, its full and distinct value; and it can hardly be denied that, if the *rôt* be served correctly, the *relevé* must be put further forward in the bill of fare.

What, then, is the *rôt?* Well, from personal observation I am constrained to say that this is a matter upon which many dinner-givers appear to be somewhat hazy. The *rôt* is, correctly speaking, a service of roast poultry or game: it should be accompanied by a nice salad, and it is often garnished

with potato chips (*pommes de terre frites*) in some form or other, and watercress. An *entremets de légume* may either be handed round with it, or follow it separately. In Brillat Savarin's time the truffled turkey appeared as a *rôt*, and Sir Henry Thompson recommends the presentation at this period of the feast of the larded capon, the *dindonneau* (turkey poult), the fatted fowl, &c.

It is, therefore, pretty evident that if we serve our *rôt* according to this—the undoubtedly correct interpretation—it can scarcely be right, from an artistic point of view, to serve immediately before it a fine joint of mutton or of beef in the English manner with its concomitant vegetables. Between the two roasts there would plainly be but little contrast, and the effect would be both overpowering and commonplace.

We are now at liberty to consider the *relevé*. Strictly speaking, this word cannot be translated "joint." It should properly be interpreted the "remove," and in the French *menu*, the dish of which it is composed is regarded as the *pièce de résistance* of the dinner. To begin with, it ought, if possible, not to be roasted. According to the authorities I have named it should rather be a delicate braise, *fricandeau*, or a whole fillet, larded and served with an excellent sauce, and garnished with specially chosen and trimmed vegetables. Thus, the *relevé* becomes very nearly as elaborate as a made-dish, and is by no means a "solid stand by," or what an Englishman means when he speaks of the "joint."

It comes then to this, that at a tasteful little meal such as we may desire to give to a few appreciative friends no "joint" is required at all. Instead of it we should put our *spécialité*:—*A jambon de Montanche braisé au champagne* or *Madère*, a *filet de bœuf à la Béarnaise*, *a Chateaubriand*, *or Carbonade de mouton*, as a *relevé* properly garnished after the fish. A small portion of a dish of this description is really as delicate as an *entrée*, and as easily assimilated.

It need scarcely be said, then, that if this system be followed in its entirety, the *rôt* and the *relevé* being correctly selected,

the service of a well-studied *entrée* between them is both intelligible and artistic.

In favour of the prevailing English custom it has been argued, perhaps with some justice, that delicate works of culinary science—such as *entrées* are supposed to be—should be presented while the palate is yet fresh, and while the diner is thoroughly able to detect and appreciate the niceties of flavour, crispness, tenderness, and so forth ; that a slice of a plainly dressed joint, with a selected vegetable, should follow ; then a morsel of game, and the *entremets*. Advocates of this method, however, do not pay any particular attention to the *rôt*. When game is out of season, they often present a savoury *entremets* immediately after their *relevé*, and thus, in the space marked in the printed *menu* for *rôt*, we frequently see *aspic de foie gras*, *œufs de pluviers* (which by the way should be *œufs de vanneau*, the eggs being those of the lapwing not of the golden plover), with *asperges en branches* and no *rôt* whatever. *Poulet au cresson*, *salade*, for example, does not figure in the English bill of fare in the place of game, as it so constantly does in France.

Thus far I have spoken of the *menu* modelled on French lines, and according to the school of Brillat Savarin. But is it at all necessary to tie ourselves down to the old *régime*, and to use the terms that we have been discussing at all ? I say most certainly not.

In the cause of simplicity I would even go as far as to say that for our dinner-parties of to-day the stereotyped " procession of meats " should be abandoned, and that we should tie ourselves down to no fixed order of things, or prevailing fashion, but compose our *menus* exactly as we think best guided by the season, and such artistic instinct as we may possess. Having abolished the use of *menu* cards encumbered with the old French headings, we should be at liberty to jot down a little list of dishes exactly as we wish to have them, and run no risk of committing the solecisms I have pointed out. For after all we really might just as well write down a *vol-au-vent* under the word *potage*, as enter a lobster salad under the word *rôt*.

SERVING.

Lastly let me say a few words in regard to the economy of time in the serving of a dinner. I began by observing that an hour at the outside should suffice for the discussion of the daintiest bill of fare, and some even fix the limit at forty-five minutes. Towards effecting this object the shortened *menu* plays, of course, an important part, but it is not equal to the whole responsibility, and must have assistance. For this we have not far to seek. A close attention to side issues in the course of a dinner-party will soon show us that our system of service is as cumbersome as the old-fashioned overcrowded bill of fare, and that if we desire to minimise the time spent at the table we must simplify the one as we have reduced the other. Unless they have watched it carefully, few would believe how much time is wasted in carrying round *entrées*, &c., to which people have to help themselves. To remedy this the abolition of handing round all dishes, portions of which can easily be helped at the side table and served direct, will be found most conducive. Moreover, not only should we ensure brisker waiting by this method, but we should put an end to a great extent to the extravagant ornamentation to which show-dishes for circulation are now so often subjected. Some cooks perhaps who excel as fine colourists and pattern-makers might object to being deprived of the chance of exhibiting their skill, but in most moderate households the change would be thrice welcome. Many a worthy woman is completely put off, if pressed for time, by the contemplation of a troublesome bit of dishing up.

In thus proposing the abolition, as far as possible, of the utterly useless elaboration of dishes, and the tedious practice of circulating them, I feel that I run the risk of opposition. Indeed, had I not put the system I have explained to very careful test I should hesitate to preach such apparently heterodox opinions. All I would ask is a trial. Remember that the introduction of cutlet moulds, *aspic mignon* moulds, paper and china cases, &c., has facilitated this system of

separate service to the utmost. Thus we are able to break up our *entrées* and *entremets* into portions for one, as it were, without difficulty. Instead of a single mould of *crême de volaille*, for instance, we can turn out one little *crême* for each guest by dividing the *purée* into portions, and steaming them in little moulds. The system merely requires a small amount of consideration, I think, to commend itself to the mind of the modern hostess.

Summed up briefly, the advantages gained by direct service are :—

(*a*) The guests are spared the trouble of helping themselves—a thing many of them do not understand, and the majority regard as a nuisance.

(*b*) There is much valuable time saved, first in not having to change the plates all round the table, and then in substituting ready helped portions for the circulation of the *entrée* and its sauce.

(*c*) The dish itself is not slightly spoiled as it certainly is when subjected first to an elaborate dressing up in the kitchen, and then to slow handing round. The cutlet, *boudin*, fillet, or whatever it is, is put on the hot plate straight from the fire, together with the correct allowance of garnish and sauce straight from the *bain-marie*, and passed to the guest at once. Thus we have one operation in the kitchen only—the intermediate decorative process being altogether eliminated.

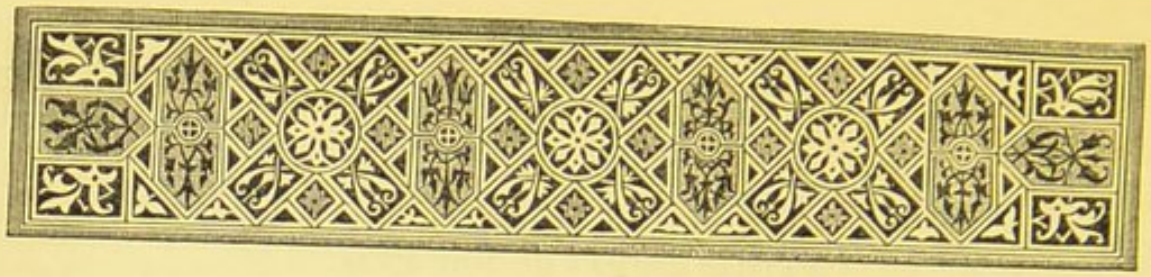
(*d*) The unpleasantness of having a hot silver dish with its savoury contents, or an elaborate edifice, thrust in between people who are engaged in interesting conversation is another plea for the system I advocate.

All you have to do is to instruct your head servant very carefully, and to see that the cook and he or she understand each other as to each dish, its garnish, and sauce. To insure this, have instructions jotted down *on paper* for guidance both in the kitchen and pantry, and do not commit yourself to a long *menu*.

N.B. In writing the *menu* of a dinner *capitals* ought only

to be used at the commencement of lines, and for words representing proper names, viz :—

Petites caisses de foie-gras.
Côtelettes de mouton à la Joinville.
Tomates farcies.
Fonds d'artichauts à la Mornay,
&c., &c.



CHAPTER IV.

STOCK, AND CLEAR SOUPS.

BEEF STOCK—CLARIFYING—COLOURING—WINE IN SOUPS—OF *BOUILLI*—THINGS TO BE AVOIDED—RULES—HIGH-CLASS STOCKS AND CONSOMMÉS.

THERE are, we know, three distinct classes of soups :—the clear, the thick, and the *purée*. We recognise clear soups in the *menu* under different names. For instance, we meet *consommé de volaille* and *potage à la printanière*, but whereas the word *consommé* is invariably applied to clear soups, we find *potage* frequently used for thick also, to wit :—*potage à la Reine*, *potage à la bonne femme*, &c.

Let us distinguish between thick soups (*potages liés*) and *purées* in this way :—the former owe their consistency to the addition of some artificial thickening, such as flour and butter, egg yolks, &c. ; the latter, on the other hand, derive their thick characteristic chiefly from the ingredients that compose them being rubbed through a *tamis*, or hair sieve, and communicated to the stock in the form of a thick pulp, as in the case of *purée d'artichauts*, *purée de légumes*, *purée de gibier*, &c.

A soup partaking of the character of a thinnish *purée*, helped up by artificial aid in the way of thickening, is called by some writers a *potage à la purée*.

The *bisque* again is a *purée* strictly speaking of crayfish (*aux écrevisses*) or of lobster (*de homard*), but it can be made successfully with crab, prawns, and shrimps ; indeed a *bisque* can be made with any shellfish.

Having made our minds clear as to the classes of soups, let us first turn our attention to beef broth or *bouillon*, for we may regard it as the foundation upon which nearly every soup is based.

BEEF STOCK.

"Stock," says the "G. C."—an experienced and able writer on cookery—"is to a cook what the medium or the water is to the painter in oils or in water colours. It may be defined, generally speaking, as a solution in water of the nutritive and sapid elements contained in meat and bones: certain seasonings added to it to make it savoury, and if to this you add the flavour of various vegetables, you have soup. For the type of all stock-making there can be no better recipe taken than that of the French *pot-au-feu.*"

Let us therefore consider attentively the following instructions for that most valuable of culinary operations, based on Gouffé's recipe for his *petite marmite.*

THE POT-AU-FEU.

Take :—one pound and a half of beef, as fresh as possible, from the leg or shoulder, and half a pound of bone, broken up as small as possible. Cut the meat up into two-inch squares and put them into a stock-pot with three and a half pints of cold water and a quarter of an ounce of salt. The bones should be put at the bottom and the meat over them ; the water should completely cover the meat. See that the fire is properly made up. Put the pot by the side of the fire and let it become gradually heated. As this takes place a scum will form upon the surface, which must be carefully removed as it rises. When nearly boiling, a coffee-cupful of cold water should be thrown into the pot to check ebullition and accelerate the rising of the scum. Repeat this process and skim patiently, removing grease and scum, till the surface is clear. The

clearness of the soup will depend, remember, upon all the scum being taken off, and upon the water being kept from boiling point until it *is* all removed.

This having been done, and boiling having been permitted, put into the stock-pot in a net the following vegetables, which should have been previously carefully cleaned and cut up, viz. :—

Five ounces of onions, five ounces of carrot, five ounces of turnip, five ounces of leeks, one ounce of parsnip, one ounce of celery. One clove may be stuck in the onion, and a *bouquet garni* of herbs should go in, composed in this manner :— Choose a small bunch of parsley, a sprig of thyme, and one bay leaf ; wash the parsley, and fold it over the thyme and bay leaf, and tie the little faggot thus formed with twine.

It will be found that by adding the vegetables the boiling of the broth will be thrown back ; as soon however as the bubbling recommences, reduce the heat under the stock-pot to simmering ; watch the vegetables carefully, and remove them when they are done by taking out the net. If you leave them in the stock-pot after they have been cooked, they will spoil the soup. Remove the *bouquet* also.

The vegetables thus removed should on no account be thrown away. If not required in part to be put in the soup as a garnish, they can be used the next day at luncheon as *macédoine* or *salade cuite*. As a matter of fact, they are more tasty than when boiled in water. They make a very good *purée* in conjunction with second boilings or common stock (see next chapter), the process being to pass the vegetables through a fine sieve, and work the pulp so obtained into the stock with *liaison au roux* to effect the blending thoroughly. A *purée* thus made is called *potage à la bourgeoise*.

When the *pot-au-feu* is, so to speak, thus completed, it must be left to simmer slowly from three to four hours, or until such time as the meat is thoroughly done. The soup should now be strained into a basin and left to get cool, so that any remaining fat may be effectually skimmed off.

The skimming and removal of the fat is an essential point

not to be lost sight of. It is a mistake to put away the broth with a cake of fat on its surface, one that in warm weather hastens decomposition. The fat thus obtained is valuable for frying purposes. It should be melted after it has settled, and be then strained into a bowl through muslin.

Observe that in order to carry out this recipe, an open, roomy vessel is necessary; a *closed* pot like a digester must *not* be used. By allowing the liquid to steam freely, uncovered, you assist the clearing process, and the strength of the broth.

This is, to my mind, the simplest recipe you can follow to produce a bright clear beef broth. It is, of course, imperative that you proceed exactly as described. First, the meat covered with cold water, and brought by slow degrees to the boil, being very carefully skimmed the while. Next, when the skimming is completed and the broth boiling, the vegetables—to be removed when done—and the little bouquet of sweet herbs. Now, a period of three hours or so to simmer, followed by straining. The liquid you have after this is a well-flavoured and strong broth, quite clear and pale in colour.

CLARIFYING.

It may so happen that, owing to insufficient skimming in the early stage of the proceedings, you find that the broth is not as clear as you could wish. You must therefore clarify it. There are two ways of doing this. By far the more efficacious of the two is to be carried out in the following manner :— In a coffee-cupful of the broth—cold—mix one egg whole, *i.e.*, yolk and white; put this in a bowl with half a pound of finely minced fresh raw beef free from fat, stir well together, then empty the contents of the bowl into a clean stew-pan, pour the cold broth into it, and put it on the fire again, stirring continually till indications of boiling show themselves, upon which remove the pan from the fire, and set it on the margin of the hot-plate to settle for one hour. Then take the vessel off the stove, and pour the broth off gently through a broth napkin into the bowl, taking great care not to disturb the sediment.

Nothing is gained by putting in vegetables for clarifying: they may even spoil the process.

Perhaps, however, you may not have saved a bit of meat for this contingency; you can then attain your object with the whites of two eggs, thus:—Break the eggs, and throw the whites and the shells together into a basin—in this instance observe that the yolks are not used—beat the whites and shells up to a froth, with a coffee-cupful of the broth, and mix it, flake by flake, very completely, with the cold soup. Put the soup on the fire again, stirring well till it boils. Take it off immediately, cover it close, let it simmer for a quarter of an hour, and then pour it off as described. But clarifying in this way certainly detracts from the flavour of the broth.

Additional clearness can in either case be obtained by allowing the broth to filter through the napkin a second time.

When once nice and clear, care should be taken lest anything happen to mar the satisfactory appearance of the *bouillon*. There is one that often occurs in *consommé* with macaroni, vermicelli, and pearl-barley. You have got your stock as bright and clear as sherry, but after adding the ingredients just mentioned the soup turns cloudy. The reason is this:—Preserved farinaceous food of the macaroni class often contains dirt—dirt that you do not perceive, and which can only be removed by boiling. Accordingly, whenever you intend to add it to *consommé*, you should blanch it independently in boiling water in order that the outside dirty part may be washed off by becoming dissolved. Plain washing in water is not enough; besides, *washing* macaroni is the act of an ignoramus.

COLOURING.

There is another feature in a clear soup which deserves attention, and that is the colouring. Now, an idea prevails amongst numbers of English people that a soup to be good and strong must be dark-coloured. Old-fashioned people speak of your modern *consommé* as a weak, washy composition only fit for "foreigners." But if you take the very self-same liquid and brown it with a burnt onion, thicken it with flour and

butter, and dose it with wine, they are perfectly satisfied. Did you ever make jugged beef-tea for an invalid, the strongest possible essence of raw lean beef? Was not the liquid so obtained as clear as sherry, pale-coloured, with a quantity of granulated particles of the beef floating in it? Well, when strained that would have been beef broth without the flavouring produced from vegetables and the bouquet of sweet herbs, and surely *strong* enough for the veriest John Bull that ever talked nonsense about cookery.

Now, if you desire to impart a pale golden brown tint to your clear soup—a darker tint should certainly not be attempted—*never use burnt onion upon any account.* You must attain your object by a browning (*caramel*) made thus: Put a quarter pound of white sugar into a copper or earthenware pan; set it over a low fire, and stir it till it is melted; then after simmering for a quarter of an hour, and it has reached the brown tint you want, add a pint of water to it, boil, set it to simmer for twenty minutes, and skim it, let it get cool, strain, and then bottle and cork it down for use. A little of this should be put into the soup prior to the three hours' simmering stage, if a golden brown be the tint desired. The utmost care should be taken to prevent the *caramel* burning: if it turns black the preparation is spoiled.

But this troublesome process can be avoided by the purchase of a small bottle of French-made *suc colorant* (Parisian essence). A little of this preparation will colour and also slightly improve the flavour of your *bouillon.* All grocers and stores now provide this useful ingredient. I do not recommend the use of *pastilles de légumes*—little balls of colouring matter sold in tins—for they impart a flavour of liquorice.

Colouring can, of course, be obtained by frying vegetables, lean uncooked bacon or ham, or meat, with butter till they turn a reddish brown, and a glaze is produced; if to this a small quantity of broth be added, and slightly reduced, a dark liquid will be got which will tint the broth nicely enough. Some old-fashioned soups of the English school are commenced in this manner, but, of course, there is a risk of spoiling every-

thing by a moment's burning. The carcase of a fowl (from which the white meat has been removed for an *entrée*) browned in the oven is often used by French cooks both to colour and improve a broth. But when a thoroughly safe preparation, or a piece of ready-made glaze, will effect the object without any difficulty it would seem unnecessary to adopt other methods.

WINE IN SOUP.

The next important feature for consideration in soup-making is the adding of wine, which, I think, may be regarded as a purely British practice too often resorted to to smother defects. In all delicate clear soups such as *printanière*, *brunoise*, and the *consommés*, it is distinctly out of place. With clear soups, of the English school, however, the case is somewhat different, and madeira or, its equivalent in cookery—a sound marsala, is no doubt essential in clear turtle, clear mock-turtle, oxtail, giblet, and game soups.

Add after clarifying, and be careful not to overdo the *soupçon* of wine that you add to a *clear* soup ; a tablespoonful is quite enough for a tureen filled for eight persons.

Thick soups, especially those made of game, mock-turtle, giblet, kidney, and the like, take a larger share of wine : hare soup requires port or burgundy, wild duck and teal soup also, whilst *potages* of grouse, partridges, pheasant, &c., &c., are, I think, better enriched with madeira, or its equivalent aforesaid —a good marsala.

OF BOUILLI.

I have thus far purposely omitted saying anything concerning the French treatment of the meat and vegetables of which a *pot-au-feu* is made, being anxious to keep strictly to the subject which we have been discussing—the cookery of a clear beef broth. Before I go on with soup-making, however, I beg *par parenthése* as it were, to turn back to that period in the preparation of the soup when we strained the broth from the meat, bones, and vegetables, which had made it. Now by not utilising these materials we often deny ourselves a dish which

would be exceedingly nice for a change—one which, on the Continent, is sent to table as a matter of course.

In small establishments, or for the quiet dinner alone, I can strongly recommend a trial occasionally of home-made *bouilli*, which should be treated in this way :—

Let us assume that instead of beef fragments roughly hewn, a nice piece from the upper part of the shoulder has been chosen, say three pounds, that this has been rolled up and secured with a string, and that the recipe for *pot-au-feu* has been strictly carried out as far as the straining stage ; that the meat *has not been needlessly overcooked*, and that all the vegetables have been used : now, place the meat on a dish, remove the string that bound it, and serve it upon a bed of macaroni previously boiled till tender, and a *purée* obtained by rubbing all the vegetables through the wire sieve, moistened with a portion of the *bouillon* or broth, or on a bed of stewed cabbage, with the broth vegetables neatly arranged round it, in some of the clear broth.

Do not rush away with the Anglo-Saxon idea that there is no goodness in soup-meat. "There is," says the G. C., "as much nutriment in it, when eaten with the soup it has yielded, as there would have been, had it been roasted ; and much more than if it had been converted into salt junk, as it is the English custom to do with the silverside of beef." You can vary the *bouilli* by tomato sauce, or any piquante sauce, such as *Robert*. Of course a good deal depends upon stopping the simmering before the meat is overdone. The soup-meat served with macaroni, grated Parmesan, and *purée* of tomatoes, is the favourite *manzo guernito* of the Italian dinner.

Knowing, however, how difficult it is to introduce unusual customs to the English kitchen, I can hardly expect to enlist much sympathy in behalf of *bouilli*. Indeed, were it not for the fact that a careful digest of the preparation of *pot-au-feu* would be incomplete without reference to this method of serving the meat and the broth extracted from it, I might almost have left poor *bouilli* alone.

THINGS TO BE AVOIDED.

But to return to the subject of soups. Although we may soon succeed in mastering the difficulties of *bouillon*, or foundation of soup-making, we must not forget that our work may be spoiled by the introduction of some traditional yet erroneous adjunct. An idea prevails with some people that clear soups require to be assisted with gelatine, or isinglass, to give them a sort of glutinous consistency. A very pernicious sort of starch is recommended by some writers which is produced from a raw potato. This provides a species of thickening it is true, but it spoils the soup. The potato glue imparts a crude, inky flavour to the broth which is hard to describe on paper, but is fatal in its effect upon the palate. It kills all the flavour of the meat and vegetables. Once for all, let me observe that clear soups, of the class we are discussing, require no isinglass. A *consommé* cannot be too bright, *light*, and clear.

There is, however, often a slight gelatinous element perceptible in a certain class of clear soups which may be regarded as peculiar to themselves :—clear turtle, ox-tail, mock-turtle, giblet, &c., soups of a decidedly English character deriving their consistency from the gelatine contained in the turtle, calf's head, calf's feet, ox-tail, &c., used in their composition ; while to clear soups *maigres*, made upon a vegetable or fish stock basis, a slight body is sometimes given by adding a little cornflour, in the proportion of a tablespoonful to a quart.

Some cooks cannot refrain from the use of spice, Worcester sauce, and sugar, to improve the flavour of their clear soups. The single clove already prescribed is quite enough for the small *pot-au-feu* I have described. The spice-box is a dangerous plaything, and as the old-fashioned practice of freely adding aromatic seasonings to everything is no longer admitted, its use must be tempered with the utmost discretion. If the proper proportions of meat, bone, and vegetables are allowed, no flavouring from sauces is needed, and sugar will hardly be wanted, for there is enough sweetness extracted from the vegetables and the colouring preparation. After the clarifying

process has been carried out with raw meat Dubois recommends a pinch of sugar to remove any trace of acridity that the rawness may produce.

Basil, which for winter use can be procured in bottles, is the best herb for clear mock-turtle, and other clear soups made of shell-fish : while marjoram and thyme should be used for clear game soups.

Tarragon fresh or dried provides a pleasant flavour for a soup of this description :—*consommé à l'estragon* is of course a familiar one to which poached eggs are sometimes added as a garnish.

RULES.

I will now conclude these remarks concerning the simple *pot-au-feu* with a code of general rules on the subject :—

1. Take care that your stock-pot, a roomy vessel, is thoroughly clean before you commence operations ; a good scalding with hot water in which a lump of washing-soda has been dissolved, will make matters certain, and see that the fire is carefully made up if you have no gas stove. Sudden changes of temperature such as are caused by replenishing a fire are prejudicial in all simmering processes, while stoppages during its course are fatal.

2. Use soft water rather than hard.

3. The proportions of meat and bone given in the recipe taken from Gouffé's *petite marmite* will yield soup enough for eight persons. For ten or twelve the following will suffice :—two and a half pounds of meat, three-quarters of a pound of well broken bones, and sixpennyworth of fowl giblets, with two ounces added to the weight of each vegetable, and one ounce of celery.

4. Put the fresh soup-meat with the bones separately broken up, and the salt, into cold water—the bones at the bottom, and the meat over them. If to be eaten as *bouilli* the meat should be rolled up and tied as already mentioned. If not, it should be cut up in two-inch squares.

5. A quart of water to one pound of meat and bone is the established proportion for a broth of medium strength. In any

circumstances there must be sufficient water to cover the meat and bone.

6. Remember that the steps from cold to cool, from cool to warm, and from warm to hot, must be conducted *very slowly*, and that actual boiling should be retarded as much as possible to start with.

7. Skim frequently during the early stage of your proceedings —a coffee-cupful of cold water thrown into the pot causes the scum and fat to come up quickly, and, of course, retards boiling. Repeat this process till all scum is removed, and as much of the fat as possible also.

8. Use a wooden spoon.

9. Do not cover up your stock-pot closely, the steam should evaporate to assist the strength of the soup, and keep it clear.

10. Put in your vegetables, flavouring herbs, &c., *after* the skimming is finished and boiling has been allowed to take place; and let them simmer till they are done—*and no longer*. During this operation the vessel must be partly uncovered.

11. To prevent delay in carrying this out wash your vegetables very carefully and cut them up beforehand, *i.e.*, before commencing the work, keeping them in a bowl of cold water ready. It will be found convenient to enclose them in a net to facilitate their removal.

12. As soon as the vegetables which are put into the *pot-au-feu* are done, they should be removed, and the heat under the soup-kettle maintained at simmering point. This should be on *one side* of the vessel rather than under the centre of it.

13. It will take altogether about four or five hours to extract by slow degrees the essence from a few pounds of beef, so begin as soon as you can, and don't hurry the work.

14. It is better to season too little than too highly, so be very careful when adding pepper, herbs, &c.

15. There is nothing to be gained by keeping the meat simmering when once it is thoroughly done. The broth is at its best when the meat which made it is done to a nicety, *viz.*, in about four hours for the small and five for the larger recipe. Boiling to rags is a useless proceeding.

16. Never allow the stock to get cool *and stand*, with the meat and vegetables that made it, in a *metal* vessel. The liquid should be poured off at once into an earthenware or enamelled basin through the colander ; when cold it can be skimmed free from any fat that may remain, and then poured off gently without disturbing the dregs.

17. Never leave the fat caked on the surface ; instead of preserving the soup, as some think, it hastens its turning sour.

18. Bacon bones, ham bones, or the skin of either, are most valuable in the stock-pot.

Remember that you will never succeed in obtaining a nicely flavoured clear soup, unless the proportions of meat and vegetables are carefully maintained. For his larger *pot-au-feu*, viz., for three pounds of meat and one of bone, Gouffé gives the following weights of vegetables :—carrots, ten ounces ; large onions, ten ounces : leeks, fourteen ounces ; celery, one ounce ; turnips, ten ounces ; parsnip, two ounces.

As leeks are not always procurable in the market, I would substitute another onion or two, about five ounces. Parsnips are not essentially necessary, their weight may be made up with some extra carrot. Turnips, unless gathered fresh and young, are apt to be strong ; I think, therefore, that in the winter five ounces of them will be found sufficient as a rule. Observe the weight allowed of celery ;—this is important, for celery is a very powerfully flavoured vegetable.

These quantities should yield three quarts of *bouillon*, enough for eighteen or twenty people.

The maintenance of a steady heat without sudden fluctuations of temperature is a matter of great importance in the simmering stage. This desideratum can scarcely be attained if the fire happens to require replenishing in the middle of the operation. For this cause, then, it is a matter of the utmost convenience to be able to remove the stock-pot from the fire when the boiling is to be eased down to simmering, and place it on a gas stove with the flame adjusted so as to yield the exact amount of heat

necessary, 170° to 180°. The *regulating* power of these handy ranges gives them a great advantage.

If the temperature does not rise above 70°, stock can be made as has been described and kept with safety for a day or two ; but it is a mistake in warm weather to add *the vegetables* until the day on which the soup is to be served. First make the pure broth with water, meat, bone, and salt, as described for *pot-au-feu*, omitting all vegetables and flavourings. This should be poured into china or enamelled basins, and kept in a cool larder, as milk is kept, and all fat removed. The process of adding vegetables, &c., should be proceeded with the next day, as if the making of the *pot-au-feu* had been divided into two parts. Bring the broth to the boil before adding anything. Stock while keeping should, in any circumstances, be boiled up daily, after which it may be replaced as before in the larder.

SECOND BOILINGS.

N.B. It should be noted that if the rules I have given be accurately carried out, and the cooking of the meat and bones be not overdone on the first day, they will yield a useful liquid by second boiling and simmering. The gelatine contained in bones, for instance, is not fully extracted under three days' slow boiling. Accordingly these materials should be put on the fire with water enough to cover them a second time, and any available scraps there may be—cutlet trimmings, chicken bones, &c. Advice as to the use of the broth will be given in due course.

HIGH-CLASS STOCKS, AND CONSOMMÉ.

I have hitherto confined myself strictly to the making of plain beef *bouillon* or broth. This, however, is not *consommé* according to the canons of high-class cookery. We now enter upon what at first sight appears to be a series of difficulties, for the student who conscientiously reads what the great French writers have to say on the subject soon finds himself lost among contradictory precepts, and no little complexity. He observes that the best authorities differ as to the proportion of water

that should be allowed for the meat in the stock-pot, and in regard to the relative weights of beef, veal, fowl, and vegetables necessary for a good clear soup, while all propound so much expensive material and such elaborate working that he probably closes the books, and asks himself:—"Are these extravagant directions ever carried out, are they not mere flourishes which are never put into practice seriously?" He then thinks over the soups he has tasted at places of note where the first scientists are supposed to be at work yet cannot remember having ever been struck by any peculiarly excellent composition which might have been the result of such prodigality. Nay, he acknowledges to himself that for pleasant expression of savour and strength he never met anything better than the soup produced by a really good English woman cook in the house of a friend who "knows."

At the same time it must be confessed that even in the English system there is too often an astounding degree of extravagance in meat. The quantity that some "professed" cooks require for the production of good soup is preposterous—a pound per head or more! The liquid thus obtained is often as strong or nearly so as Liebig's extract—as heavy a tax on the system, that is to say, as a complete meal. That this impression of soup-making is as erroneous as it is extravagant need scarcely be said. What should be aimed at is a good sound broth of moderate strength, to which a pleasant savour has been imparted by a judicious assortment of vegetables, herbs, and seasoning. Then as a gill for each guest is a correct allowance, it is clear that no very great expense is necessary under this head.

So I am bold enough to say do not trouble yourselves with perplexing dissertations about *grand bouillon*, and expensive recipes for game, chicken, or veal *consommé*, but note what Urbain Dubois says in "La Cuisine d'Aujourd'hui," and be of good cheer:—

"Nothing resembles *consommé* so well as clarified *bouillon*, and if it does not quite come up to it in quality it may be said that it often supplies its place. Besides, it is evident that the

expense demanded by true *consommé* often exceeds the resources at the cook's disposal. Very nice compositions are always expensive. In short, if clarified *bouillon* is not an exact imitation of *consommé* it is not less true that with care it can be produced in excellent quality without any heavy expenditure. The thing is, after all, to work upon a foundation compatible with satisfactory results. That is to say, if you want a clear broth of fowl or game, you must make use of those materials. It is clear that you cannot make *consommé de volaille* with beef alone."

Now we should understand from this that the *bouillon* we have already carefully worked out is a very good substitute for *consommé*, while if we add a small proportion of veal and the giblets of two fowls to the ordinary stock meat, the soup will, practically speaking, be good enough for anybody. It is of course unnecessary to say that the clarifying must be very carefully carried out.

GRAND BOUILLON is a common stock made from beef bones, veal bones, fresh meat trimmings, &c., with vegetables, on the lines of the *pot-au-feu*. It is used instead of water as the liquid for moistening the meats used for high-class *consommés*. With this, or the *pot-au-feu* broth that has been described, various *consommés* can be made in the following manner :—

TRUE CONSOMMÉ :—Add to the ingredients given at page 27 one pound of veal cut from the knuckle, and a quarter of a pound of veal bones : for the larger quantity (page 35) one and a half pounds of veal and half a pound of bones. These should either be boiled *with* the beef, or in the strained broth of the latter, separately, before clarifying.

FOWL CONSOMMÉ :—Boil in the strained broth a pound of veal, and the giblets and carcase of a fowl, from which the fillets may be taken for an *entrée* and the legs and thighs for a grill. This should be part roasted in the oven till coloured, in order that a special flavour may be imparted to the broth.

GAME CONSOMMÉ :—The necessary flavour can be easily obtained in this case by breaking up into pieces a well-hung

old bird or the bones of game, and boiling them in the strained broth.

FISH AND VEGETABLE CONSOMMÉS :—For these, please see Chapters IX. and V. respectively.

The modern PETITE MARMITE of the restaurants is only an ingenious adaptation of the excellent old soup :—*croûtes-au-pot*, which in turn was merely our *pot-au-feu* served with some of its vegetables, a few leaves of cabbage separately cooked, and a *croûte* for each basin—a leguminous beef broth, that is to say, with a crispened round of a French roll as additional garnish. The new idea is to serve this soup to you, for effect, in a little earthenware *marmite* (stock-pot) with a napkin pinned round it, and in addition to the *croûtes* and the vegetable garnish, to put into each soup-plate a fragment of chicken, supposed to have been boiled with the broth, and an atom of the *bouilli*. A small allowance of beef marrow is also presented separately. The helping is done for you by the *garçon* with much *empressement*, as if the operation were far too delicate for untutored hands, but when you come to take the soup, lo ! a ridiculous mouse !—old *croûtes-au-pot*. Are the pieces of overboiled meat or the introduction of the marrow an improvement, and what attraction can be claimed for any soup that is only to be "*à moitié degraissé*" ? I confess that I cannot perceive either. On the whole it is comforting to note that Dubois adds : "*Il est évident que ce potage peut être simplifié.*"

CHAPTER V.

THICK SOUPS AND PURÉES.

POTAGES LIÉS—VEGETABLE STOCK—AN INVALID'S SOUP.

NOW about thick soups, apart from *purées*:—these are perhaps more popular with the majority of English people, than the thin clear. There is an expression of richness and of strength in them which commends itself to the national taste. He, therefore, that would gratify his countrymen, must frequently offer them a soup which is in itself a meal. Nevertheless I confess that a thick soup is acceptable at times, especially in cold weather, when you return as hungry as a hunter after hard exercise, or when you have a little cosy dinner of only a very few items to discuss:—soup, a fillet, a cutlet, or a game-bird, a dressed vegetable, a *soufflé* or a toast, and your cheese. But I hesitate to recommend soups of this class for the summer season, or to be placed before guests at an artistic little dinner complete in its various details and necessitating a slight attention to some six or eight carefully composed dishes, for those whose labours all day have been sedentary, or for ladies who have lunched well, and passed their day without much exercise or exertion.

POTAGES LIÊS.

Thick soups (*potages liés*) may be divided into two classes—

the white and the brown. The principles followed in both are very similar ; the main difference, of course, consists in the sort of meat used for the stock, and the employment of dark or light *roux*, or thickening, as the case may be.

COMMON STOCK.

There is one feature about these soups which is worthy of attention, and that is that you need not be so scrupulously careful in the making of the stock, or in selecting the materials of which it is made, for you have not to think of that lucidity which is the salient feature of your *consommé*. Thick soups of an ordinary kind can, therefore, be made with "second boilings," or with a broth obtained from the bones of cooked meat, and scraps that would never do for *potage à la julienne* for instance. Poultry and game bones, ham or bacon bones and trimmings are especially valuable. Fresh giblets of fowls, capons, turkey and game, ought to be thus made use of, cutlet trimmings, the browned outer skin of roast veal, and roast beef, also. You should flavour your common stock to the best of your capabilities by boiling with it an allowance of sweet herbs, onion, parsley, a carrot or two, celery, &c., or such of these vegetables as may be available, with salt and pepper seasoning. A teaspoonful of Liebig's extract, or Brand's essence, may often render valuable assistance. A slice of glaze is another strengthener. This "omnium gatherum" should be allowed to boil up once, and simmer long to extract the nutritive elements from the bones, &c.

THICKENINGS.

Liaison au roux is simply butter melted at the bottom of a saucepan over a very moderate fire, with flour added to it in the proportion of two ounces of butter to two and a half of flour, according to the quantity of soup you want to thicken. The butter *must be melted first*, the flour being dredged in by degrees, and stirred well at the bottom of the saucepan until thoroughly incorporated, and velvety. Reduce the fire, and let the mixture cook very slowly. As soon as it turns a reddish *brown*, the *roux* is ready. This is what is wanted for brown

soups. For a white, the process is exactly the same, but the *liaison* must not be allowed to take colour.

This system of cooking the butter and flour together for some little time is especially necessary to prevent the taste of raw flour being imparted to the soup. The old-fashioned method of dredging flour *into* the soup possessed that disadvantage, besides being objectionable on the score of extravagance ; for there was much waste from the lumps which were strained off after the operation, and thrown away.

It is essential that both the butter and flour should be of *good* quality, the former fresh, the latter dry and well sifted. If either be inferior, the soup will be tainted and spoilt.

Gouffé's proportions in making a *roux* for storage are half a pound of butter to one pound of flour. The preparation keeps well, and the quantity wanted for soup can be taken according to the recipe followed from time to time. Two ounces to the quart is enough as a rule.

In making thick soups, the utmost care should be taken not to overdo the thickening. In the case of a white soup, this error is almost more fatal than in that of a brown. You might as well offer your guest a basin of arrowroot, or any nice gruel, for the savoury flavour of the soup is easily overpowered. A little practice will teach a cook how much *roux* is necessary to obtain the desired consistency of a thick soup, and she should bear in mind that the full effect of the thickening does not assert itself until the soup, which has been added to it, comes to the boil.

Observe that you add the soup to the *roux*, not the *roux* to the soup.

Soup can be mixed with the *roux* either hot or cold. If the latter, stir over the fire till boiling ; if the former, add the liquid by degrees, off the fire, to prevent lumping, and when well mixed set it on to boil. This care is necessary, for if hurried, not only will the soup be lumpy but the butter will not amalgamate properly, and unless watchfully skimmed off will make the surface greasy.

If, after coming to the boil, you find the soup too thin, you

must proceed as follows :—Mix a little more *roux* very carefully in a small saucepan, add a cupful of the soup to it, and when quite smooth and free from lumps, pour it by degrees into the soup, *off the fire*, through a pointed gravy strainer, stirring vigorously as you do so. When quite mixed, replace the vessel on the fire and let it boil up. The same process can be carried out with flour alone.

Although not apparently admitted by French cooks, soups can be satisfactorily thickened with rice-flour (*crème de riz*) or arrowroot, with neither of which is butter necessary—a matter of consideration where delicate people's taste has to be consulted. The process is simple enough. The farinaceous substance must be diluted carefully, and thoroughly mixed till smooth in a cup or bowl separately with a few spoonfuls of the soup. When of the consistency of creamy batter it should be poured through a pointed strainer into the soup, which should be hot, but not boiling. After having been stirred let the soup boil up and simmer for ten minutes. An ounce and a half of rice-flour will thicken a quart of soup.

It is always advisable to pass the soup after it has been thickened satisfactorily through a strainer to catch up any lumps that may possibly be left by the *roux*, or other ingredient that may be used.

A thickening of eggs is also possible in soups of this class, especially in French *potages liés*.

Let us take as a type of them an excellent old *potage*—albeit of *la cuisine bourgeoise*—called *potage à la bonne femme*, which is made in this way :—Prepare a little more than a quart of common stock, and keep that by your side : now cut up a good-sized onion—say from four to five ounces—into very thin rounds, and place them in a saucepan over a low fire, with two ounces of good fresh butter. Take care not to let the onion get brown, and when it is half done, throw in a quarter of a pound of *sorrel* leaves, two ounces of lettuce, and a bunch of parsley, all finely shreded, add pepper, salt, half an ounce of flour, and keep stirring for five minutes. Then put in a teaspoonful of pounded loaf sugar, and a teacupful of the stock, freed from fat,

and not coloured. Let the mixture reduce, over a low fire, nearly to a glaze, when you gradually stir in about a quart of the stock, and let the soup simmer for a quarter of an hour. Next prepare a dozen pieces of bread cut very thin—say two inches long and an inch wide, taking care that there is crust along one of their long sides, and dry these thoroughly in the oven. When it is time to send up the soup, remove the superfluous fat from it, and place it on the fire.

Now, prepare a *liaison* made as follows :—Put the yolks of two eggs in a basin, beat them well as for an *omelette* adding one ounce of butter. Take the soup off the fire, dip a coffee-cup into it, and mix that quantity of it with the egg and butter, adding another cupful when the butter is melted. Put the slices of bread into the tureen, pour the soup over them, next gradually add the *liaison* with one hand, as you stir the soup with the other, and serve in three minutes. This should be enough for six or seven basins. The yolks must be thoroughly free from white and well beaten, if not, pieces of the former will set in flakes in the very hot soup, and spoil its appearance.

This leads me to another thickening medium for soups and *purées*, and that is the addition of cream, or milk with butter and the yolks of eggs. Though the first may be recommended by many good authorities, I cannot say that I consider it a safe or advisable adjunct. Few can take cream in the profuse manner in which it is used in cookery nowadays with impunity. If to be tolerated in a few special sauces, it is certainly wholly out of place in soup, which, as a prelude to dinner, ought not to be by any means rich and cloying.

Milk is a substitute for cream, especially if a yolk of an egg be added to it, but the cook must be careful in adding the yolk lest the soup be curdled. To do this, beat the yolk and milk together in a basin with a little butter ; take a spoonful of the soup and work it well with the yolk and the milk, then, having your *liaison* ready, put the soup into the hot tureen, adding the *liaison* with one hand, stirring well with the other hand during the operation.

Whether you add eggs, cream, butter, or milk to soup, it is a *sine quâ non* that the process be carried out *off the fire*, *i.e.*, the vessel containing the soup must be lifted from the fire and cooled a little before you go to work. It is also a rule that these additions must be deferred till the last moment before serving.

I shall give several recipes for standard thick soups such as mock-turtle, ox-tail, giblet, &c., in my *menus*, and if the few general rules I have laid down be carefully noted, I think that my readers will experience very little difficulty in carrying them out satisfactorily.

PURÉES.

And now we come to the *purée* which, to my mind, is perhaps one of the most important features of the whole study of cookery.

This form of preparing our meat and vegetables ought to be much more generally understood and practised than it is. In a *purée* we can work into a palatable and wholesome condition meat that from its poverty or toughness would be sorry fare indeed if boiled or roasted. An ordinary little dish of neatly trimmed mutton-chops (nicely grilled over a clear fire) becomes an artistic *entrée* if served round a nest of mashed potato, containing a delicate *purée* of vegetable, such as celery, peas, asparagus, tomato, spinach, &c., whilst common onion sauce, thus treated, is promoted to the dignity of *sauce soubise*.

The flesh of old partridges, grouse, and pheasants, the remains of cold poultry, and of all game, can be turned to capital account in a *purée*. Even tough fowls may be thus rendered fit to eat. For the sick, and for those suffering from toothache, food cooked in this manner is invaluable, whilst there can be no doubt that it must be good for children.

In order to be able to accomplish the making of *purées* satisfactorily you must possess a strong pestle and mortar, a large hair sieve, a wire sieve, and a mincing machine. If you desire to make a *purée* of meat of any kind, an immense amount of labour is saved by first using the mincer, the work

in the mortar is then reduced to a minimum, and the pounded meat will soon be ready to pass through the sieve.

In using the sieve, by the way, caution your cook that she must always put whatever she wishes to pass through it, at the *shallow end*, placing the sieve over a large bowl, or dish, big enough to receive it, and rubbing the *purée* through it with a large wooden spoon. From time to time she must invert the sieve, and scrape off the portion of the *purée* which always adheres to the reverse side of the hair, or wire. A cook must be patient in the use of this utensil, and achieve her object by perseverance, rather than by boisterous work. If you bear too heavily on the hair, your sieve will soon bulge, and ere long the hair will part company from the wooden cylinder to which it is attached.

The work of both pounding in the mortar and passing through the sieve is rendered easier by the addition of a little butter or stock during the process.

Purées, as soups, are prepared in this way :—You first must make as good a bowl of stock as you can from bones, meat scraps, &c., as already described for common stock. "Second boilings" of soup-meat and bones will do for many of them, while excellent *purées maigres* can be made on a milk or vegetable stock basis, a good recipe for which will be found at the end of this chapter. A decoction in which ham or bacon bones have been used with some of the boilings of a piece of salt beef, if not too salt, will moisten *purées* of peas, lentils, &c., satisfactorily.

Suppose, now, that you want to make *potage à la Crécy*, which in plain terms is carrot *purée* :—Fry half a pound of sliced carrots and four ounces of onions also sliced with an ounce of butter for five minutes ; add a pint of the stock made as afore-said ; simmer till the vegetables are thoroughly done, then drain them, mash them up, and pass them through the sieve. Now, add to the pulp so obtained sufficient additional stock to make a *purée* a little *thinner* than you wish your soup eventually to be. Melt half an ounce of butter at the bottom of a saucepan, and work half an ounce of flour into it, gradually

adding the *purée*, and stirring without ceasing till the soup comes to the boil, when it will be found of the proper consistency. Skim, if necessary, and serve with crisply fried *croûtons* of bread.

Instead of the butter and flour *liaison*, rice or tapioca may be boiled with the soup to give it cohesion : a dessertspoonful of either would suffice for the quantity now given. A couple of ounces of white bread crumb cooked with the carrots, &c., will produce the same effect.

To obtain a tasty colour the outside red part of the carrot should alone be used for the *purée*. When this is done, and *tapioca* blended with it, the soup is called *potage velours*.

As in this recipe, so in all receipts for *purées* it will be found that a *liaison* of some sort must be used. If it be of melted butter and flour it should be worked into the soup as just described, and at the period indicated. Why ?—well, have you ever noticed a carrot, or pea-soup, which, when sent to table, instead of looking the creamy red, or green *purée* that you desired, presented the appearance of a thin clear soup, with a deposit of the vegetable pulp at the bottom of each basin—the stock and the pulp not having amalgamated ? This result was caused by the omission of one of the processes I have described which is necessary to blend the two together.

In French recipes for vegetable *purées*, the thickening already spoken of made of pure butter, cream, or egg-yolks with milk, is often laid down as explained in the case of *potage à la bonne femme*, but these *liaisons* are as a rule too rich for many people, besides being too expensive for ordinary occasions.

Crécy soup should be served with bread cut into dice and fried in butter ; or crisped on a buttered tin in the oven after having been soaked in a little of the stock. *Croûtons*, treated in this way, should accompany all vegetable *purées*.

Purées of celery, Jerusalem artichokes (Palestine soup), vegetable marrow, onion (white *soubise*), salsify, celeriac, and turnips, if the stock be kept free from colour, can be served as

white soups, and the substitute already described for cream will be found an improvement to all of them.

All green vegetable *purées* derive enrichment in appearance by the judicious addition of "spinach-greening" which is, in itself, the liquid obtained from spinach boiled, drained, worked through the sieve, and then squeezed through a piece of muslin. People can be quite deceived with a soup made with Groult's *farine de petits pois* when it is coloured with spinach-greening in imitation of *purée de pois verts*. A pinch of sugar ought not to be forgotten in making these soups.

In the early summer, when asparagus is plentiful and full of flavour, the opportunity should be taken of giving that excellent soup *purée d'asperges*, which however ranks next, I take it, to the still more artistic *consommé aux pointes d'asperges*. Both of these are possible in winter with the French and American tinned asparagus, the desirable pale pistachio-green of the *purée* being produced with a little spinach-greening.

You can make a capital green *purée* any day with French beans; and with one pint tin of *petits pois* (thoughtfully assisted with spinach-greening if the peas have lost colour) you can produce with a quart of broth a very fair *purée* of green peas for about eight people.

A very inviting-looking soup of bright red colour can be made from tomatoes, whether fresh or preserved, following exactly the receipt for *Crécy*, and substituting tomatoes for carrots. Another red vegetable soup of this class is that made with red haricots called *potage à la Condé*, which must not be confounded with *potage à la Conti*, *i.e.*, a *purée* of lentils on a game stock basis.

The *purée* of chestnuts is a well-known delicacy, whether in the form of soup or as a sauce to accompany white *entrées*, and especially the turkey. To this category belong such soups as :—*crème d'orge*, *crème de riz*, *lait d'amandes*, &c.

Using as a basis an ordinary domestic stock made of *cuisson*, scraps, second boilings, &c., a series of nice *purées* can be made

from such reliable preparations as Groult's *farine de petits pois*, *crème d'orge*, *farine de châtaignes*, &c., procurable at all grocers' shops and stores at a very small cost ; while with two tablespoonfuls of ground almonds (sold at 1s. 2d. a tin) worked into a pint and a half of rabbit or fowl boilings and half an ounce of *roux* a *potage lait d'amandes* can be produced of quite excellent quality. Following the same principle, soups can be made in an emergency with Lazenby's solidified soup squares, for though these handy tablets make good soup when merely diluted and boiled up with water, it stands to reason that they are improved by being cooked on a broth foundation.

Next, touching meat *purées* :—*Potage à la reine*, a very old white soup, is really a *purée* of fowl or turkey, and an excellent white *potage*, very like it, can be produced from a rabbit. And here let me point out that those artistic *entrées* :—*crème de homard*, *crème de volaille*, *crème d'artichauts*, &c., are merely consolidated *purées*. The *quenelle* again, is only meat worked to that condition, bound with bread crumb or panada, and eggs, and poached.

Brown *purées* are, of course, those made of game such as hares, partridges, grouse, pheasant, &c. In this way you can always advantageously dispose of tough old birds. A good *purée de gibier*, of hare, or of any game-bird, is, without doubt, soup which is with justice widely popular. It is essentially the soup of the hungry man. A basin of it, to use a homely phrase, goes a long way. It carries your thoughts back to winter fires, to old-fashioned, yet generous fare, and to the glorious appetite with which you spread your napkin before you after a day with the hounds, a trudge after wild partridges, or a long drive through the keen frosty air at Christmas time.

These soups are what housekeepers call rich, for in their composition you must employ port, or marsala (the equivalent if good of madeira), red currant jelly, butter, yolks of eggs, &c. One of the greatest cooks of the age propounds half a bottle of old port for his hare soup ! and all game soups reqiure a modicum of wine.

The points to observe in the making of these *purées* are, first, to get every atom of flavour you can out of the crushed bones, scraps, and giblets, which is done by simmering them watchfully in common stock. Then to work all the meat you can pick from the birds to a stiff paste in a mortar (having first minced it in the machine) passing it through the sieve to get rid of fibre, gristle, and so forth. Next to blend the pulp of the game with the stock in the way I have previously described. And lastly, to follow with accuracy whatever recipe you have taken as regards the flavouring elements. Do not leave out anything if you can possibly manage it. Dried sweet herbs (thyme and marjoram), are as necessary in the stock of game soups, as is basil in turtle ; and red currant jelly is indispensable. Spice is often mentioned in recipes for these soups. I do not recommend it. In fact, beyond the two cloves inserted in the onion used for the stock, I would carefully omit it.

N.B. It is the fashion now to call game *purées crèmes* :— *crème de faisan*, *crème de perdreaux*, &c.

COLOURING.

Brown *purées*, and some thick brown soups such as ox-tail, mock-turtle, &c., may sometimes require a little browning to bring them to a good colour. For this purpose the advice given in the previous chapter should be followed.

VEGETABLE STOCK.

I will conclude these observations with a recipe for a vegetable stock which, by itself, is a pleasantly flavoured soup ; mingled with *purées* it takes the place of beef or meat stock ; while, blended with the latter, it forms a powerful, most strengthening soup, especially good for invalids who may be in a condition to partake of strong vegetable and meat essences.

Slice up two pounds of carrots, two pounds of onions, two ounces of celery, a handful of parsley, a dessertspoonful of thyme and marjoram blended, and a clove of garlic : put them into a stew-pan with one pound of well-clarified beef suet or the fat skimmed from the *pot-au-feu* : fry till lightly coloured, then add five quarts of water. Boil up slowly and skim : then add

one ounce of salt, a quarter of an ounce of pepper, three cloves, a pinch of allspice, and in the season a quart-measure of green peas, with their shells cut into strips likewise. Boil up again, then simmer over a gentle fire for three hours, and strain the broth into a basin, take off the fat, and put by for use when wanted.

Another way, with dried vegetables in part, is to boil one quart of white haricot beans, and one quart of lentils, in six quarts of water with five ounces of onion and a bunch of herbs. Simmer for three hours, strain, and use the broth thus obtained to moisten the fried vegetables instead of water ; add the seasoning only, simmer for three hours, skim, and strain. Either of these can be used as already described.

All the vegetables can be used in the form of *purées* after having yielded the broth. Half quantities can obviously be taken for two and a half quarts.

If required for the nourishing drink I have mentioned, make this decoction :—

AN INVALID'S SOUP.

Take a fowl or rabbit ; if aged no matter ; cut it to pieces bones and all, while fresh, with a chopper, pound the mass in a mortar. In like manner chop up and pound two pounds of the best fresh lean gravy beef, season with pepper and salt, mix the two meats together, and give them a few turns in a roomy stew-pan with enough melted clarified suet and broth to draw the glaze. Now add little by little the whole of the vegetable stock, stirring well during the operation. Boil, adding water now and then to make good the loss of liquid by evaporation, for one hour. The liquid can now be strained off, and set to get cold, when all fat can be removed. This will be found excellent for the purposes I have named. It can be given to an invalid in small quantities, iced, or hot, as may be desired.

CHAPTER VI.

SAUCES—CLASS A.

CLASSIFICATION—THE THICKENING—BUTTER IN SAUCES—CREAM IN SAUCES—SIMPLE SAUCES—BREAD SAUCE—SHARP SAUCES—HOLLANDAISE—HORSERADISH SAUCE—COLD SAUCES—VARIATIONS.

THE consideration of sauces may certainly be regarded as the most interesting part of the study of cookery. So much, indeed, is to be gained by this branch of the art, that I might almost call it the most important. Whether for fish, for flesh, or fowl, the assistance thus contributed is invaluable. Two or three nice sauces, well contrasted and distinctly flavoured, stamp a little dinner at once as the handiwork of a good cook. Without penetrating very deeply into the mazes of elaborate cookery, if you once master the broad principles of sauce-making, you need never be at a loss for variety in your cooking ; you will be able to improve many an ordinary dish of fish, flesh, fowl, or vegetable, whilst with cold things you will rarely fail to turn out little *réchauffés* which will be at once tasty and economical.

Now, I do not consider it a very difficult thing to teach a willing cook the fundamental rules of this part of her work for they are simple. The labour is so slight that, if sufficiently devoted to your task, you can select a recipe and absolutely

show her step by step how to carry it out. For a demonstration of this kind, you must, of course, order all the ingredients you may require to be prepared beforehand, and have a mineral oil stove, or, better still, a gas hot-plate, or small boiling stove at your command. The little trouble this may cost you will, in nine cases out of ten, be amply repaid, for it need not be said that practical proof is far more effective than theoretical discussion.

For sauce-making on a small scale you must possess a quart stew-pan, two or three small saucepans in sizes, a *bain-marie*-pan to set them in, a small pair of scales, three wooden spoons in the smaller sizes, a plated spoon of each size, a flour dredger, a set of three earthenware bowls, two block-tin perforated strainers in sizes, and a pointed strainer, all with handles, a wire sieve, a hair sieve, and a mortar.

It is the fashion to recommend the cook to "wring" her sauces "through a tamis cloth," but this is unnecessary if she be provided with the hair sieve and finely perforated strainers I have mentioned. Of course cloths must be used in straining soups and jellies, but they are rarely needed for anything else.

The materials you will call into play from time to time will be :—good fresh butter, flour of the best quality, eggs, spiced pepper, salt, sweet herbs fresh or dried according to the season, onions, parsley, a few cloves of garlic, shallots, the contents of your cruet-stand, say—walnut, tomato and mushroom ketchups ; a good browning preparation, say—Parisian essence ; anchovy, chilli, tarragon, and the best French vinegars ; besides mustard, with pickled gherkins, capers, and red currant jelly.

Carefully made gravy, broth, or stock will occasionally be wanted, for which special provision must be made, but for all the ordinary sauces you can generally manage to make very serviceable broth from giblets, scraps, and trimmings. In doing this you have the satisfaction of knowing that there is nothing wasted. Most valuable assistance can be given to these scrap broths with good glaze, essences like Liebig, Brand's, &c., and Bovril is useful for this purpose.

As spoonfuls of red or white wine will be necessary now and then, I take the opportunity of repeating that for culinary purposes generally a good sound marsala is the best that can be used. Bottoms and tops saved in decanting port should be strained and kept for kitchen use. It is the acmé of silly gasconade to propound old madeira and vintage wines for cooking. The term white wine — *vin blanc*, in French cookery—refers, of course, to the wines of France—chablis, sauterne, or graves—though hock supplies a fair substitute.

CLASSIFICATION.

Now, in order to simplify the study of sauces as much as possible, I propose to place them in two distinct classes. In Class A to put the simple and standard sauces, and in Class B the so-called fundamental sauces of high-class cookery, with a few of the more expensive and elaborate preparations that are concocted on those bases. The former are of course constantly in requisition, the latter only upon special occasions in moderate establishments.

The utmost care should be taken in the matter of weights and measures, especially when practising a sauce for the first time.

THE THICKENING.

The various materials used for *liaisons*, and the method of working them, have already been discussed in the last chapter. For sauces, the brown and white *roux* therein described are for the most part adopted. As a general rule an ounce of butter and an ounce of flour to a pint of broth may be accepted as a standard, variation more or less being allowed according to quantity. Sometimes one flour may be more starchy than another, in which case a little more liquid must be added. Sauces ought not to be very thick.

BUTTER IN SAUCES.

It must be clearly understood that good fresh butter is an indispensable element in sauce-making. It is waste of time and materials to attempt this branch of the art with inferior ingredients. Large quantities are unnecessary, so it is false

economy to withhold an ounce or couple of ounces of good butter, and so spoil the whole of an otherwise good sauce.

CREAM IN SAUCES.

I am not an advocate of the indiscriminate use of cream in white sauces, which I contend is one of the mistakes of modern cookery. There are one or two compositions into which it must enter. These should be kept distinct. The safest enrichment that can be employed is the yolk of a raw egg beaten up in a tablespoonful of the sauce (separately), and stirred in, off the fire, before serving. Those, however, who *must* use cream can obviously do so.

SIMPLE SAUCES.

I will commence with a useful rule :—As in soups, so in sauces, let discretion fix the *quantity* to be made : *half* a pint may be fixed as enough for six people. It is a common practice to make far more than necessity requires, and thus extra expense is incurred that might well be avoided.

Failure in the composition of the standard English sauce, melted butter (*sauce blanche*), is so common, that I will commence with a few hints with regard to that homely preparation. The pith of this sauce consists in melting your lump of butter (*good* butter, mind) *first* at the bottom of your saucepan, over a very moderate fire, next to add the flour, which soon forms a smooth paste when worked with the melted butter, and then to reduce the fire, and cook the *roux* gently for some minutes, but without allowing it to take colour. Next to add by degrees the warm water, or milk and water, with a pinch of salt. Increase the heat now, and work this well with a wooden spoon till it is soft and creamy to look upon, pass it through your tin strainer into a hot sauce-boat, and, as you serve it, *add a pat of fresh butter* the size of a walnut, which will, of course, melt of its own accord, and give that fresh buttery flavour which you desire—not that flour-and-watery one so suggestive of the composition you would employ for fixing scraps in an album.

For *a pint* of good white sauce you will require two ounces

of butter, one ounce of flour, a saltspoonful of salt, and a pint of warm water, or milk and water. Use one ounce of butter, and the flour first, and save the extra ounce of butter to finish with. Half of everything will give enough sauce for six people—*i.e.*, half a pint.

As flours vary in their thickening power, it is possible the sauce may sometimes seem a little too thick. In this case a slight addition of milk or water will set matters straight, but this should be done before the final addition of the pure butter.

If too thin a sauce may be reduced by fast boiling before the addition of the final pat of butter, or a thickening "*à l'allemande*" may be stirred into it:—Take as much flour as you think likely to effect the object; put this into a teacup, and moisten it with water or milk, stirring and mixing it thoroughly till it assumes the consistency of batter. When quite smooth and creamy pass this through a pointed strainer into the warm sauce, bring to the boil, and the additional thickness will be obtained. *Crême de riz* may be used instead of flour.

A *pinch* of sugar with the salt assists all white sauces.

Please observe, however, that *milk* is not absolutely necessary in making white sauce. The chief objection to its use is, that in warm weather it causes the sauce with which it may be used to turn sour the next day. I consequently advocate the use of common *broth*, made from chicken bones or mutton scraps instead of milk. Broth enriches the sauce, and if strong, makes it equal to *sauce blonde*. The water in which peas, carrots, parsnips, onions, celery, and leeks have been boiled—the *eau de la cuisson* of the French kitchen—may be used advantageously for this purpose.

If required for fish, the liquid in which the fish was boiled, if not too salt, reduced by rapid boiling, or a broth made from the bones, fins, and trimmings separately simmered should be used. This, it will be seen, is strongly advocated in Chapter VI. Indeed, so valuable do I consider the fish stock basis that I would, for any special occasion, purchase some "fish cuttings" separately for its concoction.

A very common error in making melted butter, or white sauce, is the stirring of the flour *into* the sauce. The raw flour imparts a paste-like flavour, while it produces the effect required at the expense perhaps of double the necessary quantity of flour, for the lumps strained off are thrown away and utterly wasted. The caution given in regard to *roux*, and its application to soups at page 44 is equally apposite here. A too sparing use of butter is another cardinal mistake.

With *half* a pint of good *sauce blanche* you can work out several tasty recipes as follows :—

Beat up the yolk of an egg and the juice of a lemon, then strain, and add to your melted butter just before serving ; *off the fire, mind*, or the sauce will curdle:—a domestic *hollandaise*.

Beat up the yolk of an egg with a teaspoonful of finely chopped tarragon, and a tablespoonful of butter warmed till it has melted, and add in the same way:—*sauce à l'estragon*.

Throw in just before serving a tablespoonful of finely minced parsley, fennel, or a dessertspoonful of chopped capers, and you will have :—*sauce au persil*, *sauce au fenouil*, or *sauce aux câpres*.

Stir into it after it is made a dessertspoonful (or more if liked) of anchovy or shrimp *purée* with any herb you fancy. One tablespoonful of shrimp, and one teaspoonful of anchovy *purée* in half a pint of white sauce made on a fish broth basis make an excellent everyday sauce for fish. A dessertspoonful of chopped capers may be added.

For an ordinary *sauce verte aux herbes*, flavour a pint of milk by boiling up in it—blanched first for five minutes in scalding water—two ounces of onion, a couple of cloves, and a tablespoonful of parsley : when well flavoured, strain the milk through muslin and stir it by degrees into a saucepan in which an ounce of butter and one of flour have been well mixed ; thicken gently by bringing the mixture to the boil, strain, and add, just before serving, a tablespoonful of minced curled parsley, a dessertspoonful of chopped garden cress, and half one of chopped chives and chervil, with enough spinach-greening to tint the whole a pale green.

A squeeze of a lemon may be judiciously added to this sauce. With half of everything enough sauce can be made for six people.

Fillets of whiting, or any plain fish that you can fillet nicely, stewed gently in milk thus flavoured, and served with the *same* thickened, sharpened with vinegar, and enriched with the yolk of a raw egg, poured over them, are excellent.

Small rings of sliced gherkins added to ordinary melted butter form the *sauce aux cornichons* you remember abroad ; a teaspoonful of tarragon vinegar should accompany the rings.

With a white sauce made with fish broth you can make oyster sauce (*sauce aux huîtres*), shrimp sauce (*sauce aux crevettes*), mussel sauce, an excellent substitute for oyster sauce too rarely seen (*sauce aux moules*), and scallop sauce (*sauce aux pétoncles*).

The preparation of oysters for sauce, *vol-au-vents*, *omelettes*, &c., needs great care, for, while it is necessary for them to be firm, the slightest overcooking will make them leathery and tasteless. Empty the oysters from their shells with their liquid into a small *sauté*-pan, add a spoonful or two of chablis, or other light French wine, sufficient with their liquid to cover them. Put the pan on the fire, and at the first *indication* of boiling stop : draw the pan to the side of the hot-plate—or reduce the gas to a mere flicker—for *two* minutes only, then drain the oysters, trim them from the beards, divide them in halves, and strain the liquid, which should then be thickened with butter and flour for the sauce. Fish broth may be used instead of the wine, indeed many would prefer it, and some think that a teaspoonful of anchovy sauce is a good thing. For a pint of oyster sauce eighteen sauce oysters are enough : nine for half a pint.

By adding good warm broth or stock to the butter and flour, instead of water or milk and water as in *sauce blanche*, you produce *sauce blonde* which forms the basis of several useful sauces. This might be called domestic *velouté*.

Maître d'hôtel sauce is simply *sauce blonde* with a bountiful supply of finely minced curled parsley, a half pinch of "spiced

pepper," finished off the fire with the well-beaten yolk of an egg, and a squeeze of lemon juice.

Mincing parsley requires attention. If it be done when the leaves are *wet*, the pieces will all stick together, and much of the juice will be lost. Parsley must first be blanched in scalding water, and then carefully *dried in a cloth*, after which it can be chopped as finely as possible.

Maître d'hôtel butter, I may add *par parenthèse*, is made thus:—To two ounces of firm fresh butter (in hot weather it should be iced), add the juice of one lemon, a dessertspoonful of chopped parsley free from moisture, a pinch of white pepper, and a pinch of salt. Form it with your butter bat, and then set it in the ice box. A nice juicy, grilled chop, or a little grilled fillet of beef, served with a piece of *maître d'hôtel* butter melting over it, is a French method of captivating the appetite. With this *maître d'hôtel* sauce is quickly made—*i.e.*, make half a pint of *sauce blonde*, and finish with an ounce of the butter.

Sauce à la poulette (or domestic *allemande* sauce) is worthy of distinction among ordinary white sauces. Its chief points are:—first, that it is finished with the raw yolks of eggs, and secondly, that it is garnished with button mushrooms. It is a creamy-looking sauce the colour of a rich custard. Make an ordinary thin *sauce blonde* with one pint of chicken broth, one ounce of butter, one ounce of flour, and pepper and salt seasoning: stir well for a quarter of an hour, and it will be a thin white sauce: then add *en bain-marie* one by one the strained and well-beaten yolks of two eggs, finishing off with a pat of butter and a couple of tablespoonfuls of chopped button mushrooms, which should have been separately stewed in milk. Some of the milk should be added with them. (See Mushrooms, Chapter XVI.)

With the pulp of two three-ounce onions that have been simmered in milk till tender and passed through the sieve, when worked into half a pint of *sauce blonde*, with a delicate seasoning of salt and spiced pepper, you have onion sauce.

For *sauce soubise* the process is slightly different:—Blanch

the two onions for five minutes, then cut them up into a small mince; melt an ounce of butter in a saucepan, put in the mince, stir over a low fire till the onions seem about to colour, then take off the saucepan and dilute with half a pint of *sauce blonde*; boil, skim, reduce a little over the fire again, and then pass the whole through the sieve, putting the *purée* into the saucepan again to be reheated in the *bain-marie*.

For *soubise brune* do not blanch the onions, slice them up and fry very gently till well coloured, add brown instead of white sauce, and finish as in the foregoing case.

Equal portions of separately boiled carrot, French beans, turnip, and celeriac, neatly cut into small dice, with a few peas, asparagus points, and green haricot beans (*flageolets*), when gently heated in *sauce blonde*, form that charming assistance to a dish of grilled cutlets, or any plain *entrée*, called *macédoine de légumes*. Be careful not to *mash* the vegetables, so do not overboil them in the first instance. Any *four* of these vegetables are enough for a *macédoine*.

Sauce Milanaise is a delicious variation of *sauce soubise*. Blanch and cut up four ounces of onions, and put them into a saucepan with an ounce of butter, a pinch of sugar, and a saltspoonful of salt; add a tablespoonful of previously boiled rice, or pearl barley, and moisten with a breakfast-cupful of broth; let them cook slowly, and when the onions are done add a tablespoonful of finely grated mild cheese (Parmesan for choice), stir the mixture, pass it through a sieve, and mingle it with half a pint of thin *sauce blonde*.

Sauce Robert may be instanced as a very useful brown sauce of a domestic type:—Chop up in small squares two ounces of onion, throw the mince into a saucepan with an ounce of butter. Let it take slight colour, then add an ounce of flour by degrees, and when that has been well worked, half a pint of broth, mignonette pepper and salt at discretion—say half a saltspoonful of each—and a pinch of sugar. When thoroughly mixed simmer for twenty minutes, pass the sauce through the tin strainer, catch up all lumps, and at the last moment stir in a teaspoonful of tarragon or anchovy vinegar, and a

dessertspoonful of French mustard. Excellent with pork, veal, duck, and goose, and good for a grill. This is the old *sauce Robert* which modern practitioners glorify, of course, with white wine, and *blond de veau.* Omitting the mustard, a tablespoonful of marsala and a dessertspoonful of mushroom ketchup give you a reliable brown sauce for cutlets, &c. ; a few drops of Parisian essence will give the full brown colouring required.

BREAD SAUCE.

Of the whole category of simple sauces none is more generally maltreated, I think, than " bread sauce." Delicious we know when properly made, it is positively a repulsive mess when wrongly treated. Some have no doubt lamented many a time over the wretched compound which their cooks persist in sending up under this title—a mixture which may be plainly described as spiced bread poultice.

The backbone of bread sauce is the *flavouring of the milk* with which it is made, to begin with ; that being done we have only to strain it carefully into a clean saucepan, which should be set in the *bain-marie* to keep hot. Next to get ready some stale, finely sifted white crumbs that have been dried in the oven. At the time of service to bring the milk nearly to the boil, and stir into it, off the fire, sufficient crumbs to bring the mixture to the consistency of an ordinary *purée*, but on no account any thicker. Finally to finish it off with a good tablespoonful *of cream* at the moment before we serve it. In the absence of cream the yolk of one egg, beaten up in a little warm milk till it looks creamy, may be added, *off the fire*, just at the last, but this is a case in which cream should be used if possible.

To flavour the milk you must take a three-ounce onion, peel off the outside skin, blanch it for five minutes in scalding water, then cut it into quarters, and put them, with a dozen peppercorns, six cloves, a blade of mace, a pinch of grated nutmeg, and a saltspoonful of salt, into a saucepan containing not less than half a pint of good milk. The utmost care is now necessary, for milk boils up so rapidly that you must

watch your saucepan narrowly, and use a very low fire to retard the boiling stage. Remove the pan as soon as the surface of the milk looks frothy : let it cool a little and replace it, continuing the operation until the flavour is extracted, adding a little milk from time to time to make good the loss by evaporation. Now, strain it off through a piece of muslin into a clean saucepan, and complete the sauce as I have described.

It is necessary to reserve the addition of the crumbs till the period I have indicated, and to stir them in *off the fire*, in order to preserve a certain amount of *granulation*. You do not want *a pulp* of bread and milk, but a sauce in which the presence of the crumbs can be recognised. If the sauce be mixed early and set in the *bain-marie* the crumbs become sodden and absorb some more of the milk so that the consistency is spoilt. Much the same effect is produced by heating the sauce up over the fire with the crumbs in it.

It is very impolitic to attempt this sauce unless you have all the ingredients at your command. *There can be no evasion of the milk.* Water at once produces the poultice I have condemned ; finely sifted, oven-dried crumbs must be used, and the spoonful of cream should be added if you desire success.

Half a pint of good milk is enough for a sauce required for six people. If there be any left it can always be worked up the next day in scallops, or in *quenelles* as panada.

SHARP SAUCES.

Those capital compositions *mayonnaise*, *tartare*, *rémoulade*, *ravigote*, &c., are commonly known as cold sauces, but there are *hot* forms of preparing the two last named not often presented. They are descended from *sauce piquante* which is simply made in this way :—

Chop up as finely as possible half an ounce of shallot, and put the mince into a quart stew-pan with one ounce of butter and four tablespoonfuls of vinegar. Stir over a moderate fire till the vinegar is reduced, which is indicated by the butter becoming clear. Unless this were done the flour which must

next be added would not amalgamate. When the vinegar has been thus absorbed by the shallot, mix one ounce of flour into the butter, stir for four minutes, then add half a pint of broth, a saltspoonful of mignonette pepper, and a few drops of colouring (Parisian essence). Simmer for a quarter of an hour adding a tablespoonful of finely minced parsley, the same of chopped gherkins. Boil up once, skim, and serve.

For *ravigote* proceed as for *piquante*, adding instead of parsley and gherkins a *ravigote* mixture of herbs—*i.e.*, a teaspoonful each of chives, chervil, tarragon, and parsley, all very finely minced.

For *rémoulade* follow the same method, omitting the herbs or gherkins, but flavouring the sauce with French mustard to taste, and softening it with the yolk of an egg (raw) stirred in off the fire to finish with.

Poivrade (domestic) is also made in the manner described for *piquante* with this difference : Put into the stew-pan half a pint of vinegar and, in addition to the shallot, two ounces of onions, an ounce of carrot, an ounce of parsley, a sprig of thyme, two bay-leaves, four cloves, and the pepper ; cook all these ingredients together till the vinegar is half absorbed ; add the broth, boil once, and simmer twenty minutes. Mix the butter and flour in another saucepan, stir for four minutes over the fire, pour the contents of the stew-pan by degrees into it through a pointed strainer, colour with Parisian essence, skim, strain, and serve.

Gouffé's high-class brown *poivrade* is enriched with *espagnole*, and his *poivrade blanche* with *velouté*. But these are first-class sauces, of which more hereafter.

Dubois has a simple sauce of this class which he calls *à la zingara :* Reduce a quarter pint of vinegar with an ounce of finely minced shallot, a small saltspoonful of salt, and one of mignonette pepper, till about a dessertspoonful remains ; add to this two tablespoonfuls of bread crumbs that have been fried lightly in butter ; moisten with half a pint of good broth, simmer for ten minutes on the stove corner, and finish with a tablespoonful of minced parsley and the juice of a lemon.

Mustard sauce—a popular sauce for fresh herrings, pork, &c. —is made in this way :—Melt half an ounce of butter in a small saucepan, blend with it half an ounce of flour, and a heaped-up teaspoonful of French mustard with a pinch of salt ; when thoroughly mixed, add half a pint of broth or water ; let it come to the boil, then strain through the pointed strainer into a hot sauce-boat. If Durham mustard is used mix it first with a little tarragon vinegar.

Sauce au pauvre homme is produced by first frying an ounce of minced onion in an ounce of butter until it assumes a golden brown tint, and then pouring in half a pint of broth made from scraps : you must give this a boil, simmer for a quarter of an hour, and then strain it by degrees into another saucepan containing a thickening made of half an ounce each of butter and flour ; work this well with a wooden spoon, adding a saltspoonful of salt, half one of mignonette pepper, and a teaspoonful of vinegar from the walnut pickle or anchovy vinegar.

These sharp relishes go well with fish, and, as a rule, are liked with cutlets. Half an ounce of glaze improves them all.

HOLLANDAISE.

There is no sauce more popular with judges of good food than HOLLANDAISE ; in perfection it is a grand sauce, and not very easy to make. In its homely form it may be described as *sauce blanche*, to which a few yolks of eggs have been added, and a squeeze of lemon juice. In its more elaborate treatment it becomes a custard of yolks of eggs, water, vinegar or lemon juice, and butter. Some are in favour of vinegar, others prefer lemon juice. For the simpler *hollandaise* go to work in this way :—

Beat up the yolks of three eggs with a teaspoonful of vinegar that has been reduced as described in the next recipe, and a dessertspoonful of water in which half a saltspoonful of pounded allspice has been dissolved, add salt to taste, and four ounces of fresh butter. Put this mixture into a small saucepan, and plunge it into a *bain-marie*, or stew-pan large enough to receive

it, containing boiling water : steam your mixture in this way as in custard-making till it thickens, and serve the sauce in a very hot boat. *Hollandaise* made with eggs is sometimes described as *hollandaise iaune*, to distinguish it from the " Dutch sauce " made with butter and lemon juice.

Gouffés method may be condensed as follows :—Take four ounces of butter and divide the whole into six equal portions ; next reduce two tablespoonfuls of vinegar on the fire with a saltspoonful of salt and pepper blended, till about a teaspoonful remains : strain, and add to it two tablespoonfuls of water, and two yolks of eggs carefully freed from white ; put this over a low fire for a minute, stirring it well with a wooden spoon ; avoid boiling ; take off the fire, add one of the sixth parts of butter, stir till melted, put it on the fire for a minute, stir well, take it off again, and continue this process till bit by bit the six portions of butter have been worked into the two eggs you originally put in, and by degrees, adding a little water now and then to prevent its curdling. The sauce should be thick as good *mayonnaise* sauce, or very thick cream. Being made at a very low temperature it can never be served " piping hot " like other sauces ; it is necessary, therefore, to see that the sauce-boat (a silver one if possible) should be made warm to receive it, but not too hot, for that would curdle it.

This recipe should be very carefully noted, for the process it prescribes is like that to be followed in making sauce BÉARNAISE, one of the best sauces in the whole culinary *répertoire* for the fillet of beef. For this you only have to add a teaspoonful of chopped tarragon, and one of tarragon vinegar before serving, omitting at the beginning the reduced vinegar propounded for *hollandaise*.

Sauce VALOIS is of this type also :—Put into a small saucepan two tablespoonfuls of vinegar with one ounce of finely minced shallot. Reduce over a moderate fire till the shallot has taken up all the vinegar. Let it get cold, then put the shallot into a stew-pan, add four yolks of egg and one ounce of butter, mix over a low fire, then take the pan off, add another ounce of butter, mix, put on the fire again, and add one ounce of strong

chicken jelly, mix well off the fire, put it on again, add one more ounce of butter and a tablespoonful of chopped parsley, and serve. If required for fish, strongly reduced fish broth may be used instead of the chicken.

Dutch sauce as eaten in Holland, or *beurre fondu*, by some considered the veritable *hollandaise*, is butter plainly melted in a saucepan, flavoured with a pinch of pepper, a pinch of salt, and the squeeze of a lemon ; this is allowed to settle over the fire, and is then poured free from the sediment at the bottom of the pan into a piping hot metal sauce-boat. No sauce is more admirable with fried fish, asparagus, seakale, celery (boiled), celeriac, cardoons, salsify, &c.

The proportions—to be doubled, of course, if necessary—are :— For four ounces of butter, a small saltspoonful of salt, the same of mignonette pepper, and one tablespoonful of lemon juice.

This sauce (a little goes a long way, mind) goes specially well with globe artichokes ; one tablespoonful is enough for one artichoke, and the plates should be really hot. A teaspoonful of *anchovy* vinegar is in this case better than lemon juice.

Note that the saucepan should be removed from the fire *before* the butter has quite liquefied. The heat of the saucepan will complete the melting. This is necessary to preserve the creaminess of the butter, which would be lost if it were allowed to assume the consistency of oil over the fire.

HORSERADISH SAUCE.

Horseradish sauce (*sauce raifort*) is of course the standard adjunct of our national food, "the roast beef of old England." To my mind we do not make use of this sauce sufficiently. With some of the richer fishes—fresh herring, mackerel, &c.—it makes an agreeable change in its hot form, whie as an occasional introduction in *mayonnaise* it works pleasantly.

To serve hot :—Grate as finely as you can a coffee-cupful of the root raspings, simmer them in half a pint of common broth ; when done, thicken the broth, custardwise, over a low fire with the yolks of two eggs beaten up with a dessertspoonful

of tarragon vinegar ; add a teaspoonful of Buckle's horseradish zest, pepper, salt, and a very little grated nutmeg, and serve in a sauce-boat.

A richer recipe suggests the addition, off the fire, of a coffee-cupful of *Béchamel* with the yolks of the eggs, and then to let the sauce remain on the fire, *en bain-marie*, stirring well until it is very hot (but not boiling) and serving it in a hot sauce-boat. For *Béchamel* those who like it may read cream.

The cold form of this sauce is much easier. It will be found most delicious with *cold* roast beef or any cold meat. You simply rasp the horseradish root till you have a coffee-cupful of fine raspings, and mingle them with a breakfast-cupful of ordinary *mayonnaise*, or *tartare* sauce—in summer, iced. Cream is, of course, preferred by many : when available it may be used instead of the oil, but the usual mixture of eggs, oil, mustard, and vinegar, will give you a good result. Serve this as cold as you can. Worked rather thickly this is excellent with *grilled* salmon, trout, or mackerel.

And this leads me to discuss at once the two sauces I have just mentioned under the head of

COLD SAUCES.

Mayonnaise sauce is certainly one of the most useful and popular of all cold sauces. Although many seem to find it hard to get it as they wish it, it is perhaps one of the simplest of all. You must be sure that the oil you use is thoroughly good, or the result will be very painful ; and be equally certain of your vinegar and eggs. Assuming that these are all satisfactory, set to work in the following manner :—

Commence with the dry ingredients, and put into a soup-plate a teaspoonful of mustard powder, half a saltspoonful of salt, and the same of mignonette pepper. Bruise these together thoroughly with the back of a silver spoon. Now add a little oil, and work your materials to a paste, dropping in the oil patiently by degrees until you get it nice and moist ; next beat up gently with it the yolks of two raw eggs one by one, and continue your beating, adding oil without measure, and judging

by your eye when you think you have made enough sauce, for the tarragon vinegar you finally add will not be more than a good dessertspoonful. The moment the vinegar is added the sauce will assume a creamy appearance, and when worked sufficiently, will be ready to pass through a strainer into the sauce-boat.

If made in hot weather early in the afternoon, the sauce-boat should be placed in the refrigerator; but, to be successful, *mayonnaise* sauce ought, if possible, to be made as near the time of service as possible. When cream is used it takes the place of the oil, but if only a little can be spared a dessertspoonful may be added as a last touch to the sauce I have described with good effect. All *mayonnaise* sauces should be served as cold as possible, and in summer *should be iced—i.e.*, the bowl containing them should be set over some crushed ice till the sauce is wanted.

The points in this sauce to be noted are, the order in which the various ingredients should be introduced, the use of the *raw* yolks in conjunction with the steadily beaten oil to produce the thick creaminess you want, the liberal use of good oil, and the addition, last of all, in sparing quantity, of the tarragon vinegar. I am aware that most writers on cookery say that the vinegar should be worked in with the oil; but, having tried both methods, I prefer my own. The oil and raw eggs are quicker thickened alone, and by reserving the vinegar to the last you can regulate the quantity by taste to a nicety. You do not want an *acid* sauce at all, remember. English people, as a rule, ruin their *mayonnaise* and salad dressings by *measuring* the oil and vinegar they use in nearly equal portions. No artist measures these ingredients.[1] You might as well expect a painter to tell you the number of grains of the colours he used in painting a picture.

You may put in a little onion when mixing this sauce; but whilst permitting the flavour "scarce suspected to animate the whole," you must on no account permit the "atoms to lurk

[1] Gouffé's calculation represents the quantity of vinegar as barely one-eighth of the oil.

within the bowl"—the ladies in Sydney Smith's days were perhaps less critical in the matter of this fragrant bulb than are their fair descendants of to-day. Pass the sauce through the perforated strainer to catch them up.

Tartare sauce is the same as the above, with a fine herbs garnish and a little higher seasoning ; raw yolks alone should be used ; a tablespoonful of French mustard should be incorporated therewith, half an ounce of chopped chives, and half an ounce of gherkins minced. The oil and vinegar should be added in the following proportions : a teaspoonful of the latter to two tablespoonfuls of the former, well beaten together, and oftentimes repeated till enough sauce is made. Add as garnish finely minced tarragon, chives, and burnet, in sufficient quantity to give the sauce a speckled green appearance.

Rémoulade is simply a *mayonnaise* sauce with chopped gherkins, anchovies, and capers added as garnish, and one tablespoonful of mustard. The mustard used *must* be Maille's *French*, and a drop or two of garlic vinegar is a *sine quâ non*.

Ravigote is also made upon *mayonnaise* basis, with chopped chives, chervil, tarragon, and burnet added, for this combination of herbs constitutes *ravigote*.

VARIATIONS.

Green *mayonnaise*, *rémoulade*, and *ravigote* sauces are made in the same way, the colour being produced by the juice of the green herbs pounded, with some spinach or prepared greening if necessary.

Sauce mayonnaise collée :—This sauce is made without eggs, the component parts being :—aspic jelly, oil, and tarragon vinegar. The method is easy :—Half a pint of aspic jelly in a semi-formed condition should be put into a bowl in summer, with a little crushed ice under it to keep it at a low temperature ; into this with a whisk should be whipped about half a gill of salad oil ; by degrees the mixture will thicken and turn creamy. Now add oil according to requirements, whisking the while, and finishing with the tarragon vinegar, as in the ordinary *mayonnaise*.

In order to obtain with celerity and certainty a good firm *mayonnaise*, Dubois recommends the use of a small whisk when mixing an ordinary sauce, and to *whip* the oil and raw eggs rather than to stir or beat them. "When the sauce is finished," says he, "you can prevent its losing its consistency, and keep it firm for a whole day by adding to it a tablespoonful of boiling water."

MAYONNAISE THICKENED WITH ARROWROOT.—This is propounded by Dubois also. If there be a difficulty in getting the mixture to thicken properly owing to inferior oil or the temperature, the following process will set matters right :—Dilute in cold water a large spoonful of arrowroot. Warm this over a low fire in a small saucepan till you get it to the consistency of smooth batter, rather thick than otherwise. As soon as satisfactory, put it into a bowl and work it about to cool it ; season it with half a teaspoonful of pepper, a teaspoonful of salt, and one of mustard powder ; add three or four yolks of raw eggs, and whisk the mixture with a quarter of a pint of oil added by degrees. Finish with tarragon vinegar, and garnish, if you like, with some chopped parsley, fresh tarragon leaves, or chervil. This method can be depended upon, he says, for certain.

Cold orange sauce (*sauce froide à l'orange*) for cold game or hot may be made in this way :—Half a pound of liquefied red currant jelly, two glasses of port, the juice of three Seville oranges and of two lemons, and the zest of two oranges grated with a small lump of sugar. Moisten the jelly and flavoured sugar with the liquids, season with salt and cayenne pepper to taste, stir, and pass the sauce through a strainer. Half of these proportions will be found enough for a wild duck.

CHAPTER VII.

SAUCES—CLASS B.

ESPAGNOLE—DOMESTIC ESPAGNOLE—VELOUTÉ—NUT SAUCES.

I NOW pass to the consideration of a few standard higher class sauces, which, with a little care and attention, ought to be found practicable in every well-conducted kitchen. To aid you in this branch of the cook's art, you cannot possess a better guide than Jules Gouffé, whose admirably systematic method of discussing sauces has not yet been surpassed by any authority on the art of cooking. His work may appear difficult to follow in some places, and his recipes extravagant, and composed upon too large a scale to be useful to mistresses of small establishments, but in the system that he has adopted with regard to this important feature of kitchen work, his careful elaboration of weights and measures, and clear way of explaining himself, he is of all authors of the French school the easiest for the English student. It may of course be said that he is a little out of date, but this has nothing to say to his *method*, to his instruction in regard to work which alters not, or to standard things which can in no way be improved upon. Well grounded by Gouffé you can acquire a few modern ideas from Dubois, whose elementary teaching, by the way, cannot be compared with the former writer. It is highly disconcerting, for instance, to be continually pulled up by generalities :—*some* spoonfuls ;

three *or four* eggs ; prepare *a* mince ; add to it *a few* crayfish tails, &c. It is not every professor that can teach, nor can every good cook write a recipe.

Following the traditions of the French school Gouffé propounds the following sauces as the foundation of nearly all those of a high class that you are likely to encounter :—

1. *Espagnole.*
2. *Velouté.*
3. *Allemande.*
4. *Béchamel.*
5. *Marinade.*
6. *Poivrade.*

Of these—the three leading white sauces—*velouté*, *allemande*, and *béchamel* are so closely allied, that I shall confine myself to the first ; *marinade* is more a pickling liquid, while *poivrade* is only the sauce that I have already alluded to improved by richer stock. *Espagnole*—the great basis of all brown sauces—is, of course, worthy of close attention.

My fundamental sauces will therefore be reduced to two : one brown, and the other white, and these—which I think will be found ample for the majority of kitchens—I propose to place before you, in the simplest manner possible. Those who may be acquainted with the author I have named, will observe that in the first place I shall reduce the recipes to a much smaller compass, and in the next, that I shall omit everything that is not downright necessary to produce a fair result.

It would perhaps as a preliminary step be advisable here to note the principal characteristics of these high-class sauces, and to observe where they differ. White sauces may be described as decoctions by boiling and simmering of white meat, fowl, fish, or vegetables (according to the kind required), the cullis or strong broth thus obtained being thickened and enriched with *roux*, yolks of eggs, butter, or cream. They are thus very delicate, and, if the truth be confessed, the difficulty is to maintain any very marked individuality between them. Of late this has been increased by an almost universal use of cream and mushroom flavouring, for whether the basis be veal or chicken it seems to be effaced by the thickening, and this perpetual flavouring and enrichment.

The salient feature of brown sauces is glaze by which the marked meaty savouriness of the foundation is imparted. This the French cook draws out from the meat with which he commences the operation. Another important step is reduction, and a third the use of strong flavouring essences the best of which are all brown.

Reduction is continually enjoined by the best authors not only for brown sauces but for white also. Concentration of strength and flavouring is thus secured. The ordinary kind of reduction carried out with white sauces is a stirring over the fire till they coat the spoon, this generally being necessary when any flavouring liquid such as *lait d'amandes*, or mushroom broth has been added to and has somewhat diluted an already thick sauce such as *velouté*. The reduction of brown sauces is effected by boiling down in the usual manner. Great care is necessary lest the liquid catch at the bottom of the vessel and burn—an accident that would immediately ruin the whole composition.

First with regard to *Espagnole* which, as many of you no doubt know, is a rich, thick, *brown* sauce, I would simplify Gouffé's receipt as follows :—

ESPAGNOLE.

(*a*) Get ready one and a half pound of veal, and three-quarters of a pound of gravy beef : the veal may be cut from the knuckle. No bone is required. Cut the meat up into squares.

(*b*) Now cut up five ounces of onions and lay the slices on the bottom of a stew-pan buttered with an ounce of butter ; upon these put the pieces of meat previously prepared, with a breakfast-cupful of common stock ; set the pan upon a brisk fire, boil, and when the liquid is reduced one-half, lessen the heat ; shake the pan every now and then, simmer, and let the meat take colour without burning.

(*c*) When the meat is thus well browned take the stew-pan off the fire, cover it, and let it stand for five minutes to facilitate the dissolving of the glaze.

(*d*) Next add one quart and a half of common stock, boil

up, skim, and put in four ounces of carrot, a saltspoonful of mignonette pepper, the same of sugar, a teaspoonful of salt, and a small bouquet of herbs. Boil and simmer.

(*e*) As soon as the meat has been cooked, remove the pan from the fire, and strain off your gravy ; there should be quite two and a half pints of it. Let it get cool.

(*f*) Next, take a saucepan and melt two ounces of butter at the bottom of it, stir in two and a half ounces of flour over a low fire, and make a brown *roux*, when the colour satisfies you, add by degrees, stirring as you do so the quart or so of the strong broth that you strained from the stew-pan.

(*g*) Let the contents of your saucepan come to the boil, stirring the whole time, then simmer at a lower temperature for an hour with the pan only three parts covered : skim and take off the fat during that time. All fat having been removed, strain through a finely perforated strainer, and set in a bowl for use as required. When wanted the sauce, or as much of it as may be needed, can be heated up in the *bain-marie*.

The quantity given in this recipe should be sufficient to form the basis of two or three brown sauces for a dinner-party of ten or twelve people. Having been portioned off each should receive its special flavour and be placed, labelled, in the *bain-marie*. With exactly half the quantities enough to produce two good sauces for six or eight should be obtained.

Using this sauce as your medium or basis, you can proceed to compose some of the better preparations as follows :—*Financière*, *Périgueux*, *Bordelaise*, *Provençale*, *Génevoise*, *Matelote*, *Châteaubriand*, *Régence*, *Italienne*, and *Réforme*, with others too numerous to mention.

The specialities of the sauces I have enumerated, consist in the distinct flavouring of the *espagnole*, from which they are really made, with *essence* of mushrooms, truffles, game, pigeons, poultry, fish, or ham, concerning which I shall speak later on, wine in judicious proportions, delicate vegetables, and so on. A careful perusal of some of the receipts given hereafter in my *menus* will, it is hoped, furnish the reader with the necessary information.

Game fragments, poultry, mushrooms, &c., must on no account be used in making *espagnole*, for such ingredients would impart a distinct flavour to the sauce. The object, remember, is to keep the foundation as simple though as strong as possible, and to *reserve* the flavouring according to the particular sauce we may select. Ham was at one time a favourite ingredient in this preparation, the name having, it is aid, been derived from the Spanish ham used in its concoction. But this is no longer done, for the reasons I have given.

DOMESTIC ESPAGNOLE.

Now it need not be said that the occasions on which the mistress of a small or moderate establishment would go to the extent of ordering a preparation as troublesome and expensive as that I have just described, merely as a basis of a couple of sauces for a little dinner-party, would be exceedingly rare. Indeed, if the truth be confessed, the great fundamental sauces are only really called into play at restaurants, clubs, hotels, and establishments conducted on an extensive scale—places, that is to say, where the demand for such things is large and frequent, and stocks for sauces kept up as a matter of necessity. Nevertheless, I think it advisable for all to *study the principles of the composition* in order that they may perceive what elements are needed—no matter on what reduced scale the work may be conducted—in order to hit off a tasty brown sauce. They are briefly these:—A good decoction of meat and vegetables enriched with glaze, thickened, reduced somewhat by simmering, and carefully skimmed free from fat. If therefore we make as good a household meat broth as we can with scraps, trimmings, and some stock from the soup-kettle, flavour this with vegetables, and to one pint add an ounce of good glaze, then thicken, simmer, skim, and strain, we shall have a very reliable domestic *espagnole* for our fundamental brown sauce.

Glaze can be procured so easily, and in such good quality, that we need not extract it in the manner described in my more elaborate recipe.

The simplified process may be thus followed :—Butter a

two-quart stew-pan with two ounces of butter, lay in it four ounces of finely sliced onion, the same of carrot and turnip, half an ounce of shred celery and a bunch of chopped parsley : moisten with a gill of stock, and cook over a low fire till turning a nice reddish-brown ; add now a quart of warm scrap stock, bring to the boil, and simmer for three-quarters of an hour ; skim, strain, and thicken. Add one ounce of the best glaze, and finish as explained in step (*g*) for expensive *espagnole*.

For *espagnole maigre* follow this process, but moisten with water or vegetable *cuisson* instead of meat broth, and omit meat glaze. Fish broth, with a glass of chablis or sauterne, may be used if the sauce be wanted for fish. Colour can be obtained by using Parisian essence.

Arguing on the same lines, I think that for all practical purposes a domestic *velouté* will be found sufficient for all ordinary establishments. This may be described as the *sauce blonde* of page 60, made with a stronger white broth, the process being conducted in this manner :—

VELOUTÉ.

(*a*) Procure one pound of chicken or fowl giblets, and half a pound of veal scraps : scald the former and cut them in small pieces ; cut the veal up also.

(*b*) Commence by slicing up three ounces of onion ; put the rings in an ounce of melted butter at the bottom of a stew-pan ; next add your meat and giblets ; moisten with a gill of white broth, and simmer over a low fire, but do not let them take colour ; cover them with cold water, or common broth if available, and bring slowly to the boil.

(*c*) Go on now to make a *clear* broth, seasoning with salt and white pepper. If this be carefully prepared and skimmed, you should obtain a couple of pints at least of colourless liquid which should be strained and kept ready for use presently.

(*d*) Take a saucepan, and melt a couple of ounces of butter in it over a low fire ; when melted, by degrees, add two ounces of flour ; stir for five minutes, and add the broth in the manner explained at page 57.

(*e*) Now stir over the fire till boiling, and then permit the sauce to simmer slowly for an hour, taking off all fat that may rise.

(*f*) At the end of the hour you can strain the *velouté* into a bowl and place it in the larder.

An excellent substitute for *velouté* can be produced with the water in which a fowl has been boiled—reduced by rapid boiling—thickened, simmered, skimmed, and strained. It is of course assumed that a few vegetables have been boiled with the bird.

Velouté maigre.—This is a variation of ordinary *velouté* for which meat is not required :—Cut up six ounces of onions, three ounces of carrots, and half an ounce of celery ; fry in a stew-pan with two ounces of butter for five minutes only, using a low fire ; add two ounces of flour, and fry for five minutes more. Now moisten with a pint each of milk and water, season with a quarter of an ounce of salt, and half that measure of *mignonette* pepper, and put in a small *bouquet* of herbs. Stir well, bring to the boil, and simmer for about an hour. Strain into a bowl and use as required.

For fish sauces the moistening may be effected with fish broth instead of milk and water, with a claret glassful of chablis or sauterne.

Allemande is *velouté* flavoured with chicken essence and mushroom trimmings : it is thickened with yolks of eggs, and no cream is needed in its composition.

Béchamel—the only white sauce in which I consider cream necessary—is made in the same manner as *velouté* with the addition of mushrooms and cream. Two ounces of sliced fresh mushrooms should be put in at stage (*b*), and a gill of cream to finish with. This is the richest of the three.

A very near relation of these three is *suprême*—so near indeed as to be easily mistaken for one of them :—To one pint of *velouté* add one gill of strong chicken broth and half a gill of mushroom essence. Reduce till the sauce coats the spoon : strain, and serve.

With one of these for your basis you can make the following

rich white and tinted sauces :—Oyster, Lobster, *Cardinale*, *Venitienne*, *Marly*, *Villageoise*, *Mornay*, *d'Orleans*, *Brantôme*, *Chaud-froid blonde*, and many others. In fact all sauces which in their simple form are made with *sauce blanche* or *sauce blonde*, may be served in a superior manner by using *velouté*, *allemande*, or *béchamel* for their enrichment.

ESSENCES.

Chicken essence is not a thing likely to be made in private kitchens, but reduced chicken broth made from the remains of a fowl, from which the breast has been removed for fillets, may sometimes be practicable. This would give additional strength and flavour to the foundation, but the question might here be asked—who would perceive it ? How many of our guests can tell whether we give them *béchamel*, *allemande*, *suprême*, or *velouté ?*

Remembering what has just been said in regard to chicken essence, or rather its equivalent in small establishments, you can obtain valuable flavouring essence from all poultry bones, especially from those of a turkey. The giblets should never be thrown away, for they assist a broth greatly. In like manner game bones and giblets are very valuable.

Essences of mushrooms, of truffles, and ham, are obtained by stewing them cut into small pieces in broth.

A dash of madeira or, as I have said before, sound marsala, is necessary with game essences, while chablis and sauterne give assistance to fish essences which are used, of course to improve sauces like *crême d'anchois*, *crême de crevettes*, and all fish sauces.

Reduced French wine vinegar, *i.e.*, vinegar boiled until half or more of its quantity has evaporated, and wine similarly reduced, produce valuable flavouring agents. In fact *reduction* is the keynote of high-class sauce-making, the object being to concentrate flavours as strongly as possible.

Mirepoix is a strong broth made from meat and vegetables, flavoured with wine and sweet herbs, and strained, *but not thickened.* It is used in *braises*, and in sauces as a flavouring medium :—

Cut into squares one pound of lean veal, half a pound of fat bacon, and one pound of raw ham—half lean, half fat ; slice up ten ounces of carrots, ten of onions, two bay leaves, two shallots, and a few leaves of thyme and marjoram. Fry in the melted fat bacon, &c., till the whole turns pale brown ; then cover with common stock and a pint of sauterne ; season with a saltspoonful of mignonette pepper, boil, simmer for two hours, strain, and put by for use, leaving the fat on the surface.

D'Uxelles, or *fines herbes*, according to Gouffé, is composed as follows :—Chop up six ounces of fresh mushrooms, six ounces of fresh chervil and parsley mixed, and two ounces of chives or shallot ; put the minced shallot in a stew-pan with two ounces of fresh butter and a seasoning of salt and black pepper ; fry on a low fire for five minutes, add the minced mushrooms and parsley, fry for five minutes more, and put the mixture in a jar for use as required.

D'Uxelles sauce is made by adding a teaspoonful of this preparation to half a pint of *espagnole* sauce.

To illustrate the use of reduced wine in sauce take a recipe for Italian sauce as follows :—

Put into a small saucepan one gill of chablis, sauterne, or hock. Reduce this over the fire till half the quantity has been absorbed, season with half a saltspoonful of salt and the same of pepper. This being ready mix a *roux* with an ounce of butter and an ounce of flour in a separate saucepan, moisten with three gills of white broth (cooled) and the reduced wine, boil up, simmer for a quarter of an hour, and add three dessert-spoonfuls of *d'uxelles*. This can be presented as a brown sauce by making the following alterations :—substitute a gill of marsala for the white wine, and *espagnole* sauce for the white broth, proceeding in other respects exactly in the same way.

Touching high-class *poivrade*. This can be served either brown or white. For the former follow the directions given for domestic *poivrade*, but moisten with *espagnole* instead of broth. For the latter use *velouté*.

The skin which forms on the surface of sauces after they have been set in the *bain-marie* can be prevented by putting a

tablespoonful of broth on the top of the sauce after it has been set in the pan. If put away for use later on, skin is prevented by stirring the warm sauce until it is cold.

NOTE. Remember what I said in Chapter I. By purchasing your poultry without any previous preparation by the poulterer except plucking, you gain good materials for the concoction of broth for the sauce which should go with them. After cleaning and preparing the birds, put aside all the giblets and trimmings, especially the heads, necks, feet, hearts, gizzards, and pinions which are of no use whatever if left on. Cut all these into small pieces, scald them, fry them, with four ounces of onion and three of carrot sliced, in an ounce of butter or clarified suet at the bottom of a stew-pan : shake the pan, and when beginning to colour add a breakfast-cupful of water or broth and a glass of marsala ; reduce almost to a glaze, then add a pint of water or common stock, bring to the boil once, then cover, reduce the heat, and stew gently to extract the whole of the essence from the scraps : when this has been done, pour all through a strainer, and cool it for the fat to rise. This having been removed you will have a good basis for your brown sauce for the turkey or whatever bird it may be. A little raw veal or lean bacon may of course be put in, while a calf's foot, or a couple of sheep's feet would improve the broth by adding to its gelatinous consistency. By omitting the browning a good foundation for a white sauce is obtained.

NUT SAUCES.

Excellent sauces for all birds can be made with various nuts in this manner :—Make a colourless essence of the giblets, as just explained, by omitting the colouring stage : strain it, remove the fat, and place it in a bowl. For half a pint or so of sauce take a coffee-cupful of the Indian cashu-nuts, which can be got now in several places in London, scald them to remove dirt and any shell that may adhere to them : this having been done, boil them in milk, or milk and water, with salt, pepper, and a pinch of sugar : when soft, drain and pound them in a mortar, moistening them with some of the milk in

which they were boiled : when pounded to a paste put a quarter of an ounce of flour into a clean stew-pan with a quarter of an ounce of butter, mix a white *roux*, and then add giblet essence and nut-paste by degrees till the *purée* reaches a nice consistency, and the paste has been expended. This can be finished, off the fire before serving, with the yolk of an egg beaten up with a tablespoonful of the essence.

A nice sauce of a pale brown colour can be made by cutting the nuts into tiny dice and *frying* them in butter till browned (as you fry almonds for *praline*). The dice are then pounded, and the sauce is finished as in the foregoing recipe.

With twelve good-sized chestnuts, peeled, scalded, and skinned, you can proceed in the same way and make the well-known chestnut *purée* sauce.

Almonds may in like manner be treated in savoury fashion, and if slightly fried beforehand are particularly nice for a change in a sauce of this description. The salted almonds, sold for dessert and to fill the little saucers wherewith the modern dinner-table is garnished, can thus be turned to pleasant advantage. A nice almond sauce for poultry can be made by boiling a tablespoonful of ground sweet almonds in half a pint of good white sauce ; strain, and add the yolk of a raw egg in the manner already explained.

I admit that in nut sauces, as in bread sauce, a tablespoonful of cream is decidedly an improvement.

CHAPTER VIII.

FISH.

ON BOILING FISH—FRYING—BAKING—STEWING—BROILING—FISH SAUCES—SMOKED FISH.

"FISH, under skilful hands, offers," says Brillat Savarin, "inexhaustible resources of gustatory enjoyment; whether served up entire, in pieces, or sliced; done in water, in oil, or in wine; hot or cold; in all cases it receives a hearty welcome." It need hardly be added, then, that the treatment of this excellent element of our food deserves the closest consideration. The harvest of the seas within our reach is so plentiful and diversified that we ought never to be at a loss for variety in our choice, and scope to exercise our cooks' ingenuity. Do we take advantage of our opportunities? I hardly think so. When we entertain our friends we rigidly adhere to a species of *lex non scripta* which ordains that we must place before them the sort of fish that is at the time in the highest estimation, and consequently the most expensive. Thus, we rarely descend the scale below salmon or turbot in their seasons, and while we generally have the good sense to stick to plain English methods of cooking these noble fishes, we generally overpower them with a sauce as rich as cream, butter, and lobster can make it! Now I strongly advocate a much more

comprehensive survey of our fish market than at present obtains, and the selection of many of the less fashionable varieties. This would lead us out of a groove to the closer study of the different methods of fish cookery, and show us that many excellent dishes are within our reach which, while neither difficult nor expensive, possess that important recommendation—the charm of novelty.

Certain fish cannot be too plainly cooked or too plainly accompanied. These are the rich creamy or oily and gelatinous kinds for which no better methods can be followed than the good old English, provided that a sharp sauce be chosen to go with them. Other sorts being naturally plain may be improved by following certain of the French recipes. While some old combinations are too good to be changed, such as cod and oyster sauce, or a sole crisply fried with butter melted (not "melted butter") and the squeeze of a lemon.

Few dine at Greenwich without being surprised at the variety and novelty of the dishes given to them, and go away with the idea that such things can only be enjoyed at the celebrated riverside hostelry. But as a matter of fact there is nothing new or difficult in any of them, the bill of fare not having been materially altered in the memory of the present generation. This shows what good effects can be obtained by working up only a little the art of fish cookery.

The tendency of the modern French school is certainly to overdo the cooking of fish. No variety can escape. At establishments renowned for the highest culinary proficiency you are regaled with compositions so elaborate and *travaillés*, that you cannot recognise the fish which, according to the *menu*, is supposed to exist somewhere in a rich creamy bath, or amid a hotchpotch of mushrooms, truffles, and divers kinds of shellfish. The sole is often the victim chosen for these exaggerations. Now this is not only a desecration as far as the sole is concerned, but it is palpably inartistic, for you may be quite sure that truffles and mushrooms will appear again immediately in an *entrée*, and the same description of unctuous white sauce· I have, for instance, quite lately seen a *crème de volaille* with a

sauce *suprême* served--in the English fashion—after a dish of fillets of sole *à la Joinville*.

At the risk of being tried, condemned, and executed as a heretic I contend that, even in the highest art-study of fish, all aid save that which fish can itself yield should be excluded. Let the stock with which the sauce is made be derived from fish, and let the garnish be fish—especially shellfish. Leave truffles, cockscombs, and mushrooms for *entrées* of flesh or fowl where they, perhaps, can hardly be dispensed with. Some standard preparations there are that cannot be ignored :—*à la Normande*, *à la Chambord*, *à la financière*, *à la Montglas*, &c. But if one of these be chosen it should be a *pièce de résistance* followed by a *relevé* not over-garnished, and a severe *entrée*.

It need hardly be insisted that, in composing your *menu*, you should always select the *poisson* in harmony with the soup which precedes, and the dish which is to follow it. Thus : if your soup be of a gelatinous or creamy kind, and your first *entrée* one with rich white sauce, let the fish be served as plainly as possible with a sauce like *hollandaise* or *colbert*. But if you give a clear *consommé* delicately flavoured, and order a *filet* or *côtelette* to succeed the fish, you can indulge in *barbue à la Normande*, or *crème de homard au beurre rouge*. Turtle soup, fish with lobster sauce, followed by an *entrée* with cream in its composition, would form, for instance, a combination of good things obviously inartistic in design, and one which few could enjoy with impunity. As I observed in my chapter on "The *Menu*" the charm of a dinner according to the new *régime* consists in the harmony of its lights and shadows.

If you follow the code Francais correctly, and present a *relevé* after the fish, you need have less apprehension with regard to the service of dressed fish, especially if the latter be preceded by a clear soup.

It is a commendable French custom to serve plainly boiled potatoes, shaped neatly in oval form, with some dishes of fish ; and a garnish of fried smelts, crawfish, oysters, fillets of sole, or whiting is frequently added to turbot, brill, halibut, &c., with excellent effect.

A good hard-and-fast rule to make in regard to fish is this :—never allow the fishmonger to fiddle with, fillet, or trim the fish that you may have selected. Ask him to send it home exactly as it is—untouched : have it trimmed as you may wish in your own kitchen, and turn all the bones, heads, skin, tails, and fins to good account in the form of broth with which your sauce should be made or your *gratin* moistened. (See page 5, Chapter I.)

Fish, we all know, I hope, may be boiled, fried, baked, roasted, stewed, or grilled ; and by every method can tasty dishes be prepared. I will begin with the principles to be observed in boiling fish, and take the other styles of cookery in the order I have named.

ON BOILING FISH.

After having thoroughly cleansed and wiped the fish, rub it over with a little vinegar, or a few drops of lemon juice, and place it on the drainer of the fish-kettle, so that when done it may be lifted out without risk of breaking up. Put plenty of salt over the fish, and a dessertspoonful of vinegar into the water in which it is to be boiled. Let the water be *boiling*, and just in sufficient quantity to cover the fish. Let the temperature remain unchecked for from three to five minutes, then reduce the heat under the kettle to simmering point. Skim off all scum that rises, and take care to suspend operations the moment the fish is done. Overboiled fish is nasty to eat and ugly to look upon : underdone fish is unfit for human food. It is generally laid down that ten minutes per pound may be allowed as a fair average of the time required for this operation, but so much depends upon the thickness of the fish to be boiled that the cook should test it now and then with the point of a skewer, and as soon as the flesh parts easily from the bone let her decide that it is ready.

Sir Henry Thompson has explained that the system of putting fish into *cold* or warm water, and cooking it slowly, is erroneous. Such a method abstracts from five to thirty per cent. of the nutritive material, according to circumstances, some varieties of fish losing more than others. If it be reduced after-

wards the water forms when cold a strong gelatinous mass. Even boiling as above described takes some of this property from the fish. It is accordingly a manifest advantage to reduce the water in which the fish was boiled (if not made too salt) and use this when making the sauce to accompany it.

Never let your fish, after it is done, remain soaking in the water in which it has been cooked ; drain it at once, or it will become "woolly." If ready too soon, let it rest on the drainer over the hot kettle, and cover it with a hot napkin. But this *contretemps* should be of rare occurrence if the cook is guided *by the clock*, and does not put the fish on to cook till the hands show her that she has *just* time to do it nicely.

If you have no fish-kettle, put your fish on a dish, tie a napkin round it, and boil it thus protected : you can then lift the dish out of the pan when done without spoiling the appearance of the fish. Be very particular in draining every drop of water from the fish before you serve it.

Connoisseurs in the art of cookery recommend that fresh-water fish should be boiled in a *court bouillon*. This may also be applied to sea-fish. It is simply a vegetable broth, with a proportion of vinegar, viz. :—four ounces of carrots, four ounces of onions, one ounce of parsley, a teaspoonful of thyme, a teaspoonful of basil, one ounce of butter, and one ounce of salt. Stir over the fire in a stew-pan for ten minutes, and add two quarts of water, with half a pint of vinegar ; simmer for one hour, strain, and keep till required.

A mixture of white wine such as chablis, sauterne, or hock, and water, in equal parts, may be used instead of the vinegar and water. When using the *bouillon* bring it to boiling point, and pour it round the fish that you wish to dress by its means.

Fish cooked "*au bleu*" is also considered a delicacy. The preparation is exactly like *court bouillon*, red wine being substituted for white.

Court bouillon à la Nantaise is made of milk and water in equal parts, salt and pepper in proportion.

Fish boilings should on no account be thrown away, for if they have been produced from a non-fatty fish and are not

too salt they provide excellent material for sauces and moistenings for *gratins*. In any case they make, with the addition of water, if necessary, good *bouillon* for the boiling of other fish, and may thus continue in hand gaining strength on each occasion.

But to speak plainly, boiling is the most wasteful process that can be applied to fish. For this reason—as Sir Henry Thompson observes—*steaming* is far more economical, and ought to be substituted for boiling when fish is to be cooked by heated water only. For which process please see the directions given in Chapter XII.

But, with the scientific teaching to which I have alluded before us, why should we not adopt a different method altogether, whereby no waste can occur and the fish itself be made more tasty? I call it, for the want of a better term, "POACHING." Remembering how the French housewife treats the meat from which she produces *bouillon* and *bouilli*, let us cook our fish in its own juices in a slightly different, yet similarly efficacious manner. For example :—

Choose a haddock, gurnard, or sea-bream, and order it to be sent home as it is without trimming. First carefully take the flesh off the bones on each side of the fish in two large fillets, and chop up the head, tail, fins, and bones. The fillets may be divided in halves, making four pieces. Set them aside. Now put all the trimmings and bones into a stew-pan with four ounces of onion, two ounces each of carrot and turnip, and an ounce of celery when in season, all sliced ; a good bunch of parsley, a sprig of marjoram or thyme, a saltspoonful of mignonette pepper, and two of salt. Cover with cold water, bring slowly to the boil ; then lower the fire, and simmer for half an hour, or until the vegetables are cooked. This having been done, strain off the broth. A shallow pan must now be chosen —a copper *sauté*-pan with an upright rim will do—into which the broth must be poured. Set this on the fire, and when it boils put in the pieces of fish that you set aside. The boiling will be checked by this ; when it comes on again lower the heat to simmering, and continue this till the fish is done. Remove

the pieces of fish now with a slice, and arrange them neatly on a buttered dish that will stand the oven (one of Limoges fire-proof china, for instance), and cover them up while you proceed to thicken the broth in which they were cooked. When ready, pour this over the fillets, and shake over the whole surface a slight layer of finely grated Parmesan or Gruyère. This can best be done through a small wire strainer. Next slip the dish into the oven, and let the surface take a light golden colour, when it can be taken out, laid upon a napkin on a larger dish, and served with a garnish, specially prepared, of neatly "turned" boiled potatoes arranged in a chain round the margin. If you keep by you, for fish cookery, the remains of such wines as hock, chablis, or sauterne, a claret-glassful put into the broth with the fillets, when the cooking of the latter is commenced, will be found an improvement.

Thus we have the full value of the fish, no water, better flavour, and a really excellent sauce. Instead of cheese various flavourings can be given with shrimps, anchovies, capers, oysters, &c. Fish of such a shape that you cannot fillet them should be cut into half-inch slices. Take for instance salmon, cod, hake, and halibut.

FRYING.

The art of frying fish consists in being bountiful in the use of the medium which you employ for the process, and careful as to its temperature. The fish should be absolutely boiled in a bath of fat or oil, which should be first carefully tested so that you may be convinced that it is hot enough. "If your fat be not sufficiently heated," says the "G. C.," "the fish you want to fry, instead of being 'surprised' by it, will get soaked with it, and you will produce a flabby and greasy mess instead of a crisp appetising dish."

For fish-frying on a large scale, such as a sole entire, the wire drainer is a valuable utensil, used, of course, in conjunction with the deep-sided frying kettle or *friture*-pan. Small fish like smelts, and small fillets, can be fried in a smaller pan if deep enough, and drained with a perforated slice, or wire basket.

The confectioner's drainer advocated in Chapters II. and XV.

will be found most useful for the proper drying of fried fillets, &c., before dishing.

Fish, either whole or in fillets, when fried in the English fashion, is generally egged and bread crumbed. The Italians, who are perhaps the best frysters in the world, either flour their fish or dip it in batter. Both methods are, for some fish, more suitable than the bread-crumbing process. Whenever you use crumbs, see that they are stale and well sifted, not the pithy lumps, both great and small, too often set before you by a careless cook who will not look ahead and forgets to keep a bottled supply of stale, well rasped bread in hand.

To obtain a satisfactory result, proceed as follows :—Having crumbled some stale bread as small as you can in a napkin, set it in the oven till crisp, but without browning, pound in a mortar, and pass the crumbs through a stiff wire sieve : then place the plate containing them into the oven for a minute or two to dry thoroughly. To apply them properly, beat up an egg with a teaspoonful of salad oil and the same of water. See that the fish is perfectly dry. The mixture should then be brushed over the fish like varnish, after which the fish should be turned over in a napkin containing the dry crumbs. A dusting of flour over the fish before the application of the egging causes the latter to adhere better.

Pale yellowish-brown *crust* raspings, equally carefully sifted after pounding, should be kept in hand also for the *second* "crumbing." This should be applied after the first top dressing has dried.

For flouring :—dip the fish in milk, and then turn it over in a napkin containing some well-dried flour. Recipes for frying batter will be found in the chapter reserved for the discussion of that process of cookery. It ought not to be very thick for fish-frying.

Flouring whitebait should be managed in this way :—Spread a clean cloth on the table ; dredge flour over its surface an eighth of an inch deep, take the whitebait out of the iced water in which they are sent with a draining slice, and with a fork detach them one from another all over the floured cloth. Do

not finger them if you can avoid it. Toss the flour over them by shaking the ends of the cloth. Let them lie so that the flour may adhere, then turn them out upon a wire sieve and shake off the superfluous flour.

Prepare a good bath of fat at least three inches deep, set this over a brisk fire, and when hot enough—*i.e.*, when a crumb of bread cast into it frizzles freely—plunge the wire frying-basket into it. Pass the whitebait into it with a slice, only putting in as many as you can thoroughly immerse at a time. Increase the heat. Leave them alone for three minutes motionless, then slightly stir them ; in half a minute more give them another stir : four minutes, or at most five, should be enough if the fat is properly hot. They must not be allowed to turn brown. Lift up the basket, drain them over the fat, shake them, dust some salt over them, turn them out upon blotting paper or a hot dry cloth to dry thoroughly, and continue the same process till all the whitebait are done.

Between each relay slightly reduce the heat to receive the new batch, increasing it in the same way as in the first instance.

If at all flabby, owing to the fat having been not hot enough, they may be plunged when cold again into very hot fat for a minute when they will be crisp.

Failure in the cooking of whitebait can only result from neglect of one of these simple rules. There can be no shirking in regard to the quantity of fat, for unless this be plentiful the necessary deep bath cannot be provided.

For further particulars in regard to frying please see the chapter in which the subject of " Fritters " is discussed.

N.B. Sauces of an elaborate kind are out of place with fried fish. The best accompaniments are lemon juice and butter plainly melted (Dutch sauce). A sharp relish such as *colbert à l'estragon* may be given, or hollandaise, but the simpler the better is the safe rule.

BAKING.

Under the head of baking we come to that excellent method of treating fish which is familiar to most of you as *au gratin*. The cook can, in this way, produce very pleasant results with

very little toil. You can commence as plainly as possible, and go on to the most elaborate and fanciful dishes, the principles in all being similar. The fish, to begin with, can either be whole, in fillets, or slices. The flat *gratin* dish should be well buttered; minced mushrooms, various shellfish, chopped anchovies, finely minced parsley, shallot or chives, and such sweet herbs as you can command, are often used for the more elaborate compositions; whilst parsley, shallot, and butter alone, with fine bread crumbs, will suffice for the plainer dish for ordinary occasions. A fish broth made from the heads, liver, skin, fins, bones, and trimmings of the fish, with a few peppercorns, an onion sliced, with or without a glass of any light white wine, like chablis, hock, or sauterne, should be gently poured round your dish when it is packed ready for the oven: but the liquid ought never to come up to the level, quite, of the top layer of the fish in the baking-dish.

A slight sprinkling of grated Parmesan or Gruyère is often recommended for these dishes.

Fillets of anchovies, shrimps, and prawns, form, with oysters, scallops, and mussels, the most appropriate garnish for an artistic *au gratin*, while essence of shellfish, and chablis should be judiciously introduced to moisten the combination.

Fishes carefully stuffed, and baked whole, are generally nice: it is a method particularly well suited to fresh-water fish, and a pleasant way of cooking a haddock, sea-bream, gurnard, or a dish of whitings.

The white fireproof china baking dishes are most handy for cooking fish after this method, for it should be noted that the fish should be served in the dish in which it is baked without changing.

STEWING.

The leading principles of this method are:—to clean and prepare the fish in fillets or convenient pieces, and to set them aside while, with the heads, livers, bones, &c., you make the best *fish stock* you can, assisted by herbs, vegetables, an anchovy, and, if possible, a glass of French white wine, chablis or sauterne. When this decoction is nice and tasty, to strain and slightly

thicken it, then to put the pieces of fish into it, and simmer them from twelve to fifteen minutes. The stew is then ready. You may serve it white or brown. In the latter case a little browning will be required, red wine (claret) instead of white, and the addition of some tomato and mushroom ketchup will be possible. If you stir in the yolk of an egg, beaten up with a pat of butter and a little of the stew gravy, not coloured, and add this, off the fire, before serving, the dish will be improved.

The most celebrated preparation of stewed fish is the *matelote* which, strictly speaking, should be composed of eels, but may, I think, be equally well followed in dressing any firm-fleshed fish. Very careful instructions will be found for this dish in my chapter on fresh-water fish.

As a type of domestic stewing I give the following :—Having selected a good-sized haddock, gurnard, or sea-bream, and got it safely home, untouched by the fishmonger, first trim off the head, tail, and fins, and take the flesh from the bones on each side of the fish in two long fillets. Set them aside. Now put all the trimmings and bones into a stew-pan with three ounces of onions, two ounces each of carrot and turnip, half an ounce of celery, all sliced, and a bunch of parsley shredded ; a sprig of marjoram and thyme, a saltspoonful of mignonette pepper, and two of salt. Cover with cold water, bring slowly to the boil, skim, and simmer for forty-five minutes. By that time the broth may be strained off. Put this into a clean stew-pan with one tablespoonful and a half of tomato ketchup, one of mushroom ketchup, a coffee cupful of hock, chablis or sauterne or claret glass of claret, and a teaspoonful of lemon juice ; lay the fish cut into four pieces therein, cover the pan, and simmer till done. Take out the fish, put it upon a hot dish, thicken the broth in which it was done, and pour it over it, serving as hot as possible. A few drops of Parisian essence will colour the sauce.

N.B. Stews, &c., to which *red* wine is added ought not to be cooked in a tinned utensil. An enamelled pan or glazed earthenware *casserole* should be used.

BROILING.

Under this head we meet with a method of cooking fish specially nice for breakfast and welcome at dinner for a change. For the former meal of course we have mackerel, fresh herrings, haddock, &c., which are simply split and grilled after having been well buttered : while for the latter trout, salmon trout, and salmon, provide the best subjects. This is a good recipe :—

Let a good cut of salmon be divided into nice slices three-quarters of an inch thick : set them to *marinade* for half an hour in salad oil, minced shallot, parsley, vinegar, a few whole peppercorns, and thin strips of lemon peel. Take them out, wrap them with the shallot, &c., in well-oiled papers, broil over a fast clear fire, and serve with a nice sharp thick sauce like *sauce valois*, *venitienne*, or *colbert à l'estragon*. Take care that the bars of your gridiron are well oiled, for they are apt to burn delicate morsels like fillets of fish *en papillotes*. This manner of cooking red mullet is of course well known. Slices of fish may be broiled without paper coverings equally well.

ROASTING.

Fish of fairly good size can be roasted "*à la broche*." The method is recommended for haddock and all fish whose shape adapts itself, as it were, to the spit. Stuff the fish, wrap it in oiled paper, tie it carefully to the spit, and baste continually with melted butter and vinegar. Remove the paper before serving.

A good cut of salmon, say three or four pounds from the centre, may be similarly wrapped in paper and roasted on the spit. The paper must be well oiled and sprinkled over with chopped *fines herbes*. After having removed the paper, glaze the fish with *matelote* sauce, and serve with some of the same in a boat.

But appliances for this kind of roasting are not often found in private kitchens. There is, however, an easy method of dressing fish in front of the fire which Sir Henry Thompson advocates, and which I have often put to practical test with the best results. A common Dutch oven with a dish to fit it nicely

is the utensil required, a size being chosen large enough to accommodate a small brill, a dory, gurnard, haddock, or any fish in general requisition. The dish must be buttered, and some melted butter must be poured over the fish. The oven is then to be set before the fire with the dish in it. Care must be taken during the operation lest the fish burn, and turning and basting must be carried on assiduously. For this fish broth may be used with a teaspoonful of anchovy sauce mixed into it, and either red wine vinegar or a glass of chablis or sauterne. The fish should be served in the dish in which it was cooked.

"The advantages of this method," says Sir Henry, "are that the fish is cooked entirely in its own juices which are abundant, and form the best sauce, and that these juices which contain part of the nutriment and much of the characteristic flavour are saved and utilised. Lastly the direct action of the fire browning the surface of the fish gives the appetising flavour which is the especial charm of the roast and the grill, and which is known to appreciative palates as 'tasting of the fire.'" This method is, as he points out, by far the best to adopt for cooking red mullet.

SPECIAL FORMS OF COOKING FISH.

The BOUILLABAISSE may be attempted in England with a result sufficiently satisfactory to warrant my being bold enough to record a simple recipe for it, adapted from that of Gouffé, as follows :—

Take any sort of small fish, such as flounders, little whitings, slips, red mullet, &c.—the greater the variety the better—cut them in pieces, and for two pounds of mixed fish, slice up four ounces of tomatoes freed from seeds, six ounces of onions, three ounces of carrot, one ounce of parsley, and half an ounce of celery ; put these into a stew-pan with a clove of garlic, four cloves, two bay leaves, a sprig of thyme, and two shallots (one ounce), adding a tablespoonful of salad oil, a quarter of an ounce of salt, six peppercorns, half an ounce of capsicum sliced, and the finely peeled rind of a lemon.

Cover with a quart of cold water, or, better far, fish stock :

boil for about half an hour, keeping the stew-pan closely covered, and, just before finishing, add a heaped-up tablespoonful of freshly chopped curled parsley. The parsley is absolutely indispensable ; it ought not to be very finely minced, but it should be scalded before being added. The dish should be served in this manner :—

Remove the pieces of fish, brushing off any pieces of vegetable that may adhere to them, and pile them on a hot dish. Strain off the broth, add a teaspoonful of *saffron* to it and pour it through a strainer into a hot soup tureen with the parsley. Hand the fish round, and some sippets of dry toast also.

The dish may not be as good, to be sure, as that which some of my readers may have enjoyed in the south of France, but if the ingredients I have named be used without any omissions, a very fair imitation will certainly be produced. Common stock made from fish cuttings and the trimmings of the fish used for the dish will produce better results than water, and three pints of it might be used instead of a quart of the latter.

Next touching that excellent dish, the so-called WATER-SOUCHÉ. The preparation, to begin with, is not a *souché*, or a *souchet*, or a *souchy*, but a *waterzode*, a *waterzoo*, or *zootje*. It appertains to the *cuisine Flamande*, not to that of France. It is the *bouillabaisse* of northern latitudes, for, omitting the garlic, oil, wine, saffron and capsicums of the semi-Oriental southern dish that "you eat at Terré's tavern," it is cooked exactly in the same way. At Greenwich they appear to be satisfied with a very mild presentment of the real thing, and give you some fillets of the fish indicated in the *menu* swimming about in the water in which they were boiled, with a garnish of curled parsley. The broth is poor, but the fish is nice enough. In so far as the

> dish is
> A sort of soup, or broth, or brew,
> Or hotchpotch of all sorts of fishes,

every bit as much as the great Marseilles *spécialité* belauded in Thackeray's well-known ballad, it should have a perceptibly strong basis of fish broth—"*un bouillon très succulent*," says

Audot—made quite independently of the pieces of fish which are ultimately served in it, and this broth should be savoury with onions, parsley roots, peppercorns, and a little mace. Conger or fresh-water eels yield the best kind of broth, but any cuttings, a cod's head, fish bones and trimmings will give you a good one.

You can make an excellent *zootje* in this way :—Choose whitings, sole, flounders, and eels, in quantity according to your requirements—any two of the four varieties given will do—fillet the fish neatly in small fillets : set these aside, and put the whole of the remnants, heads, skin, bones, fins, and trimmings, into a stew-pan, adding for each pound weight of such stock-stuff one good-sized onion (four ounces when trimmed) sliced thinly, a handful of curled parsley shredded, a tablespoonful of strips of parsley root about an inch long, a dessertspoonful of horseradish shavings, twelve peppercorns, a good teaspoonful of salt, and a pinch of mace or mixed spice : cover with cold water, bring slowly to the boil, skim, then simmer for half an hour, and strain. Into this hot broth (using another stew-pan for the operation) put the fillets with six freshly cut pieces of parsley (which should be blanched for three minutes in scalding water) and cook gently for about ten minutes until the fillets are tender. Now empty the contents of the pan into a deep dish, for the *zootje* is both soup and fish, and serve with thinly sliced brown bread and butter. A spoon and fork will be required by those who take this dish.

So much for a *zootje* made of various fishes. Any fish can, however, be thus cooked alone (in fillets) the same principles as to a good broth foundation being carried out. This can of course be made with common fish cuttings and the trimmings of the fish used.

Lastly, a fillet or two of the better fish selected for ultimate service may be cooked with the stock and passed through a wire sieve, the shreds thus obtained being added to the broth just before it is sent into the dining-room.

Parsley roots are said to be a *sine quâ non* in the true *zootje*, and are served with the fillets in *julienne* like strips. For all

practical purposes, however, the parsley leaves are sufficient, and the shavings aforesaid of horseradish will be found of great use in the stock-pot. I took this idea from good Mr. Isaak Walton, whose recipes for cooking fish can hardly be improved upon.

In the summer-time an excellent cold dish for breakfast or luncheon is obtained by serving the *zootje*, solidified in its own jelly. If the decoction of bones, &c., has been very strongly extracted, there will be sufficient natural gelatine in it to cause setting, with the assistance in hot weather of ice. If weak, a little gelatine may be introduced. At luncheon a nice salad should accompany.

SMOKED FISH.

This method of preparing fish for breakfast is a *spécialité* of the Madras and Bombay clubs. I recommend its trial with a small brill because that fish resembles the Indian pomfret more closely than any other kind in the English market. At the same time the system is applicable to any kind of fresh fish :—

Clean and wash the fish, cut in two pieces if a flat fish, if otherwise cut it in slices about half an inch thick, remove all bones, dry on a clean cloth. Prepare a fire of cocoanut fibre (coir)—when slightly damped it produces a fine smoke—place an oiled gridiron over it in the smoke, and after buttering the fish on both sides lay it on the grid, covering it over with the lid of a cooking-pot to concentrate the smoke : in about ten minutes the fish will turn a rich reddish-brown on the side meeting the smoke ; now turn it over, and let it take colour on the other side : it is now ready. A little anchovy sauce may be mixed with the butter when buttering the fish. Serve with any nice sauce.

Cocoanut fibre can be procured at Treloar & Sons, Ludgate Hill, but the smoke produced by a charcoal fire with dampened straw or hay would do well enough.

FISH SAUCES.

In regard to the sauces which should accompany fish directions will be found elsewhere. I would, however, again

emphasise the importance of a good *fish broth* as the true basis of them.

N.B. Among various modern methods of ornamentation to be condemned there is a practice followed by some cooks of sprinkling the surface of a turbot or brill with lobster coral or some preparation coloured to imitate it. If the coral possessed a marvellous flavour which harmonised with the fish in some subtle manner, and was necessary for its improvement, an intelligent person might pass over its unsightliness as a thing that could not be helped. But as the stuff is quite tasteless, and positively repulsive to the eye when used in this way, it is indeed curious that the custom ever came to be tolerated.

CHAPTER IX.

FRESH-WATER FISH.

CRIMPING—BOILING—BAKING PIKE—STEWING—THE "MATELOTE"—FANCY DISHES—FRYING—BAKED FILLETS—FISH SOUP—EELS—KIPPERED FISH.

ALL who have read that most excellent work, *The Compleat Angler*, by Isaak Walton, and Charles Cotton (1676), must surely have observed the care with which the authors described the methods of dressing the various fish to the capture of which they devoted themselves. Their recipes, now more than two hundred years old, can scarcely be improved upon, notwithstanding the advance that has been made in culinary science. In the first place, they continually insist upon the necessity of dressing fresh-water fish as soon as possible after landing, and there can be no doubt that this is correct, notwithstanding a strange idea that some people entertain that salmon, pike, and certain other varieties of our fresh-water fish, are better if kept for at least a day. Another point is the speedy removal of the viscera. The fish intended for the table should be killed at the waterside at once, and then emptied, the liver alone being saved. It should then be wiped dry with a cloth, and sent up to the house forthwith with directions to the cook for its treatment.

CRIMPING.

If large enough, fresh-water fish should certainly be crimped as soon as killed, *i.e.*, scored with a sharp knife, transversely from head to tail, on each side nearly to the bone, the cuts being about two inches apart according to the size of the fish. A douche of the coldest water available should follow, or a plunge in the stream in a cool shady spot for a quarter of an hour. Crimping should be carried out before the fish stiffens. The process renders the flesh "firmer, and crisper" (says Sir Humphrey Davy) "by preserving the irritability of the fibre," while the speedy removal of the intestines and the grass and weeds, on which the fish has been feeding, from its throat, goes far to destroy the muddy taste, and to nullify any unwholesome effect that may arise from the sort of food it may have been eating.

Old Isaak inveighed very strongly against allowing a fish to soak in water after it had once been cleansed, pointing out that such a practice "abated much of its sweetness." Speedy cooking after cleansing was his maxim.

BOILING.

In the last Chapter it was explained that boiling salt-water fish is less to be recommended than baking, stewing, broiling, roasting, or frying it ; for, as I then pointed out, Sir Henry Thompson shows in his valuable treatise on *Food and Feeding*, much of the nutritious element is lost by this process, notwithstanding that you plump the fish into *boiling* water—as you do things to be fried into very hot fat—to secure as much as possible its juices and flavour. Nevertheless, it may occasionally happen that you have no other alternative. If so, remember the *boiling* water.

COURT BOUILLON.

If instead of water you can prepare a *court bouillon* (see page 88) so much the better. For the broth I would use the trimmings of fish, heads, fins, tails, and any sort of fish that may on account of its small size or boniness be considered to be not worth the trouble of cooking. Onions, and any available

vegetable, with sweet herbs, should be boiled with the fish trimmings, and a little white wine, such as chablis, sauterne, or hock, may be added. Instead of white wine a glass of claret can be used, and, if that be impossible, one of vinegar.

In French cookery the use of *court bouillon* is looked upon as a *sine quâ non* for the boiling of fresh-water fish, and so much do they consider its flavour to be improved by the process that —in the case of pike especially—the *chefs* prefer to boil the fish if possible the day before it is wanted and to let it grow cold, marinading as it were in the *bouillon*. In any case it is a rule that the boiling should not be delayed later than the morning of the day on which the fish is to be presented at dinner, and that it should remain in its broth till a short time before it has to be served when a gentle heating up is alone necessary, after which it is drained and sent up with a special sauce, or one made simply of the *bouillon* thickened, and, if approved, sharpened.

The attention paid by French cooks to fresh-water fish, and their painstaking and elaborate methods of dressing it, can of course be accounted for. In a large portion of the country sea-fish is not obtainable, yet for abstinence days and the ordinary requirements of the table fish is in constant demand. In England the friars of old were skilled in the cooking of the carp and tench kept in the monastery ponds, but the "Order gray" and the monastery have long since disappeared, and facilities of communication are such that sea-fish is procurable in nearly every small town in the kingdom. In consequence of this the "coarse fish" of our rivers and ponds receive but little attention unless perhaps in Jewish families, whose skilful treatment of fresh-water fish is well known.

Filleting fresh-water fish is generally a wise proceeding, for if the cook perform the operation well, you are thus protected as much as possible from swallowing bones, and the unpleasantness of catching one in your throat. All the trimmings which are left after this process has been carried out come in usefully for the broth required for the pie, stew, or sauce, as the case may be, in which the fillets are to appear.

BAKING PIKE.

The jack, or small pike, if carefully cooked is by no means bad eating. Let the fish be carefully killed, and cleaned as already advised. Do not boil it if you can avoid it. If under two pounds in weight, *bake*, if bigger than that, *roast* the pike on the spit if you have one. In either case he must be stuffed carefully, and this preparation can, of course, be varied at pleasure.

Experience seems to show that ordinary fish derive in cooking the greatest assistance from the essences of *shell*-fish. Thus oysters, shrimps, prawns, lobster, crayfish, &c., are most valuable in fish sauces and stuffings. In some streams and rivers you often can procure quantities of little fresh-water shrimps and crawfish. With these well cleaned you can compose a very tasty stuffing, using bread crumb, eggs, and minced shrimps, a little anchovy sauce to strengthen them, a pinch of mace, salt and pepper. Suet or butter in the proportion of one-quarter (or one-third if you can spare it) of the whole preparation is most essential, because it preserves the moisture within, so necessary to prevent the fish being too dry. Tinned oysters, and the liquid with them can be used at a pinch instead of the fresh-water shellfish, or *with* them if the fish be very large.

Here is a good receipt for baking a jack :—

(*a*) See that the fish is perfectly clean, and thoroughly dry before stuffing it. Take sufficient bread crumbs to fill the fish nicely without overcrowding, put them into a bowl, break into the bowl two, three, or more eggs according to the quantity of crumbs, which is of course decided by the size of the fish. The eggs when added should moisten the crumbs throughout. Add about a teaspoonful each of thyme and marjoram, fresh or from the bottle, to three ounces of crumbs, and enough chopped suet to represent one-third, or not less than one-quarter of the whole mixture, salt and pepper in proportion.

(*b*) Instead of suet, fresh butter can be used, or minced cooked fat bacon. Two or three anchovies, wiped free from oil, may be minced and added, or a slight allowance of anchovy

sauce ; if the liver of the fish has been saved it should be minced, and put in also with a tablespoonful of parsley.

(*c*) In deciding the exact amounts of these ingredients you must be guided by discretion, remembering that the crumbs give bulk, and the eggs cohesion ; that suet, butter, or fat provides the necessary internal basting, so to speak, while the herbs, seasoning, and anchovy, yield flavour.

(*d*) Having thoroughly blended the whole composition like a pudding, fill the jack with it carefully, sewing up the opening in which it is confined. If by chance you have made a little too much, the stuffing that is over can be divided into portions, cutlet-wise, and fried, to be served as a garnish.

(*e*) The fish having been thus prepared should now be set in the baking-dish (which should be well buttered) in a circular form, if liked, with its tail secured in its mouth ; and thus far our proceedings are complete.

(*f*) During the mixing of the stuffing and the arrangement of the fish, a broth should have been simmering on the fire made of fish trimmings, an onion, sweet herbs, &c. Any fish that may be superfluous—(assuming that several have been caught, and that among the small ones a few can be spared for the purpose) —ought to be used in this stock.

(*g*) As already mentioned, a glass of chablis, sauterne, or hock, if by any chance available, should be thrown in ; or, if no light white wine can be given, a glass of cider, claret, or a sherry glass of vinegar. The broth is not required in very large quantity ; about a pint and a half—that is to say, an ordinary quart bottleful—will generally, unless the fish be very large, be found enough. Use it in this manner :—

(*h*) Pour as much of it as will moisten the dish round the fish to a depth of about two inches. Put a little butter on the fish, cover it with buttered paper, and then set the dish in the oven. Baste it every now and then with its own liquid, and use your best endeavours to keep it moist. After about fifteen or twenty minutes' baking, the fish will be done.

(*i*) Now mix in a saucepan separately a *roux* with half an ounce of butter and half an ounce of flour ; stir together over

the fire for two minutes, then add a saltspoonful of salt, a pinch of pepper, and a breakfast-cupful of the fish broth previously made ; next empty the liquid that may remain in the baking-dish round the fish into this sauce, boil one minute, add half an ounce of butter and stir till it is melted.

(*j*) Put the jack carefully on a hot dish, pour the sauce over it, and serve. Be very careful in moving the fish : indeed, if you think that it may break during that operation, leave it alone, pour the sauce over it, and wrap a napkin round the baking-dish in which it should be served.

This recipe for baking a pike may be applied to other fresh-water fish : the stuffing can be altered according to taste, as has been explained, but in other respects the principles that have been laid down should be observed.

ROASTING.

The difficulty here is the spit, few kitchens being provided with that apparatus. Perpendicular roasting is not suitable, so the nearest approach to the thing we require is that explained for sea-fish, viz., Sir Henry Thompson's Dutch oven system described in the last chapter.

STEWING.

I have already said that filleting fresh-water fish was a wise proceeding because it protected you from the bones. In support of this contention I will give an extract from the volume of the *Badminton Library* on *Coarse Fishing*, in which the cookery of one of the least esteemed—I might say the most despised—fish that swims in English rivers—the chub—is described. Writing of the edible characteristics of this fish, the late Canon Kingsley propounded the following recipe for its imitation :—"Take a Palmer's composite candle, stuff it with needles and hair-brush bristles, and boil it in ditch-water." Even in Isaak Walton's days the French called it *un vilain*, and for all time it has been condemned as being woolly, tasteless, and full of bones. If, then, it can be shown that, this disgraceful character notwithstanding, the chub can be presented as "a most excellent dish of meat," surely those who have that fish at their disposal

in the country might fall back occasionally upon the dish I am going to describe.

The writer quoted by Mr. Cholmondeley Pennell in the work aforesaid, states that having been much struck by a delicious *plat* of fish at a dinner at a country house, he was much surprised at discovering from his hostess that it was made of the much-despised chub ; he accordingly obtained the recipe (said to have been procured in Italy from a Jewish family) which may be summarised and somewhat elaborated as follows :—

Divide the fish, as freshly caught as possible, into fillets of three or four inches in length and two broad. Make a good broth with the head, tail, skin, bones, &c., assisted by a couple of onions, and savoury pot-herbs, black pepper and salt. Boil separately four or five large sweet onions till they yield to the pressure of the spoon ; take them out of the water, and slice them up. The broth being ready, choose a roomy stew-pan, sprinkle over the bottom of it a fair supply of salt, black pepper, and a little powdered ginger, and over this place a layer of the onion slices ; upon this bed put the fillets, dust them with pepper and salt, and cover them with the remaining slices of onions ; pour in the broth, to which should now be added a wineglass of vinegar, and a teaspoonful of sugar, and close the stew-pan securely ; set it upon a moderate fire, and simmer gently until the fillets are cooked ; when this point is nearly at hand, beat up the yolks of four eggs, carefully freed from the whites, with a little of the broth from the stew-pan, cooling it slightly before the amalgamation. The fish being ready, lift the stew-pan from the fire, and strain off the broth into a clean saucepan. Arrange the onions upon a hot *entrée* dish, upon them place the fillets, mingle the egg *liaison* with the broth, *off the fire*, thicken over a low fire as in custard-making, and pour the whole of it over the fillets. The *plat* is now ready.

It is of course obvious that this procedure can be followed in treating *any* fish large enough to fillet—carp, tench, or perch, for instance—or a number of small fish which can only give a couple of fillets each ; it is very simple, and demands no expensive ad-

junct, or ingredient difficult to obtain ; it does not even require butter, and it is absolutely innocent of the charge so frequently laid against fresh-water fish dishes, that they are too elaborate, require too much wine, and that at best *la sauce vaut mieux que le poisson.* The onions need not be served with the fish unless approved.

Slices of *green* ginger, procurable at the herbalists' shops in Covent Garden, would be better than the powder of the dried root, and I can strongly recommend some scrapings of horse-radish. Isaak Walton's recipes frequently include this flavouring. I must not forget to mention that a heaped-up tablespoonful of finely chopped parsley should be stirred into the broth with the egg thickening ; if a glass of chablis could be spared, it would be an improvement, and the addition of an anchovy would certainly be of value in preparing the broth.

The important points are, first of all, the *essence of fish in which the fillets are cooked.* I cannot too often repeat, or too strongly urge this as a fundamental rule in fish cookery. Whether for a stew such as that we have been considering, or for the foundation in any circumstances of a fish sauce, for sea-fish as well as for fresh-water fish, do not waste the invaluable essence-yielding trimmings. Compare an ordinary sauce made of water, or milk and water, with flour, butter, and anchovy sauce, with one made upon a fish stock basis, and you will recognise the fact that we often throw away the very materials which are needed to complete with subtlety our dish of fish. The next point is the association of onions with fish cookery, and the very slow simmering of the composition. Lastly, the *egg* thickening which should not be omitted on any account.

Accepting this as our standard method of stewing fillets of fresh-water fish, we need only consider the *matelote*, which is a stew of somewhat richer character. Eels, of which I shall speak presently, are, as we all know, specially dedicated to this dish by the chief writers on cookery, but fillets of fish in variety can thus be turned to good account. In fact Ude translates *matelote* by the English term hotchpotch, thereby indicating that it should be composed of a medley of fish.

THE MATELOTE.

Commence, after filleting the fish, and preparing a broth as in the former recipe, by frying over a low fire at the bottom of a stew-pan in butter a dozen small red shallots cut up into very thin rings. Let them take colour, and then add the fillets—say one pound of them—the broth, and a muslin bag containing a teaspoonful each of marjoram and thyme, twelve peppercorns, and a blade of mace; pour into the broth a couple of glasses of claret, close the pan, and set it over a low fire to simmer gently till the fillets are cooked. Remove the stew-pan, arrange the fillets upon a hot *entrée* dish, empty the broth into a clean saucepan through a strainer, add to its piquancy with a dessertspoonful of anchovy vinegar or a teaspoonful of reduced vinegar (page 65), with one of tomato ketchup and one of marsala. Lastly, thicken this with half an ounce of butter and half an ounce of flour (or more according to the quantity of broth) and pour it over the fillets. If you can put in with the fillets to begin with a pint or half a pint measure of carefully picked sea-water shrimps, so much the better; and on special occasions a few sauce oysters will add to the success of the composition. A seasoning of salt—one saltspoonful—should be put in at first: if after the thickening this be found insufficient add a little. The picked shrimps if used will contribute saltishness, so care must be taken accordingly.

FANCY DISHES.

When discussing the stewing of fresh-water fish it is necessary to mention that there are certain standard dishes in French cookery which we need scarcely take into consideration. I refer to the *grande matelote;* carp, pike, trout, &c., *à la Chambord; à la financière, à la Normande, à l'ancienne*, and so on. Highly wrought preparations such as these are beyond us both in the matter of expense and the time and trouble they require. After all, it may be questioned whether we lose much. When a carp has been larded with bacon, stuffed with whiting forcemeat, braised in *mireboix*, and served with a

garnish of crawfish, mushrooms, truffles, and roes, and surrounded with a *ragoût* of the same it might be almost fair to ask—where is the carp? Completely disguised and overpowered by its grand surroundings the fish is effaced—not cooked. It is amusing to observe that these great dishes of coarse, fresh-water fish are often garnished with fried smelts, fillets of sole, &c. !

FRYING.

Fillets of fresh-water fish, and small fish, whole, can of course be fried, for which process the instructions given for the frying of sea-fish should be followed. Prior to the frying it is a good plan to put the fillets into a marinade composed of four tablespoonfuls of salad oil, the juice of one lemon, or a tablespoonful of anchovy vinegar, a few sprigs of parsley coarsely cut up, and a seasoning of salt and pepper. These proportions are fixed for one pound of fillets. After having been steeped for an hour they should be taken out and wiped dry ; they can then be either egged and bread crumbed, or dipped in milk and floured. For gudgeon, small trout, perch, &c., the latter alternative is the better to adopt.

That excellent dish eel *à la tartare* comes under this head :—

Skin and clean an eel of about a pound in weight, cut it into pieces three inches long, put these into a stew-pan, cover with fish broth, and simmer for twenty minutes. Let the pieces of eel get cold in the broth, then drain them. Wipe them dry, egg and bread crumb them, and then fry in very hot fat till of a golden-brown colour. Dry well, and dish up on a napkin garnished with fried parsley, tartare sauce being sent round in a boat separately.

BAKED FILLETS.

Fresh-water fish fillets can be baked in two ways. In the one method they can be done in the pie, in the other *au gratin*, in both of which cases they should be placed in layers with finely minced parsley above, below, and amongst them. A seasoning of newly ground black pepper and salt, mixed in the proportion of one-quarter of pepper to three-quarters of salt,

should be dusted over them. If this seasoning be blended with some powdered thyme and marjoram in quantity equal to one-fifth of the whole, the effect will be better. Some shavings of horseradish root and finely chopped chives may be introduced, and of course a few sea-water shrimps, or crawfish will improve the dish. For the *au gratin*, cover the composition with a canopy of finely grated crumbs : cover the pie, of course, with puff paste. Moisten both with a strong broth composed as directed out of fish trimmings, and bake in a moderate oven.

BROILING.

This is an excellent way of cooking fillets or whole fish, provided that a nice clear fire be available. But while preparing this take care that it is not fierce. For effective broiling or grilling, though the fire should be clear, it must not be too hot. Slices, fillets, or whole fish for broiling should lie in salad oil with pepper and salt seasoning for half an hour before being placed on the gridiron. Fish entire should either be split and spread open, or be scored with incisions along each side. *Maître d'hôtel*, anchovy, capers, or *ravigote* butter should be spread over them at the time of serving. A freshly caught trout split and grilled with a lump of *maître d'hôtel* butter melting upon its surface is a great delicacy.

FISH SOUP.

I have frequently mentioned the value of fish broth in regard to the cooking generally of fish. I may now go on to the subject of fish soup, for the broth I have described merely requires a little development to yield this very acceptable form of nourishment. It will be seen in the chapter on the subject, that a *milagutannir* (Ang.: mulligatawny) made with a strong decoction of fish equals, if it does not surpass, the commoner preparation upon a chicken or mutton broth foundation.

All you have to do is to cut it into pieces, after cleaning them, as many fish as you can spare[1]—say two or three pounds

[1] In the case of sea-fish the bones and trimmings of whiting, haddock, gurnard, soles, and brill (*i.e.*, non-fatty fishes), sold by fishmongers as "cuttings," supply excellent stuff for broth, while a cod's head and bones, or a couple of pounds of conger eel yield still stronger stock.

of little fish—with the heads, tails, &c., of two large ones, and put these with some salt and black pepper, half an ounce of the former to a quarter of the latter, six ounces of onions, six of carrots, and a good allowance of savoury herbs—bottled or fresh as the case may be—into a roomy stew-pan ; to cover all with cold water, and bring it to the boil, skimming the surface during the process ; after this, to let it simmer slowly for a couple of hours, then to strain it off and let it get cool. The broth thus obtained can now be used for *mulligatunny*, as explained in Chapter XXIX. To convert it into a fish *consommé* :—

Return the liquid to a clean stew-pan, add an equal quantity of veal broth and a claret glass of chablis or sauterne.

If the broth be cloudy, and you want it to be bright and clear, you must clarify it in the following manner :—pound eight ounces of clean raw fish, mix a raw egg with the pulp, and put this into the cold soup ; set on the fire and stir without stopping till boiling, at the first signs of which stop, let the liquid rest for half an hour on the side of the range, and then pour it off carefully through a cloth without disturbing the sediment and pounded fish at the bottom of the pan ; heat gradually to boiling point, and serve. A few nice pieces of fish may be saved after the straining and put into the soup as garnish.

Fresh-water fish make a very nice *waterzootje*, for which please turn to page 97, the best varieties for the purpose being little trout, perch, eels, gudgeon, &c.

EELS.

Eels are most excellent in soup, and if assisted by a strong broth made of calf's head boilings and such vegetables as have been prescribed, with sweet herbs (especially a little basil), and judicious seasoning, a few pounds of this fish will give you a very fair imitation of turtle soup.

Touching eels generally. In this fish we certainly possess a valuable article of diet. By some it is considered a little heavy and rich, but if properly prepared the indigestible oiliness is

removed. Skinning eels alive is a wholly unnecessary barbarism : they should be stunned by a blow on the backs of their heads, which should then be cut off. After this they can be skinned.

Occasionally it happens that an eel may be a little muddy, but this, as in the case of other fish which vary in the same way, may be attributed to the water in which it is taken, and can be overcome almost wholly by careful and speedy cleaning. This should always be remembered, and skinning is equally necessary. The fish should then be blanched in boiling water for five minutes, and, after being taken out, rubbed with a clean cloth to remove the oily coating with which it is often enveloped. It can now be divided into fillets, and cooked in any of the methods specified for the treatment of fish ; and whether boiled, stewed according to the recipe already given, baked in a pie, or served *au gratin*, wrapped in buttered paper and broiled on the gridiron, bread crumbed and fried, curried, or waterzootjed, it rarely fails to be pronounced excellent.

For a large eel Isaak Walton's plan may be followed :— Having cut off the head, turn the skin over, and draw it down (as you draw off a stocking) as far as it is necessary for the removal of the viscera ; this operation having been performed very completely, wipe the fish well, and give it three or four scotches on both sides with a knife, put into these a mixture of chopped herbs and minced anchovy, and stuff it with the stuffing given for pike ; next draw the skin back again, secure it with a tape at the neck end, and then roast or bake the eel, basting first with salt and water till the skin cracks, and then with melted butter and vinegar : when done, serve it with the liquid which exudes during the cooking as sauce. The vacuum to be filled with stuffing is so small that a little suffices.

EEL PIE is an excellent thing, especially cold. Fillet one or two eels : set their trimmings with an onion to make a broth. When this is ready take a stew-pan and fry in butter at the bottom of it two ounces of shallots finely minced. Keep the fire low and as soon as the onion begins to colour add the broth

with a tablespoonful of roughly chopped parsley, a seasoning of spiced salt, an ounce of glaze, and two glasses of claret. Then put in the eel fillets and let the contents of the stew-pan come to the boil. Now stop, take the pan from the fire, butter a pie-dish, sprinkle it with chopped parsley, powdered thyme and marjoram, and a dust of salt. Lay the fillets in the dish pretty closely, disposing among them some sliced hard-boiled eggs. Finally moisten with the broth strained through a block-tin strainer ; cover with puff paste and bake. Reduce the remainder of the broth, add half a glass of marsala, and pour this into the pie half an hour after the baking.

KIPPERED FISH.

Before winding up this subject I would finally observe that fresh-water fish is by no means to be despised when kippered or collared. Here is an easy method for a home-made kipper:— after having been scaled and cleaned, cut the fish open like a haddock, pepper it well over, and rub in a mixture of salt and moist sugar, in the proportion of four of the former to one of the latter, with the juice of a lemon to each half-pound of the mixture : let the fish lie in this state covered with a layer of salt during the night. In the morning repeat the rubbing, and cover again with salt. On the third day the fish must be artificially smoked by being hung over a fire constantly replenished with damp straw, or in the smoke of a wood fire. In the evening of the third day it can be eaten. Cut it into pieces, and fry them in butter, serving them with the cheese, or for breakfast.

CHAPTER X.

ENTRÉES.

CLASSIFICATION OF ENTRÉES—TASK OF SELECTION—CLASS I.—MARINADE—TRIMMING CUTLETS—COOKING CUTLETS AND FILLETS—SERVING PLAIN ENTRÉES.

NINE persons out of every ten with whom I converse on culinary matters seem to be more exercised in their minds regarding their *entrées* than about the whole of the arrangements of their dinner put together. Now, I cannot but allow that the apprehension with which this part of the bill of fare is so generally regarded is well founded and natural. There are, of course, *entrées* and *entrées*. Many require appliances, perhaps, that are not at our command, and many, owing to the ambiguous wording or extravagance of cookery book receipts, seem equally inaccessible. Even those who fancy themselves to be fairly well informed find, every now and then, in the pages of their pet author, knotty points which require much consideration to settle. But if you will patiently follow me, I firmly believe that I shall be able to smooth down much that appears rugged, and help you towards the selection and accomplishment of a good many tasty dishes, which will, I trust, be found practicable, and generally worthy of a second trial.

First, let us divide *entrées* into three distinct classes :—

CLASSIFICATION OF ENTRÉES.

In the first or plain class I would place such dishes as the

tender mutton or lamb cutlet (neck chop), or delicate fillet (undercut), grilled, fried, or stewed, and the *epigramme :* fillets of beef trimmed as *grenadins*, *tournedos*, and the *châteaubriand*, or thick *steak-fillet :* cutlets, *noisettes*, and *escalopes* of veal : fillets of game, turkey, fowl, rabbit, or pigeon : *entrées* of meat, that is to say, plainly cooked, but accompanied by carefully devised sauces, really good garnishes, *purées* of vegetable, &c.

For the second or made-dish class I would reserve all compositions of meat requiring the mincing machine and the mortar —delicate combinations which demand dainty adjuncts, attentive flavouring, and good sauces—such as *cassolettes*, *croquettes*, *croustades*, *quenelles*, *boudins*, *pains*, *timbales*, *rissolettes* and mixed ingredients *en caisses*.

Whilst in the third or superlative class should be entered, I think, the various preparations of sweetbreads, and *foies gras*, the *suprême*, the *vol-au-vent*, the *cromesqui*, the studied *ragoût*, the *mousseline chaude*, the artistic *salmis*, and any *entrée* out of class the second when raised from its ordinary form to a higher level by high-class treatment *à la financière*, *à la montglas*, *à la périgueux*, &c.

Quite in a special parenthesis by themselves ought to be kept all *plats* which can be served cold, such as the *chaud-froid*, *aspics*, *ballotines*, *mousselines froides*, truffled cutlets, &c., for in the summer season an iced *entrée* cannot fail to be attractive, whilst for providing contrast, and other reasons which I shall speak of presently, it is at all times valuable.

THE TASK OF SELECTION.

Having thus arranged the various dishes which come under the head of *entrées* in a systematic form, the task of selection therefrom must be governed by the sort of dinner you intend to give, the different items that compose your *menu*, and the capabilities of your cook. As a rule, if you give two, you should generally, for the sake of contrast, select one dish from class one, and the other from either class two or three ; or an iced *entrée* preceded by one from the plain class.

I have already advised you never to attempt to give more than two *entrées*, and I repeat the advice now, be your dinner a banquet for forty covers, or a party of eight friends. Indeed if you present a really correct *relevé* to precede, and have a good *rôt* to follow it, *one* artistic *entrée* is, I am confident, ample at *any* dinner great or small. A *filet*, *grenadin*, *châteaubriand*, or *côtelette* may well take the place of the *relevé*. This is the plan I have adopted in my *menus* for dinners of eight.

In ordering your *entrées*, you should carefully consider the amount of work your cook will have upon her hands at the critical time of serving them, and bear in mind that the more she has to do *then*, the more likely will she be to make mistakes. Is it not unfair to expect her to serve equally well two hot *entrées* demanding attentive manipulation up to the last moment? Select, therefore, for one of them something that can be prepared beforehand, and be easily heated when required, so that your cook's attention need not be distracted from the other. On these grounds the cold *entrée* is a grand invention. It can be made early in the day, and be then set in the ice-box, ready to follow the fish or *relevé*, as the case may be, without delay, and the sauce can also be similarly treated.

Dishes that merely require heating in the oven are a godsend to a cook, for she can compose them at her leisure during the afternoon, and put them aside till within a few minutes of the time when they are wanted, keeping their sauces nice and hot in the *bain-marie*-pan. For the same reason *ragoûts*, *salmis*, and such dishes as *ris-de-veau à la Milanaise*, should be noted, for they can be kept hot in the same vessel without deterioration.

There is another thing to watch when choosing your *entrées*, and that is their general relationship with each other, or with the other dishes that compose your *menu*. Artists in ordering dinners go as far as to say that nothing should be repeated. You must not give, for instance, a *consommé de volaille*, and presently follow it with *croquettes de volaille*, or even fowl as a *rôt*. Mutton appearing in an *entrée* must not be seen again in

any form. Two white meats ought not to be introduced side by side. It goes without saying that the shorter your *menu*, the less difficulty there will be in regard to these knotty points: another argument in favour of simplification.

CLASS I.

To return to our class list of *entrées*, I cannot too strongly recommend the selection of dishes from class one, especially for the little dinner. Can anything be more acceptable than a nice juicy little chop from a neck of mutton, on the sides of which the marks of the gridiron are plainly visible, served as hot as possible, with a well-made sauce, and an inviting garnish of vegetable:—a *purée* of celery, spinach, endive, or sorrel, a little pile of *macédoine*, marrow fats, or asparagus points? The gridiron is invaluable: the cutlet comes to table full of gravy, yet not underdone; it has, to use a kitchen phrase, "seen the fire" (browned) in places, and is absolutely free from the grease which so often mars a dish of cutlets cooked by an unskilful hand in the *sauté*-pan. For the little club-dinner, this class of *entrée* is always popular. Pleasing variety can always be secured by the cook by changing her sauce, her garnish, or her *purée*. Choose the *neck* chops for these *entrées*. These remarks apply of course to lamb cutlets with which a garnish of delicately stewed cucumber is appropriate.

The fillet of mutton is that tender strip of meat which runs down the inside of the saddle under the kidney. If of sufficient thickness, this delicate morsel, cut into nice pieces, and broiled over a clear fire, is worthy of Lucullus himself. It is *the* thing for an invalid, or one coming round after an illness.

The choicest part of the fillet of beef is the undercut of the sirloin, but this no butcher will cut out for you in London unless you are prepared to take the whole joint to which it appertains, or pay a fancy price for the whole fillet. If, however, you leave the question in his hands, stating exactly what you want, and giving him a couple of days' notice, he will cut you excellent meat for an *entrée* from the thick part of the fillet which is found in the rump.

According to French authors a *filet de bœuf* is the undercut complete, a piece of which is called a *filet mignon;* other variations, chiefly dependent upon thickness and shape, are known as *grenadins*, *tournedos*, *chateaubriands*, &c., particulars of which will be found in the *menus*.

Veal cutlets are taken from the neck or loin, *escalopes* and *noisettes* from the cushion (called the *noix* in French cookery books) or best part of the fillet. These can be broiled, stewed, or braised. Larding is often resorted to with veal cutlets, fillets, &c., to counteract the dryness of the meat, in which case it is customary to braise or stew them, the larded side uppermost: occasional basting is necessary, and glazing to finish with.

Fillets of fowls and game are formed by cutting off neatly the whole of the breast meat right down to the wing joint; this you can divide into fillets according to the size you require.

Hare and rabbit fillets are produced by cutting out the long strip of good meat which runs down either side of the back bone. Well larded with bacon, trimmed and cooked *grenadin*-fashion, with *espagnole*, or *sauce soubise*, you may do worse than present a dish of these fillets to your best friend. The under fillet, which unfortunately is not very thick, is still more delicate.

Whether your *entrée* be a fillet of beef or mutton, of fowl or of game, or the neatly trimmed neck chop to which I have alluded; and whether you intend to grill, to stew, or to fry it, you will often find it improved—especially in summer when it is difficult to keep meat till it becomes tender—by being set *en marinade* from early morning until the time draws near for cooking it. I shall use this word frequently hereafter; let me therefore explain its meaning as applied to the process which I now take the opportunity of noticing.

MARINADE.

The word *marinade*, as you all know, really means pickle, but viewed in the light in which we now regard it it would be better to describe it as a mixture, the component parts of which can be varied at pleasure, in which meat may be soaked for

several hours before it is cooked. Its immediate effect is to preserve the outside of the meat which has felt the knife moist and juicy, to increase its tenderness, to prevent its turning, and to lend that subtle flavour to it—so hard to describe—but which just makes the difference between our ordinary cutlet and that which we remember having eaten at some restaurant abroad, or at the table of a friend who possessed a really well-educated cook.

The common form of *marinade* for beef and mutton is composed of salad oil and vinegar in the proportion of four tablespoonfuls of the former to one of the latter, with one shallot or small onion sliced, one clove of garlic (if approved), a bay leaf, twelve whole peppers, six cloves, a saltspoonful of salt, a couple of teaspoonfuls of dried thyme or marjoram, a tablespoonful of minced parsley, and a strip or two of very finely pared lemon peel. This mixture can be preserved for daily use, with slight additions from time to time, and the flavour can be modified by changing the sweet herbs, or withdrawing them.

The taste of game can be imparted to cold cooked mutton by placing the meat in a *marinade* composed of a claret glass each of vinegar, port wine, and mushroom ketchup, in which a tablespoonful of red currant jelly has been dissolved, with a teaspoonful of "spiced pepper," six peppercorns, a saltspoonful of salt, a chopped onion, and a dessertspoonful of marjoram and thyme blended. A hash of cold mutton slices that have lain a few hours in this preparation is very like that of venison, and a hash made of cold hare (a little underdone in the roasting) similarly steeped all day, is really excellent. In this particular instance you must strain the *marinade*, and add it to the thick sauce in which the hare or mutton has to be simmered. If proper care be taken in making the sauce, and heating up the cold meat therein very gently—a process that should be conducted in the *bain-marie*—these hashes are worthy of a place among *entrées* of the first class. French beans are their most suitable garnish.

Marinade need not be made in extravagant quantities. It

should cover the bottom of the dish on which you place the meat, your object being gained by occasional turning and basting. When wanted, the cook should lift the meat from the dish, let it drain a minute or so, and then proceed to business.

TRIMMING CUTLETS.

Independently of the method in which you propose to cook them, a great deal depends upon the careful trimming of a dish of mutton lamb or veal cutlets. How uninviting do these miniature chops look when they have been cut anyhow from the joint to which they belonged? Do not leave this to the butcher. Let us take the best end of a neck of mutton. First, saw off the chine bone, then saw the ends of the row of bones level, and cut off the outer flap; now take a very sharp knife, and divide the row of cutlets down to the bone with *one* clean decided cut between each of them, and, lastly, sever them one by one with a single light stroke of the chopper. Next, lay them on your board, which should be slightly wetted, and give them a few strokes with your cutlet bat, take off all gristle and superfluous fat, trim them into shape, removing all meat for about an inch in length at the end of the bone, and then place them in the *marinade*. The hungry man may be able, no doubt, to eat the cutlets his cook may send him, "rough hew them as she may," but for an *entrée* we *must* study appearance.

All thrifty cooks should carefully save the scraps of trimmings, the outer flap, and the ends of bone, which were cut off in shaping the cutlets, for from them a broth for the sauce which is to accompany the dish can, with a little assistance, be composed.

Little paper frills placed round the ends of the bones of the cutlets before serving give a finish to your *entrée*.

LARDING FILLETS, &c.

For the process of larding raw fat bacon of good quality is required. It must be white and dry, and, so that it may be firm, it should be as *cold* as possible. For this ice is needed, except in the coldest weather. Cases containing various sized

needles are sold for this work, for the lardoons or threads of bacon vary in thickness according to the size of the thing to be larded. Choice of thickness is a matter of discretion, but uniformity of thickness must be carefully attended to. For a small operation it is best to cut three or four equally sized slices of bacon the length of the threads wanted, first, and lay them evenly on the top of each other ; set them to get cold, then cut through them at close intervals longitudinally, forming strips the width of the thickness of a slice. Thus each strip will be of equal width and thickness, and if the measurement be accurate, all the strips will be equally sized.

To lard a fillet or cutlet :—see that the meat is neatly cut, and thread a needle of a size suitable to its dimensions. Thrust the point of the needle into the meat, and, holding the latter firmly with the left hand, pass the needle in half an inch deep, and, working in a direction from you forward, bring the point out say two inches from the point of entry ; draw the thread of bacon through, leaving a piece of it outside at both ends. Go on with next threads at intervals of an inch, keeping them all in line with the first lardoon. Then thread in another line in the intervals between the pieces in the first line—the system being continued according to the extent of the surface to be larded. Small fillets and cutlets will not take more than two lines : sometimes one rather closely sewn is enough. Larding is specially valuable in the case of dry lean meat, poorly fed poultry, venison other than that of the fallow deer, and foreign game. It is consequently continually recommended by professors of the French school, the traditions of which date from a time when the inferiority of the national meat supply demanded such assistance. In the opinion, however, of many competent judges good English meat (perhaps excepting veal), poultry, and game, if properly cooked, do not require larding.

COOKING CUTLETS AND FILLETS.

A cutlet to be grilled (*Côtelettes grillées*) having been lifted out of the *marinade* and wiped, should be dipped at once in a

little melted butter or salad oil, and broiled over a clear fire. Cutlets may be bread crumbed (*Côtelettes panées*) for grilling if desired. See that the bars of the gridiron are perfectly clean and well lubricated. Do not turn a cutlet or fillet, while grilling it, with a fork ; the prick causes the gravy to flow—use cutlet tongs. Put the piece of meat very near the fire to begin with, so that it may be seized and its juices preserved. This having been done the gridiron may be slightly drawn away.

If to be stewed it should be first browned by being turned frequently in a *sauté*-pan with a little melted butter ; the previously prepared stock, vegetables, and seasoning must then be put into the stew-pan, in which the cutlet should be just brought to the boil once, and then set to simmer gently, closely covered up, till done. The whole success of a stew depends upon the simmering. If after this process has commenced the cook carelessly allow the gravy in the pan to come to the boil, the cutlets (or anything else) will be done for. It is a good thing to cover the contents of the stew-pan with a buttered paper lest exposed pieces of meat be discoloured and dried.

Braising cutlets (*Côtelettes braisées*) is managed in the same way, the only difference being that the moistening liquid should not cover them ; it should reach to the level of their surfaces, and they should be continually basted. During the last quarter of an hour's simmering live coals are sometimes laid upon the stew-pan lid, or the meat is browned with a hot glazing iron.

When they are larded the cutlets are only to be subjected to preliminary frying on *one* side—the one not larded.

Cutlets, of course, are also cooked in the *sauté*-pan (*Côtelettes sautées*). For this the fire must be brisk, so that the meat may retain its juices and become of a light golden colour. For six cutlets one ounce of butter is enough. They must not overlap one another. Care must be taken that the butter does not burn. Four minutes on each side is the time given by Gouffé for a fillet of beef one and half inches thick. This requires considerable skill to avoid greasiness. When done, lay the cutlets on a very hot dish and cover them : stir an ounce

of flour into the butter in the *sauté*-pan, add half a pint of broth, bring to the boil, flavour as may be desired, skim off the fat and strain through a strainer into a hot sauce-boat. The cutlets, by this time free from butter, can now be dished.

By frying (*Côtelettes frites*) it is understood that the operation is to be conducted in the frying-kettle or *friture*-pan, and that the cutlets, prepared with bread crumbs, are boiled in a bath of fat, so to speak.

The process of bread crumbing a cutlet for broiling or frying deserves far more care than the great majority of cooks bestow upon it. To do this really nicely (*for an entrée*), you should proceed in this way:—Lift your cutlet from the *marinade*, drain it a moment, wipe it dry, and then dip it into the following composition:—two eggs, one dessertspoonful of salad oil, and one dessertspoonful of water, well beaten together. Now turn it over and over in a plateful of fine, stale bread crumbs which have been dried in the oven, pounded, and thoroughly sifted. It should then be laid aside for half an hour, after which it should be dipped again, and again rolled in crumbs. Amongst the crumbs may be sprinkled some finely minced parsley with some *powdered* dried sweet herbs, and grated cheese is sometimes added with marked effect. The frying should be conducted in *abundance* of fat (see fritters), the colour of the cutlets should be a *pale* golden brown, and they should be carefully drained on blotting paper before serving.

The directions given for cutlets are equally applicable to fillets, *épigrammes*, *grenadins*, &c.

SERVING PLAIN ENTRÉES.

In the beginning I observed that plain meat *entrées* were always acceptable "*if served as hot as possible, with a well-made sauce, and an inviting garnish of vegetable.*" Now these conditions can rarely be secured if the fashionable method of serving them be followed, *i.e.*, arranged prettily in an *entrée* dish round a hollow mould of rice or a croustade of bread, with the garnish in the centre, and the sauce poured into the outer circle. This tasteful arrangement must take a little time, and

meanwhile the cutlets or fillets are deteriorating. So I say dish these dainty morsels up on a hot dish, and help each, with its allowance of garnish at the side table, serving it at once without any dressing up or handing round.

In any circumstances let the sauce prepared for your *entrée* of cutlets or fillets be sent round, piping hot, *in a boat.* If poured into the dish round the cutlets, it makes them sodden, becomes lukewarm itself, and loses its effect entirely.

I shall have more to say on this subject at the end of the next chapter.

NOTE. As attached to this class I think may be reckoned such dishes as the *fricassée*, *blanquette*, *ragôuts* of sorts such as *navarin*, *haricot*, &c., and the *miroton.* Some of these can of course be raised to the highest class by expensive adjuncts; take, for instance, the *ragôuts à la financière* and *à la Reine* for the *vol-au-vent*, which in their plainer form may be presented successfully as *entrées* of less ambitious rank. Recipes will be found for them in the *Menus.*

CHAPTER XI.

ENTRÉES (*concluded*).

CLASS II.—COLD ENTRÉES—CLASS III.—ORNAMENTATION.

CLASS II.

HAVING discussed the general methods of cooking cutlets and fillets, we ought next to consider the question of garnishes, and a few good sauces to accompany them ; but as I have resolved to speak of those branches of the cook's art separately, I must ask you to follow me now in a brief *resumé* of wrinkles regarding the higher classes of *entrées*.

Under class the second we come to those very useful *entrées* which may well be called "made dishes." For these, as I have said, you have to call to your aid the mincing machine and mortar, and, unless your experience be above the average, success will almost wholly depend upon your following with accuracy every line of the recipe you may select. A well-flavoured *cassolette*, *croquette*, *boudin*, or *quenelle*, if nicely cooked, and served with a good sauce, a *purée*, a *macédoine de légumes*, or other appropriate garnish, is worthy of a place in any *menu ;* but the slightest slovenly work is fatal. Intense cleanliness is absolutely indispensable both in regard to utensils and manipulation.

Modern knick-knackery in culinary utensils has done much to reduce work in regard to these fancy preparations. The cook can now fall back upon pretty little cutters, china cases, cutlet

moulds, and moulds of all shapes and sizes, little silver *casseroles*, fire-proof china scallop shells, &c., &c. And not only is much time saved by these articles, but the things turned out by their means look far more finished and tasty than was ever possible before their introduction.

Chicken, veal, ox and sheep's tongues, sweet-breads, ham, bacon, oysters, shellfish, pigeons, turkey, rabbit, the livers of all poultry, of rabbits, and game—whether previously cooked or not—provide materials out of which these *entrées* can be made. It is in the judicious blending of two or more of them together, in the thorough pounding and incorporation thereof, in the selection of the condiments she employs to improve them, and in the turning out of shapes of a good colour and proper consistency, that the skill of the good cook can be detected.

In ham and tongue, which can of course be procured in small quantities as required on cut, you have a very valuable thing to fall back upon for "made" *entrées*. Cured sheep's tongues, too, are very useful, and a little calf's or lamb's liver is sometimes a good thing to have at hand in case of need.

Calf's liver cut into dice, and fried with some shallot in the pan in which some fat bacon has been melted, then set to get cold, and pounded in the mortar with a dust of spiced pepper, a sprig of parsley some panada and egg forms the well-known forcemeat which surrounds a *pâté de foie gras* and all French *pâtés*. Proportions :—one pound of liver, one pound of fat bacon, a small shallot, four ounces of panada, one beaten egg, and a saltspoonful of seasoning. The frying-pan should be lightly rubbed with garlic before operations are commenced, and the minced onion must go in with the liver. If you could add to the mixture when pounded the minced trimmings of some fresh truffles the flavour would be exactly that of the *pâté*. But even without this assistance, a little jar of the plain composition, made as described with calf's liver will be found well worth the trouble it costs to make when you are preparing, say, a dish of *croquettes de volaille* and want to improve the flavour of them.

Godiveau is a standard forcemeat much used in these *entrées* and panada is continually in requisition. Recipes for these and other forcemeats will be found elsewhere.

The hints I have already given regarding the bread crumbing of mutton cutlets, hold good with reference to the crumbing of *croquettes*. If possible, indeed, you should be more particular in preparing your crumbs. Bread dried in the oven and then pounded in the mortar, remember, produces the *panure* used by French cooks. Rasped and pounded *crust* (*chapelure*) is better for the second coating.

The sauces and garnishes that should accompany this kind of *entrée* require the utmost study: they are treated of separately elsewhere.

Rissoles, and *rissolettes* are very tasty if well done, and served hot. They may be described as a savoury *salpicon*, or mince, well moistened with thick sauce divided into small portions, each of which should be enclosed in a little wrapper cut out of delicately rolled-out, unbaked, puff paste: these, wetted, pinched closely all round, should be *fried* a golden yellow in abundance of boiling fat. They should then be served dry, piled up on a napkin, and garnished with crisply fried curled parsley.

Cassolettes are little drums of mashed potato or rice, fried a golden brown, and then hollowed out, filled with a delicate, nicely moistened mince, heated in the oven, and capped with either a cover made of the same substance as the case, or with a curl of crisply fried bacon, a slice of tongue cut with a pastry cutter, a turned olive, or a *fleuron* of puff-pastry.

Boudins are preparations of pounded meats, enriched with butter or pounded boiled udder of veal, bound with panada and eggs and steamed, and *quenelles* are somewhat similar in composition, but cooked by poaching. Recipes will be found for each of these methods of cookery in due course.

COLD ENTRÉES.

Concerning cold *entrées*, *chaud-froids*, *aspics*, &c., all that need be said is—be sure that they really *are* cold, and their sauces also. If either the one or the other be served at the

ordinary temperature the effect will be hopelessly marred. Follow the recipe you select carefully, give ample time for the work, and all will be well.

CLASS III.

And now touching the highest class of *entrées* :—For these you must obviously be prepared to submit to a little more expense than was necessary in classes one and two. Truffles, mushrooms, cockscombs, *financière*, and other garnishes; butter and eggs of the best quality; special gravy meat and a variety of meat, fish, and vegetable essences for sauces, &c., must be allotted as occasion may require. "*Omelettes* cannot be made without breaking eggs" : remember Dubois' remarks about *consommé*, page 40,—"very nice compositions are always expensive."

At the same time many a good dish can be composed at moderate cost if you can acquire sufficient knowledge to read between the lines, as it were, and weed out of an elaborate receipt unnecessary things from necessary things. The remarks I made in regard to high-class clear soups might be applied equally well to high-class *entrées*. When speaking in detail, as I shall hereafter, of a few of these preparations I shall be guided by this principle.

In this class I placed the *vol-au-vent*, an old dish yet too good to be improved off the face of culinary literature, or to be dubbed with a new name by modern innovators. It may be called the archetype of the whole family of *entrées* of light pastry. *Ragoûts*, both white and brown, can be served within its crisp border—from the time-honoured *financière* to one of sweetbreads alone *à la Reine*.

Very tasty offspring of the *vol-au-vent* are to be found of course in *petits pâtés*, *timbales*, *rissoles*, *bouchées*, and those artistic *croustades* for which pastry cases are employed instead of the easier substitute of hollowed-out rolls, or cases of rice or potato. The knack of making nice light puff-pastry is, however, far from common. Neither reading nor even practical demonstration will teach it. So unless you are certain that

your cook possesses the gift, never permit her to waste good materials in fruitless experiments. An *entrée* of pastry, if not unmistakably good, is a blot upon the face of your *menu*.

The only alternative is to procure the paste uncooked from your pastrycook, to use it as may be wanted, and bake it in your own oven—presuming, of course, that the cook understands her oven and the question of temperature. Pastry thus obtained must be kept in as cold a place as possible till it is required. Indeed, it may be said that failure in this branch of kitchenwork is oftener caused by warmth than anything else. Except in cold wintry weather, neither the water nor the pastry slab is cold enough for the successful making of *feuilletage*. This matter will be discussed, however, in another chapter.

Experience compels me to denounce the use of bottled truffles, tinned mushrooms, and *cêpes*, on account of their want of flavour, and consequent inability to take the place occupied in high-class cookery by the fresh fungi of which they are the preserved specimens. I now repeat my opinion that at all events they do not repay the expense of their purchase. What, then, can be done to supply their place? I at once point to the two best flavoured accessories we can command easily :—the *pâté de foie gras* and bottled *financière*. In each of these preparations the flavour of cooked truffle appears to have been caught and sealed up. I therefore advocate their employment in the concoction, flavouring, and garnishing of *entrées* in supersession of the things I have condemned. A small *pâté de foie gras* judiciously used will impart flavour, of a marked character, to the dish with which it may be associated, and it costs no more than the bottled truffles which I hold to be almost useless.

Take now the well-known dish called *crême de volaille*: if, instead of plain truffles, you cut up a little *pâté* in dice, and dot these little pieces here and there when filling your mould with the *purée*, and then steam the composition immediately, you will find the whole *crême* deliciously *pâté*-fied—to coin a word to interpret my meaning. Let everything be ready

before you open the *pâté*, and bury the dice as soon as you can to retain the aroma.

In all dishes of a like kind, in *croquettes*, *cassolettes*, *bouchées*, *boudins*, &c., this alternative can obviously be adopted. *Financière*, on the other hand, can be employed in *ragoûts*, *salmis*, and in situations in which *foie gras* would be out of place.

As fresh mushrooms can always be got, why make use of those made of white leather ?

And now let me say a few words about the ornamentation, garnishing, and dishing of *entrées*.

First in regard to ORNAMENTATION :—As a general rule, our modern cooks are guilty of extreme exaggeration in this branch of their business. The consequence is that instead of adding to the attractiveness of our food they often succeed in making it repellent. How frequently are we startled by the colouring and patterns which fashion decrees should be laid upon the so-called "smart *entrée*."

Savoury cookery cannot be kept too distinct from sweet cookery to which branch colourings, forcing bags, and pipes appertain. Brown and white have always been the colours allowed in the former, with perhaps pink in certain glazing for fish procured from lobster coral, and green in green butter, &c., procured from spinach. Any departure from these standard tints is to be condemned as puerile and unnecessary. Besides, people never eat the gaudy masking with its fiddle-faddle of tracery and various devices. Why, then, waste time and good materials in such absurdity ?

GARNISHING is so closely connected with ornamentation that little remains to be said on the subject. With many *entrées* the garnish is as important a part of the combination as the sauce, and requires just as much care. The simpler it is the better, in order that its character may be clearly defined and recognisable. Conglomerations of good things are not necessarily nice, nor are they artistic. The tendency of the present day is towards these "embarrassments of riches," and you see *fonds d'artichauts* in association with mushrooms, truffles,

pointes d'asperges, and *foie gras!* Any one of these alone might be acceptable as a garnish with an *entrée*, but when all are brought together, or blended, the effect is incongruous, confused, and overpowering. In my Chapters on vegetables many good garnishes will be found and others are described in the *menus*.

DISHING :—To look effective, *entrées* should be arranged well above the level of the silver dish upon which they are served. To attain this end, the French *chef* prepares a *socle* or foundation which he makes out of a solid block of bread, or ground-rice moulded : *socles* for cold *entrées* are even sometimes made of melted wax candle consolidated with flour and beeswax. A flat *socle* for ordinary hot *entrées* is easily made with rice, which should be boiled, pounded, and then moulded with a wooden spoon into an oval or round block according to the shape of the dish. When moulded, it should be brushed over with egg and coloured in the oven. For cold *entrées*, spread the block over with fresh butter. Having thus obtained a firm foundation, the *entrée* itself becomes, as it were, a superstructure erected upon the *socle*. Nothing looks more slovenly than an *entrée* arranged on the level of the dish itself.

But all the trouble of elaborate dishing can be saved by following the practice I have already so strenuously advocated. Abolish handing round your dishes as much as you can, and not only will the service be brisker, and the food itself better, but the cook will thank the day that she has no longer to waste valuable time in building up an edifice the symmetry of which the first guest destroys.

CHAPTER XII.

BRAISING AND ROASTING.

BRAISING—BŒUF À LA MODE—ROASTING—STUFFINGS—SPICED PEPPER.

BRAISING.

THIS admirable method of cooking is far too rarely adopted in small establishments: so for the benefit of those who do not understand the process, I had better mention that *braising* consists in placing meat in a *braising-* or stew-pan large enough to hold it, with some good broth or stock round it, vegetables cut up, and a judicious allowance of salt and pepper. In this the meat is brought to the boil once, and then, with the pan covered, is very slowly simmered, whilst it is nicely browned externally by live coals placed on the *braising*-pan lid. There is thus heat from above and below the pan, and the joint is cooked in its own juices, while it derives additional flavour from the vegetables, &c., associated with it.

To *braise* a medium-sized joint, say a leg of mutton weighing six pounds, successfully, you must first bone it, then trim it, tie it with a string into a neat shape, give it a dust of salt and pepper, and put it on one side, whilst you make the best broth you can from the broken bones you cut out, and the trimmings, assisted by any vegetables that can be spared. This should occupy the cook during the morning. Having obtained all

you can in the time from the bones, strain off your broth, let it get cool, skim off the fat, and now proceed to cook the meat. Melt four ounces of butter or good beef dripping at the bottom of your stew- or *braising*-pan first, and turn the meat about in it till it begins to take a pale brown colour, then add your broth (a pint and a half—diluted with water if necessary—or thereabouts for a piece of meat six pounds in weight will be found enough), with one carrot, one good-sized onion, one ounce of celery, a teaspoonful each of marjoram and thyme, mignonette pepper, and salt: let it come to the boil, skim, cover the pan closely, then simmer gently for about two and a half hours. Turn the meat, add a couple of onions, and (says Gouffé) half a gill of brandy, let the pan simmer for an hour more—keeping live coals on the closed lid throughout the whole of the simmering process—and the *braising* will be completed. Lift out the joint, and keep it on a hot dish, whilst you strain off and skim the fat from the gravy remaining in the stew-pan—it will be half the amount you originally poured in, but much stronger. You can now send up the joint with the gravy plainly poured round it garnished with the vegetables with which it was *braised*, or with others specially prepared for the purpose.

This may be taken as an illustration of the system of *braising* in its entirety, of which, however, it should be explained there are variations. In some receipts given by Gouffé the primary browning process is omitted and the application of the live coals on the lid limited to the last twenty minutes of the operation. In some this top heat is altogether omitted. His veal *braises* are simmered with the vessel only three parts covered, those of beef and mutton with it closed. But these modifications do not affect the main principles of the system, which are slow simmering in a strong vegetable and meat broth, and the cooking of a piece of meat in its own juices. It must be confessed, however, that the omission of the top heat makes the process more like ordinary stewing.

In this manner you can successfully dress a leg of mutton, a loin or rolled shoulder of mutton, a piece of the ribs or flank of

beef, almost any piece of veal, in fact all small joints up to about six pounds. Larding with strips of fat bacon will sometimes improve the dish, especially when the meat is very lean ; and if you can make some strong broth from any meat and bones, or if you can spare a little stock from the soup-kettle, you need not bone the joint. The vegetables, &c., should, in this case, be boiled in the stock separately, wine should be added to flavour it, and the joint should be cooked in the domestic *mirepoix* thus made.

Recipes for *braised* joints according to Gouffé's variations will be found in the *menus*.

Hen turkeys, capons, fine fowls, ducks, and geese, and game (especially if not very young) can be cooked very satisfactorily by this process. To *braise* poultry plainly you can make the broth from the giblets and trimmings of the birds, assisted by a little gravy-meat. See the note on this point, page 82. In fact all *braises*, *i.e.*, broths for *braising*, are better if you help them with a bacon bone and a little extra meat. The French throw in a glass or two of light white wine when *braising* poultry, and a sherry glassful of marsala with a like quantity of Harvey sauce or mushroom ketchup is a sterling aid in cooking mutton or beef in this method. A calf's foot (or two feet in the case of a large piece of meat) and a slice of bacon are very effective with all *braised* meat.

High-class cookery demands *mirepoix* for the moistenings of its *braised* meats, and garnishes of an elaborate nature. In our small establishments matters can be much simplified : Given a good broth with some vegetables and a nice piece of meat, a satisfactory result is certain if we are careful in carrying out the principles laid down, and allow full time for the operation.

To preserve the whiteness of such meat as calf's head, poultry when required white, &c., Gouffé gives a *braise* or *blanc* made as follows :—A quarter of a pound of suet chopped and melted, then a quarter of a pound of flour, a gallon of water, four ounces of onions sliced, three cloves, a clove of garlic, a sherry glass of vinegar, one ounce and a half of salt, half an

ounce of pepper, and a bunch of herbs. This to be brought to the boil before the meat is put into it.

These notes on *braising* would be incomplete were I not to allude to a simpler yet scarcely less noteworthy operation by which is produced that very excellent dish called :—

BŒUF À LA MODE.

There is perhaps no name in the French vocabulary *de cuisine* more frequently "taken in vain" by English cooks than this. As a rule they apply the term to a joint of cold roast beef when warmed up as a *réchauffé*, and sent to table smothered with a thick sauce browned with burnt onion and surrounded by sodden vegetables! Now, *bœuf à la mode* is very far from being a *réchauffé*. On the contrary, it is a carefully selected piece of *fresh* meat scientifically stewed with vegetables. Its rich, self-made gravy is not thickened, and its garnish should be composed of vegetables separately trimmed and cooked for that purpose.

No better recipe can possibly be found than that given by Gouffé quoted by Sir Henry Thompson as follows :—

"Take about 4 lb. (2 *kilos*) of thick beefsteak cut square. Take nearly ¾ lb. (3 *hectos*) of raw fat bacon, cut off the rind, which should be put aside to blanch, and then cut the bacon in strips for larding, about one-third of an inch thick, and sprinkle them with pepper. Lard the meat, and tie it up as for the *pot-au-feu*. Place the piece of meat in a stew-pan with rather less than a pint of white wine, a glass of brandy, a pint of stock, a pint of water, two calf's feet already boned and blanched, and the rind of the bacon also blanched. Put it on the fire adding a little less that one ounce of salt (30 *grammes*). Make it boil, and skim it as for *pot-au-feu*; next, having skimmed it, add fully one pound (500 *grammes*) of carrots, one onion, three cloves, one faggot of herbs, and two pinches of pepper. Place the stew-pan on the corner of the stove, cover it, and allow it to simmer very gently for four hours and a half. Try the meat with a skewer to ascertain when it is sufficiently cooked, then put it on a dish with the carrots

and the calf's feet, and keep them covered up hot until serving.

"Next, strain the gravy through a fine tamis; remove carefully every atom of grease, and reduce it over the fire about a quarter. Lastly, untie the beef, place it on the dish for serving, add the calf's feet each having been cut into eight pieces, the carrots cut into pieces the size of corks, and ten glazed onions. Arrange the calf's feet, the carrots, and onions round the beef, pour the sauce over the meat, keeping the surplus for the next day. Taste it in order to ascertain if sufficiently seasoned. Beef *à la mode* should be very relishing: sometimes a clove of garlic is added. I do not mention this as a necessary item, but as one which must be decided by the lady of the house."

Those who desire to enjoy the true *bœuf à la mode* will do well to follow this recipe in its entirety. Observe that the piece of meat should be cut *en bloc* from the rump steak and have no bone. The white wine may be *chablis*, *sauterne*, *grâves*, or hock. The remains of a good bottle of champagne left the night before—"still," yet perfectly sound—would be admirable. Ox or sheep's feet may be used instead of the calf's. The boiling should, in the first instance, be retarded (as in the case of the *pot-au-feu*) by the addition from time to time of a little cold water. This will cause the scum to rise, all of which should be taken off before the addition of the vegetables. I would always put in a leek if I could get one, and some pieces of celery also. Please note that the gravy should be boiled down a little to add to its strength, but *not thickened* with butter and flour. It will possess a somewhat gelatinous consistency from the calf's feet.

Larger pieces of beef can be cooked in this manner, ingredients in proportion to the extra weight being added. Indeed Gouffé says:—"I advise in regard of all braised meats, whether beef or veal, that the portions should be rather too large than too small; a long process of cooking succeeds always better with such than with tiny portions. A second excellent dish can always be made, cold, with the addition of jelly. It appears

to me better, then, to eat twice following of a good dish thus varied than to cook the small quantity which suffices only for one meal."

Even if we omit the larding, the wine, the brandy, and the calf's feet, we may succeed, if we follow the other directions carefully, in turning out an appetising and wholesome edition of this dish.

NOTE. It often happens that a *braised* joint is wanting in colour. This can be improved by glazing over with melted glaze diluted with a spoonful or two of the broth just before serving.

ROASTING.

Among the many modern appliances which have for their object the simplification of labour in the kitchen there is of course the ventilated oven, which for many things is an excellent contrivance. As ill luck will have it, however, it has become the cook's receptacle for everything, the jack and screen are set aside, and the consequence is that roasting proper—*i.e.*, before the fire—is passing out of practice in the kitchens of moderate establishments. This should not be permitted, for, handy substitute as it is, oven-roasting will never be as good as the older method until some clever person invents an automatic oven basting machine. "My opinion is," says Mr. Buckmaster, "that the essential condition of good roasting is constant basting, and this the meat is not likely to have when shut up in an iron box."

Directions for roasting may be thus briefly summarised :—

Having made up the fire very carefully, commence by putting the meat close to the coals for six or eight minutes to seal the surface, and secure the internal juices as much as possible : then move it further back. It is essential to use an equal fire throughout the process, and to guard against cooking the joint too fast. Frequent basting is a *sine quâ non*, and you should dredge a little flour over the meat to finish with, to produce a crisp, brown, frothy surface. You should preserve the fat of your sirloin, or loin of mutton, by tying over it a wrapper of buttered paper. The thickest part of a joint should hang a

little below the centre of the fire. Baste with broth or stock to commence with ; after a while the joint will yield its own dripping. Avoid *greasiness*. When the joint is done take the dripping-pan and pour off into a basin very slowly the whole of the fat till all that remains at the bottom is the sediment of the gravy ; dilute this with a cupful of broth from the stock-pot, or hot water if no broth be available, stir well and pour this into the dish on which the joint is served. Gravy with roasted meat should be light and clear, *i.e.*, not thickened. Care must therefore be taken to protect the dripping-pan from *flour* when the final dredging takes place.

The French place their small joints in *marinade*, which I described fully in Chapter VII. Here is their method of cooking a loin of mutton *en papillote* :—Trim the loin nicely, and let it lie from morning till roasting time *en marinade*, composed of a breakfast-cupful of salad oil, a tablespoonful of vinegar, two ounces each of onion and carrot sliced finely, with some whole peppers, salt, chopped parsley, and a teaspoonful of powdered dried sweet herbs. Let the joint be turned several times during the day, and baste it often. When to be dressed, pack it, with its vegetables and all, in a well-oiled paper, tying it with tapes, roasting it carefully, and basting it with the oil and vinegar that composed the *marinade* : when *nearly done*, remove the paper, brush off the vegetables, baste with melted butter, and serve, when nicely browned, with other vegetables independently cooked, and an appropriate sauce. Though the inexperienced reader will hardly believe me, I can assure him that when finally set before him, he will fail to trace in this dish the presence of oil (the *bête noir* of Englishmen), whilst he will be surprised at the juiciness, and good flavour of the meat.

In roasting ducks, geese, game, and poultry, which ought certainly to be conducted in front of the fire, and not in the oven, let the breast if possible be *bardé* with fat bacon, *i.e.*, tie a flap of bacon over it. Then pack the bird in white paper that has been well oiled with melted dripping or butter. Birds cannot be kept too moist when roasting. A large sweet onion

and a lump of good salt butter should be put inside the carcase of a fowl, and the basting should be most carefully attended to. The slower the roasting the better.

I recommend that the *liver* should *not* be removed from poultry. If left alone with the adjuncts above mentioned the flavour of the bird is decidedly improved. The English practice of tucking the gizzard under one wing and the liver under the other is absurd. The gizzard is useless in that position, and the whole bird suffers for the sake of that over-rated morsel "the liver-wing."

The bacon tied over the breast should be removed during the last five minutes of the cooking, when the bird should be lightly dredged over with flour, and liberally basted with melted butter to produce the brown, crisp blisters, which always make a fowl look inviting.

Of oven roasting little need be said. It is of course most necessary that the receptacle itself should be kept scrupulously clean, all greasy spillings being carefully removed after every occasion of using. The baking-dish must not only have a barred grating on which the meat should lie, but it must have an under compartment to be filled with hot water so that the fat which falls from the joint may not burn as it would if the pan rested plainly on the floor of the oven.

Tastes vary so strangely as to the "doing" of meat, that it is impossible to lay down a code of hard-and-fast laws as to time in roasting, but if the jack be protected from draughts with a well-polished screen, and the fire evenly maintained, and sufficiently brisk for the operation in hand, Gouffé's table may be taken as a fairly safe guide :—

A large turkey, 8½ lb.	will take	an hour and three-quarters.
A hen turkey, 3½	,,	forty-five minutes.
A capon, 4 lb.	,,	fifty minutes.
A fowl, 3 lb.	,,	half an hour.
A duck (wild or tame)	,,	twenty minutes.
A duckling	,,	fifteen minutes.
A goose, 6 lb.	,,	an hour.

A hare (leveret)	will take	half an hour.
A do. (full grown)	,,	forty minutes to one hour.
A partridge, or woodcock	,,	a quarter of an hour.
A pigeon	,,	a quarter of an hour.
A snipe, or plover	,,	ten minutes.
A blackcock, or pheasant	,,	half an hour.
A saddle of mutton, 7 lb.	,,	an hour and a half.
A sirloin of beef do.	,,	an hour and three-quarters.
A loin of pork, 3 lb.	,,	fifty minutes.
A loin of mutton, 3 lb.	,,	thirty-five minutes.
A leg of ditto, 7 lb.	,,	an hour and a half.
A shoulder of ditto, 6 lb.	,,	an hour and twenty minutes.
A loin of veal, 3 lb.	,,	fifty minutes.
A fillet of ditto, 8 lb.	,,	two hours and a half.

The rough calculation is generally fixed at from fifteen to twenty minutes per pound, but circumstances may modify even this computation: the age, quality, and condition of the meat, and the amount of heat that is brought to bear upon it. The rule of the eye is perhaps the safest, and when the cook *sees* that the meat is beginning to smoke she may be pretty sure that it is nearly if not quite done. Press the fleshiest parts with the finger (in the case of poultry and game the leg should be tested), and if it gives way to the pressure it is ready; if not, there will be some resistance to the finger.

STUFFINGS.

The practice I have just mentioned of putting one sweet onion and a lump of salt butter inside a chicken, or fowl, before roasting is to be recommended, for it certainly improves the flavour of the bird. A turkey, on the other hand, requires an allowance of carefully made stuffing, and, as you all know, there are many varieties thereof. Truffles, and chestnuts form the epicurean stuffings of the roast turkey, and one of oysters is propounded for the boiled bird. But the stuffing I am anxious first to discuss is the ordinary one of English domestic cookery for turkeys, veal, hares, and so on:—a firm, green-tinted mixture flavoured with pleasant herbs, and a

suspicion of lemon peel ; a stuffing which cuts clean with the slice of the breast of your turkey, or fillet of veal, and is nice whether hot or cold. For I question whether—if it be well made—it can be very much improved upon.

Weigh six ounces of dry, well sifted, stale bread crumbs : measure a dessertspoonful of chopped thyme (green) and one of marjoram (green), or take a tablespoonful of the dried leaves powdered—half and half : you must powder and sift the leaves to get rid of atoms of stalk and stick : mince the parsley fine to the extent of a heaped-up tablespoonful : chop up three ounces of fresh beef suet and the very finely pared zest of half a lemon : mix these together with a wooden spoon in a large bowl and dust the whole well with salt and mignonette pepper ; lastly, binding the mixture with two well-beaten eggs : work well together, and the stuffing will be fit to use.

Much depends upon the fine mincing of all the ingredients, and their thorough incorporation : the suet should be chopped as finely as possible. The eggs cause cohesion and firmness, and are therefore actually essential. The colour will be, of course, a pale green, provided you use the quantities of *green* herbs I have given : supposing, however, that you have only dried herbs, and that you cannot get fresh parsley, why not secure the colour by the addition of a very little spinach-greening ?—it is almost tasteless, and the colour is a great thing in stuffing. This, carefully made, is the best ordinary veal, hare, or turkey stuffing, for domestic use.

In mincing parsley, and all green herbs, be careful that, after scalding them well, the leaves are *well dried* in a cloth : if chopped wet, the juice escapes, and the mince is never finely and evenly granulated.

Stuffings are, of course, added to, and perhaps improved, by chopped ham, tongue, liver, cooked mushrooms, bacon, a little anchovy, a casual oyster, and, of course, by fresh truffles. It is quite common, for instance, to mix the chopped liver of a hare in the stuffing, but this robs you of the opportunity of making liver sauce, which goes well with the red currant jelly. Sausage meat is also often used for turkey and galantine stuffing :—two

parts sausage meat to one of bread crumbs soaked in stock, powdered sweet herbs, salt, parsley, and two or three eggs to bring the mixture to the right consistency.

The mixture which tradition has handed down to us from the old-fashioned kitchen for the stuffing of ducks and geese is by no means to be as highly commended as that for turkey which we have just discussed. Its characteristics may be summed up briefly as follows :—violent onion, crude sage, and slices of half-boiled *potato*, mixed together lumpily and lubricated with some chopped suet. Let me speedily explain that the crude taste we dislike so much arises from the sage being chopped raw, and the onions being used without sufficient softening by blanching and boiling. Then no stuffing or force-meat looks tempting unless it is firm.

Duck stuffing should be made in this manner :—

Blanch four onions in scalding water for five minutes—a necessary process to extract the acrid flavour. Drain off the water, and replenish the vessel anew ; when this water boils put in the blanched onions, boil, and then simmer till tender. Whilst these are boiling, take eight tender-looking sage leaves, and scald them in boiling water for five minutes, take them out, dry them, and when the onions are tender, turn them out, drain them dry, and proceed to mince them with the sage leaves, *very finely*. Add to this six ounces of bread crumbs, and dust over the mixture a liberal allowance of spiced pepper (which I give later on) and salt : when nicely worked together add two ounces of fresh beef suet cut into dice, and bind the ingredients with two eggs ; it will now be ready for use. The proportions of this stuffing may be relied on : it is mild, yet pleasantly flavoured, and quite firm when cut. This recipe will be found enough for a pair of ducks. Ducklings, as a rule, are not stuffed, but in the *menus* a French method is given that may sometimes be tried.

Goose stuffing is made in a similar way, and the composition is a pleasant addition to some joints of pork, especially so, I think, with a loin, which should be boned, rolled, stuffed with it, and roasted over a bright fire.

SPICED PEPPER.

In all stuffings, as in forcemeats, whether required for roast, boiled, or *braised* poultry ; for the dainty galantine or the savoury pie, there are few things more useful to have at hand than *spiced pepper*. It saves an infinity of trouble, and is a valuable thing for a thousand dishes. I have been successful with one that I concocted from Gouffé's receipt, which I feel it my duty to tell you of, and urge you to go and do likewise. You can bottle it, and take what you require from time to time.

3 ounces dried thyme leaves,
3 do. do. bay-leaf,
1½ do. do. marjoram,
1½ do. do. rosemary,
3 do. nutmeg, or mace,
3 do. paprika,
1½ do. whole black pepper,
½ do. Nepaul pepper.

Pound the above ingredients thoroughly in a mortar, and when ground to powder pass it through a fine sieve : bottle it, and cork it down securely.

Pick, and carefully sift the bottled dried herbs, for they often contain bits of stalk and stick.

If you desire to make what Gouffé calls spiced salt, mix one ounce of the above with four of salt. Spiced pepper is constantly wanted, and imparts a nice aromatic flavour to savoury pies, rolled beef, brawn, savoury *pâtés*, and all forcemeats.

Oyster Stuffing.—Beard twelve cooking oysters : set the beards and liquid to simmer with a gill of broth to produce a small quantity of concentrated essence as it were. Take four ounces of bread crumbs, an ounce and a half of butter, the finely rasped peel of half a lemon, a teaspoonful of parsley, a saltspoonful of salt, and half that measure of mace. Empty all into a bowl, add the oysters finely minced, an egg, and as much

of the essence as can be taken without making the mixture too moist.

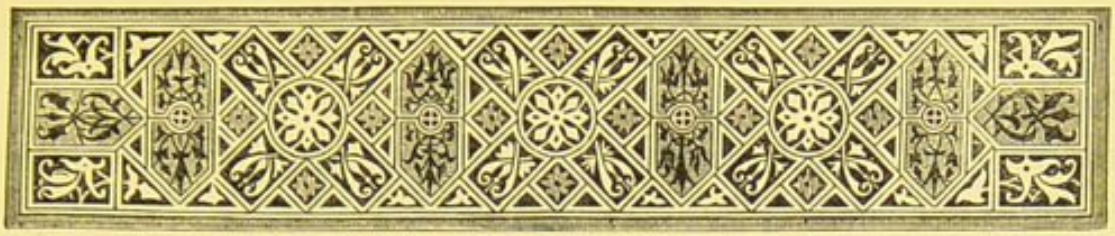
CHESTNUT STUFFING.—Some, having peeled and cooked the chestnuts, put them into the turkey's crop whole, with a liberal allowance of butter or minced suet, and a seasoning of spice, pepper, and salt. The objection to this method is that, not being bound with egg, the stuffing must ooze out as soon as released by the knife, and its greasy appearance must be far from appetising. For this reason I recommend the following for a small turkey :—take thirty good-sized chestnuts, peel, scald, and remove the red skin, simmer in milk till tender, or roast, then pound them with two ounces of white bread crumbs moistened with the chestnut boilings ; when well incorporated, empty the *purée* into a bowl, stir into it three ounces of finely chopped veal suet, and two eggs well beaten. The seasoning should be of the simplest kind, for the flavour of the chestnuts is easily overpowered :—a teaspoonful of salt, a dust of mignonette pepper, and a saltspoonful of sugar. These proportions can be obviously increased according to the size of the bird.

TRUFFLE STUFFING.—Those who desire to go to the expense of this preparation had far better obtain their bird from a professional poulterer who undertakes the provision of truffled turkeys, &c., ready for roasting. Since, however, nicely flavoured English truffles may sometimes be procured inexpensively (I have tasted some really good ones from Wiltshire) I jot down an easy receipt :—

Clean thoroughly and peel three pounds of truffles ; cut them into balls, saving the cuttings ; chop up one and a half pounds of fat bacon and put it into a *sauté*-pan with three bay leaves, a sprig of thyme, one clove of garlic, two shallots uncut, salt and pepper. Melt the bacon over a slow fire and pass it through a pointed strainer into a bowl containing the trimmed truffles. When cold fill the crop of the turkey with this, and proceed with the roasting in due course. The trimmings of the truffles should be used in the sauce.

N.B. I have been careful to reserve the subject of FORCE-

MEATS for separate consideration. This section has therefore been confined to stuffings such as are used for certain roast meats and poultry according to the English rather than the French school of cookery. Forcemeats, on the other hand, are essentially French. See page 362.



CHAPTER XIII.

BOILING AND STEAMING.

BOILING FRESH MEAT—BOILING SALT MEAT—STEAMING.

"BOILING," says the G. C., "is one of the simplest and most economical modes of preparing food. Meat loses less weight in boiling than in any process of cooking, and the water it has been boiled in can always be turned to good account; besides which, although it may be an open question whether boiled meat is more nutritious than roast or braised meat, it is beyond dispute more wholesome and easily digested."

Under the head of soup-making I have already discussed the method of boiling meat required for soup: the *pot-au-feu* being my example of how meat should be treated when the object is to extract its juices. We must now consider what has to be done in preparing boiled meat for the table, and note where the two processes differ.

BOILING FRESH MEAT.

For the *pot-au-feu* it is necessary to put the meat into cold water first,—alone: to watch it come slowly to the boil, skimming the scum that rises very carefully: when the surface is clear, and the water boiling, to add the vegetables, &c.; to simmer until the vegetables are done, to remove them, and

then to let the contents of your pot simmer for three or four hours. But for a piece of fresh boiled beef, a fowl, leg of mutton, or whatever it may be, destined for the dinner-table, you must put the meat, tied neatly in the shape required with tapes, into boiling salted water to begin with. After five minutes at this extreme temperature add enough cold water to reduce the heat to half-boiling. Like the *pot-au-feu*, the contents of the vessel should now be watched and skimmed, and the flavouring vegetables and herbs added when the scum has been removed. The water, let me observe, must at first be *boiling;* when reduced it should be as hot as you can bear to touch, say from 170° to 180°, at which degree of heat it should be kept until the meat is done. The high temperature at first is essential to harden the outside of the meat and retain the juices and nutriment.

Boiled meat at the English dinner-table is often spoiled by being "galloped," as cooks say, that is, done too fast. Meat thus maltreated cannot fail to be tough. You must simmer your boiled leg of mutton just as carefully as you would the meat of a *pot-au-feu*. When once boiling-point has been reduced, ease off the fire a little, and endeavour to obtain a uniform heat below the pot that will just keep its surface, as it were, *alive*. An occasional bubble is what you want, with gentle motion, the water muttering to you, not jabbering and fussing, as it does when boiling. At this temperature the simmering may be prolonged for two or three hours. If you follow this process you will never have to send a boiled leg of mutton away from the table because of its being too underdone inside to be fit to eat. But it is clear that the cook must have ample *time* for the operation. You cannot expect a piece of meat to be nicely boiled in time for luncheon if you give the order for it at eleven o'clock!

Remember that the liquid in which a joint has been boiled is weak stock. If reduced by being simmered with the lid of the cooking vessel removed, it can be turned to account in many ways, especially for the enrichment of white sauce, or the provision of the nice white glaze with which cold boiled

poultry is masked for the supper-table. It can at the same time be used with propriety as a basis for celery, onion, turnip, or other white *purée* to accompany the joint.

The common error committed by inexperienced cooks consists in their keeping up the high pressure too long, whereby the outside of the joint is rapidly done and the inside scarcely cooked at all. The joint looks done, and is consequently sent up with the unsatisfactory result that I have pointed out. Fluctuations of temperature are likewise harmful.

Simmering a joint of meat is undoubtedly a troublesome process. The cook's attention must be kept up throughout the work. If the fire be permitted to run down, and requires replenishing in the midst of the proceedings, the whole thing may be spoiled. Those who possess gas cooking stoves should count themselves especially fortunate. Their cooks can regulate the heat they want at will, and go on with other work. But with common old kitchen ranges, the difficulty of maintaining the unvarying gentle heat so highly essential appears to me to be very great.

During the boiling of a joint, the water should at all times be kept so as to cover it. If there be any loss by evaporation, it should be made good at once by the addition of hot water. The sudden introduction of cold water would check the temperature.

No matter what kind of meat you boil, you will find it improved by the addition of a few vegetables. Custom has ruled that we should put in carrots and turnips with boiled beef, turnips or sweet onions with boiled mutton, onions with a rabbit, &c. ; yet true cooks add a judicious assortment of vegetables and herbs, &c., to *every* boiled dish. An allowance of onion, turnip, celery, carrot, parsley, a sprig of marjoram or thyme, a little bag of flavouring materials, such as a clove of garlic, a blade of mace, a few cloves, some whole peppers, and the peel of a lemon, should always go into the pot with a boiling fowl. Unless you have tried them you have no idea how these things improve the taste of boiled joints, or how good the broth is that the combination produces.

The vegetables thus used need on no account be wasted. If not required to garnish the joint with which they have been boiled, they may be reserved for *purées*, in which form they can be served as soups or garnishes for cutlets, or the *purée* may be diluted with a little broth or milk, be set in a well-buttered pie-dish with one well-beaten egg, capped with grated cheese, and cooked *au gratin*, in which form they go well with any dish of meat.

It is a very capital plan at times *to boil a fowl in the soup-stock*. Herein you have the true essence of economy—no waste. The soup gains all the fowl loses in the boiling, whilst the fowl derives richness and flavour by being done in the stock. One lot of vegetables and herbs suffices for both, and absolutely nothing is thrown away but the muslin bag which contained the flavouring herbs. The fowl must not be put in until the stock is boiling, then, after five minutes at that temperature, it should be allowed to simmer till cooked. Of course in this case the bird does not provide a broth out of which its sauce can be prepared. Provision must therefore be made for that separately, or the stock-pot be taxed to meet the demand. The giblets of the bird, boiled and simmered as described in Chapter X., will assist matters.

Time in boiling fresh meat can scarcely be fixed arbitrarily. If you follow the advice I have given, you will find fifteen to twenty minutes per pound a reliable allowance. Discretion and experience will enable you to decide what orders to give. Large and deep joints, such as rounds of beef, legs of mutton and of pork, silverside of beef, and hams, will naturally require a more liberal allowance than fowls, tongues, galantines, bacon, rabbits, &c.

BOILING SALT MEAT.

The treatment of *salt* meat differs from that laid down for *fresh* meat, inasmuch as it must be set on the fire to begin with in *cold* water in order that it may be tender, and swell somewhat in the boiling.

Among cured meats there is nothing more important than the boiling of the ham. So much depends on the

cook's knowledge of the process, that many a ham is spoiled through ignorance. I think it advisable, therefore, to give you the following rules, which I hope will be found easy enough :—

It is, of course, a *sine quâ non* that you soak the ham for forty-eight hours, changing the water at least three times (I am speaking of English hams that are thoroughly matured, of Bradenham, Westphalia, and Spanish hams). Comparatively fresh hams may be ready after twelve or eighteen hours' soaking. For this it is wise to consult the salesman, who ought to know the extent of curing that the ham has undergone. When thus well soaked, scrub the ham well and trim it, scraping off all discolorations. Now place it in your ham-kettle, *cover* it with cold water, and let it come very gently to the boil, removing all scum that may rise. When quite clear, throw in three carrots, a piece of celery, two large turnips, three good-sized onions, a bag containing a clove of garlic, a dozen whole peppers, and some pieces of lemon peel, with bunches of parsley, thyme, and marjoram: reduce the heat after the vegetables are put in, and then let the kettle *simmer* gently for at least five hours. When it is done, take the kettle off the fire ; then lift the ham from the water, detach the outer skin (it will roll off easily), and trim the ham finally. Now pour a bottle of marsala into a clean stew-pan, place the ham therein, close the pan, and simmer over the fire for another hour, turn it now and then, take it out, glaze or dredge some finely sifted raspings over it, and serve.

Briefly, it is impossible to overdo the slow process of cooking a ham. The best I ever tasted had been set in cold *mirepoix* over a gas fire at 8 p.m. two days previously, and had been allowed to attain a temperature of 170° only, at which it remained night and day for sixty hours. It had been then drained and the fat removed from the boilings, after which it had been set on the fire again at the low temperature, moistened with one bottle of Burgundy and an equal measure of the boilings, for a further period of two hours. Its sauce was composed of a portion of the second moistening only.

This process, as regards *the wine*, is far more effective than the old one of putting in wine, cider, or beer in the first instance. Marsala, remember, is quite as good as madeira for this purpose. If champagne or burgundy be preferred, let either be used according to this method.

When required for service *cold*, let the ham lie in the wine, diluted with an equal quantity of the liquid in which it was boiled, till cold. It may thus marinade all night in a cool larder with advantage, but not in a *metal* vessel.

Old cookery books give you the funniest nostrums concerning the cookery of a ham. Wisps of hay, juniper berries, coriander seed, ale, and even leather shavings, are laid down as flavouring adjuncts. Saltpetre is advised to add to the redness, and in various parts of England you find local prejudices in favour of the addition of different wines : in one county elder wine, in another cowslip wine, and so on. The end of all things, after all, is to get a really well-cured ham. If you secure *that*, and cook it as I have described, you will not require any leather shavings ; but remember that on important occasions *a bottle of really sound marsala* crowns your best efforts with certain success, and I venture to say that if you go to the expense of purchasing a good ham, it is quite worth your while to go a little further, and allow a bottle of marsala for its best development.

The wine used for the simmering need not be thrown away. When drained off and cold, take off the fat and rebottle it for the next occasion, when it will only require refreshing with some more wine.

It is customary when presenting ham as a *relevé* alone with an appropriate vegetable—*jambon aux épinards* (with spinach) or *petits pois* (green peas)—to serve with it a rich brown sauce flavoured with madeira (marsala just as good), or, if the ham has been simmered in burgundy or champagne, one flavoured with the wine chosen. The sauce of the ham I have just alluded to as having been so excellent was simply the half burgundy, half *mirepoix*, of the second simmering. Our good domestic *espagnole* will be found quite a reliable basis for the

ordinary madeira sauce. A claret glassful to a pint will be ample.

A ham may also be braised, baked, or roasted. In the last case it is marinaded and cooked in the manner described for venison.

Salt Beef.—The principles laid down for the cooking of a ham should be followed in boiling salt beef. The more slowly this is done the better. In this way you can buy a nice piece of brisket at sevenpence or eightpence a pound, and turn it out cold, pressed, as tender and as well flavoured as the pressed beef for which they charge you eighteenpence a pound at the Stores, and two shillings at the more pretentious provisioners. Select a good piece, say five pounds, and not too fat. Put it into cold water ; bring slowly to the boil, skimming off all scum. When clear, let it boil, putting in, ready cut up, six ounces each of onions, carrots, and turnips, one of celery, and a muslin bag containing a clove of garlic (not cut), twelve peppercorns, a blade of cinnamon, a dessertspoonful of mixed dried herbs, and the rind of a lemon. Simmer now for at least four hours, then take out the meat, remove the bones immediately, and wrap the joint securely in a clean napkin. Lay this upon a baking-sheet or flat dish, and put another on the top of it with weights sufficient to press it firmly. Leave it thus during the night. The next morning take off the weights, remove the cloth, trim the joint into a neat rectangular shape, and with a little diluted glaze and a brush varnish it lightly over. When this has set a second may be laid on, but avoid having this too thick. Nothing looks more clumsy than glazing overdone, in thick, irregular smearings.

For any special occasion it would, of course, improve the beef if it were simmered for an extra hour in marsala, like the ham.

STEAMING.

The process of steaming has long been familiar to the public more especially on account of the introduction of Warren's cooking-pot and vegetable steamer than by any other appliance for the purpose.

The term steaming is frequently applied not only to the Warren process, but also to the cooking of meat and vegetables placed in hermetically closing utensils, which, in turn, are plunged into larger vessels containing boiling water.

Warren's system needs no description, for detailed instructions accompany every vessel. Its chief recommendation consists in its simplicity and economy. Meat well braised may be said to be equally nutritious, for it is in like manner cooked in its own vapour and juices; but in the matter of fuel braising is by far the more expensive method, while the careful regulation of the heat, &c., costs infinitely more trouble than the simple boiling of a Warren's pot. The one process requires the hand of a cook: the other can be managed by any one.

The not uncommon practice of partly roasting a joint after it has been nearly cooked in a Warren's pot is erroneous. The result can at best be that of meat half-boiled, half-roasted—"neither fish, nor fowl, nor good red herring," so to speak. A good cook ought, by the clever treatment of the gravy made by the meat, to be able to diversify both the appearance and flavour of the joint, adding to its attractiveness by a tasteful garnish of macaroni or vegetables.

The utmost cleanliness is absolutely necessary in the use of Warren's pot.

Somewhat similar in treatment is the process of JUGGING. There is a homely dish, common enough in Southern India, cooked in this manner, and called by the native *chef* "boiled chops." This is really deserving of attention, for it is susceptible of improvement, and far greater development. A nice steak; a dish of neck cutlets; the blade bone of the shoulder, boned and flattened; a small-sized fowl, boned and flattened; game similarly prepared, and even fish, can thus be dressed very daintily. The native arranges his little dish of neck cutlets between two soup-plates sealed together with strong paste, but I advocate the making of a vessel specially for jugged dishes, as follows:—An oval tin, ten inches long, seven and a half inches across, and not more than two inches deep. The tin should have its upper edge turned outwards like a pie-dish, half

an inch wide, so that a flat cover may be pasted closely to it, and it should have a ring at each end to serve for handles. The cover should be an oval sheet of tin slightly larger in its measurements than the interior of the tin itself. With this a very tender and appetising dish, particularly nice for luncheon and to be recommended for children, can be prepared. Choose a good neck of mutton, and trim the little chops as neatly as possible, or cut up such pieces of the scrag end as you would use for Irish stew. With the trimmings of meat and bone make a broth, assisted by an onion, some peppercorns, any scraps of beef, chicken bones, cold game, lean ham or bacon—in short, any useful sundries. When done, skim, and strain it ; you ought to have a breakfast-cupful of it. Now scald the tin and cool it in cold water, cover the bottom of the tin with slices of onion, and arrange the chops thereon, covering them with two medium-sized onions sliced fine, a carrot sliced, a young turnip sliced, an ounce of celery cut into half-inch lengths, two tomatoes sliced and drained, and a bunch of curled parsley. Then add to the broth half an ounce of glaze, a tablespoonful of mushroom ketchup, a saltspoonful of salt, and the same of sugar. Pepper the chops pretty freely with freshly ground black pepper before covering them. When arranged, pour in the broth and seal the lid of the tin, all round the rim, with stiff paste, fixing it securely. Now put the tin into a shallow vessel containing boiling water (the water reaching to one-third of the depth of the tin), and keep it on the fire for two hours. At the time of serving the lid should be cut off and the tin, wrapped in a napkin, should be placed upon an ordinary dish and sent to table immediately. For adults a tablespoonful of marsala is to be recommended—to be put in with the broth, which before serving can be strained, carefully skimmed, thickened, and poured over the meat and vegetables.

Follow the same directions in jugging a steak, or a blade bone : in the case of the boned fowl, a little bacon, or some sliced bologna sausage, will be found an improvement, the broth being made, of course, from the bones and giblets. With game-birds I would add a little sweet herb seasoning.

Fish should be done in this way :—Trim the fish in fillets, season them with pepper and salt, cover the bottom of the tin with slices of onion, dotting in a dozen peppercorns, and two cloves ; put a layer of fillets over the onion, and pepper them with black pepper ; put in now a layer of sliced tomatoes, sprinkle plenty of roughly chopped curled parsley over them, and a tablespoonful of chopped parsley roots ; pour in a little broth made from the fish bones and trimmings, with a glass of chablis, sauterne, or hock, cover the tin closely, and steam. A clove of garlic may be introduced in this dish by those who appreciate the faintest suspicion of that fragrant bulb, and the finely peeled rind of a lemon also.

If made of two or three sorts of little fishes, with a saltspoonful of saffron, a libation composed of one tablespoonful of salad oil, two tablespoonfuls of chablis, and half a pint of broth, the effect will be pleasing to those who have eaten and enjoyed a *bouillabaisse*, for the broth produced by the fish and ingredients I have named is not unlike that excellent composition.

These recipes can be carried out in one of the Atmospheric Churn Company's "Gourmet boilas." These vessels, made in glazed stoneware, are most useful and cleanly. After being filled they have to be covered closely, and put into a saucepan half filled with boiling water seasoned with a little salt. The process is in fact exactly that which has been just described. The French brown fireproof china "covered pie dishes" can also be used in this way.

The "patent rapid steamer" alluded to in Chapter II. is an excellent appliance for steaming potatoes, and vegetables. If large enough it would be equally handy for the cooking of meat. For poultry it acts most satisfactorily.

CHAPTER XIV.

VEGETABLES.

(*A*) *Potatoes and Pulse.*

GENERAL RULES OF VEGETABLE COOKERY—POTATOES—PEAS AND BEANS.

CRITICS of English cookery seem to agree in saying that, wanting as we are, as a rule, in our general knowledge of kitchen work, our ignorance of the treatment of vegetables is greater than in every other branch of the art. Be this as it may, it cannot be denied that until comparatively lately the universal method of serving vegetables at an English dinner-table was with the joint alone. Dressed vegetables, or *entremets de légumes*, were rarely heard of. Of late years, however, facilities in the way of travelling abroad have been great, and by degrees many have learnt to appreciate a dish of vegetables, specially prepared, such as are commonly seen at foreign restaurants and *tables a'hôte*. The cook has accordingly been instructed on the return of the family to England how to Italianize the cauliflower with cheese, or send up the green peas *à la Française* in solitary grandeur. A filip has in this way been given to vegetable cookery in England, and people with any claims to refined taste have at last come to perceive the absolute barbarism of heaping up two or three sorts of vegetables on the same plate with roast meat and gravy.

The art of cooking vegetables is by no means difficult, but, like other things, it has its rules. If these be carefully followed good results cannot but be obtained. I had better jot these down before going any further :—

GENERAL RULES OF VEGETABLE COOKERY.

1. Use the freshest vegetables you can procure.
2. Obey attentively such directions as may be given in regard to picking, washing, trimming, soaking, blanching, &c.
3. All fresh vegetables must be plunged into *boiling* salted water.
4. All dried vegetables such as haricots, lentils, &c., into luke-warm water.
5. One tablespoonful or half an ounce of salt to a gallon of water is the proportion that should be allowed.
6. A small allowance of sugar, one-third that of salt, brings out the flavour of green vegetables.
7. The preservation of a nice colour is important in the cookery of green vegetables : this can best be secured by :—
   (*a*) Using a roomy vessel, *not tinned*—uncovered.
   (*b*) Permitting the steam to escape freely during the boiling.
   (*c*) Using plenty of water.

(Obs.) All know that a good colour can be obtained by putting a piece of soda in the water, but this is not recommended for it affects the flavour of the vegetable, and is not wholesome.

8. Bitterness such as is sometimes met with in kale, turnip-tops, &c., is remedied by changing the water during boiling. See that the second water is also boiling at the moment the change is effected.
9. Never allow vegetables to remain soaking in the water in which they were boiled ; drain them at once when they are done.
10. The use of plenty of water in the cooking of all sorts of cabbages, kale, sprouts, &c., is not only preservative of colour, it is also advantageous in reducing the disagree-

able smell which cabbage water always has. A small allowance of water concentrates this unpleasantness.

11. After draining greens always *press out* the moisture that they still contain.

12. Be sparing of butter when adding it to vegetables. As soon as the full heat of the dish passes off the butter becomes greasy. This is a mistake often made by French cooks.

N.B.—It is a waste of money to buy *old* vegetables, and a waste of time to try to cook them.

POTATOES.

POTATOES have perhaps the chief claim upon our attention, so let us take them first.

The boiling of a potato has long been considered one of the tests by which the merits of a good plain cook should be decided. "Can she cook a chop, and boil a potato?" is often the modest query of *pater familias*. Whether she can do the former may perhaps be doubtful, but I think few fail to manage the latter. It is in the fanciful methods that she needs instruction. Cooks are in many cases wrongfully blamed in the matter of potato-cooking; that is to say, their failure is often attributed to the wrong cause. We all know that the potato grows capriciously according to the weather it may have enjoyed or have suffered from. A crop will sometimes prove mealy and light for the table, and at other times waxy and heavy. It is therefore obvious that we should find out the merits or demerits of the tubers we buy before we give our orders regarding their treatment in the kitchen. We ought not to expect all potatoes to turn out equally floury as a matter of course, and blame the cook if she fail so to serve them.

There are fortunately so many ways of cooking potatoes that we need never be at a loss for a recipe. If nice and mealy we can, of course, boil or steam them—the latter method for choice—and serve them plainly: but if waxy, we must proceed differently.

We can also parboil and bake them in the oven, or roast them in ashes ; in the latter case without parboiling.

Whether boiled or steamed a potato ought not to be peeled ; if it be *very* old, you cannot avoid removing the skin and eyes, but, in a general way, a potato is far better cooked "in its jacket." When done, the skin can be removed, if you wish, in the kitchen, and the dish be served plain, or in any one of the ways I shall presently speak of. This is, of course, applicable to roasted or baked potatoes.

The "G. C." says :—"After they have been carefully washed, put the potatoes, unpeeled, into a saucepan, moistened with cold water to the height of about an inch, then sprinkle them with salt, and place a wet cloth on the top of them. The saucepan should be then put on the fire, and in about half an hour drawn upon the kitchener (at the side of the fire) to remain hot till the potatoes are wanted."

Choose potatoes as much of a size as you can for boiling : do not boil a large and two small ones together if you can help it. When potatoes are boiled in the ordinary fashion, that is, placed in a saucepan with a due allowance of salt, and covered well with cold water, they should be lifted, and drained after half an hour's cooking, and then be returned to the hot, empty saucepan, covered with a wet cloth, and placed at the margin of the fire to keep hot and to dry themselves thoroughly.

In boiling potatoes in the ordinary method, it is a good thing to check the rate of cooking, every now and then, by adding a little cold water, and the time ought to be—*after* boiling commences—from eighteen to twenty minutes.

"Steamed potatoes" should be scrubbed, dried, and wiped, after having been set for five minutes or so in cold water. Then place them in the steamer over boiling water, and let them steam till done : the time will vary according to size from twenty to forty minutes : the fork (or a skewer) must go through them easily, if not, they are not done. A minute in a fast oven will dry them if needful. The "patent rapid steamer" is a capital appliance for this process.

New potatoes should be scrubbed, rubbed with a coarse cloth,

and boiled or steamed according to taste : you cannot expect them to be very mealy, of course, and with some people their waxiness constitutes their chief charm.

Having boiled or steamed our potato satisfactorily, let us see in how many plain ways we may serve it, presuming that we have turned it out as flourily as we could desire.

First, of course, it may be sent up plainly, either in its skin, or crumbled into the dish made hot to receive it. Secondly, it may be turned out upon a wire sieve, be rubbed through it with a wooden spoon, and dished plainly in that form as potato-snow (*pommes de terre rapées*). Lastly, it may be mashed, and I maintain that true mashed potato can only be produced from a mealy tuber. A good way to mash potatoes is to break them up first in the dry hot saucepan in which they were boiled, working them well with a wooden spoon, and adding as much butter as you can spare, enough milk to moisten, and salt to taste. When fairly well mashed, to pass them through the sieve so as to catch the knots, and then to form them as you like—browning the mould if you please in front of the fire or in the oven before serving.

If you want to get that *foreign* taste, which many people fancy in mashed potatoes, try the following method :—when your potatoes are nicely boiled, and drained, turn them back into their saucepan, which, while empty after the draining, you must *rub* lightly with garlic : go on as previously described, be liberal with your butter, and instead of the milk add a tablespoonful or two of stock from the soup-kettle. A dust of pepper and a couple of pinches of nutmeg will complete the *purée*, for remember that mashed potato abroad goes by the name of *purée de pommes de terre*, and is sent to table not nearly as stiffly moulded as ours—more of the consistency of very thick cream, in fact.

Mashed potato brings us to more elaborate forms of potato cookery, viz. :—*à la Duchesse*, *croquettes*, &c.

Potatoes *à la Duchesse* should be well worked through the sieve, enriched with the yolks of two or three eggs, and a little milk, and given a delicate flavouring of grated Parmesan, salt,

nutmeg, and chopped parsley: then formed in flat ovals, and either fried gently in butter or browned in the oven on a buttered tin, having been previously dusted over with flour. Proportions :—to one pound of mashed potato, add one and a half ounces of butter, two yolks, one dessertspoonful Parmesan, and a tablespoonful of milk. The ovals should be two and a quarter inches long, one and a half across, and one inch thick.

À la "G. C."—A mild onion boiled very soft should be beaten, hot, with four times its bulk of mashed potato ; butter, milk, pepper, the yolks of two eggs, and salt should be added in the proportions just given, and the whole passed through the sieve : roll this mixture into balls, and treat them as laid down for the *Duchesse.*

Boulettes de pommes de terre are very tasty :—Mash eight fairly-sized potatoes, pass the *purée* through the sieve, work into it the yolks of three eggs ; season it with a dessertspoonful of finely minced parsley and marjoram blended ; moisten it with enough cream or milk to bring it to the consistency of thick paste ; add salt, pepper, and a dust of nutmeg ; lastly, add the whites of two of the eggs whipped to a stiff froth. The mixture should be stiff enough not to spread out when dropped from a spoon. Form it in balls the size of a playing marble. Prepare a bath of boiling fat, and then fry the *boulettes* by passing the little balls of paste one after the other into the fat. As each little marble reaches the fat, it will expand, and as soon as it turns a rich golden yellow, it is done. These can only be successful when the potato is dry and floury. For frying please see the Chapter on Fritters.

Croquettes can be made of cold mashed potatoes left from a previous meal. You must work them very much as previously described, flavouring them with a little chopped parsley, a very little chives, a little chopped thyme or marjoram, or spices if you like—a dessertspoonful of herbs, or a saltspoonful of spice is enough for a pound of potato. Form them into balls or tablets, brush them with egg, roll them in some finely sifted dry crumbs, and fry them a golden brown. The art of the cook will be made manifest by her presenting you

with a tasty-looking crisp morsel, of the right colour, and delicately flavoured. Change can, of course, be obtained by selecting flavouring herbs, &c., according to your pleasure.

For *flûtes au Parmesan* roll out the mixture as for *croquettes* on a pastry board, powder it over well with grated Parmesan : then make out of it a number of thin rolls three and a half inches long, and a little thicker than a drawing pencil ; egg these, and bread-crumb them with a breading half Parmesan and half crumbs, and fry as you do *croquettes*.

In frying *croquettes* and *boulettes* it is a *sine quâ non* to use plenty of fat, and see that it is hot enough. If the frying medium be not properly hot, and insufficient in quantity, you will never get the golden colour or the crispness which perfection demands.

Waxy potatoes, with the exception previously mentioned of new ones, should never be served plainly boiled : you should direct them to be cooked in one of the following ways :—*à la maître d'hôtel*, *à la Lyonnaise*, *sautées*, *à l'Américaine*, &c.

Potatoes *sautées* (not to be confounded, please, with potatoes *frites*) should be treated in this manner :—Boil your potatoes, then slice them moderately thick, and toss them in melted butter in your *sauté*-pan, over a moderate fire, till they colour nicely, pour the brown butter over them, and give them a sprinkling of chopped parsley, and dust of salt.

For *maître d'hôtel* proceed as above, letting the slices grow cool. Then put them into a stew-pan with a layer of butter at the bottom of it, and three-parts cover them with broth, simmer till the liquid is nearly reduced. Take the pan from the fire, mix with the potatoes a few small pieces of butter, adding a few drops of lemon juice, a heaped-up tablespoonful of very finely chopped curled parsley, and serve in a hot dish.

Potatoes *à la Lyonnaise* are prepared by first frying a mild onion (finely sliced) in butter till it begins to brown, then adding a wineglass of broth with your pieces of potato, tossing them till coloured, and finally giving them a dust of pepper and salt.

For *à la Provençale* melt an ounce of butter in a small stew-pan, adding the grated rind of half a lemon, some chopped

parsley, *an atom of garlic*, salt, pepper, and a dust of grated nutmeg. Toss the slices of potato in this over a moderate fire. When serving, sprinkle a little lemon juice over the potatoes.

Potatoes *à l'Américaine* :—Cut up four good-sized boiled potatoes into thick slices : flavour half a pint of milk with onion, spice, pepper, and salt, as for bread sauce ; strain and thicken it, as laid down for melted butter, with butter and flour, till you have a nice *sauce blanche ;* place your slices of potato in this, and heat them up to boiling-point : take the saucepan off the fire, stir in the yolk of an egg, add a large spoonful of chopped parsley, with a pat of butter the size of a shilling, and serve.

Potatoes *à la Parisienne* are slices of cooked potato gently heated up in *sauce soubise.*

Mock new potatoes make a nice dish for a change, and can be contrived out of a waxy tuber that refuses to be boiled flourily. Boil the potatoes as usual, and when nearly done cut them into pieces the shape and size of a pigeon's egg : make a flour and butter *sauce blanche* slightly flavoured with mace, and put the pieces of potato into it. Simmer the potatoes in the sauce, and when thoroughly hot, serve. Chopped parsley, a coffee-cupful of milk in which the yolk of an egg has been stirred, and a lump of butter, may be added at the last moment.

N.B. It should be noted that the addition of milk or cream to potatoes as propounded in several of the foregoing recipes has the disadvantage of turning the composition sour after keeping. For this reason it may often be wiser, especially in hot weather, to moisten them with stock and enrich them with butter and eggs.

Waxy potatoes, pressed through the sieve, and served like vermicelli, an unwholesome culinary atrocity, ought to be most strenuously interdicted.

There is perhaps no nicer way of serving potatoes with roast birds, game, fillets, chops, steaks, grilled chicken, roast pigeons, &c., than in the form of "chips," *i.e.*, *pommes de terre frites.*

An invalid, as a rule, takes a fancy to a potato thus plainly cooked, and it is a quicker way of doing it than by any of the other recipes.

In the first place, after washing the potatoes well, peel them, and, if you have not a machine for the purpose, slice them carefully a *uniform* thickness—about the sixteenth of an inch—and cast them into a bowl of cold water, in which leave them for fifteen minutes, then drain, and spread them on a clean cloth to get rid of the moisture. Wipe them thoroughly, and spread a sheet of blotting paper ready for draining the chips hereafter. Now dissolve a goodly allowance of clarified beef suet (which for them is quite the best frying medium) in your *friture*-pan, or a shallow frying-kettle ; when properly hot, drop in your potato slices—there should be enough fat to *completely cover them*—and let them, as it were, boil therein : watch them as they are cooking narrowly, turning and moving them about continually, and as soon as they assume the golden tint you want—a nice rich yellow, mind—lift them quickly from the fat, and let them drain on the blotting paper for a minute or two. When quite dry, turn them into a very hot silver dish (or garnish the dish, with which they are to go, with them) dust over with salt, and serve.

" Properly hot."—This term is explained in a separate chapter. If *too* hot, *i.e.*, smoking, the chips will be fried too dark a colour. Test with a piece of bread : if the fat fizzes freely it is ready to receive the slices of potato.

The other points to note well are, first the equal thickness of the slices, for if cut both thick and thin, the latter will be done more quickly than the former, and it is no easy thing to fish out the pieces that have taken colour from those that have not. *Drying* the chips well after their bath in cold water is essential number two, plenty of boiling fat the third, and careful drainage and drying when done the fourth.

Pommes de terre frites may be trimmed into various shapes —filberts, dominoes, long narrow strips, &c., and cooked exactly as "chips." Uniformity in size is again necessary, soaking in cold water, and careful wiping before cooking.

The cook must be a bit of an artist too in designing her patterns, or there will be sad waste in the cutting.

For *pailles de pommes de terre* you must choose very long potatoes, and out of them cut a number of long narrow strips, soak them in cold water for twenty minutes, dry, and fry in two processes as laid down for *pommes de terre soufflées.* Measurement :—the eighth of an inch thick, the same wide, and as long as the potato will allow.

A slicing machine and a set of French vegetable cutters will be found most useful and economical for trimming purposes. With the former you can cut ribands, and in that pattern present *pommes de terre rubanées*, which are effective with fillets of beef, cutlets, game, &c. After being cut, the ribands must be soaked in cold water for fifteen minutes, and then be treated as *pommes de terre frites.*

For *pommes de terre soufflées* cut as many potatoes as you require in oval shape all the same size, about two and a quarter inches long, and one and a quarter thick ; trim the sides flat, and then slice the potatoes lengthwise in slices the thickness of a two-shilling piece. Put these into cold water for twenty-five minutes, then dry them on a cloth. Prepare two frying-kettles ; in one put an allowance of ordinary frying fat, in the other some specially well-clarified fresh beef suet. Half fry the pieces of potato (*i.e.*, without allowing them to take colour) in the first fat, drain them on a sieve, and let them get cold. Shortly before they are wanted plunge them into the second fat, which should be very hot, move them about, and let them swell out, then drain, dry, and serve on a napkin. Pieces that will not swell must be fished out and set to get cold, and then tried again in the hot fat (Dubois).

The machine must be used for *pommes de terre Anna*, for which fine, equally sized slices are required. This *entremets* may be described as thin slices of potato, put in a well-buttered pan in layers with butter between each layer, then closely covered with a tightly fitting lid, and cooked either with hot coals above and fire around the vessel, or simply in

the oven. Having such a vessel in thick copper, with a lid hollowed like that of a braising-pan to hold hot coals, the process is easy, something like that followed in apple Charlotte :— Having sliced, macerated, and dried the potatoes, butter the pan liberally both on the bottom and sides, and line both with slices of potato overlapping each other ; then commence similar layers wherewith to pack the interior, carefully smoothing over each layer with butter and giving the topmost one a coating of butter. Thus packed—salt being the only adjunct, a dust of which should be sprinkled over each layer—either place the vessel closely covered in a mild oven, or on a low fire with hot embers on its lid. In five-and-forty minutes the potatoes will be ready. A quarter of an hour before serving open the pan, cut the contents through crosswise, thus forming four quarters ; with a palette knife invert each quarter, put the cover on again, replace the pan in the oven, and when serving turn out the potatoes in a dish made specially hot to receive them.

The butter used for this dish must be pliant ; in cold weather, therefore, it should be braided with a butter bat, or softened on a piece of linen. It would be possible to cook potatoes in this way in the oven in an earthenware pie-dish with a closely fitting cover.

Dubois, from whose work the foregoing is taken, adds another recipe—*pommes de terre à la maréchale*—which is easier. Slice the potatoes in the same way, and cook them in a stew-pan in butter over a very low fire till tender : then arrange them in layers in a fireproof baking-dish or metal *légumière*, dusting Parmesan cheese between each of them, and basting the whole with butter melted. Bake for half an hour in a gentle oven, and serve in the dish.

PEAS AND BEANS.

Peas (*petits pois*) may be boiled, cooked in the jar, or stewed. It is a *sine quâ non* that boiled peas be young and fresh. You rarely get a dish of peas equal to those gathered in a country garden : those bought in the London market are, as a rule, either too old, having been allowed to attain the largest size

possible, or wanting in the necessary freshness. It is, I need scarcely say, a great mistake to buy shelled peas.

For boiled peas :—Put one quart of water with a teaspoonful of salt, one of sugar, and half an ounce of green mint on the fire : when it boils, pour in a pint measure of shelled peas ; boil quickly with the pan uncovered ; when done, drain, and turn them out upon a *sauté*-pan with an ounce of butter, sprinkle a little salt and finely pounded sugar over them, work the pan till the butter melts, and is blended with peas, then empty them upon a hot dish and serve. The vessel must not be tinned if you want a good colour.

Peas in the jar.—This—a process of steaming, or jugging—is to my thinking the best way of cooking peas. You get the whole flavour of them, they are rarely overdone to a mash, as boiled peas in clumsy hands often are, and even old peas become tender and eatable by such treatment. Having shelled a pint of green peas, put them into a two-pound jam- or preserved ginger-jar, with a screw lid—or any kind of jar with a closely fitting top—(the vessel must be completely closed), and put in with them a tablespoonful of butter, a saltspoonful of salt, and a teaspoonful of powdered sugar, a dozen mint leaves, and a very little black pepper. Cover the vessel down tightly, and immerse it in a stew-pan, or *bain-marie* half full of boiling water. Set the latter on the fire and boil briskly : the peas should be examined in half an hour, by which time, if very young, they should be done.

The French tinned peas are very good when thus heated up. A quarter of an hour is ample : they should be drained from the tin liquid, and "refreshed" in "two or three waters," as cooks say ; that is, the peas should be emptied into a strainer, and fresh water should be poured over them two or three times. After this proceed as already described. The fresh butter, mint, &c., resuscitate the peas wonderfully.

Old peas may be stewed (*petits pois accommodés*) thus :—Put a lump of butter into a stew-pan with a small onion sliced, a bunch of mint and parsley, and a teaspoonful of salt ; cook this awhile till the onions take a pale colour, and then add the

peas, with as much broth as will just float them : simmer this patiently till the peas are thoroughly tender, then take up the pan, strain the liquid, spread out the peas on a dish and pick out the pieces of onion : now thicken the liquid with butter and flour, adding a teaspoonful of sugar, and lastly, the peas again : stir well, bring the saucepan to steaming-point, and serve.

But, after all, there is no way of turning *old* peas to a satisfactory account as good as the *purée*. For this, boil them as previously described, and then work them through the sieve. When you have got them through, add butter, a little black pepper, salt, a very little sugar, with a spoonful of cream or good milk, and serve in a small mould.

The flavour of lettuce is strongly recommended by some writers as a help to peas, and onions are also advocated. The lettuce should be shred, and put in with the peas to start with, and the onion should go in whole, both being removed when the peas are served. A slice of fat bacon is a capital thing to slip in with jugged peas.

Peas form a favourite *entremets* alone ; they should be, of course, carefully dressed, and served as hot as possible. The following styles—also applicable to them as garnishes—are recommended :—

1. *Petits pois au beurre*—boiled, or jugged peas, served with a pat of fresh butter melted in a small saucepan, and mixed with them at the last moment.

2. *À la crème.*—This is, in other words, *béchamel*, of which sauce a few spoonfuls should be poured over the peas just as you serve.

3. *Au jambon*—finely minced ham, tossed in butter and lightly fried, mixed with boiled or jugged peas.

4. *Au lard*—the same method, using bacon instead of ham. The bacon atoms should be nice and crisp.

5. The *purée*, previously described.

6. *Au velouté*—moistened, after having been boiled and drained, with *velouté* sauce, a spoonful of cream, half a salt-spoonful of sugar, and a pinch of mace. Boil up in this, empty the peas on a vegetable *entremets* dish, and serve.

FRENCH BEANS (*haricots verts*) are well worthy of our attention ; for thanks to importation they can generally be got. They are, besides, the correct accompaniment of the roast saddle, the roast loin, and, of course, of venison.

Now it is a mistake—though many cooks do it—to slice the pods of this bean into *thin strips*. By doing this nearly all the flavour of the bean is lost. The pods, which *must* be gathered young, should be simply peeled all round to get rid of the delicate fibre, their ends should be nipped off, and they should then be plunged into plenty of *boiling* salted water—the vessel uncovered, and allowed to steam freely to preserve their bright green tint—and at least a teaspoonful of sugar should be mixed with the water. If quite young, there will be no fibre to remove, and the beans may be cooked without any trimming beyond pinching off the stalk. A *tinned* saucepan should not be used.

I have, however, found that French beans—especially the imported ones—lose so much of their flavour by being boiled that I recommend stewing them (*haricots verts étuvés*). Butter a stew-pan, lay in the beans, sprinkle with salt, cover with broth, stew slowly, adding a little broth to make good reduction. When tender, drain, put the beans on a hot dish, thicken the broth with half an ounce of butter and the yolk of an egg, and pour over the beans. The pods may be cut *across* into diamonds of an inch and a half to facilitate operations. Be sure that the beans are quite young, or they will be tough. As soon, indeed, as the fibre round the pods becomes stringy, they are too old, and should be rejected.

Having cooked the beans to your satisfaction, you can serve them in the following excellent methods, and always secure a nice *entremets* or garnish with them if you like :—

1. *Aux persil frais*.—Turn them out into a hot dish, and for a pint measure melt an ounce of butter in a little saucepan with a dessertspoonful of finely chopped parsley, pepper, and a pinch of grated nutmeg—pour over the beans, and serve.

2. *Au sauce blanche*.—Make a quarter of a pint of *sauce blanche* with flour and melted butter, some of the water in which the beans were cooked, salt, pepper, and a little nutmeg ; stir

into this the yolk of a raw egg, beaten up in a tablespoonful of milk, give it two or three drops of lemon juice, and add as above.

3. *À la crème de fromage.*— Make a *sauce blanche* as above, enrich it with the yolk of an egg beaten up in a tablespoonful of milk, dredge into it a tablespoonful of mild grated cheese, and pour it over the beans piping hot.

4. *Au lard.*—Mince two tablespoonfuls of fat bacon with a teaspoonful of shallot, and toss them awhile in the *sauté*-pan without allowing the shallot to take colour : add the boiled French beans, toss them about for a minute or two more, and serve. Or, omit the shallot, fry the bacon until crisp, and add the pieces to the beans without any of the melted fat.

5. *À la crème.*—Pour a coffee-cupful of *béchamel* over the beans.

6. *À la maître d'hôtel.*—Stir a tablespoonful of *maître d'hôtel* butter into them when piping hot.

7. *Sautés.*—After boiling turn them into a *sauté*-pan with just enough butter to moisten them, stir gently over a low fire and let them absorb the butter, then sprinkle with salt, and serve.

A well-made *hollandaise*, *soubise* sauce, or a rich *velouté*, are all applicable to French beans : and a *poulette* made of butter, a little flour, and some of the water in which the beans were cooked, thickened with yolks of eggs, and seasoned with salt, assists them greatly. A quarter of a pint of sauce will moisten a pint measure of beans.

Broad beans (*fèves de marais*), when nice and young, may be cooked in this manner :—boiled, with plenty of salt in the water, till the skins crack, then peeled and tossed in butter, and served : or they may be sent up as a *purée* somewhat stiffly worked. Unless very young indeed the skins *must* be removed.

The water in which fresh beans are cooked should be *boiling* when they are first put in.

Here is a good standard dish of beans (*fèves à la bourgeoise*) :—

Having boiled and skinned the beans, turn them into a stew-

pan over a slow fire with a tablespoonful of fresh butter ; mix with them a tablespoonful of flour, and moisten with some of the water in which the beans were boiled ; season with pepper and salt, and when nice and creamy, serve.

DRIED HARICOT BEANS red and white, lentils, &c., if properly cooked make good garnishes for certain dishes, while in ordinary domestic cookery they are valuable, for they are very nutritious and wholesome. They must be soaked for at least twelve hours, and then be placed in cold water with a little salt, and gradually boiled. When boiling-point has been attained, the vessel should be drawn to the side of the fire, and its contents simmered till they are soft. They should be served with a pat of butter melting among them with chopped parsley, a dust of freshly ground black pepper, and salt. Bacon, cut into dice and fried, may be introduced with them or they may be served *à la Milanaise*, *à la poulette*, *à la maître d'hôtel*, or with brown sauce. When served with a leg of mutton, and moistened with *brown soubise* sauce you have *gigot à la Bretonne*.

The tedious process of soaking can, however, be avoided by another method which demands a certain amount of patience, but is otherwise easy enough :—Put the beans as they are into cold water salted, the proportions being, one pint measure of beans, three pints of water, one teaspoonful of salt. Bring to the boil, simmer for half an hour, then put in a coffee-cupful of cold water, and continue this system of bringing to the boil and throwing back by the addition of cold water every half-hour till the beans are tender.

One small onion, say two ounces, with half an ounce of celery and two ounces of carrot should be boiled with dried beans, and a few drops of tarragon vinegar are pleasant with any of them after dishing.

A *purée* of white haricots, enriched with white *soubise*, *velouté* or *poulette* sauce, makes a *recherché* white garnish for cutlets, fillets, croquettes, &c., while a *purée* of lentils *à la Conti*, *i.e.*, a *purée* of the beans diluted with rich game stock makes a good brown one. The proportion of sauce for these *purées* is :—half

the quantity of *purée*, that is to say a quarter of a pint of the former to half a pint of the latter.

FLAGEOLETS.—English people are apt to ignore the *beans* of *haricots verts*, kidney beans, scarlet runners, and dwarf beans, which, when shelled green, and served in various ways, are known abroad as FLAGEOLETS. As a rule we try to eat the pods long after they have outgrown their edible stage, and have become stringy and tough. Now, the young *bean* itself, when about three-parts grown is delicious, and, omitting the mint, may be cooked as laid down for peas and served as recommended for *haricot verts*. *Flageolets à la crème*, *soubisés*, *à la poulette*, or *à la maître d'hôtel*, make quite a presentable *entremets*, and a nice garnish. These remarks apply to the now largely imported flageolets, in their season.

HARICOTS VERTS PANACHÉS, a capital dish, is composed of young green pods and shelled beans mixed together. You can thus dispose of the old pods and use the tender ones to the best advantage. Cook them separately as already explained, toss each of them in butter, and then blend them. This recipe will be found useful by those who grow their own beans.

N.B. The water in which peas or beans are boiled, *eau de la cuisson*, is, remember, *a weak stock*. Use it when making your *sauce blanche* in preference to milk or plain water.

The pepper used with these vegetables should be black, and freshly ground. For this, of course, the cook should use one of the handy table pepper-mills, which are easily procurable.

CHAPTER XV.

VEGETABLES.

(B) Greens, and Miscellaneous.

CABBAGES—CAULIFLOWER—LETTUCE—SPINACH—ENDIVE—SORREL—MISCELLANEOUS.

CABBAGES (*choux*) must be cut in halves or quarters according to size, be carefully washed, their dead and bruised leaves removed, and their stalks trimmed neatly. They must then be soaked in salt and water (cold), with a tablespoonful of vinegar to get rid of insects, caterpillars, &c. When satisfied that they are fit to cook, plunge them into plenty of boiling water for five minutes to blanch: "refresh" them, as the French say, by a douche of cold water; drain, then put them into *fresh* boiling salted water with a teaspoonful of sugar, let the water boil freely, keeping the vessel uncovered, and drain them as soon as your test with the skewer assures you that they are done. Pressure is now necessary to get rid of the water, and when thoroughly drained they can be sent up.

Cabbages, however, are better done in the steamer, by which process they do not absorb so much water, and thus do not require such careful draining. The flavour of all green vegetables, indeed, is more successfully developed by this system of

cookery than by boiling. The only objection that may be urged is that their colour is rarely so bright. This may be overcome by placing a bag with wood ashes enclosed in it in the water. Vegetables should be carefully prepared as if for boiling, some salt should be sprinkled over their leaves, and they should be placed, dry, in the perforated receptacle that fits into the top of the steamer. Water should then be poured into the lower vessel, filling it not more than half full. The steamer should next be placed over a brisk fire. After steaming has set in, the contents of the receptacle should be examined now and then, and tested exactly as boiled vegetables are. I can strongly recommend Warren's vegetable steamer, made of block-tin, for this process. The Patent Rapid Cooking Steamer is another reliable contrivance.

There are tasteful methods of serving greens—*after* boiling or steaming them—which ought to receive every cook's attention :—

(*a*) Entire :—A small savoy, having been carefully drained and divided into quarters, should be laid in a very hot dish, with a pat of fresh butter or *maître d'hôtel* butter placed on the top of it to melt over all.

(*b*) In squares :—Pressed firmly after draining and then cut into neat squares or oblongs each of which may have a teaspoonful of melted butter.

(*c*) Cut up :—Turned out, after draining thoroughly, upon a board like spinach and chopped, being moistened with melted butter, milk with the yolk of an egg, or good broth, and worked into shape with a wooden spoon. In this form the cabbage may be used as a bed on which a boned and braised piece of the loin of mutton, veal, or pork can be laid.

(*d*) Mashed :—Cut up as in the previous case and mashed with potato in equal bulk, moistened with butter and milk, and seasoned with salt, pepper, and grated nutmeg. Good as a central support for a ring of cutlets.

Of fanciful ways of dressing cabbages a few examples may next be given :—

1. Here is a form of stewed cabbage (*chou au jus*) that—if

the head be nice and young—is worthy of being eaten alone :—Take a savoy or any good sort of cabbage, pick it carefully, and let it soak in salt and water and vinegar for an hour ; if a large head, you must divide it into quarters, and even a small head had better be cut in halves. When satisfied that the cabbage is thoroughly clean, blanch the pieces by plunging them for five minutes in boiling water, then "refresh" the quarters, and plunge them into a roomy vessel filled with boiling hot water, with half an ounce of salt and a quarter of an ounce of sugar, and after boiling with the lid off, freely, for a quarter of an hour, take them out, cool them in cold water (in which they should remain for an hour), and drain them. Now mince a thick slice (two to three ounces) of bacon with an ounce of shallot, a dessertspoonful of parsley, and a teaspoonful marjoram and thyme blended, half the same of mignonette pepper and salt blended ; put all in a stew-pan, and set it on the fire. As soon as the bacon melts, lay your cabbage quarters in it, toss them in the melted bacon for a minute or two, and pour round them sufficient broth to nearly cover them, with a layer of clarified fat over all. Let this simmer very gently, with the stew-pan closed for an hour and a half, till the cabbage is done. Then lift out the quarters, drain them, stir over a low fire in another stew-pan to expel all moisture, place them in a hot dish and cover them up. Strain the broth, take off the fat, thicken it with flour and butter, and pour it over the cabbage. The better your broth in this case the better the result. If, therefore, you can spare some turkey bones or scraps of game, ham, or tongue to assist your ordinary stock, your *entremets* will be all the nicer.

For garnish :—Dress the cabbage as has been described, and, after absorbing the moisture, put it upon a freshly scalded cloth from which the water has been wrung out ; roll the cabbage into pieces one and a half inch thick, cut these into two-inch lengths, lay them upon a buttered *sauté*-pan, glaze them with thinly diluted meat glaze, and warm to the necessary degree in the oven.

Cabbage for *chartreuse de berdreaux* should be similarly

prepared. If possible the moistening broth should be made of game bones, and well seasoned.

2. Another good way, *chou à la sauce blanche*, may be described as follows :—Divide a small cabbage into quarters, half-boil them, take them out, and drain them. Make a nicely flavoured *sauce blanche*—a pint will be enough for a small head—place the quarters in this, and slowly complete their cooking therein. Put the pieces of cabbage on a hot silver dish and serve, pouring the sauce over them. Or *sauce au fromage* may be used.

3. Cabbages may be cooked with rice and gravy (*chou au riz*) :—Par-boil the cabbage, cut it up into pieces the size of an egg, and put them with an equal quantity of half-boiled rice, into as much broth as will cover them, simmer till done, then serve. Do not put in more broth than is absolutely necessary, or the dish will turn out more like a *potage* than an *entremets*. Grated cheese should be handed round with this.

4. Another dish, *feuilles de chou farcies*, is recommended by a good authority which may be described in this way :—Boil the head of a cabbage till the leaves become pliant : take it from the water, gently detach a number of leaves whole, and dry them on a clean cloth. Have ready some pounded *quenelle* meat of chicken and ham, or tongue with an anchovy, or any artistic mixture of savoury meats bound with an egg. Arrange a dessertspoonful of this on a cabbage leaf, which roll carefully up in the form of a sausage : wrap two or three more leaves round this, and tie them up with white tape. Make six or eight of these, and simmer them gently in some good common broth till the leaves are done. Now pick out your rolls, untie the tapes, dispose them tastefully in the hot dish ready for them, thicken the gravy, colour it, and pour it over them : sippets of crisply fried bacon will form an appropriate garnish : serve.

A little *cooked* cabbage, cut small, forms an agreeable addition to a *pot-au-feu*, and should always accompany *potage croûte-au-pot*.

A recipe for *perdreaux au chou* will be found elsewhere.

Brussels sprouts (*Choux de Bruxelles*), both on account of their convenient size and superior flavour, are susceptible of delicate treatment for garnishes, &c. Their boiling must be conducted in the manner indicated for cabbages, *i.e.*, in plenty of water which must be boiling, well salted, and allowed to steam freely with the lid off. Care must be taken not to overdo them or they will be spoiled. It is also necessary to choose the dish of sprouts all the same size, or the small ones will be overdone. Having been thus cooked and well drained, they can be served according to recipe number two just given for cabbage, *à la sauce blanche*, and also in the following methods :—

1. *A la maître d'hôtel.*—Stirred in butter in a stew-pan, a pat of *maître d'hôtel* butter being melted over them, and a sprinkling of salt and pepper.

2. *À la Lyonnaise.*—Fry a small shallot cut into thin rings in half an ounce of butter ; when a golden colour, add one pound of boiled sprouts, work them together in the pan for a minute, and serve very hot.

3. *Au jus.*—Gently simmered after blanching in strong broth not thickened, but slightly flavoured with spice.

4. *Au beurre.*— Simply tossed in a good allowance of melted butter, with pepper and salt.

5. *À la crème.*—Served with a coffee-cupful of *béchamel* sauce poured over them.

6. *À la poulette.*—Sent to table with a libation of good *poulette* sauce.

Cold sprigs of cauliflower and sprouts are nice when eaten plain with a *tartare* sauce accompanying them. A dressing of oil, vinegar, salt, pepper, and minced shallot is also a happy way of improving them ; and I can recommend this :— Cut some slices of bread into fancy shapes, or simple oblongs ; fry them in butter a golden brown, spread over them some hot minced greens, or pieces of sprouts, and serve them with a nice brown or white sauce, or with a layer of buttered eggs on the top of the greens.

Cabbages of all kinds can be served *à la purée*, and in that

way make, with poached eggs on the top of it, a pleasant accompaniment to any plain piece of meat.

The CAULIFLOWER (*Chou-fleur*) is, of course, the queen of the cabbage kind, and well deserves our most careful consideration. In plain treatment, what I have said for cabbages generally holds good for this vegetable also, viz., draining in salt and water with vinegar, careful picking, and, if to be boiled, blanching, cooling, and then plunging into a large vessel (not tinned) filled with boiling salted water, with the lid off in order to preserve the green tint of the leaves ; a small proportion of sugar—a teaspoonful to a gallon—brings out the flavour of the vegetable. When boiled, or *steamed*, which is perhaps the better way, you must watch them carefully lest they be over-done.

You can serve cauliflowers with a variety of sauces. Cut the stalk flat so that the cauliflower can sit up, as it were, the flower in the centre, and the leaves round it, pour about it a good tomato sauce, or a plain *sauce blanche*, *velouté*, or *sauce piquante*, and dust some finely rasped crust crumbs over the whole.

After having been half-boiled, very small heads may be gently cooked in *sauce blanche ;* or the flower may be divided into sprigs (*chou-fleur en bouquets*), which can be cooked in clear broth, or in *sauce blanche*, and thus used to garnish an *entrée*. But the great dish to be studied thoroughly is cauliflower *au gratin*. This is as practicable with the remains of a cold boiled cauliflower as with a fresh one. Dispose the pieces of cauliflower in a well-buttered dish that will stand the oven, pour over them enough melted butter to lubricate them nicely : dust a good coating of grated cheese over them, pepper and salt, bake for ten minutes, and serve.

With a fresh cauliflower you must boil or steam the head first till all but done, which you must test with a skewer, drain it thoroughly ; then dissolve an ounce of Parmesan, or any mild grated cheese, in a sauce composed as follows :—one ounce of butter, one and a quarter ounce of flour, half pint of stock or water, pepper and salt. Next arrange the flower to the best

of your power in a neat fireproof dish ; either whole if large enough, or in a dome formed of the sprigs, with the tender green leaves introduced between each piece ; pour the sauce well round this, dust a layer of cheese over the whole, bake, and serve as soon as the top takes colour. A red-hot glazing iron passed closely over the surface of the dish will brown it nicely. For a special occasion the sauce may be *velouté* into which the cheese is stirred, and a spoonful of cream may be added.

For those who do not like cheese the following *au gratin* is to be recommended :—arrange your pieces of cauliflower as before explained, strew over them a canopy of fine stale bread crumbs, with which six olives, a dozen capers, and an anchovy, all chopped up small, should be incorporated ; pour over this a cupful of hot melted butter, bake for ten minutes, and serve. Salad oil is better than melted butter, but I fear that my countrymen will shrink from such a suggestion.

Lettuce-cabbage (*Laitue*). Although commonly looked upon in English households as a salad vegetable, the lettuce is particularly agreeable when stewed in broth and served hot with meat of any kind. In summer when they are plentiful this dish is much to be commended. Choose three fair-sized lettuces, soak them like cabbages to get rid of slugs and insects. Trim them neatly, casting away all bruised or faded leaves, wash them and plunge them into boiling water (salted) for ten minutes to blanch them, drain them, pour cold water over them, press the moisture from them, cut them in two, season with a sprinkling of salt, tie the halves together with tapes, put them into a stew-pan with sufficient broth to cover them, add two tablespoonfuls of melted dripping or stock-pot fat, an onion, a bunch of parsley and a couple of cloves : cover with a round of buttered paper, and simmer for two hours. When serving, sever the tapes and pour about half a pint of good brown sauce made from their *cuisson* over them.

For *laitues farcies* :—after blanching the lettuces and cutting them in halves, carefully pick out a few leaves from the centre

of each so as to form a hollow for the reception of a dessert-spoonful of chicken or veal *quenelle* forcemeat. Close the halves again and proceed as in the foregoing.

Cos Lettuce (*Romaine*) can be similarly treated.

Spinach (*Épinards*) is a very useful vegetable, particularly agreeable in summer weather, and with common care no *entremets de légumes* are more delicate than those which we can make with it.

Having selected two pounds of leaves, carefully pick, wash them well, blanch them by plunging them for five or six minutes in plenty of boiling water, drain, cast them into plenty of cold water to cool, drain them again getting rid of all wateriness, and then chop them up. Put into a stew-pan one ounce of butter, three-quarters of an ounce of flour, and a pinch of salt, with one of sugar; stir this over the fire for three minutes, then add the chopped spinach leaves; stir round for five minutes, and moisten with a coffee-cupful of milk, broth, or stock; stir over a low fire for two minutes more, and then add a breakfast-cupful of the milk or stock, stir till almost dry, and take the pan from the fire. Now mingle a pat of butter with the spinach, or give it a tablespoonful of milk with the yolk of an egg dissolved in it, after which turn it out upon a good hot dish, garnish it with sippets of fried bread, *fleurons* of puff-pastry, or savoury short-bread biscuits specially baked for the dish, and serve. Never use a tinned vessel for cooking spinach. Cream may of course be added if liked.

I mix a little grated cheese with the short-bread paste which I think goes well with the spinach, and some give the least suspicion of sugar; I think that the savoury method is the better of the two.

For *épinards à la crème* finish with a tablespoonful of good *béchamel* sauce or pure cream instead of butter or eggy milk.

Short-bread biscuits for spinach may be made as follows:— Put four ounces of flour into a bowl and mix into it two and a half ounces of butter liquefied, a saltspoonful of salt, one

whole well-beaten egg, a pinch of sugar, and an ounce of grated cheese ; add a spoonful of milk or so to form a pliant paste, roll out the paste one-third of an inch thick, cut into heart-shapes, and bake.

Fleurons of puff-pastry—*i.e.*, puff-pastry cut into fancy patterns and baked crisply—form a nice garnish, and nothing can be better—as an *entremets*—than little open patties, like the lower half only of a mince pie, made of puff-pastry, or of short-bread crust, filled with carefully made spinach *purée*, and capped with buttered egg.

Please observe that, after blanching, water is not used in this method, nor is the spinach *boiled :* it is simply quickly stewed in broth or milk. The operation is performed in a quarter of an hour.

Note also that it is not at all necessary to pass spinach through a sieve. If they are young and tender you should, after draining and blanching the leaves thoroughly, chop them up, and if cooked as I have described, they will take the consistency of a *purée* without any mashing. Of course the case of fibrous old leaves is different ; for such, passing through the sieve, cannot be avoided.

You can serve the *purée* with a poached egg or two on the top of it ; or you can fry some slices of bread, butter them, and dress your minced spinach over them, with a cap for each piece of buttered egg or a tiny pat of *maître d'hôtel* butter.

A mild anchovy toast, kept hot in the oven and served with a layer of spinach over its surface is very nice ; whilst a little mound of well-cooked spinach *purée* garnished with hard-boiled eggs forms an attractive centre for an *entrée* of cutlets. A pleasing looking *entremets* of spinach is made by shaping the greens in a circle, and leaving a hollow centre to be filled with " buttered egg " plain, or coloured red with tomato-pulp.

Curled Endive (*chicorée frisée*), chiefly used in England as a winter salad ingredient, may be treated *after* it has been cooked exactly as I have described for spinach, but being a tougher leaf it will require a slightly different method of preparation :—

Endives should be trimmed for cooking by picking off the outside leaves, and cutting off the green tips. The heads should then be severed by a cut across the stalk, detaching all the leaves therefrom. Thus every leaf can be examined and cleaned. When this has been done, and the leaves have been drained dry, cast them into a roomy vessel full of boiling water with half an ounce of salt. Unlike spinach, which merely takes five minutes, endives must be boiled for twenty-five. When tender, drain, cool, press out the water, and chop fine on a clean board, finishing as explained for spinach. If you simmer white endive leaves in *consommé* for two hours, and then increase the fire, stirring till the leaves have absorbed the broth, and finally moistening them with some rich *béchamel* and a pat of butter, you will have the correct foundation for a *blanquette à la Talleyrand*, *i.e.*, neat fillets of roasted chicken heated up in the endive sauce.

The Batavian Endive (*Escarole*) is not much in favour in England though offered for sale under the name of its relation chicory as salading in winter. It is, however, much used both in salads and as a cooked vegetable abroad, the treatment being similar to that advised for endive or sorrel, while the stalks may be dressed like celery or seakale.

Barbe de capucin, another endive, is also known as a salad herb for winter use.

Sorrel (*Oseille*), which should be dressed in the manner described for spinach, is not half enough used. It must be passed through the sieve after draining, and then be thickened with flour and butter, receiving a spoonful or so of good gravy as it is stirred over a low fire just before serving. Nothing is nicer than a mutton (neck) cutlet or fillet of beef with a sorrel *purée*, for the pungent taste of the vegetable suggests a novelty to the palate. This sharpness is particularly suited to the richer meats, pork and veal. A mixture of spinach with sorrel is especially agreeable. Some prefer half sorrel and half spinach, or a quarter of spinach to three-quarters of sorrel: this is of course a matter of taste.

SORREL SAUCE. I mentioned this vegetable in connection with *potage à la bonne femme* when talking about soups, and I may add now that half a pint of broth thickened and flavoured with sorrel *purée* makes a good sauce. In cooking sorrel, whether for soup or this sauce, an onion and a little *sugar* are essential, and lettuce leaves shredded are a great assistance.

The tender leaves of beet-root, nettles, and watercress make excellent *purées* in the style of spinach.

MISCELLANEOUS.

THE JERUSALEM (GIRASOL) ARTICHOKE (*Topinambour*) is a vegetable which, as a rule, people either dislike exceedingly or are very fond of. I place it amongst the best we have. Wash the artichokes, peel and shape them nicely, dropping each one into salt and water at once to prevent its turning black ; when quite young, put them into a saucepan with a gallon of *boiling* water and two tablespoonfuls of salt. In the middle of the season put them into warm water, when old into cold. Boil till tender (which will take about twenty minutes after boiling, thrown back by their admission, recommences) and drain, serving them with a nice *sauce blanche*.

Or, when three-parts done, you can lift them up, and simmer them till quite done, in rich brown gravy.

Or you can, when half-boiled, drain them dry, and bake them upon a well-buttered tin, serving them with plain melted butter, a dressing of oil, vinegar, minced shallot and salt, or any *sauce piquante* you fancy.

But, like the cauliflower, the Jerusalem artichoke is worthy of the epicure's attention when sent up *au gratin*. The combination being a *purée* of plain boiled artichoke, slightly diluted with *velouté*, and seasoned with pepper and salt : this, turned into a well-buttered pie-dish, its surface dusted over with finely grated mild cheese, and the whole baked until the top takes colour. Good milk with the well-beaten yolks of

two eggs may take the place of *velouté*, or a *sauce blanche*, enriched with one well-beaten yolk.

Instead of using a pie-dish the *purée* may be baked in some well-buttered *coquilles*, and served upon a napkin.

Another artistic method of doing this vegetable is this :— Cut half a dozen large ones, after they have been three-parts boiled, into long strips about a quarter of an inch thick, dip them in the batter I describe elsewhere (see FRITTERS), and fry them a golden tint : these fritters are excellent ; you can order them alone as an *entremets*, or pile them in a pyramid as the central garnish of an *entrée*.

Jerusalem artichokes can be served in a mould, *iced*, with iced cream or a *mayonnaise* sauce, or *hot* with a Parmesan, or rich white sauce. For the mould, follow this recipe :—Two pounds of the artichokes boiled in milk, half a pint of milk, four yolks, pepper and salt. Mash the artichokes, and pass them through the hair sieve, turn the yolks and milk to a rich custard, whisk this well, and add the white of one egg, and season with pepper and salt. Put the mixture into a well-buttered pudding mould, and steam it for one hour. Turn it out, and garnish it with tomato *purée*, Parmesan sauce, or a rich *velouté*.

Or :—Set the mould in ice, and turn it out, serving it as above mentioned with iced cream or a cold *mayonnaise* sauce in a boat. The name of this excellent *entremets* is *crème de topinambours*.

Jerusalem artichokes may also be sliced in thin slices and cooked exactly as potato chips. In this form they are very nice as an accompaniment with game, a roast fowl, or pigeon.

GLOBE ARTICHOKES.—Undeniably good as the Jerusalem artichoke is, it is of course inferior to the GLOBE or leafy kind (*Artichaut*). These are properly considered the choicest delicacies of the vegetable market by many people. A globe artichoke, like a cabbage, must be well soaked in salt and water with a little vinegar to get rid of the insects which may be hidden between the leaves. Then it must be set head down-

wards in boiling water, slightly salted, and boiled till the leaves part easily from the core. When done you must drain it, and dish it hot : a little *beurre fondu* (page 68), in which a few drops of anchovy vinegar or lemon juice have been introduced, with a judicious modicum of black pepper and salt, forms an agreeable accompaniment. *Beurre fondu*, remember, is butter plainly melted.

There are several high-class ways of serving globe artichokes :—

First let me give you directions for the trimming of an artichoke. Place the raw vegetable bottom downwards on a board, and with a very sharp knife at once cut it straight down, dividing it in half ; then divide each half thus obtained so that you have four quarters : next pare out the choke which adheres to each quarter, as you would core an apple, and trim off the leaves, leaving about an eighth of an inch of them unsevered and adhering to the trimmed quarters. Drop each piece as you trim it into cold water in which a lemon has been squeezed, or a tablespoonful of vinegar poured, to prevent its turning black, and when you have prepared enough for the dish you require, throw the quarters into boiling water with a dessertspoonful of salt and a spoonful of vinegar ; and in about fifteen minutes, when nearly done, lift them out and drain them. They may be now finished off in these several ways :—

1. As *beignets* :—by being cut into slices dipped in batter, and fried in boiling fat till of a bright golden tint.

2. Or, *à la sauce blanche*, or *béchamel*, in which they should be gently simmered.

3. Or, *à la maître d'hôtel* :—tossed in butter, and served on a hot silver dish, with the melted butter, a squeeze of lemon juice, and a sprinkling of very finely chopped curled parsley.

4. Or, *au gratin* :—the pieces neatly disposed upon a well-buttered silver or fireproof dish, with sufficient *sauce blonde*, or *velouté*, poured round them to keep them from burning, dusted over with very finely sifted bread crumbs, chopped mushroom, parsley, and a little shallot, pepper, salt, and a piece of butter

on the top of each piece, then baked for ten minutes and served hot.

5. Or, *à l'Italienne* :—as in the foregoing, substituting a dusting of mild grated cheese for bread crumbs, omitting the mushroom and chopped herbs, and merely adding the pepper, salt, and butter.

6. Or, *à l'Espagnole* :—gently simmered in rich brown sauce.

7. Or, *à la Lyonnaise* :—the pieces heated in the oven very carefully, piled upon a hot silver dish, and a rich brown sauce (with finely minced onion fried, and a tablespoonful of minced parsley incorporated therewith) poured over them.

8. Or, *à la poivrade* :—trimmed as aforesaid, simmered in *blanc* (described later on), and served with *sauce poivrade*.

Artichoke bottoms (*fonds d'artichauts entiers*) are trimmed in this way :—Cut the tops of the leaves horizontally, parallel with and close down to the top of the *fond*. Trim all leaves that may adhere to the *fond* quite closely all round, and pare off the stalk smoothly. Now plunge the artichoke bottoms into boiling salt and water, and blanch them to facilitate the scooping-out of the choke, which should be done with a silver spoon. With artichokes thus prepared you can turn out :—

Fonds d'artichauts à la barigoule :—Having drained six artichoke bottoms of a fair size, and scooped out their chokes, give them a dust of salt and pepper, put them on a clean dish, and prepare this farce :—four ounces of finely minced bacon, a quarter ounce of butter, and the same weight of flour, a coffee-cupful of broth, and one tablespoonful of very finely minced parsley, one tablespoonful of finely minced mushrooms, and one dessertspoonful of finely chopped blanched onion. Stir the mixture over the fire for five minutes, and then fill the hollows of the artichoke bottoms with it. Tie a very thin slice of bacon over each *fond*, and put them in a stew-pan with a breakfast-cupful of good broth. Put the stew-pan into the oven, and bake for twenty minutes, ascertain if tender, then dish up and serve (Gouffé).

For this dish Audot recommends that the *fonds* be placed upon lean slices of veal or pork, which should be laid at the bottom of a braising-pan ; that the gravy should be poured in, and that the process should be that of braising.

For *fonds d'artichauts à la Provençale*, prepare the artichokes as above without the farce, place them in a pie-dish with enough salad oil to keep them moist and safe from burning, and with six cloves of garlic, pepper, and salt. Put the dish into the oven, and bake : when the *fonds* are tender, remove the garlic, give them a dust of pepper and the squeeze of a lemon, dish up, and serve. People who dislike oil, and a far-off suspicion of garlic, can of course use melted butter and slices of shallot.

Fonds d'artichauts à la béchamel, or *hollandaise* make a very excellent *entremets*. Trim as already described, simmer them in *blanc*, and serve either with *béchamel* sauce, or *hollandaise*.

I have been successful with *fonds d'artichauts à la moëlle*. Cook the *fonds* till tender in *blanc*. Prepare some beef marrow as explained for celery *à la moëlle*. Take as many silver *coquilles* as you have *fonds*, butter them, and place a *fond* in each shell, fill the cavity of the *fond* with marrow, heat the *coquilles* in the oven hot, and just before you serve pour into the centre of each a little hot *Espagnole*, or good brown sauce slightly flavoured with marsala. If you have no *coquilles*, little puff-pastry cups answer very well : make them in round patty pans. It is imperative that these be served as hot as possible.

Cold boiled artichoke bottoms can be mashed up with cream or white sauce, and a little butter, seasoned with pepper and salt, top-dressed with crumbs or grated cheese, and baked in a little pie-dish or in silver *coquilles*.

Or, the mixture, moistened with white sauce, can be placed inside little pastry patties, like oyster patties, and served on a napkin (*bouchées d'artichauts*). This latter method is equally practicable with Jerusalem artichoke *purée*, and if your cook can make light pastry, these little patties will be found very nice indeed.

Remember when writing your *menu*, with regard to these two vegetables, that the *artichaut* is the *globe* or leafy kind. The Jerusalem artichoke should be called *tobinambour*.

Tomatoes (*Tomates*) form a most valuable portion of our vegetable produce. Whether cut up cold in its raw state, and eaten as a salad, or in the form of *purée* as a soup or sauce—*au gratin*—dressed as an *entremets*—with macaroni—with fish, or with other vegetables as a garnish—the tomato never fails to be a welcome friend. In Italy, Spain, and Southern France, it forms a staple part of the daily food of all classes, and I believe that I am right in saying that it is a very wholesome vegetable in a hot climate. I give you elsewhere several dishes in which tomatoes play an important part; I will, therefore, confine myself now to two excellent recipes for serving them as an *entremets*.

Au gratin:—Cut a slice off the top of each tomato as you would decapitate a boiled egg. With a silver spoon scoop out the pulp and seeds from the shell as well as you can, put the cases so obtained on one side: make a *purée* with the scooped-out pulp, proceeding as laid down in the next paragraph, pass the pulp through the sieve, and thicken it with fine bread crumbs: beat up some yolks (one for every two cases) and mix the whole well, stuff the cases therewith, give the surface of each a light dusting of grated cheese, bake on a buttered dish for ten minutes, and serve.

Another method, which has the advantage of simplicity, may be followed in this way. Put half an ounce of butter into a small stew-pan, throw into it a tablespoonful of finely minced red shallot, put the pan on the fire and lightly fry the mince; before the pieces take colour put into the vessel four or five large, or a dozen small tomatoes, cut up into small pieces. Stir well over the fire until the tomatoes are thoroughly cooked, then pass all through a hair sieve. Now rub a *gratin* dish with a piece of garlic, butter it, and pour into it the tomato *purée*, dust over the surface a layer of Parmesan, Gruyère, or other mild cheese, and bake for eight or ten minutes: serve hot.

Farcies à l'Italienne :—Cut the tomatoes as above described, scoop out the pulp and seeds with a silver spoon, and place the cases on a baking-dish upon which you have poured a little of the best salad oil or melted butter. Make a mixture of grated ham, bread crumbs, finely minced shallot, capers, parsley, marjoram, and thyme, seasoned with pepper and salt ; mix this with the tomato pulp, and fill the cases, covering them completely, shake an allowance of salad oil or melted butter in drops over all, and bake for a few minutes, serving the dish intact as it comes from the oven. The proportion of crumbs to the ham should be two tablespoonfuls of the former to one of the latter, a teaspoonful of shallot ; the flavouring herbs, &c., to taste at discretion. Chopped anchovies, olives, capers, mushrooms, and truffles, can be introduced if at hand, and butter (melted) may be used by those who do not like oil.

N.B. The *skin* of the tomato affects some people seriously, it is therefore advisable to remove it from all dishes in which it might be accidentally eaten. This is of course done when the vegetable is passed through the sieve, but in cases where the sieve is not used the skin can be removed by plunging the tomato for a minute into boiling water, and cooling it immediately afterwards in cold water. The peel can then be taken off without injuring the tomato.

The ONION (*Oignon*) apart from its value in the stock-pot and stew-pan as a flavouring agent, can be made a good deal more of in vegetable cookery than custom seems to decree. This absence of development would seem somewhat strange, for whether plainly boiled, or stewed, onions rarely fail to please those who are fond of them. These remarks are specially applicable to Spanish onions.

A very presentable dish is :—*oignons au gratin* made in this way :—Blanch one pound of onions, cool, divide them in quarters and boil them in milk and water till tender ; cut them up as finely as possible, moisten with some of the liquid they were boiled in, and mash them, mix well, adding a coffee-cupful of cream, or milk enriched with the yolk of an egg,

pepper, and salt. Put the *purée* into a shallow pie-dish, strew a good layer of grated cheese over the surface, and bake for a few minutes till thoroughly heated and the top takes colour. You must, of course, butter the pie-dish, and also sprinkle a little melted butter over the cheese.

Frying onions for garnishing is generally misunderstood in the English kitchen, the result too often being a flabby, dark-coloured mass, the cooking of which has filled the whole house with a tell-tale odour. For this purpose the onions should be blanched for five minutes, then cooled, and sliced finely cross-wise. Dry the rings thus produced in flour upon a napkin and put them into the wire frying-basket ; plunge this into very hot fat for five or six minutes, drain, sprinkle with a little salt, and serve. They should be crisp and of a golden yellow colour like potato chips.

For *oignons glacés* (glazed onions) small onions of the size used for pickling should be chosen. Put them into a stew-pan with enough butter or clarified dripping to fry them without burning, dust them over with salt and sugar, move them about over a good fire to colour them, then put them into a *sauté*-pan, moisten them with enough broth to cover them, roll them about in this over a quick fire, and as the broth reduces it will form a glaze ; baste the onions with this to glaze them evenly, and when that has been done they are ready.

Onions, if of a moderate size, can be served *à la crème*, *à la béchamel*, *à l'espagnole*, &c., and are generally acceptable with the white or brown meat, as the case may be, when so treated.

Oignons farcis are made exactly like *tomates farcies*.

Leeks (*Poireaux*), when about the thickness of giant asparagus can be tied in bundles, and cooked in a similar manner, being served with a white sauce or butter plainly melted ; but these excellent members of the onion family are chiefly of value to the cook for the flavouring of broths and soups. In the form of *purée* with a dusting of grated cheese they make a good savoury toast.

VEGETABLE MARROWS (*Courges à la moëlle*) are very nice, and in their turn not to be passed over. I think the best way of cooking them is to steam, or bake them till all but done, then to lift and drain them, removing the seeds, and shaping them into fillets, &c., as desired. You can then heat the fillets up in a previously made white or brown sauce flavoured to taste, and serve them as soon as tender. Marrows if old should, of course, be peeled before steaming.

The vegetable marrow is also worthy of a place amongst *entremets de légumes*, when served *au gratin*:—baked in layers, or fillets, moistened with *sauce blanche*, and dusted over with grated cheese; or as *beignets*:—partly cooked, and cut into convenient pieces, which should be dipped in batter, and fried a golden brown in boiling fat.

An uncommon dish with a marrow is that called mock whitebait:—You parboil the marrow, and then cut it up into a number of pieces about the size of the whitebait, after that roll them into a floured cloth, and fry them at a gallop in a bath of seething fat; lift them out when they turn a golden yellow and drain them, pile them on a napkin, and serve with a dusting of salt, and a lemon cut in quarters, handed round with brown bread and butter. Or they may be served as a garnish with boiled fish, cutlets, fillets, &c.

But this vegetable is at its best when gathered very young (*courgettes*)—about the size of a goose's egg—and served whole: the seeds being then scarcely formed, need not be cut out. It can thus be served *à la maître d'hôtel*, with Parmesan sauce, &c. Cold, with oil and vinegar dressing, it is excellent.

Carefully avoid the awful English custom of serving marrows on *sodden toast*.

CUCUMBERS (*Concombres*) may be cooked exactly as laid down for vegetable marrows. They form a most pleasing and delicate garnish for boiled fish, or cutlets, when dressing *à la poulette* as follows:—

Take a good-sized cucumber, or two small ones; cut them

lengthwise into quarters, remove the seeds, and peel off the green skin. Cut them into pieces two inches long and one inch thick, and put them into a stew-pan with plenty of boiling water, half an ounce of butter, and a teaspoonful of salt. Simmer them until three-parts done ; then drain the liquid off, and turn the pieces of cucumber out upon a clean dish, cut each piece in half and cover them up. Make half a pint of *poulette* sauce with the *cuisson*, put the pieces of cucumber into it, warm gently in the *bain-marie*, and serve.

Or, the pieces may be simmered until cooked, then drained, piled up on a hot silver dish, and served with a pat of *maître d'hôtel* butter melting over them. In this manner they are very nice with a dish of lamb cutlets.

Small cucumbers and marrows may be stuffed, and cooked as follows :—(*concombres farcis*) Peel and half boil the cucumber, slice off a piece at one end, and pick out the seeds with a marrow-spoon ; stuff the hollow thus formed with a farce made of pounded meat, and bread crumb, two-thirds of the former to one of the latter. Season the farce with pepper and salt, a little minced shallot and parsley, and bind it with a well-whipped egg ; fix on the end you removed with white of egg, and secure it with tape. The cucumber can now be baked, or gently simmered in broth or milk which should be thickened and poured over it when done.

Pumpkins (*Potirons*) may be treated when very young and tender much in the same manner as marrows and cucumbers.

Indian corn, or maize (*Maïs*), when procurable is, as a rule, appreciated when treated *à l'Américaine*—stripped while still white from the green cob, boiled like peas, and then drained, tossed in melted butter, peppered, salted, and served. Plenty of butter is a *sine quâ non*. Or the corn may be stripped off after boiling, and similarly treated.

Tossed, after having been stripped, in butter, sprinkled with grated Parmesan, and moistened with tomato sauce in sufficient

quantity to give the dish a slight red colour, Indian corn makes a capital *entremets—à l'Italienne.*

It is useless to serve Indian corn unless the cobs be quite young. As soon as the grains turn yellow they become tough.

AUBERGINES are now imported so largely that they may be counted among our ordinary vegetables. Unluckily they are gathered when fairly mature and come to England full grown. When not more than two or three inches long before their seeds have developed they are most delicate. In this condition they can be simmered till tender and served with white or brown sauce, or be treated in any of the ways recommended for *fonds d'artichauts.* When mature they are perhaps at their best when cooked *au gratin*, a receipt for which will be found in the *menus.*

STACHYS JAPONAIS, or Japanese artichoke as it is called in London, is a little tuber of delicate flavour well worthy of the cook's attention, having a nuttiness of its own in no way like an artichoke. At the same time it should be gently cooked in the same manner, and can be served with *béchamel*, *milanaise*, or *poulette* sauce. Like seakale asparagus, salsify, celery, and other delicately flavoured vegetables it is very nice cold with *cream* as a sauce.

Sir Henry Thompson, who first introduced this vegetable to English gardens, also advises that it be used in salad, cut in two raw, or after having been boiled for five minutes and mixed cold with little slices of boiled beet, and slices of celery.

CHAPTER XVI.

VEGETABLES.

(C) Roots, Fungi, and Preserved.

ROOTS—FUNGI—TINNED VEGETABLES.

ROOTS.

THE cookery of roots is an important branch of kitchen work. For this it is necessary to provide the cook with root-knives, scoops, and cutters, for with their aid tasty-looking garnishes for *entrées* and *relevés* can easily be designed out of carrots, turnips, celeriac, parsnips, &c., while dishes of these vegetables for ordinary service are thus made to appear more tempting and artistic. There need be no waste, for the cuttings or trimmings are valuable for the stock-pot, and can be used in the form of *purée*.

Blanched stalks rather than roots such as celery, seakale, and cardoons, require a good deal more attention while in preparation than the commoner kinds. Thus we find that French artists use *blanc* as the medium in which to dress them, while a certain amount of clarified suet or stock-pot fat is recommended to be put in with them. This preserves their whiteness.

Asparagus is treated of in this section for convenience. The salsifies are cooked exactly like celery.

Turnips (*Navets*) do not require much discussion. It should be remarked, however, that when nice and young they are well worthy of attention, especially as garnishes for *entrées*, stews, &c. Think of *appearance* when serving them, and shape the roots into little cones or ovals of an equal size. Thus trimmed, a dish of turnips served with *velouté* or *sauce milanaise* is quite worthy of separate service as an *entremets:* the roots should be cut into pieces and shaped about the size of a bantam's egg, boiled to a turn, and served with either of the sauces named poured over them to finish with.

Trimmed in the same way, young turnips can be sent up *à la poulette*, or *à la béchamel.*

Glazed Turnips.—The French concoction of young turnips called *navets glacés* makes a tasty garnish. Trim your turnips into twelve neat shapes like small pears, or cones, and blanch them for five minutes in boiling salt and water ; drain them, and put them into a saucepan with half an ounce of melted butter, and stir gently over the fire until they begin to brown ; drain them from the butter and put them into a *sauté*-pan ; and then add three-quarters of a pint of good broth : pepper and salt and a dust of sugar should now be given. Reduce the broth to a glaze, baste them with this, and serve.

Mashed turnips with cream is, of course, a well-known dish, and, like other root vegetables, turnips make nice additions to your ordinary dish of meat, or cutlets *à la purée*, or when cut up and mixed cunningly in a *macédoine de légumes.*

Kohl Rabi, knol-kohl, or turnip-rooted cabbage (*Chou-rave*), when cut young is more delicately flavoured than the turnip. The roots are susceptible of similar treatment, and are equally valuable in the stock-pot. Shaped the size of a bantam's egg they may be partly boiled, and then lightly finished in the *sauté*-pan in butter, being served as they are, straight from the pan, with a dust of salt and black pepper.

Small early CARROTS (*Carottes*) and PARSNIPS (*Panais*) may be trimmed a uniform size in cones or pear shape, boiled gently, and finally tossed in butter in a frying-pan, with pepper, salt, and some finely powdered sugar.

Or, they may be similarly treated, and sent up *à la maître d'hôtel*, *aux fines herbes*, &c.

Carrots cut into round balls, gently simmered till tender in *blanc*, and then dressed with *sauce blonde*, or *à la poulette*, make an effective central garnish for a dish of cutlets, which when thus presented may be called *à la Nivernaise*.

Carottes à la Flamande are worthy of consideration :—Choose a pound and a half of tender carrots, blanch them in scalding water, scrape off their tough skin, and trim them in slices the eighth of an inch thick. Put the pieces into a stew-pan with one ounce of butter, a pinch of salt and one of sugar, and enough stock or water to cover them. Cover the pan, and simmer for twenty minutes, shaking the pan occasionally to ensure even cooking. When done, remove the pan, let its contents cool a little, and then strain off the liquid from the pieces of carrot. Carefully separate two yolks of eggs from the whites, and beat them well with a little of the cooled liquid ; stir this into the rest of it *en bain-marie*, adding finally half an ounce of butter and a tablespoonful of chopped parsley. Dish the carrots, pour the sauce over them, and serve.

BEETROOT (*Betterave*).—This root, chiefly used cold as a salad by itself, or mixed with other vegetables in salad, is by no means to be despised when served hot with a nice *poulette* sauce. Beetroot is far better baked than boiled. After having thus cooked it, peel off the skin, cut it into slices, season them with pepper, salt, chopped parsley, and cress, and give them a turn or two in a pan with a pat of butter and a few drops of vinegar. Dish up, and pour a *poulette* sauce over them. If allowed to get cold the slices may be served with *mayonnaise* sauce.

Beetroot leaves can be turned to excellent account, either dressed as spinach, for which the tender ones should be chosen,

or as cardoons, in which case the mid-rib of the larger leaves should be cut out, and gently stewed in *blanc*.

Celeriac (*Celeri rave*) is a root but little appreciated in the ordinary English household, notwithstanding its value in taking the place of celery at times when the latter cannot be procured. It is nice in cooked salads, and makes a good garnish or vegetable to accompany meat of any kind, especially poultry.

Peel the heads, and with a root-cutter cut out of them a number of round balls, ovals, or other patterns. Plunge them into boiling salted water to blanch, drain them, put them into a well-buttered stew-pan, cover them with broth, and simmer till they are tender. Thus cooked they can be served with a brown or white sauce, or be glazed for a garnish.

Celeriac makes a nice garnish also, in the form of *purée*, for cutlets, boiled poultry, &c.

Celery (*Céleri*) is an exceedingly nice vegetable, not only when sent round raw with cheese, but also when cooked in various ways as an *entremets*. In the latter case the heads should be very neatly trimmed and cut short, say five or six inches in length. They can then be split lengthwise in two or four pieces, according to the thickness of the head, and be carefully washed. When prepared satisfactorily, the pieces should be plunged into fast boiling water, and boiled for ten minutes. They must now be taken out, drained, and wiped, and then put to stew gently for about two hours in sufficient common broth or milk and water to cover them. As soon as tender, they must be strained, turned out upon a hot silver dish, and served like asparagus, with a pat of butter melting over them, piping hot.

Celery may be also stewed gently in weak stock or *blanc*, and then be presented *à l'espagnole* (covered with a thick rich brown sauce), *au velouté* (with a white sauce), or *au jus* in clear gravy.

Blanc, which I have already mentioned with reference to

fonds d'artichauts, is a kind of stock made as follows :—Cut up as small as possible a quarter of a pound of veal suet or a quarter of a pound of beef suet, and put the pieces, with a tablespoonful of flour and three and a half pints of cold water, into a stew-pan. Boil up and add eight ounces of onions cut up small, a bunch of curly parsley, a teaspoonful of dried thyme or marjoram, the rind of a lemon, a teaspoonful of sugar and one of salt, and stir well over a brisk fire for half an hour, strain, and use when boiling celery, sea-kale, cardoons, Batavian endive, salsify, &c., to preserve their whiteness and improve their flavour. The fat is not to be taken off *blanc*. Two or three slices of lemon freed from pips should go in with the vegetables, for they assist the blanching process.

Celery stewed in *blanc* can be served advantageously *à la moëlle*, *i.e.*, with beef marrow. For three heads a quarter pint of thick brown sauce will be required.

The marrow should be treated in this way :—Get the butcher to break the bone so that you can get the marrow out in large pieces, blanch them for five minutes in boiling broth, drain them on the top of a sieve, let them get cold, and then cut them into slices : shortly before they are required heat them up gently in a little of the sauce in the *bain marie*. A dessert-spoonful each of this should be put into neat *croûtes creuses* of fried bread, described elsewhere ; or make little pastry cases, in small patty pans, and fill them with the marrow. Pile the celery in the centre of the dish, pour the remainder of the sauce over it, and serve, with the *croûtes* in a circle round it, very hot.

Sea-kale (*chou-de-mer*) should be treated precisely as laid down for celery. It well deserves our best attention, being most delicately flavoured. To the sauces recommended for celery *milanaise* may be added, for it harmonises well with this vegetable. Sea-kale, as advised for asparagus, may be served cold with plain cream as its sauce. Both should be really cold, and a few drops of tarragon vinegar may be sprinkled over the sea-kale before the addition of the cream.

The stalks of *escarole* (Batavian endive) and of lettuces when *just* running to seed are very nice when cooked as recommended for celery.

Cardoons (*Cardons*) must not be omitted, for although by no means an ordinary market vegetable, they can be got, and are easily grown in English gardens. Choose them well bleached and free from bruises. Cut them into three-inch lengths ; scrape off the prickles ; plunge them into boiling water acidulated slightly with lemon juice. Keep them at this temperature till the woolly skin peels when rubbed with a cloth ; then drain, and cast them into cold water. After having been thus cooled they should be trimmed and the stringy skin removed. To cook them, cover the bottom of a stew-pan with slices of fat bacon, lay the cardoons thereon, cover them with a layer of bacon slices, moisten with sufficient *blanc* to cover the contents of the pan, add slices of lemon, mignonette pepper, and salt, cover the pan, and simmer the cardoons very gently till they are done. Cardoons can be served with white sauce or with brown. Beef marrow is a favourite adjunct prepared as already described, *cardons à la moëlle* being a well-known delicacy.

According to Audot, the mid-ribs of the leaves of white beetroot (*cardes poirées*), and the tender stalks of the globe artichoke plant (*pieds d'artichauts*), form a nice substitute for cardoons. The latter should be blanched, scraped free from their fibrous skin, cut into three-inch lengths, and stewed in *blanc* as described for celery *à la moëlle*.

In order to blanch the artichoke stems, it is necessary, after the vegetable has been gathered, to bend the shoot down and earth it up. The parts thus covered turn white, and in this way you obtain an excellent substitute for cardoons.

Salsify (*Salsifis, ou Scorsonère*) is an edible root of delicate flavour. There are two kinds of this vegetable—the white and the black. The former is called *salsifis ;* the latter, which is by far the better, *scorsonère*. The one is gathered in its first

year's growth, the other not until it is two years old. The former variety is the commoner in London.

To boil ordinary salsify—say two pounds—take one quart of water, a teaspoonful of salt, and a tablespoonful of vinegar, with four ounces of melted beef dripping : stir over the fire till boiling, then put in the salsify, which should be cut into two and a half inch lengths. Slowly simmer for half an hour, the stew-pan not quite closed, drain them, and serve with butter melted or *sauce blanche*.

Or—after boiling—the pieces may be floured or dipped in batter, and fried in boiling fat till they are crisp. Grated cheese may then be dusted over them as soon as they have been drained dry (*salsifis frits*).

Salsify can also be served with brown sauce and beef marrow (*à la moëlle*) or with plain gravy (*au jus*).

Black salsify has a very perceptible flavour of the oyster—is, indeed, called the oyster plant in America—and forms several delicious *entremets*. The roots peel easily when boiled, and when mashed the pulp is as white as snow. Simply mashed with milk or white sauce and a few drops of anchovy sauce, with a covering of bread crumbs strewn over it, and a little melted butter, then baked till brown, and served in *coquilles*, black salsify presents an exact imitation of oysters scalloped.

Salsify *purée*, garnished with pieces of the vegetable a quarter of an inch long, and enriched with *velouté*, can be served wherever oyster sauce is recommended—with a juicy fillet of beef, for instance. It makes a most delicate patty, and as a white soup (*purée*) it might be called mock *bisque d'huîtres*.

Never peel or scrape black salsify (*scorsonère*) before boiling, for if cut when raw it "sweats," and loses much of its moisture and flavour. Boil first, and peel afterwards. This advice, though contrary to that of most writers on cookery, is the result of personal experience.

Asparagus (*Asperges*) and Sprue should be picked carefully,

washed, and tied up with tape in little bundles with all the heads level : then, with a very sharp knife, the stalks should also be cut level. Put the trimmed bundles into fast boiling water with a good allowance of salt (a quarter of an ounce to a quart), and a little sugar. The bundles should then be carefully drained and the tape severed, the vegetable being served *entiers*, with Dutch sauce (*beurre fondu*), or a plain dressing of oil, vinegar, pepper, and salt.

The following valuable wrinkle is given by the author of *Food and Feeding* :—

"Asparagus of the stouter sort, always when of the giant variety, should be cut of exactly equal lengths, and boiled *standing ends* (the green tips) *upwards*, in a deep saucepan. Nearly two inches of the heads should be out of the water—the steam sufficing to cook them, as they form the tenderest part of the plant ; while the hard stalky part is rendered soft and succulent by the longer boiling which this plan permits. A period of thirty or forty minutes on the plan recommended will render fully a third more of the stalk delicious, while the head will be properly cooked in the steam alone." Little frames to facilitate this process, in which the bundle of asparagus is kept in position without trouble, can be procured at 119, New Bond Street.

There is a custom still followed by very old-fashioned cooks, I believe, of placing a slice of *toasted bread* in the dish destined to receive a bundle of asparagus, seakale, &c., over which they finally pour a plentiful bath of tasteless flour and water called white sauce. The *raison d'être* of this was that the asparagus, not having been properly drained, the toast acted as a sponge to absorb the water, and people really flattered themselves that this sodden stuff was nice to eat ! Now since the vegetable *must* be very carefully drained before it is dished, the *toast* is utterly unnecessary, and the sauce—the *beurre fondu* aforesaid —ought invariably to be handed round, piping hot, in a silver boat, a few drops of tarragon or anchovy vinegar being stirred into it at the last moment.

Asparagus ought *never* to be served in the ordinary English

fashion with common *sauce blanche*. Those admissible as a change are :—*hollandaise*, *béarnaise*, and perhaps *maître d'hôtel* (hot), *sauce verte*, or *d'Argenteuil* (cold).

Sauce d'Argenteuil :—Pound three hard-boiled yolks of egg to a paste and work into it a sherry glassful of salad oil, a teaspoonful of mustard, a saltspoonful of pepper, and one of salt ; mix thoroughly, and add a tablespoonful of cold *velouté*, finishing with a teaspoonful of tarragon vinegar and a dessertspoonful of chopped parsley. Serve very cold.

A very nice way of serving asparagus as an *entremets* is iced, with pure cream (also iced) as its sauce. It is, in this way, particularly agreeable for a change in hot weather.

The green ends of asparagus (*pointes d'asperges*) form an artistic accompaniment to an *entrée ;* they are excellent when added to a clear soup, and make a very superb *purée*. Asparagus peas are made by chopping the green ends of the shoots into dice, and then treating them as peas. With these effective garnishes are made for both hot and cold *entrées*.

FUNGI.

The MUSHROOM, now so easily produced artificially that it is procurable all the year round, is perhaps one of the most valuable assistants that we possess in cookery. Unfortunately mushrooms are exposed for sale too commonly in a condition wholly unfit for the kitchen—black, sodden, and honey-combed. Unless quite fresh, pink in the gills, and firm, they should be rejected.

In order to keep mushrooms white for garnishing purposes it is the practice of French cooks to saturate them with lemon juice, and thus for the sake of appearance the flavour of the fungus is impaired. If selected carefully as I have described (and it is worth while to pay a little more for the privilege), neatly peeled, their stalks trimmed close, and then cooked in *blanc* or milk, button mushrooms can be kept quite light coloured enough for *entrées*, and their better flavour quite makes up for their slight dulness.

The process of blanching them for garnishes in the French

manner may be thus described :—As each mushroom is prepared cast it into a basin of cold water well sharpened with lemon juice. When all are ready, having been thus marinaded, drain and fry them for seven or eight minutes in butter in a stew-pan with pepper, salt, and the juice of a lemon, tossing them occasionally ; then empty them into a bowl, and cover them with pepper till wanted.

Avoid *washing* a mushroom if you possibly can : wipe them, peel off the skin, trim the stalks, and tap the top of each of them so that any grit in the gills may be expelled. A fresh mushroom, properly gathered, is quite clean after the process I have indicated ; stale and bruised ones may require a bath, but these should not be purchased. Put all the trimmings of skin and stalk into a saucepan with salt and pepper, and enough water to float them well ; boil, simmer for fifteen minutes, and strain through fine muslin—for there may be grit in these pieces. This fresh ketchup is most useful for stews and sauces, for moistening mushrooms *au gratin*, or any sauce in which the fungi from which it was extracted appear.

Mushrooms for garnishing purposes should be of the button size, though if not procurable, larger ones cut into convenient pieces may be used instead.

To eat independently these excellent fungi can be stewed (brown or white), broiled, or baked. They make a capital *purée*, in which form they can be presented as a sauce or garnish, or be introduced in an *omelette*. Their flavour is such that I think it a mistake to blend any other distinctly tasty thing with them. The simpler their treatment the better. For this reason a true connoisseur, as a rule, would sooner have a broiled mushroom with his fillet than one stuffed with ham and chopped truffles ; or a dish of them *au gratin* with plain pepper, salt, and butter, than one swimming in creamy *béchamel*.

The *purée* is made in this way :—

Prepare, in the manner I have explained, eight or ten ounces of fresh mushrooms ; put them into a stew-pan with the ketchup made from the trimmings carefully strained, a coffee-cupful of milk, a pinch of salt and one of pepper ; bring

to the boil for two minutes only ; simmer for a quarter of an hour, then remove the pan from the fire : let the mushrooms cool in the liquid, then drain, wipe them, pound and pass them through the sieve, using half an ounce of butter to assist the operation. Take half a pint of *sauce blonde* or *velouté*, add the mushroom liquid, and stir over the fire till the sauce coats the spoon, then add the *purée*. Set in the *bain-marie* till wanted. If required brown proceed in the same way, but use domestic *espagnole* instead of white sauce for the final blending.

Truffles, when procurable fresh, must be very carefully cleaned, a tough-bristled brush being used to get the earth out of the corrugated skin, chinks, and indentations ; when thoroughly cleaned, peel and put them into a small stew-pan with equal portions of chicken broth and madeira in quantity enough to cover them, a tablespoonful of clarified suet or stock-pot fat, an onion, two cloves, a faggot of herbs, and one clove of garlic. Stew for fifteen minutes closely covered, and empty into a bowl to cool in the liquid in which they were boiled. When cold they may be trimmed if necessary for garnishing purposes, the trimmings being carefully saved for sauces with the liquid, which should be freed from the fat and strained. The parings of the rough outside skin are not to be used.

Fresh English truffles should be cooked in this way as soon as possible, for the flavour soon deteriorates.

Morels are not often seen in the market, but they grow in England for all that, and are very useful in *ragoûts*, stews, &c. They have the character of being digestible, and are specially nice stewed when freshly gathered. Treat them as you would mushrooms in the cooking.

TINNED VEGETABLES.

These cannot be ignored, for their value at times when fresh vegetables are not to be had is great, while for garnishing they are at all times most handy. Follow one general plan for all—or nearly all :—Open the tin, empty its contents into a large perforated strainer, drain off the liquid (which keep), pour cold

water over them, put the vegetable into a clean saucepan, which set in the *bain-marie*-pan. As the vegetable warms, add half an ounce of butter, a saltspoonful of salt, and half one of sugar. As soon as hot enough it is ready. Tinned vegetables require *no* cooking, they have only to be most carefully heated up, and the method I have given is by far the best.

The liquid drained from French preserved vegetables should be used in the sauces with which they are accompanied, or be amalgamated with them in *purées*.

Tinned FRENCH BEANS (*haricots verts*).—These preserved vegetables should be turned out as above explained, and kept in the *bain-marie* until hot. After this they may be treated in any of the methods already set forth for cooked fresh *haricots verts*. They make excellent *purées*, and may be cut up and warmed with other vegetables in a *macédoine de légumes*. As a nice garnish they can be served *à la crème*, or *à la poulette*, with any plain *entrée*.

FLAGEOLETS, another useful tinned *légume*, should be carefully warmed as described, and then served *à la poulette*, or *à la crème*, or plainly *à la maître d'hôtel*. They are very effective when associated with other vegetables in a *macédoine*, and especially nice if mixed with *haricots verts*, moistened with some fresh butter, and served as *haricots panachés*.

FONDS D'ARTICHAUTS, if delicately handled, may be cooked up in any of the ways recommended for the cooked fresh artichoke. Similar advice may be given in regard to tinned *cardons*.

POINTES D'ASPERGES are, as a rule, too soft to stand much manipulation. The safest plan is to heat them *en bain-marie* after draining and refreshing them, and then to turn them into the soup or sauce in which they are to be served. They make an excellent addition to a *chaud-froid* if set carefully in the border of aspic which should of course be iced. Pure iced cream is, in such circumstances, their best sauce.

MACÉDOINE DE LÉGUMES is effective as a central garnish for cutlets, in winter especially. The *macédoine*, after the treatment described, must be gently heated in a really good *poulette*,

or *béchamel* sauce. If required brown the sauce may be *espagnole*, or a nice plain brown gravy thickened.

These excellent French mixed vegetables make, when carefully prepared, a most delicious *salade cuite*. For this they should be put in a dish or bowl with ice round it. Sprinkle the *macédoine* with a few drops of tarragon vinegar, and moisten it with cream as cold as possible, or an ordinary dressing of oil and vinegar.

TINNED ASPARAGUS cannot be treated exactly in the same way as other tinned vegetables, for it cannot be served advantageously hot, as they can, or like the fresh plant. After having been drained and cooled with cold water it should be set in the ice-box or refrigerator to get as cold as possible. Care should be taken to avoid damaging tinned asparagus, and in turning it into the dish also, lest the *pointes* break. As already explained, *sauce verte*, or *d'Argenteuil*, in a cold silver boat, should accompany it. Few, however, care for tinned asparagus as an *entremets*. It can, perhaps, be better turned to advantage in *purées* whether for soup or garnish, and in *crème* or *mousse d'asperges* it is decidedly good.

The liquid in the tin, after having been drained, should on no account be thrown away ; it comes in most usefully for a thick soup made with asparagus, or for a *purée* for asparagus toast.

TINNED PEAS.—Of these there are three or four qualities. The *petits pois fins*, and *extra fins* are, as a rule, delicate and tender enough to be treated according to my standard plan, and served as recommended for fresh peas. But the *gros pois* are sometimes a little hard. If so, the best way is to serve them in the form of *purée*, proceeding in this way :— First warm the peas as already explained, saving the liquid which is drained from them. Bruise the peas and pass them through the sieve. Turn the liquid to account in this way :— Melt half an ounce of butter in a small saucepan ; work with it half an ounce of flour ; when well cooked but not coloured stir in the liquid ; let it boil once ; if too thick dilute with a little milk. With this moisten the pounded peas, season with

pepper, salt, and a little powdered sugar, and serve as a garnish for cutlets, or any *entrée* for which they may be suitable.

TINNED TOMATOES can be used in sauces, soup, and *purées* just as ordinarily cooked tomatoes are. Test them before seasoning, for they are sometimes sufficiently flavoured before preserving.

PRESERVED SORREL (*oseille*) can be got at the best French provision shops, and, when the fresh plant is not in season, is useful in those dishes which require its presence.

PRESERVED TRUFFLES, MUSHROOMS, and *cêpes*, are largely used in so-called high-class cookery, to supply the places of the fresh. I have a decided dislike to them. It may be, of course, that the truffle must appear in certain dishes at a time of year when it is out of season : in such cases the bottled substitute must perhaps be used, but why the leathery bottled *champignon* without flavour, or anything but its neat appearance to recommend it, should be thrust into dishes when the fresh fungus can be easily got, seems to me to be incomprehensible. It was probably a clever saddler who invented preserved *cêpes*.

CHAPTER XVII.

GAME.

IF there be a branch of the culinary art in which the English cook of the good old-fashioned sort can hold her own with her clever French brother it is in the *plain* dressing of game. This method many good judges think the best. There is, of course, a difference between the produce of France and England, and the contention often advanced is that English game at its best—*i.e.*, when killed in good condition and well hung—does not require the cunningly thought-out assistance in the way of larding, marinading, sauces, &c., which some varieties common in the markets abroad may perhaps stand in need of. Take, for instance, the English grey partridge and the French red-legged bird: if the former be young, plump, properly kept, and carefully roasted, it needs no aid save that afforded by good brown gravy, bread sauce, and fried bread crumbs in the English fashion: the latter, on the other hand, is certainly much improved by larding and a well-seasoned or truffled forcemeat for its inside. The same remarks can be made in regard to the venison of the English fallow-deer and that of the roebuck—the *chevreuil* of French cookery. Competent authorities consider that even the pheasant is better served in the plain Anglo-Saxon manner than when larded and embellished with truffles. When, however, it comes to *entrées* of game, or the

preparation of such species as want artistic help, the superiority of the French school is frankly admitted by every one.

Moreover, even in regard to our plain system, there are parts of the French method of cooking game that I think we might adopt with advantage. For example, a hare is all the better if marinaded for twenty-four hours before preliminaries are commenced for its roasting ; and the *râble*, or body of the animal without the head, neck, shoulders, and thighs, is a thing that for small parties is much nicer than a hare entire, and economical at the same time.

On these grounds it is advisable, I think, to say a few words about the ordinary cooking of game, notwithstanding that the subject is generally well understood in our English kitchens.

There is, however, an important point to settle before we go any further. In my first Chapter I spoke of the impolicy of the Town practice of purchasing poultry and game ready trussed, and in Chapter VII., page 82, I pointed out what could be done with the giblets and trimmings gained by having the birds sent home plucked but otherwise untouched. At the risk of being accused of repetition I have over and over again referred to giblets in connection with the preparation of broths. It is necessary again to mention the subject in connection with game. These trimmings are most useful in flavouring the brown gravy which is always required, while the livers pounded and moistened with thickened game broth, make, with a little wine, an excellent sauce—especially valuable in a *salmis*. Worked to a paste this mixture is nice when spread on the toast on which quails, larks, and small birds may be served after roasting.

The London poulterer's modern method of trussing a hare—in a curled or sitting-up position—is in itself sufficiently objectionable to force us to undertake the task ourselves. A more ingenious artifice for adding to the trouble of the carver, preventing the stuffing operation from being properly performed, and presenting the animal in the least attractive manner possible, could not have been hit upon.

For every reason, then, I say, buy your hare as it hangs

untouched by the game dealer, for you can then have it trussed rationally in the old way, stretched at full length, and you will probably find that it contains a liver, heart, and pair of kidneys, which London-bought, ready-trussed hares are often deprived of. Having done this, proceed as follows for—

ROAST HARE.

Skin, clean, and wash the animal well, saving the three parts I have mentioned carefully, *and the blood.* When quite clean, wipe the carcase inside and out, and let it soak in the *marinade* for game, mentioned at page 120, all day, turning it every now and then. As the hour for cooking approaches lift it out of the marinade, wipe it dry, and proceed to stuff it. First line the whole of the inside with thin slices of fat bacon, and fill it with a well-made stuffing as for turkey (page 142). The kidneys and heart should be minced and fried in fat bacon, with an ounce of onion; when done, the contents of the pan should be poured into a bowl to cool, and when cold pounded to a paste, and mixed with the stuffing. Next truss it:—Cut the sinews under the hind legs, bring them forward, and run a skewer through one hind leg, through the body, and the other hind leg. Do the same with the fore legs, lay the head rather back, passing a skewer through the mouth, through the back of the head, and between the shoulders. The back of the hare should now be larded, or barded, *i.e.*, covered with thick slices of bacon secured with tapes or pinned down with little skewers; it should then be wrapped in oiled paper and roasted in front of the fire, a constant basting of melted butter or clarified beef suet, with vinegar and water in equal parts, being kept up throughout the process. When nearly done, the bacon strips should be removed and the back lightly dredged with flour; the skin should be allowed to brown and run into crisp blisters: the hare should then be served, with a sauce made as follows:—

LIVER SAUCE.

Having made beforehand a good pint of the best broth you

can, cut the liver into dice, take a small saucepan, melt an ounce of butter in it over a slow fire, throw into it a shallot finely shredded, fry the latter till it colours slightly, then throw in the chopped liver, shaking the pan for a minute or two ; next add a little of the broth, stir well, pour in all the broth, and simmer till the liver is cooked. Now strain the broth and pour into it through a strainer the *marinade* of port wine, vinegar, ketchup, and red currant jelly in which the hare was soaked, put it on the fire in a saucepan, boil up, skim carefully, and keep it in the *bain-marie* while you pound the liver and onion mince to a paste ; pass this through a sieve, and then proceed to thicken the broth as follows :—

Remove the saucepan from the fire, let the broth therein cool for two minutes ; take part of it and stir into it separately, in a cup, the blood you saved in the first instance ; mix well, and add this and the liver paste to the gravy in the saucepan, which should now be replaced on the fire and brought *almost* to the boil, when it will be ready. If the use of the blood be objected to, the ordinary thickening, with an ounce of butter and one of flour, must be substituted.

Those who do not like liver might prefer a *sauce poivrade* as recommended later on for roebuck, or one made as follows :— Omit the liver entirely, but in other respects follow the recipe just given, withdrawing the onion after the straining.

The very sweet sauces with cherries, &c., that are fashionable at present are a mistake : even red currant jelly requires a suspicion of acid : if no marinade be used this is best imparted by Seville orange juice or lemon.

THE RÂBLE.

It is certainly a good plan—especially in the case of a very large hare—to remove the head, neck and shoulders, and hind legs, reserving those parts for soup or stew, and using the back and loins for roasting only. This is the *râble* already alluded to. But while borrowing the French idea I would not omit the English stuffing and lining the inside with bacon. The part to be roasted should be put into *marinade*, and the stuffing

and larding conducted exactly as in the preceding recipe. If carefully secured at both ends, very patiently basted, not overdone, and served straight from the fire, this way of cooking a hare will be found agreeable. Serve with either liver sauce, or *sauce Soubise* which is excellent with hare.

The *râble à la crème* is roasted like the foregoing, but it is finished in this way :—Put the piece of hare on a hot dish and cover it up. Drain off all the basting left in the pan after roasting, pour off the dripping leaving the pure gravy free from fat, put this into a saucepan, add two tablespoonfuls of melted meat glaze, let it boil for five minutes, adding off the fire a coffee-cupful of cream, give this a few drops of vinegar, and pour it over the *râble*.

Civet de lièvre.—Proceed as in the first receipt as far as the skinning and cleaning is concerned. When ready, cut the hare up into neat pieces, and put them to marinade all the morning. Slice thickly and cut into squares twelves ounces of bacon and put the pieces into an earthenware *casserole*, or enamelled stewpan. Melt them over the fire, then remove the dry pieces from the fat, preserving the latter and setting the former on one side. Now take the cut-up hare from the marinade, dry the pieces and put them into the melted bacon fat, set the vessel over a quick fire, and give them a few turns in the fat for ten minutes or so till they take colour.

When this has been done, lower the fire and dredge over the pieces of hare a tablespoonful of flour, stir for five minutes and add by degrees a moistening of broth and claret in the proportions of two-thirds of the former to one of the latter until the pieces are well covered. Bring this to the boil, keep at that temperature for ten minutes, then reduce the heat to simmering point. Now add a bouquet of herbs and two or three onions, (say) six ounces, with three cloves and a dozen peppercorns. When the meat is about half-done, place a strainer over a bowl and strain off all the liquid, empty it into a saucepan, add an ounce of meat glaze, boil, skim off the fat, and put it back into the enamelled pan. Take the pieces of hare, remove the meat as neatly as you can from the bones, and put the pieces so

obtained into the sauce, add the bits of bacon originally set aside and the marinade strained, and replace the pan over a low fire to simmer till done. If liked, the blood can now be added in the manner described for liver sauce. The French garnish with button mushrooms and glazed onions separately prepared.

JUGGED HARE.

For this excellent English dish commence exactly as in the foregoing as far as the frying of the pieces of hare in the bacon fat ; then choose a jar or earthenware vessel that you can close securely with paste ; put the pieces of hare into it, with two carrots, two or three large onions, an ounce of celery, the juice of a lemon, a teaspoonful of mignonette pepper and one of salt ; pour in enough broth to cover the contents of the jar, with a sherry glass of brandy, and seal the vessel as closely as possible ; place it in a pan of cold water, and set the latter to boil, steaming the covered pot for three hours. When done, open the pot, stir into it a bumper glass of port and a dessertspoonful of red currant jelly ; let the latter dissolve, then take the jar out of the hot water, strain the gravy, take off the fat, thicken it with the blood or with flour and butter, pass it through a tamis, and pour it over the meat again. Serve with a dozen balls of stuffing, made as for roast hare, and fried in butter. Instead of steaming the jar, it may be placed in the oven and baked for two or three hours. If marinade has been used, it should be strained into the jar instead of the port wine and red currant jelly. There is another way of thickening :—when adding the port wine and red-currant jelly stir in a tablespoonful of *crème de riz* which has been well mixed with two tablespoonfuls of mushroom ketchup.

This process can be followed with all sorts of game, such as partridges, grouse, plovers, quail, pigeons, pieces of venison or hare, a rabbit, larks, &c. The OMNIUM GATHERUM STEW is always welcome, and should be used as a means to dispose of old birds. Lean ham, bacon, or Bologna sausage, and spiced pepper, improve it greatly.

Lièvre à la châtelaine.—This is a receipt for braising a hare, a method that is to be recommended for a change. Prepare the hare as already described, but vary the stuffing as follows :—Mince the flesh of the under-fillets of the hare, *i.e.*, the meat that is inside the animal under the loin which you can detach with the kidneys after the emptying process ; also mince the heart, kidneys, and liver, add two ounces of cooked calf's liver minced, and put all into a bowl with an equal quantity of minced fat bacon, three to four ounces of bread crumbs according to the size of the hare, an ounce of finely minced onion or shallot, a dessertspoonful of thyme and marjoram finely chopped, the same of parsley, a teaspoonful of spiced salt, and a couple of well-beaten eggs. Line the inside of the hare with strips of fat bacon, stuff, and sew up the opening. Lard the back of the hare, or cover it with a barding, wrapping well-buttered paper over all. Choose a long braising-pan, tie the legs of the hare in position and skewer the head back, put a layer of bacon trimmings at the bottom of the pan, strew over this a mince of onions, carrots, and celery; put the hare on this bed, moisten with three sherry glasses of marsala and the same of good broth, cover the pan closely, set it over a low fire, and keep some hot cinders on the lid. Every now and then add a coffee-cupful of broth, baste and braise for two and a half to three hours. When nearly done, take out the hare, strain off the broth, take off the fat, add about half a pint of good thick brown sauce to it, boil for five minutes, replace the hare with the sauce, and finish the cooking. Serve with the sauce poured over it.

An excellent HASH may be made of a cold roast hare (or venison) in this way :—Trim off as much of the meat as you can find in slices, and cut out what remains of the stuffing : break up all the bones and put them with the skin and scraps into a stew-pan with an ounce of meat glaze, a large six-ounce onion cut up, a three-ounce carrot, a bit of celery if possible, and a seasoning of pepper and salt, any sauce that may have been left, a couple of glasses of red wine, and enough water to cover the bones, &c. ; simmer these ingredients for an hour

and a half, and then strain off the broth. Thicken it with butter and flour, flavour it with a dessertspoonful of red currant jelly, a tablespoonful of mushroom ketchup, a teaspoonful of anchovy vinegar, and half a sherry glass of marsala ; heat up the slices of hare in this sauce very gently, taking care that they do not boil, and serve with the stuffing sliced and fried in butter as a garnish. If this sauce can be made early in the day it will be a decided advantage if the meat be put into it to marinade until the time arrives for warming up.

N.B. When using *red* wine in cookery either an earthenware *casserole* or an enamelled vessel should be used, not a tinned utensil.

For HARE SOUP, see Menu No. 15 for the clear, and Menu No. 19 for the thick.

VENISON.

English fallow-deer venison, if in good condition and properly hung, requires no aid in the way of larding or *marinade*. The chief care is the preservation of the fat, which is done by wrappings of buttered paper sealed by a paste of flour and water rolled about half an inch thick, the whole secured with tapes. Twenty minutes before it is ready the coverings must be removed, so that the skin may brown. Basting continually throughout the roasting is absolutely necessary.

Red currant jelly has always been served with venison, and rich brown gravy. Sweet and sharp sauces commend themselves to different tastes. For the former, red currant jelly melted in port wine and added to twice the quantity of brown gravy ; for the latter, three claret glasses of gravy, one of port, and half one of raspberry vinegar.

Roebuck venison is not highly esteemed in England ; nevertheless, with a little trouble its dryness and general want of fat can be combated, the former by cookery, the latter by larding. It is first of all decidedly advisable that the meat should be marinaded. The process not only improves its flavour, but it renders it more tender and juicy. Meat will keep when in *marinade* for a much longer time than if ordinarily hung.

VENISON MARINADE.

This preparation is made in the following manner :—Take four ounces of carrot, eight ounces of onions, a tablespoonful of mixed herbs, fresh or from the bottle, and an ounce of parsley ; put these into a stew-pan with one ounce of butter or clarified beef dripping ; fry for five minutes, and then add one pint of vinegar, one quart of water, one and a quarter ounce of salt, a half ounce of pepper, and a blade of mace. Boil up, and then simmer for half an hour ; strain, and the preparation can be used or bottled as occasion may demand. It is a species of pickle. A piece of venison should be kept three or four days in this liquid : see that it is constantly turned.

The roasting of a piece of roebuck should be attended to carefully : first *set the flesh* after wiping it well by holding the joint before a bright clear fire for a minute. This facilitates the larding which should next be carried out. When prepared, wrap it in oiled paper, and proceed to cook it in the manner prescribed for roast hare.

For a good sauce to accompany the above, take one pint of the *marinade ;* boil, and strain it ; thicken it with half an ounce of butter and half an ounce of flour ; colour with *caramel*, reduce a little, add a tablespoonful of marsala, and serve.

Poivrade sauce for venison or hare can be made in this way. Take a pint of venison marinade and strain it ; in a quart stew-pan melt three-quarters of an ounce of butter, over a low fire, add an ounce of flour, cook for ten minutes, increase the fire, and by degrees add the marinade, boil about a quarter of an hour to slightly reduce, pass through a strainer into a hot sauce-boat. A dessertspoonful of marsala may be stirred in to finish with.

Roebuck can be jugged exactly like a hare, and braised also. In the latter case a moistening of *mire poix*, page 80, is advisable.

When fallow-deer venison is in season, in July and August, a cheap and excellent dish can be made with the shoulder, which is generally to be got for about sixpence a pound. Bone and trim the meat into a neat shape, put it in marinade, and with

the broken-up bone and trimmings, assisted by a calf's foot, vegetables, and a pound of gravy beef, proceed to make a strong gelatinous broth. After marinading for six hours, take out the meat, dry it, dust it with spiced pepper, line the inside of it with thin slices of cooked bacon, over that spread a layer of stuffing as described for hare *à la châtelaine*, substituting two ounces of minced cooked calf's liver for the liver, kidneys, and heart of the hare, roll up the meat, tie it into shape, lard with bacon, and wrap in buttered paper; roast, basting very carefully, and serve with any of the sauces that have been mentioned, using the broth made in the manner just described as a basis, red-currant jelly accompanying.

ROASTING BIRDS.

The rule of the ROAST in regard to GAME-BIRDS is not very complicated, but the work should be most carefully done, for game is easily spoiled, especially by over-roasting. Birds ought not to be done in the oven, because it is impossible to baste them properly if cooked in that manner. Of course the first thing to do is to pluck, draw, singe, and truss, placing a couple of shallots and one ounce of butter or roll of fat bacon inside the bird. Then to lay over its breast a broad slice of bacon, securing it in its position with tapes, and covering that with buttered paper. Next to roast the bird at a moderate fire, basting it frequently with butter. A few minutes before the bird is done, remove the slice of bacon, so as to let the breast take colour. Serve with plain brown gravy, fried crumbs, and bread sauce. For time in roasting see page 141.

For BREAD SAUCE, see page 63, for FRIED BREAD CRUMBS proceed in this way:—Make four ounces of bread crumbs by putting a few thin slices of bread into the oven and keeping them there till they turn a golden yellow and are quite crisp: the oven ought not to be at all quick, or they will burn. Pound these in the mortar or roll them into crumbs on a board with a rolling-pin. Sift the crumbs with a wire sieve so as to get them of an even size. Then put a couple of ounces of butter or fresh beef dripping in a frying-pan over a low fire; when quite

hot put in as many crumbs as the butter seems likely to moisten ; stir about to encourage absorption, and add more crumbs if necessary, dry in the oven, and serve. Frying is almost a misnomer here, a mere process of absorption being required followed by drying to prevent greasiness. The pounded crumbs if of a good colour may be heated in the oven without any fatty adjunct.

The tying of a slice or slices of bacon over the breast is most necessary. In addition to the bacon, a well-oiled paper should be wrapped round the bird, but this, as has been said, must be removed for the browning stage towards the end of the roasting. Putting in the shallot and butter is of course perfectly optional ; it certainly improves the flavour of any roasted bird.

BROWN GRAVY.

That best of all sauces to accompany game-birds—brown gravy—must be strong, pure, and clear, a *bonâ fide* savoury extract of meat. The reddish-brown juice extracted by roasting a joint which is found in jelly at the bottom of the bowl of congealed dripping is the sort of liquid we require. There is, however, rarely enough of this excellent stuff at hand, so gravy must be made. What we have to do to get this is to draw the glaze from raw meat, then to dilute this by the addition of a little water, next to extract all the sapid elements that remain, and to impart a pleasant flavour with certain vegetables and seasoning. Several recipes might be given for gravies in which beef, veal, fowl, and ham might be used, and in places where expense is a matter of no importance, extravagance could of course assert itself in this decoction. Our object being, however, to do the best we can in ordinary circumstances, perhaps a reliable DOMESTIC GRAVY will meet our requirements.

For a pint of gravy :—procure one pound of fresh fowl giblets from the poulterer, half a pound of lean gravy beef, and use the giblets of the game itself besides. Cut the beef into little squares ; wash, scald, and dry the giblets, cut them into very small pieces. At the bottom of a stew-pan put a layer of sliced onion with an ounce of clarified beef dripping, and over

this lay the cut-up meat and giblets. Put the pan over a low fire and fry till the contents are slightly coloured, then pour into it a small coffee-cupful of water or broth ; keep the fire low, and reduce gently till a light brown glaze forms at the bottom of the stew-pan, turning the meat, &c., during the cooking, so that all may be coloured evenly. Add now a pint of water, a bouquet of herbs, two ounces of carrot, two cloves, a quarter of an ounce of salt, and six peppercorns, increase the heat under the pan and bring to the boil, then ease off the fire again to simmering point, keeping the vessel three-parts covered. The simmering must be carefully maintained, for if allowed to boil the gravy will not be clear. After an hour's cooking in this manner the gravy may be strained off into a bowl in which it must rest till the fat can be taken off and the sediment has settled. This having been done, the gravy only requires to be heated when it is wanted.

Partridges, and game-birds that seem rather old, are better if turned into the stock-pot at once ; still, very careful stewing often renders old birds palatable.

Perhaps the best way of cooking tough partridges is with cabbage, PERDREAUX AU CHOU, in the following manner :—

Prepare four partridges as for boiling, with their legs tucked in : lard their breasts with bacon and put an onion inside each of them. Cut a savoy cabbage into quarters, blanch them, and steep them in cold salt and water for an hour. Now take a roomy stew-pan, line its bottom with thin slices of fat bacon, two carrots, and two large onions sliced in rings, a sprinkling of powdered herbs, and a dusting of salt and pepper. Put the partridges above this lining, inserting a quarter of cabbage in the spaces between each bird, a slice of streaky bacon here and there alternated with slices of Bologna or Brunswick sausage. Moisten with a strong broth which might be made with a pound of fowl giblets, those of the partridges, a couple of sheep's trotters, and an ounce of glaze, with a seasoning of herbs, pepper, and salt. This should be sufficient in quantity to *cover* the birds. Put a breakfast-cupful of melted dripping in also, and cover with a buttered paper. Put on the fire

closely covered up, bring to the boil once, and then simmer for an hour and a half till the birds are tender. Take out the partridges, bacon, and pieces of sausage, cover them up and keep them hot. Strain the broth, put the cabbage into a stew-pan over a moderate fire, and stir it about till the moisture is expelled. Take the fat off the broth, add any spare broth there may be to bring it to a full pint, thicken this with one ounce of butter and one ounce of flour, and keep it hot in the *bain-marie*. Dish with the cabbage in the centre, and the birds, divided in halves, placed neatly upon it, with the sliced sausage and bacon as garnish. Serve the gravy in a boat very hot. Other birds can be thus treated. I have cooked Himalayan pheasants and tame Bordeaux pigeons in this manner with the best results.

Perdreaux au chou must not be confounded with *chartreuse de perdreaux*, which is differently prepared, and served moulded as follows :—

Lightly roast three partridges. Prepare a good-sized savoy cabbage as for garnish (page 176), also get ready a cooked garnish of neatly turned carrots and turnips, six dozen pieces of each at least. Butter a plain charlotte mould, line it with paper, and arrange the carrot and turnip neatly in rings at the bottom (to form the top when turned out), covering the sides in the same way. Now proceed to pack the mould in this manner:— Cut up the partridges in neat pieces. Put a layer of cabbage in the mould, place pieces of partridge over it, then another layer of cabbage with another of partridge, continuing till the mould is filled. Heat the mould in the *bain-marie*, and when required turn out the *chartreuse* upon a hot dish. Serve with a good brown sauce, in the making of which the giblets of the partridges should be used, and a glass of marsala added to finish with.

The vegetables should be cut with a long half-inch cutter in two-inch lengths for lining the sides ; for the top flat discs the size of a shilling and the thickness of a penny would be best. Pack the mould closely.

The SALMIS, or *ragôut*, made of game-birds is a well-known dish ; it is, however, too often looked upon as the manner in

which game should be served *en réchauffé*, whereas for the real dish the birds only require to be specially part roasted or fried before being stewed. In the latter case the method is to prepare the birds—say twelve larks—as if for roasting : then to cut a quarter of a pound of streaky bacon in pieces one inch long and half an inch thick ; to put an ounce of butter in a stew-pan ; to fry the bacon pieces therein, and when turning colour to put in the birds, to cook them (*faire revenir*) for eight minutes, and then to dredge an ounce of flour over them. Now three gills of strong broth, assisted with a glass of marsala, should be poured into the stew-pan : bring this gently almost to boiling-point, stirring to prevent lumping, and the *salmis* is ready. To serve—take the birds out of the pan, set them on a hot dish and pour the sauce over them. This method is obviously practicable for small birds that can be cooked and served whole, such as quails, snipe, ortolans, larks, &c., or for partridges, plover, teal, wood-pigeons, and birds of a medium size divided in halves.

Larger birds—grouse, black game, pheasants, wild duck, &c. —must be prepared in this manner :—

Slightly roast them before a fast fire, basting well with melted butter and bacon fat ; take the birds away as soon as they have browned nicely, and let them get cold. When cold, carve from each bird the wings, breast, and legs, and trim each piece as neatly as possible, removing the skin from it. Take all the trimmings and put them with the carcases, chopped up, into a stew-pan ; add a slice of ham, also cut up and put in a couple of shallots, a bouquet of sweet herbs, two cloves, the least bit of cayenne, and a saltspoonful of salt ; add a sherry glassful of marsala and as much broth as will just cover the contents of the saucepan. Set it to boil and simmer for a couple of hours, strain off the liquid, and, when quite cold, take off all fat. In a separate saucepan make a *roux* with one ounce of butter and one of flour, and proceed to thicken the broth. Let it get cool, put the pieces of the birds into it, and let the whole rest for at least an hour, marinading, as it were, so that the meat may be well flavoured. When the time of serving arrives, place the

vessel containing the *salmis* in the *bain-marie*, and let it gradually become hot by that process, adding to it a tablespoonful of marsala and a teaspoonful of lemon or Seville orange juice. Arrange the pieces of game neatly in a hot silver dish, and pour just enough of the sauce over them to glaze them, serving the remainder in a hot sauce-boat. The addition of truffles, mushrooms, cockscombs, *financière*, &c., is of course a matter of choice.

Partridges are very eatable when cooked as rabbits generally are in domestic cookery, boiled, and smothered in onions. A recipe for this dish will be found in Menu No. 22, to be recommended for old birds.

RABBITS.

I am in this way led to say a few words about RABBITS, for though they cannot be considered as *game*, they make, if very carefully treated, some decidedly nice dishes when *cooked as game* and submitted to similar preliminary treatment. Thus, if a young and well-grown and well-nourished rabbit be prepared exactly according to any of my recipes for hare, it will be found a capital dish for a change.

Touching the time-honoured method to which I have just alluded, I recommend, instead of the ordinary way of boiling the rabbit whole—which is carried out as a rule far too fast, so that the flesh is found to be leathery and tough—that the following plan be tried :—

Cut up the rabbit neatly, as if for jugging, and proceed in either of the two following ways :—

White stew with onions à la Soubise :—Wash the pieces in lukewarm water, and blanch them in boiling water for two minutes merely to seize the meat. Drain them : put the pieces into a stew-pan with six medium-sized onions—say twelve ounces in all after peeling—two cloves, a teaspoonful of mignonette pepper and salt blended, a dessertspoonful of mixed herbs in a muslin bag, and a large sprig of parsley. Cover with hot water, bring to the boil once, skimming off the scum as it rises, then ease off the fire to simmering : continue this,

the vessel part covered, for twenty-five minutes, and the stew will be ready. Pick the meat and the muslin bag out of the vessel, strain off the broth, pass the onions through the sieve, adding a little broth to assist the operation. In a separate saucepan melt an ounce of butter, mix into it one ounce of flour, make a thickening of these by stirring over a slow fire for five minutes, add broth and onion *purée* by degrees, bring to the boil, arrange the pieces of rabbit on a hot dish, pour the sauce over them, and serve.

Brown stew with onions à la Bretonne :—Peel, blanch for five minutes, and cool six medium-sized onions : put them into a stew-pan with an ounce of butter, a saltspoonful of salt, and a teaspoonful of sugar : fry, stirring them about till they turn a reddish-brown colour, then add enough good broth or brown gravy to cover them, and stew them till tender. When ready, pass them through the sieve, and save the broth in which they were cooked.

Cut up the rabbit as in the first case, melt a couple of ounces of good beef dripping in a stew-pan, turn the pieces of rabbit about in this till they take a good colour, season with pepper and salt, and dredge over them a tablespoonful of flour. When nicely coloured cover the meat with broth, including that in which the onions were cooked, and adding an ounce of glaze, a bouquet of herbs, or a dessertspoonful of dried herbs in a muslin bag, an onion with two cloves, a piece of celery—say two ounces—one carrot sliced, and a sprig of parsley. Bring to the boil over a slow fire once, then immediately reduce the temperature, ease off to slow simmering, with the vessel covered closely. In about twenty or five-and-twenty minutes the rabbit will be done. Now proceed as in the former instance to strain, skim, and thicken the broth in which the rabbit was cooked, adding the *purée* of onions to it and serving the dish in the same way.

Whichever plan you adopt remember that there should be no stint in regard to the onions. The pieces of rabbit should actually be bountifully smothered.

The French homely dish of rabbit is the *gibelotte*, a *ragoût*

made as follows :—Cut up the rabbit for stewing, and put the pieces in a simple marinade composed of two tablespoonfuls of salad oil, four of red wine vinegar, an ounce of finely chopped onion, twelve peppercorns, and six sprigs of parsley. Keep this in a cold place for six hours. When the time comes for cooking the *gibelotte* :—Take a quarter of a pound of leanish bacon, cut it into dice, and fry them with half an ounce of butter in a stew-pan till coloured. Now take out the bacon, and put in the pieces of rabbit, let them fry in the butter and bacon fat for six minutes, then return the bits of bacon, dredge an ounce of flour over the rabbit, let this brown, and then cover the pieces with broth and a sherry glass of marsala, season with pepper and salt, add a bouquet of sweet herbs, and bring to the boil for three minutes, then add a clove of garlic, and two dozen button onions, and simmer steadily till the rabbit is cooked. Serve it neatly arranged on a silver dish with the onions round it. If mushrooms can be got, put into the stew, say a dozen buttons, when the simmering commences.

Among the different ways of serving rabbits *lapin au riz* ought not to be omitted. The process is exactly like that given elsewhere for *poulet au riz*.

With reference to wild fowl—duck and teal especially—and the sauces suited to them a good deal might be written ; this, however, I will not attempt here. I have given recipes for cooking these birds in my Menus to which I would invite attention, particularly to the observations recorded in No. 20 in regard to the trimming of duck or teal for a tasty dish without wasting the parts of them that are never eaten.

CHAPTER XVIII.

RÉCHAUFFÉS.

IF the art of dishing up nicely the remains of cold meat, fish, and vegetables, were more closely studied than it is, the fair *châtelaine* would not look upon cold mutton, cold beef, &c., with the feelings of despair that I fear too often possess her, there would be much less wastefulness, and our breakfast and luncheon tables would be far more easily supplied than they are. It is in this branch of cookery that the hand of a skilled practitioner can at once be detected. Warming up things, as she calls it, is a part of her work that the cook who is not in sympathy with her vocation slurs over and treats with contempt. Yet, as a matter of fact, the dishes that can be concocted with cold cooked meats are among the most delicate and tasty that we have. Everything depends upon intelligent treatment.

How often are hashes, and *réchauffés* of cold meat sent to table as hard and tasteless as leather, simply because the cook permitted them to boil? Hashes of cold meat and *salmis* of game may be defined, properly speaking, as carefully composed sauces in which cooked or partly cooked meat is placed cold, and then gradually heated or simmered until sufficiently hot to serve. The best rule with a hash is to allow the selected pieces of the meat to lie in the sauce prepared for them as long as possible. Then to place the pan over a very low fire, to let the contents heat up slowly, to take the pan off the fire

as soon as the steam rises freely from the surface, to turn the hash immediately into a silver dish heated with scalding water, and send it up.

All pungent sauces and seasonings should be held in abeyance. The broth foundation should be the best possible, to which should be added only a little delicate flavouring. If you do this your hashes will cease to be slices of meat, cooked up in hot water and Worcester sauce, thickened with flour ; neither will your minces, *croquettes*, *cassolettes*, &c., be presented with a sauce similarly composed.

There are certain hard-and-fast laws to be observed generally with regard to the treatment of cold meat, &c., which ought never to be forgotten. Let me enumerate them :—

1. Always cut off carefully all parts that have been *browned* in the previous cooking, such as skin, &c., and most of the fat.

2. Use these trimmings, and all bones (well broken), assisted by any vegetables you may have to spare, to make the strongest broth you can for your *réchauffé*.

3. Be particular as to the quality of your butter, flour, and eggs, and, if recommended in the recipe you are following, do not refuse a small modicum of wine.

4. Never be without glaze, Liebig's extract, red currant jelly, anchovies, grated cheese, grated bread crumbs (bottled), mushroom- and tomato-ketchup, good French vinegar, bottled garden herbs, and your spiced pepper and salt. Wyvern's domestic sauce (page 15) comes in here.

5. Hashes and minces are much improved if the cold meat composing them be *soaked* in the sauce (cold) for some time before being warmed up.

6. Teach your cook that meat that has been once cooked, does not require to be boiled or stewed *de novo*. Describe a hash or a mince to her as meat gently warmed up in the gravy or sauce separately made to receive it.

7. All warming of curries, *salmis*, fricassees, hashes, stews, &c., should if possible be conducted by the *bain-marie* process—*i.e.*, the vessel containing the thing to be heated should be placed in a larger one (or *bain-marie*-pan) with two or three

inches depth of hot water round it. The latter should be set to boil, the inner vessel closely covered, till the desired heat is obtained.

You must now turn back to Chapter VI., in which I tried to explain the fundamental principles of sauce-making. The success of the *réchauffé* wholly depends upon the care bestowed upon the composition of the sauce in which it is heated up, or by which it is enriched and diluted. This maxim holds good no matter what your dish may be: the hash, the *salmis*, the mince, the *croquette*, *croustade*, *cassolette*, little patty, *cromesqui* &c., &c., all lean upon their moistenings, white or brown as the case may be.

FISH RE-COOKED.

COLD FISH of any kind gives us valuable material for little breakfast dishes. Fairly large slices of firm fish, not over-boiled in the first instance, may be advantageously warmed up whole *au gratin*, or, in the *bain-marie*, in a nicely made white or brown sauce flavoured according to taste, and accompanied by pieces of cooked cucumber or vegetable marrow. But if at all broken up, it is better to serve it in china cases or *en coquilles*, or to work it up into *croquettes*, cutlets, or *croustades*.

Broken fragments of cold fish are very nice when added to, and stirred about with, a goodly allowance of buttered egg. This can be served on fried toasts, or turned out upon a silver dish and garnished with sippets. A colouring of tomato sauce is an improvement.

Another tasteful way of serving cold fish is to shred or cut it into small pieces, like a coarse mince, and stir it about in a hot saucepan containing some previously boiled, *hot* macaroni cut into half-inch lengths, mixing in with it a bountiful supply of melted butter and a little tomato *purée* ketchup or sauce; when the contents of the saucepan are thoroughly well heated, to turn them out on a very hot dish, and serve at once. This can, of course, be composed upon a small gas stove in a few minutes if the ingredients are ready. Gentlemen, whose appetites require stimulating, may fancy some chopped green chilli,

some cayenne or Nepaul pepper, or a few drops of *Tabasco* ; but, to my mind, the dish is better without a suspicion of the evil one. Boiled rice may be used instead of macaroni.

Cold fish is not infrequently presented to you in the form of fish pudding which, if properly made, is a very acceptable breakfast or luncheon dish. It may be described as a mixture of cooked fish and mashed potato, two-thirds of the former to one of the latter, well worked together over a low fire, moistened with any sauce that may have been left (or some ordinary melted butter with anchovy freshly made), one raw egg well beaten, and a seasoning of salt, pepper, and grated nutmeg ; when well mixed and hot, turned into a buttered basin, shaken firmly down, and set in the oven for ten minutes or a quarter of an hour ; finally turned out upon a hot dish with some finely rasped crumbs shaken over all. A little sauce may accompany if liked. Twice-laid, as this dish is called by some, may be mixed as described, and served in a simple mould like mashed potato, streaked with a fork outside, and baked till it takes a pale brown tint. Chopped hard-boiled egg may be stirred into the fish and potatoes with advantage.

A similar arrangement can be made with cooked rice, or macaroni (the latter cut up small), the pudding being steamed long enough to set firmly.

The *best* fish pudding, I think, is that made of pieces of cooked fish steamed in a savoury custard. Having mixed the custard and flavoured it slightly with anchovy sauce, choose a pudding mould and arrange the shredded fish therein, pouring the custard round them : when filled, steam the mould as you would a pudding. This should be turned out, and served with any nice fish sauce. Or the mixture may be cooked in small moulds just large enough for one person each. Very nice cold with *mayonnaise*.

A *purée* of cooked fish, pounded, with a quarter of its weight of bread crumb, diluted with fish-bone stock, flavoured with a little anchovy, pepper, and mace, and bound by raw eggs, may be cooked in the same manner.

Kegeree (*khichri*) of the English type is composed of boiled

rice, chopped hard-boiled egg, cold minced fish, and a lump of fresh butter : these are all tossed together in the frying-pan, flavoured with pepper, salt, and any minced garden herb such as cress, parsley, or marjoram, and served smoking hot.

The Indian *khichri* of fish is made like the foregoing with the addition of enough turmeric powder to turn the rice a nice yellow colour, and instead of garden herbs the garnish is composed of thin *julienne*-like strips of chilli, thin slices of green ginger, fried onions (page 191), and hard-boiled eggs.

If your cook be a good hand at puff-pastry, you may have worse fare at luncheon than *petits pâtés* of minced fish. The *salpicon* must be diluted with a nice sauce, and flavoured with the essence of shellfish, or anchovies.

For fish cutlets, *croquettes*, and *rissoles*, see later on.

For the sauce in which you mean to re-cook fish, or to use as moistening it, do not forget the head, fins, skin, bones, and trimmings. A broth made of fish bones, with a few peppercorns, a sliced sweet onion, a bit of celery, a piece of lemon peel, and an *anchovy instead of salt*, moistened with milk and water in half and half proportion, yields you a capital liquid which, when strained and worked up with melted butter and flour, produces a far better sauce for the purposes I have indicated than the usual one made with milk and water. In the case of boiled fish the *boilings* should be saved for use in this way for re-cooking.

HASHES AND MINCES.

The chief features to be noted in cooking HASHES and MINCES are much the same. Prepare the meat, after having carefully cut off all browned parts, as you may desire. Make the best broth you can with these trimmings and the bones ; if you have any stock or gravy so much the better ; thicken slightly, and flavour this according to your taste, and the materials that may be within your reach ; strain it if necessary, add a dessert-spoonful of sound marsala, and then warm up your meat. A mince, or a hash, should be allowed to stand in its sauce, with a gentle heat under the saucepan, for as long a time as can be

allowed ; when required for the table slightly increase the heat, and the moment the surface steams the dish is ready for service.

"But," asks the inquisitive disciple, "what are you to do if you have no bones, no gravy, and no stock?" To him I reply as follows :—After having trimmed the meat to your fancy, take all the skin and ugly fragments that remain, and place them on a separate plate. Now choose a five-ounce onion, cut it in halves, blanch them for five minutes and mince them fine ; place a good-sized saucepan on the fire, put a pat of butter at the bottom of it (say a couple of ounces if you can spare as much), or an ounce and a half of good dripping, melt it, throw in the minced onion, fry it a light golden brown, add now gradually three-quarters of a pint of hot water with half an ounce of glaze, or a teaspoonful of Liebig's or Brand's essence, and throw in your scraps of meat, six peppercorns, a saltspoonful of sugar, a saltspoonful of salt, and an anchovy, a piece of celery or its leaves, two ounces of carrot cut up, a bunch of curly parsley, the peel of a lemon, and a tablespoonful of mushroom ketchup, with a teaspoonful of anchovy vinegar, and let the contents of your saucepan come to the boil and then simmer away, covered closely, until you are satisfied that you have extracted all the good to be got out of your several ingredients. Taste the broth as it is cooking, and correct any errors that may occur to you on the spot : when ready strain it into a bowl, and skim off any fat that may rise. Now take another saucepan, and go through the usual process of thickening the broth ; it will then be ready to receive the meat you desire to re-cook. A dessertspoonful of sherry or marsala, with a little red currant jelly, or some portwine, claret, or burgundy, if at hand ; the pulp of a couple of *tomatoes ;* or the strained yolks of two eggs, may be added to enrich your *plat.* The egg should be stirred in *after* the saucepan has been removed from the fire (see page 59). The *tomato* gives a piquancy to all hashes, and minces, superior to that which can be procured by vinegars ; for this reason tomato ketchup is very useful. Your selection of the wine that you

use must depend, of course, upon the sort of meat you are cooking up.

In the case of a mince, remember that when the meat has been passed through the machine it must be diluted with a good moderately thick sauce in which it should be gently heated. Just before serving, it may be enriched with the raw yolks of a couple of eggs—*off the fire, remember.*

Having done this, you can diversify the methods of serving it as follows :—

1. Make a light *omelette.* When all but ready to serve spread your mince quickly on top of the *omelette*, toss the *omelette* in the pan lightly, and roll it off into the hot dish, enveloping the mince, and serve. This must not look like a roly-poly pudding. The *omelette* should not be made as stiff as a batter dumpling as the untaught cook loves to serve it. I will tell you how to make an *omelette* properly in my next chapter.

2. Make a case of mashed potato, with high sides like a *vol-au-vent* case, and pour your mince into it.

3. Hollow out a number of small dinner rolls, butter them, and fry them a golden yellow : pour your mince into them, put a curl of fried bacon on the top of each, heat them in the oven for five minutes, and serve.

4. Make a number of little potato cases, and fill them in the same way : or, if you have them, use the paper or china cases.

5. Make some light puff-paste, form it into patties like oyster patty pastry, bake, fill them when ready with the mince, heat thoroughly, and serve.

6. Or,—cut the paste in circles three inches in diameter, place a dessertspoonful of the mince in the centre of each, fold them over, pinch the edges all round, and fry a golden yellow in a bath of boiling fat (*rissoles*).

7. Serve it plain, on a hot dish, garnished with sippets of *fried* bread, fried curls of bacon, and slices of lemon, and put a poached egg or two on the top of it.

8. Put it into silver *coquilles*, dust over the surface rasped

crumbs and grated cheese, bake for a few minutes and serve on a napkin.

9. Boil eight ounces of semolina in common broth sufficient in quantity to form a paste. Let it get cold, then roll it out, and line a few small open tartlet moulds with it a quarter of an inch thick. Fill up the hollow with mince, cover with a piece of semolina paste, pinch the edges securely, take them out of the moulds, egg and crumb them, plunging them into boiling fat till of a nice colour, drain on a cloth, garnish with fried parsley, and serve on paper (*semolina fritters*).

With reference to the above, remember that *toasted* bread is not *fried* bread. Many cooks are apt not to distinguish very carefully between the two ; and whereas a crisp piece of fried bread is an agreeable adjunct to certain dishes, sodden, slightly smoke *toast* is inexpressibly disagreeable anywhere.

MISCELLANEOUS.

Bacon is valuable with all *réchauffés* of meat, and poached eggs are acceptable when served on the surface of hashes and minces. Ham, I need scarcely say, if at hand, can be turned to the very best account, and tongue also for that matter, to assist the flavouring of minces, *croquettes*, *rissoles*, *et hoc genus omne*.

Minced ham or tongue, with minced salt or pressed beef, mashed up with some well-boiled potatoes, hard-boiled egg, and plenty of melted butter, and cooked and served in the fashion of twice-laid, just described, is a nice dish for a change at breakfast or luncheon.

Macaroni and dustings of Parmesan (or any mild grated cheese) vary the monotony of warmed-up meats immensely, and go well with nearly every cold vegetable. Try this sometimes :—Having made a really good *white* sauce, with a broth made from the bones, trimmings, &c., as already described, lay your trimmed fillets of cold fish, rabbit, or chicken, in a shallow pie-dish upon a layer of macaroni, previously boiled till tender : pour the sauce over all, garnish with slices of tomato, dust over the whole a dressing of grated cheese,

bake till lightly browned, and serve. The same recipe is practicable with brown meats, only make a brown sauce to start with, instead of a white. Or, mix all together, heat up, and instead of baking, serve piled up on a hot flat dish.

Batter plays its part effectively amongst *réchauffés*. Any nice mince, bound with egg, rolled in slices of *cooked* bacon, then dipped in batter and fried in lots of fat, presents a very fair *cromesqui*. Fish fillets dipped in the same way, and fried, are nice ; and so are fillets of rabbit or chicken.

If not overdone, thick slices of tender beef, veal, or of mutton, can be effectively re-cooked as fillets in any nice sauce by the *bain-marie* process, and in this form will be found in every way acceptable at the little home dinner. The process precludes all chance of the meat becoming tough, so it is a mere question of taking pains with the sauce and letting the meat marinade in it before the gentle heating takes place. I have dressed a piece of cold rolled ribs of beef half an inch thick in this way in a brown sauce, garnished with a quarter of a pound of mushrooms, that was better far than half the so-called *entrées* of the *table d'hôtes*. These thick slices can be served with a garnish of *macédoine de légumes*, or any nice vegetable. The best sauces are tomato, mushroom, and brown *soubise* for beef or mutton, *blanquette* for veal, but the meat must be really juicy, or, in plainer terms, must have been slightly underdone in the first instance.

Apropos of batter, I must not forget to say that *pounded* fish, incorporated *with* batter, that is to say, worked into it, and fried in seething fat by dropping the mixture into the pan by small spoonfuls at a time, produces a dish of fritters most welcome at breakfast alone, or capital as a garnish for a larger dish of fish.

A remarkably nice little dish, also contrived with batter, is the *crêpe de poisson*, or indeed of anything. The *crêpe* is a pancake. Having turned out a nicely made *thin* pancake :—spread it out upon a flat dish, and cut it into pieces two inches wide and three inches long. Upon the surface of each piece place a very thin slice of cooked bacon slightly smaller each way than the *crêpe*, over the bacon put a tablespoonful of any nice mince, well worked with a carefully prepared cold sauce to give it

moisture and cohesion : then roll up your *crêpes*, put them on a buttered tin, brush them with a whipped egg, bread crumb them, and bake brown in the oven.

Cold cooked vegetables, such as cauliflowers, boiled onions, Jerusalem artichokes, and vegetable marrows, may be mashed up with potatoes, or alone, diluted with melted butter, cream, or milk with the yolk of an egg beaten into it, dusted over with grated cheese, and cooked *au gratin*. Mixed vegetables may be cut into dice and warmed up in white sauce *à la macédoine de légumes*, and cold peas, cauliflower, French beans, and cabbage, may be turned about in butter in a stew-pan, and served *á la maître d'hôtel*. You will find a good many recipes for the treatment of *cooked* vegetables in the chapters I have devoted to that especial subject. All warming up of vegetables other than baking should be conducted in the *bain-marie*-pan.

No more useful present could well be given to a young lady commencing housekeeping than a set of silver, or silver-plated *coquilles* (scallop shells). Served in these inviting-looking little dishes, a mince, or *réchauffé* of vegetables, is worthy of a place at any table. A *purée* of artichoke, capped with finely grated cheese, any cold fish, minced game, even the remains of a macaroni *au gratin*, sent up in this tasty manner, seem ever so much nicer than in an ordinary way. The shells should be well buttered before operations are commenced, and the mince or chopped vegetables should be well diluted with sauce to keep it nice and moist. The surface should be sprinkled over with cheese or finely rasped crumbs. When quite hot, brown the crumbs with a hot iron salamander-fashion, and serve the shells tastily on a napkin. Crisply fried curly parsley may garnish them.

CHAPTER XIX.

FRITTERS.

FAILURE in the accomplishment of the many excellent dishes which come under the head of fritters may be fairly attributed to four things: the first, improperly made batter; the second, a wrongly shaped utensil; the third, an insufficiently brisk and even fire; and the fourth, an inadequate amount of the frying medium. If you once master these cardinal points, and can drum them into the head of your cook, you will have at your command a tasty and, indeed, artistic method of cookery upon which you can always rely with confidence. The charm of fritter cooking is its simplicity. The mixing of a good batter merely depends upon the accurate following of the recipe before you, whilst the culinary operation itself presents no difficulty whatever, provided a liberal supply of fat be prepared, the fire in proper condition, and the vessel used a proper one. The system is equally applicable to all *friture* work, or wet frying as it has been called to distinguish it from *sauté*-work, viz., the frying of fish (whitebait included) *rissoles*, *croquettes*, &c., in a bath of fat.

Tasty fritters, sweet as well as savoury, can be made with vegetables and fruit; fish, both fresh and cooked, remains of cold meats, in the form of mince, and lastly, by batter, pure or flavoured, in the form of *beignets soufflés*, &c.

As the main point in this kind of frying consists in providing

a *bath* of fat for the thing to be cooked, it is essential that we should choose a deep, rather than a broad and shallow vessel, for the operation. The ordinary frying-pan sold at hardware shops is of no use whatever for this branch of the cook's work. The pan you want should look like a stew-pan with a couple of handles ; it should be oval in shape, five inches deep, and for fritters its oval measurement need not exceed eight or nine inches by six. It may be as heavy as you like, for it must, of necessity, be kept steady over the fire when in use. A long handle like that of an *omelette*-pan is therefore unnecessary for you never require to shake a *friture*-pan. A kettle for fish frying should be twelve or thirteen inches by ten, oval measurement.

Opinions differ as to the best frying medium. The great Carême advocated the use of the fat skimmed from the surface of the *pot-au-feu* after having been carefully strained through muslin. Clarified beef suet, for which I give directions in my chapter on pastry, or clarified beef dripping, is favourably regarded by Gouffé. Butter is hardly to be recommended for this kind of frying, as it heats very quickly and is apt to burn. Oil is, of course, an excellent medium, but it is apt to boil over unless slowly heated, and is, besides, expensive. Lard, no doubt, may be used, but I do not like it nearly as well as suet, for it always adheres to a certain extent to the thing fried.

In my chapter on kitchen utensils I recommended a wire rest or drainer for use in this branch of work, upon which things that have been fried can be set to dry thoroughly, either in the oven's mouth or in front of the fire. No particle of grease, however minute, should remain on a fritter or be traceable on the paper upon which it is served.

Besides your kettle, for delicate fritter work there is nothing more useful than the wire frying-basket. Provided with this utensil, which may be described as an open-work draining-pan, slightly smaller in diameter than the *friture*-pan, the whole process of working may be thus described :—

1. Make your batter, to begin with, according to one of the receipts hereafter given, and place it in its bowl on one side,

covered up with a cloth. This should be done two hours before final operations.

2. Prepare your fish, meat, vegetable, fruit, or whatever you are going to cook, and arrange the pieces on a dish neatly.

3. When the time arrives put the dish of things to be fried on a table handy, with the bowl of batter next to it. At this period the whipped white of egg should be added to the latter. (See recipe.)

4. Take your frying-kettle, see that it is thoroughly clean and dry.

5. Set it on a gas boiler, or over a good bright coal fire, and empty the fat, or whatever you use as a frying medium, into it bountifully.

6. When melted, the fat ought to be quite two inches deep, yet with sufficient space above it to preclude all fear of boiling over.

7. Determine if the fat be hot enough by throwing a sippet of bread into it : if the sippet fizzes well and produces large air bubbles, the fritter bath is ready. If smoke rises from it the fat is too hot.

8. Now dip your morsel to be fried (well dried, or the batter will not adhere to it) into the batter, which should be of sufficient consistency to coat it nicely ; plunge the frying-basket into the fat, and slide the fritter into it carefully.

9. The fritter must be *covered* by the fat, not partly in and partly out of it.

10. Now accelerate the heat, let the fritter frizzle, and when of a rich, deep golden tint, lift up the basket, and hold it a moment or two over the pan so that the fat may drain off.

11. Lay each fritter, as you take it from the basket, on a dry clean cloth, or on a sheet of new white blotting paper, to complete the draining. Or lay them on the wire drainer, and either put this in the mouth of the oven or before the kitchen fire.

12. When the fritters are quite dry, dish them on a paper in a very hot dish, and, if savoury fritters, give them a dust of

finely powdered salt ; if sweet ones, shake a canopy of powdered loaf sugar over them.

13. Fritters can be fried one after another. Never put in more than the pan can easily hold at one time. Cool the fat a little between each relay.

14. The fat having been cooled for a quarter of an hour should now be poured through muslin into a clean bowl : it will harden, and be fit for work again until it assumes a leaden tint, which may take place after it has been used two or three times. Re-clarifying in boiling water will tend to make it whiter.

15. It must be remembered that fat in which *fish* has once been fried must be reserved afterwards for fish only, as it acquires a fishy taste. To prevent accidents it is a good plan either to label the bowl containing it with the word "fish," or to use one of a different colour from the others.

If you foilow these rules closely, you ought never to fail to turn out nice fritters, provided, of course, that your batter be properly made. I cannot too strongly impress upon you the necessity of attention to this part of the work, which so many cooks slur over carelessly. As a reliable mixture for savoury fritters, *cromesquis*, *orlys*, &c., the following can be recommended :—

Not less than two hours before the cooking is to take place mix four yolks of eggs with four tablespoonfuls of the best salad oil. Incorporate with this mixture thoroughly seven ounces of flour and a saltspoonful of salt. The flour should be dry and of the best quality. Work this now, with care, to a smooth paste, adding sufficient *lukewarm* water to bring it to the consistency of a thick sauce, and continue to beat it for at least ten minutes. If the batter appear too thick, add a little water until its consistency be satisfactory—*i.e.*, it should cover the spoon when lifted out of it with a coating about the eighth of an inch thick. As soon as satisfactory, the mixture should be put in a warmish place, covered with a cloth. Just before

using add the froth of two of the whites of the eggs well whipped.

This recipe may be reduced for a small dish of fritters by exactly one-half. Beer may be substituted for water, and, if required for sweet fritters, sugar, with a couple of tablespoonfuls of brandy, should be mixed with the composition.

Another good batter is made thus :—Beat up equal parts of salad oil and beer—say two tablespoonfuls of each ; add two yolks of egg, and incorporate with this three and a half ounces of flour : make a thick paste, which you thin to the required consistency by the addition of tepid water or beer, and then put aside for two hours, covered with a cloth, reserving the whipped white of one egg to finish with.

CROMESQUIS.

The CROMESQUI is, I think, the prince of all savoury fritters, and is susceptible of being composed in many delicious ways. Oysters, various shellfish, minced fish of any kind, sweetbreads, game, *foie-gras*, or any delicately composed mince of fowl, or of meat, with tongue or ham, can be thus turned to an artistic account. Whatever your *salpicon*, or minced composition, may be made of, the *spécialités* of the *cromesqui* are the little jacket of udder of veal or fat bacon in which it is enveloped, and the batter in which it is dipped. The udder or bacon should be cold and have been previously cooked, and cut into thin slices, two and a half inches long and one and a half deep : two oysters, or a heaped-up teaspoonful of any *salpicon*, should be laid in the centre of each : the jacket must then be folded over it very neatly, fixed with white of egg, and kept ready for the dipping process, which must be carried out cautiously. The frying should be conducted as already described.

If you wish to make *cromesquis* of chicken, turkey, or veal, you should mince the meat rather coarsely, the pieces being cut like little dice, and stir into it, in a saucepan on a low fire, sufficient domestic *velouté* to moisten it ; add the yolk of an egg, turn this into a soup plate, and let it get quite cold and

firm ; then divide it into little portions, and fill your bacon slices. Minced truffles and mushrooms are, of course, undeniable improvements to any *salpicon*.

A fish *cromesqui* is easily accomplished : you need only mince the fish, stir into it, in a saucepan on a low fire, a few spoonfuls of well-made white sauce, add a little seasoning, with a pat of butter and the yolk of an egg, when off the fire, and set it to get cool and firm.

ORLYS.

Orlys, or dishes *à la Orly*, as they are sometimes called, are also of this school. They are made of chicken, fish (soles especially), oysters, &c. The two former having been trimmed in neat fillets, are marinaded (as described for angels on horseback) for two hours, then drained, wiped, dipped in batter, and fried. Careful draining and drying must follow and fried parsley and tomato sauce are the correct concomitants.

Orlys of oysters, or *huîtres à la Orly*, known also as angels on horseback—*i.e.*, oysters plainly dipped in the batter I have given you, and fried *secundum artem*, are perhaps as dainty morsels as can be presented in the form of a hot *hors d'œuvre* in the French style. Drain the oysters from their liquid and beard them. As for the beards and liquid of the oysters, proceed as recommended at page 60 to make a broth, and cook the oysters therein in the manner specified ; then wipe them and set them *en marinade* all the day in a soup plate, with the juice of a lemon, a few thin slices of onion, some whole peppers, and sprigs of parsley ; turn them occasionally till they are wanted for the *friture*-pan, when lift them out and drain on a cloth. Oyster fritters thus treated form an excellent garnish, and may be served with boiled or fried fish, or a dish of *filets de bœuf*.

Here is Gouffés *huîtres à la duxelles* :—Choose large sauce oysters, blanch them as explained above, press them between two dishes till they are cold, then split each oyster open, almost as wide, comparatively speaking, as you do a kidney, and insert therein a little of the following composition :—toss on the fire in an ounce of butter, with a pinch of pepper and

two of salt, a teaspoonful of minced shallot and a dessertspoonful each of minced mushroom and parsley: fry for five minutes, and then moisten with a coffee-cupful of good brown sauce, give it the yolk of an egg, and let it get cold. After putting a small allowance of this in each oyster, shut the sides together, dip it in the batter, and fry immediately.

I have already indicated the vegetables which, after parboiling, cooling, and draining, make good fritters, and here repeat my recommendation of that method of treating them. The process is exactly the same as for other fritters. The best are made of asparagus (all the tender part), artichokes, sprigs of cauliflower (*choufleur en bouquets*), or neat fillets of salsify, seakale, and vegetable marrow.

Shell and pound half a pint of boiled shrimps in a mortar with an ounce of butter and a little fish broth; when quite worked to a *purée*, incorporate it *with the batter*, and drop the mixture, by dessertspoonfuls at a time, into your *friture*-pan: let the fritters cook till they turn a rich golden colour, and are as crisp as biscuits, then drain dry, and serve them on a napkin with crisply fried parsley.

If you omit the shrimp *purée*, and simply fry dessertspoonfuls of the plain batter, you will have *beignets*, or, as some call them, pancake fritters, which may be either sent up as a savoury *entremets*, to be eaten with butter, pepper, and salt, or as a sweet one, when they must be dusted over with powdered sugar and sprinkled with lemon juice. In the latter case a spoonful of brandy or liqueur mingled with the batter improves their general effect.

SWEET FRITTERS.

All fruit fritters can be cooked in the batter I have described, a tablespoonful of brandy or liqueur and sugar being incorporated with it. Peaches, apricots, plums, pears, and apples, make delicious fritters; the pine-apple is equally amenable to the *friture*-pan, whilst oranges and bananas are not to be despised. For the five former, when out of season, we can use preserved fruit; those that come to us from America are firm

and specially to be recommended. Pine-apples are as a rule too expensive to use in ordinary cookery ; for this reason the American tinned slices are capital substitutes. Oranges can be used in their season, and the banana has become a perennial friend.

Whatever fruit be chosen, let it be set *en marinade* in a little liqueur, brandy, or rum. Delicate fruits require liqueur, the pine-apple is better associated with rum, the banana and orange are thankful for either rum or brandy. A wineglass is enough. The fruit, sliced, and prepared for the *beignet*, should be laid in a soup plate, dusted over with sugar, and sprinkled with the brandy or liqueur. After an hour the slices should be turned over, basted again, and this should be repeated during the afternoon, until they are required by the cook. The brandy or liqueur you use for the *marinade* should be mixed in the batter. The pieces must be wiped dry before they are dipped in the batter. Orange quarters and slices of *ripe* bananas may be used raw, but the slices of pine-apple must be stewed till tender. Unless perfectly ripe, it is a waste of time and materials to attempt to do anything with a banana—as a fruit.

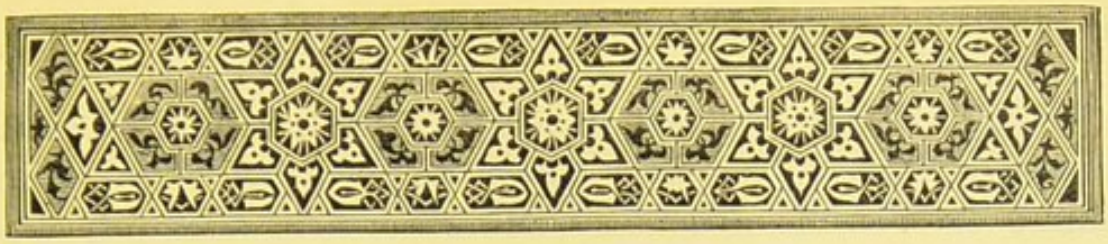
I cannot do better than wind up this chapter with a recipe for *beignets soufflés* :—

In a two-quart stew-pan put half a pint of water, four ounces of butter, a few drops of lemon essence, and half an ounce of sugar. Boil, and take the pan from the fire immediately, add eight ounces of finely sifted flour, mix, and when smooth stir over the fire with a wooden spoon for a few minutes to dry the paste. Remove the pan again, let the paste partly cool, and then add, one by one, two whole eggs and the yolks only of two more. The paste ought now to be stiff enough not to spread out when a lump of it is dropped from the spoon.

Now melt two pounds of frying-fat in the frying-kettle over a moderate gas fire. Take the paste, divide it into little portions with a teaspoon, drop each upon a floured board, roll them into balls, and arrange them so that you can plunge them in small detachments at a time into the fat. Test the latter ; it must be less hot than for fritters—*i.e.*, a crumb thrown in

should only produce a slight fizzing: put in the first detachment of little balls, and turn up the gas to accelerate gradually the temperature of the fat. Move the balls gently in the pan, and when they turn an even golden colour, drain, dry, and treat as fritters, sprinkling them with finely sifted sugar. Lower the heat of the fat, and go on with the next detachment.

If you omit the lemon and the sugar, and stir in with the flour a good allowance of finely grated Parmesan, you will produce a *beignet soufflé au Parmesan*, a very enjoyable savoury *entremets;* while if you cook them plainly without cheese, and only seasoned with pepper and salt, you will have a *beignet* which, when eaten with salt, pepper, mustard, and fresh butter, forms a savoury *entremets* not to be despised.



CHAPTER XX.

LUNCHEONS.

A PLEASANT luncheon or French breakfast party should possess the following characteristics :—a judiciously selected list of guests, a prettily arranged table, a light yet artistic *menu*, with cups of champagne, claret, sauterne, hock, or chablis, iced *ad libitum*, and in no way spoilt by sugar. Liqueurs may be handed round to finish with, and the best coffee you can make should follow. In composing your *menu* you should avoid adhering in any way to the order and style of a dinner. Thus you need not give any soup at all, but lead off with oysters in their shells accompanied by brown bread and butter, and the usual adjuncts. When oysters are out of season a dish of *hors d'œuvres* in the Italian style may be presented (see the chapter on that particular subject).

A *menu* comprising some half-dozen dishes at the outside, carefully contrasted one with another, and by no means dinner-like in their order, may be selected from the following :—

Oysters, or savoury *canapés*, *olives aux anchois*, or an *anti-pasto* of *hors d'œuvres* as aforesaid, for which see Chapter XXVI.

Some *plat* of eggs dressed in one of the modern styles, or a good *omelette aux légumes*, or *fourrée* with oysters, shellfish, mushrooms, truffles, &c., &c.

Fish *au gratin*, in coquilles, or fricasseed with cucumbers ; a dish of *orlys*, or a *mayonnaise* of salmon.

A fillet of beef served in slices, with horseradish sauce, *béarnaise*, *valois*, or *crème d'anchois*, garnished with potato chips; or a dish of mutton, lamb or veal *côtelettes*, *à la Réforme*, *à la soubise*, *à la Robert*, &c., with *purée de pommes de terre*, and appropriate vegetable garnish.

Macaroni or sparghetti *à l'Italienne*, or *au jambon.*

Plover's eggs (*œufs de vanneaux*).

Pressed beef, cold lamb, *galantine*, or other nice cold meat on the sideboard, with a plain French salad.

In the winter of course game pies, brawn, boar's head, and cold game might be selected from.

Hashed venison or mutton cleverly made, or *salmis* of game, a *navarin*, *ragoût*, or *haricot*, &c., &c.

Curries—which are better adapted for discussion at luncheon than at dinner—with their accessories.

Savouries of any tasty description.

Fruits with cream, or in jelly; fancy pastry, such as *éclairs*, *petits choux*, *meringues*, &c.; *omelettes au rhum;* or *à la celestine.*

Cheese, with green butter, *pailles au Parmesan*, &c., might follow the sweet dish.

The soups best adapted for service at luncheon parties are delicately flavoured *clear* mulligatunny, *consommé aux œufs pochés*, or any nice clear *consommé* prettily garnished.

For a small luncheon party, after the *antipasto* I would give a dish of fish, *rissoles* or *croquettes*, followed by a simple cutlet with a nice vegetable garnish, the *galantine*, cold lamb, a chicken salad, or a *mayonnaise*, a sweet, and cheese, or a savoury toast. Compose, in short, a little *menu* of mixed dishes, introducing some nice slices of cold or hot meat about the middle thereof, and you cannot go far wrong. A good mayonnaise, chicken or lobster salads, and aspics with shell-fish *à la tartare* are always safe dishes to choose from for luncheon parties. *Omelettes*, whether savoury or sweet, when well made, are generally popular, and good savouries rarely fail to please.

Canapés are effective when carefully composed:—Cut some

slices of bread a quarter of an inch thick, and two inches long if heart-shaped, two inches in diameter if round, and two inches square if rectangular. Fry them gently in butter. Crisp them in the oven on a buttered tin and set them on a dish to get cold. To complete the *canapé*, first spread a layer of green butter over each piece of crisp bread, upon that place a layer of shrimp prawn or lobster meat pounded with butter, and slightly seasoned with Nepaul pepper ; smooth this with a dessert-knife, place a leaf of lettuce (cut from the golden heart) upon the top of the prawn meat, and a piece of beetroot or cucumber shaped with your cutter. Over each *canapé* when thus prepared and placed in the dish ready for serving, pour a dessertspoonful of rich, thickly worked *mayonnaise* sauce, iced. A little chopped olive, or chopped capers, or the two mixed, may be judiciously sprinkled over each cap of *mayonnaise* dressing. The dish should stand on ice before serving in summer.

Instead of prawns or shrimps you can use cold chicken, finely sliced or pounded, an atom of *pâté de foie gras* might then be added to each *canapé*, and the thinnest slice of tongue might cover it. Instead of lettuce, a few sprigs of the *flower* of a cold cauliflower can be introduced, or any cold vegetable of a delicate kind, *asparagus points* to wit.

Fish may also be used in this fashion :—*caviare*, smoked salmon, cod's roe, lobster, herring *à la sardine*, sardines, lax, preserved tunny, and anchovies. For instance, some neatly picked fillets of the last-named fish, wiped free from oil, and the skin and bones removed, can be laid on the green butter ; over them a slight sprinkling of sliced olives, then the lettuce leaf, &c., as previously described. Caviare should be plainly spread on the butter, with a few drops of lemon juice and a dust of Nepaul pepper.

In houses where the cook can really master an *omelette* properly, one with Parmesan laid upon a fricassee of cauliflower flowers, or upon a layer of *haricots verts soubisés*, or composed *aux huîtres*, *aux pointes d'asperges*, *aux tomates*, or *aux truffes*, may safely form an item of the choicest luncheon bill of fare.

Here is a practicable recipe for an *entre-côte de bœuf à l'Italienne*. Having chosen the piece of meat, preserve it whole after trimming it into shape. Let it lie all night in a simple *marinade* (page 119). In the morning take it out, wipe it, spread a little butter over its upper side, and upon that a seasoning composed of a tablespoonful each of finely chopped mushroom and parsley, a dessertspoonful of minced shallot, and some pepper. Roll up the meat now, carefully, enveloping within it the seasoning, and secure it with tapes. Take a good slice of bacon, mince it very small with a saltspoonful each of powdered thyme, marjoram, and pepper, a clove of garlic, a three-ounce onion, and a two-ounce carrot sliced : shake this mixture, with an ounce of butter, at the bottom of a stew-pan, and when it melts place the fillet upon it, and turn it gently till it browns nicely. Now pour in a pint of hot tomato *purée*, diluted with beef broth to the consistency of thinnish gravy-soup ; cover closely and simmer the *entre-côte* in this till it is done—it ought to be kept at least three hours at a gentle heat : when ready to serve, take the pan from the fire, strain off the sauce, place the meat upon a very hot dish, remove the tapes, divide the *entre-côte* into neat portions, arrange them so as to overlap each other, garnish with glazed onions, *haricots verts*, Brussels sprouts, or any nice vegetable, and after removing the fat from its surface pour the sauce over it.

A dish of *spaghetti à l'Italienne* (recipe immediately following) may accompany the *entre-côte* to give it a stronger claim to the Italian name. It will be found remarkably nice.

Macaroni, or spaghetti the smaller variety, in the usual Italian fashion, is infinitely superior to our perpetual method of serving it. It makes an excellent luncheon dish. Put three ounces of either into plenty of *boiling* water in a saucepan (which *may* be rubbed with a clove of garlic), until it is tender ; the moment it *is* tender, stop the boiling by adding a cup of cold water, if not the paste will be sodden. Drain it carefully and completely, as you do rice, and let it remain in the hot saucepan. Now stir into it a tablespoonful of the best fresh butter, and as you work this about over the fire, an assis-

tant should add by degrees a breakfast-cupful of fresh tomato *purée*, a seasoning of salt and black pepper, and lastly a heaped-up tablespoonful of either grated Parmesan cheese, Gruyère, or any mild thoroughly powdered dry cheese: serve steaming hot without delay. The cheese should spin, *i.e.*, form long threads when lifted from the dish with the macaroni.

If you have half a pint of stock or *consommé* to spare, you can improve this dish by simmering the macaroni or spaghetti therein after the draining stage. When the stock has been absorbed, add the tomato, &c.

It would of course be possible to go on suggesting dishes, and describing them *ad infinitum*, for luncheons are little banquets which afford a pleasant field for the exercise of the inventive faculties. Enough has, however, been said, I hope, to assist givers of these parties in the composition of their bills of fare. Recipes for the various dishes I have mentioned will be found in this book, and a little reflection will enable the reader to vary, add to, or reduce them, as it may be advisable. It only remains, as far as luncheon parties are concerned, to speak of—

COLD DISHES.

On the score alike of economy and good quality I would urge all who like to have such *spécialités* as galantines, pressed beef, tongues, brawn, cold boiled fowls masked with white sauce, &c., to cook them at home. Without wishing to cry down the ready-made specimens of this kind of food to be purchased at the various Stores and the shops of purveyors of dressed provisions, I cannot but point out that you ought to be able to turn out any of them just as nicely in your own kitchens. It is only at the very best places that their preparation is marked with any special excellence, and this is chiefly noticeable in regard to external finish rather than the quality of the food itself. There is nothing at all difficult in the dressing of such dishes; they simply require proper care in cooking and neatness in the trimming and dishing afterwards. The practice which now prevails of profusely ornamenting cold *pièces* for luncheons and suppers cannot be in any way com-

mended. Glaze properly applied, as will presently be described, broken aspic jelly, or neatly stamped-out pieces of the same for garnish, with bunches of parsley or watercress, snowy dish papers, and frills to cover unsightly knuckle ends of hams, &c., are all the accessories that are necessary. The laying-on of devices of sorts on the surfaces of hams, tongues, galantines, and poultry, and worse still, the squeezing of patterns upon them in colours similar to those laid upon cakes by confectioners, are wholly out of place on the one hand and silly waste of time on the other. It is but lost labour too, for all the lovely tracery and gimcrack moulding is studiously scraped off by the carver as soon as business begins. If it were the custom for people to display in their dining-room windows for the admiration of passers-by the dishes prepared for their little entertainments, this embellishment might perhaps be excused. Since, however, we have not come to do anything quite so outrageous at present, why should we encourage a vulgarity which is almost as bad?

It will be as well, perhaps, to begin by describing the compositions I have mentioned—glaze and aspic jelly—for they are required in connection with most of the dishes that come under this head.

GLAZE, as has been already said, can be purchased in London ready made. This merely requires to be melted to render it fit for use. Circumstances may, however, arise necessitating its preparation at home, in which case the process is as follows:—

Make a strong broth of all the odds and ends that you may have at hand, trimmings of meat, giblets and bones of poultry, skeleton remains of fowls or game, bacon rind, a few scraps of lean ham or bacon, and so on. When ready strain the liquid, free it from grease, and clarify it with half a pound of raw beef, according to the recipe given, page 29. Then put it into a stew-pan over a fast fire, and reduce it until it begins to thicken sufficiently to coat the spoon with which you are stirring it. Constant stirring is downright essential to prevent the glaze sticking to the bottom of the saucepan and burning. As soon

as satisfied with its consistency, pour it into a small jar. When cold, the glaze will solidify like glue. When it is required for use, place the jar in which you have set it in the *bain-marie* and let the jelly melt ; then dip a brush into it, and paint the surface of the tongue, or joint, over thoroughly ; when dry, the appearance will be that of a clear varnish. Colour the broth before reducing with browning according to the tint required, but carefully avoid too dark a shade. The gloss should be bright and clear, by no means heavily laid on, and of a pale cigar-brown colour. The thick layer of dull treacly material—sometimes even of a reddish colour—that is frequently to be seen in shop windows, is repellent rather than ornamental, and certainly not at all what glaze ought to be.

Before laying on the varnish see that the meat is quite dry, and use a brush called by artists in oils a softening brush. A second application, when the first has dried well, may be given if the effect appear too thin.

For the best glaze veal and veal bones are supposed to be used in the making of the broth, but it is quite unnecessary to go to such expense if materials such as have been described are available. But the broth *must* be clarified if a bright glaze is wanted.

ASPIC JELLY.

The best recipe I am acquainted with for this useful adjunct to cold dishes is that recorded by Sir Henry Thompson in *Food and Feeding*. After pointing out that if provided with Liebig's extract the expensive and tedious old-fashioned method of preparing a stock with calf's feet, meat, &c., is no longer necessary, Sir Henry says :—

"Slice a large carrot or turnip, a small head of celery, adding two cloves, pepper and salt, a bay leaf, a small bunch of sweet herbs ; all to be put into a saucepan with three pints of water and allowed to simmer for two hours until reduced to two pints. Pour off through a strainer and let this stand till cold. When required, add two ounces of gelatine (in hot summer weather ; one and a half ounce suffices when it is cool) to a pint of the cold liquor, and let it stand for two hours. Then heat the

remaining pint to boiling-point and add to the preceding, with a thin paring of lemon peel, a tablespoonful of lemon juice, the same of mild vinegar, and one or two teaspoonfuls of tarragon vinegar. At this point pour in two or three whites of eggs, lightly beaten, and stir well to fine the liquor. Bring the whole just up to boiling-point ; then at once remove and keep on the hot-plate close by, but not boiling, for three minutes only. Take it off and set it aside for three minutes longer, and then strain through flannel. It is now quite hot and clear ; stir in at once a small teaspoonful of Liebig Company's extract, and set aside to cool until wanted."

If at all cloudy after the cooling a second filtration through the flannel will clear it.

SPICED BEEF, ROLLED—a good old-fashioned thing for luncheon—is best made of a piece of thin flank or brisket. If ordered specially for rolling, the butcher will bone and salt it sufficiently for the purpose. When the meat is sent in wash it in cold water and spread it out flat, dry it, and lay a thin coating of the following seasoning over the inside (in the same manner as you would spread jam over the paste before making a rolypoly pudding) :—half an ounce of powdered cloves, half an ounce of peppercorns, freshly ground, half an ounce of powdered mace, a dessertspoonful of finely powdered thyme, with one of marjoram, the chopped peel of a nice-sized lemon, pared very finely, and a quarter ounce of Nepaul pepper—mixed thoroughly together. Roll up the brisket, secure it with tape, wrap it in a cloth, and tie it tightly with a string. Cook it patiently until tender (see directions for boiling salt beef, page 153), and set it, when done, under a weight ; when cold, remove the string, trim the joint neatly, glaze it, and when the glaze is dry the beef may be considered ready for the table. A couple of glasses of marsala mixed with the liquid in which the beef is cooked during the last hour will improve the flavour greatly.

PRESSED BEEF should come to table in a rectangular shape, neatly trimmed, and its top glazed. Full directions for pre-

paring the joint will be found in the recipe, to which reference has been made in the preceding paragraph.

TONGUES ought to be cooked in the same manner. As regards shaping and trimming, however, they require care, for they have an annoying habit of curling themselves round—contracting that is to say in the boiling—which must be corrected as soon as they are taken out of the water. To set up a tongue properly you must place it hot upon a board, pin the root end down by driving a couple of strong skewers right through it into the board ; stretch the tip out straight and secure it to the board also with a steel-pronged fork ; support the tongue in shape by weights on each side, and let it get quite cold. When this has taken place the tongue may be released, trimmed, and brightly glazed.

BRAWNS.

Brawns can be made of any meaty substances possessing a strong gelatinous property, such as calves' heads and feet, pigs' heads and trotters, ox cheek, palates and feet, &c. But as these parts are not very savoury by themselves it is necessary to associate with them tongue, beef, scraps of ham, or some other meat that may provide flavour. Brawns must be made while the meats prepared for them are hot, in order that the maximum of the solidifying power of the gelatine may be secured. Such meat as may be sufficiently tender should be torn in pieces by two strong forks rather than neatly cut, for cleanly cut edges do not adhere so closely in the mass as those that are rough.

CALF'S HEAD BRAWN.—Choose a small calf's head and split it in two, cut out the eyes, break the bones of the jaws, remove the brains, and let the whole soak for an hour or two in cold water. Then put it into a stew-pan with water enough to cover it. Cook very slowly, and then add vegetables and flavouring as if for soup ; when the meat is quite tender, and you can pick the bones away from it easily, strain the head from the broth, and vegetables, free it from every fragment of bone, and cut up the meat whilst it is hot and juicy, *en masse*

rather small, seasoning it with salt and spiced pepper whilst doing so. If you have no spiced pepper, mix a dessertspoonful of powdered dried thyme and marjoram blended, with a teaspoonful of pepper, and dust it freely into the meat. When seasoned well, cut up, and mixed, add to it one pound and a half of the best cooked ham that has been gently warmed in a little of the head broth. This should be cut up in irregular pieces, both fat and lean, and stirred among the pieces of head.

Now, having previously got ready a round brawn tin, put into it by large spoonfuls at a time the prepared hot meat, pressing the layers down firmly, and placing a weight on the top when the packing is completed. Put the tin into a cool larder and let it remain all night to set. The next morning it can be turned out whole, and served for breakfast or lunch. The broth in which the meat was stewed should be blended with the soup stock, for it will be gelatinous and strong—the proper basis, in fact, for a good mock turtle.

N.B. Half a large calf's head makes a nice brawn. If required the butcher will send it up dressed ready for boiling, but take care that the tongue accompanies the half head.

An excellent brawn can be made with half a pig's head, say four pounds, half a pound of cooked tongue, and a pound of slightly salted brisket or flank of beef. Cook the pig's head as in the foregoing recipe, with the beef, and warm the tongue like the ham. Cut up the meats whilst they are quite hot, season as before explained, stir the mixture well together, press the whole tightly down in a brawn tin, and let it remain for a night with a heavy weight above it. When required, dip the tin into hot water to loosen the sides of the brawn, and it will slip out fully formed, and ready for the table. In this instance the half pig's head may be slightly salted like the beef, for one night only, and a couple of pettitoes would add to the solidity of the brawn.

In choosing a brawn tin it is better to select one of narrow rather than broad dimensions—one eight inches in diameter will be found conveniently sized. This advice is given with

a view to carving, which is much easier when the surface is not too extensive.

GALANTINES.

These are of course particularly suitable for luncheon parties.

Choose a very fine fowl, capon, or hen turkey, from three and a half to four pounds in weight ; purchase two pounds of lean veal, three pounds of fat bacon, and a pound of cooked tongue. Having plucked and cleaned the bird, preserve the giblets carefully, scald them, cut them up small, and put them on the fire, covered with water to make broth.

Next lay the bird breast downwards on a board, and proceed to bone it—to do this well the cook should have a lesson from one to whom the process is familiar—you may sever the pinions, legs, and neck, but draw the skin carefully over the places, and sew them up, so that the outer skin may be as whole as possible. Cut off all the meat from the pinions and legs (removing the sinew) and flatten the carcase before you with a cutlet bat. Break up the bones that have been removed, and add them to the giblets that have been set to make broth, adding water to cover the whole, and, when once boiling, the vegetables recommended for *pot-au-feu*, page 28.

Now make a forcemeat with the veal and two pounds of the bacon, pounding them thoroughly and seasoning the mixture with half an ounce of spiced salt (see page 144).

Blanch and cut up the remaining pound of bacon in squares about three-quarters of an inch in measurement, and treat in a similar manner the piece of tongue.

To make the foundation of your work as level as possible, you should trim nearly all the meat of the body of the fowl, with a very sharp knife, almost to the skin ; the meat that is thus detached should be kept with that of the wings and legs.

These things having been done, the packing of the *galantine* should be proceeded with :—

First, spread a layer of the forcemeat, three-quarters of an inch thick, evenly over the fowl, upon that a layer of your slices of the bird, then a layer of tongue and bacon squares, upon that another layer of the meat you cut from the bird, over that

a second spread of the tongue and bacon squares, and lastly a thick layer of the forcemeat. Between each layer there should be a dusting of spiced salt.

Fold over this the flattened carcase, disturbing the layers as little as possible, and sew the *galantine* up securely with fine twine. Envelop this in a clean cloth, and tie it up carefully with cross strings to preserve the oval shape of the *galantine*. Set this in a deep stew-pan, cover it well with the giblet and bone broth, in which a claret glass of marsala has been introduced, and let it boil once, then cover the stew-pan, and draw it back to simmer gently for three or four hours. When done, lift it off the fire, and let the *galantine* get cool in the liquid for one hour, then drain it, take off the cloth, wrap it in a fresh dry one, and place it on a dish with a heavy weight above it. When quite cold, take out your *galantine*, melt off any fat that may be attached to the skin, wipe it carefully, and glaze it a pale brown colour, setting it in the ice-box, and finally serving it garnished with broken lumps of aspic jelly. In the winter of course the larder would be cold enough.

A *galantine* to be *correct*, should, of course, contain a goodly allowance of truffles: these should be first cooked in broth and a little marsala, and then introduced during the packing of the carcase, according to the artistic taste of the cook, in fairly large pieces; truffle trimmings should be minced fine and added to the forcemeat. Little dice of sweetbread are effective if dotted about in the layers of tongue, and pistachio nuts are an improvement. When truffles are not in season a nice flavour can be got by putting in with the layers of tongue and bacon dice similar sized pieces of a freshly opened *pâté de foie gras*.

A VEAL GALANTINE is an excellent thing for luncheon or supper. The loin is the best part to choose, but a breast may be used with good effect. If the butcher be told that the joint is to be boned and rolled he will cut it accordingly. A piece of about six pounds' weight will make a nice *galantine*, with one pound of lean veal and one pound of fat bacon for the forcemeat, and three-quarters of a pound of cooked tongue.

Bone the loin, and put the bones as in the former case to

make broth, vegetables in like proportion being added as soon as the boiling commences. Take out the kidney and suet, cutting the former into squares, and reserving the latter for any other purpose. The pieces of kidney are to be used with the tongue in packing the *galantine*. For the rest, lay the boned joint on a board, spread a layer of forcemeat as in the case of the fowl *galantine* over it about an inch thick, over this put the tongue, cut into squares and the kidney, cover with another layer of forcemeat, draw the ends of the loin together, stitch it up, and secure the whole firmly with tapes, keeping it in an oblong shape, wrap it in a cloth as previously described, and cover it with the broth, simmering after once boiling for four hours. Finish exactly as in the first case.

The practice of ornamenting (?) *galantines* and cold *grosses pièces* with an impalement of plated silver skewers (*hatelets*) upon which truffles or cockscombs have been strung is surely to be condemned as barbaric, suggesting some unhappy episode in African warfare—a victim with the assegais left in! What attraction can there be in these puerile devices?

OF WHITE MASKING.

There are few nicer things among cold dishes than cold boiled chickens or fowls neatly masked with white or ivory-coloured sauce, and tastefully garnished. Provided that the birds be very gently cooked, not overdone, and the masking skilfully managed, the dish is worthy of a place in the *menu* of any lunch or supper. Nor is it expensive.

Assuming that the boiling has been conducted correctly, and that to flavour the broth and the fowls six ounces of onions, six ounces of carrots, two ounces of celery, a bouquet of herbs, and seasoning, have been put in with them, the *cuisson* thus produced will furnish the basis of the *chaud-froid* sauce or white masking nicely, to make which proceed as follows :—

There should be at least three pints of broth when the fowls are cooked. With this make a good *sauce blonde* (page 60), using three ounces of butter and three ounces of flour to

thicken it. Dissolve an ounce of gelatine in warm broth, stir this into the hot sauce, and pass the whole through the sieve. As the liquid gets cooler it will gradually become firm : seize the opportunity when this stage is at hand to mask the fowls by passing the sauce gradually over them through a funnel. The birds should be placed on a roomy dish for this operation, and any excess of sauce that may flow upon the dish from them can, after it solidifies, be removed with a slice and used as may be required. Before masking the birds must be quite cold.

Masking, to be even and smooth, should be finished in one operation. Everything depends upon the condition of the sauce. If too cold it will be lumpy, and if too warm it will flow too easily. A little practice soon puts this right.

Some like cream in this sauce at the rate of a dessert-spoonful to a pint as a finishing touch. Yolks of eggs improve the masking and give it an ivory or pale yellow tint, according to the quantity used. The fashion of adorning fowls masked in this manner by putting devices of various kinds in coloured jelly, &c., upon the breasts is, let me repeat, trumpery, a silly waste of time, and by no means beautiful when it is done. Golden-tinted, bright aspic broken or cut into triangular *croûton*, forms, with parsley or watercress, all that is needed in the way of ornament.

NOTE. For pies ample directions are given elsewhere, and many nice cold *entrées* will be found in the *Menus*.

DOMESTIC LUNCHEONS.

In regard to the ordinary luncheon at home I would first ask attention to the remarks made in my first chapter on the subject of order-giving, and the advantage it is to the cook to know the day before what she has got to do. A little thing may of course be added, but all orders regarding fresh meat and dishes requiring a good broth foundation should be written down the day previously, so that the former may be delivered early, and ample time be given for the latter.

For this meal it may be useful to turn to my chapter on

réchauffés, with a view to the disposal of cold meats, vegetables, &c., but as it may often happen that some little dish may be fancied, a few suggestions are offered :—

Breast of mutton baked and breaded.—Put the breast in a stew-pan with a slice of bacon chopped up, half an ounce of butter, one onion sliced, one carrot sliced, a dust of mignonette pepper, a saltspoonful of salt, and a bay leaf. Let the bacon and butter melt and turn the meat about in it till it begins to colour ; then cover the whole with warm water, adding half an ounce of glaze or a teaspoonful of bovril or other essence. Cover the pan and stew very slowly till tender. Now take the pan from the fire, lift out the meat, strain off the vegetables from the broth. Proceed to take out the bones from the breast, then set it to get cold under a weight. When wanted release the weight. Bread-crumb the outer flap of the meat, and set it in the oven to brown ; pass the vegetables through the sieve ; remove the fat from the broth, and turn it if liked, into *sauce piquant*, or, by adding a tablespoonful of tomato ketchup give it a pleasant sharpness. (See page 64.)

Make a bed of chopped greens, lay the meat thereon, pour the *purée* of the vegetables of the stew round it, and serve the sauce in a boat, or pour it round the meat if you think it better so. A bed of spinach is appropriate.

Rabbits make an acceptable change in the luncheon bill of fare, especially if cooked in the style of the *gibelotte*, as explained in another place. Ample time is required for these stews ; operations should be commenced at half-past ten for a one o'clock meal. That excellent dish, boiled rabbit smothered in onions, is generally spoilt by over-quick cooking. As a matter of fact it ought scarcely to *boil* at all, for after reaching that temperature *once*, the process should be changed to gentle simmering without acceleration till the cooking is completed. I cannot too often emphasise the fact that the toughness and indigestibility of English domestic cookery are wholly caused by hurrying the work. Few cooks will boldly tell their mistresses that they cannot do such and such a dish *in the time ;* they try their best, and the result is of course a fiasco.

The undercut of the saddle, which may be destined for to-night's dinner, makes a very succulent morsel for luncheon; it should be cut out entire, grilled over a brisk fire, and sent up with potato *duchesses*, or crisply fried potato straws (*pailles*), with a pat of *maître d'hôtel* butter melting over it. A bunch of watercress makes a nice garnish.

A chicken neatly cut up as for a fricassee, dipped in well-beaten egg and rolled in bread crumbs, then fried a golden brown, and served with macaroni and tomato, or with good bread sauce and fried parsley.

A nicely roasted chicken or a pigeon *bardé*, with potato chips, and watercress.

A single *canapé* of shrimps, or a little patty of puff-pastry filled with any tasty mixture.

A creamy *purée* of spinach on toast with buttered egg, or served plain with short-bread biscuits. (See spinach.)

A little plate of peas, tossed in butter with dice of fried ham or bacon.

Coquilles of artichokes, or of any delicate vegetable.

A cheese *fondue en caisse*, or a little cheese *omelette*.

Savoury toasts of all kinds, from the homely Welsh rare-bit upwards, are welcome on the luncheon-table. I treat of them, you will find, *in extenso*, in a separate chapter.

For an easily made sweet there ought not to be much difficulty in making a selection. The sweet *omelette*, *soufflé*, *omelette-souflée*, &c., cost little trouble, and are quickly made. Besides, it is at luncheon that the excellent plain puddings peculiar to the English school of cookery seem to be specially appreciated.

For lunch out of doors, travelling, and in circumstances when time is an object, the sandwich is a most handy and welcome friend. It can be made in many ways, and, with the exercise of a little discretion, in great variety: here are a few good ones :—

Spread the bread with green or any fancy butter, and fill the sandwich with pieces of lax, wiped quite dry from the tin oil, and some bits of pickle here and there; or with minced

chicken and tongue, a lettuce leaf, and some *mayonnaise* sauce.

Good potted meat or fish, worked up with butter, pepper, a touch of mustard, and a little chutney, makes an eatable sandwich.

Ham and beef sandwiches are improved if some of Buckle's horseradish zest be mixed with the mustard : be easy with the butter if you can dot in some nice pieces of fat.

Pound a two-ounce slice of mild cheese well with an ounce of fresh butter, a teaspoonful of made mustard, a little black pepper, and salt, add an anchovy, well wiped free from oil, and passed through the sieve with a little butter if too thick, mix thoroughly, give it a dust of Nepaul pepper, spread it on your bread, and complete the sandwich.

Caviare merely requires a few drops of lemon juice and a dust of Nepaul pepper before being spread on the buttered bread.

Hard-boiled eggs work up well for sandwiches, and may be either used plainly pounded with butter with a seasoning of pepper and salt, or be improved with minced garden-cress, watercress, strips of cucumber, chopped anchovies, and capers.

Fillets of anchovy with slices of olive, embedded in pounded hard-boiled egg and butter, and lightly dusted with Nepaul pepper, give you another variety.

New spongy bread is ill-adapted for sandwich-making. Bread for this purpose must be close-grained and stale : in this state it can be cut thin and with clean edges.

Cake is acceptable at every kind of luncheon ; in fact, cakes were invented for that meal, for five o'clock tea, weddings, and for schoolboys only.

CHAPTER XXI.

SALADS.

IN my chapter regarding the *Menu* I observed that amongst the accessories of an artistic dinner, a good salad, though not mentioned in the bill of fare perhaps, was still expected to be present. On the Continent we find the salad handed to us, as a matter of course, with the *rôt*. *Pullet au cresson*, —*salade* is, of course, a familiar item in the French *menu*. This custom is being fast adopted in England by those who are quick to mark that which their neighbours do well. Nor is there much difficulty in the matter, for, setting aside home produce in its due season, the London market is nowadays so well supplied from abroad that in no month in the year are we left without salading of some sort.

SALAD STUFFS.

We all know that a salad demands two things:—its vegetable foundation and its dressing, both of which may be a good deal varied.

First as regards the foundation of a salad. This may be composed of cooked as well as of raw materials: the vegetables principally employed in the latter condition being lettuces (cabbage and coss), the endives, tomatoes, onions, cucumbers, celery, young radishes, garden-cress, and watercress, corn salad, *barbe de capucin*, &c., and in the former beetroot, French beans, *flageolets*, potatoes, artichokes, sprigs of cauli-

flower, turnips, peas, asparagus, celeriac, seakale, salsify, and young carrots.

Truffles are used in high-class salads in connection, as a rule, with celeriac or *fonds d'artichauts*. In fact the selection of materials is varied ; we have only to study how to turn it to the best advantage.

Besides vegetables, herbs, &c., that may be classed as garden produce there are, as many know, a number of wild plants which furnish palatable and wholesome salading ; notably the dandelion, which you see offered for sale abroad for this purpose. The leaves of this plant may be too bitter and tough for some, but when subjected to blanching artificially they become very delicate and pleasant to the taste.

SALAD-DRESSING.

Touching salad-dressing a great deal might be written, for concerning its composition cookery books seem to possess "a thousand several tongues," and every tongue to bring in "a several tale." Let us try and be contented, however, with one or two, and note how they can be flavoured differently from time to time.

True connoisseurs, I think, adhere, as a rule, to the very simplest : that is to say, the simplest as far as the component parts, and the process of mixing them, are concerned. The artist's hand and eye, and some little experience to boot are, of course, essential to acquire that nicety of judgment which a plain salad demands. An oil and vinegar dressing is, therefore, the hardest to describe.

Let me lead off with one general law for every salad, of which English people are, collectively speaking, ignorant. It is this :—

Abstain from the *vinegar* bottle as much as possible. You do not want an acid dish at all. Vinegar is merely added to lend a peculiar flavour to the composition, and to assist it with an almost imperceptible pungency. That most pernicious advice :—

> "Four times the spoon with oil of Lucca crown,
> And twice with vinegar procured from town"

should be shunned most studiously. The correct use of vinegar is, therefore, a very important point for an amateur to master in mixing a salad.

PLAIN SALAD-DRESSING.

The following rules for dressing a plain lettuce salad in the French or Italian style may be trusted, I think :—

1. Pull the leaves of the lettuce from the stalk with your hand, rejecting all that are bruised and discoloured.

2. Turn those at all muddy into a basin, wash them and drain them thoroughly on a sieve, tossing them lightly in a cloth afterwards to get rid of every drop of water.

3. Leaves that are quite clean or that can be *wiped* clean ought not to be wetted at all.

4. When dry, put the leaves into the bowl, tear them in pieces, and turn them about with the wooden spoon and fork whilst an assistant sprinkles over them a libation of the finest oil you can buy.

5. As soon as every leaf is thoroughly anointed—glittering with a coating of moisture as it were—stop the oil and shake over them a *few drops* of tarragon vinegar, plain French red wine vinegar, or such as may be preferred, and dust the whole with salt, and some coarse, *freshly ground* black pepper.

6. The spoon and fork must be kept going during the addition of the vinegar drops, and also whilst the pepper and salt are being dusted into the bowl.

7. The thing to avoid is a *sediment* of dressing. The leaves lying at the bottom of the bowl must, in that case, become sodden, and so the crispness you desire to maintain will be marred. A thorough lubrication is all that has to be accomplished.

8. A salad of this description should not be mixed until the exact time that it is required ; if made and kept waiting it will be worthless.

N.B. A common mistake which is committed in nineteen kitchens out of twenty must here be pointed out. I mean the practice of casting green salad stuff into cold water under some

misguided idea of washing it, and keeping it fresh. Leaves that are so muddy that they cannot be wiped clean must, as has been explained, be washed, but clean leaves should never be wetted. Salad stuff can be kept fresh in a cool larder, especially if placed on a stone or marble slab.

Observe, pray, that it is quite out of the question to give fixed *quantities* with regard to the mixing of this kind of salad. The quantity of oil, and of the other ingredients, must obviously depend on the quantity of green stuff that you may have got in the salad bowl. When I see a salad-maker carefully measuring his oil and pepper in the bowl of a spoon, and doling out his vinegar, I am sorrowful, because, save by accident, he can hardly ever succeed in hitting off the real thing.

This is the only dressing *possible* in the case of an endive salad ; for which it is essential that the bowl be slightly rubbed with garlic, or a crust of bread (*un chapon*) similarly rubbed may be tossed among the leaves, and withdrawn before serving.

Of endives remember there are two varieties, *chicorée frisée* the curled, and *escarole* the Batavian. *Barbe de capucin* is also of this family.

If liked, some finely minced chives, chopped chervil, or tarragon leaves, may be sprinkled over the lettuce leaves *after* the oil has been worked into them. For dinner-parties perhaps the chives had better be omitted (valuable as they are) or their absence supplied by a drop or two of shallot vinegar. Then of course there is the true *ravigote* :—Chervil, chives, burnet, and tarragon finely minced in equal proportions.

The white and yolk of a cold hard-boiled egg well granulated by being rubbed through a wire sieve are often shaken into a plain lettuce salad as a finishing touch with good effect.

OIL.

The proper oil to use in a salad is the very best Lucca as imported by well-known firms. I advise small consumers to procure it in small rather than large flasks, for the sooner it is

used after opening the better. Keep it, of course, in a cool cellar.

VINEGARS.

Though only used in comparatively small quantity in a salad, the quality and flavour of the vinegar is just as important as those of the oil. Common sharp pickling stuff is completely useless. French or Italian red and white wine vinegars are the best to use, especially the former. Very excellent herb-flavoured vinegars can be obtained at good houses where such things are specially selected which connoisseurs cannot fail to appreciate :—Maille's *estragon*, *ravigote*, and *fines herbes ;* Cosenza's *lacrima cristi ;* Barto Valle's red wine and other varieties, &c. Since only a few drops are required at a time an extra shilling is well laid out in securing the best of vinegar for salads.

A spoonful or two of *light claret* make an excellent sharpener, and for a change may take the place of vinegar.

An enthusiast can of course *make* his own peculiar vinegars, and use them, according to judgment, to vary the delicate flavours of his salad-dressings. Here are a few suggestions :—

Fines herbes vinegar :—To half a pint of French red wine vinegar, add a tablespoonful of minced garden-cress, a tablespoonful of minced tarragon, a clove of garlic, two small green capsicums shred, and one minced shallot. Or :—To the same vinegar, add the finely pared rind of a lemon, no capsicum, a dozen peppercorns, and the same green herbs and onion.

The bruised *seed* of garden-cress, celery, and parsley, in equal portions—say a teaspoonful of each, a clove of garlic, and two ordinary capsicums finely minced, make, when added to half a pint of red wine vinegar, a reliable element of salad-dressing. Cucumber parings make a well-flavoured vinegar.

In speaking of capsicums I only allude to the skin, not to the pith or seeds. These vegetables are procurable during the summer, and are often introduced in modern salads. The skin of red capsicum is better when lightly grilled in the first instance.

A very few drops of the strongly flavoured vinegars I have

described are, of course, ample to "animate the bowl." An artist's ingenuity will aid him in concocting other varieties easily enough. When made, cork your bottle down tightly, seal it with wax, and set it in the sun. In a week or two you may strain the liquid, and take it into use.

TOMATO SALAD.

An excellent salad is that made by slicing raw ripe tomatoes and sprinkling them with chives or the stems of spring onions. The dressing given should be like that recommended for lettuce :—no stint in the matter of oil with freshly ground black pepper and salt seasoning, but inasmuch as tomatoes are somewhat sweet, there may be a little freer use of the vinegar cruet. As in all salads, tarragon, or any aromatic vinegar, may be employed advantageously in this one, and minced *fines herbes* may be sprinkled over the whole. Strips of red or green capsicum harmonise most pleasantly with a tomato salad. This is obviously a dish for the sterner sex, although I have known many ladies like it. The onion or chives may, of course, be used with discretion.

In a previous chapter I warned my readers against the danger, to some people, of *the skin* of the tomato. This had better be cut off in all cases when the vegetable is eaten raw, or removed in the manner explained in Chapter XIII.

ENGLISH SALAD-DRESSING.

The English form of salad-dressing is closely connected with *mayonnaise* sauce, and has many admirers. With some vegetable ingredients it works well enough, and is certainly nice with *cold* meat : it is, however, wholly out of place with the *rôt.* For this reason salads thus dressed are to be recommended for luncheons, picnics, &c., rather than for dinner. Unfortunately it is almost always spoilt by being overdosed with vinegar—common, acid stuff without any flavouring—and in nearly every cookery book of the average capacity, you are told to mix oil and vinegar in *equal parts*, which I have already denounced. An old recipe called "Dr. Kitchener's

salad mixture" embodies as many mistakes as could well be made in a dressing of this kind :—"Two tablespoonfuls of oil, or melted butter (!) two or three tablespoonfuls of vinegar." The "poet's recipe" previously alluded to is equally faulty.

In point of fact, the part played by the vinegar in these dressings is really so small as regards measurement that a fixed amount can scarcely be laid down. In proportion to the oil, *one-eighth* is actually the outside allotment that should be given. (See page 70.)

Sugar, a not uncommon ingredient in this school of salad, is altogether out of place. It was probably introduced originally to counteract the extreme acidity. This is a good everyday salad mixture :—

Put the very-hard-boiled yolks of two eggs into a slop-basin, with a teaspoonful of French mustard, a scant saltspoonful of salt, a *pinch* of pepper, and a teaspoonful of minced shallot. Bruise these with a wooden or silver spoon, and work them to a paste with a little salad oil. Add oil by degrees till your paste is about the consistency of batter, then toss into it one by one the raw yolks of two eggs : continue the working, and add oil by degrees till you have about three-quarters of a pint of nice rich sauce coating the spoon pretty thickly : you can now dole out a dessertspoonful of tarragon or other aromatic vinegar, and mix it thoroughly with the other ingredients : the sauce will become creamy the moment it receives the vinegar. Taste your sauce by dipping a leaf of lettuce into a spoonful of it, and finish it off, as regards further addition of oil or vinegar, according to discretion. The eye and the palate are your surest guides : as I have before observed, no true salad-maker works by measure. As soon as you have got a creamy, well-flavoured sauce to suit your fancy, strain it through the little block-tin strainer to get rid of every lump, and the little bits of onion. This should be done over the sauce-boat, which should be put into the larder upon a bed of crushed ice as soon as it is filled.

If you want a *thick* sauce of this kind, lightly *flip the oil* with the *raw* eggs (over crushed ice in summer) adding it by

degrees, and the mixture will soon be stiff enough, especially if you put in another raw yolk (see directions for *mayonnaise* sauce, Chapter IX.).

French mustard (*Moutard de Maille*) is better for thick salad mixture than English. Never use ketchup or Worcester sauce on any account whatever. Anchovy sauce should also be avoided except perhaps in lobster, crab, prawn, or shrimp salad-dressings, and then in small quantity. A little anchovy vinegar would be better.

N.B. In this as in *mayonnaise* dressing, *cream* may be used instead of oil, or be added to a made sauce as a finishing touch by those who can take it.

I recommended very strongly that the salad, nicely dressed in its bowl, and the ice-cold sauce in its boat, should be preserved separately, and handed round together. If you mix a salad of this kind before lunch and let it soak, it deteriorates considerably before the time comes for its service. Cover up your nicely selected, well-dried lettuce leaves, &c., and they will be crisp, if handed round with their sauce following them at the time required. This advice holds good with *mayonnaise*. The meat or fish of which the dish may be composed becomes sodden and dead, and the green accompaniments fall off in crispness if bathed for any length of time in dressing. Besides, after the meal, a *mixed mayonnaise* or salad is wasted, whereas one with which the sauce was separately served may be turned to account. You have in the former case only to pick the meat out of the lettuce leaves, and place it on a separate dish.

COOKED VEGETABLE SALADS.

A salad of cold cooked vegetables (*salade cuite*, or *salade de légumes*) can be either served with plain French dressing of oil and vinegar, or with one made with eggs in the English style. A *macédoine* of neatly cut pieces of beetroot, French beans, flageolets, peas, carrots, and turnips, makes an excellent salad of this description, whether with French or English dressing. But seakale, salsify, cauliflower sprigs, celeriac, both kinds of

artichokes, and asparagus points, are better with plain oil and vinegar.

It is of course clear that a judicious selection of two or three of the above would make a very nice salad, while some of them :—French beans, artichoke bottoms, seakale, salsify, or asparagus points, would be excellent alone. Finely shred strips of celery, when celeriac is not used, improve these salads, and sprinklings of minced tarragon, chives, chervil, &c., are as nice with them as with uncooked herbs.

For a *macédoine* salad with plain cream dressing, see page 207. This can be applied to the vegetables just referred to either alone or in combination. Sprinkle them with vinegar very lightly, and baptize with pure cream.

French bean salad (*haricots verts en salade*) is a good type of simple *salade cuite*. Do not cut the beans into shreds, nip off the ends, and take off the fibre. Boil them in plenty of slightly salted water in a vessel that is not tinned inside, and uncovered, and you will preserve their colour. Drain, dry on a cloth, let them get quite cold, put them into the bowl, anoint them with salad oil, and dust them with newly ground black pepper and salt. Lastly give them a few drops of red wine vinegar and a sprinkling of finely minced tarragon and chives.

Potato salad (*pommes de terre en salade*) is a favourite winter dish made on the lines just laid down for French bean salad. Having *steamed* the potatoes carefully—they must not be too floury to yield nice slices—cut them in slices and dress as in the foregoing. With this thin strips of celery or slices of celeriac are acceptable, and some add a few pieces of beetroot, but I think that this is a mistake, because the juice of the beetroot discolours the salad in an unsightly manner. A sprinkling of *fines herbes* is almost indispensable. Excellent with cold salmon in summer, using new potatoes.

All cooked salads can be garnished with, or set in, aspic jelly when served with the thick dressing. Broken jelly always makes a very attractive adjunct.

Salades cuites must be served *quite cold.*

FANCY SALADS.

These must be mentioned, if only as curiosities of salad-making, for expensive materials enter into their composition which place them rather beyond the limits of domestic cookery. Nevertheless, when the English truffle is procurable there is no reason why some of them might not be tried. They are, it will be seen, all dressed finally with *mayonnaise* dressing in which French mustard must be mixed as has been described.

Salade d'Estrée, a very old *plat*, is composed of celery and truffles : the former must be cut into pieces about an inch and a half long which should be finely sliced lengthwise, but not severed ; when cast into cold water these pieces curl round as if they had been crimped. The truffles have to be sliced when cold after having been cooked in wine. Each must be seasoned with oil, vinegar, pepper, and salt, and finally arranged upon a flat dish with a moistening of *mayonnaise* sauce.

Salade Rachel is made in the same way with celeriac and truffles, each cut into discs the size of a shilling with a root-cutter.

Salade jockey-club is only a slight variation, *pointes d'asperges* being substituted for celeriac, and the truffles cut in Julienne-like strips.

Salade à la ma tante requires *fonds d'artichauts*, *pointes d'asperges*, and truffles, but the process is the same.

Salade à la Mirabeau is a little more elaborate, having in addition to the truffles sliced potatoes with shrimps and oysters. I am Philistine enough to say that in this combination the truffles seem to be quite out of place.

Lastly, there is the time-honoured *Salade Russe* which became so terribly overdone with incongruities—fillets of anchovies, caviare, olives, and even slices of *pâté de foie gras !* being associated together—that the new French school propound a much simpler composition :—cold cooked potato, French beans, artichoke bottoms, celeriac, and beetroot, neatly cut up, are put into a bowl with a few slices of cornichons, and seasoned with oil and vinegar. In a separate bowl a coarse

mince of cold cooked chicken meat and fillet of beef is similarly seasoned. Half an hour later the contents of the two bowls are lifted from their seasoning, drained on a sieve, and arranged in the salad bowl, moistened with thick salad-dressing, and garnished with truffles, white of egg, and hearts of lettuce. (*Dubois.*)

N.B. Those who have gardens in the country can make a very nice cooked vegetable salad with the stalks of lettuces which run up prior to seeding. These, cut into lengths, stripped of their leaves, tied in bundles like asparagus, should be boiled like that vegetable, drained, set to get cold, and then cut up into convenient pieces, and dressed either with plain or *mayonnaise* dressing. Plainly stewed and served with brown or white sauce like celery they are also excellent.

CHAPTER XXII.

EGGS.

ALTHOUGH many people must be aware that there are numerous ways of cooking eggs nicely, why is it that so few attempt to go beyond the ordinary methods which have obtained in English kitchens since the days of excellent Mrs. Glasse? A really newly laid egg is perhaps never nicer than when plainly and properly boiled, but to many this is a luxury rarely procurable in the creamy condition of freshness desired. Our other forms of cooking eggs are, of course, poaching and frying, in neither of which we are very successful, while we attempt buttered eggs and *omelettes*, maltreating the one and murdering the other. But where we fail most conspicuously is in varying the serving of eggs, even supposing that we succeed in poaching them nicely or in turning out a well-made dish of buttered eggs. The cook falls back on toast (often badly done) and we eat our eggs, rarely if ever flavoured or garnished, with an adjunct of sponge. Now the exercise of a little consideration would in nineteen cases out of twenty enable her to use some trifle lying in the larder that would just make all the difference. Sweet herbs, so little used in English cookery except in standard compositions such as stuffings, are most valuable in this branch, giving flavours that pleasantly diversify dishes made of eggs. Indeed there is scarcely anything that cannot thus be turned to account.

The accessories which are more or less of utility are :—Good butter, milk, cream for certain preparations, a little clear broth, meat glaze, herbs and onion, or chives as used for *omelette* making, the tomato, cold vegetables, and carefully sifted bread crumbs. The remains of fish, game, and poultry ; grated ham, corned beef, and tongue, and slices of sausages, may be also occasionally made use of by an ingenious cook.

Mushrooms lend themselves most efficaciously to this branch of cookery, coming in handily in every method in which eggs can be treated, while all the shellfish are valuable. Truffles are of course employed in the highest efforts of the *chef*, such as *œufs de vanneau brouilles.*

French white or brown fireproof shallow baking-dishes, in sizes, will be found continually useful in this branch, and the small cases in the same ware can often be employed. Thus equipped, let us sum up the various ways of serving eggs. To do this properly we must certainly borrow from the French *cuisine*, and adopt its classification. Thus we have to consider separately :—

(*a*)—*Œufs sur le plat*,—eggs on a dish, set in butter.
(*b*)—*Œufs brouilles*,—buttered or scrambled.
(*c*)—*Œufs durs*,—hard-boiled.
(*d*)—*Œufs mollets*,—medium do.
(*e*)—*Œufs pochés*,—poached.
(*f*)—*Œufs en caisses*,—in little cases.
(*g*)—*Œufs frits*,—fried.

ŒUFS SUR LE PLAT.

This simple, yet capital method of doing eggs should be noted. Spread a tablespoonful of butter on a fireproof dish, dust over it a seasoning of pepper and salt, and slip two eggs into it, carefully avoiding breaking the yolks ; dust over again with pepper and salt, and put the dish in the oven, adjusting the latter for *top* heat if you possess a regulator, and protecting the former from heat below by placing it on a wire drainer. Let them set in the butter, as a poached egg sets in water ; the

moment they are sufficiently firm, serve in the dish in which they were cooked.

A higher form of this old dish is *œufs au miroir*. The process is virtually the same except that the yolks of the eggs are glazed, as it were, with a small quantity of boiling butter ; the whites are sprinkled with salt to prevent their being *miroités*. The dish is then set in the oven in the same way as the foregoing till the yolks are glazed, it is then taken out, and if the eggs are not quite cooked, that must be completed on the hot-plate of the range. *Œufs au miroir* are not served in the dish in which they were cooked ; they are neatly trimmed round, superfluous white being removed, lifted carefully with a slice, and dished on a hot dish.

Eggs cooked in either of these ways can be served with at least forty variations, according to the adjuncts associated with them :—*au jambon*, *au langue de bœuf*, *aux herbes*, *aux champignons*, *aux truffes*, and so on. Take the first :—Sprinkle over the buttered dish a layer of grated ham, moisten with melted glaze and broth a quarter of an inch deep, lay the eggs on this bed, and set the dish in the oven till the eggs are lightly set. Any tasty mince will do diluted with broth and glaze, or good white sauce, as the case may be.

As, however, *œufs au miroir* are not presented in the dish in which they were cooked, their adjunct must be cooked separately and neatly arranged with the trimmed eggs in the *légumière* in which the latter are sent up.

Eggs broken gently over very finely grated cheese that has been sprinkled over a good layer of butter in a fireproof china dish, put into the oven, and allowed to set, are called *œufs sur le plat au fromage* : they should be dusted with pepper and salt before serving.

Œufs sur le plat au jus. In this case the bottom of the dish is moistened with strong gravy—that saved from a roast joint, for instance—the eggs are broken into it and the dish is put in the oven till the eggs are set. The yolks may be glazed with a little boiling butter, if liked, in which case the whites should be dusted with salt.

An excellent though very rich dish of this class is *œufs à la Suisse*:—Choose a fireproof dish, and butter it liberally. Pour over the bottom of the dish a layer of cream a quarter of an inch deep, over that shake a coating of well-grated cheese an eighth of an inch deep, set this to cook in the oven for a few minutes; when the cheese and cream have amalgamated, take out the dish, and if wide enough to hold them without crowding, slip in one by one as carefully as you can—*to avoid breaking a single yolk*—six eggs; give them a dust of black pepper, and salt, and gently pour a little more cream over the surface, coating it over again with grated cheese. Replace the dish and let it remain in the oven until the eggs are set without being at all hard—the time will depend upon the state of the oven, from three to four minutes probably—brown the surface by passing a red-hot iron backwards and forwards over it, about an inch above the cheese, and serve.

The number of eggs obviously depends upon the size of the dish and the number of people who are to partake of them. As a rule a *plat* of four eggs will be found suitable for the little home dinner.

The part cooking of the under layer of cream and grated cheese *before* the insertion of the eggs, is a special point, for it prevents the eggs being overcooked. This was communicated to me by Monsieur C., *chef* to the Viceroy of India.

For *œufs sur le plat aux anchois*—butter the dish with anchovy butter, slip the eggs upon this, and proceed as in the other cases.

Œufs sur le plat des pêcheurs—line the bottom of the dish with sardines carefully freed from oil and divided into fillets, season, and moisten the layer with melted butter, break the eggs and put them over this, finishing as usual.

By using minced herbs of any kind sprinkled over the butter at the bottom of the dish, a plain dish of *œufs sur le plat* is improved and varied. For this you can use:—parsley and chives, chervil and chives, parsley and marjoram, chervil or parsley alone, chopped young centre leaf of celery, and, of

course, the real *ravigote*, or the correct *fines herbes* :—chopped mushroom, parsley, and chives.

BUTTERED EGGS.

I have frequently mentioned buttered eggs in connection with vegetable cookery, and later on they play an important part in toasts. By some the dish is called scrambled eggs, which is perhaps the more accurate title, being a translation of the French *œufs brouillés*. Now, although a well-known dish enough, it is by no means common to find a cook who can turn out *œufs brouillés* really well. The fact is that the operation is far more delicate than many believe, necessitating great care and no little judgment. The quantity of butter should be accurately weighed, it should be of really good quality, and put in as directed. Then the dish must not be kept waiting ; it should be served as quickly as a *soufflé*. If cooked over a fast fire it will be lumpy—perhaps leathery. The process must be conducted patiently if the true consistency and smoothness are to be arrived at.

Break three eggs into a bowl with a saltspoonful of salt and a dust of pepper : mix them well : weigh an ounce and a half of fresh butter : divide this into two equal portions, cut one of them up into small pieces, and put the other in a small saucepan over a low fire : pour in your mixture, whisk it without stopping till signs of thickening show themselves, then take a wooden spoon, add the small pieces of butter one by one and stir it about unceasingly until it is lightly set. At this period a tablespoonful of *velouté*, milk (or cream if liked), should be added, and then the saucepan should be taken off the fire, and the buttered eggs dished.

Tomato pulp may be mixed with the eggs, *fines herbes*, or plainly minced parsley. Minced veal kidney, mushrooms, truffles, asparagus points, &c., require a slight moistening with brown or white sauce, as the case may be. In all cases these additions should be made after the buttered eggs have been cooked, and at the last moment.

By adding grated cheese you have *œufs brouillés au fromage :*

about an ounce will be found enough in the three-egg mixture just given: it should be mixed in with the small pieces of butter, and the finishing spoonful of *velouté* or cream must not be forgotten.

People who do not dislike the flavour of the onion will find that buttered eggs are nice if a spoonful of good *sauce Soubise* be mingled with the eggs as a finishing touch instead of cream or white sauce.

With half a pint of shrimps a very tasty addition can be made to buttered eggs. Pick the shrimps, pound the shells as explained in Chapter XXVI., and save the butter thus obtained, adding it with the shrimps to the cooked eggs at the last instead of sauce or cream.

Minced anchovies go well with this preparation of eggs. The mince should be reserved for addition at the end of the cooking.

This method of dressing eggs in its plainer form is of course better suited for service at breakfast than any other meal, but there are several of the combinations now suggested that can well be presented at luncheon.

Remember that *œufs brouillés* are served in France in the same way as an *omelette*, *i.e.*, spread upon a hot silver *légumière* or china dish garnished with neat *croûtons*, or *fleurons* of puff-pastry alone or above a *purée* of vegetable. Many people think that the composition should be associated with toast, and nothing else. Fried *croûtes* of bread are better than ordinary toast for buttered eggs.

HARD-BOILED EGGS.

With eggs in this condition a great number of nice dishes can be made, both cold and hot. It will be found, however, in modern French cookery that a large proportion of the high-class compositions under this head are so largely assisted by adjuncts of various kinds that you feel inclined to ask, "But where are the eggs?" I think that it will suffice for our requirements to treat of a few of the less complicated of these concoctions.

The simplest perhaps are the *croquettes*, *coquilles*, *bouchées*, *rissoles*, and *beignets*, which may be described as minced hard-boiled eggs blended with minced cooked mushroom, ox tongue, ham, anchovies, or other flavouring mince, moistened with a thick white sauce and nicely seasoned, set to get cold, then divided into portions, and, in the case of *croquettes*, rolled into nice shapes, egged, bread-crumbed, and fried in plenty of hot fat till properly coloured. For *coquilles* the mixture is set in china or silver shells well buttered, and cooked in the oven ; for *bouchées* it is put into little pastry cases and similarly heated ; for *rissoles* it is wrapped in puff-pastry in the usual way ; for *beignets* dipped in light batter, and in each case fried like *croquettes*.

A teaspoonful of flavouring mince is a reliable allowance for each egg ; it can be varied according to taste and discretion in many ways ; in fact, this is another case in which a thrifty cook may often find opportunities for the disposal of little bits of *foie gras*, sweetbread, truffle trimmings, &c.

Particularly nice *coquilles* of hard-boiled eggs can be made with shrimp *purée*. Make the *purée* as explained in Chapter XXVI. for shrimp butter : moisten this over a low fire with sufficient *velouté* or milk to bring it to the consistency of an ordinary thick sauce, into this stir the hard-boiled eggs finely minced, set this in well-buttered shells, and heat in the oven : finely rasped crust crumbs should be shaken over the surface of each.

Œufs au gratin :—Boil six eggs hard, put them into cold water, when cold remove the shells, cut them across in slices, arrange these upon a fireproof china dish well buttered, setting them in layers, and seasoning each layer with pepper and salt. Dust over each layer also a thin coating of grated Parmesan, and moisten the whole well with nicely made white sauce. Shake a canopy of grated cheese over the surface, moistening it with melted butter, and set the dish in the oven till well heated. A good colour can be got for the top of the dish by using the salamander or a hot iron.

Slices of tomato that have been skinned, drained of their watery juice, having had their seeds picked out, may be laid

upon the layers of egg with seasoning and grated cheese as in foregoing. Mushrooms or truffle trimmings may be chopped up and sprinkled over them, but in this case no cheese is required. There is obviously here again ample scope for variation if a little common sense be exercised.

Œufs farcis :—Boil six eggs for half an hour, take them out, and plunge them into cold water. When quite cold peel off their shells, and, with a dessert-knife rubbed in butter, divide each egg in half, slicing off a little piece of the rounded ends to admit of each half sitting upright upon a dish : now pick out the yolks, pound them with an ounce of butter in a mortar, and proceed to dress them with any tasty trifles at your command ; season the composition delicately, and fill the egg cases therewith, trimming the *farce* neatly, with a dessert-knife dipped in melted butter, in a convex-shape over each case—for there will be more than enough mixture to merely fill each cavity. For the *farce*, you can use finely minced olives, capers, anchovies, and mushrooms ; very finely grated ham, or tongue, the bruised liver of a chicken, pieces of cooked sweetbread, the remains of a *pâté de foie gras*, or a little sausage meat. A judicious selection of two or three of these ingredients, seasoned with spiced pepper is what you require—say, one teaspoonful of mixed *farce* to each half yolk. Having dressed your cases to your mind, *fry* a little square of bread for each one as for *canapés* or *croûtes*, and place them thereon : arrange them on a flat *au gratin* dish slightly buttered, pour a few drops of melted butter over each egg, and bake for five minutes. Lastly, nicely rasped crust crumbs may be strewn over the dish when going to table.

Eggs may, of course, be served in this manner very plainly *farcis* with minced curled parsley and chervil. A pounded anchovy with finely chopped olive, for instance, would not be a bad mixture when worked up with the hard yolks.

Œufs farcis are delicious when served *cold*, in which form they should be presented prettily garnished with broken aspic jelly upon a flat china dish. Or they may be set in a border of aspic, garnished alternately with little balls of shrimp butter,

and a *salade de légumes* in the centre. This *plat* is quite worthy of a place in the *menu* of a ball supper.

Another way of treating farced eggs is, after filling the half eggs neatly, to egg and bread crumb them, frying them in very hot fat. Use a perforated slice and fry them one after the other.

Hard-boiled eggs may be fricasseed, or gently heated up, in a rich sauce like *velouté*, *espagnole*, or *poulette ;* and those who do not object to fried onions might do worse than concoct a dish with their assistance in this way :—

Œufs durs à la soubise :—Cut into quarters and blanch a four-ounce onion in boiling salted water for three minutes ; take out the pieces, dry them on a cloth, and mince them small. Next take a pint saucepan and fry the mince in a tablespoonful of butter till it begins to turn a pale yellow, add a dessertspoonful of flour to the butter, and when it is well mixed pour in a breakfast-cupful of fresh milk. Let this simmer now for twenty minutes, and then pass the whole through the sieve. Keep the sauce thus obtained hot in the *bain-marie*. Now cut into slices crosswise four hard-boiled eggs. Arrange them in a fireproof china dish, season them, and moisten them with the *soubise* sauce. Scatter some finely rasped crust crumbs over the surface, and serve. If the sauce has been kept hot no heating will be necessary ; if not, the dish must be put in the oven until hot enough to send up. A dusting of Parmesan is agreeable with *soubise*.

If you stir a dessertspoonful of good curry powder, a saltspoonful of sugar, and a teaspoonful of vinegar, into the melted butter and onions, and fry them gently for five or six minutes before adding the flour and milk, and cut the eggs in halves only, lengthwise, the dish will be *œufs durs à l'Indienne*.

For *œufs durs farcis à l'Indienne :*—Pick the yolks out of six hard-boiled eggs cut in halves crosswise, and crush them with a fork, add for each half yolk a teaspoonful of potted shrimps, mix the two well, moistening to a paste-like consistency with a strongly reduced curry sauce : fill the cases, trim the mixture in a dome shape in each ; egg, bread crumb, and fry in very hot fat.

This is simple :—Cut four hard-boiled eggs in halves, trim them like *œufs farcis* to stand upright, but leave the yolks intact : set them on *croûtes* of fried bread on a flat silver or fireproof dish slightly buttered ; pour a little melted butter over them, and bake them until quite hot, then serve with a bit of *maître d'hôtel* butter, prawn butter, or any fancy butter—about the size of a shilling—melting over each half egg.

Œufs aux topinambours should be prepared in this wise :—Choose a dozen good-sized Jerusalem artichokes, trim, boil, and set them to cool ; take six hard-boiled eggs, let them get cold and cut them up ; cut the artichokes into slices, set them in a buttered pie-dish, strew the chopped hard-boiled eggs over them, pour over the whole some thickly worked *velouté au Parmesan*, and heat the mixture thoroughly in the oven. A dusting of hot rasped crust crumbs should be given on taking the dish from the oven.

This *entremets* is nicer still with artichoke bottoms—the leafy kind, and *œufs farcis* may be associated with them instead of plain hard-boiled eggs.

ŒUFS MOLLETS.

It is difficult to choose an English term for eggs cooked in this fashion. At the commencement of the chapter I called them medium hard-boiled, which perhaps may be allowed to stand. The object in view is to boil the eggs *just* sufficiently long to enable you to take the shells off without damaging the surface of the eggs, and without hardening the yolks. To do this the eggs must be plunged into boiling water and kept at that degree of heat for five minutes. After this they must be cooled in cold water for something less than a quarter of an hour, and then stripped of their shells very carefully.

Thus prepared *œufs mollets* are served whole upon delicate *purées* of meat or vegetables, and upon minces of mushroom or truffles moistened with white or brown sauce. They are placed on fried bread and masked with melted anchovy or *ravigote* butter, or a nice sauce, and they are rolled in bread

crumb after having been egged, and fried in hot fat till lightly coloured.

Except in the case of frying, the eggs will require warming before dishing ; this is best done in hot salted water in the *bain-marie*—they must not be allowed to boil again.

POACHED EGGS.

Few cooks require instruction in regard to cooking a poached egg, though some, I dare say, do not take the trouble of putting salt and a spoonful of vinegar in the water before they proceed to work. Assuming, however, that we have got a couple of poached eggs nicely done, how can we serve them ? A *chef* would probably answer in about fifty different ways. More than half of these might probably be too elaborate for us, but some of them ought to be practicable.

Taking simple methods first—the poached egg on fried bread or *croûte*—a number of variations can be secured by pouring over the egg melted *maître d'hôtel*, anchovy, shrimp, *ravigote*, or other fancy butter, or plain melted butter with chopped parsley, chervil, or other herb with a drop or two of anchovy vinegar. In the summer chopped tarragon (only a little) with the butter is excellent. Next, sauces can be poured over them (a good way of utilising sauces remaining on hand from dinner the previous evening), and *purées* also, whether of meat or vegetable. There is nothing nicer, for instance, than a tablespoonful of tomato *purée* with a poached egg, or, if at hand, one of McMechen's chilli sauce gently warmed.

Poached eggs can also be served in a *légumière*, or oval china dish, with a garnish round them of *purée* of any nice sort, or they may be laid upon a *purée*.

Œufs pochés à l'Indienne :—Arrange the eggs upon neat pieces of fried bread, and pour over them a curry sauce somewhat thickened by reduction.

Œufs pochés à la béarnaise :—The same arrangement with *béarnaise* sauce.

Following these principles nearly all sauces may be thus used.

The *croûtes*, of course, can be spread with any savoury paste or butter, or a mixture of both, such as liver paste worked with anchovy butter, shrimp paste with shrimp butter, &c. Or they may have a mince of game, ham, mushroom with or without truffles, *foie gras*, just sufficiently moistened with good sauce, or melted glaze laid on them. Poached eggs served on *croûtes* thus prepared cannot fail to be nice.

EGGS IN CASES.

These may be described as eggs set in china cases or *coquilles* that have been lined with some nicely made forcemeat, the composition of which can be varied in numerous ways : fish, shellfish, game, chicken, veal, ham, *foie gras*, &c., &c., being employed for the purpose. A simple example will suffice.

Œufs en caisses aux crevettes :—Work in a mortar to the consistency of pliant paste a quarter of a pint of picked shrimps, assisting the operation with butter, and adding a quarter of a pint of white bread crumbs that have been soaked in milk : seasoned with finely chopped parsley, pepper, and salt. With this line the bottom and sides of your small, previously buttered china cases, leaving a hollow in the centre of each to receive one egg. Slip the eggs into the cases carefully, sprinkle the surfaces with a little salt, and pour a small allowance of melted butter over them. Set the cases in a high-sided *sauté*-pan, with hot water up to a third of their depth : push this into a moderate oven, and steam for eight or ten minutes. On taking out the cases dish them on a flat dish, giving each a cap, as it were, of tomato sauce or shrimp *purée*.

Taking this as a fair sample of the method, it is clear that by changing the lining ingredients you can produce a number of nice little dishes. This ought not to be difficult, for in many kitchens there are continually remnants of good things that can soon be turned into lining paste.

FRIED EGGS.

Although fried eggs and bacon may be called the commonest breakfast dish in Great Britain and Ireland—the one thing

that a traveller can get at his inn—what an awful composition it generally is, particularly in regard to the eggs, the yolks of which are, as a rule, hard, and the whites leathery and burnt!

The prevailing custom is to empty a number of eggs into a large frying-pan with some rashers around them, and trust to their being fried in the melted bacon fat. This is, of course, wholly wrong. To be properly fried eggs must be done one after another in a small *deep* pan of hot fat over a sharp fire (a large iron ladle would do well for the purpose), while cooking the white should be coaxed gently over the yolk, to give the egg a round form: lift with a perforated ladle or slice and drain immediately. The process is far quicker than poaching. Bacon to be eaten with fried eggs should be separately broiled over a clear fire.

Fried eggs can be served in the same manner as poached eggs on *croûtes*, with sauces or savoury butter melting over them, &c., &c.

BOILED EGGS.

There is another odd thing to point out in regard to the cooking of eggs, and that is that it is not every one that knows how to boil one. The most wholesome and handy way of carrying this out for the breakfast-table may be thus described:—Put a small saucepan over a methylated spirit lamp, which can be placed upon a side table. When the water boils freely put in the eggs, and in ten seconds blow out the lamp, covering the saucepan with the lid closely. In eight minutes a hen's egg of the ordinary size will be done to perfection, the albumen soft, and the yolk nicely formed. The common method of boiling eggs at a gallop for three and a half minutes has the effect of overcooking the albumen, while the yolk is scarcely done at all.

CHAPTER XXIII.

THE OMELETTE.

ONE of the brightest sketches in the "*Physiologie du goût*" is the great Brillat Savarin's account of the Curé's *omelette*. Short as the little story is, you feel yourself absolutely at table with the worthy *Padre*, a man of culture and refinement. It is Friday, and the little banquet is kept strictly within the canons of the Church, yet there is an artist's hand apparent in its subtle simplicity. The fish soup, the trout, the *omelette*, the salad, the cheese, and dessert; the snowy cloth, the choice china, and the "old wine which sparkled in a crystal decanter," tell us plainly that science and good taste can make even a fast enjoyable. But amongst all the dainties that mark the little banquet, that *omelette* is undoubtedly the prominent feature.

Now I must confess that with the exception of "the Curé's *omelette*" I have just alluded to, I never picked up a wrinkle concerning this excellent dish from a book. I have never come across a treatise on *omelette*-making, that is to say, which seemed to have been written by a man who could grasp the fact that his reader might possibly know nothing at all about it. The great professors appear to assume that the mere *making* of the *omelette* presents no difficulty at all. The manner in which I learnt the little I know on the subject was as follows:—I was marching with a regiment in India, and

was by the wayside entertained by a member of the Madras Civil Service at a memorable breakfast, which was concluded by an *omelette*—made on the spot—by my host himself.

AN OMELETTE BY THE FIRST INTENTION.

Calling for a slop-basin, he broke into it four ordinary fowl's eggs whole, and added the yolks only of two more, "the egg of India" being, as a French *chef* once remarked to me, "as the egg of pigeon." He thus had six yolks and four whites. These he thoroughly *mixed* by using two forks: he did not *beat them at all.* When satisfied that incorporation had been thoroughly effected, he flavoured the mixture with half a salt-spoonful of salt, a teaspoonful of very finely minced shallot, and a heaped-up tablespoonful of minced curled parsley. He stirred this for a minute, and, as far as its first stage was concerned, the *omelette* was ready. We now left the dining-room for the verandah, where there was a good charcoal fire in an iron brazier, and upon it a pan about ten inches in diameter, very shallow, with a narrow rim well sloped outwards. A pat of butter was melted in the pan, sufficient in quantity to thoroughly lubricate the whole of its surface, and leave a coating of moisture about an eighth of an inch deep over all. As soon as ready, quite burning hot—the butter having ceased to splutter and beginning to brown—with one good stir round the mixture was poured gently into the pan. At the moment of contact the underpart of *omelette* formed; this was instantly lifted by the spoon, and more of the unformed portion allowed to run beneath it; that was similarly quickly lifted, and the same process encouraged, viz., the passing of the unformed mixture under the formed, the left hand holding the pan, and playing it, as it were, from side to side. With one good shake the pan (*in less than a minute from the time of commencing operations*) was now taken from the fire, and its contents rolled off into the hot silver dish at hand to receive it, in which a little melted butter, with some minced parsley and shallot, had been prepared. The *omelette* as it rolled, slightly assisted by the spoon, almost of its own accord from the pan, caught up,

and buried within it, the slightly unformed juicy part of the mixture which still remained on the surface, and as it lay in the dish took an irregular oval form of a golden yellow colour, flecked with green, with the juicy part escaping from beneath its folds. Throughout the process the fire was kept aglow by fanning.

This recipe, which differs somewhat from those generally propounded, was picked up by my friend in the Black Forest. I know of none to surpass it.

An *omelette* ought never to be stiff enough to retain a rolled-up appearance. If cooked with proper rapidity it should be too light to present a fixed form, and on reaching the hot dish should spread itself rather, on account of the delicacy of its substance. Books that counsel you to *turn* an *omelette* to fold it, to let it brown on one side, to let it fry for about five minutes, &c., are not to be trusted. If you follow such advice you will only produce, at best, a neat-looking egg pudding.

Timed by the seconds hand of a watch an *omelette* of six eggs, cooked as I have described "by the first intention," takes forty-five seconds from the moment of being poured into the pan to that of being turned into the dish.

An *omelette* flavoured like that we have just discussed is generally known by *chefs* as *au persil frais*, and the ordinary one simply made of eggs flavoured with salt as *au naturel*. Though cream is considered by some to be an improvement, I cannot recommend it. Milk is certainly a mistake, for it makes the *omelette* leathery. I confess that I like a very little minced chives in all savoury *omelettes ;* but this is a matter of taste, and where ladies are concerned the flavour of the flagrant bulb ought perhaps to be omitted. The general rules to be observed in *omelette*-making, according to this process, then, may be thus summed up :—

1. Mix thoroughly, but do not *beat* the eggs, and never use more than six for one *omelette*.

2. It is better to make two of six than one of twelve eggs. Success is *impossible* if the vessel be too full.

3. Three eggs, mixed whole, make a nice-sized *omelette*, quite the best for the beginner to commence with.

4. Use a proper utensil, rather shallow, with narrow, well-sloping sides ; see that it is clean, and quite dry.

5. Do not overdo the amount of butter that you use for the frying—enough to thoroughly moisten the pan, and no more.

6. Be sure that your pan is *ready* to receive your mixture. If not hot enough the *omelette* will be leathery, or you will have to mix it in the pan like scrambled eggs (*œufs brouillés*).

7. The moment the butter ceases to fizz and turns brownish, the moisture having been expelled, the pan is ready.

8. Pour the mixture into the pan so that it may spread well over the lubricated surface, then instantly lift up the part of the *omelette* that sets at the moment of contact, and let the unformed portion run under it ; repeat this if the pan be at all full, keep the left hand at work with a gentle see-saw motion to encourage rapidity in setting, give a finishing shake, and turn it into the hot dish *before* the whole of the mixture has quite set.

9. The *omelette*, slightly assisted by the spoon, will roll over almost of its own accord if the sides of the pan be sloped as I have described : it will not require folding.

10. Three-quarters of a minute is ample time for the whole operation, if the pan be properly hot when the mixture is poured into it, and the heat evenly maintained.

11. Have the hot dish close by the fire, so that you can turn the *omelette* into it *instanter*. A little melted butter, with some chopped parsley and chives, may, with advantage, be put into the dish.

12. It is above all things necessary to have a brisk fire under the pan while the *omelette* is being cooked. A fairly-sized gas boiler serves the purpose better than the Indian charcoal fire I described, because no fanning is of course necessary, and the heat is regulated without difficulty. The small three-egg *omelette* can be made successfully over a powerful methylated spirit lamp. The ordinary kitchen fire is unsuited for this work

unless it can be brought up nearly level with the hot-plate, and with a clear live-coal surface.

N.B. Keep the *omelette*-pan for *omelette*-making only. Do not *wash* it. After each occasion of using wipe it well, using two cloths, and put it away. If any particles of egg adhere to the vessel, they can be removed by rubbing it while hot with salt and a little vinegar.

ANOTHER METHOD.

The native cook of Southern India can turn out a very light, digestible *omelette* if taught not to overcook it. His method may be gathered from this recipe :—

Break four eggs carefully, and separate the yolks from the whites, have ready the minced herbs as in the former recipe, a clean and roomy *omelette*-pan, and an ounce of butter. Whisk the whites separately to a stiff froth ; to it add the yolks well mixed, and the chopped herbs ; give all a good stir together and pour the mixture into your pan, which should be laid over a moderate heat. Let the bottom of the *omelette* set without moving the mixture. This, if the fire be not too hot, will take about two minutes ; then pass a slice under it, double it across, and turn it quickly, with its centre but very slightly formed, into the dish. In this case the consistency is more like that of an *omelette soufflée*, and if rapidly treated, produces a very light *omelette* indeed. The heat under the pan in this case must not be too fierce.

If, while setting below, a hot glazing iron be passed over the surface, the operation is expedited, and the *omelette* rendered a little firmer.

This method is peculiarly happy with sweet *omelettes*.

ON GARNISHING AND FLAVOURING.

The garnishing and flavouring of *omelettes* may be varied in many ways. Taking herbs first :—

For a true *omelette*, *aux fines herbes*, not only parsley and shallot are necessary, but minced mushroom and truffles. Minced tarragon (*à l'estragon*), chervil (*au cerfeuil*), marjoram

(*au marjolaine*), and thyme (*au thym*), if not too strong, are agreeable, and many are fond of a spoonful of finely chopped green chilli, omitting the seeds of course.

Chopped ham, chopped tongue, chopped bacon, and chopped corned beef, are added to *omelettes* with good effect. The words *au jambon*, *au lard*, *au langue de bœuf*, &c., specify the addition. I have found it better to fry very lightly the minced ham, &c., independently, keeping it handy for addition to the *omelette* during the rolling-over stage, as it goes into the dish.

Cold cooked vegetables, cut up and tossed awhile in melted butter separately, may be thus added with success. I recommend sprigs of the flower of the cauliflower, artichoke bottoms cut into dice, or Jerusalem artichokes sliced, and cut up. Peas, asparagus points, chopped French beans, flageolets, and mushrooms are thus very pleasantly treated. In the case of an *omelette aux légumes*, a dust of grated cheese gives a pleasing finishing touch when the *omelette* is turned into the hot dish.

Omelette aux tomates :—Cut three or four ripe tomatoes into pieces—say eight ounces. Cut an ounce of onion into the thinnest slices possible. Melt a tablespoonful of butter in a small saucepan, cast into it the onion slices ; let them cook without browning ; then add the pieces of tomato, pepper and salt ; stir the saucepan carefully till the tomatoes are cooked, which will be in about ten minutes. Keep the mixture hot, and pour it over the surface of an ordinary *omelette* just as you are on the point of turning it out of the frying-pan. The *omelette*, slightly assisted by the spoon, will roll over, as has been described, enveloping the tomatoes within it as it passes into the dish. The *purée* can be passed through the sieve of course if liked.

The *omelette au Parmesan* (or any mild dry cheese) is a *spécialité* as simple as it is delicious. A heaped-up tablespoonful of grated and finely sifted cheese to three ordinary eggs, salt and black pepper to taste, compose the mixture. Incorporate the ingredients, and proceed as recorded in the

previous directions. Remember that it should be served just *before* all the juicy mixture on the surface quite sets, so that there may be an exudation of creamy mixture in the dish, and don't forget to dust over the surface a sifting of grated cheese. This must go from the fire to the plate, as it were. Delay in serving is hard on any *omelette*.

And now we come to the Curé's *pièce de résistance*, concerning which I spoke at the beginning of this chapter. The salient feature of this *plat* was the combination of tunny, and carp's roes by which it was flavoured. These materials cannot be very easily got ; nevertheless, we can avail ourselves of a capital substitute for tunny in salmon, and fall back on the roes of fresh herrings, cod, or mackerel, according to season. Those of a large *sole* are very delicate, which most fishmongers can supply from cuttings. About two to three ounces of cold cooked salmon and the soft roes of two herrings, for instance, very finely minced together, with a little shallot, and a dessertspoonful of parsley, should be tossed in butter awhile, and then stirred into a basin containing six well-mixed eggs. Cook the mixture as already explained, and turn it out, when ready, into a hot dish containing a little melted butter, a few drops of vinegar, and some minced shallot and parsley. This would be an *omelette au saumon*, which even without the roes would be nice enough.

The *omelettes fourrées* of high-class cookery may be described as those to which some special preparation is added "*en portmanteau*," when the simple cooking of the egg mixture has been completed. To my mind the lightness of the *omelette* itself cannot but suffer from the careful folding, dishing up, and garnishing which the *plat* requires. The most perfectly *shaped* work of art is placed before you, no doubt, but it lacks the volatility of the less pretentious compositions of *bourgeois* cookery. Great dexterity in finishing the details is necessary, so I am inclined to counsel simplicity, and the omission of patterns traced on the surfaces of *omelettes*. Garnishes to surround these *omelettes* can of course be prepared separately beforehand. These are generally little hollowed fried bread

cases (*croûtes creuses*) filled with some tasty mince or *purée*—tomato, *soubise*, minced mushroom, &c.

Here are a few typical dishes of this class :—

Omelette fourrée aux huîtres :—Take one dozen and a half of sauce oysters, open them carefully, saving all their liquid, which put into a small stew-pan with the oysters, and proceed as directed at page 60 ; drain, save the liquid, and put the oysters aside. Mix half an ounce of butter and half an ounce of flour to a smooth *roux*, moisten with the oyster liquid, and, if required, a little milk to make the quantity up to half a pint. Stir over the fire till boiling, add half an ounce of butter, and let this melt off the fire. Take the oysters and cut them in halves : warm them in the sauce *en bain-marie*.

Make an *omelette* of six eggs after method number one, and when it is ready spread the oyster mixture over the surface, double it over, and serve.

Omelette fourrée au homard is made in the same way with minced lobster slightly diluted with *velouté* and lobster butter, and with shrimps, similarly prepared, you have "*omelette fourrée aux crevettes*."

These *omelettes* can also be *fourrées*, with *purées* of vegetables, mushrooms, and truffles ; with the livers of chickens, kidneys, and fillets of game minced, and with some of the finer sauces associated with chopped mushroom, artichokes, &c.

The *omelette des matelots* is a speciality in its way. Make a *purée* of anchovies with five or six anchovies well freed from oil. Moisten this with a tablespoonful of white sauce, and mix it with six eggs when finishing the *omelette* mixture. Prepare some neat slices of smoked salmon, warming them in butter. Make the *omelette*, dish as already described, and arrange the slices of smoked salmon along its upper side at the last moment.

It will be found much easier if these six-egg *omelette* mixtures were divided in halves and cooked separately. An unwieldy *omelette* is difficult to control, and if the pan be too full, success, as I have said, is out of the question.

SWEET OMELETTES.

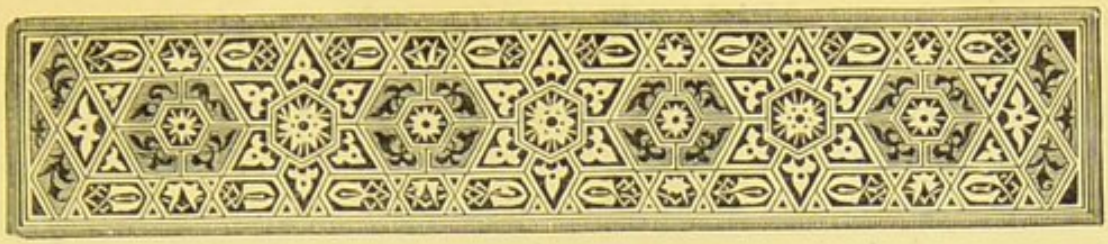
These by no means difficult and always popular *omelettes* must not be forgotten. Let us take *omelette au rhum.*

Prepare the eggs for the *omelette* and proceed as explained for my second method ; sweeten the mixture slightly, omitting the salt, and adding a tablespoonful of rum. At the moment when the setting indicates that the *omelette* is all but ready to roll into the dish prepared for it, quickly spread over its surface a layer of apricot, raspberry, or strawberry jam. This should be all ready at hand before the frying commences. As soon as the jam is spread, turn the *omelette* over into the hot dish, which should have a dusting of finely sifted loaf sugar shaken over its surface. Immediately dust a canopy of sifted sugar over the top of the *omelette*, glaze the surface with a red-hot iron, pour a couple of tablespoonfuls of rum round it, ignite a teaspoonful of the spirit, communicate this to that in the dish, and serve on fire like a Christmas plum-pudding. If the taste of the rum be objected to, use brandy.

Jam is not necessary in an *omelette au rhum*, but I think it improves it. If the addition of spirit and the setting alight be omitted, the *omelette* should be called *au confiture.* If jam be left out, flavour the egg mixture with essence of vanilla, ratafia, lemon, or almond, and call it *omelette sucrée.*

For *omelettes à la Celestine* you must make half a dozen (or more, according to the size of your party) very light *little omelettes*, each about large enough for one person ; roll them over with a layer of jam upon them, dust with sifted sugar, and set some rum or brandy alight in the dish in which they are served.

N.B. For glazing sweet *omelettes* a specially made *omelette* glazing iron will be found most useful.



CHAPTER XXIV.

MACARONI AND RICE.

THE accepted form of serving macaroni, according to our English *cuisine*, is either swimming in tasteless white sauce round a boiled fowl, or turkey, or baked with cheese in a pie-dish. In the former fashion it is generally presented in such a flabby, tasteless manner, that the general unpopularity of Italian pastes may be easily accounted for ; while in the latter, though a little more savoury perhaps, it is too often dry and leathery—the sort of food, in short, that no one would take if he could get anything else. The latter dish is, moreover, handicapped by having been reduced to a domestic subterfuge. When driven into a corner with nothing in the house, depend upon it that the happy deliverance is "cheese macaroni," the funny title given to the preparation by some writers.

Macaroni, and the numerous varieties of the Italian paste family of which it is the best known member, should invariably be plunged into *boiling* water to commence with—no matter whether you intend to cook them in milk or stock afterwards—in order to preserve the desired degree of firmness. Directions are often given for the putting of macaroni in cold water, and bringing it slowly to the boil ; some even counsel that it should be soaked. Flabby, messy-looking stuff can alone be the result of such treatment.

Macaroni must not be *wetted*, to begin with, by any liquid not

boiling. Mark these golden rules laid down by the "G. C." :— "Washing macaroni is useless and unnecessary, putting it to cook in cold water is a blunder, soaking it is a crime." Treat it like rice, and throw it into *plenty* of boiling, slightly salted water ; test it occasionally with a fork ; as soon as it is tender, without being soft or flabby, stop the boiling by a dash of cold water, take it off the fire, drain it thoroughly, returning it to the dry, hot pan.

Assuming that three ounces of macaroni have thus been boiled, an excellent dish can be concocted by stirring into it, in the hot pan, two ounces of grated Parmesan cheese with an ounce of butter. Put half the cheese in first, and shake it well amongst the macaroni, then add the other half, finishing with the butter ; season with salt and black pepper (freshly ground by hand-mill if possible), and serve piled on a hot dish as hot as possible. If done quickly the dish should arrive steaming (*Macaroni à la Napolitaine*).

If in addition to the cheese and butter you stir in a breakfast-cupful of good tomato *purée* the combination is still nicer (*Macaroni à l'Italienne*).

For *Macaroni au gratin* prepare the macaroni exactly according to the foregoing receipt, without the tomato *purée ;* but instead of serving it in this state, turn it into a Limoges fireproof dish, or silver dish for *gratins*, arrange it neatly, dust over the surface half an ounce of cheese with a dessertspoonful of raspings, pour over all half an ounce of butter melted, and put into the oven till lightly coloured ; lastly pass a hot glazing iron over it, serving at once.

Observe that for the true dish you depend upon the butter for the moistening. The practice in England is to secure this with a sauce or milk, and there can be no doubt, if the sauce be well made, with broth as a basis, and the cheese allotted in proper quantity, a good result is often obtained. The following recipe may be trusted :—

Macaroni au gratin à l'Anglaise :—Well butter a pie-dish, arrange three ounces of well-boiled macaroni therein neatly, give it a dusting with black pepper and salt, pour round it a

large cupful of good *sauce blonde* (see page 60), in which you have mixed two ounces of grated cheese : let this run well in amongst the bed of macaroni, moistening it liberally, and shake over the surface half an ounce of grated cheese, with a dessert-spoonful of raspings. Make this thoroughly hot in the oven, brown the surface of the cheese by passing a red-hot iron about half an inch above it, and send it up.

Macaroni au gratin should be nice and moist : you can use milk instead of *sauce blonde* if you like, and tomato *purée* may be introduced in its composition. A little minced fish, such as shrimps, prawns, lobster, or anchovy, may be dotted about amongst the macaroni, and with minced ham and chicken, or tongue and chicken, you can make a capital home-dinner *entrée*, following in other respects the ordinary recipe.

For instance, take *Macaroni à la Sicilienne*. Prepare three ounces of macaroni by plain boiling as described. Take four ounces of minced veal, two ounces of minced ham, two ounces of minced cooked mushroom, a dessertspoonful of minced parsley, and a seasoning of salt and pepper. Butter a deep fire-proof baking-dish well, sprinkle over it the minced parsley, then having cut up the macaroni in short lengths, put a layer of it at the bottom, then one of mince, dust freely with grated cheese, and season each layer. Continue this till all is expended, then moisten well with good domestic *espagnole*, or *velouté*. Bake sufficiently to heat thoroughly, brown the surface with a glazing iron, and serve.

Anglicised *Macaroni à la Milanaise* is another very good method, that may be described as follows :—Boil three ounces of macaroni, and keep it hot in its own pan after draining. Take three-quarters of a pint of fowl giblets or mutton broth, flavoured with an onion, sweet herbs, and black peppercorns. With that make a plain cheese sauce in this way :—Melt half an ounce of butter in a saucepan, stir into it a dessertspoonful of flour, mix them to a paste, and by degrees pour in about half of the broth ; as this is warming, add to it two ounces of grated cheese, with the remainder of the broth, a teaspoonful of powdered mustard, salt, and spiced pepper, at discretion ;

continue to stir the sauce until it reaches a creamy thickness, when you can finish it off the fire by a coffee-cupful of milk, in which the yolk of a raw egg has been beaten separately. Now stir the sauce into the hot boiled macaroni, and serve immediately, piled up upon a hot dish.

The association of tomatoes with macaroni seems to be as happy as that of green peas with a duckling, egg sauce with salt fish, or red currant jelly with a well-hung saddle. These vegetables are generally applied in the form of *purée*, to make which you must cut them into quarters, trim them from stalk, &c., and keep them ready. Next (assuming the quantity to be two pounds), put into a saucepan, over a moderate fire, an ounce of butter and two ounces of minced onion ; fry till turning yellow, then mix in half an ounce of flour, stir well, then put in the tomatoes with a few peppercorns, an uncut clove of garlic, a teaspoonful of dried *basil*, and half one of salt ; boil till the quarters are quite soft, and then turn the contents of the saucepan out upon a hair sieve placed over a bowl : pick out the garlic and peppercorns, and rub the vegetable through the sieve with a wooden spoon : the pulp that comes through—well peppered with black pepper—must be heated again, a lump of butter and the yolk of an egg being added before it is mixed with the macaroni.

Macaroni with *conserva di pomi d'oro* is an Italian delicacy. The *conserva* is, as may readily be supposed, a regular jam made by reducing a good quantity of the *purée* aforesaid in a saucepan over the fire, stirring it without ceasing until it attains the consistency of thin paste. This, well seasoned with salt and pepper, may be preserved in bottles, and if securely corked and waxed, will keep well. During their season tomatoes are sometimes to be had so cheaply that the home making of tomato conserve might often be economical. To assist in preserving the composition safely a little sugar should be blended with the salt, and the bottling should be deferred till all signs of effervescence have subsided. A spoonful or two of the preserve, thinned with a very little stock, and with a pat of butter worked into it, would thus at all times be handy for use in

sauces, for dressing macaroni, &c. A dusting of finely grated cheese should of course accompany it in the latter case.

At a pinch preserved tomatoes can be substituted for fresh. Poncon's French *conserve* is excellent, and the canned American decidedly good, while John Moir and Son's tomato ketchup does very well for ordinary home dinners.

Here is a savoury composition (*Macaroni aux anchois*) which I commend to the attention of those who like Italian cookery :—Mince finely half a clove of garlic, an ounce of shallot, three whole anchovies, boned and well wiped from the tin oil, half a dozen capers, and four olives ; put the mince into a small saucepan, with three tablespoonfuls of fresh butter. Fry gently till the bits of garlic and onion begin to brown, and then turn the mixture into a saucepan containing three ounces of hot boiled and drained macaroni, mix in two ounces of grated cheese, stir it well, and serve. An Italian cook would probably put in half a dozen, or more, cloves of garlic : in the proportions I have given, however, I do not think the taste of the bulb will be considered more *prononcé* than it is in chutneys, and numerous dishes nowadays, which we eat without murmuring.

It need scarcely be said that macaroni is improved by being simmered in stock. When this may be available the process should be conducted as follows :—

Put the macaroni into boiling water as stated in my first recipe, and after five minutes reduce the temperature to simmering : maintain this for fifteen minutes, then drain, return the macaroni to the hot pan, pouring over it half a pint of good warm broth. Simmer gently until all this is absorbed, proceeding, as soon as that has been done, as in the first case, to add the various adjuncts—cheese, butter, and, if liked, tomato pulp.

Macaroni au jus is served without cheese or other adjunct, save its own broth thickened and a seasoning of salt and pepper. Boil three ounces of macaroni for ten minutes, drain, and add to it three-quarters of a pint of good broth or stock ; simmer it in this till tender, drain again, keeping it in the hot pan while you thicken whatever stock may have been drained

off. If the macaroni has nearly absorbed the whole of it, as it may, add enough stock to moisten the dish nicely, thicken this, bring it to the boil, dish the macaroni, and pour the hot stock over it. A little glaze, say an ounce, dissolved in the thickened stock would be an improvement. Grated cheese may accompany.

McMechen's chilli sauce, which is really a well-flavoured preparation of tomatoes, works capitally with macaroni in lieu of tomato *purée :* about four tablespoonfuls to three ounces of macaroni will be found a good proportion.

These recipes for three ounces of macaroni are composed for a nine-inch Limoges china fireproof dish—enough for three people.

Closely connected with macaroni, and exceedingly nice when cooked as such, are—

NOUILLES.

Take half a pound of sifted flour ; put in on the pastry-board ; make a hole in the centre of the flour ; break three eggs into it ; add half an ounce of butter, and a pinch of salt ; mix all into a nice smooth paste. Roll the paste out very thin—say about the sixteenth of an inch—let it dry, then cut it into ribbons an inch and a half broad ; put five of these ribbons above one another, sprinkling a little flour between each ; then with a knife cut through them crosswise, making thin shreds like vermicelli ; shake them in a cloth with a little flour to prevent their adhering to one another, then throw them into two quarts of boiling water for six minutes. Use *nouilles* exactly as you would macaroni. They make a good garnish for cutlets, *croquettes*, &c., and can be used in soup.

GNOCCHETTI.

This receipt was given to me by a lady who has resided nearly all her life in Italy :—

Take two tumblers of broth or milk and put the liquid in a stew-pan on the fire, with one ounce of butter, a pinch of salt, and two of pepper. Boil, take off the fire, cool, add four ounces of sifted flour, and mix well, adding two ounces of grated Par-

mesan cheese: stir over the fire for one minute, remove the saucepan, breaking into it three large or four small eggs, one after the other, and stirring continually. Divide the paste you now have got into small portions, rolling them about the size of walnuts; put these into a buttered *sauté*-pan, pour *boiling* milk over them, simmer for five minutes, and drain on a sieve. Now arrange a layer of the *gnocchetti* on a dish, sprinkle with Parmesan, add another layer, and sprinkle, moisten with a good *sauce blanche*, cover all with a final layer of Parmesan, set in the oven to colour, and serve very hot.

The advice I have given will, I think, be found reliable with respect to all kinds of Italian paste, *spaghetti*, *macaroncini*, *lasagne*, *tagliarini*, *fettucie*, &c., and I sincerely hope that what I have said may be the means of drawing my readers' attention to a comestible which deserves far greater consideration than Englishmen, as a rule, bestow upon it. An inexpensive article of food which, with a little study, may be made a luxury, is surely a thing that those who appreciate good feeding can ill afford to despise.

RICE.

In rice we possess a species of farinaceous food, cheap, nutritious, and of reliable quality, which—if our cooks could only dress it properly—ought to form as popular an element in savoury as it does in sweet cookery. I therefore introduce the subject in close connection with macaroni advisedly, for it will be seen that in the better treatment of rice the laws that govern the cooking of Italian pastes should generally be followed.

The boiling of rice appears to be looked upon in England as a very difficult thing to hit off properly, and to judge from the advice I often see given in regard to the process I can well understand how it is that Mary Jane fails. As a matter of fact, the proper method is the simplest that can well be imagined.

Rice, like macaroni, must be plunged into boiling water, and

finished in the same way ; but it will be well, perhaps, to give each step in detail :—

(*a*) For from four to six ounces of uncooked rice choose a four-quart, or even larger, stew-pan ; three-parts fill this with water and set it on to boil, putting into it a dessertspoonful of salt, and the juice of half a lemon.

(*b*) While the water is coming to the boil sift on a sieve and cleanse the rice—the best qualities need very little of this.

(*c*) Put a small jug of cold water within easy reach of the range.

(*d*) As soon as the water boils freely, cast in the rice, and with a wooden spoon give it occasionally a gentle stir round.

(*e*) Mark the time when the rice was put in, and in about ten or twelve minutes begin to test the grains by taking a few of them out with the spoon and pinching them between the finger and thumb.

(*f*) When the grains feel thoroughly softened through, yet firm, stop the boiling *instanter* by dashing in the jugful of cold water.

(*g*) Drain off the water completely, returning the rice to the hot stew-pan ; shake this well, set it on the corner of the hot-plate, and cover it with a clean napkin, so that it may dry, repeating the shaking every now and then to separate the grains.

(*h*) To detach the grains which always adhere to the bottom put in a quarter of an ounce of butter : as this melts the grains will come away.

The drying process will take from eight to ten minutes at the least, and must not be hurried. For this reason the cook should give herself full time for the operation. Even well-boiled rice will not come to the table satisfactorily unless it has been drained and dried as I have described.

Raw rice of good quality swells to four times its original bulk when boiled, it therefore requires plenty of water when undergoing that process. Carolina rice takes a greater quantity of water than Patna on account of the size of the grains. Three quarts of water to six ounces of rice is a good proportion

for the latter, and an extra pint for the same weight of the former. Lemon juice preserves the whiteness. The immediate checking of the boiling with cold water assists the separation of the grains, which is the chief aim in well-boiled rice. Stickiness is the result of overboiling, or too slow cooking. Rice cannot be boiled too quickly. The chief mistakes of the English cook are :—Using too small a vessel and not enough water ; putting the rice into cold water ; overcooking it ; and giving herself no time to drain and dry the rice properly.

It is a mistake to put rice into cold water, or to subject it to any *slow* method of cooking when the object is to serve it plainly boiled. After it has been cooked hot water should on no account be poured over it ; while to expose it to the action of steam as a way of drying it cannot but result in failure.

It is quite possible to serve rice, prepared as I have described, as a savoury dish, alone. For this purpose it should be dressed with butter, grated cheese, tomato *purée*, &c., as prescribed for macaroni. It can be coloured a pale yellow with saffron, or, for Oriental flavour with turmeric. Lastly, it can be made still more tasty if simmered in stock after having been partly boiled.

Riz à l'Italienne :—Into four ounces of well-boiled rice as it lies in the hot saucepan stir one ounce of butter : stir till thoroughly mixed, dust with pepper and salt, add tomato pulp enough to moisten the whole nicely, and finish with two ounces of finely grated Parmesan, Gruyère, or other mild dry cheese. Serve piping hot. When lifted with the fork the grains of rice should carry with them long strings or tendrils of melted cheese as in the case of *Macaroni à l'Italienne.*

Riz à la Napolitaine :—Melt an ounce of butter at the bottom of a saucepan, which ought to have been previously well rubbed with a piece of garlic ; shred an onion the size of a golf-ball very finely, and fry it in the butter ; stir into this, when of a golden yellow colour, two breakfast-cupfuls of well-boiled rice ; work it vigorously with a wooden spoon, while an assistant shakes into the pan a couple of heaped-up tablespoonfuls of grated Parmesan or Gruyère ; garnish the dish with strips of anchovies, and serve it piled upon a flat dish.

Riz à la bonne femme :—As the foregoing, but stir into the mixture some finely rasped ham, or grated Hamburg beef, and garnish it with curls of crisply fried bacon.

Riz à l'Indienne :—Commence as laid down for *riz à l'Italienne*, using an ounce of fresh butter. Omit the tomato pulp, and instead of the grated cheese, stir in sufficient turmeric powder to colour the rice well, and garnish with shrimps that have been tossed in butter with a seasoning of Nepaul pepper. Strips of red and green chillies may be introduced, and to many pieces of fried capsicum might be agreeable.

Riz au chou :—Boil four ounces of rice as has been described, and keep it hot in the pan. Cut up the heart of a young savoy cabbage previously boiled till tender. Melt a couple of ounces of butter in a roomy stew-pan, cast into it—finely shredded—three ounces of onion and half a clove of garlic minced as small as possible : let the onion turn yellow, and then put in the shred cabbage, stir it about for three minutes with the butter and onions, and then pour over it enough broth or *consommé* to come level with its surface : stew gently now for a quarter of an hour, then add the rice which should be vigorously stirred about for five minutes with the cabbage. The dish is now ready. Turn it out upon a well-heated flat dish, and smother it with grated cheese. A slice of nice bacon may, with advantage, be cooked with the cabbage ; it should be cut into dice, and put it with the butter and onion. For an ordinary head of cabbage, three breakfast-cupfuls of cooked rice will be found enough.

Riz à la Turque :—In this, and in the following cases, the rice is not *wholly* boiled in water. Put into a saucepan a pint of giblet or mutton broth, into which sufficient tomato pulp has been stirred to slightly thicken it, season this highly with salt and black pepper, and set the saucepan on the fire. As soon as the liquid boils, cast into it four ounces of uncooked carefully sifted rice. Reduce the heat after five minutes, and let the rice stew gently in the tomato-flavoured broth. As the rice cooks it will absorb the liquid : watch it narrowly, stir gently to prevent its catching, and as soon as it has sucked up

the whole of it, shake the pan well to separate the grains, and mix into it an ounce of fresh butter. Serve very hot.

Risotto à la Milanaise:—This is a preparation of rice peculiar to Northern Italy, Sir Henry Thompson's recipe for which runs as follows :—"For two persons—Put two ounces of fresh butter with three ounces of onion chopped very fine into a stew-pan, and fry until the onion has a pale gold colour. Then add six ounces of well-washed East India (Patna) rice with a very little saffron, stirring it constantly for about two minutes with a wooden spoon, so that it does not stick to the stew-pan ; after this two minutes' cooking, add about a pint of good stock very gradually ; let it simmer gently, stirring very frequently, till the rice is just soft ; before it is quite finished, add an atom or two of grated nutmeg, and an ounce or more, according to taste, of grated Parmesan cheese. After this, cook, stirring well for two or three minutes ; then remove from the fire, set the stew-pan on the hot-plate, add a little more butter, cover for a few minutes, and serve. The quantity of stock can be varied according as the *risotto* is preferred thick or otherwise."

Risotto à la Marchigiana is made in the same way, with the addition, besides cheese, of minced cooked mushrooms and sliced highly seasoned sausages.

Riz à la ménagère :—For this excellent *plat* clean and blanch six ounces of rice in boiling water for five minutes, using a roomy stew-pan ; cool and drain it on a sieve. Weigh a quarter of a pound of the best streaky bacon, dip it into scalding water for a couple of minutes, and then cut it into inch dice. Fry these in a stew-pan till they turn yellow, add the rice, and a pint and a half of broth, with a saltspoonful of pepper. Simmer for twenty minutes, stirring the rice every now and then to prevent its catching at the bottom of the pan. Now take it off the fire, and add half a pint of tomato *pureé* or sauce. Mix thoroughly, and put the rice on a dish. Garnish with sausages, curls of fried bacon, croquettes of fish, or any savoury mixture you like, worked into small shapes, and fried a golden yellow.

Rice is especially nice with fish. I have already spoken of

khichri (page 230) in its simpler forms ; a still better dish can, however, be composed on the same lines by simmering the rice, after blanching it for five minutes in boiling water, in strong fish stock. The fish which contributed the stock should be pulled to pieces, seasoned, and tossed in the hot vessel with the rice and a little extra butter. Salmon is particularly good when served in this manner, and cod salted slightly, as prepared by fishmongers for Ash Wednesday, Good Friday, &c., makes an excellent *khichri*.

Pilão rice. The Pilão or, as it is commonly written perhaps, Pullow, is, of course, an essentially Oriental composition, the object being to stew meat or fowl down to such a condition that it can be pulled to pieces or disjointed and picked by the fingers, while the broth produced by the stewing, absorbed to a great extent by rice cooked in it, is served with it. Rice, therefore, that is slowly simmered in the strong juices of fowl or meat, may be termed pilão rice.

In preparing rice in this way the custom is first to blanch it for five minutes in boiling water, to drain it, and then put it into a stew-pan with butter, pepper, and salt, turning it about with a wooden spoon over a low fire while the fowl or meat broth is added very gradually, so that it may be absorbed by the rice as much as possible.

After it is cooked the rice may be spiced with grated nutmeg, cinnamon or cloves, tinted with *turmeric*, not saffron, and garnished with pieces of onion crisply fried like potato chips a light brown colour, and chopped hard-boiled eggs.

Thus dressed, and steaming hot, the rice is emptied over and around the bird or meat, which has been kept hot in a covered vessel during its concoction.

Raisins, almonds, pistachio nuts, green ginger, and whole spices are generally added by Eastern cooks, with strips of chilli skin.

Cheese, of course, would be wholly out of place in connection with pilão rice.

Saffron, not turmeric, is used in the Turkish *pilâv*, a dish which in other respects is made like pilão.

The French *poularde*, or *poulet au riz*, is nothing more than a boiled fowl served with rice prepared exactly as just described, without any garnish, spice, or other adjunct. The *eau de la cuisson* produced by the boiling, is taken in part for the rice, the remainder turned to a nice white sauce, enriched with the yolks of a couple of eggs as for *Allemande* sauce, is used to mask the fowl, while the rice is arranged round it.

Following this dish in principle, it is obvious that no little variety might be obtained by preparing the rice with cheese, tomato, or other flavouring, according to the recipes that have been given.

Poulet au riz tomaté, for instance, is a capital variation. This can be made with a freshly boiled fowl, or with cold fowl (or turkey) in this way :—Remove all the meat from a cold bird. Make as good a broth as you can from the bones. Prepare rice as described for *Riz à l'Italienne ;* while it is in the hot pan stir in the pieces of fowl, and when well mixed pile the whole upon a hot dish, moistened with a nice white sauce made from the bones broth. Let grated cheese be handed round, and the remaining sauce in a boat.

CHAPTER XXV.

TOASTS.

NO dish is more useful or more generally popular than a savoury toast. We can claim it as our own, for it belongs wholly to the English school of cookery ; let us therefore be careful to preserve its characteristics. With it we can often tempt a jaded appetite or gratify a good one ; if well made, it serves as a finish to a little home dinner, and as its varieties are numerous it is equally acceptable at breakfast or at luncheon, while in its composition tasty scraps of all kinds can be used up successfully, without any great effort on the part of the cook or loss of time.

In common with almost every branch of cookery, this offshoot of the science is of course susceptible of elaborate, as well as of simple treatment, a deviation that it is the custom of the day to encourage concerning which I shall speak by and by. Yet, generally speaking, savoury toasts of an ordinary kind ought to be favourably regarded by all thrifty housekeepers, inasmuch as they afford an easy and pleasant way of working up fragments of good food that might otherwise be wasted.

The rules of toast-making are few, and very simple :—

1. Unless specially stated to the contrary in the recipe, the slice of bread destined to receive any savoury composition should be delicately *fried* in butter till of a golden colour,

rather than toasted in the ordinary manner. If kept waiting at all, ordinarily toasted bread, when the savoury mixture has been arranged upon it, becomes spongy or sodden, and soon loses its crispness. The easy process of toasting, too, is frequently slurred over carelessly, and the bread is scorched, not toasted. If you watch the ordinary servant in the act of toasting, you will generally find that she places the slice of bread as close to the glowing embers as possible. Setting aside the risk that the bread thus incurs of catching a taint of smoke, or a powdering of ash dust, it cannot be evenly and delicately browned, neither can it attain that thorough crispness which is a *sine quâ non* in properly made toast. The slice of bread must be kept some little distance from the clear embers, being gradually heated through, crisped, and lightly and evenly browned by degrees. But, as I said before, bread fried in good butter is better, with a very few exceptions, than toasted bread for the sort of dishes we are going to discuss.

2. A savoury toast is not worth serving unless it be piping hot: it may be kept hot in the oven, to be sure, but it is never so good as when brought straight to the table the moment it has been completed. In order to ensure this slickness (to borrow a trans-Atlantic term) let the cook be warned to have everything *ready*, but not actually to finish off the making of the toast till it is wanted. It is better to keep the table waiting for three or four minutes for a *bonne-bouche* than to serve immediately such a miserable fiasco as a *cold* or lukewarm toast.

The next thing to consider is the composition of savoury toasts, which I will endeavour to describe seriatim. Let us commence with a few.

HOMELY TOASTS.

ANCHOVY TOAST.—If you use bottled or tinned anchovies in oil, the process is this:—Take two anchovies, wipe them free from oil, split them open, remove the spines, and pass the fish through your hair sieve: put the pulp in a bowl, and stir into it the yolks of two raw eggs. Cut four nice rounds three

inches in diameter, or slices of bread three inches by two, and fry them in butter till of a bright golden tint ; drain, dry, and arrange them on a very hot silver dish, and cover them up. Now melt a tablespoonful of butter at the bottom of a saucepan, which should be placed over a very low fire, or be dipped into a *bain-marie* or any vessel containing boiling water ; stir into the melted butter the anchovy pulp and egg ; let it thicken, and when quite hot spread it over the four toasts, and send the dish up immediately.

Or, to be made with anchovy sauce, choose a very hot plate indeed—one with a hot-water tin beneath it if possible—put a dessertspoonful of butter upon it, and let the butter melt ; add the yolks only of two raw eggs well beaten, and stir into the mixture sufficient anchovy sauce to colour it salmon pink—if you put in enough to obtain a darker shade it will be too salt. While the cook is doing this, an assistant should, in this instance, be *toasting* pieces of bread neatly shaped beforehand, and each piece should be brought straight from the fire, turned over on both sides in the mixture, and served in a very hot silver dish at once. A toast that has been well *soaked* in a sauce like this, and crisped in the oven afterwards, is far from bad.

Anchovy toasts are, of course, often sent up with their surfaces dressed with buttered or poached eggs, but as a variation I can recommend this savoury custard :—Separate carefully from the whites two yolks of egg and keep them handy, and for each yolk take two ounces of butter. In a small saucepan heat to boiling-point two tablespoonfuls of water. Take off the fire, and stir well into the hot water the two yolks ; lower the fire, and over very gentle heat add ounce by ounce the four ounces of butter ; whisk this till it thickens smoothly, and pour it over your anchovy toasts. A slight sharpness may be given with a teaspoonful of anchovy vinegar, and a seasoning of salt and pepper is of course necessary. This dressing should be carefully watched, for if permitted to approach boiling, it will curdle and become lumpy ; what you want is a very thick, creamy-looking custard.

It need scarcely be said that whatever the mixture may be that you intend to put over a toast, it must be prepared first, and kept hot.

WOODCOCK TOAST is perhaps the best variety of anchovy toast when well made. Numerous recipes are given for it, and its name is variously given by writers upon cookery, some of whom present it to their readers under the meaningless title of "Scotch-woodcock." In its unpretending form this toast is exceedingly like the one I have just given, viz. :—a better kind of anchovy toast with an egg-cream custard top-dressing, but *real* woodcock toast should be composed as follows :—

Take two freshly boiled fowls' livers—(those of a goose, a turkey, or a couple of ducks, are better still, while the remains of a *pâté de foie gras* are superlatively the best)—pound the liver to a paste, mixing with it a teaspoonful of anchovy sauce, or the flesh of one fish pounded, a pinch of salt, an ounce of fresh butter, a tablespoonful of dissolved glaze, and the yolk of one raw egg ; dust into it a little spiced pepper, pass it through the sieve, and set it aside on a clean plate. Prepare four squares of golden-tinted, lightly-fried, bread, about half an inch thick, spread the liver paste over them, and set them in the mouth of the oven to retain their heat, but not to burn. Now, heat up in the *bain-marie* a breakfast-cupful of the savoury custard already described, cover the toasts with it, and serve quickly.

The object is to hit off the flavour of the woodcock trail as nearly as possible. If, therefore, it were practicable to make a very strong decoction of game bones, and this were reduced nearly to a glaze, and added instead of ordinary glaze, a better imitation of the real thing would be the result.

The preparation may be slightly varied as follows :—Fry the toasts, butter them, and set them in a moderate oven to keep hot. When heating the custard, *stir into it the liver paste*, &c., work gently over a low fire, and pour it over the toasts as soon as it is quite hot, and thickened sufficiently. Whisking the custard will in this case be unnecessary.

EGG TOASTS.

A number of nice toasts can be made with eggs ; from the plainly poached egg served upon a little square of bread fried a golden brown in butter, to the delicate *croûtes aux œufs de vanneaux brouillés.*

BUTTERED EGGS (*œufs brouillés*)—see Chapter XXII.—are undeniably good at breakfast if served quite simply, upon crisply fried bread, straight from the fire. Grated ham, finely minced tongue, and little dice of crisply fried bacon, are capital, if at hand, to garnish the surface of the eggs with ; and chopped herbs, anchovy, or the minced remnants of any fish like sardines, pilchards, or herrings, may be stirred into the eggs just before serving with marked advantage.

Cold cooked vegetables, such as cauliflower, artichokes, asparagus, &c., may be cut up and mixed with the eggs in the same way for a luncheon toast. In fact, a moment's thought will generally enable a careful cook to make her buttered egg toasts additionally tasty by the introduction of some nice trifle left from a previous meal, which could scarcely be made use of in any other manner.

Buttered eggs when they appear at dinner are, as a rule, served over some savoury decoction as a top-dressing or mask, in which form they are continually called into play.

HARD-BOILED EGGS make a very eatable toast in this way :— Grate a coffee-cupful of pressed beef, bacon-lean, or ham ; cut four hard-boiled eggs into small pieces, and mix half a pint of good white or brown sauce ; flavour it with a tablespoonful of tomato ketchup or a teaspoonful of anchovy sauce, and slip into it, so as to get thoroughly hot, the cut-up eggs ; when steaming, pour the contents of your saucepan over four nicely fried squares of bread, dust the grated beef over their surfaces and serve at once.

I have already said that eggs buttered and poached are frequently laid upon anchovy toast. Poached eggs in like manner can be masked with cheese custard, while grated cheese can be mixed with buttered eggs. Poached eggs when served

on toast ordinarily are much improved if a small allowance of melted anchovy, *maître d'hôtel*, shrimp, or *ravigote* butter be poured over them just before serving.

VEGETABLE TOASTS.

Spinach, sorrel, and other delicate greens worked up in the form of *purées* make very nice toasts. They may be served on anchovy toast or plainly. Peas, flageolets, and asparagus *purées* are very delicate if thus made use of. Buttered eggs may cover them if approved.

An excellent toast can be made with the inner tender leaves and stalks of the BEETROOT. After having been boiled and drained like spinach, they should be chopped up and heated in a saucepan with sufficient plain white sauce to moisten nicely, a seasoning of salt and pepper, and be then spread upon hot fried toast with as little delay as possible.

Nearly all vegetables with slight modification according to their peculiarities can be dressed in this manner on toast.

VEGETABLE-MARROWS and CUCUMBERS should be trimmed in little fillets, their seeds should be cut out, and the pieces thus prepared should be cooked as directed for cucumbers *à la boulette* (page 192). These may be warmed again in a good *sauce blanche* in which a tablespoonful of grated cheese has been mixed, or in a nice thick brown sauce, laid upon toasts, and sent up.

The points of asparagus, sprigs of cauliflower flowers, artichoke bottoms, and similar dainty vegetables, form admirable materials for toasts : they deserve delicate treatment, and can well bear association with savoury custard, *velouté*, or *boulette* sauce before being set on the toasts.

French beans are perhaps best prepared for toast by being cut into *julienne*-like strips and moistened with *soubise*.

Seakale, salsify, celery, and celeriac should be turned to a *purée*, and dressed as advised for peas, asparagus, &c.

Aubergines provide easy material for toasts if not too old. Boil and drain them, and, when cold, scrape out the seeds and pulp from each pod into a small basin, using a silver spoon for

the operation. Pass this through the sieve to get rid of the seeds. Give the pulp a dusting of pepper, and spiced salt and add a few drops of anchovy sauce. Fry rounds, or slices of bread, according to the number you want, in butter, and set them to keep crisp and hot in the oven. Now take a small saucepan, place it in the *bain-marie*, or over a very moderate fire, melt a dessertspoonful of butter in it, stir into it the aubergine pulp, and two good tablespoonfuls of *velouté* with the yolk of one egg. Continue stirring one way until the contents of your saucepan look nice and thick, and steaming hot; then pour the mixture over the toasts, and serve. A dust of grated Parmesan cheese should be shaken over the surface of the toasts as an embellishment, and Nepaul pepper should be handed round.

MEAT TOASTS.

In this section we come to another series of good and economical toasts—especially those made of game—the preparation of which is attended with no difficulty whatever. The chief thing is to make sure of a really well-flavoured savoury sauce or broth for the moistening. Only a small quantity of this is required. In the case of game, the pounded bones and scraps, with herbs, seasoning, a piece of glaze, and a shredded onion, provide a capital basis to work upon. A thoughtful cook will thus turn to account many a fragment of good food that an ignorant one would probably throw away.

A well-made KIDNEY TOAST is far from bad: here are two good recipes:—

(*a*) Take two uncooked sheep's kidneys, split and blanch them first of all for one minute in scalding water to remove that somewhat strong taste which many dislike, then lift them out, and dry them in a cloth. Make a strong broth or gravy out of any bones or scraps you may have, and, adding half an ounce of glaze, stew the kidneys therein, with a seasoning composed of one teaspoonful of mixed sweet herbs, a saltspoonful of salt, and one of mignonette pepper, till they are nice and tender, then take them out, drain them, and pour the gravy in which they were cooked into a bowl through a fine

strainer. Now cut up and pound the kidneys to a paste in your mortar with some butter to assist the operation, and pass it through your sieve. When ready, skim any grease that may have risen to the top of your gravy, and take a medium-sized saucepan, working as follows :—Melt a dessertspoonful of butter at the bottom of the saucepan, stir into it a dessertspoonful and a half of flour, when creamy, add by degrees alternately a tablespoonful of the gravy and one of kidney paste until all the latter is expended : flavour the *purée* with one dessertspoonful of marsala, half a teaspoonful red currant jelly, one of mushroom ketchup or one of walnut, one of anchovy vinegar, and a few drops of chilli vinegar. Let the contents of your saucepan thicken properly by coming to the boil, and then arrange the *purée* upon four squares of hot fried toast. Let there be no delay in serving. If made exactly in this way, this toast will be found an excellent one. Madeira or port may be used instead of marsala. With cold cooked kidneys a similar process is feasible, provided there be a breakfast-cupful of good broth available. Omit the stewing, and commence with cutting up and pounding the meat.

(*b*) With two cooked sheep's kidneys or one calf's kidney—the latter for choice—an excellent toast can be made in this way :—

Cut up the kidneys without any of their fat into a coarse mince with half their bulk of cold cooked mushroom. Put a breakfast-cupful of good savoury broth on the fire, flavour it as in the foregoing receipt, dissolving half an ounce of glaze in it ; boil, strain, cool, and skim. Thicken this in a separate saucepan, using a dessertspoonful of butter and one and a half of flour, and when nicely thickened put in the mince. Keep this hot in the *bain-marie* while you prepare the toasts. As soon as these are ready and placed in the hot silver dish, lay the mince upon them neatly, and serve.

Following the principles just given, most tasty toasts can be made with the remains of a *pâté de foie gras*, or of a dish of sweetbreads. The savoury thick sauce must be flavoured with a dessertspoonful of marsala, and any trimmings of truffles that may be at hand may be put in.

If arranged on small *croûtes*, round in shape and about two inches in diameter, their sauce thickened with a raw yolk and allowed to set firmly,—cold, these toasts may be egged all over, bread crumbed, and dipped into boiling fat till of a nice colour, being served after draining and drying on a napkin.

The method of preparing a game toast is somewhat similar to that which I have described for kidney toast (*a*), *i.e.*, the cold meat should be picked from the bones, and pounded with a little butter to a paste : the skin and bones (well mashed) should be set to make a good, strong, game-flavoured broth wherewith to form a thick *purée* in conjunction with the pounded meat, the process of blending and flavouring which is precisely the same as that mentioned in the recipe previously alluded to. Spread the *purée* upon hot fried toasts, and serve without hesitation.

All purées of meat composed for toasts should be mixed rather thickly so as to *rest* upon the toast, and not spread all over the dish. Nepaul pepper, and quarters of lemon should be handed round with them.

Beef-marrow, as everybody knows, is delicious when eaten *hot* on *hot* dry toast, and to be thoroughly enjoyed there is no better than the good old English way of serving the bones themselves wrapped in napkins, out of which the marrow is picked with a marrow spoon, and laid on hot dry toasts specially prepared at the moment required. It may so happen, however, that you may wish to have *croûtes à la moelle* at a small dinner-party, and would rather not be hampered with the cumbersome service I have just alluded to. In such case the following method may be adopted :—

Procure the marrow from the butcher already taken out of the bone, blanch this in boiling water for five minutes ; drain the marrow from the water, let it get cold, cut it into small squares, put these on a gratin dish, season with pepper and salt, brush them lightly over with liquid glaze, warm and keep hot by the side of the fire, and finally cover the crisp dry toasts (that must now be got ready) with them, and serve at once.

FISH TOASTS.

Nice toasts can be made with fish, whether fresh, smoked, salt, preserved in oil, or kippered. Some of these are better suited for the breakfast- or luncheon-table, while some are peculiarly fitted for the savoury service which has of late been substituted, at dinners planned on modern lines, for the cheese with its various accompaniments. For fish preserved in oil, the general rule is, first, to get rid of the oil, skin, and bones, then to chop it up on a plate and knead it up with a little fresh butter. Next to mix a small quantity of white sauce, and incorporate therewith the minced fish, add the yolk of an egg, and when thick enough and thoroughly hot to spread it upon slices of fried toast hot from the pan, and dish up quickly. The cold remains of all fish may be thus satisfactorily disposed of.

Buttered eggs go wonderfully well with fish toasts, either laid as a top-dressing over the fish mince, or mingled with it ; the savoury custard is welcome with them ; and hard-boiled eggs may be cut up and mixed with the fish in the saucepan just before serving.

Shrimps and prawns come in very handily for toasts. The less they are meddled with the better. Pick the fish and pound the shells as explained in Chapter XXVI. For a quarter of a pint of picked shrimps or prawns take a tablespoonful of butter ; melt this in a small saucepan over a low fire, put in the shrimps and stir them about for some minutes so that they may absorb the butter, lay them on hot fried toasts, over which the pounded extract of the shells has been first spread. Dust over with Nepaul pepper and a little mace—the shrimps are generally salt enough—and serve quickly. The remains of lobster or crab can be similarly used.

Those who like a slight curry flavour without any great heat will find that object secured by working a saltspoonful of *turmeric* with the shellfish while it is being heated in the butter. Curry powder would be too crude. Large prawns must, of course, be cut into conveniently sized pieces.

Shellfish toasts can be made much richer, of course, by moistening the fish with thick white sauce, and some may even put cream into the composition. I cannot recommend this.

Croûtes aux huîtres :—These can be best described as toasts over which thick oyster sauce is spread, the surface of this dusted over with finely sifted crumbs, and that browned with a salamander. The oysters should be prepared as described for oyster sauce (page 60), using, however, as little sauce with them as possible, for they must lie on the toast without oozing over upon the dish.

These toasts, with sauce and savoury custard dressings, are best adapted for the home dinner, or one to which a couple of friends are asked. They may be sometimes served as an *entremets* before the sweet dish and the cheese following it.

CHEESE TOASTS.

These are certainly to be ranked among the best we can make for our little home dinners. Carefully cooked and served hot there are few toasts more generally liked.

A cheese toaster, with a hot-water tin and screen in the style of a miniature Dutch oven, is a useful utensil in this branch. For a simple toasted-cheese toast, all you have to do is to melt a little butter in the tin dish, and lay thereon some finely sliced, sound, mild cheese ; set it in front of the fire till melted, and serve quickly, hot dry toast accompanying. The water in the hollow tin dish must be boiling. Some put in a little beer, and some season the cheese with mustard and pepper.

The toaster may also be used in this way :—butter the tin dish, place upon it a slice of well-fried toast slightly buttered, over this put some finely shredded cheese, set in front of the fire, and when the cheese has melted, serve.

The well-known title, Welsh rabbit, or rare-bit, is often applied to elaborate cheese toasts which have no real claim to it. The correct thing is very simple, viz., cut a slice of mild sound cheese, and prepare a well-toasted piece of toast, slightly

buttered, to receive it. Put the latter on a fireproof dish in front of the fire to keep hot while you toast the cheese on both sides, but not so much as to cause the oil to ooze and drip from the cheese. As soon as it reaches the proper stage lay it on the toast and send to table quickly.

The native cook in India makes a by no means bad cheese toast, which may be thus described :—(*a*) Grate two ounces of mild dry cheese, mix with it an ounce of butter, a dessertspoonful of made mustard, a half saltspoonful of salt, and the same of Nepaul pepper with a well-beaten egg. Mix well in a basin and work the mixture till it is smooth. If not as stiff as thick batter add a little grated cheese. Toast a couple of slices of toast, butter them on both sides, place them on a buttered dish that will stand the oven, spread the cheese mixture over them pretty thickly, and bake for eight or ten minutes till nicely coloured.

(*b*) If you would rather have a smooth, yellow surface, not too crusty or dry, place the prepared toasts in a buttered pie-dish, spread a sheet of oiled paper over them, and after ten minutes' baking in a hot oven they will be ready. Take the pie-dish from the oven, remove the paper, and serve.

Another recipe runs as follows :—(*c*) Into two ounces of finely sifted white crumbs beat up an egg whole with a tablespoonful of milk ; stir into it two ounces of grated cheese, a dessertspoonful of butter, a teaspoonful of made mustard, half a saltspoonful each of salt and Nepaul pepper, and a pinch of mace ; if not sufficiently diluted to form a stiffish batter, add another well-beaten egg, arrange on toasts as in the preceding case, bake, and serve very hot.

To make a cheese toast in the dining-room take two tablespoonfuls of grated cheese, and mingle with it a teaspoonful of mustard powder, a pinch of salt, and a dust of Nepaul pepper. Light a spirit lamp, and, in a little frying-pan placed over it, melt a dessertspoonful of butter ; when melted, shake evenly over the butter the powdered cheese, and stir well. As soon as the cheese looks creamy, stop, and pour it over some hot buttered toast brought in on the instant from the kitchen.

For STEWED CHEESE TOAST proceed in this way:—Grate some sound dry cheese, take a clean saucepan, put into it a quarter of an ounce of butter and the same of flour, set this over a moderate fire, mix, and stir in half a pint of milk, add grated cheese in sufficient quantity to bring the mixture to a thick, custard-like consistency, stir in the yolk of an egg off the fire, and pour the mixture over the previously prepared toasts.

Some like a little beer added to stewed or otherwise cooked cheese: this of course is a matter of taste and discretion. In the case of stewed cheese beer or porter should take the place of the milk.

MOCK CRAB TOAST.—This variety of cheese toast is good for a change. Pound two ounces of cheese with a dessertspoonful of anchovy sauce, a dessertspoonful of made mustard, and one of anchovy vinegar, a pinch of Nepaul pepper, and a little salt, the yolks of two eggs, and a tablespoonful of butter. Mix thoroughly in a basin, and proceed as directed for the Indian cook's toast.

A toast that might correctly bear the name of RAMEQUIN is to be composed as follows:—Make the mixture exactly as laid down for *ramequins en caisses*, Chapter XXVI., and put it upon very carefully fried toasts, which should be arranged upon a well-buttered baking dish, and set in the oven for ten minutes, or until the cheese dressings on the toasts rise in the manner of *soufflés*. If served in the nick of time these little toasts will be found very good.

Never use a rich ripe cheese, or one that has begun to show signs of blue mould, in cookery. A little mildew in a bottle of grated cheese will ruin any dish in which it may be used. Choose a clean, fresh, hard, dry cheese for grating, and one that is sufficiently moist to slice without crumbling for toasting. Parmesan and Gruyère for choice.

CHAPTER XXVI.

HORS D'ŒUVRES AND SAVOURIES.

WE must now consider those accessories of the *déjeûner*, lunch, or dinner, which, under the title of *hors d'œuvres*, are familiar to all who are acquainted with Continental living, or who frequent occasionally the modern French or Italian restaurants of London.

In the French dinner you often meet *hors d'œuvres* between the soup and the fish, but these are somewhat different in character, being generally served in the form of hot *bouchées*, *rissoles*, *croquettes*, *petites caisses*, &c.

Hors d'œuvres, ordinarily speaking, are little portions of smoked or preserved fish, raw ham or sausage, with radishes, butter, pickled gherkins, &c., carefully prepared and tastefully served, which, on the Continent, are offered to the guest to whet his appetite prior to the more important discussion of the banquet itself. In Italy the service of these trifles under the title of *antipasto* has from time out of mind preceded every meal as a standard custom, and it has now become equally common in France.

In a warm and enervating climate—I speak from Indian experience—this kind of prelude to a dinner is decidedly pleasant, especially after a day of brain fag and little or no exercise to stimulate hunger—when the diner, in fact, feels inclined to play with his food rather than to eat heartily. But

I cannot perceive its *raison d'être* in England. At a restaurant it is obviously part of the play; it occupies impatient customers who cannot wait five minutes, and above all things it starts the wine-drinking and encourages thirst—a most important consideration, of course. Then many adopt the practice because others do it, and they see it wherever they go. Nevertheless I doubt whether nineteen people out of twenty *like* their *hors d'œuvres*, or would touch them if left entirely to themselves in the matter.

In so far, however, as fashion must be obeyed, and tastes vary, it may be as well to consider the subject as closely as we can, and see how *hors d'œuvres* should be served, and how they can be varied.

Unlike the greater part of our culinary work, this is to a great extent done for us, for though taste, discrimination, and judgment are of course to be desired in the matter of the choice and arrangement of *hors d'œuvres*, the materials that we employ can for the most part be obtained ready to hand. These are:—*olives farçies*, olives plain, Norwegian anchovies, anchovies in oil, sardines, Brunswick, Bologna and other sausages, preserved tunny, lax, herring and cods' roes, herring fillets, reindeers' tongues, ox-tongue, smoked or kippered salmon, fancy butters, herrings *à la sardine*, pilchards in oil, *caviar*, potted char, pickles, cucumber, radishes, &c., &c.

A selection of two or three things from this list ought not to be very difficult.

Hors d'œuvres, if served *à l'Italienne*, should be placed in a dish divided into compartments, or upon an oval flat dish. Tongue, sausages, and ham should be most delicately sliced. Preserved fish should be very carefully wiped free from all tin-oil, and re-dressed with the finest salad oil: if of a large kind, small portions should be cut to suit the dish. *Caviar* merely requires the presence of a lemon, and a pepper of fragrance like Nepaul.

The garnishing of the compartments of the *hors d'œuvres* dish should be tastefully done with knots of curled parsley, curled cress, or little bunches of fresh watercress.

Sardines can be greatly improved by being treated as Norwegian anchovies. Open a tin of the best sardines, take the fish out one by one, and place them on a dish. Wipe them free from oil, or follow this plan, which is more efficacious: —tip the dish up slightly and pour gently over the row of sardines a little hot water. This removes the fishy oil which, carried away by the hot water, drains downwards to the lower end of the sloped dish. As soon as all this has drained away the sardines can be dried with a cloth, and they will be ready to use.

Now take a square earthenware pot, such as are sold to hold sardine tins, see that it is dry and clean, blanch and cut an onion up, and put a layer of the slices at the bottom of the pot, with a bay leaf and a pepper-corn or two. Arrange over this a layer of sardines, and continue the process until the pot is filled, or the fish are exhausted. Pour over the layers a *marinade* of oil and vinegar (one spoonful of the latter to four of the former) in quantity sufficient to cover the whole, and in a few days the sardines may be eaten.

OYSTERS.

In a parenthesis, as it were—to pave the way to a different method of presenting *hors d'œuvres*—I must here allude to the excellent practice of commencing a dinner with oysters in their shells, explaining as I do so, however, that oysters thus eaten cannot be reckoned as *hors d'œuvres* although served at the period when the latter are presented. The service, as far as I can trace, is a purely English one—a little course in itself—with its adjuncts forming a distinct item in the *menu*, not an excuse to pass time while dinner is being dished up. But unfortunately there are drawbacks connected with this delicacy: it is very expensive, and during four months of the year, when London entertaining is at its height, it is out of season. This is perhaps the very time when appetites become jaded, and some little tasty thing may be acceptable to stimulate them.

CANAPÉS.

If this be so, instead of the elaborate service *à l'Italienne*, a single cold *canapé*, if very carefully composed, may be placed upon each guest's plate as a prelude to the dinner in the style of the oyster service. Of the two this practice is decidedly preferable at a dinner party.

Cut some thin slices of stale brown or white bread, butter them with one of the fancy butters given later on in this chapter, and cut out of them very neatly a sufficient number of oblong pieces two inches long, and one and a half broad, for your party—one for each guest. Now proceed as follows :— Upon each of the pieces put a fillet of anchovy cut into strips, with a thin slice of olive here and there to fill interstices ; using a dessert knife (silver or plated), smooth the combination over with some pounded hard-boiled yolk of egg, dusting the surface with yellow pepper. Garnish each *canapé* thus made with a turned olive, a tiny leaf from the golden heart of a lettuce, or a sprig of watercress. Or sprinkle over each a canopy of grated ham, granulated hard-boiled yolk of egg, or shrimp-powder.

In like manner you can with a little forethought compose divers *canapés*, using lax, caviare, sardines, fish-roe, green butter, strips of green capsicum, or of cucumber, and garnishing with tongue or ham cut tastefully with a cutter, grated ham, or powdered hard-boiled yolk of egg.

In making *canapés*, for service before dinner, care should be taken to keep them *small*. The dimensions I have given should not be exceeded and the bread should be stale and cut thin. An excellent plan is to cut the slices of bread (with a pastry cutter) the size of a five-shilling piece, to butter them, and arrange tastefully thereon the composition you have decided upon, covering each with powdered egg or ham.

Very elaborate *canapés* are propounded by some authorities on the art of cooking. These are designed in variegated patterns, rings, or quarterings, in the style of panel gardening, with coloured ingredients upon circular, oval, or rectangular pieces of bread ; black being provided by truffle, greenish grey

with caviare, green by green butter, scarlet by coraline, yellow and orange with yolks, and white with the whites of eggs. To my mind these triumphs of fiddling are not worth the time and trouble they cost; they certainly suggest fingering, and the combination of several flavours is contrary to the canons of scientific taste. The anteprandial *bonne-bouche* cannot be too simple. A couple of savoury morsels which harmonise well with each other, arranged neatly, and garnished tastefully, offer what is wanted at this period of the dinner, and are surely more inviting than curious and unknown mixtures, all pretty device and colouring notwithstanding.

CROUTES CREUSES.

Another way of presenting *hors d'œuvres sur les plats*, if I may borrow the term, is in little hollow *croustades* (*croûtes creuses*) of fried bread, or in small saucers made of light pastry. The former should be made as if for marrow in *celeri à la möelle*:—Cut out of stale bread, half an inch thick, squares of two inches; in the centre of each stamp with a pastry cutter a circle one and a half inch in diameter, pressing it down quite a quarter of an inch deep. Fry these in butter till of a pale golden colour, drain, dry carefully, and when cold pick out with the point of a small, sharp knife the hollow you marked with the cutter. Having done this, arrange your *hors d'œuvre* therein.

For pastry saucers use oval patty pans two and a half inches long, butter them, line them with pastry thinly rolled, preserve the hollow with a piece of bread, bake, remove the bread when cold, and fill as in the previous case.

FANCY BUTTERS.

Butter nicely flavoured and tinted is no new thing in cookery. Its value in *hors d'œuvres* has just been pointed out; it is, however, very useful in other branches—in flavouring sauces, for instance. The objects to be kept in view when composing a fancy butter may be thus summed up:—a pleasant flavour, a pretty tint, and novelty. To secure the first it is imperatively

necessary that the basis upon which you work be beyond suspicion. The butter you use must be the best possible, firm, and cold.

A small Wedgwood mortar with pestle, and a small hair sieve with the usual board, bat, and little pat prints, are needed in this branch. The colouring is easy enough: you can get a nice green tint from spinach greening, and a pretty orange scarlet from pounded lobster shell, or coral. I would not use cochineal or any of the colourings used in sweet cookery. Novelty rests with yourself: you can ring the changes upon pounded anchovies, sardines, soft herring roes, lobster, prawns, crab, and shrimps; you can use capers, parsley, chervil, water-cress, garden-cress, gherkins, and olives. By the judicious selection of your ingredients, all of which are agreeable in fancy butter, you will avoid sameness, and secure success. This is my recipe for a stock green-butter:—

1.—Weigh a quarter of a pound of the best fresh butter.

2.—Boil a couple of good handfuls of spinach, drain them thoroughly, squeeze the leaves through a piece of muslin, and save all the greening so obtained in a bowl or saucer.

3.—Take four full-sized anchovies from the tin, scald and wipe them free from oil, pick out their back-bones, pass them through the hair sieve, and save the pulp.

4.—Mince as finely as possible sufficient blanched curled parsley to fill a tablespoon.

5.—Mince also as finely as possible and pound capers sufficient to fill a teaspoon.

6.—Having these ingredients ready, first colour the butter by working into it, as lightly as you can, enough of the spinach-greening to secure the tint you require. It is always wise to order a little more spinach than you think you may want, to be on the safe side. Let the colour be pale rather than dark green.

7.—Lastly, add the other things by degrees, and when thoroughly incorporated, trim the butter into a neat shape, or sundry pretty patlets, and set it in the ice-box, or over a dish containing crumbled ice.

MAÎTRE D'HÔTEL BUTTER I have already given (p. 61). It is quite worthy of a place amongst *hors d'œuvres*.

PRAWN OR SHRIMP BUTTER, a very nice composition, should be made in this way :—Buy a dozen prawns, or half a pint of shrimps ; pick them, saving everything but the heads. First pound the meat to a paste in your mortar, mixing a little butter with it to assist the operation. In a similar manner pound the shells with butter, and pass the *purée* through the sieve. Pass the pounded meat also, and then mix the two together. Now melt an ounce of butter in a saucepan over a low fire, mix your pounded prawn meat in it, and as soon as it appears to have absorbed the butter (having been well stirred during the process and flavoured with a very little powdered mace) take it out, let it get cold, and mix it with cold fresh butter in the proportion of about half and half. The pounding and passing through the sieve must be *thorough* ; there should be no granulated particles of prawn meat in the butter.

CRAB BUTTER and LOBSTER BUTTER may be made exactly in the same way. The pounded shells of the latter fish will flavour butter alone, colouring it at the same time. A brighter tint can of course be got from the coral. The approved method is to mix the thoroughly pounded shells with a like quantity of butter, to melt the mixture in the *bain-marie*, and pass it through a fine sieve or tamis into cold water, in which it at once congeals. It is then skimmed off, and mixed with as much fresh butter as it will colour nicely.

HERRING-ROE BUTTER. Pound the soft roes of two bloaters to a cream with an ounce of butter to assist the operation. Pass this through a hair sieve. Season with Nepaul pepper and a dust of mace. Blend with three ounces of butter and a teaspoonful of anchovy vinegar. Tint pale green with spinach greening and trim into shape.

RAVIGOTE BUTTER is made with that special mixture of herbs I have already mentioned. Pound in a mortar one ounce each of chervil, tarragon, burnet, and chives, after having picked, washed, and scalded them for two minutes, and dried

them afterwards. When well pounded, add eight ounces of butter, pound again, pass through a fine sieve, and set in a cold larder, shaping the butter with a bat neatly.

For CAPERS BUTTER add a dessertspoonful of well-pounded capers to two ounces of fresh butter, and give it a slight seasoning.

ANCHOVY BUTTER can be concocted as advised for green butter, omitting the greening.

YELLOW BUTTER.—Hard-boiled yolks of eggs may be passed through the sieve, and be made to form a part of any fancy butter; they tint plain butter yellow, and make a tasty pat if flavoured with soft herring roes, or cods' roes, or sounds, and sharpened with a few capers. These additions must of course be pounded and passed through the sieve.

TOMATO BUTTER is of course red. You can make it with the *conserve* just adding as much as you like to four ounces of butter.

WATERCRESS BUTTER is a simple and commendable one. Pick, wash, and scald three ounces of watercress leaves (weighed after picking); pound in the mortar, blend with five ounces of fresh butter and six well-pounded capers, pass through the sieve, set in a cold place, and form with the butter bat.

SAVOURIES.

Speaking of "the arrangement of a modern dinner" in *Food and Feeding*, Sir Henry Thompson says: "A Parmesan *soufflé*, a herring roe toast, or a morsel of fine, barely salted caviare pale and pearl grey, which may be procured in two or three places at most in town, will complete the dinner." Again, further on: "Next, the sweet, by reason of its predecessor, sweeter still; yet no palate can be left with this as its last impression, and must be rendered 'clean,' prepared to rest, or perchance to relish the last glass of wine by the delicate savoury morsel which terminates the *menu*." This is the best justification of the existence of a savoury *plat* at the end of the *entremets* that can be quoted. It must not be called a *hors d'œuvre*. It takes the place of the ordinary

cheese service, and saves the time that used to be wasted in handing round a number of things that not one in ten guests partook of. If we look back a little we shall find that, after all, this introduction is only a simplification of a very old English custom. Our grandfathers were wont to take a piece of grilled bloater or red herring with their cheese, and thus acquired a heightened *gusto* for the fine glass of port or strong old ale, which was always handed round at this period of the dinner. We now strike out the cheese at a dinner party and take our glass of port or claret when dessert appears, which carries us to the cigarette and coffee. It must be remembered, too, that many refuse sweets altogether, and look out for the savoury.

Unfortunately, however, there is a tendency fast gaining ground of overdoing this service, and instead of a very plain *croûte*, as advocated by Sir Henry Thompson, a highly-wrought composition is too often presented which if allowable at a luncheon party is wholly out of place at dinner. We live in an age in which the professed cook cannot leave well alone, and I observe that those pretty patterns I have on two or three occasions denounced are beginning to crop up even in our savouries. Cream, cheese-cream, *foie gras*, associated with cream, *purées* whipped with cream, colouring, &c., &c., ought not to be used in these relishes. A moment's reflection will settle this point. During the dinner that has now come to an end, cream has probably been taken in two or three dishes—most likely in the sweet dish last discussed ; there have been some rich sauces, and quite as much generous food as man can desire. Surely it stands to reason that the time has come for contrast, and something tasty but simple—as Sir Henry Thompson says—"to clean the palate."

There is a large *répertoire* to choose from :—the *soufflé*, and *ramequins en caisses ;* Russian *caviar ;* devilled biscuits with or without adjuncts ; *croûtes* of kinds, with smoked salmon, lax, smoked cod's roe paste, herring roes, and fillets ; *canapés* with grilled mushrooms, anchovies in various ways,

devilled sardines, or bloater paste ; *pailles* and *croûtes au Parmesan*—devilled or not according to taste ; and so on.

In selecting from this list, which is obviously a mere outline capable of much filling in and extension, mixtures should be avoided. I have, for instance, seen on more than one occasion *croûtes* of herring roes (*laitance*) with mushrooms, two things either of which would have been excellent alone, but in combination decidedly inharmonious, although accepted as correct by many.

Cheese, of course, enters largely into the composition of savouries. The pastry out of which cheese straws are formed is specially useful. If this be rolled out a quarter of an inch thick, and stamped out in rounds or in oblong pieces, and then lightly baked, tasty *croûtes* are provided for *purée* of lax, fish roe, or smoked fish fillets. Rolled thinner, and baked like wine biscuits, one can be laid upon another, sandwichwise, with a savoury paste of anchovy or bloater between them, softened with hard-boiled eggs.

Cheese straws (*pailles au Parmesan*) should be made in these proportions :—a quarter of a pound of puff paste, a salt-spoonful of salt, two ounces of grated Parmesan or Gruyère cheese, and a very little cayenne, Nepaul pepper, or a few drops of *tabasco*. Work the ingredients together, roll the paste out about a quarter of an inch thick, cut it into strips a quarter of an inch wide and five or six inches long, roll them round, lay them on a wire drainer, bake, and serve as hot as possible on a napkin.

This paste rolled thin may be stamped in rounds three inches in diameter, upon which a dessertspoonful of lax or herring *purée* may be laid. The paste having been folded over this and pinched all round after the fashion of *rissoles* may then be fried in boiling fat.

The cheese mixtures already given for the Indian cook's toast, or mock crab, may be cooked in *rissoles* in the same way.

Lax *purée* is easily made in this manner. Take two ounces of the slices, free them from oil, and pound the fish with a

couple of filleted anchovies, the yolk of a hard-boiled egg, and two ounces of butter ; season with Nepaul pepper and a pinch of mace. Pass through the sieve and use.

Anchovy *purée* is worked in the same way ; four fish are enough for the other ingredients given.

Two ounces of bloater roe may be well turned to account in like manner.

I have been successful with a savoury—*croûtes creuses à l'Indienne*—made in this way :—*Dry* shrimp curry served very hot in little open pastry saucers two and a half inches in diameter. For the preparation of the dry curry, see the chapter on that subject. A tablespoonful is enough for each. Scallops cut into quarter-inch squares are excellent in this way.

Mushrooms should be grilled, seasoned with pepper and salt, and laid upon devilled biscuits or crisply fried *croûtes*.

Smoked or kippered salmon and other smoked fish should be divided into neat little fillets and heated in a frying-pan with just sufficient butter for the operation. When ready these should be served on hot fried *croûtes*.

It will be observed that these relishes are served *hot*, and mark my previous observation in regard to toasts—unless presented piping hot they are worthless.

The best—perhaps the only—cold savoury suitable at this particular time is *caviar* handed in its jar with quartered lemon, peppers including Nepaul, and crisp dry toast accompanying.

A few nice savouries will be found in the menus.

CHEESE.

Taking the *fondue* first by right of seniority, as it were, a little explanation would seem to be necessary, for we are confronted with a slight confusion in regard to terms. The original *fondue* spoken of by Brillat Savarin was, we are told, of Swiss origin, a simple dish enough, scarcely to be distinguished from *œufs brouilles au fromage*. In later years, however, the cooks improved upon it, and the *fondue*, with flour added to it and sundry alterations, was put into the oven,

and really became a *soufflé*, although its name was not altered. Now matters appear to have been put right; the baked preparation is known as a *soufflé au Parmesan*, or *au Gruyère*, while the *fondue* of Brillat Savarin's time resumes its original form as a dish of buttered eggs with cheese. If, therefore, you desire to make the latter, please turn to page 277, and follow the recipe there given for *œufs brouilles au fromage*.

The *Soufflé au Parmesan* or *au Gruyère* is a dish *par excellence* of which, when successfully made, the good cook has just cause to be proud. It requires the most delicate management, and an atom will ruin the undertaking, for with all *soufflés*, to fall short of perfection means failure. Practice and experience go a long way towards turning out this *pièce de résistance* satisfactorily; it is nevertheless one of those things in which, owing to some freak on the part of the oven, or small inattention, the best hand may occasionally err; so, for a dinner party, beware of placing too great confidence in it; have another dish ready to go round in case the *soufflé* fail to come off.

Soufflé au Parmesan.—Put two ounces of butter with a gill of water, and a pinch each of pepper, salt, and sugar, into a small saucepan, boil up and take it off the fire, mixing into it four ounces of well-dried flour. Incorporate the flour and liquid by vigorous stirring over a low fire, continuing the work until the paste detaches itself from the sides of the saucepan. Empty this into a bowl, and let it get half cold, moving it about with a wooden spoon. When cooled, mix into it the yolks of six eggs, four and a half ounces of grated Parmesan, and two and a half ounces of butter cut into small pieces, which should be added bit by bit, without ceasing to work the batter. At the last moment stir into the mixture the well-whipped whites of five eggs, put this into a well-buttered tin, and set it on a wire drainer in a moderate oven. If the oven be properly heated the *soufflé* will be ready in twenty-five minutes.

Soufflé au Gruyère.—This differs somewhat from the foregoing. Put into a stew-pan four and a half ounces of flour,

two ounces of potato flour (*fécule de pomme de terre*), two ounces of butter, two and a half ounces of Gruyère grated, and the same of Parmesan, with a seasoning of black pepper and a pinch of sugar. Moisten all this with five gills of milk, adding it by degrees. Put the saucepan over a low fire, and keep on stirring the mixture at a very moderate heat, till the paste detaches itself from the sides of the pan ; take the saucepan from the fire, stirring occasionally till the contents are *nearly* cold, then add the yolks of six eggs, and proceed to warm the batter thus produced over a low fire for two minutes very carefully. Lastly, incorporate swiftly with the mixture the whites of five eggs beaten to a stiff froth, and two and a half ounces of Gruyère cut into tiny pieces ; pour this into a deep round tin, and put it into the oven, which must not be too hot. From twenty to thirty minutes will be required to bake the *soufflé*.

Touching *soufflé* tins or cases. These should be rather deep in proportion to their diameter. It is a good plan to paste round the wall of the tin on the inside a band of thickish paper, which may be allowed to extend a couple of inches or so higher than the tin, and thus protect the *soufflé* when it rises from brimming over.

By carefully reducing the other ingredients proportionately, nicely sized *soufflés* for small parties can be made of four eggs.

For a small *omelette soufflée au fromage* without flour the following is recommended :—Put into a saucepan three ounces of butter half melted, and four yolks of egg, season with black pepper and a pinch of nutmeg, and proceed over a low fire to turn the mixture to a custard, carefully avoiding boiling. When it is quite smooth take it off the fire, mixing into it three and a half ounces of grated Parmesan. It should be now worked smoothly, and the whipped whites of two eggs having been added as a last touch, the mixture should be poured into a tin, set in the oven on a wire drainer and baked for eighteen or twenty minutes.

Ramequins, or little puffs of cheese, are not difficult to make. Served very hot in a napkin they can be eaten as a savoury at

the end of a dinner, and they make a nice garnish. Put one ounce of butter in a roomy saucepan, with a quarter of a pint of water, a pinch of salt, nutmeg, and a dust of black pepper; boil it, cool, and add two ounces of flour. Stir over the fire for four minutes, and then mix with it two ounces of grated Parmesan and two eggs, well beaten, one after the other. Put the paste thus formed on a buttered baking sheet in lumps the size of a hen's egg, flatten them slightly, brush them over with an egg, bake in the oven, and serve on a napkin very hot.

Ramequins en caisses.—Take two ounces of mild grated cheese, and two ounces of white bread-crumbs; soak the crumbs in milk, and pound them in a mortar with the cheese and half an ounce of butter, till the whole is well mixed; now season the mixture with pepper and salt, adding a teaspoonful of mustard powder and the yolks of three eggs. Finally, beat up the egg whites to a stiff froth, mingle it with the mixture, and fill your paper cases, which should be well buttered to prevent their burning outside, or catching the edge of the batter within; bake them from ten minutes to a quarter of an hour, and serve them as soon as they have raised their heads, and have slightly taken colour.

Gougère au fromage.—Put into a stew-pan on the fire a gill and a half of water, three ounces of butter, a pinch of nutmeg, and one of black pepper. When this boils, take it off the fire, and stir in four ounces of flour, put on a low fire, and mix till the paste is thoroughly formed. Take this off again, let it cool, and add the yolks of four eggs and three ounces of grated Parmesan cheese; mix thoroughly, and stir in three of the whites beaten to a froth. Butter a fireproof dish, and spread the mixture in it; cover the surface with thin shavings of cheese, glaze over with the beaten yolk of an egg, and bake for twenty or twenty-five minutes.

Bouchées au Parmesan.—Mix together half a pint of well-drained curd, one and a half ounces of butter, the yolks of three and the white of one egg, well beaten. Pass through a sieve and add two ounces of grated Parmesan. Line some patty pans with puff paste, fill the hollows with the mixture,

and bake in a moderate oven for twenty minutes. Serve very hot on a napkin. The mixture may be seasoned with Nepaul pepper if liked, or with a pinch of nutmeg and black pepper.

Beignets à la Pignatelli.—Put one pint of water in a stew-pan with one and a half ounces of butter, season with salt and pepper; boil, and add four and a half ounces of flour, and one ounce of grated Parmesan. Stir over the fire for three minutes, then add sufficient eggs to turn the mixture to a smooth paste. Add to the paste one ounce of lean cooked ham finely chopped. When mixed, form the paste into balls the size of a walnut, and fry in plenty of hot fat.

Beignets soufflés au Parmesan will be found at p. 244, and several dishes in which cheese forms an important part have been explained in treating of toasts, macaroni, eggs, and rice.

N.B.—The best flour should be used for *soufflés*, and potato flour may be mixed with it for the sake of lightness. China *soufflé* cases are nicer than paper ones. Salt must be left to discretion in most dishes of cheese, because the cheese itself is often salt enough without any assistance.

CHAPTER XXVII.

PASTRY-MAKING.

ALTHOUGH it is generally admitted that the clever pastry-cook is, like the poet, born, not made; or, in other words, that the art of making really good pastry is a gift, rather than an accomplishment, there can be no doubt that the cook of average capacity is capable of improving herself by studying the rules which govern this branch of her work.

Now, I think that it would be a mere waste of time to jot down a great number of recipes for pastry. The ordinary domestic cookery book generally contains a dozen or more of them which tend, I think, to confuse rather than to instruct the student. In endeavouring to improve our young cooks, we should certainly cast aside all complication and reduce our instruction to the simplest formulæ. So let us confine their attention to four compositions as follows :—

(*a*)—Puff-paste (*pâte feuilletée*).
(*b*)—Pie-crust (*pâte à pâtés chauds*).
(*c*)—Raised pie-crust (*pâte à pâtés froids*).
(*d*)—Short-crust (*pâte à tarte*).

The first to be used for the *vol-au-vent*, patties, *bouchées*, fruit tarts, tartlets, puffs, cheese cakes, mince pies, &c.

The second for all savoury pies made in the ordinary pie-dish, such as pigeon pie, chicken and beef-steak pie, &c.

The third for savoury pies in raised crust, like the well-known pork pie, game pie, &c.

The fourth, which has a short-bread-like texture much liked by some people, for fruit tarts, *tartelettes*, &c.

If a cook can present a good sample of each of these pastes, she need not bother her head with varieties. I will, then, run through the a b c of pastry-making, and jot down a few standing rules which I think should be useful in this branch of her work.

First, you should use a marble pastry slab. As I said at page 130, except in winter-time, the chief difficulty the pastry-maker has to contend against is the high temperature : a jugful of iced water poured slowly over the surface of the slab (since marble retains cold far more readily than wood) is the surest safeguard. In fact, in a warm kitchen, or in summer, without iced water at her elbow, the cook can scarcely hope to turn out really light puff-pastry.

The next golden rule is that which enjoins scrupulous cleanliness. Everything connected with this department must be as bright and clean as possible.

A third law, which I think should be carefully noted, is the one that demands the careful *weighing* of ingredients. Some recipes converse about cups of butter and tablespoonfuls of flour, but this is too vague in dealing with pastry, for you cannot fix such measurements accurately. Weights are much safer. Carelessness in this matter must, of course, often be the cause of failure.

The mere manipulation of pastry is, as I said before, a gift ; still, every cook should remember that the less she thumps and mauls the dough the lighter it will be, and that the quicker the work is done the better.

The pastry-maker should wash her hands before going to work in very hot water, and plunge them into iced or quite cold water afterwards, drying them well before proceeding to business. The frequent use of cold water to cool the hands while working will contribute to the success of the undertaking.

It is here as well to observe that a little practice will enable the cook to mix her dough, in the first instance, with two

strong wooden spoons, or with a wedgewood mortar-pestle and one spoon. This is really a matter worthy of consideration. Setting aside any over-sensitive notions on the score of cleanliness, it stands to reason that the less the paste is touched by the warm human hand the better and lighter it will prove. Similarly, therefore, let the turns in the rolling-out stage be done with two spoons. If the mixing stage were carried out in a roomy enamelled iron pan, or bowl, set in ice, the spoon process could be easily managed.

In hot summer weather pastry should be made, if possible, in the morning before the real heat of the day had set in. Fruit tarts are far nicer cold than hot ; why not make them early then? Or if you like them served hot, why not re-heat them in the oven at the time they are required? For patties, *bouchées*, *timbales*, tartlets, cheese cakes, &c., this course is strongly advocated. The pastry cases ought to be made early, baked at once and put away ; in the evening they should be filled with the *salpicon*, *purée*, jam, cheese-cake mixture, or *confiture*, be re-heated in the oven, and sent to table.

A most important feature in pastry, of course, is its baking. Too slack or too fierce an oven will destroy all the careful work I have just described. A good *hot* oven is required, sufficiently brisk to raise the pastry, yet not severe enough to burn or even scorch it. Inexperienced cooks are inclined to err on the side of extreme heat, which, I think, accounts for those harsh, talc-like slabs of pale brown crust, piled up one on top of the other, which so many of us are forced to accept as puff-pastry.

Matters can be made certain in this respect if the cook be provided with an oven thermometer, the indications of which she can be shown in a few minutes.

And now for a few words touching ingredients :—

The flour used should be the best procurable, and in a moist climate, such as ours generally is, it is a *sine quâ non* that it should be dried in the oven and sifted to begin with, for the presence of damp in flour ruins pastry.

Another cause of failure in attaining light crust is the

moisture and oiliness of the *butter*. All butter contains water, and even the best of it requires close pressure before the pastry-cook dare use it. Then when used for this purpose it should be firm, not frozen like a stone, but quite hard enough to be kneaded in a cloth to a pliant consistency without stickiness or oiling. A judicious use of ice for this ingredient is therefore unavoidable if you desire to use it with success in pastry. It is owing to this difficulty about butter that the best cooks now admit that of the two *suet* makes the lighter puff-paste in hot weather. If well clarified it is firm, dry, and capable of being pounded, and strewn over the dough, and though pastry thus made may not be quite up to the standard of that made with butter under the best conditions of temperature, it will be found to approach it satisfactorily.

Since then, for the reasons that I have described, you may find it better occasionally to use *clarified beef suet* instead of butter, mark how it is made : procure as much good, fresh suet from a sirloin of beef (that surrounding the kidney is the best) as you require and cut it into pieces. Place a large saucepan or stew-pan on the fire, fill it three-parts full of water, and throw in the pieces of fat. By degrees these will melt, the skin and impure fragments will sink, and a rich oil will float upon the surface of the water, which should be kept at a simmering pitch. When satisfied that the whole of the fat has melted, suspend operations, take the pan from the fire, and let it get cold ; when cold, the clarified fat will be found congealed upon the surface of the water. Now take it off in flakes, drain every drop of water from it, wipe it dry, and put it into a clean saucepan ; melt it again, and strain it through a piece of muslin into an earthenware bowl. The fat will again consolidate—in a firm, whitish cake, as it were—far firmer than butter, though quite as sweet and clean, and the very thing you want for ordinary pastry and delicate *friture* and *sauté* work. Suet thus clarified will keep perfectly good a long time. Observe that you do not *boil* the fat. The melting is gradually effected at simmering point.

Keep the bowl of suet in a cool larder, for although it is not

as delicate as butter, clarified suet is all the better for being kept cold.

The fat that is skimmed from the surface of the soup-kettle is just as valuable, for there is often in it the melted *marrow* from the broken bone : you do not get much of it, I know, probably a breakfast-cupful, at the outside, but it is quite first-rate, and the favourite frying medium of the great Carême. Any excess of fat that there may be with the undercut of a sirloin can be made use of exactly in the same way as the raw suet : clarify it according to the rules already given, and pour it into an earthenware bowl.

Lard is a useful thing during the colder months of the year ; it requires the assistance of ice to fit it for pastry-making if the weather be warm, and then, if carefully used, it affords either alone, or in association with butter, an excellent ingredient wherewith to compose a common pie-crust.

As I said before, the water used in pastry-making should certainly be slightly iced : it need not be as cold as that we like to drink, but it should be decidedly cold to the touch.

For PUFF-PASTE the following directions may, I think, be depended upon :—

Having the following ingredients ready :—a bowl of cold, well-clarified suet or butter, as the case may be, some dry well-sifted flour, some salt, and a jug of iced water, proceed as follows :—weigh a pound of flour, and turn it out upon your cold marble slab, make a hollow in its centre, and fill it with half an ounce of salt and a quarter of a pint of the cold water ; mix the flour gradually with the water, and when this is done, and the paste half mixed, sprinkle over it by degrees as much more iced water as may be needed to form the dough.

Mix it all now thoroughly, until it ceases to adhere to the slab, and pat it into a round ball, cover it with a cloth, and let it rest ten minutes. Now take one pound weight of the iced butter, or clarified suet ; if the former, knead it in a cloth till it is pliant ; if the latter, pound it in a mortar till it is in a like condition. Next, flour the slab, flatten out the ball of paste to a thickness of about two inches, and pat it into a square

shape, spreading the butter or suet evenly over its surface, but leaving a margin of about three inches of paste in excess of the butter ; then fold the four sides of the paste to the centre, enclosing the suet, and forming, of course, a smaller square piece. Roll this evenly out nearly a yard long, then fold over one-third of the length towards the centre, and fold the other third over it. This folding in three is called by cooks giving the paste one turn. Be careful that none of the butter or suet breaks through the edges of the paste as you roll it out. Fold, and roll out again, then, having folded up the paste as before, let it rest, if the weather be at all warm, for ten minutes in the ice-box, in a dish placed over ice, or on a very cold slab. After this, reversing the direction of each rolling, give it two turns, rest ten minutes, then two turns more—six rolls out in all ; lastly, fold the paste in three again, cover it with a cloth, and again keep it in a cold place. When required lay it on the cold slab and roll it to the thickness desired, and cut it according to your requirements.

For patties, a *vol-au-vent*, &c., six turns are recommended by the best authors : more than six may do harm. Keep the flour dredger at your elbow, and flour the rolling-pin well before each turn. Keep your hands cold during the whole operation. The sooner the paste is used when it has been completed the better.

The chief object is to keep the paste and the butter in level layers, as it were, without an undue quantity of the latter in one place, too little in another, or escapings over the edges. Much must therefore depend upon the careful distribution of the butter in the first instance, and the evenness of pressure and lightness in the rolling.

Baking powder may be used advantageously in pastry-making : here is Yeatman & Co.'s recipe for puff-paste made in connection with their powder :—

Measure three breakfast-cupfuls of flour, carefully sifted, and two cupfuls of butter. Choose a cool place to work in, see that the flour is good and dry, the butter firm and free from moisture, and fill two shallow baking-tins with broken ice. Put the

flour on a cool slab, mixing into it a heaped-up teaspoonful of the baking powder ; when mixed, form the flour in a ring, as it were, and in the centre throw the yolk of an egg and a teaspoonful of salt ; add a little iced water, and gradually work the flour into it from the inside of the ring, sprinkling additional water as you require it—about one breakfast-cupful altogether —until you have a smooth, fine dough, free from all stickiness. Pat this into a lump, and put it in the ice-box for a quarter of an hour, then roll it out about the size of a dinner-plate : put the butter upon it, and wrap the edges of the dough over it, carefully covering it : now turn it upside down, and roll it out very thin ; reverse it again, and fold it in three. Place it after this on a baking-sheet over one of the pans of broken ice, and put the other pan of ice *upon it*. Repeat this cooling process between each double turn, and use as soon as possible when five turns have been completed.

Although composed for English and American kitchens—for a temperate climate that is to say—observe the use of *ice* advocated in this receipt. Instead of the butter you can, as I have said, use clarified beef suet in all cases when you cannot provide yourself with butter in a proper condition—firm, cold, and quite free from water.

The next description of pastry that demands our attention is that which should be used for savoury pies in the dish, to wit :—PIE-CRUST. This may be made exactly like puff-paste, but with less butter or suet, about ten or twelve ounces to the pound of flour being enough. But the ordinary kind is somewhat different. By this we mean, of course, a close *crust* an inch thick, glazed externally, with egg—a firm, plain paste that you cut out in a whole piece without its breaking into fragments ; pale brown and crusty externally, and soft and pale yellow internally, with bits of the pie adhering to it.

Put one pound of well-dried and sifted flour on the slab, or in an enamelled basin ; make a hollow in the centre, and work into it two-thirds of a pound (eleven ounces) of butter or cold clarified suet, cut into pieces, adding a teaspoonful of salt. When mixed, stir in the yolks of two eggs, and sprinkle over it by

degrees as much iced water as required to form a thoroughly smooth dough : dredge some flour over the slab, and roll the paste out half an inch thick. Fold it in three, roll it out again, and again fold it. Set it aside covered with a cloth in a cold place. Repeat this until seven or eight turns have been completed, then fold up the paste and cover it with a cloth, giving it a quarter of an hour's rest. After this roll it out half an inch thick, when it may be cut to cover the pie.

A French savoury pie-crust is made in this way :—Empty eighteen ounces of flour into a bowl, and rub lightly into it three-quarters of a pound of cold butter or clarified suet ; add a teaspoonful of salt, and complete the dough by adding to it by degrees a quarter of a pint of water in which the yolks of two eggs have been beaten. Roll the paste out, give it two or three turns, fold it, wrap it in a cloth, and keep it in a cold place one hour before using.

A plainer crust can be made by reducing the suet, and a richer and more volatile one by adding a couple of ounces or so of iced butter.

RAISED PIE-CRUST, or number three, is perhaps less understood by the domestic cook than the other kinds that I have mentioned. It is certainly one that people rarely attempt to make at home under an impression, I fancy, that it is too difficult for all who do not aspire to high proficiency. Yet, as a matter of fact, nothing can be more simple. Pies of this kind are inexpensive, and whether for breakfast, the luncheon-table, or the picnic basket, cannot be too highly recommended. To be certain of success it is necessary to procure a raised pie mould, which should have movable sides secured by a pin at either end, so that the pie may be easily released when baked.

Put half a pint of water into a saucepan, and heat it over the fire ; when quite hot stir into it two-thirds of a pound (eleven ounces) of clarified suet and two ounces of fresh butter with a teaspoonful of salt. Stir till the fat has melted, cool this to lukewarm, and then pour the contents of the saucepan by degrees into a bowl containing a pound and a half of well-dried flour. Work the mixture to a stiff paste, adding a little water,

if necessary, and turn it out upon a cold pastry slab ; roll it out three-eighths of an inch thick, as evenly and level as possible, and let it get quite cold. Now butter the mould, and cut an oval piece of paste a *little larger* than the bottom of it, so that the edges may turn up, and be more readily fixed to the wall, or side-paste ; next cut out a strip three and a half inches wide, and sufficiently long to go round the inside of the wall of the mould ; fix the lower edge of this to the oval piece at the bottom with white of egg, pinching them closely together ; then fill the pie with whatever meat you have prepared, covering it over with an oval cap, cut like the bottom piece, cementing it with white of egg, pinching it tightly to the top of the wall, and making a hole in the centre one inch wide : brush the pie over with an egg beaten as for an *omelette* and bake it in a slow oven. Little pies require a slightly faster oven than large ones, but all raised pies should be slowly baked. A *fleuron*, to cover the hole in the cover eventually, should be cut and baked separately.

Specially made jelly gravy must be poured into the pie through the hole in the top half an hour after the baking is finished, but details in regard to this and packing the pie will be given in the chapter following.

This receipt for raised pie-crust is a Leicestershire one, and will be found similar to that used for pork pies in that county. If a slightly plainer crust be preferred the proportion of four ounces of butter or suet to the pound may be adopted.

Pâté brisée crust, as used by French cooks for raised savoury pies, is composed by working the suet and butter into the dry flour before any liquid is added. Eleven ounces of iced butter or clarified beef suet should be allowed for eighteen ounces of flour, a teaspoonful of salt, and sufficient cold water to mix a very stiff dough, two yolks of eggs being added with it.

N.B. It is a good plan to make the tops or covers of these pies with puff-pastry.

For SHORT-CRUST, which, as I said, resembles short-bread, take for a pound of flour ten ounces of cold fresh butter, two ounces of sifted loaf sugar, two eggs, and a little milk. Mix together

the flour, sugar, and a pinch of salt, with the butter ; work this well, then add the two eggs well beaten, and lastly sufficient milk to form a pliant paste. When this has been done cover the paste with a cloth, and let it remain in a cool place for half an hour. This, of course, can only be used for tarts, &c., in sweet cookery, but by omitting the sugar, and reducing the other ingredients one-half, with an ounce of grated cheese added, a savoury paste is obtained, out of which biscuits can be stamped, which make a nice garnish for spinach, sorrel, and other *purées*, and go well in a like capacity with buttered eggs.

Another SHORT-CRUST can be made in these proportions :— Six ounces of flour, three ounces of butter, two yolks of egg, the squeeze of a lemon, say one teaspoonful, and half a saltspoonful of salt. Mix as in the foregoing, and use for similar purposes. It is less brittle and work excellently for little savouries, cheese biscuits, &c.

CHAPTER XXVIII.

OF PIES.

MAY we not say that the savoury pie is a time-honoured national institution? An excellent thing when properly made, it affords the cook opportunities of exercising her thoughtfulness and skill, for here again can odds and ends of good food be disposed of in a very satisfactory manner. Though we all do it occasionally, we really ought never to cut into and eat of a *hot* pie. It is essentially at its best when cold and jellified, and its proper place is the sideboard at breakfast or luncheon, at a picnic, or a ball supper.

Speaking generally, pies may be divided into two distinct classes, *i.e.*, those baked in pastry or raised pies, and those done in the pie-dish with a covering of paste. For the former birds and ground game are, as a rule, boned ; in the latter they are put in whole, in halves, or disjointed pieces, according to size and description. Then, of course, there are pies made of cooked meat, and those of uncooked meat, which require slightly different treatment.

Let me, then, submit a few notes on the subject, taking the ordinary English pie—the *pâté dans un plat* of French cookery —the pie of the pie-dish—first.

Having selected the flesh or fowl for your pie, the first thing to remember is the jelly *gravy*, which must be made separately, and part of it poured in and amongst the layers in the pie-dish

before the paste is laid over it. A little wine lends valuable aid to such gravies : the remains of a good bottle of champagne can be used with great advantage in pigeon pies, chicken and ham pies, &c., and madeira or marsala is valuable in game, venison, and hare pies. The gravy ought not to *fill* the pie-dish ; about a breakfast-cupful will suffice for a pie of moderate size in the first instance, the remainder being saved for addition after the baking, as will presently be described.

Discourage the use of strongly flavoured made sauces of the Worcester type in pie-making, and rely on the savoury qualities of the meats and gravy you employ. Glaze, and one or other of the excellent extracts and essences of meat now easily to be obtained are very serviceable in strengthening the jelly gravy. If some preparation be found necessary to flavour this the safest is mushroom ketchup.

The *seasoning* is a matter demanding close attention : here the spiced pepper, described at page 144, will be found of great assistance ; and minced cooked mushrooms, minced truffles, and minced sweetbread (from remnants you may have saved after an important day's cooking), will come in most efficaciously. Finely chopped liver is a capital thing to shake over the crevices when building a pie, and little bits of chopped anchovy may, in certain circumstances, be similarly used. Ham or tongue, either sliced, or grated, is welcomed in every kind of pasty, bacon is quite indispensable, and sliced Bologna, or other flavoured sausage, most useful at times.

Always rub your pie-dish with a shallot before packing it, butter it, and sprinkle it with chopped parsley.

It is customary to garnish the surface of a savoury pie with halves or quarters of hard-boiled eggs : if you have a few button mushrooms that have been stewed in milk or broth you can use them for that purpose also, and strew some finely minced parsley over the whole.

The cupful of gravy should be poured gently into the packed pie-dish the last thing, just to moisten the contents as it were.

The covering pie-crust, concerning which advice was given in the last chapter, must now be laid on, and the pie set in the

oven, the temperature of which should be tested by the oven thermometer if possible, a medium heat between fast and slow being the thing required. Let the baking be conducted slowly, and, if at all afraid of an increase of heat, protect the paste with paper as soon as it has browned.

Before laying on the covering paste wet the rim of the pie-dish and place over it a band of paste an inch and a quarter wide and a quarter of an inch thick. Wet this with a brush dipped in water, and then put on the cover, pressing it firmly to the band, lastly passing a knife round the outer edge to trim it neatly.

Always leave an aperture in the centre of your pie-crust, which you can cover with an ornamental device in pastry when the second allowance of gravy has been finally added. This is necessary as a vent for the escape of the gas which the cooking of the meat generates, and also as an opening through which you can pour the rest of your jelly gravy as a finishing touch half an hour after the pie is taken out of the oven. The glazing of the crust should be done towards the end of the baking by brushing a well-beaten-up egg over its surface.

If you bear these general rules in mind and act upon them, you will find that you can produce for half the money home-made pies in every way as nice as those sold at the Stores, and pastry-cooks' shops.

There ought to be little or no difficulty in moistening a pie, even though circumstances may render it impossible for you to compose the really good gravy which I have recommended as so highly essential. Take an ordinary chicken and beef-steak pie, for instance : there ought to be some scraps left after cutting the beef to fit the pie-dish, and there must be some valuable trimmings available for broth-making when you have cut up and dressed the chicken—such as the neck, pinions, legs and feet, giblets, &c. With these materials the cook should make a fairly good broth, flavouring it with an onion, and any fragments of vegetable she may have at hand, half an ounce of glaze, a teaspoonful of Brand's or Liebig's essence, a little mushroom ketchup, some peppercorns, a dessertspoonful of

mixed dried or fresh herbs if procurable, a slice of lean bacon or a piece of the rind (see hash broth, page 231).

When the scraps and bones have been boiled and simmered under careful supervision for an hour, a dash of marsala may be stirred into the saucepan, and in a few minutes the broth may be strained off into a bowl. As soon as the fat, that the liquid may throw up, has been removed, the cook will have at her command a very excellent substitute for real gravy wherewith to moisten the contents of her pie: far better, at all events, than the water and Worcester sauce which I have seen recommended.

A calf's foot, a couple of sheep's feet, or a few veal bones lend material assistance to pie gravies, since they yield gelatine and savour as well. A quarter of an ounce of isinglass or gelatine may otherwise be needed to produce the jelly firmly.

PIES OF COOKED MEAT.

Now let us first take pies made of cooked meats—a useful class in which connection the following notes concerning a DOMESTIC PIE will, I think, commend themselves to housekeepers who know what it is to find a few pounds of good meat on their hands without an idea of what to do with them.

Once upon a time a question arose touching what could be done with the remains of a fine saddle of mutton. There was a piece of good cold-boiled pickled pork in the house, about a pound of gravy beef could be spared, and the bones and back of a cold roast fowl were also available. It was decided to turn them into a pie.

Operations accordingly began by cutting as many slices as possible from the meat that remained untouched at the tail end of the saddle: each slice was trimmed free from burnt skin, &c., and laid upon a separate plate. About a pound and a half of these slices having been obtained, all remnants of good lean that still adhered to the bones were cut off and put into a bowl.

The bones were then broken up, and cast into a large stewpan with every atom of skin, fat, gristle, &c., that could be found left in the dish after the trimming operation. The whole saddle was thus disposed of.

Into the stew-pan with the mutton bones and scraps, were now put four ounces of onions, a dozen pepper corns, three ounces each of turnip and carrots cut up, a bunch of parsley, a small bit of celery, a clove of garlic, a tablespoonful of mushroom ketchup, a bouquet of sweet herbs, the aforesaid pound of gravy beef cut up, and all the remnants of the chicken thoroughly broken up and roughly pounded.

Having been covered with warm water, boiled, and simmered gently, in about four hours these various ingredients produced a pint and a half of very excellent broth which was strained off, and set to cool.

The lean remnants which had been saved in the bowl were now pounded with a couple of anchovies in the mortar, and passed through the sieve. When the broth was quite cold the fat was skimmed off, and a thick *purée* made with part of it and the pounded mutton.

It was now time to pack the pie-dish, which was done in this way : first a coating of butter and sprinkling of finely minced parsley, with a lining of the *purée*, then a double layer of sliced mutton, over that a layer of sliced lean pork, another of mutton, and so on alternately, with *purée* in the crevices here and there: the surface was garnished with hard-boiled eggs cut into quarters, and then a breakfast-cupful of the broth was patiently poured over everything, time being given for the liquid to settle in and amongst the contents of the pie-dish : when finished, the gravy came within an inch of the top of the pie : parsley minced small was shaken over the top layer as a last touch.

The cook now made the paste, and covered in the pie, and it was baked.

At the end of the baking, after the pie had cooled for half an hour, the remainder of the broth which had been saved for the purpose was gently poured in a lukewarm state into it through the vent in the centre of the crust. An ornamental flower cut in paste, which had been baked separately, was placed over the aperture, the crust was glazed, and in due course the dish was ready for the table.

Observe the absence of any ready-made sauce in the concoc-

tion of this simple composition. A little spiced pepper was sprinkled over the layers of meat, and some very finely chopped thyme and marjoram—about a teaspoonful in all—was shaken over them also.

When cold, this pie was really excellent ; there was not a bit of grease in it ; the meat lay invitingly embedded in a delicious jelly ; and the flavour was capital, nothwithstanding that no wine was put in, and that nothing expensive was used. Instead of the lean pickled pork—ham, leanish bacon, tongue, sliced Bologna sausage, or even slices of juicy pressed beef, might have been used. A little consideration will enable the composer to vary both the contents and the flavour of all pies made on these lines.

VEAL AND HAM PIE.—Assuming that we have a cold chump end of loin of veal upon which there is about a pound and a quarter of not over-roasted meat left, we can make a capital pie in this way :—Slice up all the meat as for hash, trim off all the browned skin and edges. Put this meat protected by a cover back into the larder. Break up the whole of the chump bone as small as possible and put the pieces with all gristle and skin cut off in trimming the meat into a roomy stew-pan, adding a teaspoonful of mignonette pepper, two of salt, an ounce of glaze, or a teaspoonful of Liebig, a bouquet of herbs, and a four-ounce onion with a clove in it. Cover with warm water, and boil for four hours to extract the gelatine. Strain off, cool, skim off all fat, and use this for moistening the pie by and by. Now to pack the pie-dish :—Having weighed the meat, take half that weight of sliced cooked ham, and a quarter of bacon. Over the parsley sprinkled at the bottom of the dish put a layer of bacon, then veal, next ham, repeating the veal and ham layers, with slices of hard-boiled eggs here and there till the top is reached where another layer of bacon must be put. Season with spiced pepper and salt between each layer. Moisten now with half a pint of the jelly gravy and finish as in the preceding recipe.

In the case of previously cooked meat a savoury gelatinous moistening gravy is quite indispensable, and attention must be

paid to the flavouring. As regards the baking there is of course less time wanted: as soon as the paste is cooked and nicely browned the dish can be removed from the oven.

PIES OF UNCOOKED MEAT.

It is almost an established rule in English cookery to use beef-steak as the groundwork of pies made of uncooked birds, rabbit, hare, &c., and it very often happens that this meat, being neither as tender nor as tasty as it might be, is to a great extent wasted. To prevent this, choose the nicest beef you can get—you only want a pound or so, as a rule—and have it cut moderately thinly. Divide these slices into convenient pieces, say four inches long by two and a half wide, lay them on a board and season their upper sides with spiced pepper and salt. Next cut thin slices of cold boiled bacon of a like size and lay one of them on each piece of beef, rolling up the latter and enveloping the bacon. Rub the pie-dish with a shallot, butter it, sprinkle finely chopped parsley over it, and line the bottom with a layer of these little rolls arranged closely together. After this the packing of the pie should go on according to the recipe selected, and the description of material in hand. The small rolls of beef will be found far nicer than the customary plain thick piece of steak to which I have alluded.

Beef, however, is by no means essential as a basis for these pies. Veal cut and rolled with bacon as described for beef is as good, and mutton a very fair substitute—neck cutlets larded, for instance.

A BEEF-STEAK pie made up of the rolls aforesaid, packed in layers, well seasoned, and assisted by a little good jelly gravy, is decidedly good, for although pies made of uncooked meat produce gravy of their own, a moistening is at all times requisite to commence with, and the small addition of some good gelatinous stuff after the baking is certainly an improvement.

A few examples may be now given of useful pies of this class :—

CHICKEN AND TONGUE PIE.—A chicken, a pound of ox-tongue, four ounces of bacon, and six mutton cutlets from the neck.

Cut up a chicken as if for a fricassee, slice up and trim the pound of tongue, and lard and trim six nice mutton cutlets from the neck as if for an *entrée*. Throw the chicken giblets, the tongue skin, and trimmings, and all the remnants of mutton left after shaping the cutlets, into a large saucepan with the materials for gravy flavouring recommended in the recipe for the *Domestic Pie*, and make a nice broth with them ; when the broth is nearly ready, give it half a glass of marsala, strain when it is finished and skim. Pack the pie thus :—a dust of chopped parsley at the bottom, then the mutton cutlets, above them a layer of the slices of tongue, next the pieces of chicken with slices of tongue here and there, and a layer of bacon slices on the top. Pour in half a pint of the broth, garnish the top with hard-boiled eggs, cover the pie with a good crust, and bake.

RABBIT PIE.—One good-sized rabbit, half a pound of bacon, forcemeat, and a pound of gravy beef. Skin and wash a fine rabbit, cut it up in the usual way as if for a stew, and put the pieces to soak in cold water. When quite clean, drain them, wipe them dry with a clean cloth, and set them aside. Put the head, the neck, and lower joints of the legs (well broken up), and all scraps of the rabbit, with the beef, and the usual ingredients for flavouring a broth already laid down, into a large saucepan, and make the best broth you can with them for the pie. When this has been done to your satisfaction, and the fat has been skimmed off the surface of the broth, proceed in this way :—Make a plain stuffing as described for turkey (page 141), taking half the quantity of ingredients there given, and mingling with it the liver and kidneys of the rabbit and four ounces of cold cooked veal or chicken, all very finely pounded. Pass this through the sieve, and spread a thin layer of the forcemeat thus made at the bottom of the pie-dish ; immediately above it put a layer of bacon slices, then the coarser joints of the rabbit, dusting them with spiced pepper, and filling the interstices between the pieces with forcemeat ; put a second layer of bacon over the rabbit, and rabbit again above that, repeat the forcemeat dressing, and when the pie-dish is full, lay a few slices of bacon on the top, moisten with half a pint of the broth, garnish

as usual, cover the pie with paste, and bake ; time, if the oven be in a proper condition, about one hour and a quarter.

HARE PIE.—This should be made like the foregoing exactly, with two slight variations, viz., a glass of port, a teaspoonful of good vinegar, with a dessertspoonful of red currant jelly should be mixed into the broth, and a little pounded mace may be sprinkled over the meat in addition to the ordinary spiced pepper.

N.B. In either of the two last cases the animal may be boned, the whole of the bones going into the saucepan for broth, the meat alone, packed in layers, being used for the pie.

PIGEON PIE.—A pound and a half of tender lean beef to three Bordeaux or good-sized young pigeons, half a pound of leanish cooked bacon, and a pound of gravy beef. The process is not very different from that of the pies already described. You must make the best gravy possible from two sheep's feet, the pound of gravy meat, the pigeon trimmings, and any scraps at hand. The pigeons should be placed upon the tender beef, which should be cut into neat pieces and rolled with the bacon cut into thin strips as propounded for beef-steak pie. Do not cut the pigeons in halves : let them be prepared whole as if for roasting, and put a dessertspoonful of chopped bacon seasoned with pepper, salt, or spiced pepper, salt, and a teaspoonful of minced cooked mushroom inside each bird. Half a glass of marsala or any sound white wine may be mingled with the gravy, the pie-dish should be rubbed with a shallot before it is packed, finely chopped parsley should be sprinkled over the bottom of the dish before the beef rolls are arranged upon it, and the pigeons' livers with bacon rolled round them should be arranged on the surface. For the rest proceed as already described.

VEAL AND HAM PIE.—Cut a pound and a half of veal from the chump end or fillet into pieces as explained for steak pies, cover each piece with a thin slice of streaky bacon ; season, and roll these up. Lay over some minced parsley at the bottom of the pie-dish a few slices of ham, over them a layer of rolls of veal, closely arranged, dust over with spiced pepper, fill

hollows with slices of hard-boiled eggs, then a layer of slices of ham with one of rolled veal over it; continue till packed, finishing with a layer of ham. Pour in half a pint of gelatinous gravy, cover with paste, and complete as in the previous cases.

Pies made of small birds, such as snipe, quail, fieldfares, larks, &c., are delicacies which may perhaps be made on special occasions, and QUAIL PIE can be chosen in illustration of their preparation.

Supposing eight birds to be available, I would work in this way :—Prepare them as if for roasting, putting a dessertspoonful of *foie gras* in each of them. The gravy ought to be very strong. For this a calf's foot, or two sheep's feet and a pound of fresh giblets (chicken or game) must be obtained, *besides* about a pound of the best fillet-steak of beef or veal for the pie. Having made as good a broth as possible (see directions given at page 82), set it in a bowl to cool and throw up any grease, which must be carefully removed. When this has been done, flavour it with marsala, mushroom ketchup, and a very little red currant jelly.

The packing can now be done. After rubbing the pie-dish with a shallot fill up the bottom of it with little pieces of the tender beef rolled with strips of bacon, spiced pepper being dusted over each layer until all the beef has been used. Now place the eight quails on the surface of the beef with bits of *foie gras*, slices of lean bacon, ham, tongue, or Bologna sausage, between each bird, cover with slices of bacon, garnish as usual, moisten the pie with the gravy, saving some of it for the final process previously described, cover it with a nice light paste, and bake.

Bearing these examples in mind, the cook ought to be able to work out variations of her own without much difficulty.

RAISED PIES.

I alluded to these pies in the preceding chapter, and observed that many people seemed to think that they were too difficult to be made at home. Now, in point of fact, they are easier in

regard to their paste than the fruit tarts which all sorts and conditions of cooks attempt without hesitation ; the preparation and packing of the meat of which they are composed are simple operations, and the strong jelly which is finally added in a liquefied condition equally plain. The first thing to do is to obtain a proper raised pie mould of a medium size, and the next to follow the instructor carefully. A little attention to the explanations I am about to give will, I think, establish the fact that our task is not very troublesome.

In raised pies of the higher class it will be found that force-meats come into play. These compositions appertain specially to French cookery, of which they are a distinct feature. They have nothing to do with *stuffings* which, again, may be called purely English. For this reason I have kept them apart, and have reserved the former for consideration in this chapter, at the end of which they will be found.

The mould having been lined with raised pie-crust number three, according to the directions given at page 343, raised pies can be filled very plainly as well as elaborately, as will be seen in the following recipes :—

(*a*) With MUTTON, a plain pie :—Choose a well-hung neck of mutton, cut the meat from the bones in one piece, divide that into slices half an inch thick, and cut them into squares half an inch across, keeping the fat and lean separate : if the neck be a lean one, a few pieces of nice fat bacon cut into dice may be taken to assist the pie, the proportion being one-third of fat to two-thirds of lean : thoroughly season the meat, when it is cut up, with salt, freshly and rather coarsely ground black pepper, and a tablespoonful of finely chopped curled parsley—nothing else upon any account. With this the pie should be packed, as closely as possible, in alternate layers of fat and lean. Unlike ordinary pies, in this case you must not pour in any gravy *with* the meat. The chief thing is the close arrangement of the meat : if put in loosely the outside pieces will be dry and leathery. When the mould is filled, put on the cover, not forgetting to leave an opening in its centre, cement the edges with white of egg, and pinch them together firmly, brush the top

over with a well-beaten egg, and bake the pie in a slow oven, protecting the top after it has browned with paper.

After the meat has been cut off in the first instance, all the bones well broken, and trimmings of the neck, with a couple of sheep's feet cleaned and cut up, should be put into a saucepan, covered with cold water, and boiled for at least three hours, so as to make a clear yet strong broth ; this, when cold, should solidify as jelly. Strain and season this with pepper and salt, and after the pie has been baked, and is still hot, pour a little of it, lukewarm, through the opening in the top of the cover. Fix the *fleuron* over the hole with white of egg, set the pie in a cool larder, and when quite cold, serve.

(*b*) With PORK, when you get it at its best in the winter-time, the process is similar to that just explained : choose the meat of the neck or loin : omit the parsley : the seasoning for pork pies used in Leicestershire and Warwickshire—where these pies are acknowledged to be specialities—is composed of black pepper and salt only, the proportion being two-thirds of the latter to one of the former. Receipts that mention sage, &c., are incorrect. Pack the pieces of meat as closely as you can, and bake the pie very slowly : a little liquid jelly made from pettitoes and bone scraps should be poured in while the pie is hot after the baking, but no gravy should be added before that operation.

(*c*) With GAME. If made with game, the birds, hare, &c., should be boned, and some pieces of chopped bacon should be introduced here and there. Season with spiced pepper, and pour some liquid jelly (made from the bones, trimmings, and a couple of sheep's feet) into the pie after it has been baked. A veal, rabbit, or liver and bacon forcemeat is, of course, an improvement.

N.B. Two pounds of meat and as much paste as a pound of flour mixed, according to the recipe, will yield, will make a good mutton, game, or pork pie on the lines above given.

For a really good game pie proceed as follows :—

(i.) Bone a grouse or a pheasant that has been properly hung, two partridges, and the back and hind quarters of a hare that

has been cut in two behind the shoulders. Give the meat thus obtained a dusting of spiced pepper, and put it aside for the present.

(ii.) The game having been boned we shall now have to mash all the bones with a pestle and mortar, and throw them into a two-quart stew-pan, with three ounces of lean ham or bacon, a calf's foot or two sheep's feet cut up and cleaned, a bouquet of herbs, an ounce of glaze, twelve peppercorns, a clove of garlic, an onion (three ounces) with a clove stuck in it, a teaspoonful of salt, and a saltspoonful of mignonette pepper. Boil and simmer till a good strong broth has been extracted, then strain it off and set it to cool and throw up any grease there may be. When clear, flavour the broth with a sherry glass of marsala, a teaspoonful of red currant jelly, a tablespoonful of mushroom ketchup, and a teaspoonful of anchovy vinegar. Set on the fire, colour, if need be, with Parisian essence, and reduce the liquid by a quarter, getting it as strong and savoury as possible. After this strain it off again, and then set it to get cool prior to its being used for the pie.

(iii.) Next make a forcemeat in this way :—

Take the livers of the birds with that of the hare, and mince them finely with sufficient calf's liver to make half a pound in all, add a quarter of a pound of ham, and throw the whole of the mince into a frying-pan in which half a pound of fat bacon cut into dice has been tossed with a finely chopped shallot. Work the mince about for ten minutes, let it get cold, then empty the contents of the frying-pan into a mortar with four ounces of panada, moisten with one egg, and pound the mixture to a paste, and pass it through a hair sieve.

Now cut eight fine truffles into dice the size of a pea, melt an ounce of glaze in half a pint of broth, and throw in the truffles ; boil for a couple of minutes, and add a claret glassful of madeira ; let the dice simmer in this, and then pour them with the liquid into a bowl. Cut up into dice of a similar size six ounces of cooked fat bacon.

(iv.) The game of which the pie is to be made having, as I have said, been carefully set aside, should now be taken, cut up

into neat pieces, and arranged upon a board or large flat dish. Season these with salt, and give them a dusting of *spiced pepper*, which ought to be specially prepared for the occasion.

(v.) Now line a raised pie mould in the manner described, spread a thin coating of forcemeat over the bottom of it and up the sides. Next place a good layer of the pieces of hare, each rolled within a slice of bacon, over the forcemeat at the bottom of the dish, and then go on packing the game meat closely, with slices of ham, bacon, dice, and chopped truffles dotted in here and there, and frequent dustings of spiced pepper, until the dish is filled. The truffle gravy, strained, should be added with the jelly gravy after the baking while the pie is still hot.

(vi.) For a special occasion, instead of tasteless bottled truffles, when fresh cannot be got, a *terrine* or tin of *pâté de foie gras* can be opened and used in this way :—Trim the *pâté* into dice, and dot them about here and there amongst the game meat during the packing of the pie-dish. If mushrooms happen to be available, take a quarter of a pound of nice ones, treating them, after cleaning and peeling them, in this manner : toss them a short time in butter in a frying-pan over a low fire. If large, cut them into convenient pieces, or if buttons, put them in whole as you go on with your packing. The top of the pie should be covered with slices of bacon.

(vii.) The packing being completed, the pie should be covered over with the paste cover, glazed, and baked, while warm half a pint of the rich jelly gravy being poured in through the vent to finish with. After this the pie should be put in as cold a place as possible.

A raised pie of this class is often served at a ball supper or luncheon party with its cover removed, the slices of bacon on the top taken off, and the space filled with broken aspic jelly. For picnics the cover can be made of puff-paste.

While on the subject of good pies, I can scarcely do better than end this section with an excellent recipe for a SALMON PIE to be eaten cold :—Take two pounds of salmon, remove the skin and bones, trim it in slices, and sprinkle them with spiced salt. Set these aside in a cold place. Make three-quarters of a pound

of forcemeat as follows :—Choose either some fresh uncooked whiting, pollack, or haddock, and, having taken eight ounces of it, pound it in a mortar and pass it through a hair sieve; now add to it five ounces of panada and five of butter; season lightly with salt, mace, and pepper, moisten with a well-beaten egg and sufficient *poulette* sauce to bring it to the consistency of a pliant paste. Line a raised pie mould with paste as for pork pie, fill the bottom with a layer of the forcemeat, then a layer of the salmon, an inch thick, then forcemeat, continuing the packing till the pie is filled. Put a cover of *puff-paste* over the top, brush it over with white of egg, and bake the pie slowly. When done, let it cool for half an hour, and then pour in, through hole made in the top, half a pint of rich, gelatinous fish broth, made from the heads, bones and trimmings of the whiting reduced to a glaze, and mixed with a coffee-cupful of an essence made in this way :—

Take four ounces of lean raw ham cut up as for a coarse mince, one shallot, two ounces of carrot, teaspoonful of thyme, and a claret glassful of chablis, and *boil* them till the wine is reduced, then add a pint of clear chicken broth, simmer for half an hour, remove the saucepan from the fire and strain the essence. The essence of truffles should be used when they are procurable fresh.

After having poured the jelly broth and essence into the pie, let it get quite cold, then turn it out of the mould, and serve upon a dish paper or napkin garnished with parsley.

MEAT PUDDINGS.

Savoury Puddings, though homely, and perhaps hardly to be recommended for dinner parties, are, in their way, not to be despised. The best paste for them, I think, is one made as follows :—Chop very finely six ounces of clarified suet, and dredge a little flour over it as you mince it. Mix with it one pound of flour, a teaspoonful of salt, and sufficient water to make a smooth, pliant paste. Roll it out, and it will be ready for use. A basin is the best thing to use for the boiling : rub it well with butter, line it with the paste rolled one-third of an inch

thick, put in the meat with a coffee-cupful of cold jelly gravy in a firm state, close over the top securely, tie the basin up with a cloth, and steam the pudding slowly for from three to four hours. To ensure success, a pudding cannot be too slowly boiled.

SNIPE PUDDING: Line a roomy bowl with pudding paste: prepare four snipes as for roasting: lay a thin steak on the bottom of the hollowed paste, and place the snipes over it with bacon slices between them; cover them with another thin steak, and before closing the paste put in a coffee-cupful of very strong jelly gravy not liquefied.

Try the following essence on special occasions:—Cut a four-ounce onion in half, blanch the halves for three minutes in scalding hot water, take them out, dry and slice them up very finely; put them into a saucepan with an ounce of butter; fry till turning yellow; add a dessertspoonful of finely minced ham, a dessertspoonful of Harvey sauce, a saltspoonful of spiced pepper, moistening with a pint of beef-broth in which one snipe has been simmered; flavour with a dessertspoonful of marsala, and a teaspoonful of red currant jelly; add a quarter of an ounce of gelatine, simmer till the ingredients have yielded their full flavour, and the liquid has been reduced one-third, then strain, let it get cold and firm, and use as already directed before finally closing the pudding. I am altogether against cutting the birds in halves as some advise, or picking out their trails: they are far better left intact.

A really excellent BEEF-STEAK PUDDING can be made by preparing the beef as laid down for pies, viz.:—

Cut the raw meat into thin slices, divide these into pieces two inches long by one and a half inch wide, place a thin slice of cold cooked bacon over each piece, season this with spiced pepper, and roll each of them up. Line the pudding basin with paste, and fill it with layers of the rolls, with bits among them of strong jellified gravy, close the paste securely and boil for three hours.

For BEEF-STEAK AND OYSTER PUDDING, roll an oyster inside the strip of bacon and cover that with the piece of beef. For

beef-steak and kidney, cut the kidneys into strips and treat them in the same way, rolling slices of kidney and bacon inside each fillet.

Excellent puddings are made with birds, boned, and rolled up with a slice of bacon, and any nice stuffing, inside them. Take a brace of partridges, for instance, and bone them, lay them out flat, putting a few thin slices of cooked bacon over them, over that strew some chopped cooked mushrooms, their livers chopped, a little minced shallot, and a good dusting of spiced pepper ; roll the birds up and put them into the pudding basin, put in a little rich jellified gravy made from their bones, &c., close the paste over them, and boil for three hours. This is obviously practicable with any game.

FORCEMEATS.

The chief things to note in regard to these preparations are that the meat used in them must be fresh, they must be thoroughly pounded, quickly made, kept cool during the operation, and put in a cold place afterwards till required. The ingredients used are :—panada, various meats, and either butter, suet, or boiled udder of veal, according to the sort of forcemeat decided upon. They are moistened with white and brown sauces as may be required, and eggs are wanted for most of them.

Forcemeats differ from stuffing so widely that I cannot understand why some authors discuss them together. The former are not only used in pie-making galantines, &c., but in the form of *entrées* as *quenelles*, as garnishes for large dishes, in soups, *ragoûts*, *boudins*, and so on, while the latter have but one part to play—the stuffing of certain meats, game, and fish. As I said before, forcemeats are French, stuffings English.

Panada.—This is ordinarily made of crumb of bread, sufficient of which for the operation in hand is first soaked in warm water, milk, or stock. When well moistened it is put into a clean napkin or tamis cloth and wrung dry : in this state it must be put into a saucepan and gradually moistened again over a low fire with either water, milk, or stock, and stirred without

ceasing till it detaches itself from the sides of the vessel. After this it is set aside to get quite cold.

Panada is also made with wheat-flour and potato-flour, in either of which cases the process is this : The moistening liquid—water, milk, or stock—is placed over the fire to boil with a little salt and a small piece of butter. As soon as it boils this is taken off the fire, and as much flour stirred into it as it will take up : the paste thus formed is now vigorously worked with a wooden spoon and then replaced over a low fire to dry somewhat ; when it detaches itself from the sides of the vessel it is ready, and as in the previous case must be set aside to get cold.

Bread panada is, however, the one commonly used, and its proportion in a forcemeat containing one pound of meat and ten ounces of butter or udder of veal is the same as the latter—ten ounces. For about a pound weight of forcemeat half of these quantities will suffice as in the following :—

Veal or white-meat forcemeat.—Eight ounces of uncooked veal, chicken, or rabbit, or a mixture of all three, entirely deprived of sinew, skin, &c., must be pounded thoroughly and passed through a hair sieve, the weight being taken *after* this has been done.

Five ounces of udder of veal having been gently simmered in water until tender, and set to get quite cold, must also be pounded and passed through the sieve.

Five ounces of bread panada, cold, must be prepared as has been described and kept ready to hand.

First blend the pounded meat with the panada little by little, then the pounded udder little by little, add two yolks of egg, and season with salt, pepper, and mace. Work vigorously for some time, and then pass the whole through the sieve ; lastly adding, if necessary, a spoonful or so of *velouté* to moisten.

In order to determine whether the farce is moist enough it is the practice of the French cook to test a small piece of it by poaching it in boiling water : if it is then too stiff he adds the sauce above mentioned.

Butter may be used instead of the udder of veal. In the case of game forcemeat, which is generally made of hare or the

flesh of pheasants, partridges, &c., the moistening sauce should be brown.

Of forcemeat thus composed, the various dishes I have mentioned may be made or garnished, while raised pies, galantines, &c., can be improved by it.

Godiveau, a standard forcemeat for pies, garnishes, &c., is made as follows :—To fourteen ounces of veal completely freed from gristle, skin, and sinew, well pounded, and passed through the sieve, twenty ounces of very finely minced beef kidney fat are added ; both are then well pounded together ; when well amalgamated three whole eggs, one by one, are mixed with the meat, and then by degrees four spoonfuls of savoury custard thus composed :—two eggs, one ounce of butter, a pinch of salt, and a coffee-cupful of milk, stirred over a low fire till thickened, and then cooled by being plunged in its saucepan into a pan of cold water. A little crushed ice should be mixed in during these additions to keep the composition as cold as possible. When the *godiveau* seems of the right consistency it should be tested by poaching a small piece of it. If too stiff thinning should be done with a little iced water.

Success in making *godiveau* depends to a very great extent upon the temperature being kept low : ice must therefore be used except in wintry weather.

Godiveau aux fines herbes is a variety most efficacious in pies ; it is made exactly as ordinary *godiveau* with finely chopped parsley, chives, chervil, and cooked mushroom added. Half the quantities given at page 81 would meet the amount of *godiveau* now prescribed.

Forcemeat of fish has already been described in the recipe for salmon pie. It should be noted that only plain white fish should be used for this purpose : oily or rich fish are not recommended.

A liver and bacon forcemeat will be found at page 127, and again in this chapter as part of a raised game pie. *Liver forcemeat* is, however, made with udder of veal in this way :—three ounces of cold boiled udder to one pound of calf's liver (with which that of poultry may be associated), and seven

ounces of panada, seasoning of pepper, salt, and mace, all pounded together thoroughly, and passed through the sieve. The yolks of five eggs are then added one by one, and the farce having been tested and moistened if necessary with a spoonful or two of *velouté* may be put by in a cold place till wanted.

Good effects, especially in *quenelles boudins*, &c., are produced by blendings such as part liver and part white-meat forcemeat, or *godiveau aux fines herbes* with game forcemeat.

To form *quenelles* :—Take two tablespoons, heat one of them in hot water, take the other in the left hand, fill it with forcemeat, smoothing the latter with the blade of a small knife dipped into warm water, and forming it in dome shape, having as much above the level of the spoon as within it. Then lay the warm spoon over the dome, inverting the cold one, leaving the *quenelle* in the former, out of which it must then be gently turned for poaching.

To poach *quenelles* :—lay them in a buttered *sauté*-pan, pour in gently without touching them enough hot broth or water to cover them, set the pan over the fire just to bring the water to boiling point, then cover the pan and lower the heat to simmering for ten or twelve minutes, according to the size of the *quenelles*. Take them out of the water with care, drain them on a cloth and serve as may be desired.

CHAPTER XXIX.

CURRIES.

CURRIES have gradually worked their way into English kitchens, and are nowadays much more in request than they formerly used to be. Nevertheless, the majority of our cooks have something yet to learn before they can consider themselves adepts at this branch of their work. Setting aside mistakes which can be traced to erroneous instruction, there is unfortunately a too common tendency to look upon a curry as a means whereby the insipidity of cold meat two or three days old can be cloaked. This is unfair and misleading, for while it must be allowed that very fair curries can be made out of cooked meat, as I presently hope to show, there can be no disguising the fact that if we desire to produce the Indian dish at its best it must be made of fresh materials.

The proper process is not by any means one that can be scamped or performed in a hurry. It takes time, patience, and considerable attention. Not that the actual cooking of a curry presents any special difficulty—a cook who can stew well and has mastered the art of very slow simmering will easily manage that part of the task—the knotty points are the various accessories, and the order and method in which they should be introduced. A good curry powder or paste is of course an important factor in the case, but it is only a part of a rather elaborate combination.

Touching the components :—

The first thing to be considered, of course, is the curry powder, concerning which it is almost impossible to lay down any hard and fast law since tastes vary in regard to it as much as they do about tea. At the present time reliable preparations are to be got in London, both locally blended and imported from India, and although I much prefer importing my own stuff direct from the maker in Madras, I am prepared to admit that people can be suited fairly well on the spot without taking that trouble. A good curry paste is an essential in curry-making as powder, for it contains ingredients that cannot enter into a powder. But even the best powders and pastes require diversification, for of no flavour does the palate grow more weary than of that of a curry invariably made upon a standard plan with standard materials. How this can be done will be shown hereafter.

Assuming that the necessary condiments have been procured, the accessories are :—Butter, shallots, garlic, cocoanut, green ginger, certain herbs and spices, turmeric (erroneously alluded to as *saffron* in more than one publication), a conserve to produce a subacid, ground rice, and salt.

As regards turmeric and saffron the former (*curcuma longa*) is the real Oriental ingredient ; saffron (*crocus sativus*) grows in Southern Europe and Asia Minor, and has nothing to do with Indian curries. The latter word has, however, been applied in error to the vernacular *huldi*, and in this way the mistake to which I have alluded has crept into recipes which may be in other respects reliable.

Some explanation is necessary as to the use of these things.

In regard to the butter, no more should be used than is required for frying the onions. The Indian cook is prone to overdo this, with the result that his curries are often very greasy—molten fat is not a luxury to educated European taste.

The small red onions known as shallots are the curry onions of India, but common cooking onions may be used with almost as good an effect.

One bulb of garlic will last a long time, for only a very small atom is required occasionally.

Next as regards that most important item—the cocoanut. This, be it understood, is added to a curry in the form of milk, *i.e.*, an infusion produced by scraping the white nutty part of the cocoanut, and soaking the scrapings in boiling water. The liquid thus flavoured, when squeezed through muslin, is the milk required in curry-making. The quantity to be used depends upon the nature of the curry. Ceylon or Malay curries, for instance, require a great deal of nutty milk. The point in connection with this adjunct, however, that must not be missed is the period at which it should be added. If put in too soon the value of the nutty juice will be lost,—cooked away, and overpowered by the spicy condiments with which it is associated. So we must reserve the milk, as we do cream butter or the yolk of an egg in the case of a thick soup or rich sauce, and stir it into our curry the last thing just before serving.

It should be noted carefully that the water found inside a cocoanut is not cocoanut milk according to the Indian culinary vocabulary. *The infusion* is what is used in curry-making.

The strained milk extracted in the same way from pounded sweet almonds can be put into a curry very advantageously: it may be used alone or be associated with cocoanut milk. Two ounces of the latter nut to twelve almonds will be found a pleasant proportion. When cocoanuts cannot be got, almond milk (*lait d'amandes*) makes a capital substitute: a quarter of a pound of sweet almonds pounded with one bitter one moistened with a cup of boiling milk, or broth, and then strained.

The desiccated cocoanut and pounded sweet almonds sold for puddings, &c., may be used, but as the former is rather sweet care must be taken to correct it with the subacid. Treat the dried cocoanut like the fresh scrapings, *i.e.*, by infusion. One and a half tablespoonful each of these two ingredients thoroughly scalded by a couple of gills of boiling water, set to infuse till cold, then strained and squeezed, will give a good milk for curry.

Green ginger should be grated like horseradish, or sliced very finely, and then pounded, with a little butter, to a paste : a teaspoonful of this will be found sufficient for a curry in which a pound of meat has been used. This condiment can be procured from the herbalists at Covent Garden, and also at some of the various Stores.

The flavours of curries are varied by the use of spices and herbs :—powdered cloves, cardomoms, allspice, cinnamon, mace, and nutmeg ; fennel, bay leaves, chervil, sorrel, basil, thyme, and marjoram. A saltspoonful of the spice and a teaspoonful of finely minced herbs are enough, selection being made according to taste.

Turmeric exists in sufficient quantity in all prepared curry powders ; in some curries however, such as Malay curry for instance, powder is not used, and then a little turmeric is needed.

Lastly, concerning the sweet acid, which is a necessary feature in a good curry. English writers on the subject recommend chopped apples, green gooseberries, and other acids in quantities out of all proportion to the requirements of the case. A very slight sharpness is alone necessary, and this can be produced with lemon juice and red currant jelly, chutney with a little vinegar—a sweet and a sour, that is to say. The natives of Southern India use a conserve of tamarind worked with a little coarse sugar, and there can be no doubt that tamarind is the best of all acid ingredients. Chopped apples are unnecessary ; at all events they are not used in curry-land itself. Some of the liquid, say a teaspoonful, out of a bottle of Madras made lime pickle is to be commended for both flavour and acid.

Curries require broth or stock, those of cooked meats especially, but the provision of this adjunct can generally be managed inexpensively, as will be shown.

A French earthenware *casserole* glazed inside is the best utensil for curry-cooking. These can be got at 119, New Bond Street, and any French utensil shop, of which there are now several in London.

Assuming that we have obtained a bottle each of powder and

paste, we may now work out, step by step, the process to be followed in cooking a chicken curry :—

PRELIMINARIES.

1. Choose a small chicken—and here let me point out that *large* chickens nearly full grown ought never to be used in curries—and having cut it up neatly as for a *fricassée*, place the pieces in water for half an hour, then dry, put them aside, and dredge over them a little flour.

2. Next take all the trimmings, neck, pinions, leg bones, feet, head, &c., with any scraps of meat that can be spared, and cast them into a saucepan with four ounces of onion sliced, a teaspoonful of Brand's essence or Liebig's extract, three ounces of carrot sliced, half a dozen peppercorns, a bunch of sweet herbs, a saltspoonful of salt and half one of sugar, cover them with cold water, boil, simmer, and make the best broth you can.

3. When ready, strain the contents of the saucepan into a bowl, and skim it clean. About a pint and a half of broth should thus be obtained.

4. Lastly, make a breakfast-cupful of milk of cocoanut, or almond, as already described, using, instead of fresh nuts, if need be, a tablespoonful and a half of desiccated cocoanut, and the same of ground almonds.

COOKING THE CURRY STUFF.

1. Now take your stew-pan, and having minced up two ounces of shallots or mild onion quite small, cast the mince into it, with an ounce of fresh beef dripping or fresh butter ; add a finely minced clove of garlic (a piece the size of a pea enough for most people), and fry over a low fire patiently till the onions turn a nice yellow brown.

2. Then add the curry stuff, *i.e.*, a heaped-up tablespoonful of the curry powder, and one dessertspoonful of the paste, or, if you have not got the latter, an extra dessertspoonful of the powder.

N.B. These are reliable proportions, but as tastes vary very much it is impossible to fix *quantities* to suit every-

body. Some might consider the quantity I have given too little, some too much. Slight alteration one way or the other is obviously the remedy.

3. Cook the curry stuff with the onions and butter for about seven minutes *slowly*, adding, if necessary, a little butter to assist the cooking. It is a mistake to put in the condiments and moisten them at once with broth, just as it would be to add broth to flour and butter for a thickening without submitting the two latter to a slow process of cooking in order to overcome the taste of pastiness which the uncooked flour would impart. Curry powder must in like manner be slowly fried, so that a certain crudity it would otherwise cause may be overcome. It is owing to the omission of this step in the process that so many curries have a rough, snuffy taste quite out of keeping with the desired effect.

4. After this moisten by degrees with a pint of the broth.

5. If you like curry with a thickish sauce stir in a dessert-spoonful of the best ground rice (*crème de riz*) with the butter, onions, and curry stuff. The effect of this when brought to the boil and simmered for a quarter of an hour will be a rich, thick curry gravy, or sauce. Omit the *liaison*, and the consistency will be a trifle thicker than that of ordinary gravy.

6. The stew-pan should now be placed *en bain-marie* while we proceed to prepare the chicken.

MAKING THE CURRY.

1. Take a *sauté*-pan : melt in it an ounce of butter, or clarified beef suet, add a one-ounce shallot cut up small, and fry for a couple of minutes.

2. Next put the pieces of chicken into the *sauté*-pan, and lightly fry them.

3. As soon as slightly coloured, the pieces of chicken should be transferred to the stew-pan in which they should rest for at least half an hour, *marinading*, as it were, in the curry sauce.

4. After that the stew-pan should be placed over a moderate fire, and if the liquid be found insufficient to cover the pieces of chicken, broth, if available, or water, should be added.

5. Stir till boiling, then lower the fire at once: a gentle simmering process should now be encouraged for five-and-twenty minutes, the stew-pan not quite closed.

6. During this stage the flavourings must be added, half the cocoanut milk, a teaspoonful of grated green ginger, and the sweet acid.

7. The curry sauce should at this point be tasted, and if a little more acid or sweet be found necessary, the proper correction should be made.

8. As soon as the twenty-five minutes' simmering is over, by which time the chicken will be done, the remainder of the cocoanut milk should be stirred in, and in three minutes the operation will be complete.

NOTES.

These directions will be found practicable with most ordinary uncooked meat curries. Those made of fresh fish, prawns, and shellfish, require a somewhat different process, which will be spoken of later on, while those of cut-up or minced cooked meat, or fish, smoked or salt, dressed vegetables, and hard-boiled eggs, merely require to be gently heated up in a carefully made curry sauce.

In the case of cold cooked meat the process of marinading in the curry sauce is most efficacious. Make the latter, therefore, as soon as you can with all the care it needs, cut the cold meat up in half-inch squares, and when the curry sauce is ready put them into it: let them so remain as long as you can, heating the curry up gently when it is required.

Many will, perhaps, think that the process I have recommended is needlessly troublesome. The cooking of the curry stuff, the separate frying of the chicken, the period of rest in the curry sauce, &c., may seem to them unnecessary. I am, however, perfectly confident that in order to produce a dish of a superior class, we must be prepared to take all this trouble, and bring an enlightened system of cookery to bear upon the subject.

The condiments and ingredients which, so to speak, provide

the curry flavour require the treatment I have described to blend and soften them. If raw curry powder or paste be simply stirred into a gravy or broth the result is crude and harsh—snuffy, in fact. Then as to the cooking. This *must* be conducted patiently. Slow simmering is a *sine quâ non*. Let the cook look upon a chicken curry as a *fricassée*, or *blanquette à l'Indienne*, and remember that it should certainly be treated according to the principles followed in preparing those dishes. What is worth doing at all, is worth doing *well*.

The soaking of meat in the curry-flavoured liquid is an important point, especially when, as just stated, previously cooked meat is to be curried. Remember how much better a *salmis* or a hash tastes if the meat of which it is composed has been marinaded for an hour or so, before being finally heated up, in the carefully made gravy or sauce composed for it.

Connoisseurs are agreed, I think, that nearly all meat and fish curries are better when warmed a second time than when first presented. For instance, if a curry with its sauce be kept during the night in a china curry dish, and be resuscitated the next morning with half an ounce each of fresh butter and onion, fried together as explained with a teaspoonful of curry powder, and moistened with a coffee-cupful of milk or broth, it will, if anything, be found better than on the previous day, since the meat has become thoroughly flavoured by the curry sauce, while the latter is of course reduced and so strengthened by the second simmering.

DRY CURRIES.

If a semi-dry or dry curry be required, the sauce, made *without thickening*, must be still further reduced by simmering with the lid off (if there is much of it part should be removed with a ladle), the pieces of meat being continually stirred about with a wooden spoon to prevent their catching at the bottom of the pan. When the proper amount of absorption has been attained, remove the pan and serve. The fire must be *very low* for this operation. Fat should be removed from the meat or the curry will be greasy, not dry.

A good plan with a dry curry is to proceed as follows :—Let us assume that a dry mutton curry is required. Make with a pound of lean uncooked mutton a curry exactly on the lines laid down for chicken curry, cutting the meat into half-inch squares, using mutton broth instead of that made of chicken, and omitting the *crème de riz*. Put it away when finished in a bowl. To turn it into the dry kind take a *casserole*, put half an ounce of butter in it, and set it over a low fire ; when the butter is melted pick out the pieces of mutton from the bowl with just as much of the sauce as may adhere to them. Spread them out upon the surface of the *casserole* and gradually exhaust the moisture by stirring the meat over the low heat with a wooden spoon ; by degrees they will separate themselves, the portions of sauce they brought with them will dry and become powdery, and when this condition has been attained the curry is ready.

Or—in one operation—cut up a pound of uncooked veal or mutton into half-inch squares. Melt three-quarters of an ounce of butter in a *casserole*, fry therein two ounces of minced shallot and a bit of garlic the size of a pea, over a low fire. When lightly browned add a tablespoonful of curry powder and a teaspoonful of paste, a tablespoonful of grated cocoanut, and a teaspoonful of grated green ginger. Stir together over the fire for six or seven minutes, then put in the meat, stir it into the curry stuff off the fire, and then moisten with two tablespoonfuls of strong broth or meat gravy. Keep the fire low, and continue the operation with patience till the pieces are dry and powdery.

KUBÁB CURRIES.

Old Indian cookery books give a number of recipes for *Kubáb* curries for the most part of Mahomedan origin and requiring condiments and ingredients which were perhaps appreciated by our forefathers who adopted an almost Oriental method of life. The best *kubáb* for us, perhaps, is one made of tender uncooked mutton or veal, and treated as follows :—

Cut a pound of lean uncooked mutton into thickish pieces, about an inch square and half an inch thick ; cut out of a thick

slice of cooked bacon as many pieces an inch square also, but not more than half the thickness of the mutton ; cut up also a similar number of pieces of parboiled white onion upon the same pattern as the bacon, and as many thin slices of green ginger to match. Impale these mixed pieces upon small plated or silver skewers, or upon thinly cut wooden ones, maintaining the order I have given, viz., first a piece of mutton, then a piece of bacon, then a bit of onion, and lastly the thin slice of green ginger. Having repeated this until one skewer is filled, go on with another. When all have been completed, the *kubábs* should be simmered in a good curry sauce as recommended for chicken curry. Before being added to the sauce, however, they should be lightly fried in butter in a *sauté*-pan with an ounce of onion minced, and a saltspoonful of salt, till slightly browned. The introduction of the slice of bacon is a very great improvement.

QUOORMA CURRY.

The QUOORMA, if well made, is undoubtedly an excellent variation, by no means like those we have been discussing.

Cut up about a pound of lean tender mutton into half-inch squares, and stir the pieces about in a big bowl with a dessertspoonful of grated green ginger and a sprinkling of salt. Melt two ounces of butter in a stew-pan, and throw into it three ounces of shallots or onions finely minced, and a small clove of garlic finely minced. Fry till turning colour, and then add a dessertspoonful of rice-flour, a teaspoonful of powdered coriander-seed, one of pounded black pepper, half one of pounded cardamoms, and half one of pounded cloves. Cook this for seven minutes, dilute with a pint of mutton broth, boil up and simmer for ten minutes pouring the liquid into the bowl containing the meat and let matters be for half an hour : next empty the contents of the bowl into a clean stew-pan, set this over a moderate fire, let it come to the boil, then reduce the heat and simmer over a very low fire for twenty-five minutes, until the pieces seem tender. Now take the pan from the fire and work into it a strong infusion obtained from four ounces of well-

pounded sweet almonds diluted with boiling water and squeezed, after fifteen minutes' infusion, through muslin. Mix thoroughly, adding a teaspoonful of turmeric powder and a saltspoonful of sugar with one of salt. Put the pan again over a very low fire, and let the curry simmer as gently as possible for a quarter of an hour, finishing off with the juice of a lemon, and a coffee-cupful of cream.

This, it will be perceived, is another curry of a rich yet mild description. The total absence of chilli, indeed, constitutes, in the opinion of many, its chief attraction.

CEYLON OR MALAY CURRY.

This is quite a *spécialité*, peculiar originally to places where the cocoanut is extensively grown and appreciated. It is known by some as the Malay curry, and it is closely allied to the *molé* of the cooks of Southern India. Though best adapted for the treatment of shellfish, ordinary fish, and vegetables of the *cucumis* or gourd family, it may be advantageously tried with chicken, or any nice white meat. We can describe it as a species of *fricassée*, rich with the nutty essence of the cocoanut, and very delicately flavoured with certain mild condiments. It ought to be by no means peppery or hot, though thin strips of red and green chilli skin or capsicum may be associated with it. It therefore possesses characteristics very different from those of an Indian curry. The chief point is the treatment and application of the cocoanut, which should be as fresh and juicy as possible, and of which there should be no stint.

When cocoanuts cannot be readily procured, a very good mock Ceylon curry can be made, as has been said, with the milk of almonds, and from Brazil nuts an infusion can be concocted that very much resembles cocoanut milk.

The condiments employed are shallots or onions, a very little garlic, green ginger, turmeric powder, a little powdered cinnamon and cloves, and the chilli strips aforesaid. Coriander-seed, cummin-seed, cardamoms, fenugreek, chilli powder, poppy-seed, &c., ought, on no account, to be used in this curry.

The most agreeable combinations are prawns or scallops with

cucumber, crab or lobster with vegetable marrow, or any firm-fleshed fish or tender chicken with either of those vegetables. For example, I will select a prawn and cucumber curry :—

CEYLON PRAWN CURRY.

(*a*) Take a good-sized cucumber, or two small ones, cut them lengthwise into quarters, remove the seeds, and peel off the green skin. Divide the quarters into pieces two inches long and one inch thick, and put them into a stew-pan with plenty of boiling water, half an ounce of butter, and a teaspoonful of salt. Blanch for three minutes and simmer them until three-parts done ; then drain the liquid off, and turn the pieces of cucumber out upon a clean dish, and cover them up.

(*b*) The prawns should be prepared very carefully ; and here permit me to observe that if prawns are fresh, and *properly cleaned*, no evil effects need be dreaded by those who look upon them as dangerous. Shell them, removing their heads completely. Next pass the point of a small knife down the line that runs down the centre of the back of each prawn, slightly open the groove, as it were, and pick out of it any black, gritty dirt that you may find there. Carry out a similar process with the inner line, and cast the cleaned prawns into a basin of spring water. Having washed them again thoroughly, pick them out, and dry them on a cloth. Dust them over with flour, and put them on a dish. They are now ready.

(*c*) Choose a large cocoanut, extract the water from it, saving it in a cup : break the nut in half, and, with a cocoanut scraper, remove the whole of the white flesh, rasping it into a bowl. Upon the raspings thus obtained pour a breakfast-cupful of boiling water, leave it for a quarter of an hour, and then strain the liquid off. This is the best or first infusion, which must be put away, and not added to the curry till the last thing before serving. Return the raspings to their bowl, and pour over them a pint of boiling water, stir well, and let the liquid stand for half an hour. It should then be strained, and the nutty atoms squeezed dry in muslin, so that every drop of the

cocoanut essence may be secured. The liquid thus obtained is the second infusion. Our preparations are now complete.

(*d*) Put two ounces of fresh butter into a stew-pan, and mix into it, as it melts over a low fire, three ounces of shallots or onion, shred into rings, and a clove of garlic finely minced. Lightly fry, but do not allow the onions quite to turn colour before adding a dessertspoonful of rice-flour, a teaspoonful of turmeric powder, a teaspoonful of salt, and a scant one of sugar, a teaspoonful of mixed cloves and cinnamon powder, and, by degrees, the second infusion.

(*e*) A breakfast-cupful of strong fish broth, made by simmering half a pound of plain fish cuttings, the pounded prawn shells, and any scraps of fish in water, or milk and water, with an onion cut up, a sprig of parsley and seasoning, should now go in to assist the composition, together with a good dessertspoonful of sliced green ginger, and the skin of three green chillies, from which all the pith and seeds have been picked out, cut into *julienne*-like strips. The liquid is now ready for the prawns, so remove the stew-pan from the fire, and place it in a bath of boiling water, to keep warm, while you add the prawns and the slices of partly cooked cucumber. It will be found an excellent plan, as in the previous cases, to permit the curry—now all but ready—to rest for about half an hour, at the expiration of which the pan may be placed over a moderate fire, and its contents brought to simmering point. When this takes place no further cooking is necessary, the first or strongest infusion may be stirred in, and with it a teaspoonful of lemon juice. Five minutes' simmering will now complete our task, and the curry can be dished up, and served.

Fillets of any firm-fleshed fish, or even neat fillets of chicken, may be treated precisely in the manner I have described. As, however, it is customary to use boiled prawns, crabs, lobsters, shrimps, &c., a somewhat longer process of simmering (twenty-five minutes for chicken and ten or twelve for fish) will be necessary for raw fillets. The pieces of chicken should be lightly tossed in butter in a *sauté*-pan with a finely-shred onion, before being put into the curry sauce. Scallops may be cooked *in* the

curry sauce—bring them slowly to the boil, at the first signs of which reduce the heat to simmering till the scallops are tender —about twenty minutes.

Excellent by this method are curries made of vegetables. It is the only way in which mushrooms can be orientalised without losing their delicate flavour, which is quite overpowered in curry of the ordinary type. Artichoke bottoms in the same way. An inexpensive and delicious curry of this kind can be made with sprigs of cauliflower (not overboiled) with a liberal association of picked shrimps—the two gently heated up together till hot enough to serve.

MOLÉ.

The MOLÉ is prepared in this manner:—Melt a couple of ounces of butter, and fry therein a couple of ounces of minced shallots and a small clove of garlic also minced over a slow fire: stop before the mince turns brown, and stir into it a dessert-spoonful of rice-flour, and add by degrees the second infusion just alluded to. Work this to the consistency of a rich white sauce, adding as much fish stock or broth as may be necessary, heat up your slices of cooked fish or chicken in it, and finish off, as already described, with the first infusion, and a teaspoonful of lemon juice. A saltspoonful of turmeric powder may be used if a pale yellow colour be considered desirable, and a garnish of finely sliced green ginger, and thin strips of green and red chillies should be added. If raw fish be used, make a little fish stock with the bones and trimmings, simmer the fillets in this, and use the liquid in making the *molé*.

RICE.

A chapter on curries would of course be incomplete without a few words about rice; but as the subject has already been treated of in Chapter XXIV., I must refer my readers to that part of the book for simple directions in regard to its preparation.

FISH CURRIES.

Although the Ceylon or Malay process and the moli are

peculiarly well adapted to fish of various kinds, it should be noted that with shellfish especially nice curries can be made, either moist or dry, by the Madras method first treated of. With ordinary fish care is necessary to prevent overcooking for it soon breaks up, and the object is to serve it in fairly firm pieces. Salt fish is remarkably nice cooked in the Madras way, and garnished with hard-boiled eggs. The celebrated Madras prawn curry is cooked with curry powder and paste exactly on the lines of the chicken curry. But as it is made with unboiled prawns, in England we must have a strong fish stock to moisten the curry.

CHUTNEYS.

In the olden time in India CHUTNEYS of various kinds were considered as essentially necessary with the curries as the lordly platter of rice which, of course, accompanied them. These may be divided into two distinct classes : the preserved or bottled chutneys, and those that are made of fresh materials on the spot. Of the former I need say nothing : they are easily procured, and most people know the kind that suits them best. But concerning the latter, I think a little reflection will be found advantageous. There can be no doubt that the presentation of these chutneys—the little *hors d'œuvres*, so to speak, of the curry service—ought to be encouraged. They give a special relish to the dish they accompany, and are always appreciated.

Fresh chutneys should be served in saucers, which should be tastefully arranged upon a tray. Four or five varieties can be presented together, so that there may be an opportunity of selection.

Caviare dressed with a few drops of lemon juice and a dust of yellow pepper ; roes of fish pounded with a little butter ; potted prawns ; potted ham ; crab paste ; lobster paste ; and sardine paste, are *hors d'œuvres* that can accompany the chutneys and materially assist them, according to the curries that may be served. Fried ham is a favourite adjunct with the old Anglo-Indian.

The best fresh chutneys are :—tomato, cucumber, mint, aubergine, cocoanut, mango or apple, tamarind, and potato.

For TOMATO CHUTNEY.—Remove the skin (see page 190), seeds, and watery juice, from two or three ripe tomatoes, chop them up with a sixth of their bulk of minced chives or green stem of onion, and season the mince with a little salt ; add a pinch of sugar, the skin of two green chillies chopped small, and a little bit of celery also chopped ; give the whole a dust of black pepper, and moisten it with a teaspoonful of vinegar—anchovy vinegar for choice.

For CUCUMBER CHUTNEY.—Cut the cucumber into thin-*julienne*-like strips an inch long—say three heaped-up tablespoonfuls—mix with them a teaspoonful of finely minced chives, or green stem of onion, one of chopped green chilli, or capsicum, and one of parsley ; moisten with a dessertspoonful of vinegar in which a pinch of sugar has been dissolved, a dessertspoonful of salad oil, and dust over it salt and black pepper at discretion.

AUBERGINE CHUTNEY is made in this manner :—Boil two or three aubergines, let them get cold, scrape out the whole of the inside of the pods, pass this through the sieve to get rid of the seeds. Rub a soup-plate with a clove of garlic, empty the aubergine pulp therein, dress it with a teaspoonful of minced green onion, one of green chilli, one of vinegar, and the same of grated green ginger, season with salt and black pepper, pat the mixture into a little mould, and serve in a saucer.

COCOANUT CHUTNEY consists of pounded cocoanut, flavoured with minced onion and green chilli, green ginger, and an atom of garlic, moistened with tamarind juice, and seasoned with red pepper and salt. The proportions may be fixed as follows :—two tablespoonfuls of the cocoanut, a teaspoonful of grated green ginger, half one of onion and chilli, and vinegar (instead of tamarind) sufficient to sharpen. A delicate pink tint is given with a little finely pounded skin of red chilli, or capsicum.

MINT CHUTNEY is made in the same way, substituting pounded mint for cocoanut. Blanch the mint leaves for seven minutes, drain, and press out all moisture before pounding them.

MANGO OR APPLE CHUTNEY is made like cucumber chutney, with the addition of a teaspoonful of chopped green ginger.

TAMARIND CHUTNEY is a good one.—Pound together a tablespoonful of tamarind pulp (the preserved West Indian will do) and one of green ginger, season it with salt, a teaspoonful of minced green chillies, and one of mustard seed roasted in butter ; mix thoroughly and serve.

MASHED POTATO CHUTNEY is flavoured with minced onion, green ginger, chilli, salt, pepper, vinegar, and a pinch of sugar. With these relishes, curries are undoubtedly far nicer than when sent up unassisted. The amount of onion is, of course, a matter of taste, and the garlic can be omitted if desired.

Tinned BOMBAY DUCKS, when presented with curries, only require crisping upon a wire drainer in a brisk oven for two or three minutes.

Papodums, an Anglicised corruption of the Tamil *paparums*, or, Hindustani *paupuds*, a cake or biscuit eaten with curries in Southern India, peculiar to Madras, are now procurable in London. They should be plunged into very hot fat, one by one, for not more than a couple of seconds each, being drained, dried, and served as crisp as possible. This is far better than toasting them. They cannot be made out of India, as one of the components, the fine flour of green-gram, the pea of a kind of a vetch, is necessary, and the exact proportions of the other things a native mystery. Thin slices of unripe banana, and uncooked aubergine similarly fried, like potato chips, are nice with curries.

MULLIGATUNNY.

Perhaps a few lines regarding this excellent and, at times, invigorating soup, may be found useful.

Originally peculiar to Southern India the preparation derives its name from two Tamil words—*milagu* (pepper), and *tannir* (water), for in its simple form, as partaken of by the poorer classes of Madras, it is, as its name indicates, a pepper water, or *soupe maigre*. Eaten with a large quantity of rice it is a meal in itself. The English, taking their idea from this

composition, added broth, chicken, or mutton, and other condiments, thickened the liquid with butter and flour, and finally arived at a *soupe grasse* of a decidedly acceptable kind.

MULLIGATUNNY can be made upon either a meat, fish, or vegetable stock foundation, and there are three distinct ways in which it can be served :—

(*a*) Thick.
(*b*) As a gravy soup—not thickened.
(*c*) Clear.

A good *mulligatunny* paste is the best preparation of condiments to use for this soup, but curry powder or paste may be substituted. In any case the curry stuff must be cooked separately with just the same care as for curry-making. A soup made by blending raw powder or paste with meat broth, or stock, is not *mulligatunny*. The crudity and heat complained of by connoisseurs can scarcely be avoided by following such a method.

Indian condiments purchased in England vary in strength to such an extent that it is difficult to fix the quantities for recipes with any degree of certainty. If *mulligatunny* paste be imported direct, or procured from some reliable source, it will be found that a well-filled tablespoonful will be sufficient to make a pint and a half of well-flavoured soup. Slight addition or reduction, as the case may be, will of course settle the question after one trial.

THICK MULLIGATUNNY.

For this the stock need not necessarily be made of choice soup-meat : a pound or so of fresh bones well broken, trimmings of cutlets or fresh giblets, with a bacon bone or rind, an ounce of glaze or spoonful of beef extract, two onions, a carrot, and seasoning, when boiled down properly will yield a broth quite good enough for our purpose. Having prepared three pints of this, strained, cooled, and skimmed it, set in a bowl, and proceed as follows :—

1. Take two tablespoonfuls of scraped, or desiccated cocoa-nut, and two of ground sweet almonds ; put this in a bowl and

pour over it a breakfast-cupful of boiling water ; cover the bowl with a cloth, and let the nut steep till required.

2. Now mince up small two ounces of shallots or mild onion with one small clove of garlic. Melt an ounce and a half of butter at the bottom of a two-quart stew-pan, put in the mince, and let it fry over a low fire slowly till it begins to turn brown, then add two full tablespoonfuls of *mulligatunny* paste, or curry powder and paste, and a dessertspoonful of *crème de riz*.

3. Cook slowly now for seven minutes, still over a low fire, stirring the mixture with a wooden spoon, and if too dry adding a little butter.

4. Next put in a coffee-cupful of the broth, mix well, increase the heat below the stew-pan, and by degrees add the whole of the broth—three pints altogether.

5. Bring this to the boil, skimming off the scum, and then simmer for a quarter of an hour.

6. After this pass the liquid through the block-tin strainer to get rid of pieces of onion, &c., and then proceed in the usual way to thicken it with an ounce of butter and an ounce and a half of flour.

7. If at all lumpy the soup must be again strained, and then the nutty infusion, squeezed through muslin, must be passed into it.

8. Heat up almost to boiling-point, and then serve.

N.B. The yolk of an egg, wholly separated from the white, may be mixed with a coffee-cupful of the soup off the fire, and stirred into the soup at the last moment.

GRAVY, OR THIN MULLIGATUNNY.

This variety is made like the thick in all respects except the thickening and addition of the yolk. It is of course opaque, but if made upon a good stock as a foundation is nevertheless a very nice soup, especially as a pick-me-up, being not as rich as the thick, and not as troublesome to make as the clear.

If rice is served with thin mulligatunny it should be boiled

in the manner laid down at page 302 and tinted with a salt-spoonful of turmeric.

CLEAR MULLIGATUNNY.

The object in a CLEAR MULLIGATUNNY is to present a bright, sparkling *consommé* of the colour of clear turtle, with a decided flavour of *mulligatunny*, and slightly peppery. Now, if you try to communicate the flavour with ready-made curry powder or paste, in which there is a certain quantity of turmeric, you will experience considerable difficulty in getting your soup bright and clear. *Pounded* coriander-seed, too, is oily, and would probably cause trouble. So the easiest method is to put a muslin bag containing the condiments in seed form into the soup-kettle with the vegetables, and to remove it as soon as the broth is satisfactorily impregnated with the wished-for flavour. The pepperiness is best imparted with a few drops of tabasco as a finishing touch, or of chilli vinegar if tabasco be not available.

The following proportions will, I think, be found satisfactory as far as the flavouring is concerned:—half an ounce of coriander-seed, a quarter of an ounce of cummin-seed, a quarter of an ounce of fenugreek, half an ounce of cardomoms, a clove of garlic, a dozen black peppercorns, and the finely peeled rind of a lemon with one bay leaf. All should be put into a muslin bag, without pounding or bruising, boiled with the soup, and removed as soon as the flavour is satisfactory. These quantities are estimated for about three pints of clear *consommé;* but as tastes vary in the matter of flavouring they can obviously be slightly altered at discretion.

I would abstain from the use of all ordinary spices for fear of disturbing the flavour derived from the curry stuff. The soup itself—ordinary beef, veal, or chicken broth—must be clarified with meat, as explained in Chapter IV. Clear ox-tail thus flavoured is well-known in London Club-land under the name of *queue de bœuf à l'Indienne.*

A stock made from fish and vegetables makes a capital basis for mulligatunny whether clear or thick. A cod's head makes a good broth, and a pound of fish cuttings also. Ordinary fish

boilings if not too salt or rich make very fair mulligatunny. In every case, onions, parsley, and sweet herbs assist the flavour.

Vegetarians can fall back upon a stock composed of vegetables—*consommé de légumes*. This, carefully flavoured with a good *mulligatunny* paste, thickened with flour and butter, and enriched with *lait d'amandes*, cocoanut milk, cream, or raw yolks of eggs, will be found to make a most excellent *soupe maigre*.

VEGETABLE STOCK.

The stock should be composed as follows :—Weigh, when trimmed and cut up, half a pound, each, of carrots, turnips, and onions. Throw them into a stew-pan, with four ounces of butter, good clarified beef dripping, or clarified beef suet, a bunch of parsley, and an ounce of celery. Fry until the vegetables begin to turn a red colour, then moisten with two quarts of hot water. Boil and skim, then put into the pan half an ounce of salt, a quarter ounce of black peppercorns, a *bouquet garni*, and half a pint measure of green peas, with their shells cut into strips. Simmer for an hour, skim off any oil that may rise from the butter, and strain the broth into a basin through a tamis.

Be careful in using turnips. Unless they are very young they are apt to be too strongly flavoured. This is observable in winter especially. Leeks are invaluable ; if available I would put half a pound of them in with the carrots ; a few sprigs of thyme or marjoram are also useful. A pint of French beans may be used instead of, or in addition to, the peas. This *consommé* is, when skimmed and clarified, quite fit to serve alone. Macaroni or vermicelli may be added to it as a garnish, and grated Parmesan may accompany it.

For ordinary *mulligatunny maigre*, however, plain vegetable *eau de la cuisson* may be employed. This most useful liquid is too often thrown away by ignorant cooks who probably have never heard of its value. It is the water in which certain vegetables have been boiled. As a matter of economy, housekeepers should make a note of this. Suppose you want to

make a *salade cuite*, *i.e.*, a salad of cooked vegetables, or a *macédoine*, the water in which the carrots, onions, leeks, peas, flageolets, French beans, and young turnips are boiled will provide you with an excellent stock for ordinary white sauce, or *mulligatunny*. The water in which green peas have been boiled, boiled again with an onion sliced and the pods shedded, yields a capital broth for this purpose.

An excellent *mulligatunny* is made in association with a *purée* of split peas, lentils, or haricots, simply using the *cuisson* for the moistening. For this see the recipe for lentil soup in the next chapter, and work that into the mulligatunny paste, &c., instead of stock.

The native cook in India makes the ordinary domestic *mulligatunny* without previously prepared stock. It is usually made of fresh uncooked chicken or mutton, and thickened or not as may be ordered. I subjoin a recipe adapted to the resources of the English kitchen.

CHICKEN MULLIGATUNNY—INDIAN.

Cut up a good-sized chicken or young fowl as if for *fricassée*, soak the pieces, giblets included, in cold water for half an hour, drain, and put them into a stew-pan with four ounces of onion, the same of carrot, a *bouquet garni*, a teaspoonful of salt, and an ounce of celery. Keep this in readiness.

When this is done, slice up a couple of ounces of onions, and put them, with an ounce of butter, into a small stew-pan on a low fire, fry together till slightly browned, and stir into the butter a tablespoonful and a half of *mulligatunny* paste or curry powder.

Cook the paste or powder slowly with the butter and onions for seven minutes, and then dilute with a coffee-cupful of warm water.

Now empty the contents of the smaller stew-pan into the vessel containing the chicken; and as the pieces will not be covered, put in water enough to do so. Let the contents come once to the boil, then ease off the fire, and simmer for an hour and a half very gently.

While this is going on, blanch, peel, and pound a couple of ounces of almonds in a mortar, with a little milk, give it a pinch of sugar, pour a coffee-cup of scalding water over it, and let the mixture stand till wanted.

Now, having ascertained that the chicken is quite tender, stir in a dessertspoonful of good chutney, a teaspoonful of red currant jelly, with a dessertspoonful of lemon juice, and, after five minutes' simmering, strain off the whole of the liquid into a bowl.

Pick out the nicest pieces of chicken for garnish, brush off any pieces of onion or carrot that may adhere to them, and put them aside.

When cold, skim the surface of the liquid, and, when quite clear of grease, proceed to thicken it, using an ounce and a half of butter and the same of flour, and stirring in the soup slowly.

All having been poured in, add the garnish, and strain into the saucepan the almond milk, using a piece of muslin in order to catch up the bits of nut. Let the *mulligatunny* come almost to the boil, and serve.

The chief points to observe are :—First of all the preparation of the chicken and the separate cooking of the paste or powder ; next their amalgamation and the simmering with the addition of a pleasant sub-acid ; then the straining, cooling, skimming, and thickening ; and lastly, the introduction of the almond milk. Instead of almond milk, cocoanut milk made of the fresh or desiccated nut may obviously be used, and if a rich soup be desired a tablespoonful of cream, or a couple of raw yolks of eggs, may be stirred into the tureen with the soup, by degrees, just before serving.

With one shilling's worth of giblets (easily purchased in London), a quart and a half of excellent chicken mulligatunny can be made on these lines. A coffee-cupful of milk may be included. No garnish of meat will be available, but that is of small consequence.

For mutton *mulligatunny* follow this recipe, substituting one pound of the scrag end of the neck or breast of mutton for the chicken. Veal may be used in the same way.

It will be seen from these observations that, while there is no difficulty whatever in making *mulligatunny* of a superior, as well as of an ordinary kind, it is a soup that demands no little care and attention. Whether it is worth the trouble or not is a question that can only be decided by practical experiment. I have no hesitation in recommending the trial.

N.B.—A lemon cut into quarters should always be handed round with *mulligatunny* whether thick, gravy, or clear.

CHAPTER XXX.

ON ROUGHING IT.

ALTHOUGH no doubt there are many among us who have by long experience acquired the knack of making themselves thoroughly comfortable under canvas, at sea, or in wigwam, and who, when roughing it, contrive to do themselves very nearly as well as when snugly at home in town or country, there must be, I take it, a good many travellers, sportsmen, yachtsmen, and others whose tastes lead them afar on land or water year by year, who would like to pick up a wrinkle or two in the matter of cookery under difficulties.

A friend of mine, who, in addition to his passionate devotion to sport of all kinds, possesses the keenest appreciation of the value of good food in relation to health, assured me, once upon a time in India, that *good bread* was the foundation of alimentary comfort when living in camp. Having felt this need for some years he at last determined to learn how to make a good digestible roll, and after a few trials succeeded. Thenceforward he carried this roll with him, so to speak, on all his expeditions, and, with the aid of a handy servant, was able to bake light, clean, white bread daily, at a distance of many marches from an English dwelling-place. He used Yeatman's baking powder, imported Australian or American flour, and a little salt. Butter and milk were added in the case of a French roll, and he occasionally mixed oatmeal with the flour for variety.

The question of an oven did not concern him, for the native of India can construct a field-oven wherever he may be without difficulty.

Now if we accept the contention that it is a good thing to be able to provide ourselves with bread when circumstances may place us beyond the reach of bakeries, the system adopted by my friend in India can easily be followed. All that is required is good flour, a trustworthy baking powder, salt, and a portable oven. Of these the last can be supplied either by a mineral oil stove, or by one fed by "carbotron fuel"—both *spécialités* of the Atmospheric Churn Company, 119, New Bond Street, where practical baking with Yeatman's baking powder is demonstrated.

Thus the amateur baker can at once settle two important points :—a leavening composition, perfectly climate-proof, by which he can turn out an excellent loaf of light, clean bread ; and the oven to bake it in.

CAMP STOVES.

The "Golden Star" stove is portable, strong, and easily managed. It is fed by mineral oil, kerosine or paraffin, and in addition to the oven, provides the cook with a capital kitchen range adapted for boiling, stewing, frying, and even grilling. An "extension top" is also supplied with this stove whereby its working capacity is increased.

A still further development is the "Oil Cooking Range," introduced by this firm with five five-inch burners, and equal in every way to the requirements of a large yacht or shooting-box.

These stoves possess the same advantages as gas stoves. In soup-making, for instance, and in stewing operations, you possess the power of producing the exact amount of heat you need by turning down the wicks at will. You can make a *pot-au-feu*, a *ragoût*, *haricot*, or *navarin*, over a low turned-down wick for instance, the like of which I defy any cook to produce with a common open kitchen range without unremitting attention, simply on account of this regulating power.

The portable stoves made to consume the Carbotron fuel, which burns without smoke or smell and requires no chimney, are specially recommended for cooking purposes on yachts, houseboats, &c., and to all who have a dislike to mineral oil. The fuel is very light and economical, costing, according to the amount of heat required, from a halfpenny to a penny per hour. The stoves are furnished with ovens and cooking utensils, and to all intents and purposes are as efficient, from a culinary point of view, as the mineral oil consuming stoves. Regulating power is secured by dampers.

When not wanted for cooking, the carbotron stove can be used for heating a room or cabin, for which purpose you use the radiator, or ornamental chimney, previously mentioned. Thus adjusted, it is also very useful for airing damp linen, or drying wet clothes ; you have merely to place a large circular basket over it, and spread the things thereon, for the chimney is so contrived that the heat radiates laterally, and there is therefore no chance of burning, scorching, or smoking.

Among Messrs. Woolf & Co.'s useful camp or seafaring appliances is the Locomotive Boiling Set. This consists of a methylated spirit stove with a specially constructed kettle for the acceleration of boiling, a regulator for the reduction of heat, and a window-guard to protect the flame from draughts. This can safely be added to the sportsman's or traveller's equipment. On a journey it would be a source of comfort, and in a camp or cabin a most handy appendage to the oil or carbotron stove for such light work as boiling water or milk, heating coffee or soup, frying bacon, boiling eggs, &c., for a saucepan, stew-pan, or light frying-pan can easily be used with it. For several years I used a spirit lamp or large Etna, worked on the same principle, for *omelettes*, for which work I found it very well suited. With the aid of the Locomotive stove a cup of tea or coffee can be made in the train, at a picnic, under a tree by the roadside—anywhere in fact, while with a small six-inch frying-pan you can devil a biscuit, cook a rasher, poach an egg, or fry a kidney to accompany the tea or coffee.

Having thus directed your attention to these reliable ap-

pliances for the camp kitchen, I will return to the subject of baking bread.

BREAD.

I may say without hesitation that very few bread-makers hit off perfection at starting. The beginner must be prepared to struggle through a few disheartening attempts before he can succeed in turning out the exact thing he wants. The common mistakes are overworking the dough, and using too much liquid. The mixing of dough with the proper quantity of fluid can only be acquired by practice, and all beginners knead too heavily through overzeal. Watch a professor. A cook who understands pastry and bread-making will not require much more than three-quarters of a breakfast-cupful of water to moisten a pound of flour, and carries out the operation with a light hand very quickly.

It is quite possible to use two wooden spoons to work the dough with, the result is satisfactory as regards the lightness of the bread, and to those who have an antipathy to the employment of fingers the system is especially attractive. If by any chance your dough has been made too sloppily, and from its putty-like consistency you have a suspicion that it will be heavy, bake it in a tin. Semolina, known in India as *sooji*, is more easily moistened than ordinary flour, *i.e.*, less liquid is required to form dough with it. Proportion :—half a pint to a pound of flour, but the same to one pound two ounces of semolina.

The equipment of the camp-baker should be :—a large enamelled iron milk basin, two wooden spoons, a flour dredger, scales to weigh the flour, some patty-pans for rolls, some small tins for ditto, a baking-sheet, a half-pound and pound loaf tin, and a cake tin : these various things are not expensive, they should be kept as clean as possible, and be scrupulously reserved for their own purposes. Having provided yourself with this equipment, you should use Yeatman's baking powder, the best Vienna, colonial, or home-made flour you can get, wholemeal and oatmeal occasionally, salt, and either good butter, if procurable, or that of some well-known purveyor preserved in tin.

Here is a reliable receipt for eight nice breakfast or dinner rolls one and a half ounce each :—

Eight ounces or one large breakfast-cupful of flour,
Half an ounce of good butter,
A quarter of an ounce of Yeatman's powder,
One saltspoonful of salt,
Nine tablespoonfuls of milk for ordinary flour, eight for semolina.

Rub the butter into the flour with one of the wooden spoons *after* having spread the latter with the baking powder in the enamelled pan, and sprinkled the salt over it, now mix your dough as lightly as you can, using both wooden spoons, and shaking the milk into the flour by degrees. When nicely formed, divide into eight equal portions, pat them into shape with the spoons, and place them in eight patty-pans well buttered. These must be put on the baking-sheet, and slipped into the oven, which should have been heated to receive them to such a degree that you can hardly bear your hand inside it. The time taken in baking depends upon the sort of oven you employ : as soon as the rolls brown very slightly, having risen into nice round forms, they are ready. This recipe may be altered to five ounces of flour, and three of oatmeal, for a change. Water can, of course, be used instead of milk.

French Rolls :—Half a pound of flour, half an ounce of butter, one whole egg, a quarter ounce of Yeatman's powder, a saltspoonful of salt, and nine tablespoonfuls of milk. Work the butter thoroughly into the flour with which the baking powder and salt should be carefully incorporated to begin with. Beat the egg up briskly with the milk, and strain it into another cup, and gradually add the eggy milk till the dough is formed ; form the dough into two nice oblong rolls, place them on a sheet of well-buttered paper, on the baking-tin, and set them in the oven ; look at them after twenty minutes' baking, and take them out as soon as their colour indicates that they are done.

Half-pound plain loaf :—Mix well together half a pound of flour, a quarter ounce of Yeatman's powder, and a saltspoonful

of salt. Work this with eight or nine tablespoonfuls of water, set the dough in a tin, or form it in the well-known cottage shape and bake.

With German yeast:—Eighteen ounces of flour, one teaspoonful of salt, one teaspoonful of sugar, one-third of an ounce of German yeast, one and a half of water. Place the flour in a basin with the salt ; dissolve the yeast and sugar together in the water which should be warm ; then blend all with a wooden spoon. Mix thoroughly and let it stand to rise for one hour. After this divide the sponge into three pieces and bake for forty minutes. The yield will be three loaves of fourteen ounces each. This method has an advantage over the previous one given for bread made with baking powder, for plenty of kneading improves it.

The ordinary cookery book receipts for fancy breads can be safely followed if you remember the proportion of the baking powder to the pound of flour, and, where eggs are propounded, see that they are fresh and well beaten.

In using Yeatman's powder, do not let your *made* rolls, or bread, stand waiting for the oven : see that your baking apparatus is all ready before you commence making the bread, and the oven heated.

I advise camp-bakers to make *rolls* rather than large loaves. There is less waste with them. A roll is either eaten *in toto* or left untouched. If intact, you have merely to dip it in milk, and put it into the oven—damp ; it will turn out again almost as freshly as a new roll. Bread, once cut, is apt to get dry, and with the exception of being sliced for toast, or grated for bread crumbs, is not very presentable a second day. In baking, be very careful that your flour is well sifted and thoroughly dry. In a moist climate it is advisable to dry it in the oven before using it ; the sifting must be carried out by a sieve.

If unable to procure Yeatman's, or other reliable baking powder, a fairly good emergency substitute can be made with cream of tartar and bicarbonate of soda, mixed in the proportion of two teaspoonfuls of the former to one of the latter.

A good camp pie or tart crust:—Take a breakfast-cupful of flour, one and a half-teaspoonful of Yeatman's powder, four ounces of butter or clarified suet, seven tablespoonfuls of water, and a saltspoonful of salt (a little sugar if for a tart) and proceed in this way :—Mix flour, salt, and baking powder well together and then rub in the butter or suet, add the water and mix quickly, then roll out and cover the dish, which with the meat or fruit should be ready for covering before the paste is commenced. This can, of course, be glazed with a beaten egg in the usual manner, or, if a tart, some finely sifted white sugar can be dusted over the wetted surface of the paste after cooling.

Now let us discuss the animal and vegetable food of camp life, taking first :—

SOUPS.

Many people think that unless they can get beef they cannot have a freshly made soup. Now, there are a few capital soups, as many of course know, requiring no meat at all, which are known as *soupes maigres*. I will give you three :—

Lentils soup *au maigre* :—Pick carefully a pint measure of lentils, wash them well, and put them into a stew-pan with three pints of cold water, a quarter of an ounce of salt, one three-ounce onion, and a bacon bone if possible. Boil ; then allow to simmer till the lentils are cooked. This you ascertain by pressing the grain between the finger and thumb. To accelerate the cooking pour into the pan, every half-hour, a quarter of a tumbler of cold water, starting the boiling again after each interruption. This operation renders the soaking of dried pulse before cooking unnecessary, and though it adds a little to the consumption of fuel, the advantage gained is considerable. The lentils being nice and soft, drain them off, reserving the broth : pass the grains through the wire sieve, with the onion, catching the *purée* in a soup-plate. Now put half an ounce of butter with half an ounce of flour at the bottom of the cleaned stew-pan, mix these over the fire till velvety, then gradually add *purée* and broth together, until a

soup of the desired quantity and consistency has been obtained. Off the fire, at the time of serving, you can add to the richness of the *potage* by a yolk of egg beaten up with some warm milk or a raw yolk alone. Fried *croûtons*, or fried minced lean bacon, may accompany. You can follow this recipe exactly, substituting split peas, or dried haricots if you can get them. Powdered mint, if procurable, is, of course, a time-honoured accompaniment.

Soupe à l'oignon :—Slice up into thin shreds eight ounces of onions ; blanch the slices in boiling water for five minutes ; drain, and put them into a stew-pan, let them fry over a brisk fire in an ounce and a half of butter till they turn pale brown ; then add one ounce of flour, stir for two minutes, after which add a quart of water, a saltspoonful of pepper and one of salt, let the whole come to the boil and then simmer till the onions are well done and serve with *croûtons* of fried bread. Grated Parmesan should accompany. This is still better if thickened finally with raw eggs like *bonne femme* soup (see p. 45). Milk can be used instead of water, or with it, half and a half.

Soupe au potiron :—Let us assume that you can get an ordinary yellow pumpkin. Take two pounds, cut it into pieces, pick out the seeds, peel off a quarter of an inch of the rind, put them into a saucepan with a good-sized slice of bacon, one ounce of butter, two ounces of a Bologna sausage, if available, and a bag containing sweet herbs, a clove of garlic, pepper, and a little spice ; add water enough to cover the whole, and let the soup simmer an hour and a half till the pumpkin is done. Now strain off the liquid, boil a coffee-cupful of milk, cool it, mix the yolk of an egg with, and add it to the broth, heat up gently without quite boiling, and serve with *croûtons* of fried bread. A bacon bone would assist the undertaking greatly.

But you need not condemn yourself to *soupes au maigre* whenever there are sheep, fish, and fowls to be had, when you can shoot game, and, lastly, when you are provided with tinned soups, Liebig's extract and preserved vegetables, especially tablets of *julienne*. In camp, and at sea, bottles of dried herbs, and tinned provisions are, of course, often indispensable, but you

should, whenever possible, be provided with potatoes, carrots, and onions, before starting, especially the last.

Soups in tins can be turned to excellent account in conjunction with fresh stock in this way :—Kill a good full-sized fowl, take off all the meat of the breast and use it for a little *entrée ;* cut the rest of the bird up, and put it, giblets and all, with a teaspoonful of salt, into a stew-pan ; fry the pieces in butter or clarified dripping till slightly coloured, then add half a pint of water with a tablespoonful of marsala or sherry and one of good ketchup. Reduce the liquid, turning the pieces of fowl about to prevent catching until the glaze forms, then cover all with tepid water, and let the contents of the vessel come very slowly to the boil, skimming off the scum which may rise during that process, and adding a little cold water from time to time to assist the operation, and retard the boiling : when clear of scum and the boiling stage has been attained, put into the pan a couple of medium-sized onions, say four ounces, cut into quarters, any fresh vegetables you may be able to add, with a bag containing a teaspoonful of mixed sweet herbs, a clove of garlic, a dozen peppercorns, a pinch of parsley-seed, a few drops of celery essence, a tablespoonful of mushroom ketchup, a teaspoonful of sugar, and another teaspoonful of salt. Now, let the pan come to the boil again, and then reduce the fire for the simmering stage, which should continue till the onion is soft. When the pieces of fowl are nice and tender the broth is ready : long cooking will avail nothing : so lift up your pan, and strain off the broth into a bowl, it will be beautifully bright and clear if the skimming was carefully attended to at first. Served hot, with the meat of the legs and thighs, and a separately prepared dessertspoonful of *julienne*, this *consommé de volaille* will be found sufficient for two hungry men.

The *julienne* should be treated in this way :—Cut the quantity mentioned from the dried tablet, put this into a small saucepan with a breakfast-cupful of the broth, cooled, over a moderate fire, and simmer till the pieces of vegetable detach themselves and soften : when thus ready put all into the soup.

When used in connection with a tin of soup, the broth

should be poured from the bowl into the pan again, and the tin of soup added to it ; a slow process of boiling should now be commenced, during which any scum the soup may throw up should be studiously removed, for fat and all tinny impurities will thus be got rid of. If a tin of *thick* soup be chosen—like mock-turtle, for instance—you must thicken the combination with a little flour and butter. When this has been done a tablespoonful of marsala should be added, and the soup served. The better pieces of fowl, if not overcooked—which, let me point out, is quite unnecessary—may be served as a separate dish in the form of fricassee, or be bread-crumbed or dipped in batter, and fried, and served with macaroni and tomato conserve.

Very acceptable stock, remember, can be made from *fresh* mutton scraps, the scrag end, feet, and cutlet trimmings ; and even cold *roast* mutton bones are useful. The broth should, whenever possible, be assisted by bacon skin, bones, or trimmings, minced *lean* bacon is most valuable, and a pleasant flavour is imparted by a thick slice of Brunswick or Bologna sausage. Further improvement can, of course, be effected by adding the giblets or remnants of any game you can spare. With this, if onions, a few vegetables, and pearl barley be available, you can make a capital hotchpotch. If not, mix a tin of that soup with it, or a dessertspoonful of dried *julienne*, cooked as just described.

Birds that have been mauled in shooting can be utilised in the camp stockpot. *Purées* of game can be made if you happen to have the necessary utensils, if not, you must make the game broth as strong as possible, helped by the fowl stock already described, and thicken it with flour and butter. The addition of marsala or port is, of course, a great improvement.

TINNED SOUPS.

Touching tinned soups the following extract from Wyvern's annotated catalogue of Messrs. J. Moir and Son's *Preserved Food*[1] may perhaps be found useful :—

[1] *Preserved Food, and How to Prepare it for the Table*, by Wyvern ; Leeds, Alf Cooke, 1893.

"These remarkably well-cooked soups may be considered in two ways. First *per se*, so to speak, as articles of diet *alone;* and next as adjuncts, or *media* of assistance. In either case they deserve our close attention. To the traveller, sportsman, or small consumer, the tin of soup is, if not a meal in itself, a very important part of one; while, to the caterer of a mess on the line of march, or of a company of passengers on board ship, preserved soup cannot well present more than a means to improve the contents of the tureen. In case the first, I advocate no addition of water. Bring the contents of the tin of soup to the boil, and take it in its full strength. All the national soups—turtle, mock turtle, ox-tail, giblet, game, &c.—are improved with a tablespoonful of good marsala or sherry per pound tin, and a saltspoonful of salt, with a teaspoonful of red currant jelly for the game soups.

"If much fatigued after a trying day's journey or a stiff day's shooting, there could scarcely be recommended a better "pick-me-up" than a breakfast-cupful of one of these strong soups, dashed with wine as I have described—infinitely more wholesome and invigorating than a "peg" of brandy or whisky and soda. With the addition of a breakfast-cupful of broth or of hot water, a one-pound tin of soup yields three nice basins of soup, each basin being sufficient for a hungry man with other things to fall back upon.

"If required to supply a traveller with a *meal*, I advise the preparation of some *croûtes*, or crisped toasts, over which the tin of hot soup should be poured:—Cut off the bottom crust of a tinned loaf with about as much crumb as crust when regarded in section; divide the slice into squares the size of a gentleman's visiting card, soak these in some of the soup, and dry them crisp over a low fire in a frying-pan. They will be found nicer than ordinary toast. A couple of poached eggs would make the dish still more sustaining.

"Touching the augmentation of a tin of soup to meet the requirements of a large party, Messrs. Moir & Son say that a pound tin makes two pounds of soup second quality, or two and a half pounds if of the first quality; this of course being

simple addition of water in the following quantities :—one tinful of water to one of soup second quality, and one and a half tinful of water to one tin of soup first quality. Therefore a pound tin of soup of the first quality will, when thus diluted, yield seven good basins of soup. This may, of course, be accepted as a general rule, but I strongly advise the use of fresh meat or vegetable stock—even common broth made from bones and scraps—in preference to water. The water in which dried haricot beans, onions, carrots, peas, pea-shells, or lentils, have, with the due allowance of salt and a pinch of sugar, been boiled, is by no means to be despised in thus contributing flavour and strength to tinned soup which water alone cannot of course be expected to supply. If no vegetables happen to be available, the trimmings of meat, game that has been badly shot, the giblets of poultry, bacon bones and skin, with some peppercorns, and a due allowance of salt, a pinch of sugar, and a drop or so of celery essence, will produce a useful broth, which, when freed from fat, and tinted with Moir's colouring preparation, will answer our purpose satisfactorily. In augmenting thick soups a little extra thickening will be needed, and the addition of a little wine may be laid down as an undoubted improvement.

"Moir's vegetable soups require no wine. They should be served on their own merits, with *croûtons* of crisped bread. Neither do the fish soups (among which I must specially commend the *bouillabaisse*), to which nothing should be added.

"For sportsmen, yachtsmen, and travellers, the *bouilli* with *bouillon* ('*soup* and *bouilli*') seems peculiarly adapted. This is a preparation of soup, meat, and vegetables together, and sufficient in itself for a meal. It requires no manipulation. Turn it out into a stew-pan, and serve as soon as it is thoroughly heated—do not let it actually boil. Or, open the tin, cover the opening, and set it in a pan of hot water, place this on the fire and let the water in the outer vessel boil till the contents of the tin are thoroughly heated. Then empty the soup, meat, and vegetables into a deep dish and serve."

A tin of soup, it should be noted, is not valuable for service in that form only ; it provides at a pinch what may be needed

for a dish of hash or stewed (cooked) meat. How often the mistress is puzzled in regard to the disposal, say, of some cold rolled ribs of beef. The cook has no stock, and the meat can give neither bone nor trimmings for broth-making. Now a pound tin of ox-tail soup, second quality, at about ninepence, will convert the cold meat into a tasty, wholesome hash or stew, and if assisted, as explained in Chapter XVIII., will render the *réchauffé* sufficiently well flavoured and inviting to present at dinner.

TINNED FISH.

Tinned fish plainly turned out of the tin and made *hot* is positively nasty, and in no way improved by an Anglo-Saxon flour and watery sauce flavoured with anchovy essence. It will be found better far if preserved salmon, fresh herrings, and other tinned fresh fish are served with *tartare* or *mayonnaise* sauces, as cold as possible, after having been carefully drained on a sieve from all the tinny oil which adheres to them. Select nicely sized pieces after this operation, place them on a dish with any garnish you may have, such as *olives farcies*, capers, sliced gherkins, and rolled anchovies, and serve the sauce separately in a boat, as cold as possible. All scraps and odd bits can be saved and worked up as cutlets, or in any of the ways I have mentioned for cold fish in my chapter on *réchauffés*.

If you want a hot dish of tinned fish you must choose the nicest pieces, free them from oil, and gently warm them up in a good *matelote* sauce, *sauce blonde*, or *poulette ;* or you may wrap them in oiled paper and broil or fry them for a couple of minutes just to heat thoroughly and no more, sending a domestic *hollandaise* sauce with them. Lastly you can mash and use them in the form of fish pudding, page 229.

The subject of cooking fresh-water fish will be found amply discussed in the ninth chapter. As this form of food is often plentiful where a sportsman may be hutted or encamped, I cannot too strongly recommend a trial of some of the recipes ; they are not difficult, and certainly show how the monotony of camp diet can be mitigated.

TINNED MEATS.

Tinned Australian, and other preserved lumps of meat, are valuable additions to the store-box of the sportsman or yachtsman, but they require very delicate handling, because they are almost always overdone. The really nutritious part of a tin of Australian meat is the gravy that surrounds it. Proceed as follows :—

After opening the tin, have every atom of the gravy strained off into a bowl. If the weather be cold remember that this becomes a jelly, so before you open a tin, set it on the fire in a saucepan surrounded by hot water for ten minutes or so ; then open it, and strain the gravy from the tin into a bowl ; turn the meat out carefully upon your sieve, and pour some hot water gently over it ; catch the water in a bowl below the sieve, and add it to the gravy. Now, the gravy of a two-pound tin of beef will, as a rule, give you an excellent stock for two basins of soup :—skim the fat that may rise to its surface, add water to the extent required, and put it into a saucepan with a bag of dried sweet herbs, and onion cut into quarters, any vegetables you can spare, some peppercorns, a pinch of spice, and salt according to the quantity : simmer this gently to extract the flavour of the things you have added, and in about an hour you will have an excellent beef broth, quite fit to be served as gravy soup, with macaroni, vermicelli, a couple of poached eggs, or *julienne*, grated cheese accompanying ; a dessertspoonful of marsala will be a grateful finishing stroke. Or it may be thickened like mock turtle, and served with forcemeat balls.

The meat should be treated in this way :—choose the nicest-looking pieces, trim them neatly, and if of a fair size, brush them over with egg, bread-crumb them, and brown them in the oven, serving a good sharp sauce—tomato, *Robert* or *piquante*, for instance—with them. Or you can cut the meat into collops, and hash them very gently in some of their own gravy carefully flavoured, adding a tin of *macédoine de légumes*, or any nice vegetable as a garnish. Lastly, you can mince it and serve it in many nice ways (*vide* page 232).

An excellent method may be thus described :—Having made your mince and flavoured it if possible with a little chopped lean bacon, anchovy, sausage meat, &c., bind it with a little good sauce thickened with a couple of eggs, and let it get cold : make a good-sized thin pancake, take it from the pan when almost done, put it on a dish, and arrange some slices of cold cooked bacon upon it, lay the mince upon the bacon, give it a dust of spiced pepper, and fold the pancake over it : brush it over with an egg, bread-crumb it, and bake it a golden brown in your oven. The pancake should be large enough, of course, to envelope the mince securely. Two or three of these can be made according to requirements.

If you look upon a tin of preserved meat as a dish that has been cooked once, and has accordingly to be dressed *en réchauffé*, you will not fail to turn it to good account. But warmed up as it comes from the tin, unaided, and carelessly dished, it presents an irregular mass of sodden and tasteless diet which few would care to touch unless driven to do so by the calls of ungovernable hunger.

A very useful thing in camp is a Bologna sausage. Not necessarily for consumption *au naturel*, but for flavouring and assisting other meats. A very common *plat—croquettes* or chicken cutlets for instance—can thus be much improved ; a few thin slices in a pie or stew are most serviceable, while eaten cold with cold roast fowl or game it is always acceptable.

Preparations like Messrs. Crosse and Blackwell's ducks and green peas, Irish stew, ox-cheek and vegetables, &c., are useful in combination, so if it happens that you have brought such things to camp, you must pick the meat out of its surroundings, dress it with some fresh chicken meat, as a *rissole*, *croustade* or a mince, and cook the gravy and vegetables with some fresh chicken or mutton broth as a sauce.

One of the best introductions of late years is Messrs. J. Moir and Son's *Army ration* in two qualities. This is a strong, well-flavoured stew, good by itself, and valuable in composition with a fresh stew. Their Army sausage is another excellent thing for the camp.

I have already spoken of tinned vegetables at some length in Chapter XVI. A supply of this kind of food is very necessary if the traveller is proceeding to a place where there may be a difficulty in getting fresh garden stuff.

NOTES ON TINNED FOOD.

Each prepared tin is in itself ready for the consumer, can be gently warmed up *en bain-marie* in its own tin, and be eaten on its merits. In this form it is obviously of incalculable advantage to travellers whether by sea or on land, to sportsmen, and others, who may neither have professed cooks nor culinary appliances at their command. Whenever time and resources admit of it, however, it is in my opinion—and I speak of more than thirty years' experience of such food—of the greatest advantage to re-dress, and freshen to the utmost all hermetically sealed provisions, to disguise as far as is possible the fact that they *are* tinned, and to assist local produce by their means. With this object in view, I am sure that all who have studied the subject in countries where tinned food is in constant requisition, will agree with me when I assert that soups, stews, vegetables, &c., should be expelled from their tins and re-heated in a clean vessel.

Skimming is very essential in the case of soups, while the seasoning, and most certainly the additions that I have mentioned ought, if possible, to be made. If the principles that have been explained are followed, the concoction of a good savoury broth even when roughing it is a process at once so easy and inexpensive that it would be gross carelessness to shirk making it, while in most households, were they only conducted with the commonest culinary economy, there ought to be, on at least three days out of the seven, scraps and savings out of which, with an onion or two, a tasty stock could be made, which would be most useful in conjunction with a tin of soup to make an excellent potage for the homely dinner.

Bearing in mind what I have said, consumers of tinned meat will, I think, find the following rules of some value :—

1. Keep it stored in as cool a place as you can, and subject it to as little shaking and rough handling as possible.

2. Preserved food keeps well at the natural temperature of the store-room, but in transporting the tins to camps or picnic grounds protection from exposure to the sun is necessary.

3. In all hot climates, and in England in the summer, any preserved food intended to be eaten *cold* had better be placed in its tin over ice, or in an ice-closet or box, before being turned out. The jelly with which it is accompanied is thus consolidated. Once cold, it should be kept cold. These remarks apply to cold roast meats and birds ; collared, corned, spiced, seasoned, smoked, potted, and devilled meats ; to brawns, rolled tongues, cooked hams and bacon, *pâtés* of all sorts, anchovies, caviare, pilchards, lax, sardines, and herrings in oil or butter, salmon, cods' roes, and all fish to be used in *mayonnaises* or salads.

4. All dressed food in sauces, such as stewed meats of all kinds, army rations, *ragoûts*, *bœuf à la mode*, curries, jugged hare, haricot, hash, duck and peas, *tête de veau en tortue*, and all soups, should be reheated according to the directions that have been given, or if circumstances render this impossible, plainly as directed on the labels of the tins themselves.

5. Vegetables of the choicer varieties that can be served iced with cream or in a *salade cuite* :—such as asparagus, artichoke bottoms, peas, *haricots verts*, and *macédoine*, should be set in ice in their tins before being turned out. If required warm, they should be treated as stated in the notes I have recorded for all vegetables.

6. Salted and dried meats or fish should be soaked as directed. Hams and tongues in canvas are not soaked sufficiently as a general rule. A bath of fifty-six hours is not too much for a large ham, or of forty-eight for one of moderate weight and for full-sized ox-tongues.

Many of the dishes detailed in the previous chapters, especially those spoken of under the title of eggs, macaroni, rice,

and cheese, will be found practicable when roughing it : amongst the *menus*, more than one nice recipe for cooking mutton, fowls, and chickens, has been recorded equally feasible ; in short, if the pilgrim be blessed by the possession of an intelligent cook, and provided with a judicious assortment of culinary necessaries and stores, his Arab life should never fail to possess amongst its many attractions that indubitably important one—a really good dinner.

THE CAMP KITCHEN, OR CABIN STORE-BOX.

I will now jot down a list of culinary accessories which should be taken out to camp if possible. Quantities should be regulated, of course, according to the probable duration of the tour, and the facilities or difficulties of transport. Those who are in the constant habit of wandering in remote places will find it very convenient to have a case fitted up for the reception of the bottles and tins appertaining to this branch, apart from their stock of groceries and preserved provisions, which of course may be lavishly or frugally supplied. My list is confined to flavourings, &c., of use alone in the composition of dishes :—

Almonds ground in tins.
Bacon.
Baking powder.
Bologna sausage.
Bovril.
Brand's or Liebig's essence.
Butter in tins.
Cheese grated.
Crumbs, white bread dried and sifted with a little salt added and bottled.
Curry paste in a prune jar with screw top.
Do. powder in a prune jar, with do.
Custard powder.
Desiccated cocoanut for curries.
Dried herbs in bottles.
Dried *Julienne* for soups and stews.
Essences at discretion.
Flour.
Glaze.
Groult's preparations.
Haricot beans, white and red.
Lard.
Lentil flour for soups, and lentils.
Macaroni.
Marsala.
Moir's jelly and blancmange powders.
Mulligatunny paste.
Mustard.
Pea-flour for soups.
Peppers assorted including peppercorns.
Rasped crust crumbs, pounded, dried in the oven, sifted, and bottled, with a little salt shaken amongst them.

Red currant jelly.
Salad oil.
Salt, common, and celery.
Sauces :—MacMeechen's chilli, tomato, anchovy, mushroom and tomato ketchup, Wyvern's (page 15), Parisian essence.
Semolina.
Solidified soup squares.
Soup tablets, Lazenby's, or
Spices assorted.
Spiced pepper in bottle, see page 144.
Vinegars, French wine, tarragon, Moir's anchovy.

N.B.—A tin for jugging as recommended at page 154.

TWENTY MENUS WORKED OUT IN DETAIL.

THE twenty *menus* are divided into two classes : those in class I. (Menus I.–X.) are for parties of eight people ; and those in class II. (Menus XI.–XX.) for somewhat less expensive dinners of six.

The dinners propounded in the first class are obviously capable of expansion to meet the requirements of twelve or sixteen, and those in the second to suffice for nine or twelve by a proportional addition of half the quantities given or by doubling them, as the case may be.

If the party does not exceed eight one set each of the dishes that have to be circulated is enough, but for twelve two sets must be prepared, and for eighteen three.

Here kindly look back to my remarks upon the economy of time in the service of a dinner, and the saving of needless trouble in the kitchen by *circulating* as few dishes as possible.

To some of my readers these *menus* may seem to provide an insufficient amount of food. All I ask is a fair trial before judgment. Although the exaggerated feast with two or more *entrées* and as many sweets, with two of everything as well as an English "joint," is fortunately no longer met with at the tables of people of taste, many are still inclined to be too generous in regard to the quantity of good things they offer to their friends. Now I venture to say that the little dinners I propose will, if courageously tried as they are, be found ample. They should be served well within the hour, and the giver of the small feast may rest assured that the absence of the joint will not be noticed.

Those who dissent from my views on this subject can obviously add a joint of meat to any of the *menus*, according to the English

custom, after the *entrée*, but such a thing is never to be seen in a correct French dinner.

It need not be said that when a short *menu* is offered the guests are supposed to take each thing as it comes, the dishes being carefully chosen with a view to following each other harmoniously. The old-fashioned practice of giving people "choices" of different soups, fish, &c., has of course been quite given up at dinners of the class I am speaking of.

It will be seen that there are no French headings used such as "*potage*," "*poisson*," "*relevé*," &c. I have omitted them with intention, for I consider them to be both arbitrary and unnecessary. People can nowadays assume complete freedom of action as to the dishes they give, and can have them served according to such order and arrangement as may seem the most effective to them.

My general scheme for a dinner-party may be thus explained :— *Hors d'œuvres* or not according to fancy, nothing being better to present before the soup—when in season—than oysters, three or four for each guest. Then soup, fish, a piece of meat carefully braised, a fillet, or meat cutlets with appropriate garnish and sauce—a dish, that is to say, somewhat more substantial than an ordinary *entrée*, yet partaking of that character in so far as its adjuncts and finish are concerned ; after that an *entrée* of delicate materials skilfully treated, followed by a roast bird (game when in season) with its proper accompaniments ; a dressed vegetable (*entremets de légume*) ; a sweet *entremets*, and a small savoury, after which cheese may or may not be presented, according to discretion.

It is understood that a *salad* will *always* accompany the bird, directions for which will be found in variety in Chapter XXI. I have not, therefore, always described this item of the various dinners in detail.

Each *menu* is given in French, but the English names of the dishes will be found in the margin of the instructions for their composition.

For *hors d'œuvres*, with which each dinner may be commenced, please consult the chapter in which they have been discussed.

I have not attempted to treat of sweet cookery in this work, but the *entremets sucrés* necessary to complete the dinners have all been carefully described.

The *menus* are headed and designed according to the produce properly available during the four seasons of the year. Importation from abroad has of late affected the English provision market considerably—in regard to fruit and vegetables especially. Never-

theless, selections ought certainly to be restricted to the standard fare of the time of year when it is at its best. The fashion of striving for effect with things in advance of their true season ought not to be encouraged. "The quality of a dinner," says Sir Henry Thompson, "does not depend on the number, the complexity, the cost, or even the rarity of the component dishes. Let these be few in number, and be simple in composition, and if the material itself is the best of its kind, well cooked, and tastefully presented, the dinner may rank with the best, and be sure to please."

MENU No. I.

(For the Spring.

FOR A PARTY OF EIGHT.

Potage Brunoise.
Darne de saumon à la printanière.
Epaule d'agneau farcie.
Cromesquis à la Russe.
Pintades à la Wyvern.
Salade de laitues romaines.
Haricots verts à la soubise.
Gateau à la Smyrne.
Tartelettes d'anchois.

---

1. This is an appropriate soup for springtime or the early summer. Make two pints and a half of good clear beef broth as described, page 27: the garnish of vegetables is the point of the composition. For this the following process is necessary:—

Brunoise soup.

Cut up into equally sized dice—say a quarter of inch in measurement—two ounces each of early carrots (the red part), turnip, celeriac, and leeks. Also cut up two ounces of French beans, a similar size. If green peas are available, two ounces may be added. Blanch the roots in boiling water, also blanch the green vegetables. Put the former into a stewpan with six ounces of butter: fry for five minutes stirring about all the time, add a saltspoonful of sugar, and half a pint of broth; reduce to a glaze, then add the remaining broth and simmer gently over low heat, skimming off the butter as it rises carefully. Cook the peas and French beans separately and add them for the sake of their colour. The soup can now be served.

2. Choose a nice cut of salmon, sprinkle it with salt, put it in a

roomy stewpan upon a "patent rapid steamer," with boiling water below it, and steam till the fish is tender. Or poach it in fish broth according to the principles explained in Chapter VIII., page 89. Drain, serve on a neatly folded hot napkin with this sauce :—

Piece of salmon with Spring sauce.

Having a *roux* ready of half an ounce of butter and half an ounce of flour, stir in half a pint of the salmon boilings or the water above which it was steamed, adding a sherry-glassful of chablis. Bring to the boil and reduce a little, finishing with an ounce of *ravigote* butter (see page 327), and sufficient spinach greening to bring the sauce to a nice pistachio green—not darker. If the yolk of a raw egg be added at the last moment additional creaminess will be the result. If all the ingredients be ready at hand this sauce will not take many minutes to make. While the operation is being conducted the fish can be either closely covered up on a hot dish or kept upon a drainer inside the vessel in which it was cooked from which the liquid has been poured off.

3. Bone a nice shoulder of lamb, leaving the knuckle bone only : saw this off two inches below the knuckle. Spread out the meat on a board, fill the cavity left by the extracted bone with veal stuffing, fold the meat over, tie it in shape with tape, and put it into a well-buttered stewpan, with its bones broken small and the following vegetables finely sliced :—Four ounces each of onion and carrot and turnip, a bunch of parsley, a *bouquet garni*, and a seasoning of pepper and salt. Moisten with half a pint of broth and, setting the pan over a low fire, draw the glaze. Then add broth to nearly cover it, simmer very slowly, and when done drain from the broth, and put the piece of lamb on a hot dish carefully covered. Now put the strained broth into a saucepan, reduce it quickly, adding glaze if necessary, and when of a good colour and consistency glaze the lamb with it. Garnish with new potatoes, and let mint sauce be handed round.

Shoulder of lamb stuffed and braised.

4. Take for these *cromesquis* a single fine sweetbread, and two tablespoonfuls of truffles cut into quarter-inch dice. Blanch the former in boiling water for five minutes, after soaking it for four hours in cold, cool it in cold water, and put it into a stewpan with sufficient broth to cover it, simmer gently until quite tender, then drain, and put it on a dish to get cold. As this is proceeding turn the broth into a nice sauce, thickening with *roux*—it may be brown or white, but the latter if possible. Cut up the sweetbreads into quarter-inch dice, mingle

Cromesquis à la Russe.

with them the dice of truffles, put the *salpicon* thus made into a small stewpan, and moisten with the sauce ; set this over a low fire to warm thoroughly without boiling, stir in the yolk of a raw egg, and let the mixture get cold. When cold it should be about the consistency of jam. Now cut out of cold cooked fat bacon as many oblong pieces as you require (eight or ten) three inches long and two and a half across. Lay them out on a floured board, place a good teaspoonful of the mince on each, and cover it with the bacon wrapper.

Four hours before it is to be used make a frying batter according to the directions given at page 239, using half quantities. Add the whisked white of egg just before proceeding to work, dip the rolls of bacon into the batter, coating them nicely ; drain for a moment over the bowl, and then plunge them into a bath of fat at a temperature when a little piece of bread thrown into it fizzes freely : accelerate the heat, and when the cromesquis turn a pale golden brown lift them from the fat, drain, dry upon the drainer mentioned at page 237, and serve upon a napkin, crisp and dry, dusted over with salt, and garnished with fried parsley.

N.B. Well-made cromesquis require no sauce.

5. Procure a couple of nice guinea-fowls, plucked but otherwise untouched. Draw and truss them for roasting, putting the giblets to make a broth as recommended at page 82, but saving the livers. Get also from the poulterer, booking the order the day before, sixpennyworth of fowls' livers. Put these and the guinea-fowls' livers, all uncooked, separately on a dish ; cut thinly as many squares of streaky bacon as there are livers—three inches by two and a half. Dust over the surface of these with spiced pepper, put a layer of finely minced shallot over them, and then the livers ; roll them up, and with them fill the *inside* of each bird, sewing up the vent. Bard the breasts of the fowls with fat bacon, wrap them in buttered paper, securing the covering with tape, and roast them before the fire, paying great attention to the basting. Guinea-fowls are apt to be dry : the utmost care is therefore necessary to maintain moisture. My stuffing is designed partly to effect this, and partly for the flavour it imparts. Serve the birds after browning them during the last ten minutes—the paper and barding removed, and serve garnished with watercress, plain brown gravy, cashunut sauce (for which please see page 82), and this salad accompanying :—

Guinea-fowls. Wyvern's way.

Salade de laitues romaines.—The coss, or straight-growing lettuce, is procurable in excellent quality in the later springtime in London. It is crisp and generally cream yellow in the heart, making a decidedly

nice salad. Choose one large or two small heads. Strip off the outer leaves, rejecting all that are coarse, bruised, or flabby. With a sharp knife cut off the tips of the leaves that remain, and remove the now pale-tinted ones that still adhere to the stalk with your hand, examining each and wiping off any grit or dust there may be. Avoid washing or wetting if possible. The leaves having thus passed their examination may now be broken up into inch lengths and thrown into a clean, dry salad bowl. Mix with plain dressing as explained at page 264. When dressed satisfactorily sprinkle over the whole a teaspoonful of finely minced tarragon, and one of chives if not objected to. When fresh tarragon is used in this way mix the salad with the best French vinegar without herb flavouring.

French beans with soubise sauce.

6. If able to procure your French beans—a pound and a half enough—quite young, do not cut them, pinch off the ends, and, if formed, peel off the thread which runs round the pods. If doubtful of their age and tenderness, either cut into strips not too thinly, or diamonds, transversely. Do not use a tinned utensil, a copper boiler or an earthenware casserole is the thing. Put them into boiling water slightly salted, drain as soon as they are tender, moisten with half a pint of soubise sauce (page 61) with which a tablespoonful of cream may be mixed as a finishing touch, and serve with *fleurons* of puff-pastry as garnish.

Cake with figs à la Smyrne.

7. For the cake:—Weigh six fresh eggs in their shells, take that weight of butter, and three-quarters of it of sugar, half it of rice-flour, and half of fine Vienna flour. Beat up together the eggs and the sugar as lightly as possible, flavour with a sherry glass of rum; mix in by degrees first the Vienna flour, then the rice-flour; lastly pour in also by degrees the butter, just sufficiently warmed to be liquefied. Work all together, adding the zest of a couple of lemons, and when the mixture is complete half fill—to allow for rising—two well-buttered oval or round pint border moulds—plain rather than fluted preferred. Bake the cakes in a moderate oven for an hour, protecting the bottom of the moulds with buttered paper, and when done set them aside to cool, and turn them out of the moulds. This can be done the day before a party.

To complete the dish, weigh a pound of dried figs, put them into an enamelled stewpan, cover well with weak syrup, with which a wineglass of rum has been mixed, a piece of cinnamon, and the peel and juice of a lemon. Set on to stew slowly till the figs swell and are soft, then drain them and set them aside to get cold. Next empty half a pound of apricot jam into the stewpan, add to it the syrup and a quarter

of an ounce of isinglass or gelatine ; heat gently, so that the last may be dissolved, and the syrup and jam well mixed ; moisten with water (if necessary) to bring the liquid to the consistency of thinnish honey, then set aside to cool. As it is getting cold, and the gelatine is *commencing* to cause setting, pour the syrup gently over the two cakes, masking them completely, and divide the figs in halves, filling the hollow centres level with tops of the cakes. For this operation the cakes should have been put into the glass dishes in which they are to be ultimately served. The remaining syrup, warmed till just fluid again, should then be poured over the figs, and the whole of the surfaces of the gateaux covered with whipped cream. This *entremets* can be served hot :—*Savarin aux figues*.

Anchovy puffs.

8. Let us make our cases on this occasion with puff-pastry as explained for *croûtes creuses aux champignons* (Menu No. VIII.), but let the paste be mixed as if for *pailles au Parmesan*, and baked in oval *tartelette*-pans two and a half inches long. For their filling take eight fillets of anchovies, free them from oil and skin, pound, and pass them through a hair sieve. Have ready four ounces of whiting forcemeat (page 360), mix into it the anchovy *purée*, fill the pastry cases with this, dust over the surface with finely sifted raspings, and bake till the *tartelettes* are done. Serve at once on a hot napkin sprinkled over with grated Parmesan, Nepaul pepper accompanying.

MENU No. II.

(For the Spring.)

FOR A PARTY OF EIGHT.

Consommé aux pâtes d'Italie.
Filets de soles aux fines herbes.
Côtelettes à la Soyer.
Quenelles de volaille fourrées aux truffes.
Canetons rôtis à la Dubois.
Salade.
Petits pois à l'Anglaise.
Crème au praline.
Croustades de merluche fumée.

Clear soup with Italian paste.

1. For this veal stock—*blond de veau*—should be used, the requirements being two pounds of veal stock meat, one pound of beef gravy meat, and a pound of veal bones well broken up with sixpennyworth of giblets of fowl. Three pints of common stock should be available for moistening.

Cut up the meat into two-inch squares, scald and cut up the giblets. Butter a gallon stewpan with an ounce and a half of butter. Slice finely six ounces of onions and lay them on the butter with the meat and bones over them; moisten with half a pint of common stock, and, putting the vessel on a low fire, simmer slowly till the glaze forms. When this is of a nice brown colour moisten further with two and a half pints of the stock, put in a quarter of an ounce of salt, and bring slowly to the boil, skimming carefully as for *pot-au-feu* (page 27); add in like manner when boiling is permitted to take place:—Six ounces each of carrots and turnips, four ounces of leeks, with a bunch of parsley and a *bouquet garni;* and simmer for

three and a half hours ; then strain, let the broth get cold, remove all the fat, and clarify with twelve ounces of raw beef and one egg, in the manner explained at page 29. For the Italian paste blanch two ounces of the best, cool, drain, and simmer in broth or water for fifteen minutes: drain again and put it into the soup tureen, pouring the *consommé* over it as hot as possible. Grated Parmesan should be handed round.

Fillets of soles with herbs.

2. Divide two medium-sized soles into eight nice fillets : put the bones, heads, and trimmings with four ounces each of onion and carrot, a bit of celery sprig of parsley and a pinch of salt into a stewpan, cover with cold water, and boil them at once, simmering afterwards for three-quarters of an hour to extract the flavour of the ingredients ; meanwhile spread your fillets on a board, brush them over on one side only with a beaten egg, now shake over them a teaspoonful of finely minced parsley, the same of chervil and chives chopped fine, a dessert-spoonful of minced cooked mushroom, and a pinch of white pepper: roll up your fillets and pin them into shape with small wooden skewers. Next strain off the broth from the bones and trimmings, give it a gill of chablis or sauterne, and set your fillets in it to simmer gently till done (they should take about twelve or fourteen minutes), take them out, draw out the skewers, set them on a very hot dish, and cover them up. Now melt an ounce of butter quickly in a saucepan, work an ounce of flour into it: throw in a pinch of salt, with a pinch of sugar, and moisten with as much of the fish broth as will make a nice white sauce to cover your fillets; add, as you take the saucepan off the fire, the yolk of an egg, a teaspoonful of anchovy vinegar, a tablespoonful of very finely chopped parsley, a teaspoonful of minced chervil, and a teaspoonful of minced garden-cress. Pour this over your fillets and serve.

Cutlets à la Soyer.

3. Set ten neck of mutton cutlets very neatly trimmed, in *marinade* all day (see page 120). Towards evening lift them out, wipe them dry, and proceed to bread-crumb them as laid down at page 124. But for this you must prepare a fine mince as follows :—two tablespoonfuls each of cooked ox tongue, cooked lean ham, and white of hard-boiled egg. Put this in a soup-plate well mixed together, and having dipped the cutlets into the egg mixture roll them in the mince. Let this set firmly. Next dip them in egg again, and roll them in the crumbs, which should be finely sifted. When the time arrives, the cutlets must be very delicately fried in plenty of boiling fat, and served as soon as they reach that bright

golden tint I have so often mentioned. Place the cutlets in a circle round a croustade filled with sorrel *purée*, sending round in a boat separately and as hot as possible a sauce made as follows :—

Put into a stewpan with two ounces of butter an ounce of onion cut into rings, two sprigs of curled parsley, two ounces of raw lean ham minced, a clove of garlic, an ounce of carrot cut up, and a teaspoonful of thyme leaves ; fry to a light brown colour, then cover them with three-quarters of a pint of good beef or veal broth, and add half a teaspoonful of anchovy vinegar, and half one of chilli vinegar. Boil up, simmer for ten minutes, skimming carefully. Now mix a *roux* in a separate saucepan with half an ounce of butter and half an ounce of flour, let it turn a good colour, then moisten with a gill of the broth, mix well and pass it into the stewpan, boil again and simmer for half an hour reducing the liquid to about half a pint, now add a teaspoonful of red currant jelly and one of good mushroom ketchup ; stir till the jelly is dissolved, adding half a glass of marsala ; stir again, and pass the sauce through the strainer : keep it hot in the *bain-marie*, and add, just before serving, the following garnish :—the whites of two hard-boiled eggs, a tablespoonful of cooked mushrooms, two gherkins, and half an ounce of lean cooked ham, all chopped up into small dice, and dusted over with white pepper. If the colour be too pale add a few drops of Parisian essence. Serve as hot as possible in a hot boat.

Chicken quenelles, with truffles.

4. Order a good-sized fowl to be sent in plucked, but not drawn or trussed. Clean and cut it up, taking all the white meat from the breast, wings, and sides. Set aside the legs and thighs for a dish at some other meal, and throw the rest of the carcase, skin, fragments, bones of the wings and giblets, into a stewpan, with the usual allowance of vegetables and seasoning to make broth for the sauce. Let this be done the day before the dish is wanted. Simmer for two hours, skim, strain and thicken, thus obtaining a good domestic *velouté*. Now make six ounces of stiffish panada with bread-crumb soaked in stock, well pounded, and stirred over the fire to thicken, adding a pinch of salt ; when ready, take rather more than half the quantity of panada that you have of chicken meat, and the same amount of fresh butter that you have of panada : mince the chicken in a machine, and pound it in a mortar, pass it through a hair sieve, then mix with it the panada and butter ; moisten the mixture with the yolks of two eggs beaten and a spoonful or two of the sauce to bring it to a smooth and paste-like consistency. Pass this through the sieve again. Next make

a *salpicon* of truffles—a teaspoonful for each *quenelle*—very finely minced, and moisten it with a little of the sauce stiffly reduced to the consistency of thick cream. When mixed the mince should be about as thick as jam. Proceed to form the *quenelles* as explained at page 365. When neatly formed, scoop out of each a little hollow with the handle of a saltspoon, slip in a teaspoonful of the mince and close over the aperture with *quenelle* mixture. Cook in the manner given in the aforesaid explanation, drain, and dry the *quenelles* on a cloth.

For dishing a hot rice *socle* is required, *i.e.*, boiled rice, flavoured with salt, pepper, spice, the pulp of a couple of tomatoes, and finely grated cheese, stirred well with melted butter, and made firm by the addition of the yolks of two or three eggs, according to the quantity taken. This should be put in the silver dish, formed in a flat ring, put into the oven for a few minutes to set, then brushed over with reduced white sauce, and kept hot till wanted. The *quenelles*, carefully lifted, should lastly be arranged round the top of the ring, the centre being filled with a garnish of *pointes d'asperges* moistened with the sauce and a tablespoonful of cream stirred in just before serving.

5. Dubois fills the cavity of a duckling after cleaning it with this mixture:—Mince rather small the liver of the duckling and two fowls' livers, three tablespoonfuls of cooked mushrooms, two of bacon, half an ounce of shallot blanched, and a tablespoonful of parsley; stir into this, in a bowl, a breakfast-cupful of bread-crumbs, and a well-beaten egg. Stuff the bird and sew up the vent, trussing neatly. Roast with care, well covered at first with buttered paper, basting frequently with melted butter. Serve a pair thus treated on a hot dish garnished with watercress. A plain gravy or a simple brown sauce sharpened with lemon juice, and containing finely cut strips of the outer part of the rind of the lemon, may accompany with crisply fried *pailles de pommes de terre*, a nice salad, and green peas.

Ducklings roasted.

6. This will be found in the chapter on vegetables. The peas are cast into boiling salted water which must not be put into a tinned utensil. A lump of sugar should be added, green mint, and a bouquet of parsley with a green spring onion to be removed afterwards. If the *peashells* be cut into strips and boiled first with this flavouring, and their *cuisson* used for boiling the peas instead of water, the flavour of the latter is improved. When cooked—as nearly as possible in a quarter of an hour, but much depends upon the size and age of the peas—empty the peas upon a *sauté*-pan, remove the bouquet, &c., and spread

Green peas in the English way.

over them a number of little bits of the freshest butter. As soon as this has melted dish the peas on a very hot dish, and serve.

Vacherin with burnt almond cream.

7. Line a Charlotte mould with Neapolitan cake, fixing the pieces together with the cement as described in Menu No. VIII., and joining them to a circular piece of cake cut to fit the bottom of the mould. Put it into a slack oven to set, then take out the mould, let it get cold, when the cake case can be taken out, glazed and decorated. For the cream :— Put four ounces of sugar in a copper boiler, or earthenware pan ; melt it slowly over a low fire till it turns brown ; then stir into it a quarter of a pound of blanched and chopped Jordan almonds till nicely browned. Now spread the almonds on a dish to cool, and when cold pound them to a powder, saving a few, which should only be minced roughly, and stirred into the cream to finish with. Mix a pint of very rich custard, and stir the burnt almond powder into it while it is warm, strain into a bowl, set this upon ice, whip, adding half a pint of whipped cream. Mix the two whips, and fill the hollow of the cake case with it.

N.B. In whipping custards and cream an osier whisk is better than one of wire : the use of ice under the whipping bowl assists the operation, and the cream ought to have been skimmed and kept over ice twelve hours before being used.

Cases with smoked haddock.

8. Half a good-sized haddock will suffice for this dish. Prepare eight neat pastry cases as explained for *croûtes creuses* in Menu No. VIII. Set them aside till required. Blanch the haddock in boiling water till soft enough to remove the skin and bones from it. Take about eight tablespoonfuls of the fish. Put half an ounce of shallot into a stewpan with half an ounce of butter, fry, add the fish and fry for a couple of minutes, then empty the contents of the pan into a bowl and, using a strong wooden spoon, bruise the whole to a paste, when fairly smooth, moisten with savoury custard (page 310) till about the consistency of *mayonnaise* sauce, season with Nepaul pepper, and fill the cases : sprinkle grated Parmesan over the surfaces, and bake till quite hot ; serve on a hot napkin.

MENU No. III.

(Summer.)

FOR A PARTY OF EIGHT.

Consommé à la Royale.
Poisson St Pierre à la maître d'hôtel.
Jambon au Madère aux épinards.
Fritôt de pigeons à la Pièmontaise.
Cailles sur croûtes.
Salade.
Asperges entières.
Bavaroise de cocoa à la moderne.
Canapés de crevettes à la diable.

Clear soup with custard tablets.

1. This is a bright clear soup into which tablets of consolidated custard are introduced as garnish. Proceed therefore to make *consommé* for eight covers, and make your custard thus:—mix the yolks of four eggs with a gill of broth and a pinch of salt, strain the mixture, and divide it into three equal portions; colour one with cochineal, one with spinach-greening, and leave the third plain: pour them into three little moulds previously buttered, and dip them one-third deep into a pan of hot water: cover, and poach just long enough to set the custards firmly: take them off the fire, and when cold, turn the moulds out on a napkin: cut them up into dice or any pretty shapes with your vegetable-cutter as neatly as possible, and add them to the soup just before serving. The colouring of the custard is obviously optional. There is a slight deviation from this receipt which is very nice, as follows:—make three coffee-cupfuls of *purée*—carrot, turnip, and peas. Beat up two eggs as for omelette and divide it among the

three *purées* equally, give each a tablespoonful of broth : poach them in moulds in the manner just explained, cutting them into neat shapes when cold with the vegetable-cutter as described for the custard. Grated Parmesan should be handed round.

Fillets of dory maître d'hôtel fashion.

2. Fillet a good-sized dory, making two large fillets, one from each side, and simmer them in a seasoned broth made from their own bones and trimmings, laying them on a hot dish as soon as they are done. Now melt an ounce of butter in a small saucepan, work into it an ounce of flour, moisten with a pint of the liquid in which the fillets were cooked, throw in a tablespoonful of finely chopped curled parsley, and finish the sauce, off the fire, with the yolk of an egg beaten up with the juice of a lemon. Now stamp out of the two fillets with a round cutter as many neat pieces two inches in circumference as you can : heat these up in the sauce, and serve. A claret-glassful of still hock, chablis, or sauterne added to the broth before cooking the fillets would be an improvement.

Ham cooked in madeira, with spinach.

3. Half a ham, say six or seven pounds, would be quite enough for this party. Follow carefully all the directions given in Chapter XIII., page 151, and serve with madeira sauce, *i.e.*, half a pint of good *espagnole* flavoured with half a claret-glassful of marsala—for, as I have often said, that wine takes the place of madeira in cookery.

For the spinach turn to page 181, and dress the vegetable as there explained, finish it with a tablespoonful of *velouté* and garnish with *fleurons* of puff-pastry.

Fillets of pigeon with Piedmontese sauce.

4. Slightly roast five Bordeaux pigeons : slice the breasts of the birds off whole, and place the eight portions so obtained, when cold, *en marinade* in oil, vinegar, minced parsley, and shallot. Take the bones and trimmings that remain, and put them into a saucepan with three-quarters of a pint of broth and four ounces of onion, a sprig of parsley, a bunch of herbs, six peppercorns, and a seasoning of salt ; simmer this until you have extracted the essence of your pigeon scraps, and then strain it. Now chop up an ounce of shallot and a piece of garlic the size of a pea very small : stir an ounce of butter at the bottom of an earthenware or enamelled vessel over the fire, and throw in your chopped onion, &c., let it slightly brown, and then add an ounce of flour and the pigeon broth you previously made, the juice of half a lemon, and a gill of claret. Bring this sauce to boiling point, let it simmer awhile, skim, and strain it. Replace it in the saucepan, colour it with Parisian

essence, stir in two tablespoonfuls of minced olives that have been simmered in broth, and place it in the *bain-marie*.

As for the pieces of pigeon, take them from the marinade, dry them carefully, sever them lengthwise (making ten fillets), dip them in milk, flour them well, lay them in a bath of moderately hot fat, accelerating the heat till they attain a golden-brown colour, then drain, dry, and trim round a hollow croustade with a crisply fried curl of bacon between each of them. *Petits pois verts* should fill the centre of the dish, and the sauce (brought almost to the boil) should go round in a metal sauce-boat.

Quails on toast.

5. Truss the quails, saving their livers; wrap them in vine leaves, tie a piece of fat bacon over each bird; roast them for seven or eight minutes before a brisk fire, basting with butter frequently. Serve in the following manner:—Put an ounce of shallot in a stewpan with half an ounce of butter and a pinch of salt and pepper, fry till turning brown, then put in the livers and stir them over a gentle fire till done; empty the contents of the stewpan into a mortar, and pound the whole to a paste with one fillet of anchovy; stir into this a tablespoonful of diluted glaze, and spread it over the surfaces of eight squares of fried bread prepared for the quails. Heat these on a buttered tin in the oven, and lay a quail upon each of them. Send to table garnished with watercress, with a boat of brown gravy and fried bread-crumbs accompanying. *Pommes de terre soufflées* and a salad would complete the dish nicely.

Asparagus entire.

6. Having procured a bundle of asparagus, dress the vegetable as recommended by Sir Henry Thompson (page 202), and serve it as you please, cold or hot, and with a sauce appropriately chosen from those suggested in that section. As a cream is about to follow, perhaps it would be as well to say—hot, with butter (melted), sharpened somewhat with anchovy vinegar.

Bavarian cream with cocoa.

7. Melt three-quarters of an ounce of gelatine in a stewpan over the fire, with half a pound of sugar, a pint of water, a liqueur-glass of brandy or sherry, and a few drops of vanilla essence, and the whites of two eggs beaten: bring just to boiling, then remove from the fire, rest five minutes, strain it through a tamis cloth till clear, and set it to get cool.

Take four ounces of cocoa powder, and stir it into a pint of boiling milk, adding, if not a sweetened preparation, two ounces of sugar; when thoroughly mixed, strain the milk through a piece of muslin. Let it get quite cold, and then add to it the strained yolks of six

eggs, making therewith a rich custard. Set the custard upon ice, having stirred an ounce of dissolved gelatine into it, and when it begins to set add half a pint of cream well whipped, mix thoroughly, and prepare the *Bavaroise* as follows :—place a mould on ice and line it with a layer of the vanilla jelly half an inch thick ; when set, pour in the cocoa cream, cover the top with a sheet of paper, surround the mould with ice, and keep it so for two hours ; then turn it out, and serve.

To line a mould with jelly :—Place the empty mould in ice so that it may become very cold, pour into it the lining jelly in a cold yet fluid condition. Turn the mould about, encouraging the jelly to flow evenly over the inner surface and gradually set on account of the coldness of the latter.

8. For these eight rounds of fried bread must be prepared, two and a quarter inches in diameter and a quarter of an inch thick ; also eight tablespoonfuls of picked shrimps. Prepare in this manner :—Put aside the fried pieces of bread till they are wanted later. Melt an ounce of butter in a *sauté*-pan, put in the shrimps, dust over them some of this "devil" or "grill seasoning" :—one teaspoonful of Nepaul pepper, one of freshly ground black pepper, and two of salt, mixed well together, and dredged through a pepper-box. Stir the shrimps about over a low fire, with a view to their absorbing the butter. Let this be done the moment before serving, while the fried bread is being heated in the oven. Also have ready a couple of tablespoonfuls of melted glaze quite hot. All being ready, brush over the surfaces of the breads with the glaze and pile the devilled shrimps upon each of them. These *canapés* must be sent in as hot as possible. The amount of devilment is obviously a matter of discretion.

Shrimp canapés devilled.

MENU No. IV.

(Summer.)

FOR A PARTY OF EIGHT.

Consommé aux pointes d'asperges.
Marinade de truite saumonée.
Gigot d'agneau à la Chivry.
Chaud-froid de volaille.
Pigeons de Bordeaux.
Aubergines à l'espagnole.
Parfait au chocolat.
Caviar fraîche.

Clear soup with asparagus tops.

1. Prepare a clear, well-flavoured *consomme* for eight. This had better be *blond de veau* as explained for *consommé aux pâtes d Italie*, Menu No. II. Twenty-five pieces of asparagus of a nice size will be enough. Cut the tender green ends of them into pieces half an inch long, using a sharp knife. Put them away carefully, and throw the tough ends after straining it into the broth and boil them therein to flavour the *consommé*. Boil separately in an earthenware, enamelled, or non-tinned copper vessel enough of the broth to cook the green ends ; put these in when the broth boils, and cook them as peas; when done, drain, and add the broth to the *consommé*. When the latter has been strained, cleared, and is ready to serve, add to the soup the green pieces, heat it up to concert pitch, and serve.

2. Choose a fish about two pounds in weight or a little over. Make a quart of clear fish broth with cuttings separately purchased. Out of this prepare a *court bouillon*, as explained at page 102, in quantity sufficient when blended with an *equal* quantity of chablis, sauterne,

or hock, to cover the fish when it is laid in the fish-kettle on the drainer; let the *bouillon* come to the boil, drop in the drainer with the fish upon it, and two minutes afterwards let the contents of the kettle simmer, adding to it gelatine in the proportion of half an ounce to a pint of the liquid in the fish-kettle. As soon as the fish is cooked, lift, drain, cool, peel off the skin, and set it in an oblong dish, cool the liquid, and clarify it as explained for aspic jelly (page 251), and pass it through a flannel: decorate the fish with croûtons of this jelly, and set the dish in the refrigerator with ice round it. Serve garnished with crawfish, broken jelly, and a boat of *sauce mayonnaise*, for which see page 69, adding a gill of strongly reduced tomato sauce, and slightly flavouring the whole with basil.

Salmon trout in marinade.

Garnishing can be further developed by hard-boiled yolks of egg entire, balls of green butter the same size, picked prawns, and neatly cut patterns of hard-boiled whites of egg.

3. Bone a leg of lamb leaving the knuckle bone about two inches long, fill the cavity left by the bone with strips of fat bacon and lean ham, season well with spiced pepper, tie the leg into shape, and braise in a good domestic *mirepoix* (page 135). Serve the leg nicely glazed with hot melted glaze, surrounded by a garnish of cucumber neatly cut, and stewed as in the receipt, page 192. Take the fat off the strained *mirepoix*, pour round the leg, and send this sauce in a hot silver boat:—

Braised leg of lamb à la Chivry.

Sauce à la Chivry:—Blanch in a not-tinned vessel one teaspoonful each of parsley, chervil, and burnet, half a teaspoonful of chives, and six leaves of tarragon; drain, cool, and dry them, put them into a mortar, and, using a piece of butter to assist the operation, pound them to a paste, pass this through the hair-sieve, and stir it into half a pint of *velouté*: if too pale in colour, add a small quantity of spinach greening.

4. Cover the breast of a good-sized chicken with paper, and roast it without letting the skin take colour: when cold, completely remove the whole of the breast meat as neatly as you can down to the wing joint, also the flesh of the thighs and drumsticks. Out of the pieces thus obtained, trim a number of neat fillets as nearly the same size as possible, dredge a little flour over them and cover them up.

Chicken chaud-froid.

For *chicken chaud-froid sauce*:—Chop all the bones left after the above operation, skin, necks, pinions, &c., and with the giblets make

as strong chicken broth as you can, adding four ounces of onion, the same of carrot, a bunch of parsley, an ounce of celery, a *bouquet garni*, and pepper and salt, to flavour it well. When the broth is ready, strain it into a bowl, skim it, and proceed to make with it a rich *velouté sauce*, using for a pint of broth an ounce of butter and one of flour: strain it and let it get cold, and then add to its thickness by stirring into it one-third of its quantity of liquefied aspic, or plain strong meat jelly, and reducing it over the fire till it coats the spoon. Now take it from the fire, and add the yolks of two eggs, stir well as the sauce gradually gets cool. Choose a baking-sheet or roomy flat dish, and lay it upon a bed of broken ice in hot weather, then, as the sauce begins to set, lift the pieces of chicken one by one on the point of a trussing needle and dip them into it, completely masking each piece, as it were, with a thick white glaze. Lay them upon the dish so that the glaze may cool and set. Prepare a border of aspic jelly (for which see page 251), decorating the top of the mould with a ring of truffles cut in small squares alternated with similar squares of hard-boiled white of egg, and keeping it in ice. When quite cold, turn it out carefully upon a cold silver dish, fill the hollow in the centre with the pieces of glazed chicken, introducing a slice of truffle here and there as you arrange them, and garnishing the top of the chicken with pieces of cocks' comb, and truffles: let the dish remain in the ice-box until the time arrives for it to go to table.

5. Let the pigeons be treated in the manner described for *cailles sur croutes*, and serve them with almond sauce, and potatoes in the form of *tartelettes à la Parmentier*, which are prepared in this way:—Make over a low fire a well-seasoned mixture of mashed potato, with yolks of egg and butter, not forgetting a dessert-spoonful of Parmesan, as for *duchesses* (see page 161), arrange this while hot in a dozen or more well-buttered small oval patty-pans, about two and a half inches long and one and a half across; smooth them over and let them get cold in order to acquire the necessary shape. When cold turn them out, flour them, brush them over with a well-beaten egg, dust them over with very fine crumbs, and fry in boiling fat.

Roasted Bordeaux pigeons.

For almond sauce:—Take four ounces of Jordan almonds weighed after the scalding and removal of the skins, dry in front of the fire, chop them up, and bruise them to a coarse-grained powder in a mortar, empty this upon a small *sauté*-pan in which an ounce of butter has just been melted: stir over a low fire patiently till the almond grains turn a pale brown, then mix in an ounce of flour, blend well, and add three gills of white broth, seasoning with a pinch of

pepper, half a saltspoonful of mace, and the same of salt if required ; after bringing to the boil put the sauce into the *bain-marie* without straining, and on the point of serving stir into it a tablespoonful of good cream.

Aubergines with brown sauce.

6. Parboil four aubergines, choosing them of as small a size as you can. Let them get cold ; cut them in halves lengthways, pick out the seeds with the point of a vegetable-knife, butter them, and dredge over the surface of each a layer of grated Parmesan cheese ; now arrange them neatly on a silver dish, well buttered, or any dish that will stand the oven, and bake for ten minutes ; take them out, pour round them a cupful of well-made thick brown sauce, and serve in the dish in which they were cooked, placed on a napkin.

Parfait of chocolate.

7. Make a pint and a half of strong chocolate, using boiling milk and two ounces of the best chocolate ; sweeten it if the chocolate be not already sweetened, and let it get cool. Next take an enamelled pan and break into it the yolks of ten eggs, strain the made chocolate, and add it to the eggs, stirring continually over a low fire, or in the *bain marie* until the custard thickens satisfactorily. Now strain it again into a bowl set over a bed of broken ice, and as it cools beat it well. When nicely frothed blend with it half a pint of whipped cream, and finish as described for *parfait aux pistaches*, Menu No. VI.

Fresh caviare.

8. To obtain caviare at its best you must go to a specialist. M. Sanine of Queen's Road Bayswater, procures it from Russia direct daily. Kept as it is by him in ice it is as near perfection as possible, and a very different thing from the preserved caviare, being grey-green, mild, large-grained, juicy, and delicious. Eat this plainly with dry toast, says he ; but I fancy that by most English people lemon juice, and Nepaul pepper would be considered an improvement. These adjuncts he admits in the case of salted and pressed caviare which he also supplies in excellent quality. In choosing fresh caviare in summer-time do not take more than you can consume at once, and keep what you get in a jar with ice round it. As a savoury send it round in its jar straight from the ice, dry toast very crisply done and cold, or water biscuits accompanying, and the adjuncts already mentioned.

N.B. It is not advisable to present caviare in any manner *hot*. Preserved and pressed caviare procured from a really reliable source should be eaten in the manner described for the fresh variety. A nice *canapé* can be made by spreading the caviare on cold fried *croûtes* and masking them with very cold *mayonnaise* or *tartare* sauce.

MENU No. V.

(Autumn.)

FOR A PARTY OF EIGHT.

Consommé aux quenelles.
Barbue aux concombres.
Grenadins de bœuf aux champignons.
Perles de volaille à la Strasbourg.
Canards sauvage sauce bigarade.
Epinards à la crème.
Charlotte aux abricots.
Croûtes à la Norvégienne.

Clear soup with quenelles.

1. Our first step must be the making of a bright, clear *bouillon* according to the directions given at page 27, to flavour which remember that the proper amount of vegetables must be allowed. Additional strength can be secured by adding one pound of veal stock meat, and a quarter of a pound of veal bones.

We can make the *quenelles* of fish, game, chicken, rabbit, or veal, if we like. The first three should be associated with stock made upon a like foundation—fish, game, or chicken, as the case may be—so let us choose veal *quenelles*, and proceed as follows :—Pound, after passing through a mincing machine, five ounces of lean uncooked veal ; let this be done thoroughly ; when reduced to a paste, add by degrees three ounces of panada (page 362), and when these have been well mixed and pounded, three ounces of udder of veal or butter, continue the pounding, lastly adding two yolks of eggs and a seasoning of half a saltspoonful of salt and the same of spiced pepper. Mix all well, and then pass it through a hair-sieve into a

clean bowl. Stir it about again with a wooden spoon for five minutes, then test it by dropping a small piece into boiling water. If it proves too stiff, dilute the mixture with a spoonful or two of milk; if not stiff enough, add one of panada, again mixing well. Next proceed to form olive-shaped *quenelles* out of it, using two teaspoons, poach them in the manner described on page 365 in stock or water, drain them, and add them to the soup at the last moment. *Quenelles* used as garnish for soups should be lighter and more delicate than ordinary *quenelles*, and it is a rule that it is impossible to overwork the pounding of the ingredients.

Fillets of brill with cucumber.

2. This is a dish of neatly trimmed fillets of brill plainly poached in a clear broth made from the head, bones, and the fish trimmings. Put the latter into a stewpan with two ounces each of carrot and onion, a teaspoonful of mixed sweet herbs, and a claret-glass of chablis: moisten with a pint of water, put on the fire, bring to the boil, and simmer gently for half an hour, then take it off and strain the broth. Lay the fillets in a shallow pan (a copper *sauté*-pan with an upright rim will do), and pour over them the broth, *boiling;* set over a low fire, cover with a sheet of buttered paper, and simmer for twenty-five minutes. Take off the fire, take the fish out with a slice, put it aside, and strain the broth. Thicken the latter with an ounce of butter and an ounce of flour, bring to the boil, stir in off the fire, after two minutes' cooling, the yolk of a raw egg, and pass the sauce through a strainer into a clean stewpan in which have been placed twelve previously cooked fillets of cucumber about an inch and a half long, an inch wide, and half an inch thick, and the pieces of fish: heat altogether in the *bain-marie* till the stew steams freely, and serve.

For directions for preparing the cucumber, see page 192.

Fillets of beef with mushrooms.

3. Choose a nice fillet of beef, or a piece of the best tender meat your butcher can recommend for the purpose. Trim this into a dozen neat oval or heart shaped fillets of a size large enough for one person each: three-quarters of an inch thick, three and a half long, and two and a half wide: lard them on one side with fat bacon, and set them to *marinade* all day, as described in Chapter X., page 119. When required, drain and dry them, then arrange the *grenadins*, larded side uppermost, in a *sauté*-pan with two ounces of butter, fry on the lower side only for four minutes, then moisten with a pint of good broth—enough, that is to say, to come up level with their upper surface—add a tablespoonful of marsala, and let them simmer for three-quarters

of an hour upon a gentle fire, basting with their broth. When done, lift the *grenadins* out of the pan, put them in a line overlapping each other in the centre of a well-heated, good-sized oval dish (metal if possible), brush them over with a glaze, garnish with fried mushrooms and bunches of watercress. For the sauce have ready beforehand a *roux* of an ounce of butter and an ounce of flour, stir the strained broth from the *sauté*-pan into this by degrees, skim, flavour with a gill of broth made from the mushroom peelings and half an ounce of glaze, thicken, bring to the boil, and pass through a strainer into a hot sauce-boat.

Little moulds of chicken cream.

4. Order a good-sized fowl to be sent in *plucked* but not trussed or emptied. Clean it, carefully saving the giblets. Remove both legs and thighs—they can be used for some other meal—take off all the white meat from the breast, wings, back, and flanks, and keep this separately. Chop up the carcase, the wing bones and pinions, the giblets including the head, which should be plucked and singed, and the neck, and put all this into a stewpan with four ounces of onion, two ounces of carrot, a bunch of parsley, a bouquet of herbs, and a saltspoonful of salt : cover with cold water, bring to the boil, skimming off all scum as it gradually rises, place the vessel over a low fire, and simmer for three hours. Strain off the broth into a bowl. Let these operations be performed the day before the party is to take place.

The next morning—the sooner the better—take the whole of the meat that was set aside, cut it into dice, and cut an equal quantity of fat bacon in the same manner. Let the latter melt in a *sauté*-pan on the fire, and when melted put in the dice of fowl, dust with spiced pepper, and sprinkle with salt. Fry for five minutes over a fast fire, stirring all the time, then empty the contents of the *sauté*-pan into a mortar. Pound thoroughly, then add panada in quantity equal to half the bulk of the pounded meat. Pound again and pass through a hair-sieve, moistening afterwards with two well-beaten eggs, and as much of the following sauce as may be needed to bring the mixture to the consistency of a thick batter :—

Skim any fat that may have risen to the top of the fowl broth which was put away and will now be a firm jelly. This must be melted. Next proceed to thicken it. If about a pint, an ounce of butter and an ounce of flour will be required for the *roux*, which must be slowly cooked first, without being allowed to turn brown ; now add the melted broth by degrees, season if necessary, and bring it to the boil. Take it off the fire, add the yolks of two eggs after a minute's

rest, and pass the sauce through the tin strainer into a clean saucepan, and keep it in the *bain-marie* for use as required.

Have ready eight or ten plain *dariole* moulds, open a small tin of *pâté de foie gras*, cut out of the *pâté* a piece of the truffled liver three-quarters of an inch square for each *dariole*, partly fill the moulds with the *purée*, then set the pieces of *foie gras* in the centres of them, filling the moulds with about half an inch to spare. Put a piece of buttered paper on the top of the *darioles*, and then arrange them in a shallow pan with boiling water up to one-third of their depth. Cover the vessel, and poach the moulds for twenty minutes in a moderate oven. Remove the paper during the last five minutes in order that the upper part of the mixture may set firmly. When required, turn the *perles* out of the moulds, and serve with the remainder of the sauce poured over them : a slice of truffle may be placed on the top of each of the moulds as a finishing touch.

The farce which surrounds the *pâté* may be used in the *purée* of fowl, and the lard of it to lubricate the moulds instead of butter. If this be decided upon, the *pâté* must be opened before pounding the ingredients for the *purée*.

5. Roast the wild ducks in front of the fire with their breasts protected for the first twelve minutes with fat bacon, baste well, and be careful not to overdo them. Twenty minutes will be found about enough if the fire be brisk, and serve them with this sauce :—

Roast wild ducks with Bigarade sauce.

Pare as thinly as possible the rind of two oranges, Seville if possible, cut the peel into thin shreds, and blanch them in boiling water for five minutes, drain, and put them aside. Melt half an ounce of butter in a saucepan, stir into it half an ounce of flour, stir over a low fire till beginning to brown, and add by degrees half a pint of strong broth (with which should be boiled the giblets of the ducks), season with spiced pepper and salt, and the juice of the oranges, with a pinch of sifted sugar, a tablespoonful of red wine, and half an ounce of good glaze ; now strain the sauce into a clean saucepan, add the boiled rinds, stir till the sauce boils, and serve in a boat.

Crisply fried chips of potato should accompany ; garnish the dish with bunches of watercress, and let a tomato salad accompany it.

6. For this dish see page 181. For the garnish I recommend you to try the little shortbread biscuits described in that section, *i.e.*, those in which some finely grated mild cheese has been mixed ; the cakes should be heart-shaped or round, and quite crisply baked like

cheese-fingers. Dress the spinach in dome shape in the centre of a neat dish (which should be made as hot as possible), and arrange the biscuits tastefully against the sides of the dome.

Spinach with cream.

N.B. Should there be any difficulty in procuring spinach, endive (*chicorée*) may be substituted, touching the preparation of which please see page 182.

7. Make in a pint and a half mould a cake case as described in Menu No. VIII. with savoy biscuits, dry it thoroughly, glaze, and decorate it with chopped almonds. Keep this ready separately. Open a tin of American apricots in syrup. If not soft enough to work through a sieve, the fruit must be gently stewed in its syrup until it can be so treated. About two and a half gills of the *purée* will be wanted. This having been obtained by straining and passing the fruit through the sieve, melt half an ounce of gelatine in the syrup, and stir it into the *purée*. Put the basin containing the mixture upon a bed of ice, and stir the *purée* about till it begins to thicken, then add half a pint of well-whipped cream. Continue the stirring over the ice until setting commences, then turn the whole into an hermetically closing mould slightly smaller than the inside of the cake case ; put this into an ice pail embedded in ice three inches thick above, below, and all round, and keep this covered closely with a blanket for two hours. To serve—turn the cream out of the mould, cover it with the cake case, and send it in.

Apricot Charlotte.

Twelve pounds of ice well crushed with two of common salt will suffice for the freezing mixture.

8. Fry crisply in butter eight or ten pieces of bread a quarter of an inch thick, and cut into rounds with a cutter an inch and a half in diameter. Keep these hot on a wire drainer in the mouth of the oven while you make half a pint of lax *purée* (see page 330), and half a pint of savoury custard (page 310). When these are ready and as hot as possible, lay the hot *croûtes* on a hot silver dish, cover each with the *purée*, and mask the surface of each with a layer of the custard, serving at once. The proportions should be four ounces of lax, four filleted anchovies, two hard-boiled eggs, and two ounces of butter with half an ounce of melted glaze and seasoning.

Lax on toast.

MENU No. VI.

(Autumn.)

FOR A PARTY OF EIGHT.

Potage à la Julienne.
Tranches de fletang à la Wyvern.
Filets de bœuf au crème d'anchois.
Ris de veau aux champignons.
Perdreaux à l'Anglaise.
Artichauts en coquilles.
Parfait aux pistaches.
Croûstades au Parmesan.

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1. The French preserved *Julienne* (Prevet et Cie) provides a ready method of flavouring this soup correctly, and in the early months of the year when there is a difficulty about vegetables this is a thing by no means to be despised.

Julienne soup.

Having made a good, strong, and clear bouillon sufficient for your party, according to the directions already given, and clarified it, all you have to do is to take one ounce of the Julienne per quart which should be simply placed in a saucepan, with sufficient of the warm broth to cover it well, over a moderate fire, and allowed to simmer until the pieces of vegetable expand themselves, and appear nice and tender: this should take forty-five minutes: when the flavour has been extracted, skim carefully, and pour the contents of the saucepan through a strainer into the soup. A garnish of fresh vegetables cut into strips:—one ounce each of carrots, turnips, celery, and leeks, taken from the soup stock vegetables, will complete the potage.

For the preparation of *Julienne*, according to the French system, the following directions may be given:—Take two ounces each of

carrots and turnips, one ounce each of leeks and onions, and half an ounce of celery ; cut them all into thin strips not more than the eighth of an inch across and an inch long. Put them into a saucepan with a couple of ounces of fresh butter, and toss them lightly over a brisk fire until they take colour slightly, say for five minutes or so, cover them with a pint of broth from the stock-pot, season mildly with salt and pepper, reduce the fire, and simmer for an hour and a half very slowly : during the last half-hour add a few leaves of lettuce, sorrel, and chervil finely shredded : skim, and carefully remove the grease thrown up by the butter. Let the vegetables thus cooked remain in the broth in the *bain-marie*, nice and hot, until the time of serving. The *Julienne* is now ready when required to be put into the rest of the broth, brought to the boil, again skimmed, and sent up.

Halibut slices in Wyvern's way.

2. Having cut eight or ten neat fillets out of a piece of halibut weighing two pounds, you must first proceed to make a good broth with the bones and trimmings, assisted by two ounces each of shredded onion and carrot, a bunch of parsley, a dessert-spoonful of blended thyme and marjoram, a saltspoonful of salt, a dozen peppercorns, a pint and a half of water, a tablespoonful of mushroom ketchup, a tablespoonful of tomato ketchup or sauce. When this has been brought to the boil once and then simmered for half an hour, strain it off into a glazed earthenware *casserole* or an enamelled pan : set this on the fire, and as soon as boiling begins, add the fillets. This will check the boiling ; when it recommences, moderate the fire to simmering, cover the pan, and add a large claret-glassful of sound light claret. Let the fish fillets cook slowly in the broth for about eighteen minutes : when done, drain and place them in a very hot dish, carefully covered up. Strain the broth in which they were cooked, thicken it, stir in half an ounce of glaze, bring to the boil once, and pour over the fish through a pointed strainer.

If you use a tinned utensil with red wine the colour will be spoiled.

Fillets of beef with anchovy cream.

3. Choose a tender piece of beef suitable for fillets by ordering the meat a day or two beforehand. Cut eight or ten neat fillets in oval or round shapes as explained for "fillets of beef with mushrooms," Menu No. V. These need not be larded, but a nice piece of fat, about the size and twice the thickness of half-a-crown, should be cut to accompany each fillet. The process in this case is carried out in the *sauté*-pan (see page 123).

See that the pan (a small one) is quite dry and clean, put half an

ounce of butter into it, and melt over a brisk fire, put in the fillet, fry four minutes on one side, then turn it, and fry four minutes on the other, taking care that the butter does not burn. Repeat the process with all of them, and fry the fat separately, last. Dish each after draining on a hot flat dish in a line overlapping each other, introducing a piece of fat between each of them. Have ready previously prepared twenty thin strips of filleted anchovy, lay these crosswise on each fillet, and garnish the dish with potatoes *à la Duchesse* (page 161) in a circle round them.

For the sauce (which should go round very hot, in a boat) take two anchovies from the tin, wipe them dry, after freeing them from the oil, mash, and pass them through the sieve: add the pulp to about half a pint of good *velouté* (page 78), heat it up, and as you serve, enrich the sauce with the yolk of an egg.

Sweetbreads with mushrooms.

4. Select a pair of fine sweetbreads. Soak them in cold water for four hours, changing the water three times. Blanch them for five minutes in boiling water, then "refresh" them in cold —they should be firm yet not hard—and place them between two baking-tins under a weight. As soon as cold, lard them carefully. Choose a *sauté*-pan large enough to hold the sweetbreads comfortably, and line it with strips of bacon, slices of carrot, and a couple of ounces of finely minced shallot. Place the sweetbreads on this bed, and moisten them with broth mid-deep. Set this on the fire and cook gently, without covering, till the liquid thickens like glaze. Now add half a pint more broth, cover the pan, and set hot cinders on the lid, so that there may be heat above as well as below the pan. Every now and then uncover to baste the sweetbreads with their own broth: when nicely browned and tender they are ready.

To dish:—Divide the sweetbreads into four pieces each, arrange these in a circle in an *entrée* dish upon a firm socle of rice an inch high. Fill the centre of the circle with mushroom *purée* (page 204), and pour this glaze over them:—

Strain the broth in which they were cooked into a saucepan. If it has reduced too much for straining, liquefy with enough broth to effect that object, melt half an ounce of glaze in it and add a dessert-spoonful of marsala; when well incorporated pour this over the pieces of sweetbread as directed.

If a pair of sweetbreads large enough for the party cannot be procured, two must be ordered.

N.B. As a matter of convenience the sweetbreads can be kept

covered up in their pan upon a "safe-boiling stove mat" until the fillets of beef have been dished up.

5. Choose four young partridges, roast, and serve them with bread sauce (page 63), and fried bread-crumbs (page 218), *pailles de pommes de terre* accompanying (page 166).

Roast partridges.

A cold French beans salad might accompany, for which see page 270.

6. This is a simple little *entremets de légume*, which, if carefully made, is worthy of a place in any dinner. You can use small silver-plated *coquille* shells or neat ones made in white fireproof china, butter them, and fill them with plain artichoke *purée* made as follows :—

Artichokes in shells.

Boil the artichokes ; when cold, strip them of their leaves, scraping off all the pulp which adheres to them with a silver dessert-knife : then extract the "chokes," and add the "bottoms" of the artichokes to the leaf pulp. Mash the whole together with a silver fork in a bowl, dust it with salt and pepper, mix a coffee-cupful of good *velouté* with it, and one well-beaten egg, stir it well, and fill the *coquilles*, dust over the surface a layer of finely sifted bread-crumbs, sprinkle little bits of butter over the crumbs, bake till thoroughly hot, brown the surface with a hot iron, and serve on a napkin.

This is equally practicable with Jerusalem artichokes (*topinambours*), with which a layer of grated Parmesan may be used on the surfaces instead of the crumbs. Pastry cases may be used instead of the *coquilles* in either case, but the dish should then be called *croûstades d'artichauts* or *de topinambours* as the case may be.

7. A *parfait* is one of the easiest preparations in the whole category of ices. By some it is called a "warm" or "soft ice." It does not require a freezing apparatus. All you want is a proper tightly closing *parfait* mould, and a wooden ice pail with a hole for the escape of melted ice at the bottom of it. *Time* is a *sine quâ non*, for to be certain of turning out the mould firmly it should be buried in ice for three hours. Milk is not employed in a *parfait*.

Parfait with pistachio nuts.

For an eight o'clock dinner commence work at half-past three. Blanch four ounces of shelled pistachio nuts, pound them in a mortar to a paste, using a teaspoonful of rosewater from time to time to assist the operation ; when thoroughly pounded put the paste aside. Next put the yolks of ten eggs into a stewpan with half a gill of water, and, over a low fire, turn them to custard, adding three ounces of finely sifted sugar. When the custard is nicely formed, colour

slightly with spinach greening, add the pistachio paste, and emptying the mixture into a bowl (which should be set on ice), whisk well, and when well frothed add a pint of well-whipped double cream separately sweetened. Amalgamate the two whips completely, and fill the *parfait* mould, put a piece of paper over the bottom of it, close the cap securely—if at all doubtful of its fitting firmly it is advisable to secure the joining with paste, and bury it in the pail with a four-inch casing of broken ice well salted and pressed down above, below, and all round it—the proportions being two-thirds of ice to one-third salt and saltpetre—eight pounds to four, or ten to five. Watch the packing, and renew wastage after the first hour. To turn out the mould dip it into water at the ordinary temperature of the room.

8. *Croûstades au Parmesan.*—Make half a pound of puff-pastry as for *pailles* (page 330) ; with this rolled out a little less than a quarter of an inch thick, line eight small round or oval patty-pans, buttered in the usual way ; fill the hollows with the cheese mixture marked " c " (page 319), and bake. The cheese mixture will rise somewhat. Serve when of a nice colour—as hot as possible.

Parmesan patties.

MENU No. VII.

(Winter.)

FOR A PARTY OF EIGHT.

Consommé de vollaile.
Turbot sauce Hollandaise tomatée.
Quasi de veau aux salsifis.
Côtelettes de mouton à la Moscovite
Faisans sauce à la châtelaine.
Topinambours frits.
Gelée de pruneaux.
Biscuit au laitance de hareng.

Clear fowl soup.

1. Prepare the day before a good beef broth for your eight covers, following the recipe for the small *pot-au-feu* (page 27). Choose a small fowl, take off the breast meat, save the legs and thighs for another meal, chop up the rest of the bird with the giblets, mash them roughly in a mortar, and throw the whole, with the exception of the *liver*, into the cold broth ; put the vessel over a low fire and let the broth come slowly to the boil, skimming carefully, and then remain simmering till the afternoon : now remove the pan, strain the liquid from the bones, and set it cool.

With the meat saved now proceed to form a dozen tiny *quenelles* the size of an olive : pound this meat in a mortar with the saved liver, a pinch of salt, two ounces of butter, and a seasoning (say about a saltspoonful) of spiced pepper ; pound this again with an addition of one-third its bulk of bread-crumb soaked in stock, pound again thoroughly and add one well-beaten egg ; keep it cold, roll it out, and divide it into little portions, form them between two

teaspoons, and *poach* till done (see page 365), just before serving the soup, into which they should be put at the last minute, the *consommé* itself having been meanwhile clarified, and again heated *almost* to boiling point.

Turbot with tomato-flavoured Hollandaise.

2. Select about two pounds of turbot, poach in fish broth as explained page 89, and serve with half a pint of hollandaise sauce (page 66), to which two tablespoonfuls of bright-coloured French tomato conserve should be added as a finishing touch.

Chump of veal with salsify.

3. Take from four to five pounds of the chump end of the loin of veal, bone it, stuff it with veal stuffing (page 142), and fold it into shape, securing it with twine or tape. Break up the bone and gristle, and with three ounces of onion and carrot, and an ounce of celery well seasoned with pepper and salt, make as good a broth as possible. This should be done the day before the dish is required. To cook the meat :—line the bottom of a stewpan with dripping, bacon trimmings, slices of onion, carrot, and turnip. Lay the rolled veal upon this, put the vessel upon a moderate fire, basting the meat with an ounce of butter melted, turn it so that it may be browned lightly and evenly all over, then moisten with the broth (about a quart enough), season with salt and pepper, and simmer with the pan half covered for an hour and three-quarters. Take out the meat, keep it hot, strain the gravy, take off the fat, add half an ounce of glaze, boil till partly reduced, and pour over the veal which, the ties having been removed, should be dished on a very hot dish. Serve with salsify cooked in the manner described in Chapter XVI., page 201, for boiled salsify. Procure the black kind if you can.

Mutton cutlets à la Moscovite.

4. For this dish select the nicest cutlets from a neck of mutton ; trim them very neatly, flatten them on a board with a cutlet bat, and set them in a cold place or over ice to get firm for larding. Then lard them through (*i.e.*, pass the needle simply in on one side and out on the other) with strips of tongue, truffle, and fat bacon.

When ready, stew the cutlets very gently in a broth made from the bones and trimmings, assisted with a good allowance of onions, carrots, and turnips—say four ounces of each—a *bouquet garni*, and seasoning ; take them out, and set them to get cold with a weight above them ; when cold, mask the cutlets on one side only with this sauce :—Having carefully taken off all the fat, empty the broth in which the cutlets were stewed into a clean saucepan, season it, and

add to it a tablespoonful of mushroom ketchup, and one of marsala. There should be half a pint of it. Add half an ounce of gelatine, and, drop by drop, sufficient Parisian essence to colour it nicely ; when the gelatine has melted, and the sauce is well mixed, apply as directed at page 257 :—arrange all the cutlets on a flat cold dish, and pour just enough cold sauce over each to coat it smoothly. If at all warm the dish should be laid upon another containing broken ice. When the mask or glaze has set, trim the edges neatly, detach the cutlets from the dish, and they are ready.

You must now prepare the *socle* or stand upon which to arrange your cutlets. This is easily made of rice, and is not intended to be eaten. Wash a pound of rice, and boil it gently with a little salt. When soft, drain thoroughly, pound it in a mortar, and mould it with two wooden spoons to the shape required. In this case we want a flat disc an inch thick to nearly fit the inside of the *entrée* dish, and, upon that a circle about two inches high with a hollow centre for a salad, and sloped gently on its outer rim to admit of the cutlets being laid upon it securely. When formed satisfactorily, and quite cold, the surface of the *socle* should be coated with butter or white sauce, and the cutlets arranged round the outer face of the circle. They should have their masked sides outwards. The hollow centre of the circle should be filled with a *salade cuite* of mixed cold cooked peas, *flageolets*, French beans cut in diamonds, stars of carrot, &c. The rim of the circle may be formed sufficiently wide to admit of a garnish of *croûtons* of aspic jelly, white of egg, turned carrots, &c., being laid upon it, and broken jelly may be arranged over the salad, and in a ring round the bottom of the dish.[1]

When completed, this *entrée* should be kept in the ice-box till wanted. With the exception of the *mayonnaise* dressing, which should be separately made, kept in ice, and poured over the salad just before serving, it can be made early in the day, and is consequently so much off the cook's hands as the dinner-hour arrives.

Iced cream may be used instead of *mayonnaise* dressing, and the *salade* may be composed of *flageolets, pointes d'asperges*, &c., alone.

Before glazing the cutlets a thin layer of *purée de foie gras* may be spread over their upper surfaces.

5. Procure a brace of pheasants in nice order and condition. Have

[1] All this elaborate treatment might be dispensed with (see page 23) by serving a cutlet on a very cold plate, with a portion of the cold *salade cuite*, to each guest direct from the *buffet*.

them sent in plucked only. Draw and truss them at home, saving all the giblets with care. Having set up the birds neatly, tie a flap of fat bacon over their breasts, and put them aside till roasting time.

Roast pheasants with chatelaine sauce.

Next wash and scald the giblets, cutting them up small and saving the livers. Put the pieces into a stewpan with two ounces of butter, two ounces of minced lean ham or bacon, two ounces of minced shallot, two ounces of minced carrot, and a seasoning of salt and spiced pepper; turn about over a low fire to draw the glaze moistening with a gill of broth; let this reduce to half its quantity, by which time the vegetables should have coloured a reddish brown; then cover with broth, bring slowly to the boil, taking off scum and the butter that may be thrown up, and simmer closely covered for an hour and a half at a low temperature to extract the flavour from the giblets. During this stage a bouquet of herbs can be added. Full strength and flavour having been obtained, strain the broth, take off any fat that there may be left, thicken slightly with butter and flour in a fresh saucepan (enamelled), add a tablespoonful of port wine, half an ounce of glaze, and a small teaspoonful of red currant jelly with the juice of a lemon or Seville orange, and a dust of Nepaul pepper. Pass through a fine strainer into another saucepan which should be kept in the *bain-marie* till required. Serve the sauce in a hot metal sauce-boat when the birds are sent up, with fried bread-crumbs, a salad, and :—

6. Jerusalem artichoke chips. Choose large tubers rather, peel and slice them thinly over a basin of well-salted water, let the slices fall into the water to prevent their turning black. When required for the *friture*-pan drain them with a perforated slice, lay them on a clean cloth spread out to receive them, dry well, then plunge into very hot clarified suet or beef dripping, and finish exactly like potato chips. The fat must not be *too* hot or the colour will be too dark.

Jerusalem artichoke chips.

7. Put about a pound of prunes into an enamelled saucepan with two ounces of white sugar, the finely peeled rind of a lemon, a piece of cinnamon, and sufficient claret and water, mixed half and half, to cover them : stew gently till the fruit is quite tender : lift the saucepan from the fire, drain off the liquid, stone the prunes : pass the fruit through the sieve, and save the pulp in a basin. Crack the stones, and throw the prune kernels into the pulp. Steep about an ounce of gelatine in the liquid that you strained off, put it on the fire and let it dissolve ; mix this with the prune pulp,

Prune jelly.

and pour in a sherry-glass of cherry brandy or a claret-glass of port wine. Decorate a plain border mould with blanched almonds, fill the mould with the prune liquid, and set it upon ice to form. When required, turn out the *pain*, and fill the centre of the mould with whipped cream. Unlike ordinary jellies this one is dark-tinted and opaque, but its flavour is quite beyond question.

Devilled biscuit with herring roes.

8. Choose eight plain milk biscuits. Have ready half a dozen soft roes of bloaters, or cooked fresh herrings: if the former pound them in a mortar to a paste with an ounce of butter and a teaspoonful of anchovy essence, a dust of pepper and a grate of nutmeg; empty the paste thus obtained upon a hot plate—a hot-water plate best—and moisten it to a pliant consistency with the yolks of two raw eggs. Cover this and keep it as hot as possible. Prepare the biscuits in this way:—Choose a large *sauté*-pan: melt two ounces of butter in it, lay in the biscuits touching but not overlapping: set the pan over a moderate fire, and turn the biscuits about to heat well and absorb the butter. Do not let the latter burn, and pepper freely, take them out, spread a layer of roe paste over them, dust again with pepper, and serve very hot; a minute on a wire drainer in the oven before dishing will make them all the crisper. In the case of fresh herring roes it is only necessary to warm them thoroughly over a low fire without cutting them, when hot to season with yellow pepper and salt, curl each round, and lay them on the devilled biscuits.

MENU No. VIII.

(Winter.)

FOR A PARTY OF EIGHT.

Potage aux racines blanches.
Filets de sole à la Cherbourg.
Côtelettes de mouton au crème de fromage.
Croquettes de faisan à la hussarde.
Chapon au purée de marrons.
Mousse de topinambours.
Charlotte à la Sicilienne.
Croûtes creuses aux champignons.

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1. Having made a nicely flavoured beef broth in the manner prescribed already, and having clarified it, the rest is a mere matter of garnish. For this a turnip of about seven or eight ounces and a root of celeriac will be required. Out of them, using the smallest-sized vegetable scoop, make as many neat little round balls as you can : the trimmings can be used in broth-making, and should not be thrown away. The garnish must now be cooked in this manner:—First blanch the balls in boiling water for five minutes, then cool, drain, and cook them in broth seasoned with salt and a pinch of sugar. As soon as tender, stop the cooking, drain, and set aside, for the vegetable must not be at all pulpy. As the turnip requires less time than the celeriac, it had better be done first separately, the latter being put into the same liquid. When required, add the garnish to the soup, and serve.

Clear soup with white root garnish.

2. Prepare eight good fillets of sole, using one large fish or two of moderate size. Lay them on a board, brush over their upper sides with well-beaten egg, spread over that a thin layer of finely minced

shrimps, and dust over all a seasoning of salt and powdered mace. Roll the fillets up, enveloping the seasoning within them, and tie them securely with fine pack-thread. Set them aside. Break up all the bones of the sole, and put them with the trimmings into a stewpan with four ounces of onion in slices, half an ounce of shred celery, a bunch of parsley chopped, a teaspoonful of mignonette pepper, and a saltspoonful of salt: cover with cold water: if a glass of chablis, sauterne, or still hock be available, put it in, if not, a tablespoonful of good white-wine vinegar. Bring to the boil, skim, and simmer for three-quarters of an hour, then strain into a bowl. When the time comes for cooking the fillets, set the broth in a deep *sauté*-pan, let it come to the boil, put in the fillets, and then simmer for twelve or fourteen minutes. Stop, take the fillets out of the broth with a slice, remove the threads, and keep them on a hot plate covered up. Mix half an ounce of butter with half an ounce of flour at the bottom of saucepan, stir over a low fire till about to turn colour, then add by degrees the broth in which the fillets were cooked, bring to the boil, reduce the heat, and stir in two ounces of well-made potted shrimps, pour this over the fillets through a pointed strainer, and serve.

Fillets of sole à la Cherbourg.

3. For eight nice cutlets procure the best end of a neck of mutton—not too fat. Saw off the chine-bone, trim the little joint neatly, shortening the long bones, and getting it into a neat rectangular shape. Before severing the cutlets mark them off, so as to be sure of cutting them of a uniform thickness. Never cut these cutlets too thin: let the division pass exactly midway between the bones. This having been done, each cutlet should be trimmed, all meat at the extreme end of the bone being removed, leaving one inch of the latter bare: all gristle and superfluous fat should be cut off, and the plump piece of meat (which constitutes the cutlet) flattened with the cutlet bat. Dust over the cutlets when thus prepared with salt and pepper, and brush them over with melted butter. Butter the gridiron, place the cutlets on it over a brisk fire—quite closely at first—and cook them four minutes on one side, turn, and then three minutes on the other, using cutlet tongs lest the gravy escape. Fast grilling, not a second too long, if the meat be thick enough, is the thing needful to produce a juicy cutlet. Failure is caused by cutting the little chops too thin, and cooking them too long, the certain result being a leathery cutlet. In cold weather the cutlets may require a minute longer on each side.

Mutton cutlets with cheese sauce.

With these cutlets "*riz à l'Italienne*" (see page 303) will be found

appropriate. Arrange it with a wooden spoon in dome shape in the centre of the hot dish, and put the cutlets round it. For the sauce :—

Weigh, after trimming, three ounces of onions, cut them up small, and put them into a saucepan with an ounce of butter and a seasoning of pepper and salt, over a low fire : let them cook slowly, so that they do not take colour, add a dessert-spoonful of *crème de riz* or flour, and moisten with half a pint of broth, and let the simmering go on till the lumps of onion are quite soft ; then add a heaped-up tablespoonful of finely grated cheese, stir this in well for a minute or two, bring to the boil, then lift it up, and work the mixture through the sieve as you would a *purée*. Heat it up gently in the *bain-marie*, and at the last stir in a couple of raw yolks of eggs. Let the sauce go round in a boat with the *entrée :* it ought to be a thick creamy-looking sauce of the consistency of *tartare*, and as hot as possible.

Croquettes of pheasant à la Hussard.

4. Cut up a cold roast pheasant, taking off all the meat of the breast, back, and thighs, and setting it aside. Break up all the bones with the legs and put the *débris* into a stewpan with all skin and trimmings, four ounces of onion and half an ounce of good glaze, a teaspoonful of dried herbs, half one of salt, and half a dozen peppercorns. Cover with lukewarm water, or broth, bring to the boil, and simmer slowly for a couple of hours. While this is going on, cut up the pheasant meat in eighth of an inch squares, and for every two tablespoonfuls of the mince portion off a dessert-spoonful each of cooked mushroom and truffle. Mix all together. When it is ready strain off the pheasant bones broth, skim, add to it the liquid in which the mushrooms were cooked and that of the truffles, thicken, bring to the boil, reducing one-third of the quantity. Dilute the mince with as much of this (hot) as will bring it to the consistency of thick jam, turn this out upon a dish, patting into a mass three-eighths of an inch thick ; let it get cold and firm. To prepare finally :—Cut out of the firm mince a dozen equally-sized pieces, form out of them as many pear-shaped *croquettes*, dip them in beaten egg, and roll them in fine crumbs (page 124). Fry a golden brown in a bath of boiling fat, drain, dry, and dish neatly with this sauce :—

In an ounce of butter over a low fire, fry together an ounce of minced shallot, a tablespoonful of parsley, and a seasoning of salt and spiced pepper : when the onion colours lightly, moisten with a claret-glassful of chablis or sauterne and half a pint of broth—that of the pheasant bones, if enough be left. To this add two ounces of raw lean ham ; boil, and simmer for twenty minutes ; strain, thicken with half an ounce of butter and half an ounce of flour, colour with Parisian

essence, and pass the sauce through a strainer, garnishing finally with finely minced blanched lemon peel and cooked ham.

Capon with chestnut purée.

5. Choose a really good bird. Truss it at home, setting all the giblets at once to make broth, but leaving the liver inside it. Let a blanched onion, wrapped in bacon, be put inside the carcase, and sew up the vent; be particular with your stuffing, for which see page 142; and of course have the roasting done in front of the fire, the breast barded with bacon, and the whole wrapped in well-buttered paper. Remove these coverings during the last ten minutes for the browning, and serve the bird on a very hot dish garnished with watercress.

For the sauce:—Peel, blanch, and remove the inner skin of twelve large or eighteen small chestnuts, put them into a stewpan, moisten just level with the top of them with the giblet broth warm, a pinch of salt and one of pepper. Bring to the boil, then simmer covered up over a low fire till tender, by which time the chestnuts will have absorbed the broth. Remove the pan, and pass the chestnuts through a hair-sieve, using a piece of butter to facilitate the operation. Add to three gills of the broth an ounce of glaze, boil, reduce to two gills, stir the *purée* into this, add the yolk of an egg off the fire, and serve. The *purée* should be brown, and to get a nice colour a drop or two of Parisian essence may be necessary. Serve very hot.

Mould of Jerusalem artichokes.

6. For this excellent *entremets de légume*, see page 185. As you have already used *crême de fromage* in this *menu*, serve the mould masked with *Hollandaise*, tomato *purée*, or *Hollandaise tomatée*, *i.e.*, a *Hollandaise*, say half a pint, to which three tablespoonfuls of good tomato *purée* have been added. This dish can also be served cold—*quite* cold—with very cold pure cream as a sauce. Unless the weather happen to be wintry it would be well to use ice to insure the correct temperature.

Iced Charlotte à la Sicilienne.

7. This is an iced pudding flavoured with chocolate, served within a cake case. First note the way in which the *case* should be made, which is applicable to all iced puddings in cake cases. Choose a plain pint and a half Charlotte mould. Make a pound of Neapolitan cake in this manner:—Pound eight ounces of blanched and peeled sweet almonds in a mortar, moistening with rosewater to prevent oiling: when reduced to a paste, spread ten ounces of flour on a pastry board, mixing with it four ounces of butter, six ounces of sugar, the almond paste, and the zest of an orange; mix to a stiff paste with six yolks of eggs. Let it

rest for an hour. Roll it out a quarter of an inch thick ; cut a strip the width of the depth of the mould, measuring enough to go once round it and a quarter over. Out of the remainder of the paste, rolled equally thick, cut a round to fit the bottom—to be eventually the top of the mould : lay all on a baking-sheet, and bake in a slow oven : when of light golden tint take the pieces out, let them get cold, trim neatly, and subdivide the strip into pieces three-quarters of an inch wide, to form the wall. Make a cement with the whites of three eggs, and an ounce of finely sifted sugar. First butter the mould well, and put a round of paper at the bottom of it, and over that lay the round piece of cake cut to form the top ; with a stiff brush put an edging of cement all round to secure the pieces forming the wall. Next arrange the slices round the side of the mould slightly overlapping one another, and cement them firmly together, fixing their ends to the circular top placed at the bottom of the mould. Set this in a very slack oven to dry. When the cement dries the case will be quite firm. Choose a mould for the ice slightly smaller than this case, so that the latter may cover it nicely. When firmly set, the cake case may be turned out upon a dish, and its outside brushed over with some thin cement, and sprinkled over with chopped pistachio nuts, burnt almonds, sugar plums (*non pareils*) or crystallised sugar.

For the ice :—Dissolve six ounces of chocolate in three gills of milk, sweeten if necessary, and stir over the fire till melted, adding a teaspoonful of vanilla essence. Put the yolks of five eggs into another saucepan, add the melted chocolate, and make a custard of the mixture, adding a gill of good cream. Empty this when nicely formed into a bowl, and, cooling it over crushed ice, whip it well. Put it into the freezer, and when half-frozen stir into it another gill of cream separately beaten to a froth ; complete the freezing, then put it into a mould, bury that in ice till wanted, then turn it out, cover with the case, and serve.

8. *Croûtes creuses* can be made of bread or pastry. If of the former the process is this :—With a round or heart-shaped cutter, two inches in diameter or two and a quarter long, as the case may be, cut ten or a dozen shapes out of bread cut three-quarters of an inch thick. Mark out with a smaller cutter of the shape chosen, a smaller round or heart-shaped pattern within the pieces that have been cut, leaving a quarter-inch margin : press the cutter downwards half an inch deep. Now fry the shapes of bread in butter till coloured on both sides, drain, cool, and then with the point of a small sharp knife pick out the part you marked by

Mushrooms in cases.

the smaller cutter, making thus a hollow with a quarter-inch margin all round it. The pastry *croûte* is made with puff-paste, with which you line a number of patty-pans two and a half inches in diameter, according to requirements, filling the centres with bread or flour to preserve the hollows, and baking them in a hot oven : when done they must be taken out and set to cool, when the bread or flour should be removed.

The *croûtes* are in this instance finished by filling the hollows with mushroom *purée* or mince, diluted with very strongly reduced brown sauce, and capping each with an entire mushroom the size of the *croûte*, set hollow downwards. All must be heated till very hot in the oven, and served on a napkin.

MENU No. IX.

(Summer.)

FOR A PARTY OF EIGHT.

Consommé à la Creole.
Tranches de saumon à la Colbert.
Carré de venaison aux haricots verts.
Petits aspics aux quenelles de homard.
Oison, sauce raifort.
Salade de tomates.
Petits pois aux laitues.
Bavaroise à la Victoria.
Biscuit à la Piémontaise.

Clear soup à la Créole.

1. Prepare a stock as recommended for *consommé aux pâtes d'Italie*, but instead of fowl giblets use two calf's feet cleaned and cut up. When completed, drained, set to get cold, and freed from fat, the soup should be completed as follows:— purchase a crab of medium size—say six inches across the body. Order it to be sent in uncooked, but with the lungs, &c., removed: chop up the legs, but preserve the body and claws: put all into a stewpan and cover well with the stock, adding a bouquet containing sweet basil, marjoram, and thyme, and a dozen peppercorns: bring to the boil, then simmer for forty-five minutes. After this strain, clarify the soup with beef as explained at page 29, and serve garnished with the white meat of the crab shredded into strips with two forks. To this soup half a glass of marsala may be added, as in the case of clear turtle, and lemons cut into quarters should be handed round.

2. Have one pound and a half of salmon cut by the fishmonger into

two nice slices, each of which should ultimately yield four portions.

Salmon slices with tarragon sauce.

Prepare a fish broth with a pound of fish cuttings, three ounces each of carrots and turnips, four ounces of onions, a bunch of parsley roughly chopped, a bouquet of marjoram, thyme, bay leaf, and chervil, a saltspoonful of mignonette pepper, and one of salt. When well flavoured strain this off, add to it a gill of French white wine or hock, and you will have a *court bouillon* in which the slices of salmon should be cooked. Use a large *sauté*-pan with an upright rim, in which the slices can lie side by side without overlapping. Put into this first the prepared broth, bring it to the boil, then slip in the salmon slices; this will stop the boiling; let it recommence, and after three minutes reduce the heat below the pan to simmering. In about fifteen minutes altogether the fish will be done nicely. Take the pieces out of the broth with a slice, and lay them on a drainer or a hot dish. They can now be neatly divided into four portions each, following the natural divisions of the fish, bone and skin being removed. Having got ready beforehand a *roux* with half an ounce of butter and half an ounce of flour, work into it half a pint of the *cuisson* in which the fish was cooked, bring to the boil, skim, strain, and finish with a dessert-spoonful of finely minced tarragon, the same of anchovy vinegar, and lastly the yolk of a raw egg well mixed with an ounce of butter. Instead of anchovy vinegar the juice of a lemon or a teaspoonful of reduced red-wine vinegar may be used to produce the necessary sharpness. Help each portion with a spoonful of the sauce poured over it.

3. For this please turn to page 217, and follow the directions given at the bottom of it for the treatment of a shoulder of venison. Bone the neck, marinade it, stuff, roll, and roast it, serving it with a sauce made in the manner described in that recipe. Haricots verts cooked plainly as given at page 170 are the fittest accompaniment.

Neck of venison with French beans.

4. Lobster *quenelles* are well worthy of being served as an *entrée* when prepared in this way:—Choose eight little *darioles* of a size, that is to say, large enough to contain one *quenelle* each. Make a pint and a half of aspic jelly (page 251), but flavouring it with cucumber vinegar as we had tarragon with the fish. Decorate the bottoms of the moulds (afterwards to become the tops) with neat dice of truffles and hard-boiled white of egg; set this with aspic jelly, and then put a *quenelle* in each, embedding it in the same way. Put the moulds in a dish over ice to consolidate, and make a *socle* on which to serve them with rice as explained for

Little jellies with lobster quenelles.

côtelettes à la Moscovite, Menu No. VII. Instead of sloping the sides, however, flatten the top of the rice circle so that the little aspics may be laid upon its surface. Fill the centre of the circle with a *salade Jockey Club*, *i.e.*, cold cooked *pointes d'asperges* and slices of truffles moistened with *mayonnaise collée* (page 71), using some of the aspic left after filling the moulds for the purpose, and cucumber vinegar. To make the *quenelles* see page 365.

In filling moulds with jelly see that the latter is cold, though in a liquid state, for if warm it may loosen the arrangement of the pattern laid at the bottom of the former. At the same time it must not be cold enough to be partly set, or air-bubbles will be introduced and spoil its appearance. Complete the setting with as little delay as possible, for if the surface of a layer of jelly becomes damp the next will not amalgamate with it, and the mould, on being turned out, may come to pieces.

5. A gosling may be cooked exactly on the lines laid down for a duckling (see Menu No. II.), increasing the quantities of stuffing according to size. This cannot be too mild, mushrooms being specially suitable. Onions and sage are out of place till the bird is fully grown. Horseradish sauce will be found a nice accompaniment, and no salad better in the circumstances than one plainly made with tomatoes, for which see page 267.

Roast gosling with horse-radish sauce.

6. This is an uncommon method of serving peas, which is to be recommended. Choose a couple of fully-hearted cabbage lettuces; stew them in the manner explained at page 180. Cook the peas *à l'Anglaise*, as in Menu II., boiling with them a few lettuce-leaves and pieces of stalk, to be removed when dishing. Serve in a *légumière* in this way. Arrange the stewed lettuce in a circle and fill the hollow in the centre with the peas.

Green peas with lettuces.

7. Pick carefully sufficient ripe strawberries to yield a pound of fruit after the removal of the stalks: weigh them to be exact, and see that they are perfectly clean. Steep an ounce of gelatine in water. Pass the strawberries through a hair-sieve into a bowl, and when through, dust into the *purée* five ounces of castor sugar. Into this stir the gelatine after having dissolved it in a gill of milk over a low fire, and add the juice of a lemon. Whip the fruit and pass into it as you do so a pint of separately whipped cream. Prepare independently a lining jelly, flavoured with lemon as for *Bavaroise à la moderne*. Line

Bavaroise of strawberries à la Victoria.

a mould with it in the same way, and fill the inside of it with the strawberry cream. Set on ice and turn out when wanted.

8. Water biscuits or Bath Olivers are the best to choose for this. Prepare them as described for *buscuit au laitance* in Menu No. VII. But for the adjunct proceed in this manner. Take of minced cooked ham a dessert-spoonful, with a teaspoonful of chopped olives, and a teaspoonful of chopped anchovies, for each biscuit. Put the mince into a small stewpan, and moisten with a gill of *espagnole* sauce flavoured with marsala, add a quarter of an ounce of glaze and stir over a low fire till quite thick. Having the biscuits devilled and as hot as possible, spread a layer of the hot mince over each, dust with Nepaul pepper and finely grated Parmesan, and send in at once very hot.

Devilled biscuit à la Piémontaise.

N.B. Instead of the gosling a pair of *poulets à la casserole* may be given. This is a fashionable method of serving fowls at the restaurants, and by no means difficult if you possess the earthenware vessels I have several times mentioned. Having trussed the fowl for roasting and seasoned it, lay it in the *casserole* with an ounce of fresh butter. Turn it about over a very moderate fire till slightly brown, then put the *casserole*, covered with the lid, into a fairly fast oven and keep it there till the fowl is done, basting frequently with previously prepared brown gravy to prevent burning. There is a good deal in the seasoning which should be well rubbed in. The best I ever tasted was composed as follows :—Bruise a piece of garlic the size of a hazel nut, and add to it a teaspoonful of finely powdered dry *rosemary* besides salt and pepper. The flavour imparted by this is quite excellent, and of Italian rather than French conception :—*Pollo alla caseruolo.* For this I am indebted to Signor Sangiorgi, proprietor of Kettner's Restaurant.

MENU No. X.

(Autumn.)

FOR A PARTY OF EIGHT.

Crème de lapin à la Reine.
Eperlans frits, beurre fondu.
Gigot braisé à la chevreuil.
Boudins de volaille à la Talleyrand.
Coq de bruyère, sauce au pain.
Fonds d'artichauts à la moëlle.
Gelée de Bordeaux aux framboises.
Quenelles au fromage au gratin.

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1. Prepare, a day before the party, a veal stock as follows, without colouring :—Two pounds of veal stock meat, one pound of well-broken veal bones, and sixpennyworth of fowl giblets. Make as directed for *pot-au-feu* (page 27), adding the vegetables in due course. Remove the flesh from a cold part-roasted rabbit, excluding all skin, and browned parts: add to the meat so obtained, half its bulk of bread-crumbs soaked in milk, and pound both together in a mortar, with a table-spoonful and a half of ground sweet almonds, and the hard-boiled yolks of four eggs Mash and cast all the bones and trimmings into the veal stock of which there should be two pints and a half for eight basins, and let them simmer for two or three hours, adding stock to make good loss by evaporation. Pass your pounded rabbit and crumbs through the sieve to get rid of lumps, gristle, &c., moistening it with a spoonful or so of stock to assist the operation. When this has been done, strain off your stock from the bones, and place it to

Purée of rabbit.

get cool, removing all the fat that may rise to the surface. Now take a saucepan and melt an ounce of butter at the bottom of it, stirring in a like quantity of flour ; add a little stock, and work the *roux* so obtained without ceasing, gradually pouring in stock, and adding the rabbit paste until you have exhausted your supply. Let the *purée* now come to the boil ; remove the saucepan from the fire, and as you pour it into the tureen, stir into it a coffee-cupful of the soup with which the strained yolk of an egg has been mixed, and serve. Be careful to clear all white from the yolk or it will set in flaky pieces, and spoil the look of the soup. Should this by any accident occur the whole should be passed through the strainer before serving.

Fried smelts.

2. Two dozen nice smelts may be ordered for this dish. After a creamy soup let the fish be as plainly cooked as possible, so we will fry them. To get them really crisp no plan can be more sure than that advised for *pommes de terre soufflées*, (page 166), *i.e.*, a double process. Give the fish a preliminary fry in hot fat during the afternoon and let them get quite cold. They need not be kept in long enough to colour. Then for final service give them a second fry. On each occasion test the fat, and take care lest it be too hot ; increase the temperature as explained in Chapter XIX. For frying it is customary to bread-crumb smelts (page 91), but they can be dipped in milk and floured if liked.

For *beurre fondu* see page 68. Let this be served in a hot metal sauce-boat, and sharpen it with lemon juice Brown bread and butter may accompany.

Braised leg of mutton venison fashion.

3. Remove the bone from a well hung, small leg of Welsh mutton and marinade the meat as laid down for roebuck page 217. To prepare it for cooking fill the place left by the bone with hare stuffing, and tie the meat into shape, set it in a stewing-pan with two ounces of butter over a brisk fire. Turn it after eight minutes' frying, and colour it evenly on the other side. Pour in now as much broth (made from the bone you cut out with trimmings and vegetables to assist it) as will half cover it—about a quart : throw in a sherry-glass of brandy, a couple of sliced onions, a carrot cut up, a bunch of mixed sweet herbs, or two dessert-spoonfuls of dried herbs, and six whole peppercorns in a muslin bag, a bunch of parsley, a clove of garlic, and a blade of mace : simmer slowly on a low fire for two hours and three-quarters, keeping the pan half-covered, and turning the meat after the first hour and a half : baste every now and then with the broth. When done take out the meat and keep it hot while you strain off the gravy, remove the

fat, and add to it a tablespoonful of red currant jelly, a teaspoonful of anchovy vinegar, and a tablespoonful of marsala—use this as your sauce. Having prepared beforehand half a gill of hot melted glaze, brush over the outer surface of the mutton as you dish it, and garnish with glazed Jerusalem artichokes, French beans accompanying.

4. For this choose a nice fowl with a full breast, picked, but otherwise untouched ; clean it ; take off all the white meat from the breast, wings, and ribs ; set the legs and thighs aside for a grill or other dish on another occasion. Break up the carcase that remains, chop and scald the giblets, leaving out the livers, and throw all, with the wing bones, into a quart stewpan with four ounces of sliced onions, the same of sliced carrot, a bunch of parsley, and a *bouquet garni* or a muslin bag containing some mixed herbs, and any scraps of raw meat you may have lying idle. Cover with cold water, bring to the boil, and simmer for an hour and a half, then strain the liquid, and put it aside to get cold when the fat can be skimmed off and the broth used at once to make a good domestic *velouté*, adding to three-quarters of a pint the yolks of two eggs.

Moulds of chicken à la Talleyrand.

For instruction as to the preparation of the meat please turn to page 363, where the subject of *quenelles* and *farces* is discussed. In this case we shall want ten ounces of chicken meat uncooked, six ounces of panada, six ounces of butter, and two yolks of eggs. Begin by mincing and pounding the meat, add the panada, then the butter, lastly the eggs one by one ; when you have worked this quite smooth, moistening with a spoonful of sauce if necessary, pass it through the sieve, season it with pepper and salt, keep it for some little time in a cold larder, and then fill twelve little buttered dariole moulds with it, shake the mixture well down into the moulds, then with the handle of a small spoon scoop out part of the middle of each and fill the hollows with a teaspoonful of finely minced cooked ham, truffles, and mushrooms, measured in equal parts, and moistened with just sufficient sauce to render it juicy. Cover these openings with the chicken paste and smooth them over. Having your moulds thus packed, you can set them, each covered with a buttered paper in a shallow bath of hot water, in a stewpan, boil once, cover the pan, and poach them gently, as described for *quenelles*, till they are done ; turn them out and serve them in a circle round a rice border masked with the sauce reduced somewhat thickly. The hollow in the centre of the border should be filled with endive (*chicorée*) *purée*, as described at page 183.

5. Black game must be carefully selected both as to age and con-

dition for cooking. These birds must be hung "*à point*," as the French cook says, their cleaning and trussing should be delicately conducted, and they should be roasted in front of the fire well protected with barding of bacon and a wrapping of buttered paper, and basted with butter continually. Towards the end of the roasting, when the barding and bacon are removed for browning, place a good thick square of toast over the dripping-pan to catch the gravy that drips from the birds. This may have been buttered and spread over with a liver paste as directed for quails, Menu III. Send strong brown gravy and bread sauce with fried bread-crumbs and quarters of lemon round with black game. Serve them on the toast on a very hot dish garnished with watercress. A salad of cold cooked salsify and celeriac with *barbe de capucin* would be a nice accompaniment.

Roast black game.

6. Globe artichokes are to be got in London all the year round now, for when the season for the home-grown vegetable ends we get them from abroad. A recipe for the dish here recommended will be found at page 188.

Artichoke bottoms with beef-marrow.

7. The ingredients for this delicious jelly are:—A bottle of light claret, four ounces of white sugar, a sherry-glass of cherry brandy, the rind of one finely peeled lemon, and the juice of two ; a gill and a half of raspberry syrup or half a pound of raspberry jam. Boil all together, add an ounce of isinglass, or gelatine, and strain through muslin. Decorate a jelly mould with crystallised raspberries, set it upon ice, pour some of the liquid jelly into the mould, and set the fruit ; after that, gradually add the liquid till the mould is completed. Thoroughly consolidate the jelly in ice, and serve with a pint of pure cream, slightly sweetened and frozen in a *parfait* mould ; or, set the jelly in a border mould and fill the hollow centre with whipped cream.

Claret jelly with raspberries.

8. For this savoury you must prepare a *pâte à chou* in this manner :—Take seven ounces of flour of the best quality and well dried, put it in a bowl, make a hollow in the centre of it, add two ounces and three-quarters of butter and mix to a paste with three sherry-glasses of water; dust into it a couple of pinches of salt and one of cayenne or Nepaul pepper ; when mixed and free from stickiness add one by one five eggs, lastly putting in a coffee-cupful of grated Parmesan, and three tablespoonfuls of finely grated ham. Pat the paste with a wooden spoon into a flat round shape on a floured pastry board, and out of it make a number of small oval rolls the size of an olive. Have ready

Cheese quenelles baked.

a deep-sided *sauté*-pan with boiling water, reduce the heat, and poach the rolls till set firmly. Drain them, laying them on a cloth to dry; then arrange them in a fireproof *gratin* dish, moistening with just sufficient good white sauce mixed somewhat thinly to barely more than cover them, dredge a layer of Parmesan over all and bake in a gentle oven for twelve or fourteen minutes. Serve straight from the oven. If preferred, the little *quenelles* may be laid neatly in silver *coquilles*—enough for each guest—and baked independently.

Another way, after draining the *quenelles*, and letting them get cold, is to brush them over with egg, roll them in finely sifted crumbs, let this set, and then fry in hot fat till of a golden colour, serving when dry piled upon a napkin and dusted over with Parmesan :—*Quenelles de fromages frites.*

MENU No. XI.

(Spring.)

FOR A DINNER OF SIX.

Bisque de crevettes.
Filets de barbue à l'Américaine.
Côtelettes de mouton au purée d'oseille.
Poulets à l'hôtellière.
Fonds d'artichauts au gratin.
Crème d'abricot à la Moscovite.
Gnocchetti.

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1. Make a strong white stock, as recommended for *Consommé à la Créole*, Menu No. IX. When done, strain it into a bowl to be ready when wanted. Pick enough cold boiled shrimps to fill a half-pint pot to the brim: pound these in a mortar with a good allowance of butter till you get them to a paste: season this with salt, pepper, and a pinch of mace. Pound all the shells also in a mortar, assisted with an ounce of butter: pass this through a hair-sieve, and save the shrimp butter so obtained separately. Now melt an ounce of butter in a stewpan, and incorporate therewith an ounce of flour; stirring into it, when mixed, the shrimp paste. Next take about the same quantity of bread-crumb well soaked in stock (the white broth) that you have of prawn, and add it to the shrimp paste also, off the fire, mixing the two together by degrees thoroughly, and gradually adding broth till you find you have a soup a little *less thick* than that you want eventually to get. You now set the stewpan on the fire, and stir vigorously till the soup boils and thickens; take it off the fire then, and let it get cool, to enable you to remove any fat that may rise, after which the *purée* should be pressed through a hair-sieve into a bowl. When

Shrimp purée.

wanted it must, of course, be reheated, and finished with the shrimp butter mixed into it just at the last. Serve with dice of fried bread. This soup is well worth the little trouble it requires. A coffee-cupful of boiling cream, or of hot milk in which the yolk of an egg has been whipped may be added, but I think a *bisque* is generally rich enough without that assistance.

2. The fish following a *bisque* cannot be too plain, so let us choose fried fillets of brill with American sauce. After trimming the fillets nicely set them to *marinade* for an hour or so in a dish with four tablespoonfuls of salad oil, one of vinegar or lemon juice, one shallot sliced in rings, a tablespoonful of chopped parsley, one of chervil, the peel of a lemon, and a dusting of salt and pepper. When to be cooked, drain, dry them well, brush them over with egg, and bread-crumb them with some finely sifted white crumbs; fry them a golden yellow in very hot fat, drain, dry, and serve them piled up on a hot napkin, garnished with slices of lemon and with this sauce :—Melt three-quarters of an ounce of butter in a small saucepan, stir in the same weight of flour, add three-quarters of a pint of fish broth made from the trimmings of the brill, let it thicken, and finish it with the juice of a lemon, the yolk of a raw egg, a few drops of *tabasco*, and a heaped-up dessert-spoonful of thinly stripped red and green pickled *capsicums*.

Fried fillets of brill, American sauce.

3. Choose a first-rate neck of mutton, divide it into the neatest cutlets you can, trim them, give them a dust of pepper and salt, and place them *en marinade* for the rest of the day. For the sauce you want two ounces of onion, two handfuls of sorrel, one small cabbage lettuce, and two tablespoonfuls of butter. Take a light saucepan, melt the butter at the bottom of it; throw into it the onion very finely shredded, toss this about till it turns a pale yellow, and then add the whole of the sorrel and the lettuce also finely cut up. Stir the vegetables about in the melted butter till they begin to change colour, and then pour into the saucepan about half a pint of domestic *velouté;* stir this well, and put in a teaspoonful of powdered white sugar, three saltspoonfuls of salt, and a good dusting of black pepper. Let the vegetables boil for about five minutes, then, if you find the sauce too thick, dilute it with a little more *velouté*, till it assumes the consistency of a rich *purée*, ease the fire and let the sorrel simmer for half an hour. At the end of that time it will be ready to accompany your cutlets, which should be drained from their *marinade*, dipped in melted butter, and grilled over a bright clear fire. Prepare a neat

Mutton cutlets with sorrel sauce.

border of pounded rice, fill it with the *purée* burning hot, and arrange the cutlets round the outside of the circle, with bunches of watercress for garnish.

Chickens à l'hotellière.

4. A pair of chickens (or a good-sized young fowl) should be procured for this dish. Protect them with bacon and buttered paper, and roast them before a clear fire, basting them with butter. While this is proceeding peel and trim two dozen good-sized fresh mushrooms. Wash and mince up the peelings and stalks, put them into a stewpan with a teaspoonful of minced shallots, the same of parsley, and the same of chervil, two sherry-glasses of chablis or sauterne, and an equal measure of strong broth, cover, put over a low fire, and cook for ten minutes ; then pass the liquid through a strainer into a saucepan, reduce somewhat, and mix with it four tablespoonfuls of tomato sauce, two of melted glaze, and two of marsala, boil for two minutes, and keep the sauce thus made hot in the *bain-marie*. Carve the birds neatly, arrange the pieces on a hot dish pouring the sauce over them, and garnishing with mushrooms (*champignons gratinés*) :—Choose a flat dish for *gratins*, butter it, lay the trimmed mushrooms upon it, spreading on each a small allowance of *d'uxelles* (page 81) moistened with melted glaze, and substituting chopped truffles for the mushroom. Half the quantities given will be enough in this case. Put the dish in the oven, and when cooked sufficiently use them to garnish the chickens. This salad may be recommended :—

Salade de concombres tomatée. Peel and cut up a good-sized cucumber, not crosswise in the ordinary way, but in narrow strips a quarter of an inch wide and two long. Sprinkle with salt, drain off the moisture, and season with freshly ground pepper, sprinkling over all enough salad oil to moisten nicely, and a few drops of fine French vinegar. Let this lie while you cut up and squeeze through a sieve the moisture out of four medium-sized tomatoes (say half a pound), catch this liquid in a bowl and pour it over the cucumber, sprinkling the surface with a dessert-spoonful of finely minced *ravigote, i.e.*, chives, chervil, tarragon, and burnet. A slice of white bread should be laid in each salad plate.

Artichoke bottoms au gratin.

5. Having trimmed a dozen globe artichoke *fonds* as explained at page 187, and blanched them, cook them gently in *blanc* (page 199), take them out when done, and dry them on a cloth. Arrange them neatly in a china *légumière*, which should be well buttered to receive them, and put a pat of anchovy butter in the hollow of each *fond*, dust over

with finely sifted pepper and salt, and shake a thin layer of grated Parmesan over all. Heat thoroughly hot, pass a hot iron over the surface of the dish, and serve it laid on a napkin.

6. The *spécialité* of creams *à la Moscovite* consists in their being sent to table very cold—not *frozen* as an iced pudding, but so long buried in ice as to be almost as cold. The cream is easy enough. Pass a pound of apricot jam through a fine sieve, or make a pint of *purée* of apricot with freshly stewed fruit sweetened with four ounces of sugar. Boil half a pint of milk; mix into it when cool the yolks of four eggs and make a rich custard. Stir into the custard, while hot, three-quarters of an ounce of dissolved gelatine, and when cool the strained fruit. If not sweet enough, you must now add a little sugar. Set the mixture in a bowl upon ice, whip it, and when you perceive that it is beginning to congeal, add half a pint of whipped cream, and a glass of noyeau. Put this into the mould, and then bury it in ice for at least two hours, packed in the manner described for *riz à l'Impératrice*. Serve as cold as possible.

Apricot cream à la Moscovite.

7. For this savoury please turn to page 300 in so far as the making of the *gnocchetti* is concerned, but form them about the size of small olives: arrange neat little piles of these in six silver or china *coquilles*, sprinkle them with finely grated Parmesan, moisten with a tablespoonful of white sauce, cover with another layer of cheese, set in the oven to get hot and colour, and serve straight to the table without delay. Nepaul pepper should be handed round.

Shells with gnocchetti.

MENU No. XII.

(Summer.)

FOR A DINNER OF SIX.

Consommé à la poulaillère.
Rougets à la Pen Oliver.
Côtelettes d'agneau aux pointes d'asperges.
Dindonneau farci, rôti.
Spaghetti à la Milanaise.
Croûtes à l'ananas.
Biscuit à la Suèdoise.

Clear giblet soup.

1. Prepare three pints and a half of stock, as given at page 27, and procure the giblets of a goose, or those of a pair of ducks ; scald, clean them carefully, cut them up small, and put them with an ounce of butter into a stewpan with an onion shredded finely, and fry them a pale golden colour over a low fire ; add a glass of marsala, and a gill of beef broth reduce, to a glaze, and then pour in the remainder of the broth. Now put in a large *bouquet garni*, or a muslin bag of sweet herbs containing also an uncut clove of garlic and a dozen peppercorns ; salt must be given if the *bouillon* require seasoning. Simmer for two hours. When satisfied that you have extracted the flavour of the giblets, stop, strain the soup into a bowl, let it get cold, skim off all grease, clarify it with beef as explained at page 29, strain off carefully, heat up when required, and serve as hot as possible, garnished with very finely shred vegetables separately cooked.

N.B. I take this opportunity of saying that for thick giblet soup you must thicken with butter and flour, after straining and skimming off the fat : serve it with *croûtons* of fried bread. The old-

fashioned practice of putting pieces of the giblets into the soup is not to be recommended. A tablespoonful of marsala improves this kind of soup.

2. It would be better to get three good-sized red mullets for this dish than small fish. They are to be cooked of course as they are, so do not cut or trim them. Procure at the same time half a pound of fish cuttings, and with them make a pint of good fish broth, assisting them with three ounces of onions, a bunch of parsley, and a good allowance of sweet herbs, a blade of cinnamon, and seasoning. Moisten the ingredients with water and white wine in equal proportions—hock, chablis, sauterne, graves, or the remains of champagne. This broth should be very carefully made. To cook the mullets, choose a fireproof china *gratin* dish with a high rim. Butter it liberally. Strew over the butter a good layer of *fines herbes* :—mushroom, chervil, parsley, and chives in the proportions given page 81, but one-third in quantity, and prepared in the manner there described. Lay the mullets on this bed and moisten them about an inch deep with the broth, cover the fish with a buttered paper, and, if possible, place the dish in a Dutch oven not too close to the fire ; after five minutes' cooking remove the paper, turn the fish, baste with the broth, and continue this till the fish are done, adding broth as the quantity first put in becomes absorbed. The basting should slightly glaze the upper sides of the fish. Crumbs are unnecessary. Serve in their own dish laid upon a napkin, a little of the *cuisson* with each portion should be their only sauce. Some prefer red wine—burgundy or claret ; if you use either make the broth in an earthenware *casserole* or an enamelled pan. Of course, if you have no Dutch oven the dish must be cooked in the ordinary one. I have been guided by Sir Henry Thompson's maxim in this recipe.

Red mullet à la Pen Oliver.

3. The lamb cutlets, neatly trimmed, should be lightly grilled or cooked in the *sauté*-pan with butter, and served with new potatoes, *à la maître d'hôtel*, and *pointes d'asperges* prepared in the following manner :—

Lamb cutlets with asparagus points.

A small bundle, say seventy-five heads, of ordinary well-grown asparagus, will suffice for this dish. First of all lay the vegetable on a board and cut off all the tender green part of each piece ; see that these are quite clean, and cast the tougher ends into a bowl of water, clean them, wipe them dry and throw them into as much boiling water as will float them nicely, with a dessert-spoonful of sugar and one of salt. In a smaller

vessel do the same with the green ends, adding half an ounce of butter but reducing the seasoning in proportion to the quantity of water. Boil them till tender, when drain them, and lay them on a plate. Add their boilings to the water in the larger pan, the contents of which should now be set to simmer with the object of getting the stalks as tender as can be. When this object has been secured, probably after two hours' simmering, but according to age and freshness, drain off the *cuisson*. Keep it in a bowl, and pass all the pulp you can get from the stalks through a hair sieve into a soup-plate. Now put half an ounce of butter into a stewpan, melt, and mix with it over a low fire half an ounce of flour: cook gently as long as you can without colouring, then begin to stir in asparagus pulp and *cuisson* till you have half a pint of *purée* expending all the former in the operation. Cut the cooked green ends into half-inch lengths, put them into a small stewpan, moisten with the *purée*, to which a tablespoonful of good cream should be added, and set in the *bain-marie* till wanted, when send round in a hot silver sauce-boat.

Turkey poult roasted and stuffed.

4. In the summer, when game is out of season, a turkey poult makes a very nice roast. Let the stuffing be composed of its own liver fried with two ounces of bacon and a shallot, the contents of the pan pounded with four ounces of cooked mushroom, three ounces of bread-crumbs, a seasoning of spiced salt, a tablespoonful of chopped parsley, and an egg well beaten. Cover the breast with bacon, wrap the bird in buttered paper, and roast carefully forty-five minutes, basting continually with butter, serve with bread sauce, brown gravy, and a salad of young broad beans.

Boil, and drain a nice dish of young broad beans from which the skins have been peeled after cooking, let them get cold, dry them on a cloth, lay them in a *légumière*, moisten till the beans glitter with oil, sprinkle a few drops of the best vinegar over them, and a dessert-spoonful of chives, chervil, and tarragon very finely minced and blended.

Spaghetti à la Milanaise.

5. For this please turn to page 297, and, substituting spaghetti for macaroni, follow the recipe there given for *macaroni à la Milanaise*.

Pine-apple with croûtes.

6. When pine-apples are in season, I can recommend this dish. Cut up the pine in round slices a quarter of an inch thick, trim off the skin and eyes, and with a round cutter punch out the tough piece in the centre of each slice, stew them in thin syrup, with a sherry-glass of *rum* till tender, and keep them hot in the *bain-marie*.

Take a Madeira cake of a circular shape eight inches in diameter, cut it into neat round slices the same size as those you cut of pine-apple, lightly fry them in butter, then dust them over with powdered sugar and set them in the oven, spreading a layer of apricot jam over each slice. At the time of serving, drain the pine-apple slices, and arrange them with the slices of cake alternately upon a very hot dish, thus re-forming the cake. With a sharp knife cut through this, dividing the whole into four quarters for convenience in helping, and pour the syrup over the whole.

This receipt can be followed exactly with American canned pine-apple, whole or in slices. If the taste of rum be objected to, try brandy or any nice liqueur, but with pine-apple rum is, of course, correct. This dish is very nice cold, with whipped cream.

7. For this little savoury preserved cod's roe—smoked—is to be used, in conjunction with devilled biscuit. Choose water biscuits, or Bath olivers, and treat them in the manner explained for *Biscuit au laitance*, Menu No. VII. Allow a teaspoonful of the cod's roe for each person, melt an ounce of butter over a low fire, stir in the roe, add the yolks of two eggs, continue stirring and it will become thick, spread this over the biscuits, set them in the oven for three or four minutes, and serve very hot.

Devilled biscuits with cod's roe.

MENU No. XIII.

(Autumn.)

FOR A DINNER OF SIX.

Consommé de perdreaux.
Matelote d'anguilles.
Poulet à la Villeroy.
Longe de mouton à la Jacob.
Topinambours au gratin.
Beignets de pêches.
Canapés à la Bombay.

Clear partridge soup.

1. Take two partridges—old ones will suit our purpose well enough : pluck the birds, draw them and cut them up, saving the breast meat but using all the rest, and breaking all bones of any size with a chopper. Make *bouillon*, proportions as given page 27, as usual, and when you have obtained as strong a stock as possible therefrom, strain it, and let it get cool ; remove all fat that may rise to the surface, and when quite clear, pour it into a large bowl. Now take all the pieces of partridge, including the bones and giblets of the birds, &c. ; set them in a stewpan with four ounces each of sliced onions, a carrot, and an ounce of celery sliced, herbs, seasoning, and four ounces of clarified suet ; fry, and proceed, as advised for giblet soup, Menu No. XII., to extract the partridge essence ; after the glaze has formed, moisten with the *bouillon*, bring to the boil slowly, and then simmer gently for an hour : strain : cool : and clarify with meat (page 29) (it should be a nice, bright, clear *consommé*, remember) and give it half a glass of marsala to finish with.

Some people serve neat strips of the birds' breasts with the soup

or *quenelles* made of that meat, seasoned, and formed about the size of olives (see page 365, and Menu No. V).

2. This very excellent dish should be tried at small parties oftener than it is. I discussed the principles of the *matelote* in Chapter IX., page 109, and the preparation of eels at page 112. Red wine being used in this case an earthenware or enamelled pan should be chosen.

Stewed eels with red wine.

Skin an eel weighing a pound and a half or two pounds, clean, blanch, wipe dry, and divide the fish into two-inch fillets for stewing. Put into your stewpan two ounces of butter with three ounces of red shallots finely sliced ; stir over a low fire for ten minutes ; when lightly coloured put in the fillets and fry them till slightly browned, then moisten with half a pint of warm fish stock and half a pint of claret, with a clove of garlic, a carrot cut up, and a large bouquet of sweet herbs, a saltspoonful of salt, a teaspoonful of mignonette pepper, and the rind of a lemon : cover the pan closely and simmer this very gently for half an hour. After the first quarter of an hour's cooking stir in this flavouring :—one tablespoonful of melted glaze, the same of tomato sauce, a teaspoonful of anchovy vinegar, and an extra tablespoonful of claret. When done lift the pan from the fire, arrange the pieces of the fish upon the hot dish, strain the *cuisson*, rapidly thicken it, reheat it almost to boiling point, add the yolk of an egg and a tablespoonful of chopped parsley, and pour it over the fish.

3. Cut up and trim a chicken as for fricassee keeping the following pieces for the *entrée* :—the two wings without pinions, the two thighs, the two drumsticks, and two pieces of the breast. Steep these in cold water for half an hour, drain, dry, dust over with flour, and set aside while with the rest of the bird chopped up and the giblets you make as good a broth as you can with the vegetables, bouquet, and seasoning often described, cover with cold water, bring slowly to the boil, and then simmer for an hour, strain the broth, thicken it (see domestic *velouté*, page 78) and in this very gently simmer the stalks and peelings of a quarter of a pound of mushrooms and the pieces of chicken that were set aside. When done, drain them, reduce and strain the sauce, add the yolks of two eggs, thicken even further over a low fire till the sauce is as thick as thick batter. Dip the pieces of chicken into the thick sauce, coating them well, and let them get cold ; then bread-crumb them, let this set, then dip them in beaten egg, and bread-crumb them again, fry them a golden yellow in very hot fat. Drain them, and pile them on a napkin, garnished with small potato *duchesses* and fried parsley.

Chicken à la Villeroy.

Send the rest of the sauce round in a boat after adding to it a heaped-up tablespoonful of minced mushrooms.

Loin of mutton à la Jacob.

4. This is a loin of mutton prepared to taste like venison. Properly speaking the meat should be that of a kid to justify the title, but nice Welsh mutton will do. For this purpose it should be boned the day before, and marinaded as explained for venison, page 217. Before roasting it should be lifted out of the marinade, wiped dry, stuffed as recommended for hare, rolled up, being secured in position firmly with tapes, wrapped in buttered paper, and roasted in front of the fire with bastings of the *marinade*.

Serve with *haricots verts soubisés*, and this sauce :—Three claret-glasses of good brown gravy, one of port, one of raspberry vinegar, and half an ounce of melted glaze brought to the boil, skimmed, and served in a hot metal sauce-boat. Red currant jelly and vinegar may supply the place of the raspberry, but the other is rarer.

Jerusalem artichokes baked with cheese.

5. The Jerusalem artichoke is most delicate when it first appears in the autumn. This is a very simple, yet tasty dish of them. Boil the artichokes till quite tender, then mash them with a silver fork, moistening them with white sauce with which a well-beaten egg and a tablespoonful of cream has been mixed : season with salt and pepper, place the artichoke in a buttered *légumière*, or in six small buttered *coquilles*, give the surface a layer of grated Parmesan cheese, and bake till it is very hot, passing a hot iron over the surface to brown it nicely. Let the vegetable rest upon its own merits for flavour : you do not want spices or sauces ; the cream is, of course, an improvement, and the cheese harmonises pleasantly with the general tone of the composition.

Peach fritters.

6. Be very careful with your preparation of the batter for these fritters (page 239) making half the quantity there given ; cut the peaches (American ones in tin are excellent when the fresh fruit is out of season) into neat pieces ; dust them with powdered sugar, and let them lie in a little maraschino, or any nice liqueur, turning them and basting them with every now and then till wanted, then dry carefully, dip them in your batter, and fry them in abundance of boiling fat ; drain them on blotting paper, and serve them dusted over with *pounded loaf sugar*, finely sifted. In the case of fresh fruit the peaches should be ripe, and having been peeled, stoned, and cut into pieces according to size, should be marinaded in liqueur as described for preserved

peaches and treated in the same way. Slightly unripe fruit should be peeled, and stoned, and then partly stewed in syrup with a dash of liqueur and a little lemon juice first, then set to get cold, and, after being drained and dried, dipped in batter, &c., as above explained. All fritters should be served without delay. In order to get this dish in perfection great attention must be paid to the temperature of the frying fat. If this be too high at the beginning of the operation the fritters will be too dark in colour. Read the directions to which I have already alluded.

7. Prepare four anchovies exactly as described for *rissolettes d'anchois*, Menu No. XX., pounding them with two hard-boiled eggs, and moistening the mixture with melted glaze. Out of half a pound of light pastry mixed as for cheese biscuits for spinach (page 181), cut eight or ten rounds with a two-and-a-quarter-inch cutter, and bake them on a buttered tin. When done, lightly spread the anchovy mixture quite hot over their surfaces, adding a little butter to make it work easily, and dredge over their surfaces a light dusting of pounded Bombay duck—to be got at the Stores and the shops of most preserved-provision dealers. To prepare this put a couple of the dried fish on your wire drainer and push this into the oven for four or five minutes so as to make the Bombay ducks crisp and dry without burning. Take them out, cool, during which they will dry as desired, then pound. When required shake the powder over the *canapés* through a tin strainer, and serve them as hot as possible, arranged on a hot napkin.

Cheese biscuits with anchovies à la Bombay.

MENU No. XIV.

(Autumn.)

FOR A DINNER OF SIX.

Purée de pigeon.
Soles au vin blanc.
Côtelettes de veau à la Provençale.
"Grouse" rôti.
Crèmes d'artichauts.
Pouding à l'Orleans.
Sardines à la diable.

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1. This is a very good soup, affording an opportunity of disposing of old birds. Tame ones will do, but wood-pigeons should be used if possible, two of which variety will suffice for this party, or three tame. Pick and clean the birds, and lightly roast them: pick the whole of the meat from their breasts, &c., and save it; mash the bones that remain, and put them in a bowl with the giblets. When the stock—made according to the recipe, page 27, or that given at page 43—is quite ready, strain it, return it to the pot, and throw into it the bowlful of mashed pigeon bones, with a good *bouquet garni* or muslin bag containing a tablespoonful of dried herbs, a clove of garlic uncut, and a blade of cinnamon. Let the contents of the pot boil and then simmer slowly for an hour, skimming off any scum that may rise, and when you have thus extracted the essence of the pigeon fragments, strain the liquid from the bones, and set it in a bowl to cool. Now pass the pigeon meat that you saved through the mincing machine, and pound it thoroughly to a paste, using a little of the soup to help that operation, and passing the whole through a hair-sieve. When the pounded meat is ready,

Pigeon purée.

skim any fat that may have risen on the surface of your soup, take a roomy saucepan, place it over a low fire, put an ounce of butter into it, stir into the butter an ounce of flour, work it to a smooth paste, letting it colour slightly, and then add, by degrees, both soup and pounded meat, keeping the spoon at work the whole time. When all is expended, let the *purée* reach the boil in order to thicken properly, skimming off the scum as it rises. At the last, add a glass of port, a teaspoonful of red currant jelly, and the juice of half a lemon. Now get your tureen ready, break a raw egg into a cup, separating the yolk carefully; mix a little of the soup with the yolk, and when well mixed pass it through a perforated strainer into the tureen. Lift the saucepan from the fire, and pour the soup over the strained egg. Serve.

2. This standard dish is too good to be omitted in any cook's guide. Two soles of moderate size should be selected, and half a pound of light-coloured fresh mushrooms. Trim the fish neatly, cutting off the heads, and an inch off the tail ends, peel off the skin, and with a pair of sharp scissors clip off the fringe of small bones round the edge of the fish. Chop up these trimmings, and, adding to them a pound of fish cuttings separately procured, proceed to make a broth, moistening the stock stuff with water and white wine in half and half proportions, and putting in the peelings and stalks of the mushrooms washed and chopped up, a *bouquet garni*, and seasoning. Simmer slowly, and extract as strong a broth as possible. When this has been done, strain it carefully from the *débris* of bones, &c., cool, and skim it. Now butter a *gratin* dish with a good rim to it, scatter over the butter a good allowance of chopped parsley, chives, chervil, and chopped mushroom, lay the soles over this, and moisten them up to the level of their upper sides with the broth, cover them with buttered paper, and cook them very gently in a moderate oven for twenty minutes. Now take out the dish, pour off the *cuisson*, skim it, reduce it over a quick fire till almost a glaze, moisten with a gill of the fish broth and a gill of white wine, take it from the fire, add a coffee-cupful of thickening *à l'Allemande* (page 58), using a tablespoonful of flour and a coffee-cupful of fish broth, and passing it through a pointed strainer into the sauce; thicken this, mixing in half an ounce of fresh butter to finish with: lay the soles on an oval dish, mask them with the sauce, and serve at once.

Soles with white wine.

The wine for *soles au vin blanc* should be chablis, sauterne, or white graves.

3. From a neck of veal trim half a dozen nice cutlets, four inches

long and of an even thickness—say half an inch; saw off the ends of the cutlet bones, so that no piece of bone projects beyond the meat. Cook them in an ounce of butter in a high-sided *sauté*-pan just till slightly coloured, then strain off the butter, and moisten with half a pint of veal broth made from the neck trimmings and a gill and a half of thickened domestic Espagnole: simmer till the cutlets are done, basting them from time to time. While this is proceeding, cut as many slices of lean ham as there are cutlets a quarter of an inch thick, and shape them to match the cutlets: fry these in butter for five minutes, dishing ultimately in a circle, one fillet of ham between each cutlet. When the cutlets are done, drain them, brush the outer surfaces with melted glaze, and dish in that manner. Skim the fat off the sauce in which the cutlets were cooked, and, to make *Provençale* sauce, add to it half a gill of chablis or sauterne, reduced by boiling from a gill, with a teaspoonful of minced shallot, and then strained, and one gill of tomato sauce. Reduce the whole a little, then pass through the strainer, adding as garnish a tablespoonful of minced olives.

Veal cutlets with Provençale sauce.

4. Let the brace of grouse be carefully picked, cleaned, and trussed with a light hand, then barded with bacon, and wrapped in buttered paper. Roast in front of the fire, and baste with melted butter. Remove the paper and barding during the last ten minutes. Total time, half an hour. The old school of cooks, who certainly understood the cookery of the game of the British Isles, recommended that slices of toast should be placed under the birds during the latter part of the roasting, to catch the dripping gravy, and laid afterwards in the hot dish with the birds upon them. If the toasts were placed on a wire drainer just above the dripping-pan, so as to avoid soddening, they would no doubt be savoury, and a pleasant adjunct to the grouse; but beware of grease.

Roast grouse.

Bread sauce can scarcely be beaten with roast grouse. See page 63, and be careful to reserve the addition of the crumbs till the very end of the operation to preserve granulation, and do not forget a tablespoonful of cream. Fried bread-crumbs (page 218) and clear gravy (page 219) should accompany.

5. I propose to serve this dish in small darioles, one for each guest. For these take one good-sized artichoke for each person, boil them, let them get cold, then strip the leaves, scraping off the fleshy part adhering to them with a silver dessert knife into a bowl; when this has been all removed, scoop out the chokes, and add the *fonds* to the part scraped off, mash all

Little artichoke creams.

together with a fork, and pass the *purée* through a fine sieve, returning it to the bowl. Now, with half a pint of chicken broth made from fowl giblets, proceed with the yolks of four raw eggs—over a low fire—to make a savoury custard, adding half an ounce of gelatine ; when dissolved, empty the custard into a bowl set over ice and whip it, adding the *purée*, and lastly a gill of whipped thick cream. Let this rest while you prepare six plain *dariole* moulds. Set them tops downwards, slightly oiled inside with melted butter, on ice, and fill them with the cream ; cover them with a baking-sheet laid over them with broken ice upon it, and leave them for an hour to set. When wanted, dip the moulds in lukewarm water, turn out the little creams, arrange them on a *légumière* in a circle, garnished with broken aspic jelly and sprigs of parsley. Sauce d'Argenteuil might accompany.

Orleans pudding.

6. Steep an ounce and a half of gelatine in cold water. Make a rich custard with eight yolks of eggs, three-quarters of a pound of sugar, and a pint and a half of boiled milk. Add the gelatine to the custard while the latter is hot, and stir it until it is dissolved ; flavour it with essence of almond, then strain it into a bowl. Cut up one ounce of candied orange peel, one ounce of citron, one ounce of raisins, and one ounce of currants, wash them well, dry them, and then toss the minced *confitures* in a frying-pan with a gill of kirsch : as soon as the kirsch is absorbed, stop and take the pan off the fire. Put a mould upon ice, add a coffee-cupful of whipped cream to the custard, mix well, and pour a thin layer of this into it first, with some of the minced fruit ; when set, put a layer of crushed ratafias, then another layer of custard with fruit ; let this set, again the crushed ratafias, and so on till the mould is filled, setting each layer firmly before adding the next ; bury it in ice and let it rest for an hour, then turn it out and serve.

For the sauce, which should be very cold, a syrup flavoured with kirsch, sharpened with lemon and tinted pink with cochineal, will be found agreeable.

Devilled sardines on toasts.

7. Fry in butter, and make crisp in the oven afterwards just before serving, six or eight oblong slices of bread, cut a quarter of an inch thick, and in length and width a little larger than a sardine. The fish should be prepared in this way :—Take them carefully from the tin without breaking them. Free them from oil, as explained at page 323, and pick off the skins, then with a slice lay them in a row on a small well-buttered *gratin* dish, dust over them a seasoning of pepper (Nepaul) and salt, and sprinkle them with finely minced capers, chervil, and

parsley : push the dish into the oven, at the same time putting in the fried toasts to crispen, and have ready an ounce of melted glaze slightly peppered. As soon as both fish and toasts are very hot, draw them out of the oven, lay the toasts on a very hot napkin, with a slice lift the sardines one by one and put them on the toasts, and brush over them with the melted glaze.

N.B. A dusting over all of pounded hot Bombay duck (one enough) seasoned with pepper, adds to the savouriness : serve very hot.

MENU No. XV.

(Winter.

FOR A DINNER OF SIX.

Potage de lièvre lié.[1]
Filets de sole à la Chevreuse.
Fricandeau.
Faisans au riz.
Salsifis, à la sauce d'Argenteuil.
Timbale de Génoise à la Jamaïque.
Orlys d'anchois.

Hare soup thickened.

1. Skin, clean, and thoroughly wash the hare, saving all the blood you can in a cup: reserve the *râble* (see page 212) for a roast on another occasion, and use the rest for the soup as follows :—Cut it up into small pieces, and put them into a stewpan with six ounces of raw lean ham minced, half pound of clarified suet, four ounces of sliced onions, four of sliced carrot and a good sprinkling of herbs ; season with pepper and salt, and fry the meat over a brisk fire for five minutes. Make a brown *roux* thickening in another stewpan, with two ounces of butter, and two and a half ounces of flour : moisten this with a quart and a half of beef *bouillon*, made as directed at page 27, or of good domestic stock (page 43), and add two sherry-glasses of port or marsala. When well incorporated, pour this into the pan containing the pieces of hare, and let them stew in it very slowly till thoroughly done. Now drain

[1] Owing to an oversight I referred the reader at page 216 to this Menu for *clear* hare soup. This is of course a thick one, the *purée* being given in Menu XIX. For clear hare soup follow the recipe given for *consommé de perdreaux* Menu XIII., substituting hare for partridge.

off the soup from the meat bones, &c., put the neatest pieces of the hare on one side for eventual serving with the soup, and set them in the *bain-marie*-pan to keep warm. Next return the soup in which the hare was cooked to the stewpan, set it on the fire, and let it throw up all grease, &c., in the form of scum, which skim off carefully. Now take a small saucepan, and mix therein the blood you saved with some of the soup cooled slightly from the stewpan : thoroughly amalgamate these (in the *bain-marie*), and when well blended, add the mixture slowly through the pointed tin strainer, to the gradually re-heating soup. Let this come *nearly* to the boil, and then serve it over the pieces of hare you preserved. This is Gouffé's receipt simplified. There are other ways of making hare soup, especially that called *potage à la purée de lièvre*, with pounded meat, red currant jelly, lemon juice, and plenty of port wine. See Menu No. XIX.

2. One large sole neatly trimmed and filleted should be enough. Set the fillets aside while you make a good fish broth with the bones, skin, and trimmings moistened with water and white wine in equal proportions and assisted with vegetables as already explained. While this is simmering prepare a farce with four ounces of whiting freed from bones, two ounces of butter, two ounces of panada, and the same of cooked mushroom, a dessert-spoonful of chopped parsley and a teaspoonful of minced chives, moisten with one egg, season with pepper and salt, pound and pass all through a hair-sieve. Lay out the fillets on a board, spread a layer of the farce over their upper sides and fold them in two enclosing the farce. The broth being now ready, strain it from the bones, &c., and having arranged the fillets in a *sauté*-pan with an upright rim, moisten them with it, add a claret-glass of chablis or sauterne, cover them with a buttered paper, and simmer gently twenty minutes. Have ready a thickening of an ounce of butter and one of flour so that when the fillets are done the broth in which they were cooked (assumed to be about a pint) can be turned into a sauce at once, to which a gill of tomato sauce should be added. Boil fast for five minutes to reduce somewhat, add an ounce of butter, and pass through a strainer over the fillets, which should have been neatly arranged on a hot dish after having been drained from their *cuisson*.

Fillets of soles à la Chevreuse.

3. For this a nice thick piece of the fillet of veal or "cushion" should be chosen, three pounds in weight, trim it neatly, beat it with the flat of a wet knife, lard the upper side with fat bacon (see directions for larding, page 121), and lay it in a stewpan, into which please put the trimmings of the meat, six ounces

Fricandeau.

of bacon sliced, two ounces of carrot sliced, two ounces of onion sliced, half an ounce of salt, a *bouquet garni*, and a pinch of pepper :—place your fillet upon the vegetables, set the vessel over a moderate fire moistening the contents of the pan with melted butter or good dripping ; let this cook slowly watching it carefully, and then pour into the pan half a pint of good broth, and continue the cooking till the broth has somewhat reduced and thickened ; then add a pint and a half more broth. This should be level with the top of the meat. At the first signs of boiling take the pan from the fire, and put it into a gentle oven, let it simmer for an hour and a quarter with the pan uncovered, basting it often with its own broth. By this time the meat should be done and the broth a good deal reduced, gelatinous, and savoury. Baste now without ceasing until you have glazed the *fricandeau*, then take it out, and dish it on a very hot dish. Quickly strain the gravy from the stewpan, skim off any grease there may be, pour it over the meat, and serve. Let a *purée* of endive (*chicorée frisée*) (see page 183) accompany it.

4. As a change, when game is plentiful, a boiled pheasant is decidedly nice. Besides, birds that are not quite as young as might be desired for roasting can be thus utilised. In this instance we can use a brace. After cleaning them, I recommend that the cavity be filled with a stuffing made like that explained for ducklings in Menu No. II., then wrap the birds in fat bacon, and lay them in a stewpan with their giblets scalded and cut up, four ounces each of onions, carrots, and turnips sliced, a muslin bag containing a tablespoonful of dried sweet herbs, and an uncut clove of garlic, cover with boiling broth, and set over a brisk fire for five minutes, then reduce the heat to simmering. In five-and-thirty minutes the birds should be done, when they should be taken out, kept hot, and the broth strained from the vegetables. Have ready prepared beforehand a *roux* of two ounces of butter and two ounces and a half of flour, stir the broth gradually into it, and thus produce a nice white sauce, finishing it with the yolks of a couple of eggs. Six ounces of rice having been separately prepared (page 301) and kept hot in the vessel in which it was cooked, should be moistened with some of this sauce. Then the birds should be dished on a hot dish, the rice arranged round them, and the former masked with the rest of the sauce. Grated Parmesan may be handed round.

Boiled pheasants with rice.

5. Please turn to page 201, and boil a bundle of salsify as there advised, adding a tablespoonful of flour to the water to assist in keep-

ing the roots white. When done drain the salsify and put it aside on a dish to keep cold. This in winter can be done without ice. When the time comes for serving arrange the roots neatly in a *légumière*, sprinkling them with a few drops of tarragon vinegar, and garnishing with watercress. Send round *sauce d'Argenteuil* (page 203) in a boat.

Salsify cold with Argenteuil sauce.

6. Mix in a bowl placed in another containing boiling water, four ounces of powdered sugar, and four eggs, one by one, work well with a wooden spoon, and then add a quarter of a pound of fine flour and the same of butter, melted. Work this till smooth, and spread it on a buttered baking-tin a quarter of an inch thick. Bake in a moderate oven till of a light yellow colour. Choose a plain Charlotte mould, butter it and cut a round of the paste to fit the bottom of it, and a strip as wide as the mould is deep to form the wall. While the paste is hot line the mould with these pieces, securing the wall to the bottom and joining its ends of the side piece with *glace royale* (page 449). Now set the mould in ice for the case to set and be cold enough to receive this jelly :—

Genoese cake timbale with punch jelly and pine-apple.

Put an ounce of gelatine in a stewpan with five ounces of sugar : whip the whites of two eggs, moisten them with a pint of water and the juice of a lemon : pour this into the stewpan containing the gelatine, and set it on the fire, stirring with a whisk till boiling : take the stewpan from the fire, let the liquid cool for ten minutes, and then strain it through a jelly bag twice. Add a half a gill of rum when it is cool. Also have ready eight ounces of pine-apple (preserved will do) cut into little squares, and sprinkled with rum. Put a stewpan over some broken ice and pour the jelly into it, adding the pine-apple dice. Stir till setting commences, then fill the *timbale* mould with it. Let it remain in ice for a couple of hours, then turn the *timbale* out, glaze the outside of the cake case with diluted apricot jam, and serve.

7. Take a dozen whole anchovies from the tin. Free them from oil in the manner described for sardines, page 323. Open them along their inner sides and remove their spines, brush their insides over with egg and join them together again. Let this get firm. Trim them neatly, and put them in a soup-plate with just enough milk to cover them for half an hour, then take them out, flour them well, and fry in plenty of hot fat as you do whitebait. Drain them, dry in front of the fire, and pile them on a hot napkin, send them round with quarters of lemon and Nepaul pepper, hot toast accompanying.

Anchovy orlys.

MENU No. XVI.

(Spring.)

FOR A PARTY OF SIX.

Potage à la Nivernaise.
Filets de soles, sauce à la Chivry.
Escalopes de mouton à l'Italienne.
Petits poulets aux fonds d'artichauts.
Epinards à la Soubise.
"Princess May Pudding."
Soufflé au Gruyère.

Nivernaise soup.

1. This is a soup in the style of Julienne, but flavoured and garnished with carrots only. Having set your soup meat for stock as usual for a clear soup, you should take six young spring carrots, wash and scrape them well, and cut out of them a number of strips about an inch and a half long and the thickness of a penny-piece, using both the orange-coloured centre and the scarlet outer part. When you have cut three or four dozen such pieces, throw all the scraps and trimmings of the carrots into the stock pot, to flavour the soup well. Shortly before serving time, after having clarified and strained the soup, you must put in the trimmed carrots, which should be cooked separately in this way :—Melt an ounce of butter in a small stewpan, put into it the carrot pieces, and fry gently over a low fire, adding a saltspoonful of powdered sugar, with a dusting of pepper and of salt. When they turn brownish moisten them with sufficient broth from the soup kettle to cover them well, simmer very slowly for an hour and a half, testing them occasionally lest they get too soft : when they are done drain them, lay them in the soup tureen, pouring the clear broth over them.

2. Fillet a couple of small soles, or one large one, brush the fillets over on one side with egg, dust over that a thin layer of finely minced parsley, chervil, and chives, and roll up your fillets, securing each in shape with a piece of twine. Simmer these fillets carefully in a broth made from their own bones and trimmings, assisted by a sherry-glass of chablis or sauterne, and a coffee-cupful of stock. When done (which you can find out by testing them with a pointed skewer) place the fillets on a hot dish, sever and remove the twine, and cover them up.

Sole fillets, with Chivry sauce.

For the sauce :—Strain off the broth from the fillets into a bowl, skim, and having ready a *roux* of half an ounce of butter and three-quarters of an ounce of flour, gradually mix in the former : when of a nice consistency strain, return to the saucepan, and add a paste made earlier in the day as follows :—Throw into boiling water in an enamelled pan a handful of mixed tarragon, chervil, parsley, and chives ; blanch for five minutes, then drain, pound to a paste with butter enough to assist the operation, and keep the pulp in readiness. After adding this to the sauce the latter will turn a pale green ; finish with the yolk of an egg, and pour the sauce over the fillets.

3. Six nice *escalopes* can be cut from the fleshy part of six loin chops. Shape them in ovals three-eighths of an inch thick, lay them on a damp board, and bat them with a cutlet bat. Lard them *through* in the manner explained at page 441. Cut as many neat *croûtes* as there are *escalopes* of the same dimensions, and fry them in butter. Cook the *escalopes* briskly in the *sauté*-pan, drain, lay them on the *croûtes*, masking them with stiffly reduced *sauce Italienne*, and serving them in a circle round a dome of spaghetti *à l'Italienne*, cooked as explained at page 296 for macaroni. A crisp curl of fried bacon may be laid between each *croûte*.

Mutton scallops à l'Italienne.

For *sauce Italienne* :—With the bones and trimmings of the mutton make a good broth, simmering with them a good allowance of vegetables, a bouquet, and seasoning. Reduce a gill of chablis or sauterne to half the quantity, boiling with it a pinch of pepper and two of salt. With an ounce of butter and one-and-a-quarter of flour, make a *roux*, stir in the broth (three-quarters of a pint), add the reduced wine, simmer for a quarter of an hour, and finish with a tablespoonful of minced *fines herbes* (page 81). For the masking take enough of this before adding the *herbes*, mix into it half an ounce of glaze, reduce, and use as directed. The sauce should go round in a boat.

4. A pair of spring chickens, very carefully roasted and basted,

should be dished on a hot dish with six *croûtes creuses* of artichoke bottoms placed round them, and bunches of watercress between the *croûtes*. The *croûtes creuses* may be made of bread or pastry: they should be filled with a mince made of six artichoke bottoms moistened with white sauce. Plain brown gravy and bread sauce, with a nice salad accompanying. For treating the artichokes, see page 188.

Spring chickens with artichoke bottoms.

5. The spinach should be dressed in the manner prescribed at page 181, but instead of the final addition there given of egg, milk, and butter, stir in a gill of *soubise* sauce very carefully made. Serve in dome shape with either *fleurons* of puff-pastry laid round it, or cheese biscuits in heart or oval shapes.

Spinach with soubise.

6. Boil a pint and a half of milk with a few drops of lemon essence and three ounces of sugar; then strain, and let it get cold. Beat up six eggs, and pour the flavoured milk upon them. Put this into the *bain-marie*, and stir gently over the fire until it thickens. Dissolve an ounce of gelatine in a little milk, add it to the above while warm, and stir the custard until nearly cold. Whip it well, adding by degrees two ounces of powdered *praline* (page 420) and a coffee-cupful of cream well whipped, then pour the mixture also by degrees into a mould, set upon ice, garnishing with two ounces of finely chopped apricots and one ounce of citron peel or preserved ginger cut very small, in layers, setting them carefully. When the mould is quite filled, lay a paper over the top, and upon that a baking-sheet containing broken ice. Keep it thus for an hour, and when set, turn it out, and serve as cold as possible. For the sauce, tint a tea-cupful of plain syrup a rosy pink with cochineal, flavour this with a liqueur glass of kirsch, and send it round very cold.

Princess May pudding.

7. A recipe for this *soufflé* will be found at page 332. Do not omit the little bits of Gruyère, for they are quite characteristic of the dish.

Gruyère soufflé.

MENU No. XVII.

(Summer.)

FOR A DINNER OF SIX.

Purée de pois verts.
Filets de saumon à la Valois.
Vol-au-vent de veau aux fonds d'artichauts.
Levraut rôti.
Fèves de marais à la poulette.
Parfait en demi-deuil.
Croquettes à la Napolitaine.

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1. With one shilling's worth of fowl giblets without the livers (which reserve for another purpose to be shown later) make a good broth without colour as follows:—Cut up and scald the giblets after washing and soaking them in cold water for half an hour, put them into a stewpan, cover them with cold water, giving them a quarter of an ounce of salt; set over a low fire, bring slowly to the boil, skimming off the scum as this is proceeding, and then put in four ounces of turnip, carrot, and onions, a piece of celery (say a quarter ounce), a *bouquet garni*, and two ounces of leeks. Simmer for an hour and a half or two hours, then strain off, set to cool, and take off any fat there may be. There should be quite three and and a half pints of the broth. Procure a quart of green peas in their shells as young and tender as possible—it is a mistake to reserve tough old peas for green pea soup—one lettuce and a cucumber: put the stock on to boil while this is progressing, shell the peas, casting the shells into a bowl of cold water and keeping the peas in another separately. Wash the shells, dry them, slice them into thin shreds and throw them into the broth: when it boils reduce to simmering,

Green pea soup.

putting in also the heart of the lettuce shred, and six ounces of the cucumber cut into fillets. As soon as a good flavour has been extracted, again strain the broth, put in the peas, boil them in it, strain again, pass them through the sieve, and proceed, in a fresh stew-pan with an ounce and a half of butter and an ounce and a half of flour, to thicken the broth, blending the *purée* of peas with it during the process. The soup will be ready when this is completed. Some stir in a tablespoonful of cream to finish with, and some beat up the yolk of an egg with a small quantity of the soup—carefully excluding the white—and add that in the same way. It is well worth the trouble to boil the shells in the manner described, for the flavour thus produced is much stronger. Small *croûtons* of fried bread may accompany, but dried mint is out of place with green pea soup.

2. Choose a piece of the tail end of salmon for this ; one pound and a half enough. Remove the flesh from the bone on both sides, peel off the skin, and then make eight neat fillets of the salmon, cutting them first lengthwise according to the natural divisions of the fish, and then across. Set the tail bones and skin to make a little strong broth, reducing the liquid to about half a gill. Season the fillets with pepper and salt, brush them with beaten egg, and roll them in finely sifted bread-crumbs: fry these, when the crumbing has set, in clarified suet, turning them till nicely coloured on both sides. Arrange them when cooked on a flat dish garnished with small potatoes chosen of an equal size, and send round *sauce Valois* in a hot boat. This should be made according to the recipe given at page 67, the strongly reduced fish broth being added as therein mentioned.

Fillets of salmon Valois sauce.

3. Though perhaps an old-fashioned dish, a *vol-au-vent* is always welcome, but then the *ragoût* of which it is composed must be very carefully made, and the case must be of the lightest puff-pastry. In this case we have a *ragoût* of veal associated with artichoke bottoms and a few truffles. With a pound of veal stock meat and half one of bones, vegetables, a *bouquet garni*, and high seasoning, make a pint and a half of good broth. Turn this to a nice white sauce, using three-quarters of an ounce of butter and the same of flour, bring to the boil, put in two ounces of fresh light-coloured mushrooms cleaned and cut up, simmer this in the sauce till the flavour is extracted and the sauce somewhat reduced. Out of some cold roast veal cut slices a quarter of an inch thick, and with a round cutter one inch in diameter punch out of them three dozen nice round pieces, open a small bottle of truffles, turn out

Vol-au-vent of veal with artichoke bottoms.

and cut up the truffles in slices, prepare six *fonds* of artichokes as explained at page 187: cut each *fond* into four pieces: put these three things into a small stewpan and pass the sauce through a strainer over them, heat up gently to half-boiling, and put in the *bain-marie*, stirring in the yolks of two eggs mixed carefully with a coffee-cupful of the sauce.

For the case make half a pound of puff-paste, following the directions given at page 340. Give the paste six turns, and roll it out three-quarters of an inch thick. Cut out of this as neatly as possible an oval piece the size you wish your *vol-au-vent* to be. An oval nine and a half inches long traced round the rim of a pie-dish of that length laid on the paste to guide the knife would do. You will then have an oval piece of pastry three-quarters of an inch thick: place this upon a buttered baking-dish, mark out the interior oval, leaving an inch margin all round, and brush the surface and side with a beaten egg. Let the knife cut this tracing to a depth of a quarter of an inch. Now put the sheet in the oven, and when the paste is baked, remove the top of the inner oval (which you will find has risen) for a cover: then scoop out the uncooked paste inside the case: brush the whole case thus formed with egg again, and bake it for about five minutes. After this the pastry will be ready. Remember that in the first baking the oval wall will have risen nearly three inches high.

To complete the dish, having the pastry case quite hot from the oven, put it in a hot *entrée* dish, arrange in the hollow of it the *ragoût*, putting in the meat truffles and artichokes, and pouring over them as much of the hot sauce as will moisten them nicely without overfilling the *vol-au-vent*: lay over the top the hot cover, and send it up.

4. A leveret makes a nice roast late in summer. It needs a very delicate stuffing, and every assistance to maintain moisture during the cooking. For the former we reserved the livers of the fowl giblets, which, with that of the leveret, should now be employed as follows:—Cut up four ounces of streaky bacon into small squares, put them into a *sauté*-pan with two ounces of minced shallot, one ounce of minced carrot, half an ounce of minced celery, and a dessert-spoonful of chopped parsley; fry these, adding the livers just mentioned, also cut up, and when all have been sufficiently cooked empty the contents of the pan into a mortar and pound them to a paste. The stuffing should be composed of one-third of this, and two-thirds ordinary hare stuffing, bound with a well-beaten egg. The back of the leveret should be larded with bacon, or covered with bacon barding, and then wrapped in buttered paper. Basting

Roasted leveret.

must be patiently carried out, and towards the end of the roasting (say in twenty-five minutes) the coverings should be removed for browning. Serve with *sauce soubise* and half a pint of brown gravy with which two tablespoonfuls of red currant jelly have been mixed, and the juice of a lemon. A tomato salad might accompany.

5. When about three parts-developed broad beans make a very nice *entremets* in this manner :—Shell sufficient beans to fill a quart measure to the brim. Put a half-gallon stewpan on the fire two-thirds filled with water, season this with a dessert-spoonful of salt, and put into it half an ounce of fresh butter, let it come to the boil, then put in the beans, boil till tender, *i.e.*, till the shell easily parts from the bean when pressed gently between the finger and thumb. Then drain them in a colander, saving the *cuisson*, pour cold water over the beans, and then pinch them out of the skins. Next, melt an ounce of butter in a quart stewpan, mix in over a low fire an ounce of flour, when well cooked, yet not coloured, stir in by degrees three-quarters of a pint of the *cuisson*, bring to the boil, take off the fire, add a coffee-cupful of the broth in which three yolks of eggs have been mixed, stir well, put in the shelled beans and set the stewpan in the *bain-marie ;* warm up when required, but do not let the sauce boil, adding a tablespoonful of minced chervil and parsley, and serve as hot as possible in a *légumière*.

Broad beans with custard sauce.

6. This is a *parfait* in which whipped chocolate cream, and whipped vanilla cream are blended at haphazard so as to present a marbled appearance. A pint and a half mould—it should be an hermetically closing one—will be large enough. Commence by making a custard with a gill of water and the yolks of ten eggs, sweeten this, and when nicely mixed put half of it in one bowl and half in another, flavour one with vanilla and stir three ounces of well-mixed chocolate into the other ; whip both well over ice, adding to each when well frothed a gill of stiffly whipped cream. Now fill the mould, taking spoonfuls of the two whipped mixtures alternately, and allowing them to settle in the mould of their own accord, put a round of paper over the bottom, close the mould securely, and then bury it in ice as described for *parfait au chocolat*, Menu No. IV. Allow three hours for the freezing, then turn it out and serve.

Chocolate and vanilla parfait.

7. For this turn to page 296, and with three ounces of spaghetti make spaghetti *à la* Napolitaine exactly as described for macaroni *à la* Napolitaine. When completed stir into it a gill of tomato con-

serve and one of white sauce with which two yolks of eggs have been mixed: stir the whole over a low fire but without boiling, and when the mixture thickens turn it out into a soup-plate. Put it in a cold place to get cold and firm: then divide it into portions the size of the bowl of a tablespoon. Dip these in beaten egg (page 124), then roll them in very finely sifted bread-crumbs with which grated cheese has been mixed in the proportion of one-third. Let this dry, and then fry the *croquettes* in hot fat in the manner described for fritters, page 238. Serve them after carefully draining and drying on a hot napkin dusted over with finely grated Parmesan.

Spaghetti croquettes with cheese.

MENU No. XVIII.

(Autumn.)

FOR A DINNER OF SIX.

Crème d'orge à l'Allemande.
Orlys de merluche sauce Novarre.
Carbonade aux champignons.
Bécassines rôties.
Salsifis à la poulette.
Riz à l'Impératrice.
Coquilles à l'Indienne.

Pearl barley soup.

1. Boil and simmer five ounces of pearl barley in a quart of water and half an ounce of butter till it is quite soft, then drain, pass it through a hair-sieve, put it into a stewpan, and add by degrees three pints of stock, uncoloured, as given in Menu X.; bring the *purée* to the consistency of thin cream; let it come to the boil once, then simmer for fifteen minutes. Skim, stirring into it off the fire the yolk of an egg, thoroughly freed from the white, beaten up with a gill of hot milk, and an ounce of butter; garnish with four tablespoonfuls of green peas; serve with dice of bread, dipped in stock, and crisped in the oven.

Sole fritters with sauce Novarre.

2. Divide a fresh haddock into as many nice fillets as you can make, about two inches long, half an inch thick, and an inch wide. Let them marinade on a dish sprinkled with lemon juice or vinegar, pepper, salt, chopped parsley, and sweet herbs. At least two hours before it will be required prepare a bowl of batter as follows:—Put three and a half ounces of flour into a bowl, make a hollow in its centre, and into it break the yolks only of two eggs, add two tablespoonfuls of

salad oil, a saltspoonful of salt, and sufficient *lukewarm* water by degrees to form a batter of a consistency that will coat the spoon when lifted from it with a film the eighth of an inch thick. Set the bowl aside now covered with a cloth in the ordinary warmish temperature of the kitchen. Do not put it into a cold larder. When ready, add, at the last moment, one of the whites of the eggs, whipped to a froth: and having drained them from the marinade and wiped them dry, dip your fillets into this, and lay them one by one into a deep *friture*-pan, filled with very hot fat; accelerate the heat, and as soon as they turn a nice deep yellow, lift them out, drain them on a drainer, set them in the oven for two or three minutes to dry, and serve them, crisp and dry, piled on a napkin garnished with fried parsley and slices of lemon.

For the sauce you must, after trimming the fillets of haddock, make a very well-flavoured fish broth with the head, bones, and trimmings, adding the proportion of vegetables and herbs often before mentioned, and a tumblerful of chablis, sauterne, or hock. In due course this must be strained off, and half a pint of it thickened with half ounces each of butter and flour. When this has been done stir in a gill of tomato *purée* conserve or sauce, reduce one-third of the liquid, and finish with half an ounce of butter and a dessert-spoonful of lemon juice.

3. Order a shoulder or loin of the best Welsh or small Scotch mutton you can get, bone it carefully, wash it, dry it, and flatten it out upon a clean board. Dust it over with spiced pepper and salt, and lay over it a number of thin slices of cold cooked bacon. Make a good bowl of turkey stuffing (page 142) and spread it evenly over the bacon, roll the meat carefully up, and secure it in shape with tapes. Put an ounce of butter into a stewpan over a moderate fire, and turn the roll of mutton over in it till it takes colour. Now pour in a quart or so of good broth made from the bones and trimmings, with four ounces of onions cut up, four ounces of carrot sliced, six peppercorns, a blade of mace, a good piece of celery, a *bouquet garni*, a saltspoonful each of mignonette pepper, and salt, a tumbler of chablis or sauterne, and half a glass of brandy. Braise the mutton in this over a very low fire for an hour and three-quarters keeping the vessel half-covered. Dish it on a hot dish, and brown its surface with melted glaze. Strain off the gravy, remove the fat, flavour it as for game with spiced pepper, a dessert-spoonful of red currant jelly, the juice of a lemon, or a few drops of chilli vinegar; let it boil up, skim,

Loin or shoulder of mutton stuffed.

strain it into a hot sauce-boat, and serve. Garnish the dish with grilled mushrooms, and send round potatoes *à la maître d'hôtel.*

Those who like to have their *relevé découpé* (*i.e.*, carved in slices), and handed round on a silver joint dish can easily have their wishes carried out with a *carbonade.*

4. A bird will be required for each person : they should be tenderly handled, and, of course, not drawn. Roast them in the Dutch oven with their breasts barded with fat bacon, baste with butter, catching all that drips from the birds while cooking. Serve on crisp squares of toast, which have been spread with the melted butter and gravy thus saved, as hot as possible. **Roast snipes.**

Another way which somewhat facilitates matters is to draw the birds, saving the trails carefully, to put them into a small saucepan with a pat of butter, a dust of salt and Nepaul pepper, and the juice of a lemon, to heat it quite hot, and cover the toasts just before laying the birds upon them.

Finely sliced chips of potato may accompany, and a salad according to the resources of the season.

5. Cook the salsify as described at page 201, putting into the water with it, in addition to the things named, a tablespoonful of flour (this preserves the whiteness of the roots), and serve masked with *poulette* sauce, page 61. **Salsify with poulette sauce.**

6. Blanch a quarter of a pound of the best rice in boiling water till about half done, then drain it and put it into a stewpan with a pint and a half of good boiling milk, and six ounces of sugar, add a coffee-cupful of boiling cream, and flavouring of vanilla, almond, lemon, or ratafia ; stir well, and simmer till the rice is done. Let it get cold. Next mince up an assortment of crystallised fruits—say four ounces in all—greengages, cherries, apricots, &c. (preserved ginger, and citron if you like), moisten with a tablespoonful of maraschino or noyeau, and put the mince away upon a plate. Now strain the milk and cream from the rice ; if insufficient to three-parts fill the mould you have chosen a little milk must be added ; turn this to a rich custard with the yolks of six eggs, stirring in an ounce of dissolved gelatine : next set a bowl over a basin of broken ice, put the custard into it and beat it to a froth ; blend with it a coffee-cupful of whipped cream ; put some of this into a mould over ice, and as it begins to set work into it by degrees the rice and the fruit, repeating the process till the mould is filled. Now cover the mould with the lid of a stewpan, lay ice on this, and round the mould as well, and an hour and a half will suffice to set the cream well. **Rice cream à l'Impératrice.**

With this, or any cold pudding, *sauce mousseuse* is acceptable :— Make two gills of custard, sweetened and flavoured as may be liked, cool this over ice in a bowl, then whisk it for fifteen minutes briskly, finish by adding to it two gills of stiffly-whipped cream. Serve in a silver sauce-boat.

7. Small silver or china *coquilles* should be used for this dish. If not available, little *croûtes creuses* of pastry or bread will do, but in that case make the necessary alteration in the *menu*—*croûtes creuses de crevettes à l'Indienne*. Calculate a heaped-up tablespoonful of picked shrimps for each guest, and prepare six shells or *croûtes*. In a stewpan over a low fire melt half an ounce of butter, fry in it a dessert-spoonful of finely minced shallot : let this colour nicely, then add a dessert-spoonful of curry powder and a small teaspoonful of paste ; cook slowly with the butter and onions, adding a heaped-up teaspoonful of grated cocoanut or its equivalent (page 368), and a saltspoonful of minced green ginger. Stir for five or six minutes, keeping the fire very low, then put in the shrimps and two tablespoonfuls only of broth or milk. Now let the contents of the pan fry very gently, continually stirring to prevent catching, and to encourage absorption ; by degrees the object will be effected, and when the shrimps are all separated from each other, all moisture absorbed, and a sort of powderiness obtained, they are ready. Having the *coquilles* or *croûtes* heated, pile the allowance of shrimps in each and serve.

Shells with shrimps à l'Indienne.

MENU No. XIX.

(Winter.)

FOR A PARTY OF SIX.

Purée de lièvre à l'Ecossaise.
Darne de cabillaud à la marinière.
Pièce de bœuf braisée à la Milanaise.
Sarcelles à la Wyvern.
Champignons au gratin.
Crème de marrons à la Nesselrode.
Beignets à la Pignatelli.

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1. In Menu No. XV. I gave you a recipe for a hare soup, simplified from that given by Gouffé. There is, however, another and a richer kind of soup, with which the pounded meat of the hare is incorporated. This is a national and very popular Scottish concoction. It is composed in the following way :—Make three pints of good stock with a couple of pounds of beef, veal trimmings and bones, and six pennyworth of giblets. Clean, and cut up the hare, setting aside the *râble* as advised in the Menu just mentioned, and saving the blood. Let the pieces soak for half an hour or so in cold water. When the stock has been strained, set to get cold, and free it from fat : put the pieces of hare into a large stewpan with a bacon or ham bone, or six ounces of uncooked slices of either, six ounces of onions cut into quarters, and of carrots sliced, a bag containing a dessert-spoonful each of dried marjoram, thyme, and bay leaf, the rind of two lemons, a bunch of parsley, a saltspoonful of mace, and a dozen peppercorns, and cover the whole with the stock. Let this simmer very gently for three hours, after it has once slowly attained boiling point. At the end of that time strain the broth from

Hare soup (purée).

the meat, &c., and set it to get cool. Take the meat out, and lay the pieces on a large dish. Choose the fleshy ones, pick the meat from the bones, and pound it to a paste in a mortar, moistening it with a little soup to assist the operation ; as soon as you have got the meat satisfactorily pounded, work it through the sieve, and save the *purée* that you get carefully. Now take another stewpan, place it on the fire, melt an ounce of butter in it, and work into it an ounce of flour ; when you have got a nice paste, add a little soup with which the blood has been mixed, continue stirring, and, with the aid of an assistant, go on adding soup and pounded meat till you have exhausted the whole, stirring without ceasing ; now add one gill of port wine, a tablespoonful of red currant jelly, and a teaspoonful of raspberry vinegar or lemon juice. Let the soup come *almost* to the boil, so as to thicken properly, and become thoroughly blended. It can then be served.

Cod with mussels.

2. Choose a nice cut of cod a pound and a half in weight. Carefully divide the piece in halves, remove the bone, and cut off the fins. Set aside the two pieces of fish you now have while you make with the trimmings and bone, assisted with half a pound of fish cuttings, four ounces of onion, a good bunch of parsley, a *bouquet garni*, and seasoning —with sufficient cold water to cover all well—a good fish broth. Next take one and a half dozen mussels, choosing small ones, scrape the shells and scrub them, changing the water several times till all sand and grit are removed. When clean lay them in a roomy *sauté*-pan with four ounces of onion, one ounce of coarsely cut parsley, a saltspoonful of salt, and half that quantity of pepper, half a pint of the broth, and half a pint of chablis or sauterne ; set on the fire and stir the mussels occasionally ; when they open they are done. Remove the pan at once or they will be tough, take them out of the shells, dip them in lukewarm water, drain, and keep them ready while you cook the fish. Strain off all the liquid in the pan into a bowl.

Now wash out the stewpan, lay in it the two pieces of cod, and cook them as explained at page 89, using the broth from the bowl, and if that be insufficient to cover them adding fish broth. When done, lift out the pieces of fish with a slice, lay them in a hot dish in their original shape, cover them up, and make this sauce :—

Put into a stewpan an ounce of butter, mix with it over a low fire an ounce and a quarter of flour, stir over the fire three minutes, add the broth in which the fish was poached, let it boil once, cool a little, add

two yolks of eggs, a tablespoonful of finely minced parsley, and the mussels; serve the fish garnished with parsley and lemon, and the sauce in a boat.

Braised beef à la Milanaise.

3. For this choose a nice piece of the ribs—say four and a half pounds. Saw off the chine bone, leaving the rib bones only. Tie the piece in shape with tape or string. Choose a stewpan that will just hold it. Melt an ounce of butter at the bottom of it, and fry the meat in it till lightly and evenly coloured. Then moisten with two pints of common stock prepared beforehand and one gill of brandy, and add:—four ounces of onions and four of carrots nicely cut up, half an ounce of salt, a *bouquet garni*, a saltspoonful of *mignonette* pepper. Simmer only for an hour and three-quarters, then test with a skewer; if sufficiently cooked take the pan from the fire, remove the meat, place it on a hot dish, cover it, and strain the broth through a gravy strainer, take off all the fat, boil, reducing about one-third of it, then pour it over the meat and serve.

Macaroni or spaghetti *à la Milanaise* (see page 297) should be handed round. Follow the recipe using five ounces of macaroni or spaghetti, and an allotment of cheese, butter, and tomato *purée* in proportion.

Teal in Wyvern's way.

4. Three teal will be enough for this dish. As soon as the birds are delivered plucked but not trussed in the morning, clean them, saving their giblets. Lay them on a board, and by passing a knife all round each bird remove the whole of the breasts with the bones left in it. Put these three breasts on a dish, pour over them a marinade consisting of two tablespoonfuls of salad oil, a teaspoonful of good vinegar, half an ounce of minced shallot, a teaspoonful of dried herbs, and the peel and juice of a Seville orange. Turn and baste them with this during the day. With the *débris* of the teal—back, legs, wing bones, and giblets well chopped up, proceed to make a strong broth by simmering them (covered with broth) very slowly, assisted by three ounces each of onion and carrot, a *bouquet*, a bunch of parsley and seasoning for at least an hour and a half. Strain—there should be three-quarters of a pint of this—skim off any fat, add half an ounce of glaze, a sherry-glass of port, the juice of one lemon and the juice of one orange; give this one boil and set it in the *bain-marie*.

When required, take the breasts from the marinade, wipe them carefully, then brush them over with butter and grill them. Divide

each breast in halves by a clean cut along the centre, lay the six pieces on six *croûtes* of fried bread, the sauce and Nepaul pepper, with a salad of orange quarters prepared like tomato salad (page 267) accompanying.

Mushrooms au gratin.

5. Half a pound of mushrooms will make a nice dish. Choose them carefully, and peel and trim them in the manner explained at page 204. When satisfactorily prepared, take the peelings and stalks you cut off, wash, drain, and chop them up. Put into a saucepan an ounce of butter and stir into it half an ounce of flour; when mixed, add half a pint of good broth or milk; stir well, bring to the boil and throw in the chopped stalks, and peelings, a dessert-spoonful of chopped curled parsley, a teaspoonful of minced onion, a saltspoonful of salt, and a dusting of pepper: simmer the sauce until it is thick and rich, add half an ounce of glaze, mix, add a little colouring if necessary, and keep it ready. Now butter a *gratin* dish liberally, place the mushrooms upon it head downwards, fill their hollow parts with the thick sauce, sprinkle a thin layer of fine raspings over them and set the dish in the oven (a brisk one) for ten minutes. As soon as the mushrooms flatten themselves, as it were, they are done. Serve on the same dish laid upon a napkin, with dry toast accompanying.

Nesselrode pudding.

6. This old yet excellent iced pudding is well worth making occasionally—in this way:—Blanch and peel twenty-five nice chestnuts. Put them into a stewpan with a pint of syrup flavoured with vanilla. Simmer till the chestnuts are soft, then drain them, pound them in a mortar, and pass them through a fine sieve. Put five yolks of eggs with three ounces of finely sifted sugar into a pint of boiled cream (or good milk), stir over a low fire till the custard thickens, then add the chestnut *purée*, strain it into a bowl, cool over ice, whip it, and give the liquid a sherry-glass of maraschino. Stone two ounces of raisins, pick and wash two ounces of currants, and cut up two ounces of citron, cook them in the syrup saved from the chestnuts, drain and let them get cool. Now put a freezing-pot in ice, pour in the custard, freeze, and work it with the spatula; when partly frozen, add a coffee-cupful of whipped cream, and when the cream is nearly set stir in the fruit. Take an hermetically fitting pint and a half iced-pudding mould, fill it with the frozen mixture, close securely, bury this in ice for two hours, turn out and serve.

N.B. Patent freezers are now to be had so cheaply, and perform their work so well, that ice-making has become one of the simplest of kitchen operations.

7. A recipe for this dish will be found at page 335. Great care as to the temperature of the frying medium—clarified beef suet if possible — and the draining. Serve after the latter process piled upon a hot napkin and dusted over with grated Parmesan. Nepaul pepper in waiting.

Pignatelli fritters.

MENU No. XX.

(Summer.)

FOR A DINNER OF SIX.

Queue de bœuf à l'Indienne, clair.
Mousseline de rougets.
Tournedos, sauce raifort.
Poularde à la Napolitaine.
Œufs de pintade à la gelée.
Fruits frappés au champagne.
Rissolettes d'anchois.

Clear mulligatunny with ox-tail.

1. Make a good *bouillon*, following the recipe for *pot-au-feu* (page 27). This should be prepared the day before. Take a small ox-tail, divide it at the joints, and chop these pieces in halves. Blanch them in boiling water for three minutes, then drain and dry them. Put them now in a stewpan with four ounces of onion, a good bouquet of herbs, and a slight seasoning of mignonette pepper and salt; moisten with the *bouillon* (cold), bring to the boil, and simmer slowly till the tail meat is tender and leaves the bone on pressure. At boiling point before the simmering put in a muslin bag containing:—one dessert-spoonful of coriander seed, one teaspoonful of cummin seed, the same of cardomoms, and a saltspoonful of fenugreek, with one clove of garlic uncut. Keep this in the soup during the simmering till a distinct curry-like flavour has been imparted to the soup, when it may be taken out. When the ox-tail pieces are cooked, strain off the soup, let it get cold, carefully skim off all fat, and when the surface is quite clear proceed to clarify with three-quarters of a pound of finely minced gravy beef and one egg as explained page 29. This is a very necessary step. After straining carefully through a scalded cloth the soup will be

bright and clear. Garnish with pieces of the tail as in ordinary clear ox-tail.

Light cream of red mullet.

2. Buy one pound of red mullets. Take off the heads and gills, but leave them otherwise intact. Put a tablespoonful of finely minced shallot with four ounces of fresh butter into a *sauté*-pan, fry the onions gently over a low fire, dry well and put in the red mullets, season them with a dust of mace, cayenne, powdered thyme, and bay leaf, accelerate the heat, and fry the fish quickly. When done, empty the whole of the contents of the *sauté*-pan upon a sieve, draining off into a bowl the melted butter and juices extracted from the fish, put this away to get cold over ice, and pass the fish through, thus getting rid of the bones: put the meat, &c., that comes through aside also to get cold, then pound it in a mortar with the congealed butter which was strained from the *sauté*-pan. Make a savoury custard with three-quarters of a pint of boiled milk and six yolks of eggs, and add while warm an ounce of gelatine: when nice and thick, strain the custard through a sieve into a bowl, set this on ice, and whisk the custard, mixing with it the pounded fish: when the custard begins to show signs of forming add to it a coffee-cupful of whipped cream, put it into a mould surrounded with ice for a couple of hours. Ultimately turn it out as you would a sweet cream, garnish with a border of broken aspic jelly and hard-boiled eggs cut in halves. No sauce is needed.

Tournedos with horse-radish sauce.

3. Order a piece of fillet-steak, which the butcher will cut from the rump. Out of this trim your *tournedos* three-quarters of an inch thick and in pear shapes or ovals three inches long and two and a quarter across. Lay them in marinade for some hours before cooking, then drain and dry them. They may be either grilled or *sautés*. Dish them on *croûtes* cut exactly to fit them with one plainly grilled mushroom over each.

For the sauce:—make a *Hollandaise* according to the recipe, page 67, stirring into it just before serving a tablespoonful of finely grated horseradish.

A fine fowl in the Napolitaine fashion.

4. As a change this somewhat unusual dish will be found very nice. Choose a fine bird, truss it for boiling, saving the giblets, which scald and cut up, and use the liver in the stuffing, which should be composed as follows:—three ounces of finely sifted white crumbs, two ounces of minced ham, two ounces of minced beef marrow or suet, the liver minced, a teaspoonful of powdered rosemary, the finely peeled rind of a lemon

also minced, a dusting of salt and pepper, and a well-beaten egg. Sew up the skin of the crop after stuffing and put an onion wrapped in bacon in the cavity of the bird. Cover the breast with bacon, securing it with tapes, and put it into boiling water with the giblets, a *bouquet garni*, five ounces each of onions, carrots, and turnips, and an ounce of celery. Never let the pan boil after this, but lower the heat and simmer very gently for forty or fifty minutes.

Boil four ounces of ribbon macaroni (*lasagne*) as described, page 296. Turn it back into its vessel and mix an ounce of butter with it to keep the pieces from sticking together. Have ready four ounces of cooked fresh mushrooms cut into quarter-inch squares and four ounces of cooked tongue also cut into quarter-inch squares. Also save the peelings and stalks of the mushrooms after washing them, and have ready a *roux* of three ounces of butter and three and a half ounces of flour.

As soon as the fowl is done take the pan from the fire, remove the fowl, and strain off the whole of the contents of the vessel, returning the bird to it to keep it hot. Turn the broth to a white sauce as soon as it has been skimmed, boiling up with it the mushroom trimmings, and finishing with the yolks of two eggs. Pass this through the strainer. Dish the fowl, mask it with some of the sauce; with the rest dilute the macaroni plentifully, adding the mushrooms and tongue garnish, and two tablespoonfuls of grated Parmesan. Form a border of this all round the fowl, and serve. Grated Parmesan should be handed round, with any of the sauce there may be to spare.

Guinea-fowl's eggs in jelly.

5. Decorate a small border mould with truffles and hard-boiled white of egg, set this with aspic jelly (page 251), and then arrange over the garnish at equal distances six or eight guinea-fowl's eggs, setting them also in aspic. Keep the dish when it is completed in the refrigerator, and prepare a *salade* with *pointes* of asparagus:— Cook the asparagus, and cut off in half-inch lengths all that is tender of each piece. Set the *pointes* thus obtained over ice, make a *mayonnaise collée* (page 71), keep it very cold, and when dishing fill the centre of the border with the asparagus *pointes* moistened with the *mayonnaise*. Everything depends on this being cold.

6. A selection of choice fruit is necessary for this dish; three or four varieties if possible, and all perfectly ripe:—large carefully chosen strawberries, pine-apple, bananas, peaches, apricots, &c., &c., in quantity sufficient to fill without overcrowding a handsome silver or old china bowl. Pine-apple pieces should be in fillets two

and a half inches long and one and a half across, peaches in quarters, apricots in halves, bananas slit in halves lengthwise and then cut into two-inch lengths. Set the bowl on ice with the carefully chosen fruit arranged in it. Make a syrup flavoured with lemon and old brandy in sufficient quantity to lubricate the fruit, as you do green stuff in salad-making, basting them with a few spoonfuls of this every now and then, and turning the pieces gently. If kept over ice the fruit will become encrusted with the syrup. Cover the bowl with ice on the cover and plenty round it for a quarter of an hour. Lastly, pour in sufficient well-iced champagne to come level with the top of the fruit, and send the bowl round.

Iced fruit salad with champagne.

7. Half a pound of puff-paste will be wanted and four anchovies. Take the fish from the oil, pour scalding water over them to get rid of the oil, wipe them dry, split them, pick out the spines, scrape off the skin, and pound the fish in the mortar with an ounce of butter and the yolks of two hard-boiled eggs ; when well mixed pass the mixture through a hair-sieve, moisten it with a tablespoonful of melted glaze and season it with Nepaul pepper. Out of the puff-paste rolled out thinly stamp as many rounds as you can with a two-and-a-half-inch cutter ; lay a teaspoonful of the *purée* on each, double the pieces over, wet the edges, and pinch them firmly round. When all are ready, fry the *rissoles* in hot fat, increasing the temperature till they reach the golden tint you want, then drain, dry, and serve them piled up upon a hot napkin, dusted over with grated Parmesan.

Anchovy rissoles.

ON COFFEE-MAKING.

IT need scarcely be said that a cup of *café noir* constitutes the finishing touch of a nice little dinner. I think, therefore, that I may as well say a few words regarding its composition before I ask you to consider my *menus* ended.

Although few may think themselves ignorant of coffee-making, I question whether its real secrets are generally known. Indeed to judge by the stuff that we usually get, I think, we may say that the art is comparatively rare. First, to be sure, you must "catch your coffee," *i.e.* :—get really good berries, and be willing to pay a good price for them. That done, the next thing to learn is the roasting, an operation that should be conducted *daily* if you want well-flavoured coffee. The process is by no means as easy as many believe; half the coffee we drink is ruined by ignorant roasting; a burnt berry, mark you, will spoil the whole brew. The best way, I think, to roast the berries is to stir them about in a small *sauté*-pan over a *very low* fire, doing them in relays, and passing them straight to the mill (a *hand-mill* is quite indispensable) from the pan. A tablespoonful of berries will be found quite enough at a time. Melt a little butter, just sufficient to lubricate the berries, and stir them about until they turn a light Havannah brown; if perchance a berry take a darker tint, throw it away as you would a reptile; grind them *at once* and make the coffee as soon afterwards as possible. In any circumstances keep the powder carefully secured from the air in a dry canister.

A little butter or salad oil is strongly recommended; it prevents the escape of much of the fragrance of the berry while roasting, and becomes quite dried up before the operation is finished. The custom in many kitchens is to bake, often to *over-bake*, the berries in the oven. The result is a leaden tinted liquid, acrid in flavour, and repulsive to look upon.

Having ground the coffee properly—it should be rich in aroma, and of a beautiful rich snuff colour—the best coffee-pot to use, after all, is the old percolator. Be liberal with the coffee (a tablespoonful for each person), *heat it for a minute in the oven or in front of the fire*, also heat the coffee-pot thoroughly, fill the upper chamber of the percolator according to your requirements, ram the hot coffee powder

down firmly, and having previously measured the amount of coffee liquid you require, pour boiling water, according to that measurement, *in teaspoonfuls at a time*, through the upper strainer upon the powder. The slower the water is added, the more thoroughly the coffee will become soaked, and, the dripping being retarded, the essence will be as strong as possible. As soon as the coffee has run through, pour the rich essence you have obtained into your cups, and for *café au lait* fill them up with boiling milk, for *café noir* with a little boiling water. Let the coffee-pot stand in a shallow vessel containing boiling water during the process. In this way the liquid can be kept hot without deterioration for some little time. It does not do to heat up cold coffee.

N.B.—Hutchinson's patent coffee-pot (percolator) is an improvement upon the old vessel, making very good coffee without ramming, and producing the liquid quicker. It is furnished with a flannel strainer, and the passing through of the coffee liquid is regulated by a tap.

It is usual of course to pass round a flask of *fine champagne cognac*, with the coffee, but as some like kummel, some maraschino, and some kirsch, those liqueurs may also be presented. To enjoy coffee thoroughly neither milk nor sugar should be taken with it.

There are, to be sure, other ways of making good coffee, boiling the powder being adopted instead of the infusion. The Turkish system much praised by travellers may be thus described :—The roasting having been conducted with all the care I have already indicated, the berries are cast into a large metal mortar, and pounded to a very fine powder. This is carefully sifted through a fine sieve, all coarse particles being rejected. As much water as is wanted is then boiled in a small copper can, having a narrow neck and broad bottom. When the water boils powdered coffee is added, off the fire, according to requirements, and the can is replaced on the fire. The liquid is now permitted to come to the boil three times, the can after each occasion of ebullition being taken off the fire for a while. After the third boiling up, the can is placed for a minute in a shallow vessel containing cold water to precipitate the grounds, after which the coffee—clear, black, and strong—is poured into the cup. For this I have to thank General H. M., whose experience enables him to speak with authority. Turkish coffee is presented to you in London made in little cans too wide at the neck and not broad enough at the bottom. Those who like *purée de café* no doubt enjoy this beverage, for no steps are taken apparently to precipitate the grounds.

APPENDIX.

LIST OF UTENSILS RECOMMENDED FOR USE IN A MODERATE ESTABLISHMENT.

Seven stewpans :—three-quarter pint, pint, quart, two-quart, three-quart, four-quart, and ten-quart.
One bain-marie, complete with five vessels, a glaze and soup-pot.
Two sauté-pans :—nine inch and twelve inch, with covers.
One fricandeau-pan with cover (twelve inch).
One omelette-pan (eleven inch).
One fish-fryer with drainer.

The adjuncts in this branch are :—a stock ladle, a sauce ladle, a skimmer, a perforated and plain slice, and a dozen wooden spoons in sizes, six of them with squared ends.

Extras not Absolutely Necessary.

One sixteen-inch braising-pan ; one eight-quart stock-pot ; one eighteen-inch fish-boiler ; and one four gallon and a half boiling-pot.

The whole of the above are procurable in copper (two qualities), wrought steel, seamless steel, and tinned wrought iron.

French Glazed Earthenware.

Three casseroles in the larger sizes—seven, eight, and ten inch ; three ditto, smaller—four, five, and six inch ; three marmites for stock—two, four, and eight quart ; one fireproof china omelette-pan, twelve inches.

With these vessels in stock half the number of stewpans given above can be dispensed with, and no metal stock-pot is needed.

Among things not commonly given in the lists of kitchen equipments I would instance a soup-straining stand with movable sieve top to secure the straining cloth firmly ; a hanging gridiron, and the tinned-wire draining stand and safe-boiling stove mat, mentioned at pages 12 and 13. In addition to the ordinarily sized whisk, the cook should have two small French all-wire ones for beating small quantities of fluid, as in mayonnaise sauce, buttered eggs, &c. A ten-inch marble mortar and hard wood pestle will suffice for heavy pounding, and a small seven-inch Wedgwood one for lighter work. A marble pastry slab ought not to be omitted—one 24 × 20 will be quite large enough. The rolling-pin should be of box-wood.

In selecting moulds some consideration is necessary, for there is an endless variety to choose from. Not many need be bought, for special requirements can be met when occasions arise. I think the following will be found sufficient :—three plain charlotte moulds, oval or round, in sizes ; three plain border moulds, with flat, hollowed, and rounded rims respectively, round-shaped for choice ; two fancy moulds for jellies ; and one block-tin raised pie mould. A good assortment of small moulds for entrées and savouries must certainly be procured—darioles, bouchée, quenelle, cutlet, sandwich moulds, &c., with patty pans in variety. Here selection must be guided by taste.

For the rest little need be said, as most equipment catalogues are complete enough, but I would conclude by repeating that many of the inventions for the simplifying of work—machines for mincing, slicing, stoning fruit, beating eggs and cream—are most desirable additions to the *batterie de cuisine*.

INDEX.

PAGE

ADVANTAGES gained by not handing round entrées 24
Allemande sauce 79
,, thickening 58
Almond (burnt) cream . . . 420
,, milk in curries . . . 368
,, ,, in mulligatunny . . 388
,, sauce for poultry . . . 83
Anchovy butter 328
,, cream 437
,, toast 309
,, ,, made with sauce . . 310
,, ,, top-dressing for . . 310
,, vinegar 16
Antipasto, the (*hors d'œuvres*) . . 321
Aperture, the necessity of, in pie-crust . 348
Apricot Charlotte 434
,, cream à la Moscovite . . 463
Artichoke globe (*artichaut*) . . 185
,, ,, à la Barigoule . . 187
,, ,, à l'Espagnole . . 187
,, ,, à l'Italienne . . 187
,, ,, à la Lyonnaise . . 187
,, ,, à la maître d'hôtel . 186
,, ,, à la möelle . . 188
,, ,, à la poivrade . . 187
,, ,, à la provençale . . 188
,, ,, au gratin . . . 462
,, ,, au sauce blanche, or béchamel . . 186
,, ,, bottoms of entire . 187
,, ,, bouchées . . . 188
,, ,, cold to treat . . 188
,, ,, creams of . . 474
,, ,, en coquilles . . 438
,, ,, fonds to trim . . 187
,, ,, fritters (beignets) . 186
,, ,, on toast . . . 313
,, ,, petits pâtés of . . 188
,, ,, sauce for . . . 68
,, ,, scallops of . . 438
,, ,, to trim . . . 186
,, ,, stems à la cardon . 200
,, Japanese (*Stachys Japonaise*) 194
,, Jerusalem (*topinambour*) . 184
,, ,, au gratin . . 184
,, ,, chips . . 443
,, ,, crème of . . 185
,, ,, fritters . . 185
,, ,, mould of . . 185
,, ,, purée in scallop shells . . 185
,, ,, ways of cooking . 184
,, ,, with eggs . . 282
Asparagus (*asperges*) . . . 201
,, cold, with cream . . 203
,, en tiers, or en branches . 424

PAGE

Asparagus garnish for an entrée . . 203
,, peas 203
,, pointes 203
,, ,, on toast . . 313
,, tinned 207
,, proper sauces for . . 203
,, to boil—Sir Henry Thompson's recipe . . 202
Aspic, guinea fowl's eggs in . . 500
,, jelly to make. . . . 251
,, lobster quenelles in . . 452
Aubergines 194
,, à l'espagnole . . . 429
,, au gratin . . . 429
Australian tinned meats . . . 403

BACON, value of in réchauffés . . 233
Bain-marie pan, the, value of . . 11
Baked fillets of fish . . . 110
,, fish 92
,, pike 104
Baking a poor substitute for roasting . 138
,, bread, equipment for . . 393
,, pastry 338
,, pies 347
,, stove, a 391
Barbe de Capucin 183
Basil in soups 35
Basis of sauce for a turkey or fowl . 82
Batavian endive 183
Batter for frying 239
,, in réchauffés . . . 234
Bavarian cream with cocoa à la moderne. 424
,, ,, with strawberries à la Victoria . . 453
Beans, broad (*fèves de marais*) . . 171
,, ,, à la poulette . . 487
,, ,, à la bourgeoise . . 171
,, dried (Soissons, &c.) . . 170
,, flageolets 173
,, French (*haricots verts*) . . 170
,, ,, preserved in tins . . 206
Béarnaise sauce 67
Béchamel ,, ... 79
Beef à la mode 136
,, broth (bouillon) . . . 27
,, braising of 134
,, entrecôte of à l'Italienne . . 248
,, fillets, concerning . . . 118
,, ,, cooking of . . . 122
,, ,, with anchovy cream . . 436
,, fresh, boiling of . . . 147
,, ,, bouilli of . . . 32
,, grenadins with mushrooms . . 431
,, piece of, braised à la Milanaise . 495
,, pressed 153
,, re-cooked 234

	PAGE
Beef, ribs of, braised à la Milanaise	495
,, salt, boiling of	153
,, spiced and rolled	252
,, steak and kidney pudding	362
,, ,, and oyster pudding	361
,, ,, and vegetables	248
,, ,, jugged	155
,, ,, pie	352
,, ,, pudding	361
,, ,, to prepare for pies	352
,, suet in pastry	339
,, ,, to clarify	339
,, tournedos of, with horseradish souce	499
Beetroot (*Betterave*) à la poulette	197
,, leaves edible	184
,, ,, on toast	313
Beignets à la Pignatelli	335
,, d'ananas (pine-apple fritters)	242
,, d'artichauts	186
,, de bananes	243
,, de courges	192
,, de pêches	470
,, de topinambours	185
,, soufflés	243
,, ,, au Parmesan	244
Bigarade sauce for wild duck	433
Biscuit, devilled	444
,, ,, à la Bombay	471
,, ,, à la Piémontaise	454
,, ,, à la Suedoise	467
,, ,, au laitance de hareng	444
Biscuits with cheese for spinach	181
Bisque de crevettes	460
Black-game roasted	458
Blanc for braising poultry	135
Blanquette of fowl à la Talleyrand	183
Bœuf à la mode	136
Boiled chops	154
,, fowl, masking for	257
Boiling	147
,, a fowl in the soup stock	150
,, a ham	151
,, concerning	147
,, fish	87
,, fresh meat	147
,, salt beef	153
,, salt meat	150
,, to improve flavour of meat in	149
,, potatoes	160
Bombay ducks	382
,, ,, powder on toast	471
,, ,, with curries	382
Boned chump end of veal	441
,, leg of lamb à la chivry	427
,, ,, of mutton à la chevreuil	456
,, loin of mutton à la Jacob	470
,, neck of venison	452
,, shoulder of lamb	413
,, ,, of mutton (carbonade)	490
,, ,, of venison	217
Bordeaux pigeons	428
Bouchées d'artichauts	188
,, hors d'œuvres	321
,, Parmesan	334
Boudins, concerning	362
,, de volaille à la Talleyrand	457
Bouillabaisse, the	96
Bouilli	32
Bouilli to serve à la Francaise	33
Bouillon	27
,, court for fish	88
,, ,, à la Nantaise	88
,, grand	40
,, with bouilli	33
Bouquet garni for soups and stews	28
Braised chump of veal	441
,, entrecôte of beef	248
,, leg of lamb à la chivry	427
,, ,, mutton à la chevreuil	456
,, piece of veal (fricand eau)	478
,, ,, of lamb	413
,, shoulder of mutton (carbonade)	490
Braising, description of	133
Brawn	253
,, calf's-head	253
,, pig's-head	254
,, seasoning	254
Brazilnut milk in curries	376
Bread-cases for hors d'œuvres	325
Bread-crumbing cutlets, &c.	124
,, ,, fish	91
Bread crumbs to store	16
,, ,, to fry	218
Bread-making	393
,, ,, things required for	393
Bread, a plain loaf of	394
,, ,, with German yeast	395
,, for sandwiches	261
,, sauce	63
,, sippets for hashes and minces	233
,, Breads, fancy	395
Breakfasts à la Française	245
Breast of mutton for luncheon	259
Brill, fillets of, à l'Américaine	461
,, with cucumber	431
Brisket of beef (salt), to boil	153
Broccoli, *see* Cauliflower	179
Broiled cutlets	122
,, fish	95
,, salmon en papillote	95
Broth, beef (bouillon)	27
,, fish	112
,, vegetable	52
Brown gravy for game	219
,, onion sauce	62
,, sauce Espagnole	75
Browning for soups and sauces	31
Brunoise soup	412
Brussels sprouts (*choux de Bruxelles*)	178
,, ,, à la crème	178
,, ,, à la Lyonnaise	178
,, ,, à la maitre d'hôtel	178
,, ,, â la poulette	178
,, ,, au beurre	178
,, ,, au jus	178
,, ,, cold to serve	178
Burnt almond (*praline*)	420
,, onion colouring condemned	31
,, sugar colouring (*caramel*)	31
Butter, fancy	325
,, anchovy	328
,, capers	328
,, fancy, crab or lobster	327
,, ,, rules for making	326
,, green	326
,, ,, with herring roes	327

	PAGE
Butter in thick soups	44
,, in pastry	339
,, maître d'hôtel	61
,, necessity of good in sauces	56
,, prawn or shrimp	327
,, ravigote	327
,, tomato	328
,, yellow	328
Buttered eggs	277
,, egg toast	312
,, ,, with anchovy toast	312
,, ,, with fish toast	317
,, ,, with spinach toast	313
Cabbage au sauce blanche	177
,, chartreuse of, with partridges	221
,, in-pot-au-feu	177
,, garnish	176
,, leaves with forcemeat (*farcis*)	177
,, stewed	176
,, with partridges	220
,, with rice and gravy	177
Cabbages (*Choux*) to prepare for dressing	174
,, to serve variously	175
,, to steam	174
,, with rice	304
Café à la Turque	503
,, au lait	503
,, noir	503
Calf's liver forcemeat	127
,, head brawn	253
Camp (or cabin), baking in	393
,, cookery appliances for	391
,, kitchen, store list for	407
,, mineral oil stove for (*Golden star*)	391
,, Moir's Army ration for	404
,, soups in	396
,, ,, tinned	399
,, stock to make for	399
,, spirit lamp for	392
,, tinned fish in	402
,, ,, food notes on	405
,, ,, meats in	403
,, ,, vegetables in	405
,, the carbotron stove for	392
,, the locomotive boiling set	392
Canapés	324
,, à la Bombay	471
,, de caviar	247
,, de crevettes à la diable	425
,, ,, (plain)	247
Canards sauvage sauce bigarde	433
Caneton aux petits pois	420
Caper sauce	59
Capon boiled as fowl	150
,, braised	135
,, galantine of (*see* Turkey)	255
,, stuffing, as for turkey	142
,, with chestnut purée	448
Carbonade de mouton	490
Caramel colouring	31
Cardes poirées	200
Cardroons à la möelle	200
,, to prepare	200
,, to imitate	200
Carrots (*carottes*)	197
Carrots à la Flamande	197
,, à la Nivernaise	197
,, glacès (*as turnips*)	196
,, soup	48
,, to trim	197
Cases, bread	325
,, china	23
,, paper	23
,, potato	128
,, rice	128
Cashu-nut sauce for turkey, &c.	82
Cassolettes, concerning	128
,, to make of potatoes	128
Cauliflower (*chou fleur*) to prepare for cooking	179
,, au gratin (Italian) without cheese	180
,, au gratin with cheese	179
,, boiled	179
,, different ways of serving	179
,, en bouquets	179
,, steamed recommended	179
,, to trim	179
Caviare, to serve at dinner	429
Celeriac (*céleri rave*)	198
Celery (*céleri*)	198
,, à la möelle	199
,, à l'Espagnole	198
,, au jus	198
,, au velouté	198
,, to stew in *blanc*	199
,, with velouté	198
Cêpes á l'huile condemned	130
Champignons	203
Chapelure (sifted raspings)	128
Charlotte à la Sicilienne (ice)	448
,, aux abricots	434
Chaud-froid, concerning the	128
,, de volaille	427
Cheese biscuits for spinach	181
,, beignets à la Pignatelli	335
,, ,, soufflés of	243
,, ,, ,,	335
,, bouchées (au Parmesan)	334
,, fingers, or straws	330
,, fondue	331
,, gougère of	334
,, omelette	291
,, ,, soufflée	333
,, pailles	330
,, ramequins	333
,, sauce (*Milanaise*)	62
,, ,, plain	297
,, soufflé	331
,, ,, (au Gruyère)	332
,, ,, (au Parmesan)	332
,, toasts, various	318
,, ,, with stewed cheese	320
,, to choose for cookery	320
,, various ways of cooking	331
Chestnut sauce	83
,, stuffing	145
Chicken à l'hôtellière	462
,, à la Villeroy	469
,, and tongue-pie	352
,, chaud-froid	427
,, ,, sauce	427
,, creams (perles) à la Strasbourg	432

	PAGE
Chicken consommé	440
,, curry	370
,, fritôt of (*see* Pigeon)	423
,, mulligatunny	387
,, purée (soup) as for crème de lapin	455
,, quenelles of fourrées aux truffes	419
,, spring with artichokes	482
Chicorée (endives)	182
,, purée à la Talleyrand	183
Chives, in salad	265
Chocolate cream ice (*parfait*)	429
,, ,, ,, à la Sicilienne	449
,, ,, ,, en demi deuil	487
Chops jugged	154
Chou-fleur (cauliflower)	179
Choux (cabbages)	174
,, *de Bruxelles* Brussels sprouts	178
Chub to stew	107
Chutney (fresh) aubergine	381
,, ,, cocoanut	381
,, ,, cucumber	381
,, ,, mango	382
,, ,, mashed potato	382
,, ,, mint	381
,, ,, tamarind	382
,, ,, tomato	381
Chutneys, fresh	380
,, service of	380
Civet de lièvre	213
Claret jelly, with raspberries	458
Clarified suet for pastry	339
Clarifying soup	29
Clear fish soup	111
,, giblet soup (*à la poulaillère*)	464
,, mulligatunny	385
,, ox-tail (*queue de bœuf a l'Indienne*)	498
,, soup à la Crèole	451
,, ,, à la Royale	422
,, ,, brunoise	412
,, ,, of partridges	468
,, ,, of fowl	440
,, ,, with asparagus points	426
,, ,, with carrots (Nivernaise)	481
,, ,, with crusts (*croûtes au pot*)	41
,, ,, with julienne	435
,, ,, with légumes	386
,, ,, with macaroni (*pâte d'Italie*)	417
,, ,, with poached eggs	35
,, ,, with quenelles	430
,, ,, with tarragon	35
,, ,, with white roots	445
Cocoanut chutney	381
,, in Ceylon curry	377
,, milk for curries	377
Cod à la marinière	494
Code of rules for soup-making	35
Coffee-making	502
Cold dishes for luncheon	249
,, fish, réchauffés of	228
,, meat slices like cutlets and fillets	234
,, vegetables, réchauffés of	235
Colouring for soups and sauces	30
Conserve of tomato	298
Consommè	38
,, à la Crèole	451
,, à la Royale	422
,, à l'estragon	35

	PAGE
Consommè au macaroni (*pâtes d'Italie*)	417
,, aux œufs pochès	35
,, aux pâtés d'Italie	417
,, aux pointes d'asperges	426
,, aux quenelles	430
,, aux racines blanches	445
,, d'abatis (giblet), à la poulaillère	464
,, de volaille	440
,, de faisan (as for partridge)	468
,, de légumes	386
,, de perdreaux	468
,, de poisson	112
,, general remarks on making	40
Cooked vegetables in salads	269
Coquilles (scallop shells) use of advocated	235
,, d'artichauts	188
Côtelettes à la Moscovite	441
,, à la Provençale	474
,, à la Soyer	418
,, au crème de fromage	446
,, aux pointes d'asperges	465
,, au purée d'oseille	461
Courges à la möelle	192
,, ,, as whitebait	192
,, ,, au gratin	192
,, ,, to cook in various ways	192
Courgettes (young marrows) to serve	192
Court bouillon	88
,, ,, à la Nantaise	88
Crab butter	327
,, mock sandwich	261
,, mock toast	320
Cream in salad	269
,, in sauces	57
,, in soups	46
Crécy soup	43
Crème à la Victoria (bavaroise)	453
,, au praline	420
,, d'abricots à la Moscovite	463
,, d'anchois	437
,, d'artichauts	474
,, de cocoa à la moderne (bavaroise)	424
,, de marrons à la Nesselrode	496
,, de lapin à la Reine	455
,, de pistaches (parfait)	438
,, de riz à l'Impératrice	491
,, de topinambours	185
,, de volaille	455
,, d'orge à l'Allemande	489
Crêpes (pancakes)	234
,, de poisson	234
,, with minced meat	404
Cromesqui, the	240
Croquettes à la Napolitaine	487
,, de faisan à la hussarde	447
,, pommes de terre	162
,, to crumb	128
Croustades	129
,, au Parmesan	439
,, de merluche fumée	421
Croûtes à l'ananas	466
,, à la Norvégienne	434
,, creuses	325
,, ,, aux champignons	449
,, ,, of marrow for celery	199
,, au pot (soup)	41
Croûtons in soups	49

	PAGE
Crumbs for cutlets	124
,, ,, croquettes	128
,, ,, frying fish	91
,, ,, to keep a supply of	16
Crust, pie	342
,, ,, French	343
,, ,, ,, raised (*pâte brisée*)	344
,, ,, (or tart) for camp	396
,, pork pie	343
Cucumbers (*concombres*)	192
,, à la maître d'hôtel	193
,, à la poulette	193
,, toast	313
,, to cook	192
,, stewed	377
,, stuffed (*farcis*)	193
,, with brill	431
Curé's omelette, the	292
Curries	366
,, almond milk in	368
,, butter necessity of in	367
,, cocoanut importance of in	368
,, ,, milk for	368
,, earthenware casserole recommended for	369
,, fish	379
,, flavouring herbs used in	369
,, garlic in	368
,, gravy to assist	369
,, green ginger in	369
,, knotty points in	372
,, onions for	367
,, sub acid in	369
,, turmeric in	367
Curry Ceylon (or Malay)	376
,, ,, cocoanut milk for	376
,, ,, condiments for	376
,, ,, cucumber to prepare for	377
,, ,, prawns to prepare for	377
,, ,, vegetable	379
,, chicken	370
,, dry	373
,, kubâb	374
,, of cooked meat	372
,, moli the	379
,, paste	367
,, ,, value of	367
,, powder	367
,, process of making (Madras)	370
,, quoorma	375
,, sauce, the	371
,, soaking or marinading meat for	373
,, sweet acid in	369
,, salt fish	380
,, the moli	379
,, the Madras prawn	380
Custard savoury, as top-dressing for toast	310
Cutlet frills effective	121
Cutlets à la Soyer	418
,, à la Moscovite	441
,, à la Provençale	474
,, to bread-crumb	124
,, to braise	123
,, to fry	124
,, to grill	122
,, to marinade	119
,, sautées	123
Cutlets to stew	123
,, to trim nicely important	121
,, to lard	121
DARNE de cabillaud à la marinière	493
,, de saumon à la printanière	412
Decoction of meat and vegetables for invalids	53
Dejeûner à la fourchette	245
Devil or grill seasoning	425
Devilled shrimp canapés	425
,, biscuit with herring roes	444
,, ,, à la Piémontaise	454
,, ,, with cod's roe	467
Dinner rolls	394
,, serving of	23
Domestic espagnole	77
,, luncheons	258
,, matelote the	94
,, pie a	349
,, sauce (Wyvern's)	15
,, toasts	309
,, velouté	77
Dory à la maître d'hôtel	423
Dried haricot beans	172
,, ,, ,, soup	172
,, lentils soup	396
Dry curry	373
,, shrimp curry savoury	492
Duchesses potato	161
Duck, roasting of	139
,, stuffing	143
,, wild with bigarade sauce	433
Duckling and peas	420
Dutch oven	11
,, ,, for fish roasting	95
,, sauce	68
D'Uxelles, or fines herbes	81
,, sauce	81
EAU de la cuisson	173
Eel pie	113
Eels à la tartare	110
,, stewed (matelote)	109
,, to bake (Isaak Walton's way)	113
,, to prepare for cooking	113
Egg and butter, a savoury custard of for toasts	310
,, toasts to vary	312
,, ,, with vegetables	312
Eggs	273
,, accessories in cooking	274
,, boiled	285
,, earthenware dishes for	274
,, buttered (*brouillés*)	277
,, ,, to serve in légumière	278
,, ,, with anchovies	278
,, ,, with cheese	277
,, ,, with different additions	277
,, ,, with soubise	278
,, ,, with shrimps	278
,, ,, with tomatoes	277
,, fried (*frits*)	284
,, hard-boiled (*durs*)	278
,, ,, à la Soubise	281
,, ,, au gratin	279
,, ,, farcis	280
,, ,, various methods	279

PAGE

Eggs in cases 284
,, in sauces for thickening (poulette) 61
,, in soups, thickening . . . 45
, mollets 282
,, on the dish (*sur le plat*) . . 274
,, ,, à la Suisse . . 276
,, ,, au miroir . . 275
,, ,, aux anchois . . 276
,, ,, des pêcheurs . . 276
,, ,, variations of . . 275
,, ,, with herbs . . 276
,, poached 283
,, ,, à la Béarnaise . . 283
,, ,, à l'Indienne . . 283
,, ,, various methods of serving 283
,, ,, with purées . . 283
Endive (*barbe de Capucin*) . . 183
,, Batavian (*escarole*) . . 183
,, (*chicorée frisée*) . . . 182
Entrecôte de bœuf à l'Italienne . . 248
Entrées, classification of . . . 115
,, class I. 118
,, class II. 126
,, class III. 129
,, cold 128
,, dishing of 132
,, garnishing of . . . 131
,, iced, value of . . . 116
,, place of in the menu . . 20
,, of pastry 129
,, ornamentation of . . . 131
,, selection of . . . 116
,, service of, plain . . . 124
,, *socle* (or stand) for . . 132
,, the helping of . . . 23
Epinards (spinach) 181
Equipment, for baking at home . . 393
,, kitchen . . . 8
Errors in toasting bread . . . 309
Escalopes de mouton . . . 482
Espagnole sauce 75
,, ,, domestic . . . 77
,, ,, maigre . . . 78
Essence of fowl 80
,, of game 80
,, of ham 80
,, of mushrooms . . . 80
,, of truffles 80
,, of vegetables and meat (mirepoix) 80

Fancy butter 325
,, ,, anchovy . . . 328
,, ,, capers . . . 328
,, ,, green . . . 326
,, ,, hard boil eggs in (yellow) . 328
,, ,, herring roes in . . 327
,, ,, lobster or crab . . 327
,, ,, maître d'hôtel . . 61
,, ,, prawn or shrimp . . 327
,, ,, tomato . . . 328
,, ,, watercress . . . 328
Fennel sauce 59
Fig gâteau (à la Smyrne) . . . 416
Fillets, concerning the cooking of . 118
Fillet of beef 118
,, ,, à la Béarnaise . . 67
,, ,, à l'Italienne (entrecôte) . 248

PAGE

Fillets of beef (grenadins) with mushrooms . . . 431
,, ,, (tournedos) with horseradish . . . 499
,, ,, with anchovy cream . 436
,, ,, with sauce recooked . 234
,, brill à l'Américaine . . 461
,, ,, with cucumber . . 431
,, fish fried 91
,, ,, poached . . . 89
,, ,, stewed . . . 94
,, fowls and game . . . 119
,, fresh-water fish . . . 110
,, hare 119
,, mutton 119
,, rabbit 119
,, salmon à la Valois . . 485
,, sole à la Cherbourg . . 446
,, ,, à la chevreuse . . 478
,, ,, à la chivry . . 482
,, ,, au vin blanc . . 473
,, ,, aux fines herbes . . 418
,, teal à la Wyvern . . . 495
Financière in entrées . . . 130
,, sauce 76
Fines herbes (*D'Uxelles*) . . . 81
,, ,, sauce . . . 81
,, ,, vinegar . . . 266
Fish à la broche 95
,, au bleu 88
,, au gratin 92
,, baking of 92
,, boiling of 87
,, broiling of 95
,, broth for réchauffés . . . 230
,, broiled en papillotes . . . 95
,, cold (*en réchauffé*) . . . 228
,, consommé 112
,, cookery concerning . . . 85
,, Dutch oven for . . . 95
,, curry 379
,, fresh water 101
,, fritters (pounded) . . . 234
,, frying of 90
,, essences chablis with, &c. . . 80
,, in the menu 86
,, jugged 156
,, khichri 230
,, on toast 317
,, poaching 89
,, pounded with batter . . . 234
,, pâtès (*réchauffé*) . . . 230
,, pie, eel 113
,, ,, (salmon) 359
,, preserved, toasts of . . . 317
,, puddings 229
,, recooked 228
,, roasting of 95
,, sauces 99
,, soup 111
,, special forms of cooking . . 96
,, smoked 99
,, stewing of 93
,, the bouillabaisse of . . . 96
,, the moli of 379
,, the water-zootje or souché . . 97
,, trimmings of valuable for sauces . 87
Flageolets 173

	PAGE
Flageolets tinned	206
,, with French beans panachés	173
Fleurons of pastry as garnish for spinach	181
Flour in pastry	338
,, in roux	44
,, potato to use for soufflés	335
Flouring fish for frying	91
,, whitebait	91
Foie-gras, pâté de farce in galantine	256
,, flavouring in entrées	130
,, forcemeat	127
,, on toast	311
,, to use in pie	355
Fonds d'artichauts à la barigoule	185
,, ,, à la béchamel	186
,, ,, à la Lyonnaise	187
,, ,, à la möelle	188
,, ,, à la Provençale	188
,, ,, au gratin en coquilles	186
,, ,, cold treatment of	188
,, ,, entiers	187
,, ,, tinned	206
,, ,, to trim	187
Fondue, the	331
,, Brillat Savarin's	332
Forcemeat (*farce*)	362
,, fish	364
,, for game-pie	358
,, for galantines	255
,, godiveau	364
,, ,, aux fines herbes	364
,, in rabbit-pie	353
,, of liver à la foie gras	127
,, panada for	363
,, veal or white meat	363
Fowl à l'hôtellière	462
,, à la Villeroy	469
,, à l'Italienne	499
,, boiled in the soup stock	151
,, consommé	40
,, done in the casserole	454
,, jugged with vegetables	155
or chicken essence	80
roasting of a	139
French beans (*haricots verts*)	170
,, à la crème	171
,, à la maître d'hôtel	171
,, à la Hollandaise	171
,, à la Soubise	171
,, aux fines herbes	170
,, ,, au lard	171
,, ,, au crème de fromage	171
,, ,, in salad	270
,, ,, in soup (purée)	50
,, ,, panachés	173
,, ,, sautés	171
,, ,, stewed	170
,, ,, tinned	206
,, ,, wrong trimming of	171
French rolls	394
Fresh chutneys	380
Fresh-water fish, concerning	101
,, ,, crimping of	102
,, ,, eels, cookery of	112
,, ,, ,, value of in soup	112
,, ,, filleting recommended	103
,, ,, fillets to stew	107
,, ,, killing, cleaning, and crimping	101
Fresh-water fish kippered	114
,, ,, matelote	109
,, ,, mulligatunny of	111
,, ,, soup	112
,, ,, speedy cookery of essential	101
,, ,, stock great value of	108
,, ,, ,, for mulligatunny	111
,, ,, to bake (the pike)	104
,, ,, to boil	102
,, ,, to broil	111
,, ,, to fry	110
,, ,, to roast	106
,, ,, to stew (Badminton Library recipe)	107
Fricandeau, the	478
Fried bread (*croûtons*)	49
,, ,, crumbs	278
,, ,, sippets	233
Fritôt de pigeon	423
Fritters (*beignets*)	236
,, batter for	239
,, cromesquis	240
,, fruit	243
,, orlys	241
,, oyster (angels on horseback)	241
,, ,, à la Duxelles	241
,, pancake	242
,, pineapple	242
,, prawn pounded	242
,, rules for frying	237
,, sweet	242
,, vegetable	242
Fruits, frappés au champagne	500
Frying basket	237
,, concerning	236
,, fish	90
,, medium	237
,, pans concerning	13, 237
,, potatoes	165
Fungi	203
GALANTINE of capon or turkey	255
,, of veal	256
Game, concerning	209
,, consommé	40
,, essence (pheasant)	447
,, fried bread, crumbs for	218
,, gravy for	219
,, pie (quail)	355
,, ,, forcemeat for	358
,, ,, raised	357
,, soups, purées	47
,, stew (omnium gatherum)	214
,, toasts	316
Garnishing entrées	131
Gâteau à la Smyrne (Savarin)	416
,, Napolitaine	448
Gelatinous thickening in clear soup condemned	34
Gelée de Bordeaux	458
,, de pruneaux	443
Genevoise sauce	414
Génoise timbale	480
Gherkin sauce (*sauce aux cornichons*)	60
Gibelotte (of rabbit)	225
Giblet soup	464
,, broth for turkey sauce	82
Giblets in game gravy	219

	PAGE
igot à la Bretonne	172
,, braisé à la chevreuil	456
,, d'agneau à la Chivry	427
Ginger, green, in curries	369
Glaze, to apply	251
,, to make	250
Glazed carrots (*see* Turnips)	196
,, onions	191
,, turnips (*navets glacés*)	196
Gnocchetti	300
Goose roasted	139
,, ,, sauce for (Robert)	62
,, ,, stuffing	143
Gouffé's bœuf à la mode	136
,, fundamental sauces	74
Gourmet-boila, the	156
Grand bouillon	40
Gravy for a pie made out of scraps	346
,, for pies, a *sine quâ non*	348
,, for game	219
Grease	6
Grenadins de bœuf with mushrooms	431
Green butter	326
,, ,, with herring roes	327
,, mayonnaise sauce	71
,, sauce with herbs	59
,, peas to cook variously	168
,, ,, with lettuce	453
,, ,, tinned	207
Greens, concerning	174
,, to preserve the colour of	158
,, to serve in various ways	175
,, to use as garnish	176
,, to steam	175
Greenwich dinner, the	85
Grill seasoning	425
Groult's preparations for soups	51
Ground sweet almonds in ,,	51
,, ,, ,, for curries	368
Grouse roasted	474
Guinea fowl (*pintade*), Wyvern's way	415
,, fowl's eggs in jelly	500
Haddock, orlys of	489
,, smoked in cases	421
Halibut, Wyvern's way	436
Ham, to boil	151
Handing round entrées condemned	23
Hard-boiled eggs, concerning	278
,, ,, sandwiches	261
,, ,, toast	312
Hare braised à la châtelaine	215
,, civet of	213
,, hashed	215
,, jugged	214
,, pie	354
,, râble of	212
,, roast	211
,, ,, sauce for (liver)	211
,, ,, stuffing for	142
,, salmis of (civet de lièvre)	213
,, soup thickened	477
,, ,, (*purée*)	493
,, to marinade	211
,, to truss	211
Haricots dried (*Soissons*, &c.)	172
,, verts, concerning	170
,, ,, in salad (cold)	270
Haricots verts, stewed	170
,, ,, ways of serving	171
,, ,, sautées	171
,, ,, panachés	173
,, ,, to trim	170
Hash, concerning	230
,, gravy (at a pinch)	231
Hashed hare	215
,, mutton, to taste like venison	120
Hatelets (silver skewers)	257
Herbs, garden, in soups (*bouquet garni*)	28
Herbs seasoning in stuffing	144
Herring roes in green butter of	327
,, ,, on devilled biscuit	444
High-class entrées	129
,, ,, sauces	73
Hollandaise sauce	66
Hors d'œuvres	20, 321
,, ,, canapés for	324
,, ,, croûtes creuses for	325
,, ,, fancy butters for	325
,, ,, garnishing	322
,, ,, serving oysters as	20, 323
,, ,, things composing	322
,, ,, to prepare sardines for	323
Horseradish sauce	68
,, in fish cookery	98
Iced apricot charlotte	434
,, Charlotte à la Sicilienne	448
,, Charlotte Russe au praline	420
,, entrées	128
,, Nesselrode pudding	496
,, parfait au chocolat	429
,, ,, aux pistaches	438
,, ,, en demi deuil	487
,, rice à l'Impératrice	491
Indian corn (*maïs*) à l'Américaine	193
,, ,, à l'Italienne	193
Ingredients for "made" entrées	127
Invalid's strengthening soup	53
Isinglass in soups	34
Jambon au Madère (marsala)	151
Japanese artichoke	194
Jelly aspic to make	251
,, claret (*de Bordeaux*)	458
,, of prunes	443
,, with guinea fowl's egg	500
Jerusalem artichokes (*topinambours*)	184
,, ,, au gratin	184
,, ,, cream (*mousse*)	448
,, ,, fritters	185
,, ,, mould of	185
,, ,, with eggs	282
Jugged chops	154
,, fish	156
,, fowl	154
,, hare	214
,, peas	168
,, steak	155
Jugging, process of	154
,, vessel for	154
Julienne, preserved tablets of	435
,, soup	435
Kedgree (Khichri) English way	229
,, ,, Indian ,,	230

	PAGE
Kidney toast	314
,, ,, of cooked	315
,, to remove unpleasant flavour of	314
Kippered fresh-water fish	114
Kitchen appliances for slow cooking	13
,, gas stoves	10
,, minor equipments	14
,, ranges	8
,, store cupboard	15
,, utensils	10
Kohl rabi	196
Knolkhohl (*chou rave*)	196
Kubáb curry	374
LAMB cutlets with asparagus points	465
,, leg of à la Chivry	427
,, shoulder of farcie	413
Lard in pastry	340
Larding process of the	121
Lasagne (ribbon macaroni)	301
Leg of mutton à la Bretonne	172
,, ,, braised à la chevreuil	456
Leeks (*poireaux*)	191
,, purée of on toast	191
Lettuce cabbage (*laitue*)	180
,, ,, farcie	180
,, ,, stewed	180
,, coss (*romaine*)	181
Leveret roasted	486
Liaison au roux	43
,, in purées necessity of	49
,, of butter and cream	46
,, of eggs	45
,, of flour and water (*à l'Allemande*)	58
,, of rice and tapioca	49
List of culinary utensils	504
,, ,, kitchen stores for camp	407
Liver forcemeat (*à la foie gras*)	127
Lobster butter	327
,, quenelles in jelly	452
,, toast	317
Loin of mutton en papillote	139
Luncheon-breakfast, the	245
Luncheons concerning	245
,, dishes suggested for	245
,, domestic	258
,, party, a menu for	246
,, ,, features of	245
,, soups for	246
Luncheon, cold dishes for	249
,, list of ,, ordinary	260
,, out of doors and travelling	260
MACARONI	295
,, à la Milanaise	297
,, à la Napolitaine	296
,, à la Sicilienne	297
,, à l' Italienne	296
,, at luncheon	248
,, au gratin	296
,, ,, à l'Anglaise	296
,, aux anchois	299
,, au jus	299
,, cheese, and tomatoes, with meat, fish, &c.	233
,, in réchauffés	233
,, in soup	30
,, simmered in stock	299
Macaroni soup with	417
,, to treat	295
,, with tomato conserve	298
Macédoine de légumes	62
,, ,, tinned	206
Made dishes, component parts of	127
Madeira (or Marsala) in soups	32
,, ,, with ham	155
Maitre d'hôtel butter	61
,, ,, ,, with potatoes	163
,, ,, ,, with chops and steaks	61
,, ,, sauce	61
Maize (Indian corn, *Maïs*)	193
,, à l'Américaine	193
,, à l'Italienne	193
,, to choose young	193
Malay curry	376
Management	1
Mango chutney	382
Marinade concerning	119
,, for mock vension	120
,, to make for beef and mutton	120
,, ,, ,, venison	217
Marinading joints	139
Marketing	4
Marrows, vegetable (*courges à la möelle*)	192
,, ,, au gratin	192
,, ,, beignets	192
,, ,, mock whitebait of	192
,, ,, to steam or bake	192
,, ,, (young) (*courgettes*)	192
Marrow beef (*möelle*) to prepare for garnish	199
Marrow with artichokes	188
,, ,, cardoons	200
,, ,, celery	199
Mashed potato	161
,, ,, chutney	382
,, turnips	196
Masking for birds, galantines, &c.	257
Matelote d'anguilles	109
,, the	109
Mayonnaise sauce	69
,, ,, collée	71
,, ,, green	71
,, ,, with arrowroot	72
Melted butter (*sauce blanche*)	57
,, ,, (beurre fondu)	68
Menu, choosing entrées for the	116
,, ,, fish for the	86
,, for a luncheon party to compose	245
,, the composition of	18
Milk in soups	46
,, not advocated in sauces	58
,, substitutes for in ,,	58
,, to flavour for fines herbes sauce	59
,, to prepare for bread sauce	63
Mince gravy at a pinch for	231
,, ways of serving a	232
,, ham, tongue, &c., in réchauffés	233
Minces	230
Mineral oil stove, value of	391
Mint chutney	381
Mirepoix	80
Mixed vegetable sauce (*macédoine*)	62
Mock crab sandwich	261
,, ,, toast	320

	PAGE
Mock new potatoes	164
,, venison marinade for	120
,, whitebait	192
Möelle (*marrow*) to prepare	199
,, with cardoons	200
,, ,, cardes poirées	200
,, ,, celery	199
,, ,, fonds d'artichauts	188
,, ,, pieds d'artichauts	200
,, ,, salsify	201
Moli, the	379
Morels	205
Mould of Jerusalem artichokes	185
Mousse, de topinambours	448
Mousseline de rougets	499
Mousseuse sauce	492
Mullet red à la Pen Oliver	465
,, ,, mousseline	499
Mulligatunny	382
,, almond milk in	388
,, an ordinary	383
,, clear	385
,, chicken as made in India	387
,, chief points to observe in	388
,, fish stock for	385
,, giblet stock for	388
,, gravy, or thin	384
,, maigre	386
,, meat stock for	383
,, on serving rice with	384
,, vegetable stock for	386
,, with scrag-end of mutton	388
Mushrooms (*champignons*)	203
,, choosing	203
,, croûtes creuses of	449
,, garnish of	203
,, in tins, condemned	208
,, purée of	204
,, to prepare	204
Mustard sauce	66
,, used in salads	269
Mutton, breast of, for luncheon	259
,, carbonade of	490
,, chops boiled	154
,, cutlets	121
,, ,, à la Moscovite	441
,, ,, à la Soyer	418
,, ,, au crème de fromage	446
,, ,, marinade for	120
,, ,, to bread-crumb	124
,, ,, to grill	122
,, ,, to jug	154
,, ,, to stew	123
,, ,, trimming of	121
,, ,, with sorrel	461
,, escalopes of	482
,, leg of à la Bretonne	172
,, ,, à la chevreuil	456
,, ,, wrapped in paper	139
,, pie domestic	289
,, pie raised	356
,, mulligatunny	388
,, shoulder of rolled and stuffed (*carbonade*)	490
NEAPOLITAN cake	448
Neck of vension with French beans	452
Nesselrode pudding, (ice)	496
Nivernaise soup	481
Notes regarding the menus	409
Nouilles	300
ŒUFS *see* Eggs	273
,, brouilles (buttered eggs)	277
,, durs (hard-boiled eggs)	278
,, en caisses (in cases)	284
,, frits (fried)	284
,, mollets (medium boiled)	282
,, pochés (poached)	283
,, sur le plat (on the dish)	274
,, ,, au miroir	275
Oison (gosling) with horseradish sauce	453
Oil salad to choose	265
,, stoves value of in camp life	42
Olive sauce (Provençale)	474
Omelette au Parmesan	291
,, au confiture (sweet)	294
,, au persil frais	288
,, au rhum (sweet)	294
,, aux fines herbes	290
,, aux légumes	291
,, aux tomates	291
,, des matelots	293
,, flavouring	290
,, fourrée the	292
,, ,, au homard	293
,, ,, aux huîtres	293
,, ,, aux légumes	293
,, making rules of	288
,, Native Indian cook's	290
,, soufflée	333
,, sucrée (sweet)	294
,, the Curé's to make	292
,, ,, with salmon	292
,, the luncheon	247
,, by the first intention	287
,, the	286
,, varieties of	291
,, with ham, tongue, &c.	291
Omelettes á la Celestine (sweet)	294
Omnium gatherum stew (game)	214
Onions (*oignons*) au gratin	190
,, (button) glazed	191
,, purée à la Soubise	61
,, ,, (brune) à la Bretonne	62
,, stuffed like tomatoes	191
,, to fry	191
,, ways of serving	191
Ornamentation excessive condemned	131
Order giving	4
Orleans pudding	475
Orlys	241
,, of oysters	241
Oven in pastry	338
,, temperature of, for baking pies	348
,, the stove, concerning	392
,, roasting	140
Ox-tail soup (clear) à l'Indienne	498
Oyster and beefsteak pudding	361
,, cromesquis	240
,, fritters	241
,, ,, à la Orly	241
,, ,, à la Duxelles	241
,, omelette	293
,, sauce	60

	PAGE
Oyster stuffing	144
,, toast	318
Oysters, to commence dinner with	323
PAILLES au Parmesan	166
,, de pommes de terre	330
Panachés (*haricots verts*)	173
Pancake-fritters	242
Pancakes (*crêpes*) camp dish with	404
,, with fish	234
,, with mince	234
Panure (white crumbs)	128
Papodums (*paparums*) with curries	382
Parfait au chocolat	429
Parsley sauce	59
,, to mince	61
Parsnips (*panais*)	197
,, glacés	197
,, à la Flamande	197
,, various ways of serving	197
Partridges	220
,, chartreuse of	221
,, clear soup of	468
,, in the English way	438
,, with cabbage (perdreaux au chou)	220
,, salmis of	222
Paste puff	340
,, Yeatman's powder in	341
,, savoury pudding	360
Pastry, beef suet for	339
,, butter in	339
,, classified	336
,, entrées of	129
,, fat skimmed from soup in	340
,, ingredients required for	338
,, lard in	340
,, making	336
,, ,, rules of	337
,, ,, water iced in	340
Pâtè de foie gras, a forcemeat of, mock	127
,, ,, ,, on toast	311
,, ,, ,, to be used instead of bottled truffles	130
,, ,, ,, value of in entrées	130
Pauvre homme sauce	66
Peach fritters	470
Pearl barley soup (*crème dorge*)	489
Peas, green boiled	168
,, entremets of	169
,, in the jar (jugged)	168
,, old, to stew	168
,, purée of green	169
,, tinned	207
Pepper, spiced	144
Perdreaux	220
,, au chou	220
,, consommé de	468
,, chartreuse de	221
,, salmis de	222
Petite marmite	41
Petits pois accommodès	168
,, ,, à la crème	169
,, ,, au beurre	169
,, ,, au jambon	169
,, ,, au lard	169
,, ,, au velouté	169
,, ,, purée de	169
Pie, beefsteak	352
,, broth for	348
,, chicken and tongue	352
,, crust	342
,, ,, a French	343
,, ,, French (*pâte brisée*)	344
,, ,, raised (pork pie)	343
,, domestic, made out of a cold saddle	349
,, eel	113
,, game	355
,, ,, raised	357
,, hare	354
,, in the pie dish	346
,, partridge and quail	355
,, pigeon	354
,, rabbit	353
,, raised, a mutton	356
,, ,, a mould for	356
,, ,, game	357
,, ,, pork	357
,, salmon (cold)	359
,, seasoning for	347
,, veal and ham of cooked meat	351
,, ,, ,, of uncooked meat	354
Pièce de bœuf braisée à la Milanaise	495
Pieds d'artichauts	200
Pies	346
,, in pie-dishes	346
,, of cooked meat	349
,, of uncooked meat	352
,, raised	355
,, the two kinds of	346
Pigeon de Bordeaux	428
,, fritôt of à la Piémontaise	423
,, pie	354
Pig's head brawn	254
Pike, to bake	104
Pine-apple aux croûtes	466
,, fritters	243
Pintade au cresson	415
Piquante sauce	64
Pistachio nut cream ice	438
Plain beef broth (*pot-au-feu*)	27
,, loaf, half pound	394
Pointes d'asperges	203
,, tinned	206
Poisson St. Pierre (John Dory)	423
Poivrade sauce	65
Pommes de terre Anna	166
Pork-pie	357
,, ,, crust	343
,, stuffing as for goose	143
Pot-au-feu (*bouillon*)	27
Potage à la bonne-femme	45
,, à la Condé	50
,, à la Conti	50
,, à la Crècy	48
,, à la Julienne	435
,, à la Nivernaise	481
,, aux racines blanches	445
,, de lièvre lié	477
,, brunoise	412
,, velours	49
Potato cases for entrées	128
,, flour for sufflés	335
,, snow	161
,, straws	166
,, thickening in soups condemned	34

	PAGE
Potatoes à l'Américaine	164
,, à la Duchesse	161
,, à la G.C.	162
,, à la Lyonnaise	163
,, à la maître d'hôtel	163
,, à la maréchale	167
,, à la Parisienne	164
,, à la Provençale	163
,, Anna	166
,, boiling of	166
,, boulettes of	162
,, chips of	165
,, concerning milk with	164
,, filberts, &c., of	165
,, croquettes of	162
,, frites	165
,, mashed	161
,, mock new	164
,, new	160
,, purée of	161
,, rapées	161
,, rubanées	166
,, sautées	163
,, soufflées	166
,, steamed	160
,, straws	166
,, time for boiling	160
,, to vary service of	161
,, treatment of	160
,, waxy, to treat	164
Poularde à la Napolitaine	499
Poulet à la casserole	454
,, à la Villeroy	469
,, a l'hôtellière	462
,, a l'Indienne (pilaö)	306
,, au riz	307
,, au riz tomaté	307
,, petit aux fonds d'artichauts	483
Poulette sauce	61
Poultry purchasing	5
,, to braise	135
,, to roast	139
Praline (burnt almonds)	420
Prawn butter	327
,, canapés	247
,, cromesquis	240
,, curry (Ceylon)	377
,, fritters (as shrimp)	242
,, roast	317
Pressed beef	252
Proportion of meat and vegetables in soup	37
Provençale sauce	474
Prune jelly	443
Pudding, beefsteak	361
,, ,, and kidney	362
,, ,, and oyster	361
,, fish réchauffé	229
,, iced à l'Impératrice	491
,, savoury	360
,, ,, of partridge	285
,, ,, paste for	360
,, ,, with birds	362
,, snipe	361
,, sweet Orleans	475
,, ,, Princess May	483
Puff paste	340
Pumpkins (*potirons*)	193
,, soup	397
Pumpkins, young to cook	193
Purée, concerning the	47
,, de légumes à la bourgeoise	28
,, de lentilles	396
,, de lièvre à l'Ecossaise	493
,, de pommes de terre	161
,, de tomates (soup)	50
,, of carrots *à la crécy*	48
,, ,, red (*velours*)	49
,, of chestnuts	448
,, of chicken (as for rabbit) soup	455
,, of endive (*chicorée*)	183
,, of lax	330
,, of mushrooms	204
,, of onions à la Bretonne (brown)	62
,, ,, à la Soubise (white)	61
,, of peas	169
,, of pigeons (soup)	472
,, of pois verts (soup)	484
,, of shrimps (bisque)	460
,, of sorrel	461
,, of spinach	182
,, of tomatoes (sauce)	298
Purées of game, &c.	51
,, ,, on toasts	316
,, of vegetables on toasts	313
,, stock for	43
Quails in a pie	355
,, roasted on croûtes	424
,, salmis of (as larks)	222
Quasi de veau aux salsifis	441
Quenelles	365
,, of chicken with truffles	419
,, in soup	430
,, of cheese	458
,, ,, fried	459
Queue de bœuf (soup)	498
Quorma curry	375
Rabbit crème à la reine (soup)	455
,, gibelotte of	225
,, jugged (like hare)	214
,, pie :	353
Rabbits, concerning	223
,, with onions, brown à la Bretonne	224
,, ,, white à la Soubise	223
,, ,, ,, for luncheon	259
Râble, the	212
Ragoût of fish (Jewish recipe)	107
,, of game (salmis)	221
,, of veal for vol-au vent	485
Raised pie crust	343
,, ,, ,, French (*pâte brisée*)	344
,, ,, of game	357
,, ,, of mutton	356
,, ,, of pork	357
Ramequins	333
,, en caisses	334
Ramequin toast	320
Raspings of crust for frying (chapelure)	128
Ravigote sauce (cold)	71
,, ,, (hot)	65
Rechauffés, concerning	226
,, laws of	227
Red mullet à la Pen Oliver	465
,, ,, mouselline of	499
Reduced vinegar in sauces	80

	PAGE
Reduced wine ,,	81
Reduction of sauces	75
Relevé, the position of, in the menu	21
Rémoulade sauce (cold)	71
,, ,, green	71
,, ,, (hot)	65
Ribs of beef à l'Italienne	248
Rice	301
,, as liaison in vegetable purées	49
,, boiling of	301
,, remarks on cooking	302
,, pullao or pilao	306
,, various ways of serving	303–307
Risotto à la Milanaise	305
,, à la Marchigiana	305
Rissoles and risolettes	128
Riz à la bonne femme	304
,, à l'Indienne	304
,, à l'Italienne	303
,, à la Ménagère	305
,, à la Milanaise (risotto)	305
,, à la Napolitaine	303
,, à la Turque	304
,, au chou	304
,, à l'Impératrice (glacé)	491
,, cassolettes de	128
Roasting	138
,, game birds	218
,, table of time taken in	140
,, fish (à la broche)	95
Roast hare	211
Roebuck venison (*chevreuil*)	216
,, ,, jugged	217
Rolls, dinner	394
,, French	394
Root vegetables	195
Rôt, the position of in the menu	20
Rougets (red mullet) à la Pen Oliver	465
,, mousseline of	499
Roux	43
Rules for boiling rice	302
,, ,, frying	237
,, ,, green butter	320
,, ,, omelette making	288
,, ,, pastry ,,	337
,, ,, pie ,,	346
,, ,, réchauffés (cooking cold meat)	227
,, ,, roasting	140
,, ,, ,, game birds	218
,, ,, salad-making	264
,, ,, savoury toasts	308
,, ,, soup-making	35
,, ,, for treating tinned food	406
,, ,, vegetable cookery	158
Russian salad	271
SALAD, cooked vegetables in	269
,, cream in	269
,, de légumes	269
,, dressing plain	263
,, ,, principles of	264
,, ,, with eggs (English)	267
,, French bean	270
,, garlic in	265
,, herbs in	265
,, oil	265
,, potato	270
,, macédoine	270
Salad stuff	262
,, tomato	267
,, wild plants in	263
,, with stalks of lettuce	272
,, ,, of spinach	272
Salade à la ma tante	271
,, cuite	270
,, d'Estrée	271
,, jockey-club	271
,, Mirabeau	271
,, Rachel	271
,, Russe	271
Salads, concerning	262
,, vegetables for	262
,, vinegars for	266
Salmis of large birds	222
,, of small ,, (larks)	222
,, observations regarding the	221
Salmon fillets à la Valois	485
,, omelette	292
,, pie	359
,, piece of à la printanièr	413
,, roasted	95
,, slices à la Colbert	451
,, tinned to dress	402
Salmon-trout marinaded	426
Salsify (*salsifis ou scorsonére*)	200
,, au gratin (en coquilles)	201
,, fritters	201
,, sauce for steak	201
,, scallops	201
,, soup	201
,, to dress	201
Sandwiches	261
Sardine toast devilled	475
,, fillets potted for hors d'œuvres	323
Sauce à l'Américaine	461
,, à la Béarnaise	67
,, à la Bretonne (brown soubise)	62
,, à la Châtelaine	443
,, à la Chivry	427
,, ,, for fish	482
,, à la Colbert	452
,, à la hussarde	447
,, à la maitre d'hôtel	60
,, à la matelote	469
,, à la poulette	61
,, à la printanière	413
,, à la Provencale	474
,, à la Valois	67
,, à la zingara	65
,, à l'estragon	59
,, almond for poultry	83
,, Allemande	79
,, anchovy cream	437
,, au fenouil	59
,, au fromage	297
,, au Parmesan (*milanaise*)	62
,, au pauvre homme	66
,, au persil	59
,, aux câpres	59
,, aux cornichons	60
,, aux fines herbes	31
,, aux olives (Piémontaise)	423
,, aux pointes d'asperges	466
,, béchamel	79
,, bigarade (wild fowl)	433
,, blanche	57

	PAGE
Sauce blonde	60
,, bread	63
,, cashu-nut	82
,, chestnut	448
,, chicken chaud-froid	427
,, crème de fromage	447
,, d'Argenteuil	207
,, Dutch (*beurre fondu*)	68
,, d'Uxelles	81
,, Espagnole	75
,, ,, domestic	77
,, ,, maigre	78
,, ,, descendants of	76
,, fines herbes	81
,, for mutton à la Jacob	470
,, for roast goose	420
,, for teal fillets, Wyvern's	495
,, for top-dressing toasts	310
,, for venison	217
,, Hollandaise	66
,, ,, tomaté	441
,, horseradish	68
,, hôtellière	462
,, Italian	81
,, liver for hare	211
,, madeira for ham	423
,, macédoine	62
,, mayonnaise	69
,, ,, collée	71
,, ,, green	71
,, ,, with arrowroot	72
,, melted butter (*sauce blanche*)	57
,, Milanaise	62
,, mirepoix	80
,, mousseuse sweet	492
,, mushroom	432
,, mustard	66
,, mussel	494
,, Novarre	489
,, orange for duck	72
,, oyster	60
,, Piémontaise	423
,, piquante	64
,, poivrade	65
,, ,, for venison	217
,, Provençale	474
,, raifort	68
,, ravigote (cold)	71
,, ,, (hot)	65
,, ,, green	71
,, rémoulade (cold)	71
,, ,, green	71
,, ,, (hot)	65
,, Robert	62
,, salad (plain)	264
,, ,, with eggs	267
,, ,, service of separately	269
,, shrimp	446
,, sorrel	461
,, soubise	61
,, supréme	79
,, ,, au parmesan (*Milanaise*)	62
,, ,, brune	62
,, tartare	71
,, tomato	298
,, valois	67
,, velouté	78
,, ,, maigre	79
Sauce verte aux herbes	59
,, Villeroy	469
,, vin blanc	473
,, wild duck	433
,, Wyvern's domestic	15
Sauce-making materials	55
,, ,, utensils	55
Sauces	54
,, butter in	56
,, classification of	56
,, cold	69
,, cream in	57
,, essences for	80
,, fundamental Gouffe's	74
,, high class	73
,, nut	82
,, sharp	64
,, simple	57
Savouries	328
,, things to use for	329
,, with cheese	330
Scorsonère (black salsify)	201
Scallop sauce	60
,, shells	235
Scrambled eggs (œufs brouillés)	277
Scraps of mutton trimmings, to use	121
Seakale	199
Seasoning for pies	287
Second boilings	38
Sharp sauces	64
Shoulder of mutton, rolled, and stuffed (carbonade)	490
Short bread biscuits for spinach	181
,, crust for tarts	344
Slices of beef and mutton re-cooked	234
Smelts fried	456
Smoked fish	99
Snipe pudding	361
,, roasted	491
,, salmis of	222
Socles (stands for entrées)	132
Soissons (dried haricots)	172
Sorrel (*oseille*)	183
,, purée	183
,, sauce	184
,, tinned	208
Sole au vin blanc	473
,, fillets à la Cherbourg	445
,, ,, à la chevreuse	477
,, ,, à la Chivry	481
,, ,, aux fines herbes	417
Soubise sauce	61
Soufflé au Gruyère	332
,, au Parmesan	332
,, concerning	331
,, tins	333
Soufflée, omelette au fromage	333
Soup à la bonne femme	45
,, à la Brunoise	412
,, à la Condé	50
,, à la Conti	50
,, à la Crécy (carrot *purée*	48
,, à la Créole	451
,, à la Julienne	435
,, à la Nivernaise	481
,, à la Reine (crème de lapin)	455
,, à la Royale	422
,, à l'oignon (*maigre*)	397

	PAGE
Soup aux œufs pochés	35
,, aux pointes d'asperges	426
,, aux quenelles	430
,, aux racines blanches	445
,, bouillon	27
,, croûte-au-pot	41
,, fish (clear)	395
,, fowl (clear)	440
,, giblet (clear) à la poulaillère	464
,, ,, (thick)	464
,, green pea purée	484
,, hare, lié	477
,, ,, purée	493
,, invalid's	53
,, in camp	396
,, lentil purée	396
,, with maccaroni (pâtes d'Italie)	417
,, made from tinned meat gravy in camp	403
,, maigre	396
,, mulligatunny thick	383
,, ,, thin gravy	384
,, ,, clear	385
,, ,, chicken (Indian)	387
,, onion	397
,, oxtail (clear) à l'Indienne)	498
,, partridge (clear)	468
,, pea dried (as lentils purée)	396
,, pearl barley (*crème d'orge*)	489
,, petite marmite	41
,, pigeon purée	472
,, pot-au-feu	27
,, pumpkin (*au potiron*)	397
,, shrimp bisque	460
,, strengthening for invalids	53
,, vegetable purée (à la bourgeoise)	28
Soup-making, rules of	34
,, things to be avoided in	35
Soup-meat, use of	32
Soupe a l'oignon	397
,, au potiron	397
Soupes maigres in camp	396
Soups generally considered	26
,, how to clarify	29
,, ,, to colour	30
,, ,, to flavour with wine	32
,, ,, to thicken	43
,, tinned to treat	399
Spaghetti (as macaroni)	301
Spiced beef	252
,, pepper	144
,, ,, in pies	347
,, salt	144
Spinach (*epinards*)	181
,, à la crème	181
,, à la soubise	483
,, biscuits to serve with	181
,, fleurons of pastry with	181
,, greening	50
,, on toast	182
,, patties	182
,, plain	181
,, purée with cream	181
,, short bread bitcuits for	181
,, to dress	181
,, with anchovy toast	182
,, with eggs and tomatoes	182
Sportsman's luncheon sandwiches	260
Sprue	201
Stachys Japonaise	194
Steamer, the patent rapid	156
,, Warren's	153
Steaming	153
,, cabbage	174
,, cauliflower	179
,, potatoes	160
Stewed artichokes in white sauce	186
,, beef à la mode	136
,, ,, entrecote l'Italienne	248
,, ,, pressed	153
,, ,, spiced	252
,, cabbage (*au jus*)	175
,, carrots à la Flamande	197
,, celery in *blanc*	199
,, cheese toast	320
,, cucumber	193
,, cutlets	123
,, eels (*matelote*)	109
,, fish	93
,, French beans	170
,, hare (jugged)	214
,, ,, (civet de lièvre)	213
,, joint (braised)	133
,, partridges with cabbage	220
,, peas	168
,, rabbit	223
,, ,, gibelotte	225
Stock	27
,, *blanc* for poultry, &c.	135
,, ,, for vegetables	198
,, ,, clarifying	29
,, ,, common	43
,, fish, value of in sauces	58
,, for purées	43
,, ,, ,, high class	38
,, keeping of	38
,, veal	417
,, vegetable	52
Stores, for the cook's cupboard	15
Stoves, mineral oil, advocated	391
Strawberries, cream of	453
Strengthening decoction for Invalids	53
Stuffing, concerning	141
,, for capons and turkeys	142
,, for ducks and geese	143
,, chestnut	145
,, oyster	144
,, truffle	145
,, for pork	143
,, Wyvern's, for guinea fowl	415
Substitute for cream in sauces	57
Substitutes for milk in sauces	58
Suc colorant (browning)	31
Sugar, useful in sauces	58
Sweet fritters	242
Sweetbread (see Veal).	
TAMARIND chutney	382
Tapioca in vegetable purées	49
Tarragon in aspic jelly	252
,, in soups	35
,, sauce	59
Tartare sauce (cold)	71
Time in boiling	150
,, in roasting	140
,, economy of, in serving a dinner	23

PAGE

Tinned butter 393
,, fish, treatment of . . . 482
,, meat (Australian) . . . 403
,, ,, a mince of . . . 404
,, meats generally . . . 403
,, soup 399
,, vegetables 205
Thickening soups 43
,, sauces 56
,, to increase if necessary 44 & 58
Toast anchovy 309
,, ,, made with anchovy sauce 310
,, artichokes on . . . 313
,, asparagus on . . . 313
,, aubergine on . . . 313
,, beetroot leaves on . . . 313
,, beef marrow 316
,, buttered egg . . . 312
,, cauliflower on . . . 313
,, celery on 313
,, delicate greens on . . . 313
,, cheese 318
,, ,, Indian cook's . . 319
,, ,, in the dining-room . 319
,, ,, stewed . . . 320
,, eggs, way of serving upon . 312
,, fish on 317
,, foie gras 311
,, game 316
,, hard-boiled egg . . . 312
,, kidney 314
,, ,, cooked . . . 315
,, making, rules of . . . 308
,, mock crab 320
,, oyster 318
,, pâté de foie gras . . . 315
,, purées upon 316
,, ramequin 320
,, salsify on 313
,, sardine devilled . . . 475
,, savoury custard for . . . 310
,, seakale on 313
,, shrimp 317
,, spinach on 313
,, top-dressings for . . . 310
,, vegetable marrow, and cucumber . 313
,, Welsh rarebit . . . 318
,, woodcock 311
Tomatoes (*tomates*) . . . 189
,, à l'Italienne . . . 190
,, au gratin . . . 189
,, skin of, to remove . . 190
,, tinned 208
Tomato chutney 381
,, conserve 298
,, omelette 291
,, purée (sauce) . . . 298
,, salad 267
Tongue, to glaze 253
,, to straighten when boiled . 253
Tournedos de bœuf . . . 499
Trimming cutlets 121
,, artichokes . . . 186
,, ,, bottoms (fonds) . 187
Truffles, essence of 80
,, fresh, to prepare . . . 205
,, preserved in bottles condemned 130
,, stuffing 145

PAGE

Truffles, substitute for, when out of season 130
,, ,, in pies . . . 359
Turbot, a mistaken way of decorating . 100
,, with sauce Hollandaise tomaté . 441
Turkey hen, gelatine of, . . . 255
,, poult roasted . . . 466
,, stuffing 142
Turnips (*navets*) 196
,, à la Béchamel . . . 196
,, à la poulette . . . 196
,, glazed (*navets-glacés*) . . 196
,, purée of 196
,, to trim 196
Twice-laid of fish 229
,, of meat 233

UTENSILS, culinary list of . . . 504
,, required in purée making . 47

VALOIS sauce 67
Veal cutlets à la Provençale . . 474
,, chump end braised . . . 441
,, fricandeau 478
,, galantine 256
,, stock 417
,, stuffing 142
,, sweetbread cromesquis . . 414
,, ,, with mushrooms . 437
,, vol-au-vent 485
Vegetable marrow (*courge à la möelle*) 192
,, ,, au gratin . . 192
,, ,, fritters (*beignets*) . 192
,, ,, mock whitebait of . 192
,, ,, toast . . . 313
,, ,, to cook . . . 192
,, ,, young (*courgettes*) . 192
,, stock . . . 52 & 386
Vegetables, rules of cooking . . 158
,, use of, in boiling meat . 149
,, proportion of, to meat in soup 37
Velouté sauce 78
,, ,, au fromage . . . 447
,, ,, maigre . . . 79
Venison, concerning . . . 216
,, marinade for . . . 217
,, sauce for (poivrade) . . 217
,, shoulder of boned . . 217
,, to roast 217
Vinegar, anchovy 16
,, fines herbes, &c. . . . 266
,, in salads, over use of condemned 263
,, reduced, in sauces . . 64
Vol-au-vent pastry case, to make . 486
,, concerning the . . 129

WARREN'S vessels 153
Water-cress (cooked like spinach) . 184
,, with the *rôt* . . . 21
Wild duck, with bigarade sauce . 433
Whitebait, mock 192
,, to flour 91
,, to fry 92
Whiting forcemeat 360
Woodcock toast 311
Wyvern's sauce 15

ZINGARA sauce 65
Zootjé (water souché), the . . . 97
,, cold 99

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Index to Authors.

PAGE

ADDERLEY.—Stephen Remarx . 12
ADLER.—Instruction of Children . 24
AMARANTHE (L') 15
AMERICAN PHILOLOGICAL ASSOCIATION 19
ANGLO-SAXON POETRY, Library of 26
ARROWSMITH.—Rigveda . . 27

BAUMANN.—Betterment . . 21
BELL.—Poems 9
,, Name above every Name 9
,, Diana's Looking-glass . 9
BENSON.—Men of Might . . 14
BOYLE.—Recollections of the Dean of Salisbury 3
BROWN. — Pleasurable Poultry Keeping . . 10
,, Poultry Keeping as an Industry . . 10
,, Industrial Poultry Keeping . . 10
BURBIDGE.—Wild Flowers in Art and Nature 8
BURGESS.—Political Science . 21
BUTLER.—Select Essays of Sainte Beuve 6

CARUS.—Soul of Man . . . 20
,, Homilies of Science . 20
CHERBULIEZ.—The Tutor's Secret 13
CHILDREN'S FAVOURITE SERIES. 11
CLAUDE.—Twilight Thoughts . 15
CLIFFORD.—Love Letters . . 13
CLOWES.—Double Emperor . 7
COLLINS.—School Shakespeare . 25
COOK.—Sidney's Defense of Poesy 22
,, Shelley's Defence of Poetry 22
CUSTANCE.—Riding Recollections 16

DAVIDSON—Handbook to Dante . 22
,, Education of Greek People 23
DICKENS, CHILDREN'S . . 15

PAGE

DISNEY.—Law relating to Schoolmasters . . . 21

ENGLISH CLASSICS FOR THE YOUNG 28
ENGLISH ILLUSTRATED MAGAZINE 18
EVERETT.—Ethics for Young People . . . 15

FAWCETT.—Hartmann the Anarchist . . . 13
,, Riddle of the Universe . . . 20
,, Swallowed by an Earthquake . . 7
FORUM 29
FOWLER.—Old County Life . 16

GARDNER.—Friends of Olden Time . . . 15
GARBE—Kapila's Aphorisms . 27
GARNETT.—English Prose Selections . . . 22
GAUNT.—Dave's Sweetheart . 13
GOSCHEN.—Use of Imagination . 20
GOSSIP.—Chess Manual . . 6
GREAT PUBLIC SCHOOLS . . 15
GREENSTREET.—Fouillée's Education . . 24

HALL.—King Horn . . . 26
HANS ANDERSEN.—Tales from 14
HARE.—Memoir of Maria Edgeworth 2
HARTSHORNE. — Glasses and Goblets . 9
HARVARD. — Historical Monographs . . 21
,, Oriental Series . 27
HERBERT.—Fifty Breakfasts . 5
,, Common-sense Cookery 5

PAGE

HERVEY.—Golden Reef . . 7
HOLE.—Little Tour in Ireland . 4
,, Addresses to Working Men 4
,, Memories . . . 4
,, More Memories . . 4
,, Book about Garden . 4
,, Book about Roses . . 4
HOWE.—Science Teaching . . 23
HUDSON.—Characters of Shakespeare . . . 22
,, Harvard Shakespeare 22
HUNT.—What is Poetry? . . 22
HUTCHINSON. — That Fiddler Fellow . . 13

INDIA OFFICE PUBLICATIONS . 27
INTERNATIONAL EDUCATION SERIES 23

JOHNSON.—Richard II. . . 25
,, Midsummer Night's Dream . . . 25

KAY.—Omarah's Yaman . . 27
KERN.—Jātaka Mālā . . . 27
KNUTSFORD.—Mystery Rue Soly 12

LAMB.—Adventures of Ulysses . 14
LANMAN.—Sanskrit Reader . 27
LATHAM.—Dante's Letters . . 22
LAWRENCE.—English Metre . 22
LECKY.—Value of History . . 20
LE FANU.—Irish Life . . . 16
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Modern Men 21
MORGAN.—Animal Life . . 19
,, Animal Sketches . 19
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,, Psychology for Teachers . . . 19
MORPHOLOGY, JOURNAL OF . 19

PAGE

MORRISON.—Historical Geography 21

NASH.—Barerock . . . 7
NATIONAL REVIEW . . . 29

OMAN.—History of England . 25

PAYNE.—Rosseau's Emile . . 24
PEEL.—Polar Gleams . . . 18
PERRY.—Sanskrit Primer . . 27
PHILOSOPHICAL REVIEW . . 19
POPE.—Memoir of Sir John Macdonald 1
PORTAL.—Mission to Abyssinia . 17
,, Mission to Uganda . 17
PREYER.—Infant Mind . . 23

RANSOME.—Battles of Frederick the Great . . 14
RODD.—Poems 17
,, Feda 17
,, Unknown Madonna . 17
,, Violet Crown . . . 17
,, Customs of Modern Greece 17

SANTLEY.—Student and Singer . 16
SCARTAZZINI. — Handbook to Dante . . 22
SCHELLING.—Jonson's Timber . 22
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SHERARD.—Life of Daudet . . 3
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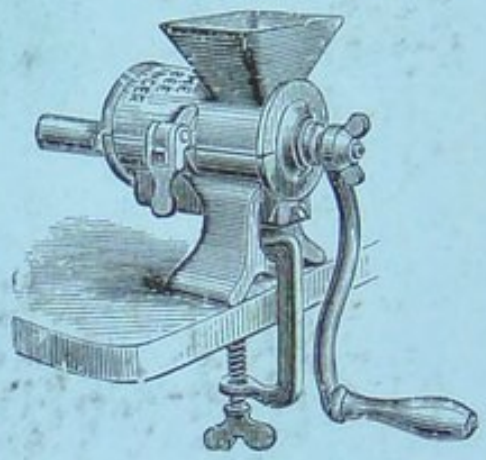

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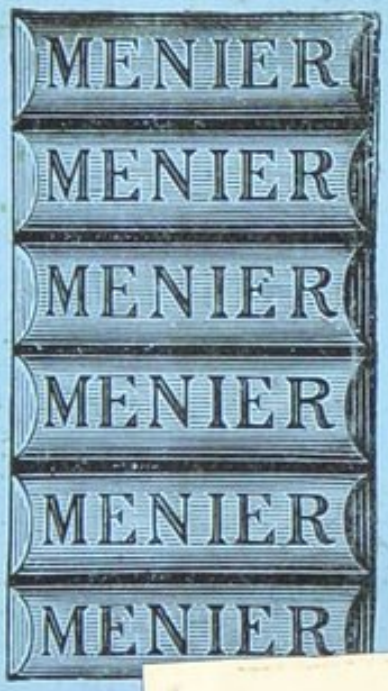

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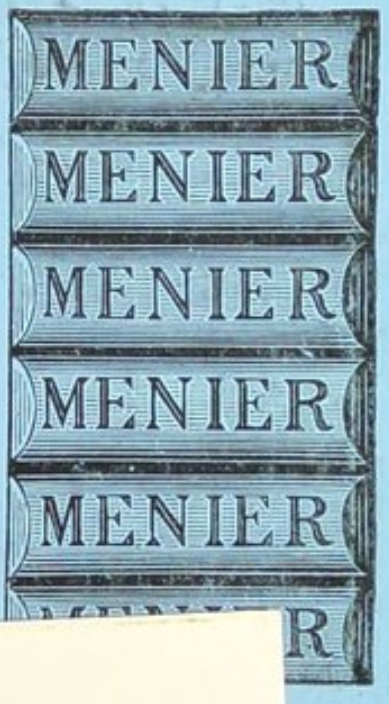

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