

Fast day and vegetarian cookery / by E.M. Cowen and S. Beaty-Pownall.

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FAST-DAY

AND

VEGETARIAN COOKERY.



E. M. COWEN

AND

S. BEATY-POWNALL.

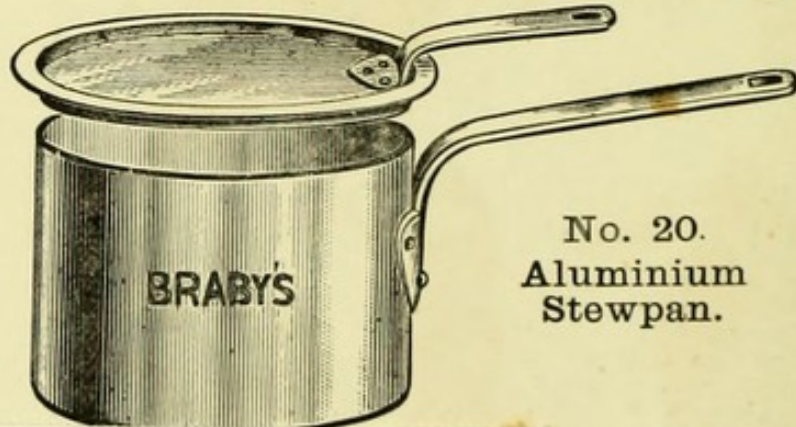
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FAST DAY
AND
VEGETARIAN COOKERY.

BASED UPON

AND

VEGETARIAN COOKERY

FAST DAY
AND
VEGETARIAN COOKERY.

BY

E. M. COWEN

(EPICURE, LATE OF THE "GENTLEWOMAN,")

AND

S. BEATY-POWNALL.

LONDON :

HORACE COX,

"QUEEN" OFFICE, WINDSOR HOUSE, BREAM'S BUILDINGS, E.C.

1895.

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PREFACE.

IN putting together the following little book, any idea of bringing forward *novelties* can hardly be said to have occurred to us. We followed Moliere's example, and boldly took our goods wherever we found them, and our heartiest thanks are due to the kindly owners of many of our pasture grounds for the permission they gave us to utilize what we found suitable for our needs. The pages of Francatelli, Gouffe, Ude, Urbain-Dubois, and indeed any of the old classics, contain numberless recipes suitable for the style of cookery we desired to popularize; but of any special manual for dainty cookery for Fast-day and Vegetarian purposes there seemed to be a lack. We therefore tried to make a collection, chiefly from the great masters of the culinary science, which might be of use to housekeepers troubled about the necessary supply of appropriate and dainty cookery of that kind. While acknowledging our indebtedness to the famous teachers of the past, we would also record our grateful thanks to the chefs and teachers of the present day, who so good-naturedly helped forward our little venture, more especially

to Mrs. A. B. Marshall, who, not content with allowing us the use of many of her already published recipes, kindly gave us more than one hitherto unprinted. We have not appended to each separate recipe the source from which it was derived, but must ask our readers to understand that in hardly any one instance do we claim more than the merit of selection, and, in a good many cases, of translation; at the same time we can promise that in every instance we have certified ourselves as to the practicability and correctness of the recipe.

One word of warning must be allowed us. If good cookery is to be produced, good materials are indispensable, and care on this point is not thrown away. "Qui veut la fin, veut les moyens," runs the old French proverb, and if the directions given in this book are followed, not only as to the manipulation, but also as to the ingredients, we can promise success: but we cannot undertake to be so responsible if lower priced and different materials are substituted.

E. M. COWEN,

(*"Epicure," late of the "Gentlewoman."*)

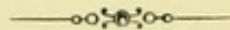
S. BEATY-POWNALL.

February, 1895.

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FAST DAY AND VEGETARIAN COOKERY.

CHAPTER I.

INTRODUCTORY.

FASTING has constituted part of the religious observance of the world from very early times, and has always been considered a meritorious work. But, like a good many other old-world observances, it has grown in these latter days more honoured in the breach than in the observance, by the general public at all events. Nor is this due, as many persons allege, to the spread of Reformed ideas, for at the first the old Reformers undoubtedly attributed merit to this particular form of piety; moreover, the laxity in the enforcement of the rules of abstinence and fasting is as marked in countries which have ignored the Reformation, as it is in the most rigid of Protestant lands. More so, in fact; for the latter in many cases attribute no particular merit to its observance, whereas the former still consider it a work of necessity, and put themselves to some trouble to avoid its performance. Many avoid even its easiest forms; but where it is more or less strictly observed in the letter, its spirit is pretty generally ignored. Fast day cookery differs from ordinary cookery almost entirely by its avoidance of flesh in any shape or form (but one, to be hereafter noticed); it is not even so strict as the modern vegetarian, who abjures fish, and in some cases carries his objections to so logical a conclusion as to avoid eggs, milk,

cheese, and butter. Fasting nowadays implies no diminution in the supply of food, much less in the care bestowed on its preparation, as a glance at the recipes for *maigre* dishes in some of the best French cookery manuals abundantly prove.

Hygienically, a great deal may be said for an occasional abstention from the too exclusively flesh diet we are in this country apt to consider essential to our well being; as a matter of fact, experience tends to show that we require fully as much vegetable food as we do meat, but at the same time as much meat in proportion as we do vegetables. It is for this reason the present little book has been prepared, to help those who desire to utilise more largely the fruits of the earth, whether they dignify it as a religious duty, or adopt it simply as a hygienic convenience.

The following recipes will be found absolutely free from meat in any shape, though abstention will not be carried so far as to give up fish, or eggs and dairy produce. Though necessarily little more than the merest sketch, it may serve as a beginning, and may help those who are anxious for a more vegetarian diet without therefore giving up the dainty cuisine they are accustomed to. At the end will be found menus for days of abstinence, from which meat is carefully excluded.

It is needless to remark that in fast day cookery lard and dripping cannot be used, butter and oil, the latter especially, taking their place. This implies an increase of trouble, for neither of these frying materials will bear want of attention without revenging themselves by burning, and so spoiling anything cooked in them. Bought glaze again must be omitted, even Bovril and the ever popular Liebig coming under the interdict; still, this need not imply tastelessness in soup or sauce, as extremely well-flavoured stock and glaze can be made both from fish and vegetables. In fact, even the fashionable consommé need not be given up, for clear stock, either white or brown, is as readily prepared from fish as it is from meat, and is, moreover, more economical, as the trimmings are its foundation; though whether this may be an advantage in the eyes of some cooks is open to question. In the chapter on stocks and sauces, full directions will be given for making

stock, both from fish and vegetables. Of course this stock will serve equally for the basis of soups of various kinds. In France what are called "*les grandes sauces*," or sometimes "*les sauces mères*," are either *gras* (made with meat) or *maigre* (made with fish or vegetable stock), according to the use to which they are to be put, and are made in a precisely similar manner; to speak the truth, to the ordinary palate it would be often extremely difficult to tell the difference. Of course this implies care and intelligence in flavouring the sauces, and, indeed, these two qualities are largely required by those who undertake this kind of cookery, as it is not so easy to conceal mistakes as in ordinary cases. As a general principle, it is best to keep at hand a few half bottles of light French wines, sound and good, though not necessarily of the choicest vintages. A good honest *vin du pays* answers most requirements, as long as it is sound and not over fortified. When, however, cooking sherry or port has to be used in its stead, remember to lessen the quantity considerably (to begin with, these wines are almost always fiery from not being quite pure, and in the next place, they are generally considerably strengthened with more or less commendable spirit), replacing the bulk with a little more stock, and, in some cases, a little lemon juice or even vinegar.

Another hint in regard to *maigre* soups, which I have never seen sufficiently insisted on, refers to the bread so freely added to such soups in France. Bread for this purpose is sliced, but it is sliced in a particular way; it should be cut diagonally, in small slanting slices, and when so cut amalgamates with the soup in a way no bread cut square, or too often anyhow, ever does. The reason for this I cannot explain, though I know the result is a fact. It is owing to ignorance on this point, perhaps, that in England we are so averse to adding bread to our soups.

Then, again, when cooking fish we almost entirely ignore two adjuncts which add enormously both to the appearance and the taste of such things. The first of these is the marinade, the second is the "Court bouillon."

Of *marinades* there are, I believe, two kinds—the cooked and

the raw, though the latter is the most generally used. The cooked marinade consists of equal parts of water, oil, and vinegar, boiled—or rather simmered—for a few minutes with a sliced onion and a carrot or two, a clove of garlic, and two or three cloves, this marinade being poured over the meat when it is cold.

The raw marinade consists of one tablespoonful of vinegar or lemon juice to three of salad oil, a sliced onion, a *bouquet garni* (parsley, thyme, bay leaf, a scrap of mace, and a couple of cloves; the proper way to make this is to take the parsley rather long—for flavouring purposes the stalks are particularly good—lay on it the sprigs of thyme, the bay leaf, the cloves, and the mace; then turn the ends of the parsley over, and tie them neatly together, so that the inside of the bouquet shall not escape), a slice or two of tomato, and two or three peppercorns, all stirred together and poured on to the meat, which must be carefully turned from time to time. No salt must be used in either case, as this would draw out the juice and leave the substance tasteless. No one who has not tried it can tell how great a difference is made in fish by this marinade.

(Incidentally it may be mentioned that there is a sweet marinade also, intended for fruit, &c., consisting of lemon juice, wine, or liqueur, and caster sugar. For instance, fruit to be served in fritters is improved by this initial treatment.)

Court-bouillon simply means the stock in which abroad fish is boiled to avoid the insipidity of salted water. The ordinary form is as follows: Put sufficient water to cover the fish into the fish kettle, add to it a claret glassful of white (French) wine, or half a glass of vinegar or lemon juice, a tablespoonful of salt, a few peppercorns, a sliced carrot, one onion stuck with two or three cloves, and one sliced, and a good bouquet. Let this all boil together for fifteen or twenty minutes, then rub the fish to be cooked all over with lemon juice, lay it carefully into the fish kettle in the ordinary way, let it cook as usual, and, when done, lift the pan from the fire, pour a glassful of cold water into the stock, lift out the fish, and serve. If not required at once, the fish cooked in this way can wait a little, as the stock is thrown off the boil by the cold

water, and therefore no longer cooks it, while the nature of the stock prevents its being so insipid as it is if left in water after it is ready. But this at best is only a makeshift, though it is a good thing to know.

A second *court-bouillon*, commonly called *au bleu*, is made by adding a good piece of butter to the ingredients, and equal parts of claret and fish stock instead of water. The use of the red wine gives a delicate pearly tint to the flesh of the fish, for which reason some connoisseurs used formerly to insist on red mullet being cooked in claret. A third method is to use half milk, half water, with the addition of some salt, for boiling salt-water fish. This way is the nicest for fish for an invalid, and is also an excellent method of cooking salt cod, which should always be soaked in half water, half milk, after its first bath in cold spring water.

Salt cod is a great material for fast day cookery, but, if it is to be wholesome, requires considerable care in the cooking. It should be first soaked for several hours in cold water, which should either be changed frequently, or the fish should be placed under the tap, which should be allowed to run slowly, thus changing the water for itself. Then it should be placed in skim milk and water, and soaked for some hours in this. Altogether it requires quite twenty-four hours soaking, and even then should be eventually cooked in the last of the three court bouillons given above. It may be observed that a court bouillon can be used over and over again as long as it is good, a little more being added if necessary.

Where stock is required for braising fish or vegetables, it is well to remember that it is made in this way: put a good piece of butter in a pan with some sliced carrots, an onion, a shalot, stuck with a clove, some parsley, and a bay leaf; toss this all together over the fire till lightly browned, then moisten with two parts of fish or vegetable stock to one of light French white wine, cover the pan, and let it all cook together for two or three hours, then skim and tammy it.

Lastly, there is the farce. This must be carefully and freshly made, for all farce has by nature a tendency to turn, or sour even when kept on ice, so it should not be made more

than a few hours before it is wanted, and the fresher it is the better. The method of making it is this: take 1lb. of fish freed from bones, skin, &c., chop it fine and pound it smoothly in a mortar; pound 12oz. of panada quite smooth separately, then put the two together and pound them till perfectly amalgamated, seasoning the paste with salt, a dust of cayenne, a few drops of essence of anchovy, and four whole eggs added one by one, working it all well together; then rub it through a sieve, and work into it vigorously about two full wineglassfuls of good white sauce, or velouté, as may be most convenient. This is excellent for quenelles, but try a morsel first before cooking it all to ensure its being of the proper consistency. Another way of making this farce is to pound 1lb. of fish as above till perfectly smooth, then work into it the white of an egg, and two wineglassfuls of double cream, seasoning it with a very little nutmeg and salt. This paste should be light and lithe.

This creamy farce is best made of whiting, though it can be made with any firm-fleshed fish, but it must be borne in mind that it sours very quickly. The first farce is the one most generally used, and can be varied in many ways. For instance, a proportion of lobster or crayfish butter may be added to it till it is of a pretty red colour. Or, again, it may be mixed with either a soubise, or a mushroom purée, or with truffles.

CHAPTER II.

STOCKS AND SAUCES.

PART I.—STOCKS.

WITHOUT stock of some kind, neither soups nor sauces attain their full perfection, and it is often the result of carelessness in this initial preparation when we complain of mawkish soup, or tasteless sauce. It may seem strange to some people to talk of stock in a book treating of fish and vegetable cookery, but, as a matter of fact, there are fish and vegetable stocks in whose composition not one ounce of flesh is allowed to enter, and stock so rich and good that the uninitiated might well be puzzled to decide of what it was made. To begin with fish stock. For this you require any trimmings of firm-fleshed fish, such as cod, whiting, haddock, soles, &c.; the heads, tails, bones, &c., whether cooked or raw, being all used. To these you add the shells of any lobster, the heads and tails of shrimps, &c., left over from sauce making, a carrot, and two onions sliced, a dessertspoonful of lemon juice, a good bouquet, containing parsley, thyme, bay leaf, a young green onion or two, a bit of finely peeled lemon rind, and a couple of cloves (some persons add to this a piece of mace, but the taste of this is so peculiar, and so much disliked by many, that it is well to ascertain if it is liked before including it in the bouquet); throw in a few peppercorns, and cover it all with cold water in the proportion of a quart to each pound of fish bones. Bring this to the boil, skim it well, and let it simmer at the side of the stove for rather more than an hour. This stock can then be strained, allowed to cool, and freed from fat when it is ready for use as a foundation for sauces, purées, and bisques. For clear soups it will have to be clarified in the usual way with whites and shells of eggs, allowing three or four to each

quart of stock. If properly done, this will give a clear colourless stock. If you require brown stock, you must fry the onion, carrot, and herbs altogether in a little butter; then, when they are lightly browned, lay in the bones, &c., of fish, after carefully drying them, and let the whole fry together for fifteen minutes. Then cover it with the cold water, and finish off as before. This gives a capital brown stock, and, if it is nicely clarified, it makes an excellent consommé.

For vegetable stock boil some dried peas in plenty of cold water, with some carrots, onions, a little celery, and a bunch of herbs; season it to taste, and cook it steadily till the vegetables are cooked, but not to a mash, strain off in the usual way, and clear if required. When this stock is to be brown, fry the vegetables, herbs, &c., in some oil or butter, add a very little brown sugar to the seasoning, and finish as before. The proportions are about a pound of mixed vegetables to the quart of water.

GLAZE.—Fish glaze is made just like ordinary meat glaze, by reducing strong stock; but it must be remembered to make the fish stock for this purpose with vegetable stock instead of plain water, to increase the flavour, and to overcome the gluey taste very strong fish stock is apt to contract unless very carefully made.

As a general rule, all sauces made with meat stock can be almost equally well made with vegetable and fish stocks, only allowing perhaps a trifle more seasoning and flavouring than is required with meat.

PART II.—STANDARD SAUCES.

It must be borne in mind that *maigre* sauce is always of two kinds, namely, that made with fish, and that made with vegetable stock, a point which requires the more consideration inasmuch as these sauces are not interchangeable in every case. Vegetable stock can, of course, be used indiscriminately for fish and for vegetable dishes, but fish stock can only be used safely for fish. However, the method is the same in either case.

ORDINARY BROWN SAUCE.—Fry together 2oz. each of flour,

butter, and tomatoes, till of a nice brown colour and well amalgamated, then dilute it with a quart of brown stock, either fish or vegetable, stir it till it boils, and let it boil together sharply till reduced a fourth part, keeping it well skimmed all the time. When quite free from fat, wring it through the tammy, or rub it through a hair sieve. This sauce should be kept ready for use, and keeps well for a few days if boiled up every day or two. Of course vegetable or fish stock is more apt to sour than meat stock. It is also well to remember, when preparing the foundation thickening (technically called *roux brun*, and *roux blanc*, according to its colour), that it must be cooked carefully and slowly, for if allowed to get lumpy at the first it is not easy to bring it back to the proper consistency; when brown roux is wished for, moreover, the colouring must be produced by *very* slow cooking, for if allowed to boil fast it is liable to burn, in which case it is spoiled, or it will contract a bitter, harsh taste, which will affect every sauce, &c., in which it is mixed. To produce a finer sauce, answering more or less to *Espagnole*, you boil about a pint of good brown sauce made as above, with a bunch of herbs, one or two fresh mushrooms, two or three young green onions, a small sherry-glassful of wine, and a very little sugar, till reduced a quarter part, skimming it well as it cooks, then tammy it, and use.

VELOUTÉ MAIGRE is simply melted butter made with nicely flavoured white fish or vegetable stock. If made with an equal part of milk (previously boiled with a tiny bit of mace and half an eschalot) and the stock, this sauce becomes *béchamel*, which can, when desired, be further enriched with a gill of cream to each half pint of sauce.

ALLEMANDE SAUCE is velouté in which mushrooms have been boiled for fifteen minutes, and then thickened, off the fire, with a liaison made by beating the yolks of two eggs in half a gill of cream, and the juice of half a lemon, stir the whole over the fire till it thickens again, tammy, and use.

ITALIAN SAUCE, when white, is simply velouté, the stock of which has been strongly flavoured with mushrooms, and then with white wine, allowed to reduce, half a gill of cream being

added; it is then tammied, a teaspoonful of finely minced green parsley stirred into it, and used.

Lastly, there is the great English sauce, melted butter, which gave rise to the cynical remark that, with a hundred religions, England had but one sauce. Unfortunately, in many cases, English cooks show a deplorable incapacity for preparing their single national sauce.

There are, properly, two ways of preparing this adjunct; the first simple enough, the second equally simple, but requiring a trifle more attention. For the first, melt 2oz. of good butter over a clear, slow fire; then mix into it gradually from 1oz. to 2oz. of flour (according to how rich you wish the sauce to be), stirring it steadily all the time till perfectly smooth and well blended; then add to it half a pint of hot water gradually, stirring it all the time, and let it boil together for a few minutes; then rub it through a tammy or sieve, and serve.

The second process is as follows: Melt 1oz. of butter, as before, and mix into it 1oz. of fine flour, to a smooth paste; now add to this a pinch of salt and a little white pepper; then pour in half a pint of hot water, stirring all the time, till the mixture begins to boil, and on lifting the spoon with which it has been stirred a thin coating of the sauce will cover the spoon. Now add to it two more ounces of butter cut into pieces, to facilitate its melting, and stir the whole over the fire till the butter last added is perfectly melted. Your sauce is then ready. (This is what in France is generally known as *sauce blanche*.) If by any chance this sauce should seem too thick, before adding the last ounces of butter add a gill or less of boiling water, bring it all to the boil again, and then finish off as before. If, on the contrary, the sauce appears too thin, stir together $\frac{1}{3}$ oz. of butter with a teaspoonful of flour, till mixed; now lift the first sauce off the fire, let it cool three minutes, then stir in the second lot of butter and flour, off the fire, and when this is melted, replace it on the fire, bring it to the boil again, and finish off as before.

These are the principal sauces, and once the making of these is mastered, there should be little or no difficulty in

making variations as may be desired ; and these directions will explain references that may be made further on to these sauces, called by French cooks "*saucés mères*."

PART III.—HOT SAUCES.

ADMIRAL'S SAUCE.—Chop up an anchovy, and mix very finely a shalot and some capers, and let all these simmer in a good half pint of ordinary melted butter till the anchovy is perfectly dissolved, season with a little white pepper, a grate of nutmeg, and, just as you are about to serve it, the strained juice of half a lemon. Many people prefer finely minced chives to the shalot.

ANCHOVY SAUCE.—This is simply good melted butter in which three washed and boned anchovies, pounded with a little fresh butter, are added to each half pint of sauce. Anchovy paste can be substituted for this, or even essence of anchovy ; but the last is not so delicate as the first method.

AUORE, SAUCE À L'.—Pound together sufficient lobster coral with butter to make a nice red paste, and stir about a spoonful of this into half a pint of creamy béchamel sauce, seasoning it rather highly with salt, white pepper, and a dash of cayenne. Add the strained juice of a lemon and serve.

BÉARNAISE, SAUCE.—This is sometimes called "hot mayonnaise." Put into a stewpan the yolks of four eggs, 1oz. of butter, a pinch of salt, and a dust of pepper. Stir this all over the fire till the eggs begin to thicken, then add another ounce of butter, and continue stirring till it is all dissolved, and add two more ounces of butter in the same way ; when thoroughly blended, taste it to see that the seasoning is right, and then stir into it a teaspoonful of minced tarragon and a small teaspoonful of tarragon vinegar. This sauce requires great care in the making, and should only be made as it is wanted. It is best made in the bain marie.

BEURRE NOIR.—Melt 2oz. of butter in a pan, allowing it to colour gently till it is a rich golden brown (though called black butter, the butter must by no means be allowed to

become really very dark or it would be burnt, and consequently spoiled). Now put into it two spoonfuls of well washed, dried, and carefully picked parsley; shake the pan when you do this, and the moment the parsley is crisp pour it, with the butter, into the sauce boat; now put a good tablespoonful of vinegar into the pan the butter was fried in, let it just boil up, and then pour it into the butter and serve at once.

BORDELAISE, SAUCE.—Reduce a gill of white French wine, mixed with a pinch of mignonette pepper and a teaspoonful of blanched and mixed shalot, to half by rapid boiling; then add to it two-thirds of a pint of good Espagnole sauce and a teaspoonful of minced parsley. Let it simmer for five minutes, then add to it a teaspoonful of essence of anchovy, the strained juice of half a lemon, and a dust of cayenne. Skim well, and keep it hot in the bain marie.

BOURGUIGNOTTE, SAUCE.—Fry two or three mushrooms, two onions cut into dice, some thyme, parsley, and a small blade of mace in an ounce of butter till of a good colour, add half a pint of claret and two or three cloves, and let it reduce to half; then add half a pint of good Espagnole and a gill of strong fish stock, boil it all together for fifteen or twenty minutes, skimming it carefully, tammy it, and use.

CAPER SAUCE (BROWN).—Put half a pint of brown sauce in a pan, with a tablespoonful of vinegar, a teaspoonful of essence of anchovy, a pinch of mignonette pepper, $\frac{1}{2}$ oz. of glaze, and a finely chopped shalot (or half a teaspoonful of chives); boil it all up together, skim it, add to it a little lemon juice and a spoonful of French capers, and serve.

CAPER SAUCE (WHITE).—To half a pint of good velouté maigre, add a tablespoonful of French capers, a dessert-spoonful of the vinegar from the capers, and a little salt; stir it altogether, and use.

CARDINAL SAUCE.—This is the same as sauce à l'Aurore, only a little richer, as about half an ounce of butter is stirred in just at the last, with a little coralline pepper, or unbruised lobster coral.

CHAURON, SAUCE.—Put four tablespoonfuls of vinegar in a stewpan with a bunch of herbs, and a dozen or so of crushed

peppercorns, and let it reduce to half; then add to it the yolks of four eggs, and by degrees 4oz. of butter, stirring it in the pot standing in the bain marie, or in another pan of boiling water. When it thickens, tammy it, and stir into it six tablespoonfuls of boiling tomato sauce. Excellent either with cod or salmon, either boiled or broiled.

CLEAR BUTTER SAUCE.—Let $\frac{1}{2}$ lb. of good butter boil very gently at the side of the stove for about half an hour, being careful not to let it discolour. When it is quite clear, and looks like good salad oil, it is ready, and must be poured off into the sauce boat very carefully, so as to leave behind all the sediment, which will be in the bottom of the pan. Skim it very carefully while it is boiling. This is excellent for boiled fish, asparagus and artichoke bottoms, and is also much used by first-class cooks for frying cutlets, bread-cROUTONS, &c.

CRAB SAUCE.—Have ready some rich, creamy béchamel, and stir into this the meat from the crab, cut into dice, together with a little of the soft part inside, if not too watery; let it heat but *not* boil (or the crab will become like leather, and about as digestible); then as you are about to serve it, add a few drops of lemon juice, and a dash of cayenne.

CREAM SAUCE.—Put into the stewpan the yolks of two eggs, three or four spoonfuls of cream, a gill of good velouté, $1\frac{1}{2}$ oz. of fresh butter, salt, and a dust of cayenne. Stand the pan containing this in the bain marie, or in a larger pan containing boiling water, and stir it with a clean wooden spoon till it is of the consistency of thick cream, add a few drops of lemon juice, then tammy, and use.

CREAM SAUCE À L'ESTRAGON.—Made precisely as the above, only with the addition of a teaspoonful of tarragon vinegar before tammying, and a little finely minced green tarragon, just before serving.

CURRY SAUCE.—Knead well together, 2oz. of fresh butter, rather more than an ounce of fine flour, and a full tablespoonful of curry paste or powder; now add a little chopped or shred carrot, celery, and onion, moisten with a pint of good stock, stir the sauce over the fire till it boils, let it continue boiling for twenty minutes, then rub it through a tammy, and use.

D'ORLEANS, SAUCE À LA.—Bring two tablespoonfuls of vinegar to the boil, add a spoonful of good Espagnole sauce, and let it get quite warm; now work in by degrees $1\frac{1}{2}$ oz. of fresh butter, a dust of caster sugar, and a good pinch of minced parsley, and use.

EGG SAUCE.—Boil four eggs for seven minutes, then throw them into cold water, shell them, rub the yolks through a wire sieve, and cut the whites into tiny shreds; have ready half a pint of boiling melted butter, stir into it half a gill of cream, a dust of cayenne, salt, the strained juice of half a lemon, mix into it the eggs, and serve.

FENNEL SAUCE.—Chop and blanch a handful of fennel; have ready half a pint of boiling melted butter in the bain marie; stir the fennel, $\frac{1}{2}$ oz. of butter, a seasoning of pepper and salt, and a little lemon juice into it, and serve when the butter is perfectly melted.

FINES HERBES, SAUCE AUX.—Chop separately a gravy-spoonful of peeled white mushrooms, three shalots, and a handful of parsley; fry these for five minutes in an ounce of fresh butter, with a pinch of mignonette pepper, salt, and a grate of nutmeg; then add to it half a pint of Espagnole or of velouté sauce, according to which colour you wish the sauce to be; bring it quickly to the boil, add a dash of lemon juice, and use.

GÉNEVAISE, SAUCE.—Boil together for ten minutes half a pint of good brown sauce, a chopped shalot, a dessertspoonful of essence of anchovy, a pinch of caster sugar, and a wine-glassful of claret; then tammy it, add a teaspoonful of chopped parsley, and by degrees stir into it $1\frac{1}{2}$ oz. of fresh butter.

GRAND' HOTEL, SAUCE.—Boil down four tablespoonfuls of tarragon vinegar, a pinch of mignonette pepper, and two bay leaves to one half; then add a gill of thick tomato sauce and half a gill of white wine or fish stock (the stock in which the fish has been stewed answers admirably for this), and stir it in the bain marie till quite hot; then work into it 2 oz. of butter, tammy, and use.

GREEN GOOSEBERRY SAUCE.—Pick over and blanch a pint of young green gooseberries, let them boil till the berries are

cooked (this will take about ten minutes); then drain them on a sieve, put them in a small stewpan, and bruise them with a wooden spoon, or work them through a sieve. This makes a nicer looking purée. If too thick, work into it a little hot water and lemon juice. Or, put a pot of green gooseberry jam into a pan with a gill of water and the juice of half a lemon; boil together for about ten minutes, bring up the colour if necessary with a little green vegetable colouring, rub it all through a tammy, heat in the bain marie, and use.

HOLLANDAISE, SAUCE.—Put into a pan four tablespoonfuls of vinegar, with two bay leaves, and some crushed black and white peppercorns; reduce this to half, then add the yolks of three eggs; work this mixture well (in the bain marie) with a wooden spoon, and add by degrees 3oz. of fresh butter. Be careful not to let it get too hot, or it will curdle, and tammy when thick enough. A little salt may be added if liked.

LOBSTER SAUCE.—Make some rather over-thick melted butter, season it with a very little mace, cayenne, and salt. Reduce this to the proper consistency with a little good cream or new milk, then put in the lobster cut into dice, and some of the coral bruised, with a little butter, stir this into the sauce, add a few drops of lemon juice, and keep the pan at the side of the fire where it cannot possibly boil, but where it will keep thoroughly hot.

MAÎTRE D'HÔTEL, SAUCE.—To half a pint of creamy béchamel add gradually 2oz. of butter, the strained juice of a lemon, a dust of cayenne, and a tablespoonful of finely minced parsley, and use.

MATELOTTE, SAUCE (BROWN).—Add the wine and stock in which the fish has stewed to a good ladleful of brown sauce, with some green onions and mushrooms (or their trimmings), and stir this over the fire till it boils; skim and reduce it, add a little essence of anchovy, a grate of nutmeg, and a pinch of caster sugar, tammy, and use.

MATELOTTE SAUCE À LA NORMANDE.—Reduce some good velouté with two or three mushrooms, a gill of white French wine, and the liquor from the oysters used in the matelotte; stir into this a liaison of two yolks of egg, a pat of butter, a

grate of nutmeg, and a little lemon juice, tammy, and as you are going to serve it throw in a spoonful of blanched and minced parsley.

MILANAISE, SAUCE.—To half a pint of good velouté add two tablespoonfuls of freshly grated Parmesan cheese, a dust of cayenne, and a gill of cream, let it boil up, then strain through a tammy or sieve.

MUSHROOM SAUCE.—Well wash and dry a handful of fresh mushrooms, and mix them with a little good stock and a short gill of sherry; stir this all into three-quarters of a pint of thick brown sauce, let it reduce to half, keeping it well skimmed, then tammy it, and stir into it the contents of a quarter pint tin of button mushrooms, thinly sliced, and their liquor, let it re-boil, and use.

MUSTARD SAUCE.—Knead a dessertspoonful of baked flour and a teaspoonful of mustard flour till smooth with 3oz. of butter, stir it all into a gill of boiling water, boil for five minutes, add to it a teaspoonful of vinegar, and use. This is usually served with broiled herring.

OYSTER SAUCE.—Blanch twelve sauce oysters in their liquor, strain, beard, and cut them into three or four pieces, according to their size. Make a roux with 1½oz. of butter and 1oz. of flour, add to this the liquor of the oysters and a gill of fish stock; pound the beards and add them to the sauce; stir it all till it boils, then add half a gill of cream, let it cook on the side of the stove, stirring occasionally, add the juice of half a lemon, tammy, re-heat the sauce in the bain marie, add the oysters, and serve. This sauce is a little more trouble than the usual form, but its increased flavour well repays the extra work.

PIKE SAUCE.—Melt 2oz. of butter, and mix it smoothly with 1½oz. of flour, and when thoroughly amalgamated add to it half a pint of hot milk, let it boil for a few minutes, then stir into it an anchovy cut small, ½oz. of butter, two spoonfuls of cream, cayenne, and a little lemon juice. This is an old recipe.

POLISH SAUCE.—Mix half a pint of hot Allemande sauce over the fire, without boiling, with two large tablespoonfuls of

finely grated horseradish, two tablespoonfuls of strained lemon juice, a teaspoonful of freshly grated lemon peel, the same of finely minced parsley, a very little nutmeg, salt, cayenne, and caster sugar. This sauce is also called princess sauce.

POULETTE SAUCE.—Stir into a pint of good velouté the yolks of three eggs, two tablespoonfuls of lemon juice, a gill of cream, a little salt and cayenne pepper, and when it thickens tammy it, and just at the last stir in a dessertspoonful of minced parsley. This sauce is also called blanquette, or Pascaline.

RUSSE, SAUCE À LA.—Mince finely equal quantities of tarragon, chervil, and parsley, and stir them into some reduced velouté thickened with the yolks of two eggs. When about to use this sauce, stir into it some grated horseradish, sugar, pepper, lemon juice, and a little made mustard.

SHRIMP SAUCE.—Pick rather more than half a pint of shrimps, and scald the shells and heads with half a pint of boiling water for half an hour to extract all the flavour; strain this on to 2½oz. of white roux, let it just boil up, put in the shrimps, draw the pan to the side of the stove, and let it keep very hot, but without cooking any more.

TOMATO SAUCE.—Cut into dice two onions, two carrots, two turnips, four bay leaves, a blade of celery, a leek, and four large tomatoes, and fry them in 2oz. of butter for fifteen minutes, with some crushed peppercorns, and a spray or two of parsley and thyme; then add two tablespoonfuls of vinegar, one and a half pint of brown sauce, and, if required, a few drops of carmine to bring up the colour. Let it all cook gently for half an hour, tammy, and use.

TOMATO SAUCE À LA MINUTE.—Blend over the fire three or four tablespoonfuls of bought tomato sauce, or *conservé de tomates*, with half a gill of any stock at hand, season with salt and cayenne (and if necessary a few drops of carmine), and serve.

TYROL SAUCE.—Put into a stewpan three-quarters of a pint of clear fish stock, two wineglassfuls of sherry, 1oz. of glaze, a finely minced shalot, a bay leaf, and a pinch of mignonette

pepper. Bring this to the boil, then draw the pan aside, and let its contents simmer gently for ten minutes; stir together a gill of tomato pulp with 1oz. of cornflour, and pour the hot sauce on to this, stirring it well together, put it back into the pan, and keep it stirred till it reboils, then wring it through the tammy, stir into it some sliced truffles, if at hand, let it get hot in the bain marie, and use.

VÉNITIENNE SAUCE.—Bring half a pint of Allemande sauce to the boil, and stir into it $\frac{1}{2}$ oz. of butter, a teaspoonful of blanched and minced parsley, and a teaspoonful of strained lemon juice.

VIN BLANC, SAUCE AU.—Make a white roux with $\frac{3}{4}$ oz. of butter and the same of fine flour, season it with salt and white pepper, then add to it a gill and a half of water, bring it to the boil, stirring it all the time; then let it simmer for twenty minutes, pour into it the wine and stock in which the fish was cooked, let it just boil up, then stir in, off the fire, 1oz. of butter and a teaspoonful of minced parsley, and use directly the butter is melted,

PART IV.—COLD SAUCES.

ANCHOVY CREAM.—Pound six washed and boned anchovies with a hard-boiled yolk of egg, a tablespoonful of salad oil, a dust of cayenne, and, if necessary, a few drops of carmine; when quite smooth, add half a gill of liquid aspic jelly, and tammy it. Mix this with a gill of stiffly whipped cream, and set it on ice till wanted.

ASPIC CREAM.—Mix together half a pint of liquid aspic jelly, a gill of thick, sweet cream, and a dessertspoonful of tarragon vinegar; stir it well together, tammy, and, if for masking anything, use just as it is getting cold.

CHAUFROIX SAUCE.—This can be had either white, brown, or red. For white *chaufroix*, boil together a gill of velouté, a gill of thick cream, and half a pint of aspic, till reduced a fourth part, skimming it well; then tammy, and use as it cools. For red *chaufroix*, take half a pint of thick, well-coloured tomato sauce, half a pint of aspic jelly, a sherry-glassful of

sherry, and, if required, a few drops of carmine; reduce and finish as before. For brown *chaufroix*, proceed in the same way, only using thick Espagnole for the tomato sauce, and omit the carmine.

MAYONNAISE.—For half a pint, put into a basin one raw yolk of egg, an eggspoonful of mustard (or equal parts of English and French mustard), a pinch of salt, and the same of white pepper; mix this well with a wooden spoon, adding gradually sufficient oil, drop by drop, to make the mixture as thick as butter; then add a teaspoonful of vinegar (tarragon, chili, or both, or any delicate herb vinegar can be used advantageously for mayonnaise). Keep the mixture pretty stiff; if it has to wait, it is well to add a spoonful of boiling water carefully to it. Mayonnaise can be used for decorative purposes by adding aspic to it in the proportion of half a pint of aspic to a gill of thick mayonnaise; to colour it red, add to it some pounded lobster coral, coralline pepper, and a spoonful of mustard, and stir it till thoroughly amalgamated. If stiffened with aspic, this will make a pretty *chaufroix* sauce. Green: blanch equal quantities of tarragon, chervil, and parsley; then press the moisture well out of the herbs, rub them through a sieve, incorporate this purée with the mayonnaise, and, if necessary, bring up the colour with vegetable green colouring.

MOUSSELINE SAUCE.—Whip a gill of aspic till quite stiff and frothy, and mix it with a gill of thick mayonnaise, a gill of whipped cream, a dust of cayenne, a pinch of caster sugar, and a dessertspoonful of tarragon vinegar. A pretty variante of this is to use the green mayonnaise given above.

POIVRADE, SAUCE.—Whisk well together a good table-spoonful of Espagnole sauce, four table-spoonfuls of salad oil, one of chili vinegar, and a little tarragon vinegar, pepper, and salt; when mixed, add to it a spoonful of chives minced, or a little minced shalot and parsley. This is excellent with plain boiled artichoke bottoms.

PROVENÇALE, SAUCE.—Pound the hard-boiled yolks of four eggs with four anchovies, some capers, tarragon, chervil, parsley, a morsel of garlic, pepper, salt, a gill of salad oil, and a table-

spoonful of tarragon vinegar; rub the whole through a tammy or a hair sieve, add lemon juice and a spoonful of minced parsley, and use. This sauce is particularly good with broiled eels or with fish salad.

STE. MÉNEHOULDE, SAUCE À LA.—Rub a bowl across once or twice with a fresh-cut clove of garlic, then put into the bowl a wineglassful of made mustard, salt, pepper, some finely minced parsley, two shalots, an onion, and the hard-boiled yolks of three eggs; mix into it, drop by drop, six tablespoonfuls of salad oil, adding altogether two tablespoonfuls of vinegar as the sauce thickens, and serve.

SUÉDOISE, SAUCE.—Stir together two tablespoonfuls each of finely grated horseradish and thick cream into half a pint of thick mayonnaise, and set it on ice till wanted.

TARTARE, SAUCE.—To half a pint of mayonnaise add a dessertspoonful of minced gherkins, the same of minced chives or shalot, a teaspoonful of blanched and minced tarragon, chervil, and parsley, half a teaspoonful of chili vinegar, a dust of cayenne, and a small teaspoonful of mustard flour.

TOMATO CREAM.—Pound four large tomatoes till smooth, season with salt, pepper, a few drops of carmine (if required), and half a gill of just liquid aspic, rub it through the tammy, stir into it a short gill of stiffly whipped cream, a dessertspoonful of tarragon, and half the quantity of chili vinegars, together with a little finely-minced chervil and tarragon, and set on ice till wanted.

VERTPRÉ, SAUCE.—Take equal quantities of spinach (parboiled), parsley, chives, and tarragon; pound them with butter to a stiff paste, after rubbing them through a sieve, and mix this paste with green mayonnaise to taste.

VINAIGRETTE, SAUCE.—Mix well together three spoonfuls of salad oil, one spoonful of vinegar (tarragon is best), half a teaspoonful of chili vinegar, a teaspoonful of freshly-minced tarragon and chervil, a saltspoonful of mignonette pepper, and a good pinch of salt. Serve in a boat, with hot asparagus, artichoke bottoms, fish, &c.

CHAPTER III.

SOUPS.

THE taste of the day runs rather in favour of strong, clear soups, the "consommés" of our menus, and these can be obtained fully as well from fish and vegetables as from meat, though possibly many housekeepers are unaware of this fact. The trimmings, bones, &c., of any fish, cooked or raw, make an excellent clear soup for ordinary use, but for special occasions, when a perfect consommé is desired, it is well to use uncooked fish; and even a little coarser fish, or the head of a cod, may be bought for a foundation of one's stock pot. When nicely clarified, which it should be precisely as you clarify meat stock, with (for consommé) a little raw fish, and a few vegetables, such as sliced carrot, celery, leek, parsley, &c. (avoid onion when clearing soup, as it makes the soup irremediably milky), mixed with the whites and shells of the eggs, these fish stocks produce a beautiful clear consommé, which, suitably garnished, leaves little to be desired. For garnish, nicely boiled maccaroni, or any of the ornamental forms of this paste, known in France as "pâtes d'Italie," are bad to beat, if properly cooked, though, unfortunately, it is not every cook who knows how this is managed. The chief points to be remembered are that maccaroni *must* be put on in a generous amount of boiling water, and kept at the boil; sufficient salt should be put in with the paste, and the whole stirred now and then. Have some cold spring water ready at hand, and the moment the maccaroni has reached perfection, dash in a pint of this (if the saucepan be a large one) to stop the boil. It is on the addition of this water at the precise moment, when the cooking of the maccaroni has reached perfection, that its excellence

depends. It is, unfortunately, almost impossible to give the precise time it will take, for not only does macaroni vary in size, but it also varies in make, and the length of time it will take to cook varies to the same degree. The best test is to take a morsel out of the pan and taste it; if it eats soft, but yet short, it is done, and the sooner its cooking is stopped the better will it be. Ordinary pipe macaroni of the average size will take about half an hour, more or less (probably the latter), to cook well, but if allowed to over-cook it becomes soft and pappy. In England it is generally over-cooked. Of course, the smaller kinds will take proportionately less time, but it is best to test it. Julienne garnish (vegetables cut in strips and boiled separately till soft, and added to the soup), and brunoise (the same vegetables, only cut in dice, and cooked as before), are also excellent. Then there are fish *quenelles*; these are prepared as follows: Pound separately 3oz. of any nice white-fleshed raw fish and 3oz. of panada; mix these when perfectly smooth, and season the mixture with a pinch of salt, a dust of cayenne, and a very few drops of essence of anchovy (personally, I prefer Burgess's essence of anchovy), add one large or two small raw eggs, and rub the whole through a fine wire sieve, adding a little good béchamel *maigre* while pounding, if you think the mixture is too stiff. If lobster is used, a very little essence of anchovy and a few drops of liquid carmine may be added to the béchamel, enough to give a pale pinky colour to the mixture. These *quenelles* can be shaped with a couple of very small teaspoons, or, if preferred, may, by means of a bag and a small plain forcing pipe, be forced out in little balls; but, in any case, they must be poached in a well buttered sauté pan, into which sufficient boiling stock or water has been carefully poured to cover them, and then cooked in this till done, which they will be in about four or five minutes. It should be remembered that when making *quenelles* it is always best to test a small portion of the mixture by cooking it first, to see if one has got the paste to the right consistency, as this saves spoiling the whole quantity. Or, again: *Fish Fillets*.—Fold a filleted sole, or a plaice, in buttered paper, and cook it for fifteen minutes in some of the unclarified fish stock; then set it

aside till cold, when it can be cut into tiny fillets, or stamped out in rounds the size of a shilling; warmed in a little hot water, drained, and add to the soup, with picked parsley or chervil. Or: *Chiffonade with Eggs*.—Cut some lettuce into rounds the size of a sixpence with a plain round cutter, blanch these, and cook them till tender in a little of the stock. Meanwhile, poach carefully some very small eggs, bantam's, if possible—in France they often use plovers' eggs—and slip them into the soup with the rounds of lettuce. If liked, asparagus points may be used instead of the lettuce; but then, of course, the soup becomes *consommé aux œufs aux pointes d'asperges*. And also: *Chiffonade à la St. Florentin*.—Prepare some choux paste in the ordinary way, only using coralline pepper, salt, and freshly grated Parmesan cheese instead of sugar; put this paste into a forcing bag with a very small pipe, and, having brought some stock to the boil, draw it to the side of the stove, and press out into it the contents of the bag in long threads, like vermicelli. As soon as these are firm, without being leathery, lift them out carefully with the skimmer, being careful to break them as little as may be; put them into the tureen, and pour the soup on to them.

These are only a few suggestions as to the way in which fish consommé, either white or brown, may be garnished; and any intelligent cook will have little difficulty in varying them for herself, especially as many of the garnishes used for ordinary consommé can easily be adapted for fish. For instance, blanch separately and cook till tender, some shredded leek, lettuce, and French beans (tinned ones do for this, and they, of course, do not require cooking), together with some picked tarragon and chervil (parsley may be used instead); have ready also some filleted fish prepared as above, cut into neat little fillets, and some custard made in this way; put half an ounce of well washed spinach in a pan, with enough cold water to cover it, add a little soda and salt, and bring it quickly to the boil; then rinse it well, drain it, press all the moisture from it, and rub it through a fine wire sieve; now beat up well four raw yolks of eggs, seasoned with white pepper and salt, and mixed with two good tablespoonfuls of

cream; stir the pulped spinach well into this mixture, and pour it all into some well-buttered dariole moulds, place these in a stewpan with sufficient boiling water to reach three parts of the way up the moulds, watch the water reboil, cover the pan, draw it to the side of the stove, and steam the custard till firm. Turn it out of the mould, slice it a quarter of an inch thick, and stamp it out in any pretty pattern you please. (The custard can perfectly be steamed in a small jam pot.) Put the vegetables, the fish fillets, and the custard into the tureen, pour in the soup, which should be white fish stock, and serve at once.

Another form of fish soup that is justly popular is the "bisque," a purée of any kind of shell fish, moistened with ordinary fish stock, flavoured with Madeira or sherry (to many tastes the lighter white French wines are preferable), and seasoned to taste with salt and cayenne. It is then poured into a hot tureen, and served with tiny dice of fried bread. To make the purée, simmer the chopped lobster flesh in about half a pint of béchamel maigre until it is considerably reduced, then rub it through the sieve, bringing up the colour with a little lobster butter, *i.e.*, the cooked coral pounded and rubbed down with butter till it forms a rich, smooth, red paste, rather like red lead it must be confessed, but giving a beautiful tint to the soup. If you are using tinned lobster for the bisque (an immoral, but not altogether unsatisfactory proceeding), rub down some butter with anchovy paste and a few drops of carmine till you have a paste of the required shade. Bisque is made in precisely the same way with prawns or crayfish; but, in the latter case, have a few of the bottled crayfish tails to put into the soup just at the last as a garnish, and use the tinned crayfish butter to colour it.

BISQUE OF OYSTERS À LA ROYALE.—Put on $\frac{1}{2}$ lb. of Carolina rice in enough cold water to cover it, and let it boil up; then strain it, rinse it in cold water, and cook it till tender in about three pints of fish stock. When quite tender, pound it, rub it through the tammy, and re-heat it in the bain marie. Beard six large sauce oysters, and cut them into dice; put the beards and the liquor into a stewpan with 2oz. of good

butter, and let them draw down at the side of the stove for fifteen minutes, then strain off the beards, pound them till smooth, and mix them again with the liquor, rubbing it all through the tammy with a pint of fish stock; keep it hot in the bain marie. Mix the yolks of four eggs in a basin, with a dust of cayenne, a pinch of salt, loz. of butter, and half a pint of cream; when thoroughly blended, add in the oyster purée and the pounded rice, mix it well, and stir it in the bain marie till thick, strain it into the tureen, add a glassful of white wine, and garnish with little rounds of delicately coloured custard, and the minced oysters.

CRÈME DE RIZ À LA CARDINALE.—To a quart of good fish stock add three tablespoonfuls of crème de riz, previously rubbed smooth with a little new milk or cream; stir it over the fire till hot and thick, add a spoonful of anchovy sauce, a score of crayfish tails, and some tiny quenelles made from any remnants of white fish, and serve.

BISQUE OF CRAYFISH À LA CRÉOLE.—Wash, boil, and drain the crayfish, remove the heads, and clean them out, allowing three to each guest. Make a farce with breadcrumbs, minced shallot, salt, black pepper, and a third of the crayfish bodies, binding the mixture with the yolk of an egg. Stuff the cleaned heads with the farce. Put aside the rest of the crayfish tails, but pick all the flesh from the claws, &c., and mince it fine. Fry an onion sliced, a scraped carrot, two or three tomatoes, and some herbs in an ounce or two of butter; then pour on to these a quart of fish stock, thickened with two or three spoonfuls of crème de riz rubbed smooth with a little new milk or cream, lay in the chopped crayfish meat, and let it all simmer till thoroughly cooked; then rub it all through a fine sieve, return it to the pan, let it heat in the bain marie, and season to taste. Put the stuffed heads into the oven till brown, then lay them with the crayfish tails into the tureen, with a few drops of lemon juice and half a wine-glassful of white wine, and pour the hot soup upon them, and serve. Half an ounce of butter and a grate of nutmeg, stirred into the soup at the last, are an immense addition. This is a West Indian recipe.

EEL SOUP.—Fillet a couple of small eels, and then cut these fillets into scallops; place them in a sauté pan, with a little butter, salt, pepper, lemon juice, and minced parsley. Simmer it all for twenty minutes, then add a glass of sherry, and let it all simmer gently for a few minutes longer. Now put the scallops into the tureen, with a dozen crayfish tails, and pour on these some soup prepared as follows: Shred a carrot, one or two mushrooms, a blade of celery, a parsley root, and a shalot, and put them into a stewpan, with a bunch of herbs, and 1½oz. of butter; fry them a light brown, add the bones and trimmings of the eels, a few crayfish, and a gill of white wine; boil this all for a few minutes, then add the quantity of fish stock required, and let it all simmer (after coming to the boil) for half an hour. Then tammy, re-heat, and thicken with the yolks of two eggs, and add a spoonful of finely minced parsley.

Last on the list of fish soups, but by no means the least of them, is the king of Provençal kitchens, the *bouille-à-baisse*, celebrated by our own Thackeray. Though looked on by most people as a very recondite composition, this is, in plain truth, nothing more than a particularly savoury fish stew, as the following recipe, translated from a much esteemed authority on Languedocien and Provençal cookery, shows: “Cut the fish required for this dish into neat slices or fillets, and make stock from their trimmings—heads, tails, bones, &c., flavoured with a full bouquet, an onion stuck with a clove, and, if liked, a clove of garlic. Strain this stock when cooked, and use it to moisten the *bouille-à-baisse*. Now line a stewpan with sliced onion, liberally sprinkled with the best salad oil, and toss it over the fire till the onion is lightly browned; then lay in the sliced or filleted fish, with some minced parsley, two cloves of garlic minced as fine as possible (where the flavour of these is disliked use minced eschalots, but in this case the pan must have been well rubbed with fresh cut garlic), a thin slice or two of lemon freed from pips, and a fair-sized tomato carefully seeded. Sprinkle this all with about half a teaspoonful of powdered saffron, and more oil, add salt carefully on account of the stock which will have been seasoned; then pour over it

all the stock (there should be about a quart mixed with from a gill to half a pint of light French wine, according to taste, for an average-sized dish), being careful to have the fish, &c., well covered. Let it cook pretty sharply for fifteen to twenty minutes; then have ready a tureen heated and lined with slices of bread freed from crust, and, after removing the bouquet, pour in the liquid part, serving the fish in the tureen or on a separate dish, as you please." Almost any fish can be used for *bouille-à-baisse*; in fact, round Marseilles they say the more kinds used the better will the soup be; and connoisseurs insist that a mixture of sea and fresh-water fish should always be chosen. The sea fish most generally used are the cod (rock cod is best), haddock, turbot, sole, mackerel, mullet (red and grey), whiting, lobster, crawfish, prawns, &c. Of fresh-water fish choose pike, eel, carp, trout, perch, barbel-crayfish, &c.

A clear vegetable consommé is easily prepared, either white or brown, by clearing the vegetable stock, given in the chapter on stocks and sauces, in the usual way, adding a very little white wine to it, which, however, though a great improvement is not actually necessary. It is well to remember in making vegetable stock for consommé, that its component vegetables must not be allowed to boil to a pulp, or the stock will never clear; while if they are allowed to fry until of too dark a colour, the brown consommé will not look nice. Perhaps the best garnishes for these vegetable consommés are maccaroni and vermicelli in any form, julienne, brunoise, custard, or macédoine, which consists of a proportion of a tin of vegetable macédoine, rinsed in boiling water, heated in a little of the unclarified stock, and added to the soup. In this case it is generally called *consommé à la jardinière*.

Vegetable purées are too well known to need much reference, though there are many kinds beyond the pea soup, or the Palestine soup, which appears to do duty for them all in England. Perhaps some of the following may be new to many of our readers:

POTAGE SANS SOUCI.—This is a judicious blend of green haricots, or flageolets as they are called, and spinach. Soak

1lb. of the beans in cold water for quite twelve hours, then drain and put them in a stewpan with a pint of cold water; let them simmer till quite soft and pulpy, stirring them occasionally—especially at the last—to prevent their burning, adding a very little water as that in the pan evaporates, so that when cooked there should be scarcely any liquor left. Boil a rather short pound of well picked spinach in another pan, with a little salt, until tender, shaking it occasionally as it cooks, then strain it and rub it through a sieve. Rub the beans also through the sieve, and mix the two purées, diluting them to the desired consistency with a little unclarified vegetable stock, season to taste, add a small pat of butter broken into pieces, and stir all over the fire till hot. Serve with dice of fried bread.

POTAGE À LA CONTI.—Soak and cook 1lb. of flageolets as above, but when they are tender set aside a couple of spoonfuls of them, leaving the rest to cook till pulpy; rub them through a sieve, dilute them with unclarified vegetable stock, season with pepper and salt, stir into it all a small pat of butter and the whole beans previously set aside, till it is all hot; then stir in, off the fire, the yolks of two eggs previously beaten up with a little of the stock, or cream, and serve either with or without some little butter dumplings.

CELERY CREAM (*Crème de Céleri*).—Cook four or five heads of celery with a small onion in a stewpanful of boiling water, and when tender rub it all through a sieve; dilute it with some of the water in which it was boiled, season to taste, let it boil up, then stir in, off the fire, the yolks of two eggs beaten up with a gill of cream, and serve. Chicory can be treated in the same way.

POTAGE PRINTANIER.—Butter the bottom of a stewpan pretty thickly, and lay in it two carrots, one turnip, half a spring cabbage, a handful of spinach, two or three peeled potatoes, a few French beans, part of a cauliflower, and a quarter of a pint of green peas, if at hand. The larger vegetables should be cut into small pieces. Now add a pint of water, bring it to the boil, then simmer slowly till the vegetables are tender, when they must be rubbed through a

sieve, diluting the purée with water or milk; then re-boil it, and stir in, off the fire, the yolks of a couple of eggs beaten up with a gill of cream.

GREEN PEA SOUP.—Boil one quart of old green peas in two quarts of water till tender, then press them through a sieve with the water they were boiled in. Stew in the oven, in an earthenware jar, a pint of young green peas, the under part of a cos lettuce, three cucumbers (sliced and seeded), ten small onions, a spray of green mint, and a teaspoonful of caster sugar in 4oz. of butter. When these are quite tender add them all to the pulped peas and water, and boil them all together for a little. Serve with cayenne and salt. If preferred, the whole can be rubbed through the sieve again at the last, a few young peas, stewed in butter with a little sugar, being stirred in just as the soup is dished.

ONION SOUP (*Potage à la Soubise*).—Peel four large onions, and cut them into dice; melt 2oz. of butter over a slow fire, and lay into it the onions, cover the pan, and let them draw down for an hour. Then pour in by degrees two or three pints of boiling vegetable stock, or boiling water (or, better than either, the water in which a cauliflower has been cooked, of course without soda), lay in any pieces of diagonally sliced stale bread, and a little pepper, with salt if necessary. Replace the lid on the pan, and let it all simmer together for at least an hour, then rub it all through a sieve, crushing it with a clean wooden spoon; if the purée appears too thin, let it boil up sharply to reduce it; if too thick, add a little milk. If required a little more delicate than the above, do not let the onions colour, make it with milk, and use the crumb of the bread only. Just before you serve it stir into it gradually a good tablespoonful of grated Gruyère or Parmesan cheese.

CUCUMBER SOUP.—Peel the cucumber, and if you are afraid of its being bitter, let it soak for a little in cold water. To every pound of cucumber lay into the pan 2oz. of butter, half a teaspoonful of caster sugar, a small onion, a gill of water, and salt and pepper to taste. Stew it all gently till tender, then rub it through a sieve; replace it in the pan, and cover it with milk (a pint to each pound of cucumber), pre-

viously thickened with a teaspoonful of cornflour to each pint of milk. Let it all boil for a few minutes, watching it well, as it catches very easily, and when of the consistency of good cream, serve, with fried croutons and coralline pepper handed round.

POTATO SOUP (*Potage Parmentier*).—Slice two onions, the white part of two leeks, and a head of celery; lay this all into a pan, and add twelve potatoes, peeled and sliced, and 2oz. of butter; let it all fry together for ten minutes without colouring, then moisten with white vegetable stock (about two quarts); add a bunch of herbs, salt, and two or three cloves, and let it simmer till the vegetables are all tender, then rub it through a sieve. Return this purée to the pan, and let it just simmer for twenty minutes, skimming it carefully. If too thick, dilute it with a little milk. Just before serving stir into it the yolks of two eggs beaten up in a few tablespoonfuls of cream, with an ounce or two of butter cut up small. Let this all melt, add a little finely picked parsley and chervil, and serve with dice of fried bread.

PURÉE DE POIS VERTS.—Dried green peas may be turned to good account in the Lenten season in this way, and make a soup (also called *Purée à la St. Germain*) which is very popular with many whose purses are not sufficiently well stocked to allow of fresh peas at that time of year. Soak the peas for twelve hours at least, then drain them, put them on in fresh water and let them cook for five hours, until perfectly tender, when they must be rubbed through a sieve. To each pound of peas (weighed before soaking) allow 4oz. of nice spinach, which must be boiled and rubbed through a fine sieve; now mix the two purées, diluting them with vegetable stock, season to taste, stir over the fire till hot, adding a large pat of butter as you do so, and when this is quite dissolved, stir in, off the fire, a gill of cream. Serve with dice of fried bread; or, just as you are about to serve the soup, slip into it carefully some strips of poached custard.

SPINACH SOUP is made in much the same way, the purée being diluted with vegetable stock, re-heated and thickened at the last, and off the fire, with the yolks of two eggs beaten up

with a gill of cream. From sorrel again, with the addition of the ever useful spinach, a soup is made that is much appreciated in France. The two vegetables are well washed, drained, and finely chopped, tossed in butter, then seasoned with salt, pepper, and a pinch of sugar; diluted with vegetable stock, or even boiling water, and boiled altogether for about ten minutes, stirring in the liaison of egg yolks and cream at the last, as in the preceding recipes. A French roll thinly sliced, and dried till crisp in the oven, is placed in the tureen, and the hot soup poured on to it, and served at once.

TOMATO SOUP.—This can be made either of fresh or tinned tomatoes. In the first case the tomatoes will require a little prefatory cooking in butter, and are then rubbed through a sieve, diluted with vegetable stock, stirred till thickened, and re-heated in the bain marie, mixed with a gill of cream, and, if necessary, a few drops of liquid carmine to bring up the colour, and served, boiled rice or macaroni being handed round with it. Where tinned tomatoes are used, they are rubbed at once through the sieve, and finished as before; the only difference being that a pat of butter is added to the stock with the seasoning. If fresh tomatoes are used, the pulp of eight good sized ones will be required to the quart of stock.

CAULIFLOWER SOUP.—Trim three or four heads and cook them till tender in boiling salted water, then rub the white parts through the sieve, add a tiny pat of butter, with white pepper, and enough vegetable stock to bring it to the desired consistency; stir it over the fire, and finish off, off the fire, with a liaison as before.

THICK ASPARAGUS SOUP (*Purée d'Asperges*).—Put 2oz. of butter in a pan, with the thinly sliced white part of two leeks, a strip of celery, a sliced onion, and a bunch of herbs; cut the tips from a bundle of asparagus, and set them aside, but cut up the stalks and put them in the pan with the other vegetables, and fry them all for a few minutes; then mix in about two tablespoonfuls of crème de riz, and three pints of milk, or milk and water, and let it all cook for an hour. When the vegetables are cooked, strain them from the liquor, and pound them till smooth; add the liquor to this purée, and

rub it all through a tammy or fine sieve, and re-heat. For each quart take half a pint of warm cream, the yolks of three eggs, a pinch of sugar, and a few drops of lemon juice; mix it all together, and stir it all, over the fire, till it thickens, but without allowing it to boil. Boil the asparagus tips in salted water, and use them to garnish the soup.

PURÉE OF POTATOES AND ASPARAGUS POINTS.—Peel and wash four large potatoes, boil them till tender, but not pulpy, drain them, pass them through a sieve, dilute the purée with warm milk and some of the water in which the asparagus, treated as in the preceding recipe, has been boiled, season to taste, re-heat in the bain marie, and stir in, off the fire, the yolks of two eggs, beaten up in a gill of warm cream, add the asparagus points, cooked in the liquor in which the stalks were boiled, and serve.

The two following soups are excellent, rather too substantial perhaps for dinner, but for luncheon they are much to be recommended :

FISHERMAN'S SOUP.—Skin three or four tomatoes, and cut the pulp into dice; put them into a stewpan with a quart of fish stock, and, when this is boiling, add 2oz. of rice, and let it all simmer steadily together until the rice is tender, then add a dozen or so of oysters, bearded and cut into dice, bring it all *just* to the boil, and serve.

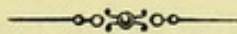
HARICOT SOUP.—Soak a pint of white haricot beans for twelve hours in cold water, then strain them and put them into a pan with three quarts of water, and a sliced onion, and boil from two to three hours; then add a couple of turnips cut into dice, three or four potatoes, also cut up, a pat of butter, and pepper and salt to taste. Let it all boil slowly till the vegetables are all quite tender, and serve.

And lastly, here are two sweet soups, concerning which some people waxed enthusiastic this last season :

LEMON SOUP.—Slice thinly a very juicy lemon, quarter each slice, lay the pieces on a plate and sprinkle them with caster sugar. Now fry them in fresh butter, with a handful of breadcrumbs, till of a bright golden tint, then lay them in the tureen. Boil together for about ten minutes a pint of light

white wine and half a pint of water; stir into this, off the fire, the beaten yolks of two eggs; sprinkle the pieces of lemon with a little more sugar and a dust of cinnamon, pour the wine and water over them, and serve.

CLARET SOUP (ICED).—Boil 2oz. of sago in a pint of water, till it is as thick as gum, add to it a bottle of light claret, two teaspoonfuls of sugar, and a little grated nutmeg. Stir it well together, rub it through a delicately clean sieve, and set it on ice, or in a cool place, till wanted. This is a Danish recipe, and valuable for sick-room diet.



CHAPTER IV.

FISH.

IN Fast-day cookery fish naturally holds an important place, though in vegetarian cookery pure and simple it is ignored. On fish the fast-day cook has to rely chiefly for the principal part of his menu, both for entrées, removes, and second course, and it must be confessed that, considered as gastronomic dainties, such dishes, if carefully prepared, leave little to be desired. Fasting under such circumstances may be frankly admitted to be a keeping of the law chiefly in the letter; but the result is hygienically so good, that one understands the feeling that prompted Queen Elizabeth and her Ministers at the Reformation, to try and render a fish-eating period compulsory, though, we believe, she added to the hygienic reason a desire to secure employment for the fishing population of her coasts.

Probably few cooks realise in this country the infinite variety in the way of preparation to which fish is susceptible, whether as an entrée, or, if necessary, a remove. As a rule, in this country we boil and fry our fish, and there our culinary ideas end. Of the numberless ways of dishing up fish in daily use abroad we appear to have little or no idea. Of course, plain boiled turbot, brill, cod, and dory are beyond praise when served with plain melted butter and such additions as the cruet may supply, or dished with a dainty garniture and a still daintier special sauce; but still, variety is charming, and these fish are capable themselves alone of supplying us with change sufficient to vary the menu every day in the year. Take soles, again. We boil them and we fry them, and there our learning ends. Not for one moment do we assert that these are not

excellent methods, but these are only two out of hundreds of ways of sending them to table.

We are at last beginning to appreciate soles au gratin, or à la Colbert; but how many of us think of trying the sole à la Diéppoise, or à la Normande, we enjoyed so much when abroad for the holidays? Yet these are little, if at all, more difficult to cook than they are in the ordinary manner. Butter a baking dish and lay into it a good sole, season this with white pepper and salt, a little lemon juice, and about a gill of fish stock nicely flavoured, cover it all with a buttered paper, and let it cook in the oven for twenty-five to thirty minutes according to size, then lift it out, drain the fat off the liquor in the pan, and add the latter to whatever sauce you choose to serve with the sole, such as anchovy, cardinal, Hollandaise, maître d'hôtel, Indienne, Mirabeau, piquante, poulette, Pascaline, Princesse, &c.; or, if you choose cold sauces, there are mayonnaise, tartare, verte, &c. Or, again, if the fish be filleted, the bones, head, and trimmings, with the addition of a bouquet, a mushroom, a carrot, peppercorns, and seasoning, make all the stock required. Besides these fish, with the addition of salmon, smelts, and an occasional mackerel, there are dozens of others which only require judicious treatment to place them almost—if not quite—in the first rank of fishy delicacies, though in most houses they are usually classed as coarse and uneatable. For instance, the gurnet, a rather dry and tasteless fish if plain boiled, becomes a feast for an epicure if stuffed with veal stuffing, placed in a buttered baking dish, seasoned with pepper, salt, and a little minced parsley, with the addition of a gill or two of fish stock, a spoonful of mushroom ketchup, and a wineglassful of French white wine or a little sherry and lemon juice; baked and carefully basted with the liquor till cooked, which it will be in about fifteen to twenty minutes, and served with any good and rather highly flavoured sauce you may choose, such as piquante, Portugaise, &c., to which you should be careful to add the glaze in the baking dish, loosened with half a gill of fish stock or white wine, or half of each, mixed with a few drops of essence of anchovy and a piece of butter. Of course in this case the fish takes

the name of the sauce with which it is served. Gurnet, again, if filleted, and the fillets marinaded for an hour or two in a mixture of oil, vinegar or lemon juice, herbs, and sliced onions, then drained, can be served in any way in which sole fillets are used. Whiting, haddock, dory, turbot, brill, &c., can also be treated in these ways.

Then, again, fritters of fish make a delicious change, and are equally good whether of raw or cooked fish. About as good a form of frying batter as any is this: Put into a basin about 6oz. of flour, a little salt, the yolk of an egg, and about 1oz. of butter (previously oiled), or a tablespoonful of good salad oil; then stir into this gradually about a gill of tepid water, working it all together with a wooden spoon till the batter is perfectly smooth and looks like very rich cream. Now let it stand till it is wanted for use (it is better for a couple of hours' "rest," as it is technically called), then beat lightly into it the white of the egg previously whipped to a stiff froth, and use. Fish dipped in this and fried, can be either drained, sprinkled with coralline pepper and minced parsley, and served plain, or with any of the preceding sauces, if hot sauces are liked, or with anchovy cream, Suédoise, tartare, verte, Irlandaise, &c., if cold ones are preferred. Herring—another fish that meets with but little approval from *gourmets*—can be made into a dish fit for a king (of *gourmands*); for instance, plainly broiled; or wrapped in oiled paper and then broiled; or filleted, the fillets being marinaded for two or three hours with oil, vinegar or lemon juice, pepper, parsley, and a sliced onion, then dipped in breadcrumbs and fried in plenty of boiling oil till of a nice colour, when they can be served with *maitre d'hôtel* butter, mustard sauce, &c.

Lastly, among ordinary but dainty ways of cooking fish must be mentioned fish en caisses or en papillotes, when the fillets or flakes of fish are laid with a spoonful or two of seasoning, fine herbs, and thick savoury sauce, on a heart-shaped piece of paper, previously oiled on the outside and dried, fold this over, rolling the edges tightly together to keep in the sauce, &c., and either broil over a clear fire, or cook in the oven in a buttered baking tin. These cases will take from

twelve to fifteen minutes to cook according to the thickness of the fish. Any fish can be cooked in this manner, but mackerel, or salmon fillets, or red mullet, whole or filleted, are specially good done in this way.

Abroad, cooks are not so fond as they are in this country of boiling fish in plain salted water, and consequently they generally use a mixture called a court-bouillon in which to cook any fish, varying the strength of the liquor according to the flavour of the fish to be cooked in it. Full directions for this and other forms of court-bouillon have already been given at page 4. (N.B.—It is well to remember, both when using court-bouillon or the ordinary salted water, that the moment the fish is cooked, a glassful of cold water should be dashed into the pan to stop the boil, when the fish will take no harm if left in it for a few minutes till wanted.) This court-bouillon can be used over again several times, taking care to see it is good. A *variante* on this stock is to use a claret-glassful of claret instead of the vinegar; this is called cooking the fish *au bleu*, on account of the bluish, mother-of-pearl tint it gives to the flesh of the fish. (Some epicures say that to eat red mullet in perfection they should be stewed in claret.)

In closing these general remarks on fish cookery, mention must be made of the seasonable salt cod. This fish, well known abroad as "baccallao," is deservedly held in reverence as a fast dish, for it would be hard to find anything more suitable as a mortification of the flesh, prepared as it usually is, stiff with salt and drying, and innocent of any garnish beyond plain boiled parsnips, and perhaps, as a concession to the weakness of the flesh, a garnish of parsley and a spoonful of egg sauce. Granted that a hermit, trained to look on the pangs of dyspepsia as only a form of diabolic possession, might consider this fare almost too good for times of abstinence, much more for a period of serious fasting, modern digestions are not of such heroic kind. Moreover, we are apt to consider indigestion more deserving of medical attendance than spiritual glorification; so we are obliged to seek some modification of the grim and undisguised plainness of this comestible. To begin with, therefore, we soak it considerably more than was

aforetime considered necessary, and, after the initial bath, we add to the soaking liquid a third, if not a half, of its volume of milk to soften and sweeten the fish; and, finally, when it is cooked, careful housewives will boil it in half water, half milk, allowing but a very small proportion, if any, of salt, by which means the flesh is kept beautifully white, and is nearly as digestible and palatable as fresh fish. It is then served with either poulette, béchamel, egg, or Indienne sauce, and garnished with delicately boiled parsnip, salsify, or potatoes.

Cods' sounds well steeped for eight or ten hours, and then boiled in equal parts of milk and water (about an hour) till tender, make a very nice dish, served with any sauce used for salt cod; or cooked, marinaded, cut into neat pieces, seasoned, dipped in batter, and fried, and served with almost any sauce you fancy.

ENTRÉES (HOT).

The following recipes, giving rather more detailed instructions for preparing fish entrées, may serve as examples of what can be done in this way:

FILETS DE SOLES À LA VÉNITIENNE.—Trim the fillets neatly, roll and tie them up, brush each over with liquid butter, lay them on a well-buttered baking tin, season them with salt, white pepper, and a squeeze of lemon juice; lay a buttered paper over them all, and cook them in the oven for ten or twelve minutes. Put the bones and trimmings of the fish in a small stewpan with a little water, salt, half a dozen peppercorns, a bouquet, a sliced onion, and a clove or two, and boil all this for half an hour or so, then strain. Cut some round balls from half a dozen raw and peeled potatoes with a vegetable scoop, and boil them till tender in a little milk and water. Now put 2oz. of butter in a clean small pan, and, when melted, mix into it gradually, stirring all the time, two good tablespoonfuls of fine flour, and when this is thoroughly blended, add gradually half a pint of the fish stock, and continue to stir it till it is all quite smooth and thick. Take the greater part of this sauce, and stir into it, off the fire, seasoning

to taste, the well-beaten yolks of two eggs, and a squeeze of lemon juice; dish the fillets of fish, after untying them, in a circle, pour the sauce over them, and fill the centre with the potato balls tossed in the rest of the white sauce, which should have been kept hot; heat a gill of cream, pour it over the potatoes, and sprinkle with minced parsley.

SOLES EN CASSEROLE.—Prepare a veal stuffing with grated bread, minced herbs, lemon rind finely chopped, salt, and pepper, and sufficient egg to bind it; trim the fillets neatly, spread one side of them with the stuffing, roll and tie them round. Put 2oz. of butter in a casserole, lay in the fish with two or three silver onions, cover the pan, and let its contents fry for a few minutes. Have ready a brown gravy made in this manner: Fry 2oz. of butter with the same quantity of flour till of a good brown colour, add a couple of tablespoonfuls of tomato sauce, some salt and pepper, and a gill or so of boiling water; stir till smooth. Put a quarter of a pint of it in the casserole with half a dozen chopped mushrooms and a glass of claret or Burgundy; re-cover the pan, and cook in the oven for about twenty minutes, basting the fish every now and again with the liquor in which it is cooking. Serve in the casserole of course. Whiting, filleted, can be cooked similarly.

LOBSTER EN CASSEROLE.—Make a brown gravy as above using fish stock in lieu of water; pour it into the casserole, and add the wine and mushrooms; cover the pan, and let the sauce cook till reduced one-fourth; then lay in the fillets of lobster, and let it cook at the side of the stove till the lobster is thoroughly hot, but do not let it boil.

TIMBALES À LA BEKENDORFF (a Russian recipe).—Cook some thin pipe macaroni in water; when done, drain and season it with a little salt and pepper and a sprinkling of Parmesan cheese. Butter some small moulds, and line them with the macaroni at the bottom and sides. Roll up some thin slices of Dutch smoked salmon (other smoked salmon is generally too salt), place one in each mould, pour over it a spoonful of good tomato sauce, cover with the macaroni, and steam the moulds on a fold of paper in a saucepan three-parts

full of boiling water for twenty minutes. Turn out, dish, and garnish with sliced baked tomatoes.

FILETS DE MERLAN À LA RIGOISE (Russian).—Lay the whiting filets in a marinade of oil, lemon juice, chopped parsley, sliced onion, with a laurel leaf, salt, and pepper, for an hour; then dry them, spread them on one side with anchovy butter, and sprinkle them with button mushrooms finely minced. Roll them up, egg and breadcrumb them, and fry in boiling fat; drain, dish them in a pyramid, and garnish with fried parsley.

SMEELTS À LA PASCALINE (Russian).—Have some very large smelts dressed for frying, with their tails in their mouths. Melt 2oz. of butter in a clean saucepan, stir into it 2oz. of fine flour, then stir in gradually half a pint of well-seasoned fish stock. When smooth, lay in the smelts, and cook them in it for six or seven minutes. Then remove them from the sauce, keep them hot, add to the sauce the yolks of a couple of eggs, a squeeze of lemon juice, and some minced parsley. Dish the smelts on a croûton of fried bread, and pour the sauce round them.

CRAYFISH CROQUETTES.—Boil a couple of dozen crayfish, remove the meat from claws and tails, and cut it into small dice. Stir it into half a pint of thick, hot, white sauce, mixed with a little cream, add a spoonful or two of crayfish butter, and leave till cold. Then form the croquettes into shapes like a large cork, egg and breadcrumb them, and fry in boiling fat.

OYSTER ATTELETS.—Blanch the oysters, then run them on small skewers alternately with mushrooms; dip them in Allemande sauce, and, when cold, egg and breadcrumb them, and fry in boiling fat.

ATTELETS DE HUÎTRES AU MADÈRE. — Prepare the skewers of oysters and mushrooms as in the foregoing recipe, dip them in some thick Madeira sauce, and, when cool, egg and breadcrumb them, fry in smoking oil or butter, drain, dust with coralline pepper, and serve garnished with fried parsley.

OYSTER FRITTERS.—Blanch the oysters in their own liquor, then leave them for an hour or two in a marinade of salted

lemon juice and water, parsley, and sliced onion; then drain them, wipe them dry, dip each in frying batter, and fry in oil. Drain well, dust with minced parsley and coralline pepper, and serve.

OYSTERS AND EGGS.—Toss some minced parsley, chives, and three or four mushrooms seasoned with white pepper, salt, and a very little nutmeg, in 4oz. of butter; when the latter is quite melted, put in eighteen to twenty-four bearded oysters with their liquor, and three or four hard-boiled eggs cut into dice, and let this all heat over the fire thoroughly, but without boiling; then pour the mixture into some shells, strew over it some fine breadcrumbs, and set it to brown in the oven, or pass a salamander over it.

STEWED OYSTERS (American recipe).—This dish must never be prepared till just as it is to be served. Open the oysters, and lay them in a stewpan with their own liquor, and a seasoning of pepper and salt; let them just simmer for a minute (but not boil), then pour them into a soup plate, and add to them a little almost boiling milk, and serve. A dash of lemon juice and cayenne is considered an improvement by some persons.

HUÎTRES À LA CRÈME.—Beard and scald some oysters, one and a half dozen to two dozen, and put the oysters aside till wanted (the liquor must also have been saved); lay the beards and the water in which they were scalded into a pan with a teaspoonful of anchovy sauce, the same of Harvey sauce, a dust of nutmeg, cayenne to taste, and a squeeze of lemon juice. Let it all boil up, beat up the yolks of two eggs in a gill of cream, strain the liquor from the oyster beards on to them, and stir all together over the fire till hot, but be careful it does not boil, or it will be spoilt; throw in the oysters with their liquor, let them heat, then serve them in a wall of delicately mashed potato.

OYSTER SAUSAGES.—Make a farce with breadcrumbs, sweet marjoram, parsley (if liked, a very few finely minced chives), and seasoning to taste; mix these to a thick paste with some minced and bearded oysters and the yolk of an egg; cut the mixture into pieces about the thickness and length of your

finger, and fry a delicate brown. Serve on a napkin with fried parsley, or round a heap of mashed potato.

OYSTER SANDWICHES.—Make a nice fish farce with pounded whiting panada, a little cream, pepper, salt, and yolk of egg; beard about eighteen oysters, spread half of them with the forcemeat, on these place the other oysters, sandwich fashion, pressing them down firmly; dip each sandwich in beaten egg, roll it in breadcrumbs, and fry them all in boiling fat; drain well, and serve very hot, with or without a white sauce.

OYSTER STEW (American).—A hash dish with spirit lamp under is required for this. Put a couple of dozen bearded oysters in it, with 1oz. of butter and a little salt and pepper, and stir them every now and again till their edges curl; then add the beaten yolks of two eggs and a squeeze of lemon juice, and serve on rounds of finest bread or hot buttered toast. A little cream can be used instead of the eggs.

ROLLED EEL (*Paupiettes d'Anguille à la Française*).—Skin, cleanse, split, and bone an eel, and cut it into six or eight pieces. Bat these out with a wet knife, and season them with salt and black pepper. Make a farce with a tablespoonful of breadcrumbs, and one of parsley, a shalot, a bay leaf, a sprig of thyme, and two or three mushrooms, all minced, coralline pepper, salt, 1½oz. of warm butter, and the yolks of two eggs. Spread a little of this mixture on each piece of eel, roll them up, dip them in flour, then egg and breadcrumb them, and fry in boiling oil for twelve or fifteen minutes; sprinkle each piece with lobster coral, and serve, garnished with fried parsley.

MULLET À LA CHESTERFIELD.—Scale the mullet, and place them in a buttered sauté pan, with half a bottle of dry champagne, some essence of mushroom, pepper, and salt, and let them cook in the oven, basting them frequently; when cooked brush them over with a little warm glaze. Meanwhile, wash twenty-four crayfish, remove the gall, and put them in a saucepan with a few slices of carrot, a blade or two of celery, a shalot, a sprig of thyme and parsley, and the rest of the champagne. Boil till they are all cooked, then remove the shells from the claws and tails, and use them for crayfish

butter. Pound the meat from the claws, tails, and bodies, with a spoonful of Allemande, warm it over the fire, then rub it through a sieve; reduce the liquor in which the mullet and crayfish were cooked to half the quantity, add enough of the pounded flesh to flavour it well, with a pat of the crayfish butter, a spoonful of essence of anchovy, and a squeeze of lemon juice, and stir it all over the fire for a minute or two; then dish the mullet, pour the sauce round, garnish with little poached quenelles of whiting farce, and serve.

FILLETS OF MULLET IN CASES.—Prepare some fish farce in the usual way, only adding to it the livers of the fish pounded, with a teaspoonful of essence of anchovy, and some finely minced parsley and chives. Trim some red mullet fillets neatly (the small fish are best for this), and lay them for a few minutes in a buttered baking dish, with a little lemon juice, and a buttered paper over them, to stiffen them, but not absolutely to cook them. Now line little oblong fireproof china cases (or oval paper cases that have been oiled and dried in the screen) with some of the farce, lay in each two or three of the little fillets (according to their size), strew a pinch of finely minced parsley over them, with a few drops of lemon juice, and a little of the liquor from the pan in which they were first cooked. Set these cases on a baking tin, and put them in the oven for ten minutes, then lift them out, put a tiny heap of anchovy cream on each, and serve. Almost any small fish can be cooked in this way.

FILLETS OF MULLET À LA DAUPHINE.—Lay the fillets from some red mullet in a marinade of oil and salt for *a few minutes only*, then dip them in flour very lightly, then into egg and breadcrumbs, and fry a golden brown in smoking oil; drain them well, sprinkle them with a little fine salt, and serve.

HORLY DE MULET À LA DAUPHINE is done in the same way, only using batter instead of the egg and breadcrumbs.

FILLETS OF SOLE À LA HORLY.—Fillet a sole, trim these fillets after cutting them in half, and marinade them for an hour in the juice of a lemon, a small sliced onion, parsley, salt and pepper; then drain them, dip them in the frying batter, given before, fry a golden brown, drain, sprinkle with

coralline pepper and minced parsley, and serve piled on a dish with tomato sauce round them, or handed in a boat. Any white fish, when filleted, can be served in this way.

FILLETS OF SOLE À LA ROTHSCHILD.—Fillet a sole, trimming the fillets neatly, season them with a little white pepper and lemon juice, and spread the fillets on one side with an oyster forcemeat (made of lightly minced oysters, breadcrumb, seasoning to taste, the oyster liquor and a little cream, all stirred to a thick paste), roll the fillets up, running a tiny skewer through each, dip them in beaten egg and fine breadcrumbs, fry them a golden brown in plenty of boiling fat, and serve with a rich brown oyster sauce. (This is simply the oyster sauce given in the chapter on sauces, only made with a brown roux, *i.e.*, allowing the flour and butter thickening to colour, instead of a white one.)

FILLETS OF SOLE AU CITRON.—Trim the fillets of a good sized sole, cutting them in two or three pieces according to their size, let them marinade as for Horly fillets, then lay them on a buttered baking tin, sprinkle them with lemon juice and white pepper, cover with a buttered paper, and bake for ten or twelve minutes; then dish them neatly, and serve with lemon sauce (*i.e.*, creamy velouté maigre, to which has been added the juice of a lemon, a dust of cayenne, and a little bit of butter just before using). Filleted whiting and whole smelts are delicious cooked in this way.

FILLETS OF WHITING À L'EXCELLENCE.—Fillet some whiting, egg and breadcrumb them, fry, drain, and serve with white caper sauce, garnished with little rolled fillets of anchovy. Sole, haddock, &c., can also be cooked thus.

FILLETS OF PLAICE À LA CLAUDINE.—Marinade the fillets of plaice, fry or bake them, as you please, and serve with the following sauce: Mix together rather less than half a pint of good brown sauce with two tablespoonfuls of French capers, a pinch of minced parsley, about a teaspoonful of essence of anchovy (Burgess's Essence is the nicest for this sauce), a chopped shallot, and two or three minced mushrooms. Bring this all to the boil, then simmer it for ten minutes, tammy it and add to it the juice of a lemon, and four or five

olives stoned and minced; re-heat and use. Soles, whiting, haddock, &c., are all delicious served filleted with this sauce.

FLETAN (HALIBUT) À LA MORNY.—Cut the fish into 2 inch slices, sprinkle these with salt, and leave them in slightly salted water for an hour, then rinse them well in cold water, and lay them in a thickly buttered baking tin, with the juice of half a lemon, a good wineglassful of French white wine, season it with a little white pepper, cover with a buttered paper, and bake for fifteen to twenty minutes; then dish in a hot dish, and cover it first with the following sauce, and then with the cheese mixture, browning it all with a salamander, and serve very hot, sprinkled with finely minced parsley and coralline pepper. For the sauce, mix 2oz. of grated Parmesan cheese with half a pint of good velouté, stir it over the fire till it boils, then tammy and use it. For the cheese mixture, mix 3oz. of thinly sliced Gruyère with two tablespoonfuls of thick cream, and a dust of cayenne; stir it over the fire till the cheese is melted, and use. (Gruyère is not a necessity, for any good cooking cheese will do if not too strong.) Cod, haddock, and salmon are all good cooked in this way, but for the latter you *must* use Parmesan and Gruyère.

FILETS DE SOLE EN CAISSES À LA CRÈME D'ANCHOIS.—Fillet a sole and cut the fillets into small pieces, egg, breadcrumb, and fry these in plenty of hot fat, drain them, pile the little fillets in some paper cases, putting four or five in each, garnish each case with a sprig or so of parsley (fried), and a dust of coralline pepper, and serve with iced anchovy cream handed round.

FILETS DE POISSON À LA JOSÉPHINE.—Fillet a sole or a good plaice, bat the fillets out with a wet knife, season them lightly with white pepper, salt, and lemon juice, and cover one side with some rich and very thick shrimp or lobster sauce, fold the fillets over so as to keep this sauce in the centre, place them in a buttered tin, with a little lemon juice over them and a little French white wine if at hand, cover with a buttered paper, and bake for fifteen minutes, basting them over the paper now and then with the liquor that comes from them. When cooked, dish them on a bed of mashed potato, and pour round

them about half a pint of good Allemande sauce, to which you have added the strained liquor from the fish and a little white wine.

PETITS PAINS DE SAUMON À LA STE. MÉNEHOULD.—Take 12oz. of salmon, free from skin and bone, and stew it till cooked in 2oz. of butter, then pound it with the crumb of a fresh roll well steeped in boiled milk, season with pepper, salt, a dash of nutmeg and a very little mace, and stir in the strained and well beaten yolks of four eggs, mixing it all well together. Butter some small dariole moulds, fill them with the mixture, and bake or steam them for fifteen to twenty-five minutes, according to size, and serve with Ste. Ménehould sauce; or, if you prefer a hot sauce, with *Sce Russe*, *cardinale*, or *Chauron*, of course, altering the name of the dish.

FILETS DE SOLE AU SUPRÈME.—For this the filets of sole must be marinated as described in the recipe for filets à la Horly, then baked for ten or twelve minutes in a well-buttered baking tin, seasoned with lemon juice and white pepper, and covered with a buttered paper. Put a wall of mashed potato round a dish, arrange the filets on this border, pouring over them some rich Allemande sauce (*suprême sauce* properly is always made with good chicken stock), and fill up the centre with the following ragout: Incorporate the liquid which you will find in the baking tin used for the filets of sole, with some very rich velouté, and toss in this some oysters, prawns, or crayfish, and some tiny fish quenelles, seasoning it all with a little cayenne, mace, and white pepper, but keeping the flavouring as delicate as possible (the oyster liquor should be added to the sauce), and pour it all into the centre of the fish border. If you have them, one or two truffles, cut into dice, are an addition, the trimmings being used to flavour the sauce.

PETITES MOUSSES DE POISSON.—Free 10oz. of the flesh of haddocks or whiting from all skin and bones, and pound it till smooth; have ready 8oz. of pounded panada, and mix these two carefully together; season with some coralline pepper, a saltspoonful of salt, and the least morsel of grated nutmeg, then work it all to a smooth paste with three whole raw eggs,

rub it through a sieve, and mix it lightly with a large table-spoonful of thick cream. Butter some pretty little moulds and fill them with this mixture, smoothing the tops over with a hot wet knife; place the moulds on a fold of kitchen paper, with boiling water three parts the depth of the mould, watch the water re-boil, then draw it a little to the side and let it simmer for about fifteen minutes, then turn out the mousses, and serve them with any sauce you fancy. They are delicious if turned out on a rather thick bed of mushroom-purée, with good tomato sauce round them. (N.B.—This mixture answers for the quenelles required for the previous recipe, if you put a little into a forcing bag with a plain pipe, and force it out in little shapes on the bottom of a well-buttered pan, cover these either with boiling water or light fish stock, poach them for four or five minutes, and then use. This is far easier and quicker than the old way of using two spoons. Always try a morsel of this mousse mixture by poaching a very small bit before filling the moulds, to see that the consistency is right, for if this is a little deficient in any way, it will ruin the whole dish.) Lobster is delicious cooked in this way, and makes a variety of pretty dishes. For instance, “quenelles de homard à la raifort,” or with admiral, curry, or mushroom sauce. Of course the name must be altered to suit the sauce.

SOLE À LA NORMANDE.—Fillet a sole (if preferred it may be cooked whole), and lay these fillets in a pan with rather more than half a pint of very rich velouté maigre, to which you add two wineglassfuls of light French wine, salt, white pepper, and one or two young green onions (these should be tied up in the bouquet); let the fillets cook in this till done (ten to twelve minutes); then place them in the dish they are to be served in and keep them hot; now put into the sauce twenty to thirty button mushrooms, twelve oysters bearded, and the liquor added to the sauce, and a dozen mussels; let these all heat gently together (for if allowed to really boil, the oysters and mussels will be like leather) for five minutes, then beat up the yolks of two eggs, stir them into the sauce, lift out the bouquet, and pour this sauce over the fish and serve, garnished with croûtons of fried bread, and either prawns or crayfish tails.

This is a much simplified version of this very popular, but decidedly expensive French dish. I believe sole à la Diéppoise is almost the same dish as this, only made with rich brown sauce instead of the velouté.

FILETS DE MAQUEREAU À LA MATELOTTE.—Cook the mackerel fillets exactly as you would fillets of sole; have ready some good matelotte sauce, in which you have heated ten or twelve oysters, pour it all over the fish, garnish with fried croûtons, and serve.

FILLETS OF HADDOCK WITH TOMATO SAUCE.—Put 1lb. of tomatoes in a sauté pan with 1oz. of butter, cover the pan, and simmer till soft; then rub them through a sieve, mix with the pulp a cupful of good stock, a few drops of lemon juice, and a tablespoonful of minced parsley, pepper and salt to taste. Lay the fillets of haddock in this sauce and cook them over the fire till done, when laid in the dish garnish with little heaps of potato balls cooked in milk.

CRAYFISH À LA PARISIENNE.—For this dish some small crayfish moulds are required. (Most good ironmongers, such as Messrs. Jones Bros., Down-street, Piccadilly, keep these.) Pound any remains of cold boiled salmon with a little velouté, mix with it some pepper, salt, and enough cream to make it of a soft consistency. Butter the little moulds, and line them with this farce, then fill them up with some sliced crayfish tails, moistened with velouté, cover them with some more of the farce, then stand the moulds in a pan of boiling water, on a folded sheet of paper, and poach them for ten minutes. Turn them out and serve with the following sauce round them: Melt together 2oz. each of butter and flour, and when thoroughly amalgamated add to it gradually a pint of fish stock, stirring it all together till it boils and is quite smooth, then add to it some lobster coral, a wineglassful of white wine, a gill of cream, the strained juice of a lemon, and a few drops of carmine, let it all boil up, then tammy, and re-heat in the bain marie.

SOUFFLÉ OF OYSTERS.—Beard twelve sauce oysters, and strain their liquor into a cup. Put 2oz. each of flour and butter into a stewpan, with a dust of cayenne, a pinch of salt,

the raw yolks of three eggs, and barely half a pint of cold milk; mix it all well, and stir it over the fire till it boils, then add to it the oysters cut up into dice and their liquor; add to this mixture the whites of four eggs whipped to a stiff froth, with a pinch of salt (the stiffer the whites are the better), and pour the mixture into a papered soufflé dish (if preferred, the mixture can be put either into little china soufflé dishes or paper cases previously oiled and dried), sprinkle some browned breadcrumbs and a morsel or two of butter on the top of the soufflé, and bake in a moderate oven for forty to forty-five minutes. Remove the paper quickly, and serve at once. If cooked in the small cases, these will take from fifteen to eighteen minutes to cook. The same mixture can, if preferred, be steamed, by placing the papered tin into a saucepan of boiling water up to three parts the height of the soufflé dish, watch the water re-boil, then draw a little to one side, and let it steam gently for forty minutes. The small cases can be steamed in the same way, and will take from fifteen to eighteen minutes. Any fish can be used in this way.

WHITING CROQUETTES À LA SOUBISE.—Prepare a farce of raw whiting, pass it through a sieve, take it up in tablespoonfuls and drop them on a floured board, roll them into cork shapes, make a hollow in each one, and fill it up with a thick cold purée of onions, cover with the farce, egg and breadcrumb each one, and fry in boiling butter; drain, and serve very hot. For the purée of onions, cut some white onions into small pieces, boil them in salted water till nearly tender, then drain, and finish cooking them in a little milk, pass them through a sieve, and stir into this purée a small quantity of thick béchamel sauce, season with salt and pepper.

FISH CUTLETS À LA SOUBISE.—To $\frac{1}{2}$ lb. of raw whiting or any white fish, add 2oz. of soubise purée, mix well together, then flatten out the farce on a floured table, and make it into round or oval shapes about a quarter of an inch thick, poach them slightly in salted water, drain well, then egg and breadcrumb, and fry them in boiling butter; drain, and dish them in a circle, and garnish with fried parsley, and soubise sauce in a boat.

FILLETS OF HADDOCK WITH ITALIAN SAUCE.—Fillet a haddock, and cut the fillets into smaller ones, brush them over with liquid butter, lay them in a buttered tin, with pepper, salt, and a squeeze of lemon juice, cover with a buttered paper, and cook in the oven for ten or twelve minutes; drain, dish en couronne, and serve with Italian sauce.

FILLETS OF SALMON Á LA PARISIENNE.—Cut the salmon about half an inch thick, then into neat pieces, season with pepper and salt, and mask over with a thick Allemande sauce, egg and breadcrumb them, and fry in boiling butter; drain, place them on a hot dish, put half a pint of Allemande sauce in a saucepan, add a spoonful of essence of truffles, a pat of crayfish butter, a dash of cayenne, and a squeeze of lemon juice; mix well together till hot, then add a spoonful of truffles cut up and pour over the fillets.

EELS À L'INDIENNE.—Cut the eels into small pieces, put them in a stewpan with some sliced carrot, turnip, parsley, pepper, and salt, a glass of white wine, and a little water, boil till tender, then dish them on a hot dish, and garnish with rice balls, prepared with boiled rice mixed with grated Parmesan cheese, nutmeg, and a little white sauce; serve a good curry sauce with this. The rice balls may be egged and breadcrumbed and fried in boiling butter if preferred.

CREAM OF FISH.—Pound the flesh of a haddock, or three or four whittings, with some panada, add two or three eggs, a spoonful of cream, season with salt and pepper, and put it into a buttered mould; then make a deep hole in the centre, and fill up with some button mushrooms cut up, cover with the farce, steam for about half an hour, turn out, and serve with a white mushroom sauce.

FISH REMOVES.

FOR the plan on which we are working, fish forms almost the only possible relevé, remove, or joint, call it which you will, and fulfils the duty in a by no means unsatisfactory manner. Salmon cooked whole, and served with various sauces and garnishes, makes a handsome dish; so, too, do turbot, dory,

cod, &c.; while of fish pies and pasties the name is legion; therefore it is evident that the choice is great, and want of variety is as little to be dreaded as in ordinary cookery.

Of fish pies the variety is great, beginning with eel pie, of which most people have heard, though few may ever have tasted it. Salmon, soles, haddock, &c., are all excellent in pies, which are generally made in this way: clean, trim, and fillet the fish, seasoning them nicely with pepper, salt, cayenne, a morsel of mace, and a little minced parsley; either roll these fillets or lay them flat, being careful to pack them neatly; put little pieces of butter between each layer of fish, and, if it is to be a rich pie, add to the butter shelled shrimps or prawns, cut-up lobster, oysters, quartered or sliced hard-boiled eggs, mushrooms, &c. (of course, if at hand, a few truffles add to the flavour), together with some forcemeat made of any trimmings, &c., of the fish, which should be spread as a lining to the pie dish, and to fill up all the crannies; pour on to it sufficient good béchamel maigre, or anchovy sauce, or, in fact, any sauce you fancy with the fish, cover it all with some good puff paste, and bake rather less time than you would cook a meat pie of the same size. This pie can be made as simply or as delicately as you choose, and if nicely flavoured, &c., will always be a success.

The following recipes will give some hints in a more detailed fashion as to different ways of providing maigre relevés. It may be mentioned that in France water or moor-hen, and in some cases wild duck, are used as relevé or rôti, under the name of *poule d'eau*, their fishy flavour and amphibious nature being held to excuse their presence on the Lenten dinner table. For the same reason in former days the beaver used to appear at such times on Canadian dinner tables, until the value of its pelt rendered its cooking an extravagance, for to be eaten in perfection it was cooked in hot ashes in its skin, as gipsies are said to treat the hedgehog even nowadays.

EEL PIE.—Split open and bone two good-sized eels, sprinkle the inner side with pepper and salt, and cut the fish into pieces 3 or 4 inches long. Make a farce with the flesh of a

carp or a tench; mix this with some finely minced parsley, shallot, mushrooms, and anchovies, and put a good layer of this on each piece of eel, and roll these up. Butter lightly a pie dish, and pack into it the rolls of eel, seasoned with minced parsley, mushrooms, pepper, salt, and a spoonful or two of good béchamel. Cover the pie as usual, pinch in the edges, decorate the top, brush it over with beaten egg, and bake for about one and a half hours. If to be eaten cold, the top crust should be taken off, and its place supplied by chopped aspic jelly.

HOT SALMON PIE.—Cut a couple of slices of salmon into small neat pieces, and lay these in a marinade of oil, parsley, thyme, bay leaf, and chopped shallot for two hours or so. With the trimmings and any remains of cold fish (or, failing these, the flesh of two whittings) make a farce by pounding it till smooth, and mixing with it some white sauce or cream, pepper, salt, grated nutmeg, and a few drops of carmine; line a plain round tin with puff or brioche paste, and spread this all over with the farce, lift the fish from the marinade, and arrange it in the mould, filling in the interstices with cut-up herring or bloater roe, cut-up mushrooms, or some truffles; cover it all with another layer of farce, and then with paste, and bake for one and a half hours. Before serving lift the top crust, and pour in a little sauce aux fines-herbes (made by tossing together in a little butter some mushrooms, minced parsley, and shallots, with pepper, salt, and a grate of nutmeg, then adding about two tablespoonfuls of Espagnole or velouté, according to the colour you want the sauce to be; let it boil up, then add a little lemon juice, and use). Cod, or, indeed, most fish, can be used in this way.

EEL PIE À LA RUSSE.—Make about 1lb. of puff paste, and divide it into two rounds of the same size; spread the centre of one with anchovy butter, leaving about an inch margin all round; then arrange on this, in dome shape, fillets of sole or whiting, sprinkled with minced mushrooms, pepper, and salt, and rolled up. Between these put some crayfish tails and some little quenelles of whiting, moisten it all with a little creamy béchamel, and cover with the other round of paste,

pressing the moistened edges well together, and rolling them up; brush it all over with beaten yolk of egg, and bake.

VOL-AU-VENT DE POISSON.—Roll out two circles of puff paste as in the preceding recipe, and cut them out with a round or oblong cutter, as you please. Mark one of these with a cutter about two or three sizes smaller, nearly through, so as to leave about an inch margin. Wet the edges of the uncut round, and lay the other on it, pressing them lightly together; bake in a quick oven, and when cooked lift off the inner circle of the top, which forms the lid, and remove all the under-done, soft paste in the inside. This is the case for the vol-au-vent. For the quenelles, mince and then pound $\frac{1}{2}$ lb. of white fish, such as whiting, freed from bones, skin, &c., or of lobster, as you choose, and add to it gradually a good gill of thick cream and a seasoning of salt and cayenne pepper, working in at the last the yolks of three eggs; when it is all a smooth paste, shape it into little balls and rounds with your floured hands. Now mix 1 oz. of butter over the fire with a dessertspoonful of flour, being careful not to let it colour; then pour in by degrees half a pint of new milk, or half milk, half fish stock, stirring all the time. Directly this boils, put in a small blade of mace, a bouquet, an onion stuck with a clove, pepper, and salt, and let it all simmer together for fifteen minutes; then add the fish, about 1 lb., divided into neat flakes or little scallops, with $\frac{1}{2}$ oz. of butter. Put a buttered paper over it all, with the lid of the pan closely on, and let it all cook together gently for twenty minutes. Now remove the bouquet, mace, and the onion, put in the little quenelles of fish or lobster farce, and let these all simmer together for five minutes; then draw it to the side of the stove, and let it keep hot, still covered but without cooking at all, till wanted. When required, stir into it, off the fire, the yolk of an egg beaten up with two or three spoonfuls of cream, and pour the whole into the puff paste case, made as above. Almost any fish is good cooked in this way, but if cod or hake or halibut is used a few oysters should be put in with the liaison, and the liquor may be added when the flaked fish is put in. A very nice variety of this dish may be made by

making some very good shrimp sauce and cooking in it the little quenelles and some prawns, and pouring it all into the pastry case, finishing off with the egg and cream liaison, as before.

HADDOCK WITH OYSTERS (*Eglefin aux Huitres*).—Lay the haddock in a well-buttered baking tin, and pour over it the liquor from twelve or eighteen oysters, the juice of a lemon, and a good sprinkling of coralline pepper, cover it all with a buttered paper, and cook it in the oven for twenty minutes. (N.B.—The baking tin containing the fish should stand in another tin three-parts full of boiling water.) Serve the fish on a very hot dish, with the following sauce round it: Rub smoothly together $\frac{1}{2}$ oz. of crême de riz with a gill of white wine, add to this the liquor from the fish, a teaspoonful of French mustard, and, when boiling, stir into it one and a half gills of cream and a dozen or so of oysters.

SALMON À LA MARÉCHALE.—Truss a whole salmon in the shape of an S, by drawing a trussing needle, threaded with some fine twine, through the eyeholes of the fish, fastening the jowl by tying the string under the jaw, then passing the needle through the centre of the body of the salmon, drawing it tight, and fastening it round the extremity of the tail. Put it into a fish-kettle in salted water, and boil it till cooked; then skin it and coat it thickly with Allemande sauce, and leave it till cold. Now dredge it with breadcrumbs, pressing these lightly on to the fish; then brush it all over with beaten egg; dust it with pepper, salt, and a little nutmeg, and, lastly, with more breadcrumbs. Then place it in a well-buttered baking dish, pour a little white wine carefully round it, and about three-quarters of an hour before it is wanted put the tin in the oven, and let it bake till of a pale golden colour, and serve garnished with fried smelts and fish quenelles. Hand Suédoise sauce round with it.

HALIBUT À LA CRÉOLE.—Put 1lb. of fresh tomatoes in a small stewpan, with a slice of onion, 1oz. of butter, some salt and pepper. Simmer gently till tender, then rub them through a sieve; dilute the pulp with a little fish stock or water. Lay a thick slice of halibut in a baking tin, pour the sauce round

it; set this tin in another one of boiling water, and cook in the oven till done, it will take twenty-five to thirty minutes, basting it frequently with the sauce. When cooked, dish the halibut on a hot dish, and pour the sauce round.

COD À LA BÉCHAMEL.—Cleanse a small cod carefully, cut off the head and tail, and with them make a little fish stock. Then with that make a pint of béchamel sauce, finishing it off with a gill of sour cream. Now place the cod in a silver dish, season it with salt, pepper, and grated nutmeg, place the dish on a fold of paper in a baking tin of boiling water, pour the sauce over it, and cook slowly in the oven till done, basting it frequently with the sauce; brown it with a salamander, then place some potatoes—olives, or balls—previously cooked in milk and water, in little heaps round it, sprinkle with minced parsley, and serve at once.

TROUT À LA GÉNEVOISE.—Boil the trout, dish them on a very hot dish, and pour the following sauce round: Mix with half a pint of good brown stock a wineglassful of Burgundy, a spoonful of anchovy butter, and a tablespoonful of minced parsley, season with pepper and salt, and reheat.

SOUFFLÉ OF LOBSTER.—Mince the meat from a large lobster, beat up the yolks of six eggs with a little French mustard, as well as some English ditto, add a dust of coralline pepper, a pinch of salt, a suspicion of tarragon vinegar, and a teaspoonful of anchovy essence or sauce; bring up the colour with a few drops of carmine. Season the lobster with this and two table-spoonfuls of whipped cream, then the whites of seven or eight eggs whisked to a stiff froth. Butter a soufflé dish, fasten round it a buttered paper to stand about three inches higher than the edge of the tin, pour in the mixture, and cook in the oven for a quarter of an hour; then remove the paper band, sprinkle the top of the soufflé with lobster coral and minced parsley, and serve.

BROCHET EN DAUPHIN.—Remove the roe from the pike, as it is rarely nice; wash the fish well, and lay it in a marinade of oil, salt, pepper, with a little parsley, tarragon, and green onions, also a wineglassful of white wine; leave it in this for some hours, then truss it in the form of an S, as for salmon

à la maréchale; lay it in a baking tin with part of the marinade, and bake till done, basting it frequently. Serve with caper sauce.

TURBOT À LA CHAMBORD.—Trim the fish, rub it over with lemon juice and salt, then wash it well, place it in a fish kettle with the juice of a couple of lemons and three gills of white wine, cover it with buttered paper, cover the pan and cook slowly for fifteen to twenty minutes; then lay it on a hot dish, sprinkle it with warm glaze, and garnish with cooked crayfish, blanched oysters, truffles, button mushrooms, and tiny dice of lobster. Fry 2oz. of butter with 2oz. of flour till of a nice brown colour, mix with it a pint of the liquor in which the turbot and crayfish were cooked, stir till boiling, add 1oz. of glaze, tammy, and pour round the fish. The garnish should be warmed between two plates in a little mushroom liquor or boiling water. The crayfish should be cooked with some vegetables and a little butter, frying them for a few minutes first, then adding a little Chablis, and boiling them for a quarter of an hour. If bottled fish be used, they will merely require warming.

SALT COD À LA BORDELAISE.—Soak the cod as previously directed, tie it into shape to fit a fireproof dish (these earthenware marinade pots can be procured at the Atmospheric Churn Company's in Bond Street); rub the dish over with a freshly-cut clove of garlic, put in equal quantities of olive oil and butter, with a couple of anchovies washed and boned, a minced shallot, a little parsley, and a couple of slices of lemon; let this cook till nicely blended, lay in the fish, and simmer steadily for half an hour. Then sprinkle it with browned breadcrumbs, pass the salamander over it, and serve in the dish in which it has been cooked. Before putting on the breadcrumbs remove the tying strings.

COD À LA RUSSE.—Clean a small cod, stuff it with an oyster-farce, lay it in a baking dish, pour round it half a pint of white wine (light French) a spoonful of the liquor from a bottle of gherkins (or that from a Dutch cucumber), add some mushrooms, half a dozen oysters and three or four soft herring roes cut in pieces, and cook in the oven; when nearly done strain

off the liquor, reduce it a third by rapid boiling, stir in a spoonful or two of velouté sauce, add the mushrooms, some shredded cucumber, the oysters and roes, put the cod on the dish in which it is to be served, pour the sauce round and over, sprinkle it with browned breadcrumbs, and put back in a hot oven till done ; serve at once.

ROMAN PIE OF FISH (*Paté de poisson à la romaine*).—Trim neatly some fillets of any kind of fish, and cook them in the oven, in a well-buttered baking tin, for eight or ten minutes to stiffen them, with a squeeze of lemon juice, some white pepper, and a very little minced parsley, and a buttered paper over them. Line a raised pie mould with puff paste, and sprinkle it inside with cooked vermicelli cut up small, now pack it with the fillets of fish, alternately with bearded oysters, and cooked macaroni cut into short lengths (it will take about 2oz. of macaroni for an average pie), sprinkling each layer with very finely minced shallot, cooked vermicelli, white pepper and salt, and grated Parmesan cheese. Raise it rather high in the centre to make the cover sit well, moisten it with the liquor of the oysters, and add at the last a good third of a pint of cream, cover with puff paste and bake. Turn it out of the mould and serve with brown sauce round it. This pie can be made of almost any fish, but it is nicest if made of sole, whiting, haddock, or fish of that kind. If salmon is used, substitute lobster or prawns for the oysters, and use half a pint of cream.

ROMAN FISH PUDDING (*Timbale de poisson, à la romaine*).—Line a buttered mould carefully with cooked macaroni, like a beehive ; mix together raw, flaked or filleted fish, shrimps, some grated Parmesan cheese, (about 1½oz. for an average pudding), white pepper, salt, cayenne, finely grated lemon peel, a dust of nutmeg, the yolks of two eggs, and a teacupful of good cream. When this is all well mixed, pour it into the pudding basin, and cover it with more macaroni. Boil or steam it for half an hour, and serve with rich tomato sauce round it.

LOBSTER SOUFFLÉ À LA DIABLE.—Stir together well for ten minutes the yolks of six eggs in a basin with about a small

teaspoonful of mustard, a good dust of coralline pepper, salt, a few drops of tarragon vinegar, a very little finely chopped green tarragon, a teaspoonful of essence of anchovy, and a few drops of carmine; then add the finely minced flesh of a large, freshly cooked lobster, together with the creamy part of the head, and two tablespoonfuls of stiffly whipped cream; then whip the white of eight eggs till quite stiff with a pinch of salt, add them to the rest of the ingredients, pour the mixture into a soufflé dish, with a band of buttered paper standing three inches higher than the dish round it, and cook in the oven for twelve to fifteen minutes. Now remove the paper, dust the top with lobster coral or coralline pepper, and serve very hot. Hand tomato butter round with it. If used as a second course dish, as it can be, serve it plain, garnished with finely minced parsley. For the tomato butter, put three tomatoes in a stewpan with 2oz. of butter, cayenne, and salt, and a few drops of carmine, let it cook at the side of the fire for fifteen or twenty minutes, then tammy, re-heat, and use.

SALMON TROUT BAKED.—Choose a trout of from 3lb. to 4lb. weight. Clean and scale it, being careful to cut it as little as possible; prepare a forcemeat of oysters bearded and chopped, two washed and boned anchovies, the yolks of 2 raw eggs, 2 or 3 oz. of freshly made white breadcrumbs, a little minced parsley and shalot (or an equal quantity of finely minced chives are better), salt, black pepper (freshly ground if possible), and if liked a suspicion of mace. Stir this all over the fire with 1oz. of butter till of a nice workable consistency, thinning it if necessary with some of the oyster liquor, or thickening it with a few more breadcrumbs. Fill the trout with this farce very carefully, then tie the fish into a letter S, and place it in a buttered pan with the following marinade over it; put 3 to 4oz. of butter in a pan with about a pint of vinegar, and a gill of white wine, two or three sliced carrots, the same of minced shalots, some parsley, a good bouquet, a few cloves, allspice, and whole peppercorns, and if at hand, a mushroom or two; bring this all to the boil, then pour it over the fish when cool, cover the fish with a piece of buttered paper, and bake in the oven from 45 to 50 minutes

according to size, basting it frequently while it cooks; when done, lift out the fish and keep it hot, strain the liquor and skim it, rinse the pan with a claretglassful of white wine to detach the glaze, &c. on the sides and bottom of the pan, add this to the liquor, let it reduce sharply over the fire, add to it a gill or so of brown stock, let it all boil up, flavour it with a teaspoonful of essence of anchovy, a good dust of cayenne, and a squeeze of lemon juice, and stir in just at the last about 1oz. of butter, and pour it round and over the fish after removing the string. Serve garnished with parsley, sliced lemon, and fried croutons.

STURGEON ROASTED.—Take a good cut from the middle of the sturgeon, and loosen the skin by slipping the point of a thin-bladed knife under the skin just by the back fin, and working it round so as to separate the flesh from the skin all the way round; then wrap the skin round it again, fastening it with a piece of string to preserve the colour of the fish; before doing this you should sprinkle the flesh with salt and pepper, put some butter on it, then have ready a large sheet of kitchen paper that will take in the fish, lay on this some sliced onion, and carrots, some washed and boned anchovies, some parsley and thyme, two or three bay-leaves, and a little pepper; place the piece of fish in this, wrap it well all over it, fold two more buttered papers round it, and either fasten it to the spit and roast it at the open fire, or lay it in a buttered baking tin and bake it for one and a half to two hours according to the size and thickness of the fish. When cooked, remove the string and papers, glaze it and serve with oyster, curry, tomato, or any rich sauce you please, in a boat.

MACKEREL À LA BOULONAISE.—After washing and cleaning the fish (opening them as little as may be) cut them each into three or four pieces, and seven or eight minutes before they are wanted lay them in a pan of salted boiling water containing a fourth part of light white wine, and a good bunch of parsley. Bring it sharply to the boil, then draw it to the side of the stove and let it cook gently till done; as soon as they are ready, lift out the pieces, dry them on a clean cloth, and arrange them on a good slice of fried bread rather hollowed in

the centre, and serve with a rich oyster sauce, to which, at the last moment, you have stirred a teaspoonful of minced green tarragon. If you choose, this can be cooked and served in an earthenware casserole.

WHITING PIE (*Paté de merlans aux huîtres*).—Take the fillets from twelve small whiting; prepare a stuffing of minced mushrooms, chives, parsley and a suspicion of lemon peel, add to this some finely minced lobster or shrimps, season it with salt and white pepper to taste and bind with yolk of egg; lay some of this stuffing on each fillet, and roll these up; line a paté mould with a rich short crust and spread this with the farce; now pack in the whiting fillets, a few slices of truffles if at hand, and some prawns, raise it well in the centre, cover this all over with a layer of the farce, and on this again a small bay-leaf, cover it with paste, decorating it with leaves, &c., and bake for about one and a quarter hours. Meanwhile, make some stock with the fish bones and trimmings, a piece of butter, some green onions, a carrot and some mushroom trimmings, and the liquor from a couple of dozen oysters, add a glass of sauterne, and with this make some rather rich oyster sauce. Now lift off the top crust of the pie, remove all fat at the top, arrange some of the sauce oysters on the top, replace the lid, and serve, after removing the paté mould, with the rest of the oyster sauce poured round it.

SALMON À LA RICHELIEU.—Clean a small salmon, opening it as little as possible, then cut it straight through in good sized slices, and lay these in a basin with a marinade of oil, sliced lemon, onion, and parsley; twenty-five to thirty minutes before it is wanted lay the slices on a well heated gridiron on some oiled straws to prevent its catching, brushing the fish over with a little salad oil, and turning it at the end of fifteen or twenty minutes. As soon as the thinner slices are cooked, put them aside, keeping them hot, till all are cooked, then arrange them back into shape on a hot dish, with the head (which should have been previously boiled separately), brush it over with glaze, and dish surrounded with china shells containing scalloped oysters, and serve with cream sauce.

COD À LA SEVILLE.—Wash about a quarter of a pound of rice, dry it well; put some good olive oil in a frying pan, when boiling sprinkle in the rice and fry it a little, then drain and put it in a stew-pan, in the same oil now fry some small slices of crimped cod, drain and place them on the rice, let the oil boil up again, then slice into it an onion and some tomatoes, simmer for a few minutes, pour them on the fish, season with salt and pepper and a squeeze of lemon juice, moisten with some fish broth, cover with buttered paper and the stew-pan lid, and finish cooking either in the oven or by the side of the stove. When done remove the fish, keep it hot, stir the rice and tomatoes and onion together, put them on a hot dish, place the fish on them and serve with mussel sauce.

TROUT À LA GENOA.—Put a trout in a fish kettle, cover it with a nice court bouillon, and cook slowly till done, drain well, rub it over with a little butter and serve with this sauce in a sauce tureen. Fry a minced onion and a bit of celery in a little butter, then moisten with two wineglassfuls of the court bouillon in which the fish was cooked and the same of red wine, let it all boil, thicken it with a little brown roux and boil for some twenty minutes, then skim off the fat, strain, reduce if too thin, add a spoonful of chopped truffles, remove it from the fire, stir in a little anchovy butter and serve.

COLD FISH ENTRÉES AND REMOVES.

COLD dishes have become of late years so much a matter of habit—and, it may be added, convenience—that even in Lent people will hardly bear patiently the absence of their favourite food. For the benefit of such, here follow some few recipes for dishes of this sort, which may serve as hints to the intelligent cook for the extension of her *répertoire* in this matter.

One warning must, however, be given. Cooking of every kind depends a great deal on appearance, and without going so far as some people do, it is well to bear in mind that in cold cookery this is especially the case. Moreover, carelessness in such matters is the more inexcusable that there never is any

need to hurry (the usual crux with young cooks) in the preparation of cold dishes. There is no difficulty, granted neat-handedness and care. Even elaborate moulds are not required, and, though no one would grudge a cook making such dishes constantly in a variety of moulds, still very pretty results can be produced with a plain cake tin, and, *experto crede*, some small jam pots; even a cocoa tin or two have on an emergency turned out very respectable chafroix. But where such cookery is habitual, a few little dariole, cutlet, and sandwich tins should be at hand. They are not expensive and more than repay their original outlay; moreover, if you expect your cook to do good work it is false economy to grudge her tools.

COLD ENTRÉES.

OYSTER CREAMS (*Petites Crèmes aux Huitres*).—Prepare some aspic by mixing half a pint of liquid aspic jelly with a gill of thick fresh cream; just when it is setting line some pretty moulds with the mixture, and put them aside till nearly set. Beard some good oysters, toss them in rich mayonnaise, and with the mixture fill up the little moulds, pour a little aspic jelly or the remains of some of the aspic cream over them, and put them aside till set. Serve on a bed of chopped aspic. Some persons add minced celery to the oysters.

FILLETS OF SOLE WITH RAVIGOTTE.—Trim neatly the fillets from a nice sole, and cut them into four or eight according to size, sprinkle them on one side with minced parsley, pepper, salt, and lightly chopped prawns or shrimps, adding a few drops of béchamel or velouté; roll up the fillets, tie them into shape with some cotton, and place them in a buttered baking dish with a little lemon juice over them, and covered with a buttered paper. Let them cook for twelve minutes or so, then lift them out and let them get quite cold. Now trim them neatly, remove the threads, line some little moulds with aspic jelly, garnishing them with leaflets of picked chervil and some coralline pepper, set this again with aspic, then put one of the rolled fillets in each, fill up with just liquid aspic jelly, and put them aside till set. Turn them out, and with a bag and rose pipe force out on each a little heap of

verte or ravigotte sauce thickened with aspic jelly. If variety is liked, prepare some anchovy cream, and garnish half the little moulds with this and half with verte sauce, and dish them alternately, garnishing with watercress picked and tossed in a few drops of oil and vinegar, and little blocks of aspic.

LITTLE CURRY SOUFFLÉS (*Petits Soufflés au Kari*).—Slice, peel, and fry four onions in 2oz. of butter, with a pinch of finely minced bay leaf and thyme, for fifteen minutes; then add two raw, ripe tomatoes, a teaspoonful of good curry powder, a good pinch of coralline pepper, a dessertspoonful of tamarinds, a few drops of lemon juice, a tablespoonful of grated cocoanut, six anchovies, a few drops of liquid carmine, and a pint of good fish stock. Simmer this all till tender; then add $\frac{1}{4}$ oz. of best leaf gelatine, and, when this is dissolved, rub it all through a tammy, and, when cooling, stir into it $\frac{1}{2}$ lb. of any cold cooked fish and two tablespoonfuls of whipped cream. Have ready some little soufflé cases papered with a band of white paper, about 2 inches broad, fastened firmly round them, and pour the curry mixture into these. Stand them in the ice box for about an hour, then remove the paper bands, put a little anchovy cream on each by means of a forcing bag and rose pipe, and serve. If liked, little heaps of cold boiled rice can be used to garnish this dish.

LOBSTER BOMBS (*Petites Bombes de Homard*).—Line some bombe moulds thinly with aspic jelly, and garnish each at the top with a star of truffle. When this is set, reline the mould with aspic cream (as given above), and then fill up with lobster cut into dice, with an anchovy or two, and mixed with mayonnaise stiffened with aspic jelly. Let these set, then turn them out, and serve on a bed of chopped aspic.

FILLETS OF SOLE À LA TRICOLERE.—Prepare some aspic cream as above, also some sauce verte stiffened with a little aspic jelly, and some tomato aspic (made by rubbing four large tomatoes through a sieve and mixing this purée with a gill of thick mayonnaise, a few drops of carmine, a spoonful of tarragon vinegar, and a gill of just liquid aspic). Stand each of these in a pan of boiling water to keep them just liquid.

Have ready some fillets of sole neatly batted out and trimmed, cook for ten or twelve minutes in a well-buttered baking tin, with lemon juice and a buttered paper over them, and press them till cold. Spread these lightly with anchovy or Montpellier butter, then mask a third of their number with the aspic cream, a third with the sauce verte, and a third with the tomato aspic; let them set, then dish them round a pile of Russian salad. This dish may be varied by using slices of cooked lobster, finishing off as before.

TIMBALLE OF SALMON À LA BAGRATION.—Cut some cooked salmon into neat square slices, and put it aside for an hour, sprinkled with good salad oil and lemon juice. Prepare a sauce as follows: Make some mayonnaise rather strongly flavoured with mustard, and mix a gill of this with a gill of sauce verte and half a pint of just liquid aspic jelly. Line a plain round mould thinly with aspic jelly, and decorate it with crayfish tails and sliced truffle; for instance, arrange at the bottom of the mould (which will be the top) a star of crayfish tails, with half a truffle cut flat for a centre, decorating the sides with a chain of alternate crayfish bodies and slices of truffle, set this, garnish with a few drops of aspic, and when this is fairly stiff line the mould with some of the mixed mayonnaise and verte sauce, then lay in the slices of salmon, as they come out of the marinade, covering each layer of fish with a thin layer of the mixed sauce, until the mould is full (if liked, some crayfish bodies and one or two minced anchovies may be mixed with the salmon to fill up the corners), finishing with a layer of the sauce. When set turn it out, and serve garnished with little heaps of carrots, potato, and turnip cut into pea shapes with a vegetable cutter, watercress, and tiny morsels of cauliflower, each boiled separately, and then tossed in a dressing of plain oil and vinegar. Some cooks add to this turned olives, stuffed with anchovy and crayfish butter.

TROUT À LA PROVENÇALE.—Dress half a dozen little trout in the shape of small crowns by passing a thread through their heads and tying it round their tails; cook them in a court bouillon au vin blanc, and when done let them cool in the liquor; then skin them and brush them over with liquid aspic.

arrange them on a border of aspic with Russian salad moistened with thick mayonnaise in the centre, and serve with sauce Provençale.

FILLETS OF SOLE À LA MONTE CARLO.—Fillet the soles, bat them out, brush them over with liquid butter, season with salt, pepper, and lemon juice, cook in the oven for ten to twelve minutes in a buttered tin covered with buttered paper, then leave till quite cold; now double the fillets over, point to point, and mask with mayonnaise sauce coloured a pale green with a few drops of Marshall's sap-green, run a little clear aspic over them, and leave till set. To some liquid aspic add sufficient tomato purée or conserve of tomatoes to give it a nice flavour, and bring up the colour with a few drops of carmine; line with this as many small moulds as there are fillets of sole, fill up their centres with raw tomatoes, skinned, cut in dice, and moistened with salad oil and tarragon vinegar, cover with the aspic, and leave till set. When wanted, turn out and dish with a fillet resting against the side of each mould.

FISH SANDWICHES À L'INDIENNE.—Line some sandwich moulds rather thinly with aspic, spread on this when set any white fish farce, pound the contents of a tin of curried prawns with a little butter and the yolks of two hard-boiled eggs, and rub through a sieve; put a layer of this on the fish, cover with aspic, and leave till set. When turned out, dish on a bed of chopped aspic, and garnish with little heaps of cold boiled rice. If sandwich moulds are not at hand, a shallow tin would answer the purpose, the preparation being cut into squares or strips when quite set, with a sharp knife dipped in hot water.

FILLETS OF SOLE À LA PYRÉNÉENNE.—Bat out the fillets of sole and season the skin side with coralline pepper, salt, and a little lemon juice. Cut some raw potatoes in the shape of corks and roll a fillet round each; cut and butter some strips of foolscap paper and roll the fillets in them, tie with string, and put them all in a stewpan with the juice of a lemon and three-quarters of a pint of fish stock; cover the pan, and cook its contents in a moderate oven for fifteen minutes, then

let the fillets cool in the liquor, remove the paper, and press out the potato carefully. Mix together 2oz. of cooked lobster, three boned and chopped anchovies, a saltspoonful of French mustard, the same of English, a few drops of lemon juice, a teaspoonful of chopped tarragon and chervil, a tablespoonful of mayonnaise sauce, and a gill of liquid aspic jelly; bring up the colour with a little carmine, stir over ice till set, then fill up the spaces in the fillets of sole with the mixture. Mask them over with some Pyrénéenne sauce and glaze with aspic jelly. Dish the fillets on a border of aspic jelly, and fill up the centre with shredded lettuce and cucumber; garnish with croutons cut in kite shapes and fried in clarified fat; when cold, arrange on them tiny heaps of caviare and lobster coral. For the sauce, fry together 1½oz. each of butter and flour without discolouring; boil the liquor in which the sole has cooked till reduced to a gill and a half, mix it with the butter and flour, stir till boiling; add half a pint of aspic, half a gill of cream, and a few drops of carmine; reduce to half, skimming it whilst boiling, tammy, and use when cool.

FISH QUENELLES (*Quenelles de Poisson au Nid*).—For this dish some small egg moulds are required. Prepare a nice farce with some turbot, whiting, or any white fish. Boil three or four eggs till hard, then pound the yolks with a pat of butter and a spoonful of cream or white sauce, and season with salt, pepper, and grated nutmeg. Line the moulds with aspic cream, and when set, with the fish farce; then make a well in the centre of each, and place in it a little of the egg mixture; put the halves of the moulds together, close down, and put on ice or in a cold place till wanted, then turn them out, and dish on a nest or border of *lobster cream*. For this use 6oz. of cooked lobster, four boned anchovies, a tablespoonful of cream, and a dust of coralline pepper; pound till smooth, then mix in three-quarters of a pint of aspic, two tablespoonfuls of mayonnaise, and a few drops of carmine; pass the mixture through a sieve, and mix in a gill of stiffly whipped cream; line a nest or border mould very thinly with aspic, and when set pour in the farce, and leave till firm.

TIMBALE OF CRAB.—Line a timbale mould with aspic jelly;

place a smaller mould in the centre, and fill up the margin with rounds cut from some cooked filleted sole or whiting, mixed with slices of hard-boiled egg and cooked vegetables of any kind in season, shredded, or cut in peas. Set this with aspic. Pound the meat from a crab with a little coralline pepper, salt, a little of both English and French mustard, a dessertspoonful of anchovy essence, and a tablespoonful of tarragon vinegar. When smooth, add a few drops of carmine, half a gill of cream, and two and a half gills of aspic; pass through a sieve, remove the inner mould, and fill up the cavity left by its removal with the crab purée; run a little aspic over it, and leave till set. When turned out garnish with shredded lettuce tossed in mayonnaise.

SAUMON À LA MONTPELLIER.—Boil a thick cut of salmon in a court bouillon au bleu, and when cooked let it get cold in the liquor in which it was boiled, then remove the skin, and sprinkle the fish with lobster coral. Have ready a thick slice of fried bread, the same size as the salmon; lay this on a dish and spread it with Montpellier butter, put the salmon on it, spread that also with the butter, decorate it with truffles cut in star shapes, and garnish with cubes of aspic jelly. For Montpellier butter, use a few sprigs of tarragon, chervil, parsley, fennel, and a chive or two; strain, and pound them with the yolks of three or four hard-boiled eggs, a spoonful of capers, and a couple of gherkins; when well pounded, mix in 5oz. or 6oz. of fresh butter, two or three tablespoonfuls of salad oil, and one of tarragon vinegar; pass this through a sieve, and use. If not green enough, bring up the colour with a few drops of Marshall's sap-green.

SALMON WITH EGG AND LEMON SAUCE.—Put a little frying oil in a tiny earthenware pipkin, and slice into it an onion, and allow it to brown over the fire. Then drain the onion, and place it in a saucepan with a slice of salmon, some parsley root, a little ginger, pepper and salt (if old green ginger is procurable a small piece cut up will be found better than the ground); cover the fish with cold water, and let it boil till done. Have ready some quenelles of plaice, prepared as follows: Boil the plaice, remove all skin and bones, flake the

flesh, season it with salt and pepper, minced parsley, a table-spoonful of breadcrumbs, and sufficient egg to bind; roll into little balls, and add these to the pan when the salmon is half cooked. When the fish is ready, pour off half the liquor, add the strained juice of four lemons to the beaten yolks of four eggs, pour it gently to the fish, shaking the pan all the time; let the sauce just thicken without boiling, remove it from the fire, place the salmon in a dish with the balls round it, and pour the sauce over. Serve cold.

The Jewish way of frying fish, to be served cold, commends itself well as a *pièce de résistance*. Salmon, cod, and halibut are alike excellent cooked in this way. The slices of fish should be about three-quarters of an inch in thickness, or even an inch, and are laid in slightly salted cold water for ten minutes or so, then carefully dried with a clean cloth, dredged with flour, and passed through beaten egg. A frying-pan containing some good frying oil—it is quite essential that the best oil should be used—is placed on the fire, and when really hot the slices of fish are laid in and fried a nice colour on both sides (about twenty minutes must be allowed for such slices); drain on kitchen paper, and put away till thoroughly cold. The heat of the oil should be tested by dropping into it a small piece of bread.

TOMATES EN SURPRISE.—Make some tomato aspic by adding a good gill of tomato conserve, or the pulp of some cooked tomatoes passed through a sieve, to a pint of aspic jelly, bring up the colour with a few drops of carmine, then line with it some small tomato-shaped moulds; when set fill them up with some slices of any cold fish, nicely seasoned and moistened with good mayonnaise or tartare sauce, run some aspic over them, and leave till firm, then turn out and dish on a bed of shredded lettuce or cress.

SALMON À LA MARINADE.—Boil a thick slice of salmon, drain and leave till cold, then place it on the dish on which it is to be served. Put in a small saucepan half a pint of vinegar, a couple of cloves, a small shallot, a little white aspic, and pepper, let this boil up, then strain it over the fish, and leave till cold.

COD À LA PROVENÇALE.—Clean a small cod carefully, lay it in the fish kettle, and pour round it a good court bouillon of white wine, let it boil gently till cooked, and let it get cold in the liquor in which it was boiled, then drain, slip it on to a dish, mask it entirely with mayonnaise sauce, and cover that with aspic jelly, whipped over ice to a snowy froth, garnish with little heaps of Russian salad or any green stuff or cold vegetable, and serve Provençale sauce with it.

SALAD OF TURBOT.—Boil a small turbot, leave it till cold, then cut it into slices, remove the centre bone, pare off the fins, lay the slices in a deep dish, with some vinegar, pepper, oil, and salt, and let them marinade for a couple of hours; then drain; in the place of the centre bone spread a small quantity of anchovy butter, and place the slices in the centre of a dish; cut up a couple of cold potatoes, add to them a few chopped gherkins, capers, a slice or two of beetroot, cut up, and some fillets of anchovy, toss these in mayonnaise sauce, and pile on the fish, garnish round with shredded lettuce and slices of hard-boiled egg.

WHITING CHAUFROIX (*Chaufroix de Merlan aux Huitres*).—Cook some whiting fillets (the smaller the fillets the nicer they look) in the ordinary way with lemon juice, &c., and set them aside till cold. Line a border mould with aspic cream, and fill it up with an oyster and celery mayonnaise (see chapter on Salads), putting it aside on ice till set. Coat the fillets of whiting evenly with some mayonnaise aspic (half a pint of aspic mixed with three large tablespoonfuls of rich mayonnaise), brushing this over when set with a little just liquid aspic to glaze it. Arrange the fillets on the border, one overlapping the other, fill up the centre with the rest of the oyster and celery mayonnaise, and serve garnished with chopped aspic.

TROUT À L'ALEXANDRA (*Filets de Truite à l'Alexandra*).—Fillet a nice trout, cut and bat out the fillets into neat oval pieces, and bake them in a buttered baking tin in the usual way, then put them aside till cold under a weight. Have ready some oval paper cases (rather like those called "quail cases") and put a little thick mayonnaise at the bottom of each, lay in the fillets, and pile on them a good spoonful of

cucumber peas (cut with a vegetable scoop), tossed in mayonnaise, and on the top of each fix a turned olive stuffed with either anchovy or maitre d'hotel butter.

FISH CREAMS (*Crème de Poisson à la Bergen*).—Take the flesh from a good sized haddock (about 9 or 10oz.) free from skin and bone, pound it in a mortar till smooth, then add to it 6oz. of panada, a large spoonful of béchamel, and 1oz. of fresh butter; pound these all together till smooth and well blended, then mix into it three whole eggs, a little coralline pepper and a very little salt; lastly rub it through a fine wire sieve, and mix this purée with three tablespoonfuls of thick cream. Have ready buttered some little sandwich moulds and fill them with this fish cream, knocking each mould sharply on the table as you fill it to make the farce settle properly, and place these moulds on a fold of paper in a large sauté pan, cover them with boiling fish stock or water, bring this again to the boil, then cover the pan, draw it to the side of the stove and let the creams poach for fifteen minutes, being careful they *do not boil*; when cooked set them aside till cold. Now garnish the little shapes on the top with strips of red chili and some capers, and pour over each very carefully a little just liquid aspic to set the garnish. Have ready some delicately fried crisp croûtons of the same shape and size as the fish, spread these with anchovy butter, and place a little shape of fish cream on each, arrange them in a circle and fill up the centre with some thinly sliced cucumber, tossed in a French salad dressing.

COD (CABILLAUD) À LA SUÉDOISE.—Flake neatly some cold boiled cod (or halibut, hake, or haddock), and pile it up after mixing it with some Suédoise sauce, in a rather low wall of cold mashed potato (as for *Pommes glacées à la Anna*), mask it all over with the sauce, and serve strewn with capers.

TALMOUSES À L'INDIENNE.—Make some little tartlets of anchovy pastry, and when cold fill them with the same mixture as given above for the little curry soufflés, mask it evenly with some rich cold curry sauce, garnish with strips of red chili and serve.

LOBSTER ROLLS (*Petits Pains à la Crème de Homard*).—Mince

very finely some cooked lobster, season it with cayenne and lemon juice, and mix it with enough stiffly whipped cream to make it manageable. Cut a little piece off some of the tiny half-penny dinner rolls, remove the crumb inside, fill these by means of a pipe and forcing bag with the lobster cream, replace the little pieces cut off, pressing them well into position, brush the rolls lightly over with liquid aspic, sprinkle them with finely minced parsley and coralline pepper and leave them till set.

ECREVISSSES AUX TOMATES EN MAYONNAISE.—Line some plain dariole moulds alternately with aspic cream, and tomato aspic, and fill up the centres of each with a mixture of lightly chopped crayfish tails tossed in mayonnaise aspic, and when set place the white moulds on little rounds of tomato aspic, and the red ones on rounds of aspic cream, and dish them alternately, garnishing with sprays of chervil and chopped aspic. Crab, prawns, or shrimps are all nice for this, as for the preceding dish.

FILLETS OF SALMON À LA BELGRAVE.—Cut a nice piece of salmon into fillets, bat them out with a wet knife, season with salt and coralline pepper, and lay them in a buttered sauté pan sprinkled with lemon juice and covered with buttered paper; let them cook in a moderate oven for twelve minutes or so, then take them up and press them till cold. Garnish these fillets with finely minced parsley, and truffle, and set this garnish with a little aspic jelly, arrange them *en couronne* and pour round them the following sauce. *Sauce à la Belgrave*.—Put into a pan one and a half pints of rich strong brown fish stock, a chopped fresh mushroom, one ditto shallot, two bay leaves, a spray of thyme, and a wineglassful of sherry; stir into this the whites of two raw eggs, previously lightly beaten together, bring it all to the boil, then let it simmer at the side of the stove for fifteen minutes, strain it through a clean napkin, re-boil it, then add to it $\frac{3}{4}$ oz. of arrowroot rubbed smooth in a wineglassful of sherry, in which about a tablespoonful of shredded Spanish olives have been previously heated, mix in the olives, and use when cold. This sauce is equally good hot, with broiled fish.

POTTED CRAYFISH.—Pick the flesh from the cooked crayfish, and mince it in the mincing machine, To 1lb. of the minced shellfish allow two blades of mace, a teaspoonful of freshly ground black pepper, half a teaspoonful of salt, a good dust of cayenne, and three or four ounces of butter. Work this all well together, pack it into a pie dish, and bake in a moderate oven till of a delicate gold colour.

OYSTER AND CAVIAR BLANCMANGE.—Make a blancmange in the usual way, only flavouring it with salt, cayenne, and the oyster liquor instead of sugar, &c. Decorate a mould, very thinly lined with aspic jelly, with a little caviar, lobster coral, &c., and set it with a few drops of aspic. Now pour in a layer of the blancmange, and, when all but set, arrange on this some oysters sprinkled with caviar and lemon juice, then more blancmange, and repeat these layers till the mould is full, finishing with the blancmange. Let it set on ice, then turn it out and serve, garnished with chopped aspic.

SOUFFLÉ GLACÉ DE HOMARD.—Cut a nice lobster into dice, and sprinkle these freely with oil, vinegar, coralline pepper, and a little salt. Prepare a mousseline sauce by mixing together a gill of mayonnaise with a dessertspoonful of tarragon vinegar, a dust of cayenne, a gill of whipped aspic, and a gill of stiffly whipped cream. Arrange this in layers with the lobster, in a properly papered soufflé case, finishing up with a layer of plain aspic, whipped till perfectly light and frothy. Remove the paper band when set, dust with a very little finely minced tarragon, and serve.

SOLE FROIDE À LA COLBERT.—Fry a fine sole, then make an incision down the backbone on the black side, let it become dry, then remove the backbone, and in its place spread in carefully, with a wooden spoon, the following: Toss some mushrooms in a little butter, then mince them finely with minced parsley and shallot (or preferably chives), salt, and nutmeg, mix it well together with oil and lemon juice, and use. When the fish is cold, garnish it with chopped aspic and either plain mayonnaise or frozen mousseline sauce. For this pour the same, as soon as it begins to set, into a Neapolitan ice mould, and set it in a charged ice-cave (or bury

the box in ice and salt) for an hour, then turn it out, cut it into blocks, and use.

FILETS DE MERLAN MARINÉS AUX TOMATES.—Fillet some nice whiting, leave them an hour or so in a marinade of oil, lemon juice, and spice, and cook them in the oven in a buttered tin with a little lemon juice and white pepper, and a buttered paper over them, then set them aside till cold. When cold, mask them neatly with aspic cream, and leave them on ice till wanted. Now prepare some tomato purée by pounding three large ripe tomatoes, seasoning them with salt, pepper, a tablespoonful of salad oil, a dessertspoonful of tarragon, and half a teaspoonful of chili vinegar, together with a few drops of liquid carmine, if necessary. Rub this all through a sieve, and mix it with two tablespoonfuls of liquid aspic jelly and a little chopped tarragon and chervil. Pour this about an inch deep in a border mould, and set it on ice till wanted. Then turn it out, arrange the fillets of whiting on it *en couronne*, and fill up the centre with a nice lettuce salad with a plain oil and vinegar dressing.

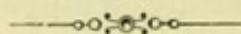
DARNES DE SAUMON À LA SUÉDOISE.—Cook some neat fillets of salmon in a buttered tin in the oven with a little white pepper and lemon juice, and a buttered paper over them, and when cooked drain them well and set them aside till perfectly cold. Then mask them with the tomato purée given in the preceding recipe, and dish *en couronne* round a pile of watercress salad, and garnish with plain blocks of iced Suédoise sauce, frozen like the mousseline sauce given before.

PETITES CAISSES DE POISSON À LA MIDAS.—Pound $\frac{1}{2}$ lb. of cooked white fish till quite smooth, then rub it through a sieve, mix it with two good gills of liquid aspic, a dust of coralline pepper, a little salt, and the liquor from a tin of mushrooms, reduced to a tablespoonful; then add to it by degrees half a pint of stiffly whipped cream, and fill some neatly papered little soufflé cases with this mixture. Set these in the ice cave till quite cold but not frozen, then pour on to each a layer of just liquid tomato aspic about a quarter of an inch thick, and put them back into the ice cave till

perfectly set. Now remove the paper bands round the cases and serve.

LITTLE CRAB SOUFFLÉS.—Whip one and a half gills of just liquid aspic till quite white and creamy, then mix into it three-quarters of a pint of stiffly whipped cream, a tablespoonful of tarragon vinegar, a dust of coralline pepper, and a very little salt; have ready $\frac{1}{2}$ lb. of finely minced crab, together with about a teaspoonful of tarragon and chervil, and stir it into the aspic, &c. Have ready some little papered soufflé cases, the bands standing quite one and a half inches above the original cases, and fill these with the mixture. Stand them on ice or in the refrigerator for half an hour or so, then remove the papers, dust the soufflés with finely minced parsley and coralline pepper, and serve with a tiny rose of whipped cream (forced out with a rose pipe) on each.

COLLARED EEL.—Skin, bone, and thoroughly cleanse two eels weighing about 2lb. each, lay each fish flat on the table, the inner side uppermost, dust them rather thickly with black pepper, salt, nutmeg, ground mace, and fine herbs. Roll each up very tightly, and tie them round with string; place them in a stewpan with a quart of good fish stock, a sliced onion and carrot, and a stick of celery, a good bouquet, salt and pepper to taste, two glasses of sherry, and 4oz. of fine leaf gelatine. Boil this all for half an hour, then lift out the eels, and strain the liquor into a basin; let both cool. When quite cold, untie and unpaper the eels, lay them on a dish and serve, garnished with some well washed and dried parsley and the liquor, which should be a stiff, clear jelly. Be careful to remove all fat from the latter.



CHAPTER V.

EGGS.

NEXT to fish, eggs come first as a Lenten standby, and offer an almost infinite variety, both alone and in combination with other materials. Their capabilities are only beginning to be fully realised in this country, but abroad they are honoured as they deserve to be.

For boiling, poaching, and omelets, eggs should be as nearly new laid as possible, and in nine cases out of ten when either of these ways of cooking them fail it is due to the want of freshness in the eggs.

The following recipes will give some idea of the variety to be obtained from eggs, either as variations of ordinary fare or as an integral part of a fast-day menu.

EGGS À LA DIABLE.—Poach some eggs in the usual way, and prepare as many croûtons of fried bread as you have eggs. Place an egg on each, and serve with the following sauce round and over them: Thicken a short half pint of good brown (maigre) stock with 1oz. or so of roux brun (the butter and flour cooked together till perfectly blended, and of a light brown colour) over the fire till nearly of the consistency of batter; then add to it a dessertspoonful of walnut catsup, the same of Worcester sauce, the juice of a lemon, a teaspoonful of made mustard, a teaspoonful of essence of anchovies, a morsel of shallot minced, a dust of cayenne, a dozen minced capers, and a small teaspoonful of finely grated lemon peel; let all these ingredients simmer together for a few minutes, and pour the sauce when ready on the eggs. Some people use toast instead of the fried croûtons, and spread it with chutney mixed with a little fresh butter; but this is a matter of taste.

MUSHROOMS AND EGG YOLKS.—Well wash and peel some nice mushrooms, remove the stalks, season them with minced

parsley (or chives), salt and pepper, and cook them in a well-buttered baking tin in the oven. Meanwhile take as many fresh eggs as you have mushrooms, separate the yolks from the whites (be careful not to break the former), and poach the yolks in acidulated water till set. (This will take about two minutes.) Dish each mushroom, cupside uppermost, on a square of hot buttered toast, with an egg yolk inside each mushroom. Serve with good Italian sauce. A *variante* is made on this by making some good oyster sauce, keeping the oysters whole, and dishing these, two or three together, in the mushroom instead of the eggs, the liquid part of the sauce being poured round them.

EGGS AND TOMATOES.—Have ready some little white china fireproof dishes (*cocottes*), put a good spoonful of thick tomato purée in each, and on this lay a poached and neatly trimmed egg; cover this rather thickly with some well-flavoured *velouté maigre*, mixed with about an ounce of grated Parmesan cheese to the gill of sauce, sprinkle it all with more freshly grated Parmesan, and put in the oven for two or three minutes to brown the cheese, or else pass a salamander over it. (If you only use the salamander, it will be well to let the first quantity of cheese just boil up with the *velouté* before putting the sauce on the eggs). It must be remembered that these eggs must not be allowed to stop in the oven a second after the cheese has coloured, for the secret is to have the eggs quite soft and creamy.

EGG TARTLETS.—Mince and fry together equal quantities of parsley, shallot, and mushrooms, then stir into them some hard-boiled eggs cut into dice, season it all with salt and white pepper, and stir it all into enough good white sauce to bring it to the consistency of croquette or rissole farce. Have ready some patty pans lined with any trimmings of puff paste rolled out thin, put a good portion of the mince in each, wet the edges of the paste with a little beaten egg, lay a round of the paste on each to cover it, pressing the edges well together, brush the tops of the tartlets with beaten egg, and bake in a hot oven. Equally good hot or cold. If you have them, a couple of truffles minced are a great addition to this dish.

EGGS AU GRATIN.—Mix together some white breadcrumbs, a good piece of butter, an anchovy minced, a shallot, and some chives and parsley all finely chopped, season with salt, black pepper (the freshly ground pepper from a pepper mill is nicest for this dish), and a tiny dust of grated nutmeg; stir in the yolks of one or two eggs, and line the bottom of a fireproof dish with the mixture, being careful not to get it too thick. Put the dish in the oven for a few minutes just to colour this mixture, then break on to the gratin the number of eggs you wish to use; replace the dish in the oven till the yolks are cooked, then set the whites by passing the salamander (or a red-hot shovel) over them, sprinkle them with a little salt, black pepper, and a dust of nutmeg, and serve at once and very hot. This dish can be varied by using grated Parmesan cheese instead of, or mixed with, the breadcrumbs.

EGG RISsoles, CROQUETTES, &c.—Cut four hard-boiled eggs into small dice, and mix these with four or five mushrooms and two or three truffles, if handy, similarly treated, and stir the whole into some rather thick béchamel maigre (*i.e.*, made with the vegetable stock or flavoured milk); bring it to the boil, adding a spoonful or two of thick cream as you do so, then just as you lift the pan off the fire stir into it the yolk of an egg, and set it aside till cold. Now for rissoles, take any trimmings of puff paste and roll them out thin, cut them into rounds with a 2-inch paste cutter, and lay a spoonful of the mince in each, fold each round in half, moistening the edges, pressing them well together, and giving a half-moon shape to the paste; brush them over in beaten egg, roll them in fine breadcrumbs or in broken up vermicelli, and fry in boiling oil till of a pretty golden colour, drain and serve on a napkin, garnished with fried parsley. For croquettes, the mince given above is rolled into balls, pear, cork, or cutlet shapes, as you please, with your well-floured hands, brushed over with beaten egg, rolled in fine breadcrumbs, and fried and finished off as above. A few asparagus points, or one or two spoonfuls of green peas (tinned or bottled peas answer admirably), may be added to this, and are, of course, an improvement. For kromeskies, cut some neat squares of

wafer paper, put a teaspoonful of the mince on each, fold them into shape, dip them in frying batter, and fry a golden brown in hot oil; drain and serve, sprinkled with minced parsley or chives.

EGGS WITH TRUFFLES.—Slice thinly three or four truffles and put them in a saucepan with a wineglassful of sherry, and let this cook over a moderate fire till reduced to half. Season with salt and pepper, add a gill of creamy béchamel maigre, and bring it all to the boil. Have ready some neat croûtons fried in clarified butter, and dip each into minced parsley as you take it off the fire. Arrange the croûtons neatly down a silver or china dish, put a delicately poached and trimmed egg on each, and pour the sauce already prepared carefully down both sides of the dish, being careful none goes on the egg or the croûtons. Sprinkle the eggs with finely minced parsley, truffle, and coralline pepper, and serve at once.

BROILED EGGS.—Put a piece of butter the size of a small walnut into as many little paper cases as you wish to serve eggs, add a little minced parsley and chives, and set the cases on the gridiron over a clear fire; as soon as the butter begins to melt, break a fresh egg into each case, sprinkle it with salt, coralline pepper, and some fine breadcrumbs, and let it cook over a clear, gentle fire, passing the salamander over it just at the last to set the whites and to colour the crumbs.

EGGS FRIED IN BALLS.—Have ready a deep stewpan, three-parts full of oil or clarified butter, which must be very hot, and stir it with a long wooden skewer till the liquid acquires a steady, rapid, circular motion; then break an egg into the very middle, and keep up the action of the liquid till the egg is cooked like a poached egg; the circular motion will make it as round as a ball. Now lift it up with a slice and put it into a warm pipkin, set aslant before the fire to keep it hot, and proceed as before until you have as many eggs as you require. Kept in this way, they will remain soft for quite half an hour. Serve on a bed of spinach, or of lettuce (cooked and finished off like the spinach), or of tomato purée. Eggs cooked in this way are also nice as a garnish for many dishes.

CURRIED EGGS.—Slice finely a couple of onions, and fry

them a delicate brown in 2oz. of butter; rub together till smooth 2oz. of curry powder, two spoonfuls of good vinegar, and a teaspoonful of caster sugar, and stir into it on the fire about a tumblerful of good brown vegetable or fish stock, and bring it to the boil. When it is nicely blended break into it five or six eggs and let them cook in it gently till done. Serve at once with curried rice.

— Fry two sliced onions in butter, and fry in the same pan a tablespoonful of curry powder, then stir into it a pint of good stock. Let it stew till quite tender, then add to it a cupful of cream, (or milk thickened with arrowroot, or *crème de riz*) and a pinch of sugar, and simmer it all for a few minutes till thick; then lay into it six or eight hard-boiled eggs, sliced lengthways rather thickly, and let them heat gently till quite hot, but without boiling. (If at hand use cocoanut milk instead of the cream.) Serve with plain boiled rice.

— Wash and pound smooth 4oz. of washed and boned anchovies, with a little curry powder, or paste, some mustard, a few drops of vinegar, and enough butter to make a nice paste of it all. Spread this on hot buttered toast and keep it hot by the fire till you have poached as many eggs as you have squares of toast, slip one on to each croûton, and pour over it all some good thick curry sauce, and serve very hot. This makes an excellent second course dish, when game is not to be had, and can be served either alone or with rice, plain or curried.

BENEDICTINE EGGS.—Cut some hard-boiled eggs lengthways, in half, and remove the yolks; rub these through a sieve and mix them with a little good creamy béchamel, seasoned with minced parsley and shalot, coralline pepper and salt. Let this all cook till quite thick, then pour it back into the whites carefully, and serve very hot. (The whites should have a tiny bit sliced off them to make them stand nicely, and should be kept in hot water till required for use.)

EGG PATTIES (*Bouchées d'Œufs*).—Cut some hard-boiled eggs into shreds, yolks and whites separately, keeping one yolk back; shred some truffles, mushrooms, and an onion in

the same way, and let them draw down at the side of the fire, with a little butter till done. Now have ready some very creamy white sauce, stir into it the liquor from the mushrooms, &c., and when this sauce is pretty thick, stir lightly into it the shred eggs, truffles, &c., and when very hot pour the mixture into little hot puff paste patty cases, and serve sprinkled with the yolk of the reserved egg rubbed through a wire sieve. If more convenient, serve the mixture in little croûton cases of fried bread, garnished in the same way.

EGGS À LA DAUPHINE.—Halve six hard-boiled eggs, remove the yolks, and put the whites in hot water to keep them warm. Pound the egg yolks, and add to them 2oz. of butter, 1oz. of breadcrumb soaked in a little cream, a teaspoonful of minced parsley, 1oz. of freshly grated parmesan, and a seasoning of nutmeg, salt, and coralline pepper. When quite smooth work into this one whole egg, and the yolk of a second, and when it is perfectly blended fill the whites with this mixture, smoothing it all with a knife dipped in, and out of, hot water. Now spread the rest of the mixture at the bottom of a silver or fire-proof china dish, arrange the whites on this in two tiers, rub the yolks of two more hard-boiled eggs through a wire sieve on to this erection, and garnish it all round with croûtons of fried bread cut in triangles. Set the dish in the oven (with the precautions recommended for Eggs au Parmesan) till the eggs are of a bright yellow colour, and serve with a rich white sauce poured round them. (If liked the whites of the two last hard-boiled eggs can be used for filling also). Remember the hard-boiled eggs should not be boiled more than ten or twelve minutes, or the yolks will discolour and probably spoil the whiteness of the whites.

EGGS EN MAYONNAISE.—Slice some hard-boiled eggs and arrange the slices on a dish, sprinkling them as you do so with oil, vinegar, salt, coralline pepper, chopped parsley and shalot, or chives, then mask them all over with good mayonnaise, and garnish with any salad in season. If preferred, tomato mayonnaise may be used instead of the plain mayonnaise.

ŒUFS À LA BOURGEOISE.—Butter a piedish, and line it

first with thin slices of crumb of bread, and then with equally thin slices of Gruyère cheese, and on this lay as many eggs as you wish to cook; season with white pepper, salt, and a very little nutmeg, and cook gently in the oven till done.

FRICASSEED EGGS.—Boil six eggs hard, and slice them across in rounds. Stew some morels or truffles in a little white wine, with some water, a shallot, two anchovies, a sprig of thyme, and several good sprays of parsley finely chopped, and the liquor and beards of some oysters, till tender; then lift out the oyster beards, lay in the slices of egg with some oysters and a bit of butter, and toss them all together till pretty thick. This can be served piled up on a hot dish, but perhaps the prettiest way is to cut a round of bread about 2 inches thick, stamp the middle almost through with a plain round cutter about an inch less in diameter than the outside, and fry in oil or clarified butter till of a golden-brown. Now drain it well, lift off the inner round, scoop out all the soft inside crumb, and fill it up with the fricassee of eggs, putting the inner round on top of all as a kind of lid. The edge and the cover of this croûton should be well dusted with minced parsley and coralline pepper.

SCRAMBLED EGGS.—Melt 1oz. of butter in a clean pan, and break into it four fresh eggs, seasoning these with pepper, salt, and a very little grated nutmeg. Stir this continuously for about three minutes, till it begins to set, then turn it into a hot dish, squeeze a few drops of lemon juice over it, and serve very hot. This is a most useful dish, as it is easily prepared, and can be varied almost indefinitely. Truffles, sliced and cooked for a few minutes in a little sherry; asparagus points or green peas, freshly boiled; shrimps, &c., tossed in a little butter and a very few drops of wine, &c., can all be added to eggs cooked in this way. Scrambled eggs can also be served in little cases of fried bread, prepared as in the foregoing recipe. Or some tinned artichoke bottoms can be heated on a little hot water, filled up with the scrambled eggs, and served hot.

EGG NESTS.—Toast as many small slices of bread as there are people to be served; then separate the yolks and whites of

eggs in number to correspond with the slices of toast, whisk the whites to a stiff froth, butter the toast, place them in a baking tin, and heap some of the whisked white on each, make a well in their centres, drop in a few drops of liquid butter, and then the yolks of the eggs one in each, and bake in a hot oven for three or four minutes.

EGGS IN SURPRISE.—Make an oyster forcemeat with about a pint of breadcrumbs, eight or ten oysters cut up finely, 2oz. or 3oz. of butter, a little salt, cayenne, minced parsley, and herbs, the yolks of a couple of raw eggs, and a little of the oyster liquor; have ready some hard-boiled eggs, shell them, roll each one in the forcemeat, then dip it in beaten egg, and roll it in breadcrumbs or crushed vermicelli, and fry in boiling butter. Drain and serve piled on a hot dish, and garnished with fried parsley. The forcemeat may be made without the oysters, using an extra egg or a little cream in lieu of the oyster liquor.

EGGS WITH NOUILLES PASTE.—Boil five or six eggs till hard; shell and cut them in slices; mask each slice with some thick tomato sauce, and keep hot in a bain-marie. Boil in slightly salted water 3oz. or 4oz. of Nouilles cut in tiny pieces; drain and re-heat with 2oz. of butter, a couple of spoonfuls of béchamel sauce, and an ounce or two of grated Parmesan. Put the greater part of this in a dish; hollow out the centre, and pile the egg slices in it; cover with the remainder of the paste mixture, sprinkle with browned breadcrumbs and grated Parmesan; place a few tiny lumps of butter on the top, and cook in the oven for fifteen or twenty minutes. This is equally good made with small macaroni.

EGGS À LA TRIPE.—Boil three or four eggs hard, shell and cut them in slices, and put them in a stewpan. Now cut an onion in slices, boil these partly in water, then finish cooking them in some white fish stock; drain and put them with the eggs; add a couple of spoonfuls of thick béchamel, a suspicion of garlic, pepper, salt, nutmeg, and a squeeze of lemon juice. Toss the whole over the fire till hot, dish them, and serve strewn with crumbs of fried bread.

EGGS AND TOMATOES.—Cut some large smooth skinned

tomatoes in halves, roundways, remove part of the inside from each, place them in a buttered baking tin, with a tiny lump of butter in each, and cook in the oven till soft, but not shapeless. Now break into a small saucepan a couple of fresh eggs, add a spoonful of cream or milk, a lump of butter, pepper, and salt, and whisk this over the fire till thick and creamy; fill the tomatoes with the mixture, decorating each one with a sprig of parsley, and send to table at once.

EGGS À LA BÉCHAMEL.—Boil four or five eggs till hard, shell, and halve them lengthways, remove the yolks carefully and mix with them a little butter, a few drops of anchovy essence, a dash of pepper, and some finely minced parsley, or herbs; replace the mixture in the whites, lay them on a hot dish and pour a very hot rich béchamel sauce, mixed with cream, over them. Decorate with kite-shaped pieces of fried bread.

EGGS WITH SAUCE VERTE OR TOMATO SAUCE.—Butter some dariole moulds and sprinkle them with very finely minced parsley, then break a new laid egg into each and poach in a saucepan of boiling water, have ready in a hot dish as many squares of hot buttered toast as there are eggs, turn out the poached eggs on them and pour a hot green or tomato sauce round them.

STIRRED EGGS AND POTATOES (*Œufs brouillés en Canots*).—Choose four or five rather long potatoes, scrub them well, and bake in the oven till done; now cut out the centre from each removing the inside to about an inch from each end, prepare some eggs as for tomatoes and eggs, and fill up the potatoes with them, and serve at once. The potatoes should be something like small boats or canoes in shape.

EGG AND CABBAGE À LA RUSSE.—Fry a sliced onion in butter till brown, then add it to a spring cabbage cut up very finely; put them in a saucepan with plenty of butter and some salt and pepper, and cook till tender; then mix with them five or six chopped hard boiled eggs; roll out some puff paste cut it into two large squares, spread the cabbage mixture on one of the squares, cover with the other, press the edges together, brush it over with yolk of egg, make a

tiny opening in the centre, and bake. When cooked cut it in half and then again into pieces, pile on a napkin and serve very hot.

EGGS À LA MARGUERITE.—Cut a French roll into slices, and remove the crumb leaving only rims of crusts, fry these in boiling butter, drain and lay them in a flat fireproof dish, previously buttered, break a new laid egg into each rim, season with pepper and salt, and cook in the oven till set. The cooking can be accelerated by means of a salamander. Serve in the dish in which the eggs are cooked.

EGGS AU PARMESAN.—Butter a fireproof or a silver dish, and sprinkle it rather thickly with freshly grated Parmesan cheese, plentifully seasoned with salt and coralline pepper; break on to this as many absolutely fresh eggs as you wish; sprinkle these again thickly with more seasoned Parmesan, adding about half a pint of thick cream (for six or seven eggs); strew on top some morsels of butter, and place it in the oven till the eggs are set. This dish requires care, for unless looked after the eggs are apt to harden, and then are spoilt. Serve in the dish it was cooked in.

If and whenever a silver dish is used, stand it in a baking tin half full of hot water, on a sheet of folded kitchen paper. This will save any risk of injuring the plating.

EGGS À LA HORLY.—Boil some eggs for twelve minutes till perfectly hard, then throw them into cold water for a minute or two, shell them and slice them neatly. Season them with pepper and salt, dip them in good batter and fry them a delicate golden-brown in plenty of boiling oil. Drain them, dish them *en couronne*, with some fried parsley in the centre, and pour some good (rather thick) tomato sauce round them, and serve.

EGGS À L'INDIENNE.—Half fill some little paper cases with nicely boiled cold rice; cut some hard-boiled eggs (cold) in halves, and remove the yolk. Cut the latter, together with some prawns, shrimps, or lobster into small dice, and toss them into the following sauce: Stir a teaspoonful of curry powder and the same of mustard flour into rather more than a gill of good mayonnaise sauce till it is quite smooth, then toss the egg and

lobster dice in this, seasoning it with a little cayenne, pile up the mixture in the cases on the rice, and garnish with tiny sprays of chervil or fine parsley and some tiny strips of red chilli.

EGGS AU SOLEIL.—Poach some eggs very carefully, and, when cold, dip them in batter and fry them a pale gold colour in hot oil. Drain and serve sprinkled with coralline pepper, either with or without slices of tongue neatly trimmed and heated in a little wine and stock.

HARD-BOILED EGGS À L'OSEILLE.—Boil the eggs hard, shell them and with a wet knife cut them in half lengthwise, and keep them hot; have ready a delicate purée of sorrel, arrange the eggs on this symmetrically, sprinkle them with coralline pepper and finely minced parsley, and garnish the dish with croûtons of fried bread. A thick tomato, mushroom, or spinach purée can be used instead of sorrel, or the eggs can be poached *au soleil*.

BUTTERED EGGS AND TRUFFLES (*Œufs Brouillés aux Truffes*).—Put into a pan four very fresh eggs, 2oz. of butter, 1oz. of truffles (previously cut up into tiny dice and tossed for a minute or two in butter), half a gill of cream, and a flavouring of salt, freshly ground black pepper, and a very little grate of nutmeg. Stir this all over the fire till it gets thick, but do not let it boil or it will curdle and so spoil; then pour the mixture into a very hot dish, garnish with tiny croûtons of anchovy or cheese paste (such as one uses for cheese straws), and serve at once.

EGGS À L'AMIRAL.—Poach some nice fresh eggs, trim them neatly, and set them on squares of hot buttered toast (if liked, a little anchovy butter may be used for this), and pour over and round them some nicely made Admiral Sauce. Poached eggs on buttered toast are also delicious served with Cardinal, Chaumon, d'Orleans, or rich tomato sauce.

POACHED EGGS IN BLACK BUTTER.—Break six eggs on to a plate, and dust them with a little salt and some freshly ground black pepper; melt about 4oz. of butter in a pan, and leave it on the fire till a nice brown, then pour it on to and over the eggs, replacing these in the pan and letting them

cook for two minutes; now turn them as you would a pancake, let them cook barely a minute, then pour them on to the dish, which must be very hot. Reduce two teaspoonfuls of vinegar by rapid boiling to half, pour it on to the eggs, sprinkle them with a pinch of finely minced parsley, and serve at once.

BUTTERED EGGS WITH PARMESAN (*Œufs Brouillés au Parmesan*).—Melt 4oz. of butter in a pan, add to it six fresh eggs, a wineglassful of new milk or single cream, a pinch of white pepper and a tiny pinch of salt; beat all this together over the fire till it begins to set, then draw it to the side of the stove and keep on stirring it for two minutes more, adding half a teaspoonful of finely minced parsley, and about two ounces of freshly grated Parmesan cheese. If preferred, the parsley may be omitted. The great secret in preparing this dish is to mix the eggs well, sending the whisk into all parts of the pan so as to insure its contents being equally cooked and mellow. When scrambled or buttered eggs look curdled, it is either caused by their being overcooked or by carelessness in the beating together of the ingredients.

POACHED EGGS AND GRAVY (*Œufs au Jus*).—Poach the eggs in the regular way, and trim them neatly; have ready some squares of hot buttered toast, put an egg on each, and pour round and over them any rich gravy, reduced by rapid boiling to the thickness of melted butter. Poached eggs require care in the cooking, or the whites will burst, and they are then spoilt for table. Tomato, shrimp, oyster, or hollandaise sauce can be used instead of the gravy. Or a purée of spinach, sorrel, or any other vegetable, can be used instead of the toast and gravy. Hard-boiled eggs, shelled, rinsed, drained, and cut in half lengthwise can be used in the same way. Only remember, when boiling eggs hard, not to boil them more than ten minutes, or the yolks discolour and separate from the whites.

VOL-AU-VENT OF EGGS.—Prepare a vol-au-vent case in the ordinary way: boil some eggs hard, slice them thinly, and heat them in good creamy béchamel maigre, stirring them carefully together so as not to break them; season lightly with

salt, white and coralline pepper, and a very little finely minced parsley. Button or other mushrooms, truffles, shrimps, oysters, flaked fish, &c., can all be added to this vol-au-vent.

FARCED EGGS.—Boil six or eight eggs hard, and cut them in halves across. Remove the yolks, rub them through a hair sieve, and pound them till perfectly smooth in a mortar with an equal amount of fresh butter; season it with pepper, salt, a teaspoonful of minced parsley and a whole egg; spread a layer of this farce on a fireproof dish, then fill up the half eggs with the rest of the farce, smoothing it all over with a hot wet knife, arrange the eggs on the layer of farce, pour over them all a little oiled butter, and place them in the oven till nicely coloured. Serve very hot with either tomato or soubise (white or brown) sauce in a boat apart. Various ingredients, such as cooked and minced mushrooms, anchovies, &c., can be added to the above farce to vary it to taste; for instance, *à la Carmélite*, when chopped chives or onion, parsley, and sorrel are added to the stuffing; *à la diable*, when pounded anchovy, butter, and cayenne are mixed with the yolks; *à la gourmet*, stuffed with egg yolks, crayfish tails, smoked salmon, butter and seasoning; or *à la madame*, when, instead of being pounded, the yolk is chopped into dice, with truffles, capers, cold boiled potato, anchovies washed, filleted, and minced, chopped lettuce, and enough mayonnaise to mix it all well. In this case, naturally, the eggs are not baked.

EGGS AU GRATIN.—Slice some hard-boiled eggs across, in not too thin slices, put about a gill of good white sauce (*maigre*), in a pan with about 1½ oz. of freshly grated Parmesan cheese, a small piece of butter, a grate of nutmeg, a little salt, white and coralline pepper, the juice of half a lemon, and the yolks of two or three eggs. Stir this all sharply over the fire till it begins to thicken, then draw it aside. Place a layer of the sliced eggs at the bottom of a fireproof or gratin dish, and spread some of the sauce over this; repeat these two layers, arranging them carefully into a sort of rounded pile till you have used up all the eggs. Smooth the top over with the rest of the sauce, strew it with fried breadcrumbs, mixed with grated Parmesan, garnish with some tiny croûtons of fried

bread, and set the dish for ten minutes or so in the oven till it is quite hot and nicely browned or *gratiné*.

CURRIED EGGS.—Prepare some good, richly flavoured curry sauce, and lay in it some hard-boiled eggs, either sliced or cut into quarters, to get perfectly hot, but without boiling; then dish neatly with plain boiled rice round it, garnished with strips of red chillies and French gherkins.

EGGS À LA PRINCESSE.—Spread some fried squares of bread either with smoked haddock, pounded with fresh butter, and seasoned with pepper and salt, or with anchovy butter, and on each of these lay a neatly trimmed and poached egg; garnish these eggs alternately with minced parsley, yolk of hard-boiled egg, rubbed through a sieve, and coralline pepper and serve with this sauce round them. Stir together, till they thicken, three tablespoonfuls of cream, one yolk of egg, 1oz. of butter and a little cayenne; then tammy it, add a few drops of lemon juice, and a pinch of finely minced parsley, and serve. If preferred, the flesh of a boiled haddock can be minced very fine, and stirred over the fire with a pat of butter and some cream, seasoned with lemon juice, coralline pepper, and minced parsley, and spread hot on the croûtons. Smoked salmon, flaked and finished off in this way, is also a nice foundation for this dish.

A chapter on egg cookery with no reference to omelets would be but another version of the play of the Prince of Denmark, with the part of Hamlet left out. For some reason this particular form of egg cookery has come, in England, to be looked on as a great and recondite mystery, though why this should be so is difficult to say. Every one travels in these days, so the universality of the omelet on the Continent, even in the smallest auberges, must be a matter of common knowledge. Yet a cook who can produce successfully the common *omelette aux fines herbes* is a rarity, while the one who is able to manage an *omelette au lard* is at once considered a *cordon bleu* far too talented for the average household.

OMELETTE AUX FINES HERBES.—Take as many eggs as you have guests (two eggs make a really nice omelet for two

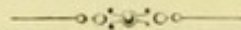
people), say for instance three, beat them with pepper and salt, and a dessertspoonful of minced parsley and shallot (or preferably chives), till light, using a fork and not an egg beater for this purpose; meantime melt an ounce of butter in a frying pan, and as soon as it is all melted and begins to fritter, or "sizzle" (to use an expressive kitchen term), pour in the egg mixture, beating it lightly but steadily as you do so. Continue stirring it till it begins to set, then let it cook quietly till the top looks like scrambled eggs; now slip a broadbladed knife under the omelet which should by this time be lightly browned underneath, and slip it on to a hot dish, turning or rather folding it in half as you do so. By the time the omelet gets to table the inside will be perfectly cooked, but had it waited over the fire till the topside was perfectly done, when served it would have been tough and overdone, as the eggs cook from their own heat after they leave the pan. The other way of taking the omelet from the pan, is to cover the latter with a dish held in the right hand, and then reverse the pan on to it with the left, but the first is perhaps the easiest method.

All omelets are made in this way, whether sweet or savoury, the only difference being in the addenda. These are various. For instance, peas, asparagus points, grated cheese, minced anchovy, or a few drops of essence of anchovy, finely flaked dried haddock or bloater, &c., can all be added to the eggs while beating, omitting, however, in that case the herbs. Or the omelet can be made as above, and a couple of spoonfuls of any ragout slipped in as you fold it over, being careful to have the ragout pretty nearly of the same temperature as the omelet itself. Rather thick oyster, lobster, crab, or shrimp sauce can be added to it in this way; cut up eggs, or flaked fish tossed in white, or béchamel, curry, or espagnole sauce; any vegetables, such as spinach, moistened with cream or stock; flageolets in brown or white sauce; potatoes tossed in a little cheese cream, &c., can be used, so that an immense variety can be insured with a minimum of trouble. The only point to remember is that the sauce of the ragout should be thick enough not to spread, or it spoils the omelet.

It is well to remember two or three points in making omelets. The first is the omelet pan must be kept for omelets only, and never washed. It should be carefully wiped out while hot with brown or kitchen paper, till clean. If it is wetted, the omelet is almost sure to burn.

Beat the eggs whites and yolks together—except for an omelet soufflée, when they must be beaten separately, and the whites frothed up as stiff as possible—with a fork, and be careful not to overbeat them or they will become a watery mixture that will neither cook properly nor taste nice. The eggs should be just beaten enough to fall clean from the fork as you lift it. Also recollect the smaller your omelet is, the easier it will be to cook. An omelet should properly speaking always be waited for, as an omelet that has “stood” is, nine cases in ten, a leathery failure; but if you know your omelet will have to wait, add a spoonful of milk to the eggs while beating them, this will prevent the mixture toughening, but of course it will never taste so fresh and crisp as an omelet *cuit au point*, as any connoisseur will not fail to tell you!

Finally, here is Brillat-Savarin's recipe for a Lenten omelet: “Break up together a piece of tunny about the size of a hen's egg and the roes of two carp, previously well washed and blanched; and stir it over the fire with a good piece of fresh butter, then mix it with a fork till the butter is quite melted. Now add to it the yolks of twelve eggs well beaten in the usual way, squeeze the juice of a lemon over it, season to taste with pepper, salt, and fine herbs; have ready a pan in which you have already melted another good sized piece of butter, and finish the omelet in the ordinary way, keeping the omelet as much of a bolster-shape as you can.” Of course, for this dish fresh tunny is the best, but I can recommend, from experience, cod's roe mixed with some pickled or preserved tunny.



CHAPTER VI.

RICE, ETC.

RICE, like its kindred foodstuffs, macaroni, ravioli, &c., is only now coming into general favour in England, where hitherto it has been chiefly, if not entirely, known as an adjunct to curry, or as a foundation for several more or less solid nursery puddings. It is, however, as foreign cooks have long since discovered, susceptible of much variety of treatment, either alone, or in combination with vegetables, eggs, cheese, &c., and is most useful to the vegetarian or the fast day cook alike.

The following recipes may serve as hints for its preparation, though it is obviously impossible to give anything like an exhaustive list of the various methods of preparing it within the limits of the present work.

RICE, TO BOIL.—Almost every cook has a special manner of preparing rice, but the following methods can be recommended from long use. The first is Indian. Pick over and well wash the rice, then put it in a pan with a pinch of salt and a generous allowance of cold water (a full quart to the $\frac{1}{2}$ lb.). When this water boils, the rice should be cooked. Now strain off the water, return the pan with the rice to the fire for a minute or two, stirring it with a fork all the time till the grains are dry and quite separate. Or, put $\frac{1}{2}$ lb. of rice in a pan with enough cold water to cover it perfectly, and a pinch of salt, bring it all to the boil, then strain off the rice, wash it well in cold water, and put it on in a pan with about 3 pints of boiling water, and let it cook steadily for 12 or 15 minutes; after which, turn it all into a colander, let the water from it run off, pour a little fresh hot water over it (this washes

away a good deal of the starch, and ensures the proper separation of the grains), throw a cloth over the colander, and let the rice dry, covered up, at the side of the fire for an hour or two. It is well to remember that for curries, where the rice must be perfectly separate, Patna rice is the proper kind to use, the Carolina rice, though very good as to flavour, never presenting the proper appearance.

A delicious cold rice border for fish, lobster, or any kind of good mayonnaise may be made in this way. Put 3 oz. of Carolina rice on in enough cold water to cover it, bring this to the boil, then strain off the water, wash the rice well in cold water, put it on with a pint of milk, fish, or vegetable stock (which must be nicely flavoured), a bay leaf, an onion stuck with a clove, and salt and cayenne pepper to taste. Let it all cook gently at the side of the stove till the rice is tender, and the liquid is reduced to a gill; then remove the bay leaf and the onion, and dissolve into the rice about $\frac{1}{4}$ oz. of best leaf gelatine, turn it into a basin, and while cooling stir into it a gill of stiffly whipped cream, and mix it all well together. Have ready a plain border mould, lined with just liquid aspic, garnished with tiny sprays of chervil and lobster coral, or, failing this, coralline pepper, and pour the rice, &c., into this, let it set, then, when wanted, dip the mould into warm water, turn it out, and serve garnished with chopped aspic and any nice cold ragout you please in the centre.

A border made as above, only mixed with two or three eggs instead of the gelatine, and either steamed or baked, makes a very pretty hot garnish for a ragout of mushrooms, oysters, &c.

BAKED RICE.—Boil a cupful of rice in boiling water with a little salt till tender, then drain it well, mix it with an ounce of butter, and a pinch of saffron (or, where preferred, use a tablespoonful of *conserves de tomates*), season to taste with pepper and salt, put it all into a buttered tin mould, and bake it for half an hour in a moderate oven. Turn it out, and serve at once on a hot dish. If liked crisp and dry, the quantity of butter must be lessened.

RICE FRITTERS.—Boil the rice till tender (if boiled in

stock it will of course be more savoury), then drain it, mix it with salt, pepper, finely minced parsley, a very little onion (previously minced and browned in butter), and a beaten egg. Shape the mixture into little cakes or fritters, and fry in butter or oil; or the fritters may be brushed over with beaten egg, rolled in breadcrumbs, and fried. Serve with tartare sauce.

CABBAGE AND RICE.—Boil a small spring cabbage, and in another saucepan boil at the same time a couple of ounces of rice; when the latter is cooked, drain and leave it on the side of the stove till some of the moisture is absorbed; then drain the cabbage well, put it on a board and chop it up, mix it with the rice, add an ounce of butter, some salt and pepper, and stir it over the fire till hot; dish, and serve at once, garnished with fried croûtons. A gill of cream and a spoonful of grated Parmesan can be added if liked.

RICE TIMBALES.—Boil 6oz. or 7oz. of rice in some white fish stock, drain, and allow some of the moisture to evaporate; add 1oz. of butter, a spoonful of grated Parmesan, pepper and salt, and a little nutmeg, put it in a buttered tin about 3 inches in depth, press it down closely, and leave till cold and firm; then cut it into rounds with a pastry cutter dipped in warm water, and with a smaller one mark out the centres as one does for patty cases, egg and breadcrumb them, and fry in boiling butter; remove the inner circles, scoop out the rice so as to leave a hollow space in each, fill this with a ragout of fish, lobster, or shrimps, and serve at once. A ragout of mushrooms is also excellent served in this way.

RICE and RED HARICOTS.—Soak half a pint of red haricots in cold water for twelve hours; drain and put them in a stewpan with plenty of cold water, and boil for three hours, or till they show signs of becoming tender; then add to them 3oz. of well-washed rice, and continue boiling till the rice is cooked. Now drain, and leave on the stove till the moisture has somewhat evaporated. Add a pat of butter, some pepper and salt, stir over the fire till hot, and pile in a hot dish.

CROQUETTES OF RICE AND MUSHROOMS.—Put 1lb. of white mushrooms in a quart of water or vegetable stock, with a

carrot, a leaf of celery, a slice of onion, a little parsley, and a bunch of herbs, and boil gently for three to four hours. Strain, mince the mushrooms finely, put them in a stewpan with 3oz. or 4oz. of rice, the strained stock, and more seasoning if required. Cook till the rice is tender, then drain and leave till cool, when shape the mixture into balls or corks, roll them in breadcrumbs, pass through beaten egg, fry in boiling butter, drain, pile in a pyramid, and garnish with fried parsley.

RISOTTO AUX CREVETTES.—Peel and cut up a large onion, fry it in butter for ten or fifteen minutes without allowing it to colour; then add 5oz. or 6oz. of well-washed rice and a pint of vegetable stock strongly flavoured with mushrooms; let it boil up, cover the rice with buttered paper, and simmer it on the side of the stove for half an hour; remove the paper, pour over the rice 2oz. of clarified butter, add a couple of spoonfuls of grated Parmesan, mix, turn it out on a hot dish, and serve with shrimp or lobster sauce. Rice cooked in this way, and served with brown butter or tomato sauce, is also excellent.

RISOTTO A LA MILANAISE.—Fry a finely minced medium sized onion in 2oz. of butter till of a golden brown, then stir into it 6oz. of well-washed rice and a small pinch of powdered saffron, stirring it all together over the fire with a clean wooden spoon for two minutes, being careful not to let it catch or stick to the pan. At the end of the two minutes add very slowly a pint of good, well-flavoured stock, and simmer it all together, very gently stirring it all the time, till the rice is quite soft; just as it is ready, add to it all a grate of nutmeg, and from 1½oz. to 2oz. of freshly grated Parmesan cheese, stir it well together for a moment or two, lift it from the fire, add a little piece of butter, and leave it on the hot plate till wanted.

PILAU MAIGRE.—Wash 6oz. of rice, and boil it in a pint of water for five minutes, then throw it into a colander; when quite drained put it in a pan and add to it 1oz. of butter, pepper and salt to taste, and about half a pint of good white stock. Let it cook for fifteen minutes till the rice is cooked,

then turn it out on a dish, when each grain should be separated, serve perfectly hot, garnished with fried onions, mushrooms, and hard-boiled egg quartered, a little curry or chutney, or both, may be added to the rice, or fish stock can be used, and little pieces of cooked hot fish may be added to the garnish. Of course this is not a true Turkish pilau, but it is a very nice dish. Both these two last recipes have been taken, more or less, from Sir H. Thompson's book on "Food and Feeding."

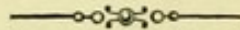
CURRIED RICE.—Boil some rice (about 1lb.) in the ordinary manner, then pour on to it a couple of spoonfuls of *conserve de tomates*, and about half a pint of good curry sauce; stir it all well together, then put it beside the fire to dry a little. Serve with quartered hard-boiled eggs and tufts of watercress salad. This is also a very nice accompaniment to an egg or vegetable curry.

TOMATO RICE.—Boil some rice in well-flavoured vegetable stock till cooked, with an onion, a good bouquet, two bay-leaves, some peppercorns, cloves, and a blade of mace. When cooked, lift away the onion, bay-leaves, and bouquet, and the spice; fry some onion sliced and pulled into rings till a golden-brown in oil or butter, and stir this into the rice with a bare half-pint of *conserve de tomates*, or the American tomato pulp, with the addition of a little cayenne, and serve. Abroad cooks add garlic both to the rice while cooking and also when frying the onion, but for English tastes it would probably be sufficient to rub both the saucepan and the frying-pan with a freshly-cut clove of garlic.

CORALLINE RICE.—Boil some rice in the usual way, then melt some butter (about 2oz.) and pour it into a dish, season with a little salt, and a good quantity of coralline pepper. Toss the rice in this mixture till it assumes a soft terra-cotta shade. This can be either served as a garnish, say, for egg, or mushroom cutlets, or it can be thickly sprinkled with freshly grated cheese, stood by the fire till a little dried, and served alone.

CASSEROLE OF RICE.—This is a very effective addition to any ragout, whether of fish, vegetables, or egg, and is not at

all difficult to make. Pick, wash, and blanch the rice, then drain it, and put it into a stewpan, moistening it with the skimmings of the stockpot by degrees as it swells; shake it frequently to prevent it sticking, but do it gently, or it will break and be spoilt. Be careful to see that it is kept well moistened to get it to swell properly, and add a little salt to it. Cut a piece of bread the size of the dish it is to be served on, and mould the rice round it as if it were paste (the bread should be well buttered). Put the rice and bread into a mould of the right size and shape (a stewpan is often the best), mark a round on the top to form the cover when it is cooked, and set it in a hot oven till well coloured. When ready to serve, lift off the marked cover, empty it by removing the bread, and fill it with any ragout at hand, replace the cover, and send it to table.



CHAPTER VII.

MACARONI, ETC.

THE first thing one learns instinctively to appreciate in Italy is the macaroni. At home we only know it in the shape of a tasteless pudding, a pappy garnish for a soup, or a very coarsely made savoury. Why this should be so is difficult to say, for, properly prepared, few things are nicer; while of the various farinaceous foods that come under this heading, the chief trouble is *l'embarras du choix*. Concerning the boiling of macaroni, directions were given in our first section, so these it is needless to repeat here; but it cannot be too strongly impressed on the British cook that, as a rule, she overboils her macaroni to an almost uneatable degree, to the foreign palate at all events, and, as to many of them macaroni is the staff of life, the chances are their feeling is to be trusted. The following recipes may be worth trial to persons desirous of appreciating this edible:

BUTTERED MACARONI.—Boil 2oz. of good pipe macaroni, according to the directions previously given (being very careful not to overcook it), and drain it thoroughly. Now put a piece of butter the size of an egg in a well-heated pie-dish, put the macaroni on the top of it, and work it well together with two forks, dusting it as you do so with freshly-grated cheese and a little coralline pepper. When it is well mixed, and all the butter is absorbed, dust it over with a little more pepper and cheese, and serve at once.

MACARONI AUX ŒUFS MOLLETS.—Well rinse a pound of macaroni after breaking it into inch lengths, put 2oz. of butter in a fireproof dish, lay in the macaroni, and pour on to it enough milk to cover it well; stir it occasionally; it should

swell a good bit in the cooking. When three parts cooked lift out the macaroni and put it in a fire-proof dish, season it highly with grated Parmesan cheese, salt and pepper, pour to it half pint of good rich gravy (brown), set it in the oven again and let it cook till done. When perfectly cooked lay some poached eggs, or some eggs fried in balls on it, sprinkle it all with a little freshly grated cheese, coralline pepper, and finely minced parsley and serve.

MACARONI CHEESE.—Fill a pie dish rather more than half full with boiled and well drained macaroni, season to taste with pepper and salt, and pour in sufficient good cream to cover it, then add a thick layer of very rich sliced cheese, and bake in a quick oven till nicely browned. This is a purely English recipe, but is not to be despised. Or; stir 4oz. of butter till perfectly blended over the fire with a tablespoonful of flour, then add to it half a pint of single cream, or new milk, and let it boil till it is a thick, smooth sauce; now stir into it while boiling, about 4oz. of good, rich cheese, seasoning it with salt and cayenne pepper to taste, and then add to it 4oz. of well boiled and drained pipe macaroni, pour it all into a pie-dish, mix it well, and set it in the oven till nicely browned.

MACARONI AND COCKLES.—Rub a pan across with garlic once or twice, then put into it three or four tablespoonfuls of French *conservé de tomates*, together with two tablespoonfuls of oil, pepper and salt to taste. Let this all cook together for a few minutes, then stir into it one or two spoonfuls of finely minced parsley. Toss some cockles over the fire till they open, then remove them from their shells, and strain their liquor through a muslin. Add this and the cockles to the tomato sauce, stir it altogether over the fire for just two minutes; then pour it on to some well boiled, strained, and very hot macaroni; stir it well together with a couple of forks, add a dust of coralline pepper and serve at once. This is equally good made with oysters or mussels. Macaroni cooked in this way with plain tomatoes is also good.

MACARONI AND TOMATOES.—Put a layer of well-cooked macaroni in a pie-dish, and on this place a layer of peeled and

sliced tomatoes. Sprinkle these with pepper, salt, fine bread-crumbs, and grated cheese, then a layer of macaroni similarly seasoned, then more tomatoes, and so on till the dish is full, being careful to have the macaroni for the last layer. Sprinkle this pretty thickly with grated cheese, coralline pepper, and little bits of butter, and bake till a nice golden brown in the oven. Mushrooms treated in this way, with the addition of a little good béchamel sauce, are extremely nice.

MACARONI CREAM.—Boil some macaroni in milk and water till tender, drain and cut it in small pieces, then add some white sauce in which a couple of spoonfuls of grated Parmesan have been mixed, and $\frac{1}{4}$ oz. of isinglass dissolved in a little milk and strained, put the mixture in a mould and leave till set. When turned out of the mould, garnish with little heaps of caviare and crayfish tails alternately. The white sauce, with which the macaroni is mixed, should have been well seasoned with salt, pepper, and grated nutmeg.

RUCHES DE MACARONI.—Small “beehive” moulds are the proper ones for this dish; if plain dariole moulds are used the dish must be called “timbales” or “darioles.” Boil some spaghetti or thin macaroni in slightly salted water till tender, but without being overcooked; drain, and lay it on a cloth in as long strips as possible; butter the moulds, then line them with the macaroni, coiling it round and round quite closely, have ready a purée of green haricots, fill the moulds with it loosely, make a well in their centres with the finger dipped in hot water, pressing the purée closely against the sides of the moulds; mince the meat of a cooked lobster, mix with it some nice white sauce, season with salt and pepper, and colour with a few drops of carmine, fill the cavities in the mould with this, cover with some of the macaroni, stand the moulds in a stewpan of boiling water on a fold of paper, and poach for about twenty minutes. Turn out and serve with lobster or shrimp sauce.

TIMBALE MAIGRE DE MACARONI.—Line a mould carefully with some well-boiled macaroni, fitting it closely, and dusting it lightly with pepper, salt, and freshly-grated Parmesan.

Have ready a good fish forcemeat, flavoured with mushrooms, oysters, &c.; stir into this some broken-up boiled macaroni, and some rich oyster sauce, and fill up the mould with the mixture, covering it over at the bottom with more macaroni and steam it. Serve with a good rich brown sauce. A very nice timbale can be made by lining it with macaroni, as above, and filling it with macaroni and oysters only, as prepared above. Bake for three-quarters of an hour, and serve with brown sauce.

TIMBALE DE MACARONI À LA MARINIÈRE.—Prepare a timbale as before. Cut the fillets from a good-sized sole, and lay them on a well-buttered baking dish, with a seasoning of pepper and lemon juice and a buttered paper over them, and cook them for eight or ten minutes till stiff. Now toss some cooked macaroni in two or three spoonfuls of béchamel maigre, 3oz. or 4oz. of crayfish butter, 1oz. or 2oz. of plain butter, and a good amount of grated Parmesan cheese. Put one-third of the macaroni into the timbale, and on it lay half the sole fillets, about six crayfish tails, and as many white mushrooms. Cover with more macaroni, then repeat the fish, &c., and finish up with the macaroni. Bake three-quarters of an hour in a warm oven, then turn out and serve.

MACARONI SOUFFLÉ.—Boil some macaroni in sweetened milk with a piece of vanilla stick till all the milk is absorbed; then put it by till cold, when you work into it the yolks of four eggs (mind and take out the vanilla stick first), and lastly the whites of six eggs beaten up stiffly with a pinch of salt, then pour it into a papered soufflé tin and bake. Serve with either a napkin pinned round it or in a paper soufflé case. Dust the soufflé with vanilla sugar just as you are about to serve it. This is also nice if made as a savoury, coralline pepper, salt, and essence of anchovy replacing the sugar and vanilla.

BOULES AU MACARONI.—Boil 2oz. of macaroni in milk and water till tender, drain and cut it in pieces about $\frac{1}{4}$ inch long, put 1oz. of butter in a small saucepan and melt; then stir in a tablespoonful of fine flour, and add gradually about

a quarter-pint of milk. When well mixed and smooth, stir in off the fire the yolk of an egg and some chopped truffles, or some mushrooms; season with pepper and salt; stir to this as much of the macaroni as the sauce will absorb, and leave till cold; roll the mixture into small balls with floured hands; toss them in beaten egg, then in white breadcrumbs, and fry in boiling fat. Serve very hot, garnished with sprigs of fried parsley. Grated Parmesan can be added if liked.

A very pretty dish is also made by mixing together $\frac{1}{2}$ lb. of grated Parmesan cheese, 2oz. of well boiled macaroni cut up into small pieces, 2oz. or 3oz. of butter, and two whole eggs; steam this mixture in a buttered basin or mould for one hour and ten minutes, turn out, and serve with tomato or any other good vegetable purée, or any nice savoury sauce. This is equally good made of rice, and is known as Italian cake.

Of course, when meat is allowed, rich, strong meat or game gravy can be used with the macaroni, which also, when treated in this way, or mixed with tomato purée, forms an excellent garnish for roast or stewed beef or poultry. Carefully stewed steak also is delicious if cut up small, and, with its gravy, tossed in macaroni, flavoured with cheese and mushroom or tomato purée; but such dishes, however appetising, cannot justly be considered either fast-day or vegetarian cookery.

Another preparation which meets with greater favour abroad than it does in England is polenta, made from Indian cornflour. It is made exactly in the way we make porridge, dropping the flour into the boiling salted water with one hand as you stir it with the other, and keeping up the stirring till the polenta is cooked, though you do not require to mix in flour all the time. A small quantity of this goes a long way, say a small handful to quite a pint of boiling water. To make it nicer, add a good lump of butter to the boiling water, and stir in grated cheese alternately with the flour, till the paste is thick. It can then be eaten as porridge, but for ordinary tastes it is nicer if allowed to get cold, on a large dish or slab, then cut into neat pieces, fried in boiling fat or oil, and served with tomato sauce or mushroom purée. If made sweet with sugar instead of

salt, and flavoured delicately with vanilla or grated lemon rind, these fritters are very nice served with plain, sweet, or wine sauce.

This same polenta makes a very nice dish if, when cooked in the savoury fashion and let get cold, it is taken up in spoonfuls and arranged symmetrically on a well-buttered pie-dish, liberally sprinkled with tiny morsels of butter, grated Parmesan, and coralline pepper, and then baked in the oven till of a pretty golden colour; if preferred, good sauce, gravy, or tomato purée can be made use of instead of the cheese and butter. This dish is also called *gniocchi*. A similar and rather more refined dish is made by using fine semolina in precisely the same way. This is the well-known *gniocchi alla romana*.

NOUILLES PASTE WITH TOMATOES.—Work two or three eggs into 1lb. of flour, add a pinch of salt, and work it into a paste; roll it out thinly, and cut it in fine strips; put as much as may be required into a pan of boiling water, and boil for five or six minutes. Then drain, pile on a hot dish, sprinkle with Parmesan and a little salt and pepper, and pour over them some good tomato sauce. The paste will keep good for some days.

NOUILLES CROQUETTES.—Boil some of the paste previously cut into strips, drain and mince, put it in a saucepan with some grated Parmesan, salt, and a dash of cayenne, stir in a couple of spoonfuls of thick white sauce, then turn the mixture on to a floured board, and leave till cool; pat it out with floured hands, till about 2 inches in thickness, cut it into squares, egg and breadcrumb them, and fry in boiling butter; drain, sprinkle with grated cheese, and serve very hot.

NOUILLES À LA PALERMO.—Boil some nouilles strips, cut them into inch pieces, and stir them over the fire for a few minutes in a little fish stock, add a gill of cream, some grated Parmesan, a tiny pat of butter, pile in the centre of a hot dish; decorate with kite-shaped croûtons of fried bread, rub the yolks of a couple of hard-boiled eggs through a sieve over it, and serve.

CROUSTADES OF NOUILLES.—Mince some nouilles paste,

boil this in salted water for a few minutes, drain and put it in a stewpan with some grated Parmesan and a piece of butter, mix well over the fire, put it in a buttered baking tin, press down and leave till cool, then cut in rounds as directed for rice timbales, egg and breadcrumb it and fry; then remove the lids of the croustades, scoop out part of the inside, and fill up with minced mushrooms and crayfish tails, moistened with a good white sauce.

RAVIOLI.—This dish, again, which is susceptible of great variety, though very popular in the north of Italy, does not seem to make way in England. Still, it would well repay attention. For the ravioli prepare a paste by mixing the raw yolks of three or four eggs with $\frac{1}{2}$ lb. of fine flour and a saltspoonful of salt; work it to a stiff paste with cold water, and roll it out thinly to about the thickness of a half crown; cut this into strips about two finger breadths broad, and these again into oblongs of nearly twice that length. (The paste if preferred can be cut into circles with a plain cutter.) Lay these oblongs out on the floured board, and brush the upper side over lightly with cold water by means of a paste brush; have ready some good farce of either fish or vegetables, richly seasoned and mixed with grated cheese, and place a small teaspoonful of this on each oblong, folding it over as you do so, and pressing the edges well together with your well-floured hands, shaping them into half moons as you do so. (Remember to keep the board well-floured when rolling out the ravioli paste.) Now put these ravioli very carefully into a panful of absolutely boiling and slightly salted water, bring it sharply to the boil again, then draw it to the side of the stove, and let it simmer there for twenty minutes or so. Now lift them out and let them drain on a reversed sieve. Arrange them in a deepish dish in layers, with tomato sauce or good brown gravy and a good dust of Parmesan cheese between each layer. Finish off with more sauce and some morsels of butter scattered over the top, and bake in a quick oven for about fifteen minutes. Place the dish while in the oven in another dish half-full of boiling water. Tomatoes, mushrooms, onion, &c., can all be added to the ravioli, according to taste.

Very small sizes of these ravioli, poached in boiling salted stock, are also used as a garnish for soup, which thus becomes *Potage aux raviolis*.

The vegetable forcemeat is made thus: Mix 4oz. of fresh breadcrumbs with a spoonful of minced herbs (thyme, parsley, basil, marjoram, and bay-leaf), 2oz. of minced mushrooms, 1oz. of finely minced onion, pepper, salt, nutmeg, a little butter, some grated Parmesan, and the raw yolks of two eggs. If liked, an anchovy or two finely minced may be added to the farce, and the basin in which it is mixed can be rubbed with fresh cut garlic.

The ravioli can also be filled with a ragout of any kind, say oysters, shrimps, escallops, or a mixture of fish, shellfish, &c., tossed in very much reduced sauce, and served mixed with tomato sauce, grated cheese, or, without baking it, serving it like macaroni. A very pretty dish is the following:

TIMBALE DE RAVIOLIS AU PARMESAN.—Make a paste with a handful of flour, a good pinch of caster sugar, a piece of butter the size of a hazel nut, and the yolks of four raw eggs; roll this paste out as thin as a florin, and put it aside to rest. Butter a timbale mould thickly, and cut the paste out in strips about three-quarters of an inch (rather less than more) wide, trimming off the ends on the cross; now arrange these strips diagonally round the mould, leaving an equal space between each strip. Have ready some good short paste, roll it out a quarter of an inch thick, and cut from it a round to fit the bottom of the mould, and also a strip that will just fit round the inside of the mould. Put in the round, then roll the strip of paste up, brush the diagonal strips over with a little water by means of a paste brush, put in your band of short paste and unroll it carefully, pressing it well on to the strips, taking care not to disarrange these latter; wet one end of the band, and press it well on to the other, so as to leave as little mark of the join as possible. Mark out the round at the bottom with a plain round cutter to make a lid, and prick the paste all round and at the bottom with a fork to prevent its rising. Lay a piece of buttered paper at the bottom, and fill up the mould with rice or dried peas to keep the

paste in shape, and let it bake till of a pretty golden colour. Have ready on some floured tins some ravioli made as above (the half-moons will be best for this purpose), filled with any farce—the richer the better—you fancy, and five minutes before they are wanted poach them lightly in boiling salted water; drain them, lay them in a saucepan in which you have melted 2oz. or 3oz. of butter, dust them freely with freshly grated Parmesan, add a few spoonfuls of stock and good tomato sauce, and toss them all (being careful not to break them) over the fire for a few minutes. Now pour this mixture into the mould, turn it over on to a dish, remove the timbale mould and take off the cover, replacing it with a crown of some of the little ravioli kept back for this purpose; dust these with Parmesan, and a spoonful or so of well-coloured tomato sauce, and serve. Macaroni boiled and mixed with a rich mushroom and tomato sauce, with plenty of coralline pepper and grated Parmesan, is also very good served in this way.

PANCAKES À LA BÉCHAMEL.—Make half a dozen or so of good pancakes, flavouring them, however, with coralline pepper and salt instead of sugar. Then lay them one by one on a silver dish, strewing each over as you lay it in with grated cheese and some rather thick creamy béchamel, and pouring over it all at the last some fresh butter melted; set the dish in the oven, or brown it with a salamander, and serve.



CHAPTER VIII.

VEGETABLES.

IT is curious to notice how small a part vegetables have played of late years in our menus. Take up a cookery book of the early part of the last century, and you will be astonished to see how long was the list of such culinary dainties within the reach of the housewife of those days. Of some we have even lost sight of the very names, while others we only know in tins. Certain it is that the housekeeper then had much clearer notions on the subject of potting, pickling, and preserving than we have, whose one idea is the grocer if our supply of green meat fails. Who in these days dreams of a salad of boiled hops? Or to whom does a "tansy" pudding represent anything? While we doubt if one cook in fifty could say what "clary" might be, or how it was to be treated. But to ensure vegetables their proper place on the menu, they must be properly cooked. This, it will no doubt be observed, is a foregone conclusion, patent to everyone. Still, patent as the fact may be, it may be safely asserted that not in one house in ten can you be certain of having your vegetables properly prepared, even when the only method is the purely English one of plain boiling them! The custom of having "vegetable entremets," *i.e.*, dishes compounded of vegetables alone, is slowly coming to the front, but as a general rule in British households vegetables are little more than a garnish to the joint. This is a pity, for they are well worth a separate existence; and it is not vegetarians alone who would welcome some of the succulent *petits plats* which make their appearance, as a matter of course, abroad. But before giving some of these, it may be well to say a few words on the plain boiling of green food. It

may seem a bull to declare that, to ensure properly boiled vegetables, they should never be boiled at all; but it is a fact nevertheless, as anyone who has tasted steamed vegetables will at once allow. Now, there is no sort of difficulty in cooking them in this way. The "Rapid" steamer is well known, and many use it in their kitchen for potatoes; but if they will use it for their greens, &c., they will be astonished at the reformation this little utensil will effect. When steaming the vegetables, salt them as usual, and add onion, herbs, and seasoning to the water under them, as this gives them the desired flavour, without reducing them to the sloppy, watery pulp so often seen. All green vegetables should be put on in boiling water, which should be kept boiling sharply all the time to preserve their colour, if they are not steamed; and they must be thoroughly drained before placing them on the dish, even if the latter does contain a strainer.

It is wonderful, if a little trouble is taken, how much variety one may obtain from the simplest materials. For instance, take that common winter vegetable, "greens." Well wash it, pick it over, and tie it up in little bundles, and steam or boil it, then drain it well by the side of the fire; dish it on nicely fried croûtons, one to each little bundle, and serve with either plain oiled butter or a French salad dressing of oil, vinegar, salt, and pepper, handed round with it. All the genera of "greens," from turnip tops upwards and downwards, can be treated with advantage in this way. Or, when boiled, drain them, rub them through a sieve, put them in a pan with a piece of butter, adding gradually a little milk, cream, or stock (or a mixture), season to taste with white pepper and a dash of nutmeg, make it hot, and serve. In short, these vegetables can be treated in all the ways of which spinach is susceptible.

Or, again, there is "colcannon," a method of using up cold cabbage and potato used for "bubble and squeak," but which would be found equally satisfactory by itself, or as an addition to many other dishes. For this take equal quantities of mashed potatoes and boiled greens, rub them through a sieve, mixing them well, add to them pepper and salt to taste, a

morsel of butter, and a well-beaten egg; butter a small pudding basin, press this mixture into it, and bake in a hot oven for half to three-quarters of an hour. Turn it out, and serve either alone, or with broiled mushrooms, or fried Icthus sausages round it. When making ready white vegetables, such as celery, seakale, salsify, &c., for the pot, it is well, while preparing them, to lay them as they are ready in water slightly acidulated with either vinegar or lemon juice, and also to add some acid to the water in which they are steamed or boiled. These again must be perfectly drained in a colander near the fire, and can be served either plain, or with drawn butter, melted butter, white sauce, béchamel, or salad dressing, as preferred. Served with any of these sauces, they make particularly delicate entremets.

In boiling asparagus, there is a secret that but few people seem aware of, and it is this. Tie up the asparagus in small bundles, and set them upright in the saucepan, in boiling water, reaching to just below the green part. Let this boil steadily till they are cooked, when it will be found that the heads, which have been only steamed, will be just ready by the same time as the coarser white part is tender. Cooked like this, the heads do not fall off in the way they often do when they have to wait in the water for the stalks to be cooked. A fancy has grown up of late years of serving cold asparagus with iced sauce, but though this is a commendable way of finishing any that may be left over from a previous meal, it will be found that asparagus is never in perfection if perfectly cold. The best plan is to let it partially cool, dish it on a cold dish, and then serve with the iced sauce. The solid ice dish lately brought out by Mrs. A. B. Marshall would be just the thing for serving asparagus in this way.

French beans are also sufferers by our common methods of cooking. We use them too old, and to make them eatable have to cut and string them, a process which lets out more than half their flavour into the water they are boiled in. They should be eaten when young enough to require nothing beyond washing. If they have outgrown this stage, let them grow on till the seed has formed and is a perfect though unripe haricot.

These can then be cooked in precisely the same way as the parent bean and are most delicious, but are seldom seen thus dressed in this country. If, however, necessity compels you to eat French beans when they are too tough to eat without "stringing," boil them in the usual way, drain them perfectly, and put them into a pan with a good tablespoonful of minced fine herbs (parsley and shallot, or chives), a little pepper, salt, an ounce or two of fresh butter, and the juice of a lemon, and stir it over the fire till the butter is all melted, then serve garnished with fried croûtons.—Or, *à la Béchamel* : Cook them as before, drain them, and toss them in butter seasoned with white pepper, salt, and lemon juice, and stir in just at the last a spoonful of creamy béchamel sauce.—Or, *à la Lyonnaise* : Slice some onions so as to form rings, and fry these in butter till of a golden brown ; work a good piece of butter into half a gill (or more, according to the beans) of Espagnole sauce, then drain the onions and the already cooked beans, and put them into this sauce, stirring it all together over the fire till it is all quite hot ; season with salt and pepper, and serve either plain or on a fried croûton. Or, *au beurre noir* : String the beans but do not shred them, boil them, drain them thoroughly, pile them up on a hot dish and serve with black butter poured generously over them. The cook should bear in mind that the water in which any vegetables have been boiled is an excellent foundation for vegetable stock, whether white or brown ; provided, of course, that no soda has been used to "bring up the colour."

Windsor or broad beans are also very good, though we generally eat them too old. In this last case they should be boiled with some salt (in ordinary cases never put salt to beans till they are cooked, or they will burst and spoil), and as soon as the skin cracks be lifted out and thrown into cold water, when the outer skin can be rubbed off with the greatest ease, and the beans themselves finished off with butter, lemon juice, &c., like French beans, or heated in a poulette, crème, béchamel, or parsley sauce. Lettuces, again, we seldom use except raw, yet, treated like greens or like spinach, they make a most dainty dish.

It is unnecessary to go on multiplying methods of plain cooking vegetables, for when an intelligent cook's attention has been turned to the subject, and she has mastered the original boiling, the subject presents but little difficulty. The points to remember are the acidulated water for the white vegetables; and rapid boiling in plenty of water, and most punctilious draining, for the green ones, or, indeed, for any leguminous food. A young cook should above all things be taught never to squeeze vegetables to get the wet out of them, for in so doing she only bruises them and lets out the best of their juice. If placed in a colander, or sieve, by the fire they will drain themselves, and will come to table in a crisp, appetising condition, very different from the pulpy, odoriferous, smashed-up mass we all know too well.

All this, however, as our taste in cookery improves and extends, is slowly being altered, and vegetables are resuming gradually the place in our menus that of right belongs to them. We have become aware (a fact, by the way, patent to our great-grandmothers) that they can be utilised in all sorts of ways, making most excellent entrées, second course and breakfast dishes, to say nothing of salads for all times and seasons, and it may reasonably be hoped that ere long our vegetables will receive at the hands of our cooks the attention and care they fully deserve.

MUSHROOMS À LA PROVENÇALE.—Wash and dry the mushrooms thoroughly and take out the stalks. Mince the latter with a little shallot (one large one or two small shallots are sufficient for a small dish), and toss it till lightly coloured in oil or butter. Rub a stewpan across two or three times with a freshly cut clove of garlic, and lay in it the mince, with a couple of finely minced anchovies, a bay-leaf, and the mushrooms. Let them all stew together, moistening it with a little good brown (vegetable) stock, seasoning to taste, a squeeze of lemon juice, and a little minced parsley. When the mushrooms are cooked, remove the bay-leaf, and dish them on a hot dish with their gravy, garnished with fried croûtons of bread, and add just before serving a few drops of lemon juice and another pinch of minced parsley. Serve very hot.

MUSHROOMS À LA MAITRE D'HOTEL.—Prepare some maitre d'hotel butter in the usual way, have ready some nicely broiled and seasoned mushrooms, place each on a croûton of fried bread, and lay in the cup-shaped hollow of each a little heap of the butter, and serve very hot. A variation of this, known as mushrooms *aux anchois*, is made by making some anchovy butter, or the mixture of parsley and anchovy known as "green butter," spreading some hot toast rather thickly with it, placing a broiled mushroom on each square of the toast, seasoning it with a very little salt and freshly ground pepper, and a tiny lump of anchovy butter in the cup of each mushroom, adding a squeeze of lemon juice just at the last.

MUSHROOMS AND EGGS.—Mince some mushrooms finely and cook them in some good rich tomato sauce until they are tender and the sauce is pretty thick; now add to these as many eggs as you like (using four whites to six yolks), and stir this carefully over the fire till set; then pour it on to hot buttered toast, and serve very hot.

CANNELONS OF MUSHROOMS.—Mince some mushrooms and put them in a stewpan with minced parsley and shallot, and toss the whole in butter till nicely browned; then add a seasoning of white pepper, salt, and sufficient stock to moisten them, and let the whole simmer till the mushrooms are cooked and the sauce is thick; now stir in, off the fire, the yolks of three eggs (for a fair-sized dish), with a squeeze of lemon juice, and put the mixture aside to cool; then roll some paste out very thin, cut it into oblongs, put a spoonful of the mushroom mixture on each, moisten the edges of the paste and roll it up in the shape of sausages, brush them over with egg, dip them in breadcrumbs, and fry in plenty of oil.

CASSOLETTES DE CHAMPIGNONS AUX ŒUFS.—Cut some slices of bread about 1½ in. thick, and stamp them out with a plain round 2½ in. cutter, stamping out the centre three parts of the thickness of the bread with another cutter a size smaller than the first; fry these cases in smoking oil till of a golden brown, then drain, scoop out the centres, sprinkle with minced parsley and coralline pepper, and keep them hot. Now prepare a purée by washing, drying, and finely chopping 1 lb.

of mushrooms, and putting them in a sautépan with $1\frac{1}{2}$ oz. of butter; let them draw down at the side of the stove for seven or eight minutes, then stir in among them two tablespoonfuls of freshly made bread crumbs, season with pepper and salt, add a teaspoonful of espagnole maigre, let it boil up, and mix into it a teaspoonful of chopped parsley. Fill up the cassolettes with this purée, and on the top of this place a small neatly trimmed poached egg, and serve hot.

TOMATES AUX CHAMPIGNONS.—Remove the stalks and pips from some tomatoes, wash, dry, and chop finely six or eight mushrooms, and fry these for ten minutes with $1\frac{1}{2}$ oz. of butter, pepper, salt, and half a shallot, or some chives minced finely. Now mix in two tablespoonfuls of freshly-made white bread-crumbs, and let it all stand at the side of the stove for five or six minutes; then fill up the tomatoes with this mixture, sprinkle each with a few browned breadcrumbs, put a morsel of butter on each, and set them in the oven on a buttered tin for twelve minutes.

MUSHROOMS COOKED UNDER GLASS.—Cleanse each mushroom carefully, place it on a piece of toast, season it with pepper, salt and lemon juice, and add a small piece of butter; set this all in front of the fire, turn a small tumbler over it, and let it cook in its own steam. If a large glass is attainable, two or three mushrooms could be cooked together. Serve on the toast on which they were cooked.

MUSHROOMS BAKED.—Cleanse some large mushrooms, and butter as many slices of hot toast as there are mushrooms, then put the latter on the toast, and set both in a well-buttered tin, sprinkle the mushrooms, which should stand cup-side uppermost, with salt, pepper, lemon juice, and a tiny lump of butter on each, cover them with another tin, and cook in the oven for eight or ten minutes.

MUSHROOMS AU BEURRE.—Clean some mushroom buttons, with a piece of flannel and a little salt, after removing the stems, then wipe them well, and leave them for a few minutes folded up in a dry cloth to remove all chance of moisture. For each pint of these mushrooms put $1\frac{1}{2}$ oz. of fresh butter in a stewpan, and toss it till it begins to colour, then lay in the

mushrooms and shake the pan over a clear fire so that they may not catch (which they are apt to do), till they have simmered for three minutes, then strew them lightly with a little salt and cayenne, and a very little powdered mace. Stew them in this till perfectly tender, then serve. They require no additional sauce beyond their own gravy. If drained from their liquor they are excellent cold, while the butter is delicious for sauces or for potted meat. Mushrooms cooked in this way drained from the butter, set aside till cold, and then packed closely in small jars, will keep admirably if some tepid clarified butter be poured over them, and the jars tied up with paper covers when cold.

PETITS POIS À LA VÉNITIENNE.—Put on some peas in boiling water with a bunch of mint, season the water with a very little soda, salt, and sugar, boil the peas for fifteen or twenty minutes, then strain them, and mix them with an onion purée, replace them in the stewpan, bring them to the boil; now turn them out on a hot dish, and serve garnished with fried croûtons and slices of tomato cooked in this way: Slice some raw ripe tomatoes, and season them with chopped fresh mushrooms, coralline pepper, and a dust of salt; then lay them in a buttered baking tin, with a buttered paper over them, and cook in the oven for ten minutes. For the onion purée, fry four sliced onions in 1½oz. of butter, without allowing them to colour, then stir into them a gill of cream, simmer till tender, and rub them through a sieve. Peas cooked in this way, and allowed to cool and stiffen in the soubise (onion purée), can also be shaped into cutlets with well-floured hands, dipped in beaten egg and breadcrumb, and fried in oil; then drained, dusted with coralline pepper and minced parsley, and served on a napkin.

GREEN PEAS AND CARROTS.—Scrape some young carrots, and cut them into julienne strips, put them in a stew pan with a good lump of butter, a sprinkling of sugar, a little salt and pepper, cover the pan and simmer its contents for about three-quarters of an hour, shaking every now and again; shell half a peck of young green peas, put them in boiling water with a little mint, and boil till nearly tender, then drain, put them in

the pan with the carrots, add more butter and simmer till both peas and carrots are tender. Serve very hot.

GREEN PEAS AND DUMPLINGS.—Put half a peck of shelled peas in boiling water with a sprig of mint and a lump of sugar. Put 1oz. of butter into three of flour, mix with sufficient cold water to form a paste, roll it out, add about $\frac{1}{2}$ oz. more of butter, roll out again, then make it into a ball and breaking off small pieces make them into tiny dumplings; when the peas are nearly cooked, drop the dumplings into the pan with them and continue cooking for a few minutes, then drain off the water, add a small pat of butter, some salt and pepper, and shake over the fire till the butter is absorbed, then turn into a hot dish.

STEWED GREEN PEAS.—Put about a quart of shelled peas into a pan with a shredded lettuce, a green onion, a sprig of mint, and a lump of sugar, cover with boiling water and cook till done, then remove the onion and mint and strain off the water; knead together a couple of ounces of butter with a dessertspoonful of flour, add it to the peas and toss over the fire till well mixed.

EPINARDS AUX HUITRES.—Place a very finely chopped onion in a stewpan with 1 oz. of butter, and fry it a golden brown, then add to it a tablespoonful of cooked and finely minced spinach, with a wineglassful of white wine. Chop eighteen oysters rather small, season them with salt and pepper and a squeeze of lemon juice, and put them into the pan with the spinach and let it all stew together for fifteen minutes; now stir in a whole raw egg, and a bruised clove of garlic, (for English tastes, it would be better to rub the stewpan two or three times across with freshly cut garlic, to start with, instead of putting in the clove of garlic whole) stir the mixture all together; have ready some oysters bearded and blanched, take six large and well washed oyster or scallop shells, lay three of the blanched oysters in each, then cover them with the spinach mixture, sprinkle the tops with freshly made bread crumbs, flatten and smooth the tops with a knife, pour a little clarified butter over them and bake in the oven for three minutes. Serve in the shells on a napkin.

SPINACH SOUFFLÉS.—Bring a pound of well washed spinach to the boil with a pinch of salt and a morsel of soda; then strain and press it quite dry, rub it through a fine wire sieve, add to it the raw yolks of three eggs, a dust of white pepper, a very little caster sugar, two tablespoonfuls of cream, and four whites of egg, both whipped as stiff as possible, mix this all well, pour it into little paper cases previously oiled and dried, and bake in a moderate oven for twelve or fifteen minutes. Serve at once. (Before putting the soufflés into the oven sprinkle their tops with a few browned breadcrumbs, and some morsels of butter.)

SPINACH À LA PIÉMONTAISE.—Blanch some young and tender spinach in boiling water; as soon as it is tender, drain it well and press it in a clean cloth to extract all possible moisture; now place about 4 oz. of butter in a pan, and when lightly browned add to it a small lump of anchovy butter, a suspicion of garlic, and lastly the spinach, season it to taste, moisten it with some rich espagnole sauce, and let it cook till done. Serve on a hot dish, or in the pan it was cooked in, as you choose.

EPINARDS À LA MAÎTRE D'HOTEL.—Blanch the spinach in boiling water, till it gives easily when crushed between the fingers, then throw it at once into cold water, drain and dry it well, mince it, not too finely, put it in a pan by itself, and let it heat in the bain-marie; when hot stir well into it some salt, black pepper, a grate of nutmeg, and lastly a good piece of butter, mix it all well together over the fire till the butter is perfectly melted, add a squeeze of lemon juice, and serve either as a border to something else, or as a dish by itself, garnished with delicately fried croûtons.

CHICORÉE AU JUS. (Endive with gravy.)—Trim off any green leaves from the heads of endive, wash them well, break them into little sprays, and blanch these thoroughly in boiling salted water, drain them, throw them into cold water, then dry them carefully in a clean cloth, and mince them. Now place the endive in a pan with a few spoonfuls of stock, and let it all cook very gently, adding as it gets dry about a gill of rich espagnole sauce, let it cook till thoroughly done, then stir in a

small piece of butter, a grain of sugar, and a very little melted glaze; arrange it on a hot dish with fried croûtons round it, and some poached eggs on the top. Endive is equally nice cooked in this way, only using cream or very creamy béchamel sauce instead of the espagnole, and it is then called *chicorée à la crème*. Lettuce can be cooked in the same way, but takes considerably longer to cook than the endive.

HARICOTS DE SOISSONS AU BEURRE.—Soak the beans in plenty of water for twelve to twenty-four hours, then drain them, put them on in a pan with sufficient cold water to cover them thoroughly, and simmer them steadily for quite an hour, with an onion stuck with two or three cloves, and a good bouquet; do not put in any salt till just as they are done or they will burst. When cooked strain them in a colander, and put them in a pan with an ounce of butter, two table-spoonfuls of good béchamel, salt and pepper to taste, the juice of half a lemon, and a teaspoonful of blanched and minced parsley, and toss them in this till quite hot and well mixed. This is for a pint of beans. *À la maitre d'hotel.*—Cook the beans as before, then drain them well and stir them into half a pint or so of good parsley sauce. *À l'allemande, aux tomates, or à la soubise,* are cooked in the same way, only varying the sauces. Red beans and the dried green ones, known as “flageolets,” can all be cooked in the same way.

CÉLÉRI À LA BOUQUEREL.—Take eight roots of celery, quarter and trim them, removing any hard stringy pieces, parboil them for ten minutes or so in boiling water, then stew them carefully in some stock with butter. When cooked, rub half at least through a sieve, and make a purée of it with a little milk or cream and seasoning to taste, and keep it hot. Meanwhile take the rest of the celery, and dip the pieces in some very thick rich béchamel sauce, and let it get cold; when cold, egg and breadcrumb it twice, fry it a golden brown in plenty of boiling fat, arrange the pieces *en couronne* in a hot dish, filling up the centre with the purée of celery, into which a small piece of butter should be stirred just at the last minute. Celery can also be stewed with béchamel, espagnole, or curry sauce, or cooked *au gratin* like Jerusalem artichokes.

CÉLÉRI À LA DUCHESSE.—Cook the celery very gently in a little milk and water nicely seasoned, then when cooked, cut it into neat lengths, arrange a layer on a fireproof dish, season with a very little salt and white pepper, pour a little creamy béchamel over it, and repeat these two layers till the dish is full, raising it as much as possible in a pyramid shape; sprinkle it pretty thickly with freshly grated Parmesan cheese, pour some oiled butter over it, and set it in the oven for ten minutes to brown. Salsify, and cucumbers can also be cooked in this way.

Celery is also excellent if cooked as advised in *celeri à la Bouquerel*, only substituting a rather thick purée soubise, or rich tomato sauce for the purée of celery.

CARROTS À LA HOLLANDAISE.—Scrape the carrots and slice them thinly, put them in a stewpan with just enough water to cover them, a couple of fried onions, a dessertspoonful of minced parsley and some pepper and salt, simmer till the carrots are tender, drain, add a small pat of butter and serve.

— **À LA FLAMANDE.**—Scrape some very small new carrots and keep them whole; if large, they must be halved; set them in a stewpan with cold water enough to cover them, and a little salt, bring the water to the boil, then strain, and dry the carrots in a clean cloth. Put an ounce of butter into the pan, and when melted add the carrots, cover the pan and fry its contents for a quarter of an hour, add a quarter pint of vegetable stock and the pulp of three large tomatoes, recover the pan and simmer till the carrots are tender. Cut three or four tomatoes into quarters, place them in a buttered sauté pan, season with salt and pepper, cover with buttered paper, and cook in the oven; fry some kite shaped croûtons a pale colour, arrange them round a dish in border form, place the tomatoes on the croûtons, rub up a quarter ounce of Marshall's *crème de riz* with a tablespoonful of vegetable stock, pour it into the pan with the carrots, let them reboil, then turn them into the centre of the croûtons; sprinkle them with chopped parsley, and serve.

AUBERGINES, or egg plant fruit, are very acceptable to

many palates and form a pleasant change; they may be served in various ways. *Stuffed*.—Cut the fruit in halves lengthways, remove some of the pulp without breaking the skin, mix with this a little fine breadcrumb, pepper and salt, and the yolk of an egg or a spoonful of cream, fill the cavities with this mixture, place the halves together again, tie round and bake in a buttered tin. *With tomato sauce*.—Divide the fruit lengthways, season with salt and pepper and cook in a buttered tin in the oven; when done place them carefully on a hot dish and pour a thick tomato sauce over them. *With anchovies*.—Divide the fruit and slit the inside of each half in four or five places, season these incisions with pepper, salt, minced parsley, and eschalot; have ready some anchovies filleted and steeped in olive oil, place one in each space, brush over with liquid butter, place on a buttered tin, sprinkle them with browned breadcrumbs, and cook in the oven. *Fried*.—Cut the fruit into slices about half an inch thick, pare them, lay them on a flat dish, pour some boiling water over and sprinkle with salt. After half an hour drain, egg and breadcrumb each slice, and fry in butter or olive oil. *Baked*.—Cut them in halves lengthways, scoop out part of the pulp, chop it finely, mix with it salt, pepper, and about an ounce of butter, stir this over the fire for a few minutes in a frying pan, add a gill of water or vegetable stock and a cupful of grated breadcrumbs, fill the skins with this and sprinkle thickly with browned breadcrumbs; place them in a baking tin, which should be half filled with hot water, and bake for about half an hour. (An American recipe.)

CABBAGE À LA CRÊME.—Boil a white spring cabbage till tender, drain, then place it on a board and chop it up finely, put it back in the saucepan with a small pat of butter, a gill of cream, pepper, and salt, and stir over the fire till hot, then turn it into a hot dish and garnish with croûtons of fried bread.

RED CABBAGE.—Take a hard red cabbage, cut it in quarters; remove the hard stalk, then put it in a saucepan of boiling water and cook it for about twenty minutes; strain off the water, chop up the cabbage, put it in a clean pan with two ounces of

butter, a small onion, a couple of cloves, a tiny bouquet of herbs, pepper and salt, and to this some cooks add a peeled apple, stir till the butter dissolves, then cover, place a weight on the lid of the pan and simmer for a couple of hours, stirring it occasionally. When nearly done add a little more butter, remove the onion and herbs, and dish.

STUFFED CABBAGE.—Partly boil a small cabbage, drain it, make a forcemeat of breadcrumbs, parsley, minced onion, salt, pepper, and eggs; open the leaves of the centre of the cabbage, insert the stuffing, tie up the cabbage with string, put it back in the saucepan of boiling water and simmer gently till cooked, remove it from the pan very carefully, and dish, rubbing a little butter over it.

CABBAGE STUFFED WITH FRENCH BEANS.—Parboil the cabbage, remove its centre and chop it finely, mixing with it about the same quantity of boiled French beans, add a little liquid butter, salt and pepper to taste, fill the cabbage with this, tie it up, replace it in the pan, cover with boiling water and simmer till tender.

SCOTCH KALE.—Wash a couple of pounds of Scotch kale, put it in a pan with a little salt, stir occasionally, or shake the pan to prevent its contents from burning; when tender, rub it through a sieve, return it to the pan with a small pat of butter, a tablespoonful of cream, and salt and pepper to taste, stir till hot, pile in a dish and garnish with croûtons.

SALSIFIS À LA CRÊME.—Scrape the salsifis and throw it into acidulated water, drain and boil in water also acidulated; when done, drain and cut it up, then reheat it in a clean pan with a couple of spoonfuls of cream or white sauce, toss till hot, add a squeeze of lemon, and dish.

SALSIFIS À LA POULETTE.—Proceed as above and when the vegetable is cooked, strain and lay it on a hot dish; to a cupful of good white sauce add the yolks of two eggs, a teaspoonful of minced parsley, a tiny pat of butter, stir till hot, but not boiling, add a squeeze of lemon and pour the same over the salsifis.

FRIED SALSIFIS.—Boil the salsifis as above, then cut them into short pieces, lay them in a pie dish with a little oil and

vinegar, pepper and salt, drain, dip each piece into frying batter and fry in hot olive oil.

LENTIL FRITTERS.—Boil a breakfastcupful of well-washed lentils till soft, but not pappy, mince an onion and fry it a nice brown in butter, turn the lentils (after draining off the water) into a basin, add an ounce of butter, the onion, pepper and salt, mix well together, form the mixture into small cakes, dredge with flour and fry. A few breadcrumbs may be mixed with it, if the lentils are too soft. *Artichoke Fritters.*—Peel thinly a couple of pounds of Jerusalem artichokes, boil till tender, then drain well, and mash them up with a wooden spoon; now mix to them a couple of tablespoonfuls of fine breadcrumbs, a teaspoonful of minced parsley, about an ounce of grated Parmesan and sufficient beaten egg to make it all of a nice light consistency, form the mixture into small cakes with floured hands, egg and breadcrumb them, and fry in butter; drain and serve very hot.

ONIONS AU PARMESAN.—Skin two large Spanish onions and boil till soft, drain and pulp them through a wire sieve, return the pulp to the stewpan with three ounces of grated Parmesan, two of butter, pepper and salt, stir over the fire till well mixed, then serve on a hot dish and decorate with croûtons of fried bread.

CUCUMBERS À LA POULETTE.—Pare a couple of cucumbers and cut them into slices, lay them in a basin with a tablespoonful of salt and a spoonful of vinegar, and let them steep for an hour or two; then drain off the moisture and put the cucumbers into a stewpan with a couple of ounces of butter, a pinch of grated nutmeg and a spoonful of sugar, and simmer very gently till tender. Pour off the butter, and stir to the cucumbers a gill or so of white sauce, beat up the yolks of a couple of eggs with a spoonful of cream, stir this in with a little minced parsley and a squeeze of lemon juice, and when hot, but not boiling, turn on to a hot dish, and decorate with croûtons.

CRÉPINETTES OF SALSIFIS.—Rub the boiled salsifis through a wire sieve and to each half pound of the purée, add three yolks of eggs and a teaspoonful of lemon juice, stir this over

the fire till the mixture thickens, but do not allow it to boil, then mix in a teaspoonful of minced parsley; season some raw bearded oysters with lemon juice and a dust of coralline, mask each one completely with the purée, roll it in fine flour, dip in beaten egg and fry in boiling butter, drain well, pile the *crêpinettes* on a hot dish, and sprinkle with chopped parsley.

Tinned vegetables can of course be freely pressed into the service, and if properly treated, answer admirably. All they require is to be carefully heated, and, most important of all, not to be allowed to stay in the tin a moment after the latter is opened, as that is just the dangerous time, chemical action being set up by the air coming in contact with the solder of the tins. Amongst these tinned goods few are less known than the canned sweet corn, which is a distinct addition to our home grown vegetables. (Of these the stag brand is perhaps the nicest.) A simple method of preparing this is to open the tin, turn its contents at once into a stew pan, with a good piece of butter, a gill of milk, some pepper and salt, and stir it all over the fire till the butter is melted, and the corn is quite hot. Dish on a hot dish with some *croûtons* of delicately fried bread.

CANNED CORN AND TOMATOES.—Mix together the contents of a tin of sweet corn with a pound of tomatoes peeled and cut up, pepper, salt, a sprinkling of caster sugar, and 2oz. of butter. Pour this all into a buttered pie dish, cover it with browned breadcrumbs, add a few little pieces of butter, and bake for twenty minutes in a moderate oven.

The above recipes naturally do not pretend to be even an approximately exhaustive list of vegetable dishes, but perhaps they will set some few readers thinking, and act as an incentive to the discovery of many others.

For instance, little has been said about *soufflés*, the most delicate and best appreciated of vegetarian plats, but a good cook can easily make these from one recipe as they consist of little more than a vegetable purée, thickened if necessary with *fécule de pommes de terre* (potato flour) and finished off like all other *soufflés*. Turnips, spinach, onions, tomatoes, &c., are alike excellent cooked in this way.

VEGETABLE PATTIES.—Have ready some little puff paste patties, such as are used for oyster patties; take young carrots, asparagus, and French beans, cut into neat pieces, and green peas, all cooked separately, and stir them over the fire in a rich creamy béchamel, till perfectly hot, then fill up the patties with this mixture and serve very hot. Little cases made of fried bread or tiny cannelons of boiled rice, or potato cases made of mashed potato (shaped into little cylinders, marked with a smaller cutter at the top, and egg and bread-crumbed and fried, the little cover being lifted off and the inside scooped out, and filled up with the vegetables), are all good for this dish. Or again tiny batter cases or even the little butter cases, for which roll $1\frac{1}{2}$ oz. of fresh butter in some finely sifted flour, working it with your hand, then dip it in well beaten whole egg and then into fine breadcrumbs, repeating this process. After twice egging and breadcrumbing the butter, form it into a roll, stamp a round in one end and fry in boiling fat till it is a golden brown, then remove the stamped-out round quickly and pour out the superfluous butter inside, which will do well for sauces, and fill up the cases. The great secret in making these, is to fry them very quickly. The batter cases are made thus: Mix a paste of 4oz. of fine flour, two whole eggs, one and a half tablespoonfuls of good salad oil, and rather more than a gill of water, and when this has all formed a smooth batter, line some dariole cups with it and fry them a nice colour in boiling fat. Lift out these cases when crisp with a small knife and just before serving them brush the outside over with raw white of egg, and sprinkle this with finely minced parsley. All and any of these cases are nice filled with the above vegetable mixture or with a ragout of mushrooms, or with oysters, shrimps, or prawns, tossed in creamy béchamel, &c.

LÉGUMES À LA JARDINIÈRE.—Peel, wash, and cut up 2lb. of turnips, and put them into a pan with a pinch of salt, and enough cold water to cover them; let this come to the boil, then strain off the water, and put the turnips on in clean, boiling, slightly salted water, and let them cook for fifteen to twenty minutes till they are tender; then strain the turnips

from the water, press the moisture out of them, and rub them through a wire sieve into a stewpan, stirring into it a tablespoonful of flour, $1\frac{1}{2}$ oz. of butter, a pinch of caster sugar and white pepper, and half a gill of cream; stir it altogether till it boils, then turn it out on to a hot dish, and form it into a border with a well in the centre. Fill this up with a macédoine of plainly boiled vegetables of various kinds, strained and tossed in 1oz. of warmed butter, with a pinch of sugar, and four large tablespoonfuls of thick soubise sauce, made as follows: Blanch and slice three onions, and cook them in half a pint of milk, with $\frac{1}{2}$ oz. of butter, pepper, salt, a bouquet of herbs, and half a pint of thick béchamel; they will take about three-quarters of an hour, then lift out the bouquet, rub the onions, &c., through a tammy or hair sieve, stir in two tablespoonfuls of cream, and use.

DRY CURRY OF VEGETABLES.—Fry four sliced onions in 2oz. of butter till of a golden brown; then add a dessert-spoonful of good curry powder, a little parsley and thyme, and some cayenne. Fry this also, then add the strained juice of a lemon and a bare half-pint of water or brown vegetable stock; let it cook till the mixture is dry (mind it does not burn), then mix into it about one and a half pints of any nice cooked vegetables, carrots, cauliflowers (broken up small), beans, &c. Stir them all well together, and serve in a border of plainly boiled rice, garnished with shred chillies and quartered hard-boiled eggs.

SOUFFLÉ OF CAULIFLOWER AND TOMATO WITH PARMESAN.—Slice some nice ripe tomatoes and put a layer of these in a papered soufflé dish, seasoning them with white pepper and salt; on this put a layer of already cooked cauliflower broken up into neat little pieces, and repeat these two layers till all the cauliflower is used up, then pour on it all, the following mixture: stir over the fire till it all boils, 2oz. of butter, $1\frac{1}{2}$ oz. of flour, a little salt, and coralline pepper, the yolks of two eggs, and half pint of milk; when thickened and boiling, stir 3oz. of grated Parmesan cheese, and the whites of the eggs whipped to the stiffest possible froth with a pinch of salt. Sprinkle the top of the soufflé with browned breadcrumbs and

some morsels of butter, and bake in a moderate oven for thirty minutes. Sprinkle it with finely minced parsley and serve.

CHOUFLEUR EN BEIGNETS.—Boil a cauliflower, drain it, and break it up into neat pieces; have ready some nice frying batter, dip the pieces in this till perfectly covered, and fry in smoking oil. Drain well, dust lightly with coralline pepper and grated Parmesan cheese, and serve on a napkin.

CROÛTONS D'ASPERGES (Asparagus Rolls).—Cut the tops off some little dinner rolls, and scoop out all the crumb thoroughly, then put them in the oven till quite crisp. Cut some cold boiled asparagus up into neat pieces (if young or sprue asparagus is used the whole green stalk can be used, but if it is blanched, only the heads or points will do), and heat it in half a pint of creamy béchamel, to which you have slowly stirred the yolk of an egg, beaten up in rather less than a gill of cream; let it all get hot together, without boiling, season to taste with pepper, salt, and a suspicion of lemon juice, and pour the hot mixture into the rolls, and serve very hot. Peas, cauliflower, celery, &c., are all excellent served in this way.

CORNETS AUX LÉGUMES.—Roll out thinly some good puff or short pastry, cut it into rounds, wrap these round some cornet moulds, and bake. Slip them off the moulds, and fill them at once with any kind of vegetables, prepared as in the preceding recipe, dusting the open top with coralline pepper and finely-minced parsley. Curried vegetables or eggs are delicious served in this way. Fish also can be used up thus.

TOMATES AU GRATIN (Scalloped Tomatoes).—Butter a silver dish, and sprinkle it rather thickly with breadcrumbs seasoned with pepper (black and freshly ground pepper should be used), salt, grated Parmesan cheese, and a little minced parsley; cover this again with sliced tomatoes seasoned with pepper, salt, and grated Parmesan, and repeat these layers till the dish is full, finishing with the breadcrumbs; pour three or four spoonfuls of cream over the whole, adding some tiny morsels of butter; set the dish in a baking tin half-full,

of hot water, putting a sheet of folded kitchen-paper under the dish to prevent its getting burned, and bake for twenty minutes. Cauliflowers, potatoes, celery, salsify, &c., are all good cooked thus.

ARTICHAUTS MÉRINGUÉS.—Prepare a purée of mushrooms by well washing, drying, and mincing $\frac{1}{2}$ lb. of mushrooms, then let them draw down at the side of the stove for a few minutes in an ounce of butter; mix into them a tablespoonful of freshly grated breadcrumbs, season with pepper and salt, stir in a dessertspoonful of good brown gravy, let it boil up, stir to it about half a spoonful of minced parsley, and use. Make some artichoke bottoms hot by setting the tin containing them in the bain-marie, then lift them out, and put in each a good spoonful of the mushroom purée piled up. Have ready the whites of some eggs beaten to a stiff froth with a pinch of salt, a dust of cayenne, and some freshly grated Parmesan; put this mixture into a forcing bag with a plain pipe, and force it out over the ready prepared artichoke bottoms until these are all covered in a kind of pyramid shape. Put them in the oven on a buttered baking tin till the meringue is of a pretty golden colour, then sprinkle them with finely minced parsley and some coralline pepper, and serve at once.

Artichokes can also be served *au gratin*, or scalloped, or *à la crème au Parmesan*. For this heat the artichokes as in the preceding recipe, and put them straight down the dish, pour over them a rich béchamel sauce previously boiled up with 2oz. of grated Parmesan to each half pint of sauce; strew freshly grated cheese, mixed with a little coralline pepper; brown it with the salamander, and serve at once.

FONDS D'ARTICHAUTS EN CAISSONS.—Prepare a mince as given for mushrooms cannelons, or if preferred, chop together some oysters, with breadcrumbs, seasoning, minced parsley, and a little stock mixed with a few drops of essence of anchovy, and the yolk of an egg; drain some tinned artichoke bottoms, put a little heap of the mince in the cup of one, and cover it over with another, and when you have used your artichokes in this way, either dip each couple into batter, or brush them over with beaten egg, and dip them in breadcrumbs and fry them

in plenty of oil till of a golden brown, Serve hot, garnished with fried parsley. Fresh artichokes boiled, the leaves and chokes being carefully removed, can be used instead of the tinned ones. *Au gratin*.—Butter a dish and sprinkle it with fine breadcrumbs, mixed with a little grated cheese, moisten with a small quantity of white sauce, place in a layer of artichoke bottoms, covering them again with breadcrumbs and cheese, put another layer of the artichokes and more breadcrumbs and cheese, add a few little lumps of butter on the top and bake.

ARTICHOKE PIE.—Line a pie dish with light paste, sprinkle this with finely chopped mushrooms and truffles, season with salt and pepper, place the bottoms on this, piling them up neatly, moisten with a glass of white wine, add a few tiny lumps of butter, cover with paste and bake.

ARTICHAUTS À LA FERDINAND (maigres). Well wash and peel some Jerusalem artichokes, and cut them into olive shapes; bring them to the boil in slightly salted water, then let them simmer gently for about twenty-five minutes. Now take them up, drain them, mask them with some thin creamy béchamel sprinkled with chopped parsley, and arrange them on some little croûtons of fried bread (prepared as below), previously filled with the mushroom ragout given in “mushroom cannelons,” place these croûtons on a hot dish and serve with a good tomato purée poured round them. For the croûtons, or *cassolettes*, as they are also called, cut some slices from a stale loaf $1\frac{1}{2}$ inches thick and stamp out of these with a plain cutter some rounds two inches in diameter; then mark each of these with a smaller cutter nearly half an inch deep. Fry these croûtons till of a pretty golden colour, then lift off the inner round, scoop out the inside, drain them well and use.

JERUSALEM ARTICHOKE À LA CRÈME.—Peel and shape some Jerusalem artichokes either into balls the size of little marbles, or into olives, and toss them in butter (after blanching them), till three parts cooked, and season with salt and white pepper, and if liked a tiny grate of nutmeg. Have ready some béchamel maigre, enriched with a spoonful of cream, and

line a well buttered pie dish or a plated entrée dish with freshly grated Parmesan cheese, on this pour a few spoonfuls of the sauce, which should be pretty thick, then make a layer of the artichokes, well sprinkled with cheese, then more sauce, artichokes, &c., till the dish is full, being careful to finish with a layer of the sauce and cheese, then put it in the oven, or pass the salamander over it and serve at once when browned. N.B. If you dish this in a silver dish, have ready a baking tin half full of boiling water, put a folded layer of kitchen paper in it, and stand the plated dish on the paper, this will prevent the plating getting spoilt, burnt or scorched.

SCALLOPED ARTICHOKES are prepared much as above, the only difference being that freshly made white breadcrumbs are used instead of the cheese, while a very little anchovy essence is added to the sauce. Or a simpler form is: *Jerusalem Artichokes au Gratin*.—Peel and wash the artichokes, and boil them in milk and water till tender, drain and cut them in slices or small pieces, butter a pie dish, sprinkle it with breadcrumbs and lay in a part of the artichokes, on these pour a couple of spoonfuls of white sauce or cream, then more artichokes and more sauce and so on till the dish be full, cover with brown breadcrumbs, spread several tiny pieces of butter on the top, bake in the oven for twenty minutes or so. Grated Parmesan can be added if liked.



CHAPTER IX.

COLD VEGETABLES.

BESIDES hot vegetable dishes there are a variety of very pretty cold ones, just suited to the taste of the present day. Amongst these are :

STUFFED TOMATOES WITH PARMESAN (*Tomates farcies au Parmesan*).—Line some little tomato moulds with tomato aspic (made by blending three large tablespoonfuls of nicely flavoured tomato sauce with half a pint of aspic, adding a few drops of carmine to bring up the colour, and tammying it), and when this is nearly set fill it up with shredded celery beaten up with stiffly-whipped cream, coralline pepper, and grated Parmesan. Put this on ice till wanted, and serve garnished with picked watercress sprinkled with oil, vinegar, salt, and pepper.

TOMATOES À L'AMÉRICAINNE.—Peel some small ripe tomatoes and remove the core and pips with a vegetable scoop; fill up the centre with the mixture given below, by means of a forcing bag and pipe; then brush the tomatoes over with aspic jelly, and put them aside to set. To dish them, have ready a border of aspic jelly, arrange the tomatoes on this, garnishing them with tarragon and chervil sprays, and pour a tomato purée round them.—*Mixture for the Centre*: Stone and chop twelve olives, mix with them six boned and minced anchovies, the yolks of four hard-boiled eggs that have been rubbed through a sieve, a teaspoonful of finely chopped tarragon and chervil, a short half pint of aspic, and two large tablespoonfuls of good mayonnaise sauce; stir it altogether till it begins to set, then use. Any not required for the tomatoes can be used to garnish the centre of the aspic border.

ARTICHOKE BOTTOMS À L'IRLANDAISE.—Drain some nice artichoke bottoms, and sprinkle them with very finely minced parsley (some people prefer chives) and coralline pepper. Prepare some Irlandaise sauce by mixing a gill of thick mayonnaise sauce and a teaspoonful of tarragon vinegar with a quarter of a pint of cold, cooked, and shredded vegetables, such as new carrots and turnips, and some cucumber cut up into pea shapes; when this is all mixed, stir to it lightly a gill of stiffly-whipped cream mixed with a pinch of castor sugar and a few drops of sap-green colouring. Pile this mixture rockily on the artichokes, and serve garnished with lettuce and quartered plover's eggs. When these are not in season bantam's eggs can be used, or the pheasant's eggs so popular of late.

TOMATOES AND ARTICHOKE (*Artichauts à la Crème de Tomates*).—Cut some plainly boiled and perfectly cold artichoke bottoms into inch lengths; prepare some small tomatoes as for *tomates à l'Américaine*, only scooping out the centre rather more. For the *tomato cream*, make a purée by rubbing sufficient tomatoes through a sieve to produce a gill of purée, and to this add half a gill of liquid aspic, a few drops of carmine, half a tablespoonful of tarragon vinegar, a good tablespoonful of thick mayonnaise, and a gill of stiffly-whipped cream. Stir the cut-up artichokes into this, and stand it on ice till wanted, then fill up the tomatoes with the iced mixture, and serve on a bed of chopped aspic garnished with picked watercress. Asparagus is also excellent if used instead of the artichoke bottoms.

NEAPOLITAN VEGETABLE CREAM (*Crème de Légumes à la Napolitaine*).—Have ready a Neapolitan ice mould, and pour into this a layer of tomato cream prepared as above; before it is quite set pour in an equal quantity of artichoke purée, then a layer of asparagus, and lastly a layer of curried mushrooms, and set the mould in the charged ice cave for one and a half hours. Now take it out, remove the lid, and run a thin layer of aspic jelly over the top, returning it to the ice cave for fifteen minutes to set the jelly; then slip it out of the mould, keeping the jelly side uppermost; cut it into inch-thick

slices with a knife dipped into and out of hot water, and arrange the slices *en couronne* on a border of aspic jelly. For the artichoke purée simmer the artichoke bottoms in a little béchamel till they can be rubbed through the sieve; while hot, melt into the mixture about three or four sheets of best leaf gelatine, and when cold mix into it two or three good table-spoonfuls of stiffly-whipped cream and use. For the asparagus purée, boil a bundle of green asparagus in a panful of boiling water with a little salt; when cooked, drain it, rub it through a sieve, and stir into it a couple of spoonfuls of creamy béchamel, in which you have dissolved three or four sheets of leaf gelatine and sufficient green colouring to bring the whole to a pretty soft green colour. When asparagus is out of season use peas, tinned or fresh. For the curried purée, cut two large peeled onions into dice, and put them into a pan with an ounce of fresh butter, a pinch of minced bay leaf, thyme, and parsley, and a little salt. Fry to a pretty golden colour, then add a pinch of coralline pepper, a saltspoonful of curry powder, the strained juice of a lemon, two large fresh mushrooms minced, an ounce of glaze, a teaspoonful of chutney, and one quarter teaspoonful of curry paste, with half a pint of water; boil till it is all tender, then add three or four sheets of leaf gelatine, and when this is dissolved, rub it through a tammy, and use.

LITTLE VEGETABLE CREAMS (*Petites Crèmes à la Potsdam*).—Cut four new carrots (using only the red part), four new turnips, half a small cucumber, and eighteen or twenty French beans, into dice, and cook each of these separately in this way: Put them on in a stewpan with enough slightly salted cold water to cover them. Bring them to the boil, then strain off, rinse them well in cold water. Replace them in enough boiling water to cover them, and let them cook gently till tender; then strain them off, and again rinse them in cold water, and set them aside till quite cold. Now take of the vegetables as much as will make half a pint altogether, and mix the rest with a gill of thick mayonnaise, a gill of stiffly-whipped cream, and half a pint of liquid aspic. Add to this a pinch of minced parsley, chervil, and tarragon, and a table-

spoonful of tarragon vinegar. Stir this altogether on ice till it begins to set, then pour the mixture into a Neapolitan ice mould and set it in the charged cave for about an hour, turning the box now and again. When frozen, dip the box into cold water, slip out the cream, and with a plain round cutter $1\frac{1}{2}$ inches in diameter stamp out the creams right through the block, dipping the cutter into cold water every now and then. Arrange these little cylinders on a silver dish, and garnish each with a teaspoonful of the vegetables previously set aside and mixed with a little oil, tarragon, and chilli vinegar, serving some tomato mayonnaise round them. For this, mix well together a large tablespoonful of tomato sauce with one of mayonnaise and a bare half pint of liquid aspic jelly.

VEGETABLES IN ASPIC (*Macédoine de Légumes à la Gelée*).—Boil separately in salted water, two artichoke bottoms cut into dice about half an inch square, an equal amount of carrots, celery, French beans, beetroot (this must not be cut till it is cooked and cold, or it will lose its colour), turnips, peas, and asparagus points (these two last can be used from tins). Line a plain charlotte mould with aspic, and, just as this is setting, arrange round it some of the vegetables, taking care to mix the colours prettily; set these with more jelly, then fill up the centre with the rest of the vegetables (mixed, if liked, with fillets of anchovy, shrimps, prawns, crab, or lobster) all tossed in green mayonnaise, or sauce verte. Turn out and serve garnished with chopped aspic and blocks of sauce verte and tomato aspic. If these latter are frozen, it makes the dish all the prettier.

ICED ASPARAGUS WITH SUÉDOISE SAUCE (*Asperges Frappées à la Suédoise*).—Place a tin of asparagus on ice till perfectly cold; fill a plain timbale mould with water, and place it in the charged cave to freeze for two or three hours, turning it occasionally to get the water thoroughly frozen; then dip the mould into tepid water, pass a clean cloth over it to absorb the moisture, and turn it out. Well drain and trim the asparagus, and arrange it in a sheaf in the centre of the ice timbale, decorating this with tiny shreds of green chervil, and

garnish all round with blocks of iced Suédoise sauce—*i.e.*, Suédoise sauce put into a Neapolitan mould, and set up in the charged ice cave till frozen, when it is turned out, cut into blocks, and used. Asparagus is most delicious cold, and being amongst the vegetables that are almost as good preserved as fresh, it can be had at any time. If prepared as above, or even if served plainly in an ice cold dish, various cold sauces can be handed round with it, such as tomato cream (half pint of tomato purée stiffened with half a gill of aspic, tammied and mixed with a full tablespoonful of mayonnaise, and half a gill of whipped cream), Suédoise, mousseline, Ste. Ménehoulde, Vertpré, &c. Chauron sauce, if allowed to become perfectly cold, and a rich curry sauce similarly treated, are also delicious accompaniments to asparagus, though seldom seen. It may be here observed, however, that connoisseurs declare that to get the full flavour of this vegetable it should be eaten tepid, *i.e.*, that when served cold its sauce should be hot, or if served hot the sauce should be cold. Asparagus blends extremely well with many vegetables, and a pretty dish can be made by scooping out the pulp from some nicely rounded tomatoes, making this pulp into tomato cream, and piling up the tomatoes with green sprue asparagus (carefully cooked, and cold) and artichoke bottoms cut into dice, and all tossed in the tomato cream. Hollandaise, Béarnaise, Chauron, Claudine, and oiled butter sauces are all excellent as hot accompaniments to cold asparagus.

Vegetable marrows again are delicious cold with any of the above sauces, and have moreover the great merit of uncommonness.

In fact, often only a little care and attention is needed to turn many usually wasted vegetable scraps into most tempting cold entremets.

ARTICHOKES À LA FIFE.—Season some freshly cooked or tinned artichoke bottoms with a little salad oil, white pepper, and chopped truffle, pile it up on a bed of lettuce, and pour the following sauce round it: Pound four raw ripe tomatoes and rub them through a sieve, mix them with the raw yolks of two eggs, a very little carmine, a dust of coralline pepper, a

gill of thick mayonnaise, and some turned and shredded olives. Stir well together, and use.

— *À LA MÉTROPOLE.*—Line some artichoke moulds with aspic jelly, lightly coloured with sap-green, then line them again with aspic cream, and fill up with the following artichoke cream. Close the moulds, and leave them on ice till set; then dip them in warm water, and turn out the artichokes on little rings of aspic jelly, and pour tomato aspic round them.—*Artichoke Cream*: Pound six tinned or freshly-boiled artichoke bottoms with half a pint of good creamy velouté, 2oz. of grated Parmesan cheese, a dust of coralline pepper, and a wineglassful of sherry. Rub this all through a sieve, and mix it with a gill of thick, stiffly whipped cream. For the tomato mayonnaise, rub four large ripe tomatoes through a sieve, and mix this purée with a gill of thick mayonnaise, a few drops of carmine, a tablespoonful of tarragon vinegar, and a gill of just liquid aspic, and use.

POMMES GLACÉES À LA ANNA.—Line a hexagon-shaped mould with aspic jelly, and garnish it with cooked potato and cucumber cut out into peas, little fancy shapes of truffle, sprigs of chervil, and stamped out circles of tomato aspic, and set all these with a little more aspic. Fill it up with the potato purée given below, and put it aside till set; then turn it out and serve with the following sauce.—*Potato Purée*: Rub three or four ordinary sized, plainly boiled potatoes through a fine wire sieve, add to this purée a gill of good béchamel in which you have dissolved $\frac{3}{4}$ oz. of best leaf gelatine, season it all with a little salt, coralline pepper, and a good teaspoonful of finely minced parsley, and stir into it all half a pint of very stiffly whipped cream, and leave it on ice till all but set, when you pour it into the decorated mould.—*Cucumber Sauce*: Cut up the remains of cucumber used for garnishing into dice, and cook them till tender, then rub them through a fine hair sieve, and when cold mix this purée with a gill of mayonnaise, half a gill of whipped cream, a tablespoonful of tarragon vinegar and a pinch of salt and castor sugar. Colour this with a few drops of sap-green, and stir in at the last two spoonfuls of just liquid aspic jelly. The potato and cucumber peas are

scraped out of the raw vegetables, put into cold water with a little salt, brought to the boil, then strained, rinsed, and brought to the boil again, and cooked till tender in boiling water, and when cooked, strained off, and used when cold. They must, of course, be cooked separately.

These two last recipes are unpublished ones of Mrs. A. B. Marshall.

CAULIFLOWER IN MAYONNAISE.—Trim a couple of small cauliflowers neatly, cutting the stems so as to allow of their standing properly, then blanch and cook them in the usual way, being careful that, though perfectly cooked and tender, they should not be pappy. When perfectly cold set them upright on a dish, mask them completely with rich mayonnaise, and garnish them alternately with little triangles of tomato aspic, some chopped uncoloured aspic, and little heaps of any cold cooked vegetables you may have tossed in plain oil and vinegar, with, if liked, filleted anchovies, prawns, crayfish tails, and capers added. The careful cooking of the vegetables, so as to ensure their being thoroughly done, while yet preserving their colour, is one of the great secrets of success in this dish.

Cauliflowers prepared in this way are also delicious if masked with a tomato purée instead of mayonnaise. For this take four tablespoonfuls of conserve de tomates, four sliced tomatoes, a dessertspoonful of best vinegar, 1oz. of butter, salt and a little cayenne, let it all cook together, then rub it through a tammy or a hair sieve, and use cold. If set on ice this makes a delicious cold sauce for a good many things, especially for fried fish.

CHAPTER X.

SALADS.

IN few things is the change in our views with regard to cookery more apparent than in the matter of salads. Time was when the awful mixture celebrated by Dickens as an integral part of the tea party graced by Mesdames Gamp and Betsy Prig was a common form in which salad was understood in our benighted island. We have at last realised that salad is not confined either to Dickens's herbaceous mixture; or to the oil-drenched lettuce with which most of us become only too familiar, as the accompaniment to the demi-poulet which forms the staple refreshment at such halting places as Abbeville or Amiens. We have grasped the secret of *salade Russe*, and have a glimmering idea of what a *salade de romaines* may be composed of; still, it must be confessed, our knowledge leaves, even yet, a good deal to be desired. If it did not, a salad of some kind would grace the dinner table daily, instead of appearing at the rare intervals of angel's visits.

Here is the original *salade à la Française*: Remove all the outer leaves of some good cos lettuce, and cut off the stalks quite close. Dry it well after draining it in the salad basket, and break it up small (properly speaking, a knife should never touch lettuce). Now beat together in a basin four tablespoonfuls of oil, with two tablespoonfuls of either plain or tarragon vinegar, and a good dust of black pepper and salt; then lay in the lettuce, and turn it well about in the mixture, adding a little very finely minced green spring onions, or chives, and some green tarragon and chervil, also chopped up. Keep tossing it all together till the salad has taken up all the dressing, and is equally saturated

with it; then lift it out of the basin with the servers, and place it into the salad bowl, throwing away the liquid at the bottom of the mixing basin, which you will find is more than half water. This is also called *salade de romaines*. Endive, called *chicorée* or *escaroles*, is made in precisely the same way.

After these comes the *salade Russe*. For this you cut some cold boiled vegetables of all kinds into olive shapes, or thin slices, with (if at hand) some truffles; take equal parts, more or less, of these, together with some of the tinned flageolet beans and some tinned asparagus points, or artichoke bottoms, add to these a couple of spoonfuls of capers or nasturtium seeds, and the same of sliced pickled gherkin, some olives stoned and, if you like, stuffed with a fillet of anchovy, together with a tablespoonful of minced chervil, tarragon, and chives, or young spring onions. Toss these all in an oil and vinegar dressing as above, then arrange neatly in a bowl with washed, boned, and filleted anchovies, caviar, coralline pepper, hard-boiled eggs, truffles, shrimps, &c.—in short, anything of a fish or vegetable nature that will add to the taste and appearance of the dish.

Unscrupulous persons save themselves a great deal of trouble with this dish by opening a tin of vegetable *macédoine*, draining its contents well, and using them as above; and, to speak the truth, the result is far from unsatisfactory. However, these sinners generally try to hide their fraud by using a mayonnaise dressing, instead of the plain oil and vinegar sauce advised above.

As a general principle, we in England, make too much of a mixture of our salads, piling up the bowl with mustard and cress, watercress, radishes, chives, celery, &c., till the original flavour of the lettuce is all but lost; which, if the salad is made of fresh young cabbage lettuce especially, is a great mistake. These additions may all be used, of course, either *en masse* or separately, but care should be taken to keep the taste subservient to that of the principal ingredient of the salad.

Cooked vegetables, again, make delicious salads, whether

served plain with the oil and vinegar dressing, or with mayonnaise. Cauliflower, celery, broccoli, asparagus (fresh or tinned), artichoke bottoms, Jerusalem artichokes, beetroot, potatoes, cucumber, peas, beans (French or haricot), young cabbage, &c., can all be utilised, and are excellent with either sauce. Let me give one hint, and that is, make your mayonnaise, when for salad only, in a bowl that has been lightly rubbed half a dozen times with fresh cut garlic. For an endive salad, it is well to put a crust well rubbed with garlic into the bowl in which you mix your salad, the said crust being known abroad as a *chapon*. Remember, also, that it is wise, when using the oil and vinegar dressing, commonly called French dressing, to toss your salad, whatever its kind, as advised above, in another basin, and only place it in the salad bowl when thoroughly mixed. This prevents any risk of the slop of watery liquid one so often sees at the bottom of an ordinary salad basin.

Another point to be borne in mind when mixing oil and vinegar, &c., for the French dressing, is to put the salt into the mixing bowl first, then the vinegar, and lastly the oil; in this way the vinegar dissolves the salt and obviates the unpleasant grittiness noticeable when the mixture is carelessly prepared.

Where salads are in much request, it is a great addition (and very little trouble) to prepare some special vinegars flavoured differently; these give a piquancy, not to say an originality, to the commonest salads, that is well worth the little trouble of preparing these addenda. For instance, steep two or three handfuls of fresh green tarragon in a quart bottle of good vinegar for about three weeks in a warm place, then filter it through clean blotting paper and bottle off; or take a teacupful of celery seed, and steep it in the same way in a quart of vinegar; or take equal parts of tarragon, chervil, chives, a green chilli, the rind (thinly pared) of a lemon, and a clove or two, and steep as before. For those who like strong flavours, garlic vinegar, made by steeping half a dozen cloves of garlic in a quart of vinegar, is to be recommended.

There is absolutely no limit to the materials for salad to be

found all round us, amongst both what were formerly called pot herbs, and the wild herbs of the field. Our forefathers, who greatly appreciated the merits of a "sallet," used a variety of plants of which we have now almost entirely lost count; for instance, hops, the young shoots of which were cooked precisely in the same way as asparagus, and served with any of the sauces adapted to the latter vegetable, or were used cold, with a plain oil and vinegar dressing, or with mayonnaise. Again, artichoke suckers were cleaned, washed, halved, parboiled in a little salted water, then stewed till tender in oil or butter, with a little water and a very little lemon juice or vinegar; being served either with rich brown or white sauce, or, when cold, with a salad dressing. Cardoons, again, when cooked and allowed to get cold, are delicious as a salad, either by themselves, or mixed with cold chicken, game, or shellfish of any kind.

The following recipes for a variety of salads may be, some of them at least, fresh to many, though I do not pretend to any originality—in fact, frankly acknowledge that they have been gathered, in many cases, on Molière's principle of "taking his property wherever he found it!" Having quoted the *salade à la Française* and the *salade Russe* as the typical salads, it may be well to mention that there is a near relation of the Russian salad often mistaken for it—the *salade Italienne*. Its component parts are very much the same, except that chicken and tongue are substituted for the anchovy, smoked fish, and caviar of the former.

GOUFFÉ'S SUMMER SALAD.—Cut up one part of celery into little dice, and mix these with three parts of peeled cucumber very finely sliced, and three parts raw artichoke bottoms, minced like the cucumber. Let all this stand for two hours, sprinkled with salt, then add to it all two parts of small pink radishes cut into tiny dice. Now prepare a sauce for these by mixing together in the following proportions a tablespoonful of English mustard rubbed smooth, with two tablespoonfuls of good vinegar; then add to this eight tablespoonfuls of good salad oil, a full pinch of pepper, and half a teaspoonful of minced chervil. Drain the vegetables well,

and mix them thoroughly with the sauce and seasoning, and put it into a salad bowl. If preferred, pickled red cabbage can be used instead of the radishes.

ANCHOVY SALAD.—Well wash, bone, and fillet seven anchovies, and cut the fillets lengthwise into shreds. Arrange these fillets in a kind of trellis work on a shallow dish, garnish with minced hard-boiled egg (whites and yolks separately) and finely-minced parsley. Season with oil and vinegar just as you are about to serve it. This, by the way, is a very favourite hors d'œuvre abroad.

MUSHROOM SALAD.—Chop the mushrooms into dice, and put them in a pan with a little oil and a slice or two of peeled lemon; let this all simmer for a little time, till the mushroom is cooked, then set it aside to cool, and when quite cold lay it in a salad bowl with chopped parsley, chives (or shallot), pepper, and salt; toss it all in a mixture of oil and vinegar, as recommended for *salade à la Française*, and serve.

ICTHYS VEGETABLE SALAD.—Mix together a macédoine of cold cooked vegetables (a tin of macédoine answers perfectly), sliced cold cooked Icthus (fish) sausage, shredded anchovy fillets, stoned olives, capers, and beetroot sliced. When quite mixed up, stir into it some good *verte* sauce, and garnish with tiny fried croûtons, spread alternately with egg and anchovy butters.

SWEDISH SALAD.—Toss together in a plain oil and vinegar dressing, some Dutch pickled herring filleted, some flaked lax, cold boiled potatoes sliced, sour apples cut into dice, and chopped gherkins; sprinkle it all with finely-minced tarragon, chervil, and shallot. Garnish with stoned olives, filled with anchovy butter, and pickled oysters.

FLEMISH SALAD.—Cut up (not too small) some cooked cold potatoes, Brussels sprouts, seakale or celery, cauliflower, beetroot, and apples, and mix all this with filleted Dutch herring and an oil and vinegar dressing.

SALADE À LA PAYSANNE.—Slice down pickled red cabbage, cold potatoes, celery roots, &c., and season with pepper, salt, oil, and vinegar.

SALADE À LA GRIMOD.—Fry some neat oblong croûtons of

bread in butter or salad oil, and arrange on each some lettuce broken up and prepared as for French salad, together with some sliced beetroot and cucumber. Arrange on this some whole French beans (carefully cooked, to have them as green as possible), and garnish with finely-chopped white and yolk of hard-boiled egg and chervil, and sprinkle the whole with pepper, salt, oil, and chilli vinegar. This salad is excellent in itself, but requires care in its arrangement to give it due effect, as it depends fully as much on its appearance as on its flavour. It must be borne in mind that, like all salads in which beetroot is used, this salad should only be made just before it is wanted, or the juice from the cut beetroot will utterly destroy its appearance.

JAPANESE SALAD (LA SALADE JAPONAISE À LA DUMAS).—Boil some good potatoes in stock instead of water, and slice them while warm, seasoning them at the same time with salt, pepper, olive oil, and good white wine vinegar, together with half a claret glassful of white wine (Chateau d'Iquem is best). Sprinkle with finely minced fine herbs (parsley, chives, &c.). Meanwhile cook some mussels in a court bouillon, with a stick of celery, and when done drain them, and add them to the potatoes, using one part mussels to two of potatoes. Stir it all lightly together, then cover it all with truffles previously cooked in champagne, and set it aside for two hours to rest till dinner time. It must be eaten when quite cold, but at the same time it must *not* be iced, or the real flavour will be ruined. This salad is, of course, one of the *chef d'œuvres* of French *fantaisie*. Almost all salads, fancy ones especially, are improved by being served *à l'Américaine*, *i.e.*, serving them in a glass dish set in a larger one, the space between the two dishes being filled in with ice broken up small.

SALADE À LA DEMIDOFF.—Cook some truffles in Madeira or sherry, and have ready an equal quantity of kidney potatoes cooked in salted water, slice both into a basin, and season them with salt, pepper, olive oil, French vinegar, and a spoonful of finely-minced fine herbs, and set them aside. Now cut some carrots and turnips into columns with a cutter, 2 inches high by an inch in diameter, and boil them separately in slightly

salted water. Prepare a border of mixed vegetables, as in the German salad given below, 2 inches wide and 1 inch high; when this is set turn it out, and arrange on it alternately the carrots and turnips, arranging on each of these a point of green asparagus, and sprinkle the whole border lightly with oil, vinegar, salt, and pepper, then pile up the potato and truffle salad in the centre as high as you can. Another and less troublesome version of this is to have a shallow border of aspic, and fill up the centre with the potatoes and truffles, tossed in a well-made Mayonnaise sauce.

SALADE À LA RACHEL.—Shred finely some good celery, and slice some truffles, stir them into a delicate mayonnaise, and serve, garnished with hard-boiled eggs—plover's or pheasant's eggs for choice.

SALSIFY SALAD IN ASPIC.—Boil some salsify carefully in water enough to cover them comfortably (using rather a large pan, as they should not be crushed together in the cooking), a little salt, a little butter, and the strained juice of a lemon. As soon as they are cooked (they should take about three-quarters of an hour, but try them first by pricking them with a knife; if it penetrates easily they are cooked), drain them well, and set them aside till cold. Now line a mould with aspic, cut the salsify in pieces to fit it, season them lightly with oil, vinegar, salt, and pepper, and arrange them neatly round the mould, setting them with a little more aspic. Cut the rest of the salsify up into neat little pieces, and mix them with some sliced truffles, and some very finely chopped parsley in good mayonnaise, with a little liquid aspic to fill up the mould. Turn it out when set, and garnish with sliced tomatoes, seasoned as before, and chopped aspic.

TOMATO AND FRENCH BEAN SALAD.—Dip some tomatoes for a moment in scalding water, then slice them, and season them with oil, vinegar, salt, and pepper (lemon juice may be substituted with advantage for the vinegar in this salad). Have ready some nicely boiled French beans, similarly seasoned, and arrange it all on a dish, sprinkle it all with finely chopped chives or parsley, and serve garnished with tiny spring onions and picked watercress.

PARISIAN SALAD.—Cut four or five very young carrots and as many turnips (cooked) into rounds an inch long and not quite half an inch in diameter, cut some asparagus heads and some tinned French beans the same length, now slice three large cold potatoes and a large beetroot into rounds half an inch thick, and cut these rounds into quarters. Spread the bottom of a dish with a little just liquid aspic jelly, and fix the triangles of potato and beetroot in this in a crown shape, and put the dish on ice till set. Now stir together, in half a pint of just liquid aspic jelly, about thirty or so button mushrooms, some French beans, and asparagus points cut small, peas, small pieces of pickled cauliflower, and a little celery, and fill up the crown with this mixture, letting it set, with a slight hollow in the centre of the top. Mask it all (being careful to avoid covering the crown of potato and beetroot) with some good mayonnaise, and fill up the centre with the carrots, turnips, beans, &c., which should have been tossed in oil, lemon-juice, pepper, and salt.

GERMAN SALAD.—Prepare a mixture as described above for the centre of the Parisian salad, and fill an aspic-lined border mould with the vegetable mixture. Now put some shredded celery, olives farced (*i.e.*, stoned and stuffed with tiny anchovy fillets), some cooked beetroot cut into diamonds, some prawns, flaked smoked salmon, and the fillets of two or three Dutch herrings, carefully skinned and cut into inch long flakes, into a basin, with a few capers, and enough *sauce verte* to moisten the whole; fill up the centre of the border mould, when turn out, with this mixture, and decorate with quartered hard-boiled eggs, or halved plover's eggs if at hand.

TOMATO SALAD WITH SHRIMPS.—Slice twelve large tomatoes and four sweet peppers, sprinkle them with finely minced chives, pepper, and salt. Arrange the slices alternately, garnishing with picked shrimps, also sprinkle with minced chives, and sprinkle the whole well with oil and vinegar, or, better still, lemon or fresh lime juice.

POTATO SALAD.—Slice some cold boiled kidney potatoes, and toss them lightly in oil and vinegar, and dish sprinkled

with finely chopped shallot or chives. Filleted red herring, kippers, or kippered or smoked salmon can all be added to this salad.

POTATO SALAD.—Slice some cold new potatoes, and arrange them with quartered hard-boiled eggs (plover's or pheasant's eggs are, of course, best), sliced beetroot, and stoned olives. Prepare a sauce by well mixing one part tarragon vinegar to two of best oil, pepper, salt, and minced parsley, chives, chervil, and capers; pour this all over the salad and serve.

This last salad makes a very pretty dish if enriched with either prawns, crayfish tails, or filleted anchovy, and served in a border like that given in German salad.

POTATO AND WATERCRESS SALAD.—Slice some freshly boiled potatoes while hot, and season them with pepper, salt, oil, and vinegar, very slightly, have ready some carefully picked watercress similarly seasoned, toss them together and serve either with stoned olives farced with anchovy fillets, or with triangular croutons spread alternately with egg and anchovy butter. These butters are made by rubbing down hard-boiled egg yolk and washed and boned anchovies with a little vinegar, and enough butter to produce a smooth paste; the only difference is that for anchovy butter you use two anchovies to each ounce of butter, with two eggs to 4oz. of the mixture; while for the egg butter you have an egg yolk to each ounce of butter, and season with a few drops of essence of anchovy and made mustard in addition to the vinegar and coralline pepper used for both.

POTATO AND HARICOT BEAN SALAD.—Have ready some cold cooked haricot beans and sliced potatoes, and mix them with mayonnaise dressing, and garnish with quartered hard-boiled eggs and anchovy fillets.

POTATO AND CELERY SALAD.—Shred some nice white celery, and mix it with cold boiled potatoes cut into dice, and season the whole with pepper, salt, oil, and vinegar. Garnish if liked, with crayfish tails, olives, &c., but it is very nice plain.

OYSTER AND CELERY SALAD.—Chop sufficient oysters for the dish into dice, and shred finely some good crisp celery.

Now toss these two in some rich mayonnaise dressing, and put it all in a glass dish. Mask it all thoroughly over with more mayonnaise, and serve garnished with celery tufts and tiny heaps of lobster coral and caviar. The secret of this salad is to have it made just as it is wanted, with materials that, though not iced, should yet be perfectly cold. This salad is also very good if lobster is used instead of the oysters, and should always be served *à l'Américaine*.

OYSTER AND CELERY SALAD (*American*).—Beat up four eggs, add a gill of cream, one of vinegar, a little mustard, salt, a dash of cayenne and 2 oz. of fresh butter, cook this in a bain marie till thick but do not allow it to boil, and stir all the time whilst cooking; when removed from the fire add a couple of tablespoonfuls of powdered cracker or plain biscuits, heat a couple of dozen of bearded oysters in their own liquor, drain, stir them to the dressing and leave till cold; before serving pile on them a head of celery previously boiled in water, drained and cut up.

ONION AND LETTUCE SALAD.—Wash a fresh, firm lettuce, remove the outer leaves and put the inner ones in some very cold water, peel a Spanish onion and cut it into thin slices with a sharp knife, dry the lettuce and lay it and the onion in alternate layers in the salad bowl, dressing each layer with oil and vinegar. Serve at once.

A RUSSIAN SALAD.—Boil three or four eggs till hard, then rub their yolks through a sieve, mix with them a tablespoonful of sour cream and work together for about ten minutes, add pepper, salt, and a little tarragon vinegar; arrange in the salad bowl some well washed lettuce, endive, sliced cucumber, fennel, and a few sprigs of tarragon, pour the dressing over and toss about till well blended.

WHITE CABBAGE SALAD.—Choose a hard, firm white cabbage, remove its outer leaves, wash it thoroughly, then shred it finely with a sharp knife, mix with it a due proportion of oil and vinegar, with salt and pepper, turn it over a few times till well mixed, then serve.

RED CABBAGE SALAD is made as above; a good salad can be made with the two cabbages mixed. In Germany, where

these cabbages are much eaten as salad, each kitchen possesses a proper cabbage cutter with which the vegetable can be shredded as finely as possible.

CABBAGE SALAD.—Take some cold boiled cabbage, cut it up, dress it with salad dressing, pile it on a dish and add two or three filleted anchovies and a spoonful of chopped capers.

CELERIAC SALAD.—This vegetable, which is sometimes dubbed German celery, is in shape like a large turnip. Peel it thinly and boil till tender in milk and water to preserve its whiteness, when cold cut it into thin slices and dress with oil, vinegar, pepper, and salt.

CELERIAC SALAD WITH BEETROOT.—Cut the celeriac and a large beetroot into thin slices, arrange them in a wreath, a slice of celeriac and one of beetroot alternately, dress with oil and vinegar, or with mayonnaise.

JAPANESE ARTICHOKE SALAD.—This vegetable, also known as *Stachys tubrifera*, has been growing in favour of late, being specially good cooked plainly and served with any good white sauce; the remains cold, are delicious if tossed in good mayonnaise, which, for this purpose, should properly be made with cream instead of oil. Sir Henry Thompson also recommends its being used as salad, raw, in conjunction with sliced celery and boiled beetroot.

CELESTINE SALAD.—Slice some cold cooked Jerusalem artichokes, or cut them into dice, and mix them with finely shred celery, sliced truffles, and stewed mussels, tossing the whole in mayonnaise sauce.

To be perfect, the truffles should have been cooked in wine, and the mussels in court-bouillon flavoured with celery, as for the Japanese salad.

NEWBURGH SALAD.—Scald and peel some ripe tomatoes, and slice them, toss them in oil, vinegar, salt, and pepper, as for French salad; treat a cold cooked cauliflower in the same way, breaking it up in neat pieces, then put a layer of the tomatoes in a salad bowl, and sprinkle them well with fine baked breadcrumbs, finely minced parsley, chives, or shallot, and sour apples. Cover this with a layer of cauliflower similarly treated, and continue these layers till the dish is full.

Serve garnished with sardines, well wiped and boned, and some little tufts of watercress.

SARDINE SALAD EN MAYONNAISE.—Well wash, drain, and break up a nice lettuce, mince down some spring onions, rub a salad bowl with a clove of garlic, and lay in the lettuce and onions, some sliced tomato, and some cucumber, and then stir it all together with a mayonnaise dressing, garnish with hard-boiled, quartered eggs (plovers' eggs are, of course, nicest), some wiped and boned sardines, and a good sprinkling of minced tarragon and chervil. This salad can also be served with a vinaigrette sauce, but its name must, of course, be altered.

SALADE À L'INDIENNE.—Shred small some lettuce and mix it with some well-washed mustard and cress (be careful to have this very small), and toss it in a cold poivrade sauce to which you have added a little chutney, garnish with quartered hard-boiled eggs (plover's or pheasant's eggs are, of course, daintier), curried shrimps, and thinly sliced lemon. Hand round brown bread and butter with it.

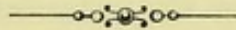
SALADE À L'ADELINE.—Cut some celery in inch lengths, then into shreds, and leave it in water till crisp. Prepare some cucumber and tomatoes in the same way; cut some ready cooked salsifies (or some tinned artichoke bottoms) after well draining them, into inch lengths, and toss these either in a French dressing of oil, vinegar, salt, and white pepper, or in mayonnaise. Mix together two large tablespoonfuls of richly coloured tomato sauce, the same of mayonnaise, and a $\frac{1}{2}$ pint of aspic jelly, and when well mixed pour it into a border mould, and set it on ice or in the ice cave till perfectly ice cold but not frozen, then dip it in water, wipe it with a clean cloth to absorb any moisture, and turn it out, fill the centre with the tomato, salsify, celery, and cucumber mixture, sprinkle it all with a few very finely minced chives, and serve.

SALADE DE TOMATES EN ASPIC.—Have ready a border mould of plain golden-coloured aspic; dip some tomatoes for a moment in boiling water to remove the peel, take away the pips, slice them, season lightly with salt and white pepper, toss them in some good mayonnaise, and fill up the centre of the

border mould with this mayonnaise, garnishing the top of the aspic border with plover's eggs set in little dariole moulds of aspic, and with olives stuffed with anchovy butter. If plover's eggs are not in season take some of those preserved in bottles.

SALADE À LA D'ESTRÉES.—Pick over and shred some endive, and prepare some celery as in *Salade à l'Adeline*; slice some cold boiled kidney potatoes, and season them with a little salt, pepper, oil, and vinegar, and sprinkle them lightly with finely minced chives, or parsley, and arrange them in a circle on a dish, overlapping one another, and fill up the centre with the endive and celery tossed in about a gill of mayonnaise.

SALADE À LA REINE.—Prepare some celery as for the *Adeline* salad, and cut some hard-boiled white of egg into *Julienne* strips, lightly chop a few prawns or crayfish tails, and some truffles roughly minced, and toss these all in a good mayonnaise verte, arrange sliced potatoes round the dish as for the previous salad, set a prawn on each slice, and fill up the centre with the mixture, piling this up as high as may be in a dome shape.



CHAPTER XI.

SWEETS.

OF sweets in such a book it is hardly necessary to speak, yet a few, which may not be altogether familiar to English readers, can be given.

ŒUFS AU LAIT À L'ORANGE.—Break into a basin four fresh eggs and beat them till light with 4oz. of sugar, rather more than half a pint of milk, half a pinch of salt, and the rind of an orange finely grated. Beat it all well together, then pass it through the tammy, and pour it into a dish about 8 inches long by $2\frac{1}{2}$ deep. Boil about two pints of water in a pot that holds two quarts, and when this water is quite boiling place in the pan the dish in which the eggs, &c., are, and cover it all with a lid which will bear some hot ashes, or stand the covered pan in the oven, for twenty minutes. If the eggs are not set by that time, leave them on a few minutes longer. Take them from the fire and let them cool. When they are quite cold dust them plentifully with caster sugar, and pass over them either the salamander, or a redhot shovel to melt and brown the sugar, and serve.

This same dish can be made with the rind of a lemon instead of the orange, or with black coffee as follows: You begin the eggs as before; then pour a gill of *boiling* water on to 2oz. of freshly-ground coffee, strain it twice, and use this coffee extract with only two-thirds of the milk given in the first recipe, but allow rather more sugar. Finish off as before.

GÂTEAU DE SEMOULE À LA FLEUR D'ORANGE. — Bring three pints of milk to the boil in a two-quart pan, and when it has boiled up, add $\frac{1}{2}$ oz. of fresh butter, 1oz. of caster sugar,

and a tiny pinch of salt, stirring it all well together; when this is all well mixed, strew in with one hand (stirring steadily with the other) rather less than 4oz. of semolina, mixing it well together with a wooden spoon. When it is thoroughly blended, let it cook very gently in the oven with a buttered paper over it, for twenty minutes. Now break into it off the fire, four whole eggs, being careful only to add one when the first has been thoroughly mixed into the paste; then stir in a teaspoonful of crushed candied orange flowers, and $1\frac{1}{2}$ oz. of sugar, and mix it all thoroughly. Butter a plain mould and dust it with equal parts of caster sugar and fine breadcrumbs, pour the semolina mixture into this, and bake. When it is well coloured, turn it out and serve either with flavoured, whipped cream, custard, or any sweet sauce you choose.

VEGETARIAN PLUM PUDDING.—Rub 2oz. of butter into $\frac{1}{2}$ lb. of flour, add to it 6oz. of breadcrumbs, $\frac{1}{2}$ lb. well washed and dried currants, $\frac{1}{2}$ lb. of stoned and halved raisins, 2oz. of blanched and chopped almonds, 2oz. finely shred mixed candied peel, 4oz. sugar and a teaspoonful of mixed spice; then stir in four well beaten eggs, and as much milk as will make the pudding light. Boil in a mould or cloth.

— Beat $\frac{1}{2}$ lb. of butter to a cream with $\frac{1}{2}$ lb. of sugar, then work into it 6oz. of flour, 2oz. of white breadcrumbs, $\frac{1}{2}$ lb. well washed and dried currants, $\frac{1}{2}$ lb. stoned and halved raisins, 4oz. finely shredded candied peel, 3 or 4oz. of blanched and chopped almonds, a teaspoonful of mixed spice, and six eggs (or five eggs lightly beaten up with a gill of beer) with a tablespoonful of brandy and one of rum. Finish in the usual way.

BOLA.—Ingredients: 2lb. bun dough, 10oz. of butter, 8oz. of candied lemon and orange peel mixed, 12oz. candied citron cut in slices, $\frac{1}{4}$ lb. of ground almonds, $\frac{1}{4}$ lb. blanched and shredded almonds, $\frac{1}{2}$ lb. sifted sugar, $\frac{1}{4}$ oz. ground cinnamon, four eggs, a penny packet of baking powder, a teacupful of milk. Warm the milk and butter together without allowing them to boil, beat up the eggs, separating the yolks and whites, add the butter and milk to the yolks of the eggs with the sugar, then add the dough. Beat together with the hand till well mixed, then mix in the whites of the eggs to which

the baking powder is previously added. Now mix together the remainder of the sugar, both kinds of almonds, and the cinnamon. Butter a round dish thickly and strew it with the mixture, open the dough with the hand, it being too thin to roll, put a layer of it on the dish, then one of the candied peel, another of the mixture, then begin again with the dough, and so on till all is consumed, the last layer being of dough. Sprinkle sugar and cinnamon on the top, add a few slices of the citron and some small lumps of butter. Bake carefully in a moderate oven, and when done have ready half a pint of syrup flavoured with vanilla and pour it over, then sprinkle it thickly with some of the tiny comfits that go by the name of hundreds and thousands. The cake should be covered with buttered paper as soon as it begins to brown. Test it with a clean knife to see if done.

THE NAMELESS PUDDING (an old French recipe).—Boil together a quart of milk, 6oz. of loaf sugar, and 1oz. of isinglass, beat up the yolks of six eggs, then pour the milk very gradually on them, stirring all the while (the milk should not be quite boiling when used), pour the mixture into a shape and leave till cold. Boil together for twenty minutes, two ounces of sugar, a quarter pint of water, and the thinly-pared rind of a lemon. When the pudding is turned out pour the syrup over it.

LEMON CREAMS.—Pare thinly four lemons and lay the rinds in a basin or jug with half a pint of cold water and six ounces of caster sugar, for a couple of hours, then remove the rinds and add to the water the juice of the lemons, and strain through a piece of muslin. Whisk the whites of the eggs to a stiff froth, stir the lemon water lightly to them, and stir over the fire till the mixture just thickens, but do not allow it to reach boiling point. A bain marie, or a jug placed in a saucepan of boiling water will be found the safest place for cooking this cream. Serve cold in custard glasses.

ALMOND PUDDING.—Beat up the yolks of ten eggs and the whites of five with a large tablespoonful of rose or orange flower water, add very gradually to them 7oz. of caster sugar, then half a pound of ground almonds into which a few little

ones have been mixed. Beat all together well for half an hour, then pour the mixture into pie dishes previously buttered (this quantity will make four puddings in the ordinary sized pie dishes) and bake. When half done place a couple of thin strips of candied citron and some shreds of blanched almonds on each. Turn out of the dishes and serve cold. Some boiling syrup poured over the puddings when taken out of the oven makes another variation. This mixture can also be baked in a cake tin and eaten cold at afternoon tea.

BROWN BREAD AND CRANBERRY PUDDING.—Mix 6oz. of crumbled brown bread from a stale loaf with 4oz. of caster sugar. Stir in the beaten yolks of three eggs, a gill of thick cream, a little powdered cinnamon, and a flavouring of grated lemon rind, then the whites of the eggs whisked to a stiff froth. Have ready a couple of pounds of American cranberries that have been stewed with a little sugar and water, cut up about half of them, butter a pudding mould, fill it three parts with the mixture, put in a layer of the cranberries, then another layer of the mixture, more cranberries, and finish with the pudding. Bake in a moderate oven. Simmer the remainder of the cranberries in their syrup till thickish, and pour round the pudding when turned out of the mould. Can be served either hot or cold.

GERMAN FRUIT TART.—Mix a tablespoonful of caster sugar, a pinch of salt, and one of baking powder, into $\frac{1}{2}$ lb. of fine flour, then rub into it $\frac{1}{4}$ lb. of fresh butter, turn it on to a board, make a well in the centre, and break into it a fresh egg, mix well together, roll it out, and lay it on a dinner plate, trim round, and with the remnants make a wall or thick edge round, lay some small pieces of bread on it, and bake. When cool, fill it with any kind of stewed fruit in season. *With apples.*—Prepare the paste as above, peel and core with a corer some nice cooking apples, slice them in thin slices, place in the cavity of each slice a sultana raisin or a dried cherry, and lay the slices one over another on the paste after it has been placed on the plate, sprinkle with sugar and a squeeze of lemon juice, and bake.

SMALL BOLAS.—Take half a quartern of bun dough, work into it about 2oz. of butter and a spoonful of coarse brown sugar, roll it out and cut it into strips about an inch wide and four in length, mix together 2oz. of butter with the same of the sugar and half a teaspoonful of ground cinnamon, spread each strip with some of this, roll it up, and when all are ready place them on a baking sheet, and bake. When cold, place in a dish, and pour a cold syrup made with sugar, water, and cinnamon, over.

ORANGE PIE (American recipe).—The thinly pared rind of one orange and the juice of three, a teacupful of water, one of sugar, 1½oz. of corn flour, a pinch of salt, and two eggs. Rub up the corn flour with a little of the water, and put the remainder in a saucepan and let it boil up, then mix in the corn flour and stir for a minute or two, remove it from the fire, stir in the orange juice and rind, sugar, and salt, and leave till cool, when remove the rind, and add the beaten yolks of the two eggs with one white. Make a paste with two well heaped up tablespoonfuls of flour and one of butter, a pinch of salt, and sufficient cold water to make a stiff dough, roll out thinly, and line a deep buttered plate or tin with it, pour the orange mixture into it, and bake for about half an hour; then whisk the white of the other egg to a stiff froth with a little caster sugar, spread it over the pie, and put it back into the oven just to set this meringue. Can be eaten hot or cold.

RICE CARAMEL PUDDING.—Wash a cupful of rice, and boil it in a saucepan with a quart of milk and a small piece of stick cinnamon, simmer gently till quite tender; put a handful of loaf sugar with a spoonful of water in a small saucepan, and cook till brown, then pour it into a warm mould, and quickly turn the mould round and round till quite coated with the caramel, dip the outside of it at once in cold water to set the caramel. Mix a couple of well beaten eggs to the rice and fill the mould with it, cover, place it in a tin of hot water, and bake in the oven for half an hour. Turn out and serve with custard or vanilla sauce. The pudding will turn out better if left for a few minutes when taken out of the

oven. Half the quantities of rice and milk will make a moderate-sized pudding.

CANADIAN APPLE PUDDING.—Pare and cut up 2lb. of apples, put them in a deep pie dish with 2 or 3oz. of sugar half a teacupful of water, and a clove or two; cook them in the oven for about twenty minutes. Mix together a pint of flour, a teaspoonful of baking powder, one of caster sugar, and a pinch of salt; add gradually to these a beaten egg and enough milk to form a smooth dough, then about 2oz. of butter just liquefied. Spread this on the top of the apples and bake for another twenty minutes, turn out on to a dish, or serve in the dish in which it was baked.

SNOWBALLS (American).—Beat together the yolks of three eggs with a teacupful of caster sugar till light, whisk the whites of the eggs to a stiff froth, beat into the yolks gradually three tablespoonfuls of water, the grated rind of a lemon, two tablespoonfuls of strained lemon juice, then the whites and a small cupful of flour, into which a teaspoonful of baking powder has been mixed, and lastly the frothed whites. Pour into little buttered cups, and steam in a saucepan of boiling water for half an hour. Turn out on a dish strewn with powdered sugar, and serve at once with wine sauce.

APRICOT OR PEACH FRITTERS.—Roll out some brioche or puff paste rather thinly, and cut it into rounds a trifle larger than the flakes of the fruit to be used with a fluted cutter. Place a half of a canned apricot or peach in the centre of a round; cover with another round, pressing the edges well together. When all are ready, place them in a pan of boiling fat or butter, and fry a nice colour, drain, put on a hot dish, sprinkle with sugar, and serve either with or without a syrup sauce.

BOSTON CREAM CAKES.—Put half a pint of boiling water in a small saucepan, add to it 4 oz. of butter and two tablespoonfuls of caster sugar, and let it boil up; then stir in 7oz. of fine flour, stir well for a few minutes, remove from the fire and allow the mixture to cool, then work in one by one five eggs. When light, drop the mixture from a tablespoon on to a lightly buttered baking sheet, keeping the cakes about two

inches apart. Bake in a quick oven, cut them open, and fill with either whipped and flavoured cream or French custard. Make this with rather more than half a pint of milk made hot, a couple of ounces of sugar, two tablespoonfuls of flour, two eggs, a pinch of salt, and vanilla essence, stirred into the hot milk, and cooked in the bain marie or in a jug placed in a saucepan of boiling water. Use cold.

ORANGE PUDDING.—Peel three or four oranges and divide them into their natural sections, removing as much of the thick white pith as possible; lay them in a tart dish, beat up the yolks of three eggs, stir to them one pint of milk, sugar to taste, and a little grated lemon rind; pour this over the oranges and place in the oven. When nearly set, whisk the whites of the eggs to a very stiff froth with a little sugar, spread over the pudding, and finish cooking. Equally good hot or cold.

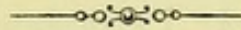
CHESNUT PUDDING.—Boil 1lb. of chesnuts till soft, shell and pound, or grate, them, put into a stewpan a gill of water and 2oz. of loaf sugar, boil together for a few minutes, then stir in the chesnuts with 1oz. of crystallised cherries cut up, and a slice or two of pineapple also finely cut up; simmer for a few minutes, stirring all the time. Make a custard with a pint of milk or thin cream, or half and half, and the yolks of three eggs; stir over the fire till hot and thick, without boiling; add, off the fire, a spoonful of Maraschino liqueur and $\frac{1}{2}$ oz. or rather less of soaked gelatine; stir over very cold water till cool, then mix in the chesnuts, &c., and pour the mixture into a mould and keep in a cold place. Serve with whipped cream.

APPLES EN SURPRISE.—Peel and core eight or ten small apples, put them in some water with a couple of ounces of loaf sugar, and let them cook till nearly tender, then strain, fill up their centres with apricot marmalade, dip them in frying batter, and fry in boiling fat; drain well, and pile on a hot dish, and sprinkle with powdered sugar.

ORANGE FOOL (an old Lenten dish).—Mix all together the juice of three good oranges, the well beaten yolks of three eggs, half a pint of cream, or new milk, 2oz. of sugar, a little

cinnamon (if liked), and nutmeg; stir this all over a slow fire till it thickens, then add a small piece of butter, and continue stirring till cold.

CHOCOLATE SOUFFLÉS.—Stir lightly together the well whisked whites of three eggs, 2 oz. grated chocolate, a few drops essence of vanilla, with caster sugar to taste, and pour the mixture into tiny china or paper cases, and bake for ten minutes.



CHAPTER XII.

SAVOURIES.

The taste for savouries, which had to a great extent died out a few years ago, has been much revived of late, and now the savoury is, in many houses, of greater importance than the sweet entremet. These little dishes admit of immense variety, and to give any large number would be beside the scope of the present work, though their place is too definitely fixed in a well considered menu to permit of their being entirely overlooked. The following, if not absolutely new to every one, may yet be sufficiently novel to be worth mentioning.

PARMESAN BALLS.—Whisk the whites of two eggs as stiff as possible with a tiny pinch of salt, then stir in lightly two ounces of finely grated Parmesan cheese, with salt and cayenne to taste. Shape the mixture into balls the size of a marble, and drop these in a pan of boiling oil or butter; fry till of a golden brown, drain, then serve dusted with coralline pepper, and freshly grated cheese. If you have a forcing bag with a plain pipe, it is best to force the meringue mixture out into the boiling fat by means of it.

SAVOURY TOAST.—Stir over a clear fire till well mixed, a dessert-spoonful of mustard, a wine glass full of vinegar (that from pickled walnuts is nicest) a dessert-spoonful of essence of anchovy, a small piece of butter, cayenne and white pepper to taste, and four ounces of cheese broken up small; when this is all melted and blended pour it on to hot buttered toast and serve at once.

KIPPER TOAST.—Grill a couple of kippered herrings before a clear fire, remove all the meat carefully, have ready some

small squares of very hot buttered toast, and lay the pieces of kipper on them; put a couple of ounces of good toasting cheese in a small pan with a little mustard, a pat of butter, and a dessertspoonful of beer, stir over the fire till like custard, place the pieces of toast on a hot dish, pour the mixture over, and serve at once.

SWISS RAMEQUINS.—Toast four or five slices of stale bread and remove their crusts; beat up an egg with a quarter pint of milk, dip the slices of bread in this, then lay them on a buttered baking tin, with a small pat of butter broken into little bits; stand it in the oven (which should not be very hot); cut up about half a pound of good cooking cheese, put it in a saucepan with salt, a sprinkling of cayenne, a gill of milk, and $\frac{1}{2}$ oz. of butter, stand this in another pan of boiling water over the stove, and stir till the cheese is melted, then spread it on the slices of toast and return to the oven again for a few minutes.

CHEESE PATTIES.—Beat up the yolks of a couple of eggs, add to them two tablespoonfuls of grated Parmesan, a little made mustard, and a dash of cayenne; roll out thinly a small quantity of puff paste, cut it into small squares, put some of the cheese mixture in the centre of each square and pinch the four corners of the paste together in the middle, making them stand up like four points; bake and serve very hot.

CHEESE SANDWICHES.—Make a mixture as above, roll out a little puff paste, cut it in half, spread one half with the cheese, lay the other half over it, press together, then cut it into finger strips with a sharp knife and bake.

KROMESKIES OF CHEESE.—Kromeskies are, as a rule, made with thin slices of bacon wrapped round the mince, fish, or whatever the kromeskies are to be composed of; but as bacon is forbidden food in such a book as this, *wafer paper* must be made to answer the purpose. Cut some Gruyère cheese into pieces about an inch square, season with mustard and cayenne, wrap each piece in a wafer paper (if one paper is found too thin, two might be used together; in either case it requires delicate handling), dip quickly into frying batter and fry in boiling fat.

KROMESKIES OF MUSHROOMS.—Mince the mushrooms finely,

put them in a small pan with a little butter, a squeeze of lemon juice, salt, and pepper; simmer them over the fire, stirring occasionally, for ten minutes, then leave till cool, put a little heap of the mixture in the centre of the wafer paper, roll over, dip in batter and fry. The wafer paper is usually sold in small squares, but if in sheets it can be easily cut to the required size.

CROUSTADES MARIE LOUISE.—Make some croustades in this manner: Cut three or four slices of stale bread, an inch and a half thick, cut them again into small rounds, and hollow them out, leaving only a shell or case, and fry these in boiling fat: grate together equal quantities of Parmesan and Gruyère cheese; mix with it a little butter, and a dust of cayenne; fill up the cases with this, whisk the white of one or two eggs to a very stiff froth, put a little heap in each croustade and set them in a quiet oven for a few minutes. Serve very hot.

KROMESKIES OF ROES.—This is a good way of utilising the hard roes of bloaters or herrings usually reckoned of little account; rub them over with butter and grill them before a clear fire, then mince them finely, season with salt, lemon juice, and cayenne. Take a small teaspoonful of this mixture and wrap it round carefully with wafer paper then dip in frying batter, or fry in boiling butter or oil, drain and serve very hot.

CANAPÉS OF ROES AND MUSHROOMS.—Grill and mince the hard roes as above, and spread them on small rounds of hot fried bread; have ready as many mushrooms (previously cooked in butter) as there are croûtons; lay one of them on each, season with a squeeze of lemon juice and serve piping hot.

MERINGUE AU PARMESAN.—Whip up, with a pinch of salt, the whites of two eggs till a very stiff froth, mix in lightly $1\frac{1}{2}$ oz. of grated Parmesan cheese and a dust of cayenne, drop the mixture in small pieces about the size of a bantam's egg, into boiling butter and fry a light brown; drain well, lay them on a hot dish, flatten one side of them with a spoon, and lay a little heap of cream that has been whipped up stiffly with a little grated Parmesan and coralline pepper on each, and serve at once.

KROMESKIES OF FRIED HADDOCK.—Put half a Finner haddock in a frying-pan full of water, and let it boil till cooked, remove the flesh and pound it with a lump of butter, rub it through a coarse wire sieve, and mix in just enough cream, or white sauce, to make it of a thick consistency; season with cayenne, or coralline pepper, wrap up small spoonfuls of this mixture in wafer paper, dip in frying batter and fry.

BISCUITS AUX ANCHOIS.—Toast some milk biscuits, till lightly browned and very hot; now spread them with anchovy paste, and on this strew the hard boiled yolk of an egg rubbed through a sieve, and serve at once.

BOMBES AUX LAITANCES.—Cook some soft roes of herrings in a well buttered baking tin, with a few drops of lemon juice; then pound the roes with the butter in the tin, adding a little more butter if necessary; mix with this purée a spoonful or two of whipped cream, a dash of cayenne, a couple of stoned and minced olives, and one or two anchovies, boned, washed, and finely minced. Line some little bombe moulds with aspic jelly, and when this is just set fill them up with the herring roe mixture; run a little more aspic over the top, and keep them in the ice-box till wanted. Serve with a garnish of mustard and cress.

Aspic Jelly.—Put into a pan 2oz. of best leaf gelatine, a quart of hot water, a dessertspoonful of salt, the juice of a lemon, one bay-leaf, a teaspoonful of good brown vinegar, a tablespoonful of tarragon vinegar, a small onion sliced, twenty mixed peppercorns and allspice, and the whites and shells of two eggs. Let this all boil up together, and then run it through a jelly bag wrung out of warm water.

SANDWICHES OF ASPIC AND SHRIMP PASTE.—Pound some shrimps with a spoonful of white sauce, add a couple of anchovies boned and minced, with cayenne and salt to taste. Line some sandwich moulds, or a shallow tin (the lid of a biscuit tin answers admirably) with a layer of aspic about one-third of an inch thick, and, when set, spread this with the shrimp paste, which can be mixed with béchamel, whipped cream, or mayonnaise if preferred, as long as the right consistency is obtained: over this run a second layer of aspic of the same thickness as the first; then, when nearly set, mark

it out in squares or fingers, place in the centre of each a picked shrimp, and leave it till perfectly set, when it can be cut through the marks with a knife dipped into hot water. Serve in a circle, with some watercress, washed and sprinkled with oil, vinegar, salt, and pepper, in the centre.

CANAPÉS OF ANCHOVIES.—Pound four or five boned anchovies with a little butter, the yolk of a hard boiled egg, a dust of cayenne and a squeeze of lemon juice; when smooth, insert the mixture into half a dozen turned olives. Have ready some squares of nicely fried bread, arrange on them two fillets of anchovies to form four squares on each piece of bread, place a farced olive in the centre of each, chop up separately the whites and yolks of a couple of hard boiled eggs, a slice or two of beetroot and some watercress, arrange a little heap of each of these in the four squares and dish nicely.

ECLAIRS AUX ANCHOIS.—Make some choux paste as follows: put half a pint of water in a stewpan with 4oz. of butter and two of grated Parmesan; when boiling mix in quickly 5oz. of fine flour, stir well, then let the mixture cook for a few minutes at the side of the stove, stirring it every now and again; let it cool, then work in, off the fire, three whole eggs, one by one, mixing each well in before adding the next, force this paste on to a lightly buttered baking sheet, in strips about three inches long, and bake in a moderate oven. Wash and bone six or eight anchovies, pound them with the hard boiled yolks of two eggs, a spoonful of salad oil, a dust of cayenne; when smooth, add a tablespoonful of liquid aspic, tammy, then mix in sufficient whipped cream to make it all of a thick consistency; when the éclairs are cold, fill them (they should be opened underneath) with the anchovy cream, place two together and keep on ice, or in a cold place till wanted.

PETITS CHOUX AU PARMESAN.—Prepare some choux paste as in *Éclairs aux anchois*, but force it out by means of a bag and plain pipe, in little balls about the size of a walnut, and bake. Whip up some thick cream till quite stiff, with finely grated Parmesan and very finely minced celery, seasoning the mixture to taste with cayenne; when quite stiff, and when the little choux are cold, cut a piece off at the bottom, filling

them with the whipped cream, replace the piece cut off, pressing it well on, lightly brush the tiny choux with a very little warmed butter, sprinkle them with coralline pepper and finely minced parsley, and serve.

Very small choux of this paste, forced out in the same way, only from a bag with a smaller pipe, make an extremely pretty garnish for consommé, which is then known as *aux profiterolles*. They can also be used as a sweet, by omitting the cheese, and substituting sugar and any flavouring preferred. They are dusted with sugar, glazed with a red hot shovel, and served plain; as *petits pains du Mecque*; or filled with whipped cream, custard, &c.

CRÈME POMEL AUX ANCHOIS.—Whip a gill of thick cream to a stiff froth with a Pomel cheese, and force it out with a rose pipe on to little anchovy biscuits (fried croûtons, Parmena biscuits, or cheese biscuits can all be used), roll up some fillets of anchovy, previously marinated in a little oil and lemon juice, and set one on each croûton, with two or three capers piled on the anchovy. For the *anchovy biscuits*, rub $\frac{3}{4}$ oz. of butter into 3oz. of fine flour, add half a teaspoonful of essence of anchovy; a few drops of carmine, half an egg, and a dust of cayenne. Mix it all to a smooth paste with cold water, roll it out very thin, cut it into $1\frac{1}{2}$ inch squares, put them on a baking tin, prick them all over with a fork, and bake fifteen to twenty minutes in a moderate oven until crisp and dry, being careful not to let the paste (which should be a pretty pink), become discoloured.

PETITS CANOTS À LA MADAME.—Line some tiny boat moulds with anchovy biscuit paste, as in the preceding recipe; prick them well and bake. When cold and crisp, fill them up with the following mixture: cut one or two cold boiled potatoes into dice; fillet, wash, and bone three or four anchovies, and mince them small, together with a few capers and some olives and toss the whole in some good green mayonnaise aspic. Remove the stones from some olives, and fill them up with anchovy butter, as prepared in *éclairis aux anchois*, and place one in each little *canot*.

MOCK CAVIAR.—Wash and bone some anchovies, rub a

mortar across two or three times with a freshly-cut clove of garlic, and then pound in it the anchovies with a little dried parsley, cayenne, salt, lemon juice, and just enough olive oil to make it to a smooth butter. This can either be shaped into balls, kept on ice till wanted, and served with hot dry toast in a toast rack; or it can be spread on thin slices of brown bread and butter, the whole rolled up, and slightly pinched together to keep it in shape.

CAUS (Russian).—Pound to a smooth paste two small shalots, or some chives, with four washed and boned anchovies, and sufficient cheese and butter to get it to a smooth workable paste; add a teaspoonful of mustard, with salt and cayenne to taste. It is difficult to give exact directions, for cheese varies so much, but it should be a strongly flavoured, smooth paste. Serve like the Mock Caviar.

SHRIMP DARIOLES.—Line some small dariole moulds with either plain aspic jelly, or preferably with aspic cream, and fill the moulds up with the following mixture: shell and chop finely a quart of shrimps, and pound them well with an ounce or two of fresh butter, and a seasoning of cayenne and mace. Prepare some rounds of fried bread, and dust them with coralline pepper and minced parsley, place on each a slice of cucumber, seasoned with a few drops of oil and vinegar, and turn out a little shrimp dariole on each.

HERRING PASTE.—Pick the flesh from two or three broiled herring (either fresh or smoked), and pound it in a mortar with salt, pepper, a morsel of mace, and enough butter to make it a smooth paste, press it into a mould, and if a little clarified butter is run over it, it will keep for some time. Use like Caus or Caviar.

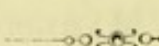
SLICED EGGS AND ANCHOVY CREAM.—Cut a hard boiled egg lengthwise into quarter inch slices, and sprinkle these with a little oil and vinegar, salt and pepper; force out on to each (with a rose pipe) a little rose of anchovy cream, sprinkle it with a very little finely chopped parsley, and garnish with shreds of nice crisp celery. These slices can be served on croûtons of fried bread, or they can be placed on biscuits made of the same paste as is used for cheese straws.

Lastly, here are two recipes of Mrs. A. B. Marshall's, for the use of her new fish savoury, *Luxette*.

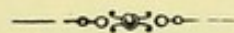
PETITES CRÈMES À LA MARIE.—First prepare a garnish by mixing together with a fork the raw whites of two eggs, a dessertspoonful of thick cream, and a seasoning of salt; wring this through a tammy, and pour it into a well-buttered *dariole* mould or a jam pot, stand this on a fold of paper in another pan surrounded with boiling water to three parts of its depth; watch this water re-boil, then draw it to the side of the stove, and leave it till set. Prepare the yolks of the eggs in the same way. When these are cold, they are turned out, sliced and stamped out in any pretty fanciful device you please. Meanwhile turn out the contents of a jar of *Luxette*, and mix it with a small capsicum freed from pips, a teaspoonful each of English and French mustard, and a saltspoonful of coralline pepper. Now mix it with a gill of double cream, and half a pint of white or fish stock in which you have previously dissolved $\frac{1}{4}$ oz. of leaf gelatine. Rub it all through the tammy, or a hair sieve, and use. Line some sandwich moulds thinly with aspic jelly, garnish with the white and yellow egg garnish, set this again with a few drops more of aspic, then fill up the mould with the *Luxette* cream, and let them set. Now dip each mould into hot water, and turn the shapes out on to a clean cloth, and serve garnished with small salad, and chopped aspic.

LUXETTE CREAMS À LA MARLBOROUGH.—Mince a little truffle finely, stir it into some just liquid aspic jelly, and with this line some little moulds (such as walnut, egg, or tiny bombe moulds), filling up with *Luxette* prepared as below, join the two parts of the mould, if necessary, by pressing them together, put them aside till set (being careful to support them so that they keep intact), and when cold and set, turn them out on to little bouche moulds prepared as below. For the *Luxette* cream, mix 2oz. of the paste with a gill of strong consommé or gravy, in which you have previously dissolved four sheets of best leaf gelatine, stir this together on ice, or in a cold place, and when cool mix it with a tablespoonful of thickly-whipped cream and use. For the bouche moulds, take some of the truffled jelly used to line the first moulds, stir

into it some finely-shredded lettuce, fill the little bouche moulds with this, and put them aside till set, when you stamp out the centres, to receive the walnut or other tiny mould. These stands for the cream can be very easily made if bouche moulds are not at hand, by pouring the liquid aspic in a $\frac{1}{2}$ inch layer on a tin, and when set, stamping this out in rounds with a plain cutter, removing the centre with a smaller cutter. The quantities given above are sufficient for a party of ten or twelve. This Luxette mixture is a capital savoury by itself, and can be used like anchovy or shrimp paste, plain, or on anchovy or cheese biscuits or for sandwiches, either by itself, or with butter, or a little whipped cream, as may be convenient.



MENUS.



Potage : Sans Souci (Green Haricot Soup).
Eglefin aux Huîtres (Haddock and Oysters).
Œufs à la Béchamel (Eggs in Béchamel Sauce).
Pâté de Saumon (Hot Salmon Pie).
Légumes en Aspic (Vegetables in Aspic).
Compôte d'Abricots à la Crème (Stewed Apricots and Cream).
Fanchonnettes Génoises (Genoese Pastry).
Ramequins au Parmesan (Cheese Ramakins).



Consommé à la Jardinière (Clear Soup with Vegetable
Garnish).
Filets de Sole à la Joséphine (Sole filleted à la Joséphine).
Œufs au Gratin (Scalloped Eggs).
Petites Crèmes à la Bergen (Bergen Fish Creams).
Soufflé de Choufleurs au Parmesan (Cauliflower Soufflé).
Pouding à la Chancelière (Cabinet Pudding).
Canapés aux Anchois (Anchovy Toast).



Potage : Bisque à la Royale (Thick Oyster Soup).
Eperlans à la Pascaline (Smelts and Pascaline Sauce).
Cassolettes de Champignons (Mushroom Cassolets).
Darnes de Saumon à la Suédoise (Sliced Salmon and Swedish
Sauce).
Salade à la Grimod (Mixed Vegetable Salad).
Pouding de Noël (Plum Pudding).
Ramequins Suisses (Swiss Ramakins).

Consommé de Poisson aux Profiterolles (Clear Fish Soup and Pastry Balls).

Turbot, Sauce Mayonnaise (Turbot with Mayonnaise Sauce).

Filets de Merlans Marinés aux Tomates (Whiting Fillets with Tomatoes).

Kromeskis aux Champignons (Mushroom Kromeskies).

Gniocchi à la Romaine (Gniocchi, Roman fashion).

Pouding à la Juive (Almond Pudding).

Caviar sur Croûtes (Croutons of Caviar).



Crème de Riz à la Cardinale (Rice Cream Soup).

Filets de Sole à la Rothschild (Filletted Sole à la Rothschild).

Pâté de Merlans aux Huitres (Whiting and Oyster Pie).

Celeri à la Duchesse (Duchess Celery).

Salade de Champignons en Mayonnaise (Mushroom Mayonnaise).

Parfait au Café (Iced Coffee Soufflé).

Petits Pâtés au Fromage (Cheese Patties).



Chiffonade à la St. Florentin (Clear Soup and Chiffonade Garnish).

Tranches de Flétan à la Morny (Sliced Halibut and Morny Sauce).

Petits Soufflés de Crabe (Little Crab Soufflés).

Timbale de Ravioli aux Tomates (Ravioli Pie with Tomatoes).

Haricot Verts au Beurre Noir (French Beans and Brown Butter).

Tartelettes aux Cerises (Cherry Tartlets).

Crème Pomel aux Anchois (Cream Cheese and Anchovies).



Potage : Crème de Céléri (Celery Soup).

Filets d'Eglefin à l'Italienne (Haddock Fillets and Italian Sauce).

Carottes à la Flamande (Carrots and Tomatoes)

Macaroni au Parmesan (Macaroni Cheese).

Pouding à la Juive (Almond Pudding).

Potage : Purée à la St. Germain (Dried Green Pea Soup).
 Soles en Casserole (Stewed Soles).
 Œufs aux Tomates en Cocottes (Eggs and Tomatoes in Cases).
 Petits Soufflés au Chocolat (Chocolate Soufflés).

Macaroni aux Tomates (Macaroni and Tomato Sauce).
 Croquettes de Merlan à la Soubise (Whiting Croquettes and
 Onion Sauce).
 Cabillaud à l'eau, Sauce aux Huitres (Boiled Cod and Oyster
 Sauce).
 Pommes de Terre Soufflées (Soufflé Potatoes).
 Petits Bolas (Little Bola Cakes).

Vol-au-vent de Poisson (Fish Vol-au-vent).
 Œufs en Surprise (Eggs and Oyster Force meat).
 Maïs aux Tomates (Canned Corn and Tomatoes).
 Salade de Céleri-rave aux Betteraves (Celeriac and Beetroot
 Salad).
 Gâteau de Riz aux Pommes (Rice and Apple Pudding).

Potage : Printanier (Spring Soup).
 Croquettes de Huitres (Oyster Sausages).
 Timbale de Poisson à la Romaine (Roman Fish Pudding).
 Salade à la Russe (Russian Salad).
 Tourte aux Fruits (Fruit Tart).

Omelette aux fine Herbes, Sauce aux Crevettes (Omelet and
 Shrimp Sauce).
 Cabillaud à la Grand Hotel (Sliced Cod and Grand Hotel
 Sauce).
 Chauffroix de Merlans (Whiting Chauffroix),
 Kari de Légumes à l'Indienne (Dry Vegetable Curry).
 Crème Renversée (Steamed Custard Pudding).

Consommé aux Pointes d'Asperges (Clear Soup and Asparagus Points).

Soufflé de Poisson (Fish Soufflé).

Filets de Sole à la Claudine (Filletted Sole and Claudine Sauce).

Pilau Maigre (Fish Pilau).

Crèmes à la Marlborough (Luxette Marlborough creams).

Potage à la Conti (Flageolet Soup).

Œufs en Rissoles (Egg Rissoles).

Choux-fleurs en Beignets (Cauliflower Fritters).

Pommes de Terre en Soufflés (Baked and Seasoned Potatoes).

Salade Russe (Russian Salad).

Œufs au Lait, au Café (Scrambled Eggs and Coffee).

Consommé aux Profiterolles (Clear Soup and Pastry Rolls).

Timbale de Ravioli aux Tomates (Ravioli Pie and Tomato Sauce).

Macédoine de Légumes en Aspic (Vegetables in Aspic).

Champignons au Beurre (Mushrooms in Butter).

Crêpes au Citron (Pancakes with Lemon Juice).

Purée d'Épinards (Thick Spinach Soup).

Macaroni aux Œufs Mollets (Macaroni and Poached Eggs).

Beignets de Lentilles (Lentil Fritters).

Salade à la Française (French Salad).

Topinambours au Gratin (Scalloped Jerusalem Artichokes).

Pouding à la Juive (Almond Pudding).

Potage Printanier (Spring Soup).

Cannelons de Champignons (Mushroom Cannelons).

Tomates au Gratin (Scalloped Tomatoes).

Salade de Céléri-rave aux Betteraves (Celeriac and Beetroot Salad).

Pommes au Four (Baked Apples).

Consommé aux Pâtes d'Italie (Clear Soup, with Italian Paste).

Tomates aux Champignons (Tomatoes and Mushrooms).

Œufs à la Marguerite (Eggs à la Marguerite).

Tourte de Pommes (Apple Tart).

Purée Parmentier aux Pointes d'Asperges (Potato Soup with Asparagus Points).

Œufs Brouillés aux Tomates (Scrambled Eggs and Tomatoes).

Maïs à la Béchamel (Canned Corn and White Sauce).

Risotto à la Milanaise (Milanese Rice).

Omelette Soufflée (Baked Omelet).

(These last six Menus are strictly Vegetarian.)

LUNCHEON MENUS.

Potage à la Soubise (Onion Soup).

Morue à la Bordelaise (Salt Cod and Bordelaise Sauce).

Sole Froide à la Colbert (Cold Sole à la Colbert).

Bolas (Bolas).

Huitres à la Crème (Oysters stewed in Cream Sauce).

Filets de Sole à la Horly (Filletted Sole à la Horly),

Riz en Casserole (Rice Casserole).

Crème de Groseilles Vertes (Gooseberry Fool).

Omelette aux Fines Herbes (Omelet and Herbs).

Riz au Kari (Curried Rice).

Gniocchi au Parmesan (Gniocchi and Parmesan).

Salade de Chicorée (Endive Salad).

Dumplings aux Pommes (Apple Dumplings)

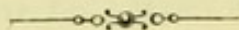
Nouilles en Croquettes (Croquettes of Nouilles).

Œufs au Soleil (Poached Eggs and Wine).

Soufflé d'Épinards (Spinach Soufflé).

Salade de Tomates aux Haricots Verts (Tomato and French
Bean Salad).

Soufflé au Macaroni (Macaroni Soufflé).



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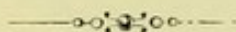
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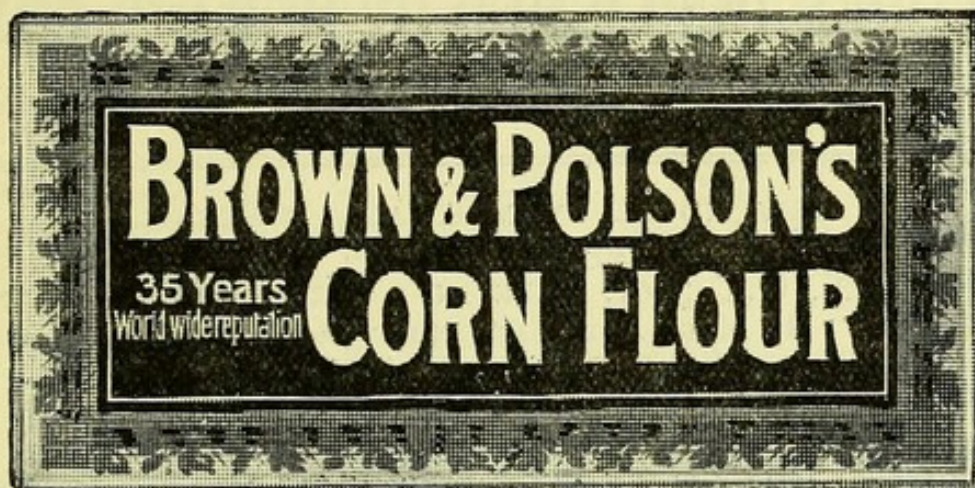
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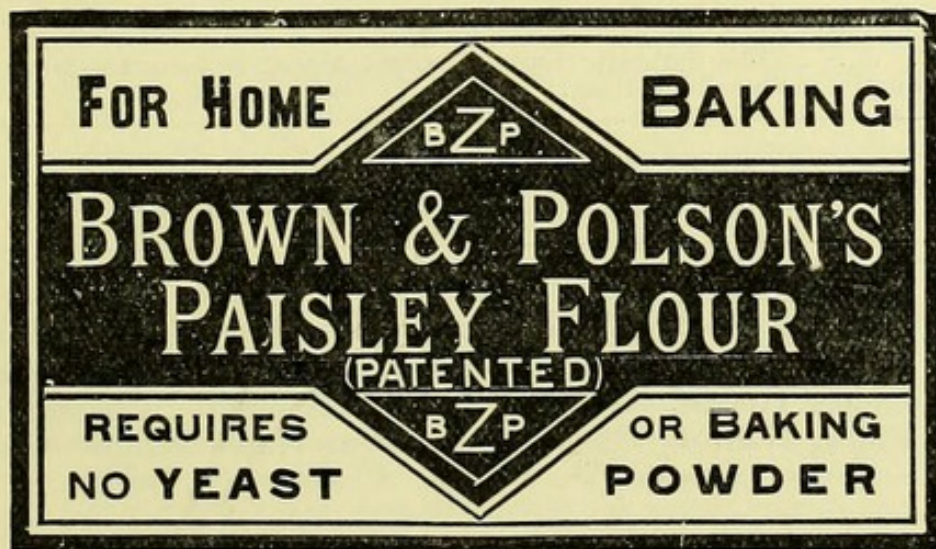




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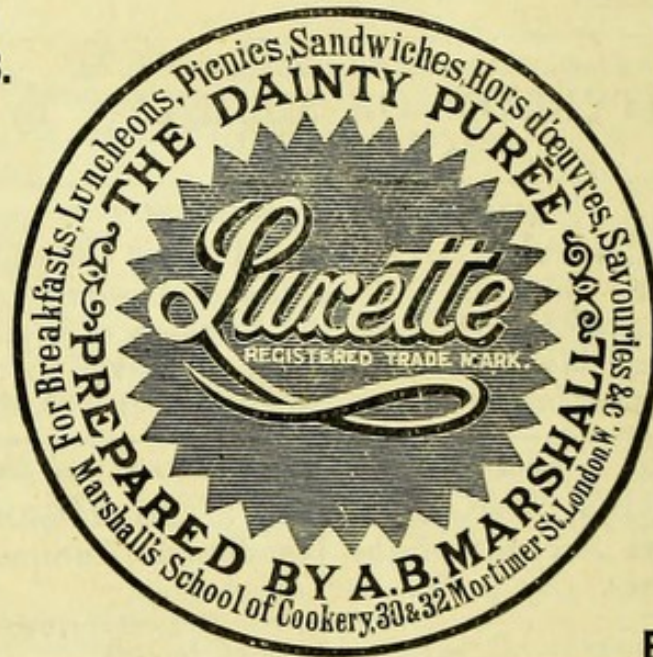
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