

Soups, stocks, and purées / by Florence B. Jack.

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SOUPS

STOCKS AND PURÉES

Domestic Arts Series

BY FLORENCE B. JACK

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THE DOMESTIC ARTS, EDINBURGH

London:
T. C. & E. C. JACK
34 HENRIETTA STREET, W.C.
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IMPERIAL WEIGHTS AND MEASURES.

Avoirdupois Weight.

16 drachms (dr.)	-	-	make 1 ounce (oz.).
16 ounces	-	-	„ 1 pound (lb.).
28 pounds	-	-	„ 1 quarter (qr.).
4 quarters ¹	-	-	„ 1 hundredweight (cwt.).
20 hundredweights	-	-	„ 1 ton.

14 pounds	-	-	make 1 stone.
8 stones	-	-	„ 1 hundredweight.
112 pounds	-	-	„ 1 hundredweight.

Liquid Measure of Capacity.

4 gills	-	-	make 1 pint (pt.).
2 pints	-	-	„ 1 quart (qrt.).
4 quarts	-	-	„ 1 gallon (gal.).

Dry Measure of Capacity.

2 gallons	-	-	make 1 peck (pk.).
4 pecks	-	-	„ 1 bushel (bush.).
8 bushels	-	-	„ 1 quarter (qr.).

HOMELY MEASURES.

2 teaspoonfuls	-	-	make 1 dessert-spoonful.
2 dessert-spoonfuls	-	-	„ 1 tablespoonful.
1 heaped tablespoonful of solids	-	-	„ about 1 ounce.
1 teacupful of solids	-	-	„ about $\frac{1}{4}$ lb.
1 teacupful of liquid	-	-	„ fully 1 gill.
1 tumblerful of liquid	-	-	„ about $\frac{1}{2}$ pint.

SOUPS.



GENERAL REMARKS ON STOCKS AND SOUPS.

Stock is the foundation of most soups, and in order to be successful in the making of soups, it is necessary to understand the manufacture of stock.

There are different kinds of stock, *i.e.*, White, Brown, and Fish Stock. Of White and Brown both a First and Second Stock may be made.

White Stock is made from any white meat, such as veal, rabbit, or chicken.

Brown Stock is made principally from beef, with sometimes a little mutton or veal added.

First Stock is the first boiling of the meat and vegetables (*see* Recipe 106).

Second Stock is produced by putting the meat and vegetables on to boil a second time with fresh water.

Fish Stock, as its name implies, is made from fish or fish trimmings (*see* page vi.).

Meat Boilings is the name given to the water in which a joint of meat, fowl, or rabbit has been boiled.

Consommé is a clear soup, made from First Stock, and served with different garnishes, from which the different soups take their name (*see* Recipes 22-33).

A Purée is any soup which is thickened with the substance from which it has been made by being rubbed through a sieve.

A proper stock-pot may be used for making stock, or if made in small quantities, a large goblet will serve the purpose.

All scraps of meat, cooked or uncooked, bones and pieces of vegetable, should be put into the stock-pot, also the water in which meat or vegetables (except potato and cabbage) have been boiled. A sufficient quantity of fresh cold water must always be added, and a little salt to help to throw up the scum. A stock-pot should be kept slowly boiling, and should not be allowed to stand by the side of the fire in a lukewarm condition. Take the lid off the pan occasionally and skim thoroughly. A few washed eggshells put into the stock will help to clear it. One whole day is sufficient to boil any stock, then strain, thoroughly wash the pan, and set it somewhere to air.

The bones and any pieces of meat of value may be put on the next day with any fresh scraps, but not the vegetables if they have been boiled for long, because when the flavour of these has been extracted, they become worse than useless, as they absorb the meaty flavours.

❧ FIRST STOCK

Nothing must be added to a stock-pot unless it is quite clean and contains some goodness. Little bits must not be added at odd times, but only when the stock-pot is put on for the day, all other pieces should be saved for the next day's use.

Stock or soups should never be allowed to cool in the saucepan, but should be poured into basins and left uncovered. If stock has to be kept for some time, it should be put into a saucepan and brought to the boil every second day; or every day, if the weather is warm.

Stock without any vegetables in it will keep longer than that with vegetables.

Too many vegetables must not be used when making stock, and one flavour must not predominate over another. Grease should not be removed from the top of stock until it is about to be used, as a covering of fat helps to preserve it.

FIRST STOCK FOR CLEAR AND BROWN SOUPS.

Ingredients—

3 lbs. Shin of Beef or	2 small Onions.
2 lbs. „ and	2 or 3 sticks of Celery or
1 lb. Knuckle of Veal.	$\frac{1}{2}$ teaspoonful Celery
3 qrts. Cold Water.	Seed.
1 Carrot.	2 dozen Peppercorns.
1 Turnip.	8 Cloves.
1 teaspoonful Mixed	1 blade of Mace.
Herbs or a sprig of	2 Bay Leaves.
Thyme, Marjoram,	A few Parsley Stalks.
and Basil.	1 dessert-spoonful Salt.

Method—

Wipe the meat with a damp cloth, and remove all marrow from the bone. Take a very sharp knife and cut the meat into small pieces, keeping back any fat, but using the skin. Put the bones and meat into a stock-pot or large goblet with the cold water and salt, and if time permits let them soak for half an hour; then put the pan on the fire, and bring the contents slowly to the boil. Simmer slowly for half an hour, and then remove any scum that may be on the top. If you begin the skimming too soon, the best part of the stock is removed. Next add the vegetables, prepared and cut rather small, and the herbs, celery seed, and peppercorns, &c., tied in a small piece of muslin. Simmer slowly from four and a half to five hours, never letting it go off the boil; then strain through a hair sieve or cloth stretched over a colander into a basin, and stand until cold.

A darker-coloured stock may be obtained by frying the meat in a little dripping or butter before pouring on the water; but the present fashion is to have clear soups pale in colour.

Meat boilings (*see* page i.) may be used instead of water for making this stock, and any uncooked chicken bones would improve the flavour. Do not throw away the meat and vegetables left after straining, but put them on again with same quantity of water as before, and boil again for *Second Stock*.

FIRST STOCK FOR WHITE SOUPS.

Ingredients—

3 lbs. Knuckle of Veal or	1 stick of Celery, or $\frac{1}{4}$ tea-
2 lbs. „ and	spoonful Celery Seed.
1 lb. Neck of Mutton.	6 or 8 Cloves.
3 quarts Cold Water.	$\frac{1}{2}$ teaspoonful Mixed
$\frac{1}{2}$ Carrot.	Herbs or a small
$\frac{1}{2}$ Turnip.	sprig of Thyme, Mar-
1 Onion.	joram, and Basil.
12 White Pepper-	1 blade of Mace.
corns.	2 Bay Leaves.

1 dessert-spoonful Salt.

Method—

Make in the same way as First Stock for Brown Soup (*see* page iii.), but use fewer vegetables, as they tend to discolour the stock. Rabbit or chicken may be used instead of, or along with, the veal. Any white meat will do. A piece of lean ham or a small ham bone will improve the flavour.

A Second Stock may be taken from the meat and bones (*see* below).

SECOND STOCK FOR PURÉES, GRAVIES, AND GENERAL USE.

After First Stock is made, the meat and vegetables should be put on again with the same quantity of water, and boiled as before.

Stock made from scraps of cooked or uncooked meat is also called Second. It has not the same fresh flavour as First Stock, but it is most useful in the making of sauces and gravies, and of many soups for which very good stock is not required.

Second Stock is generally a stiffer jelly than First, as more of the gelatine becomes extracted from the bones.

Sometimes the meat and vegetables are fried in a little dripping first. This gives the stock a darker colour and a richer flavour.

FISH STOCK.

Ingredients—

2 lbs. of White Fish or Fish Bones and Trimmings.	$\frac{1}{2}$ teaspoonful Mixed Herbs or a sprig of Thyme, Marjoram, and Basil.
2 quarts Cold Water.	A few Parsley Stalks.
1 small Carrot.	1 dozen Peppercorns.
1 small Turnip.	3 Cloves.
1 Onion.	1 blade of Mace.
1 stick of Celery or $\frac{1}{4}$ teaspoonful Celery Seed.	1 Bay Leaf.
1 dessert-spoonful Salt.	

Method—

Any white fish or trimmings of white fish, such as haddocks, cod, halibut, plaice, flounder, ling, &c., may be used for Fish Stock. Fish such as mackerel,

herring, and salmon are of too oily a nature, and too strong in flavour. By fish trimmings is meant the bones, heads, fins, and skins of fish. If a light-coloured stock is wanted, avoid using too much dark-coloured skin. Wash the fish or trimmings thoroughly in cold water, and cut them into small pieces. Put them into a fish-kettle or large goblet with the water and salt. Put the lid on the pan, and bring to the boil ; then skim well, and simmer about fifteen minutes before adding the vegetables. As more scum rises, remove it, or the stock will be cloudy in appearance. Prepare the vegetables, cut them rather small, and add them to the stock with the herbs, celery seed, peppercorns, &c., tied in a small piece of muslin. Simmer slowly from three to four hours, then strain into a basin.

This stock may be used as a basis for all fish soups.

A whiter stock may be obtained by using half milk and half water, fewer vegetables, and by straining after half an hour's slow simmering.

RECIPES.



1.—ALMOND SOUP.

(*Fr.* Purée d'Amandes.)

Ingredients—

$\frac{1}{4}$ lb. Sweet Almonds.	1 gill Cream.
1 quart White Stock.	$\frac{1}{2}$ teacupful Bread
$\frac{1}{2}$ pint Milk.	Crumbs.
1 tablespoonful Flour.	1 oz. Butter.

Pepper and Salt.

Method—

Put the almonds into a saucepan with cold water sufficient to cover them, bring to the boil and strain. Dry the almonds in a cloth and remove the brown skins. Chop finely and pound well in a mortar with a few drops of water to prevent the almonds from oiling, then put them into a saucepan with the milk, and let them simmer by the side of the fire for one hour. Add the bread crumbs, and cook for a few minutes longer. Then rub as much as possible through a fine wire sieve. Melt the butter in a saucepan, add to it the flour and almond pulp, and mix well until quite smooth. Pour on the stock, and stir until boiling. Boil for ten minutes, and add the cream last. Season to taste with white pepper and salt, and serve with fried croûtons of bread (*see* Recipe 103).

2.—ARTICHOKE SOUP.

(Fr. Purée d'Artichauts.)

Ingredients—

1 lb. Jerusalem Arti-
chokes.
1 oz. lean Ham.
1 stick of Celery or $\frac{1}{2}$
teaspoonful Celery
Seed.
1 oz. Butter.
1 Bay Leaf.

Some Parsley Stalks.
1 small Onion.
 $1\frac{1}{2}$ pints White Second
Stock.
 $\frac{1}{2}$ pint Milk and 1 tea-
spoonful Flour or 1
gill of Cream and 2
yolks of Eggs.

White Pepper and Salt.

Method—

First wash and brush the artichokes, then put them into a basin with clean cold water and peel them carefully, changing the water as soon as it becomes dirty. Throw the artichokes as they are peeled into another basin of clean cold water, with a little vinegar or lemon juice in it, in order to preserve their colour. Skin and slice the onion thinly, wash and brush the celery and cut it into shreds, and cut the ham into small pieces. Melt the butter in a lined or enamelled saucepan, add the artichokes, drained and cut in thin slices, also the onion, ham, celery, bay leaf, and parsley stalks. Put the lid on the pan and cook over the fire for about ten minutes, shaking the pan occasionally to prevent the contents burning. Then add the stock, white pepper and salt, and let all

simmer gently from one to one and a half hours, or until the artichokes are quite soft. Rub the soup through a hair sieve into a basin, pressing through as much as possible, then rinse out the saucepan and return the soup to it to reheat. Put the flour into a basin, and add the milk gradually to it, mixing until quite smooth. Add this to the soup, and stir over the fire until boiling. Continue boiling for a few minutes, and add more seasoning if necessary. Serve with fried or toasted croûtons of bread (*see* Recipe 103).

If cream and yolks of eggs are used for thickening, omit the flour and milk. Beat the yolks of eggs and cream together in a basin, strain them into the soup, stirring all the time, and do not boil the soup again or it will curdle.

NOTE.—This soup should be white in colour; if it turns green, the artichokes have not been carefully prepared, or it has been made in an iron saucepan.

3.—ASPARAGUS SOUP.

(*Fr.* Purée d'Asperges.)

Ingredients—

50 heads of Asparagus.	1 oz. Butter.
1 quart White Stock.	1 Bay Leaf.
1 gill of Cream.	Pepper and Salt.
2 yolks of Eggs.	1 oz. lean Ham.

A few Parsley Stalks.

Method—

Wash the asparagus in cold water, scraping the stalk end lightly with a knife. Cut off the points, reserving them for serving in the soup, and slice down the remainder into pieces of about an inch in length. Melt the butter in a saucepan, and add the asparagus to it with the ham cut in small pieces, the bay leaf and parsley stalks. Put the lid on the pan, and shake it gently over the fire for a few minutes until the butter is absorbed. Then pour in the stock, and add a little white pepper and salt. Simmer slowly from one and a half to two hours, or until the asparagus is quite tender. Then rub as much as possible through a hair sieve (*see* Recipe 104). Return the soup to the pan to reheat. Beat up the yolks of eggs and cream in a basin with a fork; draw the pan with the soup to the side of the fire, and strain them in, stirring all the time. Then stir carefully over the fire until the yolks thicken, on no account letting the soup boil. If the soup is not a good colour, a few drops of spinach green may be added. Have the asparagus points cooked separately. (Throw them into a saucepan of fast boiling water and salt, and boil gently about twenty minutes or until tender.) Drain and put them in the soup tureen. Pour the hot soup over them. Serve fried or toasted croûtons of bread separately.

NOTES.—The yolks of eggs may be omitted and cream only used, or the cream omitted and a little milk added to the yolks.

4.—BEEF SOUP WITH BARLEY.

(*Fr. Bouillon à l'Orge.*)

Ingredients—

3 pints of Stock made from Shin of Beef or Beef Bones.	$\frac{1}{2}$ teacupful Pearl Barley. Pepper and Salt.
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Method—

For the making of the stock, *see* page iii. Wash the barley well, and put it into a saucepan with cold water to cover it; bring to the boil, and pour the water away. This is called blanching the barley. Put the stock into a saucepan with the blanched barley, bring to the boil, and simmer slowly for three hours, skimming when necessary. Strain through a fine wire or hair sieve, rubbing some of the barley through. Return it to the pan and boil again for a few minutes, until perfectly smooth. Season to taste with pepper and salt.

5.—BEEF-TEA.

Proportions—

1 lb. lean juicy Beef.	1 pint Cold Water.
1 teaspoonful of Salt.	

Method—

Wipe the meat with a damp cloth to make sure of its being quite clean. This is very important, as you do not know whose hands may have touched it.

Then place on a board, and with a sharp knife scrape or shred down as finely as possible, as the

more finely it is shred, the more juice you will extract. Keep back any pieces of fat and skin.

Then weigh and put into a strong jar or basin, add the salt and cold water, and stir well up with a fork.

Cover with a double piece of white paper, greased and tied down. The grease on the paper makes it non-porous, and prevents the strength of the beef-tea escaping. Instead of the paper, a paste of flour and water may be used, rolled out, and twisted over the jar. Nottingham jars, which are made of strong ware with tight-fitting lids, are excellent for beef-tea; or best of all is a regular Beef-Tea Extractor (Dolby's patent), which is a double case, the outer one tin, with a lid which screws on, and legs which raise it above the foot of the pan. The inner case is of white porcelain, into which the beef-tea is put. Cooked in this the beef-tea cannot boil; the steam is kept well in and the strength thus preserved.

Allow the beef-tea to stand for half an hour at least before cooking. The cold water will help to draw out the juice.

A few drops of hydrochloric acid are sometimes added to assist the process, but it must be used with the greatest care. Occasionally a little claret, port wine, or lemon juice is used. After the beef-tea has stood for the required time, stir it again, and place the jar or basin containing it in a saucepan, with sufficient cold water to reach half or three-quarters way up the basin. Put the lid on the pan and boil slowly for

three hours. During this time see that the water does not boil down too low in the pan, but if it should, add more cold water.

If making a larger quantity than the above, more time must be allowed in proportion, and it will be a good plan to lift out the jar once or twice during the time, remove the cover and stir the beef-tea well, as the meat is apt to get hardened into a cake, and it is then difficult for the juice to be drawn from it.

When cooked sufficiently, remove the jar from the saucepan, stir up the beef-tea, strain through a coarse strainer, and press the meat as dry as possible with a wooden spoon.

Remove all grease from the top of the beef-tea by passing over the top of it pieces of soft white paper. Be careful to have every particle removed, and it is then ready for serving.

Instead of steaming the beef-tea, the jar containing it may be placed in a slow oven, when four hours instead of three must be allowed. Beef-tea cooked in this way is very savoury in taste—often too much so for a delicate palate.

In some cases clear beef-tea is ordered, the small particles of beef being too heavy for the patient's digestion. In this case strain through a hair sieve or piece of muslin.

Salt is sometimes not allowed.

6.—QUICKLY-MADE BEEF-TEA.

Proportions—

1 lb. lean juicy Beef. | 1 pint Cold Water.
1 small teaspoonful Salt.

Method—

Prepare the meat in the same way as in previous recipe.

Put it into a basin with the salt and water, stir it well up, cover the basin with a plate, and if time permits let it stand for half an hour. In this way the juice is well drawn from the meat before the beef-tea is put on to cook.

Then pour all the contents of the basin into a clean lined saucepan, place the pan over rather a slow fire, and with two forks placed back to back, whisk it well until it almost reaches boiling point. Then draw the pan to the side of the fire, put on the lid, and allow the beef-tea to simmer as slowly as possible from ten to twelve minutes.

Strain and remove the fat from the top in the same way as for ordinary beef-tea. This method of making beef-tea does not extract so much goodness from the meat as that cooked in a jar for a longer time, but some people prefer it made in this way, and when it is required hurriedly, this plan must be adopted. The greatest care must be taken that it does not boil.

7.—RAW BEEF-TEA.

Proportions—

$\frac{1}{4}$ lb. lean juicy Beef. | $\frac{1}{2}$ pint Cold Water.
A pinch of Salt.

Method—

Prepare the beef in the same way as Recipe No. 5.

Put into a cup or basin with the water, and salt if it is allowed. Stir well with a fork, cover over with a plate, and let it stand from half an hour to one hour, stirring occasionally.

When the liquid is quite a bright red colour, strain through a fine strainer, pressing the meat well with the back of a wooden spoon.

Serve this in a coloured glass or cup, as its appearance is decidedly objectionable.

Only make as much as will be required at one time ; it must on no account be kept for any length of time, as it very soon becomes rancid.

8.—SAVOURY BEEF-TEA.**Ingredients—**

1 lb. lean juicy Beef.	1 small blade of Mace.
$\frac{1}{2}$ pint Cold Water.	1 Bay Leaf.
1 small teaspoonful Salt.	$\frac{1}{4}$ Carrot.
6 Peppercorns.	$\frac{1}{4}$ Turnip.
4 Cloves.	$\frac{1}{2}$ Onion.

A small piece of Celery or $\frac{1}{4}$ teaspoonful Celery Seed.

Method—

Make the beef-tea in the same way as Recipe No. 5.

Put into the jar along with the meat and water the above vegetable seasonings, and cook as before.

The vegetables must all be carefully cleaned and prepared (*see* Recipe 106), and then cut into small pieces. Be careful not to have too much of any one, but try to have an agreeable blending of flavours. One teacupful of the vegetables cut up and mixed will be quite sufficient. Any flavouring that is objected to may be omitted. One teaspoonful of ketchup may be added if liked.

9.—BONE SOUP.

(*Fr.* Bouillon d'Os.)

Ingredients—

3 lbs. Beef Bones (cooked or uncooked).	1 Onion.
2 quarts Cold Water.	2 oz. Dripping.
1 small Carrot.	1 oz. Cornflour or Arrow- root.
1 small Turnip.	20 Black Peppercorns.
A sprig of Thyme.	8 Cloves.
A sprig of Marjoram.	1 blade of Mace.
A sprig of Parsley.	1 tablespoonful Ketchup.
1 Leek.	Pepper and Salt.

Method—

Break the bones into pieces, prepare the vegetables, dry them, and cut small. Melt the dripping in a saucepan, and let it get smoking hot, then put in the bones and vegetables and fry until well browned. Add the water, herbs, spices, and a little salt. Bring to the boil, and skim well with an iron spoon. Allow the soup to simmer from four to five hours, skimming

when necessary, and if it should boil down too much, add a little water. Strain through a fine wire or hair sieve, and, if possible, let it stand until cold. Remove all fat carefully (*see* Recipe 102) from the top, and return the soup to a saucepan. Put the cornflour or arrow-root into a little basin, add the ketchup and Harvey's sauce to it, and mix with a teaspoon until quite smooth, adding a little of the stock if too dry. Add this to the soup, stir over the fire until it boils and thickens, boil for five minutes. Add more seasoning if necessary.

NOTE.—This may also be thickened with sago or semolina, but these would require longer cooking.

10.—BONNE FEMME SOUP.

(*Fr. Potage à la Bonne Femme.*)

Ingredients—

2 small Lettuces.	1 quart White Stock.
3 or 4 Sorrel Leaves.	1 oz. Butter.
3 sprigs of Tarragon.	2 yolks of Eggs.
3 sprigs of Chervil.	1 gill of Cream.
$\frac{1}{2}$ small Cucumber.	White Pepper and Salt.

The crust of a French Roll.

Method—

Take the best leaves of the lettuces, and wash them carefully with the tarragon and chervil. Then drain for a short time in a colander or on the top of a sieve. Next shred all finely with a sharp knife. Peel the piece of cucumber, and cut it also in shreds. Melt the butter in a saucepan, put in the vegetables, and

cook them gently over the fire for five minutes. Bring the stock to the boil in another pan, and pour it over the vegetables. Then allow the soup to simmer gently until the vegetables are quite tender, about half an hour. Beat the yolks of eggs and cream together in a basin with a fork. Draw the pan of soup to the side of the fire and strain them in, stirring constantly. Stir carefully over the fire until the yolks thicken, but do not boil again. Add white pepper and salt to taste, and pour the soup into a hot soup tureen. Throw into it the crust of a French roll which has been prepared by pulling away from it all the soft inside, drying it in the oven, and then breaking it in small pieces.

II.—BOUILLABAISSE.

Ingredients—

2 lbs. of different kinds of Fish.	A small sprig of Mar- joram.
1 quart Water.	$\frac{1}{2}$ gill of Salad Oil.
1 Spanish Onion.	1 dessert-spoonful Salt.
$\frac{1}{2}$ Carrot.	$\frac{1}{2}$ teaspoonful White Pepper.
2 Bay Leaves.	2 small Tomatoes.
A small sprig of Parsley.	1 clove of Garlic.
A small sprig of Thyme.	

Method—

Almost any kind of fish may be used for this soup, such as sole, flounder, gurnet, mullet, lobster, whiting, &c. Wash the fish carefully, and cut into small

pieces. Prepare the onion and piece of carrot, and slice them very thinly. Put them into a saucepan with the salad oil, the tomato cut in pieces, bay leaves, parsley, thyme, marjoram, and garlic. Cook all slowly for a few minutes, but do not discolour. Then add the fish, water, pepper and salt. Simmer gently for twenty-five minutes, or until the fish is cooked. (If whiting is used, do not put it in until the other fish has cooked for fifteen minutes, or it will be overdone.) Drain the fish carefully, remove any pieces of vegetable or spice which may adhere to it, and pile it up on a hot entrée dish. Strain the soup through a pointed strainer or hair sieve into a hot soup tureen, and serve. Hand the fish separately, also fried or toasted croûtons of bread (*see* Recipe 103).

NOTE.—Fresh-water fish may be used, but salt-water fish is to be preferred.

12.—BROWN SOUP.

(*Fr.* Bouillon Roussé.)

Ingredients—

1 oz. Butter.	1 dessert-spoonful Harvey's Sauce.
1 oz. Flour.	
1 qt. good Brown Stock.	$\frac{1}{2}$ gill Sherry.
1 tablespoonful Ketchup.	Pepper and Salt.

Method—

Melt the butter in a saucepan, and let it get slightly brown; add the flour, and brown it also. Pour in the stock (*see* page iii.) and stir until boiling. Add

the seasonings, and let the soup simmer for ten minutes, removing any scum that may rise. Add the wine last. If the stock used is not well flavoured, add small pieces of carrot, turnip, onion, and celery to the soup, cook it for one hour at least, and strain before serving. This soup should be served with very small croûtons of fried or toasted bread (*see* Recipe 103).

13.—BRUSSELS SPROUT SOUP.

(*Fr. Purée de Choux de Bruxelles.*)

Ingredients—

1 lb. Brussels Sprouts.	1 gill of Cream.
1 quart White Stock.	White Pepper and Salt.

Method—

Trim the Brussels sprouts, cutting away any decayed or discoloured leaves. Wash well, and let them steep in a basin of cold water, with a few drops of vinegar, for half an hour. Then drain and throw into a saucepan of fast boiling water (salted in the proportion of one dessert-spoonful to one quart), adding also a small piece of washing soda. Boil quickly with the lid off the pan from fifteen to twenty minutes, removing any scum that may rise. Do not overcook the sprouts, or their colour will be destroyed. When ready, drain and rub through a fine wire sieve. Put the stock into a saucepan, add the Brussels sprout purée, cream and seasoning, and make quite hot, but do not boil again. Serve with croûtons of fried or toasted bread (*see* Recipe 103).

14.—CABBAGE SOUP.

(Fr. Potage de Choux.)

Ingredients—

1 Cabbage.	1 teaspoonful chopped Parsley.
1 small Onion or Leek.	Some croûtons of Toasted Bread.
1 quart Meat Boilings.	White Pepper and Salt.
$\frac{1}{2}$ pint Milk.	
1 tablespoonful crushed Tapioca.	

Method—

Wash the cabbage well in cold water, and remove the coarse outside leaves and any hard pieces of stalk. Separate all the leaves, and let them soak in cold water and salt for half an hour. Then drain the water away, and shred the leaves finely. Put the shred cabbage into a saucepan of fast boiling water, salted in the proportion of one dessert-spoonful to the quart, boil quickly for five minutes, and then drain. Slice the onion or leek very thinly, and chop it finely, put it into a saucepan with the cabbage and stock or meat boilings, and simmer for twenty minutes. Add the milk and crushed tapioca, and cook for ten minutes longer, or until the tapioca turns quite clear. Add the parsley just before serving, and season to taste with white pepper and salt. Put some small croûtons of toasted bread into the soup tureen, and pour the soup, boiling hot, over them.

15.—CALF'S TAIL SOUP.

(Fr. Potage de Queue de Veau.)

Ingredients—

2 Tails.	2 Yolks.
3 pints White Stock.	1 gill of Cream.
$\frac{1}{2}$ pint Milk.	$\frac{1}{2}$ Carrot.
1 $\frac{1}{2}$ oz. Butter.	A small piece of Turnip.
1 $\frac{1}{2}$ oz. Flour.	1 Onion.
A Bay Leaf.	6 Cloves.
Some Parsley Stalks.	1 glass of Sherry.
A pinch of Nutmeg.	1 oz. grated Parmesan.

Method—

Wash the tails, and cut them into pieces about 1 $\frac{1}{2}$ inches long; put them into a saucepan with sufficient cold water to cover them, bring to the boil, and pour the water away. Rinse out the saucepan, and return the pieces of tail to it with the stock, bring to the boil again, and skim well. Add the vegetables all carefully cleaned, and cut in small pieces the bay leaf, cloves, nutmeg, and parsley stalks. Put the lid on the pan, and simmer slowly from one and a half to two hours, or until the meat will slip quite easily from the bones; then strain through a wire sieve into a basin, and remove all fat from the stock (*see* page v.). Melt the butter in a saucepan, but do not brown it, add the flour, and mix smoothly together with a wooden spoon; then pour on the stock, stir over the

fire until boiling, and allow it to boil about five minutes.

Beat up the yolks of eggs in a basin with the cream, add the sherry, and strain these into the soup, stirring all the time. Add the pieces of tail and seasoning to taste, but do not boil again. Put the grated cheese into the soup tureen, and pour the boiling soup on to them.

NOTE.—The cheese may be omitted if not liked.

16.—CAULIFLOWER AND LETTUCE SOUP.

(*Fr. Potage de Choufleur et de Laitues.*)

Ingredients—

1 large Cauliflower.	1 oz. crushed Tapioca or
1 small Lettuce.	Small Sago.
1 quart. Meat Boilings or	1 oz. Butter.
Second White Stock.	White Pepper and Salt.
1 dessert-spoonful chopped Parsley.	

Method—

Use the white part only of the cauliflower. Cut it into small pieces, wash in cold water, and then drain. Put the stock into a saucepan, and bring it to the boil. Throw in the pieces of cauliflower, and boil them until tender, about half an hour; then add the milk, the butter, and the lettuce cut in fine short shreds. Sprinkle in the tapioca or sago, and cook all together for ten minutes longer, stirring frequently. Season to taste, and add the parsley at the end.

17.—CARROT SOUP.

*(Fr. Purée à la Crécy.)***Ingredients—**

1 lb. Carrots.

1 Onion.

1 stick of Celery or $\frac{1}{4}$
teaspoonful Celery
Seed.

1 oz. Butter or Dripping.

1 quart Stock or Water.

1 oz. lean Ham or a
small Ham Bone.

Pepper and Salt.

Method—

Wash and scrape the carrots, cutting away all black specks. Cut them into very thin slices, and let them soak in cold water for a few minutes. Wash and brush the celery, and cut it into fine shreds (if seed is used, tie it in a small piece of muslin), skin and slice the onion thinly, and cut the ham into small pieces. Melt the butter or dripping in a saucepan, strain the water from the carrots, and add them to it with the prepared ham, celery, and onion. Put the lid on the pan, and cook these over the fire for a few minutes, shaking the pan occasionally, and being careful that the contents do not burn. Add half the stock or water, and simmer slowly for one hour; then add the other half, and cook one hour longer, or until the carrots are quite soft and pulpy. Rub the soup through a fine wire or hair sieve into a basin, pressing through as much as possible. Rinse out the saucepan, and return the soup to it to reheat. Add seasoning to taste, and a little milk or cream if liked. Serve with fried croûtons of bread (*see* Recipe 103).

18.—CELERY SOUP.

*(Fr. Purée de Céleri.)***Ingredients—**

1 head of Celery.	1 yolk of Egg.
1 Onion.	A few Parsley Stalks.
1 Bay Leaf.	1 oz. lean Ham.
1 small blade of Mace.	1½ pints White Stock or
½ oz. Rice Flour.	Meat Boilings.
	½ pint Milk.

Method—

Wash and brush the celery, and cut it into fine shreds. Skin and slice the onion thinly, and cut the ham into small pieces. Melt the butter in a saucepan, add to it the prepared celery, ham, and onion, put the lid on the pan, and cook carefully over the fire for a few minutes. Shake the pan occasionally to prevent the contents burning. Add the stock, which must not be dark coloured, the parsley stalks, bay leaf, and blade of mace. Simmer all these together for one and a half hours, or until the celery is quite soft, and then rub as much as possible through a fine wire or hair sieve. Rinse out the saucepan, and return the soup to it. Put the rice flour into a basin, add the milk gradually, mixing until quite smooth; add this to the soup, and stir over the fire until boiling. Boil two or three minutes, and season to taste. Put the yolk of egg into the soup tureen, and pour the soup gradually on to it, stirring all the

time. The yolk of egg may be omitted, or cream may be added if the soup is wished richer. Serve with croûtons of fried or toasted bread (*see* Recipe 103).

19.—CHESTNUT SOUP.

(*Fr.* Purée de Marrons.)

Ingredients—

$\frac{3}{4}$ lb. Chestnuts, weighed after peeling.	1 oz. Butter.
1 quart White Stock.	A small blade of Mace.
1 gill of Cream or $\frac{1}{2}$ pint Milk.	White Pepper and Salt.
	A pinch of Cayenne.

Method—

Wash the chestnuts, cut a small piece off the end of each, throw them into hot water, and boil for ten minutes ; then skin them, and put them into a lined saucepan with the stock and a small blade of mace. Simmer for one hour or more until the chestnuts are quite tender ; then rub them through a fine wire or hair sieve, using the stock to moisten them. Rinse out the saucepan, and return the chestnut purée and stock to it. Add the milk or cream, and boil for ten minutes until quite smooth. Add white pepper, salt to taste, and a pinch of cayenne. If too thick, more milk or stock must be added. Serve with small croûtons of fried or toasted bread (*see* Recipe 103).

20.—CHICKEN BROTH.

*(Fr. Bouillon de Poulet.)***Ingredients—**

1 Chicken.	1 tablespoonful chopped Parsley.
2 or 3 pints Cold Water.	Pepper and Salt.
2 tablespoonfuls Rice or crushed Tapioca.	

Method—

Draw and singe the chicken, and make it very clean. The inferior parts will do quite well for making the broth. The breast may be cut off and reserved for some other dish. Cut the rest of the chicken into joints first, then take all the meat from the bones and cut it into small pieces. Chop the bones and wash any part which does not look perfectly clean. Keep back any soft fat, but use the skin. Wash the neck well, and let it soak in cold water and salt for some time to draw out the blood. Open the gizzard and remove the bag of stones from the inside, then wash it well, pulling off all the fat skin from the outside. Remove the gall-bag very carefully from the liver, cutting it away with a pair of scissors, and wash the liver well. Also wash the heart and scald the feet, letting them lie in boiling water for a short time, and then scrape them well.

Take a clean lined saucepan, put into it the meat, bones, skin, neck, liver, gizzard, heart and feet. Add the salt and enough cold water to well cover all; the quantity depends upon the size of the fowl used. Put the lid on the pan and bring slowly to the boil,

then skim several times until the broth looks quite clear. Allow the broth to simmer from four to five hours until the goodness is well extracted from the bones, &c., skimming when necessary. Strain the broth through a fine strainer or hair sieve, and let it stand till cold. Then remove all fat from the top of the broth (*see* Recipe 102), return to a saucepan, and thicken according to taste. If rice is used, wash it well and cook in the broth until tender. If tapioca, bring the broth to the boil, sprinkle in the tapioca, and cook for ten minutes, until quite clear. Season to taste, and add the chopped parsley last. If small pieces of chicken are liked served in the soup, the best plan is to lift some of the nice pieces out of the broth as soon as they are cooked, but before all the goodness is lost, and reserve these for returning to the broth just before serving. A more economical broth can be made by using a piece of mutton or veal along with the chicken.

Sometimes the chicken is kept whole and served as a separate course; in this case small pieces of vegetable or thinly sliced leeks might be cooked with it, and the rice or tapioca added about half an hour before serving.

21.—CHICKEN SOUP.

(*Fr.* Potage de Volaille.)

Ingredients—

1 Chicken.
2 quarts Cold Water.
 $\frac{1}{2}$ Carrot.
A small piece of Turnip.
1 blade of Mace.

1 Onion or Leek.
1 gill of Cream.
Pepper and Salt.
1 Bay Leaf.
A few Parsley Stalks.

Method—

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Draw and clean the chicken thoroughly, then cut it into joints, and, if wished, keep back the breast for serving in some other way. Cut up the flesh into small pieces and break the bones. Wash any pieces which do not look perfectly clean, and keep back any soft fat. Remove the gall-bag from the liver and the bag of stones from the gizzard, then wash them well; also the neck and the heart. Put all together into a clean lined pan, with enough cold water to well cover—about two quarts; add a little salt, and bring slowly to the boil. Then skim well and add the vegetables, cleaned and cut in small pieces, the bay leaf, blade of mace, and parsley stalks. Simmer slowly from five to six hours until reduced about one-third, removing any scum that may rise. When cooked sufficiently, strain through a hair sieve into a basin, and let it stand till cold. Remove all fat from the top of the stock (*see* Recipe 102). Take some of the pieces of meat from the chicken, pound them well in a mortar, then rub through a wire sieve, and moisten with some of the liquid whilst rubbing through. Return the soup to the saucepan, adding this purée to thicken it, bring to the boil and pour in the cream. Season to taste with white pepper and salt. A yolk of egg may also be used if liked. Put the yolk in the soup tureen and pour the hot soup on to it, stirring all the time.

NOTE.—The breast of the chicken may be cooked in the soup, and then lifted out, cut into small pieces, and served in the soup when ready.

22.—CLEAR SOUP.

(*Fr. Consommé.*)

Ingredients—

1 quart good Brown or First Stock.	1 lump of Sugar.
6 oz. lean juicy Beef.	1 white and shell of Egg.

Method—

Carefully remove all fat from the top of the stock (*see* Recipe 102), and put it into a clean lined or copper saucepan. Wipe the beef with a damp cloth, and shred it down finely as you would for beef-tea, removing all fat and skin. Add this to the stock with the white of the egg and the shell well washed. Whisk these over the fire with a wire whisk until the soup just comes to boiling point. Then remove the whisk and let it boil well up. Draw the pan to the side of the fire where the soup will keep warm, but not simmer, and cover it over with a plate or saucepan lid. Let it stand from ten to fifteen minutes. Tie a clean cloth on to the four legs of a chair turned upside down, letting it fall slightly in the middle so as to form a bag. Pour some boiling water through the cloth into a basin, to thoroughly heat the cloth. Put a clean dry basin underneath, and pour the soup gently

through the cloth. The soup will not be clear the first time as it gets shaken with the straining, so change the basin and pour the soup through again, repeating this process until the soup runs through quite clear. In reheating add a lump of sugar, which makes the soup sparkle.

NOTE.—The various Consommés take their names from the different garnishes that are added to this soup.

23.—CLEAR SOUP A LA BRUNOISE.

(*Fr. Consommé à la Brunoise.*)

Ingredients—

3 pints Consommé or Clear Soup.	Celery, Leeks, Tur- nip, and Carrot cut in dice.
$\frac{1}{2}$ teacupful each of	
1 small Lettuce.	

Method—

Prepare the vegetables and cut them all into tiny dice, using the red part only of the carrot. Cook them in boiling water and salt until tender. The leek and lettuce together in one pan, in another pan boil the carrot for ten minutes, then put in the celery and turnip. Drain when ready. Put the consommé into a saucepan, bring it to the boil, and throw in the garnish.

24.—CLEAR SOUP À LA CÉLESTINE.

*(Fr. Consommé à la Célestine.)***Ingredients—**

2 pints Consommé or Clear Soup.	$\frac{1}{4}$ teaspoonful powdered Herbs.
1 Egg.	$\frac{1}{2}$ gill Milk.
$\frac{1}{2}$ teaspoonful finely chopped Parsley.	1 dessert-spoonful Flour.
$\frac{1}{4}$ oz. Butter.	Pepper and Salt.

Method—

Put the flour, pepper, and salt into a basin, add the egg, and mix well with a wooden spoon until perfectly smooth. Then pour in the milk and add the parsley very finely chopped, and the herbs finely powdered. Allow this batter to stand for fifteen minutes if possible. Then melt the butter in a frying pan, pour in the batter, spreading it thinly over the pan. Allow it to brown on the under side, then turn over and brown on the other side. Slip this pancake out on to a piece of paper, roll it up, and then cut across in fine shreds with a sharp knife.

Put the clear soup into a saucepan, bring it to the boil, and add the pancake shreds.

25.—CLEAR SOUP AUX CROÛTES GRATINÉES.

*(Fr. Consommé aux Croûtes Gratinées.)***Ingredients—**

2 pints Clear Soup or Consommé.	$\frac{1}{2}$ oz. Butter.
1 slice Toasted Bread.	1 teasp. Curry Powder.
Pepper and Salt.	1 teaspoonful grated Parmesan Cheese.

Method—

Cut the toast into pieces the size of a sixpenny piece with a small round cutter. Melt the butter and dip the rounds of toast into it, then toss them in the Parmesan cheese, curry powder, pepper and salt. Place them on a tin, and brown them slightly in the oven. Put the clear soup into a saucepan, bring it to the boil, and pour into a hot soup tureen. Throw in the croûtes of toast just before serving.

26.—CLEAR SOUP À LA FRIAR TUCK.

(*Fr. Consommé à la Friar Tuck.*)

Ingredients—

1 quart Clear Soup or Consommé. 1 Egg.

Method—

Put the clear soup into a saucepan and bring it to the boil. Beat up the egg in a cup or small basin with a fork, and pour it slowly into the boiling soup, stirring all the time with a spoon. (The egg will curdle in the soup and look like threads of yellow.) Serve in a hot soup tureen.

27.—CLEAR SOUP WITH MACARONI.

(*Fr. Consommé à l'Italienne.*)

Ingredients—

3 pints Clear Soup or Consommé.	2 oz. Macaroni, Vermi- celli, or Italian Paste.
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Method—

Whichever of these garnishes is chosen must be cooked first in boiling water and salt. Cook macaroni

twenty to thirty minutes, Italian paste and vermicelli fifteen minutes. Drain when ready, and rinse with cold water. If macaroni or vermicelli is used, cut it in small pieces after cooking. Put the clear soup into a saucepan, bring it to the boil, and add the garnish to it. Serve grated Parmesan cheese separately.

28.—CLEAR SOUP À LA JARDINIÈRE.

(*Fr. Consommé à la Jardinière.*)

Ingredients—

3 pints Consommé or Clear Soup.	$\frac{1}{2}$ teacupful Green Peas.
$\frac{1}{2}$ teacupful each of Tur- nip and Carrot cut in the shape of Peas.	$\frac{1}{2}$ teacupful white part of Cauliflower cut in sprigs.

Method—

Prepare the carrot and turnip, and cut out of each round pieces the shape of peas, using a special vegetable cutter for the purpose. Use the red part only of the carrot. Cook the pieces of carrot in a saucepan of boiling water and salt for ten minutes, then throw in the pieces of turnip and cook from ten to fifteen minutes longer, or until the vegetables are tender; then drain. Use the white part only of the cauliflower; cut it in small sprigs and cook it by itself in a saucepan of boiling water and salt from fifteen to twenty minutes, and drain when ready. In another saucepan of boiling water and salt cook the peas,

allowing from fifteen to twenty minutes, and drain when ready. Put the clear soup into a saucepan and bring it to the boil. Add the garnish of vegetables, and it is ready to serve.

29.—CLEAR SOUP À LA JULIENNE.

(*Fr. Consommé à la Julienne.*)

Ingredients—

3 pints Consommé or Clear Soup.	nip, and Carrot, cut in shreds.
$\frac{1}{2}$ teacupful each of Celery, Leeks, Tur-	1 small Lettuce.

Method—

Make in the same way as Consommé à la Brunoise, but cut the vegetables into shreds instead of dice. The shreds should measure about $1\frac{1}{2}$ inches in length, and must all be of equal thickness and very thin.

30.—CLEAR SOUP AUX ŒUFS FILÉS.

(*Fr. Consommé aux Œufs Filés.*)

Ingredients—

1 quart Clear Soup or Consommé.	1 dessert-spoonful Flour.
1 Egg.	1 tablespoonful Milk.
	Pepper and Salt.

Method—

Put the flour, pepper, and salt into a basin, drop in the egg and mix well with a wooden spoon until perfectly smooth. Then pour in the milk, and if time permits allow this batter to stand a short time before

using. Put the clear soup into a saucepan and bring it to the boil. Strain the batter through a fine strainer into it and cook about ten minutes. The batter should look like golden threads in the soup.

31.—CLEAR SOUP À LA PRINCESSE.

(*Fr. Consommé à la Princesse.*)

Ingredients—

3 pints Clear Soup or Consommé.	$\frac{1}{4}$ lb. Veal or Chicken Quenelle Meat (R. 110).
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Method—

Put the quenelle meat into a forcing bag, with a pipe the size of a sixpenny at the end of it, and force out small pieces into boiling water, salted in the proportion of one dessert-spoonful of salt to one quart of water. When doing this hold the forcing bag in the left hand, squeeze out a little of the mixture over the boiling water, and then with a knife held in the right hand cut it sharply off, and repeat this process quickly. Cook the quenelles slowly for five minutes, then lift out and drain. Put these in the soup tureen, and pour the boiling consommé over them.

32.—CLEAR SOUP WITH QUENELLES.

(*Fr. Consommé aux Quenelles.*)

Ingredients—

3 pints Clear Soup or Consommé.	$\frac{1}{4}$ lb. Chicken or Veal Quenelle Meat in 3 colours (<i>see</i> Recipe 110).
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Method—

Divide the quenelle meat into three equal parts. Colour one part pink with a few drops of carmine, one part green with spinach green, and the other part leave its natural colour. Then proceed in the same way as for Consommé à la Princesse (*see* Recipe 31).

33.—CLEAR SOUP À LA ROYALE.

(*Fr.* Consommé à la Royale).

Ingredients—

3 pints Consommé or Clear Soup.

CUSTARD.

1 Egg.

1 yolk of Egg.

½ gill of Clear Soup.

Pepper and Salt.

Method—

Make a custard by beating the eggs and half gill of clear soup together, season with pepper and salt, and strain into a small greased basin or teacup. Cover with greased paper and steam very slowly for ten minutes, or until the custard feels firm to the touch. Let it cool and then turn it out. Cut it first into thin slices about $\frac{1}{8}$ inch in thickness, then stamp out in fancy shapes with small cutters, or cut into diamonds or dice with a sharp knife. Put these in the soup tureen, and pour the consommé boiling hot over them.

NOTE.—If liked the custard may be divided into three portions before cooking. Colour one portion green with a few drops of spinach green, one pink with

FRUIT pickles are an interesting adjunct to cold game, poultry, and meat dishes.

Plum or Damson Pickle.

To 4 quarts of just ripe fruit allow 1 lb. of granulated sugar, about 3 sticks cinnamon, 2 teaspoonsful of cloves, and a pint of vinegar.

Wipe and prick the fruit and put it into a basin. Boil the vinegar, sugar, and spice for 15 minutes and pour, while boiling, over the fruit. Leave until the following day, then put all into a pan and bring to the boil, skim, and bottle.

How to Treat Peaches.

Choose slightly under-ripe, perfectly sound fruit, wipe and put it into a pan. Make a brine by putting 1 lb. of salt into 3 quarts of cold water. Bring to the boil, keep boiling for one minute. Skim, and when cold pour it over the fruit. Cover with a board or plate weighted to keep the fruit submerged, and leave for 3 days. Then lift out and drain the peaches, put them into glass jars and pour over the following pickling vinegar:—

For a dozen peaches put 2 quarts of vinegar into a pan, add 3 ounces of bruised ginger, a level dessertspoonful of salt, 3 blades of mace, 1½ ounces of mustard seed, 3 ounces of peppercorns, a level teaspoonful of cayenne, all tied in a muslin bag. Boil for 5 minutes, skim, remove the bag of spices, pour the boiling vinegar over the peaches and divide the spices between them, cover and cork securely.

Return these pieces to the soup, add the parsley very finely chopped, season to taste, and pour into a hot soup tureen.

NOTE.—If wished, the fowl may be served whole as a separate course.

COCKIE LEEKIE

its natural colour. Steam
ps, and cut out as above.

LEEKIE.

1 tablespoonful chopped
Parsley.
White Pepper.
Salt.

used for this soup, hence
t as for boiling. Put it
3 quarts of cold water, or
a dessert-spoonful of salt,
Simmer slowly for two
sary with an iron spoon.
green tops off the leeks,
Then cut them in thin
wash again. Drain in a
m to the soup with the
together for two hours
der. To serve, lift out

Method—

Divide the quenelle m
Colour one part pink with
part green with spinach gr
its natural colour. Then
for Consommé à la Prince

33.—CLEAR SOU

(*Fr. Consommé*)

Ingredients—

3 pints Consommé

Custard

1 Egg.

1 yolk of Egg.

Method—

Make a custard by be
of clear soup together, s
and strain into a sma
Cover with greased paper
ten minutes, or until t
touch. Let it cool and
into thin slices about $\frac{1}{8}$
out in fancy shapes with small cutters, or cut
diamonds or dice with a sharp knife. Put these in the
soup tureen, and pour the consommé boiling hot over
them.

NOTE.—If liked the custard may be divided into
three portions before cooking. Colour one portion
green with a few drops of spinach green, one pink with

carmine, and leave the other its natural colour. Steam in separate basins or egg-cups, and cut out as above.

34.—COCKIE LEEKIE.

Ingredients—

1 old Fowl.	1 tablespoonful chopped
6 or 8 Leeks.	Parsley.
2 quarts of Cold Water.	White Pepper.
2 tablespoonfuls Whole	Salt.
Rice.	

Method—

An old cock is frequently used for this soup, hence the name. Draw and truss it as for boiling. Put it into a large saucepan, with two quarts of cold water, or enough to cover it. Add one dessert-spoonful of salt, and bring it slowly to the boil. Simmer slowly for two hours, skimming when necessary with an iron spoon. Cut the roots and part of the green tops off the leeks, and wash them in cold water. Then cut them in thin slices with a sharp knife, and wash again. Drain in a sieve or colander, and add them to the soup with the rice well washed. Simmer all together for two hours longer, or until the bird is tender. To serve, lift out the fowl, and cut the flesh from it in small pieces. Return these pieces to the soup, add the parsley very finely chopped, season to taste, and pour into a hot soup tureen.

NOTE.—If wished, the fowl may be served whole as a separate course.

35.—CREAM OF BARLEY SOUP.

*(Fr. Potage à la Crème d'Orge.)***Ingredients—**

1 quart of Chicken or Veal Boilings.	Pepper and Salt.
2 oz. fine Pearl Barley.	1 Onion.
1 oz. Butter.	1 yolk of Egg.
1 gill of Cream.	$\frac{1}{2}$ inch Cinnamon Stick.
	1 Bay Leaf.
A few Parsley Stalks.	

Method—

Use the fine barley for this soup. Wash it well in cold water. Put it into a saucepan with cold water to cover, bring to the boil, strain and rinse again with cold water. Rinse out the saucepan, and return the barley to it with the meat boilings, or thin white stock. (The water in which a fowl, rabbit, or piece of veal has been boiled can be used for this soup.) Add the onion, thinly sliced, the bay leaf, cinnamon, and parsley stalks. Simmer for two hours, or until the barley is quite cooked. Then rub as much as possible through a tammy cloth or hair sieve. Return this purée to the pan, add the butter, and strain in the cream and yolk of egg mixed together. Season to taste, and stir over the fire until *almost* boiling. Do not boil, or the yolk of egg will curdle.

A few cooked green peas or asparagus points may be added. Serve in a hot soup tureen.

NOTE.—The yolk of egg may be omitted.

36.—CREAM OF RICE SOUP.

(Fr. Potage à la Crème de Riz.)

Ingredients—

1 quart Chicken or Veal Boilings.	A pinch of Sugar.
2 oz. Ground Rice or Flour of Rice.	A pinch of Ground Cinnamon.
1 gill Double Cream.	1 oz. Butter.
	Pepper and Salt.

Method—

Any thin white stock will do for this soup, or the water in which a fowl, rabbit, or piece of veal has been boiled. Skim all fat from it, and bring it to the boil in a saucepan. Sprinkle in the ground rice, and simmer slowly for ten minutes, or until cooked. If flour of rice is used, mix it first with two tablespoonfuls of cold stock or water. When the stock is hot, add this to it, stir until boiling, and cook for ten minutes. Draw the pan of soup to the side of the fire, and strain in the cream and yolk of egg mixed together. Add seasoning to taste, the sugar and cinnamon. Then stir over the fire until *almost* boiling. Do not boil, or the yolk of egg will curdle. Strain through a hair sieve or fine strainer, and serve in a hot soup tureen.

NOTES.—The yolk of egg may be omitted. Whole rice may be used, in which case make the soup the same way as in preceding recipe. The rice will not require to be blanched, and one hour instead of two will be sufficient to cook it.

37.—CUCUMBER SOUP.

(Fr. Potage aux Concombres.)

Ingredients—

1 large Cucumber.	1 Bay Leaf.
A handful of Spinach.	1 small Onion.
1 oz. Butter.	1 quart White Stock.
White Pepper and Salt.	1 gill of Cream.
2 yolks of Eggs.	

Method—

Peel the cucumber thinly, cut it in quarters, and remove the seeds. Then slice it thinly, put it on a plate, and sprinkle with salt. Let it stand for half an hour, then strain off the water that runs from it. Melt the butter in a saucepan, add the cucumber, the onion sliced thinly, the spinach well washed, and the bay leaf. Put the lid on the pan, and cook for a few minutes without browning. Then pour in the stock, and cook slowly from three-quarters of an hour to one hour, or until the cucumber is quite soft. Rub as much as possible through a hair sieve, rinse out the saucepan and return the sieved soup to it to reheat. Put the yolks of egg and cream into a small basin, and beat them up with a fork, draw the pan to the side of the fire, and strain this into it. Stir until it almost reaches boiling point, but do not boil again or it will curdle. Season to taste, and serve with croûtons of fried or toasted bread (*see* Recipe 103).

38.—CURRY VEGETABLE SOUP.

*(Fr. Soup Maigre au Cari.)***Ingredients—**

1 small Carrot.	1 oz. Butter or Dripping.
1 small Turnip.	1 dessert-spoonful Curry Powder.
1 Onion.	$\frac{1}{2}$ teaspoonful Curry Paste.
1 Leek.	A little Chutney.
1 small Cauliflower.	1 lump of Sugar.
Pepper and Salt.	3 pints Stock or Water.
1 tablespoonful Whole Rice.	A squeeze of Lemon Juice.
1 teacupful of Milk.	
1 Apple.	

Method—

Clean and prepare the vegetables. Cut the carrot and turnip into dice, and chop the apple. Cut the leek and onion into thin slices, and break up the cauliflower into small pieces, keeping it separate in cold water until required. Melt the butter or dripping in a saucepan, put into it the prepared carrot, turnip, leek, onion, and apple, and stir this over the fire for a few minutes without browning. Add the curry powder, curry paste, chutney, pepper, salt, and the rice well washed. Mix thoroughly with an iron spoon, and then pour in the stock. Bring to the boil, and simmer from one and a half to two hours, or until the vegetables are almost soft. Then add the cauliflower, and cook for half an hour longer. Add the milk, sugar, and lemon juice at the end. Serve plain boiled rice with this soup, separately (*see* Recipe 108).

39.—CURRY SOUP (WHITE).:

(Fr. Potage au Cari, Blanche.)

Ingredients—

1½ pints White Stock or Meat Boilings.	1 tablespoonful chopped Parsley.
1 tablespoonful Curry Powder.	Pepper and Salt.
1 oz. Cornflour.	Squeeze of Lemon Juice.
2 tablespoonfuls Cream.	Small pieces of Chicken or Rabbit.
1 yolk of Egg.	Boiled Rice.

Method—

Any light stock, or the water in which a fowl, rabbit, or piece of veal has been boiled, will do for this soup. Put the stock into a saucepan, and bring it to the boil. Put the curry powder and cornflour into a basin, add the milk gradually to them, mixing with an iron spoon until smooth. Add this to the stock, stir until boiling, and simmer for ten minutes. Then draw the pan to the side of the fire, and strain in the cream and yolk of egg mixed together. Season to taste, and sprinkle in the parsley. If possible, add some small pieces of chicken or rabbit. Stir the soup over the fire until *almost* boiling. Do not boil, or the yolk of egg will curdle. Squeeze in the lemon juice, and pour the soup into a hot soup tureen. Serve with plain boiled rice, on a separate dish (*see* Recipe 108).

40.—EEL BROTH.

*(Fr. Potage aux Anguilles.)***Ingredients—**

2 lbs. of Eels.	1 Onion.
2½ pints Cold Water.	A small piece of Carrot.
1 oz. Butter.	A small piece of Turnip.
1 oz. Flour.	2 Bay Leaves.
1 gill Cream or ½ pint Milk.	1 blade of Mace.
Pepper and Salt.	A small bunch of Herbs.
	A few Parsley Stalks.

Method—

Wash the eels, and cut them in pieces. Put them into a saucepan with the cold water and a little salt. Bring to the boil, and skim well. Then add the vegetables, prepared and cut into small pieces, the herbs and other seasonings. Simmer slowly for twenty minutes, then lift out some of the best pieces of the eels, free from skin and bone, and reserve them for serving in the soup. Allow the soup to simmer from one and a half to two hours longer, then strain through a hair sieve into a basin. Rinse out the saucepan, put the butter into it, and let it melt over the fire. Add the flour, and mix with a wooden spoon until smooth. Then pour in the soup, and stir over the fire until boiling. Add the milk or cream, the pieces of eel which were reserved, and seasoning to taste. Boil for five minutes longer, and pour into a hot soup tureen. Serve with sippets of toasted bread.

41.—FISH SOUP.

*(Fr. Purée de Poisson.)***Ingredients—**

2 lbs. White Fish or Fish Trimmings.	Some Parsley Stalks.
3 pints Cold Water.	A Bay Leaf.
2 Leeks.	1 oz. Flour.
A small piece of Carrot.	1 oz. Butter or Drip- ping.
A small piece of Turnip.	1 des.-spoonful chopped Parsley.
White Pepper and Salt.	1 blade of Mace.
1 stick of Celery.	

Method—

Any white fish can be used for this soup, such as whiting, flounder, haddock, or cod, trimmings of fish or a cod's head. Wash the fish well and cut it into small pieces ; put it into a saucepan with the cold water (which should cover it), add a little salt, and bring to the boil. Skim well and boil for about ten minutes. Then remove a few nice pieces of fish, free from skin and bone, and reserve them for serving in the soup. Prepare the vegetables and cut them into small thin pieces, add them to the soup with the bay leaf, parsley stalks, and blade of mace. Let all simmer slowly from one and a half to two hours. If a cod's head is used, longer time will be required. When well cooked, strain through a fine wire sieve into a basin, rubbing through a little of the fish and vegetables, being careful that none of the bones are rubbed

through. Rinse out the saucepan and melt the butter or dripping in it, then add the flour and mix smoothly together. Pour in the soup and stir until boiling; add the milk, chopped parsley, and small pieces of fish, and bring to the boil again. Season to taste with white pepper and salt. The yolk of an egg may be put into the soup tureen and the soup poured boiling hot on to it, stirring all the time; or it may be served with small egg balls in it (*see* Recipe 111).

42.—FISH MULLIGATAWNY.

(*Fr. Mulligatawny de Poisson.*)

Ingredients—

2 lbs. White Fish or Fish Trimmings.	1 Onion.
1½ oz. Butter or Dripping.	1 small Carrot.
1½ oz. Rice Flour.	½ Turnip.
3 pints Water or Fish Stock.	¾ oz. Curry Powder.
Pepper and Salt.	½ pint Milk or 1 gill of Cream.
	A squeeze of Lemon Juice.

Method—

Wash the fish well and cut it into small pieces. Melt the dripping or butter in a saucepan, add to it the vegetables all prepared and cut in very thin slices, and cook them for a few minutes over the fire. Add the curry powder and rice flour—mix these well in. Then put in the fish and stock or water, stir until

boiling, and simmer slowly for ten minutes. Lift out some nice pieces of fish and reserve them for serving in the soup. Simmer from one and a half to two hours longer, skimming when necessary. Strain through a fine wire sieve into a basin, rubbing through a little of the fish and vegetables, but be careful that none of the bones get into the soup. Rinse out the saucepan, and return the soup to it to reheat. Add the milk, small pieces of fish, lemon juice, sugar, and more seasoning if necessary. Serve with plain boiled rice on a separate dish (*see* Recipe 108).

43.—GAME SOUP.
(*Fr. Soupe de Gibier.*)

Ingredients—

1 lb. trimmings of Game or remains of cold cooked Game.	Pepper and Salt.
$\frac{1}{2}$ lb. lean juicy Beef.	A small piece of Carrot, Turnip, and Onion.
3 pints Cold Water.	1 stick of Celery.
1 oz. Arrowroot.	2 oz. lean Ham or a small Ham Bone.
1 oz. Butter.	$\frac{1}{2}$ gill Sherry.
1 tablespoonful Ketchup.	

Method—

Wash any parts of the game that require it, and break it down into small pieces. Wipe the beef and shred it down finely, as for beef-tea, and cut the ham into small pieces. Put all these into a clean saucepan with the water and a little salt ; bring to the boil, and

skim well. Then add the vegetables, prepared and cut in small pieces, and allow the soup to simmer gently for about four hours. Strain, and allow it to cool. Melt the butter in a saucepan, browning it slightly; add the arrowroot, and mix these two smoothly together. Remove all fat from the top of the stock (*see* Recipe 102), and pour it on to the butter and arrowroot. Stir over the fire until boiling, and boil for two or three minutes, adding the ketchup, sherry wine, pepper, and more salt if necessary. Small pieces of cooked game may be served in the soup, and croûtons of fried or toasted bread served separately.

44.—GIBLET SOUP.

(*Fr.* Potage aux Gibolettes.)

Ingredients—

2 sets of Giblets (Duck's preferred).	A small sprig each of Thyme, Marjoram, and Parsley.
2 pints Water or Meat Boilings.	1 blade of Mace.
A small piece each of Carrot, Turnip, and Onion.	$\frac{1}{2}$ glass of Sherry.
1 Bay Leaf.	Pepper and Salt.
	1 oz. Arrowroot.
	1 oz. Butter or Dripping.
1 tablespoonful of Ketchup.	

Method—

Clean the giblets thoroughly, and cut them into small pieces. Put them into a saucepan with the stock and a little water, and bring slowly to the boil.

Skim well, and add the vegetables, cleaned and cut into small pieces ; also the herbs tied together with a piece of thread, the bay leaf, blade of mace, and pepper. Simmer gently for two hours, then lift out a few of the best pieces of giblet—trim and set them aside for serving in the soup. Allow the soup to simmer for an hour or two longer, then strain and let it stand till cold. Melt the butter or dripping in a saucepan, let it get slightly brown, add the arrowroot, and mix till smooth. Remove all fat from the top of the stock, pour it into the pan, and stir until boiling. Add the ketchup, sherry, the pieces of giblet which were reserved, and seasoning to taste. Boil for a few minutes, and it is ready. A little lemon juice may be added, and small pieces of vegetable, cut in fancy shape and cooked separately, put in as a garnish.

45.—GRAVY SOUP.

(*Fr. Bouillon.*)

Ingredients—

1 lb. lean juicy Beef.	A small piece each of
1 oz. Butter.	Carrot, Turnip, and
2 or 3 Cloves.	Onion.
1 Bay Leaf.	2 pints Cold Water.
1 tablespoonful of	6 Peppercorns.
Ketchup.	Pepper and Salt.
1 dessert spoonful Tapioca Groult.	

Method—

Wipe the meat with a damp cloth, and shred it down finely with a sharp knife, keeping back all fat and skin.

Melt the butter in a clean saucepan, but do not let it brown. Put in the meat with the seasonings and the vegetables cut in small pieces. Pound these with a wooden spoon over a slow fire until the juice is well extracted from the meat. Then add the water gradually, and simmer gently one and a half to two hours, stirring occasionally, and skimming when required. Strain through a wire sieve, and remove any grease from the top of the stock. Rinse out the saucepan, and return the soup to it; add the tapioca grout, ketchup, and seasoning to taste. Stir until boiling, and boil for about ten minutes until the tapioca turns quite clear. Serve with croûtons of fried or toasted bread (*see* Recipe 103).

46.—GREEN PEA SOUP.

(*Fr. Purée de Petits Pois.*)

Ingredients—

1 pint Shelled Peas.	3 Spring Onions.
1 handful of Pea Shells.	A sprig of Mint.
1 small Lettuce.	1 lump of Sugar.
A few sprigs of Parsley.	1½ pints Second White
White Pepper and Salt.	Stock.

½ gill of Cream.

Method—

Wash the shells well, and cut them into pieces. Wash and shred the lettuce, and wash and slice thinly the onions. Put all these into a saucepan of boiling water in the proportion of one dessert-spoonful to a

quart, salted ; boil for ten minutes, and strain off the water. Put the stock into a saucepan, and bring it to the boil. Add the scalded vegetables, the peas, mint, and parsley, and boil all together until tender, about half an hour. Then rub through a hair sieve into a basin. Rinse out the saucepan, and return the soup to it to reheat. Add the cream, and season to taste with white pepper and salt. Serve with croûtons of fried or toasted bread.

NOTE.—A few leaves of spinach may be added to this soup, and sometimes a few of the peas are cooked separately, and served whole in the soup.

47.—HARE SOUP. (*Fr. Potage de Lièvre.*)

Ingredients—

1 Hare.	1½ oz. Flour or 2 oz.
1 lb. lean Beef.	Oatmeal.
¼ lb. lean Ham.	24 Black Peppercorns.
2 oz. Butter or Dripping.	6 or 8 Cloves.
2 Onions.	1 blade of Mace.
A small piece of Turnip.	1 Bay Leaf.
2 sticks of Celery.	2 quarts Cold Water.
A bunch of Herbs.	1 glass of Port Wine.
½ teaspoonful Jamaica Pepper. Salt.	

Method—

Skin and paunch the hare, saving the liver and as much of the blood as possible. Then wash the hare, dry it, and cut it into small pieces. Wipe the

beef with a damp cloth, and cut it and the ham into small pieces. Melt the butter or dripping in a saucepan, put in the pieces of hare, meat, ham, and onions thinly sliced, and fry all these over the fire from ten to fifteen minutes; then pour in the water, bring to the boil, and skim well. Add the other vegetables cut into small pieces, the herbs, peppercorns, cloves, mace, bay leaf, and a little salt. Let all simmer gently from four to five hours; then strain through a hair sieve into a basin, and let the soup stand until cold. Remove the fat carefully from the top of the stock, put some of the meat from the hare into a mortar, pound it well with a little of the stock, and rub it through a fine wire sieve. Return the soup to the saucepan with the sieved hare. Break the flour with a little of the stock, add it to the soup, and stir until boiling. Boil for a few minutes, adding Jamaica pepper, black pepper, and more salt if necessary. If oatmeal is used for thickening, put it into a basin with half a pint of cold water; let it stand for half an hour, stirring occasionally, and then strain off the liquid part into the soup, keeping back the oatmeal; bring to the boil, and boil for a few minutes. The oatmeal gives the soup a soft, velvety taste. The wine and blood should be added to the soup just before serving, but do not boil again, or the soup will curdle.

Serve small forcemeat balls (*see* Recipe 109), to which the liver of the hare cooked and chopped has been added, in this soup.

48.—HARICOT BEAN SOUP.

*(Fr. Purée de Haricots.)***Ingredients—**

$\frac{1}{2}$ lb. Haricot Beans.	A few Parsley Stalks.
$2\frac{1}{2}$ pints Cold Water or Meat Boilings.	1 Bay Leaf.
$\frac{1}{2}$ pint Milk.	$\frac{1}{2}$ teaspoonful Celery Seed.
1 Onion.	1 oz. Butter or Dripping.

White Pepper and Salt.

Method—

Put the beans into a basin, and wash them well in cold water. Then pour over them $2\frac{1}{2}$ pints of fresh cold water, cover the basin with a plate, and let them soak overnight. Next day strain off the water, and keep it for making the soup. Melt the dripping or butter in a saucepan, add to it the beans and the onion skinned and thinly sliced, and stir these over the fire for a few minutes until they are thoroughly soaked with the fat. Pour on the water in which the beans were soaked, and stir well for a minute or two. Add pepper, salt, bay leaf, parsley stalks, and celery seed tied in a small piece of muslin; put the lid on the pan, and boil slowly from two to three hours until the beans are quite soft. The soup must be stirred occasionally while it is cooking, and should it become too thick, more water must be added. When the beans are quite soft, rub the soup through a wire sieve into a basin, have the saucepan rinsed out, and return the

soup to it. Add the milk and more seasoning if necessary, bring to the boil, and boil for ten minutes. Serve with croûtons of fried or toasted bread (*see* Recipe 103).

49.—HOLLANDAISE SOUP.

(*Fr. Potage à la Hollandaise.*)

Ingredients—

1 quart White Stock.	1 small Turnip.
1 oz. Butter.	$\frac{1}{2}$ a Cucumber.
1 oz. Flour.	1 teaspoonful chopped
2 yolks of Eggs.	Parsley or Tarragon.
1 gill of Cream.	A pinch of Sugar.
Pepper and Salt.	$\frac{1}{2}$ teacupful of Green
1 Carrot.	Peas.

Method—

Prepare the carrot and turnip, and peel the cucumber. Cut half a teacupful of small rounds out of each of them, using a vegetable cutter the size and shape of a pea. Cook these in separate saucepans of boiling water and salt until tender, but not overcooked. Drain when ready. Cook and drain the green peas also. Melt the butter in a saucepan, add the flour, and mix with a wooden spoon until smooth. Pour in the stock, stir until boiling, and skim if necessary. Draw the pan to the side of the fire, and strain in the yolks of eggs and cream mixed together, stirring constantly. Cook carefully until the yolks thicken,

but do not allow the soup to boil again, or it will curdle. Add the chopped parsley or tarragon, a pinch of sugar, and seasoning to taste. Put the prepared vegetables into a hot soup tureen, and pour the hot soup over them.

50.—HOTCH POTCH.

Ingredients—

2 quarts Mutton Broth.	1 Cauliflower.
Equal quantities of	1 pint Green Peas.
young Carrots, Turnips, and Spring	1 dessert-spoonful
Onions.	chopped Parsley.
1 Lettuce.	1½ lbs. Lamb or small
	Mutton Chops.

Pepper and Salt.

Method—

Put the mutton broth or water in which some mutton has been boiled into a saucepan, and bring it to the boil. Clean some young carrots, turnips, and onions; cut the carrots and turnips into very small neat pieces, and the onions into thin slices. About one teacupful of each will be required. Put them into the saucepan with the broth, and boil quickly for half an hour. Trim the chops neatly, removing most of the fat; add them next with the flower of the cauliflower, broken into small pieces, and the lettuce, finely shred. Simmer the soup slowly for one hour longer, then add the peas, and cook until they are soft. Add the parsley last, and season with pepper and salt.

51.—KIDNEY SOUP.
(*Fr. Potage de Rognons.*)

Ingredients—

1 Ox Kidney.	1 $\frac{1}{2}$ oz. Butter or Dripping.
2 quarts Second Stock.	1 $\frac{1}{2}$ oz. Flour.
1 small Carrot.	Asprig of Parsley, Thyme,
1 small Turnip.	and Marjoram.
1 Onion.	6 Cloves.
1 stick of Celery or	20 Black Peppercorns.
$\frac{1}{2}$ teaspoonful Celery	1 small blade of Mace.
Seed.	1 dessert-spoonful Har-
1 tablespoonful Ketchup.	vey's Sauce.
Pepper and Salt.	1 Bay Leaf.
	2 tablespoonfuls Sherry.

Method—

Wash the kidney, dry it well, and cut into small pieces away from the fat. Put the flour on to a plate, and toss the pieces of kidney in it, coating them well. Melt the butter or dripping in a saucepan. When smoking hot, put the pieces of kidney into it, and stir over the fire until nicely browned. If any flour is left, sprinkle it over the pieces of kidney, and brown it also. Pour in the stock, and stir well for a few minutes. Add a little salt, and when boiling skim thoroughly. Prepare the vegetables, and cut them into small pieces. When the soup has been skimmed, add them to it with the herbs and all the other seasonings except the wine. Simmer slowly from three to

four hours, or until the kidney is tender, skimming when necessary. Strain through a hair sieve into a basin, and if possible let it stand until cold. Remove all fat from the top of the soup, and return to the saucepan to reheat. Lift out the pieces of kidney from the vegetables, and add them to the soup with the wine and more seasoning if necessary. Serve with sippets of toasted bread.

52.—KIDNEY AND TOMATO SOUP.

(*Fr. Potage de Rognons aux Tomates.*)

Ingredients—

1 Ox Kidney.	1 tin of Tomatoes.
1 $\frac{1}{2}$ oz. Butter or Dripping.	Asprig of Parsley, Thyme,
1 $\frac{1}{2}$ oz. Flour.	and Marjoram.
3 pints Second Stock.	6 Cloves.
1 Onion.	20 Black Peppercorns.
1 small Carrot.	1 small blade of Mace.
1 small Turnip.	1 Bay Leaf.
1 stick of Celery or $\frac{1}{2}$ tea-	Pepper and Salt.
spoonful Celery Seed.	

Method—

Wash the kidney, dry it well, and cut into small pieces away from the fat. Put the flour on to a plate, and toss the pieces of kidney in it, coating them well. Melt the butter or dripping in a saucepan; when smoking hot put the pieces of kidney into it, and stir over the fire until nicely browned. If any flour is left on the plate, sprinkle it over the pieces of kidney, and

brown it also. Pour in the stock, and add the tomatoes. Stir for a few minutes, and let the soup come to the boil. Add a little salt, and skim thoroughly. Prepare the vegetables, and cut them into small pieces, add them to the soup with the herbs and other seasonings. Simmer slowly from four to five hours, or until the kidney is tender, skimming when necessary. Strain through a hair sieve into a basin, and rub the tomato pulp through. Remove all grease from the top of the soup with kitchen paper, and return to the saucepan to reheat. Lift out the pieces of kidney from the vegetables, and add them to the soup with more seasoning if necessary. Serve with croûtons of fried or toasted bread (*see* Recipe 103).

53.—LEEK SOUP.

(*Fr. Potage aux Poireaux.*)

Ingredients—

6 or 8 Leeks.	2 tablespoonfuls Rice.
3 pints Meat Boilings.	Pepper and Salt.

Method—

Wash the leeks well, removing the roots, most of the green part, and the outermost skin. With a sharp knife cut them in thin slices, and throw again into cold water. Rinse well, and drain in a sieve or colander. The water in which a piece of veal or mutton, fowl or rabbit has been boiled can be used for this soup. Put three pints of this water into a saucepan with the rice, well washed, and bring it to

the boil. Skim if necessary, adding some salt. Then put in the prepared leeks, and simmer slowly for one hour, or until the leeks are tender. Season with pepper and more salt if necessary, and serve with croûtons of fried or toasted bread (*see* Recipe 103).

54.—LENTIL SOUP.
(*Fr. Purée de Lentilles.*)

Ingredients—

$\frac{1}{2}$ lb. Red Lentils.	1 Onion.
2 pints Cold Water or Meat Boilings.	A small piece of Carrot and Turnip.
1 oz. Dripping or Butter.	2 sticks of Celery or
Pepper and Salt.	$\frac{1}{2}$ teaspoonful Celery
A pinch of Sugar.	Seed.

Method—

Put the lentils into a basin, and wash them well in cold water, removing any discoloured ones which float on the top of the water. Then pour over them the two pints of cold water or meat boilings, cover the basin with a plate, and let them soak overnight. Next day strain off the water, keeping it to make the soup with. (A certain amount of nourishment is always drawn out of the lentils by soaking, and it would be wasteful to throw this water away.) Prepare the vegetables (*see* Recipe 106), and cut them into thin slices. Melt the dripping or butter in a saucepan, add to it the lentils and sliced vegetables, and stir them over the fire until the fat is thoroughly absorbed. This is called sweating the vegetables ; it softens them,

and makes them cook more easily. Next pour on the liquid in which the lentils were soaked, stir well for a few minutes, and let it come to boiling point. Remove any scum that may rise, add pepper and salt to taste, and if using celery seed, add it now tied in a small piece of muslin. Allow the soup to simmer slowly for two hours, or until the lentils are quite soft and pulpy. Stir the soup occasionally to prevent it sticking to the foot of the pan and burning. If it should become too thick whilst cooking, add more water or a little stock. When well cooked, rub through a wire or hair sieve into a basin. Rinse out the saucepan, and return the soup to it to reheat. Add more seasoning if necessary, and serve with croûtons of fried or toasted bread.

NOTES.—A little milk or cream is sometimes added to this soup. The water in which a piece of ham or salt beef has been boiled does very well for making this soup, provided it is not too salt.

55.—LOBSTER SOUP.

(*Fr.* Purée de Homard.)

Ingredients—

1 Hen Lobster.	2 Bay Leaves.
3 pints Fish Stock.	A sprig of Parsley and Thyme.
1½ oz. Butter.	1 tablespoonful Anchovy Essence.
1½ oz. Flour.	A squeeze of Lemon Juice.
½ Carrot.	2 tablespoonfuls Cream.
½ Turnip.	
1 Onion.	
2 sticks of Celery.	
White Pepper and Salt.	

Method—

Melt the butter in a saucepan, and when smoking hot put in the vegetables cut into small pieces, and fry them a light brown colour. Add the flour, and mix until smooth; then pour in the stock, and stir until boiling. Add the bay leaf, parsley, and thyme, and let the soup simmer for half an hour. Meantime have the lobster broken in pieces, remove the green part from the throat, throwing it away, and cut the meat from the big claws into neat pieces, and reserve them for serving in the soup. Put the shell and the rest of the lobster into a mortar, and pound well. Add this to the soup, and boil all together for one hour. Rub through a hair sieve, rinse out the saucepan, and return the soup to it. Let it boil up, and skim well. Add the anchovy essence, cream, lemon juice, and pieces of lobster. Season with pepper and salt, and serve.

56.—MACARONI SOUP.

(*Fr.* Potage Macaroni.)

Ingredients—

2 oz. Macaroni.	Pepper and Salt.
$\frac{1}{2}$ oz. Butter.	Parmesan Cheese.
2 pints Clear Second or Bone Stock.	Croûtons of Fried Bread.

Method—

Throw the macaroni into a saucepan with hot water, salt, and the half ounce of butter, and boil quickly for

twenty minutes or until soft, stirring frequently. Then drain and cut it into rings or short lengths, and put it into the soup tureen. Remove all grease from the stock (*see* Recipe 102), put it into a saucepan, and bring to the boil ; season nicely, and pour over the macaroni. Serve with croûtons of fried bread tossed in Parmesan (*see* Recipe 103).

57.—MACARONI AND TOMATO SOUP.

(*Fr.* Potage Macaroni aux Tomates.)

Ingredients—

3 oz. Macaroni.	1 oz. Butter.
2 pints Stock or Meat Boilings.	1 Spanish Onion.
6 fresh Tomatoes or	A Ham Bone.
$\frac{1}{2}$ a tin of Tomatoes.	Pepper and Salt.

Method—

Break the macaroni, and put it into a saucepan with the stock and tomatoes (if fresh tomatoes are used, cut them in slices). Bring to the boil, and add the butter, the onion, skinned and cut in slices, pepper and salt. A small ham bone will also improve the flavour of the soup. Let all these simmer for one hour or more until the macaroni is reduced to a pulp. Then rub the soup through a fine wire or hair sieve into a basin. Rinse out the saucepan, and return the soup to it to reheat, adding more seasoning if necessary. Serve with fried croûtons of bread (*see* Recipe 103).

58.—MACARONI SOUP (WHITE).

(Fr. Potage Macaroni, Blanc.)

Ingredients—

3 oz. Macaroni.	$\frac{1}{2}$ pint Milk.
2 pints White Stock or Meat Boilings.	1 Spanish Onion.
1 oz. Butter.	White Pepper and Salt.

Method—

Break the macaroni into small pieces, and put it into a saucepan with the stock, the butter, and the onion, skinned and cut in thin slices. Let all these simmer for one hour or more, or until the macaroni is reduced to a pulp; then rub the soup through a fine wire sieve into a basin. Rinse out the saucepan and return the soup to it with the milk, bring to the boil, and season to taste. A little grated cheese may be added to it or served separately. Serve with fried croûtons of bread (*see* Recipe 103).

59.—SOUP MAIGRE (1).

(Fr. Soupe Maigre.)

Ingredients—

1 lb. Potatoes.	1 dessert-spoonful Sago.
3 Leeks.	1 Bay Leaf.
1 oz. Butter or Drip- ping.	A few Parsley Stalks.
1 $\frac{1}{2}$ pints Stock or Meat Boilings.	1 dessert - spoonful chopped Parsley.
$\frac{1}{2}$ pint Milk.	White Pepper and Salt.

Method—

Wash and peel the potatoes thinly, then weigh them. Cut them into thin slices, and throw into cold water. Cut the roots and most of the green off the leeks, split them down with a knife, and wash thoroughly. Then slice them thinly, and throw into cold water. Melt the butter or dripping in a saucepan, strain the water from the leeks and potatoes, and add them to it. Stir these over the fire for a few minutes, until the vegetables absorb the fat ; then pour on the stock or water, and simmer slowly for one and a half hours, or until the potatoes are quite soft. Wash the sago in cold water, put it into a basin with the milk, cover it over and let it soak while the soup is cooking. When the soup has cooked sufficiently, rub it through a sieve or colander into a basin, pressing through as much as possible. Rinse out the saucepan, return the soup to it with the sago and the milk, and stir over the fire until boiling. Boil from five to ten minutes longer to thoroughly cook the sago, add the parsley, and more seasoning if necessary before serving.

60.—SOUP MAIGRE (2).*(Fr. Soupe Maigre.)***Ingredients—**

1 teacupful each of	$\frac{1}{2}$ pint Milk.
Carrot, Turnip,	1 oz. Flour.
Leek, and Celery.	1 Bay Leaf.
2 oz. Butter or Dripping.	1 teaspoonful chopped
2 pints Stock or Water.	Parsley.
Pepper and Salt.	A few Parsley Stalks.

Method—

Wash and prepare the vegetables, and throw them into cold water. Cut the carrot and turnip into dice or shreds, the celery into shreds, and the leek into thin slices. Melt the butter or dripping in a saucepan, strain the water from the vegetables, and add them to it with the bay leaf and parsley stalks. Stir over the fire for a few minutes, then add the stock or water, pepper and salt. Let the soup boil until the vegetables are quite soft from one and a half to two hours. Put the flour into a basin, and add the milk gradually to it, mixing it until quite smooth, then pour this into the soup, and stir over the fire until boiling. Remove the bay leaf and parsley stalks, and add the chopped parsley, with more seasoning if necessary before serving.

61.—MOCK KIDNEY SOUP.

(*Fr. Potage de Faux Rognons.*)

Ingredients—

$\frac{1}{2}$ lb. Sheep's or Calf's Liver.	1 oz. Dripping or Butter.
1 Onion.	1 quart Water or Second Stock.
1 Potato.	1 oz. Flour.
$\frac{1}{2}$ Carrot.	1 tablespoonful Ketchup.
$\frac{1}{2}$ Turnip.	Pepper and Salt.

Method—

Wash the liver, and let it soak in salt and water for half an hour. Then dry, and cut half of it into small

pieces. Put the flour on to a plate, and toss the small pieces of liver in it, coating them well. Melt the butter or dripping in a saucepan, and when smoking hot, add the floured liver to it, and stir over the fire until nicely browned. If any flour is left on the plate, sprinkle it over the liver, and brown it also. Pour in the stock or water, and stir well for a few minutes. Add a little salt, and when boiling, skim thoroughly. Prepare the vegetables, cut them into very small pieces, suitable for serving in the soup, and add them now with the other half of the liver. Simmer slowly from two to two and a half hours until the vegetables are quite tender. Then lift out the large piece of liver, grate it, and return to the soup, adding also the ketchup, pepper, and more salt if necessary. Simmer a few minutes longer and serve.

62.—MOCK TURTLE SOUP.

(*Fr.* Potage de Fausse Tortue.)

Ingredients—

$\frac{1}{2}$ Calf's Head.	1 glass Sherry.
4 quarts Cold Water.	$\frac{1}{2}$ teasp. Celery Seed.
$\frac{1}{2}$ Carrot.	2 Bay Leaves.
$\frac{1}{2}$ Turnip.	1 blade of Mace.
1 Onion.	Asprig of Parsley, Thyme,
2 oz. Butter.	and Marjoram.
2 oz. Corn Flour.	Pepper and Salt.
6 Cloves.	A squeeze of Lemon
3 oz. lean Ham or a	Juice.
Ham Bone.	Forcemeat Balls.

Method—

Wash the head well, removing the brains, which are not used in the soup, but may be kept for some small savoury dish. Take away all the gristle from the nostrils, and let the head soak in cold water, with a handful of salt in it, for half an hour at least. Then blanch it—that is, put it into a saucepan with cold water to cover it—bring it to the boil, pour the water away, and wash the head again in cold water. Cut all the flesh from the bones, and tie it in a piece of muslin. Put it with the bones and water into a large saucepan, and let it simmer gently, skimming occasionally, for three and a half hours. Then strain the stock through a hair sieve, and let it stand till cold. Melt the butter in a saucepan, have the vegetables and ham cut into small pieces, and fry them in it with the herbs and spices. Let them get a nice light brown colour, and stir well to keep them from burning. Then add the corn flour, and mix it smoothly in. Remove all fat from the top of the stock, pour it into the saucepan, and stir until boiling. Add pepper and salt to taste, and simmer slowly for one and a half hours. Remove any scum that may rise. Strain through a hair sieve into a basin, rinse out the saucepan, and return the soup to it to reheat. Add the wine and lemon juice, and serve in it force-meat balls (*see* Recipe 109) and small pieces of the head cut into dice.

63.—CLEAR MOCK TURTLE.

(Fr. Potage de Fausse Tortue, Clair.)

Ingredients—

$\frac{1}{2}$ Calf's Head.	Egg Balls.
2 lbs. Shin of Beef.	6 Cloves.
$\frac{1}{2}$ Carrot.	2 Bay Leaves.
$\frac{1}{2}$ Turnip.	1 blade of Mace.
1 Onion.	20 Black Peppercorns.
$\frac{1}{4}$ lb. lean Ham.	$\frac{1}{2}$ teaspoonful Celery
4 quarts Cold Water.	Seed.
1 glass Madeira.	Asprig of Parsley, Thyme,
A squeeze of Lemon	and Marjoram.
Juice.	Pepper and Salt.
$\frac{1}{2}$ lb. lean juicy Beef, and 1 white of Egg and shell	
for clearing.	

Method—

Prepare the head in the same way as for preceding recipe. After the head is boned, put the bones and flesh, the latter tied in a piece of muslin, into a large saucepan with the shin of beef, the ham cut in small pieces, and the cold water. Add a little salt, and bring slowly to the boil. Skim well, and add the vegetables, cut in small pieces, the herbs and spices. Let the soup simmer slowly from eight to ten hours until reduced to half the quantity, and remove any scum that may rise. Then strain through a hair sieve into a basin, and let it stand until cold. Next day remove the fat carefully from the top of the stock, and clear it with the beef and white and shell of egg in the

same way as Consommé (*see* Recipe 22). Reheat the soup, adding seasoning to taste, wine and lemon juice, and serve with small pieces of the head, cut in dice, and egg balls in it (*see* Recipe 111).

64.—MULLIGATAWNY SOUP.

(*Fr.* Potage à la Mulligatawny.)

Ingredients—

1½ lbs. lean Mutton or	1 Onion.
1 Rabbit.	1 small Carrot.
1½ oz. Butter or Drip-	½ Turnip.
ping.	½ pint Milk or 1 gill
3 pints Second Stock or	Cream.
Water.	1½ oz. Rice Flour.
A squeeze of Lemon	1 dessert-spoonful Curry
Juice.	Powder.
1 lump of Sugar.	1 teaspoonful Chutney.

Pepper and Salt.

Method—

Wipe the meat, and cut it away from the bone, and into small pieces. If using a rabbit, wash it well, and let it soak for half an hour in cold water with a little salt. Lift it out, dry, and cut into small joints. Melt the dripping or butter in a saucepan, add to it the vegetables cut in very thin slices, and cook them for a few minutes over the fire. Add the curry powder, rice flour, and chutney, and mix well; then the meat, stock or water, pepper and salt. Stir until boiling, and skim if necessary. Simmer slowly

from one and a half to two hours, then strain through a fine wire or hair sieve into a basin. Lift out the best pieces of meat for serving in the soup, and rub as much of the remainder through the sieve as possible. Rinse out the saucepan, and return the soup to it with the pieces of meat. Add the milk or cream, lemon juice, sugar, and more seasoning if required. Serve with plain boiled rice on a separate dish (*see* Recipe 108).

65.—MULLIGATAWNY SOUP (CLEAR).

(*Fr. Potage à la Mulligatawny, Clair.*)

Ingredients—

3 pints Second Stock.	1 teaspoonful Chutney.
1 Apple.	1 oz. Butter.
2 Onions.	Juice of half a Lemon.
1 Leek.	2 whites and shells of
1 tablespoonful Curry	Eggs.
Powder.	1 lump of Sugar.
1 teaspoonful Curry	Some pieces of cooked
Paste.	Rabbit or Chicken.

Pepper and Salt.

Method—

Peel, core, and chop the apple, skin and slice the onion, and slice the leek, removing first the outer skin and root, and using only a small portion of the green end. Melt the butter in a saucepan, and add the vegetables to it with the curry powder, curry paste, chutney,

pepper and salt. Cook for a short time, but do not let the contents brown. Pour in the stock, and simmer from one to one and a half hours. Then pour the soup into a basin, and let it get cold. Remove all grease from the top, and return to the saucepan with the whites and crushed shells of two eggs. Whisk over the fire with a wire whisk until boiling; then remove the whisk, and let the soup boil well up in the pan. Draw the pan to the side of the fire, cover it with a plate or saucepan lid, and stand for ten minutes. Then strain through a cloth according to directions given for Consommé (*see* Recipe 22). Reheat, adding the lemon juice, and serve in it some small pieces of cooked chicken or rabbit and plain boiled rice separately (*see* Recipe 108).

66.—MUSSEL SOUP.

(*Fr. Potage aux Moules.*)

Ingredients—

2 dozen Mussels.	1 gill of Cream.
2 pints White or Fish Stock.	2 yolks of Eggs.
1 oz. Butter.	1 teaspoonful Anchovy Essence.
1 oz. Flour.	A squeeze of Lemon Juice.
A pinch of Cayenne.	

White Pepper and Salt.

Method—

Soak the mussels in water for half an hour, and then clean them thoroughly. Put them into a stewpan

with a little salt, and shake them over the fire for a few minutes, being careful they do not brown. As soon as the shells open, take them off the fire, and separate the mussels from the shells. Very carefully remove the beard, which looks like a piece of seaweed, and any small stones. Melt the butter in a saucepan, but do not let it discolour; add the flour, and mix with a wooden spoon until quite smooth. Pour in the stock, and stir constantly until boiling. Skim if necessary. Add the mussels, and season to taste with white pepper, salt, anchovy essence, and a pinch of cayenne. Draw the pan to the side of the fire, and strain in the yolks of eggs and cream mixed together. Keep stirring constantly and reheat, but do not boil again, or the yolks will curdle. Add a squeeze of lemon juice just before serving.

67.—MUTTON BROTH.

(*Fr.* Bouillon de Mouton.)

Ingredients—

1½ lbs. Neck or Knuckle of Mutton.	1 dessert-spoonful of chopped Parsley.
3 pints Cold Water.	A small piece each of
1 tablespoonful Rice or Barley.	Carrot, Turnip, Onion, and Celery.
Pepper and Salt.	

Method—

Wipe the meat, and cut it away from the bone and into small pieces, removing any superfluous fat. Prepare the vegetables, and cut them into small neat

pieces. Put the meat, bones, and water into a saucepan with a little salt, put on the lid, and bring slowly to the boil. Skim well; add the rice well washed, or the barley washed and blanched, and the prepared vegetables. Simmer from two to three hours, or until the vegetables are well cooked. Remove the bones, and any grease from the top of the stock, add the parsley, pepper, and more salt if necessary before serving.

NOTE.—The meat may be kept whole, and served as a separate course, with a little of the liquid broth strained round it.

68.—ONION SOUP (BROWN).

(*Fr.* *Purée aux Oignons.*)

Ingredients—

3 Spanish Onions.	1 quart Second Stock.
1 oz. Butter or Dripping.	1 oz. grated Parmesan Cheese.
1 oz. Rice Flour.	Pepper and Salt.

Method—

Skin the onions, and cut them down in thin slices from the top to the root. Melt the butter or dripping in a saucepan, and let it just turn brown. Put in the onions and brown them also, but be careful they do not blacken, or the soup will have a disagreeable flavour. Then add the rice flour, and mix it well in. Pour on the stock, stir until boiling, and skim well. Let the soup simmer for one and a half hours, or

until the onions are quite soft ; then rub it through a fine wire or hair sieve into a basin. Rinse out the saucepan, return the soup to it, and reheat over the fire. Season to taste, and add the cheese last, or the cheese may be handed on a separate dish. Serve with croûtons of fried or toasted bread (*see* Recipe 103).

69.—ONION SOUP (WHITE).

(*Fr. Purée aux Oignons.*)

Ingredients—

2 Spanish Onions.	White Pepper and Salt.
1 oz. Butter.	1 blade of Mace.
1½ pints Meat Boilings.	1 oz. Flour.
1 Bay Leaf.	½ pint Milk.

A few Parsley Stalks.

Method—

Skin and scald the onions in boiling water for a few minutes. Slice them down as thinly as possible from the top to the root. Melt the butter in a saucepan, put into it the onions, bay leaf, blade of mace, and parsley stalks ; put the lid on the pan, and cook for ten minutes over the fire without browning. Then pour on the meat boilings, simmer until quite soft, about one and a half hours, and rub through a fine wire or hair sieve. Rinse out the saucepan, and return the soup to it. Break the flour gradually with the milk, add this to the soup, and stir over the fire until boiling. Boil five minutes, and season to taste. Serve with croûtons of fried or toasted bread. A little cream is an improvement to this soup.

70.—OX-TAIL SOUP.

(Fr. Potage de Queue de Bœuf.)

Ingredients—

1 Ox Tail.	24 Black Peppercorns.
2 quarts Second Stock.	1 small blade of Mace.
1 small Carrot.	1 Bay Leaf.
1 small Turnip.	A sprig of Parsley,
1 Onion.	Thyme, and Mar-
6 Cloves.	joram.
1 stick of Celery or	1½ oz. Butter or Dripping.
½ teaspoonful Celery	1½ oz. Flour.
Seed.	1 tablespoonful Ketchup.
2 tablespoonfuls Sherry.	1 teaspoonful Harvey's
Pepper and Salt.	Sauce.

Method—

Cut the tail into small joints, remove all superfluous fat, and wash the pieces well. Then put them into a saucepan with cold water to cover, bring to the boil, and pour off the water. This blanches the pieces of tail, and prevents so much scum rising on the soup. Rinse out the saucepan, and rinse and dry the pieces of tail. Put the flour on to a plate, and coat the pieces of tail well with it. Melt the butter or dripping in the saucepan, and when smoking hot, put in the pieces of tail, and let them brown on all sides. Add the stock and a little salt, bring to the boil, and skim well. Prepare the vegetables, and cut them into small pieces. When the soup has ceased to throw up any scum, add them

with the herbs and all other seasonings, except the wine. Let the soup simmer slowly for about four hours until the pieces of tail are quite tender. Then strain through a hair sieve into a basin, and if possible let it stand till cold. Remove all fat from the top of it, and add some neat pieces of the tail. Reheat the soup, add the wine, and more seasoning if necessary. Small fancy-shaped pieces of vegetable cooked separately may also be served in the soup. The wine may be omitted.

71.—CLEAR OX-TAIL SOUP.

(*Fr.* Potage de Queue de Bœuf, Clair.)

Ingredients—

1 Ox Tail.	6 Cloves.
1½ lbs. Shin of Beef.	1 blade of Mace.
3 quarts Cold Water.	A sprig of Thyme.
½ Turnip.	A sprig of Marjoram.
1 Carrot.	A sprig of Parsley.
1 Onion.	2 whites and shells of Eggs.
1 stick of Celery.	Pepper and Salt.
20 Black Peppercorns.	
1 glass of Sherry.	

Method—

Wash the tail in cold water with a little salt in it, then dry, and cut in two or three pieces, removing some of the fat from the thick end. Put the pieces

into a saucepan with enough cold water to cover, bring it to the boil, and boil for ten minutes to blanch the tail. Pour away the water, and rinse both the tail and the saucepan with fresh cold water. Wipe the beef with a damp cloth, and cut it in small pieces, removing the marrow from the bone, which is not used in the soup. Put the meat, bone, and tail into the saucepan with the cold water, and bring it slowly to the boil; add one teaspoonful salt, then skim well, and add all the vegetables cut in small pieces, peppercorns, cloves, mace, and herbs. Simmer gently for three hours, then remove the tail and set it aside. Allow all that remains to boil for two hours more, when it should be strained through a hair sieve and put aside till next day to get quite cold. Remove the fat from the top of the stock (*see* Recipe 102), and put it into a saucepan with the whites of the eggs and the shells washed and crushed. Whisk over the fire until it boils, boil for a few minutes, and then let it stand by the side of the fire for about ten minutes, or until all the scum has risen to the top. Strain through a cloth (*see* Consommé, Recipe 22). Meanwhile, cut the tail into joints, and heat them in a saucepan with a little stock. Reheat the clear soup, adding pepper, more salt if necessary, and the pieces of tail.

NOTE.—Small fancy-shaped pieces of vegetable cooked separately may also be served in the soup.

72.—OYSTER SOUP.
(*Fr. Potage aux Huitres.*)

Ingredients—

2 doz. fresh Oysters or 3 doz. tinned Oysters.	1 gill of Cream.
2 pints White or Fish Stock.	2 yolks of Eggs.
1 oz. Butter.	1 teaspoonful Anchovy Essence.
1 oz. Flour.	A squeeze of Lemon Juice, White Pepper and Salt.
A pinch of Cayenne.	

Method—

Put the oysters into a small saucepan with their own liquor, bring them almost to the boil, then strain, saving the liquor. Beard the oysters (that is, remove the piece like a fringe that encircles them), cut them in two, and put them aside for serving in the soup. Put the beards into a saucepan with the liquor and the stock, and let them simmer for half an hour, to extract all the flavour from them. If the stock is not previously well flavoured, small pieces of the different flavouring vegetables should also be cooked in it. Strain through a fine hair sieve or piece of muslin, and rinse out the saucepan ready for use. First melt in it the butter, being careful it does not brown, add to it the flour, and mix together until quite smooth. Pour on the stock, and stir constantly over the fire until boiling. Skim if necessary. Season to taste with a little white pepper, salt, anchovy essence, and a pinch of cayenne. Beat up the yolks of eggs in a basin with

the cream, draw the pan with the soup in it to one side of the fire, and strain them into it, stirring all the time. Reheat, but do not boil again. Add a squeeze of lemon juice. Put the oysters into the soup tureen, pour the soup over them, and serve.

73.—PARSNIP SOUP.

(*Fr.* Purée de Panais.)

Ingredients—

1 lb. Parsnips.	1½ pints White Stock or
1 Onion.	Meat Boilings.
1 oz. Butter or Dripping.	1 pint Milk.
A few Parsley Stalks.	A small blade of Mace.
1 Bay Leaf.	White Pepper and Salt.

Method—

Wash and scrape the parsnips until quite white, cut off the tops, and then weigh them. Cut them down into thin slices, and throw into cold water for a few minutes. Skin and slice the onion thinly. Melt the butter or dripping in a saucepan, strain the parsnips, and add them to it with the sliced onion, parsley stalks, bay leaf, and blade of mace. Stir these over the fire for a few minutes until they absorb the fat, then pour on the stock or meat boilings. Mix well, season with pepper and salt, put the lid on the pan, and simmer slowly from one and a half to two hours, or until the parsnips are quite soft. Rub the soup through a wire or hair sieve into a basin, rinse out the saucepan, and return the soup to it to reheat. Add the milk, season

to taste, and boil for ten minutes longer, or until the soup is quite smooth. Serve with croûtons of fried or toasted bread. A little cream may be added, or the yolk of an egg may be put into the soup tureen, and the soup poured on to it, stirring all the time.

74.—PARTRIDGE SOUP (CLEAR).

(*Fr. Potage aux Perdrix, Clair.*)

Ingredients—

1 or 2 old Partridges or pieces of Partridge.	1 stick of Celery or $\frac{1}{4}$ teaspoonful Celery Seed.
1 lb. Shin of Beef.	6 White Peppercorns.
2 quarts Cold Water.	3 or 4 Cloves.
$\frac{1}{4}$ teaspoonful Mixed Herbs or a small sprig each of Thyme, Mar- joram, and Basil.	$\frac{1}{2}$ blade of Mace.
1 small Onion.	A few Parsley Stalks.
$\frac{1}{2}$ Carrot.	1 teaspoonful Salt.
$\frac{1}{2}$ small Turnip.	$\frac{1}{2}$ lb. lean juicy Beef or Liver for clearing the Soup.

Game Quenelles to garnish.

TO MAKE THE STOCK.

Method—

Wipe the shin of beef with a damp cloth, and remove all marrow from the bone. Take a very sharp knife and cut the meat in small pieces, keeping back any fat, but using the skin. Remove the flesh from the breasts of the partridges, and reserve it for making the quenelles (Recipe 110). Cut the rest in

small pieces, and wipe or wash any parts which may require it. Put the prepared game and meat into a saucepan with the cold water and salt, and, if time permits, soak them for half an hour. Then put the pan on the fire, and bring the contents slowly to the boil. Next add the vegetables, prepared and cut in small pieces, and the herbs, celery seed, peppercorns, &c., tied in a piece of muslin. Simmer slowly from four and a half to five hours, never letting it go off the boil. Then strain through a cloth or hair sieve, and stand until cold.

NOTE.—A darker coloured stock may be obtained by frying the meat and game in a little butter or dripping before pouring on the water.

To clear the soup, follow the directions given for making Consommé (Recipe 22), and serve with a garnish of game quenelles.

75.—PEA SOUP. (*Fr. Purée de Pois.*)

Ingredients—

$\frac{1}{2}$ lb. Split Peas.	A small piece of Carrot and Turnip.
2 pints Cold Water or Meat Boilings.	2 sticks of Celery or $\frac{1}{2}$ teaspoonful Celery Seed.
1 oz. Dripping or Butter.	A pinch of Sugar.
1 Onion.	

Pepper and Salt.

Method—

Put the peas into a basin, wash them well in cold water, and remove any discoloured ones that float on

the top of the water. Then pour over them the two pints of cold water or meat boilings, cover the basin with a plate, and let them soak overnight. Next day strain off the water and keep it for making the soup with. (A certain amount of nourishment is always drawn out of the peas by soaking, and it would be wasteful to throw this water away.) Prepare the vegetables (*see* Recipe 106), and cut them into thin slices. Melt the dripping or butter in a saucepan, add to it the peas and sliced vegetables, and stir them over the fire until the fat is thoroughly absorbed. This is called sweating the vegetables; it softens them, and makes them cook more easily. Next pour on the liquid in which the peas were soaked, stir well for a few minutes, and let it come to boiling point. Remove any scum that may rise, add pepper and salt to taste, and if using celery seed, add it now tied in a small piece of muslin. Allow the soup to simmer slowly from two to three hours, or until the peas are quite soft and pulpy. Stir the soup occasionally to prevent it sticking to the foot of the pan and burning, and if it should become too thick whilst cooking, add a little more water. When well cooked, rub through a wire sieve into a basin, rinse out the saucepan, and return the soup to it to reheat. Add more seasoning if necessary, and serve with croûtons of fried or toasted bread and powdered mint.

NOTE.—This soup is improved by being rubbed through a hair sieve instead of a wire. A little milk

is sometimes added at the end. The water in which a piece of ham or salt beef has been boiled, if not too salt, does very well for making this soup. One teaspoonful of curry powder may be added.

76.—POTATO SOUP.

(*Fr.* Purée de Pommes de Terre.)

Ingredients—

1 lb. Potatoes.	1 oz. Butter or Dripping.
1 stick of Celery or $\frac{1}{2}$ teaspoonful Celery Seed.	$1\frac{1}{2}$ pints Stock or Meat Boilings.
1 Onion.	$\frac{1}{2}$ pint Milk. Pepper and Salt.

Method—

Wash and brush the potatoes, peel them very thinly, removing any black specks, and then weigh them. Cut them down into very thin slices, and let them lie in cold water for a short time. Wash and shred the celery, and skin and slice the onion thinly. Melt the butter or dripping in a saucepan, strain the potatoes, and add them to it with the prepared onion and celery. Put the lid on the pan, and cook over the fire for a few minutes without burning. Then pour on the stock or meat boilings, and simmer slowly from one to one and a half hours, or until the potatoes are quite soft. The soup must be stirred frequently, as it is most liable to burn, and should it become too thick, more water must be added. Then rub as much as possible through a fine wire or hair sieve into a basin,

rinse out the saucepan, and return the soup to it to reheat. Add the milk and more seasoning if necessary. Serve with croûtons of fried or toasted bread (Recipe 103).

NOTE.—Any remains of cold cooked potato may be used up in this soup, and a small ham bone cooked in it is an improvement.

77.—POTATO SOUP À LA PARMENTIER.

(*Fr.* Pureé de Pommes de Terre à la Parmentier.)

Ingredients—

1 lb. Potatoes.	Pepper and Salt.
1 quart White Stock.	1 gill Double Cream.
1 oz. Butter.	

Garnish.—Asparagus points, and carrots cut in the shape of peas.

Method—

Wash and peel the potatoes, then weigh them. Cut them in thin slices and put them into a saucepan with the butter. Cook slowly over the fire for a few minutes until the butter is absorbed. Pour in the stock and add pepper and salt. Simmer slowly for one hour, or until the potatoes are quite soft. Then rub as much as possible through a hair sieve into a basin. Return to the saucepan to reheat, adding the cream, garnish (*see* below), and more seasoning if necessary. Serve with fried or toasted sippets of bread (Recipe 103).

Garnish.—One gill asparagus points, cooked in boiling water and salt until tender, then strained. Half gill carrots, cut in the shape of a pea with a cutter for the purpose, cooked in boiling water and salt until tender, then strained.

78.—POT AU FEU.

Ingredients—

4 lbs. Shin of Beef.	3 sticks of Celery.
4 quarts Cold Water.	3 Leeks.
2 oz. crushed Tapioca	A bunch of Herbs.
or Sago.	1 Cabbage.
2 Carrots.	20 Black Peppercorns.
1 Turnip.	6 Cloves.
1 Parsnip.	1 small blade of Mace.
Pepper and Salt.	

Method—

Wipe the meat with a damp cloth, and tie it into shape with a piece of tape. Put it into a large saucepan with the water, and bring to the boil. Add one dessert-spoonful of salt, and skim well. Then allow the meat to simmer very gently for two hours. Meanwhile have all the vegetables carefully cleaned and prepared, and with the exception of the cabbage, cut them in moderate sized pieces and tie them up in a piece of muslin. When the meat has simmered the required time, add the vegetables to the pan, with a bunch of herbs and the spices, also tied in a piece of muslin. Simmer gently for two hours more. Then add

the cabbage, cleaned and trimmed, cut in two, and tied together with string. Cook again until the cabbage is tender from half to three-quarters of an hour. Then lift out the meat on to a hot dish, undo the tape, garnish with the vegetables, and pour some of the liquor round as gravy. Serve the cabbage separately in a vegetable dish, removing the string. Remove the herbs and spices from the stock in the pan, sprinkle in the sago or tapioca, and cook until transparent, about fifteen minutes. Season to taste, skim well, and serve in the soup tureen.

79.—RABBIT SOUP.

(*Fr.* Purée de Lapin.)

Ingredients—

1 Rabbit.
2½ pints Cold Water.
½ pint Milk.
1 oz. Butter.
1 oz. Flour.
Pepper and Salt.
1 oz. lean Ham or a
small Ham Bone.

A small piece of Carrot,
Turnip, and Onion.
A few Parsley Stalks.
8 White Peppercorns.
6 Cloves.
1 small blade of Mace.
1 Bay Leaf.

Method—

Wash and clean the rabbit well; let it lie in salt and water for half an hour, lift out, dry, and cut it into joints. Cut the flesh into small pieces, chop the bones, and cut the ham in small pieces also. Put the meat and bones into a saucepan with the cold water,

ham, or ham bone, and a little salt. Bring to the boil, and skim well. Then add the vegetables, prepared and cut into small pieces, the parsley stalks, bay leaf, blade of mace, and peppercorns. Simmer slowly from four to five hours till the goodness is all extracted from the rabbit, skimming whenever necessary. Then strain through a fine sieve into a basin. Put the meat into a mortar, pound it well with a little of the liquid part, and rub it through a wire sieve. Rinse out the saucepan, melt in it the butter, add the flour, and mix until smooth. Then add the liquid, milk, and sieved meat, and stir until boiling. Boil for ten minutes, and add more seasoning if necessary. A little cream may be added. Some nice little pieces of rabbit may be lifted out after they have cooked for about one hour, and reserved for serving in the soup.

80.—RICE SOUP (1).

(*Fr. Potage au Riz.*)

Ingredients—

$\frac{1}{2}$ teacupful of Patna Rice.

1 oz. Butter or Dripping.

$1\frac{1}{2}$ pints Water or Meat Boilings.

$\frac{1}{2}$ pint Milk.

1 small Onion.

1 tablespoonful Bread Crumbs.

1 dessert-spoonful chopped Parsley.

White Pepper and Salt.

Method—

Wash the rice well in several waters, then put it into a saucepan with the water or meat boilings, and

the butter or dripping. Bring to the boil, and add the onion very finely chopped. Boil for half an hour or until the rice is soft, then add the milk and bread crumbs, and cook for ten minutes longer. If the soup should be too thick, more water must be added. Season to taste, and add the chopped parsley just before serving.

81.—RICE SOUP (2).

Ingredients—

$\frac{1}{2}$ teacupful Patna Rice.	1 oz. Butter.
1 Onion.	$\frac{1}{2}$ pint Milk or 1 gill of
$1\frac{1}{2}$ pints White Stock	Cream.
or Meat Boilings.	1 yolk of Egg.
Pepper and Salt.	

Method—

Wash the rice well, and put it into a saucepan with the stock. Bring to the boil, skim if necessary, and add the onion cut in thin slices. Boil until the rice is perfectly soft, about one hour, adding more water or stock if it should become too thick. When perfectly soft, rub all through a fine sieve, rinse out the saucepan, and return the soup to it. Beat up the yolk of egg and cream with a fork, strain them into the soup, and stir carefully over the fire until thoroughly hot, but on no account let it boil, or it will curdle. Milk may be used instead of the cream, and a little chopped parsley may be added.

82.—SAGO SOUP.

(Fr. Potage au Sagou.)

Ingredients—

1 quart Second Stock.	½ pint Milk.
2 oz. Small Sago.	Pepper and Salt.

Method—

Put the stock into a saucepan, and bring it to the boil. Hold the sago in a piece of paper, and sprinkle it slowly into the boiling stock, stirring constantly with a wooden spoon. Put the lid on the pan, and simmer until the sago is entirely dissolved, about twenty minutes. Add the milk, and season to taste with pepper and salt. Bring to the boil again, and serve.

83.—SCOTCH BROTH.

(Fr. Potage à l'Écossaise.)

Ingredients—

2 lbs. Runner of Beef.	1 tablespoonful Pearl Barley.
2 quarts Cold Water.	2 tablespoonfuls dried Green Peas.
1 teacupful Carrots cut in dice.	1 Carrot grated.
1 teacupful Turnips cut in dice.	1 dessert - spoonful chopped Parsley.
2 Leeks.	Pepper and Salt.

Method—

Wipe the meat, and put it into a saucepan with the cold water (there should be enough to cover it). Add

to it the peas, which have been well washed and soaked overnight in cold water, also the barley previously soaked and blanched. Bring these to the boil, add a little salt, and skim well. Have the carrot and turnip cut in tiny dice, and the leeks well washed and cut in thin slices. Add these next, and simmer slowly for three hours, skimming when necessary. Twenty minutes before serving, add the other carrot grated, which helps to thicken the soup; and five minutes before serving, the chopped parsley. Season to taste, and serve the meat separately with a little of the broth strained round it.

84.—SEMOLINA SOUP.

(*Fr. Potage à la Semoule.*)

Ingredients—

1 quart of Stock or Meat Boilings.	2 oz. Semolina. Pepper and Salt.
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Method—

Put the stock or meat boilings into a saucepan, and bring to the boil over the fire. Skim if necessary. Hold the semolina in a piece of paper, and sprinkle it into the boiling liquid, stirring constantly with a wooden spoon. Put the lid on the pan, and simmer slowly for half an hour. Season to taste, and serve.

85.—SHEEP'S HEAD BROTH.

*(Fr. Potage de Tête de Mouton.)***Ingredients—**

1 Sheep's Head.	2 or 3 Leeks.
3 quarts Cold Water.	2 sticks of Celery.
2 tablespoonfuls Pearl Barley.	2 tablespoonfuls dried Green Peas.
2 Carrots.	1 tablespoonful chopped Parsley.
1 Turnip (small).	
Pepper and Salt.	

Method—

Wash the peas and the barley, and soak them in separate basins with cold water overnight. Split the head, and remove the tongue and the brains. Wash the brains, and soak them in cold water with a little vinegar in it; wash the head thoroughly, removing the eyes and all the soft gristle from the nostrils; wash also the tongue, and let these soak in cold water with a handful of salt in it for one hour or more. Then put the head and the tongue into a large saucepan with cold water to cover them and a little salt, bring to the boil, pour this water away, and rinse the head and the saucepan with clean water. Put the head back into the saucepan with the barley previously blanched, the green peas, salt, and three quarts of cold water. Bring to the boil, and skim well. Add the turnip and one carrot cut into very small neat pieces, the leeks cut into thin slices, and

the celery cut into shreds. Simmer slowly for three hours, add the other carrot grated, and cook for half an hour longer. Add the parsley at the last, pepper and more salt if necessary.

NOTE.—The head can be lifted out and served as a separate dish, and the brains made into cakes as a garnish. Or the meat from the head and the tongue can be cut into small pieces and served in the soup, and the brains made into forcemeat balls and also served in the soup.

86.—FORCEMEAT BALLS.

Ingredients—

The Brains.	A little grated Lemon
2 tablespoonfuls Bread	Rind.
Crumbs.	1 dessert-spoonful Flour.
$\frac{1}{2}$ oz. chopped Suet.	A little Milk or beaten
1 teaspoonful chopped	Egg.
Parsley.	Pepper and Salt.

Method—

Tie the brains in a piece of muslin, and boil them in salt and water for ten minutes. Lift them out, drain the water well from them, and chop finely. Then put them into a basin with the bread crumbs, suet, parsley, and flour; season with pepper, salt, and a little grated lemon rind. Add enough milk or beaten egg to bind all together. Form into small balls with a little flour, and cook on a greased tin in the oven, or fry in boiling fat until nicely browned.

87.—SHRIMP SOUP.

(Fr. Potage de Crevettes.)

Ingredients—

$\frac{1}{2}$ lb. picked Shrimps.	1 gill of Cream.
2 pints White or Fish Stock.	2 yolks of Eggs.
1 oz. Butter.	1 teaspoonful Shrimp Essence.
1 oz. Flour.	A squeeze of Lemon Juice.
A pinch of Cayenne.	
White Pepper and Salt.	

Method—

Wash the shrimp skins, put them into a saucepan with the stock, and simmer them for fifteen minutes to extract the flavour; then strain through muslin, and throw the skins away. Melt the butter in the pan, being careful it does not brown, add the flour, and mix with a wooden spoon until quite smooth. Pour on the stock, stir constantly over the fire until boiling, and skim if necessary. Season to taste with a little white pepper, salt, shrimp essence, and a pinch of cayenne. Add the shrimps, and simmer the soup five minutes longer, then draw the pan to the side of the fire. Strain in the yolks of eggs and cream mixed together, and stir over the fire until the yolks thicken the soup, but do not boil again. Add a squeeze of lemon juice just before serving.

88.—SKATE SOUP.

(Fr. Potage de Raie.)

Ingredients—

1½ lbs. Skate.	Some Parsley Stalks.
1 lb. Cod or Ling.	½ stick Horse Radish.
3 quarts Cold Water.	1 Onion.
Rind of 1 Lemon.	1 oz. Vermicelli.
1 blade of Mace.	A small bunch of Herbs.
Pepper and Salt.	

Method—

Wash both kinds of fish, and put them into a saucepan with the cold water and a little salt. Bring to the boil, skim well, and simmer for half an hour, or until the skate is cooked. Lift out the skate, remove the best pieces of flesh from the bones, reserving them for serving in the soup. Return the bones, &c., to the pan, and add now the onion, horse radish, well-washed lemon rind, peeled very thinly, parsley stalks, mace, and herbs. Let this all boil for two hours, then strain through a hair sieve into a basin. Return the liquor to the saucepan with the vermicelli, slightly broken up. Boil gently for fifteen minutes, season with pepper and more salt if necessary, and add the pieces of skate. Serve in a hot soup tureen.

89.—SORREL SOUP.

(Fr. Potage d'Oseille.)

Ingredients—

½ lb. Sorrel.	½ pint Milk or 1 gill
2 oz. Butter.	Cream.
2 oz. Potato Flour.	The crust of French Roll.
1½ pints White Stock.	Pepper and Salt.

Method—

Wash the sorrel very carefully, and then shake it as dry as possible in a sieve or colander. Cut it into fine shreds with a sharp knife. Melt the butter in a saucepan, and when hot put in the sorrel, and cook it over the fire for ten minutes. Then add the potato flour, and stir for a few minutes with a wooden spoon, being careful the contents of the pan do not discolour. Add the white stock, and stir until boiling. Put the lid on the pan, and simmer slowly for twenty minutes. Add the milk or cream, and season to taste with white pepper and salt. Remove the crust from a French roll, and dry it in the oven. Then break it in pieces, and put them in a soup tureen. Pour the soup boiling hot over them, and serve.

90.—SPRING SOUP.

(*Fr. Potage Printanière.*)

Ingredients—

2 quarts Stock or Meat Boilings.	1 teacupful Asparagus Points.
1 teacupful shelled Green Peas.	$\frac{1}{2}$ teacupful Carrots cut in shreds.
1 teacupful sprigs of Cauliflower.	$\frac{1}{2}$ teacupful Turnips cut in shreds.
6 or 8 Spring Onions.	Pepper and Salt.

Method—

Wash the onions, removing the roots and outer skin. Cut them in thin slices, using only a small portion of

the green. Use the white part only of the cauliflower, breaking it up into small sprigs, and washing it well. Cut the points off the asparagus, and shell the peas. Put all these together into a saucepan of boiling water and salt, boil quickly from fifteen to twenty minutes, then strain ready for use. In another saucepan of boiling water and salt cook the carrot and turnip, cut in fine shreds, from twenty to twenty-five minutes, and when sufficiently tender strain ready for use. Any stock will do for this soup; a light one is to be preferred. Put it into a saucepan, and bring it to the boil. Add the prepared vegetables, simmer for a few minutes, and season to taste.

NOTE.—A little chopped parsley, or, if obtainable, some tarragon or chervil, may be added to this soup.

91.—SWISS SOUP.

(*Fr. Potage à la Suisse.*)

Ingredients—

$\frac{1}{2}$ lb. Chestnuts.	White part of 1 head of Celery.
1 $\frac{1}{2}$ pints White Stock.	1 gill of Cream.
1 oz. Butter.	1 gill Beetroot Juice.
1 Bay Leaf.	Pepper and Salt.
1 blade of Mace.	

Garnish.—White of Egg, cut in fancy shapes.

Method—

Wash the chestnuts, and cut a small piece off the end of each. Put them into a saucepan of boiling water, boil for ten minutes, then strain and remove the

shells and brown skins. Melt the butter in a saucepan, put in the chestnuts and celery washed and cut in small pieces. Cook over the fire for a few minutes. Add the stock, bay leaf, mace, pepper and salt, and simmer slowly for one and a half hours, or until the chestnuts are quite soft. Then rub as much as possible through a hair sieve into a basin. Return to the saucepan to reheat, adding the cream, beetroot juice, and more seasoning if necessary. Cut small fancy shapes out of hard-boiled or steamed white of egg, and add them to the soup as a garnish.

NOTE.—To obtain the beetroot juice, wash and peel one beetroot, and cut it in thin slices. Put it into a jam jar with one gill of water, and cover with a round of greased paper. Stand the jar in a moderate oven, or in a saucepan of boiling water, from one and a half to two hours, until the colour is well drawn out of the beetroot, then strain.

92.—TAPIOCA SOUP.

(*Fr. Potage au Tapioca.*)

Make in the same way as Sago Soup (*see* Recipe 82).

93.—TAPIOCA CREAM SOUP.

(*Fr. Potage à la Crème de Tapioca.*)

Ingredients—

2 pints Second Stock.	2 yolks of Eggs.
1 gill of Cream.	1½ oz. crushed Tapioca.
Pepper and Salt.	

Method—

Remove any grease from the top of the stock (white stock is best), put it into a saucepan, and bring to the boil over the fire. Then sprinkle in the tapioca, stirring well, and cook from ten to fifteen minutes until the tapioca turns quite clear. Beat up the yolks of eggs with the cream, draw the pan with the soup in it to the side of the fire and strain these in, stirring all the time. Reheat, but do not boil again, or the soup will curdle. Serve with croûtons of fried or toasted bread (Recipe 103).

94.—TOMATO SOUP.

(*Fr. Purée de Tomates.*)

Ingredients—

1 tin or 10 or 12 fresh Tomatoes.	12 Peppercorns.
3 pints Second Stock or Liquor from the tin.	6 Cloves.
1 Onion.	1 lump of Sugar.
$\frac{1}{2}$ Carrot.	1 oz. Rice Flour or crushed Tapioca.
$\frac{1}{2}$ Turnip.	1 oz. lean Ham or a small Ham Bone.
1 oz. Butter.	1 blade of Mace.
A squeeze of Lemon Juice.	Asprig of Parsley, Thyme, and Marjoram.

Pepper and Salt.

Method—

Melt the butter in a saucepan, and put into it the ham cut in small pieces, the onion thinly sliced, and the

herbs tied together in a bunch. Fry these for a few minutes over the fire, letting them colour slightly. Then add the tomatoes, cutting them into slices if they are fresh, the other vegetables cut into small pieces, and the rice, flour, cloves, peppercorns, mace, and salt. Mix these well for a few minutes, and add the stock or liquor from the tin. Allow the soup to simmer slowly from three to four hours, until the vegetables are thoroughly soft, and then rub through a fine wire or hair sieve into a basin. Rinse out the saucepan, and return the soup to it to reheat; add the sugar, lemon juice, and more salt if necessary. A little milk or cream may also be added. Serve with croûtons of fried or toasted bread (Recipe 103).

95.—TURNIP SOUP.

(*Fr.* Purée de Navets.)

Ingredients—

1 lb. Turnips.	1 slice of Toast or a few
1 oz. Butter or Drip-	crusts of Bread.
ping.	1 quart Stock or Water.
1 Onion.	$\frac{1}{2}$ pint Milk.

Pepper and Salt.

Method—

Wash and peel the turnips thickly, cut them down into very thin small pieces, and wash again in clean cold water. Melt the butter or dripping in a saucepan, strain the turnips and add them to it, with the onion thinly sliced. Put the lid on the pan, and cook these

over the fire for a few minutes, shaking the pan occasionally to keep them from burning. Add the stock and crusts of bread or toast broken in small pieces, and boil until the turnips are reduced to a pulp, about an hour and a half. Rub through a fine wire or hair sieve into a basin, rinse out the saucepan and return the soup to it. Add the milk, and season to taste with white pepper and salt. Make thoroughly hot, and serve with croûtons of fried or toasted bread. If the soup is wished richer, a little cream may be added.

96.—TURTLE SOUP.

(*Fr.* Potage à la Tortue.)

Ingredients—

1½ lbs. Knuckle of Veal.	8 Cloves.
1½ lbs. Shin of Beef.	1 blade of Mace.
¼ lb. sun-dried Turtle.	2 Bay Leaves.
4 quarts Cold Water.	Asprig of Parsley, Thyme,
1 small Carrot.	and Marjoram.
½ Turnip.	Pepper and Salt.
1 Onion.	1 glass Madeira.
¼ lb. lean Ham.	A squeeze of Lemon
2 oz. Butter.	Juice.
24 Black Peppercorns.	2 oz. Corn Flour.

Method—

Buy the turtle four or five days before the soup is wanted. Wash it well in warm water, and soak it in warm water for three days at least, until it is well

swollen and comparatively soft. Change the water every twelve hours. On the fourth day commence to make the soup. Wipe the beef and the veal, and cut them both into small pieces, removing as much fat as possible. Put the pieces into a large saucepan with the cold water, the ham cut in small pieces, and the turtle tied in a piece of muslin. Bring slowly to the boil, and skim well. Add all the vegetables, cut in small pieces, and the herbs, and simmer the soup slowly for twelve hours, removing any scum as it rises. Strain through a hair sieve and let it stand till cold. Remove carefully all fat from the top of the stock, and cut the turtle into neat square pieces. Melt the butter in a saucepan, and let it get slightly brown, then add the corn flour and mix until smooth, pour on the stock, and stir until boiling. Boil for a few minutes, and skim if necessary. Season with pepper and salt, and add the wine and lemon juice. Serve the pieces of turtle and small forcemeat balls in it (*see* Recipe 109).

97.—CLEAR TURTLE SOUP.

(*Fr.* Potage à la Tortue, Clair.)

Make in the same way as above as far as the straining of the stock. Then clear in the same way as Consommé (*see* Recipe 22). No butter and corn flour must be used. Serve the soup with the pieces of turtle and forcemeat balls (*see* Recipe 109).

98.—VEGETABLE MARROW SOUP.

(Fr. Purée de Courge.)

Ingredients—

1 lb. Vegetable Marrow (weighed after peel- ing).	1 oz. Butter or Drip- ping.
1 Onion.	1 oz. lean Ham.
1 Bay Leaf.	A few Parsley Stalks.
1 stick of Celery or $\frac{1}{4}$ teaspoonful Celery Seed.	1 $\frac{1}{2}$ pints White Stock or Meat Boilings.
	$\frac{1}{2}$ pint Milk.
	1 yolk of Egg.

White Pepper and Salt.

Method—

Wash the marrow, then peel, weigh, and cut it down into thin slices, but do not remove the seeds. Skin and slice the onion thinly, wash the celery, and cut it into shreds, and cut the ham into small pieces. Melt the butter or dripping in a saucepan, and add to it the vegetable marrow, onion, celery, ham, bay leaf, and parsley stalks. Put the lid on the pan, and cook carefully over the fire for a few minutes, being careful the contents do not burn. Then add the stock, pepper, and salt, and simmer slowly from one to one and a half hours, or until the vegetables are quite soft and pulpy. Next rub the soup through a fine wire or hair sieve into a basin, rinse out the saucepan, and return the soup to it to reheat. Add the milk and more seasoning if necessary. Put the yolk of egg into

the soup tureen, and pour the soup gradually on to it, stirring all the time. Serve with croûtons of fried or toasted bread.

NOTE.—The yolk of egg may be omitted, and cream added if wished.

99.—VEAL BROTH.

(*Fr.* Bouillon de Veau.)

Ingredients—

3 lbs. Knuckle or Neck of Veal.	1 dessert-spoonful Salt.
2 quarts Cold Water.	2 tablespoonfuls Whole Rice.
$\frac{1}{4}$ teaspoonful White Pepper.	1 stick of Celery.
	1 Onion.
1 Egg.	

Method—

Wipe the veal with a damp cloth, and put it into a saucepan with the cold water. Add the salt and the rice, well washed. Bring slowly to the boil, then skim thoroughly, and add the stick of celery, carefully washed, and the onion with the brown skin removed. Simmer slowly from two and a half to three hours, skimming when necessary. When ready, take out the veal and serve it as a separate course with parsley or caper sauce poured over it. Remove also the onion and celery, and switch the soup for a few minutes with a wire whisk to break up the rice. Beat up the egg in a small basin with a fork, and then put

it into the soup tureen. Pour the boiling soup on to it, stirring constantly, then serve.

NOTE.—*See* also Mutton Broth (Recipe 67).

100.—VERMICELLI SOUP.

(*Fr.* Potage Vermicelle.)

Ingredients—

1½ oz. Vermicelli.	3 pints Second Clear Stock.
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Method—

Put the stock into a saucepan, and bring to the boil. Crush the vermicelli slightly, and throw it into it. Boil quickly for fifteen minutes, and season to taste. Any clear soup can be used. Serve with croûtons of fried bread, sprinkled with Parmesan (*see* Recipe 103).

101.—WATERCRESS SOUP.

(*Fr.* Potage au Cresson.)

Ingredients—

2 bunches Watercress.	1 quart Cold Water.
1 small bunch Spring Onions.	1½ oz. Butter.
½ pint Haricot Beans.	1 tablespoonful chopped Parsley.
White Pepper and Salt.	1 or 2 tablespoonfuls Cream.

Method—

Wash the beans in cold water. Put them into a basin with one quart of cold water, cover with a plate,

and let them soak overnight. Next day put them into a saucepan with the water in which they were soaked, and boil until quite soft, about three hours. Then rub through a fine wire or hair sieve into a basin, and make up this purée to one quart with boiling water. Wash and pick the watercress, carefully removing the stalks, and shred it finely with a knife. Wash the onions, removing the roots and most of the green part. Slice them also thinly. Melt the butter in a saucepan, put the greens into it, and stew them gently for about ten minutes, until they are just beginning to change colour. Then pour on the haricot purée, and simmer from fifteen to twenty minutes. Add the cream, pepper, salt, and the chopped parsley just before serving.

NOTE.—Lettuce, sorrel, endive, or any green vegetable may be shredded and used in the making of this soup.

APPENDIX.



102.—TO REMOVE FAT FROM STOCK.

Have in readiness two iron spoons, a basin of boiling water, a cloth, and a small basin or dish into which to put the fat.

Heat the spoons in the boiling water, and use first one and then the other to skim off the fat. The spoons, being hot, melt the fat, and make it much more easily removed.

When as much as possible has been taken off with the spoons, dip the end of the cloth into boiling water, and wipe the stock over with this until quite free from grease. If the stock is not a jelly, pieces of kitchen paper must be passed over the top of it instead of the cloth.

Do not remove fat from stock or soup until it is just going to be used, as it keeps out the air and helps to preserve it.

103.—CROÛTONS OF BREAD.

Croûtons or crusts are served with all thick soups. For making them use bread not less than one day old, and rather close in texture. Cut the bread into slices one quarter of an inch thick, take off the crust, then

cut it into strips one quarter of an inch wide, and then across into even squares. Or the sliced bread may be cut into fancy shapes with a vegetable cutter. These may either be fried in boiling fat, in clarified butter in a frying pan, or dipped in melted butter and browned in the oven. Drain well on kitchen paper before serving. They should be crisp, dry, and the colour of amber.

Croûtons for soup may also be made of toast, cut into dice. These will not require to be fried.

104.—TO SIEVE.

Always when sieving have two spoons in readiness, one to rub the mixture through with, and the other for scraping the sieve underneath. Stand the sieve with the narrower rim uppermost, and do not put too much of the mixture on at one time. For most mixtures, iron spoons are to be preferred to wooden. Keep the fingers on the bowl of the spoon, and use the edge for rubbing through with. Sieves should be well washed and brushed after using, and dried in a warm or airy place, and not too near a fire.

105.—TO CHOP PARSLEY.

Wash the parsley well to get rid of all earth. Pick it from the stalks, put the heads into a cloth, and squeeze them quite dry. Then put them on a chopping board, and with a sharp dry knife, cut them

across, and chop as finely as possible. In chopping, hold the point of the knife steady on the table, and keep working the handle quickly up and down.

106.—TO PREPARE VEGETABLES.

A Carrot—

Wash in cold water, brushing well with a vegetable brush. Then cut off the top and any green part, and with a knife scrape the outside lightly until the carrot is quite clean. Scrape from the thick end downwards, and do not take off more than is necessary, as the best part of the carrot lies on the outside. Throw into clean water until required.

A Turnip—

Wash in cold water and brush well with a vegetable brush. Then with a knife cut off the top, and peel rather thickly, as far as a yellow line which will be seen a little way in from the skin. The outside of the turnip is hard, indigestible, and bitter in flavour. Throw into clean water until wanted.

An Onion—

Cut off the root and top, and remove all the brown outside skin. If the strong flavour is objected to, put the onion into a small basin with a pinch of salt, or small piece of washing soda. Cover it with boiling water, and let it stand for at least five minutes. The water in which it soaks turns quite green in colour.

107.—TO BLANCH.

To put on in cold water, bring to the boil, and pour the water away. This is to whiten or facilitate the cleaning of anything.

108.—TO BOIL RICE FOR CURRY.

Use Patna rice for this purpose. This is a long and slender grain with pointed ends. Well wash it in several waters, until the last water that is poured off looks quite clean. Have ready on the fire a saucepan, three parts full of freshly boiling water, add salt to it in the proportion of one dessert-spoonful to the quart, and throw the rice into this. Boil quickly with the lid off, stirring it frequently with a fork to prevent it sticking to the pan, and so that it may get well tossed about with the water. Cook from ten to thirteen minutes, or until the grains will rub down easily when one is tested between the finger and thumb. Then strain through a sieve or strainer, and finish cooking and drying it, either by putting back into the saucepan by the side of the fire, or leaving it on the sieve, and standing the sieve on the rack above the fire, or on a plate in a moderate oven. While drying, stir lightly with a fork every now and then to keep the grains separate.

109.—FORCEMEAT BALLS.

Ingredients—

1 oz. Suet.	A little grated Lemon
2 oz. Bread Crumbs.	Rind.
1 teasp. chopped Parsley.	Pepper and Salt.
$\frac{1}{4}$ teasp. mixed Herbs.	Enough Egg to bind.

Method—

Chop the suet very finely and put it into a basin, add to it the bread crumbs, parsley, and herbs, very finely chopped. Season with pepper, salt, and a little grated lemon rind. Beat up one whole egg or one yolk with a little milk, and add enough of this to bind all together. Form into small balls with a little flour, and poach them in salted water or fry till brown in boiling fat.

110.—QUENELLE MEAT.

Ingredients—

$\frac{1}{2}$ lb. Fillet of Veal.	$\frac{1}{2}$ gill of Milk or White
$\frac{1}{2}$ oz. Butter.	Stock.
1 oz. Flour.	1 Egg.
A pinch of Cayenne.	White Pepper or Salt.
A pinch of Nutmeg.	

Method—

Wipe the meat first with a damp cloth, then cut it into small pieces, removing all skin and sinew, and put it twice through a mincing machine. A small piece of lean ham may be used along with the veal, and will

give the quenelles more flavour. Make a panada with the butter, flour, and stock or milk, *i.e.*, put the butter and stock or milk into a saucepan, and bring them to the boil over the fire, add the flour, and mix with a wooden spoon until perfectly smooth, and the mixture begins to draw away from the sides of the saucepan. Put this panada into a mortar with the veal, egg, and seasonings, and pound well together. The better it is pounded the more easily it will sieve. Then rub through a fine wire sieve, and it is ready for use.

III.—EGG BALLS.

Ingredients—

2 hard-boiled Eggs.
1 yolk of Egg.

Pepper and Salt.
A little Flour.

Method—

Pound the hard-boiled egg in a mortar with one raw yolk until perfectly smooth, season with pepper and salt, and rub through a hair sieve. Put the mixture on to a floured board, and divide it into small portions the size of a marble. Roll these into balls with a little flour, and poach them very carefully from five to seven minutes. Lift out with a draining spoon, and serve them in the soup.

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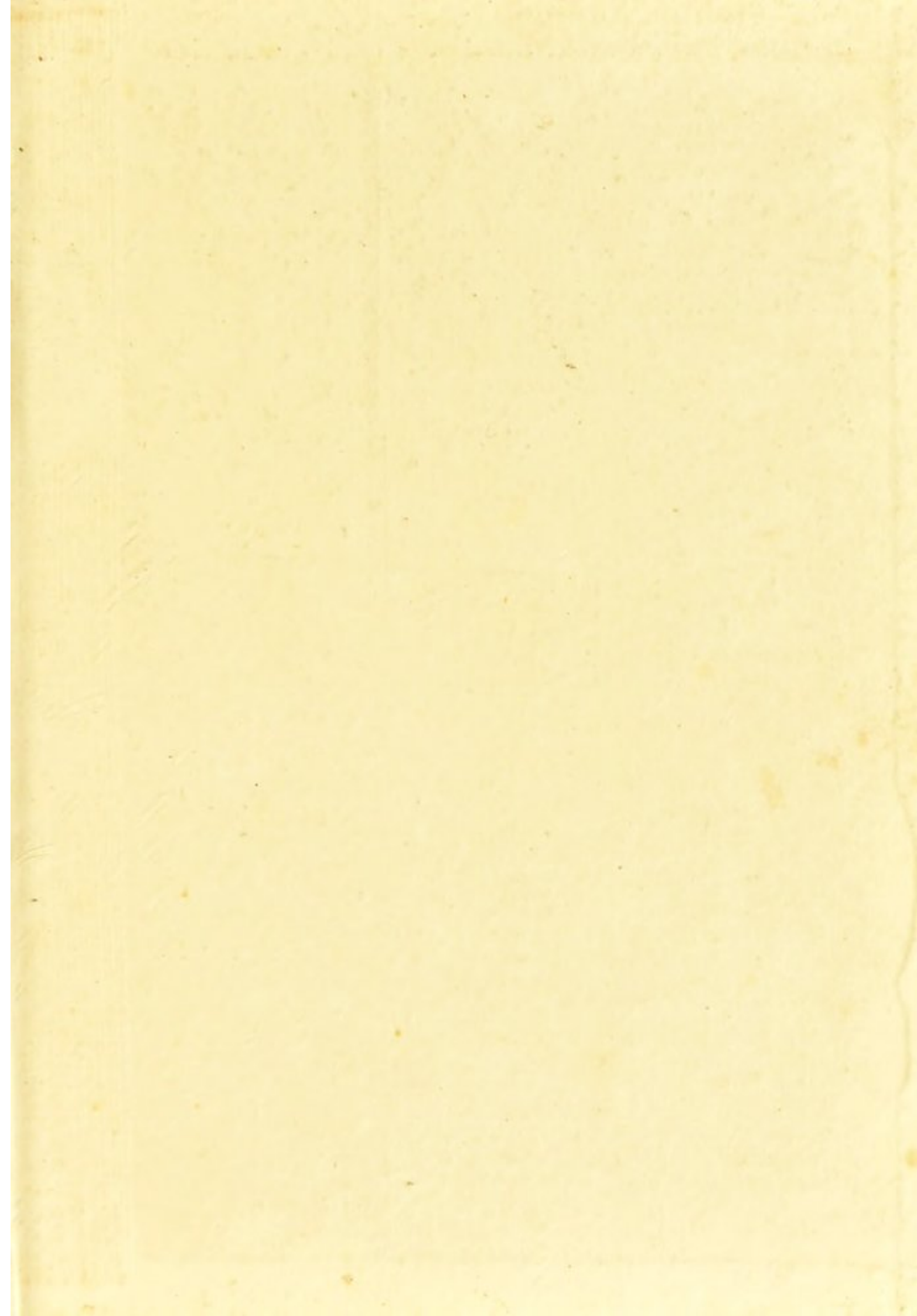
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