

Liebig company's practical cookery book : a collection of new and useful recipes in every branch of cookery / compiled by Mrs. H.M. Young.

Contributors

Young, H. M., Mrs.
Liebig's Extract of Meat Company.
University of Leeds. Library

Publication/Creation

London : Liebig's Extract of Meat Company, 1893.

Persistent URL

<https://wellcomecollection.org/works/md64mp7t>

Provider

Leeds University Archive

License and attribution

This material has been provided by This material has been provided by The University of Leeds Library. The original may be consulted at The University of Leeds Library. where the originals may be consulted.


This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.

**wellcome
collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

LIEBIG
COMPANY'S

PRACTICAL
OOKERY BOOK


PRICE - ONE SHILLING.


Ask for



The only sort ever guaranteed
genuine by JUSTICE

LEEDS UNIVERSITY LIBRARY
Special Collections

Cookery Camden A LIE
1.1.1.
Spice



30106023337123

Liebig

jar bears the
his signature
label.

and for strengthening and improving the flavour of
Soups, Sauces, Gravies and Made Dishes. *A. Liebig*

550 870713



Lib

London Borough of Camden

Swiss Cottage Library
88 Avenue Road
LONDON
NW3 3HA

Tel: 01 278 4444

Extensions:

~~Book Renewals 3021~~

Lending Library 3012

This book is due for return on or before the date stamped below. The period of loan can be extended if the book is not reserved (please ask for details of renewal facilities)

RESERVE STOCK
WITHDRAWN
FROM CAMDEN PUBLIC LIBRARIES
Fines are charged on overdue books

Lending Library hours Mon-Fri 9.30-8 Sat 9.30-5

25.08.82

LA 105





**VIEW OF THE LIEBIG COMPANY'S FACTORIES,
FRAY BENTOS (URUGUAY.)**

641.5

T870713

A(msc)



INDEX TO RECIPES.



	Number		Number
Soups, etc.		Stock No. 1	33
Asparagus Soup	1	Stock No. 2	34
Beetroot Soup	2	Forcemeat Balls for Soup	35
Brown Soup	3	Fish.	
Carrot Soup	4	Baked Cod's Head and	
Cottage Soup	5	Shoulders	36
Cressy Soup	6	Stewed Eels	37
Fish Soup	7	Fish Cakes	38
Giblet Soup	8	Fish Forcemeat Balls . .	39
Clear Gravy Soup	9	Fish Pudding	40
Haricot Soup	10	Baked Haddock	41
Haricot Purée	10	Pickled Mackerel	42
Kidney Soup	11	Baked Red Mullet	43
Leek Soup	12	Dressed Skate	44
Lentil Soup	13	Fillets of Skate and gravy	45
Lobster Soup	14	Collared Trout	46
Macaroni Soup	15	Meat Dishes, Entrées,	
Mullagatawny Soup	16	etc.	
Mushroom Soup	17	Fillets of Beef with	
Onion Soup	18	Shrimps	47
Clear Ox Cheek Soup	19	Fillets of Beef with	
Ox-tail Soup	20	Tomatoes	48
Ox-tail Soup (Clear)	20	Beefsteak Pie	49
Parmesan Soup	21	Cutlets en Surprise . . .	50
Pigeon Soup	22	Hot-Pot	51
Potato Soup	23	Kidney and Oyster	
Rabbit Soup	24	Pudding	52
Spinach Soup	25	Blanquette of Lamb . . .	53
Tomato Soup	26	Breast of Lamb (Boned	
Mock Turtle Soup	27	and Stuffed)	54
Vegetable Soup	28	Dressed Lamb Cutlets . .	55
Venison Soup	29	Mutton Chops in Batter	56
Scotch Broth	30	Haricot Mutton	57
Sheep's Head Broth	31	Mutton Pilau	58
Brain Sauce for Sheep's		Pork Chops	59
Head	31		
Turkish Broth	32		

	Number		Number
Dressed Steaks	60	Eggs à la Crème	95
Porterhouse Steak, Larded	61	Eggs au Gratin	96
Stewed Steak	62	Egg and Mushroom	
Exeter Stew	63	Ragout	97
Irish Stew	64	Scrambled or Buttered	
Veal Cutlets à la Vene-		Eggs	98
tienne	65	Dried Haddock on Toast	99
Veal and Ham Pie	66	Ham Toast	100
Veal Sweetbreads	67	Liebig Sandwiches	101
		Liebig on Toast	102
Poultry, Game, etc.		Macaroni Cheese	103
Grilled Chicken	68	Mushroom Toast	104
Fricassee of Fowl	69	Ham Omelette	105
Salmi of Grouse	70	Kidney Omelette	106
Imitation Hare	71	Omelette au Liebig	107
Jugged Hare	72	Mushroom Omelette	108
Stewed Partridge	73	Parmesan Omelette	109
Pheasant à la Madrid	74	Tomato Omelette	110
Stewed Pigeons	75	Scotch Woodcock	111
Curried Rabbit	76	Welsh Rabbit	112
Rook Pie	77		
		Gravies, Sauces, etc.	
Cold Meat Cookery.		Brown Glaze	113
Hashed Beef (No. 1)	78	Browning for Gravies,	
Hashed Beef (No. 2)	79	Soups, etc.	114
Chicken or Cold Meat		Brown Gravy No. 1. For	
Cutlets	80	Roast Meat	115
Casseroles of Cold Meat	81	Brown Gravy No. 2. For	
Croquettes of Cold Meat	82	Fowls, Veal, etc.	116
Rissoles of Cold Meat	83	Brown Gravy No. 3. For	
Hashed Mutton	84	Game, etc.	117
Shepherd's Pie	85	Mushroom Gravy	118
		Tomato Gravy	119
Vegetables.		Brown Sauce for Grills,	
Stewed Mushrooms	86	etc.	120
Surprise Potatoes	87	Caper Sauce	121
Farced Tomatoes	88	Horseradish Sauce	122
Dressed Vegetable		Horseradish Sauce cold	122
Marrow	89	Lobster Sauce	123
Vegetable Pie	90	Liver Sauce	124
		Mushroom Sauce	125
Savories and Break-		Brown Oyster Sauce	126
fast Dishes.		Sauce Robert	127
Breakfast Brawn	91	Sharp Sauce	128
Cheese Pudding	92	Tartare Sauce	129
Breakfast Eggs	93	Tomato Sauce	130
Curried Eggs	94		

	Number		Number
Invalid Cookery.		Sweet Dishes.	
Beef-Tea	131	Cocoanut Pastry	153
Hasty Beef-Tea	132	French Puff Pastry	154
Raw Beef-Tea	133	Short Pastry	155
Savory Custard	134	Lemon Cheese Cakes	156
Raw Egg	135	Yorkshire Cheese Cakes	157
Steamed Fish with Sauce	136	Plum Tart	158
Calves' Foot Savory Jelly	137	Mince Pies	159
Sago Soup	138	Cabinet Pudding	160
Miscellaneous.		Cherry Pudding	161
Aspic Jelly	139	Plum Pudding	162
Cutlets in Aspic	140	Strawberry Pudding	163
Savory Dumplings	141	Sultana Pudding	164
Liebig Stimulant or Night-cap	142	Swiss Pudding	165
Baked Liver	143	Lemon Jelly	166
Macaroni Ragout	144	Orange Jelly	167
Macaroni aux Tomates	145	Charlotte Russe	168
Potted Ox Cheek	146	Chocolate Cream	169
Ox Heart	147	Florentine Cream	170
Pastry for Meat Pies, etc.	148	Marbled Blanc Mange	171
Suet Pudding with Liebig	149	Glazed Apples	172
Yorkshire Pudding with Liebig	150	Eggs en Surprise	173
Savory Roly-Poly	151	Cherry Cake	174
Stewed Tripe	152	Chocolate Cake	175
		Citron Cake	176
		Sponge Cake	177
		Egg Sauce	178
		Sherry Sauce	179
		White Pudding Sauce	180



This is the ORIGINAL and ONLY Extract of Meat ever guaranteed as GENUINE by Justus von Liebig.

LIEBIG "COMPANY'S" EXTRACT OF MEAT

AS SUPPLIED TO THE
British, German, French, Russian, Dutch,
Italian and other Governments,

HAS BEEN AWARDED

TEN GOLD MEDALS and GRAND DIPLOMAS OF
HONOUR (Paris 1867, Two Gold Medals, for best
quality, and as FOUNDERS of a NEW BRANCH
of INDUSTRY, this being the ORIGINAL LIEBIG'S
EXTRACT)

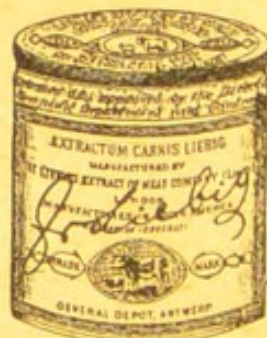
For its Superiority over all other Extracts of Meat.
HORS CONCOURS SINCE 1885.

CAUTION.

Purchasers should INSIST on having

LIEBIG "COMPANY'S" EXTRACT

*The only sort guaranteed by Justus von Liebig as
genuine and of the finest flavour.*



*Genuine only with facsimile of JUSTUS VON LIEBIG'S
signature in blue ink across Label.*



INTRODUCTION.

At several periods of the present century various preparations and extracts of meat have been introduced to the attention of the medical profession and the public. Amongst these none have achieved such success as the now so well-known Liebig Company's Extract of Meat.

The reason for this is not far to seek.

Liebig Company's Extract of Meat is the result of abstract scientific researches into the nature of meat, which Justus von Liebig published in the year 1847, combined with the experience and inventive genius of the most eminent engineers.

The extensive works of the Liebig's Extract of Meat Company are located on an eminence on the river Uruguay, in South America, where fresh air and an unlimited supply of fresh water are secured, indispensable necessities in an establishment where, for seven months during the slaughtering season, upwards of 1,500 oxen are killed daily.

The Company employ about 1000 hands, who, with their wives and children, form a community of about 3,000 souls. The greatest cleanliness prevails all over the establishment.

Since the Company was started in 1865 the number of cattle slaughtered exceeds 3,600,000 head, representing a value of about £ 10,000,000.

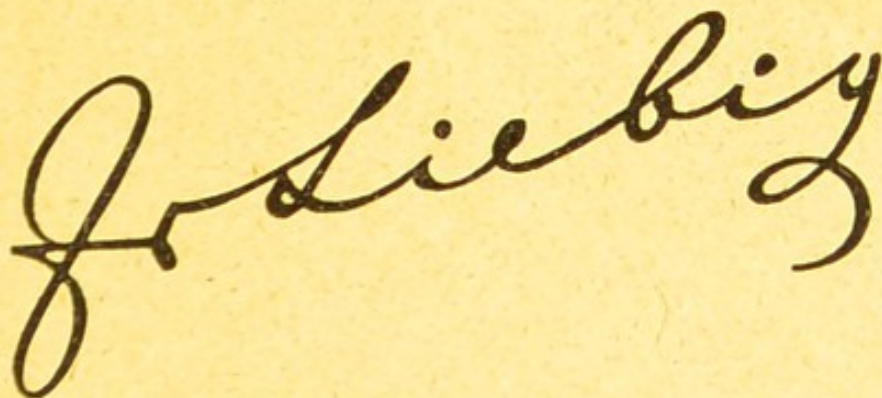
These statistics are very curious when it is considered that previous to the origin of the Company Baron Liebig never succeeded in using more than from 200 to 300 oxen annually for his Extract of Meat, which was then sold at from 20 to 25 shillings a pound, and used simply for medical purposes. It is due to Liebig's Extract of Meat Company that Liebig's desire has been realized, to give the benefit of his Extract to millions of consumers, from the richest down to the very poorest, and to make it a real public benefit.

Liebig Company's Extract of Meat is made from the flesh of best cattle, not less than four years old, which have been reared in the grazing fields of Uruguay.

The manufacture of the Extract of Meat, conducted by most experienced men, who have been in the Company's service since its foundation, is under the strict supervision and control of the Company's chemist, who testifies as to the quality of meat used, and analyses and examines every parcel of Extract before its shipment to Europe. On its arrival at Antwerp the Extract is there again examined by a special chemist attached to the Company's General Dépôt, and, as a final and decisive test, samples of every consignment are sent to Professor Max von Pettenkofer (the highest authority on hygienic matters living) and Baron H. von Liebig (the late Baron Justus' son and successor), and only after their approval and

guarantee as regards composition and flavour, is the Extract potted, put up in cases and sent out to all the markets of the world. It will be seen, therefore, that every means is used to manufacture this preparation under the most favourable conditions, with the result that absolute purity and uniform quality are ensured, as well as the most perfect concentration of the extracts of beef which it is possible to produce. These causes have no doubt led to the unparalleled success of the Liebig's Extract of Meat Company.

The public should, consequently, be cautioned against various imitations, purporting to be equal to the Company's Extract, and against other somewhat similar preparations, made from Extract of Meat bought at random in the open market, much of which is of an unreliable and even objectionable character. The Company's Extract is the only kind ever guaranteed genuine by Baron Justus von Liebig, and to protect themselves, the public should see that every jar purchased bears the facsimile of Justus von Liebig's signature, in blue, across the label thus

A facsimile signature of Justus von Liebig, written in a cursive script. The signature is written in blue ink and is positioned across the lower half of the page. It starts with a large, ornate 'J' and ends with a long, sweeping tail that loops back under the 'y'.



PREFACE.

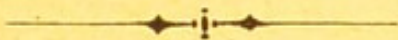
Cookery is well termed "The Culinary Art", for an Art it is, and one of a very high order. Its study affords much pleasure and profit, and it is a source of satisfaction to note the great spread of education in this subject during the last decade. Not the least important factor in the spread and progress of the Art is the production of numerous convenient and portable preparations, which tend to materially reduce the labour and drudgery at one time thought inseparable from its pursuit, and relieve it from the tedium connected with the roundabout methods necessary to follow in their absence. Amongst these, Liebig Company's Extract of Meat holds a foremost place, and its utility, in the easy and speedy preparation of many tasty dishes, is well known.

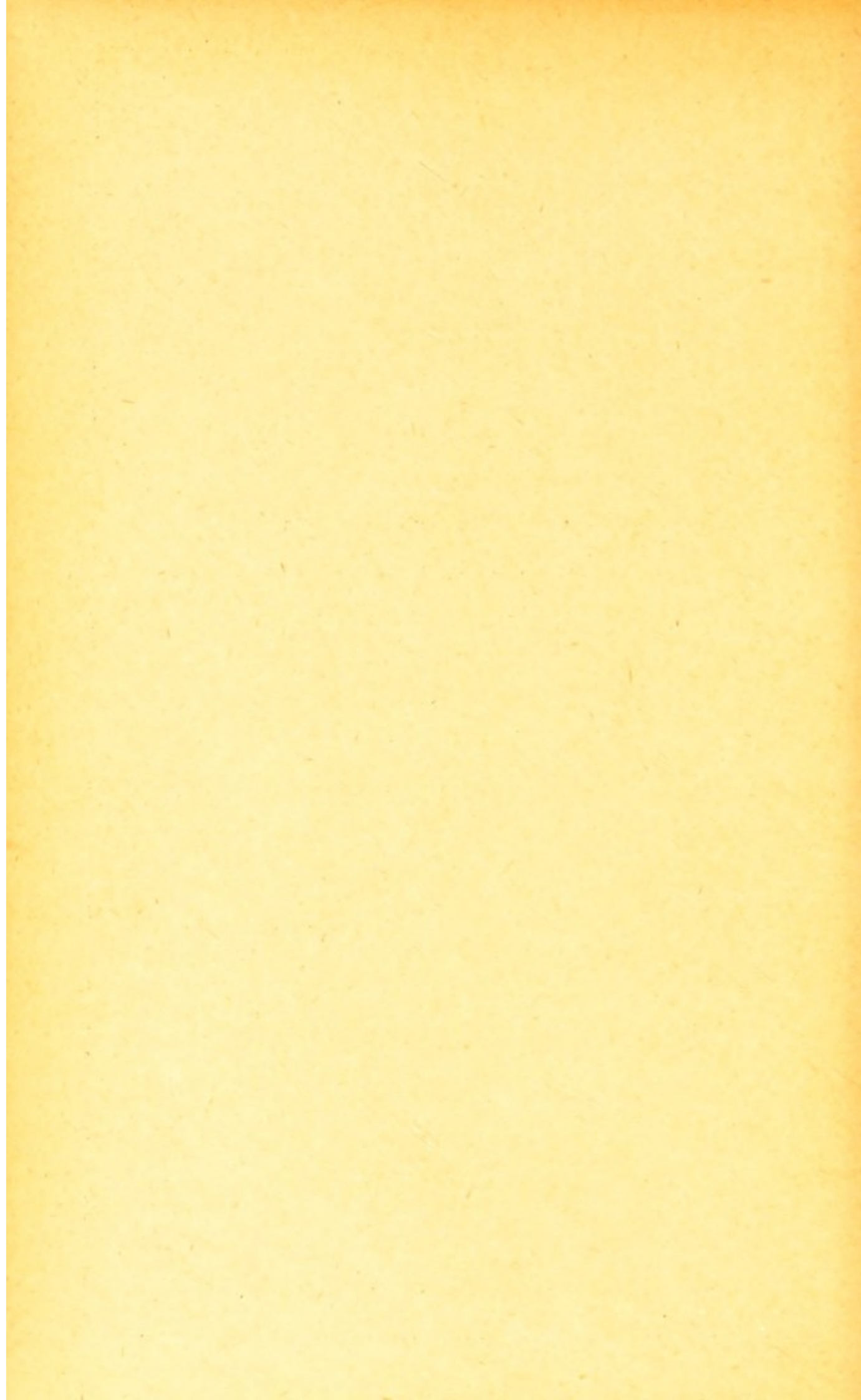
The true object of Cooking is three-fold: 1st. To maintain and enhance the nutritive value of the food cooked and secure its digestibility: 2nd. To render it as palatable as possible; and, 3rd. To please the senses of Sight and Smell. With these the intelligent housewife and cook will not fail to couple two very needful considerations — variety and economy. Having regard to these items, it is earnestly hoped that, with the assistance of the Liebig Company's Extract of Meat, the recipes and instructions contained in the following pages may prove of service in this important branch of domestic management.

H. M. YOUNG.

WARRINGTON.

RECIPES.







SOUPS, ETC.

In preparing soups it is essential to have a good Stock. This may be made by stewing the bones and trimmings from joints, the bones, necks and feet of poultry, game, &c. Either alone, or in conjunction with the foregoing, the Liebig Company's Extract of Meat will be found of great value, particularly so in Clear Soups and Aspic Jelly, as it may be added after clearing, without any fear of clouding. Another important consideration is to have plenty of fresh clean vegetables and sweet herbs, the latter may either be gathered when in season and dried, or may be obtained in a blended state from any Italian Warehouse.

A recipe for Browning is appended to the gravies, this will also be found useful to give Brown Soups the right degree of colour. It is not advisable to allow stocks or soups to stand in a metal pan, unless Enamelled. If Copper or Brass pans are used, the greatest care should be taken in the cleaning of them, the same rule being applicable to all kitchen utensils.



1. Asparagus Soup.

6 Persons. — Time $\frac{3}{4}$ hour.

50 heads Asparagus. 1 oz. Butter. 1 oz. Flour. $\frac{1}{2}$ teasp.
Peppercorns. $1\frac{1}{2}$ quarts No. 2 Stock (No. 34). $\frac{1}{4}$ pt.
Cream. Salt.

Cut the greentops from the asparagus and set aside. Heat the butter, mix with it the flour, add 1 quart of the stock, also the white part of asparagus, boil $\frac{1}{2}$ hour or until tender; pass through a hair sieve and rub through the pulp. Meanwhile boil the green tops in the remainder of the stock 15 to 20 minutes, and add this to the soup. Re-heat and pour over the cream in the tureen, adding salt to taste, and a little more Liebig Company's Extract of Meat for additional flavour.

2. Beetroot Soup.

4 Persons. — Time 2 hours.

1 large Red Beetroot (Cooked). 1 Onion. 1 Carrot.
Small piece Turnip. 1 teasp. Liebig Company's Extract
of Meat. $\frac{1}{2}$ lb. Lean Veal (Shredded). $\frac{1}{4}$ pt. Cream. Bunch
Sweet Herbs. Stalk Celery. Salt. $\frac{1}{2}$ teasp. Peppercorns.
1 quart Water. 1 oz. Butter. 1 oz. Flour.

Put the shredded veal into pan with vegetables (except Beet) sliced, herbs, celery and pepper-

corns; simmer slowly one hour; strain. Melt the butter in a saucepan, stir to it the flour till smooth, add the stock, beetroot skinned and sliced thinly, salt and Liebig Company's Extract of Meat; simmer slowly $\frac{1}{2}$ hour, pass through a hair sieve, rubbing through the Beet. Re-heat, put the cream in tureen and pour on the soup.

3. Brown Soup.

4 Persons. — Time 2 hours.

1 oz. Butter. 1 oz. Flour. $\frac{1}{2}$ lb. Lean Beef. Salt. $\frac{1}{2}$ teasp. Peppercorns. Small Carrot. Small Turnip. Small Onion. 1 quart No. 1 Stock (Recipe No. 33).

Heat butter in saucepan, slice vegetables, add them to the butter and fry; next add the flour; when browned add stock, the beef cut up small, also the peppercorns. Bring to the boil and simmer slowly $1\frac{1}{2}$ hours, skimming off the fat as it rises. Pour through a sieve, add the pieces of beef to the soup and 1 doz. Forcemeat Balls (Recipe No. 35). Boil 10 minutes and serve. A little browning may be added, if required, also salt to taste.

4. Carrot Soup.

4 Persons. — Time $1\frac{1}{4}$ hours.

$\frac{1}{2}$ doz. medium-sized young Carrots. 1 oz. Butter. 1 oz. Flour. 1 Stalk Celery. Bunch Sweet Herbs. $\frac{1}{4}$ lb. Lean Ham. 1 Good-sized Onion. 1 quart light Stock. Salt. $\frac{1}{2}$ teasp. Peppercorns. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Slice all the vegetables, make butter hot and fry the vegetables, add the flour, stir, and add next the stock, ham minced, Liebig Company's Extract of Meat, and the rest of the ingredients. Boil one hour, pour through a sieve, rub pulp of vegetables through. Re-heat and serve.

Note. A garnish for this soup may be prepared by stripping off the red part of 2 carrots, cutting

this into very thin strips, about 1 inch long, and boiling them 5 minutes in water; drain and add to soup when serving.

5. Cottage Soup.

4 Persons. — Time 1 hour.

1 large Carrot. 1 Onion. 1 Small Turnip. 1 Stalk Celery. Bunch Sweet Herbs. 1 oz. Butter. 1 oz. Flour. Salt. $\frac{1}{2}$ teasp. Peppercorns. 1 quart No. 1 Stock (No. 33).

Slice all the vegetables and fry them in the butter, add the flour, then stock, salt, herbs and peppercorns. Boil $\frac{1}{2}$ hour, pour through a wire sieve, rub through the pulp of vegetables, re-heat, stir in a little more Liebig Company's Extract of Meat, if necessary, also add a little browning (Recipe No. 114).

6. Cressy Soup.

10 Persons. — Time $1\frac{3}{4}$ hours.

3 large Onions. Bunch Sweet Herbs. 4 Cloves. 2 teasp. Liebig Company's Extract of Meat. 1 teasp. Peppercorns. $\frac{1}{2}$ doz. good-sized Carrots. Blade Mace. 2 ozs. Butter. 2 ozs. Rice. 5 pints Water.

Make butter hot in saucepan, slice onions, add to butter and fry until brown: add the water, carrots sliced, mace, herbs, cloves, peppercorns, and Liebig Company's Extract of Meat. Boil the whole gently for $\frac{3}{4}$ hour, or until vegetables are quite tender. Pass through a wire sieve and rub through, with a wooden spoon, as much of the vegetables as possible: season with salt to taste, put back in pan, boil $\frac{1}{2}$ hour, to make the mixture creamy: add the rice and boil 15 minutes. Serve.

7. Fish Soup.

5 Persons. — Time 1 hour.



1 good-sized Plaice. $\frac{1}{2}$ pint Milk. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 oz. Butter. 1 oz. Flour. A few drops Lemon-juice. 2 Onions. 1 Stalk Celery. 1 qt. Water. 1 tablesp. minced Parsley. Pepper and Salt.

Remove fillets from the fish and set aside. Wash the bones, break them up, put into a pan with the water, bring to the boil and skim; add

the onion and celery, cut up, salt and pepper, boil gently $\frac{1}{2}$ hour; pour through a wire sieve, rubbing through as much of the pulp as possible. Put into a pan the butter, melt and add the flour, then the milk and the soup, boil up. Cut up the fillets of fish into small squares, add to the soup, boil ten minutes, add the minced parsley, lemon-juice, and Liebig Company's Extract of Meat, and serve.

8. Giblet Soup.

4 Persons. — Time 3 hours.

1 set of Giblets. 1 Carrot. Bunch Sweet Herbs. 1 oz. Butter. 1 oz. Flour. 3 pints Water. 1 Onion. 1 small Turnip. Bunch Parsley. 1 teasp. Liebig Company's Extract of Meat. $\frac{1}{2}$ teasp. Peppercorns.

Wash and clean the giblets, scald the feet and remove the outer skin: put giblets into a saucepan with the water cold, bring to the boil and skim; add the vegetables sliced, peppercorns and herbs: boil the whole $2\frac{1}{2}$ to 3 hours; lift out the giblets and divide into small pieces. Pass the

stock through a sieve, rubbing through the vegetables; heat the butter in pan till brown, brown in it the flour, add the stock, Liebig Company's Extract of Meat, giblets, and a tablespoonful of parsley minced; boil up and serve.

9. Clear gravy Soup.

8 Persons. — Time, to clear, $\frac{3}{4}$ hour.

The Stock should be made the previous day.

2 lbs. Shin of Beef (without Bones). $\frac{1}{2}$ lb. lean Beef, shredded. 2 Carrots. 1 small Turnip. 1 large Onion. Whites and Shells of 4 Eggs. 1 Ham Bone. Bunch Sweet Herbs. 1 teasp. Peppercorns. Salt. $2\frac{1}{2}$ quarts Water. 1 teasp. Liebig Company's Extract of Meat.

Cut up shin of beef into $\frac{1}{2}$ inch cubes, put into a pan with water cold, bring slowly to the boil and skim well; add now the vegetables (cut up), herbs, peppercorns and salt, also the ham bone, and simmer very slowly for four hours. Strain off the stock, set aside to cool, and, when quite cold, remove every vestige of fat. Put stock into pan with the shredded beef and eggs beaten, bring slowly to the boil, simmer 15 minutes. Place a clean linen towel over a sieve, pass the soup through several times till clear. Re-heat and stir in the Liebig Company's Extract of Meat (the Extract can be added to soups or savory jellies after clearing, as it does not cloud them in the least). A variety of vegetables may be cut up into fancy shapes and served in the soup; vermicelli, macaroni, green peas, asparagus heads, pieces of cauliflower, etc. may also be used. In all cases the garnish must be cooked separately and added just before serving.

10. Haricot Soup.

6 Persons. — Time about 2 hours.

1 pt. White Haricot Beans. 1 Onion. 1 small head Celery. Blade Mace. 2 or 3 Cloves. Salt and Pepper. $\frac{1}{2}$ pt. Milk. 3 pts. Water. 1 teasp. Liebig Company's Extract of Meat.

Soak the beans in water all night, put into pan with the 3 pts. of cold water, bring slowly to the boil, and add all the ingredients except the milk and Extract. Boil until the beans are quite soft; pour through a wire sieve and rub through the pulp; add the milk and Liebig Company's Extract of Meat, re-heat and serve with toasted bread.

Haricot Purée.

4 Persons. — Time about 2 hours.

Recipe as above, using 1 quart of water instead of the 3 pints, and $\frac{1}{4}$ pint cream instead of the $\frac{1}{2}$ pt. milk. The Purée only to be re-heated and poured over cream in tureen on serving.

11. Kidney Soup.

6 Persons. — Time 1 hour.

4 Sheep's Kidneys or $\frac{3}{4}$ lb. Ox Kidney. 3 pints No. 2 Stock (No. 34). Salt and Pepper. 2 ozs. Butter. $1\frac{1}{2}$ ozs. Flour.

Cut up the kidneys small, fry them in 1 oz. butter, add the stock and seasoning, simmer gently $\frac{1}{2}$ hour, add the flour, worked into a ball with the remaining ounce of butter, boil up to cook the flour, skim off the fat and serve.

12. Leek Soup.

4 Persons. — Time $\frac{3}{4}$ hour.

1 quart No. 1 Stock (Recipe Nr. 33). 1 oz. Butter. 1 oz. Flour. 1 doz. Young Leeks. Pepper and Salt.

Wash and slice the leeks, put into a pan with the stock, boil $\frac{1}{2}$ hour or until tender. Add salt

and pepper, also the butter and flour worked up together into a ball. Boil up to cook the flour and serve.

13. Lentil Soup.

8 Persons. — Time 2 hours.

$\frac{1}{2}$ lb. Split Egyptian Lentils. 1 good-sized Onion.
2 stalks Celery. $\frac{1}{2}$ pt. Milk. 3 pts. No. 1 Stock (No. 33).
Salt. $\frac{1}{2}$ teasp. Peppercorns.

Wash the lentils, put into pan with stock cold, bring slowly to the boil and skim well, add the onion, peppercorns and celery, and simmer very slowly for $1\frac{1}{2}$ hours (unless simmered slowly the lentils will become hard). Pour through a wire sieve and rub through the pulp. Add the milk, salt, a little more Liebig Company's Extract of Meat, if desired, re-heat and serve.

14. Lobster Soup.

4 Persons. — Time 2 hours.



1 oz. Butter. $\frac{1}{2}$ lb. Lean Ham. 1 medium-sized Lobster.
Blade of Mace. 1 teasp. Lemon-juice. $\frac{1}{2}$ doz. small Onions.
 $\frac{1}{2}$ lb. Lean Beef. $\frac{1}{2}$ teasp. Peppercorns. Three pints of
Water. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Heat butter in saucepan, fry in it the onions sliced, not allowing them to brown; add the water,

the shell of lobster, the beef and ham cut up small, bring to the boil, remove scum and boil gently for 1½ hours. Pass through a hair sieve, rubbing through the pulp of onion. Put the body and spawn of the lobster into a mortar and pound until smooth, add this to the stock, also the claws cut into rough pieces, the lemon-juice, salt to taste, the Liebig Company's Extract of Meat, re-heat and serve, putting ¼ pint of cream into the tureen, before pouring in the soup; if liked, 1 doz. Force-meat balls (Recipe 39) may be added before re-heating.

15. Macaroni Soup.

9 Persons. — Time 1 hour.

½ lb. Macaroni. 3 ozs. Parmesan Cheese (Grated). Salt and Pepper. 1 pt. Milk. 3 pts. No. 1 Stock (Recipe No. 33). ½ teasp. Liebig Company's Extract of Meat.



Boil the Macaroni in the stock until tender, lift out half on to a drainer; simmer the remainder until very soft and pulpy, pour and rub the pulp through a wire sieve. Put back in saucepan, add the Liebig Company's Extract of Meat, milk, salt, pepper and cheese; re-heat, add the drained Macaroni, cut into ¾ inch lengths, and serve with toasted bread.

16. Mullagatawny Soup.

7 Persons. — Time 2 hours.

Remains of Cold Fowl. 1½ quarts Water. 1 tablesp. Grated Cocoanut. 1 oz. Flour. 1 teasp. Liebig Company's Extract of Meat. 1 tablesp. Curry Powder. 1 large Onion. 1 oz. Butter. 1 dessertsp. Lemon-juice. 1 Carrot.

Make butter hot in saucepan, add onion and carrot sliced, fry till browned; add curry powder and flour; also water. Remove best pieces of fowl from bones and set aside; add the bones, etc.

to stock; also the Liebig Company's Extract of Meat and cocoanut. Simmer slowly 1½ hours, pass through a wire sieve, return to pan, add pieces of fowl and lemon-juice, re-heat, season to taste with salt and serve with boiled rice.

17. Mushroom Soup.

6 Persons. — Time ¾ hour.

1 lb. Mushrooms. 3 pints Water. 1 small Onion. ¼ pt. Cream. 2 ozs. Butter. 1 oz. Flour. Salt and Pepper. 1 teasp. Liebig Company's Extract of Meat.

Skin the mushrooms and slice the onion; heat half the butter and fry in it the onion and mushrooms 3 or 4 minutes, lift out about 1 doz. of the smallest mushrooms and set them aside. Add now the water to the mushrooms and onion in the pan, also the seasoning and Liebig Company's Extract of Meat; boil ½ hour or until the mushrooms are quite soft; pour the soup through a fine sieve and rub through the pulp; put back into pan, add the dozen small mushrooms, the flour mixed with the remainder of the butter into a ball, boil gently five minutes and pour into tureen in which the cream has been placed. Serve.

Note. The stems of the mushrooms may be used in this soup.

18. Onion Soup.

8 Persons. — Time 1 hour.

3 large Spanish Onions. Yolks of 2 Eggs. Bay Leaf. 1 teasp. Sugar. 2 small teaspoonfuls Liebig Company's Extract of Meat. ½ teaspoonful Peppercorns. 2 ozs. Butter. 1 oz. Flour. Bunch Parsley. 2 quarts Water. Salt.

Heat butter in saucepan and fry in it the onions (sliced) until brown, add the flour and brown this

also; then add the water, Liebig Company's Extract of Meat, salt, peppercorns, sugar, bay-leaf and parsley, boil for $\frac{3}{4}$ hour, pour through a fine sieve and rub through the pulp. Beat up yolks of eggs and place in tureen. Boil up the soup and pour it over the yolks, stirring well. Serve with slices of toast.

19. Clear Ox Cheek Soup.

6 Persons. — Time, to clear, $\frac{3}{4}$ hour.

Stock should be prepared overnight.

$\frac{1}{2}$ Head of Ox. 2 Carrots. 1 good-sized Onion. Small piece Turnip. Bunch Sweet Herbs. A Ham Bone, if convenient. $\frac{1}{2}$ lb. lean Beef, shredded fine. 1 stalk Celery. Bunch Parsley. 2 quarts Water. Salt. $\frac{1}{2}$ teasp. Peppercorns. 1 teasp. Liebig Company's Extract of Meat. Whites and Shells of 3 Eggs.

Soak and wash the Head thoroughly, break it up, put into pan with the water cold; bring to the boil and skim well; add now the vegetables cut up small, herbs, and ham bone, also the salt and peppercorns. Simmer the whole slowly for 3 hours, strain into a bowl and set this aside to cool. Remove the meat from the bones, put into a bowl and place a weight upon it to press it firm. When all cold, remove every trace of fat from the soup, put into a saucepan with the beef and whites and shells of eggs beaten, heat slowly, bring to the boil and allow to simmer slowly for 20 minutes. Place a clean linen towel over a sieve, pour soup through, repeating the process until clear. Cut up the pressed meat from cheek into small pieces, put into a pan, add the cleared soup, re-heat, sprinkle in a tablespoonful of minced parsley, stir in the Liebig Company's Extract of Meat, and serve.

20. Ox-tail Soup.

6 Persons. — Time 3 hours.

1 Ox-tail. 1¹/₂ ozs. Flour. 1 oz. Butter. 1 Ham Bone or ¹/₄ lb. lean Ham. 2 quarts No. 2 Stock (No. 34). Salt. ¹/₂ teaspoonful Peppercorns.

Remove the surplus fat from tail, divide into small joints, put into pan, add the stock, bring to the boil and skim well; add the ham bone and peppercorns, boil gently until tender. Strain off the stock, and, when cold, remove the fat. Melt the butter in a pan, stir in the flour, mix till smooth, add the stock and Ox-tail, boil up and serve, adding salt to taste and additional Liebig Company's Extract of Meat, if required.

Ox-tail Soup (Clear).

Make according to Recipe for Clear Gravy Soup, using 2 Ox-tails in place of the 2 lbs. shin of Beef (Recipe No. 9), garnishing the soup with the pieces of Ox-tail.

21. Parmesan Soup.

6 Persons. — Time, without Macaroni, 15 minutes, with Macaroni, 30 minutes.

1¹/₂ ozs. Butter. 1 oz. Flour. Salt and Pepper. 3 pts. No. 2 Stock (No. 34). 3 ozs. grated Parmesan Cheese.

Melt the butter in a saucepan, stir in the flour, add the stock and seasoning, boil up, stir in the cheese and serve.

Note. A very good addition, if time allows, is to boil 2 ozs. Macaroni in plenty of water until tender, drain, cut up into pieces, about ³/₄ inch in length, and add to the soup on serving.

22. Pigeon Soup.

8 Persons. — Time 2½ hours.

1 lb. lean Beef. 1 large Onion. Bunch of Sweet Herbs. 1 oz. Butter. 1 oz. Flour. 4 Pigeons. 5 pints Water. 2 good-sized Carrots. 1 Turnip. 1 stalk of Celery. 1 teasp. Peppercorns. 1 tablesp. Lemon-juice. 1 teasp. Liebig Company's Extract of Meat.

Cut up the meat into small pieces, put these into a pan, with the water cold, also the Pigeons cut in halves, lengthwise, bring to the boil and skim thoroughly; add all the vegetables sliced, peppercorns and herbs. Boil gently ½ an hour, remove the Pigeons and continue the boiling for 1½ hours more. Remove the breasts from the pigeons, cut up into small cubes and set aside; take the meat from the legs, pound in a mortar until smooth, rub through a wire sieve. Put into a pan the butter, melt and add the flour, also pulp of pigeon legs, then stock, which should first be strained, Liebig Company's Extract of Meat, breasts of pigeons, also lemon-juice and salt to taste. Re-heat and serve.

Partridge soup may be prepared in the same way, a brace only being required for the above quantity of soup.

23. Potato Soup.

4 Persons. — Time 45 minutes.

1 lb. Potatoes. 1 oz. Butter. ½ pint Milk. 1 quart No. 1 Stock (Recipe 33). 1 Onion. ½ teasp. Peppercorns.

Slice potatoes and onion, fry them in the butter, but do not brown them, add the stock and peppercorns, and boil 30 minutes. Rub the pulp through a wire sieve, add the milk, and salt to taste. Re-heat and serve.

24. Rabbit Soup.

6 Persons. — Time 3 hours.

1 Rabbit. 1 tablesp. Mushroom Ketchup. 1 glass Port Wine. Bunch Sweet Herbs. Salt. $\frac{1}{2}$ teasp. Peppercorns. 2 small teasp. Liebig Company's Extract of Meat. 1 good-sized Carrot. 2 or 3 stalks Celery. 1 good-sized Onion. 2 ozs. Butter. 2 ozs. Flour. 2 quarts Water. A little Ham, if convenient. 2 or 3 Cloves.

Joint the Rabbit, put into pan with water cold, bring to the boil and skim well, add the vegetables sliced, the celery, herbs, and peppercorns, ham and cloves; simmer gently $1\frac{1}{2}$ hours, lift out the back of rabbit, remove flesh from bones and put bones back into pan; let the simmering continue for one hour longer, pour stock through a fine sieve. Melt the butter in pan, stir to it the flour till smooth, add the stock and stir till it boils; add now the salt, wine, mushroom ketchup and Liebig Company's Extract of Meat; also the flesh from back of Rabbit, cut up into small pieces. Serve with toast or fried sippets of bread.

25. Spinach Soup.

4 Persons. — Time 1 hour.

$1\frac{1}{2}$ lbs. Spinach. 1 quart Veal Stock. $\frac{1}{4}$ pint Cream. 1 small Onion. Blade Mace. 2 Cloves. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. Salt and Pepper. 1 oz. Flour. 1 oz. Butter.

Wash and pick the spinach; have the stock boiling and drop spinach in, add the onion, cloves, mace, salt and pepper, and Liebig Company's Extract of Meat; boil $\frac{1}{2}$ hour; put through a fine sieve and rub through the pulp. Add now the butter and flour formed into a ball, boil up, pour over cream in tureen and serve.

26. Tomato Soup.

4 Persons. — Time 1 $\frac{1}{4}$ hours.

$\frac{1}{2}$ tin Tomatoes. 1 small Carrot. 1 small Turnip. 1 small Onion. 1 oz. Butter. Bunch Sweet Herbs. $\frac{1}{4}$ pt. Cream or Milk. 1 $\frac{1}{2}$ ozs. Flour. Salt. $\frac{1}{2}$ teasp. Peppercorns. 1 quart Water. 1 teasp. (small) Liebig Company's Extract of Meat.

Make butter hot, slice vegetables and fry them in the butter, add the flour, stir and add water, herbs, Liebig Company's Extract of Meat, salt and peppercorns; also the tomatoes. Boil gently 1 hour, pour soup through hair sieve and rub through pulp (the hair sieve is used to retain the seeds). If milk is used, it should be now added, and the soup re-boiled; if cream, it should be put into the tureen, the soup re-heated and poured in.

27. Mock Turtle Soup.

6 Persons. — Time 4 hours.

$\frac{1}{2}$ a Calf's Head. A good-sized Carrot. One medium-sized Onion. $\frac{1}{2}$ teasp. Peppercorns. 1 $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 teasp. Lemon-juice. 2 or 3 Blades of Mace. A small Turnip. Bunch Sweet Herbs. Stalk of Celery. 2 quarts Water. 1 oz. Flour. 1 oz. Butter.

Put the Calf's Head into the cold water, bring to the boil and remove the scum, simmer for two hours, lift out the head, remove the white part and tongue, and cut it into squares about $\frac{1}{2}$ an inch each; put these on one side. Put the butter into a saucepan, heat till brown, and fry in it all the vegetables sliced, till browned; now add the flour, the stock in which the head was boiled, and the bones, etc. of the head; add also the herbs, peppercorns and Liebig Company's Extract of Meat. Simmer the whole for 1 $\frac{1}{2}$ hours. Pass the soup through a sieve, add the pieces of white part of

the head and tongue, a teaspoonful of lemon-juice, salt to taste, 1 doz. Forcemeat Balls (Recipe 35), and boil up for twenty minutes; then add $\frac{1}{4}$ pint of Madeira, if liked. $\frac{1}{2}$ doz. hard-boiled yolks of egg are sometimes added to this soup.

28. Vegetable Soup.

5 Persons. — Time $1\frac{1}{4}$ hours.

2 Carrots. 1 small Turnip. 4 Leeks. $1\frac{1}{2}$ ozs. Sago.
1 parsnip. Bunch Sweet Herbs. 1 tablesp. minced Parsley.
3 pints No. 1 Stock (Recipe No. 33). Salt.

Cut up the vegetables into small cubes, slice the leeks, put into pan with stock, peppercorns (in a small bag) and herbs. Boil 1 hour; at the end of this time add the sago, stir the soup and boil for 5 minutes, or until the sago becomes clear. Add a little more Liebig Company's Extract of Meat, if required, also the salt, and dish, lifting out the bag containing peppercorns.

29. Venison Soup.

8 Persons. — Time about 3 hours.

$2\frac{1}{2}$ lbs. Breast of Venison. 2 large Onions. $\frac{1}{4}$ lb. lean Ham. 2 ozs. Flour. $\frac{1}{4}$ pint Port Wine. Bunch Sweet Herbs. 2 stalks Celery. 2 ozs. Butter. 1 teasp. Liebig Company's Extract of Meat. 1 teasp. Peppercorns. 5 pints Water.

Cut all the meat up small, put into a pan with the water, cold, bring to boil and remove the scum thoroughly. Add vegetables, herbs, and peppercorns; simmer the whole gently for about $2\frac{1}{2}$ to 3 hours, until the venison is quite tender. Pass through a wire sieve, rubbing through as much meat as possible, with a wooden spoon, and

remove the fat. Put into the pan the butter, heat till brown, brown in it the flour, add to this the soup, Liebig Company's Extract of Meat, and salt to taste; re-heat, add port wine and serve.

30. Scotch Broth.

4 Persons. — Time 2 $\frac{1}{4}$ hours.

1 lb. Neck of Mutton. 1 large Carrot. 2 or 3 Leeks. 1 Turnip. 2 or 3 stalks Celery. 3 pints Water. 1 teacupfl. Barley. 1 tablesp. chopped Parsley. 1 oz. Flour. Salt and Pepper. 1 teasp. Liebig Company's Extract of Meat.

Divide the meat into small pieces and remove the fat; put the meat into a saucepan with the water cold, bring to the boil and skim; add now all the ingredients, except parsley and flour, the vegetables cut into small squares; simmer slowly two hours, skimming off the fat as it rises. Moisten the flour with a little cold water; add this to the broth, boil up, stir in parsley and serve.

31. Sheep's Head Broth.

8 Persons. — Time about 4 hours.



1 Sheep's Head. 3 Carrots. 1 Turnip. $\frac{1}{4}$ lb. Barley. 1 head Celery. 2 tablesp. minced Parsley. 3 or 4 Leeks. 2 teasp. Liebig Company's Extract of Meat. 1 teaspoonful Peppercorns. Salt. 3 quarts Water.

Soak the head (split) over night in cold water, dry, and remove the brains; put the head into

pan with the three quarts water cold, bring slowly to the boil and skim well, allow the water to simmer for 1½ hours, then add carrots and turnip (cut into dice), leeks and celery cut up, peppercorns in a piece of muslin and barley, also the Liebig Company's Extract of Meat. Simmer gently for 2 hours, skimming off fat occasionally. About half an hour before the expiration of the time, tie up the brains in a piece of muslin and drop into the broth. When cooked, dish the head with sauce made from brains (as under); add salt and parsley to the broth, also a flour thickening, if necessary, and serve.

Brain Sauce for Sheep's Head.

1 oz. Butter. Brains, chopped fine. 1 tablesp. minced Parsley. 1 oz. Flour. 1 pt. Broth, strained.

Melt the butter, mix with it the flour, add broth, brains and parsley; stir till the mixture boils, then boil three minutes.

32. Turkish Broth.

6 Persons. — Time about 4 to 4½ hours.

2 lbs. Knuckle of Veal. 2 Onions. 1 head of Celery. 2 quarts Water. 1 oz. Butter. Blade of Mace. 1 teasp. Liebig Company's Extract of Meat. ¼ lb. Rice. Salt and Pepper. 1 oz. Flour.

Break the bones and cut up the veal of the knuckle, put into a pan with water cold, bring to boil and skim; add the vegetables cut up, also mace; simmer slowly 3 to 4 hours and strain; skim off the fat, put back into pan with seasonings, Liebig Company's Extract of Meat and rice; simmer about 20 minutes or until rice is soft. Mix butter and flour together, drop into soup, boil up and serve.

33. Stock No. 1.

Time 1 hour.

$\frac{1}{2}$ head Celery. 1 large Onion. 2 quarts Water. Bunch Sweet Herbs. 2 Blades Mace. 2 teasp. Liebig Company's Extract of Meat. A little Salt.

Slice the vegetables and add to the water, also the mace and herbs, boil for 1 hour, strain, stir in Liebig Company's Extract of Meat and season with the salt.

34. Stock No. 2.

Time $3\frac{1}{2}$ hours.

2 Carrots. 1 small Parsnip. Bunch Sweet Herbs. 2 Blades Mace. 2 Bay-leaves. 2 teasp. Liebig Company's Extract of Meat. 2 lbs. Shin of Beef. 2 Onions. $\frac{1}{2}$ head Celery. 4 Cloves. $2\frac{1}{2}$ quarts Water. A little Salt.

Cut the meat small, add the water cold, bring to boil and skim well; slice all the vegetables, add to the water and all the remaining ingredients, except the Liebig Company's Extract of Meat; simmer for $3\frac{1}{2}$ hours and strain, then add the Liebig Company's Extract of Meat and salt; when cold, remove the fat.

35. forcemeat Balls for Soup.

6 Persons. — Time 20 minutes.

2 tablesp. Bread-crumbs. 2 tablesp. minced Veal. 1 tablesp. minced Ham. $\frac{1}{4}$ teasp. grated Lemon-rind. 2 ozs. Butter. 1 tablesp. minced Suet. Salt and Pepper. Dust of powdered Sweet Herbs. 1 dessertsp. minced Parsley. 1 Egg. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Put the whole of the ingredients, except the butter and egg, into a basin, add sufficient egg, well beaten, to form the whole into a paste, work

well together with a wooden spoon. Form into balls about as large as a good-sized filbert and roll in flour. Heat the butter in frying-pan till slightly brown, fry the balls in this to a nice brown. Drop into soup some minutes before serving.

For clear soup, veal and ham may be omitted.





FISH.

In selecting fish, care should be taken to see that it is quite fresh, and, before cooking, it must be well cleaned and thoroughly dried. Certain kinds of fish are baked and served with a brown gravy, in the making of which, the Liebig Company's Extract of Meat will be found most useful.

FRYING. This important manner of cooking fish is not so generally understood as it ought to be. To fry properly, it is necessary to have in a saucepan as much fat as will cover the fish (either lard, dripping or oil). This must be heated until all bubbling has ceased and a thin bluish vapor is visible, rising from the surface. When in this condition, it is known as "Smoking-hot fat". The fish, after being well dried, must be brushed over with beaten egg and rolled in white bread-crumbs, then plunged into the hot fat and fried until brown, allowing time to cook the fish through, then drained on soft paper. The same fat may be used a great number of times.

36. Baked Cod's Head and Shoulders.

Medium size; 6 Persons. — Time 75 minutes.

A Cod's Head and Shoulders. 2 ozs. Butter. 1 or 2 tablesp. Vinegar. Salt and Pepper. 2 ozs. brown Bread-crumbs. 1 tablesp. minced Parsley. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Wash and dry the fish, put in a dripping tin, cover with pieces of butter. Bake about 60 minutes, basting frequently. Lift carefully out on to dish, cover with the brown bread-crumbs, garnish the dish with plenty of parsley, cut lemon, also a few prawns are an improvement. Strain the liquid from drip tin, add the vinegar, Liebig Company's Extract of Meat, salt, pepper and parsley. Re-heat and serve in tureen with the fish.

37. Stewed Eels.

3 Persons. — Time 45 minutes.

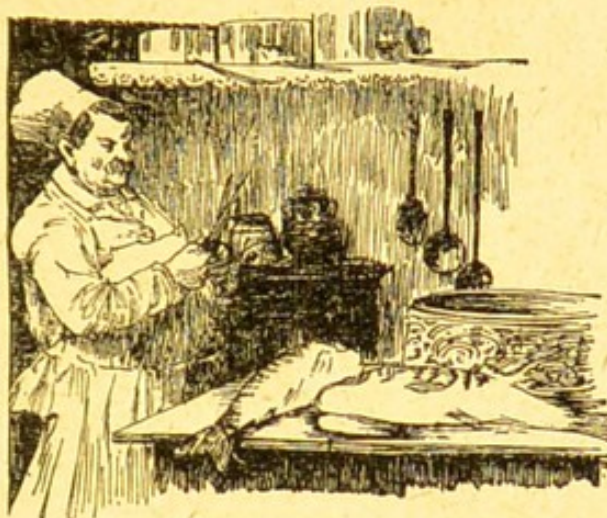
$1\frac{1}{2}$ lbs. Eels. 1 Bay-leaf. Bunch Sweet Herbs. Bunch Parsley. 1 teasp. Anchovy Ess. 1 Onion. $\frac{1}{2}$ pint Water. 1 oz. Butter. 1 oz. Flour. 1 tablesp. Vinegar. Salt and Pepper. 1 teasp. Liebig Company's Extract of Meat.

Skin and clean the eels, cut into pieces $2\frac{1}{2}$ inches long. Make butter hot, fry in it the onion, sliced, also the flour, until browned; add water and Liebig Company's Extract of Meat, then the remaining ingredients. Stew gently, until tender. Lift out eels, when cooked, and dish, straining sauce over.

1 glass of Port Wine may be added to sauce, if liked.

38. Fish Cakes.

4 Persons. — Time $\frac{1}{2}$ hour.



1 lb. Mashed Potatoes. $\frac{1}{2}$ lb. cold cooked Fish (minced).
 $\frac{1}{2}$ oz. Butter. Salt and Pepper. 1 tablesp. minced Parsley.
 $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 Egg. 3 ozs.
Bread-crumbs.

Put potatoes in bowl, add the fish, salt, pepper, parsley, the Liebig Company's Extract of Meat previously mixed with the butter, melted, and about two teaspoonfuls of the beaten egg; mix together, form into balls in the hands, slightly floured, flatten into cakes, $\frac{1}{2}$ inch thick, with a knife; brush each carefully over with beaten egg, roll in the bread-crumbs and fry, in enough smoking-hot fat to cover them, to a nice light brown.

39. Fish Forcemeat Balls.

6 Persons. — Time 20 minutes.

Two tablesp. cooked Haddock or any kind of White Fish. Two tablesp. minced Suet. 1 dessertsp. scalded minced Parsley. Salt and Pepper. $\frac{1}{4}$ teasp. grated Lemon-rind. 1 large or 2 small Eggs. 2 tablesp. Bread-crumbs. Dust of Nutmeg.

Put all the dry ingredients into a basin and add sufficient egg, well beaten, to mix the whole

into a stiffish paste. Form into balls, the size of filberts, roll in flour and fry, in smoking-hot fat to a light brown. $\frac{1}{2}$ doz. Minced Oysters may be added to above forcemeat.

40. Fish Pudding.

6 Persons. — Time 45 minutes.

$1\frac{1}{2}$ lbs. Mashed Potatoes. $\frac{3}{4}$ lb. cold Fish (minced). Salt and Pepper. 2 tablesp. brown Bread-crumbs. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. A few grains Cayenne. 1 Egg. $\frac{1}{2}$ oz. Butter.

Put potatoes into bowl, add fish and seasonings, and butter melted, with Liebig Company's Extract of Meat mixed with it, also the Egg beaten stir together, take a plain or fancy mould, butter it thickly, throw into it the brown bread-crumbs shake, in order to cause the crumbs to adhere evenly to the sides of the mould, and reject the surplus; fill with the potato mixture carefully pressing it into the fancy parts of the mould. Put on top a few pieces of butter and bake $\frac{1}{2}$ hour in moderate oven. When taken out of oven, allow to stand a few minutes, shake slightly and turn out. Garnish the dish with lemon and parsley.

41. Baked Haddock.

3 Persons. — Time 45 minutes.

1 Haddock, about 2 lbs. 2 tablesp. Bread-crumbs. 1 tablesp. Suet (minced). 1 Egg. $\frac{1}{2}$ pint Water. 1 tablesp. brown Bread-crumbs. 1 teasp. minced Parsley. Little grated Lemon-rind. Salt and Pepper. 1 teasp. Liebig Company's Extract of Meat.

Prepare a forcemeat with the bread-crumbs, suet, lemon-rind, parsley, salt, pepper and ha

the Liebig Company's Extract of Meat, mix these together with sufficient of the egg, well beaten, to form a paste. Wash and dry the fish, draw the tail through the eyes; place the forcemeat inside the fish, fasten the skin over with thread or a skewer; put fish in dripping tin with the water, remaining half-teaspoonful of the Liebig Company's Extract of Meat, salt and pepper. Cover the Haddock with buttered paper, bake half an hour; lift out into dish, sprinkle over the brown crumbs, strain round the gravy and serve.

42. Pickled Mackerel.

6 Persons. — Time about 4 hours.



$\frac{1}{2}$ doz. small Mackerel. 1 teaspoonful Peppercorns. 3 or 4 Bay-leaves. Fennel, Thyme and Parsley. 1 pint brown Vinegar. 4 Cloves. $\frac{1}{2}$ teaspoonful Liebig Company's Extract of Meat.

Fillet the Mackerel, wash and dry; sprinkle with salt and with the fennel, thyme and parsley minced; put into a dish with a little butter and bake. Boil the vinegar with the peppercorns, cloves and bay-leaves ten minutes, stir in the Liebig Company's Extract of Meat. When cold, strain over the fish, also cold, and allow to stand 3 or 4 hours in a covered vessel.

Note. Herrings may also be pickled as above.

43. Baked Red Mullet.

3 or 4 Persons. — Time $\frac{1}{2}$ hour.
3 or 4 Red Mullet. $\frac{1}{2}$ oz. Butter. $\frac{1}{2}$ oz.
Flour. 1 teasp. Lemon-juice. $\frac{1}{4}$ pt. White
Wine. 1 teasp. Ess. Anchovy. $\frac{1}{4}$ teasp.
Liebig Company's Extract of Meat.



Scrape and wash the Mullet, roll each in a piece of buttered note paper, lay in a dripping tin and bake 10 to 20 minutes, according to size of fish. Melt the butter in saucepan, add flour, stir, till smooth, add liquid from Mullet, lemon-juice, wine and Liebig Company's Extract of Meat, bring to boil, boil a minute or two to cook the flour, dish the Mullet, and serve sauce in tureen.

44. Dressed Skate.

4 Persons. — Time 1 hour.



2 lbs. Skate. Bunch Sweet Herbs. 1 oz. Butter. 1 oz. Flour.
1 teasp. Lemon-juice. 2 Onions. $\frac{3}{4}$ pint Water. 1 glass
White Wine. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Cut the skate in pieces; take fins and skin, and put into a pan with the cold water, bring to

the boil, and skim; add onions sliced and herbs, simmer $\frac{1}{2}$ hour, strain. Heat butter, brown in it the flour, add stock, Liebig Company's Extract of Meat, lemon-juice, and pieces of skate, simmer about $\frac{1}{4}$ hour or until skate is cooked. Dish skate, add wine to sauce and strain over.

45. Fillets of Skate.

4 Persons. — Time $\frac{1}{2}$ hour.

$\frac{1}{2}$ doz. Fillets of Skate about 4 inches long, 2 inches wide and 1 inch thick. 1 Egg. Fat for frying. 1 teasp. minced Parsley. 3 ozs. Bread-crumbs. Salt and Pepper.

Wash and dry the fillets, brush over with beaten egg, roll in the bread-crumbs, seasoned with the salt, pepper and parsley. Place in a frying basket and fry, till light brown, in sufficient smoking-hot fat to cover the fillets. Serve with the following gravy.

Gravy.

1 oz. Butter. $\frac{1}{2}$ pint Water. $\frac{1}{2}$ oz. Flour. 1 dessertsp. Vinegar. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. $\frac{1}{2}$ small Onion. 1 dessertsp. Mushroom Ketchup. Salt and Pepper. 1 dessertsp. minced Parsley.

Heat the butter till brown, fry in it the onion, also the flour, until browned; now add water, Liebig Company's Extract of Meat, salt and pepper, boil 5 minutes, pass through fine strainer, add parsley, ketchup and vinegar, and serve in tureen with fish.

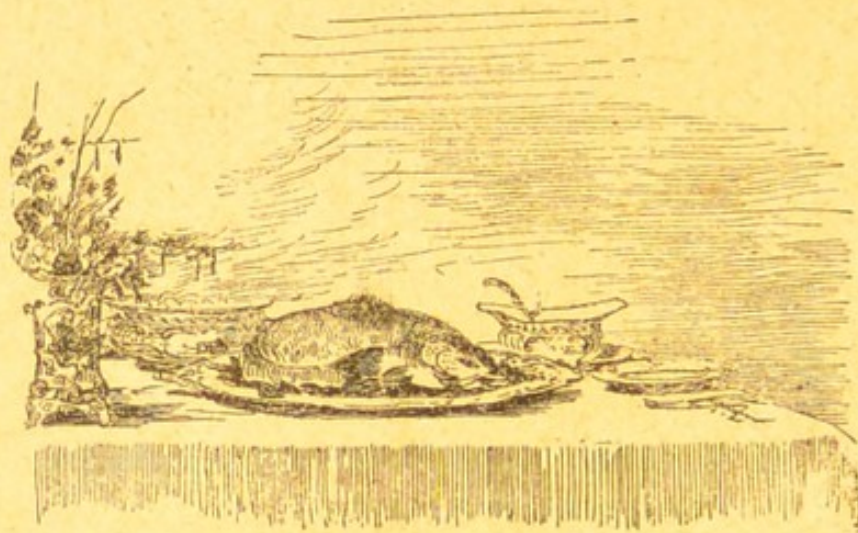
46. Collared Trout.

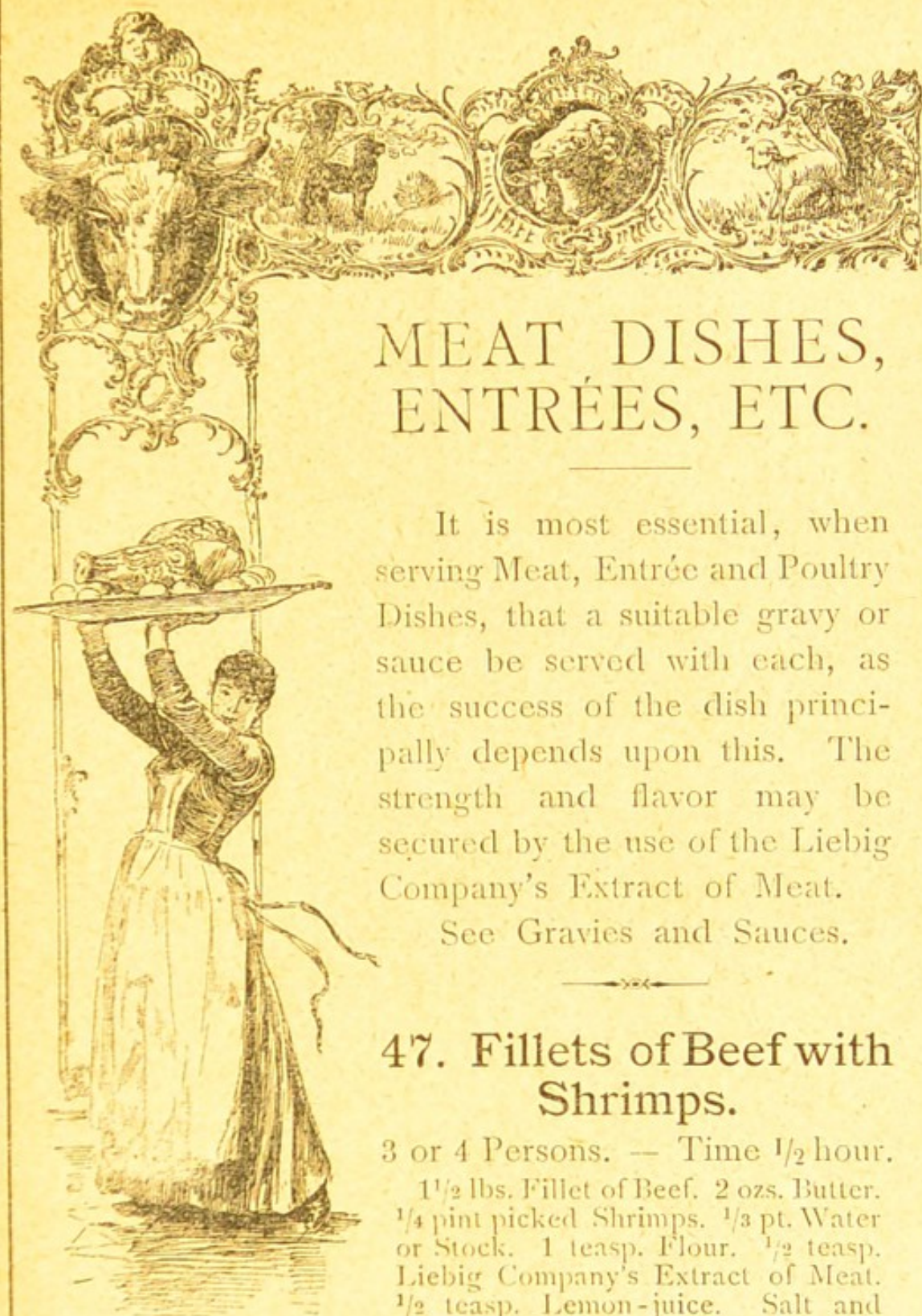
6 Persons. — Time 1 hour.

$\frac{1}{2}$ doz. Trout. A little Salt, Pepper and powdered Mace. $\frac{1}{2}$ pint Vinegar. $\frac{1}{2}$ pint Water. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 2 or 3 Bay-leaves.

Wash, clean and dry the Trout, split them down the back and remove the bone; sprinkle

them with the salt, pepper and mace; roll up tightly, place them in a dish with the bay-leaves, pour over them the vinegar, the water, first warmed, and the Liebig Company's Extract of Meat dissolved in it, cover with buttered paper and bake in a slow oven $\frac{3}{4}$ hour.





MEAT DISHES, ENTRÉES, ETC.

It is most essential, when serving Meat, Entrée and Poultry Dishes, that a suitable gravy or sauce be served with each, as the success of the dish principally depends upon this. The strength and flavor may be secured by the use of the Liebig Company's Extract of Meat.

See Gravies and Sauces.

47. Fillets of Beef with Shrimps.

3 or 4 Persons. — Time $\frac{1}{2}$ hour.

$\frac{1}{2}$ lbs. Fillet of Beef. 2 ozs. Butter.
 $\frac{1}{4}$ pint picked Shrimps. $\frac{1}{3}$ pt. Water
or Stock. 1 teasp. Flour. $\frac{1}{2}$ teasp.
Liebig Company's Extract of Meat.
 $\frac{1}{2}$ teasp. Lemon-juice. Salt and
Pepper.

Divide the meat into 6 or 8 fillets, $\frac{1}{2}$ inch thick. Heat the butter in frying-pan until brown, put in the fillets and fry, quickly, until brown on one side, turn and cook the underside. Lift out of the pan and keep hot. Pour away nearly all

the butter, retaining the sediment; add to this the flour and heat until brown; now add the stock or water, boil up, strain into a saucepan, add a little seasoning, the lemon-juice, the Liebig Company's Extract of Meat, and shrimps. Dish the fillets in a double row, resting against each other; pour over the gravy and shrimps, and garnish the dish with a little horse-radish and serve.

48. Fillets of Beef with Tomatoes.

3 Persons. — Time $\frac{1}{2}$ hour.

$1\frac{1}{4}$ lbs. tender Steak. $\frac{1}{2}$ lb. Tomatoes (1 large one).
2 ozs. Butter. Salt and Pepper. $\frac{1}{2}$ pint Water or Stock.
1 teasp. Flour. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Divide meat into $\frac{1}{2}$ doz. fillets, $\frac{3}{4}$ inch thick, brush over with a little of the butter, melted, and grill. Divide the Tomato into 5 slices, put these into a dripping tin, sprinkle with salt and pepper, place on each a tiny pat of butter, put the tin in the oven and bake 5 minutes, or just long enough to warm through. Put $\frac{1}{2}$ oz. butter into a small pan and fry in it the trimmings from the tomato, add flour, the stock or water, Liebig Company's Extract of Meat, and seasoning, and boil up. Dish the fillets down the centre of a dish, with a slice of tomato between each, and strain round the gravy.

49. Beefsteak Pie.

4 or 5 Persons. — Time 2 hours.

$\frac{3}{4}$ lb. Puff Pastry (Recipe No. 148). $\frac{1}{2}$ pint Water.
 $1\frac{1}{2}$ lbs. Steak. 1 teasp. Salt. $\frac{1}{4}$ teasp. Pepper. 1 tablesp.
Flour. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Mix the flour, salt and pepper together on a plate, cut the meat into thin strips 3 inches long and 1 inch wide; roll each piece in the seasoned flour, lay a small piece of fat at the end of each and roll up; fill the pie-dish with these, add

2 tablesp. water; cover the dish with the pastry, make 3 holes to ventilate, and bake $1\frac{1}{2}$ hours in a moderate oven; when done, add the water, in which the Liebig Company's Extract of Meat has been dissolved, and serve.

Note. Less Beef may be taken and an equivalent quantity of Kidney used.

50. Cutlets en Surprise.

3 Persons. — Time 1 hour.



$\frac{1}{2}$ doz. Mutton Cutlets, with a bone (rib) in each.
2 tablesp. Bread-crumbs. $\frac{1}{2}$ lb. Mushrooms (minced).
1 Shallot (minced). $\frac{1}{2}$ teasp. Liebig Company's Extract
of Meat. $1\frac{1}{2}$ ozs. Butter. 1 teasp. minced Parsley. Salt
and Pepper. $\frac{1}{2}$ pt. Water. 1 teasp. Flour.

First trim the cutlets by removing the superfluous fat and baring the top end of the bone for about one inch; then take each cutlet and make an incision with a small sharp knife in the middle of the lean end, continue the incision to the bone and move the knife about to form a pouch or pocket in the cutlet, keeping the opening on the outside quite small. Put the butter into a pan; when hot, add to it the bread-crumbs, 3 ozs. of mushrooms,

shallot and parsley, fry 3 or 4 minutes, add seasoning and drain away the butter. Stuff the cutlets with this forcemeat and grill them. Add to the butter, drained from the forcemeat, the flour, water and Liebig Company's Extract of Meat, stir until it boils; then add the remainder of the mushrooms, also seasoning to taste; simmer for a few minutes. Dish the cutlets in a ring and pour round the gravy. They may be served plain or the centre garnished with any seasonable vegetable.

51. Hot-Pot.

3 Persons. — Time 2 hours.

2 lbs. Potatoes. 1 good-sized Onion. 1 lb. Neck of Mutton. 2 ozs. Dripping. Salt and Pepper. $\frac{1}{2}$ pt. Water. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Cut the potatoes into quarters, put into a dripping tin, sprinkle with salt and pepper, slice the onion over them, add a little more seasoning, break up dripping and place over; lastly, lay on top the mutton. Bake in a hot oven $1\frac{1}{2}$ hours, lift out on to a dish, pour away the fat from the dripping tin, retaining the sediment, add to this the water and Liebig Company's Extract of Meat, boil up and pour round the dish.

52. Kidney and Oyster Pudding.

3 Persons. — Time 3 hours.

1 lb. Kidney. 1 doz. Oysters. $\frac{1}{4}$ teasp. Pepper. 1 teasp. Salt. 1 tablesp. Flour. A little grated Lemon-rind. $\frac{1}{2}$ lb. Suet Pastry (See Suet Pudding, No. 149). $\frac{1}{4}$ pint Water. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Mix flour, salt, pepper and lemon-rind together, cut up the kidney and roll each piece in this seasoning. Line a buttered basin with the pastry, put in layers of kidney and oysters until basin is filled; dissolve the Liebig Company's Extract of Meat in

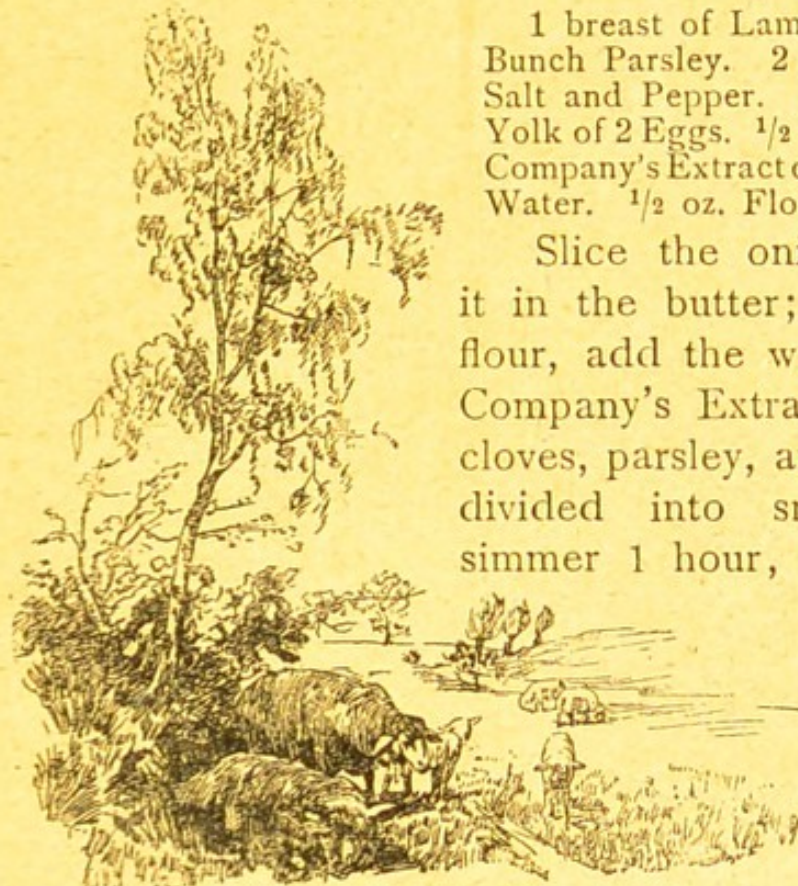
the water, add the liquid from the oysters, pour into the basin, cover with the pastry, tie over the pudding cloth, steam or boil 2½ hours.

53. Blanquette of Lamb.

4 to 6 Persons. — Time 1½ hours.

1 breast of Lamb. 1 Onion.
Bunch Parsley. 2 or 3 Cloves.
Salt and Pepper. 1 oz. Butter.
Yolk of 2 Eggs. ½ teasp. Liebig
Company's Extract of Meat. ¾ pt.
Water. ½ oz. Flour.

Slice the onion and fry it in the butter; stir in the flour, add the water, Liebig Company's Extract of Meat, cloves, parsley, and the lamb divided into small joints; simmer 1 hour, lift out the lamb, remove fat from gravy, then strain the gravy to the yolks



beaten, add the seasoning, pour over the lamb and serve. The dish may be garnished with pieces of toast spread with a little Liebig Company's Extract of Meat.

54. Breast of Lamb (Boned and Stuffed).

6 or 8 Persons. — Time 2 hours.

2 breasts of Lamb. ¼ lb. Bread-crumbs. 2 ozs. Suet.
1 tablesp. minced Parsley. Dust of Sweet Herbs. 1 teasp.
Liebig Company's Extract of Meat. Salt and Pepper.
2 Eggs. 1 pt. Water.

Bone the lamb, taking care not to cut up the meat; mix the bread-crumbs, suet, parsley, herbs,

seasoning with the eggs well beaten, spread a layer of this forcemeat over each breast, roll up separately and bind with string; place them in a dripping tin, pour round half the water, in which the Liebig Company's Extract of Meat has been dissolved, bake 1½ hours, basting occasionally. Remove the string and dish; pour off the fat from the dripping tin, add remainder of water, boil up and pour over the lamb. Serve.

Note. A little thickening may be added to the gravy, if liked.

55. Dressed Lamb Cutlets.

3 or 4 Persons. — Time ½ hour.



7 or 8 Cutlets. 1 Egg. 3 ozs. Breadcrumbs. 1 tablesp. Parmesan Cheese. ¼ pint Water. Salt and Pepper. 1 tin or bottle of Mushrooms. ½ teaspoonful Liebig Company's Extract of Meat. ½ oz. Flour. 1 oz. Butter.

Trim the cutlets and bare the bone one inch at the top; brush over with egg, roll in the breadcrumbs seasoned with salt and pepper; fry, in enough smoking-hot fat to cover them, for four minutes, lift out and drain; melt the butter, add to it the flour, water, liquid from mushrooms, Liebig Company's Extract of Meat, salt and pepper; stir till the mixture boils, add the mushrooms, boil 3 minutes, and stir in the cheese. Dish the cutlets in a ring, garnish the centre with the mushrooms and pour the gravy round.

56. Mutton Chops in Batter.

3 Persons. — Time 50 minutes.

1½ lbs. Best end Neck of Mutton. 2 ozs. Flour. ½ teasp. Liebig Company's Extract of Meat. 1 oz. Dripping. Salt and Pepper. 1½ pts. Milk. 2 Eggs.

Divide Mutton into thin chops, dust with salt and pepper, put into dripping tin with dripping

melted. Moisten flour gradually with milk, mix quite smooth; add Liebig Company's Extract of Meat dissolved in a little milk by warming, also eggs well beaten, pinch salt and pepper. Pour this mixture over the chops, bake 30 to 40 minutes and serve in tin with napkin round.



57. Haricot Mutton.

4 Persons. — Time 2 hours.

2 lbs. Neck of Mutton. 2 Onions.
1 large Carrot. 1 Turnip. Bunch
Sweet Herbs. Salt and Pepper.
 $\frac{3}{4}$ pt. Water. $\frac{1}{2}$ teasp. Liebig
Company's Extract of Meat. $\frac{1}{2}$
oz. Butter. $\frac{1}{2}$ oz. Flour.

Divide the meat into small joints and fry in their own fat to a light brown; add to the meat the water, Liebig Company's Extract of Meat, seasoning and vegetables, cut into squares; simmer $1\frac{1}{4}$ to $1\frac{1}{2}$ hours, lift out the meat into the centre of a dish, skim fat

from gravy, drop in the butter and flour, worked into a ball, boil up and pour round the mutton.

58. Mutton Pilau.

2 Persons. — Time 1 hour.

1 lb. Mutton from Leg. $\frac{1}{4}$ lb. Rice. 1 oz. Butter.
2 good-sized Onions. Water. $\frac{1}{2}$ oz. Flour. 1 teasp. Lemon-
juice. Bunch Sweet Herbs. Salt and Pepper. $1\frac{1}{2}$ teasp.
Liebig Company's Extract of Meat. 1 teasp. Curry Powder.

Add to a pint of the water 1 teasp. Liebig Company's Extract of Meat, one onion sliced, the

herbs, salt and pepper, boil 15 minutes, strain over the rice and boil $\frac{1}{2}$ hour, or until the rice has become quite tender and has absorbed the gravy, slice the other onion, fry a light brown in the butter and remove it from the pan; fry the mutton cut into $\frac{1}{2}$ inch squares, add the flour, curry, remaining $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat, $\frac{1}{2}$ pt. water, salt and lemon-juice; simmer slowly $\frac{3}{4}$ hour or till mutton is tender.

To dish: — Pile the meat in centre, pour gravy round, pile the rice on top of meat, garnish round the edge with slices of hard-boiled egg and lemon. Have the fried onions hot and sprinkle them over the top. Serve.

59. Pork Chops.

3 or 4 Persons. — Time $\frac{1}{2}$ hour.



1 oz. Butter. 1 good-sized Onion. Sprig or two of Sage. 4 or 5 Pork Chops. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. $\frac{1}{2}$ teasp. Flour. $\frac{1}{2}$ pint Water.

Heat butter, fry in it the chops until nicely browned on both sides, remove from pan, and, if much fat has run from chops, pour away a little; in the remaining fat fry the onion, sliced, add the flour, water, Liebig Company's Extract of Meat and sage, boil

5 or 10 minutes, and serve round the chops or in a separate tureen.

60. Dressed Steaks.

3 or 4 Persons. — Time 1½ hours.

1½ lbs. thin Steak. ½ pt. Water. 1 oz. Butter. ½ oz. Flour. 1 good-sized Onion. Salt and Pepper. ½ teasp. Liebig Company's Extract of Meat. 1 dessertsp. Mushroom Ketchup.

Divide steak into pieces about 3½ inches long by 2 inches wide, sprinkle each with minced onion, salt and pepper, roll up and fasten with small skewers. Heat butter in saucepan, fry the beef in it, quickly, until browned, remove the steak, fry the remaining portion of onion, also the flour, add water and Liebig Company's Extract of Meat, also ketchup. Put in the steak and simmer very slowly for 1 hour or more. Dish the steaks and strain over the gravy.

61. Porterhouse Steak, Larded.

2 or 3 Persons. — Time 1 hour.

1 Porterhouse Steak (see note at foot). 2 or 3 ozs. fat Bacon. 1 Carrot. Small piece Onion. ½ teasp. Liebig Company's Extract of Meat. Small piece Turnip. 2 Cloves. ½ pint Water.

Cut the bacon into lardoons 1 inch long, lard the steak on one side with these. Slice the vegetables, place them in a dripping tin with the cloves, lay the steak on the top, larding uppermost, pour round a very little water and bake ¾ hour. When cooked, lift out the steak on to a hot dish, pour away from vegetables the excess of fat, add the remainder of the water, the Liebig Company's Extract of Meat and seasoning; boil up and strain over the steak. Serve.

Note. A porterhouse steak is cut from the sirloin of beef, should be just about 1 inch thick throughout, must contain the bone (Chine bone) and should have the undercut.

62. Stewed Steak.

3 or 4 Persons. — Time 1½ hours.

1 oz. Butter. 1 teasp. Flour. Salt and Pepper. 1 small Turnip. 1 Onion. ½ teasp. Liebig Company's Extract of Meat. 1 Carrot. ½ pt. Water. A good Steak 1½ to 2 lbs.

Heat the butter and fry in it, very quickly, the steak, remove and fry the vegetables, sliced; add the flour, water and Liebig Company's Extract of Meat, put the steak into this and simmer one hour or more, until the steak is tender. Dish, lift out the steak, add seasoning to gravy and strain over the steak, or the vegetables may be served in the gravy, according to taste.

63. Exeter Stew.

4 Persons. — Time 2 hours.

1 lb. Beef. 1 Carrot. 1 small Turnip. Salt and Pepper. 1 good-sized Onion. 1 pint Water. ½ teasp. Liebig Company's Extract of Meat. 1 oz. Flour. 1 oz. Butter.

Heat the butter, fry in it, quickly, the meat cut into small pieces, add the flour, water, vegetables sliced, Liebig Company's Extract of Meat, and seasoning (a little browning may be added, if desired). Stew the whole for one hour, then add ½ dozen savory dumplings (Recipe No. 141), boil ¾ hour longer and serve, garnishing the dish with the dumplings.

64. Irish Stew.

4 Persons. — Time 1¾ hours.

3 lbs. Potatoes. 1 lb. Neck of Mutton. 2 Onions. 1 pt. Water. ½ teasp. Liebig Company's Extract of Meat. Salt and Pepper.

Cut the potatoes into quarters, put a layer at the bottom of a saucepan, then a layer of onion, sliced, then a layer of meat cut into smallish pieces, with a little seasoning between each layer, repeat

the layers until all the materials are in the pan, pour over the water, add the Liebig Company's Extract of Meat, and simmer slowly, stirring occasionally, for 1½ hours. Pour out and serve.

65. Veal Cutlets à la Venetienne.

6 Persons. — Time 40 minutes.

6 or 8 Cutlets from Neck of Veal, each containing a bone. Salt and Pepper. ¼ lb. lean Ham. ½ pt. Water. Bunch Sweet Herbs. 1 Lemon. 2 ozs. Butter. 1 Onion. 1 teasp. Flour. 1 dessertsp. Lemon-juice. Bunch Parsley. ½ teasp. Liebig Company's Extract of Meat.

Heat the butter, fry in it the cutlets quickly, just to brown the surface, lift out, and fry the onion sliced, put the onion and butter into a dripping tin, lay the slices of ham on top of the onion, cutlets over this, pour round ¼ pint of the water, add the herbs and parsley, and bake 20 minutes; lift out the cutlets; dish, first a cutlet, then a thin slice of lemon, a little ham, and continue this order round the dish; pour away the excess of fat from the dripping tin, add the flour, the remainder of the water, the Liebig Company's Extract of Meat, lemon-juice, salt and pepper, boil up and strain over the cutlets. Serve.

66. Veal and Ham Pie.

4 to 6 Persons. — Time 2 hours.

1½ lbs. Veal. ½ lb. Ham. 3 hard-boiled Eggs. 1 good teasp. Salt. ½ teasp. Liebig Company's Extract of Meat. ¼ oz. Gelatine. ¼ teasp. Pepper. ¼ teasp. grated Lemon-rind. 1 lb. Puff Pastry. ½ pt. Water.

Cut the veal into thin slices, sprinkle with the salt, pepper and lemon-rind, put a layer of this at the bottom of the pie-dish, then a layer of egg cut in slices, then ham; continue this until the dish is full; add 2 or 3 tablesp. of water, cover with the pastry, make 3 holes in the top for ventilation

and bake in a moderate oven for 1½ hours. Dissolve the Liebig Company's Extract of Meat and gelatine in the water, add a little seasoning, pour into pie, when baked. Serve cold.

Note. If pie is served hot, leave out the gelatine.

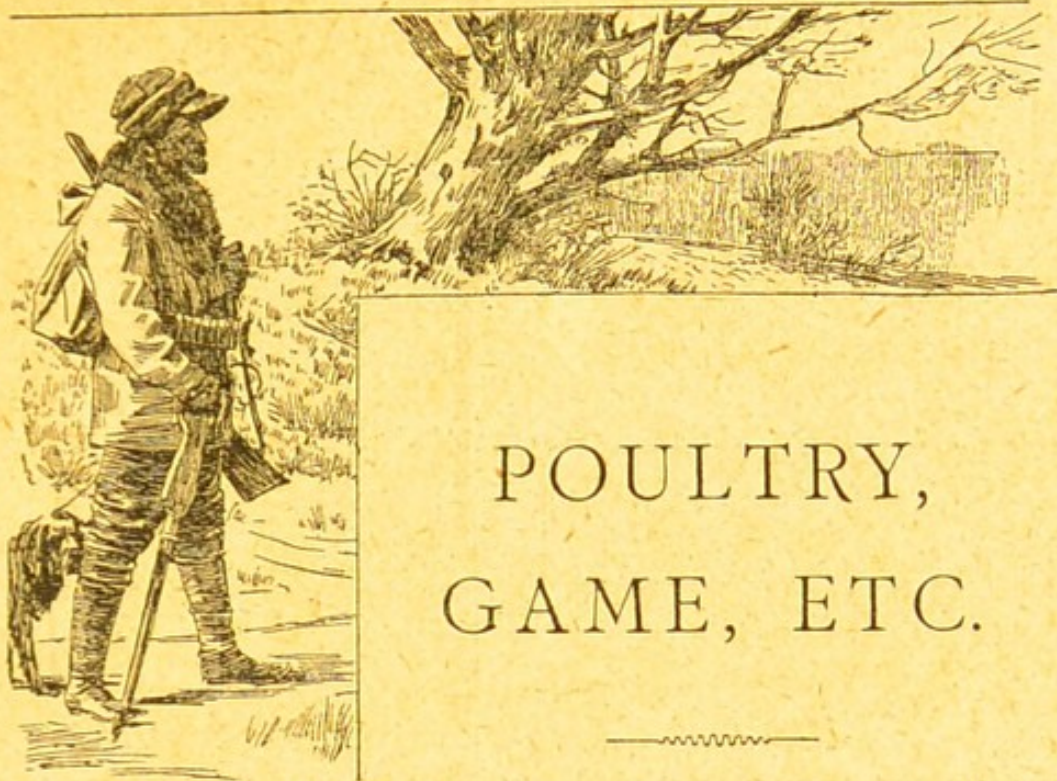
67. Veal Sweetbreads.

2 to 4 Persons. — Time 30 minutes.

2 Sweetbreads. 2 ozs. Butter. ½ oz. Flour. Salt and Pepper. 1 oz. lean Ham, minced. 1 small Onion, sliced. ½ pt. Water. ½ teasp. Liebig Company's Extract of Meat. 1 teasp. Lemon-juice.

Drop the sweetbreads into boiling water and boil 20 minutes, lift out and put them into cold water, dry them on a cloth and, when quite cold, cut into slices about ½ inch thick; make the butter hot and fry the slices of sweetbread in this, lift out and keep hot; now fry in the butter the onion and ham, drain from these nearly all the butter, retaining about a teaspoonful, add the flour and brown it, then add the water, Liebig Company's Extract of Meat, and lemon-juice; boil up; dish the sweetbreads and strain the gravy over and round.





POULTRY, GAME, ETC.

68. Grilled Chicken.

2 Persons. — Time 30 minutes.

1 small Chicken. 2 ozs. Butter. $\frac{1}{2}$ pt. Water. 1 small teaspoonful Flour. Salt and Pepper. A few drops Lemon-juice. 1 small Onion. 1 small Tomato. $\frac{1}{2}$ teaspoonful Liebig Company's Extract of Meat. 2 tablespoonfuls liquid from tinned Mushrooms.

Divide the chicken in half, brush it over with the butter, melted, and grill slowly, turning and basting with the butter several times. Make a little of the butter hot, fry in it the onion and tomato sliced, add the flour and brown it; add now the water, Liebig Company's Extract of Meat, mushroom liquid, salt, pepper and lemon-juice; add also the liver and gizzard of the chicken, sliced, simmer the whole 15 minutes. Dish the chicken, strain the gravy round and serve.

69. Fricasseed Fowl.

4 Persons. — Time 2 hours.



1 Fowl. 1 Onion. Bunch Parsley. 1 oz. Butter. 1 oz. Flour. 1 pint Water. $\frac{1}{4}$ pint Cream. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. Blade Mace. Yolk of two Eggs. A few drops Lemon-juice.

Joint and skin fowl, put in a saucepan with the onion, parsley, mace and water, simmer slowly an hour to an hour and a half; melt the butter in a pan, add the flour, stir till smooth and add the cream, also the liquid in which the fowl was stewed, the lemon-juice, Liebig Company's Extract of Meat, and seasoning; boil 2 or 3 minutes, pour over the yolks of egg beaten, (this should make the sauce of the consistency of thick cream). Pile the pieces of fowl in the centre of a dish and strain over the sauce.

Note. - This is a good way of using remains of cold fowl, in which case the sauce is made first, the cold fowl warmed in it, the sauce then strained to the yolks of egg, and the dish finished as above.

70. Salmi of Grouse.

4 to 6 Persons. — Time 1 hour.

A brace of Grouse. 2 ozs. Butter. 1 oz. Flour. 1 Bay-leaf. Bunch Sweet Herbs. Salt and Pepper. Juice of 1 Lemon. 1 Onion. 1 small tin Mushrooms. 1 glass Sherry. $\frac{1}{2}$ pt. Water. 1 small Carrot. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Pluck, singe, draw and wash the Grouse, cut off the heads, feet and wings at the first joint,

and divide each bird into four pieces; heat the butter and fry the Grouse to a nice brown, lift out and fry the carrot and onion sliced, then add the flour, and brown it also, add the water, liquid from the tin of mushrooms, Liebig Company's Extract of Meat, herbs, bay-leaf, seasoning and the Grouse; simmer slowly 30 to 40 minutes; lift out the Grouse, strain the gravy into another pan, skim off the fat, add the sherry, lemon-juice and mushrooms, re-heat, not allowing it to boil, pour over the Grouse, garnish the dish with pieces of toast spread with a little Liebig Company's Extract of Meat, and serve.

71. Imitation Hare.

5 Persons. — Time 2 hours.



1 large Steak, about 2 $\frac{1}{2}$ lbs. 1 Onion minced. 1 tablesp. Parsley. $\frac{1}{2}$ teasp. grated Lemon-rind. $\frac{1}{4}$ lb. Bread-crumbs. 2 Eggs. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 dessertsp. Flour. Salt and Pepper. 2 ozs. minced Suet. 2 tablesp. minced Ham. $\frac{1}{2}$ pt. Water. $\frac{1}{2}$ glass Port Wine.

Mix the bread-crumbs, parsley, ham, suet, lemon-rind, onion, salt and pepper together with the eggs beaten, spread this on the steak, roll up and tie with string; put in a dripping tin with a little

dripping round and on top. Bake $1\frac{1}{2}$ hours, basting occasionally. Dish, pour away nearly all fat from dripping tin, mix into remainder the flour, brown it, add the water, Liebig Company's Extract of Meat, and a little seasoning, boil up, add the wine, pour a little over the beef and serve the rest in a tureen.

Note. A little red currant jelly may be served with this.

72. Jugged Hare.

6 or 8 Persons. — Time $2\frac{1}{2}$ hours.



1 Hare, jointed. 1 lb. Steak. $\frac{1}{2}$ lb. Bacon. 2 Onions. Salt and Pepper. 1 glass Port Wine. 1 doz. forcemeat Balls (No. 35). $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 4 or 5 Cloves. Bunch Sweet Herbs. A little grated Lemon-rind. 1 pt. Water. 1 oz. Butter. 1 oz. Flour.

Put into a jar a layer of the bacon, then one of the hare, onion sliced, steak sliced, season each layer with the salt, pepper and lemon-rind, adding the herbs and cloves; continue this till materials are used, pour over the water, cover the jar, put in the oven to stew for 2 hours, lift out the hare, strain off the gravy, remove the fat and add the butter and flour, worked into a ball, the Liebig Company's Extract of Meat and forcemeat balls, boil 10 minutes, add the wine, pour over the hare and serve.

73. Stewed Partridge.

2 or 3 Persons. — Time 1 hour.

A brace of Partridge. 2 ozs. Butter. $\frac{1}{2}$ pint Water. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 glass White Wine. 1 small Onion, sliced. Bunch Sweet Herbs. Salt and Pepper.

Draw and clean the birds, divide into pieces and fry to a light brown in the butter, sprinkle with a teaspoonful of flour, add the onion, herbs, water, Liebig Company's Extract of Meat and pepper, simmer half an hour or until tender; lift out the pieces of partridge, skim off the fat from gravy, boil until reduced to half the quantity, add the wine and salt, strain over the birds and serve. Garnish the dish with pieces of lemon.

74. Pheasant à la Madrid.

3 or 4 Persons. — Time $1\frac{1}{2}$ hours.



1 Pheasant. 2 or 3 Truffles or 4 ozs. Mushrooms. 1 teasp. minced Parsley. 1 tablesp. Bread-crumbs. 3 Shallots. Bunch Sweet Herbs. 1 Egg. $1\frac{1}{2}$ ozs. Butter. 1 glass Madeira. 1 dessertsp. Lemon-juice. $\frac{1}{4}$ pt. Water. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 teasp. Flour. Salt and Pepper.

Prepare a forcemeat of half the mushrooms, 1 shallot, the seasoning, bread-crumbs and parsley, mince all together and mix with the egg, adding also

the liver of the bird, first minced and fried. Draw and truss the pheasant, fill the breast with the force-meat; now lard the breast, cover the whole with thin slices of bacon and roast about 45 to 60 minutes, according to size. About 5 minutes before it is ready, remove the bacon to allow the larding to crisp and the bird to brown. Meanwhile fry in the butter the remaining 2 shallots and the mushrooms, minced; add the flour and brown it, then add the water, Liebig Company's Extract of Meat and herbs; simmer the whole for 15 minutes. After dishing the pheasant, pour away the surplus fat from dripping tin, add the drippings to the gravy, add also the seasoning, lemon-juice and wine, re-heat without boiling, pass through a fine strainer, pour a little over the bird and serve the remainder in a tureen.

75. Stewed Pigeons.

3 to 6 Persons. — Time 1 hour.

3 Pigeons. 1 oz. Butter. $\frac{1}{2}$ oz. Flour. 1 small Onion. Bunch Sweet Herbs. 1 Bay-leaf. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 pt. Water. Salt and Pepper. 1 teasp. Lemon-juice.

Divide the pigeons into quarters, put in a pan with onion sliced, bay-leaf, bunch of herbs and pepper, and stew $\frac{1}{2}$ hour to $\frac{3}{4}$, according to age of birds; strain the gravy, add the butter and flour worked into a ball, the lemon-juice and Liebig Company's Extract of Meat; boil up, pour round the pigeons and serve.

Note. A little port wine (half a glass) may be added to the gravy before serving, if liked. A few mushrooms may also be added to the dish.

76. Curried Rabbit.

4 Persons. — Time 1½ hours.

(Fowl, Veal or Mutton may be used for this Dish.)

1 Rabbit. 1 Onion. ¼ lb. fat Bacon. 1 tablesp. Curry-powder. ½ teasp. Liebig Company's Extract of Meat. 1 dessertsp. Flour. 1 tablesp. Lemon-juice. 1 tablesp. grated Cocoanut. ½ teasp. Sugar. ½ pt. Water. Salt.

Cut the bacon into dice and fry it, remove the pieces from pan; fry in the fat the rabbit, cut into small joints, remove, and fry the onion, then curry and flour; add to these, in pan, the water, Liebig Company's Extract of Meat, cocoanut, sugar, rabbit and bacon; simmer the whole for an hour or until rabbit is tender, add lemon-juice and salt; pile rabbit in centre of dish and pour gravy round. Serve with boiled rice.

77. Rook Pie.

4 to 6 Persons. — Time 2 hours.

¾ lb. Puff Pastry, not too rich. 4 Rooks. ½ lb. Beefsteak. ½ teasp. Liebig Company's Extract of Meat. 1 tablesp. Flour. 1 teasp. Salt. Dust-powdered Mace. ½ pt. Water. 1 oz. Butter. ¼ teasp. Pepper.

Skin the Rooks, cut out the back-bone and draw, remove the head and feet, and wing bones to second joint; steep in milk-water, containing salt, for several hours; divide the steak into strips, mix the flour, mace, salt and pepper on a plate, roll each piece of steak in the seasoning, roll up and place at the bottom of the dish; divide the rooks into 2 or 4, roll in the seasoning, put a little of the butter in each and place on the top of the steak, pour in a little of the water, cover

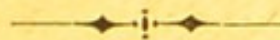
with the pastry, brush over with beaten egg, make 2 or 3 holes in the pastry to ventilate the pie and bake $1\frac{1}{2}$ hours in a moderate oven. When cooked, add the remainder of the water, boiling, in which the Liebig Company's Extract of Meat has been dissolved, and serve.





COLD MEAT COOKERY.

In preparing cold meat dishes, the principal precaution to be observed is against over-cooking, which renders the meat tasteless, hard and indigestible. It is rarely necessary to do more than heat the meat through, the plan usually adopted being to make first a rich gravy or sauce, in which Liebig Company's Extract of Meat can be used with great advantage; then the meat, cut up or minced, is allowed to warm through in the gravy.



78. Hashed Beef (No. 1).

2 to 4 Persons. — Time 10 minutes.

1 lb. under-cooked Beef. Dust-powdered Herbs. $\frac{1}{2}$ pt. Gravy or Water. 1 teasp. Mushroom Ketchup. 1 oz. Butter. $\frac{1}{2}$ oz. Flour. 1 teasp. Vinegar. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Cut up meat into dice, sprinkle over it the flour and herbs. Make butter hot and fry the meat in it 2 or 3 minutes, also the onion minced; add the gravy, Liebig Company's Extract of Meat, etc., boil up to cook the flour, serve and garnish dish with toast cut in squares and lightly spread with Liebig Company's Extract of Meat, or with poached eggs.

79. Hashed Beef (No. 2).

3 or 4 Persons. — Time $1\frac{1}{4}$ hours.

1 Onion. 1 oz. Butter. 1 teasp. Flour. 1 lb. sliced Cold Beef. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. A piece of Turnip. $\frac{1}{2}$ doz. small Carrots. 1 pt. Water. Salt and Pepper.

Mince the onion and fry it in the butter, add the water, Liebig Company's Extract of Meat, salt, pepper, carrots (whole), and turnip (cut in small pieces).

Boil for one hour or until carrots are tender; add the flour, moistened with a little cold water, and the meat; re-heat. Place the meat in the centre of a dish, pour gravy over, garnish dish with the carrots and with pieces of toast spread with a little Liebig Company's Extract of Meat.

80. Chicken or Cold Meat Cutlets.

6 Persons. — Time $1\frac{1}{2}$ hours.

$\frac{3}{4}$ lb. Cold Chicken, minced. 2 tablesp. minced Tinned Mushrooms. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 tablesp. cooked Ham, minced. $1\frac{1}{2}$ ozs. Butter. $1\frac{1}{2}$ ozs. Flour. 3 ozs. Bread-crumbs. $\frac{1}{3}$ rd. pt. Water or Stock. 1 Egg. Salt and Pepper. 1 teasp. Lemon-juice.

Melt the butter, add the flour, stir till smooth; add the water or stock (stock may be made by

stewing the chicken bones in a little water), boil for 2 or 3 minutes, add the cold meats, seasonings and lemon-juice, spread the mixture on a dinner plate to the thickness of about $\frac{1}{2}$ an inch, and set aside, till cold. When quite cold, divide the mixture straight through the centre into 2, divide again into 4 and each quarter divide into 3. Take each piece and form it into the shape of a mutton cutlet with a knife, insert into the thin end of each a piece of Macaroni, about an inch long, to represent the bone, brush over with the beaten egg, roll in the bread-crumbs, fry to a nice brown, in enough smoking-hot fat to cover them, and drain. Dish in a ring and garnish centre with parsley.

81. Casseroles of Cold Meat.

3 Persons. — Time 45 minutes.



6 ozs. Cold Meat, minced.
1 oz. Butter. $\frac{1}{2}$ oz. Flour. 1 lb.
Mashed Potatoes. 3 ozs. Bread-
crumbs. 4 tablesp. Water or
Gravy. $\frac{1}{4}$ teasp. Liebig Com-
pany's Extract of Meat. Salt
and Pepper. 1 Egg.

Mix the potatoes with $\frac{1}{2}$ oz. of the butter, melted, add a little salt and pepper and a teaspoonful of the beaten egg; form into flat cakes, about $2\frac{1}{2}$ inches in diameter and $\frac{1}{2}$ inch thick; brush these with the remainder of the egg, roll in the bread-crumbs and fry in sufficient smoking-hot fat to cover them; when browned, lift out and drain. Melt the remaining $\frac{1}{2}$ oz. butter in a pan, add the flour, stir, till smooth, and add the water or gravy,

Liebig Company's Extract of Meat, seasoning and cold meat, and heat through. Remove the centres from the small rounds of potato, taking care not to carry the hole right through; fill the cavity thus formed in each with the mixture, piling it up high; garnish each with a little parsley and serve.

82. Croquettes of Cold Meat.

4 to 6 Persons. — Time 30 minutes.

$\frac{1}{2}$ lb. Cold Meat, minced. 6 ozs. Bread-crumbs. 1 tablesp. minced Parsley. $\frac{1}{3}$ rd. pt. Water or Gravy. 1 teasp. Mushroom Ketchup. Salt and Pepper. $1\frac{1}{2}$ ozs. Butter. $1\frac{1}{2}$ ozs. Flour. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 Egg.

Melt butter, stir into it the flour, add the water or gravy, seasonings, ketchup and Liebig Company's Extract of Meat, boil gently a few minutes, then add the cold meat, 2 ozs. bread-crumbs and parsley, and set aside to cool; form the mixture into balls, brush well over with the egg, beaten, roll in the remaining bread-crumbs, and fry to a light brown in sufficient smoking-hot fat to cover them. When done, lift out and drain well.

Note. A rich brown gravy may, with advantage, be served with this dish.

83. Rissoles of Cold Meat.

4 to 6 Persons. — Time 30 minutes.

1 oz. Butter. 1 oz. Flour. $\frac{1}{4}$ pint Water. 1 teasp. Mushroom Ketchup. 3 ozs. Bread-crumbs. 1 Egg. 1 tablesp. minced Parsley. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 6 ozs. Cold Meat, minced. Salt and Pepper. Some scraps of Pastry.

Melt butter, stir in the flour, till smooth, then add the water, Liebig Company's Extract of Meat,

salt, pepper and mushroom ketchup. Boil gently two or three minutes, then add the meat (any kind), stir well together and set aside to cool. Meanwhile roll out the pastry very thin, stamp out into discs, 4 inches in diameter; put a teaspoonful of the mixture in the centre of each disc, wet the edges of the pastry, fold over in half and seal firmly. Brush each rissole with the beaten egg, taking care that it is well covered, and roll in the bread-crumbs, to which the minced parsley and a little seasoning has been added; fry the rissoles 3 or 4 minutes in smoking-hot fat; drain well, pile up in a dish and garnish with parsley. Serve.

84. Hashed Mutton.

3 or 4 Persons. — Time 35 minutes.

1 lb. Cold Mutton, minced. 1 oz. Butter. 1 oz. Flour.
 $\frac{1}{2}$ pt. Water or Stock. 1 good-sized Tomato. 1 small Onion.
Salt and Pepper. $\frac{1}{2}$ teaspoonful Liebig Company's Extract of Meat.

Mince the onion and fry in the butter, also slice the Tomato and fry afterwards, add the flour, water, Liebig Company's Extract of Meat and seasoning; simmer 20 minutes, strain and add the mutton to the sauce, warm through, pour into the centre of a dish, garnish with mashed potatoes or with pieces of buttered toast spread with Liebig Company's Extract of Meat; serve.

85. Shepherd's Pie.

3 or 4 Persons. — Time 30 minutes.

1 lb. Cold Meat, minced. 2 lbs. Mashed Potatoes.
1 Onion, minced. Salt and Pepper. 1 oz. Butter. $\frac{1}{4}$ pt.
Water or Gravy. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Fry the onion in the butter, put into a pie-dish a layer of the potato, a little seasoning, a layer of the meat, then onion, pour over the water or gravy, in which the Liebig Company's Extract of Meat has been dissolved, and continue the layers until the dish is filled, covering over the whole with a layer of potatoes. Make the potato rough on the top with a fork, put on a few pieces of butter and bake until browned. Serve.





VEGETABLES.

86. Stewed Mushrooms.

2 Persons. — Time 15 minutes.

$\frac{1}{2}$ lb. Mushrooms (medium-sized). $\frac{1}{3}$ rd. pt. Water.
 $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. Salt and
 Pepper. 2 ozs. Butter.

Skin the mushrooms and fry them in the butter for 3 or 4 minutes, add the water, Liebig Company's Extract of Meat and seasoning; simmer 3 or 4 minutes or until tender. Dish neatly, having the mushrooms quite whole, and pour round the gravy.

Note. This dish should be garnished with pieces of buttered toast, on which a little Liebig Company's Extract of Meat has been spread.

87. Surprise Potatoes.

6 Persons. — Time 1 $\frac{1}{4}$ hours.

1 doz. good-sized Roast Potatoes. $\frac{1}{2}$ lb. cold Cooked Meat.
 $\frac{1}{2}$ oz. Butter. $\frac{1}{2}$ oz. Flour. Salt and Pepper. 4 tablesp. Water.
 $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Melt the butter, mix it with the flour, also the water, Liebig Company's Extract of Meat and seasoning, boil up, add the meat and re-heat. Partially cut off the end of each potato, take out a portion of the inside, sprinkle in a little salt, fill the vacancy with the meat mixture, cover with a little of the potato taken out, close up the end, dish in a pile cut side downwards. Serve as Roast Potatoes.

88. Farced Tomatoes.

3 or 4 Persons. — Time 30 minutes.

$\frac{1}{2}$ doz. medium Tomatoes. 2 tablesp. Bread-crumbs.
2 tablesp. minced Ham. 1 teasp. minced Parsley. 1 tablesp.
minced Suet. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.
Salt and Pepper. A little grated Lemon-rind. 1 Egg. 1 oz.
Butter. Small piece Onion. $\frac{1}{2}$ teasp. Flour. $\frac{1}{2}$ pt. Water.

Remove the cores from the Tomatoes; make a forcemeat from the bread-crumbs, ham, parsley, suet, salt, pepper and lemon-rind mixed together with the egg. Fill the centre of each Tomato with this, put into a dripping tin, with a small piece of butter on each, and bake in a rather slow oven 20 minutes. Fry the onion and the cores of the tomatoes in the butter, add the flour, water, Liebig Company's Extract of Meat and seasoning, boil 10 minutes; dish the tomatoes and strain the gravy round.

89. Dressed Vegetable Marrow.

4 to 6 Persons. — Time 1 hour.



1 medium-sized Marrow. 2 tablesp. Chopped Cooked Ham. 2 tablesp. Suet. 2 tablesp. Bread-crumbs. A dust of Sweet Herbs. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 Egg. Salt and Pepper. A little grated Lemon-rind. 1 dessertsp. minced Parsley. $\frac{1}{2}$ pt. Water.

Peel the marrow and remove seeds from centre, keeping the marrow whole. Boil 20 minutes in water, to which a little salt has been added; lift out and drain. Make a forcemeat from the ham, suet, bread-crumbs, parsley, herbs, lemon-rind and seasoning, made into a paste with the egg; stuff the marrow with the forcemeat, place in a dripping tin, with a piece of butter on top, pour round the water, with the Liebig Company's Extract of Meat dissolved in it; bake in a rather slow oven for half an hour, basting occasionally. Dish, sprinkle over the Marrow a few browned bread-crumbs, stick into each end a bunch of parsley, pour the gravy round and serve.

Note. A little thickening may be added to the gravy, if liked.

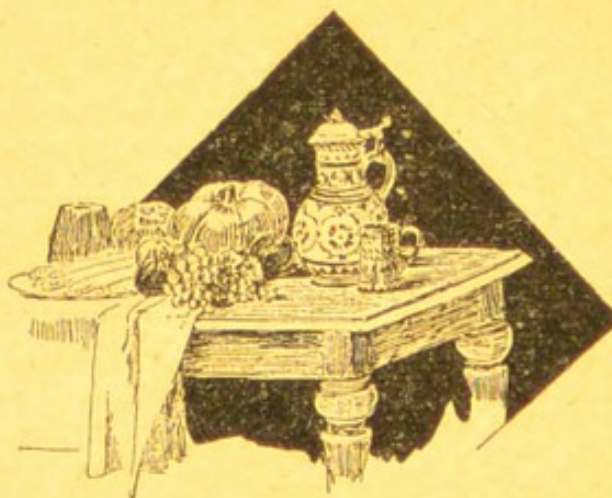
90. Vegetable Pie.

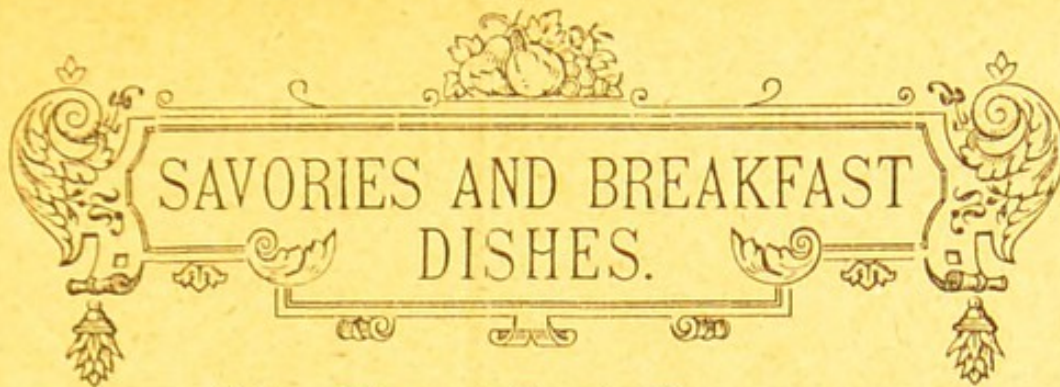
3 Persons. — Time 1 hour and 50 minutes.



2 lbs. Potatoes.
 $\frac{1}{2}$ lb. Mushrooms.
1 Onion. $\frac{3}{4}$ lb.
Puff Pastry (Recipe
No. 148). Salt and
Pepper. $\frac{1}{2}$ pint
Water. $\frac{1}{2}$ teasp.
Liebig Company's
Extract of Meat.

Cut up the potatoes, put a layer in a pie-dish, sprinkle over a little seasoning, then a layer of onion, sliced, then mushrooms, peeled, and more seasoning, continuing this until the dish is heaped full. Dissolve the Liebig Company's Extract of Meat in the water and add 2 tablespoonfuls to the pie. Roll out the pastry and cover the dish, make 3 holes to ventilate the pie, bake $1\frac{1}{2}$ hours in a moderate oven, add the remainder of the gravy and serve.





SAVORIES AND BREAKFAST DISHES.

91. Breakfast Brawn.

6 Persons. — Time 2 hours.

1 lb. cold minced Meat. 1 pt. Stock or Water. 1 teasp. Liebig Company's Extract of Meat. 1 dessertsp. Mushroom Ketchup. $\frac{1}{2}$ oz. Gelatine. 1 hard-boiled Egg. Salt and Pepper. A few sprigs Parsley.

Dissolve the gelatine in the stock or water, add the Liebig Company's Extract of Meat, ketchup, seasoning and meat; decorate the sides of a mould with the parsley and egg, pour in the brawn when commencing to set, and, when quite firm, turn out.

92. Cheese Pudding.

6 Persons. — Time 30 minutes.

$\frac{1}{2}$ lb. Cheese. 2 Eggs. $\frac{1}{2}$ pt. Milk. 1 oz. Butter. A little Cayenne Pepper, if liked. 2 ôzs. Bread-crumbs. Salt and Pepper. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.



Grate the cheese, mix with the bread-crumbs, salt and pepper. Boil the milk, dissolve in it the Liebig Company's Extract of Meat, and pour over the cheese mixture. Separate the yolks from the whites of eggs, beat up the yolks and add

to the cheese mixture; whip up the whites to a stiff froth and stir very lightly into the whole. Pour into a buttered pie dish and bake 10 to 15 minutes.

93. Breakfast Eggs.

4 to 6 Persons. — Time 15 minutes.



6 Eggs. 2 tablesp. minced Parsley. 2 tablesp. minced cooked Ham or Chicken. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. Salt and Pepper.

Butter thickly $\frac{1}{2}$ doz. Dariol moulds (Liebig Company's 2 oz. Extract Jars do very well instead of Dariols), mix the parsley and ham, and shake into each mould, so that the sides may

be covered with the mixture, and reject the surplus. Break one egg into each mould or jar, sprinkle with salt and pepper; stand these in a pan containing water, allowing the water to come within about $\frac{1}{2}$ inch of the top; simmer slowly till eggs are just set, then take out the moulds from the pan. Toast some bread and cut out into rounds a little larger than the moulds, butter them and spread over a little Liebig Company's Extract of Meat. Turn out the eggs, one on each piece of toast, and serve.

94. Curried Eggs.

3 Persons. — Time 15 minutes.

6 hard-boiled Eggs. 1 small Onion. 1 dessertsp. Curry-powder. 1 teasp. Lemon-juice. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 teasp. Flour. 1 oz. Butter. Salt. $\frac{1}{4}$ pt. Water or Gravy.

Mince the onion and fry in the butter, add the curry, flour, stock or water, Liebig Company's Extract of Meat, salt and lemon-juice; boil up, stir in 4 of the eggs cut into quarters, pour into a dish and garnish with the remaining 2 eggs cut up.

95. Eggs à la Crème.

4 Persons. — Time 20 minutes.

4 Eggs. $\frac{1}{2}$ pt. Milk or Cream. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. Salt and Pepper. 1 teasp. minced Parsley.

Beat up the eggs, add the salt, pepper, parsley, and the milk or cream, in which the Liebig Company's Extract of Meat has been dissolved, pour into small buttered moulds (the 2 oz. Extract Jars of the Liebig Company do very well), stand the moulds in a pan containing water, put on the lid of the pan, and simmer the water gently until the mixture in the moulds has just set. Turn out into a dish and serve with a rich brown gravy (Recipe No. 118).

96. Eggs au Gratin.

2 Persons. — Time 10 minutes.

4 Eggs. Salt and Pepper. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 dessertsp. grated Cheese. 1 tablesp. Vinegar.

Have ready some boiling water in a frying-pan, add to it the vinegar and a little salt, break the eggs, and add one at a time to the water; simmer slowly, until the whites are just set; lift out carefully with a fish slice and drain; put each egg on a slice of buttered toast, previously spread with the Liebig Company's Extract of Meat; sprinkle each egg with a little of the cheese, brown quickly in front of a hot fire and serve.

97. Egg and Mushroom Ragout.

3 or 4 Persons. — Time 20 minutes.

$\frac{1}{2}$ lb. Mushrooms. 3 hard-boiled Eggs. 2 ozs. Butter. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 teasp. Flour. $\frac{1}{4}$ pt. Water or Stock. Salt and Pepper.

Heat the butter and fry in it the mushrooms, previously skinned and chopped coarsely, add the

flour, the stock or water, and Liebig Company's Extract of Meat; boil 5 minutes; add 2 eggs cut lengthwise into quarters, and re-heat; pile the mixture in the centre of a dish, garnish with the remaining egg cut into 4 or 8 pieces, and some pieces of toast spread with a little of the Liebig Company's Extract of Meat. Serve.

98. Scrambled or Buttered Eggs.

4 Persons. — Time 10 minutes.

4 Eggs. 1 oz. Butter. Salt and Pepper. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Put the butter on a plate, set it over a saucepan of boiling water, break the eggs on to the plate and sprinkle with salt and pepper; stir with a fork until just set. Have ready some rounds of toast buttered and spread with a little Liebig Company's Extract of Meat. Pile the eggs on the toast and serve.

99. Dried Haddock on Toast.

2 Persons. — Time 10 minutes.



3 Eggs. $\frac{1}{2}$ oz. Butter. 2 tablesp. minced cooked Haddock. Some rounds of buttered Toast. Dust Pepper. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Melt butter in pan, add the eggs, haddock, Liebig Company's Extract of Meat, and pepper; stir until just set, dish on rounds of buttered toast spread with a little Liebig Company's Extract of Meat, and serve.

100. Ham Toast.

2 Persons. — Time 10 minutes.

4 ozs. lean cooked Ham, minced. 2 Eggs. $\frac{1}{2}$ oz. Butter. A little Pepper. Some Toast. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Melt butter in pan, break in eggs, add ham, pepper and Liebig Company's Extract of Meat; stir until set, dish on rounds of buttered toast spread with a little Liebig Company's Extract of Meat, and garnish with a little parsley.

101. Liebig Sandwiches.

Time 10 minutes.

Some thin slices of Bread and Butter. A little Mustard and Cress, or Water-cress. Liebig Company's Extract of Meat. Salt.

Spread over the bread and butter a little of the Liebig Company's Extract of Meat, put on a layer of the cress, sprinkle with salt, then place on top another piece of the bread and butter spread with the Liebig Company's Extract of Meat. Cut in finger lengths, pile up in a dish and garnish with the cress.

102. Liebig on Toast.

Butter some rounds of toasted bread, spread over a very little Liebig Company's Extract of Meat, and sprinkle with a very little salt and pepper, cut in finger lengths and pile up in the centre of a dish. This is an excellent savory for breakfast and is a great favourite with children. The dish may be garnished with parsley.

103. Macaroni Cheese.

4 Persons. — Time 1 hour.

3 ozs. Macaroni. $1\frac{1}{2}$ ozs. Butter. 1 oz. Flour. $\frac{1}{4}$ teasp. Liebig Company's Extract of Meat. Salt, Pepper, Cayenne and Mustard. $\frac{3}{4}$ pint Milk. 2 ozs. Parmesan Cheese or 3 ozs. any grated Cheese.

Boil the Macaroni in plenty of water until tender, and cut up into pieces $1\frac{1}{2}$ inches in length.

Put the butter into saucepan, melt and add flour, milk and Liebig Company's Extract of Meat; boil 2 or 3 minutes, add the seasonings, half the cheese, and the Macaroni; stir; pour into a pie-dish, cover with the remaining half of the cheese and brown in a hot oven, under a gas grill or in front of a clear fire. Serve.

104. Mushroom Toast.

3 Persons. — Time 15 minutes.

$\frac{1}{2}$ lb. Mushrooms. 3 Eggs. Salt and Pepper. 2 ozs. Butter. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Peel and chop up the mushrooms, and fry in the butter 5 minutes, break into them the eggs, add the seasoning and stir the whole until eggs are just set. Dish on some rounds of buttered toast, previously spread with a little of the Liebig Company's Extract of Meat, and serve.

105. Ham Omelette.

2 Persons. — Time 15 minutes.



2 large Eggs. Salt and Pepper. $\frac{1}{4}$ teasp. Liebig Company's Extract of Meat. $1\frac{1}{2}$ ozs. Butter. 1 tablesp. finely-minced lean, boiled Ham.

Whip the whites of the eggs to a stiff froth, then add the yolks unbeaten, the ham, salt, pepper, and the Liebig Company's Extract of Meat dissolved in a little boiling water. Stir all lightly together. Melt butter in an omelette pan, pour in the mixture, fry a light brown, brown the top under a gas grill or in front of a brisk fire, fold over and serve.

106. Kidney Omelette.

2 Persons. — Time 20 minutes.

2 large Eggs. 2 ozs. Butter. $\frac{1}{4}$ pt. Water. 1 dessertsp. minced Parsley. Salt and Pepper. 1 Sheep's Kidney. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Slice the kidney, heat $\frac{1}{2}$ oz. butter till brown, and fry the kidney until browned, add the water, Liebig Company's Extract of Meat, salt and pepper; simmer very slowly 5 minutes. Meanwhile whip up whites of egg to a stiff froth, add a very little salt and pepper, the yolks of egg and a tablespoonful of the gravy from the kidney; stir together very lightly, pour into an omelette pan, in which the remaining $1\frac{1}{2}$ ozs. of butter has been melted, fry a light brown, carefully preventing it from sticking; brown the top slightly, place the slices of kidney on one-half of the omelette, fold over and serve on a hot dish; add the minced parsley to the gravy and pour round.

Note. A tablespoonful of Madeira or Sherry may be added to the gravy, if liked.

107. Omelette au Liebig.

2 Persons. — Time 15 minutes.

2 large Eggs. $\frac{1}{2}$ teasp. minced Parsley. $\frac{1}{4}$ teasp. Liebig Company's Extract of Meat. $1\frac{1}{2}$ ozs. Butter. Salt and Pepper. Small piece of Onion, the size of a pea. Dust of powdered Sweet Herbs.

Whip up the whites of the eggs to a stiff froth, add the parsley, onion minced, sweet herbs, salt, pepper, yolks of egg unbeaten, and the Liebig Company's Extract of Meat dissolved in a tablespoonful of boiling water or milk. Stir all very lightly together, pour into an omelette pan in which the butter has been melted; fry till lightly browned, taking care to prevent it sticking, slightly brown the top under a gas grill or in front of a bright fire, fold over and serve immediately on a hot dish.

108. Mushroom Omelette.

2 Persons. — Time 20 minutes.



2 large Eggs. $\frac{1}{4}$ lb.
Mushrooms. 2 or 3
tablesp. Water. Salt
and Pepper. 2 ozs.
Butter. $\frac{1}{2}$ teasp.
Liebig Company's
Extract of Meat.

Heat half the butter in a pan, add the mushrooms (previously skinned and stems removed) and fry for 2 or 3 minutes; add the water, salt, pepper and Liebig Company's Extract of Meat; allow to simmer gently till mushrooms become tender. Whip up whites of eggs to a stiff froth, add yolks, a little salt and pepper, and a tablespoonful of the gravy from mushrooms; fry the omelette with the remainder of the butter, brown the top, put mushrooms on one half, fold over and serve on a hot dish, with gravy poured round.

109. Parmesan Omelette.

2 Persons. — Time 15 minutes.

2 large Eggs. $1\frac{1}{2}$ ozs. Butter. $\frac{1}{4}$ teasp. Liebig Company's Extract of Meat. Salt and Pepper. 1 dessertsp. grated Parmesan Cheese.

Whip the whites of the eggs to a stiff froth, add the yolks, salt, pepper, cheese and the Liebig Company's Extract of Meat dissolved in a dessertspoonful of boiling water or milk; stir lightly together, melt the butter in an omelette pan, pour in the mixture and fry carefully till light brown, brown the top under a gas grill or in front of a clear fire, fold over and serve on a hot dish.

110. Tomato Omelette.

2 Persons. — Time 20 minutes.

2 large Eggs. 2 ozs. Butter. 1 medium-sized Tomato. Salt and Pepper. $\frac{1}{4}$ teasp. Liebig Company's Extract of Meat.

Dip the Tomato in boiling water and remove the skin; slice and fry it in half an oz. of the butter until tender; stir in the Liebig Company's Extract of Meat, salt and pepper. Whip up the whites of eggs to a stiff froth, add the yolks, salt and pepper, and 1 tablespoonful of the liquid strained from the tomato; stir lightly together, pour into an omelette pan in which the remainder of the butter has been melted, fry carefully a light brown, brown the top, place on one-half the pulp of the Tomato, fold over and serve at once on a hot dish.

111. Scotch Woodcock.

2 Persons. — Time 30 minutes.

1 oz. Butter. 1 oz. Flour. $\frac{1}{2}$ pt. Milk. 2 rounds of Toast. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 2 ozs. Parmesan Cheese. 2 hard-boiled Eggs.

Have the toast hot and ready, spread on it a little Liebig Company's Extract of Meat. Chop up whites of eggs, place on one of the rounds of toast and sprinkle over a little of the cheese. Melt butter in saucepan, add flour and stir till smooth, add the milk and Liebig Company's Extract of Meat, boil a few minutes and add the seasoning and remainder of cheese. Put a tablespoonful of this sauce over the whites of eggs, lay the other round of toast on top, divide into 4 or 6 pieces, lift carefully on to a dish with a fish slice, pour over the sauce, quite hot, and rub the yolks of eggs through a wire sieve over the whole. Put into the oven to re-heat and serve.

Note. A little minced parsley sprinkled over the Woodcock is a very pretty garnish to the dish.

112. Welsh Rabbit.

2 Persons. — Time 10 minutes.

$\frac{1}{4}$ lb. new Cheese. 2 tablesp. Milk. $\frac{1}{4}$ teasp. Liebig Company's Extract of Meat. Salt, Pepper and Cayenne. 2 rounds Toast.

Have the toast hot and ready, butter it and spread over a little Liebig Company's Extract of Meat. Put into a pan the milk, cheese cut thin, salt, pepper and Liebig Company's Extract of Meat, heat and stir until quite smooth, pour over the toast and serve quickly.





GRAVIES, SAUCES, ETC.

With each dish it is important that a proper gravy or sauce be served, and a careful distinction made between a gravy and a sauce. The former may be quite thin or only slightly thickened, whereas a hot sauce is usually of a thickish character.

Meat trimmings, bones of Poultry, etc., may be stewed in a little water and used for making both gravies and sauces with the addition of a little Liebig Company's Extract of Meat.

113. Brown Glaze.

Time 30 minutes.

1 pt. Aspic Jelly (Recipe No. 139). 1 Tomato. 1 teasp. Liebig Company's Extract of Meat. A few drops Cochineal. Salt and Pepper.

Put all the ingredients into a saucepan and boil until reduced to half the quantity, pass through a fine sieve, and, when it commences to set, use for coating hams, tongues, galantines, pressed beef, etc. This is usually applied with a brush. Only enough cochineal must be used to give the glaze a reddish-brown tinge.

114. Browning for Gravies, Soups, etc.

$\frac{1}{2}$ lb. Raw Sugar. $\frac{1}{3}$ pint Water.

Put the sugar into an old iron pan, stir with an iron spoon until it melts and turns a dark brown color, then add the water, taking care to prevent it boiling over, boil until sugar is dissolved and bottle when cold. A small quantity of this gives a very rich colour.

115. Brown Gravy No. 1.

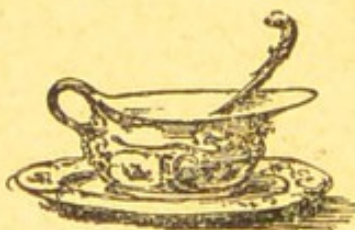
For Roast Meat.

Pour away all the fat from the dripping-tin, retaining the brown sediment, add to this $\frac{1}{2}$ pint water, a good $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat, and a little salt and pepper (Celery salt is a good addition). Boil up and strain over the joint.

Note. The quantity may be regulated by size of joint. Proportions as above.

116. Brown Gravy No. 2.

For Fowls, Veal, etc.



Pour away the fat from dripping tin, add a small teaspoonful flour, $\frac{1}{2}$ pt. water, a good $\frac{1}{2}$ teaspoonful Liebig Company's Extract of Meat, salt and pepper; boil up and strain over.

117. Brown Gravy No. 3.

For Game, etc.

4 to 6 Persons. — Time 12 minutes.

$\frac{1}{2}$ pt. Water. 1 glass Port Wine. Blade Mace. 1 tablesp. Mushroom Ketchup. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 teasp. Lemon-juice. 1 Shallot or small Onion. 1 oz. Butter. 1 teasp. Flour.

Fry in the butter the shallot, sliced, and the flour, add all the rest of the ingredients, except the wine, boil 5 minutes, strain, add the wine, re-heat, but do not allow to boil, and serve.

118. Mushroom Gravy.

For Entrées, Chops, Steaks, etc.

4 Persons. — Time 18 minutes.

$\frac{1}{4}$ lb. Mushrooms, minced. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 teasp. Flour. $\frac{1}{2}$ pint Water. 1 oz. Butter. Salt and Pepper. A slice of Onion.

Fry the mushrooms and onion in the butter a few minutes, add the flour, salt, pepper, water and Liebig Company's Extract of Meat, boil 5 or 10 minutes, pass through a hair sieve, pressing all the juice out of the mushrooms, re-heat and serve.

Note. If preferred, the mushrooms can be served in the gravy.

119. Tomato Gravy.

For Entrées, etc.

4 Persons. — Time 20 minutes.

$\frac{1}{4}$ lb. Tomatoes. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 oz. Butter. Slice of Onion. 1 teasp. Flour. Salt and Pepper. $\frac{1}{2}$ pt. Water. 1 Clove.

Slice the tomato and fry, with the onion, in the butter five minutes, add the flour, salt, pepper, water, clove and Liebig Company's Extract of Meat, boil 10 minutes, pass through a hair sieve and serve.

120. Brown Sauce for Grills, etc.

3 Persons. — Time 30 minutes.



1 small Onion, minced.
1 teasp. made Mustard.
1 teasp. Lemon-juice.
1 dessertsp. chopped
Capers. $\frac{1}{2}$ oz. Flour.
Salt, Pepper and
Cayenne. $\frac{1}{2}$ pt. Water.
 $\frac{1}{2}$ teasp. Liebig Com-
pany's Extract of Meat.
 $\frac{1}{4}$ teasp. grated Lemon-
rind. 1 oz. Butter.

Melt the butter,
stir in the flour, add

the water, onion, capers, salt, pepper and cayenne,
and simmer 20 minutes; add the Liebig Company's
Extract of Meat, a little Browning (No. 114), mustard,
lemon-juice and rind, and serve.

121. Caper Sauce.

4 Persons. — Time 10 minutes.

$1\frac{1}{2}$ ozs. Butter. $\frac{1}{4}$ teasp. Liebig Company's Extract
of Meat. 1 oz. Flour. $\frac{1}{2}$ pt. Milk. 2 tablesp. Capers.
1 tablesp. Vinegar. Salt and Pepper.

Melt the butter, stir in flour till smooth, add
milk, vinegar, and Liebig Company's Extract of
Meat, salt and pepper; boil 3 minutes, strain, add
the capers, re-heat and serve.

Note. This sauce is usually served with boiled
mutton.

122. Horseradish Sauce.

6 Persons. — Time 20 minutes.

1 Horseradish. $\frac{1}{4}$ pt. Milk. $\frac{1}{4}$ pt. Cream. $\frac{1}{4}$ teasp.
dry Mustard. Salt and Pepper. 1 tablesp. Vinegar. 1 yolk
of Egg. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Scrape and pound the horseradish, put into
a pan with all the ingredients, except the yolk

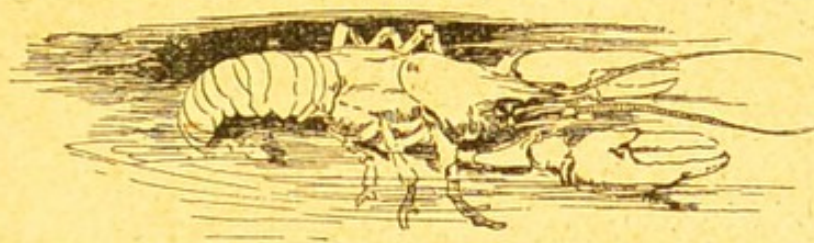
of egg and vinegar, stir and allow to stand a few minutes, heat to nearly boiling point, then pour over the yolk beaten with the vinegar and serve.

Horseradish Sauce, Cold.

Recipe as above, leaving out the egg, not heated, but allowed to stand two hours before serving.

123. Lobster Sauce.

4 to 6 Persons. — Time 15 minutes.



2 ozs. Butter. $1\frac{1}{2}$ ozs. Flour. $\frac{3}{4}$ pint Milk. A few drops Lemon-juice. 4 ozs. minced Lobster. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. Salt and Pepper. $\frac{1}{2}$ teasp. Anchovy Essence. A few grains Cayenne.

Melt the butter, add the flour and stir till smooth, add the milk, Liebig Company's Extract of Meat, salt, pepper, anchovy essence and lemon-juice, stir the whole and boil 3 minutes, pass through a fine strainer; stir in the Lobster (not minced too finely), re-heat and serve.

124. Liver Sauce.

4 to 6 Persons. — Time 35 minutes.

Liver of one Fowl. $1\frac{1}{2}$ ozs. Butter. 1 oz. Flour. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. Salt and Pepper. 1 Shallot. $\frac{1}{2}$ teasp. grated Lemon-rind. $\frac{3}{4}$ pint Water.

Boil the liver in the water for 15 minutes, remove from the water, pound it and rub through a wire sieve. Heat the butter and fry in it the shallot sliced, add the flour, the liquid in which the liver was boiled, lemon-rind and seasoning;

boil 2 or 3 minutes, strain to the liver, add the Liebig Company's Extract of Meat and re-heat.

Note. A little Madeira may be added to this sauce, if liked.

Suitable for Roast Fowls, etc.

125. Mushroom Sauce.

4 to 6 Persons. — Time 35 minutes.

2 ozs. Butter. 1 oz. Flour. $\frac{2}{3}$ pint Water. 1 small Onion. Blade of Mace. $\frac{1}{2}$ lb. Mushrooms. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. Salt and Pepper. A few drops Lemon-juice. 2 tablesp. Cream.

Skin the mushrooms and slice the onion; fry them three or four minutes in the butter, lift out half the mushrooms and set aside; add to the mixture in pan the flour, water, Liebig Company's Extract of Meat, mace and seasoning; simmer 20 minutes, adding more water, if needful, and pass through a hair sieve, rubbing through the pulp with a wooden spoon; put back into the pan, re-heat and add the remainder of the mushrooms chopped, stir in the cream and serve.

126. Brown Oyster Sauce.

6 Persons. — Time 25 minutes.

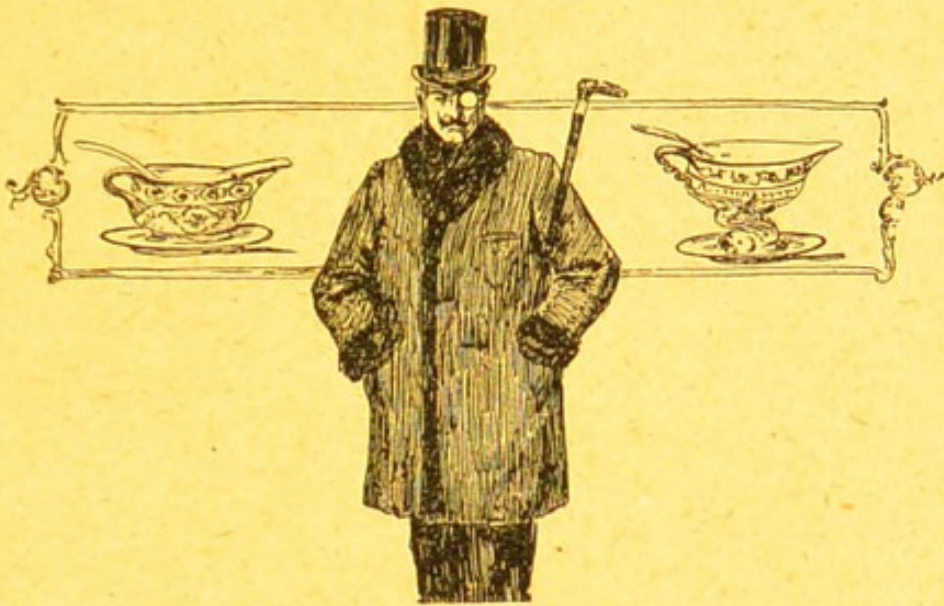
2 ozs. Butter. Good $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. $\frac{1}{2}$ pt. Water. 2 tablesp. Cream. Salt and Pepper. 1 oz. Flour. 1 doz. Oysters. 1 teasp. Lemon-juice.

Beard the Oysters and stew the beards in the water 10 minutes, add the liquid from oysters and strain. Melt the butter, add flour and brown it; then add stock from beards, Liebig Company's Extract of Meat, salt and pepper or a few grains Cayenne, and lemon-juice, boil 5 minutes, pass through fine strainer, add cream and oysters, re-heat but do not boil, and serve.

Note. A little browning may be added, if necessary.

127. Sauce Robert.

6 Persons. — Time 15 minutes.



4 ozs. Butter. 1 small Onion. $\frac{1}{2}$ oz Flour. $\frac{1}{2}$ pint Water or Stock. 2 tablesp. Vinegar. Salt and Pepper. 2 small teasp. made Mustard. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Mince the onion and fry in the butter, brown also the flour in the butter, then add stock or water, Liebig Company's Extract of Meat and Vinegar; boil five minutes, strain, stir in the mustard and serve.

Note. This sauce may be served with chops, steaks, etc.

128. Sharp Sauce.

4 to 6 Persons. — Time 35 minutes.

2 Shallots. 1 Carrot. 1 small Turnip. 1 oz. minced Ham. Salt and Pepper. 1 teasp. Flour. 2 Cloves. 4 tablesp. Vinegar. 1 glass Port Wine. $\frac{1}{2}$ pint Water. $1\frac{1}{2}$ ozs. Butter. 1 small teasp. Liebig Company's Extract of Meat.

Slice the vegetables, fry them in the butter with ham and cloves, for five minutes, add the flour, water and seasoning; simmer for 20 minutes, strain, add the Liebig Company's Extract of Meat and Port Wine, also the vinegar gradually, re-heat and serve.

129. Tartare Sauce.

4 to 6 Persons. — Time 10 minutes.

$\frac{1}{4}$ pt. Vinegar. 1 small Gherkin. 2 small Spring Onions. 1 teasp. chopped Tarragon. Salt and Pepper. A few grains Cayenne. 1 tablesp. Salad Oil. $\frac{1}{4}$ teasp. Liebig Company's Extract of Meat.

Chop up the gherkin, slice the onions very thin, using the green, add to these the tarragon, seasonings, salad oil and Liebig Company's Extract of Meat; add the vinegar, stir well and serve.

Note. This sauce may be used with cold meat or as a piquant sauce with rich dishes.

130. Tomato Sauce.

6 Persons. — Time 50 minutes.

2 ozs. Butter. 2 ozs. Flour. 1 small Carrot. 1 small Onion. 1 small piece Turnip. $\frac{1}{2}$ tin Tomatoes. Bunch Sweet Herbs. $\frac{1}{2}$ teasp. Sugar. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. $\frac{3}{4}$ pt. Water or Stock.

Slice the carrot, turnip and onion and fry them in the butter, add the flour, tomatoes, stock, Liebig Company's Extract of Meat, sugar and herbs; boil the whole $\frac{1}{2}$ hour, pass through a fine hair sieve and serve.

Note. This may be served with cutlets, veal (entrée), fowl (entrée) and fish.





INVALID COOKERY.

131. Beef-Tea.

Time 3 hours.

$\frac{1}{2}$ lb. best lean Beef. 1 pt. Water. A pinch of Salt.
1 teasp. Liebig Company's Extract of Meat.

Shred the beef very finely, put in a jar, add the water (cold), stir well, allow it to stand two hours, stirring occasionally; cover the jar with buttered paper, twisting the paper firmly round to prevent it slipping off, stand the jar in a pan containing boiling water, allowing the water to come within about 2 inches of the top of the jar, simmer the water in the outer vessel for one hour; take out the jar, stir the beef-tea well and pass it through a coarse strainer, pressing out all the liquid from the marc, remove the fat by passing over the surface a few strips of soft paper, stir in the Liebig Company's Extract of Meat, add the salt and serve with a little dry toast.

132. Hasty Beef-Tea.

Time 30 minutes.

$\frac{1}{4}$ lb. lean Beef. $\frac{1}{2}$ pint Water. A pinch of Salt.
 $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Shred the beef finely, put it into a small pan with the water, Liebig Company's Extract of Meat and salt. Stir with a wooden spoon, pressing the meat against the sides of the pan; heat it slowly, taking care it does not get beyond simmering point, and simmer very gently 15 minutes, stirring and pressing the whole time. Pass through a coarse strainer, press the marc, remove the fat with soft paper, drawn lightly over the surface, and the beef-tea is ready.

133. Raw Beef-Tea.

Time 2 hours.

$\frac{1}{4}$ lb. lean Beef. $\frac{1}{4}$ pt. Water. A few drops Lemon-juice. $\frac{1}{4}$ teasp. Liebig Company's Extract of Meat.

Shred the beef finely, put into bowl, add the water, Liebig Company's Extract of Meat and lemon-juice. Stir with a wooden spoon, allow to stand two hours, stirring and pressing occasionally; pass through a coarse strainer, press out the juice from the meat and serve in coloured glasses, on account of its appearance, which is not appetising to an invalid.

134. Savory Custard.

Time 20 minutes.

1 Egg. $\frac{1}{4}$ teasp. Liebig Company's Extract of Meat.
2 tablesp. Beef-Tea (Recipe No. 131). A little Salt.
2 tablesp. Milk.

Beat the egg, add the salt, beef-tea and milk, in which the Liebig Company's Extract of Meat has been dissolved, pour into a small buttered mould or cup, cover with buttered paper, stand this in a saucepan containing water, sufficient to come within about an inch from the top of the

mould, put on the lid of the pan and simmer the water very gently about 15 minutes, turn out the custard and serve.

135. Raw Egg.

Time 5 minutes.

1 Egg. 1 tablesp. Milk. A pinch of Salt. $\frac{1}{4}$ teasp. Liebig Company's Extract of Meat.

Heat the milk and dissolve in it the Liebig Company's Extract of Meat; whip up the white of the egg to a stiff froth, first adding the salt, then stir in lightly the yolk and the milk; pile up on a small dish and serve.

136. Steamed Fish with Sauce.

Time 30 minutes.

1 Sole or small Plaice. $\frac{1}{2}$ pt. Milk. Salt. $\frac{1}{4}$ teasp. Liebig Company's Extract of Meat. $\frac{1}{2}$ oz. Butter. $\frac{1}{2}$ oz. Flour. A few drops Lemon-juice.

Fillet the fish and skin it, lay the fillets on a buttered plate, cover with another plate, set over a pan of boiling water and cook 5 to 15 minutes or until the fillets are white and firm. Break up the bones, put these, with the skin, into a pan, add the milk and simmer ten minutes; melt the butter, add the flour, stir till smooth, add enough of the liquid from the bones to make a nice thick sauce, a few drops lemon-juice, the Liebig Company's Extract of Meat and the salt; boil gently 2 or 3 minutes, strain over the fillets and serve.

137. Calves' Foot Savory Jelly.

Time to clear and set, 2 hours.

2 Calves' Feet. $\frac{3}{4}$ lb. Veal or the bones of a Fowl. 1 Onion. Eggs. Water. Lemon-rind. Salt. A few Peppercorns. Liebig Company's Extract of Meat.

Divide and wash the feet thoroughly and remove all the fat, weigh them with the veal, put

them into a pan, allowing 1 pint cold water to each pound, bring slowly to the boil, skim well, add the onion, peppercorns and salt, simmer slowly 6 hours, adding a little more water, to make up loss, occasionally; strain, and, when quite cold, remove all the fat. To clear the jelly, put the stock into a saucepan, add the whites and shells of eggs, in the proportion of 3 to each quart, and rind of $\frac{1}{4}$ of a lemon; stir till it boils, cover, draw the pan aside, allow to stand $\frac{1}{4}$ hour, then strain through a linen towel or a jelly-bag, now add 1 teasp. Liebig Company's Extract of Meat to each quart and a little more salt, if necessary.

Note. If the stock does not seem stiff enough, a little gelatine may be added before clearing, but this jelly should not be made too stiff.

138. Sago Soup.

Time 20 minutes.

$\frac{1}{4}$ pint Water. $\frac{1}{2}$ pt. Beef-Tea (Recipe No. 131).
 $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. $\frac{1}{2}$ oz. small
Sago. Yolk of one Egg. $\frac{1}{2}$ pt. Milk. A little Seasoning.

Boil the sago in the water gently, until clear, adding a little more water, if necessary, to keep up the quantity; when clear, add the beef-tea, milk, Liebig Company's Extract of Meat and seasoning, boil up and pour over the yolk, beaten, in bowl, stir and serve.





MISCELLANEOUS.

139. Aspic Jelly.

Time 40 minutes.

1 quart Water or Veal Stock. Rind of $\frac{1}{2}$ Lemon. 4 Cloves. 1 dessertspoonful Salt. $\frac{1}{2}$ teasp. Peppercorns. 1 dessertsp. Tarragon Vinegar. 1 teasp. Liebig Company's Extract of Meat. 1 Onion. Sprig of Parsley. Whites and Shells of 3 Eggs. 2 ozs. french leaf Gelatine.

Put all the ingredients, save the Liebig Company's Extract of Meat, into a saucepan, the whites and shells of eggs previously beaten up with a little of the water or stock, slowly bring this to the boil, let the scum boil well up to the top, draw aside, cover the pan and allow to stand 5 minutes; pass through a jelly-bag a little boiling water, then pass through the jelly and add the Liebig Company's Extract of Meat. A linen towel placed over a hair-sieve will answer instead of a jelly-bag.

140. Cutlets in Aspic.

4 Persons. — Time $1\frac{1}{2}$ hours.

Cold Chicken, Game, Veal, Lobster or Shrimps may be used for this dish. Parsley. Tinned Mushrooms. Aspic Jelly (Recipe No. 139). Hard-boiled Eggs. Salt and Pepper.

To $\frac{1}{2}$ lb. of any of the above meats minced, add 1 egg minced, $\frac{1}{2}$ doz. mushrooms sliced and a little salt and pepper; decorate the thin end of some cutlet moulds with a small sprig of parsley,

put into each a little of the meat mixture, fill up with the jelly; when cold and set, dip the moulds in slightly warm water and turn out. Arrange the cutlets in a ring around the dish, garnish with cut diamonds of aspic jelly and a little chopped jelly in the centre.

Note. This dish may be garnished with salad instead of jelly.

141. Savory Dumplings.

3 or 4 Persons. — Time 1 hour.

6 ozs. Flour. 4 ozs. Suet, minced. $\frac{1}{4}$ teasp. Baking Powder. $\frac{1}{4}$ pint Water. Dust Sweet Herbs. 1 tablesp. minced Parsley. Salt and Pepper. $\frac{1}{4}$ teasp. Liebig Company's Extract of Meat.

Mix all the dry ingredients and moisten with the water in which the Liebig Company's Extract has been dissolved, adding more water, if necessary. Divide into small balls and boil $\frac{3}{4}$ hour, in water, containing a little Liebig Company's Extract of Meat.

Note. These dumplings may be used with roast meat, in stews and in soups.

142. Liebig Stimulant or Night-cap.



Add one teaspoonful of Liebig Company's Extract of Meat to $\frac{1}{2}$ pint of hot water; sprinkle in a little pepper, if liked. A little celery salt is a great improvement.

143. Baked Liver.

3 or 4 Persons. — Time 50 minutes.

1 lb. Calf's Liver. 1 small Onion, minced. 2 tablesp. Bread-crumbs. 1 dessertsp. Parsley, minced. Dust Sweet Herbs. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. Salt and Pepper. $\frac{1}{4}$ lb. Bacon. $\frac{1}{2}$ pt. Water.

Slice the liver about $\frac{1}{3}$ inch thick, place in a dripping tin, mix together the bread-crumbs,

herbs, parsley, onion and seasonings, sprinkle a little of this over each slice of liver; over the top of this place a thin slice of the bacon and pour round the water in which the Liebig Company's Extract of Meat has been dissolved; bake 40 minutes; lift each piece out carefully, dish in a ring, resting one piece against another, pour round the gravy and serve.

Note. A little flour may be added to the gravy, if liked.

144. Macaroni Ragout.

3 Persons. — Time 1 hour.

3 ozs. Macaroni. $1\frac{1}{2}$ ozs. lean boiled Ham. $1\frac{1}{2}$ ozs. Tongue. 1 oz. Parmesan Cheese. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 oz. Butter. 1 oz. Flour. $\frac{1}{2}$ pt. Milk. Salt and Pepper.



Boil the Macaroni in plenty of water, until tender, drain it and cut into lengths of $1\frac{1}{2}$ inches; put into a pan with the ham and tongue cut in strips and a little salt and pepper; re-heat. Meanwhile melt in another pan the butter, add the flour; stir till smooth and add the milk, Liebig Company's Extract of Meat, cheese and a little salt and pepper; bring to the boil and simmer gently a few minutes to cook the flour. Pile the Macaroni mixture on a dish and pour over it the sauce. Garnish the dish with pieces of buttered toast spread with a little Liebig Company's Extract of Meat.

145. Macaroni aux Tomates.

3 or 4 Persons. — Time 1 hour.

4 ozs. Macaroni. 3 Kidneys of Sheep. $1\frac{1}{2}$ ozs. Butter.
 $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 oz. Flour.
 $\frac{3}{4}$ lb. Tomatoes. Salt and Pepper. $\frac{1}{2}$ pt. Water.

Boil the Macaroni in plenty of water, till tender, drain and cut in pieces 1 inch long. Heat the butter in a saucepan, until brown, slice the kidneys, fry them five minutes in the butter; lift out the kidneys and add the flour to the butter, stir till smooth, then add the water, Liebig Company's Extract of Meat, half the Tomatoes sliced, and a little salt and pepper. Boil 15 minutes and strain through a fine hair-sieve. Put the Macaroni and kidney together, add a little salt and pepper and put in a warm place to keep hot. Place the remainder of the Tomatoes, which must be small and whole, in a dripping tin, put a little butter on the top of each and warm through in the oven.

To dish: — Pile the Macaroni and kidney in the centre of the dish, pour over the sauce and range the Tomatoes round the dish.

146. Potted Ox Cheek.

6 Persons. — Time 4 hours.



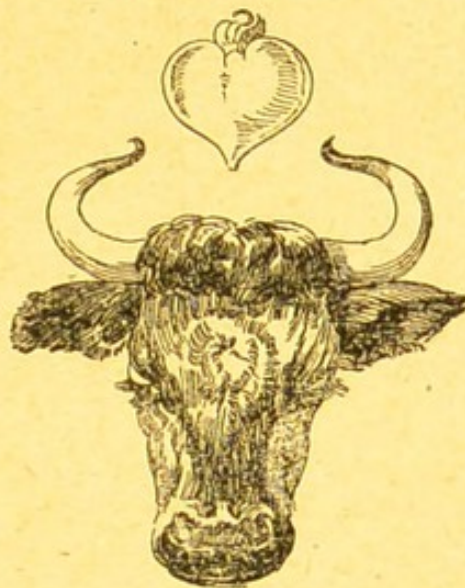
$\frac{1}{2}$ head of Ox. Nutmeg.
Bunch Sweet Herbs. 2 or
3 Cloves. Salt and Pepper.
1 teasp. Lemon-juice.
3 pts. Water. 1 teasp.
Liebig Company's Extract
of Meat.

Wash the head clean, let it soak in cold water overnight, lift out and put into the 3 pints of water boiling, add herbs, tied up with cloves, in a small bag; boil $2\frac{1}{2}$ to 3 hours, remove from pan, take out the bones, cut up meat small,

put back into pan with salt, pepper, nutmeg, lemon-juice and Liebig Company's Extract of Meat; boil until the whole is quite tender, pour into wetted moulds. When cold and set, turn out. Should the mixture not be sufficiently stiff to turn out, re-heat and add a few sheets of gelatine.

147. Ox Heart.

4 to 6 Persons. — Time 2 hours.

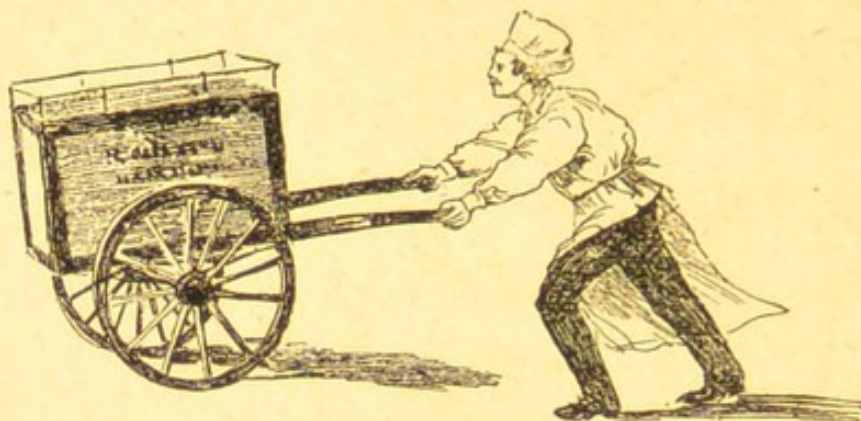


1 Heart. 3 ozs. minced Suet. $\frac{1}{2}$ teasp. Powdered Herbs. Salt and Pepper. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. 1 teasp. Vinegar. 6 ozs. Bread-crumbs. 1 tablesp. minced Parsley. $\frac{1}{2}$ teasp. grated Lemon-rind. 2 Eggs.

Wash the heart well, drop it into boiling water and boil 15 minutes, lift out and drain. Mix the dry ingredients with the eggs beaten, to make a force meat, with which stuff the heart. Bake or roast about $1\frac{1}{2}$ hours, basting well with butter or dripping. Remove fat from the drippings of the heart, add a little flour, water, if necessary, the Liebig Company's Extract of Meat, vinegar and season to taste; strain over the heart and serve. Red currant jelly may be served with this dish.

148. Pastry for Meat Pies, etc.

6 Persons. — Time $\frac{1}{2}$ hour.



1 lb. Flour. $\frac{1}{2}$ lb. Butter. Juice of half a Lemon.
Water, a sufficiency.

Put the flour into a bowl, cut the butter into pieces about the size of a large walnut and drop the lumps into the flour; add the lemon-juice to half a pint of water, pour into the bowl and stir the whole to form a paste, adding as much more water as necessary. Turn out the pastry on to a floured board and roll out, fold in three and roll out again; continue this until the pastry has been rolled out five times, when it is ready for making up.

149. Suet Pudding with Liebig.

8 or 10 Persons. — Time $3\frac{1}{2}$ hours.

1 lb. Flour. $\frac{1}{2}$ lb. Suet, finely minced. $\frac{1}{4}$ teasp. Baking Powder. $\frac{1}{2}$ pint Water. A pinch of Salt. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Mix the suet, salt and baking powder with the flour, mix the Liebig Company's Extract of Meat with the water, moisten the flour with this, adding more water, if necessary, to make the flour into a stiffish paste; tie up in a floured cloth and boil about 3 hours. Serve with roast beef.

150. Yorkshire Pudding with Liebig.

4 Persons. — Time 1 hour.

2 ozs. Flour. 1 pt. Milk. 2 Eggs. $\frac{1}{4}$ teasp. Baking Powder. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat. A pinch of Salt.

Dissolve the Liebig Company's Extract in a little of the milk; put the flour into a bowl with the salt and baking powder, add the milk gradually, working the flour with a spoon, until smooth, add the Liebig Company's Extract of Meat and the eggs very well beaten. Put some beef dripping into a tin, melt, pour in the batter and bake about $\frac{3}{4}$ hour. This may be finished off by placing it under a roasting joint.

151. Savory Roly-Poly.

4 Persons. — Time 3 hours.

$\frac{3}{4}$ lb. Suet Pastry (see Suet Pudding Recipe No. 149).
 $\frac{1}{4}$ lb. fresh Meat. 1 Onion. $\frac{1}{4}$ lb. raw Potatoes. $\frac{1}{2}$ oz. Flour. $\frac{1}{2}$ oz. Butter. $\frac{1}{2}$ pint Water. Salt and Pepper. $\frac{1}{2}$ teasp. Liebig Company's Extract of Meat.

Roll out the pastry into a strip; cut up the potatoes into squares, mince the meat and onion, and lay these over the pastry, sprinkle with salt and pepper, wet the edges of pastry, roll up, tie in a cloth, boil $2\frac{1}{2}$ hours; serve with brown gravy as follows: —

Heat the butter, brown in it the flour, add the Liebig Company's Extract of Meat, also a teaspoonful of Mushroom Ketchup or Worcestershire Sauce, and water; boil up.

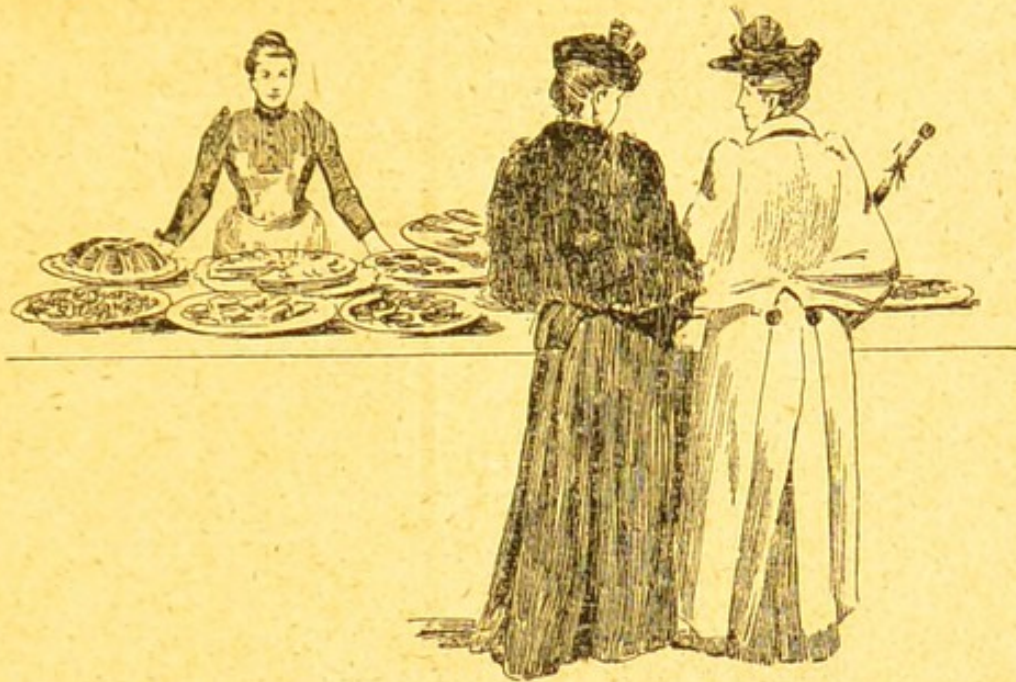
152. Stewed Tripe.

3 Persons. — Time 1 $\frac{1}{4}$ hours.

1 lb. Tripe (cooked). 2 Spanish Onions. 1 oz. Butter.
 $\frac{1}{2}$ oz. Flour. $\frac{3}{4}$ pint Water. $\frac{1}{2}$ teasp. Liebig Company's
Extract of Meat. Salt and Pepper.

Melt the butter, fry the flour until brown, add the water, Liebig Company's Extract of Meat, onions sliced and tripe; simmer slowly for an hour and serve.





SWEET DISHES.

153. Cocoanut Pastry.

6 Persons. — Time 1 hour.

4 ozs. Butter. 2 ozs. Flour, 4 ozs. Dessicated Cocoanut.
4 ozs. Sugar. 3 Eggs:

Beat butter and sugar to a cream, add flour and eggs beaten, beat well 5 minutes, stir in the cocoanut, pour into a dripping tin lined with buttered paper, covering the bottom to the depth of about $\frac{1}{2}$ inch, bake 30 minutes in a slow oven, lift out of tin, remove paper, divide into finger-lengths, dish in a pile and dust with castor sugar.

154. French Puff Pastry.

Time 3 to 4 hours.

$\frac{1}{2}$ lb. Flour. $\frac{1}{2}$ lb. Butter. Cold Water. 1 teasp.
Lemon-juice. $\frac{1}{2}$ an Egg.

Mix the flour into a paste with the $\frac{1}{2}$ egg beaten, the lemon-juice, and water. Roll out into

a long strip. Put the butter into a floured cloth and squeeze out the moisture, and form it into a flat cake. Place the butter on one end of the pastry, wet the edges of the pastry, fold over and seal firmly. Roll out, fold in three, and roll out again; continue this 5 or 6 times, setting aside for $\frac{1}{2}$ hour between each two rollings. Before using, it should be allowed to stand two hours.

Note. The principal precaution to observe in making Puff Pastry is to have everything cold, and the butter firm.

155. Short Pastry.

Time 15 minutes.



$\frac{1}{2}$ lb. Flour. 4 ozs. Butter. Water. A pinch of Salt.

Rub the butter into the flour, add a little water to moisten, make into a paste, and roll out once only.

Note. The special rules for making short pastry are; 1st. To rub in the butter. 2nd. To make the pastry rather dry than otherwise, and 3rd. to roll out once.

Less butter may be used; lard, or $\frac{1}{2}$ lard $\frac{1}{2}$ butter, may be taken, according to quality of pastry desired.

156. Lemon Cheese Cakes.

6 Persons. — Time 45 minutes.

$\frac{1}{2}$ lb. Puff Pastry (Recipe No. 154). Grated Rind, and Juice of a small Lemon. 4 ozs. Castor Sugar. 1 oz. Butter. Yolks of 3 Eggs, beaten.

Roll out the pastry $\frac{1}{4}$ inch thick, stamp into rounds with a fancy cutter 3 inches in diameter; take a small cutter 1 inch in diameter and with it cut $\frac{1}{2}$ way through the centre of each disc of pastry. Place on a flat baking sheet and brush over the top with beaten egg. Bake about 15 minutes in a hot oven. Prepare the cheese mixture by putting the lemon-rind and juice, yolks of egg, sugar and butter into a pan, and stirring over a very gentle heat until it thickens; set aside to cool. When the pastry cases are baked, allow to cool; push the loose centre in with the finger, fill each hollow thus made with the mixture and serve.

157. Yorkshire Cheese Cakes.

6 Persons. — Time 40 minutes.

$\frac{1}{2}$ lb. Puff Pastry (Recipe No. 154). 1 pint Milk. 1 dessertsp. Ess. of Rennet. Grated Rind of $\frac{1}{4}$ of a Lemon. 1 large Egg. 1 tablesp. Brandy. Mace or Nutmeg, if liked. 2 ozs. Sugar. 1 oz. Butter. 2 ozs. minced Sultanas or Currants.

Roll out the pastry $\frac{1}{8}$ inch thick, stamp out into rounds and line some small patty tins. Warm the milk, dissolve in it the sugar, add the rennet and stir until it separates, strain through muslin and drain out as much of the whey as possible; add to the curds the egg beaten, brandy, sultanas, lemon-rind and mace or nutmeg, also the butter melted. $\frac{3}{4}$ fill the pastry moulds with the mixture and bake 15 to 20 minutes.



158. Plum Tart.

4 Persons. — Time 45 minutes.
 $\frac{1}{2}$ lb. Short Pastry (Recipe No. 155).

Fill a medium-sized dish with plums, adding a little sugar; roll out the pastry; cut off some strips about an inch wide, wet the edge of the pie-dish and place round the strips, roll out the remainder of the pastry into a piece large enough to cover the dish. Trim off the edges and notch round with a knife. Brush over with a little water, dust with sugar and bake in a moderate oven 40 to 50 minutes.

159. Mince Pies.

20 Persons. — Time 1 hour.

2 lbs. Puff Pastry (Recipe No. 154). 4 ozs. Currants.
4 ozs. Valencia Raisins. 4 ozs. Mixed Candied Peel. 4 ozs.
Apples. 4 ozs. Sultanas. 2 ozs. Almonds. 4 ozs. Suet.
4 ozs. Demerara Sugar. 1 small teasp. Mixed Spice. Rind
and Juice of 1 Lemon. Rind and Juice of 1 Orange. A
little Brandy or Sherry, if liked.

Stone the raisins, mince them, also mince the sultanas, apples, peel, suet and almonds, mix these with the spice, sugar, currants, fruit-rind and juice, add the brandy or sherry, put in jars and cover.

Roll out a portion of the pastry $\frac{1}{8}$ inch thick, stamp into rounds and line some small tins, place in each a teaspoonful of the mince; roll out the remainder of the pastry $\frac{1}{4}$ inch thick, stamp into discs the size of the top of the tins, wet edges and cover the pies, brush over with egg and bake about 20 minutes in a hot oven.

Note. The Mincemeat is improved by being kept for several weeks before using.

160. Cabinet Pudding.

4 Persons. — Time 2 hours.



4 ozs. Savoy Biscuits. 1 pint Milk. 3 Eggs. 2 ozs. Sugar. 1 teasp. Vanilla Ess. 2 ozs. Mixed Candied Fruits.

Butter a plain mould thickly, divide the biscuits lengthwise and trim off the edges to make them straight, stick these round the mould vertically, cut side and outside of biscuit, alternately, facing the mould. Whip up the eggs, add to them the sugar, vanilla and 2 ozs. of the biscuits crushed, also the milk boiling and candied fruits cut up; allow to stand 15 minutes, pour into the mould, cover with buttered paper, folding round the edges firmly; place a piece of buttered note-paper at the bottom of a sauce-pan, stand in the pan the pudding, pour round enough boiling water to reach within an inch of the top of mould, and allow water to simmer very slowly $1\frac{1}{4}$ hours. Lift out, allow to stand 2 minutes, turn out into dish and serve with Sherry Sauce (Recipe No. 179).

161. Cherry Pudding.

6 Persons. — Time 3 hours.

$\frac{1}{4}$ lb. Flour. 6 ozs. Suet, minced. 4 ozs. Demerara Sugar. 3 Eggs. 6 ozs. Glossy Candied Cherries. 4 ozs. Bread-crumbs. $\frac{1}{2}$ teasp. grated Lemon-rind.

Mix together all the dry ingredients, add the eggs well beaten, also a little milk, if necessary, to form the whole into a softish dough. Butter thickly a mould, dust with Demerara sugar, pour in the mixture to within 1 inch from brim, cover

with buttered paper or a pudding cloth, steam $2\frac{1}{2}$ hours, either in a steamer or by standing the mould in a pan of boiling water, allowing the water to come within about $1\frac{1}{2}$ inches from top of mould. Serve with pudding sauce (Recipe No. 180).

162. Plum Pudding.

8 Persons. — Time 6 hours.



4 ozs. Bread-crumbs. 3 ozs. Valencia Raisins. 3 ozs. Sultanas. 6 ozs. Suet. 2 Eggs. 6 ozs. Demerara Sugar. A little Old Ale, or Milk. 4 ozs. Flour. 3 ozs. Currants. 3 ozs. Mixed Candied Peel. Juice and Rind of $\frac{1}{2}$ Lemon. $\frac{1}{4}$ teasp. Mixed Spice. A little Salt.

Stone the raisins, mince, also mince peel and suet, mix all the ingredients with the eggs beaten, adding enough ale or milk to moisten the whole, pour into buttered moulds or basins, cover with pudding cloths and boil 5 hours or more. Serve with pudding sauce (Recipe No. 180).

163. Strawberry Pudding.

4 Persons. — Time $2\frac{1}{2}$ hours.

3 ozs. Bread-crumbs. 3 ozs. Flour. 2 ozs. Demerara Sugar. A few drops Cochineal. 3 ozs Strawberry Jam. 3 ozs. Suet, minced. 2 Eggs.

Mix all the dry ingredients, add the jam, and eggs well beaten, also, if liked, the cochineal to

make the pudding pink. Butter well a mould, dust with Demerara sugar, pour in mixture to within an inch of the brim, cover with buttered paper or a pudding cloth, steam two hours, either in a steamer or by standing the mould in a pan containing enough boiling water to reach to about 1½ inches from top of mould. Serve with pudding sauce (Recipe No. 180), to which a little strawberry jam and cochineal may be added.

164. Sultana Pudding.

6 Persons. — Time 3 hours.

¼ lb. Flour. ¼ lb. Suet, minced. ¼ lb. Demerara Sugar. 2 Eggs. A little Milk, if necessary. ¼ lb. Sultana Raisins. ¼ lb. Bread-crumbs. ½ teasp. Baking Powder. 2 ozs. finely-minced Candied Peel.

Mix together all the dry ingredients, whip up eggs and add, also the milk, and make the whole a rather soft dough; butter a pudding mould thickly, and dust over with Demerara sugar; fill the mould to within 1 inch of the brim with the mixture, cover with a piece of buttered paper or a pudding cloth, steam 2½ hours, either in a steamer or by standing the mould in a pan of boiling water, allowing the water to come within about 1½ inches from top of mould. Serve with pudding sauce (Recipe No. 180).

165. Swiss Pudding.

4 Persons. — Time 1 hour.

2 ozs. Stale Sponge Cake. 2 tablesp. Jam. 2 ozs. Castor Sugar. Vanilla Ess. 2 Eggs. ¾ pt. Milk. ¼ pt. Cream.

Slice the sponge cake, place at the bottom of a glass dish and cover with the jam. Whip the eggs with 1 oz. of the sugar, and flavouring to taste, add the milk boiling, pour back into pan, stand this in another pan containing boiling water

and stir till the custard coats the spoon; when cool, pour over the sponge cake; whip cream until stiff, add sugar and flavouring, and decorate top of pudding.

166. Lemon Jelly.

8 Persons. — Time 3 hours.



4 Lemons. $\frac{1}{2}$ lb. Sugar. Water. $1\frac{1}{2}$ ozs. Gelatine (leaf).
Whites and Shells of 3 Eggs.

Remove the rind very thinly from 3 of the lemons, put into a pan with the juice of the 4 lemons, strained, sufficient water to make one quart of liquid, the sugar, gelatine, whites and shells of the eggs; bring slowly to the boil, allow the scum to boil well up to the top of the pan, put on the lid and set aside for 15 minutes; place a towel over a hair-sieve, pass through some boiling water, then pour through the jelly, repeating two or three times till quite clear and bright; pour into copper or tin moulds, and, when set, turn out by dipping for a moment into warm water, then upturning on to the dish.

167. Orange Jelly.

8 Persons. — Time 3 hours.

Rind of 4 Oranges. Juice of 5 Oranges. Rind and Juice of 1 Lemon. Water, a sufficiency. 6 ozs. Castor Sugar. $1\frac{1}{2}$ ozs. Leaf Gelatine. Whites and Shells of 3 Eggs.

Care must be taken, in removing rind from oranges and lemon, to cut off only the outside yellow part, without any of the white of the peel, as the latter would give a very bitter flavour to the jelly. Put into a saucepan the fruit rind, sugar, fruit-juice strained, sufficient water to make one quart with the juice, and whites and shells of the eggs, add the gelatine, bring slowly to the boil, stirring constantly, allow the scum to boil well up to the top of the pan, put on the lid and allow to stand 15 minutes. Place a towel over a hair-sieve, pass through some boiling water, then pour through the jelly, repeating two or three times until quite clear; pour into copper or tin moulds, and allow to set. To turn out, immerse the mould in warm water and immediately turn into the dish.

168. Charlotte Russe.

6 Persons. — Time 2 hours.

$\frac{1}{4}$ pint Orange or Lemon Jelly (Recipes No. 166 and No. 167). $\frac{1}{2}$ pt. Double Cream. $\frac{1}{4}$ pt. Water. $\frac{1}{2}$ teasp. Vanilla Ess. 4 ozs. Savoy Biscuits. $\frac{1}{2}$ oz. Gelatine (leaf). 1 oz. Castor Sugar. A little Candied Angelica.

Pour into a Charlotte Russe mould enough jelly to cover the bottom to the depth of $\frac{1}{2}$ an inch, decorate with the angelica cut to fancy,

allow to set, butter thickly the sides of mould, divide biscuits lengthwise and trim edges straight, stick these vertically round the mould; dissolve gelatine in the water by warming, add to this the sugar; whip the cream until stiff, strain to it the gelatine and sugar mixture, add the essence, allow to stand, stirring occasionally, until it commences to thicken, pour into prepared mould, and, when firm, dip into warm water and turn out.

Note. The Charlotte Mould is a copper or tin mould with plain sides and fancy top.

169. Chocolate Cream.

4 Persons. — Time 12 hours.

1 oz. Powdered Chocolate. 1 tablesp. Milk. $1\frac{1}{2}$ ozs. Castor Sugar. $\frac{1}{2}$ pt. Double Cream. A little dessicated Cocoanut.

Dissolve the chocolate in the milk by warming, mix this with the cream and sugar, whip the whole until quite stiff, pour into a perforated china mould, lined with wetted muslin, allow to stand 12 hours, turn out, remove the muslin and sprinkle with the dessicated cocoanut.

170. Florentine Cream.

4 Persons. — Time 12 hours.

2 ozs. Castor Sugar. 2 tablesp. Madeira Wine. Grated Rind of $\frac{1}{2}$ a Lemon. $\frac{1}{2}$ pt. Double Cream.

Mix all together and whip until quite stiff, pour into a perforated china mould, lined with wetted muslin, set aside for 12 hours, turn out, remove the muslin and sprinkle with finely minced pistachio kernels.

171. Marbled Blanc Mange.

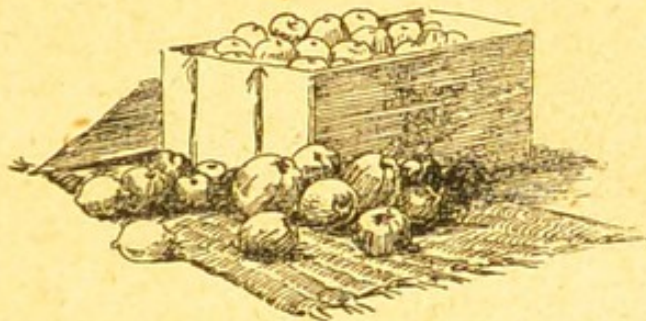
6 Persons. — Time 2 hours.

3 ozs. Corn Flour. $1\frac{1}{2}$ pts. Milk. 2 small teasp. Vanilla
Ess. 3 ozs. Sugar. 1 oz. Butter. 1 oz. Chocolate Grated.

Put the corn-flour and sugar into a basin and moisten with a little cold milk, pour over this the remainder of the milk, boiling, in which butter has been melted, add the vanilla, pour back into the pan, and boil 5 minutes with constant stirring. Put into another pan the chocolate with 1 tablesp. of milk, and warm until smooth, add this to the blanc mange, give it one rough stir, pour into a wetted mould and, when set, turn out.

172. Glazed Apples.

4 Persons. — Time 40 minutes.



6 or 7 medium-sized Apples. 3 ozs. Sugar. 1 pt. Water.
3 tablesp. Apricot Jam. A few Candied Cherries. Candied
Angelica.

Peel and core the apples, keeping them whole. Boil the sugar and water together for five minutes, drop in the apples and simmer very slowly till cooked through, taking care that they do not break; lift out apples on to a sieve and drain. Put apricot jam into a pan with 2 tablesp. of the water in which apples were cooked, boil 10 minutes and pass through a fine hair-sieve; brush each

apple over with this syrup, fill centres of apples with candied cherries, pile up on a dish and garnish with angelica, minced pistachio nuts or any candied fruit.

173. Eggs en Surprise.

5 Persons. — Time 20 minutes.

Sponge Cake. $\frac{1}{2}$ tin Apricots. A few drops Vanilla Ess. $\frac{1}{4}$ pt. Cream. A little Sugar.

Cut the sponge cake into slices about $\frac{1}{2}$ inch thick and the size of the palm of the hand. Whip up the cream till stiff, add the essence and sugar; sprinkle each slice of sponge cake with a little of the apricot syrup, place $\frac{1}{2}$ an apricot on each piece of cake, cut side downwards, and put a ring of the cream round the edge of the fruit. This is to represent a poached egg.

174. Cherry Cake.

6 Persons. — Time 2 hours.

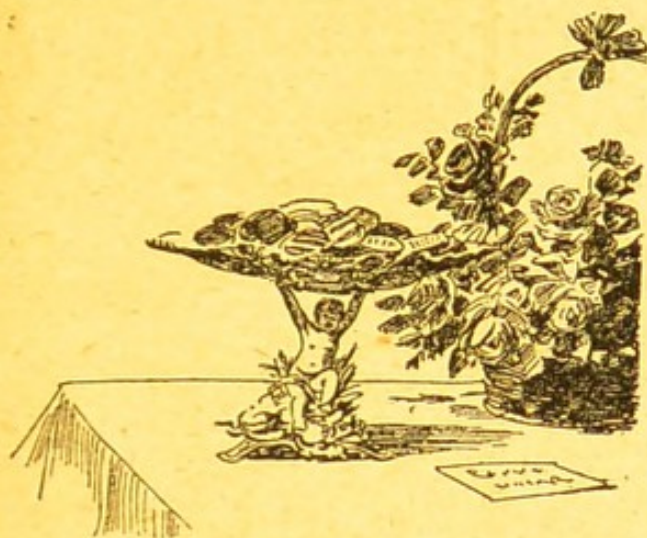
4 ozs. Butter. 4 ozs. Castor Sugar. 3 Eggs. Grated Rind of $\frac{1}{2}$ a Lemon. 4 ozs. Glossy Candied Cherries. 8 ozs. Flour. $\frac{1}{2}$ teasp. Baking Powder.

Beat butter and sugar to a cream, add the eggs well beaten, also the flour and lemon-rind, beat 10 minutes, add the cherries and baking powder, pour into a mould lined with buttered paper, and bake in a slow oven $1\frac{1}{2}$ hours.

Note. The mixture should be sufficiently stiff to prevent the cherries sinking to the bottom in baking. If eggs not enough, add a little milk.

175. Chocolate Cake.

4 Persons. — Time 1½ hours.



3 ozs. Flour. 3 large Eggs. 1½ ozs. Grated Chocolate. 3 ozs. Castor Sugar. 1½ ozs. Butter.

Put the eggs and sugar into a bowl, stand over a saucepan containing warm water, and whip the mixture to a perfect froth and get it slightly warm.

Add the butter melted, flour and chocolate through a sieve, and stir the whole together very lightly; the mixture must not on any account be beaten after the flour is added. Brush over the inside of a tin mould with melted butter, throw in a tablespoonful of a mixture of equal parts castor sugar and flour, shake it all over the mould and reject the surplus. Pour in the sponge mixture, pin round the mould a band of buttered paper and bake the cake 35 to 40 minutes in a slow oven. When cooked, turn out and when cold, coat with the following icing: —

6 ozs. Icing Sugar. 2 ozs. Grated Chocolate. 2 tablesp. Water.

Put all into a saucepan, stir over a very gentle heat until quite smooth, and just warm and liquid.

Note. A mould with open centre is useful for this cake. The hole in the cake can be filled up with whipped cream.

176. Citron Cake.

6 Persons. — Time 2 hours.

4 ozs. Butter. 4 ozs.
Castor Sugar. $\frac{1}{2}$ teasp.
Baking Powder. 4 ozs.
Citron Peel, finely
minced. 8 ozs. Flour.
3 Eggs. 1 teasp. Vanilla
Ess.



Beat butter and sugar to a cream, add eggs well beaten, flour and vanilla essence, beat well 10 minutes, stir in the citron, reserving a table-spoonful, and the baking powder, pour into a mould lined with buttered paper, sprinkle on top the remainder of citron, and bake in a slow oven $1\frac{1}{2}$ hours.

177. Sponge Cake.

4 Persons. — Time 1 hour.

4 Eggs. 4 ozs. Castor Sugar. 3 ozs. Flour. A few drops of Flavouring Essence.

Place eggs and sugar in a bowl, stand over a pan of warm water and whip lightly until just warm and a perfect froth, add the essence and flour, passing latter through a wire sieve, stir the whole very lightly together. Brush over with melted butter the sponge cake mould, and dust over with

a mixture of equal parts castor sugar and flour, pour the sponge mixture into the mould, pin round the outside a band of buttered paper, and bake in a slow oven 35 to 40 minutes. When cooked, allow to stand 2 or 3 minutes before turning out.

178. Egg Sauce.

4 Persons. — Time 20 minutes.

$\frac{1}{2}$ pt. Milk. 1 oz. Castor Sugar. Flavouring to taste.
Yolks of 2 Eggs. White of 1 Egg.

Beat the yolks of egg with the sugar and flavouring, add the milk boiling, pour back into the saucepan, stand this in another pan containing boiling water and stir until the custard coats the spoon; whip up the white to a stiff froth, stir to the custard briskly, pour into tureen and serve.

179. Sherry Sauce.

4 Persons. — Time 20 minutes.



$\frac{1}{4}$ pint Sherry. 1 dessertsp. Sugar. 1 Egg.

Put egg and sugar into a bowl, add sherry slightly warmed, stand bowl over a pan containing warm water and whip briskly until warm and quite a froth. Serve immediately.

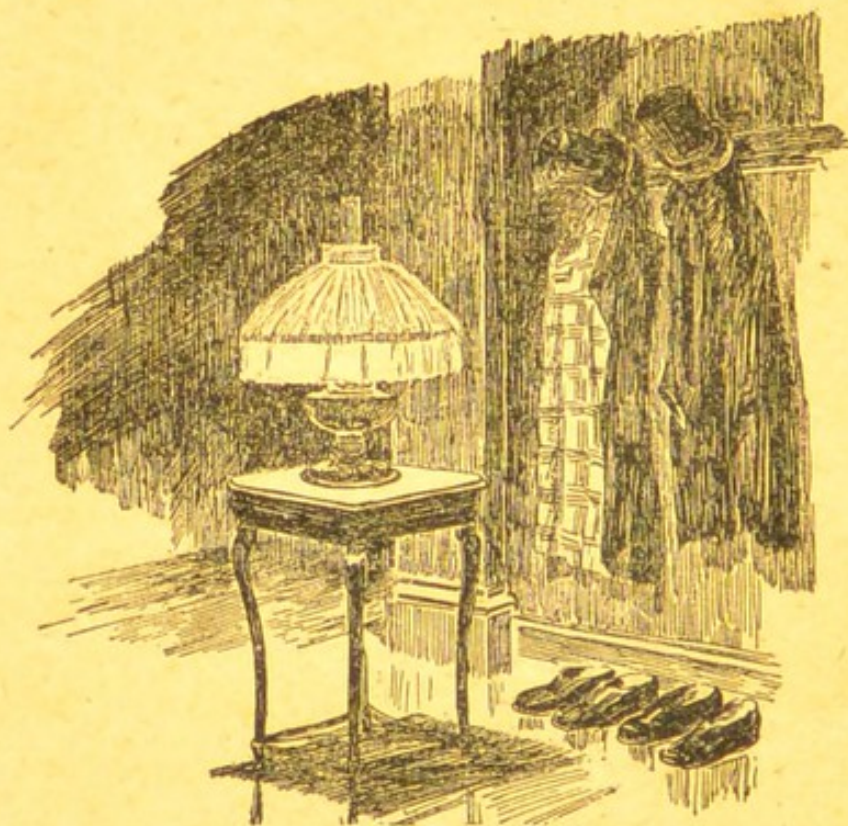
180. White Pudding Sauce.

4 Persons. — Time 15 minutes.

2 ozs. Butter. 1 oz. Flour. $\frac{1}{2}$ pint Milk.

Melt the butter, stir in the flour, add the milk, stir until it boils, add a little more milk, if necessary, boil 2 or 3 minutes, sweeten to taste, pass through a fine strainer into tureen.

Note. Brandy, sherry or any flavouring essence may be used with the above sauce, according to the pudding for which it is required.



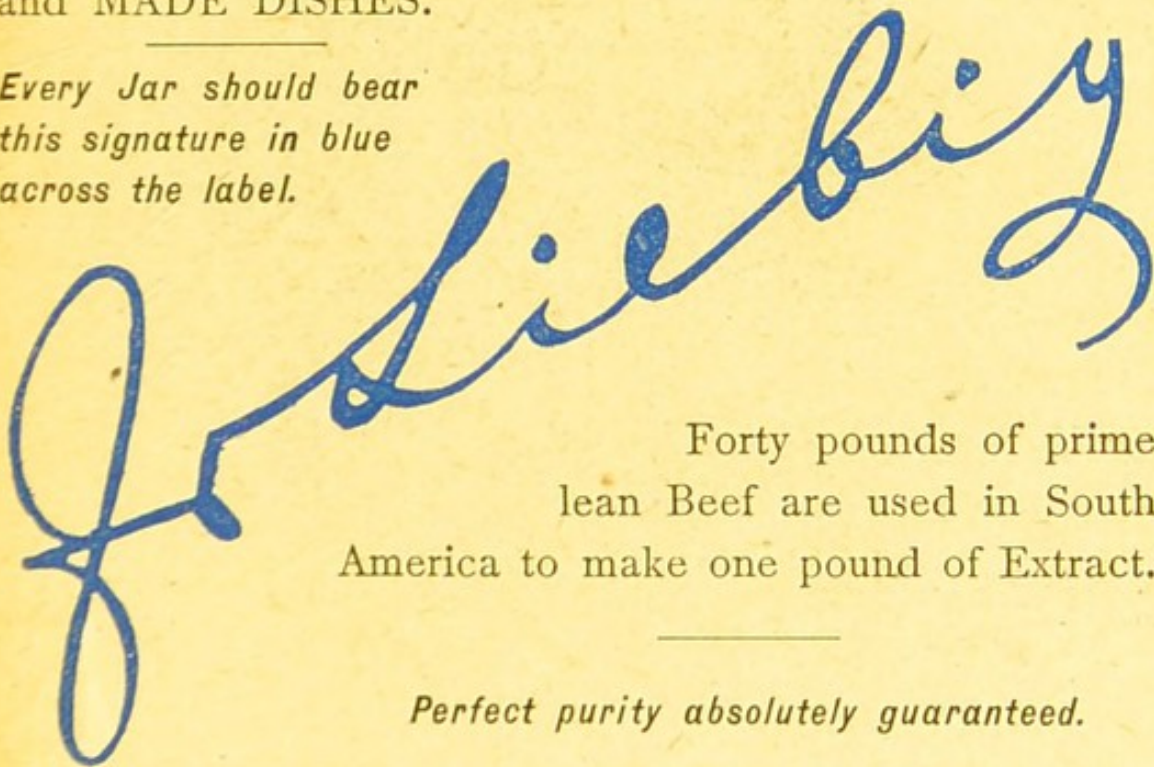
Use



LIEBIG
COMPANY'S
EXTRACT
OF MEAT

For BEEF TEA and for strengthening and improving
the flavour of SOUPS, SAUCES, GRAVIES
and MADE DISHES.

*Every Jar should bear
this signature in blue
across the label.*



Forty pounds of prime
lean Beef are used in South
America to make one pound of Extract.

Perfect purity absolutely guaranteed.

COOKERY BOOKS sent free on application to
Liebig's Extract of Meat Company, Limited,
9 FENCHURCH AVENUE, LONDON, E. C.



Julie King





Title on front cover





F. Liebig



