

## **Breakfast and savoury dishes / by R.O.C.**

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# BREAKFAST AND SAVOURY DISHERS

BY

R. O. C.

COMPILER OF THE "OFFICIAL HANDBOOK FOR THE NATIONAL TRAINING  
SCHOOL FOR COOKERY"

---

"Now, good digestion wait on appetite,  
And health on both."

MACBETH, Act III, Scene 4.

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LONDON: CHAPMAN AND HALL  
LIMITED

1885

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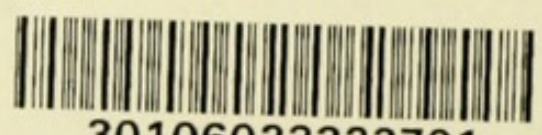
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AND

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CRYSTAL PALACE PRESS.

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**WITHDRAWN**  
FROM THE AMDEN PUBL

## PREFACE.

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IT has been suggested to me that a set of Recipes for the Breakfast Table, compiled in the same style as those in the "*Official Handbook of the National Training School for Cookery*," would be very useful, and the success which has attended the issue of that book has encouraged me to publish the present one.

The oft-repeated cry, "*What can we have for breakfast?*" has led me to make the present selection of Recipes, and my object has been throughout to try to have as much variety as possible, making use of the ordinary ingredients, without rushing into any great expense.

I do not look upon this little work as complete, and I shall hope to make additions to it, from time to time. All the present Recipes have been practically and carefully tested by MRS. BERRY, lately Chief Instructor at the National Training School for Cookery, and my thanks are due to her for her valuable assistance in the preparation of this little book.



It is impossible to make a book, especially a Cookery Book, perfect ; *I therefore invite those who wish, to send me any criticisms or suggestions.*

All communications may be addressed to R. O. C., care of the Publishers, 11, Henrietta Street, Covent Garden.

R. O. C.

*March, 1885.*

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# BREAKFAST

AND

## SAVOURY DISHES.

---

No. I.

### TEA.

Average cost of "Tea" (*for Six Persons*).

7 teaspoonsful of tea (about 2 oz.) 2/ per lb. ... 

s.	d.
0	3

*Time required, after the water boils, five minutes.*

N.B.—When the water is poured over the tea, it should not stand longer than five minutes, as after that time the tannin in the tea is extracted in such quantities as to render this drink unwholesome, and in many cases injurious.

---

1. Fill a kettle with *fresh cold water*, and put it over the fire to boil.

2. Rinse the teapot out in *hot water* to warm it; then put in the *tea* required, allowing *one teaspoonful for each person, and one over*.

3. When the *water* is quite boiling, pour it over the *tea* until the teapot is full; let the *tea* draw for *five minutes*, and it is then ready for use.



No. 2.

**COFFEE.**Average cost of "*Coffee*" (*for Three Persons*).*Ingredients.*

	<i>s. d.</i>
1½ oz. of Plantation coffee (whole) at 1/6 per lb. ...	... 0 2

*Time required, about half-an-hour.*

N.B.—Plantation coffee does for ordinary use, but Mocha coffee has a better flavour, or Plantation and Mocha coffee mixed if liked.

- 
1. Put a kettle of fresh cold water on the fire to boil.
  2. Take the *coffee*, put it in the coffee-mill, and grind it. There should be about *four good dessertspoonsful* (one dessertspoonful is allowed for each person, and one over).
 

N.B.—Ground coffee can be bought, but whole coffee, freshly ground each time, has a better flavour. Half-a-teaspoonful of chicory may be mixed with the coffee.

N.B.—If whole coffee is tossed in a frying-pan over the fire for about seven minutes and then ground, it will bring out the flavour afresh.
  3. Take the coffee-pot (a French tin one is most recommended) and pour in some hot water to warm it; then empty it.
  4. Take out the little strainer at the top, and put the *coffee* into the pot, on to the little tin plate, which covers the second strainer.

N.B.—This little tin plate is so placed, in order to prevent the water running through the strainer too quickly, before the goodness of the coffee has been extracted. Care should, therefore, be taken to see it is always in its proper place.

5. Now put in the first little strainer, and, when the water is quite boiling, pour in by degrees *a pint and a half*.

6. Stand the pot near the fire to keep warm. It should not be moved until all the *water* has passed through, or else the coffee will be made thick. It is now ready for use.

N.B.—The coffee grains cannot be used again ; but if there is any of the liquor over, it can be boiled and used instead of water with fresh coffee.



## No. 3.

**COCOA NIBS.**

Average cost of "*Cocoa*" (about *Three Pints*).

*Ingredients.*

	<i>s. d.</i>
2 large tablespoonsful of Trinidad cocoa nibs (whole) at 1/6 per lb. ... ..	o 3
3 pints of cold water ... ..	

*Time required, about three hours and ten minutes.*

1. Put *two large tablespoonsful of Cocoa* into a saucepan (an enamelled lined one is best), and pour in three pints of fresh cold water.

2. Put the saucepan on the fire, and when it just comes to the boil, move it to the side of the fire to simmer for *three hours*.

3. After that time, strain the *cocoa* into a jug, and when required for use it should be re-warmed.

N.B.—The nibs can be used again.

(a) They should be returned to the saucepan and half-a-pint of cold water poured over them, the saucepan put on the fire and boiled, and simmered as before, but only for one hour; then strain the liquor, and throw the nibs away.

(b) Pour the liquor back in the saucepan, and add one tablespoonful and a half of cocoa nibs, and two pints of fresh cold water; put the saucepan on the fire, and boil and simmer as above for three hours; after which, strain, and repeat recipe from N.B.

No. 4.

VIENNA BREAD.

Average cost of Ingredients.

						<i>s.</i>	<i>d.</i>
1 lb. Vienna flour	...	...	...	...	...	0	4
$\frac{1}{2}$ lb. household flour	...	...	...	...	...	0	$1\frac{1}{4}$
2 oz. butter	...	...	...	...	...	0	2
$\frac{1}{2}$ oz. castor sugar	}	...	...	...	...	0	$1\frac{1}{4}$
1 oz. German yeast						0	$1\frac{1}{4}$
1 egg	...	...	...	...	...	0	$1\frac{1}{4}$
3 gills milk	}	...	...	...	...	0	2
$\frac{1}{2}$ teaspoonful salt						0	2
						0	$11\frac{3}{4}$

*Time required (for rising, about one hour and ten minutes), about twenty minutes.*

1. Put all the *flour* together in a basin with the *salt*.

2. Make the *milk* tepid in a saucepan over the fire. Put the *yeast* and *sugar* in a basin, add the tepid *milk* and stir with a spoon until it is all dissolved, then add the *butter* and mix together.

3. Break an *egg* in the basin with the *flour*, then stir in with the hand the *milk*, etc., and knead it well together; stand the basin in a warm place, and let it rise for about *an hour*.

4. *Flour* a board, and the hands, and when the *paste* has risen, turn it on to the board, and make it up into fancy shapes, twists, small loaves, or rolls, according to taste. *Flour* a baking-sheet, and place them on to it, not too close together, or when they rise they will touch and spoil each other.



5. Put the baking-sheet in a warm place until the *bread* has risen sufficiently; it will take about *ten minutes*. Then put the tin in the oven, and when the *bread* is partly done, brush the *rolls*, etc., over with *milk*, and then continue to bake them; they will take altogether about *a quarter of an hour*.

6. When the *bread* is baked, turn the *loaves*, etc., on a sieve to cool.

No. 5.

**BROWN BREAD.**

Average cost of Ingredients.

	<i>s.</i>	<i>d.</i>
2 lbs. granulated or whole meal ... ..	0	6
2 oz. butter ... ..	0	2½
1 oz. German yeast ... ..	0	1
1 teaspoonful salt } ... ..	0	0¼
1½ pint tepid water } ... ..	0	0¼
	<hr/>	<hr/>
	0	9½
	<hr/>	<hr/>

*Time required, about a quarter of an hour for making; an hour and a quarter for rising; and from three-quarters to an hour for baking.*

1. Put the *meal* in a basin. Dissolve the *yeast* in half-a-pint of warm water.

2. Sprinkle the *salt* over the *meal* in the basin, and when the *yeast* is dissolved, stir it into the centre of the meal, then add the *butter* (which should be melted), and mix it with a spoon to a thick *batter*, in the middle of the *meal*.

3. Put a cloth over the basin, and stand it beside the fire or in a warm place for *a quarter of an hour*. Then stir in more *water* to the mixture, using only sufficient to form a smooth *paste*, not to let it stick to the fingers, or to need the addition of any more *meal*.

N.B.—The whole meal will not require so much water as the granulated meal, but both should be made less stiff than white bread.

4. Cover it again, and stand it aside to rise for *an hour*.



5. Then turn it on to a board (which should be sprinkled with *flour* to prevent the *paste* sticking), and knead it into loaves, either large or small, according to taste, or it can be put into tins (which should be floured), in which case it must stand aside again to rise for *ten minutes* before baking.

6. *Flour* a baking-sheet, and place the *loaves* on it, and put it in the oven to bake for from *three-quarters of an hour to one hour*.

7. When the *bread* is baked, turn the *loaves* upside down on a sieve to cool.

No. 6.

WHITE BREAD.

Average cost of "*White Bread*" (about a quartern).

*Ingredients.*

	...	...	...	<i>d.</i>
3½ lbs. flour (Seconds) at 2/4 the peck	...	...	...	0 7
1 oz. German yeast } ... ..	...	...	...	0 1
1 teaspoonful salt } ... ..	...	...	...	0 8
				0 8

*Time required, quarter of an hour for making, two or three hours for rising, and one hour and a half for baking.*

1. Take *three pounds and a half of seconds flour*, put *three pounds* of it into a large pan, and make a hole or well in the centre of the *flour*.

N.B.—Half-a-pound is reserved to work the bread up with.

2. Put *one ounce of German yeast* into a basin.

3. Add about *a gill of tepid water*, and stir the *yeast* into a stiff *paste*.

4. Then fill the basin with *lukewarm water*, and stir the *yeast* smoothly, making in all about *one pint and three gills*.

5. Add to the *flour a teaspoonful of salt*, and then pour in by degrees the *yeast*, mixing the *flour* lightly into a *dough* with the hands.

6. Add more *lukewarm water* if the *dough* is too stiff.

N.B.—Be sure to mix up all the flour into dough.

7. Sprinkle about *a tablespoonful of dry flour* over the *dough*, and cover the pan with a cloth.

8. Place the pan near the fire for at least *two hours* to let the *dough* rise.



9. When the *dough* has risen sufficiently, take up the pan and work in more *flour*, if necessary, to make the *dough* stiff enough to turn out of the pan.

N.B.—Keep your hands well floured all through the process of bread making.

10. Turn the *dough* out on a well-floured board, and knead it well, using up a good deal more *flour*.

11. Divide the *dough* into *six* equal pieces, knead each piece separately, and make into a *loaf*.

N.B.—If the bread is to be baked in tins we form each loaf into a dumpling or ball (with a smooth surface and no cracks in it), either long or round according to the shape of the tin.

12. Put the *bread* into the tins, which should be well *floured*.

13. Cut a slit in the top of the *dough*, or prick it with a fork.

If the bread is to be made into cottage loaves—

14. Divide each piece into *two*, one rather larger than the other.

15. Make each into a ball, put the smaller one on the top of the other, and press your forefinger into the middle of the top.

N.B.—Cottage loaves are baked on floured tins.

N.B.—If there are no tins the oven shelf should be washed and floured, and a tin is not then necessary.

16. Let the *loaves* rise *half-an-hour* in a warm place before putting them in the oven.

17. Then put them in the oven for about *one hour and a half*.

N.B.—To test if the bread is sufficiently baked we should run a clean knife into the loaves, and if it comes out perfectly bright the bread is done.

18. When the *bread* is taken out of the oven stand each *loaf* up on its side to cool. It is then ready for use.



No. 7.

SCONES.

Average cost of "Scones" (about Eight).

Ingredients.

						s.	d.
1 lb. flour	...	...	...	...	...	0	2 $\frac{1}{4}$
$\frac{1}{2}$ pint milk	...	...	...	...	...	0	1 $\frac{1}{4}$
3 oz. butter	...	...	...	...	...	0	3
$\frac{1}{2}$ oz. cream of tartar	}	...	...	...	...	0	1
$\frac{1}{4}$ oz. carbonate of soda						0	1
1 oz. castor sugar						0	7 $\frac{1}{2}$
						0	7 $\frac{1}{2}$

Time required, about forty minutes.

1. Put one pound of flour into a basin and mix into it half-an-ounce of cream of tartar, a quarter of an ounce of carbonate of soda, and one ounce of castor sugar.

2. Take three ounces of butter, and rub it well into the flour with your hands.

3. Turn it out on to a floured board.

4. Mix it into a smooth paste with half-a-pint of milk.

5. Flour a rolling pin and roll it out to make sure that the butter is well mixed in the flour.

6. Flour the rolling-pin and roll out the paste to a thin sheet, about one-third of an inch in thickness.

7. Take a knife, dip it in flour, and cut the paste into triangular pieces, each side about four inches long.

8. Flour a tin, put the scones on it, and bake them directly in the oven for thirty to forty minutes.

9. When the scones are half done, brush them over with milk.

N.B.—Scones if liked should be split, toasted, and buttered, and served hot.



No. 8.

## BROWN MEAL SCONES.

Average cost of "*Brown Meal Scones*" (to make *Eight*).*Ingredients.*

						<i>s.</i>	<i>d.</i>
1	lb.	granulated wheat meal	...	...	...	0	3
$\frac{1}{4}$	lb.	butter	...	...	...	0	4
$\frac{1}{4}$	lb.	castor sugar	...	...	...	0	1
$\frac{1}{4}$	oz.	carbonate of soda	}	...	...	0	1
$\frac{1}{2}$	oz.	cream of tartar		...	...	0	1
$\frac{1}{2}$	pint	cold milk	...	...	...	0	1 $\frac{1}{4}$
						0	10 $\frac{1}{4}$

(No salt is required if salt butter is used.)

*Time required, about half-an-hour.*

1. Put the *flour* in a basin, add the *butter*, and rub it in well with your hands until it is quite mixed; then mix in lightly the *sugar*, *soda*, and *cream of tartar*. Add the *milk*, and stir only sufficiently to make it into a smooth paste.

2. *Flour* a board and the rolling-pin, and roll out the *paste* to about *an inch* in thickness.

3. Dip a knife in *flour* and cut the *paste* into triangular pieces, each side about *four inches* long.

4. *Butter* a baking-sheet, and place the *scones* on it, and bake them in a moderate oven for about *a quarter of an hour*. When the *scones* are half done, they should be brushed over with a little *milk*. For serving, if liked they can be split in half, *toasted* and *buttered* and served hot.



No. 9.

Camden P. L.

GALETTES.

Average cost of Ingredients.

FIRST MIXTURE.						s.	d.
$\frac{1}{2}$ lb. Vienna flour	...	...	...	...	...	0	2
$\frac{1}{2}$ oz. German yeast	}	...	...	...	...	0	1 $\frac{1}{2}$
1 gill milk (tepid)							
Salt							
$\frac{1}{2}$ teaspoonful castor sugar							
						0	3 $\frac{1}{2}$
						<hr/>	
SECOND MIXTURE.						s.	d.
$\frac{1}{2}$ lb. household flour	...	...	...	...	...	0	1 $\frac{1}{4}$
3 eggs	...	...	...	...	...	0	3 $\frac{1}{4}$
$\frac{1}{2}$ gill milk	}	...	...	...	...	0	3 $\frac{1}{4}$
3 oz. butter							
						0	8 $\frac{1}{4}$
						<hr/>	

Time required (for rising, one hour and twenty-five minutes), about twenty minutes.

1. Make the first mixture; put the *yeast* and *sugar* into a small basin, add the tepid *milk*, and mix it with a spoon until quite dissolved.

2. Put the *flour* and *half-a-saltspoonful of salt* in a basin, then add to it the *milk*, etc., and mix it into a smooth *paste*. Put the basin in a warm place to rise for *half-an-hour*.

3. Make the second mixture; put the *flour* in a large basin; add the *butter* in one piece (without mixing it), break in the *eggs*, pour in the *milk*, and beat it well with the hand. Stand the basin in a warm place to rise for *an hour*.

4. *Flour* a board, and the hands (to prevent the *paste* sticking), turn the *paste* out on to the board and work it up together. Form the *paste* into the shape of round or oblong buns. They should be all of one size.



5. *Flour* a baking-sheet, and put the buns on it, and let them rise in a warm place for *ten minutes*; brush them over with a little *milk*, and sprinkle over a little *castor sugar*.

6. Then put the tin into a quick oven to bake for about *a quarter of an hour*. When baked, turn the *galettes* upside down on a sieve to cool.

No. 10.

## MUFFINS.

Average cost of "Muffins" (to make about Two Dozen).

### Ingredients.

		<i>s. d.</i>
2 lbs. best flour	... ..	0 6
1 gill brewers' yeast	} ... ..	0 2
1 teaspoonful salt		
1 quart water		
		0 8
		0 8

*Time required (for rising, five hours and ten minutes), about twenty minutes.*

1. Put the *flour* in a basin, and mix in the *salt*.
  
2. Put the *yeast* into a jug, and pour on it a *quart* of *lukewarm water*; stir it up, and let it stand for *ten minutes*, then pour it gradually into the *flour*; mix it well—it should be like rather a stiff *batter*. Cover the basin with a cloth, and stand it in a warm place for *four hours*.
  
3. After that time, *flour* a board, break the *paste* into small pieces half the size of a *muffin*, put them on the board, and press or roll them into shape; then lay them on a *floured* baking-sheet, and let them rise for *one hour* before baking.
  
4. They must be baked on a hot iron or stove for *seven or eight minutes* (not in the oven). For serving, they should be *toasted* and *buttered*.

N.B.—German yeast might be used instead, about two ounces; but brewers' yeast is better.



## No. 11.

## CRUMPETS.

Average cost of "*Crumpets*" (to make about One Dozen).

*Ingredients.*

	<i>s. d.</i>
1 lb. best flour	0 3
2 tablespoonsful brewers' yeast	0 1
$\frac{1}{2}$ teaspoonful salt	0 1
About $1\frac{1}{2}$ pint lukewarm water	0 4
	<hr style="width: 10%; margin: 0 auto;"/>
	<u>0 4</u>

*Time required (for rising, two hours and ten minutes), about a quarter of an hour.*

1. Put the *flour* in a large basin, and mix in the *salt*.

2. Put the *yeast* in a jug with the lukewarm *water*, stir it up, and let it stand for *ten minutes*, then pour it gently on to the *flour*, but do not disturb the sediment at the bottom of the jug. Mix it well till it is a smooth *batter*, about the same consistency as for Yorkshire pudding, cover the basin with a cloth, and stand it aside in a warm place, or in some warm water, to rise for *two hours*.

3. Place the rings (made for the purpose) on to the hot iron or stove, for baking, and pour the *batter* gently into the rings (without disturbing the bottom of the *batter*) and bake them. They must be watched, and when the top of the *batter* is covered with small bladders turn the rings carefully to the other side with a palette knife, when they will soon be done. They will only take about *five minutes* to bake. For serving they should be *toasted* and *buttered*.

N. B.—Crumpets must be baked on a hot plate, not in the oven, and it is necessary to bake them in rings or the batter will not keep in shape. German yeast (about one ounce) might be used, but brewers' yeast is better.



No. 12.

## OAT CAKE.

Average cost of "Oat Cakes" (to make about Twelve).

### Ingredients.

				s.	a.
1 lb. medium oatmeal	...	...	...	0	2
$\frac{1}{2}$ teaspoonful salt	}	...	...	0	$0\frac{1}{2}$
1 oz. clarified dripping		...	...	0	$0\frac{1}{2}$
$\frac{1}{2}$ oz. carbonate of soda	}	...	...	0	1
$\frac{1}{2}$ oz. fine oatmeal		...	...	0	$3\frac{1}{2}$
				0	$3\frac{1}{2}$
				0	$3\frac{1}{2}$

*Time required, about half-an-hour.*

1. Put *half-a-pint of water* in a saucepan, add the *dripping, soda, and salt*, put the saucepan over the fire and warm the contents, stir them until they are quite mixed.

2. Put the *medium oatmeal* in a basin, pour in the *warm water, dripping, etc.*, and mix it all well together to a *smooth paste*.

3. Take a pastry-board and rolling-pin and sprinkle over them the *fine oatmeal* (this is to prevent the *paste* sticking), turn the *paste* on to the board and roll it out quite thin (about the *eighth of an inch* thick).

4. Then cut out the *paste* into square or round pieces, put them on a baking-sheet to bake in a moderate oven until they are quite crisp (they will take about *ten minutes*), then place them on a tin to dry.

5. They can be served hot or cold according to taste ; if hot, they should be placed in a folded napkin.



No. 13.

## SHORT-BREAD.

Average cost of Ingredients.

							<i>s.</i>	<i>d.</i>
$\frac{1}{4}$ lb. flour	...	...	...	...	...	...	0	$0\frac{3}{4}$
2 oz. butter	...	...	...	...	...	...	0	2
1 oz. castor sugar	...	...	...	...	...	...	0	$0\frac{1}{4}$
								<hr/>
							0	3
								<hr/> <hr/>

*Time required, about half-an-hour.*

1. Put *two ounces of butter* in a saucepan, and put it on the fire to melt and warm.

2. Put *a quarter of a pound of flour* into a basin with *one ounce of castor* (pounded lump) *sugar*, and the *melted butter*.

3. Mix these ingredients well together.

4. Flour a board and turn the *paste* out on it.

5. Flour your hands and knead the *paste* well.

6. Take a rolling-pin, flour it, and roll out the *paste* to about *one-third of an inch* in thickness.

7. *Flour* a knife and cut the *paste* into oval shapes.

8. *Grease* a baking-tin with *dripping* or *butter*.

9. Put the *short-bread* on the tin, and put it in the oven to bake till a pale brown. Then take out the tin and set the *short-bread* aside to cool; it is then ready for serving.

No. 14.

## MILK ROLLS.

Average cost of "*Milk Rolls*" (about Twelve).

### Ingredients.

	<i>s.</i>	<i>d.</i>
1 lb. self-raising flour ... ..	0	3
2 oz. butter ... ..	0	2
Milk ... ..	0	1
	0	6
	0	6

*Time required, about half-an-hour.*

1. Put *one pound of self-raising flour* into a basin and rub *two ounces of butter* into it with your hands.

2. Add sufficient *milk* to make it into a lithe firm *dough*.

3. Sprinkle *flour* over a board, and turn the *dough* out on it.

4. Take a knife, dip it in *flour*, and cut the *dough* into *twelve pieces*.

N.B.—Keep your hands floured to prevent the dough from sticking to them.

5. Form each piece into a small roll.

6. *Flour* a baking-tin.

7. Put these rolls on to the tin, and put the tin in the oven to bake for *twenty minutes*.

8. The *milk rolls* will then be ready for use.



No. 15.

## YORKSHIRE TEA CAKES.

Average cost of "Yorkshire Tea Cakes" (about Two).

## Ingredients.

	s.	d.
$\frac{3}{4}$ lb. flour ... ..	0	$1\frac{3}{4}$
$1\frac{1}{2}$ gill milk ... ..	0	$0\frac{1}{4}$
1 oz. butter ... ..	0	1
1 egg ... ..	0	$1\frac{1}{4}$
$\frac{1}{2}$ oz. German yeast ... ..	0	$0\frac{1}{2}$
		<hr/>
	0	<u><u>5<math>\frac{1}{4}</math></u></u>

Time required, about one hour and a half.

1. Put *one gill and a half* (one gill is a quarter of a pint) of *milk* into a small saucepan and put it on the fire.
2. Put *half-an-ounce of German yeast* into a basin, and when the *milk* is just warm pour it on to the *yeast*.
3. Put *three-quarters of a pound of flour* into a large basin, and rub into it *one ounce of butter*.
4. Beat up *one egg* in a cup, and then add it to the *flour*.
5. Now pour the *yeast and milk* through a strainer into the basin, and mix all well together with a wooden spoon.
6. *Flour* a board and turn the *dough* out on it.
7. *Flour* your hands and knead the *dough* for a minute or two.
8. Take a knife, dip it in flour, and divide the *dough* into *cakes*.
9. Take some cake tins (as many as are required), and grease them inside with *dripping*.

10. Put the *cakes* into the tins.

N.B.—The tins should be only three-quarters full, so as to allow for the cakes to rise.

11. Stand the tins near the fire, and allow the *cakes* to rise for *one hour*.

12. After that time put the tins into the oven to bake for *a quarter of an hour*.

13. Then turn the *cakes* out of the tins, and place them on a sieve to cool. They are then ready, and if liked can be cut in rounds, toasted, buttered, and served hot.



No. 16.

## POACHED EGGS.

Average cost of Ingredients.

1 fresh egg	...	...	...	...	...	1½d. or	s. d.
About 6 drops of lemon-juice or vinegar						0	2
Salt						0	0½
						<hr/>	
						0	2½
						<hr/>	

*Time required, about five minutes.*

1. Put a saucepan full of water on the fire to boil.

2. When the water is quite boiling sprinkle in *a dessert-spoonful of salt*, and squeeze in *six drops of lemon-juice*, or *half-a-teaspoonful of vinegar*.

N.B.—The lemon-juice, or vinegar, helps to set the white of the egg, and makes it poach much better, but an egg can be poached without it.

3. Take an *egg* and break it carefully into the boiling water, holding it as close to the water as possible, so that the *egg* may slip gently into the water.

N.B.—Great care should be taken not to break the yolk of the egg, or it will be spoiled.

4. When the *egg* has boiled for *three minutes* take it carefully out of the *water* with an egg-slice, and drain all the *water* from it.

N.B.—If there are any rough edges of the white of the egg, trim them neatly round with a knife.

5. The *egg* is now ready for serving, according to taste.

N.B.—Poached eggs are generally served on squares of hot buttered toast, or on mashed potato, or spinach.



No. 17.

EGGS IN CASES.

Average cost of Ingredients (*for Four*).

							<i>s. d.</i>
4 eggs	...	...	...	...	...	...	0 6
2 oz. butter	...	...	...	...	...	...	0 2½
1 tablespoonful bread-crumbs	}	...	..	...	...	...	0 1¼
1 teaspoonful chopped parsley							
½ teaspoonful chopped shalot							
Pepper and salt							
							0 9¼

*Time required, about a quarter of an hour.*

1. Take half a *shalot* and two or three sprigs of *parsley*, wash and dry them, peel the *shalot* and chop them both up very finely on a board; there should be a teaspoonful of *parsley*, and half-a-teaspoonful of *shalot*.

2. Rub some *crumb of bread* through a wire sieve (there should be a tablespoonful), then put it on a tin and brown the *crumbs* in the oven.

3. Take *four* small soufflet-cases (china are the best), and *butter* them lightly inside, then sprinkle in the *bread-crumbs*.

4. Put at the bottom of each case *one-fourth* of the remaining *butter*, and part of the chopped *shalot* and *parsley*.

5. Mix a *saltspoonful of salt* and *half-a-saltspoonful of pepper*, and sprinkle some into each case.

6. Break an *egg* into each case; put the cases on a baking-sheet in the oven until the *eggs* are just cooked through—it will take about *three minutes*. Do not let them become hard. They should be served at once on a hot dish.

N.B.—If liked, they may be steamed, then carefully turned out of the case, and served round some dressed spinach or mashed potato.



No. 18.

## BUTTERED EGGS.

Average cost of Ingredients.

	<i>s.</i>	<i>d.</i>
3 eggs ... ..	0	3 $\frac{3}{4}$
2 oz. butter ... ..	0	2 $\frac{1}{2}$
Pepper and salt		
1 tablespoonful of chopped ham or tongue, or grated cheese	}	0 1 $\frac{1}{2}$
2 slices of bread		
	0	7
	<hr/>	<hr/>

*Time required, about ten minutes.*

1. Toast the slices of *bread* in front of the fire, then put them on a board, and cut them into *six round pieces* (about the size of the foot of a wine-glass).

2. Put the *butter* into a clean saucepan, break in the *eggs*, and add a *small teaspoonful of salt* and *pepper*, mixed; stir this very quickly with a wooden spoon over a quick fire, and when it becomes thick, pour it at once on to the *toast*, so that each piece is nicely covered. It is then ready for serving at once.

N.B.—Care should be taken not to let the buttered egg cook too much, or it will harden. The addition of a tablespoonful of cream is a great improvement.

N.B.—If liked, about a tablespoonful of chopped ham or tongue may be sprinkled on the top of the buttered egg; or, if served as a savoury, grated cheese sprinkled on the top is a great improvement.

No. 19.

ŒUFS AU BEURRE NOIR.

Average cost of Ingredients.

							<i>s. d.</i>
2 eggs	...	...	...	...	...	...	0 2½
2 oz. butter	...	...	...	...	...	...	0 2
1 teaspoonful vinegar	}		...	...	...	...	0 0½
Pepper and salt			...	...	...	...	0 5
							<hr style="width: 100%; border: 1px solid black;"/>

*Time required, about ten minutes.*

1. Put the *butter* in a small frying-pan; put it over the fire to melt, until it has become a pale brown colour.

N.B.—Care must be taken that it does not burn.

2. Break the *eggs* into a cup, and put them carefully into the *butter*. Sprinkle over each one *a saltspoonful of salt* and *pepper* mixed. Let them cook for *three minutes* until they are set; then take them out with a fish-slice, and put them on a hot dish.

3. Add the *vinegar* to the *butter* in the pan, stir it, and pour it over the *eggs*. It should be served at once.

N.B.—If liked, the *eggs* may be cooked in the oven, on the same dish in which they are to be served. Butter the dish first, and then carefully break the *eggs* on the dish. Put them in the oven for about three minutes until they are set; then pour the *butter-sauce* over, and serve at once.



No. 20.

**BACON AND POTATOES.**

Average cost of Ingredients.

							<i>s.</i>	<i>d.</i>
$\frac{1}{2}$ lb. bacon	...	...	...	...	...	0	6	
$\frac{1}{2}$ lb. potatoes (boiled)	}	...	...	...	...	0	1 $\frac{1}{4}$	
Salt and pepper		...	...	...	...	0	7 $\frac{1}{4}$	
							<hr/>	
							0 7 $\frac{1}{4}$	
							<hr/>	

*Time required, about twenty minutes.*

1. Cut the *bacon* into thin slices and take off the rind ; put it into a frying-pan, and fry the *bacon* over the fire a nice brown ; then take out the slices and put them on a hot plate near the fire to keep hot.

2. Take the *potatoes*, which must have been already boiled, put them into the pan with the fat from the *bacon*, add about a *saltspoonful of pepper* and *salt* mixed, and mash them up with a fork over the fire, until they are quite hot ; then press them tightly towards one end of the pan with a spoon, and leave them to brown until they form a crust.

N.B.—This is a good way of using up cooked potatoes left from the previous day.

3. When the crust of *potato* is browned, place it in the centre of a hot dish (brown side uppermost), and arrange the *bacon* nicely on the top of the *potato*. Serve very hot.







## No. 22.

## KIDNEYS WITH TOMATOES.

## Average cost of Ingredients.

	s.	d.
3 kidneys ... ..	0	9
4 tomatoes ( $\frac{1}{2}$ lb.) depends on the season ...	0	6
1 small onion		
1 teaspoonful chopped parsley } ... ..	0	$0\frac{1}{2}$
1 gill stock ... ..	0	2
$\frac{1}{2}$ oz. flour		
Pepper and salt } ... ..	0	$1\frac{1}{4}$
1 oz. butter		
1 egg ... ..	0	$1\frac{1}{4}$
1 oz. fat bacon ... ..	0	$0\frac{3}{4}$
Sifted bread-crumbs ... ..	0	1
$\frac{1}{2}$ lb. lard or clarified dripping ... ..	0	5
	<hr style="width: 100%;"/>	<hr style="width: 100%;"/>
	2	$2\frac{3}{4}$

*Time required, about half-an-hour.*

1. Take the *tomatoes*, wipe them with a clean cloth, and put them in a small stew-pan with the *bacon* cut in slices; put the stew-pan by the side of the fire, and let the *tomatoes* simmer until quite soft. They will take about *ten minutes*.

2. Cut the *kidneys* in half, and carefully take off the skin; wash the *onion* and *parsley* in cold water, dry them, and chop them up very finely on a board.

3. Melt the *butter* on a plate in front of the fire; add the chopped *parsley* and *onion*, a *saltspoonful* of salt, and *half-a-saltspoonful* of pepper. Now break in an *egg*, and mix all together.

4. Dip the pieces of *kidney* in, and then cover them with the *sifted bread-crumbs* (not too thickly).

N. B.—The kidneys can be grilled on a gridiron, or fried in fat.

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5. Put the *lard* or *clarified dripping* into a stew-pan, and heat it over the fire.

6. When the *tomatoes* are done, add to them the *flour* and *stock*, stir it well, and be careful not to let it be lumpy. Let it then simmer again for about *ten minutes*.

7. When the *fat* is quite boiling, put the *kidneys* in a frying-basket, and then put the basket into the *boiling fat* until the *kidneys* are a pale brown. Care must be taken not to fry them too much; they will take about *two or three minutes*.

8. Now place the *kidneys* on a piece of whitey-brown paper, to drain off the grease. Then arrange them tastily on a hot dish, and strain the *tomato-sauce* round the *kidneys*, and serve at once.

N. B.—If liked, the kidneys may be served on pieces of fried or toasted bread, or if for dinner, on mashed potatoes or spinach.



No. 23.

## KIDNEYS À LA MAÎTRE D'HÔTEL.

Average cost of Ingredients.

	s.	d
3 kidneys ... ..	0	9
1½ oz. butter ... ..	0	1½
1 teaspoonful chopped parsley	}	0 1
1 teaspoonful lemon-juice		
½ saltspoonful pepper		
1 saltspoonful salt		
	0	11½

Time required, about a quarter of an hour.

1. Put the *butter* on a plate and add the *chopped parsley*, *lemon-juice*, and part of the *pepper* and *salt*, also *two or three grains of cayenne pepper*. Mix all well together and divide into *three parts*.

2. Take the *kidneys* quickly, dip them in *cold water* and wipe them with a clean cloth, split them open and skin them, and put them on a skewer to keep them flat, then put them on a gridiron, the inside of the *kidney* turned first towards the fire.

3. They must be watched, and turned in about *seven minutes* when done on the one side, then put them on a hot dish and season them with the remainder of the *pepper* and *salt*.

4. Place a piece of *green butter* on each *kidney* and serve very hot. If liked, the *kidneys* may be placed on *pieces of toast*.

N.B.—Kidneys should always be underdone ; if over-cooked, they become hard and indigestible.



No. 24.

KIDNEY OMELETTE.

Average cost of Ingredients.

	s.	d.
3 eggs ... ..	0	3 $\frac{3}{4}$
1 sheep's kidney ... ..	0	3
$\frac{1}{2}$ teaspoonful finely chopped shalot	}	0 2 $\frac{1}{4}$
$\frac{1}{2}$ teaspoonful finely chopped parsley		
$1\frac{1}{2}$ oz. butter		
Pepper and salt		
	0	9
	0	9

*Time required, about a quarter of an hour.*

1. Take the *kidney*, wipe it with a clean cloth, and skin it carefully, cut it into little dice; wash, dry, and chop up the *shalot* and *parsley*; put *half-an-ounce of butter* into a small stew-pan, and add the *kidney*, *shalot*, and *parsley*; put it over the fire and stir with a spoon until it is just cooked, but not too much.

2. Put the *ounce of butter* into a clean omelette-pan and melt it over the fire, break the *eggs* into a basin, add *a teaspoonful of salt* and *pepper* mixed, and beat them together. Now pour the *eggs* into the omelette-pan, and stir them quickly over a quick fire; when almost cooked, put the *kidney*, *shalot*, and *parsley* in the centre, fold the *omelette* over on to one side, and turn it on to a hot dish.

N.B.—If made properly, the kidney should not be seen until the omelette is cut.

N.B.—An omelette with mushrooms can be made in the same way, cooking the mushrooms first, and leaving out the shalot and parsley.



No. 25.

## SAVOURY OMELETTE.

Average cost of Ingredients.

	s.	d.
2 eggs ... ..	0	2½
Salt, pepper, and parsley ... ..	0	0¾
1 oz. butter ... ..	0	1¼
	<hr/>	<hr/>
	0	4½
	<hr/>	<hr/>

*Time required, about four minutes.*

1. Break *two eggs* into a basin.
2. Add a *teaspoonful of salt* and *pepper* mixed.
3. Take a *sprig of parsley*, wash it, dry it, and chop it up finely on a board (there should be about a *teaspoonful*).
4. Add the chopped *parsley* to the *eggs*.
5. Beat the *eggs* lightly for *two seconds* with a fork.

N.B.—The omelette could be flavoured with chopped herbs or mushrooms, with bacon or kidney cut in small pieces, or with grated cheese, according to taste.

6. Take *one ounce of butter*, and put it in an omelette or frying-pan.
  7. Put the pan on the fire to melt the *butter*.
- N.B.—The fire should be bright and clear.
8. Wait till the *butter* is quite hot, taking care that it does not burn.
  9. Pour the mixture of the *egg* into the pan.

10. Stir the mixture quickly with a spoon.

11. Shake the pan to prevent the *omelette* from sticking or burning.

12. As soon as the edges begin to set, fold it over quickly towards the handle of the pan with a spoon, turn it over on the other side for *a second*, and then on to a hot dish, and it should be served at once.



No. 26.

## TOMATO OMELETTE.

Average cost of Ingredients.

	<i>s. d.</i>
3 eggs ... ..	0 3 $\frac{3}{4}$
1 large tomato ... ..	0 2
$\frac{1}{2}$ teaspoonful chopped shalot	} ... .. 0 2
1 $\frac{1}{2}$ oz. butter	
Pepper and salt	0 7 $\frac{3}{4}$
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Time required, about a quarter of an hour.

1. Put the *butter* in an omelette-pan, add the *half-teaspoonful of chopped shalot* (it must be very finely chopped), and cook it over the fire for about *three minutes*, until the *shalot* is soft. Care must be taken not to let it brown or burn.

2. Peel the *tomato*, and cut it in small pieces; put it in a basin, and add to it the *yolks of three eggs*, and a *teaspoonful of salt* and *pepper* mixed. Stir all well together.

3. Whip the *whites of the eggs* to a stiff froth, and stir them lightly into the *yolks of eggs* and *tomato*; then pour the mixture into the omelette-pan, and stir it lightly over the fire till cooked. Try and keep it in a good shape; it will take about *five minutes*, and requires a very quick fire. Care must be taken not to let it burn, or stick to the bottom of the pan.

4. For serving, it should be turned on to a hot dish, and, if liked, some *brown gravy* may be poured round.

No. 27.

## GRILLED MUSHROOMS.

Average cost of Ingredients.

		<i>s. d.</i>
6 large mushrooms (according to season)	...	0 9
2 oz. butter	}	
Pepper and salt	} ... ..	0 2
		0 11½
		0 11½

*Time required, about twenty minutes.*

1. Wash and peel the *mushrooms*, and take off the stalks.

N.B.—The peelings and stalks of mushrooms can be used to flavour sauce.

2. Put the *mushrooms* on a gridiron, and sprinkle them with about a *teaspoonful of salt and pepper* mixed. Place the gridiron in front of a nice clear fire, the outside of the *mushrooms* turned towards the fire. They will take about *ten minutes*, and need not be turned.

N.B.—If the fire be not clear enough, the mushrooms can be done in the oven. Place them on a buttered baking-sheet. They will take about a quarter of an hour to cook in a hot oven.

3. When the *mushrooms* are done, put them on a hot dish; divide the *butter*, and put a piece on each *mushroom*.

N.B.—If liked, the mushrooms may be served on hot buttered toast or fried croutons.



No. 28.

## STEWED MUSHROOMS.

Average cost of Ingredients.

	<i>s. d.</i>
1 pint small mushrooms—button mushrooms are best—(the price varies according to the season) ... ..	1 0
1 oz. flour	
1½ oz. butter	
½ teaspoonful lemon-juice	
Pepper and salt	
	} ... .. 0 2½
	1 2½

*Time required, about forty minutes.*

1. Wash, peel, and trim the *mushrooms* carefully, but do not remove the stalks.

2. Put them into a stew-pan with *half-a-pint of cold water*, *half-a-teaspoonful of lemon-juice*, and the *seasoning*, about a *teaspoonful of salt* and *half-a-saltspoonful of pepper*.

3. Put the stew-pan by the side of the fire, to simmer gently for *half-an-hour*.

4. Then mix the *butter* and *flour* on a plate with a knife until it is quite smooth, and then add it to the *mushrooms* and let all simmer for *five minutes* longer, stirring it carefully all the time.

5. It should be served at once on a hot dish.

N.B.—The mushrooms can be served alone, or with stewed kidneys or steak, etc. They are very nice with warmed chicken.



No. 29.

## MUSHROOMS FARCIS.

Average cost of Ingredients.

	s. d.
6 large mushrooms (all the same size, and cup ones are necessary) ... ..	0 9
3 oz. rather fat bacon ... ..	0 2½
1 teaspoonful chopped parsley } ... ..	0 1
½ teaspoonful chopped shalot } ... ..	
2 oz. butter ... ..	0 2
2 oz. sifted bread-crumbs } .. ..	0 1½
Salt and pepper	
Nutmeg	
	1 4

*Time required, about twenty minutes.*

1. Wash the *mushrooms*; then remove the stalks, and peel them carefully without breaking them, and sprinkle over them *half-a-teaspoonful of pepper and salt mixed*.

2. Put the trimmings of the *mushrooms*, the stalks, etc., on a board, and chop them up finely; also the *bacon* and *shalot*. When they are all chopped up, put them in a stew-pan with *two ounces of butter, a teaspoonful of salt and pepper mixed, three grains of cayenne pepper, and half-a-teaspoonful of grated nutmeg*. Stir all well together, over the fire, until the mixture is cooked; it will take about *seven to ten minutes*.

3. Take the stew-pan off the fire, and stir in a good *tablespoonful of bread-crumbs, and the chopped parsley*; put the *mushrooms* on a baking-sheet, and fill each one with the mixture.



4. Brown the remaining *bread-crumbs* in the oven, and then sprinkle them over the *mushrooms*.

5. Put the *mushrooms* in the oven until they are nicely cooked through ; they will take about *seven minutes*. Then arrange them tastily on a very hot dish, and serve at once.

N.B.—If liked, each mushroom may be served on a piece of hot buttered toast, cut to the size of the mushroom.

No. 30.

## POTTED HAM OR TONGUE.

Average cost of Ingredients required (to fill an ordinary gallipot).

	<i>s.</i>	<i>d.</i>
1 lb. cooked ham or tongue (or half and half) ...	1	0
3 oz. butter ... ..	0	3½
Nutmeg and cayenne pepper } ... ..	0	2½
3 oz. clarified butter or suet } ... ..	0	2½
1 teaspoonful gravy	1	6
	1	6
	1	6

*Time required, about one hour.*

1. Cut up the *ham* or *tongue* into small pieces on a board ; then put it into a mortar, and pound it as finely as possible.

2. Add about *one tablespoonful of gravy* and the *butter* ; grate *half-a-teaspoonful of nutmeg*, and sprinkle it over the *pounded meat* ; also about *five grains of cayenne pepper*.

3. Mix all well together, and then pass it through a wire sieve into a basin.

4. Put the *pounded meat* into a pot, pressing it down tightly.

5. Put *three ounces of salt butter* or *suet* into a frying-pan, melt it over the fire, skimming it well all the time until it is quite clarified ; then pour it over the top of the *potted meat*, stand it aside to cool and until the *butter* is set on the top.

N.B.—It will keep for a week or so, if the lid of butter be not cut.



No. 31.

## POTTED BEEF.

Average cost of "*Potted Beef*."*Ingredients.*

						<i>s.</i>	<i>d.</i>
2 lbs. lean beef-steak	...	...	...	...	...	2	4
2 allspice	}	...	...	...	...	0	1
2 cloves							
4 peppercorns							
1 bay-leaf							
Salt and pepper							
2 oz. butter	...	...	...	...	...	0	2½
3 anchovies (those in oil are best)	...	...	...	...	...	0	2
						2	9½

*Time required, about two hours and a half.*

1. Butter the inside of a stone jar (quart size), cut the *meat* in pieces and put it in the jar, sprinkle over it *a saltspoonful of salt*, and *half-a saltspoonful of pepper*.

2. Tie all the *spices* up in a piece of muslin, (*viz.*, the *allspice*, *cloves*, *peppercorns*, and *bayleaf*), and put them in the jar.

3. Put the cover on to the jar and tie it on; put the jar into a moderate oven for *two hours*.

4. Then take out the *spices*, and pound the *meat* and the *anchovies* well in a mortar.

N.B.—If anchovies preserved in salt water be used, they must be well washed and skinned before pounding.

5. Press the *pounded meat* firmly into small pots, and cover them with *clarified butter*. (See recipe for Potted Ham or Tongue.)

No. 32.

## POTTED BLOATERS.

Average cost of Ingredients.

	<i>s.</i>	<i>d.</i>
3 fresh-cured bloaters	0	3
3 oz. butter	0	3½
1 blade mace and cayenne pepper	0	2½
3 oz. clarified butter or suet	0	9
	<hr/>	<hr/>

*Time required, about half-an-hour.*

1. Scald the *bloaters* in boiling water ; then put them on a board and remove the skin and bones.

2. Put the *three ounces of butter* into a stew-pan ; also the *bloaters, mace,* and *half-a-saltspoonful of cayenne pepper.*

3. Put the stew-pan over the fire to cook gently for *a quarter of an hour* (not longer).

4. Then put the *fish, etc.,* into a mortar and pound well.

5. Place a wire sieve over a basin, and pass the *pounded fish* through the sieve ; then put it into a pot, pressing it down tightly.

6. Cover the top of the *potted fish* with *clarified butter* or *suet,* as in recipe for Potted Ham or Tongue.

N.B.—All raw fish may be potted as above. Cooked fish, such as salmon, trout, etc., should be potted the same way as Potted Ham or Tongue.



## No. 33.

## CANAPES OF HADDOCK.

## Average cost of Ingredients.

						<i>s.</i>	<i>d.</i>
1 dried haddock	...	...	...	...	...	0	8
1 gill milk	}	...	...	...	...	0	1½
1 oz. butter							
Cayenne pepper							
Fried croutons	...	...	...	...	...	0	1
2 oz. grated Parmesan cheese (if liked)	...	...	...	...	...	0	2½
½ lb. lard or clarified dripping, for frying	...	...	...	...	...	0	5
							1 6

*Time required, about half-an-hour, after the haddock has been soaked for two hours in milk.*

1. Wash the *haddock* in cold water, and dry it; place it on a board, and carefully remove the skin.
2. Cut the *haddock* into fillets, or in small square pieces according to taste.
3. Pour a gill of *milk* into a soup-plate, and lay the fillets of *haddock* in the *milk* to soak for *two hours*.
4. Cut some *thin slices of bread* (without crust) the size of each *fillet*.
5. Put *half-a-pound of clarified dripping* or *lard* into a stew-pan, and put it on the fire to heat.
6. When the *dripping* is quite boiling, put in the slices of *bread* to fry a light brown.

7. Have ready a piece of whitey-brown paper on a dish, and as the *bread* is fried, it should be placed on the paper to drain off the grease.

N.B.—The slices of bread can be toasted if preferred ; it is a matter of taste.

8. When the *haddock* is sufficiently soaked, the pieces must be toasted or grilled in front of the fire for *two or three minutes*, until they are slightly brown.

9. Then place each *fillet* on each *crouton*, divide the *ounce of butter* into little pieces and put one piece on each *fillet*, and sprinkle over them carefully about *five grains of cayenne pepper*.

N.B.—If the dish be required for a savoury, a teaspoonful of grated Parmesan cheese, sprinkled over the fillets, is a great improvement.

10. For serving, the dish should be very hot, and the *fillets* nicely arranged in a circle, or built up one on the other.



No. 34.

## BROILED SOLES, WHITING, HADDOCK, PLAICE, &c.

Average cost of Ingredients.

							<i>s. d.</i>
1 sole	...	...	...	...	...	...	1 0
1 oz. butter	...	...	...	...	...	...	0 1
1 oz. flour							
$\frac{1}{2}$ teaspoonful lemon-juice							
Pepper and salt							
							0 1
							1 2

*Time required, about twenty minutes.*

1. Take off the brown skin on one side of the *sole*.

N.B.—Whiting, haddock, plaice, etc., should not be skinned, but the head should be taken off whiting and haddock, and the belly split down.

N.B.—If preferred, the fish could be filleted.

2. Wash the fish in cold water, lay it on a dish, sprinkle it all over with *salt*, and leave it for *one hour* before it is cooked to allow the fish to get slightly salted, otherwise it would not be so tasty.

3. Then wipe off the *salt*, and dredge it with *flour* on both sides.

4. Take a clean gridiron, and grease it with *butter* or *clarified dripping*, place the fish on it, and grill it for about *ten minutes*, over, or in front of, a clear fire; it should be turned.

5. When the fish is grilled, put it on a hot dish, cut the *butter* in small pieces, put it on the top of the fish, sprinkle over it about *a saltspoonful of pepper* and *salt* mixed, and squeeze over *half-a-teaspoonful of lemon-juice*. Serve at once.



No. 35.

FISH CUTLETS.

Average cost of Ingredients.

	<i>s. d.</i>
$\frac{1}{2}$ lb. cold fish (salmon or turbot, etc.) ... ..	0 6
1 oz. butter } ... ..	0 1 $\frac{1}{2}$
1 oz. flour } ... ..	0 1
1 teaspoonful anchovy sauce } ... ..	0 1 $\frac{1}{2}$
1 gill milk (or water) } ... ..	0 1 $\frac{1}{2}$
1 teaspoonful cream ... ..	0 1
Cayenne pepper } ... ..	0 1 $\frac{1}{2}$
Salt and pepper } ... ..	0 1
1 egg	—
Sifted bread-crumbs ... ..	0 1
Clarified dripping or fat for frying... ..	—
	1 0 $\frac{1}{2}$
	1 0 $\frac{1}{2}$

*Time required, about one hour.*

1. Take all the bones and skin from any *cold fish*, and break it up in small pieces.

2. Put the *butter* in a stew-pan, over the fire, and when it is melted stir in the *flour*; then mix it into a smooth paste with the *milk* or *water*, and add the *cream*, *three or four grains of cayenne pepper*, and a *saltspoonful of salt* and *pepper* mixed, and stir it over the fire until it boils and thickens.

3. Now stir in the *anchovy sauce*, and the *fish*; turn it all out on a plate and put it aside to cool.

4. When it is quite cold, form the mixture into *cutlets*, break *an egg* on to a plate, beat it up with a knife, and *egg* over each cutlet well; then cover them with the *bread-crumbs* (not too thickly), put them in a frying-basket and fry them in *boiling fat*.

5. When they are fried, drain them on whitey-brown paper, and arrange tastily on a hot dish with *fried parsley*.



No. 36.

## GRILLED SALMON.

Average cost of Ingredients.

		s.	d.
1½ lb. salmon (cut in two slices)	1/4 per lb.	...	2 0
2 oz. butter	...	...	0 2½
Pepper and salt	}	...	0 2
Cayenne pepper			
1 tablespoonful chopped capers			
			2 4½
			2 4½

*Time required, about twenty minutes.*

1. Wash the slices of *salmon* in fresh cold water, and wipe them dry with a cloth; take *two pieces of white paper*, *butter* them, and fold up each slice of *salmon* separately in the *buttered paper*.

2. Put the *salmon* on a gridiron, and grill it in front of a clear fire, for about *a quarter of an hour*. It must be turned frequently, or the paper will burn.

3. Put the rest of the *butter* on a plate, and mix with it *a saltspoonful of salt*, *half-a-saltspoonful of pepper*, and about *five grains of cayenne pepper*; then mix in the *capers*, which should be very finely chopped.

4. When the *salmon* is cooked, take off the paper; spread the *butter* and *capers* all over the fish, and serve it on a hot dish.

N.B.—If preferred, the slices of salmon could be dipped in egg and bread-crumbs and fried, and then served with the same butter, and some fried parsley.



No. 37.

FILLETS OF TROUT.

Average cost of Ingredients.

							s. d.
1 trout ...	...	...	...	...	...	...	0 8
Salt and pepper							
1 teaspoonful lemon-juice				...	...	...	0 2
1 oz. butter							0 10
							0 10

RAVIGOTTE BUTTER.

							s. d.
2 oz. butter ...	...	...	...	...	...	...	0 2½
1 tablespoonful chopped tarragon...				...	...	...	0 1
1 tablespoonful chopped chervil				...	...	...	0 1
Juice of half a lemon...				...	...	...	0 1
Pepper and salt							
Cayenne pepper				...	...	...	0 0½
							0 6

*Time required, about a quarter of an hour.*

1. Wash the *trout* in clean cold water, and dry it in a cloth. Place it on a board, cut off the head and tail, and *fillet* it carefully with a knife, making *two fillets*; take away all the small bones possible.

N.B.—The trout must be quite fresh.

2. Butter a baking-sheet, lay each fillet on it, and sprinkle over them *a saltspoonful of pepper* and *salt* mixed, pour over *a teaspoonful of lemon-juice*, place a piece of *buttered paper* over, and put the tin in the oven for about *ten minutes*.

3. Now make the *Ravigotte butter*; put the *two ounces of butter* on a plate, squeeze over it the *juice of half a lemon*.

4. Chop the *tarragon* and *chervil* up fine and mix with them a small *teaspoonful of salt* and *pepper* mixed, and *three grains of cayenne pepper*.



5. Now add the *chopped herbs* and *seasoning* to the *butter* and mix all well together with a knife. Form the *Ravigotte butter* into *little balls*.

6. For serving put the *trout* on a hot dish, and place *two or three little balls of Ravigotte butter* on each *fillet*.

N.B.—If liked, the trout may be simply fried with egg and bread-crumbs, and served alone or with the Ravigotte butter.

No. 38.

FRIED FILLETS OF TROUT.

Average cost of Ingredients.

		s.	d.
1 trout ... ..	...	0	8
1 shalot	}	0	1
1 teaspoonful chopped parsley			
1 tablespoonful vinegar	}	0	2½
2 tablespoonsful salad oil			
Pepper and salt			
1 oz. flour			
½ pint salad oil, or ½ lb. butter for frying...	...	0	8
		1	7½

*Time required, about one hour and a quarter.*

1. Wash and *fillet* the *trout* as before described; cut each *fillet* in half, and lay them on a dish.

2. Wash and peel a *shalot*, and chop it up finely on a board.

3. Take *two or three sprigs of parsley*, wash and dry, and chop up finely. There should be *a teaspoonful*.

4. Sprinkle the *chopped shalot* and *parsley* over both sides of the *fillets*, also *a teaspoonful of pepper and salt* mixed, and pour over *a tablespoonful of vinegar*, and *two tablespoonsful of salad oil*.

5. Leave this to soak for *one hour*, then drain the *fillets* on a cloth, dip them in *flour* and fry them in boiling *oil* or *butter*.

6. When fried, drain the *fish* on a piece of whitey-brown paper; then arrange on a hot dish and serve at once.



No. 39.

## LOBSTER AU GRATIN.

Average cost of Ingredients.

	s.	d.
1 lobster, 2/6 ; or, one tin of lobster, 1/ ...	...	1 0
6 mushrooms ...	...	0 9
1/2 oz. flour } ...	...	0 1 1/4
1 oz. butter } ...	...	0 2
3 oz. sifted bread-crumbs } ...	...	0 1 1/2
1 gill milk } ...	...	0 1
1 tablespoonful cream (can be omitted) ...	...	0 0 1/2
1 oz. grated Parmesan cheese ...	...	0 0 1/2
Cayenne pepper } ...	...	0 0 1/2
Salt and pepper } ...	...	0 0 1/2
Nutmeg ...	...	0 0 1/2
	2	3 1/4

Time required, about half-an-hour.

1. Break the shell of the *lobster* carefully, or open the tin ; take out the *lobster*, put it on a board (if there is any *coral*, put it in a mortar with *half-an-ounce of butter* and pound them well together) ; cut the *lobster* up in small pieces.

2. Take the *mushrooms*, wash, peel, trim them, and cut them in small pieces.

3. Put the rest of the *butter* in a stew-pan over the fire to melt. Mix the *flour* smoothly into it, then add the *milk*, and stir it well, over the fire, till it boils and thickens. Now add the *mushrooms*, and let them simmer in the *sauce* for *two or three minutes*.

4. Take the stew-pan off the fire, and stir in the *coral* and *cream*, the *lobster*, the remaining *bread-crumbs*, a *teaspoonful of salt* and *pepper* mixed, about *five grains of cayenne pepper*, and *half-a-saltspoonful of nutmeg* ; stir all well together, and turn it out on to a dish (in which it is to be served), arranging it tastily ; or, if preferred, the mixture may be put back in the *lobster shells*.

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5. Put the dish, or the shells, into the oven for *a few minutes* to warm through.

6. Put *two ounces of the sifted bread-crumbs* on a baking sheet, and put it in the oven to brown the *crumbs*; they will take about *seven minutes*. When they are done, they should be turned on to a plate.

7. Mix the browned *bread-crumbs* and grated *cheese* together, and sprinkle it over the *lobster*; and it is then ready for serving.



No. 40.

## PICKLE FOR MACKEREL, SALMON, OR TROUT.

Average cost of Ingredients.

						<i>s. d.</i>
2 onions	...	...	...	...	...	0 1
1 shalot	}	...	...	...	...	0 1½
1 oz. butter						
1 bay-leaf, 2 sprigs parsley, and 1 sprig thyme	}	...	...	...	...	0 2
½ pint vinegar						
1 teaspoonful salt						
12 peppercorns						
6 cloves						
						0 4½
						0 4½

*Time required, about forty minutes.*

1. Wash and peel the *onions* and *shalot*, and put them, and all the other ingredients, into a stew-pan with *half-a-pint of vinegar*.

2. Put the stew-pan on the fire till it boils up; then let it stand by the side of the fire for *half-an-hour*; then pour it through a strainer over the *fish*, which should have been boiled.

N.B.—The fish should stay in the pickle for two days before it is eaten. The pickle will keep for four or five days in a cool place, if covered over.



No. 41.

GRILLED CHICKEN OR TURKEY.

Average cost of Ingredients for Sauce.

				s.	d.	
1	tablespoonful	salad oil	} ... ..	0	1	
1	tablespoonful	vinegar				
1	tablespoonful	chutney	... ..	0	3	
1	tablespoonful	tomato sauce	... ..	0	4	
2	shalots	... ..	... ..	0	0½	
	Cayenne pepper		} ... ..	0	1½	
	Salt and pepper					
1	dessertspoonful	lemon-juice				
				0	10	

*Time required, about half-an-hour.*

1. Take the joints of a *chicken* or *turkey*, split them in half, and flatten them with a cutlet bat.

2. Pour the *salad oil* on to a plate, and dip each piece of *chicken* in it, and sprinkle over them, on both sides, about a *teaspoonful of pepper* and *salt* mixed.

3. Put the pieces of *chicken* on to the gridiron, and grill them in front of a clear fire for *twenty minutes*; if the *chicken* has been cooked before, it should only be grilled for about *seven to ten minutes*; the gridiron must be turned occasionally. Care should be taken not to burn the *chicken*.

4. Take the *shalots* and peel them, and chop them up very finely on a board, put them in a stew-pan with the *vinegar*, and let it reduce over the fire for *ten minutes* (the lid should be off); then add the *chutney*, the *tomato sauce*, the *lemon-juice*, about *five grains of cayenne pepper* and a *saltspoonful of salt*, stir all well together, and let it boil for *five minutes*.

5. When the *chicken* is grilled, arrange the pieces tastily on a hot dish, and pour the *sauce*, through a strainer, round the grill. It is now ready for serving.



No. 42.

**DEVILLED CHICKEN.**

Average cost of Ingredients.

				<i>s.</i>	<i>d.</i>
1	teaspoonful ready made mustard	}	... ..	0	1½
1	teaspoonful salt and pepper mixed				
1	oz. butter				

*Time required, about a quarter of an hour.*

1. Take any remains of cold *chicken* or *turkey*, cut it into joints, make a few incisions across each with a knife, spread the *mustard* over each piece, and sprinkle over the *salt* and *pepper*.

2. Put the pieces of *chicken* on to a gridiron, and grill them over a clear fire; turn the pieces occasionally. They will take from *seven to ten minutes*.

3. When the *chicken* is grilled, arrange it tastily on a hot dish; divide the *butter*, and put a small bit on each piece of *chicken*.

It is now ready, and should be served at once.

No. 43.

## PIGEON PIE.

Average cost of Ingredients.

	<i>s.</i>	<i>d.</i>
3 pigeons ... ..	2	3
3 eggs (hard-boiled) ... ..	0	3 $\frac{3}{4}$
1 lb. rump or beef-steak ... ..	1	2
1 tablespoonful chopped parsley ... ..	0	1
$\frac{1}{4}$ lb. bacon } ... ..	0	3 $\frac{1}{2}$
Pepper and salt } ... ..	0	7 $\frac{1}{2}$
$\frac{3}{4}$ rough puff paste ... ..	0	7 $\frac{1}{2}$
	<hr/>	<hr/>
	4	8 $\frac{3}{4}$

*Time required, about one hour and three-quarters.*

1. Boil the *eggs* in boiling water for *ten minutes*, when done take the shells off and put them in a basin of cold water for *two or three minutes*. (This will prevent the *white* of the *egg* discolouring.)

2. Cut the *steak* up in equal-sized pieces, and put it at the bottom of the pie-dish (*about one pint-and-a-half size*). Sprinkle over some of the seasoning (*about a teaspoonful of salt and half-a-teaspoonful of pepper* mixed, will be sufficient altogether).

3. Cut each *pigeon* in *four pieces*, wash, and wipe them quite dry with a clean cloth. (All the trimmings from the *steak* and *pigeons* should be put aside.) Cut the *eggs* into quarters, lay the *pigeon* and *eggs* alternately on the top of the *steak*, sprinkle over the remainder of the *seasoning*, then add the chopped *parsley* and the *bacon* cut in small slices.

4. Make the *paste*, and cover the *pie* with it; use the trimmings of the *paste* to ornament it. Make a small hole in the centre of the crust to let the steam out.



5. Break *an egg*, and put the *yolk* on a plate, brush over the top of the *pie* with the *yolk of an egg*.

6. Put the *pie* into a moderate oven to bake for about *one hour to one hour and a half*.

7. Put all the trimmings into a stew-pan, with about *one pint of water*, and seasoning, and let it simmer gently while the *pie* is baking.

8. When the *pie* is finished, strain the *gravy* in the stew-pan, and pour it carefully into the *pie*, through a funnel, introduced at the top of the *pie*. It is then ready for serving, and can be eaten hot or cold according to taste.

N.B.—It is always better to add the *gravy* to the *pie* after it is baked. The ornament of paste should be replaced over the hole at the top of the *pie*.



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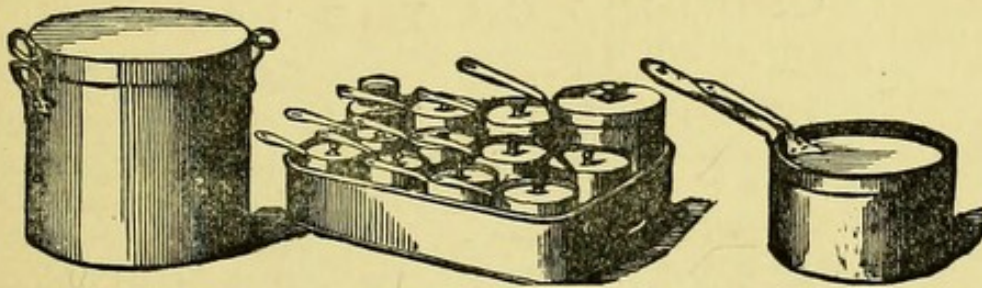
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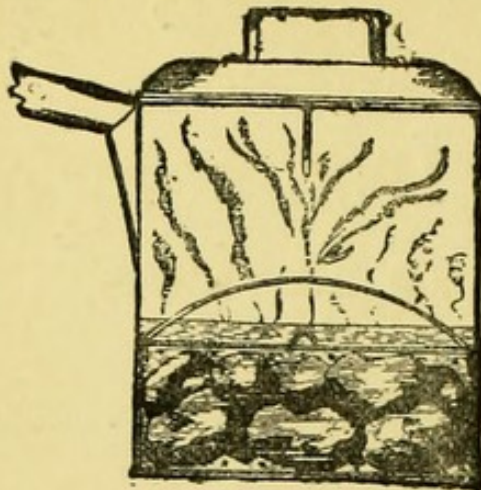
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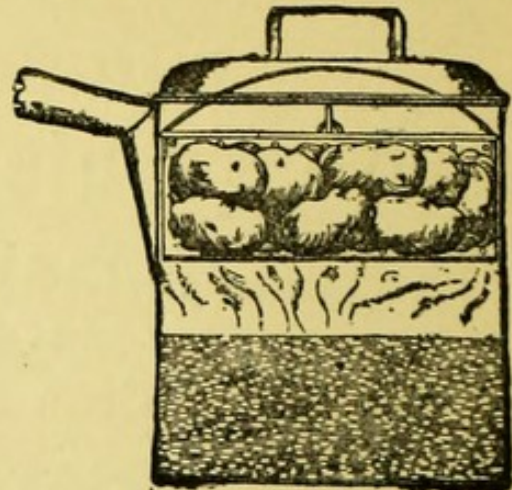


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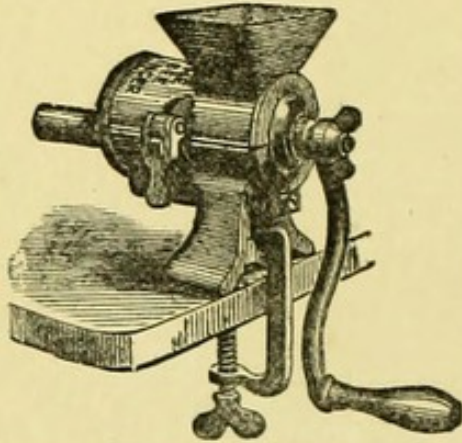
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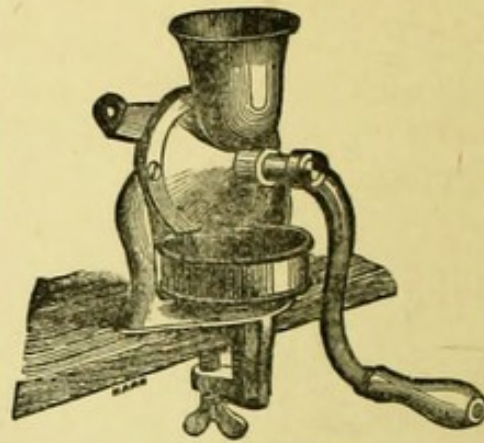
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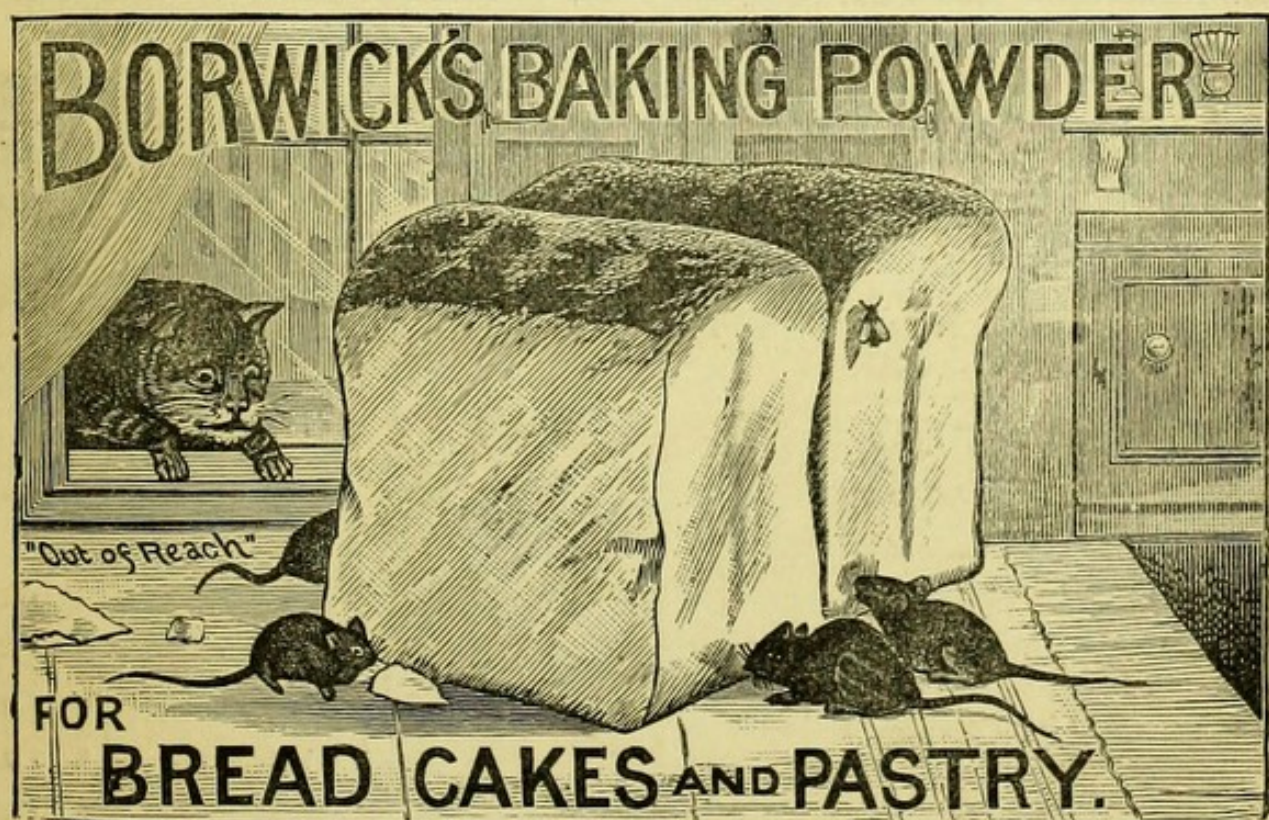


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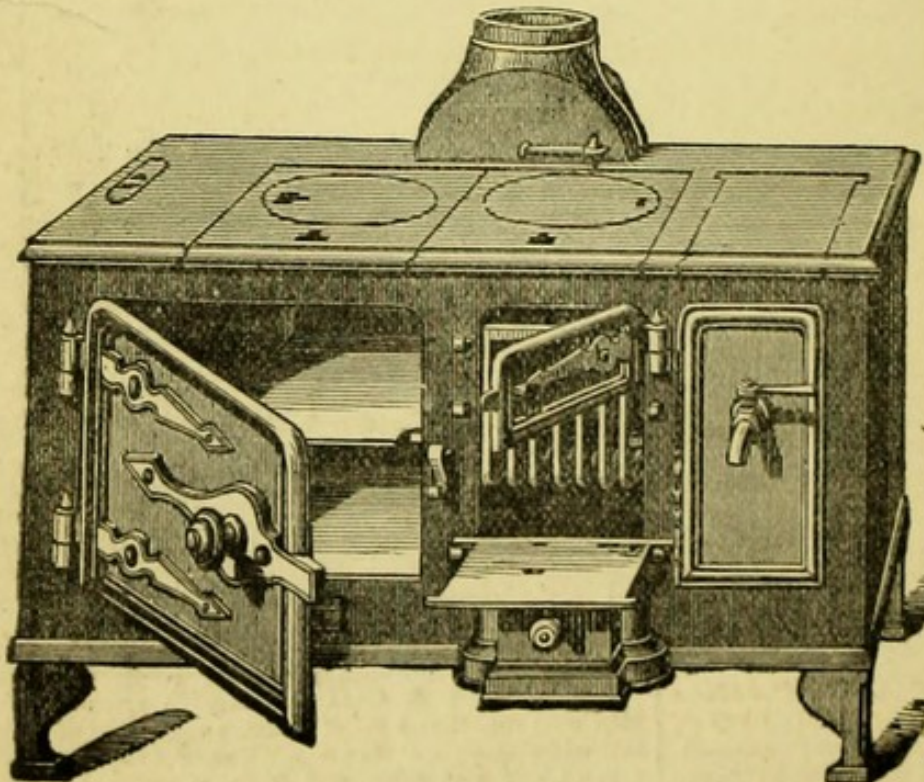
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