

Tinned foods and how to use them : containing menus for all meals through all seasons of the year, and practical recipes for all dishes prepared from preserved and tinned provisions, especially adapted for small households, economically conducted, also for yachting and camping-out excursions, and wherever ready substitutes for fresh provisions are required.

Contributors

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TINNED FOODS AND

HOW TO USE THEM

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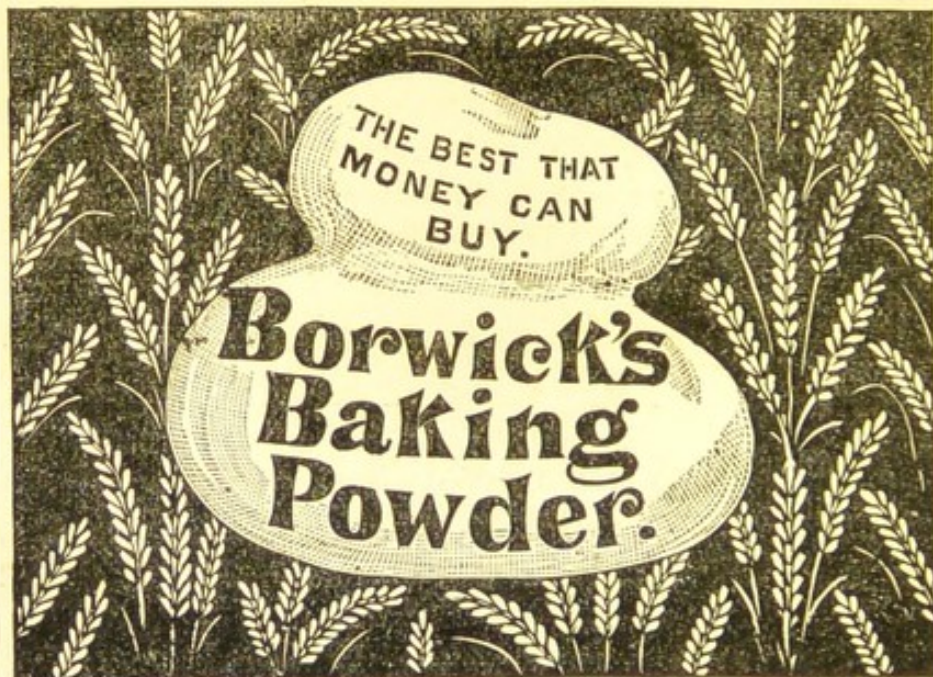
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PREFACE.

ALTHOUGH the Introductory Chapter in this work may, to a great extent, be practically considered as answering the purpose, and standing in the place of a preface, the editors consider that a few explanatory words, by way of preliminary notice, may not be without their use.

Accordingly, they would draw attention to the fact that the little volume does not in any way pretend or aspire to take the place of an ordinary Cookery Book, but merely appears as a useful supplement and servitor in a particular department.

It will be found especially useful to people who live at some distance from shops, and who consequently have generally some tinned provisions in the larder, which it teaches them to turn to very valuable account, and to serve up, on an emergency, in an attractive and appetising manner, to the general satisfaction. It will also be found invaluable to persons on picnicing or yachting expeditions, to the denizens of house-boats, in fact to all who, from one cause or another, are removed from the general sources of supply.

While it thus enables the mistress or housekeeper to cater for unexpected guests, it likewise give some very valuable information for improving the daily fare of the household by dainty and appetising dishes. In the preparation, moreover, as in the materials, economy is studied, and great results, it will be found, are produced with the smallest and most frugal materials.

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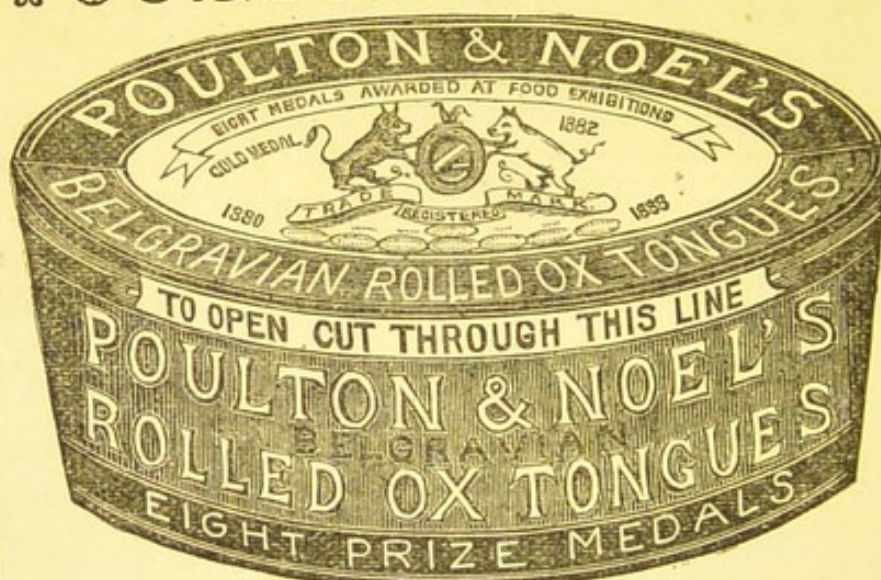
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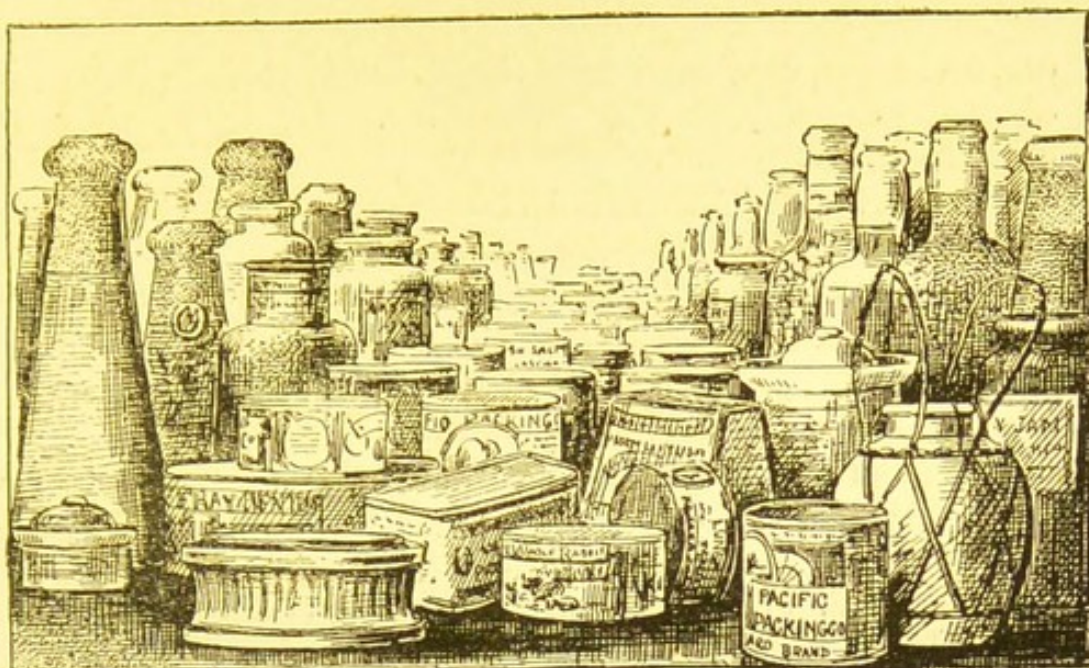
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TINNED PROVISIONS.

TINNED FOODS.

THE RAISON D'ÊTRE.

WE do not preface this book with an apology, for our title to the introduction should define our meaning.

In these days, when it seems that the preserving and tinning of fruit has been brought quite to perfection, it is strange that no more works upon their usage should be found, *ergo* this little book, which the Editors trust may be of service to all not prejudiced against anything tinned or preserved.

We venture to assert that this prejudice only exists amongst those ignorant upon the subject. Still, there are two reasons why the poorer class look with great disfavour upon such provisions: one, that what they buy is of an inferior quality; the other, that they do not understand the best modes of treating the various articles of food.

As a rule they buy such foods at small shops, where their sale is not large enough to warrant constant fresh supplies, and their storage not all that could be desired; therefore these

disadvantages, combined with the fact that the goods are not of the best quality, is quite enough to render them distasteful, if not injurious.

The craving for cheapness is, however, not solely the natural prerogative of those whose earnings are small. Many house-keepers with amply sufficient means will buy cheap foods, some that they must know could not, if of the best quality, be bought and sold at the price asked.

Take, for example, tinned salmon. A tin of this can be bought good for 9*d.*, and will yield more than we could procure for double the amount fresh, yet people expect the same for 6*d.*

That the majority of tinned and preserved provisions are much cheaper than fresh ones is a fact, and one easily accounted for.

Where meat is not valued at more than 2*d.* per pound, the inferior parts being thrown away, where fruit is simply a drug in the market, and facilities offer for canning such produce, one has not far to seek for the reason why a good article can be sold at a small price, but common sense will show us that the very cheapest kinds cannot be good.

We most strongly advise our readers to buy their preserved provisions of the best brands, of which we give a list, and for which the recipes contained in this little work are intended.

How we managed without all the fish, flesh, or fowl, &c., that we can so easily procure in preserved condition, many house-keepers wonder, especially those living far from shops, to whom it is a boon to have a few tins stored in case of emergency.

We trust that this book may be of great use to them, also to yachting and camping-out parties.

It is perfectly easy to form a good diet out of preserved foods. True, one would not like to live solely upon them, but in small vessels carrying no refrigerators, of necessity we must depend mainly on what can be stored, and the first thing is to find out the ways by which they can be made most palatable and nutritious.

We give a complete cookery book, taking the usual form of soups, savouries, fish, sweets, &c., because there is nothing that cannot be made from preserved provisions. Even bread made with baking powder is excellent, and butter and eggs, usually considered under the head of fresh food, can be easily and successfully stored by the means we suggest. It is always best

to buy eggs when they are most plentiful, for a great deal can be saved in this manner.

Of all tinned foods fish is perhaps the most scarce in variety. Soup can be had of all kinds, in many cases as good as it would be made from fresh meat by an ordinary cook, and it can be readily obtained from tinned mutton or beef. Entrées ready for table are now to be had, and are excellent if bought of a good brand.

Specially so are such things as sweet-breads with tomato sauce, jugged hare, and curries of various kinds.

Birds of various kinds can be had tinned whole, and while fowls that can be served either hot or cold make an economical dish requiring but little preparation, the smaller, daintier kinds, such as quails or larks, boned and truffled, are delicious.

Vegetables, too, have been brought to perfection in their canning, while fruits are treated in a way that retains their full flavour.

Tinned pine-apples are scarcely inferior to fresh ones, and tinned gooseberries make almost, if not quite, as good a tart as the green ones just picked.

In fact, at the present moment there is nothing lacking in preserved provisions to make out a healthy and varied diet without the aid of fresh ones.

Mrs. Beeton's books give a good deal of information as to the treatment of various tinned foods, but only in a work dedicated entirely to them can a sufficient number of recipes be found. They need a cookery book to themselves, and now that they have arrived at such a degree of excellence they deserve it, and the Editors trust that this book may supply the want for such, both acknowledged and felt.



SOUPS.

AS in other sections of this work, we give one or two recipes for the use of frozen meat, for the reason that the book may be found useful in ships carrying refrigerators, but do not attempt to give a comprehensive list of soups that could be made from tinned produce. Excellent stock can be made from Liebig's extract, but that scarcely needs a recipe, as it simply requires dissolving, and the quantity depends upon the required quality of the soup for which it is intended.

It makes the best stock for such soups as Julienne and Printanière, as it is so perfectly clear, and a little sherry is considered an improvement. These should be pretty soups, and it is easy to make them so without any fresh vegetable. No salt need be used for soups made from Liebig Company's Extract, as in itself it has a saline taste. Bovril can also be used for stock, especially that intended for soup for invalids, as it differs from ordinary extract of meat in being nourishing, containing as it does besides the extract, the fibrine of the beef in the form of a fine powder.

Peas, asparagus tops, and other tinned and preserved vegetables can, if bought of a good brand, be all obtained of a bright and natural colour : these in some cases needing washing, that they may not cloud the soup.

Again, as nearly all vegetables usually needed for soup can

be kept for a considerable time without canning or preserving in any way, they may find a place in the following recipes.

Soups bought ready for use scarcely require recipes, but we may mention that they may generally be diluted by rinsing out the tin with hot water. Also they are often improved by the addition of a little wine or sauce. They should always be tasted before being served, as in some cases they require more flavouring than in others.

Among the best coming under this head may be mentioned : tomato, turtle, mock turtle, gravy, and other thick soups, the thin ones never being quite so satisfactory.

The following is a list of soups, all of which will be found excellent if of good brands.

LIST OF TINNED SOUPS.

<i>Canned.</i>	
Beef and carrots	Oxtail, thick
„ celery	Oxtail, clear
„ onions	Printanière
„ lentil and vegetable	Tomato
„ peas and vegetables	Turkey
Bisque	Turtle
Bouillon Fleet	„ for invalids
Chicken soup	„ clear
„ consommé	Vermicelli
Crecy	
Desiccated soup	<i>Soup Squares.</i>
„ Tomato	Carrot
Fermière	Haricot
Giblet—chicken	Julienne
Gravy	Lentil
Green pea	Mulligatawny
Hare	Onion
Haricot	Pea
Julienne	„ green
Kidney	
Mock turtle	<i>Desiccated Soup.</i>
Mulligatawny	Brown
Mutton broth	White
	Tomato

LIST OF TINNED SOUPS.—(*Continued*).

<i>Soup in Bottles.</i>	
Consommé	Mock turtle
Julienne	Oxtail
	Richelieu

The ordinary tinned soups require only warming before they are ready for use, and in almost all cases they will bear as much dilution as the washing out of the tin with hot water.

The soup squares have to be dissolved, and each one makes about $1\frac{1}{2}$ pints of good soup.

The desiccated soup makes excellent stock, for most soups, both white and brown, and from $\frac{1}{2}$ lb. can be made 3 quarts of nice strong soup.

The bottled soup will be found very good indeed.

Always make sure of buying a good brand in any tinned provision, and always be sure that as far as one can tell it has not been in stock at the grocer's long enough to get stale. It is supposed that tinned provisions can be kept for an unlimited time, but in our experience they are better bought at a shop where a rapid sale demands the stock being renewed constantly, and where they are not kept in places where they are likely to deteriorate, for any length of time.

We give these words of caution not only to apply to soups, but to all tinned provisions. The greatest protest and objection that has been made to tinned provisions is that in some cases they have proved injurious, this specially applying to tinned salmon; but this bought at a good mart and of a good brand would be found a cheap comestible.

RECIPES FOR SOUPS MADE FROM TINNED AND FROZEN MEATS.

BROWN STOCK.

Ingredients for 2 quarts.

2 lb. tinned mutton.	2 quarts of water.
2 oz. butter.	2 carrots.
2 onions.	1 turnip.
$\frac{1}{2}$ teaspoonful celery seed.	Bunch of dried herbs.
Pepper.	Salt.

Turn the meat out of the tin into a quart of boiling water and set aside to get cold.

Cut up the vegetables after preparing them in the usual way, and put them in a saucepan with the remaining quart of water with the butter, the herbs, and the celery seed, and cook till tender, skim off the cold fat which will have risen to the top of the water in the basin, then add its contents to the remainder of the stock in the pan, add the seasoning, and simmer for a few minutes till the meat and vegetables can be rubbed through a sieve.

Average cost of this quantity, 1s. 10d.

Note.—The fat of the meat having been clarified by the boiling will be ready for frying purposes.

WHITE STOCK.

Ingredients for 2 quarts.

1 good-sized tin rabbit.	2 quarts $\frac{1}{2}$ pint water.
3 oz. butter.	2 onions.
1 turnip.	Bunch of dried herbs.
$\frac{1}{2}$ teaspoonful celery seed.	2 cloves.
A blade of mace.	Pepper and salt.

Tie the herbs and seed in a little piece of muslin, then put all the ingredients, with the exception of the rabbit, into a pan, stirring occasionally till the water boils, and simmer till the vegetables are tender.

Open the tin of rabbit and put the contents into the saucepan, then simmer gently till the meat leaves the bones, and all can be passed through a sieve.

This will serve for a good stock for all white soups such as oysters, vermicelli, and the like, and is a good one for the soup usually served at a ball supper.

Average cost of this quantity, 1s. 3d.

MEAT STOCK.

Ingredients for 2 quarts.

3 $\frac{1}{2}$ lb. shin of beef (frozen).	5 pints of water.
2 carrots.	2 onions.
1 turnip.	A little celery seed.
Salt.	Pepper.

Having cut the meat from the bone, chop it and take out the marrow and set this aside with the fat, then put meat and bones on with the water and a saltspoonful of salt.

Let the water come to the boil quickly, take off the scum, and put in the vegetables prepared in the usual way.

Skimming occasionally, and now and again putting in a small dash of cold water to raise the scum, let the stock simmer gently $4\frac{1}{2}$ hours, then strain it through a sieve and set it in a cool place.

Average cost of this quantity, 2s.

STOCK FOR VEGETARIAN SOUPS.

Ingredients for 3 quarts.

$\frac{1}{2}$ lb. *pearl barley*.

2 *carrots*.

A little celery seed.

A blade of mace.

Salt.

$\frac{3}{4}$ lb. *lentils*.

4 *onions*.

A few cloves.

A bunch of dried herbs.

Pepper.

Put the barley in 7 pints of water, and when it boils add the vegetables, herbs, and salt, one onion being stuck with the cloves, and the herbs and seed tied in a piece of muslin.

Simmer for 6 hours, strain and set in a cool place.

Average cost of this quantity, 9d.

AUSTRALIAN MEAT, PURÉE OF.

Ingredients for 1 quart.

1 lb. *tinned mutton*.

1 *teaspoonful of Liebig Com-*
pany's Extract.

2 *carrots*.

3 or 4 *cloves*.

Pepper.

5 *pints water*.

A little celery seed.

4 *onions*.

Some dried herbs.

Salt.

Take the fat from the mutton and pound well in a mortar, tie the herbs and seed in muslin.

Prepare the vegetables in the usual way, and stick the cloves in one of the onions.

Put all but the meat and seasoning into a saucepan when the water boils, and simmer till tender, then add the meat, season to taste, and strain.

Average cost of this quantity, 1s.

BROTH, SCOTCH.

Ingredients for 2 quarts.

1 lb. scrag of mutton (frozen).	5 pints water.
$\frac{3}{4}$ lb. pearl barley.	4 onions or 2 leeks.
1 turnip.	1 carrot.
Salt.	Pepper.

Prepare and wash the vegetables, and put them, cut very small, into a basin of boiling water for a few minutes.

Well wash the barley and put it in the water to boil; it takes rather longer than the vegetables, so should go into the water with the mutton, the latter being cut up small, for half an hour before the vegetables are added.

Simmer for 2 hours, then season, and it is ready to serve.

A little dried parsley will be found an improvement.

Average cost of this quantity, 1s.

CHESTNUT SOUP.

Ingredients for 3 quarts.

Half-hundred chestnuts.	2 quarts of white stock.
$\frac{1}{4}$ of the peel of one lemon.	1 oz. of flour.
1 $\frac{1}{2}$ oz. of butter.	Water.
A blade of mace.	Salt and pepper.

Having blanched and peeled the chestnuts, simmer them in water till tender, then pass them through a taminy.

Blend the butter with the flour, then add it to the stock, boil for 12 minutes, then return to the saucepan with the chestnuts, flavouring with a little lemon peel, the mace, and some seasoning of pepper and salt to taste.

Average cost of this quantity, 1s. 8d.

CUSTARD SOUP.

Ingredients for 1 quart.

1 $\frac{1}{2}$ dessertspoonful of Liebig	1 quart of water.
Company's Extract.	Pepper, salt.
3 eggs.	

Mix a $\frac{1}{2}$ teaspoonful of Liebig Company's Extract with $\frac{1}{2}$ pint of water and the eggs well beaten, and steam the custard in a plain greased mould for 20 minutes.

When cold turn it out, cut it in very thin slices, and these stamp out with a fancy cutter into squares, rounds, or any pretty tiny shapes.

Should some scraps of truffle be at hand, a fanciful, yet most pretty, soup is obtained by colouring the custard red with carmine, and stamping from it hearts and diamonds; while from the truffle can be obtained the spades and clubs, cutters for these being sold.

Make a stock with the Liebig and the water, adding a little seasoning, and when quite hot add the custard.

Average cost of this quantity, 1s. 3d.

HARICOT SOUP.

Ingredients for 2 quarts.

1 lb. <i>haricot beans.</i>	$\frac{1}{2}$ tin <i>tomatoes.</i>
3 oz. <i>fat from tinned meat.</i>	<i>Some celery seed.</i>
3 <i>onions.</i>	2 quarts <i>water.</i>
<i>Pepper.</i>	<i>Salt.</i>

Soak the beans, putting them in water the night before they are required, put them with the water and fat in a saucepan, and when boiling add the onions and the seed, and boil for 3 hours.

Strain with the tomatoes, mashing the soup through a sieve, then add pepper and salt, and return to the saucepan and warm.

Average cost of this quantity, 8d.

JULIENNE.

Ingredients for 2 quarts.

2 quarts <i>clear weak stock.</i>	1 oz. <i>mushroom powder.</i>
4 <i>carrots.</i>	4 <i>onions.</i>
<i>Some celery seed.</i>	<i>A bunch of dried herbs.</i>

Prepare in the usual way the vegetables, and tie up the celery seed and herbs, then boil them till tender in water.

Put the stock on the fire to heat, and having strained the vegetables, cut them in thin shreds, add seasoning, and serve.

Average cost of this quantity, 1s. 10d.

JULIENNE (another way of making).

Ingredients for 1 quart.

$\frac{1}{2}$ <i>small pot Liebig Company's</i>	$\frac{1}{4}$ <i>tin green peas.</i>
<i>Extract.</i>	<i>1 quart water.</i>
<i>1 teaspoonful herbaceous</i>	<i>Salt and pepper.</i>
<i>seasoning.</i>	$\frac{1}{2}$ <i>packet preserved vegetables.</i>

Mix the extract with a little water, then with the remainder of the quart.

Soak the vegetables (the tinned ones), put the stock on the fire, add the vegetables, boil up, then add the peas strained from their liquor, and what seasoning is required. Very little salt, if any, will be needed, as the extract is salted.

Average cost of this quantity, 10d.

LENTIL SOUP.

Ingredients for 2 quarts.

<i>1 lb. lentils.</i>	<i>4 oz. preserved vegetables.</i>
<i>2 onions.</i>	<i>Water, pepper, and salt.</i>

Having well washed the lentils, soak them the night before they are required in cold water. Put them in a pan in the morning in the water in which they were soaked, adding enough to make 5 pints in all. When this has boiled for 1 hour, add the vegetables and boil 1 more, then rub through a colander, season to taste, and return to the pan to warm.

Should untinned vegetables be at command, and be used in place of the tinned ones, they should be put in after the usual preparation when the soup boils.

Average cost of this quantity, 7d. to 8d.

MARROW BALL SOUP.

A dish for 4 persons.

Ingredients.

<i>Threepennyworth of German</i>	<i>Threepennyworth marrow.</i>
<i>rusks.</i>	<i>Nutmeg.</i>
<i>A couple of onions.</i>	<i>1 carrot.</i>
<i>A little celery seed.</i>	<i>2 eggs.</i>
<i>3 tablespoonfuls Bouillon Fleet.</i>	<i>Salt. Pepper.</i>

Cut up 2 onions and 1 carrot in small pieces in 2 quarts of water, and boil till done, with the celery seed tied in a little bag. Strain, add a grate of nutmeg and some seasoning, then stir in 3 tablespoonfuls of Bouillon Fleet.

Put the marrow into a basin with a little boiling water poured over, let it stand over night, then take out the marrow and beat it up in a basin with a fork.

Grate the rusks and mix with the marrow, bind with a couple of eggs, and form into little balls.

Boil these for 20 minutes in the soup.

Average cost, 1s. 4d.

MOCK TURTLE SOUP.—I.

Ingredients for 2 quarts.

<i>2 carrots.</i>	<i>¼ of a lemon.</i>
<i>1 turnip.</i>	<i>A little celery seed.</i>
<i>1 onion.</i>	<i>2 quarts of water.</i>
<i>Or their equivalent in preserved</i>	<i>A tablespoonful of flour.</i>
<i>vegetables.</i>	<i>Herbaceous seasoning.</i>
<i>2 oz. of butter.</i>	<i>3 dessertspoonfuls pea flour.</i>
<i>A teaspoonful of Worcester-</i>	<i>A bouquet dried herbs.</i>
<i>shire sauce.</i>	<i>Pepper and salt.</i>

Melt the butter in a pan, then add the vegetables, cut up after usual preparation if they be so-called fresh, or thrown in if tinned just as they are.

If the former vegetables are used, they must simmer till soft; if the latter, they only need warming through.

Next mix in smoothly the flour, add the water very slowly, the herbs and seed tied in a piece of muslin, a seasoning of pepper and salt, the juice of the lemon, and, after bringing to the boil, simmer for 30 minutes. Strain through a sieve, then return to the pan to re-heat, and serve with small fried croûtons or tiny squares of toast.

Average cost of this quantity, 5d.

MOCK TURTLE SOUP.—II.

Ingredients for 2 quarts.

$\frac{1}{2}$ tin calf's head.	3 oz. ham.
A dessertspoonful mushroom powder.	2 onions.
A little celery seed.	$2\frac{1}{2}$ oz. flour.
$\frac{1}{2}$ of a lemon.	1 large carrot.
Herbaceous seasoning.	Salt and pepper.
3 oz. of butter.	Bouquet dried herbs.
A few cloves.	18 forcemeat balls.
A flavouring of sherry.	5 pints water or stock.
	A blade of mace.

Put the vegetables prepared in the usual way into a pan with the herbs and seasoning, and fry for a few minutes ; next add the flour, stirring continuously, and the ham cut small.

Put the fried vegetables all into the stock, and, having brought it to the boil, simmer till the vegetables are tender.

Turn out the calf's head, cut it into neat pieces, and put any liquor or jelly into the stock. Strain the soup and add the meat and forcemeat balls, for which a recipe will be found below.

Average cost, 2s. 6d.

FORCEMEAT BALLS.

Ingredients.

$\frac{1}{4}$ lb. grated bread crumbs.	1 egg.
1 oz. butter.	1 dessertspoonful dried herbs.
2 or 3 drops essence of lemon.	Pepper and salt.

Make a forcemeat of above ingredients, blending with the beaten egg, then roll into little balls and fry in butter or clarified dripping till brown.

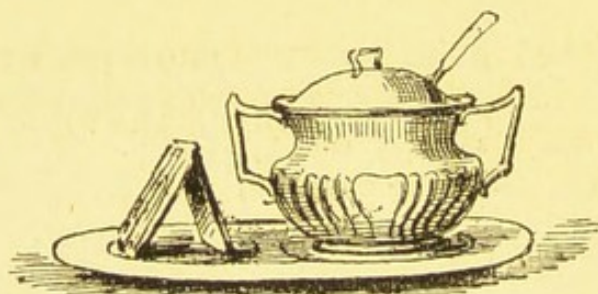
Average cost of soup and forcemeat balls, 1s. 10d.

Should ingredients for forcemeat balls not be to hand, a few fried croûtons can be added with advantage to this soup ; also a little Worcestershire sauce is considered by many to be an improvement.

MULLIGATAWNY SOUP.**Ingredients for 2 quarts.**

<i>1½ lb. tinned mutton.</i>	<i>1 lb. tinned calf's head.</i>
<i>4 onions.</i>	<i>1 large tablespoonful curry</i>
<i>2 carrots and turnips, or</i>	<i>powder.</i>
<i>tinned vegetables.</i>	<i>Salt and pepper.</i>
<i>3 dessertspoonfuls of flour.</i>	<i>Small bouquet dried herbs.</i>
<i>2 apples.</i>	

Having opened the tin of mutton and taken off the fat, put it in a basin containing 3 pints of hot water.



INVALID CUP AND TOAST.

Prepare the apples as for a pudding or other cooking purposes, also the vegetables, and put them in a saucepan with the fat which has been clarified by boiling water.

After frying all for about 12 minutes, add a

little water from the soaking meat, and, stirring occasionally, boil for 20 minutes.

Mix into a paste the curry powder and the flour with a little of the liquor, add this to the contents of the saucepan, then the meat and the water in which it has soaked.

Putting this back to the fire, let it boil for 2 hours, during which time add the seasoning and skim when necessary.

Strain the soup through a sieve, then add the calf's head cut up in small pieces, and return all to the pan to re-warm.

Average cost of this quantity, 2s. 3d.

PALESTINE SOUP.**Ingredients for 1 Quart.**

<i>1½ pint stock made from</i>	<i>2 lb. artichokes (Jerusalem).</i>
<i>Edwards' white desiccated</i>	<i>1 onion.</i>
<i>soup.</i>	<i>1½ oz. of butter.</i>
<i>½ a lemon.</i>	<i>Salt.</i>
<i>Pepper.</i>	

Fry the artichokes and onions, both peeled and sliced, in the butter.

Make the required quantity of stock with the desiccated soup, and when boiling, pour it over the vegetables.

Add the juice of the lemon and the seasoning, and stir well.

Simmer till the vegetables are done, then strain through a sieve and re-heat.

Fried croûtons may be served with this soup.

Average cost of this quantity, 9d.

PEA SOUP.

Ingredients for 3 quarts.

1 quart split peas.

A little dried mint.

1 oz. of butter.

2 onions.

Salt.

4 quarts of water.

A tablespoonful of sugar.

Some celery seed.

3 carrots.

Pepper.

Prepare the vegetables in the usual way, cutting them up small, then put them in a saucepan and fry in the butter. Add the peas and simmer till tender, which will take about 3 hours. When the peas are thoroughly done, add the mint, sugar, and seasoning, boil for 20 minutes and serve.

Average cost of this quantity, 6d.

PEA SOUP.

(*Made from "Pea Ripe."*)

Ingredients for 3 pints.

1 quart stock (Liebig Com-
pany's Extract).

1 quart water.

1½ pint green peas (*Pea Ripe*).

Pepper, salt, and soda.

Put the peas into the water over-night, and the next day boil till tender.

Make a weak stock (about a quart) with Liebig Company's Extract, to which add the peas and boil again; then pulp through a sieve and return to the saucepan, adding a seasoning of pepper and salt if necessary. Liebig, however, generally makes a stock sufficiently salted.

Heat again thoroughly, and serve with fried croûtons.

A tiny piece of soda put in the water in which the peas are soaked will improve their colour and flavour.

Average cost of this quantity, 8*d.*

PEA SOUP, GREEN, I.

A dish for 6 persons.

Ingredients.

2 quarts stock.
A scrap of soda.

1 quart peas.
Seasoning, if necessary.

Soak the peas overnight in water with the soda.

Boil in the stock, adding, if necessary, a seasoning and some sauce.

Average cost, 1*s.*

PEA SOUP, GREEN, II.

Ingredients for 3 pints.

$\frac{1}{2}$ a large tin of peas.
A dessertspoonful of sugar.
A little dried mint.
Pepper.

1 quart tinned meat stock.
A tiny piece of soda.
 $\frac{1}{2}$ pint water.
Salt.

Put the peas into a saucepan with the water in which they were canned, add $\frac{1}{2}$ pint fresh, the sugar, the soda, and the mint tied in a little piece of muslin.

When boiling, add the stock and seasoning, and when again boiling, rub through a sieve, return to the saucepan, and season to taste with pepper and salt.

Serve when thoroughly re-heated.

Average cost of this quantity, 1*s.* 6*d.*

PEA SOUP, GREEN (for Children).

Sufficient for 8 to 10 children.

Ingredients.

2 quarts stock.
A scrap of soda.
1 lb. flour.

1 quart peas.
Seasoning.
 $\frac{1}{2}$ lb. suet.

Soak the peas overnight in water with a very little soda.

Mince the suet finely, and make into a paste with the flour, a little salt, and water.

Form these into dumplings, and when the peas have been strained and put into the stock, after it has boiled put them in, and boil with any fresh vegetables at hand, except potatoes, till thoroughly done.

Average cost, 1s. 6d.

POTATO SOUP.

Ingredients for 1 quart.

1 lb. potatoes.

2 onions.

2 oz. butter.

Pepper.

1 quart tinned meat stock.

A little celery seed.

Stale bread.

Salt.

Peel the potatoes and onions, and boil together in a little water till nearly done, then strain them and add them to the stock.

Finish their cooking in this with the celery, tied in a piece of muslin, and the seasoning.

Slice the bread, then cut it in dice and fry a bright golden brown in the butter.

When the vegetables are quite tender, rub the soup through a hair sieve, then return it to the saucepan to get quite hot again.

Serve with the croûtons, the latter in a small dish.

Average cost of this quantity, 1s. 4d.

ONION SOUP.

Ingredients for 2 quarts.

3 Spanish onions.

2 turnips.

$\frac{1}{2}$ pint white stock.

Pepper and salt.

Some celery seed.

A blade of mace.

1 oz. butter.

A lump of sugar.

Having peeled and sliced the onions, put them in cold water for not less than $\frac{3}{4}$ hour, peel and slice the turnips and add with the celery seed tied in a scrap of muslin, and the seasoning, and boil for 2 hours.

Strain the soup, put in the butter, stock, and a lump of sugar, and boil again for a few minutes.

Average cost of this quantity, 1s.

OXTAIL SOUP.

Ingredients for 2 quarts.

1 <i>tin oxtail.</i>	$\frac{1}{4}$ <i>lb. ham.</i>
2 <i>carrots.</i>	1 <i>turnip.</i>
4 <i>onions.</i>	<i>Some celery seed.</i>
2 <i>oz. flour.</i>	3 <i>oz. butter.</i>
<i>A bunch of dried herbs.</i>	2 <i>quarts of water.</i>
<i>Pepper.</i>	<i>Salt.</i>

Put in a saucepan the vegetables prepared in the usual way, the herbs, and half the butter, and, having fried the vegetables for about 10 minutes, add the water and seasoning and simmer for 2 hours.

Melt in another pan the remainder of the butter, put in slowly the flour, and this having fried a few minutes, add the contents of the other saucepan, which should first be strained, next take the tin of oxtail and empty its contents into the saucepan, with the ham cut up into dice.

Let all heat thoroughly, and add, if necessary, a little more seasoning and sauce, and the soup will be ready to serve.

Average cost of this quantity, 2s.

OYSTER SOUP.

Ingredients for 1 quart.

1 <i>tin of oysters.</i>	2 <i>oz. Edwards' desiccated soup</i>
1 <i>pint white stock.</i>	(<i>white</i>).
<i>Salt, Cayenne.</i>	$\frac{1}{2}$ <i>oz. of butter.</i>
1 <i>quart water.</i>	<i>Nutmeg.</i>

Boil the desiccated soup in the quart of water for 20 minutes ; blend it well with a wooden spoon.

Open the tin of oysters, remove the beards, strain both the oysters and the liquor, then add to the soup with the stock, the butter, and the seasoning, and simmer for 10 minutes.

Average cost of this quantity, 1s.

TAPIOCA SOUP.

Ingredients for 2 quarts.

2 oz. tapioca.
3 yolks of eggs.
Salt.

2 qts. stock made from Edwards'
desiccated soup (white).
Pepper.

Crush the tapioca in a mortar and put the stock on to boil, stirring it till boiling point, then simmering it for 20 minutes.

Put the tapioca in with seasoning of pepper and salt, and bring the soup to boil again till the tapioca is cooked.

Beat the eggs, then, taking the pan from the fire, stir them slowly in, and continue stirring till they are cooked.

Average cost of this quantity, 10*d.*

Note.—The introduction of eggs into soups requires great care, they being so apt to curdle.

The soup should be put off the boil when they are put in, and be well stirred till they are done.

TOMATO SOUP.

Ingredients for 2 quarts.

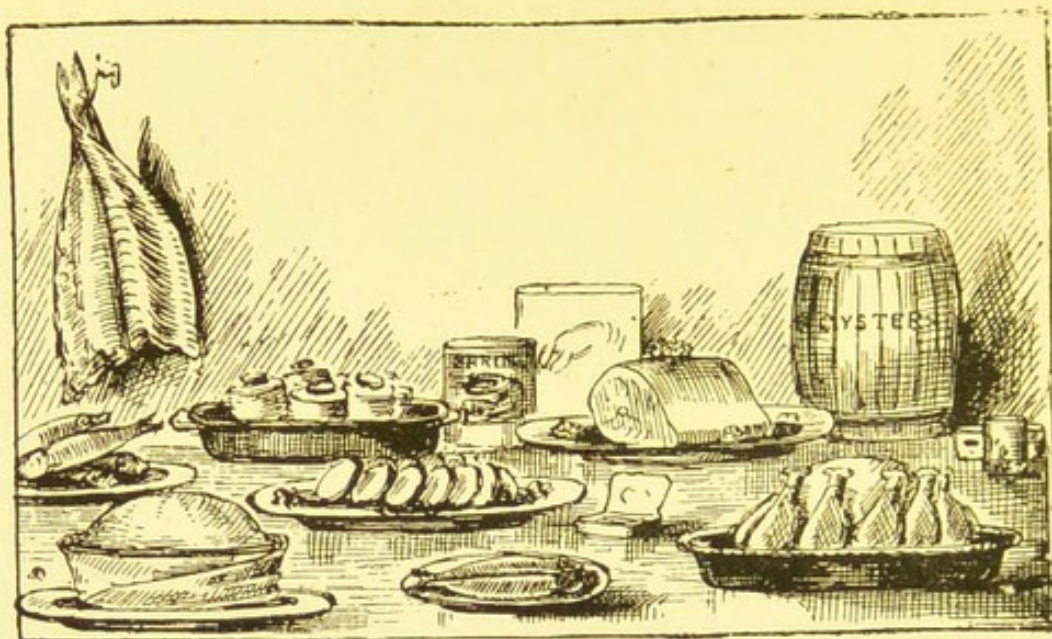
$\frac{1}{2}$ tin tomatoes.
1 oz. butter.
Pepper and salt.

2 oz. tapioca.
2 onions.
2 quarts stock or water.

Fry the onions in the butter, add the tomatoes, and after stewing $\frac{1}{2}$ hour, pulp through a sieve, put the water or stock on the fire to boil, then add the tomato and onion.

Next put in the tapioca, which should have been previously soaked for an hour, and stir all till the soup comes to the boil. Boil for $\frac{1}{4}$ hour, then season with pepper and salt and serve.

Average cost of this quantity, 8*d.*



FISH.

THIS section of our work on preserved provisions is perforce a shorter one than others, as it is well known that the tinned fish is less varied in kinds than other comestibles. Still there are many available for good dishes, notably salmon, oysters, sardines, anchovies, &c.

The first named is perhaps the most useful, as it can be so varied in its treatment, serving for both fish courses and entrées. An excellent mode of using it is in cutlets, another for a mayonnaise, for both of which we give recipes, the remnants serving well for potting for a breakfast dish.

Oysters, too, properly treated, are a good substitute for the fresh ones. They lend themselves well to both sauce for fish or steak, to scalloping, or for soup. Some of the very nicest of our savouries need sardines or anchovies, and the recipes for these in most cookery books are so many, we need give but few here.

Tinned prawns make capital curries, as well as other made dishes, and those sold ready curried are not to be despised. In fact, there are very many tinned fish that can be turned to account, but perhaps by reason of their being of a more quickly perishable nature than most provisions, they of all

kinds should be of the best brands. One luxury in fish can be had in lobster, generally so dear fresh, and the secret of this tasting well in salads, &c., is that it should be as *dry* as possible, just as the fresh fish would be.

From the low, round tins the lobster is best, and it should be extracted with as little division as possible, then drained thoroughly before using.

Nothing so much proclaims the fact of tinned fish occurring in place of fresh, as the liquid allowed to predominate in salads, &c.

Let the fish be taken out of the tin a little while before it is needed, so that it may have time to drain, and it will make a very superior dish to that plunged straight away into salad or mayonnaise. A help to both these dishes made from tinned fish may be found in a few anchovies or sardines boned and filleted.

Good as any tinned fish may be, it cannot be so pleasant to the taste as fresh, and any adjunct that can lend piquancy and flavour to a dish should be added.

We do not use this as an argument in disfavour of tinned provisions, but rather to enforce our statement that it is only in bad hands that they are unpalatable.

In preserved fish especially is economy to be found.

A tureen of sauce made with fresh oysters will cost at least 2s.; with tinned ones, about 8d. A curry of prawns in the same detail will be 5s., in place of half the amount, and so on *ad infinitum*.

To many this appeals, and an entrée or a fish course is not supposed to be the *pièce de résistance* of a dinner, therefore its component parts need not be only those thought the most nourishing as fresh provisions undoubtedly are.

Herewith we give a few recipes, in which, perforce, must be included some that serve for entrées.

*RECIPES FOR COOKING TINNED FISH.***ANCHOVIES (Fried).***A dish for 3 persons.***Ingredients.***8 anchovies.**A little flour.* *$\frac{1}{2}$ glass Chablis.* *$\frac{1}{4}$ glass olive oil.*

Thicken the oil and wine with flour till a fairly thick paste. Cleanse and bone the anchovies without dividing them, then dip them in the paste and fry a bright brown, adding a sprinkle of cayenne during the process.

Average cost of this quantity, 7*d.*

FISH CROQUETTES.*A dish for 4 persons.***Ingredients.** *$\frac{1}{2}$ tin of fish.**A cupful of bread crumbs.**2 eggs.**Seasoning.**Fat for frying.**Vermicelli.*

There is no need to specify every particular kind of fish for this dish, for it can be made from lobster, salmon, oysters, and others of the more solid kinds that are not preserved in oil.

The fish should be chopped finely, blended with the bread crumbs and the seasoning, and (in the case of unsalted fish) a little anchovy sauce, then made into a smooth paste with one of the eggs.

The other egg must be beaten, and the vermicelli crushed, then the croquettes neatly and evenly formed, dipped first in one and then in the other, and fried a nice bright brown in hot fat.

Gravy may be served with these, or they may be laid upon a flat bed of mashed potatoes.

Average cost of this quantity, 10*d.*

FISH DARIOLES.

A dish for 3 or 4 persons.

Ingredients.

$\frac{1}{2}$ tin *thon mariné*.
4 oz. bread crumbs.
Butter.

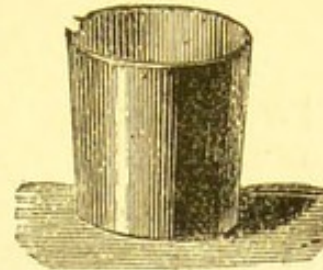
2 eggs.
Herbaceous seasoning.
White sauce.

Mix these ingredients, with the exception of the butter and white sauce, into a smooth paste, using the eggs well beaten, and if these be large $1\frac{1}{2}$ will be found sufficient.

Butter well some dariole moulds, fill with the mixture, put buttered paper over the tops, and steam for 20 minutes.

Serve with white sauce.

Average cost of this quantity, 1s.



DARIOLE MOULD.

FISH SALAD.

A dish for 6 persons.

Ingredients.

4 sardines.
3 large potatoes.
3 eggs, seasoning.
Garnish.

4 anchovies.
2 oz. haricot beans.
Oil and vinegar.

The potatoes should be baked, peeled, and set aside till cold, the beans should be ready cooked in the usual way, the eggs boiled hard.

Having these 3 ingredients prepared, slice the potatoes into a bowl or glass dish, and mix with them the beans.

Skin, bone, and fillet both sardines and anchovies, again divide the fillets and mix with the vegetables, put the yolks of two of the eggs in a mortar, and pound them with a saltspoonful of mustard and a pinch of salt, afterwards adding enough oil to make a smooth cream, then one-third the quantity of vinegar.

Pour this dressing over the vegetables and stir it in with the

whites of the eggs sliced up, then garnish with the whole egg cut in slices, some red lobster claws, a few stoned olives, or whatever is most convenient, and that will give a pretty finish to the dish.

Average cost of this quantity, 1s.

FISH SOUFFLÉ.

A dish for 6 persons.

Ingredients.

$\frac{1}{2}$ tin salmon.	$\frac{1}{2}$ lb. bread crumbs.
2 oz. of butter.	4 eggs.
Nepaul pepper.	Anchovy sauce.
$\frac{1}{2}$ teaspoonful dried herbs.	A little pounded mace.



SOUFFLÉ-PAN.

Pound the salmon, then pass it through a sieve, add to it the bread crumbs, the seasoning, and the eggs beaten, and mix to a smooth paste.

Butter a tin, put in the mixture, lay a buttered paper over the top, and steam for 40 minutes.

Serve quickly with Bechamel sauce flavoured with anchovy, in a tureen.

Average cost of this quantity 1s. 2d.

LOBSTER CURRY.

A dish for 4 persons.

Ingredients.

$\frac{1}{2}$ tin lobster.	$\frac{1}{2}$ lb. of rice.
1 onion.	A little stock.
Some chutney.	A little lemon juice.
Curry powder.	Butter, salt.
1 apple.	Flour.

Fry the onion pared and sliced and the apple peeled and cored in a little butter, then put it with the stock in a stewpan.

Open the tin of lobster, and thicken to a smooth stiff paste with equal quantities of flour and curry powder a tablespoonful of the liquor.

Add this to the stock and stir till well blended, let all boil for a short time till the apple and onion are tender, then add the lobster without the liquor and a dessertspoonful of chutney, and let all boil up.

Serve with rice boiled in the usual manner for curry.

Average cost of this quantity, 1s.

Note.—Prawn, oyster, and salmon curries are made in the same way.

LOBSTER IN WHITE SAUCE.

A dish for 4 persons.

Ingredients.

1 tin of lobster.

$\frac{1}{4}$ pint white sauce.

Bread crumbs.

Butter.

Scraps of puff paste.

Seasoning.

Take the lobster from the shell and set it aside to drain.

Put a border of puff paste round a pie dish and bake in a quick oven.

Put the white sauce into a stewpan, divide the lobster into neat pieces, and add, with a seasoning of mace and cayenne, and when the mixture is thoroughly hot, put it in the pie dish, cover with bread crumbs, put over some small pieces of butter, and brown with a salamander.

Average cost of this quantity, 1s. 2d.

LOBSTER PATTIES.

A dish for 4 persons.

Ingredients.

$\frac{1}{2}$ tin of lobster.

$\frac{1}{2}$ lb. puff paste.

1 egg.

A tablespoonful of white sauce.

Cayenne.

Salt.

Roll out the paste about $\frac{1}{4}$ inch thick and stamp out 6 rounds as covers for the patties, then gather up the fragments and roll out very thin just to line the patty pans, and into each of these put a piece of bread about the size of the quantity of lobster that could be put in, lay on the covers, brush them

over with the beaten yolk of the egg, and bake a nice bright brown.

Put the lobster cut up small into a small enamelled saucepan with the white sauce, and salt and cayenne to taste, and let it simmer for a few minutes.

Take the lids off the patty cases, take out the bread, fill with the mixture, and join the lids on again with the white of egg. These are good either hot or cold.

Average cost of this quantity, 1s. 2d.

LOBSTER SOUFFLÉ.

A dish for 4 or 5 persons.

Ingredients.

1 tin of lobster.	$\frac{1}{2}$ pint of aspic jelly.
2 yolks of eggs.	Oil, vinegar.
A few drops tarragon vinegar.	Chervil, a few sprigs.
Cayenne.	A squeeze of lemon.

Take the lobster carefully out of the tin and set to drain.

Make a mayonnaise, same as directed in *Sauces*, with eggs, oil, and vinegar, and have ready the jelly melted, then put these together, when the jelly is quite cool, and whisk till frothy and white.

Divide the lobster into neat pieces, saving the coral, and keeping them as dry as possible, and give these a dash of cayenne and a squeeze of lemon.

Arrange in small ramequin cases with white papers round the top, then fill up with whisked sauce and jelly, piling to nearly the top of the strips of paper.

Put in a cool place or on ice, and, when the jelly is set, remove the papers and garnish with sprays of chervil and the coral.

Average cost of this quantity, 1s. 6d.

RED MULLET.

Ingredients.

Red mullet.	Sherry.
Anchovy sauce.	Butter.
Flour.	Seasoning of salt and cayenne.

Drain the mullet after opening and taking them out of the tin.

Make a sauce with the other ingredients, thickening with the flour, and heat over the fire till it is smooth, then set aside.

Put the fish in a frying-pan till hot, and meanwhile prepare some papers for the mullet.

These are done for fresh fish by oiling some of a size large enough to hold the mullet with each corner twisted up to form a box, but in the case of tinned fish the oil is not required.

Put a hot fish into each paper, allowing one for each person, and pour over as much sauce as can be conveniently held in the paper.

Serve as hot and as quickly as possible.

Average cost, 1s. each.

OYSTER FRITTERS.

A dish for 4 persons.

Ingredients.

A tin of oysters.

2 eggs.

A little flour.

Fat for frying.

Cayenne.

Water.

Make a fairly stiff batter with the eggs beaten, a little water, and some flour.

Open the tin and drain the oysters, then turn them into the bowl of batter.

Fish them out with skewers on which they should be run, lightly dust them with cayenne, then dip them again on the skewers into the batter, and fry them crisp in hot fat.

When done, drain them before the fire and run them off the skewers on to a hot dish.

Average cost of this quantity, 1s.

OYSTERS IN ARMOUR.

A dish for 4 persons.

Ingredients.

A tin of oysters.

About 6 rashers bacon.

2 or 3 slices bread.

Fat for frying.

A lemon.

Cayenne.

Cut some rounds or small squares of thin stale bread, and fry as directed before for croûtons, and set them aside to drain where they can be kept quite hot.

Open the tin of oysters and drain off the liquor.

Cut some rashers of streaky bacon as thin as possible, and divide them into pieces sufficiently large to wrap each round 3 oysters.

Dust the oysters with cayenne, then lay 3 on each little piece of bacon, in which wrap them, running them on skewers as they are done, then fry.

Have the croûtons ready on a hot dish, and on each lay a little roll.

Serve as hot and as quickly as possible, and send a cut lemon to table with them.

Average cost of this quantity, 1s. 2d.

OYSTER PATTIES.

A dish for 6 persons.

Ingredients.

A tin of oysters.

A squeeze of lemon.

A tablespoonful of Bechamel.

Cayenne.

A little mace.

1 egg.

$\frac{1}{2}$ lb. of puff paste.

Roll the paste out $\frac{1}{2}$ inch in thickness and stamp out as many rounds of ordinary patty size as it will cut, about 6 in an ordinary way, then stamp these out with a smaller cutter so that rings are obtained.

Gather the scraps of paste together and again stamp out 6 rounds—the paste may be thinner this time—and with the remaining scraps again another equal number with the smaller cutter.

These cutters should be fluted at the edges, as the patties look so much prettier so cut than plain.

Divide the yolk from the white of the egg, beat the former, and with the latter join the rings on the bases.

Fill the cavities with rice, brush these and the tops over with beaten yolk, and bake in a fairly quick oven.

While these are baking, prepare the oysters, draining them first, then chopping them and afterwards stirring them into the

Bechamel in a lined saucepan till simmering, when the pan should be drawn aside and a dust of cayenne and a squeeze of lemon added.

If the patties are wanted hot, when the patty cases are out of the oven, the rice should be shaken out, the oyster mixture put in, and the tops put on with the white of egg; they should be returned for a minute to the oven.

Average cost of this quantity, 1s. 3d.

OYSTER RISSOLES.

A dish for 4 persons.

Ingredients.

1 tin oysters.	6 oz. bread crumbs.
2 eggs.	Fat for frying.
A little anchovy sauce.	Cayenne.

Empty the tin of oysters into a sieve to drain, then chop them rather finely.

Blend them with the bread crumbs, the anchovy, and cayenne, and bind with egg.

The 2 eggs should be beaten, and what is left from moulding the rissoles will be enough to dip them in previous to frying.

For this process they should first be floured, next dipped in egg, and lastly in the crumbs and fried a bright brown.

Average cost of this quantity, 1s.

OYSTERS SCALLOPED.

A dish for 3 persons.

Ingredients.

A tin of oysters.	4 oz. bread crumbs.
1 oz. of butter.	Salt, cayenne.

Butter some tin or real scallop shells, and scatter over some grated bread crumbs, adding a tiny dust of salt.

Take the oysters with a spoon from the tin, so as to leave a little liquor with them, and fill the shells.

Dust over some cayenne, then cover with a fairly thick layer of bread crumbs, and put little pieces of butter on the top.

Bake from 10 to 15 minutes, and brown the tops with a salamander or before the fire.

Serve hot in the shells with cut lemon and brown bread and butter.

Average cost of this quantity, 9*d.*

PILCHARDS.

These nice little fish, which are very good eaten just as they arrive, after being simply dipped into water, can be cooked in a similar manner to Anchovies (Fried). See recipe.

They can be obtained of the best quality of Messrs. Cozenza and Co.

SALMON AND TOMATO SAUCE.

A dish for 4 persons.

Ingredients.

1 *tin salmon cutlet.*

2 *oz. butter.*

Small piece of onion.

Cayenne.

$\frac{1}{2}$ *tin tomatoes.*

A little parsley.

A little vinegar.

Salt.

Butter a pie dish, and put in it the salmon drained and divided into neat pieces, over which scatter a little cayenne, some salt, a few drops of vinegar, and the parsley and onion chopped.

Put this in the oven to heat through, in the meantime warming the tomatoes in a stewpan with a small piece of butter and a good seasoning of cayenne and vinegar, to which a few drops of anchovy sauce may be added if liked.

When both salmon and sauce are hot, lay the former in a hot entrée dish and pour over the latter.

Average cost of this quantity, 1*s.* 2*d.*

SALMON CURRIED.*A dish for 4 persons.***Ingredients.**

$\frac{3}{4}$ tin of salmon cutlet.
1 onion, 1 apple.
A little stock.
Curry powder.
Flour.

$\frac{1}{2}$ lb. of rice.
A little lemon juice.
Some chutney.
Butter.
Salt.

This curry is made in the same manner as Lobster Curry (see recipe for same).

Average cost of this quantity, 1s. 2d.

SALMON CUTLETS.*A dish for 5 or 6 persons.***Ingredients.**

1 tin salmon cutlet.
1 oz. of bread crumbs.
2 eggs, flour.

2 teaspoonfuls anchovy sauce.
Fat for frying.
Cayenne.

Take the salmon from the tin as dry as possible, and free it from bones, reserving the larger long ones.

Mash the fish in a mortar with the cayenne and anchovy, and make into a smooth paste with one egg.

Make this paste into the shape of very small lamb cutlets, flattening them neatly, and flouring them well.

Beat up the other egg, and dip the cutlets in that, then in grated bread crumbs, and set aside, later on repeating the process.

While the cutlets are set aside, make the sauce for them, which may be either of the following ones: Tartare, Dutch, or Piquante; and if a very dainty-looking dish is required, frill the little bones as one would those of lamb cutlets, and put them ready to stick in.

Having again egged and bread-crumbed the cutlets, fry them a bright golden brown in hot fat; they will not take more than 3 or 4 minutes.

Have ready a hot dish with hot folded napkin or dish paper, and some blotting-paper on which to drain the cutlets.

When drained, if draining be necessary, arrange the cutlets neatly in a ring overlapping each other, and stick one of the little frilled bones in each.

Serve as hot and as quickly as possible with the sauce in a tureen.

Average cost of this quantity, 1s. 6d.

Sauces for the above or other fish dishes, see "Sauces."

SALMON (Fried).

A dish for 4 persons.

<i>2 slices of smoked salmon.</i>	<i>3 oz. of butter.</i>
<i>A pinch of chopped parsley.</i>	<i>1 shalot.</i>
<i>Capers, cayenne.</i>	<i>White sauce.</i>

Soak the salmon, then trim it neatly, and lay in a buttered baking-dish, with small pieces of butter and a seasoning of the parsley and cayenne over, and bake till tender, basting the while well.

Meanwhile make some caper sauce, and when the fish is done and drained, put it on a hot dish and pour the sauce over.

Average cost of this quantity, 2s.

SALMON MAYONNAISE.

A dish for 6 persons.

Ingredients.

<i>1 salmon cutlet.</i>	<i>A few pickled gherkins.</i>
<i>4 tinned tomatoes.</i>	<i>2 hard-boiled eggs.</i>
<i>$\frac{1}{4}$ pint Tartare sauce.</i>	

Carefully take out the cutlet, remove the centre bones, and lay it on a dish.

Slice 2 tomatoes and mince fine the gherkins, then mix the two together and put round the cutlet with a little on the top.

Pour over the sauce, and garnish with the white of egg (the yolks should have served for the sauce), and the other tomatoes, carefully drained.

Average cost of this quantity, 1s. 7d.

SALMON PIE.

A dish for 3 or 4 persons.

Ingredients.

1 tin salmon cutlet.	1½ tablespoonful salad oil.
1½ tablespoonful of tarragon and plain vinegar mixed.	A breakfastcupful of cracker or bread crumbs.
Anchovy sauce.	Salt, cayenne.

Take the salmon from the tin, divide it in small flakes, and put over it a few drops of vinegar, anchovy sauce, and a sprinkling of cayenne.

Mix the rest of the ingredients together, then butter a pie dish and line with the mixture, reserving enough to cover the top.

Put in the salmon and cover, and, if the crust looks at all dry, add a few pieces of butter.

Bake till hot through, then brown if necessary with a salamander.

Lobster or any other fish may be treated in the same manner, or scraps of fish, which may be put into patty pans.

Average cost of this quantity, 1s. 1d.

SALMON SONCHY.

A dish for 4 persons.

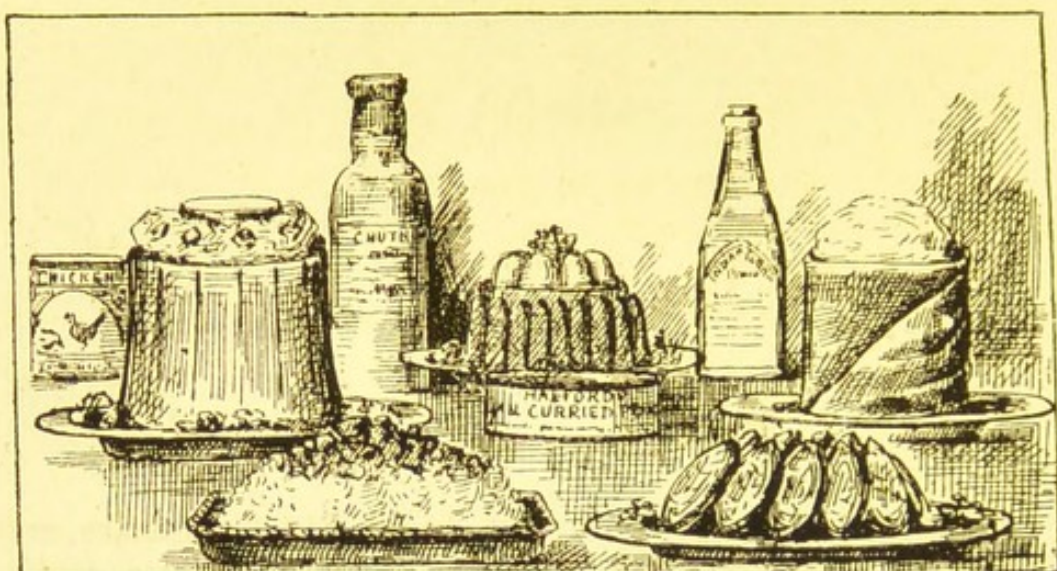
Ingredients.

A salmon cutlet.	A packet of vegetables.
Water.	Or fresh vegetables.

If fresh vegetables be used, they must be cut as they would for Julienne, in straight narrow strips, but they can be had ready for use in a dry state.

Put whichever are used in salted water till tender, then lay in the salmon and let it heat through (it should be drained and dried as much as possible for this dish), then serve with water just as it is.

Average cost of this quantity, 1s.



ENTRÉES AND BREAKFAST DISHES.

To no class of cookery do tinned meats commend themselves more than to the dishes that come under the head of entrées, the reason for which is not far to seek.

Entrées have been defined as "dishes that do not require more than a spoon for both serving and eating." *Ergo*, they must be foods thoroughly well cooked, and the general objection raised against tinned and preserved provisions is that they are overdone.

An entrée is as a rule governed by its sauce, and one need not call in the aid of fresh provisions to make many an excellent one, both for fish or flesh.

Independent of these, what are called in France "Garnitures," amongst which will be found some of the most esteemed and delicate sauces, may be had in tins and bottles ready prepared.

Sauce "Financière" is a delicious one for an entrée, and can be had in perfection of Cozenza and Co., of Wigmore Street.

Again, so many good sauces can be made by buying the chief items as preserved provisions, and with the aid of various store sauces and Bechamel or melted butter, no nicer ones could be desired.

Both tinned chicken and rabbit are suitable for white entrées, to which a mere scrap of black truffle, finely sliced and stamped

out, and a few scarlet chillis or some sliced capsicum give a tasteful garnish.

As to brown entrées, they can be made *ad libitum* from all kinds of tinned meats, but mutton is more adapted for the purpose than beef, the former losing its flavour less than most meats in process of tinning.

Tinned fish is most valuable for entrées, and it is difficult to tell fresh from preserved prawns in a curry or other entrée.

Besides those we can make from tinned and preserved meats, &c., an endless variety can be found that only require heating and occasionally a little additional flavouring.

Quenelles with a good sauce come under this head, and a more delicate entrée can scarcely be imagined than quenelles of chicken or veal with "Financière" sauce.

Curries, too, just ready for serving, are amongst the best of tinned goods, and Halford's, we scarcely need say, are the best and most well-known.

Given only some well-boiled rice (for this there will be found a recipe), curried prawns, chicken, &c., will be found as good dishes as can be wished for.

To many of them some fried potatoes, or rissoles of the same vegetable, are an improvement, and recipes will be found for both ways of cooking this most useful vegetable.

RECIPES FOR ENTRÉES OF PRE-SERVED PROVISIONS.

BEEF, À LA MAITRE D'HOTEL.

A dish for 4 persons.

Ingredients.

1 lb. tinned beef.	4 oz. butter.
A little dried parsley.	$\frac{1}{2}$ a lemon.
6 Spanish olives.	6 anchovies.
Cayenne.	Salt.

Make a maitre d'hotel butter with the butter, parsley, lemon juice, and a seasoning of pepper and salt worked together.

Fillet the anchovies, and stone and slice the olives.

Broil the meat cut in slices, arrange it on an entrée dish, put some of the butter on each slice, warm the olives and anchovies in a small tin, and arrange them round the beef.

A macedoine of tinned vegetables will be found a nice accompaniment to this dish.

Average cost, 1s. 4d.

BROILED BEEF AND MUSHROOMS.

A dish for 4 persons.

Ingredients.

<i>1 lb. tinned roast beef.</i>	<i>1 tin mushrooms.</i>
<i>2 oz. butter.</i>	<i>1 lb. of potatoes.</i>
<i>Mushroom ketchup.</i>	<i>Salt and pepper.</i>

Boil and mash the potatoes with 1 oz. of the butter, and a seasoning of pepper and salt.

Make a sauce with the tin of mushrooms, the ketchup, the 1 oz. of butter, and seasoning, then broil the beef, cut in slices. Pile the potatoes on a dish, lay round them the beef, and lastly pour in and round the mushroom sauce.

Average cost of this quantity, 1s. 5d.

BEEF BROILED AND OYSTERS.

A dish for 4 persons.

Ingredients.

<i>1 lb. tinned roast beef.</i>	<i>1 tin oysters.</i>
<i>1½ lb. potatoes.</i>	<i>2 oz. butter.</i>
<i>A teaspoonful of flour.</i>	<i>Salt and cayenne.</i>

Simmer the oysters with their liquor, the thickening of flour, and 1 oz. of butter, and a dash of cayenne till very hot.

Boil and mash the potatoes, and broil the beef in slices.

Make a ring of the potatoes, into which pour the oysters, and lay round the slices of beef.

Average cost of this quantity, 1s. 5d.

BEEF CAKE.*A dish for 6 persons.***Ingredients.**

1 lb. tinned roast beef.	$\frac{1}{2}$ lb. cooked bacon.
2 eggs.	Thyme and parsley.
Pepper and salt.	Dripping.

Mince the beef and bacon, season with pepper and salt and a good teaspoonful of dried herbs, make into a cake with two beaten eggs, and fry in dripping or beef marrow till a nice bright brown.

Serve with a good brown gravy.

Average cost, 1s. 4d.

BEEF COLLOPS.*A dish for 4 to 6 persons.***Ingredients.**

1 tin Ramornie beef.	$\frac{1}{4}$ pint of water.
1 oz. each butter and flour.	A few capers.
1 small onion.	A little mushroom ketchup.
Pepper and salt.	Butter for frying.

Take the meat from the tin, and divide it in neat small pieces.

Put the water over the fire, and with it put any jelly from the meat, the capers, and the onions, minced and fried in butter, and the seasoning.

Dredge the pieces of meat with flour, and fry them in the pan from which the onion has been taken.

Thicken the sauce with the butter and flour, and when the onion is quite tender add the meat and the ketchup, and serve very hot.

Average cost, 1s. 6d.

BEEF CURRIED.*A dish for 4 persons.***Ingredients.**

1 lb. tinned beef.	1½ dessertspoonfuls curry powder.
1 sour apple.	2 onions.
1 tablespoonful flour.	3 oz. butter.
Gravy or Edwards' gravina.	Salt.

Slice the onions and frizzle in the butter in a stewpan.

Mix the flour and curry powder with a little water to a smooth paste, and put with the apple, pared and sliced, in the pan with some gravy or gravina.

Simmer till both onions and apple are well cooked, then add the meat, cut up in small squares, and a seasoning of salt, and heat thoroughly.

Serve with boiled rice.

Average cost of this quantity, 1s. 3d.

BEEF FRITTERS.*A dish for 4 persons.***Ingredients.**

1 lb. tinned beef.	1 egg.
¾ lb. of flour.	2 oz. of butter.

Make a batter with the flour and ½ pint of water; then stir in the beaten egg and the butter melted.

Slice the beef finely, season it well with pepper and salt, and mix it with the batter.

Put the mixture in tablespoonfuls in boiling fat or dripping, and fry a nice brown on both sides.

Average cost (exclusive of the fat for frying), 1s.

BEEF HASHED.*A dish for 4 persons.***Ingredients.**

1 lb. tinned roast beef.	1 large Spanish onion.
2 oz. of butter.	Worcestershire sauce.
Salt.	Pepper.

Pare and slice the onion, and fry in the butter in a stewpan.

Add to this the jelly from the meat, or, if but little of this, make a gravy with gravina.

Cut the meat in small slices, season it well with pepper and salt, and after the gravy and onions have boiled, add it to the contents of the stewpan with a flavouring of sauce, the meat only requiring to be heated through.

Average cost, 10d.

BEEF OLIVES.

A dish for 6 persons.

Ingredients.

1½ lb. roast beef.
Mushroom catsup.

1 lb. bacon.
Pepper and salt.

Mince the beef finely, and slice the bacon very thin.

Season the beef well, then put spoonfuls of the mixture into small slices of the bacon, to form little rolls, then run on a skewer and fry.

Average cost of this quantity, 1s. 9d.

BEEF RISSOLES.

A dish for 4 persons.

Ingredients.

1 lb tinned roast beef.
2 eggs.
1 onion.
Fat for frying.

4 medium-sized potatoes.
Bread crumbs.
Worcestershire sauce.
Salt and pepper.

Boil and mash the potatoes, open the tin of beef and remove the fat, which will answer for frying purposes.

Mince the meat and onion finely and add to the potatoes with the seasoning.

Blend with one of the eggs and beat the other.

Make up the mixture into little rolls, then dip them in the beaten egg and crumbs and fry.

Average cost of this quantity, 11d.

BEEF STEWED.*A dish for 6 persons.***Ingredients.**

<i>1 tin roast beef.</i>	<i>Force meat of dried herbs.</i>
<i>2 tablespoonfuls tomato catsup.</i>	<i>2 onions.</i>
<i>1 tablespoonful chili vinegar.</i>	<i>Salt and pepper.</i>
<i>2 lb. potatoes.</i>	<i>1 glass port wine.</i>
<i>2 oz. butter.</i>	<i>Some gravina.</i>
<i>A little razine.</i>	

Make some good force meat as for veal, with dried herbs, an egg, a little chopped bacon, and some bread crumbs.

Fry the onions in butter, and put it with the gravy in a stew-pan.

Cook the force meat in a small pan, putting it first in a jar, then standing it in the water.

Boil and mash the potatoes and make a wall of them on a dish, leaving just enough room for the meat.

Take the meat out of the tin as intact as possible, cut a hole in the centre and fill with the force meat; then tie it with tape in a neat shape.

Make a good gravy, adding the seasoning and wine, and thicken with razine, see that it is sufficiently flavoured and savoury, then put in the meat and let it get hot through.

In serving put the meat in the centre of the potatoes, then remove the tape and pour the gravy round.

Average cost of this quantity, 2s.

SAVOURY FILLET OF BEEF.*A dish for 6 persons.***Ingredients.**

<i>2 lb. tinned beef.</i>	<i>12 mushroom buttons.</i>
<i>½ tin tomatoes.</i>	<i>A tablespoonful tarragon vine-</i>
<i>A tablespoonful vinegar.</i>	<i>gar.</i>
<i>4 oz. butter.</i>	<i>2 eggs, 3 shalots.</i>
<i>A teacupful white sauce.</i>	<i>Pepper, salt.</i>
<i>Some glaze.</i>	

Mince the shalots, and boil in the vinegar till it is reduced to half the quantity, next add the same, then the yolks of the eggs one by one, stirring well but not allowing the sauce to boil, then add the butter in small pieces and the seasoning, and strain.

Take the meat from the tin and cut it in neat pieces ; these fry in butter with the mushrooms and some seasoning, then brush over with glaze and arrange in a silver dish.

Warm the tomatoes in their tin, slice them, and put a slice between each cutlet, and any scraps into the sauce prepared before.

Put a little glaze round, and in the centre pour in the sauce made quite hot.

Average cost of this quantity, 2s. 6d.

BRAZILIAN STEW.

A dish for 6 persons.

Ingredients.

2 lb. tin of roast beef.	1 teaspoonful Liebig Company's
1 carrot, 1 turnip.	3 onions. [Extract.
A bunch of dried herbs.	Pepper and salt.
2 oz. butter.	A little Clarence sauce.

Put the butter in the pan, and in it fry the vegetables, pared and sliced.

Make some gravy with the Liebig, or use stock if at hand— $\frac{1}{2}$ pint will be necessary for this stew—add this and the herbs, tied up, to the contents of the pan, and simmer till the vegetables are tender.

Open the tin of meat, remove the fat if there is much, and set aside for frying purposes ; then put the lean, cut in neat pieces, in the pan with a good seasoning of pepper and salt and a little sauce.

Keep the pan on the fire long enough to heat the meat through, then turn out on a hot dish, and put some toasted sippets round.

Average cost, 1s. 9d.

CALF'S HEAD (Collared).*A dish for 8 persons.***Ingredients.**

<i>1 tin calf's head.</i>	<i>Nutmeg.</i>
<i>1 lb. of ham.</i>	<i>Dried parsley.</i>
<i>Pepper and salt.</i>	<i>Pounded mace.</i>
<i>4 eggs.</i>	

Take the meat from the tin, flatten it out on a board, put over a layer of herbs, then one of ham cut in thin slices, and hard-boiled eggs cut in rings.

Give a good seasoning of pepper, salt, herbs, and nutmeg ; then roll in a cloth and tie firmly, binding with tape or scraps of linen.

Boil for about $1\frac{1}{2}$ hours, then take out and set a heavy weight on the top till cold, when it is ready to serve.

Average cost, 3s.

CALF'S HEAD EN TORTUE.*A dish for 6 persons.***Ingredients.**

<i>A tin of calf's head.</i>	<i>A few quenelles.</i>
<i>$\frac{1}{2}$ bottle mushroom buttons.</i>	<i>4 eggs.</i>
<i>A glass of white wine.</i>	<i>A few gherkins.</i>
<i>$\frac{1}{4}$ tin of prawns.</i>	<i>2 slices bread.</i>
<i>1 pint white stock.</i>	<i>2 oz. butter.</i>
<i>Pepper, salt.</i>	<i>1 lemon.</i>

Put the stock in a saucepan with some seasoning and the wine and lemon juice, and, after frying the mushrooms, add them to it.

Boil the eggs hard and put in cut in slices, the gherkins minced, and, lastly, the head, sliced, and the quenelles.

Heat the prawns in their tins, and when the contents of the stewpan are hot put in an entrée dish and garnish with the prawns, and some nicely fried croûtons cut as diamonds.

Average cost, 3s. 6d.

CALF'S HEAD (Fricassied).

A dish for 6 persons.

Ingredients.

- | | |
|---------------------------|------------------------------|
| 1 tin calf's head. | <i>A teacupful of flour.</i> |
| 2 eggs. | <i>Clarified dripping.</i> |
| 1 teacupful bread crumbs. | <i>Pepper and salt.</i> |

Take the calf's head from the tin and cut into neat slices, any scraps will serve for rissoles, etc.

Make a batter with the flour, eggs, a little water, the bread crumbs, and a pinch of salt, and in this batter dip the slices of calf's head.

Put them in a frying-pan of hot lard or dripping, and fry a nice bright brown.

This dish may be served plain, but if a sauce be made with a saltspoonful of mustard, a dessertspoonful of vinegar, and the same of salad oil, with a pinch of salt, it will be found a very nice accompaniment.

Average cost, 1s. 4d.

CALF'S HEAD (Hashed).

A dish for 6 persons.

Ingredients.

- | | |
|---|---------------------------------|
| <i>Remains of calf's head (tinned).</i> | <i>Forcemeat.</i> |
| <i>A few rashers of bacon.</i> | <i>Gravy made from gravina.</i> |
| <i>1 glass white wine.</i> | <i>Pepper and salt.</i> |

Cut some bacon in proportion to the remains of calf's head in thin, small slices (we are assuming that there is about 1½ lb. cold calf's head), and fry.

Make a gravy with gravina and all that is left from the head, and with this put the bacon.

Cook the forcemeat in a jar in water, or make it into balls, and fry; then add to gravy and bacon and boil up with a good seasoning of pepper and salt.

Next add the wine, and lastly the meat, which needs only warming through, and serve in a hot dish with fried or toasted sippets of bread.

Average cost of this quantity, 2s. 6d.

CALF'S HEAD, MOULD OF.*A dish for 4 persons.***Ingredients.**

$\frac{1}{2}$ tin calf's head, or the remainder of a tin.	4 thin slices of bacon.
A dessertspoonful of seasoning.	4 eggs.
Salt, pepper, dried herbs, and a grating of nutmeg.	$\frac{1}{2}$ pint of gravy, made with stock, and a $\frac{1}{4}$ packet gelatine.

Well butter a mould, then lay in some of the eggs, hard boiled and sliced ; then the head, cut in neat pieces, well seasoned ; next the bacon, cut in thin strips, and so on till the mould is full.

Pour in the gravy and set in a cool place, and, when cold, turn out, and serve either as an entrée or supper dish.

It may be garnished with a little roughed aspic, some bright-coloured pickles, or some tinned tomatoes cut in slices.

Average cost, 1s. 6d.

CHANDFROID OF CHICKEN.*A dish for 6 persons.***Ingredients.**

1 tin roast fowl.	1 pint white stock.
$\frac{1}{2}$ glass of sherry.	A small lemon.
1 oz. butter.	1 oz. flour.
A shalot.	A bunch of dried herbs.
Pepper and salt.	A little aspic jelly.

Put the stock with the wine, lemon peel, shalot, herbs, and seasoning to stew for an hour.

Melt the butter, and add the yolks of the eggs and the flour.

Take the meat from the fowl in joints or slices, and boil up the bones and trimmings in the stock with the sherry, the shalot, the peel of the lemon, the herbs, and seasoning, simmering for about one hour.

Next strain this to the eggs and flour, and, when the sauce thus made begins to cool, coat the pieces of chicken with it.

Put some aspic jelly in the centre of an entree dish, and lay round the pieces of chicken.

Set on ice, or a very cool place, till required.

Average cost, 3s.

CHICKEN OR RABBIT KROMESKIES.

A dish for from 3 to 6 persons.

Ingredients.

Remnants of chicken or rabbit. A little white sauce.

$\frac{1}{2}$ a lemon.

1 egg.

Flour.

A few rashers of cold bacon.

Lard for frying.

Pepper and salt.

Cut the chicken up very small, then pound it in a mortar.

Add to it the sauce, the lemon rind grated, the juice, and the seasoning, and form into a mixture.

Cut thin strips of the bacon, and lay in as much of the mixture as they will hold, then roll them up and run on a skewer. Make a batter, rather thin, with the egg and flour, dip in the kromeskies, and fry a bright brown in hot lard.

They can be served in a very nice way on a plateau of mashed potatoes, or will be found good with a dish of tinned peas.

Average cost, 1s.

CHICKEN CUTLETS.

(A COLD ENTRÉE.)

A dish for 4 persons.

Ingredients.

The breast of a tinned fowl. 2 slices fat bacon.

Some white sauce. 2 eggs.

Parsley. $\frac{1}{2}$ an onion.

Breadcrumbs. Lard for frying.

Pepper or cayenne. Salt.

Scrape the flesh from the fowl and pound it with the bacon, cut in dice, till it will pass through a sieve.

Finely mince the parsley and onion, and add to the meat, with some well-made white sauce.

Stir for a few minutes in a stewpan over the fire, then add the eggs beaten (reserving enough to egg the cutlets) and the seasoning, and boil 2 minutes more.

Spread the mixture out on a buttered slab about $\frac{3}{4}$ inch thick, and when quite cold cut in strips 5 inches long and 1 inch wide, egg and breadcrumb them, and fry in hot lard. Lay them, when drained and cold, grotto fashion in a dish, leaving space for a macedoine of vegetables or some peas in the centre.

Average cost, 1s. 8d.

CURRIED EGGS STUFFED.

A dish for 4 or 6 persons.

Ingredients.

6 eggs (whole) and 2 yolks. 2 oz. butter.

A tablespoonful of bechamel. $\frac{1}{2}$ lb. rice.

A teaspoonful of curry powder. Salt.

Having boiled the 4 eggs hard, shell them, cut them in two lengthwise, and take out the yolks.

Pound the latter in a mortar with the raw yolks and the rest of the ingredients with the exception of the rice, boiled, which mix in afterwards with a fork.

Pile this mixture high in the half whites of eggs and put them in a baking-tin to get hot.

Serve with a sauce. See *Sauces*.

Average cost, 1s.

CURRIED RICE.

A dish for 2 persons.

Ingredients.

$\frac{1}{4}$ lb. rice.

1 onion.

1 dessertspoonful curry powder
(Begum).

1 $\frac{1}{2}$ oz. butter.

Boil the rice in plenty of salted water until tender; strain and dry on a sieve placed at the side of the stove or hot plate and covered with a cloth.

Chop one good-sized onion as fine as possible; melt the butter in a frying-pan, and fry the onion for 5 minutes.

Sprinkle the curry powder on the rice, toss it in the pan, and stir until it is all hot through.

This makes an excellent vegetarian breakfast dish, but its great charm lies in its being served very hot.

Chutney should be on the table with it, and if not wanted for vegetarians, small slices of frizzled ham or bacon will be found an agreeable addition.

Average cost, 4d.

FOIE GRAS IN ASPIC.

A dish for 6 persons.

Ingredients.

<i>A small tin foie gras.</i>	<i>1 pint aspic jelly.</i>
<i>A few scraps of truffle.</i>	<i>2 or 3 gherkins.</i>

Melt the jelly, and with it coat a small mould previously wetted.

When this is set arrange in it the foie gras, cut in small pieces, and the truffle, the latter cut first in very thin slices, then stamped out in any fancy shape if there is scope, using any scraps that remain for another dish.

Pour in more jelly, then another layer of the foie gras and truffle, and fill up with the truffle.

Colour what remains of the aspic with carmine or cochineal, and when cold cut it into slices, then into diamonds, and with that and the gherkins, sliced, garnish the jelly when cold and well set.

This will be found a most delicious cold entrée.

Average cost, 1s. 6d.

HARICOT CREAM.

A dish for 4 persons.

Ingredients.

$\frac{3}{4}$ lb. of haricot beans.	2 eggs.
3 oz. of butter.	2 tablespoonfuls of white sauce.
$\frac{1}{2}$ a lemon.	A grate of nutmeg.
Pepper, salt.	1 onion.

Well soak the beans from overnight in cold water, then in the morning boil them in fresh water, salted, until perfectly tender, which will take from 5 to 6 hours.

Drain off the water, and pass the beans through a sieve.

Add the butter oiled, the rind of the lemon grated, a little nutmeg, the onion finely minced, the sauce, and the seasoning.

Mix thoroughly, then turn into a buttered mould covered with buttered paper, and steam for from 25 to 30 minutes.

A white or a mushroom sauce is a good accompaniment to this entrée.

Average cost, 9d.

IRISH STEW.

A dish for 6 persons.

Ingredients.

- | | |
|----------------------|------------------|
| 1 tin boiled mutton. | 4 lb. potatoes. |
| 6 large onions. | Salt and pepper. |

Pare the potatoes and onions, and slice the latter, put them in a stewpan with a good seasoning of pepper and salt, and enough water to cover them.

Stew till the vegetables are tender, then add the meat, and a little catsup if at hand, and heat thoroughly.

Average cost of this quantity, 1s. 9d.

KIDNEYS CURRIED.

A dish for 8 persons.

Ingredients.

- | | |
|-----------------------|-----------------------------|
| 1 tin stewed kidneys. | 1 small tin Halford's curry |
| 1 tin devilled ham. | sauce. |
| | Bread. |

Put the contents of a tin of Halford's curry sauce in a stewpan with 1 tin of stewed kidneys, and let it get hot very slowly.

Keep hot while you prepare the following: Cut sufficient slices of crumb of bread to cover the dish; toast them, but keep them soft.

Spread them thickly with devilled ham; arrange them on the dish, and pour the curried kidneys over.

Serve very hot, and hand chutney with it.

Frizzled ham or bacon may be substituted for the devilled ham, in which case the pieces should be placed *round* the dish as a garnish, boiled rice is also a good accompaniment.

Average cost, 2s. 6d.

KIDNEYS SAUTÉ.

A dish for 6 persons.

Ingredients.

1 tin of sheep's kidneys.	Dried parsley.
$\frac{1}{2}$ lb. fat streaky bacon.	Bread and flour.

Cut the bacon in neat squares, and the same number of pieces of crumb of bread to match.

Fry the bacon lightly, and keep it hot, fry the pieces of bread in the bacon fat, drain them on paper, and keep them also hot.

Dip the bread for one instant in water before frying.

Cut the kidneys in slices about as thick as a penny.

Mix on a plate 1 teaspoonful of flour, half a teaspoonful of salt, quarter of a teaspoonful of pepper, and half a teaspoonful of dried parsley, rubbed through a sieve.

Dip each piece of kidney in this seasoning, and toss them in the bacon fat until hot through.

Arrange the pieces of bread on a very hot dish, put one square of bacon on each, and place the kidneys, piled in slices, upon them hot and quickly.

KIDNEYS WITH TOMATOES.

A dish for 6 persons.

Ingredients.

1 tin kidneys.	$\frac{1}{2}$ tin tomatoes.
$\frac{1}{2}$ lemon.	2 oz. butter.
A teacupful of bread crumbs.	Salt and cayenne.

Well butter a tin dish, and scatter over it some bread crumbs.

Open the tin of kidneys and slice them thin, then put a layer in the tin with a good seasoning of salt and cayenne, and a

squeeze of lemon. Next put a layer of the tomatoes freed from their skins, these also season, and in this way fill the dish.

Let the top be a layer of bread crumbs, upon which place small pieces of butter ; then bake for 30 minutes.

Average cost, 1s. 6d.

LAMB'S SWEETBREADS.

A dish for 4 or 5 persons.

Ingredients.

<i>1 tin lamb's sweetbreads.</i>	<i>Half a glass of sherry.</i>
<i>A breakfastcupful of gravy.</i>	<i>1 egg.</i>
<i>A few bread crumbs.</i>	<i>Fat for frying.</i>
<i>A squeeze of lemon.</i>	<i>Cayenne and salt.</i>

Take the sweetbreads carefully out of the tin, dry them, and divide them into neat pieces.

Beat the egg and dip in the pieces, then in bread crumbs, and fry a bright brown.

Make a cupful of gravy with gravina, add to it the sherry, a squeeze of lemon, and pepper and salt ; put this in an entrée dish, and lay in it the sweetbreads.

Average cost, 2s.

MACARONI CROQUETTES.

A dish for 4 persons.

Ingredients.

<i>1 quart of milk.</i>	<i>$\frac{1}{4}$ lb. macaroni.</i>
<i>A tin of mushrooms.</i>	<i>Scraps of puff paste.</i>
<i>Lard for frying.</i>	<i>1 egg.</i>
<i>1 oz. of butter.</i>	<i>Pepper and salt.</i>

Boil the macaroni, broken into small pieces, and butter till tender in part of the milk, and stew the mushrooms in the remainder, the latter process taking but very little time, then add a good seasoning and mix.

Roll out the paste very thin, and cut in small pieces, into each of which lay as much of the mixture as the paste will hold, and joining the outside edges, form into croquettes.

Fry in hot lard, after egging and crumbing the croquettes.

Drain before serving, which should be done on a piece of blotting-paper, then arrange on a dish paper.

Gravy may be served with this dish, in which some mushroom ketchup should be introduced.

Average cost, 1s. 7d.

MUTTON COLLOPS.

A dish for 4 persons.

Ingredients.

<i>1 lb. tinned roast mutton.</i>	<i>A breakfastcupful of gravy.</i>
<i>A spoonful of flour or rizine.</i>	<i>Small bunch dried herbs.</i>
<i>A little Clarence sauce.</i>	<i>2 shalots.</i>
<i>2 oz. butter.</i>	<i>Pepper and salt.</i>
<i>A squeeze of lemon.</i>	<i>A blade of pounded mace.</i>

Cut the mutton in small pieces, sprinkle over it the minced herbs and shalots and other seasoning, and fry in the butter.

Put in the gravy, which thicken with a little flour, then, when it boils, put in the mutton and the lemon juice, and make thoroughly hot.

Average cost, 1s.

MUTTON CUTLETS AND GREEN PEAS.

A dish for 6 persons.

Ingredients.

<i>1 tin roast mutton.</i>	<i>1 tin peas.</i>
<i>1 dessertspoonful gravina.</i>	<i>2 or 3 eggs.</i>
<i>Bread crumbs.</i>	<i>Pepper and salt.</i>

Mince the mutton, season it well, and with an egg, or two if required, form into cutlet shape, removing first all bone and fat.

Save the latter for frying the cutlets, using a little lard or butter if there should not be enough.

Put the peas into boiling water with a teaspoonful of sugar, two of salt, and a tiny piece of soda.

While these are cooking—they will not take more than 5 minutes—prepare the cutlets by dipping them in beaten egg, then in crumbs, and frying a nice bright brown.

Take some of the smallest of the bones, put round them tiny frills of tissue paper, and stick one in each cutlet.

Put the peas in the centre of a dish, range round the cutlets, and serve in the gravy made from gravina and any jelly from the tin.

Average cost, 2s.

MUTTON CUTLETS, TOMATO SAUCE.

A dish for 6 persons.

Ingredients.

1 tin roast mutton.

1 bottle tomato catsup

2 eggs, pepper, salt.

Bread crumbs.

Prepare as in preceding recipe, and serve with the catsup heated with the jelly from the meat.

Average cost, 1s. 8d.

MUTTON CUTLETS WITH TOMATO SAUCE AND PEAS.

A dish for 6 persons.

Ingredients.

1 tin roast mutton.

A knob of butter.

1 bottle tomato catsup (new process).

1 tin of peas.

Salt.

2 teaspoonfuls sugar.

A sprig of mint.

Open a tin of roast mutton carefully and turn the meat out on a board, remove the jelly, and with a very sharp knife cut the meat in slices (not too thin), and trim them as near as you can to cutlet shape, saving the trimmings.

Put the jelly in a stewpan, with half a teacupful of tomato catsup (new process), and, when it boils, pour in the same quantity, thickened with 1 dessertspoonful of flour.

Boil for 3 or 4 minutes, stirring all the time.

Take it off the fire, and when a little cool, lay in the cutlets; allow them to get hot through, and serve in an entrée dish with the sauce over and some peas in the centre, prepared in the following manner:—

Strain the peas from their liquor, and put them in a saucepan

with plenty of boiling water, 2 teaspoonfuls of sugar, and 1 of salt, and a good sprig of mint.

Boil until tender ; strain, shake them about with a knob of butter in them, and serve as directed.

Average cost, 2s. 4d.

MUTTON FRITTERS.

A dish for 4 persons.

Ingredients.

$\frac{1}{2}$ tin roast mutton.	2 oz. butter.
$\frac{1}{2}$ lb. flour.	1 teacupful water.
2 eggs. Fat for frying.	Pepper and salt.

Mix the flour, adding a little salt, with the water till smooth, then stir in the butter, melted, and lastly, the eggs, beaten.

Take the meat out of the tin, and cut as many small, neat slices as possible (the scraps will serve for rissoles or mince).

Dredge these slices with pepper and salt, then dip them in the batter, and fry them a nice brown on both sides.

When taken up let them drain for a minute or two before the fire, then serve very hot, garnished with cut lemon.

Average cost of this quantity, 1s. 2d.

MUTTON (*Haricot*).

A dish for 6 persons.

Ingredients.

1 tin boiled mutton.	2 oz. of butter.
2 good-sized onions.	2 carrots.
2 turnips.	Some celery seed.
Tomato catsup.	$\frac{1}{2}$ pint of gravy.
Pepper and salt.	$\frac{1}{2}$ glass white wine.

Fry the onions in a little butter, put them with the gravy, which may be made of gravina, dessicated soup, or some from a frozen joint, and meanwhile boil the carrots and turnips, with the celery seed in a piece of muslin, in another pan.

When just done put them sliced into the gravy.

Season well with pepper and tomato catsup (Holbrook's), then add the mutton cut in neat pieces, and the wine.

If the gravy be liked thick, a little razine will be found better than flour for the purpose.

Serve very hot.

Average cost of this quantity, 2s.

MUTTON HODGE PODGE.

A dish for 6 persons.

Ingredients.

1 lb. tinned mutton.	4 onions.
1 tin of peas.	2 oz. butter.
Water.	Pepper and salt.

Take the jelly and gravy from the mutton and put it in a stewpan with the onions sliced ; stew till they are tender, then add a good seasoning and quarter of a pint of water.

Boil the peas for a very few minutes in another saucepan, then drain and add to the onions.

Put in the meat the last thing, just to get hot through.

Average cost, 1s. 8d.

MUTTON KROMESKIS.

A dish for 6 persons.

Ingredients.

Scraps of tinned mutton.	Fat bacon.
1 tin of mushrooms.	1 packet of albumen.
$\frac{1}{2}$ oz. butter	3 oz. flour.

In making the dish of "mutton cutlets" you cannot avoid having some trimmings and scraps, which, with the addition of other things, may be utilised for mutton kromeskis.

Mince the scraps of meat as fine as possible, with half the quantity of tinned mushrooms.

Mix 1 tablespoonful of flour quite smooth with 1 teacupful of cold gravy, if you have it ; if not, make it by dissolving half a packet of meat extract in a teacupful of water.

Season with pepper and salt, and stir over the fire until it thickens, add the meat and mushrooms, mix well in, and turn out on a plate to get quite cold.

Cut some slices of all fat bacon very thin, $1\frac{1}{2}$ inches wide and 2 inches long.

Fill each piece with the mixture, roll it round, and tie firmly with white cotton, if liked, each piece of bacon may be rubbed with a cut clove of garlic before adding the mutton.

Make a batter in the following manner : Cut up half an oz. of butter into a teacup, pour sufficient boiling water on it to melt it, and fill up the cup with cold water.

Mix smoothly into 3 oz. of flour.

Soak and beat up 1 packet of albumen, stir lightly into the batter just before using.

Put in each kromeski with a spoon, and drop them into boiling lard until a golden colour.

Drain on paper, and serve heaped on a hot napkin, like fritters.

Average cost, 1s. 6d.

MUTTON MINCED.

A dish for 4 persons.

Ingredients.

1 lb. tinned roast mutton.

2 onions.

A bunch of dried herbs.

A little Worcestershire sauce.

A teacupful of gravy.

A grate of nutmeg.

1 lb. mashed potatoes.

Pepper and salt.

Make a gravy from gravina, and season it well with the sauce, pepper, and salt, then boil the herbs in it.

Mash the potatoes and line a buttered pie dish with them, then put a layer of the mutton, finely minced, which moisten with the gravy.

Fry the onions and scatter over, then cover with a layer of the mashed potatoes.

Average cost, 1s. 3d.

MUTTON PATTIES.

A dish for 4 persons.

Ingredients.

1 lb. tinned mutton.

$\frac{1}{2}$ lb. potatoes.

Flour.

1 egg.

1 oz. butter.

Lard for frying.

Pepper and salt.

A little Worcestershire sauce.

Boil, then mash the potatoes, mix in the butter, then add enough flour to make a paste with the egg, sufficiently stiff to roll out.

Mince the mutton finely, add the seasoning then roll out the paste as thin as possible and cut in squares.

Into each of these put as much mince as they will hold, roll them up, and fry a bright brown.

Average cost, 1s. 2d.

MUTTON (Ragout of).

A dish for 6 persons.

Ingredients.

<i>1½ lb. tinned mutton.</i>	<i>A knob of butter.</i>
<i>2 onions.</i>	<i>2 carrots.</i>
<i>2 turnips.</i>	<i>A tablespoonful of flour.</i>
<i>Pepper.</i>	<i>Salt.</i>

Put the butter in a stewpan and stir in the onions, and when fried brown put in the other vegetables, sliced, with a dredging of flour, and stew all till tender with half a pint of water, this will take about three quarters of an hour.

Next put in the meat, with a good seasoning of pepper and salt and a little catsup, or sauce, if liked, and serve directly the meat is made hot.

Average cost of this quantity, 1s. 4d.

MUTTON WITH CAPER SAUCE.

A dish for 6 persone.

Ingredients.

<i>1½ lb. tinned mutton.</i>	<i>A tablespoonful of capers.</i>
<i>A teaspoonful of gravina.</i>	<i>2 oz. butter.</i>
<i>Pepper, salt.</i>	<i>A squeeze of lemon.</i>

Turn the meat out of the tin, and remove the jelly and gravy.

Put this in a saucepan with the gravina, and replace the meat in the tin, then stand it in boiling water to heat.

Heat the gravy, and make some caper sauce with the butter and capers.

Turn the meat out of the tin, put over it the gravy, adding a squeeze of lemon, then pour over all the caper sauce.

Average cost, 1s. 2d.

PRAWNS CURRIED.

A dish for 4 persons.

Ingredients.

- | | |
|--|-------------------|
| 1 tin curried prawns (<i>Halford's</i>). | Some curry paste. |
| $\frac{1}{2}$ an onion. | 1 sour apple. |
| Rice. | 1 oz. butter. |

Good as these curries are, quite the best of tinned ones, they are improved by the addition of a little fresh onion and apple.

Pare both, and core the latter, then slice into a stewpan, and add the butter.

Frizzle them till they are done, and meanwhile warm the curry by putting the tin into boiling water unopened.

Boil some rice and have ready.

When the tin is quite hot, open it and put the contents into the stewpan with the addition of a little curry paste, and when the rice is dished the curry will be also ready to serve.

Halford's other ready-made curries should be treated in the same manner.

Average cost, 1s. 4d.

PRAWNS IN ASPIC.

A dish for 8 persons.

Ingredients.

- | | |
|--------------------------------------|---------------------------------------|
| 1 tin of prawns. | 1 oz. of <i>Swinborne's</i> gelatine. |
| 1 tablespoonful of Tarragon vinegar. | 1 packet albumen. |
| 1 tin extract of meat. | 1 clove of garlic. |

Soak an ounce of gelatine in half a pint of cold water, pour 1 pint of boiling water on it, and stir until it is thoroughly dissolved. Add a tablespoonful of salt, a tablespoonful of Tarragon vinegar, 1 clove of garlic cut in halves, and 1 tin of meat extract, previously melted in a teacupful of boiling water.

Soak 1 packet of albumen in 2 teaspoonfuls of water for 3 hours; whisk to a stiff froth and stir into the aspic, which should be in a flat stewpan.

Let it come slowly to boiling point, and when it has boiled 2

minutes and stood 2 minutes, strain it carefully through a jelly-bag or fine napkin, and stand aside to cool.

Open the tin of prawns and take them out carefully, so that they are not broken.

To make this dish properly you require small flat-bottomed moulds, about the size of an egg-cup.

Fill each mould about one-third up with the aspic, and when it is quite set put 3 prawns in each and fill up with the jelly.

Remember to rinse the moulds in cold water and leave them wet before you fill them, and when the jelly is quite firm and set, turn them out and arrange them *round* a silver dish.

Take 2 silver forks and break up some of the remaining aspic and pile it up in the centre.

Average cost, 2s.

SHEEP'S TONGUES.—I.

A dish for 6 persons.

Ingredients.

1 tin sheep's tongues.

Bread crumbs.

2 oz. butter.

Pepper, salt.

Open a tin of sheep's tongues carefully and remove all the jelly, split the tongues lengthwise and take the skin off.

Melt 2 oz. of butter in a plate, cover each piece of tongue with it, and then with finely-grated bread crumbs seasoned with pepper and salt.

Fry in boiling bacon fat or beef marrow until they are a pale brown.

Serve dry on a hot silver dish.

Average cost, 1s.

SHEEP'S TONGUES.—II.

A dish for 6 persons.

Ingredients.

1 tin of sheep's tongues.

1 onion (large).

1 packet Edwards' white
soup.

3 cloves.

1 teacupful of olives.

Having opened the tin, cut each tongue in halves lengthwise, and remove the skin.

Put all the jelly in a stewpan, with 1 onion stuck with 3 cloves and 1 penny packet of Edwards' white vegetable soup.

Simmer gently for $\frac{1}{2}$ hour, stirring frequently, if it is too thick, add a little water or stock.

Wash, dry, and stone 1 teacupful of olives, and put them in the gravy with the tongues sufficiently long for the latter to get hot through.

Remove the onion, arrange the half-tongues round a silver dish with the olives and gravy in the centre.

Average cost, 1s. 6d.

STEWED OX CHEEK.

A dish for 6 persons.

Ingredients.

1 tin ox cheek.	4 onions.
2 carrots.	2 turnips.
2 oz. butter.	$\frac{1}{2}$ pint gravy.
2 tablespoonfuls of flour.	2 oz. chili vinegar.
2 tablespoonfuls tomato catsup.	1 tablespoonful Worcestershire
Some celery seed.	Some dried herbs. [sauce.
Pepper.	Salt.

Fry the onions in butter, then put them in a stewpan with the gravy made from gravina and the liquor from the meat ; add the other onion with a few cloves stuck in it, the seed and herbs tied in a little piece of muslin and the carrots and turnips sliced.

Stew all till tender, then open the tin of ox cheek, remove the bone, and add the meat to the gravy just to warm through, with the vinegar and sauce.

This should be a nice and savoury dish, but it should have plenty of gravy, and more must be added if the quantity given be not sufficient, a little port wine makes an improvement.

Average cost of this quantity, 3s. 6d.

SWEETBREADS STEWED.

A dish for 4 to 6 persons.

Ingredients.

1 tin sweetbreads.	$\frac{3}{4}$ pint white stock.
1 oz. butter.	1 dessertspoonful rizine.
Half a lemon.	A little pounded mace.
Pepper.	Salt.

Put the stock in a stewpan with the mace and seasoning.

When hot, warm the sweetbreads in it ; then, putting them on a hot dish, thicken the gravy with the flour and butter, add the lemon juice, and pour over the sweetbreads.

The dish, if not an entrée one, must be deep enough to hold the sauce.

Average cost, 1s. 6d.

TRIPE OLIVES.

A dish for 6 persons.

Ingredients.

1 tin of tripe (<i>plain</i>).	2 teaspoonfuls of dried parsley.
1 tin of carrots.	Dried herbs.
2 dessertspoonfuls of bovril.	Dried lemon peel.
Bacon (<i>fat, streaky</i>).	Salt and pepper.
2 onions.	

Mix 2 dessertspoonfuls of bovril with 1 pint of water for the stock you will want presently.

Make a seasoning with 1 onion chopped very finely, 1 teaspoonful of dried parsley, and half a saltspoonful of mixed herbs sifted through a sieve, a little salt and pepper and 1 saltspoonful of dried lemon peel, either grated or chopped very finely.

The tripe should be in pieces 4 inches long and 2 wide, and the bacon cut the same width and three inches long.

Lay the pieces of tripe on a board with the smooth side up ; cover them with the seasoning, then with the bacon ; roll them tightly up and tie with white cotton.

Put them in a stewpan with the pint of stock, 1 onion, and the carrots, let them simmer very gently until all are tender.

Take out the olives, remove the cotton, and stand them on end round a silver dish.

Press the carrots through a potato-masher and put a little on the top of each olive.

Boil the gravy rapidly without a lid until reduced to half the quantity, strain into the centre of the dish.

Average cost, 2s. 6d.

VOL AU VENT OF CHICKEN OR MEAT.

A dish for 6 persons.

Ingredients.

<i>About 1½ lb. tinned chicken</i>	<i>½ lb. puff paste.</i>
<i>or boiled mutton.</i>	<i>½ pint white sauce.</i>
<i>A few tinned mushrooms.</i>	<i>2 eggs.</i>
<i>A few scraps of truffle.</i>	<i>Half a lemon.</i>
<i>A rasher of lean ham.</i>	<i>Salt.</i>
<i>Cayenne.</i>	

Make a vol au vent case with the paste by stamping out one thin round and three thicker rings, which join by white of egg.

Brush these over with yoke of egg, then mince the chicken, ham, truffle, and mushrooms, heat in the sauce, add the juice of the lemon, some seasoning, and the eggs, beaten.

When the case is baked sufficiently, put the vol au vent filling in hot, and serve at once.

Average cost, 2s. 6d.

VOL AU VENT OF SWEETBREADS.

A dish for 6 persons.

Ingredients.

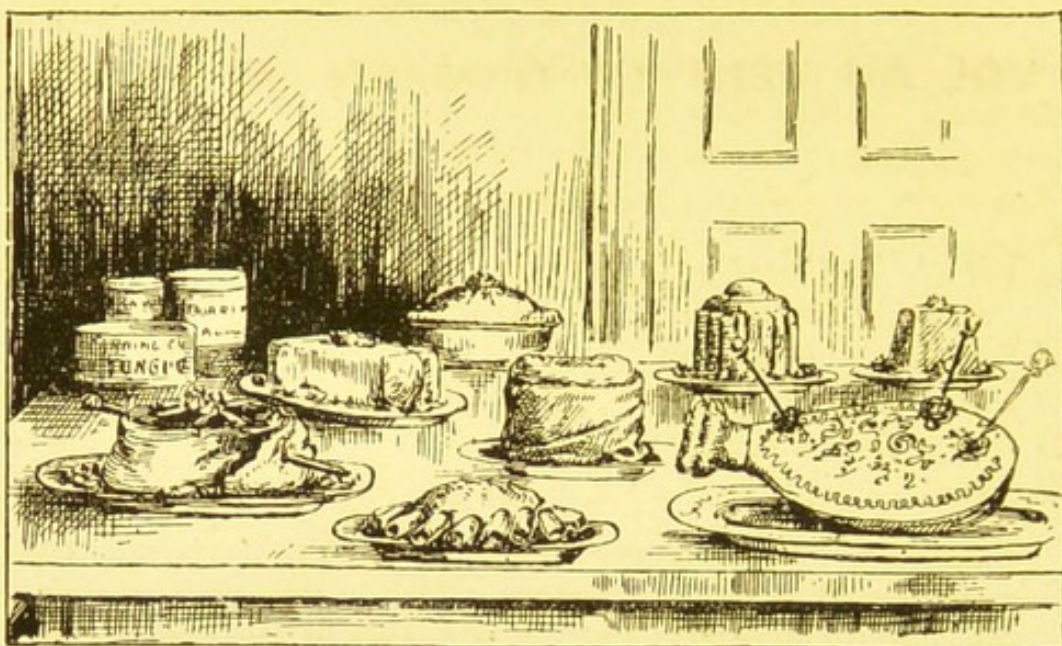
<i>½ lb. puff paste.</i>	<i>A tin of sweetbreads.</i>
<i>¼ tin oysters.</i>	<i>2 dozen button mushrooms</i>
<i>½ pint white sauce.</i>	<i>(tinned).</i>
<i>Cayenne, salt.</i>	<i>2 eggs.</i>

Make a vol au vent case as directed in preceding recipe, and bake a nice brown.

Mince the sweetbread small, add the oysters, the mushrooms, the sauce, and a seasoning of cayenne and salt, and lastly, the eggs.

When quite hot, but not boiling, fill the vol au vent case, and serve hot.

Average cost, 2s. 2d.



ROASTS AND BOILS, &c.

COOKED MEATS.

In this section of the book (perforce a small one) will be found a few recipes for roasting and boiling joints.

In such a book as this these few recipes are all that are needed, as in every other cookery book they are liberally dealt with. Therefore in this they need take but a small place.

Where this work is found it is probable there will be others in which will be found recipes for the cooking of all kinds of joints, and the only difference in the cookery of preserved provisions of this class is that the joints are frozen and must be thawed ; otherwise they are treated as fresh meats.

The ordinary recipes for boiling and roasting beef and mutton will be given, but only the principal joints will be treated with, for the reason before stated.

In this section are to be found the recipes for some dishes that could not come under the head of roasts or boils, for the reason that in dealing with tinned meats the number of those dishes which may be reckoned as the *pièce de resistance* are but few.

Still, however, in these days of advanced cookery, when joints

are not thought a necessary course in a dinner, we may well put in a pie or pudding in place of what is generally reckoned the most substantial item in a meal ; and therefore to the following short list of recipes, just the ordinary ones for beef and mutton, we add a few pies, &c., that, should the dinner chosen from this book be an entirely tinned one, might take the place of the regulation joints.

*RECIPES FOR JOINTS, ETC., FROM
PRESERVED MEATS.*

BACON BOILED.

A dish for 6 persons.

Ingredients.

2 lb. bacon.

Water.

Carefully trim the bacon, scraping it, and cutting off all rusty parts.

Should it be very salt, soak it in cold water for 2 hours, then put it into fresh cold water.

Bring it slowly to the boil, and simmer it for $1\frac{1}{2}$ hours—skimming carefully the while—till the skin comes off easily.

Let it cool in the water, if not wanted hot ; but if required to serve with fowls, etc., skin at once, and sift some raspings over directly the skin is removed.

Average cost, 1s. 8d.

BEEF (BOILED ROUND), FROZEN MEAT.

A dish for 8 or 10 persons.

Ingredients.

6 lb. frozen salted beef.

6 large carrots.

4 turnips.

Water.

Skewer the beef into shape, then put it on in plenty of boiling water, with the turnips peeled and the carrots scraped.

When the water comes again to the boil, simmer for $2\frac{1}{2}$ hours, skimming often.

Cut off the outside slice when serving and use this for potted meat, then dish with the carrots and turnips round.

Average cost, 8d. per lb.

BEEF (ROAST SIRLOIN), FROZEN MEAT.

A dish for 10 or 12 persons.

Ingredients.

10 lb. sirloin of beef. Salt.

Put the meat, dredged with flour, at first near a quick fire, then draw it back and cook it more slowly for about $2\frac{1}{2}$ hours, basting constantly and putting on a sprinkling of salt, when done, strain off the dripping and pour over some salted water.

Average cost, $8\frac{1}{2}$ d. to 9d. lb.

BEEF PIE.

A dish for 6 persons.

Ingredients.

1 tin beef.	$\frac{1}{2}$ lb. cooking butter.
$\frac{1}{2}$ tin mushrooms.	1 lb. of flour.
1 teaspoonful baking powder.	Harvey's sauce.
Pepper and salt.	Water.

Make a crust with the butter, flour, and baking powder, and put a rim round a pie dish, put in the meat cut up, the mushrooms, and a seasoning of sauce and pepper and salt, cover the pie, and if at hand, use an egg to glaze it.

If the meat be at all dry, put sufficient water to form a gravy, to which a little Liebig Company's Extract may be added with advantage.

Bake in a fairly brisk oven till the crust is done, which should be in about $\frac{1}{2}$ hour.

Average cost, 2s. 6d.

BEEF (ROAST) AND MASHED POTATOES.

A dish for 8 persons.

Ingredients.

1 tin roast beef.	Bottled horse-radish.
1 oz. of butter.	4 lb. potatoes.
Salt.	1 egg.
1 teaspoonful of flour of mustard.	Pepper,
	Bovril.

Boil the potatoes, strain, dry, and pass them through the masher, add salt and pepper to taste, and beat them well with 1 oz. of butter.

Open a tin of Australian roast beef carefully, so as to keep it in one piece, take away the jelly for future use, plaster the mashed potato thickly all over the beef.

Beat up one egg and brush the potato with it; place in a hot oven until hot through and brown.

Meanwhile make a gravy as follows :—

Mix 1 heaped spoonful of flour of mustard quite smoothly with 1 teaspoonful of bovril previously dissolved in $\frac{1}{2}$ pint of water, add the jelly from the meat and stir until it boils and thickens.

Pour round the meat and serve with bottled horse-radish.

Average cost, 2s.

BEEFSTEAK PIE.

A dish for 6 persons.

Ingredients.

1 tin roast beef (<i>Ramornie</i>)	$\frac{3}{4}$ lb. flour.
Small tin beef marrow.	Worcestershire sauce (<i>Holbrook's</i>).
$\frac{1}{2}$ tin oysters.	Pepper, salt, 3 eggs.

Make a nice short crust with the marrow, the flour, and a little water, and put a rim of this round a pie dish.

Turn out the meat and the oysters, and arrange them in the dish in layers with 2 eggs, hard boiled and sliced, and a seasoning of pepper and salt.

Take any jelly from the meat, a little of the oyster liquor, and make a gravy with the Worcestershire sauce, adding a little gravina if necessary; pour this into the pie, put on the top an ornament, then glaze it with the egg.

Bake till the crust is done.

Average cost, 2s. 3d.

BEEFSTEAK PUDDING.

A dish for 6 persons.

Ingredients.

1 tin of steak.	1 tin beef marrow.
1 lb. of flour.	Baking powder.
Seasoning.	Water.

Make a good crust with the flour, the marrow, some salt, and a teaspoonful of baking powder.

Roll this crust out a third of an inch thick and line a basin.

Fill with the steak well seasoned, add a little water, and cover with a round of paste.

Tie the pudding up and boil for $1\frac{1}{2}$ hours.

Have ready when serving it some gravy made from gravina (Frederick King's) and a little Worcestershire sauce (Holbrook's) mixed with boiling water, and pour in after a round of paste is cut from the top of the pudding.

Average cost, 2s.

HAM (Boiled).

Ingredients.

Ham.

Bread crumbs.

Carefully trim away all rusty parts of the ham, wash it well, then put it on with sufficient water to cover it. Bring it gently to the boil, then simmer till done according to the size.

A medium-sized ham takes about 4 hours, and one may know when it is cooked by the skin being loose.

Leave the ham in water to cool, then skin and sift over some raspings.

Instead of the raspings, glaze may be used, in which case a piping of some ornamental nature is needed.

This is done when the ham is cold with butter forced through the end of a paper cone.

Average cost, 10d. to 1s. per lb.

LAMB (LEG OF, BAKED), FROZEN MEAT.

A dish for 6 or 8 persons.

Ingredients.

A leg of lamb about 5 or 6 lb. A little bovril.

Flour.

Salt.

Flour the lamb after cutting off the foot, and put in a baking tin with a little water.

Baste often, and put over a little salt just before it is cooked, which should be in about $1\frac{1}{2}$ hours.

Mutton (Baked and Stuffed), Frozen Meat. 67

In serving pour off the dripping, make a little gravy with the bovril and some hot water, and pour over the meat.

Send some mint sauce—made with dried mint, sugar, and vinegar—to table with it.

Average cost, 9d. to 10d. per lb.

LAMB (ROAST LEG OF), FROZEN MEAT.

A dish for 6 or 8 persons.

Ingredients.

A leg of lamb about 5 lb.

A little flour and salt.

Cut off the foot, and put the lamb down to a bright clear fire, dredge it well with flour, and baste well till it is done, which should be in about 1 $\frac{3}{4}$ hours.

During the last quarter of an hour bring it very near the fire and scatter over a little salt, and let it get a bright brown.

In serving pour off the dripping, and either put a little salt or a small quantity of Liebig Company's Extract into some water, which pour over for the gravy.

Send some mint sauce, made with dried mint, to table with it.

Average cost, 9d. to 10d. lb.

**MUTTON (BAKED AND STUFFED),
FROZEN MEAT.**

A dish for 6 persons.

Ingredients.

4 lb. loin of mutton.

*Some dried lemon thyme and
parsley.*

1 egg, some bread crumbs.

$\frac{1}{2}$ lemon.

Pepper and salt.

Bone the mutton, cutting the bones as clear as possible from the meat; then break the bones, and put on in salted water to make gravy or stock.

Make a nice veal forcemeat, lay in the mutton, and skewer.

Put in a baking tin with a little water, and dredge the joint with flour.

Let the oven be of a good heat, and baste the meat often till done, which should be in rather less than 1 $\frac{1}{2}$ hours.

68 *Mutton (Boiled Leg of), Frozen Meat.*

When ready, pour off the dripping, and pour some of the gravy, made with the bones, over.

Average cost, 8d. lb.

MUTTON (BOILED LEG OF), FROZEN MEAT.

A dish for 8 or 10 persons.

Ingredients.

Mutton.

Salt, water.

Capers.

Butter, flour.

Cut off the shank bone from a leg of frozen meat and trim it neatly ; then put in boiling water just to cover it, let it boil up, then draw it to the side.

Add a tablespoonful of salt, and simmer gently for 3 hours.

Serve with caper sauce (see "Sauces").

Average cost, 8d. per lb.

MUTTON (ROAST LEG OF), FROZEN MEAT.

A dish for 8 or 10 persons.

Ingredients.

Leg of frozen mutton.

Salt, water.

Thaw the mutton by putting it in a warm place for a very short time, then cook it at once.

Cut off the shank bone and trim, then put down to a bright clear fire, dredge with flour, and keep constantly basting till done.

During the last 20 minutes draw it near the fire to brown, and scatter over a little salt, when serving strain off the dripping and pour salted water over.

Average cost, 8d. per lb.

MUTTON PIE.

A dish for 6 persons.

Ingredients.

1 tin roast or boiled mutton.

1 or 2 onions.

2 lb. potatoes.

A little gravina.

Powdered herbs.

Butter, salt, pepper.

Boil both potatoes and onions, mash the former and mince the latter.

Mince the mutton, add to it the onion and a good seasoning.

Butter a pie dish, line it with the potatoes, then put a layer of the mince moistened with gravy, then another of the potato, and so on till the dish is full, letting the last layer be potato; on the top of this put little pieces of butter; then bake for $\frac{1}{2}$ an hour.

Average cost, 1s. 8d.

RUMPSTEAK PUDDING.

A dish for 6 persons.

Ingredients.

1 tin rumpsteak.

Tin mushrooms.

1 lb. flour.

3 eggs, pepper, and salt.

1 tin oysters.

Some Brand's extract.

Small tin marrow.

Harvey's sauce.

Make a crust with the marrow, flour, salt, and water, and with it line a buttered basin.

Empty the three tins into another basin, divide the meat, and mix all well together with a good seasoning of salt, pepper, and sauce, and the eggs hard boiled and quartered, then put the mixture in the crust.

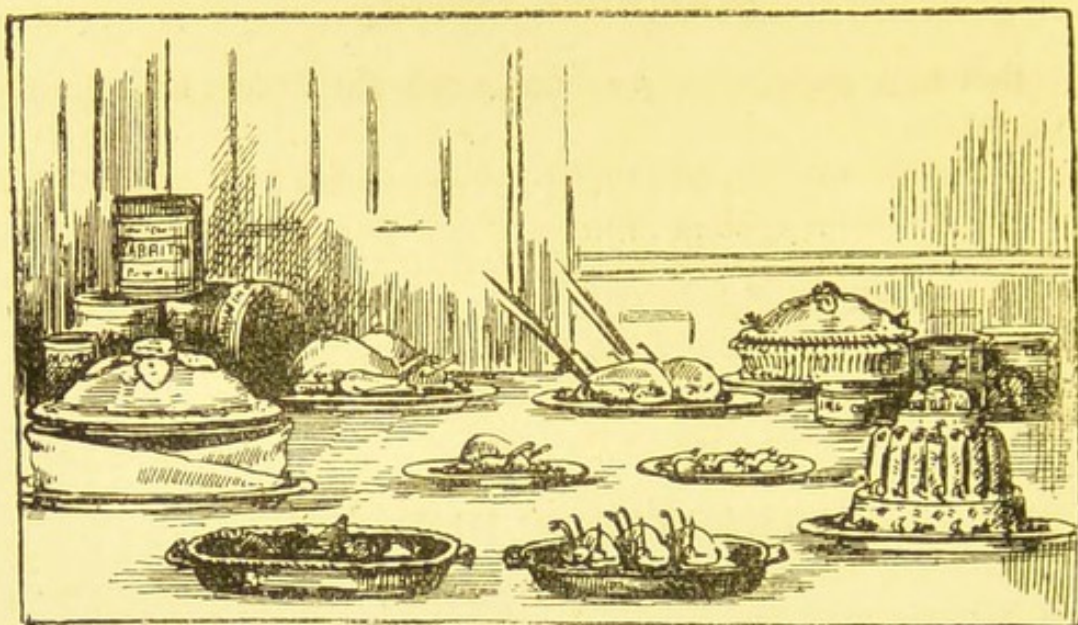
Make a gravy with meat extract and water, and pour enough into the pudding to moisten it, keeping the rest to be used afterwards.

Put on the upper crust, then tie up and boil for $2\frac{1}{2}$ hours.

When served—and it is best done by leaving it in the basin and putting a serviette round—cut a small round from the top, and, having the remainder of the gravy hot, put in as much as the crust will hold.

Truffles, a few larks or scraps of game, will not be out of place in this rich and good pudding.

Average cost, 3s. 6d.



POULTRY AND GAME.

BEING used more for entrées, breakfast dishes, &c., the fact of these being overdone, as they often are, is but a small objection to the various birds when tinned.

When served just as they are turned out of the tin, warm in their tins and afterwards open.

More care is needed in opening game and poultry than almost any other kind of tinned provisions, for as a rule they are more delicate, and it is very easy to spoil their appearance.

Small pieces that will not go with the principal parts of the birds are better not dished with them, but they can be used in a variety of ways for croquettes, salmis, rissoles, &c.

We have long found tinned poultry and game excellent substitutes for fresh provisions for the ground-work of entrées and made dishes, but it is comparatively lately that the tinning of whole birds of large size has been brought to perfection.

Now we have chickens, turkeys, &c., ready for table only requiring to be heated, and this in the most expeditious way, the contents of the tins having been thoroughly cooked before. That they are a little lacking in flavour compared with fresh poultry cannot be denied, therefore we advise in their serving (if required hot) well, if not rather *highly*, seasoned and flavoured

saucers, which can so easily be prepared without the aid of any fresh ingredients.

Some little time ago we should have been puzzled to evoke a Christmas dinner from tinned or preserved provisions; *now* with these at our disposal, no matter how far away from shops and civilisation we may be, we can rely upon our turkey with its stuffing and sausages and a good gravy, a first-rate joint of beef, and the usual following courses of plum pudding and mince pies.

For the preparation of such a dinner we give recipes, together with those for such whole birds as chickens, pheasants, &c., to be obtained tinned.

They, if of good brands, are excellent served hot, but still better when cold, and will be found most useful for supper dishes when glazed and prettily piped with butter.

The glaze can be bought ready in bottles, and, except in very large kitchens, it is scarcely worth the trouble of making.

Before applying it the bird should be perfectly dry, when the glaze should be put on evenly with a brush, and when that again is dry a pretty design should be piped over with a paper cone or tube sold for the purpose, and a very pretty dish is thus obtained with but little trouble.

Poultry is no exception to the rule as far as tinned meats are concerned, that they should be used as soon as possible after they are opened, as they are better fresh.

From a tinned fowl, for example, should only part of it be required in the first instance, the best parts should be cut, the remainder serving for a hundred and one dishes suitable for entrées, such as curries and fricassees, whilst the smallest scraps can be made use of in the form of croquettes, rissoles, &c., or they will be found potted with good seasoning of anchovy sauce, &c., far nicer than the potted poultry sold in tins.

Game birds can be served whole, but come in better for salmis and made dishes.

A good gravy is a necessary accompaniment to most made dishes, and for the ones to which we are alluding, as well as to many others, it can be made from gravina with a little thickening and browning if necessary.

A clear gravy can easily be made from either Liebig Company's Extract or Bouillon Fleet, and for some game or poultry made dishes this is more suitable than a thick one, such as is usually made from gravina.

The opening of the tins should be very careful when the bird is required whole, and to make a success of this we cannot do better than to refer our readers to the clear directions to be found on each tin.

As we have before said, a roast or boiled turkey or fowl only requires heating through, but the roast ones may with advantage be put in the oven for a few minutes, with a little fat bacon laid over the breasts to brown.

Serve canned poultry with the usual adjuncts of fresh birds, such as ham or tongue, and whatever sauce is generally found.

The legs of both chickens and turkeys are not so good eaten just as they come from the tin, and should be saved for future cookery.

The turkey's legs will make a capital grill, and those of the chicken will serve for croquettes, minces, &c.

RECIPES FOR TINNED POULTRY AND GAME.

BLACK GAME.

A dish for 4 or 6 persons.

Ingredients.

1 tin whole roast black game	1 lemon.
(Poulton and Noel's).	A glass of red wine.
Some gravina.	2 slices bacon.
Nepaul pepper.	Bread sauce.
2 slices of buttered toast.	Salt.

Put the tin into hot water to heat the contents, and meanwhile make two slices of buttered toast.

Take the bird carefully out of the tin, lay the bacon over the breast, and put it on the toast in a tin in the oven for a few minutes.

Make some good gravy with gravina and a little Yorkshire relish (Goodall's), and add seasoning if necessary.

Take the bird from the oven, make some incisions in the breast and squeeze in the wine, the lemon juice, and the pepper, previously heated.

Put on a hot dish, pour the gravy into the tin, then into a boat, and serve as quickly as possible with bread sauce.

Average cost, 3s.

CHICKEN CREAM.

A dish for 4 persons.

Ingredients.

<i>The breast of a tinned fowl.</i>	<i>1 pint white sauce.</i>
<i>2 eggs.</i>	<i>A pinch of mace.</i>
<i>Pepper or cayenne.</i>	<i>Salt.</i>

Scrape the flesh from the breast of the fowl, pound it in a mortar, then pass it through a sieve, add to it the eggs beaten, half the sauce, and the seasoning. Butter a mould, put in the cream, and steam rather slowly for 25 minutes.

Serve with the remainder of the sauce.

Rabbit treated in the same way is very good, and a little truffle cut up small and added to the sauce is a very great improvement.

Average cost, 1s.

CHICKEN CURRIED.

A dish for from 4 to 6 persons.

Ingredients.

<i>The remains of cold chicken.</i>	<i>2 sour apples.</i>
<i>2 onions.</i>	<i>2 oz. butter.</i>
<i>1 dessertspoonful flour.</i>	<i>1 dessertspoonful curry powder.</i>
<i>$\frac{1}{2}$ a lemon.</i>	<i>$\frac{1}{2}$ pint of gravy.</i>
<i>Curry paste.</i>	<i>Salt.</i>

Pare, slice, and fry the onions, and peel, core and slice the apples.

Fry these in the butter, and when the onions are nearly done, add the fowl cut in neat pieces, and fry also.

Put in a stewpan and add the curry powder and flour, salt, some curry paste (Halford's), the juice of the lemon, and the gravy.

Stir the curry well, then add the paste, and let it stew for from 15 to 20 minutes.

Serve with boiled rice.

The rice should be well washed, thrown into boiling water, boiled till tender, be drained with a colander, then dashed quickly with cold water and put to drain on the stove.

Average cost, 1s. 9d.

CHICKEN FRICASSEED.

A dish for 4 persons.

Ingredients.

1 lb. tin fowl.	2 eggs.
A small piece lemon peel.	A blade of mace.
1 pint water.	Rizine.
A bouquet dried herbs.	1 onion.
Salt, pepper.	1 pint water.

Stew any bones and trimmings with the water, onion, herbs, and seasonings, using if necessary a little Edwards' white desiccated soup.

Cut the fowl in neat pieces, and when the gravy is reduced to $\frac{1}{2}$ pint, strain it and put in the fowl.

When quite hot, thicken with a little rizine, then add the eggs well beaten, and stir till all is hot, but not boiling, or the eggs will curdle.

Average cost, 2s.

CHICKEN PATTIES.

A dish for 6 persons.

Ingredients.

1 lb. tin chicken.	A little Béchamel.
Cayenne pepper.	A little pounded mace.
Scraps of puff paste.	1 egg, salt.

Mince the chicken, moisten it with the bechamel, and give a seasoning of pepper, salt, and pounded mace.

Line some patty pans, fill with the mixture, cover them and brush over with egg, then bake in a quick oven till the paste is done, which should be in 15 to 20 minutes.

Average cost, 2s.

CHICKEN RISsoles.

A dish for 4 or 6 persons.

Ingredients.

Scraps of cold tinned fowl or A grate of nutmeg.

1 lb. tin.

2 eggs.

Equal quantity of bread crumbs. Pepper and salt.

Finely mince the fowl, add to it an equal quantity of bread crumbs, and a seasoning of white pepper, salt, and nutmeg.

Moisten the mince with the eggs beaten, reserving enough to egg the rissoles, and form into rissoles.

Eggs and bread crumb them and fry in hot fat.

Average cost, 1s. 7d.

FOWL À LA MARENGO.

A dish for 6 persons.

Ingredients.

1 lb. tinned fowl.

Olive oil.

*1 teaspoonful Liebig Com-
pany's Extract.*

$\frac{1}{4}$ bottle mushrooms.

1 onion.

A tiny lump of sugar.

Pepper.

A tablespoonful flour.

Salt.

Fry the onion pared and sliced in the oil, next the fowl cut in neat pieces.

Take out the fowl, then dredge in the flour, and when a nice brown add the stock made with the Liebig and some water, and simmer for 30 minutes, add the mushrooms, which simmer for a little time, then the pieces of fowl with the sugar and seasoning, and when all is hot arrange the fowl on a dish.

Return the liquor or sauce to the fire, and boil quickly till reduced almost to a glaze, then pour over the joints of fowl and serve as hot as possible.

Average cost, 2s.

FOWL FRIED.*A dish for 6 persons.***Ingredients.**

<i>The remains of a cold tinned fowl.</i>	<i>2 eggs.</i>
<i>2 oz. butter.</i>	<i>3 shallots.</i>
<i>$\frac{1}{2}$ lb. flour.</i>	<i>A little tarragon vinegar.</i>
<i>Salt.</i>	<i>Fat for frying.</i>
	<i>Cayenne.</i>

Mince the shallots and put them in the vinegar with the seasoning, and in this steep the pieces of fowl.

Make a batter with the flour and eggs, dip in it the pieces of fowl, and fry in hot fat or lard a bright brown.

Pile in a dish and garnish with small rolls of fried bacon, or serve on a border of mashed potatoes.

Average cost, 1s. 8d.

FOWL HASHED.*A dish for 4 persons.***Ingredients.**

<i>1 lb. tin fowl.</i>	<i>2 onions.</i>
<i>Some stock or gravy.</i>	<i>A bouquet of herbs.</i>
<i>A blade of mace.</i>	<i>Pepper and salt.</i>

Pare, slice, and fry the onions in a little butter, then put them into the stock with the herbs, mace, and a seasoning of pepper and salt.

Simmer till the onions are quite tender, then take the chicken from the tin, and cutting it into neat slices, add it to the stock, first taking out the herbs and mace.

Make a little thickening of flour and water, and add to the hash, then give one boil and turn out into a hot dish garnished with sippets of toasted bread.

A little Worcestershire sauce (Holbrook's), and half a teaspoonful of browning (G. F. Sutton's) will improve the flavour and appearance of this dish.

Average cost, 1s. 8d.

FOWL MINCED.*A dish for 4 persons.***Ingredients.**

1 lb. tin fowl.	$\frac{1}{4}$ pint Béchamel.
$\frac{1}{4}$ pint white stock.	2 onions.
A blade of mace.	A grate of nutmeg.
White pepper.	Salt.

Finely mince all the white part of the fowl.

Heat the bechamel and the stock in a saucepan with the onions previously boiled, the mace, nutmeg, and seasoning,

Put in the mince after straining the liquor, and when quite hot serve in a hot dish garnished with fried croûtons or sippets.

Any dark parts of the chicken will serve for white stock, stews, &c.

Average cost, 1s. 10d.

FOWL ROAST.*A dish for 6 persons.***Ingredients.**

1 tin whole roast fowl (<i>Poulton and Noel's</i>).	Bread sauce.
6 rashers of bacon.	Some gravy made from gravina or stock.

Make some nice bread sauce, and have some good gravy ready.

Put the fowl in its tin in hot water and heat thoroughly, meanwhile fry the bacon.

Take the fowl from the tin, put it in the oven in a tin, with one or two of the rashers over the breast, for a few minutes, then serve with the rashers round and the bread sauce and gravy.

Average cost (including sauce and gravy), 3s. 6d.

FOWL (*Savoury dish of*).*A dish for from 4 to 6 persons.***Ingredients.**

Some cold tinned fowl.	Béchamel sauce, enough to
1 oz. Parmesan cheese, grated.	moisten it.
Some cold potatoes.	A teacupful of bread crumbs.
1 egg.	Pepper, salt, and nutmeg.

Mince the fowl, add the grated cheese, the sauce, the seasoning, and the crumbs, and make into a flat cake.

Mash the cold potatoes with a little pepper and salt and half the egg.

Cover the cake with this, egg, and bread crumb it, and fry in hot lard or dripping for about 10 minutes.

Average cost, 1s.

FOWL SCALLOPED.

A dish for 6 persons.

Ingredients.

<i>1 lb. tin fowl.</i>	<i>$\frac{1}{2}$ pint white sauce.</i>
<i>A few thin rashers of bacon.</i>	<i>Pepper and salt.</i>

Skin the fowl and cut it in very thin slices, setting aside any scraps of jelly.

Heat the sauce in a saucepan, and add an extra seasoning of pepper and salt, and any jelly from the tin, then in it warm the fowl.

Fry the bacon, and with it a few croûtons of bread, and having garnished a dish with them, pour in the fowl and serve hot.

Average cost, 2s.

FOWL WITH PEAS.

A dish for 6 persons.

Ingredients.

<i>1 tin whole roast fowl.</i>	<i>3 oz. butter.</i>
<i>1 quart tin green peas.</i>	<i>$\frac{1}{2}$ pint stock.</i>
<i>A little flour.</i>	<i>A lump of sugar.</i>
<i>A little pounded mace.</i>	<i>Pepper, salt.</i>

Put the butter in a stewpan, and in it fry the fowl, cut in neat pieces, putting over it a seasoning of mace, pepper, and salt.

Next add the flour slowly, and the stock, and let all get thoroughly heated.

Warm the peas in their liquor with a lump of sugar and a

little seasoning, and when quite hot put them on a dish, place the chicken round, and lastly pour over the sauce.

Average cost, 4s.

GAME PIE.

A dish for 8 persons.

Ingredients.

- | | |
|----------------------|-----------------------------|
| 1 whole pheasant. | 1 partridge. |
| 6 eggs. | A few rashers, bacon or ham |
| Veal forcemeat. | (cooked). |
| 1 tin mushrooms. | Pepper, salt. |
| Some strong stock. | A little truffle. |
| 1½ lb. raised crust. | ½ oz. Swinborne's gelatine. |

Make a raised crust with $\frac{3}{4}$ lb. of flour, $\frac{1}{2}$ lb of butter, and enough hot water to make a stiff paste.

Mould this into an oval form, or line a raised pie-mould, with it reserving enough for a lid.

Dissolve the gelatine in the stock, put in the game freed from bones, the ham cut in thin slices, the truffle cut in very small pieces, and the mushrooms, then add a good seasoning of pepper and salt.

Bake the crust till a light brown, glazing both the mould and lid with beaten egg, then fill with the game, the ham, &c., the eggs hard boiled and sliced, and the forcemeat, all arranged in layers.

Pour in the gravy and put on the lid, then return the pie to the oven long enough to get the paste a bright dark brown, next set aside to get cold.

Average cost, 6s. 6d.

GAME, SALMI OF.

A dish for 4 persons.

Ingredients.

- | | |
|---------------------------------|------------------------------|
| 1 tin partridge or pheasant, or | 1 onion, 4 cloves. |
| remains of tinned game. | ½ lemon. |
| 1 pint Liebig Company's stock. | ½ oz. flour. |
| 1 glass red wine. | A dessertspoonful Worcester- |
| ½ oz. butter. | shire sauce. |
| 6 whole peppers. | Salt. |
| Nepaul pepper. | |

Stick the cloves into the onions and put it in a stewpan with the stock, the bones, and trimmings of game, a strip of lemon peel, the peppers, and sauce, adding some Nepaul pepper if the gravy be not sufficiently flavoured.

Simmer for $\frac{1}{2}$ hour, thicken with the butter and the flour, then strain.

Add the sauce, lemon juice, and wine, then lay in the game cut in neat pieces and heat all well, but do not allow to boil, or the meat will not be so nice.

Serve in an entrée dish and garnish with fried croûtons.

Average cost, 2s. 6d.

GROUSE PIE.

A dish for 4 persons.

Ingredients.

1 tin grouse breasts.

$\frac{3}{4}$ lb. puff paste.

A dessertspoonful Worcester-
shire sauce (Holbrook's).

A tablespoonful sherry.

1 onion, 1 egg.

1 lb. tinned steak.

$\frac{1}{2}$ pint Liebig Company's stock.

Cayenne, salt.

A bunch of herbs.

A blade of mace.

Make $\frac{1}{2}$ pint gravy with Liebig, into it put the onion, the bunch of herbs, the mace, and a seasoning of cayenne.

When the onion is tender, strain the gravy and add the sauce and wine.

Cut the steak into small pieces and put it at the bottom of a pie dish, then put in the grouse, add a seasoning of cayenne and salt and pour in the gravy.

Put a rim of puff paste round the edge of the dish, then cover with the crust, which glaze and ornament.

Bake till the paste is done.

Average cost, 4s.

GROUSE ROAST.

A dish for 3 persons.

Ingredients.

1 tin roast grouse.

Cayenne.

A slice of toast.

Salt.

Have a round of buttered toast hot on a tin in the oven ready.

Put the tin in hot water to thoroughly heat the bird, then lay it on the toast and return to the oven for a few minutes.

Serve with a good gravy.

Average cost, 3s. 9d.

HARE CROQUETTES.

A dish for 4 or 6 persons.

Ingredients.

1 tin stewed hare.

2 eggs, fat for frying.

Some bread crumbs.

Seasoning.

Mince the hare, omitting some of the gravy, put to it about half the quantity of bread crumbs and some seasoning, and bind with the eggs beaten, reserving enough to egg the croquettes.

Form the mixture into balls, egg and bread crumb them, and fry them in hot fat.

Make up sufficient gravy with that from the hare, adding a little extract or stock if necessary, and serve with this and some red currant jelly.

Average cost, 1s. 10d.

HARE JUGGED.

A dish for 4 persons.

Ingredients.

1 tin jugged hare (Poulton and Noel's).

1 glass port wine.

Red currant jelly.

Seasoning if necessary.

Heat the contents of the tin in boiling water, then open and flavour with the port, cayenne, and salt, and a dessertspoonful of sauce if necessary.

Turn into a hot dish and serve with jelly.

Average cost, 2s.

HARE STEWED.

A dish for 4 persons.

Ingredients.

1 tin stewed hare.

1 glass sherry.

Fried croûtons.

Seasoning if necessary.

Put the tin in boiling water till the contents are hot, then add the wine, and seasoning if necessary.

Pour out into a hot dish and garnish with the croûtons.

Average cost, 2s.

PARTRIDGE ROAST.

A dish for 2 persons.

Ingredients.

1 tin partridge.

3 potatoes.

Fried bread crumbs.

Gravy.

Fat for frying.

A little salt.

Peel and cut the potatoes in ribbons, then fry them crisp, and make some good gravy, adding a little white wine, not more than $\frac{1}{2}$ a glass.

Heat the tin of partridge in hot water, then take it carefully out and put on a hot dish with the potatoes piled round.

Serve with the gravy and either fried bread crumbs or bread sauce.

Average cost, 3s.

PHEASANT CREAM.

A dish for 6 persons.

Ingredients.

The same as for chicken cream, only substituting the pheasant for the chicken.

Make in the same manner.

Average cost, 5s.

PHEASANT ROAST.

A dish for 4 persons.

Ingredients.

1 tin roast pheasant.

A teaspoonful Liebig Company's

Fat for frying.

Extract

Some bread crumbs.

1 onion.

A blade of mace.

Pepper.

Salt.

Victory dinner relish.

4 potatoes.

Wash, pare, then peel the potatoes in ribbons and fry them crisp in hot fat.

Make a gravy with Liebig, adding seasoning and a teaspoonful of the relish.

Grate some bread crumbs sufficient for a small tureen of sauce, peel and boil a small onion, and when tender pour the liquor over the crumbs.

Season these with pepper and salt, put in the blade of mace, then put the sauce over the fire for a few minutes, next remove the mace and put the sauce in a tureen.

Average cost, 5s.

RABBIT FRIED.

A dish for 4 persons.

Ingredients.

1 tin rabbit.	3 oz. butter.
1 tablespoonful minced onion.	Pepper.
Mushroom ketchup.	Salt.

Fry the onion in the butter till done, then add the rabbit divided into neat pieces and freed from bone.

Fry till a nice bright brown, then turn into a hot dish, and make a gravy in the pan.

Put in a cupful of boiling water, the ketchup, and a good seasoning of pepper and salt.

Boil it up, pour it over the rabbit, and serve quickly and hot.

Chicken or fowl may be cooked in the same manner, and either are nice served in a border of mashed potatoes.

Average cost, 1s. 5d.

RABBIT PIE.

A dish for 6 persons.

Ingredients.

1 tin rabbit.	4 slices cooked ham or bacon.
$\frac{3}{4}$ lb. medium puff paste.	2 eggs.
A little veal forcemeat.	$\frac{1}{2}$ pint gravy made from gravina.
Grated lemon rind.	Pepper and salt.

Take the rabbit from the tin and remove the bones.

Put a layer of it in a pie dish and season it well.

Over this put a layer of the ham or bacon cut in small pieces, then one of the eggs hard boiled and sliced.

Fill up with the rabbit, again giving a good seasoning, then pour in the gravy.

Make the forcemeat into balls and put them here and there amongst the rabbit, and add a grate of lemon.

Line the edges of the dish with a strip of the paste, then cut out the top and put on afterwards ornamently.

Brush over the crust with egg, and bake till it is done.

Average cost, 2s.

RABBIT STEWED.

A dish for 4 persons.

Ingredients.

1 tin rabbit.

Rizine.

3 oz. butter.

A teaspoonful gravina.

Browning (Sutton and Co's.).

Pepper and salt.

3 onions.

Pare and slice the onions and fry them in the butter.

Take the rabbit from the tin, divide it as neatly as possible into even-sized pieces, and lightly fry them also.

Put all in a stewpan with a tablespoonful of rizine and the gravina mixed in a cup with a little water and browning, then add about $\frac{1}{2}$ pint more water and the seasoning.

Let all boil up for a minute, then serve hot.

Put some sippets of fried bread round.

Should the tin of rabbit be found, when opened, very overdone, it will make a very nice mince if chopped finely and put into the gravy, onions, &c., just to heat through.

Average cost, 1s. 6d.

TURKEY AND TONGUE DEVILLED.

A delicious savoury sold in small tins to be served on toasted bread, the tin being first heated.

Average cost, 6d. per tin.

TURKEY CROQUETTES.

A dish for 4 to 6 persons.

Ingredients.

<i>Scraps of turkey or 1lb. tin.</i>	<i>Bread crumbs.</i>
<i>1 lemon, a few dried herbs.</i>	<i>2 eggs.</i>
<i>Fat for frying.</i>	<i>Salt, cayenne.</i>

Mince the turkey finely, add half its quantity of grated bread crumbs, the rind of a lemon finely chopped, and the juice strained, a few preserved herbs and a seasoning of cayenne and salt.

Blend with the eggs beaten, reserving enough to egg the croquette.

Form the mixture into little rolls, egg and bread crumb them, then fry a bright brown.

Average cost, 2s.

ROAST TURKEY AND SAUSAGES.

A dish for 8 persons.

Ingredients.

<i>1 tin turkey (Richardson and Robins's).</i>	<i>1½ lb. tomato sausages.</i>
<i>1 lemon.</i>	<i>Dried herbs.</i>
<i>1 cupful of bread crumbs.</i>	<i>1 egg, fat for frying.</i>
<i>1 oz. butter.</i>	<i>Some gravina.</i>
<i>Pepper, salt.</i>	<i>A grate of nutmeg.</i>
	<i>Bread sauce.</i>

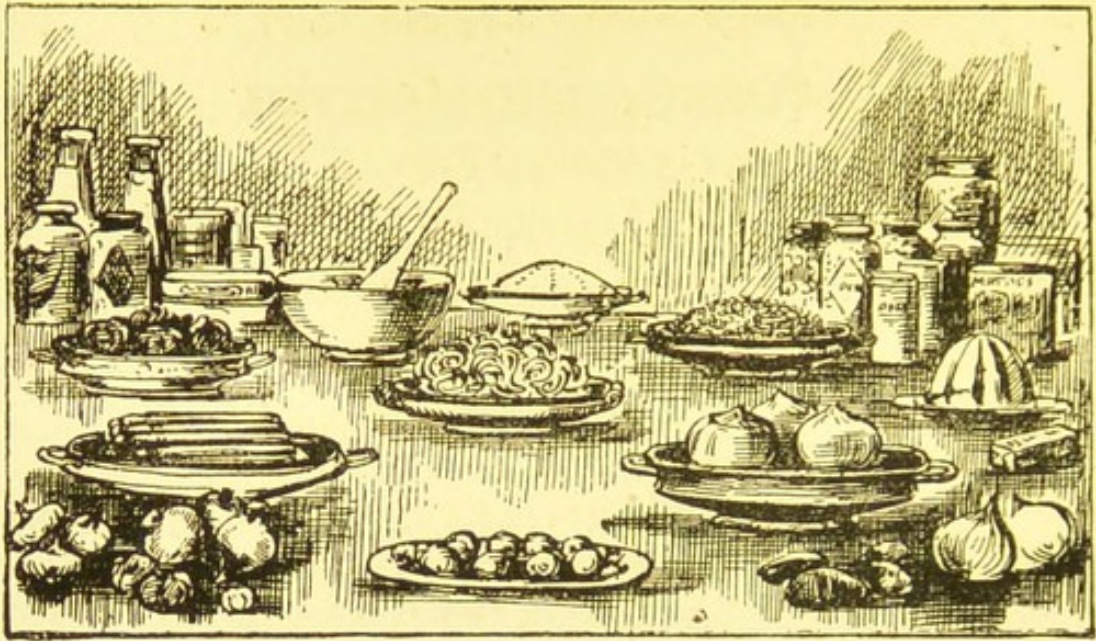
Make a forcemeat with the crumbs, the rind of the lemon finely minced, the herbs, the butter, and seasoning, and bind with a beaten egg.

Form the mixture into little balls and fry in hot fat, then arrange these on and round a hot dish.

Meanwhile prepare the turkey and sausages, the former by putting the tin in boiling water till the contents be thoroughly heated, then open and put on the dish, the latter by frying in the same way as ordinary pork sausages, which arrange between the forcemeat balls.

Make a gravy from gravina and serve that and sauce in tureens.

Average cost, 6s.



VEGETABLES TINNED AND PRESERVED.

THESE have now arrived at as great a state of perfection as it is possible for tinned vegetables to be, and taken in conjunction with the enormous number of preserved meats, fish, poultry, game, &c., at our disposal, they are a great boon for those who cannot always get fresh provisions.

Specially are they useful for yacht provisioning and camping-out cookery.

Asparagus is excellent tinned, and, with tomatoes shares the highest honours of tinned vegetables ; but mushrooms are extremely good for sauce, also for entrées, puddings, &c.

Green peas, if properly cooked, are *almost* as nice as fresh ones.

Carrots and turnips, which can scarcely be too much cooked, of necessity for this reason lend themselves to canning.

The French and Italians are perhaps the cleverest at tinning, and certainly the best of the vegetables ones come from them.

One very nice vegetable almost unknown here is the pimento, which takes the place of tomatoes to a great extent in Italy ; not only is it pleasantly flavoured, it is one of the most elegant garnishes, being of such a rich brilliant red.

Macedoines of vegetables are most useful for entrées ; and if

the tin or jar be heated with hot water, it is the best method of getting them ready for serving.

A popular entrée at the present time is iced asparagus, and for this purpose tinned asparagus answers very well. It should be masked with a good mayonnaise sauce, just to cover the points, and put in a very cold place, if no refrigerator be at hand.

One word as to the relative merits of tinned vegetables and those preserved in glass. The chief purveyors of preserved provisions say that the tinned vegetables are more free from acids, those exposed to the light in glass requiring more.

RECIPES FOR PRESERVED VEGETABLES.

ARTICHOKES AU GRATIN.

A dish for 4 persons.

Ingredients.

$1\frac{1}{2}$ lb. Jerusalem artichokes.	3 oz. butter.
$1\frac{1}{2}$ oz. grated Parmesan.	Bread crumbs.
Pepper.	Salt.

Boil the artichokes, then mash them, with pepper, salt and 2 oz. of butter.

Butter a tin dish, scatter over a few bread crumbs, then lay in the mashed artichokes.

Over them put a layer of cheese, then one of bread crumbs, on the top of which put the remainder of the butter.

Bake till a bright brown on the top.

Average cost, 9d.

Another way of cooking artichokes with cheese, is to parboil the artichokes and slice into a buttered dish with some good rich cheese, also sliced, and to put a good thick layer of bread crumbs on the top, and a little butter over them.

ARTICHOKES (JERUSALEM) BOILED.

A dish for 4 persons.

Ingredients.

8 Artichokes.	Water, salt.
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Wash, then peel the artichokes, and, if strict economy has not to be studied, cut them into neat shapes, they being as a rule very irregular in form.

Put them in a saucepan with enough cold water to cover them and a good dessertspoonful of salt, and let them boil 20 minutes, till quite tender.

Serve with melted butter poured over them.

Average cost of this quantity, 5*d.*

ARTICHOKES MASHED.

A dish for 6 persons.

Ingredients.

12 artichokes.

3 oz. butter.

Pepper.

Salt.

Boil the artichokes, which should be carefully pared till tender, drain, then mash them with a fork with the butter and pepper and salt.

Return the saucepan to the stove to dry a little, then dish in a neat pyramid.

Average cost, 9*d.*

ASPARAGUS.

A dish for 3 persons.

Ingredients.

1 tin asparagus.

1 round of toast.

1 oz. butter.

Salt.

Warm the asparagus in the tin, and having ready the toast with the crusts cut off on a hot dish, open the tin, dip the toast in the liquid from it, and arrange it neatly upon it.

The butter should meanwhile be oiled and ready to serve with it.

Average cost, 10*d.*

ASPARAGUS SALAD.

A dish for 3 persons.

Ingredients.

1 tin asparagus.

2 eggs.

2 tablespoonfuls salad oil.

1 tablespoonful vinegar.

A pinch of salt.

A tablespoonful mustard.

One or two chilis.

A slice of fried bread.

Boil the eggs hard, and when cold make a sauce with the yolks pounded, with the salt and mustard and the oil and vinegar stirred slowly in.

Fry the round of bread, and when cold, trim it and put it on a dish.

Dip each asparagus point in the sauce, then arrange them grotto fashion upon the toast, and garnish with the chilis and white of egg.

Average cost, 1s. 3d.

CARROTS BOILED.

A dish for 3 persons.

Ingredients.

3 carrots (large) or 6 (small). Water, salt.

Cut off the tops, then scrape, taking out all the black specks.

If large, divide them lengthwise and put them into boiling water, well salted, till tender.

If wanted to serve plain, take them out with a fork and place as a garnish round a joint of beef, or in a vegetable dish, but they will be found nice if rubbed through a tammy or sieve, with a small piece of butter and pepper and salt.

Average cost of this quantity, 2d.

CARROTS AND TURNIPS (Purée of).

A dish for 4 persons.

Ingredients.

1 lb. carrots.

1 lb. turnips.

1 oz. butter.

Pepper, salt.

Boil the two vegetables separately till tender, then, after mashing them with the butter and a sufficient seasoning, pass them through a sieve.

Treated in this way they are very good with boiled beef and other meats.

Average cost of this quantity, 4d.

CARROTS STEWED.*A dish for 4 persons.***Ingredients.**

3 carrots.	2 oz. butter.
1 egg.	A teaspoonful dried parsley.
A teacupful white sauce.	Pepper, salt.

Put the carrots into boiling water for a few minutes, then rub off the skin with a cloth.

Slice them into a saucepan, cutting the rounds very thin, add the butter, $\frac{1}{2}$ cupful of water, and season with pepper and salt.

When the slices of carrot are tender, beat up the egg with the white sauce and the parsley, and stir in for five minutes.

The carrots will take about half an hour to cook, and during that time they should be shaken over the fire so that they may all cook equally.

Average cost, 4d.

GREEN PEAS.*A dish for 6 persons.***Ingredients.**

1 large tin of peas. (Hall's).	A lump of sugar.
$\frac{1}{2}$ oz. butter.	A tiny piece of soda.
A little dried mint.	Water, salt.

Open the tin and put on the peas in their liquor, adding more water if necessary, with the sugar, the soda, and the dried mint tied in a piece of muslin.

When warmed thoroughly they are ready for serving, and after the mint has been taken out they should be stirred into a hot dish with the butter and a seasoning of pepper and salt.

Average cost, 11d.

GREEN PEAS ("Pea Ripe").*A dish for 4 or 6 persons.***Ingredients.**

1 quart peas.	1 lump sugar.
A tiny piece of soda.	Pepper, salt, and butter.

Soak the peas overnight in cold water; in the morning drain them and put them on in fresh water with the soda and sugar.

Boil till tender, then strain, and stir in the seasoning and about 1 oz. butter.

Give the saucepan a shake over the stove, and serve hot.

Should a sprig of dried mint be at hand it will improve the peas to boil it with them.

Average cost, 8d.

HARICOT BEANS (Plain Boiled).

A dish for 4 to 6 persons.

Ingredients.

1 quart haricot beans.

1 oz. butter.

Water.

Salt and pepper.

Soak the beans about 3 hours in cold water, then put them on to boil in water thoroughly salted and boil till perfectly tender, shaking them every now and then instead of stirring them, as that is so apt to break the skins.

When done, which should be in about 2 to 3 hours, strain and dry them, by the fire with the lid of the pan partly off.

Next put in the butter, add a seasoning of pepper and salt, shake over the fire for a minute, and serve very hot.

Average cost of this quantity, 6d.

HARICOT BEANS (A Savoury Dish).

A dish for 4 to 6 persons.

Ingredients.

1 quart beans.

2 Spanish onions.

1 teaspoonful Liebig Company's

2 oz. butter.

Extract.

Pepper and salt.

Rizine for thickening.

Pare and slice the onions and fry them brown in the butter.

Boil the beans as in preceding recipe.

Put the onions fried into $\frac{1}{4}$ pint of Liebig gravy thickened with rizine, simmer till tender, then add the beans well drained, with a seasoning of pepper and salt, and serve hot.

Average cost of this quantity, 9d.

HARICOT BEANS, CURRIED.*A dish for from 4 to 6 persons.***Ingredients.**

<i>1 pint beans.</i>	<i>A dessertspoonful curry powder.</i>
<i>A dessertspoonful flour.</i>	<i>1 apple.</i>
<i>2 onions.</i>	<i>A few capers.</i>
<i>2 oz. butter.</i>	<i>$\frac{1}{2}$ lb. rice.</i>
<i>A little curry paste.</i>	<i>Salt.</i>

Pare the onions and slice them into the butter in a stewpan, next pare, core, and slice into it the apple, and let both fry for a few minutes.

Mix the flour and curry powder with $\frac{1}{4}$ pint of water and pour in, adding a good seasoning of salt.

Let all boil till the gravy thickens, then add the beans, the capers, and a good teaspoonful of curry paste (Halford's), and when hot serve with boiled rice as other curries.

Average cost of this quantity, 1s.

HARICOT BEANS WITH TOMATOES.*A dish for 4 persons.***Ingredients.**

<i>1 lb. haricot beans.</i>	<i>$\frac{1}{4}$ tin tomatoes.</i>
<i>1 oz. each butter and flour.</i>	<i>Pepper and salt.</i>

Boil the beans as by recipe, and strain, saving $\frac{1}{2}$ pint of the liquor.

Thicken this with the flour and butter, add the tomatoes, and let it boil.

Having kept the beans hot, next put them in with a good seasoning of pepper and salt, and serve when all is thoroughly hot.

Average cost, 5d.

MUSHROOMS IN GRAVY.*A dish for 2 or 3 persons.***Ingredients.**

<i>1 bottle mushroom buttons.</i>	<i>A grate of nutmeg.</i>
<i>1 pint gravy made with</i>	<i>Salt.</i>
<i>gravina and browning.</i>	<i>Cayenne.</i>

Make the gravy, thicken it with a little flour, give it a good seasoning and add $\frac{1}{4}$ teaspoonful of browning.

Put into it the mushrooms and simmer for about 10 minutes.

Average cost, 8d.

MUSHROOMS STEWED.

A dish for 4 persons.

Ingredients.

2 bottles mushrooms.

3 oz. butter.

A little white sauce.

A grate of nutmeg.

$\frac{1}{2}$ lemon.

Cayenne, salt.

Melt the butter in a stewpan and put in the mushrooms, the pepper, salt, nutmeg, and the juice of the $\frac{1}{2}$ lemon.

Simmer for a few minutes, then add the white sauce gradually till the mixture is thick.

Serve hot, garnished with fried croûtons.

Average cost, 1s. 6d.

ONIONS (SPANISH) BAKED.

A dish for 4 persons.

Ingredients.

2 large onions.

2 oz. butter.

Pepper.

Salt.

Boil the onions till tender in salted water, then take them out and wipe them dry.

Put them in a buttered tin, season them with a little pepper and salt, and put the remainder of the butter over them.

Bake for about 2 hours, basting occasionally with the butter.

They may be served just as they come out of the oven, or a gravy may be made in the pan with any extract at hand and poured over.

Average cost, 4d.

ONIONS (SPANISH) STEWED.

A dish for 4 persons.

Ingredients.

2 large onions.

$\frac{1}{2}$ pint gravy or stock.

Pepper.

Salt.

Peel the onions and put them in a stewpan with the gravy and a seasoning of pepper and salt.

Stew till tender, which should be in about 2 hours.

Average cost, 6d.

PEAS STEWED.

A dish for 6 persons.

Ingredients.

1 quart tinned green peas.	1 onion.
2 oz. butter.	A lump of sugar.
1 egg.	A little flour.
Pepper and salt.	A spoonful Worcestershire sauce.

Peel and slice the onion and frizzle it in the butter in a stewpan, add the sauce, the sugar, and the seasoning, and after simmering for a minute or so, add the peas, warmed in their tin, with a very little of their liquor.

Beat the egg, thicken it with a little flour, and stir in.

Let all get hot, but do not allow the stew to boil.

Serve as a vegetable entrée.

Average cost, 1s. 2d.

PEASE PUDDING.

A dish for 6 persons.

Ingredients.

1 quart dried peas.	$\frac{1}{2}$ oz. butter.
Pepper.	Salt.

Soak the peas overnight in plenty of cold water.

Take them out when required for use and boil them till tender in fresh water for about 2 hours.

Drain them, stir in the butter and a seasoning of salt and pepper, then put in a cloth and boil for $\frac{1}{2}$ hour more.

Average cost, 3d.

POTATO RINGS.

A dish for 4 persons.

Ingredients.

4 large potatoes.

Fat for frying.

Parboil the potatoes, then slice them about one-third of an inch thick.

Stamp these slices out with two round cutters, one smaller than the other, so as to form rings, then fry them a nice bright brown in dripping or lard.

Potatoes cooked in this way make a nice garnish to a made dish or bird, and there is no waste attached, as the scraps can either be fried as they are, or, with a little more boiling, mashed.

Average cost of this quantity, 4*d*.

POTATOES BAKED.

A dish for 4 persons.

Ingredients.

6 large potatoes.

Butter.

Well wash and scrub the potatoes, then bake them in a moderate oven for about 2 hours, turning them often.

When thoroughly done take them out of the oven, cut a little slit in each and take out just enough of the inside to allow of the introduction of a small piece of butter.

Put this in, then squeeze the edges together and return them, the slit upwards, to the oven for a minute or so.

Average cost of this quantity, 4*d*.

POTATOES BOILED.

A dish for 4 persons.

Ingredients.

8 potatoes.

Salt, water.

Pare the potatoes, which should be of uniform size, as thinly as possible, and put them in sufficient cold water to cover them, with salt, and boil till a fork enters them easily.

Strain them before the water can get into them, and put the saucepan, with the lid partly off, on the stove for a minute or so.

Average cost, 2*d*.

POTATOES, RIBBONS OF.*A dish for 4 persons.***Ingredients.**

4 or 5 good-sized, evenly
shaped potatoes.

Salt.
Fat for frying.

Pare the potatoes, then cut them round and round as one would pare an apple, throw them into hot fat and fry as crisp as possible.

These may be served as a vegetable, but they are usually served as an accompaniment to roast game.

Average cost, 6d.

POTATOES, RISSOLES OF.*A dish for 6 persons.***Ingredients.**

8 large potatoes.
A little dried parsley.
Bread crumbs.
2 oz. butter.

1 small onion.
2 eggs.
Pepper and salt.

Boil, then mash the potatoes with butter, pepper, and salt.

Pare, boil, and mince the onion finely, mince also the parsley and add this to the potatoes with 1 egg well beaten.

Make into rissoles, beat up the other egg and dip them in that, then in the crumbs, and fry a bright brown.

A little ham or any cold meat minced makes these into a nice dish for breakfast.

Average cost of this quantity, 7d.

TOMATOES STEWED.*A dish for 4 to 6 persons.***Ingredients.**

1 tin tomatoes.
Cayenne.

$\frac{1}{2}$ pint gravy.
Salt.

Make $\frac{1}{2}$ pint good gravy with stock or gravina, simmer it in a stewpan, add a seasoning of salt and cayenne, then thicken with flour.

Put in the tomatoes and serve when hot.

Average cost, 10d.

TURNIPS BOILED.

A dish for 4 persons.

Ingredients.

6 or 7 medium-sized turnips. Water, salt.

Put the turnips, after paring them, into plenty of salted water, and let them boil till just tender, but not a minute longer, or they will be watery.

Drain them in a colander, then return them to the dry saucepan and let them stand a minute or so before serving.

Average cost, 3d.

TURNIPS MASHED.

A dish for 4 persons.

Ingredients.

6 turnips.

1 oz. butter.

Water.

Pepper, salt.

Boil the turnips as in preceding recipe, and drain them very thoroughly.

Return them to the saucepan as dry as possible, then mash them well with a fork, with the butter and seasoning.

Keep them on the stove for 2 or 3 minutes and serve in a hot dish without loss of time, as they cool so quickly.

Average cost, 4d.



SAUCES.

Store sauces almost obviate the necessity of making fresh ones, such a wonderful variety of them have we now.

Still even for the so-called fresh sauces but few materials are needed but those supplied by tinned meat, fish, &c., combined with what may be called preserved provisions, although they are not canned.

In every section of this book these must perforce enter, but all we quote are those that can be kept for a length of time exposed to the air.

Fresh articles as onions, carrots, turnips, &c., are kept in every place where they are grown, and form very useful features in sauces as well as other cookery.

Oysters and mushrooms, sauces made of which are rather expensive ones when both ingredients are fresh, are within the reach of all when the tinned materials are used.

Three dozen oysters (about enough for a good-sized tureen), fresh, would cost 3s. at the least, while a tin which would hold about as many can be had for 6d.

Mushrooms are seldom to be had under 10d. lb., but a tin or jar is enough for a tureen, and can be bought at much less cost.

Apples, which cannot be found fresh all the year round, can

always be had preserved, and serve well for sauces as well as sweets.

Some of the sweet sauces, such as apricot, strawberry, and other fruits, are quite as good as those prepared from fresh fruit.

Melted butter, or white sauce, needs no fresh material, and this is the foundation for a great many, besides taking the place of cream in entrées and other dishes made from preserved provisions.

RECIPES FOR SAUCES.

APPLE SAUCE—I.

For a joint, or for ducks.

Ingredients.

2 lbs. cooking apples.

2 dessertspoonfuls sugar.

Bake the apples, then free the pulp from skin and core.

Put in a small saucepan with the sugar, give a stir, and when quite hot pour into a tureen.

We do not lay down a hard and fast rule as regards the sweetening of this sauce. Some apples scarcely require any, and are better for the addition of a little lemon juice, to give them a sharper flavour; others (very sour ones) will need a larger proportion than that given; while those sold tinned should have always a squeeze of lemon, for piquancy's sake.

Average cost for this quantity, if of fresh apples, *6d.*; if of tinned fruit, *7d.*

APPLE SAUCE—II.

Ingredients.

1 lb. of apples.

Sugar.

Boil the apples, pared, cored, sliced, till tender; put them in a tureen with enough moist sugar just to leave a pleasant acidity.

Average cost, *2d.*

ASPARAGUS SAUCE.

Ingredients.

$\frac{1}{2}$ tin asparagus.

A little flour.

2 oz. of butter.

Seasoning.

Make a plain white sauce by boiling the stalks of the asparagus in water, then adding the butter thickened with flour.

Make this the consistency of ordinary melted butter, then, having warmed the tops of the asparagus in the tin, put them in with a little seasoning.

Average cost, 9d.

BEARNAISE SAUCE.

Ingredients.

<i>2 tablespoonfuls vinegar.</i>	<i>1 tablespoonful tarragon vine-</i>
<i>2 tablespoonfuls white sauce.</i>	<i>gar.</i>
<i>2 oz. butter.</i>	<i>2 eggs.</i>
	<i>3 shallots.</i>

Put the vinegars into a stewpan, and add the shallots, finely minced, and boil till the vinegar is reduced to half the quantity, then mix in the white sauce.

Separate the yolks from the whites of the eggs, and, whisking each separately, add them one at a time slowly, and be very careful that the sauce does not boil, or it will curdle.

Put the saucepan at the side of the fire after the yolks are well whisked in, and add the butter slowly in very small pieces, then strain.

Average cost, 7d.

BÉCHAMEL.

Enough for large dish.

Ingredients.

<i>1½ oz. butter.</i>	<i>1 oz. flour.</i>
<i>2 onions.</i>	<i>A blade of mace.</i>
<i>1¼ pint water.</i>	<i>A few sprigs parsley.</i>
<i>A little mushroom powder.</i>	<i>2 eggs.</i>
<i>A lemon.</i>	<i>Pepper, salt.</i>

Put the mushroom powder and the parsley in a little piece of muslin, with the onions and mace, in the water.

Simmer for about 20 minutes, then stir in the flour and butter rubbed smooth on a plate, and stir again till boiling, then draw it aside, and keep up the stirring till quite smooth.

Next add a little seasoning of pepper and salt, and, after

straining, return it to the pan, adding the eggs and lemon juice.

The former should be beaten up in a little water before being put into the sauce, which should be kept stirred till all the ingredients are well amalgamated, but must not be allowed to boil for fear of its curdling.

This, which is also called white sauce, may be made with white stock instead of water, and thickened with arrowroot, when the butter may be omitted, the arrowroot being mixed with a little cold stock.

Average cost, 6d.

BREAD SAUCE.

Sufficient for a pair of fowls.

Ingredients.

$\frac{1}{2}$ lb. bread crumbs.	1 onion.
$\frac{3}{4}$ pint milk.	A blade of mace.
Pepper or cayenne.	Salt.

Grate the bread crumbs, and after peeling and slicing the onion, simmer till tender in the milk with the blade of mace.

Put the bread crumbs into another saucepan, and strain the milk upon it, then season with a little salt and cayenne.

Boil up, after allowing the crumbs to soak for a few minutes, and turn out into a hot tureen.

Should this sauce be required for a rather tasteless dish—such as a boiled fowl—a little more seasoning should be put in, and a strip or two of lemon peel should be boiled in the milk.

Average cost of this quantity, 3d.

BROWN SAUCE.

Ingredients.

2 teaspoonfuls Liebig Com-	2 dessertspoonfuls flour.
pany's Extract.	2 onions.
2 oz. butter.	1 carrot.
A little browning.	Pepper and salt.

Peel and slice the vegetables, and fry them in a stewpan in the butter; next stir in the flour.

Make $\frac{3}{4}$ pint of stock with water and Liebig, and add and boil for about 10 minutes.

Season with pepper and salt if necessary, and put in a few drops of Sutton & Co.'s browning, then strain through a tammy or fine sieve.

Average cost, 8d.

CAPER SAUCE—I.

Sufficient for $\frac{1}{2}$ pint.

Ingredients.

$\frac{1}{4}$ lb. of butter.

A dessertspoonful rizin.

A teacup of water.

Salt.

$\frac{1}{4}$ bottle of capers.

Some liquor from the capers.

Make the butter as directed for melted butter, then add the capers and a little of the liquor.

Average cost, 6d.

CAPER SAUCE—II.

Sufficient for joint.

Ingredients.

$\frac{1}{2}$ pint of melted butter.

A little of the liquor from the capers.

2 tablespoonfuls capers.

Make $\frac{1}{2}$ pint of melted butter, and to this put the capers, chopped in half, and their liquor ; simmer for a few minutes.

Average cost, 4d.

CAPER SAUCE MADE WITH NASTURTIUMS.

Sufficient for a joint.

Ingredients.

$\frac{1}{2}$ pint melted butter.

1 $\frac{1}{2}$ tablespoonfuls pickled nasturtiums.

Proceed as in recipe for Caper Sauce, but chop and cook the nasturtiums a little more than the capers.

Average cost, 4d.

CURRY SAUCE.

(A good sauce for stewing vegetables in, and to make a savoury dish.)

Sufficient for good-sized dish.

Ingredients.

<i>A heaped teaspoonful curry powder.</i>	<i>2 apples.</i>
<i>A teaspoonful curry paste.</i>	<i>2 onions.</i>
<i>Some browning.</i>	<i>Water.</i>
<i>1 oz. butter.</i>	<i>Salt.</i>
	<i>A little flour.</i>

Pare, core, and slice the apple, peel and slice the onions, then put them in a stewpan with the butter, the curry paste, and powder, and simmer till the apple and onion are quite tender ; then stir in the flour.

Make a pint of water brown with browning, and stir it into the contents of the pan, with salt to taste, and boil for 20 minutes, strain, and it is ready for use ; and if such vegetables as haricot beans are to be cooked in it, after they have been soaked, they may be put in the sauce over night, to get thoroughly impregnated.

Average cost, 6d.

DUTCH SAUCE.

Sufficient for dish of cutlets.

Ingredients.

<i>A teacupful of white sauce.</i>	<i>A teaspoonful of vinegar.</i>
<i>2 teaspoonfuls of tarragon vinegar.</i>	<i>1 oz. cayenne.</i>

Make the white sauce in the usual way, adding an egg, then add to it at the last moment the vinegar and cayenne.

Average cost of this quantity, 5d.

EGG SAUCE.

Ingredients.

<i>$\frac{1}{2}$ pint melted butter.</i>	<i>2 eggs.</i>
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Boil the eggs hard, and chop them finely, then, when the butter is ready, put them in with a little dash of salt.

Average cost, 6d.

FINANCIÈRE SAUCE.

Sufficient for good-sized entrée.

Ingredients.

<i>A dessertspoonful butter.</i>	<i>A large glass of sherry.</i>
<i>A dessertspoonful glaze.</i>	<i>¼ bottle mushrooms.</i>
<i>A few scraps of truffle.</i>	<i>A cupful brown sauce.</i>
<i>Nepaul pepper.</i>	<i>Salt.</i>

Put the butter into a stewpan, add the truffle and mushrooms, finely minced, and the glaze and sherry.

Simmer for a few minutes, then add the sauce and the seasoning, and stir till the mixture thickens ; next strain.

For an entrée of game or poultry required to be a rich and good one, add to this sauce a few cocks' combs (tinned) and quenelles, and do not strain.

In the quenelles may be introduced a little foie gras.

Average cost of sauce first named, 1s. 2d. ; with additional ingredients, 1s. 10d.

GRAVY (Brown).

Ingredients.

<i>2 small or 1 large onion.</i>	<i>1 carrot, flour.</i>
<i>3 oz. butter.</i>	<i>2 tablespoonfuls ale.</i>
<i>A bunch of dried herbs.</i>	<i>Salt and pepper.</i>

Peel, slice, and fry the vegetables in 1 oz. of the butter, next add the ale, the herbs tied in a scrap of muslin, the seasoning, and about 1 quart of boiling water.

Simmer for about 1 hour, strain, and when cold skim off the fat.

Roll the remaining butter in 3 dessertspoonfuls of flour, put the sauce again on the fire, and when hot add the thickening, with a little browning, and boil up, when the gravy will be ready.

Average cost, 6d.

GRAVY (Jugged).

Ingredients.

<i>4 oz. ham.</i>	<i>2 teaspoonfuls Liebig Company's</i>
<i>1 large onion.</i>	<i>Extract.</i>
<i>A small carrot.</i>	<i>A bunch of dried herbs.</i>
<i>A dessertspoonful ketchup.</i>	<i>A little celery seed.</i>
<i>Salt and pepper.</i>	

Prepare the vegetables, slice them, and mince the ham.

Put all in a stone jar, the herbs and seed tied in a scrap of muslin, then add about a quart of stock made from tinned meat or extract, and covering the jar closely, set it in the oven for from 6 to 8 hours.

This gravy may be put in the oven at night, as a jugged hare often is, and left till the morning.

Average cost, 9d.

GRAVY (Veal).

Ingredients.

<i>4 oz. lean ham.</i>	<i>Scraps of tinned chicken and</i>
<i>A large onion.</i>	<i>bones.</i>
<i>A blade of mace.</i>	<i>A bouquet of dried herbs.</i>
<i>Pepper.</i>	<i>A few button mushrooms.</i>
<i>Salt.</i>	<i>Water.</i>

Mince the ham, and put it, with the bones and trimmings of chicken, in a stewpan, with $\frac{1}{2}$ a teaspoonful of water.

When the water is well reduced, add the onion, pared and sliced, the herbs, mace, mushrooms, and seasoning, and about a quart of water.

When boiling, skim carefully, and stew slowly for about 3 hours, when set aside to cool, and remove the fat.

Average cost, 8d.

HOLLAND SAUCE.

Sufficient for good-sized dish.

Ingredients.

<i>4 eggs.</i>	<i>1 large lemon.</i>
<i>A cupful melted butter.</i>	<i>Nepaul pepper, salt.</i>

Strain off the yolks of the eggs, whisk them slightly, and put them in a bain marie, with the melted butter and seasoning.

Let the sauce get hot in the bain marie placed in boiling water, but do not allow it to boil, or the eggs will curdle, and quite at the last stir in the strained juice of the lemon.

Average cost, 8d.

HORSERADISH SAUCE.

Sufficient for 1 joint.

Ingredients.

3 *tablespoonfuls* horseradish, 1 *lump* sugar.
grated. *A little* vinegar.
A teaspoonful made mustard. *A teaspoonful* of salt.
A dash of cayenne.

Mix the grated horseradish, the sugar, pounded, the mustard, cayenne, and salt together, and add enough vinegar to make a smooth, thick sauce.

If liked rather sweet, a teaspoonful of condensed milk diluted with a little water may be substituted for the sugar.

If the sauce be required hot, heat in a bain marie.

Average cost, 3d.

ITALIAN SAUCE.

Sufficient for good-sized dish.

Ingredients.

$\frac{1}{2}$ *pint* stock made from tinned 1 *lump* of sugar.
meat. *Pepper.*
A few mushrooms (canned), if 1 *large* onion.
at hand. *A teaspoonful* vinegar.
A slice of ham. *A teacupful* Béchamel.
A teaspoonful lemon juice. *Salt.*

Peel the onion, and slice it into a stewpan with the ham finely minced, the mushrooms, and the stock, and after simmering from 20 to 30 minutes, add the Béchamel.

Let the sauce boil, then add the other ingredients, strain, and it will be ready to serve.

Average cost, 10d.

JARDINIÈRE SAUCE.*Sufficient for an entrée.***Ingredients.**

<i>2 onions, 2 carrots.</i>	<i>1 turnip.</i>
<i>A bouquet dried herbs.</i>	<i>A few tinned green peas.</i>
<i>A teaspoonful meat extract.</i>	<i>A dessertspoonful of Holbrook's</i>
<i>A tablespoonful mushroom</i>	<i>Worcestershire sauce.</i>
<i>ketchup.</i>	<i>A little celery seed.</i>
<i>Pepper.</i>	<i>Salt.</i>

Tie the herbs and seed in a piece of muslin, pare the onion and cut it in small dice, pare and slice the turnip and carrots, and stamp in small pieces with a fancy cutter, or scoop them into peas.

Put all, with the meat extract, into a saucepan, with $1\frac{1}{2}$ pint of water, and simmer till the vegetables are tender.

Next add the ketchup, sauce, seasoning, and peas, and when hot take out the herbs, and the sauce is ready.

Average cost, 6d.

LOBSTER SAUCE.**Ingredients.**

<i>$\frac{1}{2}$ pint melted butter.</i>	<i>$\frac{1}{4}$ tin of lobster.</i>
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Put the lobster aside to drain while the melted butter is made, then divide the fish in small, neat pieces and just warm through.

Colour with a few drops of cochineal or carmine.

Average cost, 6d.

MAÎTRE D'HÔTEL SAUCE.*Sufficient for a good-sized dish of calf's head.***Ingredients.**

<i>The remains of a tin of fowl,</i>	<i>2 oz. butter.</i>
<i>or the bones.</i>	<i>A dessertspoonful flour.</i>
<i>Some minced dried herbs.</i>	<i>A clove of garlic.</i>
<i>1 lemon.</i>	<i>Cayenne.</i>
<i>1 lump of sugar.</i>	<i>Salt.</i>
<i>2 shallots.</i>	<i>A slice of ham.</i>

Mince the ham finely and put it with the bones and scraps of poultry in a saucepan with the garlic, the shallots, the herbs, and $\frac{3}{4}$ pint of water.

Simmer till the liquor is reduced one-third, then strain into another saucepan.

Make a thickening of the butter and flour, and stir it smooth in the gravy ; add the seasoning, the sugar, and lastly the lemon juice, and serve thoroughly hot but not boiling.

Average cost, 7d.

MATELOTE SAUCE.

Ingredients.

10 small onions.	<i>A teaspoonful Liebig Company's</i>
<i>A glass of sherry.</i>	<i>Extract.</i>
<i>A dessertspoonful of flour.</i>	<i>Cayenne.</i>
<i>A lump of sugar.</i>	<i>Salt.</i>
1½ oz. butter.	

Put the onions (peeled), the lump of sugar, and the butter in a saucepan over the fire.

When the onions brown put in the flour and sherry and simmer till the onions are tender, adding a good seasoning of pepper and salt ; lastly the Liebig dissolved in $\frac{1}{2}$ pint of water ; then steam.

This sauce should be a nice dark brown, and if not sufficiently coloured it is as well to add a little browning.

The usual objection to browning is that it imparts a disagreeable flavour, but this is not the case with that patented by Sutton and Co., but a very small quantity is needed.

Average cost, 7d.

MELTED BUTTER.

Ingredients.

$\frac{1}{4}$ lb. butter.	<i>A dessertspoonful of flour.</i>
<i>A wineglassful of water.</i>	<i>Salt.</i>

Put the butter in a pan in small pieces and dredge in the flour, lastly adding the water and a little salt.

Stir constantly till the butter is thoroughly melted, but do not allow the sauce to boil.

Average cost, 4d.

This forms the foundation of a very large number of sauces, such as caper, oyster, lobster, wine, &c.

MINT SAUCE.

Sufficient for a joint.

Ingredients.

- | | |
|---|--------------------------------|
| 3 dessertspoonfuls dried powdered mint. | 1 dessertspoonful brown sugar. |
| | $\frac{1}{4}$ pint vinegar. |

Put the sugar and mint in a sauce tureen, pour over the vinegar and let stand for an hour; then stir well and serve.

Average cost, 3d.

MUSHROOM SAUCE.

Sufficient for an entrée.

Ingredients.

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|--|--------------------------------|
| 1 penny packet Edwards' white desiccated soup. | A teaspoonful flour. |
| $\frac{1}{2}$ tin button mushrooms. | A dessertspoonful lemon juice. |
| A teaspoonful butter. | Pepper. |
| A teaspoonful mushroom ketchup. | Salt. |

Put the butter, flour, ketchup, lemon, and seasoning in a lined pan, and stirring the flour smooth, bring to the boil, then add the mushrooms.

Make $\frac{1}{2}$ pint white stock with the soup, the liquor from the mushrooms and water, add to the contents of the saucepan, and boil for 10 minutes, till the sauce is thick and smooth.

Average cost, 7d.

MUSTARD SAUCE.

Sufficient for 1 haddock.

Ingredients.

- | | |
|----------------------------|-----------------------------|
| 1 teaspoonful raw mustard. | 2 teaspoonfuls lemon juice. |
| 2 teaspoonfuls flour. | 2 oz. butter, salt. |

Make a paste with the mustard, the flour, a pinch of salt, and the butter.

Put this in a small saucepan and pour over it a teacupful of boiling water ; boil for a few minutes, then add the lemon juice.

Average cost, 3d.

OLIVE SAUCE.

Sufficient for an entrée or a steak.

Ingredients.

1 small bottle French olives.	Half a lemon.
$\frac{1}{2}$ pint stock made from Ramor-	Cayenne.
nie Extract.	

With a small cutter stamp out the stones of the olives, throw them into boiling water to blanch for a minute, then into cold.

Stew them for about half an hour in the stock, and just before serving add the strained juice of the lemon and a dash of cayenne.

Average cost, 9d.

ONION SAUCE.

Sufficient for a good-sized dish

Ingredients.

4 good-sized onions.	1 oz. lean ham.
$\frac{1}{2}$ pint Béchamel.	A bay leaf.
A little pounded mace.	Cayenne, salt.

Pare the onions and put them in quarters in a saucepan with the ham cut up, the bay leaf, the mace, and the seasoning, just covering them with water.

Simmer till tender, which will be in from half to three-quarters of an hour, shaking the saucepan occasionally, but not taking off the lid.

Take the onions out when done, and having drained them, rub them through a sieve into the Béchamel ; then put on the fire and boil up, and the sauce is ready.

Average cost, 6d.

ONION SAUCE (Brown).

Sufficient for 1 lb. steak.

Ingredients.

4 large onions or 6 smaller ones. $1\frac{1}{2}$ oz. butter.

1 teaspoonful Liebig Company's Pepper.

Extract.

Salt.

Pare, slice, and fry the onions in the butter a nice dark brown.

Make $\frac{1}{2}$ pint gravy with the Liebig, add to it the onions and seasoning, and simmer till tender.

Average cost, 5d.

ORANGE SAUCE.

Ingredients.

A Seville orange.

Cayenne.

2 dessertspoonfuls claret.

Salt.

$\frac{1}{2}$ pint stock or gravy made

A bay leaf.

from tinned meat.

1 onion.

Simmer the onion (sliced) with half the peel of the orange and the bay leaf in the stock or gravy, strain it, then add the wine, orange juice, and seasoning, and when at boiling point serve in a hot tureen.

Average cost, 6d.

OYSTER SAUCE—I.

Ingredients.

The same as for lobster sauce with the exception of half a tin of oysters instead of the lobster.

Make in same way, letting the oysters just warm through.

Average cost, 7d.

OYSTER SAUCE—II.

Sufficient for dish of steak, &c., for 6 persons.

Ingredients.

$\frac{1}{4}$ tin of oysters.

$\frac{1}{4}$ pint Béchamel.

Make a nice smooth Béchamel sauce in the usual way and have it hot, ready for the oysters.

Heat the oysters in their own liquor, then take them out and drop them into the white sauce.

Return the pan to the fire so as to make the sauce thoroughly hot, but do not let it boil.

This sauce is quite good enough for most dishes made from fresh provisions, such as fowls, steak, cod, &c., it should be served in a tureen as hot as possible and not poured over the fish, flesh, or fowl.

Average cost of this quantity, 6d.

PIQUANTE SAUCE.—I.

Sufficient for dish of cutlets.

Ingredients.

$\frac{1}{4}$ pint brown stock.	1 tablespoonful vinegar.
1 tablespoonful tarragon vinegar.	1 bayleaf.
A lump of sugar.	A dash of cayenne.
A little flour.	A pickled gherkin.

Pare and chop the onion and put it in a saucepan with the vinegar and the bayleaf and bring to the boil.

Thicken the stock with a little flour, chop finely the gherkin, then add to the contents of the pan and boil for 5 minutes, lastly, add the sugar and cayenne and take out the bayleaf.

Average cost of this quantity, 6d.

PIQUANTE SAUCE.—II.

Ingredients.

1 teaspoonful Brand's Essence.	A few tinned mushrooms.
A dessertspoonful flour.	1 oz. butter.
A tablespoonful Holbrook's	A bay leaf.
Worcestershire sauce.	A shallot.
A small carrot.	1 tablespoonful vinegar.
1 tablespoonful tarragon vine-	Salt and cayenne.
gar.	A little dried thyme.

Pare and wash the carrot and onion and fry them in the

butter, then stir in the flour, $\frac{1}{2}$ pint stock made with Brands' Essence, the herbs, the sauce, and the mushrooms.

Simmer gently for about 15 minutes, till the vegetables are tender, then add the rest of the ingredients and strain.

This sauce will keep for a few days well, and will be found a most useful one for entrées and made dishes. A glass of sherry is by some esteemed an improvement.

Average cost of this quantity, 7*d*.

POIVRADE SAUCE.

Ingredients.

<i>A small carrot.</i>	<i>2 onions.</i>
<i>A clove of garlic.</i>	<i>A turnip.</i>
<i>A leek if obtainable, if not an extra onion.</i>	<i>A tinned tomato.</i>
<i>A bunch dried herbs.</i>	<i>1 oz. flour.</i>
<i>A little celery seed.</i>	<i>A dessertspoonful Liebig Company's Extract.</i>
<i>2 tablespoonfuls vinegar.</i>	<i>A dessertspoonful minced ham.</i>
<i>3 or 4 cloves.</i>	<i>A dessertspoonful peppercorns.</i>
<i>2 oz. butter.</i>	<i>Pepper.</i>
<i>Water.</i>	<i>Salt.</i>

Pare, clean, and cut up the vegetables, and fry them with the ham minced in the butter.

Next add the vinegar and boil for a little time ; afterwards stir in the flour, the herbs, and peppercorns tied in a piece of muslin and a pint of stock made from the essence.

Season to taste, simmer, stirring the while, for about twenty minutes, and after taking out the muslin bag pass through a tammy.

Average cost, 1*s.* 2*d*.

PUDDING SAUCE.

Sufficient for good-sized pudding.

Ingredients.

<i>2 tablespoonfuls rum.</i>	<i>3 oz. butter.</i>
<i>A teaspoonful lemon juice.</i>	<i>3 oz. sugar.</i>

Put the butter into a small lined saucepan, and whisking it well, mix in the sugar, the rum, and lastly the lemon juice.

Average cost, 6*d*.

RAVIGOTE SAUCE.*Sufficient for good-sized dish.***Ingredients.**

$\frac{1}{2}$ teacupful <i>Béchamel.</i>	1 teaspoonful <i>chilli vinegar.</i>
A dessertspoonful <i>mushroom</i>	2 oz. <i>butter.</i>
<i>ketchup.</i>	<i>Salt.</i>
A little dried <i>parsley.</i>	<i>Nepaul pepper.</i>

Rub the parsley through a sieve and add one by one the other ingredients, putting the vinegar last, with the exception of the seasoning. The pepper and salt must be added in very small quantities, and no definite ones can be given, as so much depends upon individual taste.

This sauce is suitable for either a salad or an entrée, but it is one that should be used rather sparingly, as it is very fully flavoured.

Average cost of this quantity, 6*d.*

SALAD DRESSING.*Sufficient for salad for 6 persons.***Ingredients.**

2 eggs.	A little made <i>mustard.</i>
$\frac{1}{2}$ teaspoonful <i>condensed milk.</i>	<i>Salt.</i>
3 tablespoonfuls <i>oil.</i>	1 tablespoonful <i>vinegar.</i>

Boil the eggs hard, and when cooled in cold water, shell them and put the yolks in a mortar.

Pound them with a saltspoonful mustard and half the quantity of salt.

Next add the oil and milk, slowly stirring one way all the time ; lastly the vinegar, which may be equal quantities of tarragon and plain vinegar.

In very cold weather the oil is apt to congeal, and sometimes it will curdle ; it is therefore better to thaw it slightly before using it with vinegar.

Average cost of this quantity, 5*d.*

SARDINE SAUCE.

For a small dish of fish.

Ingredients.

4 sardines.

1 lemon.

A shallot, flour.

1 oz. butter.

2 teaspoonsful Brand's Extract.

Salt, cayenne, nutmeg.

Skin and bone the sardines, then chop them up small.

Make about $\frac{3}{4}$ pint gravy with the Extract, rub up the butter with a little flour, cut the lemon rind thin, and put all but the fish with the shallot into a saucepan; add a seasoning of salt, cayenne, and a grate of nutmeg, and boil for 10 minutes.

Take out the lemon rind and the shallot, put in the juice and the fish, and boil for 3 or 4 minutes more.

Average cost of this quantity, 9d.

SAUCE FOR CURRIED EGGS.

Ingredients.

2 small onions.

A little Béchamel.

A sprig of dried thyme and
parsley.

A teaspoonful of curry powder.

A few mushrooms.

Butter.

Salt.

Slice the onions and fry them with the mushrooms and herbs in butter till of a nice brown, next add the curry powder and salt, and let the same boil for a minute or two, put then enough Béchamel to thin it.

Again boil, and then simmer for some minutes afterwards, straining and passing the sauce through a fine strainer.

This will be found a nice sauce for other savoury dishes besides eggs.

Average cost, 3d.

SAUCE FOR DRIED HADDOCK.

Ingredients.

1 oz. butter.

$\frac{1}{2}$ teaspoonful Worcestershire sauce.

Oil the butter, add the sauce, and pour hot over the haddock when the latter is cooked.

Average cost, 1d.

SAUCE FOR GAME.**Ingredients.**

<i>2 shallots, minced.</i>	<i>1 glass port.</i>
<i>1 tablespoonfuls walnut ketchup.</i>	<i>Cayenne.</i>
<i>1 lemon.</i>	<i>Salt.</i>
<i>1 tablespoonful Holbrook's Worcestershire sauce.</i>	

Simmer all the ingredients for about 7 minutes, the juice of the lemon and a couple of strips of its peel being used; then strain and serve hot.

Average cost, 6d.

SHRIMP OR PRAWN SAUCE.**Ingredients.**

<i>$\frac{1}{2}$ tin prawns or shrimps.</i>	<i>$\frac{1}{2}$ pint melted butter.</i>
<i>A teaspoonful anchovy sauce.</i>	<i>Cayenne.</i>

Make some thin smooth melted butter, put into it the prawns or shrimps, the sauce, and a seasoning of cayenne, and when hot serve.

Average cost, 8d.

SUPREME SAUCE.

Sufficient for good-sized entrée.

Ingredients.

<i>1 pint white stock.</i>	<i>1 oz. flour or rizine.</i>
<i>2 oz. butter.</i>	<i>Half a lemon.</i>
<i>A little dried parsley.</i>	<i>White pepper, salt.</i>

Melt the butter in a stewpan and stir in the flour. Stir for 10 minutes, then add the stock and stir till it boils, when put in the seasoning and lemon juice, and when all has been stirred and cooked over the fire for a few minutes pass the stock through a tammy, and it is ready.

Average cost of this quantity, 10d.

SWEET SAUCE.

Sufficient for good-sized pudding.

Ingredients.

$\frac{1}{2}$ pint melted butter made with 1 wineglassful sherry.
condensed milk. 1 liqueur glass brandy.
A little drop essence of lemon.

Make the melted butter in the usual way with condensed milk, adding a little sugar if necessary, flavouring it with a little lemon rind.

When hot add the wine and brandy, and serve with boiled plum or other pudding.

This sauce can be made without the addition of wine or brandy if required for a children's pudding or for those who do not take alcohol.

Average cost, 10d.

TARTARE SAUCE.

Sufficient for dish of cutlets.

Ingredients.

2 eggs hard boiled. 3 tablespoonfuls oil.
1 tablespoonful vinegar. 1 pickled gherkin.
1 tablespoonful mustard. A pinch of salt.

Take the yolks of the eggs, salt, and mustard, and pound in a mortar, and to these add the oil, slowly, stirring all the while; next, the vinegar, still more slowly; lastly, the gherkins very finely minced.

Average cost of this quantity, 5d.

TOMATO SAUCE.

Sufficient for dish for 6 persons.

Ingredients.

$\frac{1}{2}$ tin tomatoes. A tablespoonful chopped ham.
1 oz. butter. 3 onions.
A tablespoonful vinegar. Bouquet of mixed dried herbs.
Pepper. Salt

Put the butter in a stewpan, and into it put the onions (pared and sliced), the ham, and *all* the seasoning, including the vinegar.

Stir the sauce over the fire for about a quarter of an hour, till the mixture thickens and reduces.

Next put in the tomatoes and simmer for another 5 minutes, when the sauce should be strained through a sieve ; then re-heat.

Average cost, 10d.

TOMATO SAUCE (Plain).

Ingredients.

$\frac{1}{2}$ tin tomatoes.

1 oz. butter.

A dessertspoonful vinegar.

Pepper and salt.

Melt the butter in a stewpan, add the vinegar and the tomatoes and seasoning, and simmer for about 10 minutes.

Average cost, 7d.

WHITE SAUCE.

Ingredients.

2 onions.

3 ounces butter.

A tablespoonful flour.

$\frac{3}{4}$ pint water.

Cayenne.

Salt.

Pare and slice the onions into a small saucepan with 2 ounces of the butter, and simmer till the latter is almost absorbed, then stir in the flour mixed with the remaining butter and the water, add the seasoning, and boil till the sauce thickens.

Strain, and return to the pan for a minute or so before serving.

Average cost, 4d.

WHITE SAUCE FOR PUDDINGS.

Ingredients.

A strip of lemon peel.

A pint of milk made from condensed.

2 ounces butter.

A dessertspoonful flour.

Put the lemon peel into the milk, and simmer till the flavour is sufficiently strong.

Rub up the butter with the flour, and add and boil till the sauce thickens, then take out the peel.

Average cost, 3d.

WHITE MUSHROOM SAUCE.

Ingredients.

1 oz. rizine.	1 pint white stock.
$\frac{1}{4}$ bottle mushrooms (button).	Half a lemon.
Cayenne, salt.	1 oz. butter.

Melt the butter in a stewpan and stir into it the flour. Next put in the stock, and when boiling put in the mushrooms and simmer for 15 minutes, skimming off any butter that rises to the top.

Lastly add a slight seasoning and the juice of the lemon and boil for a few minutes.

Average cost, 10d.

WINE SAUCE.

Sufficient for good-sized pudding.

Ingredients.

1 large glass of sherry.	1 oz. loaf sugar.
A teaspoonful of lemon juice.	A cupful of water.

Melt the sugar in the water in a stewpan, then stir in the wine and lemon juice.

Average cost, 4d.

WINE OR BRANDY SAUCE.

Enough for good-sized pudding.

Ingredients.

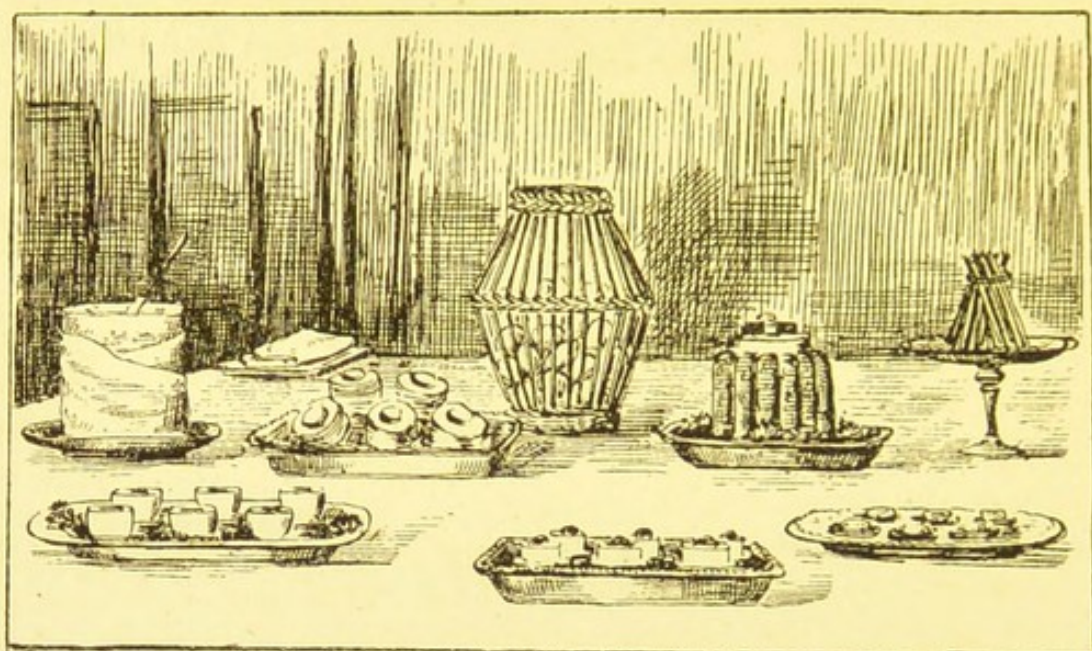
1 pint melted butter.	2 oz. sugar.
A glass of sherry.	A liqueur glass of brandy.

Make the melted butter with only a very small pinch instead of the ordinary quantity of salt, and stir in the other ingredients.

Bring the sauce up to boiling point and turn into a tureen.

This is a good sauce for a rich plum pudding.

Average cost, 10d.



SAVOURIES.

FAR more popular than sweets are the savouries of modern times, for, perhaps, the simple reasons that their variety is so much greater, and that chefs and ordinary cooks spend so much more time in making them nice and appetising than they would have done some years ago.

As so many of these dainties can be made solely from preserved provisions, we think it well to devote a short chapter to recipes for them. In this we purpose to include egg and cheese cookery, which in many other cookery books is put in a different section ; but as, with the exception of puddings and sweets for their use, eggs are invariably a savoury, and while cheese cannot of necessity be anything else ; in a small volume such as this we may well combine all that may come under the heading of our chapter.

Some of the recipes we give are most appropriate for appetisants such as precede the usual first course of soup. Others may serve for interludes during the set courses ; while some are intended for introduction just before dessert. In this chapter, too, will be found recipes for many preparations of eggs that will be found excellent breakfast dishes, to pleasantly

vary the monotonous way in which these valuable articles of food are treated in serving at our first meal.

From cookery on the Continent we learn much, and one may particularise the utilisation of eggs and vegetables ; and though our Church does not demand a *maigre* fare, we may well take a lesson in both these branches of the culinary art.

We may take this opportunity to advise our readers generally to read through any recipes before starting to make the dishes. There is good reason for this word of advice, viz., that in savouries so many need croûtons fried and allowed to get cold, and therefore we may save time by preparing the various ingredients in their order. Again, where anchovies or sardines are introduced, most people like them left for a little while in hot water, to take away the extreme salty taste, and so on.

This advice, however, applies to nearly *all* recipes, for in almost every case time can be saved by a little thought beforehand.

In this section we give some few recipes for dishes suitable for serving at breakfast, besides those before mentioned of eggs. The aspic jelly, for which a recipe appears, will be found useful for moulding any remnants of fish or poultry to form breakfast dishes.

*RECIPES FOR SAVOURIES MADE FROM
TINNED AND PRESERVED PROVI-
SIONS.*

ANCHOVIES DEVILLED (Cold).

A dish for 6 persons.

Ingredients.

6 anchovies.

12 croûtons.

1 egg.

Cayenne.

Wash, scale, bone and fillet the anchovies.

Fry the croûtons, cut in rounds the size of a 4s. piece, in hot lard, and set them aside to cool.

Boil the egg hard, and when cold shell it, chop the white finely, and grate the yolk.

When the croûtons are cold lay upon them a little white of

egg, then two fillets of the anchovies with a heavy seasoning of cayenne.

Lastly, put the grated yolk of egg in the centre of each, and serve on a dish-paper put on a silver dish, and decorate with little sprigs of myrtle or other evergreen pretty in colour.

Average cost, 8d.

ANCHOVIES DEVILLED (Hot).

A dish for 6 persons.

Ingredients.

6 anchovies.

12 Croûtons.

Cayenne, butter.

A squeeze of lemon.

The success of this little savoury depends upon it being served very hot, so croûtons and fish should both be ready simultaneously.

Wash, scale, bone and fillet the anchovies, then put them over the fire in a tin or small saucepan, with a tiny piece of butter and plenty of cayenne, and a squeeze of lemon.

Fry the croûtons, cut as in preceding recipe, a bright brown, drain them in the oven, then lay on each 2 fillets of anchovy, and return for a minute to the oven before serving.

Arrange them on a hot dish with a dish-paper upon it, and a little garnish, and serve quickly.

Average cost, 8d.

APPETISANS.

A dish for 8 persons.

Ingredients.

16 croûtons about the size of

1 egg.

half a crown.

Seasoning.

*A dessertspoonful minced
truffle.*

A little lobster coral.

Fry the croûtons and let them get cool.

Finely mince the truffle, boil the eggs hard and put in cold water, and grate the coral.

Shell the eggs, cut some little strips from the white, and with

these make, by crossing them, 4 compartments in the croûtons, then arrange in a small dish on a dish-paper.

Rub the yolk of the egg through a sieve, and with it put over 2 quarters of each croûton, adding a little seasoning, then cover the others with truffle and lobster coral to come between the yolk of egg.

Average cost, 10d.

APPETISANS, CAVIARE.

A dish for 6 persons.

Ingredients.

$\frac{1}{2}$ small pot caviare.

1 egg, hard boiled, salt.

12 fried croûtons.

A little Nepaul pepper.

Arrange the croûtons, when cold, on a dish-paper in a silver plate or dish, spreading each with caviare, then, after adding a little seasoning, put a little very finely minced white and yolk of egg in the centre.

Serve this as an appetisan before dinner.

Caviare can also be served on toasted bread without the egg.

Average cost, 8d.

ASPIC JELLY.

Sufficient for 2 quarts.

Ingredients.

2 quarts stock made from

1 carrot.

Liebig Company's Extract.

1 $\frac{1}{2}$ oz. Swinborne's gelatine.

1 turnip.

A shallot.

3 peppercorns.

$\frac{1}{2}$ wineglass of vinegar.

A bouquet of herbs.

2 whites of eggs, cochineal.

Peel the turnip, take off the outer skin of the shallot, and scrape the carrot, put all into a weak stock made from Liebig Company's Extract, which heat over the fire till boiling; let it settle, then strain.

The gelatine should be dissolved in a little of the stock before being put with the rest of the ingredients.

When cooling, take part of it and colour it with the cochineal, as the two colours serve so well for a garnish.

When set, cut in thin slices, then in diamonds when wanted for use, and the scraps can be roughed with a fork.

Average cost, 1s. 3d.

BACON GRILLED.

A dish for 4 or 5 persons.

Ingredients.

1 lb. bacon.

2 rounds of bread.

Cut the bacon in very thin slices, removing the rind and all rusty parts, then grill, turning several times.

Dip the rounds of bread in water for a second, then fry them in bacon fat or dripping, and pile the bacon upon them.

Average cost, 10d.

BEEF OR MUTTON POTTED.

Ingredients.

The remains of a tin of beef or mutton. Anchovy sauce or paste. Cayenne.

Butter.

Free the meat from fat and gristle, if there be any, and pound in a mortar.

According to the quantity, melt butter enough with the anchovy sauce or paste to make the meat soft and smooth in consistency.

Flavour well with cayenne, then press into small pots and cover well with oiled butter.

There should be enough anchovy used to obviate the necessity of putting salt with the meat, as the latter, being somewhat lacking in flavour, requires the seasoning to be very savoury.

Average cost, about 4d. to 6d. per small pot.

CHEESE BISCUITS.

A dish for 6 persons.

Ingredients.

$\frac{1}{4}$ lb. Vienna flour.	$\frac{1}{4}$ lb. grated cheese.
$2\frac{1}{2}$ oz. butter.	1 egg, cayenne, salt.

Rub the butter into the flour, then the cheese and seasoning, and moisten with the egg and a little water if necessary.

Roll the paste out very thin, stamp out small rounds, and bake in a quick oven.

This makes a nice little dish for a cheese course.

Average cost, 7d.

CHEESE BON BOUCHEES.

A dish for 6 persons.

Ingredients.

$\frac{1}{3}$ bottle grated Parmesan.	3 eggs.
A teacup of butter.	Fat for frying.
3 oz. Vienna flour.	Nepaul pepper and salt.

Boil the butter in a cupful of water, and stir till it leaves the sides of the stewpan, then draw aside.

Next stir in the eggs slowly and a seasoning of pepper and salt, afterwards the cheese, and set to cool.

Take the mixture up in small quantities, and poach in hot fat till a bright golden brown, and serve with or without fried croûtons.

Average cost, 10d.

CHEESE SAVOURY.

A dish for 4 persons.

Ingredients.

$\frac{1}{4}$ lb. vermicelli.	$\frac{1}{4}$ lb. cheese.
1 oz. butter.	Bread crumbs.
Pepper.	Salt.

Boil the vermicelli till tender in water, with $\frac{1}{2}$ oz. of butter and a little salt.

Butter a tin dish, and scatter over a few grated breadcrumbs.

Put a layer of vermicelli, then one of cheese, which may be grated. Parmesan or a rich cheese cut in very thin shavings.

Put the remainder of the vermicelli over, seasoning each layer with salt and pepper, and over all put a layer of breadcrumbs, on which place the remainder of the butter cut in very small pieces.

Average cost, 6d.

CHEESE SAVOURIES.

A dish for 6 persons.

Ingredients.

$\frac{1}{4}$ lb. *grated Parmesan.*

$2\frac{1}{2}$ oz. *butter.*

3 *eggs, pepper, and salt.*

A few scraps puff paste.

Beat up the eggs and save out a little for glazing the savouries, then stir into them the butter, cheese, and seasoning.

Roll the puff paste out very thin, spread over half of it the mixture, than cover with the rest of the paste, cut it in squares, and glaze with the egg.

Bake in a rather quick oven till the pastry is done, which should be in about 10 minutes.

Average cost, 1s.

CHEESE STRAWS.

A dish for 6 persons.

Ingredients.

4 oz. *flour.*

4 oz. *cheese.*

2 oz. *butter.*

Cayenne, salt.

Grate the cheese, if not bought ready grated, and rub into the flour, with the butter, seasoning, and a little water.

Roll out very thin in a strip about 4 inches wide, then cut into straws $\frac{1}{4}$ inch wide and twist, turning in opposite directions from each end.

Bake in a quick oven, and serve piled grotto fashion on a dish-paper placed in a hot dish.

Average cost, 6d.

COULIBIAC.*A dish for 4 or 6 persons.***Ingredients.**

6 eggs.

2 onions.

 $\frac{1}{2}$ lb. puff paste.*A small cabbage.* $\frac{1}{4}$ lb. butter.*Salt and pepper.*

Pare, slice, and fry the onions, and put them in a stewpan with the butter, the cabbage, also chopped small, and a good seasoning.

When stewed till tender, turn out on to a plate, and when cold add to the mixture the eggs boiled hard and chopped finely.

Line a flat baking dish with the paste, spread over it the mixture, and cover with the paste, pinching the edges well together, then brush over the top with beaten yolk of egg and mark in squares with a knife.

Bake in a quick oven for $\frac{1}{4}$ hour, then break or cut in squares.

Average cost, 1s. 6d.

CROÛTONS FOR SAVOURIES, Etc.**Ingredients.***Stale bread.**Fat for frying.*

The fat used may be lard, butter, oil, or clarified dripping, but there must be enough to immerse the bread.

According to the size and nature of the savoury, or upon the dish they are to garnish, so must they be stamped or cut, but the treatment is always the same.

Cut slices from a stale tin loaf about one-third of an inch thick, dip them for an instant into cold water, then stamp out to the desired shape, or cut in squares or diamonds.

DEVILLED HAM.*A dish for 6 persons.***Ingredients.** $\frac{1}{2}$ lb. cooked ham.

2 oz. butter.

12 fried croûtons.

Cayenne.

Mince the ham very finely and put it in a small stewpan with the butter and a good seasoning of cayenne.

Have the croûtons very hot, and when the devilled ham is at boiling point spread it on the croûtons, and serve as quickly as possible.

Sardines, anchovies, and herrings' roe, serve equally well for this savoury, whose great charm lies in the fact of its being served very hot as a relish after dinner.

Average cost, 10d.

DORMERS.

A dish for 4 persons.

Ingredients.

$\frac{1}{2}$ tin mutton.

2 oz. butter.

Gravy.

Pepper and Salt.

$\frac{1}{4}$ lb. of rice.

1 egg.

Bread crumbs.

Fat for frying.

Half boil the rice and mince the meat finely, adding a good seasoning, make into little squares, adding the butter, then dip in egg and crumbs and fry a bright brown.

Serve with gravy.

Average cost, 1s.

EGG JUMBLES.

A dish for 3 persons.

Ingredients.

3 eggs.

A tablespoonful of minced ham
or bacon (cooked).

A saltspoonful of minced herbs.

$\frac{1}{2}$ oz. of butter.

3 slices of bread.

Pepper and salt.

Fat for frying.

Break the eggs into a basin and whisk them lightly. Add the chopped ham and the herbs and seasoning of pepper and salt.

Melt the butter in a saucepan, then pour in the egg mixture, and cook till set.

It should be stirred almost continually, but the bread must be toasted or fried to be in readiness to receive the eggs.

If fried, the crust should be cut off first, and the croutons will be ready directly they come out of the pan.

If toasted, the crusts should be removed afterwards, and the slices well buttered. Spread the mixture on these slices and serve very hot.

Average cost of this dish, 8*d.*

EGG SAVOURY.

A dish for 4 persons

Ingredients.

4 eggs.

$\frac{1}{2}$ lb. cheese.

2 oz. butter.

Pepper and salt.

Break the eggs into a basin and roughly whisk them with a fork.

Add a good seasoning of pepper and salt, and the cheese cut in thin slices.

Stir all over the fire till well amalgamated, then spread the mixture on slices of hot buttered toast, and serve as quickly as possible.

Average cost, 10*d.*

EGGS À LA REINE.

A dish for 6 persons.

Ingredients.

6 eggs.

Some scraps of tinned fowl.

A little tongue (the red part). 2 oz. of butter.

3 dessertspoonfuls of Béchamel. Cayenne.

Salt.

Boil the eggs for 5 minutes, shell them, and keep them warm while the purée is being made.

For this use the cold fowl cut in dice, the Béchamel, and the butter and seasoning.

Put this in a stewpan and let it get quite hot, but it must not boil.

Put this purée on a hot dish, cut the eggs in half and turn

them downwards upon it, then garnish with some smartly cut pieces of red tongue.

These should be prepared in the following manner :—

Slice the tongue, then stamp out with a pastry cutter, then put on a hot tin, covered by another, to get warm on the stove.

Average cost of this dish, 1s. 3d.

EGGS, RIVIÈRE.

A dish for 4 or 5 persons.

Ingredients.

6 eggs.

A few fine herbs.

Butter.

Some scraps of chicken and ham.

Cayenne or Nepaul pepper.

Salt.

Make a farce with the scraps of chicken, &c., and seasoning.

Beat the eggs with more seasoning and the herbs finely powdered.

Butter some dariole moulds, and line them with the farce, then fill nearly to the edge with the egg, and cover with the remainder of the farce. Steam the darioles for about 10 minutes, and serve with brown gravy.

Average cost, 1s. 1d.

EGGS AND TOMATOES.

A dish for 6 persons.

Ingredients.

$\frac{1}{4}$ tin tomatoes.

6 eggs.

Butter.

Bread.

Pepper.

Salt.

Fry some rounds of bread—cut from slices at least an inch thick—a bright brown, in butter, and put aside to keep hot.

Whisk the eggs, add them to the tomatoes in a saucepan, season well with pepper and salt, and simmer for 10 minutes, then fill the croûtons, which should have the centres scooped out to hold the purée, and serve hot on a dish-paper laid on a hot dish.

Garnish with parsley or cress.

Average cost, 1s.

EGGS, ALPINE.*A dish for 6 persons.***Ingredients.** $\frac{1}{2}$ lb. cheese.

6 eggs.

3 oz. butter.

*A little dried parsley.**Pepper and salt.**A few bread crumbs.*

Cut the cheese in thin slices, and with it line a buttered tin dish.

Over this break the eggs whole, then put a good seasoning of pepper and salt, and cover with the remainder of the cheese (grated), a few bread crumbs, and the parsley.

Over this again put the remainder of the butter in small pieces, then bake in a quick oven for about 10 minutes.

Average cost, 1s. 2d.

EGGS, ANCHOVY.*A dish for 4 persons.***Ingredients.**

4 eggs.

2 thick slices of stale bread.

Some anchovy paste.

1 oz. of butter.

*Cayenne.**Fat for frying.*

Boil the eggs hard, and having put them in cold water, shell them.

In the meantime stamp out 8 rounds of bread, cut not less than an inch thick, about 2 inches in diameter, and make an incision in them near the edge all round.

Fry these croûtons a bright brown in butter or the fat from tinned meat, and take out the crumb from the centres, thus leaving them like tartlets.

Cut the eggs in half, take out the yolks, and pound the latter in a mortar with the butter and enough cayenne and anchovy paste to make them savoury. Put a little of the mixture on each croûton, then fill the half eggs with it and set one on each, the cut part downwards.

Garnish with parsley or cress.

Average cost of this dish, 8d.

EGGS, BOMBAY.*A dish for 4 or 5 persons.***Ingredients.**

6 eggs.

2 oz. of butter.

12 croûtons.

4 anchovies.

 $\frac{1}{2}$ oz. curry powder.*A drop of essence of lemon.*

Boil the eggs hard, shell them, and cut them in halves.

Pound the yolks with the powder, the butter, and the anchovies, skinned and boned, heat this mixture in a small pan, keeping the eggs hot meanwhile, then fill them, put them on some hot croûtons, cutting a little piece off each half to make them stand upright.

The croûtons should be rounds of bread just a little larger than the egg, fried in fat from tinned meat, or butter.

Average cost, 1s. 3d.

EGGS IN AMBUSH.*A dish for 4 persons.***Ingredients.**

5 eggs.

4 sardines.

A tablespoonful of vermicelli. $\frac{1}{2}$ oz. of butter.*Cayenne and salt.**Fat for frying.*

Boil 4 of the eggs hard, then put in cold water.

While they are cooling, skin and bone the sardines and put them in a mortar, shell the eggs, cut them in halves, and take out the yolks; add these to the sardines, and season to taste with cayenne and a little salt.

Make a smooth paste with these ingredients and fill the half eggs.

Join them, and having beaten the remaining egg and crushed the vermicelli, dip them first in the former and coat them with the latter, and fry a nice bright brown.

There will be left from this quantity a good-sized tablespoonful of the farce and the larger part of the beaten egg.

Made in the summer, these should be at once used.

The egg can be saved for glazing a pie, for fish, or a milk

pudding, and the farce for some dainty sandwiches, for both of which we give recipes.

In winter they will both keep for a day, and the farce can be potted.

Average cost of this dish, 1s.

EGGS IN DARIOLE MOULDS.

A dish for 4 persons.

Ingredients.

6 eggs.	3 spoonfuls of chopped ham.
2 spoonfuls of truffles.	A little butter.
Pepper.	Salt.

Note.—Should truffles not be at hand, their place may be taken by some chervil and parsley chopped fine.

Butter 6 dariole moulds well and sprinkle them inside with either the truffles chopped fine or the herbs, and the ham very finely minced.

Break into each an egg, season well with pepper and salt, put a little piece of butter on the top of each, then poach either in a hot oven for 5 or 6 minutes or in a stewpan of boiling water, which must cover the moulds.

Turn out on a dish and pour over a little gravy or sauce.

Average cost of this dish, 10d.

EGGS, MAY FAIR.

A dish for 3 persons.

Ingredients.

3 eggs.	A round of bread.
4 anchovies or their equivalent in anchovy paste.	Cayenne.
1 oz. of butter.	Fat for frying.

Having boiled the eggs hard and allowed them to cool in cold water, shell them, and cut from the broadest part in the middle of each 3 slices about the third of an inch thick. Take out the whole of the yolk and make it into a farce, with the anchovies skinned, boned, and filleted, the butter, and a good seasoning of cayenne.

Stamp out nine rounds of bread just the size of the egg rings and fry a nice brown.

Lay on the egg, then colour the farce a bright red with cochineal or carmine, and fill the rings, piling up high in the centre, and putting the remainder of the white of egg chopped finely on the top.

Decorated with parsley or watercress, and arranged on a dish paper in a circle or oval, these eggs make a pretty dish.

Average cost of this dish, 8*d*.

EGGS, PATTIES OF.

A dish for 6 persons.

Ingredients.

6 eggs.	<i>Some Béchamel.</i>
2 slices of tinned tongue.	1 doz. tinned mushrooms.
A truffle, if obtainable.	Salt and cayenne.

Separate the whites from the yolks of the eggs, and put the former in a basin with a little Béchamel and seasoning of salt and cayenne.

Beat this till well mixed, then pass through a strainer into a buttered mould.

Put the yolks of eggs with a little hot water and seasoning in another buttered mould, and steam till both custards are set.

When cold cut both custards into thin slices, then stamp them out in rounds.

Chop up into fragments the truffles and put all these with the mushrooms into a stewpan with enough Béchamel to moisten all, then bake in buttered patty-pans for 10 minutes and serve hot.

Average cost, 1*s*. 6*d*.

EGGS, POACHED À LA PROVENÇAL.

A dish for 4 persons.

Ingredients.

6 eggs, a little flour.	<i>Dried herbs, some bread.</i>
2 tinned tomatoes.	12 button mushrooms.
A little gravy made from Liebig	2 or 3 onions, a little butter.
Company's Extract or Ed-	Fat for frying.
wards' Graving.	Pepper and salt.

Fry the onions, and when done put them, drained from the fat, in a stewpan, with seasoning, herbs, tomatoes, and mushrooms.

Let the sauce simmer in a little gravy for $\frac{1}{4}$ hour, then pass through a tammy.

Poach the eggs in the usual way, and make 6 rounds of toast about the size of the eggs, which butter and lay the eggs upon.

Thicken the sauce with butter and flour, and when it has boiled a few minutes pour it over the eggs on a hot dish.

Average cost, 1s.

EGGS, SALAD.

A dish for 4 persons.

Ingredients.

4 eggs hard boiled.	<i>Anchovy paste.</i>
2 tinned tomatoes.	<i>A tablespoonful salad.</i>
<i>A dessertspoonful vinegar.</i>	<i>Pepper and salt.</i>
1 oz. butter.	8 croûtons.

Slice the tomatoes and soak them in the oil and vinegar, with a sprinkling of pepper and salt.

Cut the eggs in half and make a farce with the yolks, anchovy paste, butter, and seasoning ; with this fill the half eggs and put on the slices of the tomato, which place on the croûtons.

Average cost, 1s.

EGGS, SAVOURY.

A dish for 6 persons.

Ingredients.

6 eggs.	$1\frac{1}{2}$ oz. of butter.
<i>Some anchovy paste or some boned anchovies.</i>	<i>Some fried croûtons.</i>
	<i>Cayenne.</i>

Boil the eggs hard, then put them in cold water to cool.

Shell them, and cut them in half lengthways.

Pound the yolks in a mortar with sufficient boned anchovies or anchovy paste to flavour them, the butter and seasoning of cayenne.

Fill the half eggs with this mixture, and put each on a fried croûton.

Average cost, 9d.

Note.—This same little savoury may be made by substituting either sardines, potted meat, or Liebig Company's Extract for the anchovy.

EGGS, SAVOURY POACHED.

A dish for 4 persons.

Ingredients.

6 eggs.	2½ oz. butter.
1 tablespoonful of vinegar.	1 teaspoonful tarragon vinegar.
Some powdered herbs.	Pepper and salt.

Melt the butter in a tin dish till slightly brown, with the herbs, then pour off, and heat the vinegar and seasoning till boiling, when add it to the remainder of the sauce.

Either poach or cook the eggs in a buttered pan in the oven till the white is set, then cut them even with a round cutter, arrange them on a hot dish, and pour in the sauce.

Average cost, 1s.

EGGS FRIED, STUFFED.

A dish for 4 persons.

Ingredients.

7 eggs.	12 tinned mushrooms.
A slice of tongue.	4 olives.
A few scraps of chicken.	Part of a truffle, if obtainable.
Béchamel.	Bread crumbs.
Cayenne, salt.	Fat for frying.

Boil 6 of the eggs hard, and when cold shell them and remove the yolks with a cutter (the yolks will serve for Tartare Sauce or a salad dressing).

Make a farce with the tongue, mushrooms, chicken, olives, Béchamel, and truffle, and season well.

Fill the eggs with this, then put back the small pieces cut off

to make the openings, dip in the remaining egg well beaten, then in bread crumbs, and fry a bright golden brown.

Average cost, 1s. 3d.

EGGS, SWISS.

A dish for 4 persons.

Ingredients.

6 eggs, a few bread crumbs.	$\frac{1}{2}$ lb. Gruyère.
A little dried parsley.	2 oz. butter.
Salt.	Cayenne pepper.

Butter a pie dish and line it with thin slices of the cheese ; upon these break the eggs carefully.

Season well with the cayenne, salt, and dried parsley.

Then put another layer of thin slices of cheese.

Over this put some bread crumbs, and over again some small picces of butter.

Bake in a brisk oven for about 15 minutes.

Average cost, 1s. 3d.

EGGS, SOUFFLÉ.

A dish for 4 persons.

Ingredients.

4 eggs.	2 oz. of butter.
A few dried mushrooms.	A shallot.
A little dried parsley.	Pepper and salt.

Put the yolks of the eggs with the butter in a small stewpan, fry the shallots cut in slices, and add them with the mushrooms and a good seasoning of pepper and salt.

Put the stewpan in a sauté pan of boiling water, and stir well with a wooden spoon till the mixture thickens, then take the pan off the fire, whisk the mixture for a minute or two, and set aside to get cold.

Whisk the whites of the eggs firm and mix them with the yolks, then with the mixture fill a soufflé case or some small ones.

Place this in a stewpan with a closely-fitting cover, and pour in enough boiling water to nearly reach the edges.

As soon as the water begins to simmer, take the pan off the fire and let the soufflé remain for about 10 minutes before taking off the cover.

Serve very quickly, or the lightness so essential to a soufflé will be lost.

Average cost of this dish, 9d.

FARCED OLIVES.

A dish for 8 persons.

Ingredients.

<i>A bottle Spanish olives.</i>	<i>4 sardines or some tinned tunny.</i>
<i>As many croûtons as there</i>	<i>Cayenne.</i>
<i>are olives.</i>	<i>A little lobster butter.</i>
<i>1 oz. butter.</i>	

Stone the olives, which will be found an easy task either with a little vegetable stamp or a pea-shooter.

Make a farce with the sardines or tunny, the butter, and cayenne, and with this fill the olives.

Have the croûtons ready fried and cold, spread them with the lobster butter, then on each stand upright an olive.

Serve for a savoury at the close of a dinner.

Average cost, 1s. 2d.

FISH SANDWICHES.

A Dish for 4 persons.—No. I.

Ingredients.

<i>6 sardines.</i>	<i>2 eggs.</i>
<i>4 rounds of bread.</i>	<i>1½ oz. butter.</i>
<i>Cayenne.</i>	<i>Lemon juice.</i>

Take some rounds of very thin bread and butter, well skin and bone the sardines, and pound them in a mortar with the remainder of the butter and a good flavouring of cayenne.

Cover half the rounds with this mixture, then squeeze over a few drops of lemon juice, then over the sardines put the eggs boiled hard and finely chopped.

Put the rounds together, trim neatly, cut into small sand-

wiches, and serve on a dish paper, garnishing with pink shrimps or prawns.

Average cost of this quantity, 10*d.*

FISH SANDWICHES.

No. II.

Ingredients.

$\frac{1}{2}$ pint pink shrimps.	<i>A few drops tarragon vinegar.</i>
4 rounds of brown bread.	2 oz. of butter.
Nepaul pepper.	Salt if necessary.

Butter the rounds and use the remainder of the butter to pound with the shrimps when skinned, as in preceding recipe, with a seasoning of Nepaul pepper, a few drops of tarragon, and a little salt if necessary.

Spread on half the brown bread and butter, put the other slices over, trim the edges, and cut each sandwich into four.

Average cost of this quantity, 5*d.*

FISH SANDWICHES.

No. III.

Ingredients.

$\frac{1}{4}$ tin lobster.	4 thin slices of bread.
$\frac{1}{2}$ oz. of butter.	Fat for frying.
A few drops cochineal.	Salt and cayenne.
1 teaspoonful vinegar.	1 saltspoonful tarragon vinegar.

Carefully open the tin and take out the lobster as dry as possible, then set to drain.

Dip the slices of bread for an instant in hot water, then stamp out an equal number of little rounds about the comparative sizes of a five-shilling piece and a shilling, and fry a bright golden brown in hot fat.

While these are cooling, and they should be perfectly dry and cold before using, proceed with the lobster.

Take some nice dry pieces of the fish, avoiding the little bright-coloured claws, and pound in a mortar with the butter and seasoning, colouring the mixture with a few drops of cochineal.

Spread the mixture evenly on the larger croûtons, and put the

smaller ones on the top of each, and serve garnished with the tiny red claws and vine leaves (*see* "Garnish for Cold Dishes" at end of recipes) on a doyley or dish-paper.

This should be a pretty as well as nice little dish, and it can be made from other tinned fish besides lobster.

Average cost of this quantity, 8*d*.

HAM TOAST.

A dish for 4 persons.

Ingredients.

<i>Scraps of cold cooked ham.</i>	<i>3 eggs.</i>
<i>1 oz. butter.</i>	<i>2 slices stale bread.</i>
<i>Nepaul pepper.</i>	<i>Fat for frying.</i>

Boil the eggs hard and mince the ham finely.

When the eggs are cold shell them and chop them up and add to the ham, of which there should be a rather less quantity, and give a good seasoning of pepper, with salt if necessary.

Cut the crusts from the bread, then cut them in half and fry in lard or butter ; toast may be substituted.

Put the butter in the saucepan, add to it the ham and egg, and when thoroughly hot, pile the mixture on the toast or croûtons and serve quickly.

Average cost, 9*d*.

HERRINGS' ROES DEVILLED.

A dish for 4 persons.

Ingredients.

<i>The soft roes of 2 herrings.</i>	<i>8 croûtons.</i>
<i>Cayenne, salt, butter.</i>	<i>A squeeze of lemon.</i>

Fry the croûtons a light brown in hot fat, and if the roes are ready keep them hot.

Take the roes from the herrings, cleanse them, then put them in the tin with a little butter either over the fire or in the oven, well seasoned with cayenne and salt, and cook till done, when squeeze a drop or two of lemon over.

Sprinkle a little cayenne over the croûtons and arrange half a roe on each, and serve as hot and as quickly as possible.

Average cost (reckoning the full cost of the herrings, which can be used for another dish), 7d.

KEBOBS, DRY.

A dish for 6 persons.

Ingredients.

1 lb. tinned meat. 1 onion.
1 dessertspoonful curry powder 1 egg.
(Halford's).

Mince 1 lb. of any kind of tinned meat, and put in a basin with 1 dessertspoonful of the curry powder.

Chop 1 onion as fine as possible, and add it, with a seasoning of pepper and salt.

Bind the mixture with an egg, and form into balls or flat cakes (using the hands to make the former, and 2 knives to make the latter).

Fry slowly until a pale brown, and serve very hot.

Send some chutney to table with this dish.

Average cost, 10d.

KEDGEREE.

A dish for 4 persons.

Ingredients.

<i>Any scraps cold salmon or</i>	<i>2 eggs.</i>
<i>other tinned fish.</i>	<i>$\frac{1}{2}$ lb. rice.</i>
<i>Pepper.</i>	<i>Salt.</i>

Boil the rice as for curry, and the eggs hard.

Divide the cold fish into very small pieces, and give it a good seasoning of pepper and salt.

Shell and chop the eggs finely, and put them in a pan with the scraps of cold fish.

Add the rice hot, and shake all well over the fire till quite hot.

This makes an excellent breakfast dish, and any kind of fish, such as herrings (dried), haddocks, or tinned fish, can be used.

If salmon, it should be drained as much as possible free from moisture, as the great charm of the dish lies in it being a very dry one, and for this reason the rice must be most carefully boiled.

Average cost, 7d.

KIDNEY TOAST.

A dish for 2 persons.

Ingredients.

- | | |
|------------------------|-----------------------------|
| 1 tin sheep's kidneys. | 1 thick round of bread. |
| 1 onion. | 1 teaspoonful of Holbrook's |
| 2 oz. butter. | curry powder. |

Cut a thick slice of bread, toast it and well butter it ; keep it hot.

Take 2 kidneys from a tin, put them on a board, and mince them finely.

Blend 1 heaped teaspoonful of curry powder with half a teacupful of cold water and a pinch of salt.

Chop 1 small onion very finely, put it in a frying-pan with 1 ounce of butter, and fry lightly for 10 minutes. Add the kidneys and the thickening, and toss it about with a spoon until hot through, and the sauce is thick.

Place on the toast, and serve very hot. This makes a good breakfast dish, as most of it can be prepared the night before.

Average cost, 6d.

LENTIL PUFFS.

A dish for 4 persons.

Ingredients.

- | | |
|-----------------------------------|----------------------------|
| $\frac{3}{4}$ lb. French lentils. | 2 ozs. of butter. |
| 2 eggs. | Teacupful of bread crumbs. |
| A teaspoonful of herbs. | $\frac{1}{2}$ an onion. |
| $\frac{1}{4}$ lb. of flour. | Salt. Pepper. |

Put the lentils to boil with enough water to cover them, and let them boil $2\frac{1}{2}$ hours.

When quite tender, beat them up and put back on the fire with the crumbs, the eggs beaten (just saving enough to brush over the rolls), the herbs, and the seasoning, and stir quickly for a minute or so.

When well mixed, put out the mixture to cool.

Make a little puff paste with the $\frac{1}{4}$ lb. flour and butter, and roll out thin, then with a cutter stamp it out in rounds.

Lay as much of the mixture as the paste will hold in each round, fold over and join the edges, then brush over with the egg, and bake till the pastry is browned.

Average cost, 7d.

LOBSTER BUTTER.

Ingredients.

Lobster coral.

Fresh butter.

Salt.

Cayenne.

Take the coral from a tin of lobster and pound it with some fresh butter, salt, and cayenne, to a smooth paste.

Should the coral not be bright in colour put a little carmine or cochineal to make it redder.

Stored in very small pots well covered down, this will be found a useful adjunct for savouries, &c.

Average cost, 5d. $\frac{1}{4}$ lb.

LOBSTER POTTED.

A breakfast dish.

Ingredients.

Lobster.

Butter.

Cayenne.

Anchovy sauce.

Any remains of a tin of lobster will answer for this dish, and it is a good way to use up the scraps that are generally left.

Pound them up with sufficient butter and anchovy sauce to moisten and make them into a smooth paste, and season rather highly with cayenne.

Put the mixture into small jars, make the top perfectly smooth and flat with a knife, then run a little melted butter over.

Average cost, about one-third of bought potted fish.

LOBSTER SAVOURY.*A dish for 4 persons.***Ingredients.**

$\frac{1}{4}$ tin lobster.
 1 round thin bread.
 6 olives.
 Cayenne.

2 eggs.
 Fat for frying.
 A little anchovy paste.
 Cochineal.

Boil the eggs hard and set aside in cold water.

Take the remains of a tin of lobster, not more than a quarter of one, and, draining it well, pound it in a mortar with a seasoning of cayenne and anchovy.

Have ready some croûtons fried, as directed in recipe "Fish Sandwiches, No. III.," about 8, then shell the eggs, and cut 4 slices from the thickest part, which lay upon the croûtons.

Stone the olives, cutting them in half, and use two cut in very thin strips to stick into the outer edge of the rings of the egg so as to make a sort of fence.

Add the remainder of the yolk of eggs to the lobster mixture, colour with the cochineal, and fill in the centres of the savouries, and the half olives, arrange neatly on a dish-paper, and garnish with the olives and the remainder of the white of egg finely chopped, alternately round the dish.

This sounds a somewhat fussy preparation, but such little appetisans are rarely missing at a good dinner, and their cost is small.

Average cost of this quantity, 10*d.*

MACARONI AU GRATIN.

This is made in precisely the same way as "Cheese Savoury," with the substitution of macaroni for the vermicelli.

The macaroni, however, requires a little longer boiling than vermicelli, being more solid.

The cost would be the same, 6*d.*

MACARONI CHEESE.*A dish for 4 persons.***Ingredients.** $\frac{1}{2}$ lb. macaroni. $\frac{1}{2}$ bottle grated Parmesan.

2 oz. butter.

Cayenne, salt, a few crumbs.

Boil the macaroni in just sufficient water to allow it to swell with $\frac{1}{2}$ oz. butter, and when tender and the water evaporated, turn it out.

Butter a pie dish, put a thin layer of bread crumbs, then one of macaroni, then one of cheese, putting in a good seasoning of salt and cayenne.

Repeat these layers, and on the top put a layer of bread crumbs, and the remainder of the butter cut in small pieces.

Put in a quick oven till brown, or when thoroughly hot use a salamander.

Average cost, 9d.

MACARONI CHEESE (Another Mode).*A dish for 4 persons.***Ingredients.** $\frac{1}{2}$ lb. macaroni. $\frac{1}{2}$ lb. cheddar cheese.

2 oz. butter.

A few bread crumbs.

Cayenne.

Salt.

Boil the macaroni, as in preceding recipe, but with the cheese sliced, in it.

Butter a pie-dish and pour in the macaroni well seasoned, lay over some bread crumbs, and put over the remainder of the butter cut in small pieces, then bake as before directed.

Parmesan may be substituted for the cheddar, but a very nice dish can be made from the latter, and the macaroni treated in this way is thoroughly impregnated with the cheese.

Average cost, 9d.

OYSTER SAVOURY.*A breakfast or supper dish for 6 persons.***Ingredients.**

A tin of oysters.

6 rounds of bread,

2 oz. of butter,

6 anchovies.

Cayenne,

Lemon juice,

Having drained the oysters from their liquor, first chop them, then pound them to a paste with the anchovies, skinned and boned, 1 oz. of butter, and a flavouring of cayenne and lemon juice.

Make the bread into toast, butter it, and keep it hot, while the oyster mixture is stirred over the fire till thoroughly heated, then spread the toast, from which the crust should have been cut, and put the dish in the oven for a minute that it may be served as hot as possible.

Average cost of this quantity, 1s.

PRAWNS DEVILLED.

A dish for 4 persons.

Ingredients.

$\frac{1}{2}$ tin prawns.

$\frac{1}{2}$ oz. butter.

Cayenne.

8 croûtons.

A few drops tarragon vinegar.

Salt.

Cut the croûtons from slices of stale bread one-third of an inch thick, and if a fluted cutter be at hand use that, making them about the size of a 4s. piece, then fry a bright brown and keep hot.

Open the prawns, take half out as dry as possible and put them in a saucepan in which the butter has already melted, with a plentiful seasoning of cayenne, a little salt, and a few drops of vinegar.

When thoroughly heated pile the prawns upon the croûtons, put on a dish-paper in a silver plate, and serve as quickly and as hot as possible.

Average cost, 10d.

SALMON POTTED.

A breakfast dish.

Ingredients.

Remains of tin of salmon.

Butter.

Anchovy paste.

Cayenne.

This is made in exactly the same way as potted lobster (see recipe for that dish).

Pound any remains of a tin of salmon with enough anchovies, boned and filleted, and Nepaul pepper to flavour the mixture nicely.

Add a little butter, and when the paste is smooth, spread it on the rounds of buttered toast, and serve hot and quickly.

SARDINES, À L'ITALIENNE.

A dish for 4 persons.

Ingredients.

8 sardines.

8 croûtons.

3 eggs.

Fat for frying.

A dessertspoonful vinegar.

A little mustard.

$\frac{1}{2}$ oz. of butter.

Some salt.

Scale and bone the sardines, and put them in a small tin in the oven to get hot.

Fry the croûtons and put on them the sardines.

Put the yolks of the eggs, the vinegar, a saltspoonful of mustard, $\frac{1}{2}$ oz butter, and a little salt, stir till the mixture thickens, then pour over the sardines.

Average cost, 1s. 2d.

SPANISH SAVOURY.

A dish for 6 persons.

Ingredients.

6 eggs.

2 slices of bread.

$\frac{1}{2}$ pint white sauce.

Fat for frying.

1 tablespoonful plain and tarragon vinegar mixed.

Cayenne and salt.

Boil 5 of the eggs hard, chop the whites and rub the yolks through a sieve.

Put the vinegar in a saucepan, and when it has boiled a few minutes add the sauce and the raw egg and stir till the mixture is cooked, then put in a savoury seasoning.

Next add the whites of the eggs and heat thoroughly.

Fry some croûtons (see recipe) a bright brown.

Put the egg mixture on a silver dish and the croûtons round.

Average cost, 11d.

TAPPIT HEN (A Scotch Recipe).*A dish for 4 persons.***Ingredients.** $\frac{3}{4}$ lb. cheese.

2 oz. butter.

Cayenne.

4 eggs.

4 slices of bread.

Salt.

Melt the cheese with half the butter and some seasoning in a stewpan.

Make 4 slices of toast, cut off the crusts, and butter them.

Poach the eggs as neatly and evenly as possible, pour over the toast the cheese, then on each slice lay an egg, putting a tiny piece of butter and a dust of cayenne and salt over.

Serve very hot.

Average cost, 1s. 1d.

VEAL CAKE.*A dish for 8 to 10 persons.***Ingredients.** $1\frac{1}{2}$ lb. cold meat (frozen meat). 4 eggs.

1 lb. cooked ham.

Some stock or gravy.

A little dried parsley.

Pepper and salt.

Slice the veal into neat pieces, also the ham, boil the eggs hard and peel and slice them.

Put all into a mould in layers, scattering the herbs and seasoning between.

Next add the stock, which if not strong, should have a little gelatine dissolved in it.

Average cost, 2s. 6d.

WELSH RAREBIT.*A dish for 4 persons.***Ingredients.** $\frac{1}{2}$ lb. good rich cheese.

2 oz. butter.

4 slices of bread.

Cayenne and salt.

Make 4 slices of toast, butter them well on both sides, cut off the crust and lay them on a baking tin.

Cut 4 thick slices of cheese, remove the rinds, and lay one on each piece of toast.

Sprinkle over a little cayenne and salt, and cook in a quick oven till the cheese is melted.

If not browned use a salamander.

Average cost of this quantity, 8*d*.

WELSH RAREBIT (Another Mode).

A dish for 4 persons.

Ingredients.

$\frac{1}{2}$ lb. good rich cheese.	2 oz. butter.
A tablespoonful beer or milk.	2 rounds of bread.
A saltspoonful made mustard.	Salt.

Put 1 oz. of butter into a saucepan, and when it is melted add the cheese cut in thin slices, the milk or beer, the mustard and the salt.

Make some toast with the bread, butter it well, and after the mixture of cheese has been stirred to a thick cream pour it over the toast and serve at once.

Average cost of this quantity, 8*d*.

WELSH RAREBIT, OR TOASTED CHEESE.

A dish for 4 persons.

Ingredients.

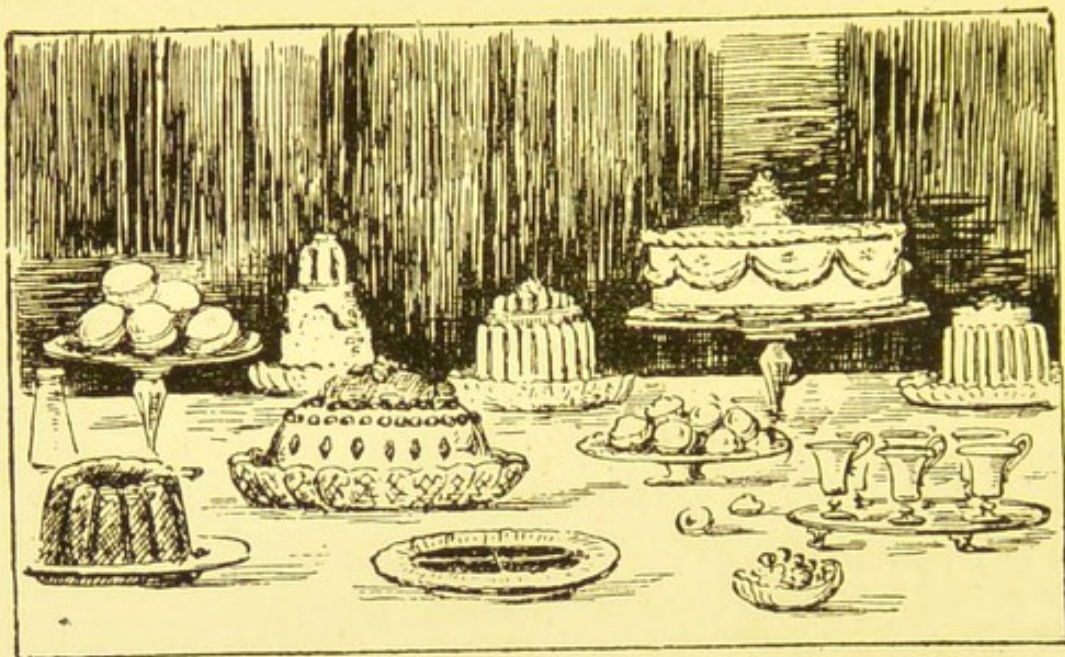
$\frac{1}{2}$ lb. American cheddar.	2 oz. butter.
Cayenne, salt.	2 rounds bread.

Make the rounds of bread into toast, remove the crust, then butter and put them in a Dutch oven.

Hang the cheese, cut in slices one-third inch thick, on the hooks of the oven, and let it melt upon the toast.

Serve very hot.

Average cost, 8*d*.



SWEETS.

PUDDINGS, PASTRIES, JELLIES, CREAMS, ETC.

Cut sweets of various kinds.

THERE are comparatively few sweets, cakes, &c., that cannot be made as well from preserved provisions as from fresh ; in fact, most of our sweets *are* made from tinned and preserved articles.

Certainly cream and fresh fruits are lacking, but the former ingredient is a rule too expensive for every-day cookery, and the fruit for cooking purposes is most excellent both tinned and bottled.

It would be quite easy to fill a cookery book with no other recipes but for those for sweets which could be made from tinned provisions, but in a work such as this, that, as far as practicable, deals with all kinds of cookery, space only avails for a certain number of pages to be devoted to this section.

We have therefore selected those that really do not need the aid of fresh provisions to render them excellent.

It should always be remembered, in making sweets from preserved provisions, that the use of condensed milk in place of

fresh milk or cream obviates the necessity for much, if any, sugar in their composition.

Another thing to be remembered—this applying to all preserved provisions that are substitutes for fresh, such as bottled and canned fruits, &c.—is that they are already cooked, and only need heating.

Take, for example, a fruit tart. This, if lacking a little in flavour compared with fresh, is almost as good; and whereas we have sometimes to sacrifice the crust to have the fresh fruit done thoroughly, with tinned kinds, such as gooseberries, raspberries, currants, &c., we may take our tarts out of the oven the moment the pastry is properly cooked, with the happy conviction that the interior of the tart or pie will be as ready for serving as the outside.

Gelatine and isinglass so commend themselves, from an economical light, in preference to calf's feet, &c., for jellies and blancmanges, that where fresh provisions are obtainable, few think of using but the ones we quote as ingredients for sweets.

Most convenient are the pudding-powders, the custards, the egg-powders, &c., and very economical as compared with fresh provisions.

We cannot but highly recommend the custard-powder, which makes a dish almost, if not quite, equal to fresh eggs and milk.

Florador, rizine, white oats, and many other farinaceous preparations lend aid to the cook in preparing sweets, while as to the jellies, what a boon the quickly-prepared Chelsea and bottled ones are.

The latter especially are most useful where expense is an object, as a really nice jelly can be made from them at such a very small cost.

The lemon curd, too; what nice cheese-cakes can be made from it, with only the labour of making the paste. And, again, the pulp for ices, how handy that is if we happen to have an ice machine.

No one, even if we include those prejudiced against tinned fish or meats, can grumble at sweets prepared without the aid of any fresh ingredients.

More depends upon the hands and brains, on which we depend for our daily fare, than in the actual provisions with which they have to deal, and we have no hesitation in saying

that a good cook can make a far better dinner out of tinned provisions than an inferior one could out of the choicest fresh ones.

We wish to bear out our statement that fresh foods are better than preserved ones, but as in these days the latter must be used, it is as well to know the best way in which they should be prepared and sent to table, and in no case is it easier to arrive at a happy result in the matter than in the following recipes in our chapter on "Sweets."

ALMOND CAKES.

A dish for 6 persons.

Ingredients.

4 oz. sweet almonds.	6 sponge finger biscuits.
$\frac{1}{2}$ teaspoonful ground cinnamon.	Essence of lemon.
1 packet albumen.	4 oz. castor sugar.

Grate the 6 sponge finger biscuits (which must be very stale), and put them in a basin with the cinnamon, sugar, a few drops of essence of lemon, and the almonds (pounded).

Mix them all well together.

Soak, and whip 1 packet of albumen, and with it make the contents of the basin into a stiff paste.

Bake in small patty pans until gold colour. The length of time will depend on the heat of the oven; in a brisk one they will take from 15 to 20 minutes.

A little of the whipped albumen should be reserved for ornamenting the top of each cake.

Average cost, 1s. 2d.

ALMOND PUDDING.

A dish for 6 persons.

Ingredients.

$\frac{1}{2}$ lb. almond rings.	Swiss milk.
1 packet of almond blanc mange.	



ALMOND PUDDINGS.

An almond pudding may be made in the same way as the "Cocoanut Pudding," by substituting almond rings and blanc mange powder for cocoanut biscuits and custard powder.

Serve cold and turned out of the pie dish or basin.
Average cost, 6d.

APPLE AND RICE MERINGUE.

A dish for 8 persons.

Ingredients.

1 tin American apples.	$\frac{1}{4}$ lb. castor sugar.
$\frac{1}{2}$ lb. rice or rizine.	4 cloves.
2 tablespoonfuls Swiss milk.	1 packet egg powder.
Essence of lemon.	1 packet Swinborne's albumen.

Open a tin of American apples, take out 6, and place them in a stewpan with $\frac{1}{2}$ pint of their own liquor ; if not sufficient, add water to make up the quantity, and $\frac{1}{4}$ lb. castor sugar and 4 cloves.

Let them boil very gently till the apples are soft ; take them out and heap them neatly in the middle of a glass dish.

Boil the syrup rapidly without a lid, until it is reduced to 3 tablespoonfuls, strain it over the apples.

Open a tin of Swiss milk and dissolve 2 tablespoonfuls in 1 pint of water.

Put $\frac{1}{2}$ lb. of rice or rizine in a stewpan with the milk and a few drops of essence of lemon.

When the rice has absorbed all the milk, stir thoroughly in 1 packet of egg powder, and stand aside to cool.

Soak 1 packet of albumen in 3 teaspoonfuls of water for $\frac{1}{2}$ hour.

Whisk it to a very stiff froth. Arrange the rice like a wall round the apples, and spread the albumen smoothly over all, using a silver or ivory knife.

Sift a little castor sugar over it, and bake until it is slightly brown.

Decorate with preserved cherries and angelica.

Average cost, 1s. 6d.

APPLE AND RIZINE PUDDING.

A dish for 8 persons.

Ingredients.

$\frac{1}{2}$ lb. rizine.	6 tinned apples.
Castor sugar.	

Tie $\frac{1}{2}$ lb. flake rizine in a cloth, allowing room for it to swell. Put it in a saucepan of cold water. Let it boil for 10 minutes.

Take it out, untie the cloth, and put the rizine in a basin.

Cut 6 tinned apples in small dice; stir them in with the rizine; put back into the cloth, tie tightly, and boil for 20 minutes longer.

Serve with castor sugar.

Average cost, 6d.

APPLE DUMPLINGS (Baked).

A dish for 3 persons.

Ingredients.

$\frac{3}{4}$ lb. flour.

$\frac{1}{4}$ lb. beef marrow.

$\frac{1}{2}$ teaspoonful baking powder. Tinned apples.

Cloves.

For the crust, rub the beef marrow into the flour until as fine as grated bread crumbs. Add the baking powder while dry. Mix to a stiff paste with a little cold water.

Divide the paste into 3 pieces.

Open a tin of American apples, place 2 halves and 1 clove on each piece of paste (previously rolled out), and work the paste round the apple with your hands, so that no join can be discovered.

Bake on a greased tin for $\frac{3}{4}$ of an hour.

Average cost, 6d.

APPLE FOOL.

A dish for 6 persons.

Ingredients.

6 tinned apples.

Essence of lemon.

2 tablespoonfuls Swiss milk.

1 packet of Goodall's custard powder.

Rusks, or finger biscuits.

Prepare the apples as before directed, but do not sweeten them.

When soft, beat them to a pulp, and allow them to get cold.

Make a custard with Goodall's custard powder, and 2 tablespoonfuls of tinned milk dissolved in 1 pint of water.

This milk will be found sufficiently sweet.
Stir it into the apples ; serve in glass dishes, and send rusks or sponge finger biscuits to table with it.

Average cost, 1s.

APPLE FRITTERS.

A dish for 6 persons.

Ingredients.

$\frac{1}{2}$ lb. of apple rings.	Castor sugar.
1 packet albumen.	$\frac{1}{2}$ oz. butter.
Essence of lemon.	

Soak the apple rings in cold water all night. Drain on a sieve.

Dip each ring in castor sugar, and flavour with one drop of essence of lemon.

Proceed as for apricot and pineapple fritters.

Average cost, 6d.

APPLE JELLY.

A dish for 6 persons.

Ingredients.

1 lb. tinned apples.	3 oz. lump sugar.
Pistachio nuts, or preserved cherries.	1 oz. gelatine.
	Essence of lemon.

Put 1 lb. of American apples in a stewpan with 3 oz. lump sugar, $\frac{1}{2}$ pint of the liquor or water, and a few drops of essence of lemon. Stew until quite tender, then with the back of a wooden spoon rub them through a hair sieve.

Soak 1 oz. of gelatine in a teacupful of water until thoroughly melted, stir it in with the apples.

Rinse a pint-and-a-half mould in cold water, place some Pistachio nuts at the bottom (or preserved cherries), and when the jelly is nearly set fill the mould with it.

Turn out carefully when thoroughly set.

Average cost, 1s.

APPLE JELLY.*A dish for 4 persons.***Ingredients.**

<i>2 lb. apples.</i>	<i>$\frac{1}{2}$ oz. Swinborne's isinglass.</i>
<i>$\frac{1}{2}$ lb. loaf sugar.</i>	<i>2 lemons.</i>

Pare, core, and quarter the apples, and put them with the rind of $\frac{1}{2}$ lemon in a stewpan, with just enough water to cover them, to boil till tender.

Mash them with their juice, add the isinglass dissolved in a little water, the juice of the 2 lemons and the sugar, then boil for 30 minutes.

Put into a mould to set, and serve when cold (if at hand) with a little plain or clotted cream.

Average cost of this quantity, 10*d.*

Note.—For this dish gelatine may be substituted for the isinglass, Swinborne's being the best, and there can be no hard and fast rule as to the quantity, as some apples yield so much more juice than others, and will therefore require more isinglass or gelatine to make them into a jelly.

Again, with regard to the amount of sugar, this must be used with discretion, according to the sweetness or sourness of the apples.

APPLE MERINGUE.*A dish for 6 persons.***Ingredients.**

<i>$\frac{1}{2}$ lb. tinned apples.</i>	<i>2 packets albumen.</i>
<i>Castor sugar.</i>	<i>Essence of lemon.</i>

Soak 2 packets of albumen or white of egg in 6 small teaspoonfuls of cold water for half an hour.

Meanwhile open a tin of American apples and put $\frac{1}{2}$ lb. of them in a stewpan, with sufficient liquor to prevent their sticking.

Flavour with Langdale's essence of lemon, and add 2 oz. of castor sugar.

Stir frequently, and when quite soft beat to a pulp with a wooden spoon.

Add 1 oz. castor sugar to the albumen, and with a wheel egg whisk beat it into a firm froth.

Stir carefully in with the apples.

Pile it up in rocky lumps on a silver dish, sift a little castor sugar over it, and bake for 10 minutes.

Average cost, 10d.

APPLE OMELETTE.

A dish for 6 persons.

Ingredients.

6 tinned apples.

3 oz. butter.

Bread crumbs.

Castor sugar.

Stew and pulp the apples, sweeten to taste, and stir in $1\frac{1}{2}$ oz. of good butter.

Allow it to get cold.

Butter a pie dish thickly all over, bottom and sides, and cover with finely-grated bread crumbs, as many as will stick.

Put in the apples, and cover with bread crumbs $\frac{1}{4}$ of an inch thick.

Dissolve the remainder of the 3 oz. of butter, pour it over the top, and bake for 1 hour in a rather quick oven.

To serve, turn it carefully out the shape of the dish, and sift white sugar over it.

Average cost, 1s.

APPLE PUDDING.

A dish for 6 persons.

Ingredients.

$\frac{1}{2}$ lb. of suet.

1 lb. flour.

2 lb. apples.

12 cloves.

$\frac{1}{4}$ lb. sugar.

1 teaspoonful salt.

Chop the suet finely, and make a crust with that, the flour, and salt, with sufficient water to make a stiff paste.

Butter a basin, and line with the crust, reserving a piece for a cover.

Pare, core, and slice in the apples, adding the sugar and the cloves, then cover the top.

Have ready a pan of boiling water, and after tying up the pudding put it in, and boil for 3 hours.

When taken up, cut a little round from the top and put in a piece of butter the size of a walnut, with a little hot water, should the apples appear dry; then serve with a little sugar sifted over.

Average cost, 11d.

Note.—Should this pudding be made with tinned apples, the juice and peel of $\frac{1}{2}$ lemon will be found an improvement; a rather thin crust should be used, and the pudding boiled 1 hour instead of 3.

APPLE SNOW.

A dish for 6 persons.

Ingredients.

6 good-sized apples.

4 eggs.

Castor sugar.

Water.

Condensed milk.

The rind of 1 lemon.

Peel, core, and quarter the apples, and boil them till tender with just enough water to prevent them from burning, or bake them in a moderate oven, and then remove the core and peel.

In the former mode of cooking boil the lemon rind with the apples, in the latter add the juice of the lemon after taking the pulp from the apple.

Beat the pulp well and set aside to cool, meanwhile beat the whites of the eggs to a stiff froth.

Next mix apples and egg together with a whisk, adding castor sugar to taste, according to the sweetness of the apples.

The result should be what the title suggests, a thick, frothy substance that can be piled in a glass or other dish, and which, decorated with a few crystallised cherries, looks very pretty.

With the yolks of the eggs and some condensed milk make a custard, flavouring it with lemon, and either serve it with, or pour it round, the snow.

Average cost of this quantity, 10d.

APPLE SOUFFLÉ.

A dish for 6 persons.

Ingredients.

1 tin apples.	$\frac{1}{2}$ a lemon.
5 eggs.	6 oz. rice.
1 quart milk made from condensed.	1 oz. butter.
	3 oz. castor sugar.

Boil the milk, rice, and lemon peel till the milk is well flavoured and the rice tender, then rub down into a smooth paste.

Butter a soufflé dish or cake tin and line with the rice, and set in the oven.

Take the yolks of the eggs and beat well, put the apples, butter, and lemon juice on the fire, stir into them the yolks of eggs and sufficient sugar to sweeten, and stir over the fire till thick.

Turn out the rice mould, beat the whites of the eggs to a froth, add them to the apples, &c., then fill the rice and bake in a moderate oven for about 15 minutes.

When the soufflé rises high, take it out and serve quickly, or it will fall.

No dish requires more careful reckoning as to time required for serving than a soufflé of any kind, as it is ruined by delay after it is done.

Average cost, 1s. 4d.

APPLE TART.

A dish for 6 persons.

Ingredients.

1 tin apples.	About 4 oz. sugar.
$\frac{1}{2}$ lemon.	12 cloves.
$\frac{1}{2}$ glass of sherry.	$\frac{1}{2}$ lb. puff or short crust.

Make $\frac{1}{2}$ lb. of paste or crust by the recipe given, and put a rim round the edge of a pie dish.

Put in the apples with sugar to taste, a little lemon peel, the juice, the cloves, and the sherry.

Stir together, then cover with the crust and bake in a rather quick oven for $\frac{1}{2}$ hour or rather more.

Average cost, 1s. 4d.

Note.—All plain tarts from bottled fruit are made in the same manner as in the preceding recipe, save in the matter of flavouring.

Gooseberries, raspberries, currants, &c., only require sugar, but the tinned apples as a rule lack flavour, and the addition of the lemon, &c., makes a decided improvement.

APPLES AND CUSTARD.

A dish for 6 persons.

Ingredients.

1 tin apples.	Condensed milk.
$\frac{1}{4}$ lb. castor sugar.	Goodall's egg powder.
Lemon juice.	Essence of almonds.

Make a custard as per directions with Goodall's egg powder and milk made from condensed milk, flavouring it with a few drops of almond essence.

Put the apples into a basin, squeeze in a flavouring of lemon, then beat them up with the sugar, using more or less than the quantity named, according to the sweetness of the fruit, then pour into a glass dish.

When the custard is cold pour it over the apples.

This is a nice and wholesome dish for a children's party supper, when slices of sponge cake may be served with it.

Average cost, 1s.

APRICOT CREAM.

Sufficient for a quart mould.

Ingredients.

$\frac{1}{2}$ tin apricots.	1 oz. Swinborne's gelatine.
$1\frac{1}{2}$ pints milk made from condensed.	Yolks of 4 eggs.

Take out the apricots and rub them through a sieve.

Boil the milk, and when cooling mix with it the yolks of eggs

well beaten ; put this as a custard in a jug in a pan of boiling water, and stir it one way till it thickens.

Dissolve the gelatine in a little hot water and add to the milk, which stir till nearly cold, then mix with the apricots and pour into an oiled mould.

Average cost, 1s. 3d.

APRICOT FRITTERS.

A dish for 8 persons.

Ingredients.

1 tin of apricots:	Castor sugar.
1 packet of albumen.	$\frac{1}{2}$ oz. butter.

Lay the apricots on a sieve to drain them as dry as possible ; dip each half in castor sugar, and make a French batter as follows :

Cut $\frac{1}{2}$ oz. butter in small pieces, put it in a teacup ; pour on sufficient boiling water to melt it, and fill up the cup with cold. Add it by degrees to 3 oz. flour, making a smooth batter. Just before using add a packet of albumen prepared as directed.

Dip each half apricot in the batter, and fry lightly in boiling lard.

Serve heaped on a hot napkin with sifted sugar over.

Average cost, 1s. 4d.

APRICOT PUDDING.

A dish for 6 persons.

Ingredients.

$\frac{1}{2}$ tin apricots.	$\frac{1}{2}$ pint bread crumbs.
1 pint milk made from condensed.	2 eggs.

Pour the milk boiling on to the crumbs and add the eggs well beaten.

Add the fruit and put all into a buttered pie dish, and bake for 30 minutes.

Average cost, 8d.

APRICOT TARTLETS.*A dish for 6 persons.***Ingredients.**

$\frac{1}{2}$ lb. puff paste.	<i>A little apricot jam.</i>
<i>The white of 2 eggs.</i>	<i>A little castor sugar.</i>
$\frac{1}{2}$ tin apricots.	<i>A few crystallised cherries.</i>

Cut some rounds from the paste rolled very thin, then rather thicker rings of the same size with two cutters, join these together with white of egg and bake in a quick oven.

When the tartlet cases are cold, put in each $\frac{1}{2}$ an apricot with the hollow side uppermost, and into each a spoonful of apricot preserve.

Whip the whites of eggs to a stiff froth, with a little castor sugar and flavouring of vanilla or almond, pile a little on each tartlet, and garnish with a cherry.

Average cost of this quantity, 1s.

Note.—Peach tartlets may be made in the same way, substituting peach marmalade for the apricot preserve.

BAKED CUSTARD PUDDING.*A dish for 4 persons.***Ingredients.**

<i>1 packet Goodall's custard powder.</i>	<i>Swiss milk.</i>
<i>1 dessertspoonful flour.</i>	<i>1 oz. butter.</i>

Put 2 tablespoonfuls of condensed milk into 1 pint of cold water, and let it thoroughly dissolve.

Put 1 packet of custard powder, and 1 dessertspoonful of flour in a basin, and mix it smoothly with three tablespoonfuls of the milk and water.

Place the remainder on the stove (adding the butter), and when it boils pour it all at once on the ingredients in the basin, stirring quickly for about one minute.

Pour it into a pie dish, and bake until it takes a slight colour.

If liked, a little nutmeg may be grated on the pudding before baking it.

Average cost, 6d.

BATTER PUDDING.

A dish for 4 persons.

Ingredients.

*A teacupful of flour.**2 eggs.**1 oz. butter, salt.**1 pint milk, condensed.*

Wet the flour in a basin with enough of the milk to make a very thick batter, in which all the lumps must be rubbed down smooth.

Add the remainder of the milk and the butter melted, and while heating, the eggs and a pinch of salt.

When the batter is quite smooth put it in a buttered basin, tie it down with a cloth and plunge into boiling water.

Move the basin two or three times after the pudding is put in, to prevent the flour from settling in any part, then boil steadily for $1\frac{1}{2}$ hours.

Serve with sweet or brandy sauce, and the sooner the pudding is sent to table after being taken out of the saucepan the better.

Average cost, 5d. (without the sauce).

Note.—A baked batter pudding is made in the same way as a boiled one, but is put in a buttered tin and baked for $\frac{3}{4}$ to 1 hour according to size.

BREAD FRITTERS.

A dish for 6 persons.

Ingredients.

*Any stale bread.**Castor sugar.**1 packet custard powder.**Swiss milk.**Nutmeg.**Lard for frying.*

Cut away pieces of stale bread in neat pieces, some round, some square, of uniform thickness.

Blend together 1 packet of Goodall's custard powder, 2 tablespoonfuls of Swiss milk, and 1 pint of cold water, soak the pieces of bread in the custard, and fry in boiling lard.

Drain on cap paper, and serve heaped on a folded napkin

or dish paper with a little nutmeg grated, and if liked very sweet, sift a little white sugar over.

Average cost, 6d.

BREAD PUDDING (Baked).

A dish for 8 persons.

Ingredients.

1 lb. crumb of bread.	2 oz. butter.
2 oz. sultanas.	2 oz. mixed peel.
2 oz. currants.	4 tablespoonfuls Swiss milk.
Nutmeg.	1 packet Goodall's custard powder.

Soak 1 lb. of stale pieces of crumb of bread in cold water all night, put it in a cloth, and wring it as dry as you can.

Turn it into a basin, and break and beat it with a fork.

Cut up the peel, wash and dry the currants, take the stalks off the sultanas, and grate about $\frac{1}{2}$ a saltspoonful of nutmeg.

Beat all these things well in with the bread.

Make a custard (as already directed) with 1 packet of custard powder, 3 tablespoonfuls of Swiss milk and $1\frac{1}{2}$ pints of water.

Pour this (boiling) on to the bread, &c. Put the mixture in a pie dish with the butter cut in knobs and put on the top, and bake until nicely browned.

Average cost, 10d.

BREAD, RIZINE.

Sufficient for 2 loaves.

Ingredients.

2 lb. flour.	4 oz. rizine.
2 tablespoonfuls baking powder. Salt.	
<i>Luke warm and hot water.</i>	

Pour over the rizine a pint of hot water, let it stand till cool, then add a little more water, luke warm.

Well mix the flour with the baking powder and salt, add to it the rizine, and blend all, with more water if necessary, into a stiff dough.

Put the loaves in tins and immediately into the oven, and bake 1 hour.

Average cost, 6d.

BREAD, TO MAKE.

Ingredients.

Flour.

Baking powder.

Salt.

Water.

According to the quantity of bread required and the directions given with all well-known baking powders, so must the bread be made.

We cannot give set rules or quantities, for the reason that the inventors know better than any one else how their preparations should be used, but as a general direction applying to all, the bread should be put in the oven directly it is ready, as otherwise it is apt to get heavy.

This applies to all cakes, puddings, &c., in which baking powder is used.

It should be baked in an oven where the heat can be kept up, and a 2 lb. loaf requires about 1 to 1½ hours.

Ascertain if it is thoroughly done by putting in a knife, and when ready turn on one side, or upside down, for the steam to escape.

Average cost, per 2 lb. loaf, 3d.

BUNS.

Sufficient for 12 buns.

Ingredients.

1 lb. of flour.

½ teaspoonful tartaric acid.

½ teaspoonful soda.

1 egg.

¼ lb. sultanas.

A little salt.

1 oz. sugar.

½ pint milk made from condensed.

3 oz. butter.

Put the flour, acid, soda, and a little salt in a basin and rub all together.

Work in the butter, and add the sultanas and sugar.

Make $\frac{1}{2}$ pint milk with condensed milk, and add to it the egg well beaten, then stir into the flour and form a dough.

Divide into buns, put these on a buttered tin, and bake for about 20 minutes in a good oven.

In place of the sultanas, currants, or a few carraway seeds may be used.

Average cost, 9d.

CABINET PUDDING.

A dish for 6 persons.

Ingredients.

- | | |
|-----------------------------|----------------------------|
| 2 oz. muscatel raisins. | 1 packet Goodall's pudding |
| 2 sponge cakes. | powder (Vanilla). |
| 1 tablespoonful Swiss milk. | Butter. |
| $\frac{1}{4}$ lb. ratafias. | |

Stone the raisins and cut them in halves.

Butter the inside of a pint pudding basin or mould and cover it with the raisins, sticking them on with the skins towards the basin.

Fill it up with ratafias and pieces of sponge cake put in alternately.

Make a custard by blending 1 tablespoonful of Swiss milk with $\frac{1}{2}$ pint of cold water and $\frac{1}{2}$ packet of pudding powder (Vanilla flavouring); stir until it boils and thickens, and pour it on the cakes by degrees.



CABINET PUDDING.

If liked, a tablespoonful of brandy may be added, and is a great improvement.

Cut a piece of writing-paper a little larger round than the pudding, butter it, and lay it carefully on the pudding.

Steam it for one hour, this may be done either in a potato steamer, or by standing the basin in a saucepan with enough boiling water to come half way up.

Average cost, 9d.

CAKE DROPS.

A dish for 6 persons.

Ingredients.

- | | |
|---|----------------------------------|
| 1 lb. of flour. | 1 teaspoonful carbonate of soda. |
| 2 teaspoonfuls of cream of tartar. | Swiss milk. |
| $\frac{1}{2}$ teaspoonful of grated nutmeg. | Lard. |
| 1 packet Goodall's egg powder. | |

Put the flour in a basin with the nutmeg, soda, cream of tartar and egg powder, dissolve 1 teaspoonful of Swiss milk in 1 teacupful of cold water, and fix the flour with it to a stiff dough.

Flour the pastry-board and rollingpin, and roll out the paste thin.

Cut it into strips and twist or plait them; cut it into rounds or diamonds, or any shape that you fancy, drop them into boiling lard, and fry them a pale golden colour.

Drain on paper, and serve heaped on a folded napkin, with sugar sifted over them.

Average cost, 8d.

CARRAWAY RIZINE CAKE.

Sufficient for good-sized cake.

Ingredients.

- | | |
|--|-------------------------------|
| 1 lb. flour. | 2 teaspoonfuls baking powder. |
| $\frac{3}{4}$ pint milk made from condensed. | 1 egg. |
| | 2 oz. sugar. |
| $\frac{1}{2}$ oz. carraway seeds. | 4 oz. butter or lard. |
| 1 oz. candied peel. | |

Put the baking powder and a little salt into the flour and mix well.

Next rub in the butter, then add the seeds, the peel, and sugar, and having mixed all well add the razine soaked for $\frac{1}{2}$ hour in the milk, and the egg beaten.

Wash all into a smooth, rather a stiff dough with a wooden spoon, then put in a well-buttered mould and bake till done in a fairly quick oven.

It should take about $1\frac{1}{2}$ hours.

Average cost, 10d.

CHARLOTTE PUDDING.*A dish for 8 persons.***Ingredients.**

4 tinned apples.	2 oz. butter.
2 oz. moist sugar.	Bread.
1 pot orange marmalade.	

Butter a quart basin, and cover it thickly with moist sugar. Cut some thin slices of bread-and-butter without any crust, and fix them all round the basin, butter side next the sugar.

Put a layer of bread and butter at the bottom, then one of marmalade, then thin slices of the apples, and so on until the basin is full.

Press it down by means of a saucer, with a weight on it.

Bake for one hour, turn out carefully, and serve hot.

Average cost, 1s. 4d.

CHEESE CAKES (Lemon).*Sufficient for 12 cheesecakes.***Ingredients.**

4 oz. butter.	2 lemons.
4 oz. castor sugar.	3 eggs.
Puff paste.	A few almonds.

Grate the rind of the lemons, put in a basin, add the sugar, the butter melted, the eggs beaten, and the lemon juice strained.

Line some tartlet tins with any scraps of puff paste and bake for a few minutes, then take out and pour in the mixture.

Return to the oven and set till brown.

Should the lemons be sour a little more sugar may be needed.

When the cheese cakes are cold stick in the almonds, blanched and quartered, lengthwise.

Average cost, 1s. 2d.

CHERRY PIE.*A dish for 6 persons.***Ingredients.**

1 bottle cherries.	6 oz. flour.
$\frac{1}{4}$ lb. butter.	1 oz. castor sugar.

Put the 6 oz. of flour and nearly all the 1 oz. of sugar in a basin, break in the butter lightly with the tips of the fingers. Add sufficient cold water to make a light, short crust.

Roll it out the size of the pie dish.

Open a bottle of cherries and put them in the pie dish, fixing a pie funnel in the centre, put on the crust, hold the dish flat on your left hand, and trim the edges neatly.

Dip a knife in flour, and mark the pie all round:

Bake in a hot oven for $\frac{1}{2}$ hour, when nearly done, take out, and brush the top with a little cold water, and sift some castor sugar over.

Replace it in the oven until finished.

Average cost, 1s. 6d.

CHOCOLATE CREAM.*A dish for 4 persons.***Ingredients.**

2 cakes of chocolate (2d.).	1 tablespoonful of flour.
1 packet custard powder.	Swiss milk.

Grate the chocolate into a basin, and mix (dry) with the custard powder and flour.

Dissolve 2 tablespoonfuls of Swiss milk in 1 pint of water, and with part of this mix all the dry things to a paste.

Make the rest hot, and when boiling pour quickly into the basin, stirring the contents for one minute.

Serve cold, in shallow glass dishes.

Average cost, 6d.

COCOANUT PUDDING.*A dish for 6 persons.***Ingredients.**

$\frac{1}{2}$ lb. Peek Frean's cocoanut biscuits. 1 packet Goodall's custard powder.
 Swiss milk.

Fill a pie dish with cocoanut biscuits.

Make a custard as before, with 3 tablespoonfuls of Swiss milk, $1\frac{1}{2}$ pints of water, and 1 packet of custard powder. Pour it by degrees, hot, on the biscuits, pressing them down to soak them thoroughly.

Bake until a pale brown, and serve hot or cold.

Average cost, 1s.

COLLEGE FRITTERS.*A dish for 6 persons.***Ingredients.**

2 tablespoonfuls of flour. 1 teaspoonful dried currants.
 Condensed milk. Nutmeg.

Mix 1 heaped teaspoonful of Swiss milk in a teacupful of water and add it by degrees to the flour, making a smooth batter. Stir in 1 teaspoonful of dried currants and a little grated nutmeg.

Have ready a pan of boiling lard ; stir the batter and drop it in the lard, 1 dessertspoonful at a time.

Fry lightly, and drain on paper.

Serve heaped on a hot napkin.

Average cost, 4d.

DAMSON CHARLOTTE.*A dish for 6 persons.***Ingredients.**

1 bottle of Damsons. 1 tin Swiss milk.
 Stale French loaf. $\frac{1}{2}$ oz. Swinborne's gelatine.
 1 packet Goodall's custard powder.

For this delicious cold sweet you must use a flat round cake tin, and in it dissolve 2 tablespoonfuls of Swiss milk in 1 pint of water.

Cut the crumb of a French loaf into fingers the depth of the tin, and $\frac{1}{2}$ of an inch thick.

Soak each piece in the milk, and arrange them all round the tin, if they will not stand up, a scrap of butter will make them stick, next cut a round of the bread to fit the bottom.

Soak it and place it in.

Open a bottle of damsons, put them in a stewpan with juice and $\frac{1}{2}$ an oz. of gelatine previously soaked in a little cold water until soft.

Simmer until the damsons are quite soft and the gelatine thoroughly melted ; then remove the stones of the fruit.

Pour this mixture into the tin, taking care that the pieces of bread do not fall down.

Cut another round of bread, soak it in the milk, place it on the top of the fruit, put a saucer over it with a 2 lb. weight on to press it.

Let it get thoroughly cold and set ; turn out very carefully, and serve with the following custard poured over when cold :

Dissolve 2 tablespoonfuls of Swiss milk in 1 pint of water. With a little of this mix 1 packet of custard powder, quite smooth.

Make the rest of the milk and water boil, and when on the point of doing so, stir in the custard powder.

Stir for 1 minute, and allow it to get cold before pouring over the charlotte.

Average cost, 1s. 6d.

GATEAU DE PRUNES.

A dish for 6 persons.

Ingredients.

1 lb. French plums.	2 oz. white sugar.
1 oz. Swinborne's gelatine.	Essence of lemon.
A few drops of cochineal.	1 pint water.

Stone the plums, and put them and the stones in a stewpan with the sugar, essence of lemon, and 1 pint of water.

Stew for 15 minutes.

Strain, crack the stones, and put the kernels back in the syrup with the plums, a few drops of cochineal, and 1 oz. of gelatine, previously soaked in a little water.

Stew until the plums are quite tender.

Rinse a mould in cold water, leaving it wet, put in the mixture, and turn out when cold and firm.

A little whipped cream or custard (cold) may be added to this dish with advantage.

Average cost, 1s. 4d.

GERMAN TREACLE PUDDING.

A dish for 6 persons.

Ingredients.

1 tin Lyle's golden syrup.	$\frac{1}{2}$ lb. flour.	[powder.
1 oz. candied peel.	1 teaspoonful Borwick's baking	
$\frac{1}{4}$ lb. butter.	Swiss milk.	

Rub the butter into the flour, cut up the peel, and put all the dry things in a basin, dissolve 1 teaspoonful of Swiss milk in a teacup of water, stir it into $\frac{1}{2}$ a tin of golden syrup, and mix the pudding with it, using a wooden spoon.

Boil 3 hours in a buttered mould or basin.

Average cost, 1s.

GINGERBREAD NUTS.

To make 1 $\frac{1}{2}$ lb. of nuts.

Ingredients.

1 lb. flour.	2 oz. butter.
$\frac{1}{2}$ lb. Lyle's golden syrup.	Ground allspice.
$\frac{1}{2}$ oz. ground ginger.	1 teaspoonful of Borwick's
Pinch of salt.	baking powder.

Melt the golden syrup and butter in a saucepan.

Put the flour, allspice (a pinch), ginger, and baking powder in a basin, adding a pinch of salt.

Knead in the syrup and butter warm.

Butter your hands, take up small pieces of the dough and roll them round into balls.

Put the rest of the mixture on a board, roll it out, and stamp out biscuits with a cutter, and bake on greased tins for $\frac{1}{2}$ an hour. Turn on to a sieve until cold and crisp.

Pack in tins for keeping.

Average cost, 8d.

GOOSEBERRY CREAM.

A dish for 6 persons.

Ingredients.

1 bottle gooseberries.	$\frac{1}{2}$ oz. isinglass.
1 packet custard powder.	Swiss milk.

Proceed as for "Gooseberry Fool," but stir in with the custard. $\frac{1}{2}$ oz. Swinborne's isinglass.

Put in a mould until quite set.

Serve cold.

Average cost, 1s. 4d.

GOOSEBERRY FOOL.

A dish for 6 persons

Ingredients.

1 bottle of gooseberries.	2 tablespoonfuls Swiss milk.
1 packet custard powder.	

Open the bottle of gooseberries and put them in a stewpan with juice; stew them until they will pulp.

Make a custard as already directed with 1 packet of custard powder, 2 tablespoonfuls of Swiss milk, and 1 pint of cold water, boiled and stirred until thick.

Stir it in with the gooseberries, and serve either hot or cold.

Average cost, 10d.

LEMON SPONGE.

A dish for 4 persons.

Ingredients.

1 tin of lemon sponge.

Stand a tin of lemon sponge in a saucepan of boiling water until the contents will come out easily.

Place the sponge in a basin and pour $\frac{1}{2}$ pint of boiling water on it, take care that it is all dissolved.

Let it stand until on the point of setting ; then, with an egg whisk, whip it until very stiff and white, take it up with a silver fork, and put it in a glass dish in rocky lumps.

Average cost, 10d.

MACARONI PUDDING.

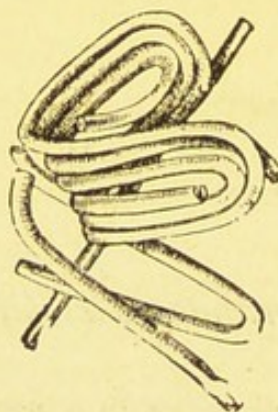
A dish for 4 persons.

Ingredients.

$\frac{1}{4}$ lb. macaroni.
Essence of lemon.

1 packet custard powder.
Swiss milk.

Break $\frac{1}{4}$ lb. macaroni in small pieces, and drop it gradually in a saucepan full of boiling water with a pinch of salt in it.



MACARONI.

Boil until tender ; strain it off.

Mix 3 tablespoonfuls of Swiss milk with $1\frac{1}{2}$ pints of water.

Add a little of it to the custard powder and mix it quite smooth.

Put the rest into a stewpan, and when boiling pour on to the custard, stirring all the time.

Flavour with essence of lemon.

Butter a pie dish thickly, put in the macaroni, and pour the custard over.

Average cost, 6d.

NORFOLK DUMPLINGS.

A dish for 4 persons.

Ingredients.

1 lb. of flour.
Salt.

1 teaspoonful of Yeatman's yeast powder.
 $\frac{1}{2}$ pint water.

Mix the flour and yeast powder and a pinch of salt in a basin. Add the water, and knead it into a light dough with your

knuckles, divide into four, and make each piece into a perfectly neat round dumpling.

Place in a steamer over boiling water, and cook for half an hour.

Before sending to table, tear them slightly open with two forks to let out the steam, and serve with sugar and butter, golden syrup, or any kind of preserve.

Average cost, 2d.

OATMEAL CREAM.

A dish for 4 persons.

Ingredients.

$1\frac{1}{2}$ pint of milk.	3 oz. oatmeal.
$1\frac{1}{2}$ oz. of butter.	2 eggs.
Half a teacupful of milk made from condensed.	Sugar to taste. A little nutmeg.

Boil the milk, and stir into it the meal, and keep boiling for an hour, now and again stirring.

Pass this through a sieve, then add the other ingredients, and put in a well-buttered mould covered with buttered paper.

Steam for 40 minutes, and serve with any good sauce.

Sweet sauce, made with wine or brandy, or fruit sauce, made with arrowroot, sugar, and bottled fruit or fruit essence, are suitable.

Average cost, 8d.

ORANGE, OR LEMON JELLY.

A dish for 6 persons.

Ingredients.

1 oz. Swinborne's gelatine.	$\frac{3}{4}$ lb. loaf sugar.
1 packet citric acid.	$\frac{1}{2}$ pint orange wine.

Soak the gelatine in half a pint of cold water for 3 hours, turn it into a large basin and add the citric acid and sugar. Pour on 1 pint of boiling water, stirring until the sugar is dissolved.

Add the wine (cold) and sufficient essence of lemon to flavour it nicely.

Stir for a few minutes.

Rinse the moulds in cold water, leave them wet and pour in the jelly just as it is on the point of setting.

If a punch jelly be desired, rum should be substituted for the wine, and if neither is cared for, ginger beer makes a very nice jelly.

Average cost, 1s. 4d.

PASTE, PLAIN PUFF.

Ingredients.

1 lb. flour.	4 oz. butter.
4 oz. lard.	1 egg.
A saltspoonful lemon juice.	Water, a little salt.

Put the flour on a board, add a little salt, then the butter and lard chopped up, and having made a hole in the centre, put in the lemon juice and egg, and water enough to make a stiff paste.

Well mix the ingredients, then roll out and fold in half.

Repeat the rolling out 3 times, and the paste will be ready for use.

Average cost, 9d.

PASTE, PUFF.

Ingredients.

1 lb. flour.	1 lb. butter.
A squeeze of lemon.	A pinch of salt.
1 egg.	Water.

Put 1 lb. of Vienna flour on a board or marble slab, and make a hole in the centre of the pile.

Into this put a pinch of salt, break in the eggs, and add about a teaspoonful of lemon juice.

Mix all together with enough water to form a paste rather soft than stiff.

Squeeze the water out of the butter by kneading it with the hand, and having rolled the paste out to about $\frac{1}{3}$ inch in thickness, lay the butter on it, and fold over the paste from end to end.

Roll out carefully, and set aside for $\frac{1}{4}$ hour in a cool place, or on ice (if at hand) in summer.

Again roll out and fold over in three parts, repeat this, then set aside for another $\frac{1}{4}$ hour.

Repeat this rolling out for 3 more times and it will be ready for use, but many very good cooks aver that the paste is lighter if, time not being an object, it can be rolled at least 7 times with a longer interval between.

Average cost, 1s. 6d.

PASTE, SHORT.

Ingredients.

1 lb. flour.	$\frac{3}{4}$ lb. butter.
2 oz. castor sugar.	1 egg, a little salt.
A teaspoonful lemon juice.	Water.

Put the flour on a board with a little salt, and into it rub the butter, next mix in the sugar, then heap the flour with a well in the centre, and into it put the egg, the lemon juice, and enough water to make a stiff paste, which knead with the knuckles.

Roll out this paste, and it is ready for use and suitable for all fruit tarts, tartlets, &c.

For short cake make in the same way, but putting equal parts of butter and flour, and 2 or 3 oz. more sugar.

Average cost, 1s. 3d.

PASTRY, GENOESE.

Ingredients.

$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ lb. butter.
$\frac{1}{2}$ lb. castor sugar.	8 eggs.

Melt the butter in a lined pan over the fire.

Break the eggs into a basin, and after adding the castor sugar, put the basin into a pan of boiling water, and whip for 20 minutes over the fire, drawing the pan aside if they seem in danger of getting to the boil, then take out the basin.

Add the butter, then the flour (previously sifted), by slow degrees, stirring the while.

Line a cake-tin with buttered paper, put in like that for a soufflé, with an inch of it extending over the top, and into it

pour the paste, then put it in a quick oven to bake for about 30 minutes, till of a pale brown.

This will be found useful for many sweet dishes, such as jam sandwiches, &c.

Average cost of this quantity, 1s. 7d.

PINEAPPLE FRITTERS.

A dish for 6 persons.

Ingredients.

1 <i>tinned pineapple (whole).</i>	<i>Castor sugar.</i>
1 <i>packet albumen.</i>	$\frac{1}{2}$ <i>oz. butter.</i>

Open the tin of pineapple ; those containing a whole one are highly recommended.

Cut the pine in thin slices, cover with sugar and proceed as directed in Apricot Fritters.

Average cost, 1s. 6d.

PLAIN PLUM CAKE.

A dish for 8 persons.

Ingredients.

1 <i>lb. flour.</i>	$1\frac{1}{2}$ <i>teaspoonsful Yeatman's yeast</i>
$\frac{1}{4}$ <i>lb. of butter.</i>	<i>powder.</i>
$\frac{1}{4}$ <i>lb. candied peel.</i>	<i>Swiss milk.</i>
	$\frac{1}{4}$ <i>lb. raisins or sultanas.</i>

Take 1 lb. of flour, put it in a basin with the yeast powder and break in the butter with the tips of the fingers.

Wash and dry the currants, stone the raisins, cut up the peel, and add them to the flour.

Mix 1 tablespoonful of condensed milk with $\frac{1}{2}$ pint of water, and mix the cake with it, using a wooden spoon, put it in a greased cake tin, and bake for 1 hour in a hot oven.

To be quite certain if it is done sufficiently stick a bright steel skewer in, and it should come out clear.

Turn the cake out on a sieve, and leave in the kitchen until cold.

Average cost, 1s.

PLUM CAKE (Rich).

Sufficient for good-sized cake.

Ingredients.

1 lb. flour.	$\frac{3}{4}$ lb. butter.
$\frac{1}{2}$ lb. sugar.	$\frac{3}{4}$ lb. plums.
$\frac{1}{4}$ lb. candied peel.	1 teaspoonful baking powder.
2 eggs. A few drops of essence of lemon. Water, salt.	

Put the flour into a basin, and mix into it the baking powder and a pinch of salt.

Next add the butter and well rub in, then the sugar, the plums stoned, the peel cut in thin, small pieces, and a flavouring of lemon.

Beat the eggs, put them into the mixture with enough water to make into a fairly stiff paste, which pour into a buttered tin and bake for $1\frac{1}{2}$ to 2 hours.

Average cost, 1s. 9d.

POTATO CAKES (Devonshire Recipe).

To make 12 cakes.

Ingredients.

$\frac{1}{2}$ lb. mashed potatoes.	$\frac{1}{2}$ lb. flour.
5 oz. butter.	1 teaspoonful Borwick's baking powder.
2 oz. currants.	2 oz. castor sugar.
Pinch of salt.	

The potatoes must be weighed after being passed through the masher, but must be kept hot.

Rub the butter into the flour, add the baking powder, sugar, and currants, and stir the potatoes lightly in.

With a wooden spoon press all the ingredients into a stiff dough, flour your pasteboard, put the dough on it, roll it out rather thick.

Stamp it out into a dozen round cakes and bake for half an hour, or until nicely browned.

Serve very hot.

Average cost, 9d.

RASPBERRY & CURRANT PUDDING:*A dish for 8 persons.***Ingredients.**

- | | |
|--|----------------------------------|
| 1 bottle of raspberries and
currants. | 1 tin loaf.
1 tin Swiss milk. |
| 1 packet custard powder. | |

Place the contents of a bottle of raspberries and currants in a stewpan with half a pint of water.

Stew for 20 minutes. Strain off all the juice.

Cut 3 or 4 slices off a stale tin loaf, half an inch thick.

Take off all the crust and lay some of the crumb in a pie dish, then a layer of the fruit, and so on until the dish is nearly full; you must allow a little room for the bread to swell.

Put in as much juice as you can without making the bread rise; keep on doing this until you have added all the juice.

Put a plate over it, and let it stand until the next day.

Make a custard with 1 packet of custard powder and 2 tablespoonfuls of Swiss milk to 1 pint of water. Pour it over the pudding, and serve when cold.

Average cost, 1s. 6d.

RIZINE CAKE (Rich).*Sufficient for good-sized cake.***Ingredients.**

- | | |
|-------------------------------|---------------------------------|
| 1 lb. flour. | 3 oz. razine. |
| $\frac{1}{2}$ lb. sultanas. | $\frac{1}{4}$ lb. currants. |
| 3 oz. candied peel. | $\frac{1}{2}$ lb. castor sugar. |
| 2 teaspoonfuls baking powder. | $\frac{1}{2}$ lb. butter. |
| 3 eggs, salt. | $\frac{1}{2}$ pint water. |

Soak the razine in the water for $\frac{1}{2}$ hour.

Mix the baking powder and salt with the flour, rub in the butter, then add the fruit carefully prepared, the peel cut in small pieces, and the sugar.

Beat the eggs, add them to the razine, and make all into a rather stiff dough.

Butter a mould well, put in the cake, and bake for about 2 hours.

Average cost, 1s. 6d.

SABAYON.

A dish for 6 persons.

Ingredients.

The yolks of 4 eggs. The whites of 3 eggs.
 $\frac{1}{4}$ pt. milk made from condensed. A few drops vanilla.

Put the yolks of the eggs with the condensed milk and the flavouring essence in a lined stewpan, and stir till the mixture begins to thicken.

Have the whites of the eggs beaten to a froth, and having drawn the stewpan to the side of the fire, mix them with the contents of the stewpan.

Average cost, 9d.

SCONES.

To make 8 scones.

Ingredients.

1 lb. flour. 3 oz. butter.
 $\frac{1}{2}$ oz. cream of tartar. $\frac{1}{4}$ oz. carbonate soda.
1 tablespoonful Swiss milk.

Put the flour into a basin with the soda and cream of tartar, and break in the butter with the tips of your fingers; rub it lightly until it is as fine as grated bread crumbs, dissolve the milk in half a pint of cold water; add it by degrees to the flour and work it into a firm dough.

Divide it in two and knead each piece into a flat, round cake, cut across and across; brush over with a little Swiss milk and water, and bake on floured tin for half an hour.

Average cost, 6d.

STEWED PIPPINS.

A dish for 8 persons.

Ingredients.

1 lb. Normandy pippins. $\frac{1}{2}$ lb. castor sugar.
1 oz. sweet almonds. 1 pint water.
Essence of lemon.

Soak the pippins in the water all night.

Place them in a stewpan with the water and sugar, and let them stew very gently until they are quite tender.

Take them out and arrange them in a glass dish, boil the syrup rapidly until reduced to half the quantity ; flavour with essence of lemon, then pour it over the fruit.

Put the almonds in a basin, pour boiling water on them, allow them to stand for a few minutes, then take the skins off, split each almond into four and stick the pieces all over the pippins.

Serve cold.

Average cost, 1s.

STRAWBERRY PUDDING (Baked).

A dish for 4 persons.

Ingredients.

1 packet pudding powder.	3 oz. rice.
1 tablespoonful Swiss milk.	$\frac{1}{2}$ oz. butter.

Proceed as directed in Strawberry Pudding, and while the mixture is hot stir in 3 oz. of rice previously boiled until tender. Pour the pudding into a pie dish and bake for 20 minutes.

If to be eaten cold, turn it out when set, and garnish with rusks spread with a little strawberry jam.

If hot, a little preserve may be eaten with it.

Average cost, 4d.

STRAWBERRY PUDDING.

A dish for 4 persons.

Ingredients.

1 packet pudding powder	1 tablespoonful Swiss milk.
(strawberry).	$\frac{1}{2}$ oz. butter.

Dissolve the milk in 1 pint of cold water, and with a little of it mix the pudding powder quite smooth.

Put the rest in a stewpan, and when boiling stir up and pour in the cold mixture, stir it quickly until it is thick and smooth ; add the butter and boil for 2 minutes.

Rinse a mould in cold water, leave it wet ; pour in the pudding, and when set turn it out.

Ornament with a little strawberry jam.

This pudding is delicious by itself, or eaten with fruit tart, stewed fruit, or fresh fruit.

By adding a little more milk to thin it, it is nice served in custard cups or glass dishes.

Average cost, 3d.

SWEET SANDWICHES.

A dish for 10 persons.

Ingredients.

1 lb. flour.

1 pot tomatonic.

1 oz. butter.

1 teacupful water.

Dissolve the butter in 1 teacupful of warm water and mix the flour with it to a stiff paste.

Flour your board and rolling pin, roll out the paste quarter of an inch thick and cut it into fingers four inches long and two wide.

Fry them in boiling lard until they are a pale brown colour.

Spread some tomatonic (delicious tomato jam), or any kind of preserve on half of them, and cover with the rest, in the form of sandwiches.

Pile up on an ornamental dish paper and serve hot.

Average cost, 8d.

TREACLE PUDDING (Boiled).

A dish for 6 persons.

Ingredients.

6 oz. beef marrow.

10 oz. flour.

$\frac{1}{2}$ lb. Lyle's golden syrup.

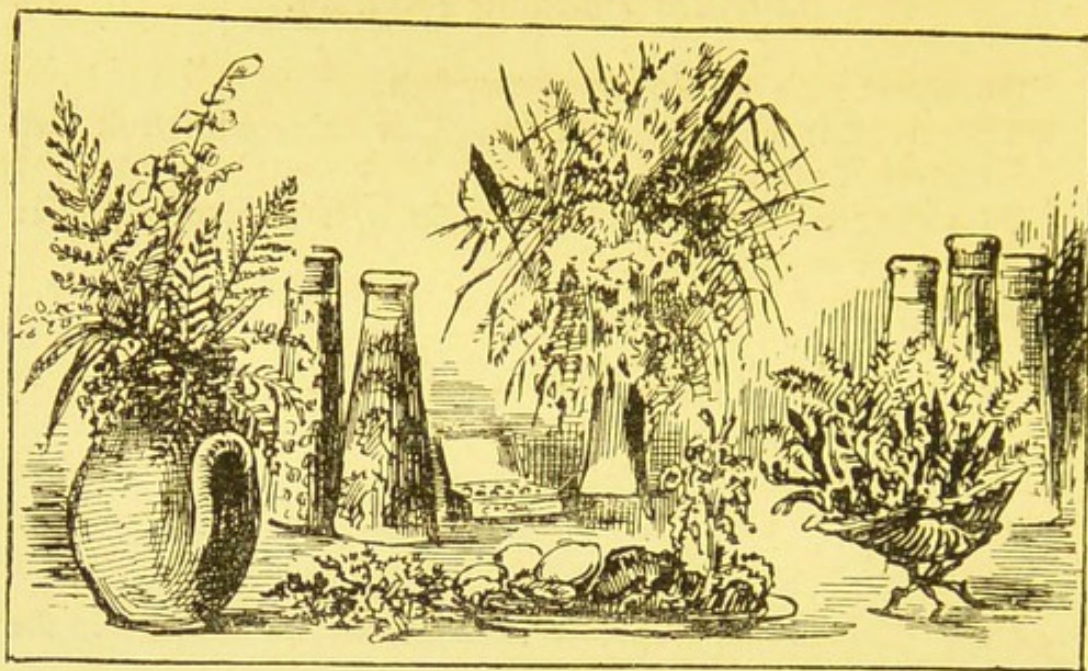
Rub the marrow into the flour in the manner elsewhere described, adding sufficient cold water to make a light paste.

Roll it out and spread the golden syrup over it; wet the edges, and roll up the pudding like a bolster.

Dip a cloth in boiling water, flour it well, put the pudding in, fold the cloth round it, and tie it up tightly at each end.

Put it in boiling water, in a saucepan sufficiently large to allow it to lie flat, and boil quickly for $1\frac{3}{4}$ hours, remove the cloth carefully, cut the pudding into 6 pieces, and dish with the cut side uppermost, very hot.

Average cost, 10d.



DESSERT DISHES, GARNITURES, AND DECORATIONS.

A WORK upon preserved provisions treated as those that may form our daily meals without trenching upon fresh ones, is scarcely complete without a section that comprehends the above heading.

"Dessert dishes" bring to our minds *fresh* fruits, bonbons, &c., but it is quite possible to make out a good dessert without having resource to anything what may come under the head of tinned or preserved foods.

To start with our (so called) fresh fruits, such as apples and pears, are none the worse for having been kept till the leaves of the trees that bore them have fallen, so we may number them in our list.

Again, such foreign fruits as grapes, oranges, figs, &c., are distinctly preserved provisions, so we do not have a lack of variety even without the many crystallised and candied dainties at our disposal.

With the exception of a few suggestions with regard to the arrangement of what we have mentioned for a dessert course, no comment is needed upon them, but we give a few recipes for

such dishes as compôtes and ices, which may be called part and parcel of our last course at dinner.

"Garnitures," with many of whom the saying is true that "the eye does half the eating," call for some attention.

It is not an easy thing to find decoration for dishes particularly savoury ones, when we are restricted to only those that are obtainable in a dried or preserved condition, yet it is possible to make some very pretty ones sans anything that has not been kept in good condition for some time.

To begin with savoury dishes, those who have not tried them can scarcely believe the lovely combinations and blendings of colour that can be arrived at with the aid of such things as pimentos, foreign pickles of brilliant red and green hues, truffles, white and yolk of egg, &c.

As for sweets, when we reckon up the artificial vegetable colourings that can so well be employed for the brightening of somewhat colourless dishes, angelica, pistachis nut, and all the pretty candied fruits, we have not much trouble in finding variety of garniture sufficient to adorn all the dishes for which we give recipes.

For cold viands, either savoury or sweet, no prettier decoration could be found than pressed leaves, amongst which first and foremost rank those from the vine.

Green, these are very pretty, but the exquisite tints of the coloured ones must be seen to be appreciated.

Some pale green grapes, that can be bought at from 6*d.* to 10*d.* per lb., is just a picture when arranged upon a dish on which are placed some of these richly-tinted leaves. The green hue of the grapes contrasted with the vivid red and yellow of the leaves form a most happy combination.

We only quote this as one illustration of what may be done in the way of decoration of dessert dishes.

Oranges look well put upon dark, rich-tinted leaves, such as laurel and myrtle.

Figs and almonds and raisins need pressed *green* leaves, such as fronds of fern or oak-leaf geranium, to give them effect; while nuts of various kinds happily blend their russet hues with golden bracken.

Apples are so varied in colour that, according to their bright red or dull brown hue, decorations should be chosen.

Dinner-table decorations without fresh flowers, fern, &c.,

would at the outset seem a difficult matter, but in reality nothing can be easier than to make a beautiful table adornment without anything that must be bought *fresh*. Lamps with their fanciful and pretty shades, dessert centres, ribbons, &c., &c., are very great helpings out to the modern table decorations, but even without these we have material for very pretty ornamentations for the ordinary plain white cloth.

Only those who have tried them know what lovely effects can be obtained by using the leaves of hardy outdoor shrubs. There are many bright yellows amongst them, and these, in combination with dark green leaves and bright berries such as mountain ash, look extremely well.

A still prettier decoration, in fact one of the prettiest imaginable, is to be found in seaweed prepared as it is now by some special process.

Perhaps from many shores it may have been procured, but on the east coast of England plenty of the kind used in this way is to be found, and in its natural state is pretty enough, but in the dyed tints it is very lovely.

The faint shades of pink and green are only to be found in sea shells, and in these the weeds are most artistically arranged, large and small decorations as well as menu cards being obtainable.

For the dinner-tables on yachting excursions, as well as those on board large passenger steamers, these seaweed decorations would be found most useful, and with care they will serve for a great many times of using.

RECIPES FOR DESSERT DISHES, ICES, AND GARNITURES.

APPLES (GINGER).

Ingredients.

3 lb. apples.	<i>Cochineal or carmine.</i>
1 small bottle essence of ginger	3 lb. loaf sugar.
(Langdale's).	2 lemons.

Boil the sugar in a quart of water till it is a thick syrup, then flavour well with the ginger, afterwards colouring with a few

drops of cochineal or carmine, and add the strained juice of the lemon.

Pare the apples, cut them in quarters, core them, then dip them in cold water.

Boil them in the syrup till transparent, but be careful they do not break, then put them with the syrup in a jar covered with parchment.

Average cost of this quantity, 2s.

APPLES (Compôte of).

A dish for 6 persons.

Ingredients.

6 good-sized apples, or $\frac{1}{2}$ a tin of them.	A few crystallised cherries.
2 glasses sherry.	Loaf sugar.
	1 glass liqueur.
	1 lemon.

If fresh apples are used, according to their sweetness so much sugar is needed; if tinned apples, they will require but very little.

Boil for the fresh ones the sugar in a little water, then put in the fruit, pared, cored, and sliced, to get tender.

Boil the sugar in the juice of the tinned ones, which will not require cooking.

Add the juice of the lemon strained, and when the syrup is cold put the sherry and liqueur into it, then pour it over the apples in a bowl, and garnish with the cherries.

Average cost, 1s. 8d.

APRICOTS (Compôte of).

A dish for 6 persons.

Ingredients.

1 tin apricots.	$\frac{1}{2}$ lb. loaf sugar.
2 glasses liqueur.	A few strips angelica.

Take the apricots from the tin, and arrange them in a bowl or silver dish.

Boil the sugar in the juice and, when cold, put in the liqueur, then pour it over the apricots and garnish with the angelica.

Average cost, 1s. 8d.

APRICOTS (Dessert Dish of).*A dish for 8 persons.***Ingredients.**

<i>1 tin of apricots.</i>	<i>$\frac{1}{2}$ lb. loaf sugar.</i>
<i>1 pot of apricot marmalade.</i>	<i>Bread.</i>
<i>2 oz. butter.</i>	

Open a tin of apricots.

Strain off the liquor, and put it in a stewpan with $\frac{1}{2}$ lb. loaf sugar.

Let it boil to a strong syrup, and set aside to get cold.

Cut some thin triangular pieces of crumb of bread, fry them a pale brown in butter, then drain on cap paper.

Pile the apricots high in the middle of a glass dish.

Decorate with the pieces of bread, arranging some at the top and some at the bottom.

Take half a pot of apricot marmalade, and place a little on each piece of bread.

Average cost, 1s. 6d.

CHESTNUTS, CANDIED.**Ingredients.**

<i>1 lb. of sugar.</i>	<i>Chestnuts, water.</i>
<i>$\frac{1}{2}$ the white of an egg.</i>	<i>1 or 2 lemons.</i>

Put $\frac{1}{2}$ pint of water, the sugar, and the beaten white of egg in a lined saucepan, and when the sugar is dissolved, put the pan on the fire.

When boiling, put in a cupful of cold water, then bring it to boiling point again.

Next put the pan at the side of the fire and remove the scum.

Remove the outer skin of the nuts, then put them in boiling water till the second skin can be easily taken off, then set them again in boiling water and boil till tender.

Squeeze the juice of the lemon, add to it a little lukewarm water, and put in the nuts.

When cold, take them one by one on a long pin, and dip them in the syrup, then lay them on a greased slab to dry.

Average cost, with 1 lb. chestnuts, 7d.

DAMSON CHEESE.*A dish for 6 persons.***Ingredients.***1 bottle damsons.**1 oz. Swinborne's gelatine.* *$\frac{1}{2}$ lb. castor sugar.*

Soak the gelatine in a very little water until soft.

Put the damsons in a stewpan with their juice, the sugar and the gelatine, let them simmer until they can be pulped.

Rub them through a wire sieve, and put in moulds previously rinsed in cold water.

Turn out when quite cold and set.

Average cost, 1s.

FRUIT SALAD.*A dish for 6 persons.***Ingredients.** *$\frac{1}{4}$ tin apricots.* *$\frac{1}{4}$ tin pineapple.* *$\frac{1}{4}$ tin peaches.**1 dozen crystallised cherries.**2 glasses white wine.**1 glass noyeau.*

Slice all the fruit, except the cherries, in small pieces into a bowl.

Mix the juice with the wine and liqueur (adding a little castor sugar if necessary), and pour over the fruit.

Let it soak for an hour or so with a plate on the top of the bowl, then scatter in the cherries.

Average cost, 1s. 8d.

MARZIPAN.**Ingredients.** *$\frac{1}{2}$ lb. sweet almonds.**5 oz. white sugar.**8 bitter ones.**Orange-flower water.*

Blanch and pound the almonds to a smooth paste with the castor sugar, then add enough orange-flower water to make the paste soft enough to roll out.

Roll on a marble slab, using powdered sugar as one would use flour for pastry, and cut in fancy shapes.

Dry in a cool oven, and set aside in a dry place till wanted for use.

Average cost, 1s.

ORANGE SALAD.

A dish for 6 persons.

Ingredients.

4 oranges.

Castor sugar.

2 glasses sherry.

1 glass liqueur.

Peel the oranges and take off the white outer skin, then slice them into a bowl, removing the pips.

Pour over the wine and liqueur, and according to taste and the sweetness of the oranges add castor sugar.

Average cost, 1s. 4d.

ORANGES WITH JELLY.

A dish for 8 persons.

Ingredients.

1 quart packet Clarnico orange jelly. 6 oranges.

Only the peel of the oranges is needed, the pulp serving for a compôte made in the same way as one of tinned apples.

Cut the oranges in half and take out the pulp.

Melt the jelly, and when cool, just before it begins to set, fill the half orange rinds.

When quite cold and set, cut the halves into 3 equal pieces with a sharp wet knife, and pile prettily on a dish garnished with dark green leaves.

The pulp of the orange may be used by putting it quartered in a glass or silver dish, strewing it with sifted sugar, and pouring a glass each of sherry and liqueur over, then the pieces of orange and jelly may be arranged round the compôte.

Average cost (including wine, &c.), 2s.

PEACHES, GLAZED.

A dish for 6 persons.

Ingredients.

1 tin of peaches.	$\frac{1}{4}$ lb. castor sugar.
$\frac{1}{2}$ oz. butter.	3 oz. flour.
1 wineglass of brandy.	Lard for frying.
1 packet albumen.	

Take the peaches carefully out of the tin, cut them in slices about the thickness of a penny, and lay them on a sieve to drain. Dip each slice in brandy, then in castor sugar; let them stand while you make the following batter:

Cut $\frac{1}{2}$ oz. butter in small pieces and put it in a teacup.

Pour sufficient boiling water on it to melt it, and fill up with cold, work it gradually into the flour, and, just before using, add one packet of albumen, soaked and beaten as directed. Dip in each slice of fruit, and fry them a golden colour in boiling lard.

Take them up with an egg-slice and put them on a very hot tin baking dish, cover with fine sifted sugar, and bake until they look as if they were covered with fine glass.

Average cost, 2s.

PEARS (Compôte of).

A dish for 6 persons.

Ingredients.

6 pears.	$\frac{1}{2}$ lb. lump sugar.
1 lemon.	1 glass liqueur.
Preserved cherries.	$\frac{1}{2}$ pint water.

Peel the pears, quarter them, and take out the cores.

Boil the sugar in the water till a thick syrup is formed, then put in the fruit with the lemon juice strained and the rind grated.

Simmer the fruit till tender, then drain.

Boil the syrup quickly a few minutes, and set that and the pears to get cold.

Arrange the quarters in a silver or glass dish, put the liqueur

into the syrup, then pour it over the pears, and garnish with the red cherries.

This dish can be made with tinned pears, when the juice should be used instead of water to form the syrup, the fruit not requiring any cooking.

Average cost, 1s., with tinned pears, 1s. 2d.

PEARS, STEWED.

A dish for 6 persons.

Ingredients.

1 lb. *French pears.*

1 teacupful *rice.*

$\frac{1}{2}$ lb. *loaf sugar.*

Vanilla essence.

Put the pears in a stewpan with the sugar and water, and let them stew gently until perfectly tender.



STEWED PEARS.

Take them out and reduce the syrup to half the quantity by boiling it quickly without a lid; flavour it with a few drops of vanilla essence.

Have ready boiled 1 teacupful of rice, arrange it flatly in a glass dish, as a foundation for the pears, and pour the syrup over all.

To be eaten cold.

Average cost, 10d.

PIPPINS STEWED.

A dish for 6 persons.

Ingredients.

1 lb. *Normandy pippins.*

12 oz. *sugar.*

2 *lemons.*

$\frac{1}{2}$ *teaspoonful powdered ginger.*

Wash the pippins and soak them in a quart of water over night with the ginger.

Next morning put all in a stewpan with the juice of the lemon, a few strips of the peel, and 6 oz. of sugar.

Boil till half done, then add the other 6 oz. of sugar, and stew till the pippins are quite tender, and when cold take out the peel and put in a glass dish.

Average cost, 1s.

SYRUP FOR COMPÔTES, Etc.

Ingredients.

1 *lb. loaf sugar.*

1 $\frac{1}{2}$ *pints water.*

Boil the water and sugar together for 20 minutes, taking off the scum as it rises, and this will be ready for immediate use.

For syrup to keep, a larger proportion of sugar must be used.

WALNUTS CANDIED.

Ingredients.

1 *lb. sugar.*

1 *lb. walnuts.*

$\frac{1}{2}$ *white of egg.*

1 *lemon.*

1 *glass noyeau.*

Water.

Make the syrup as directed for candied chestnuts, and flavour with the liqueur.

Treat the walnuts in the same way as the chestnuts.

Average cost, 1s.

ICES.

To freeze with machine.

To each 2 lb. of rough ice allow 1 pint of water and 1 lb. of salt.

Put what is to be frozen in the cylinders, and press the piston over the pot or pots.

Break up the ice and pack with the salt and water round the cylinders, then put on the cover, and the stirrers in the pots, afterwards passing the connecting rod through both stirrers and piston handle.

Work the handle up and down for about 10 minutes, and the ice will be ready to mould.

Different machines give different directions for their use, but the above is the usual mode of freezing.

Freezing mixture may take the place of the ice.

APRICOT ICE.**Ingredients.**

$\frac{1}{2}$ tin of apricots.
1 lemon.

1 pint milk made from condensed.
1 glass liqueur.

Put the apricots freed from their juice in a basin, add the lemon juice strained, the liqueur, and a pint of milk made rather thick with Nestlé's condensed milk.

Rub through a hair sieve and set to freeze.

Average cost, 1s.

COFFEE ICE.**Ingredients.**

$\frac{1}{2}$ lb. freshly-roasted coffee berries.
2 oz. arrowroot.

1 quart of milk made rather thick from condensed milk.

Boil the milk, and put in the berries previously heated in the oven.

When cold, strain, add the arrowroot, and stir over the fire till thick.

Freeze as directed.

Average cost, 1s.

LEMON WATER ICE.**Ingredients.**

1 pint syrup.

6 lemons.

Make the syrup as directed, but first rub the lumps on the rind of the lemons.

Squeeze the lemons, and put the strained juice into the syrup; then, having stirred it well, put in the freezing pot.

Average cost, 9d.

PRESERVE ICE.**Ingredients.**

$\frac{1}{2}$ pint any kind preserve.
2 lemons.

1 pint milk made from condensed.

Make a pint of milk with condensed, put to it the preserve and the juice of the lemons, and having well mixed all, rub through a sieve and put in the freezing pot.

Average cost, 8d.

Any tinned fruit may be used instead of apricots, but the mode will be the same, except in the case of pineapple, which is generally cut in small dice.

Ginger, cherry, and other fruit ices can be made in the same way as lemon water ice, using the juice only.

GARNISHES FOR SAVOURIES.

Lobster and Montpellier butter will be found useful in giving colour as well as flavour to many dishes, therefore we give recipes, for though they are made from fresh articles of food, as are all tinned ones, they keep long enough to justify their coming under the latter head.

LOBSTER BUTTER.

Ingredients.

Lobster coral.

Fresh butter.

Cayenne.

Salt.

Pound the coral of a fresh lobster with enough fresh butter to give the latter a nice bright colour, then add a good seasoning of cayenne and salt, and store in small pots for use.

The higher the seasoning the longer the butter will keep.

MONTPELLIER BUTTER.

Ingredients.

Watercress.

Fresh butter.

Salt.

Cayenne.

Pick the very green leaves, without any stalks, from some freshly gathered cress, and grind them in a mortar.

Next add fresh butter till a smooth green paste is obtained, then a seasoning of cayenne and salt.

Store in small pots well covered.

WHITE AND YOLK OF EGG, TRUFFLES, Etc.

White of hard-boiled egg, cut in thin slices, and stamped out with a very small fancy cutter.

Scraps of white of egg finely minced, and used either white or coloured with carmine or cochineal.

Yolk of hard-boiled egg rubbed through a sieve.

Truffle cut in thin slices, and stamped out with fancy cutter, the scraps left serving for any savoury dish or entrée.

The reddest part of cooked tongue cut in dice.

Small fried croûtons, spread with coloured butter.

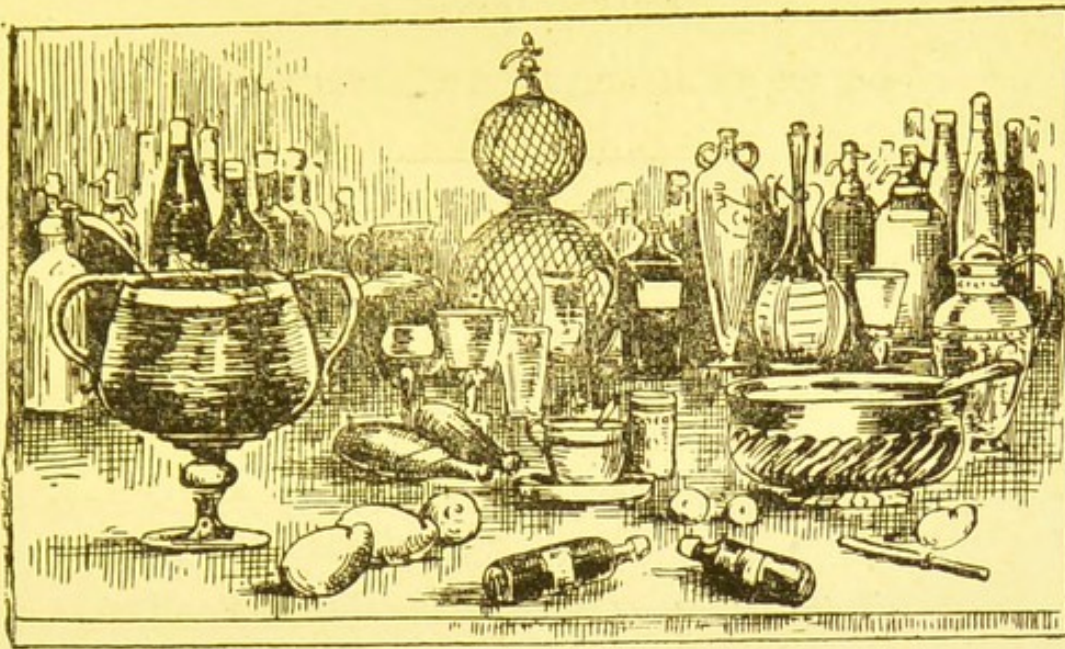
Glaze which can be had ready prepared, only requiring to be melted, most useful for cold hams, tongues, cutlets, etc.

Macedoine of vegetables to be served either hot or cold as a garniture for small savouries.

Butter, coloured or plain, worked through a tube sold for the purpose, or a paper cone, a pretty and fanciful decoration for savouries.

Such brightly coloured vegetables as pimento or tomato.

All the above will be found useful and ornamental for garnishing fish and savoury dishes.



BEVERAGES.

WITH the exception of wines, almost any beverage can be made without the aid of any fresh provisions ; but this section of the book cannot embrace all the recipes that could be given.

We content ourselves, therefore, by a selection of some suitable for cold or warm seasons, both alcoholic and non-alcoholic drinks.

A large number of the latter can be made from the specially prepared fruit syrups ; but as the process for all of these is practically the same, it will only be necessary to give one or two recipes.

All the cold effervescent drinks can be varied by the use of different kinds of mineral waters, of which there is at the present time a very great variety.

Drinks specially associated with invalid cookery will be found in that section, but these are but limited in number.

Many of our British wines mixed with plain or aerated waters form pleasant drinks ; but as the quantities vary according to individual taste, recipes for them are scarcely needed. Yet we may suggest orange wine, with the same quantity of seltzer or soda water, for a summer drink, and ginger wine, with hot

water and a grate of nutmeg, for a winter one, are both very good.

RECIPES FOR BEVERAGES.

BARLEY WATER.

Sufficient for a quart.

Ingredients.

*2 oz. of Robinson's pearl barley. 1 large or two small lemons.
Loaf sugar. 3 quarts water.*

After washing the barley put it on in cold water and boil for 15 minutes, when strain.

Have ready a quart of boiling water, in which put the barley, and boil till the water is reduced to half the quantity.

Strain and sweeten with loaf sugar to taste, then flavour with the lemon.

We do not give the quantity of the sugar, as people's tastes are so different, some liking it sweet, others with hardly any sugar.

For invalids it must be remembered that taste is capricious, and a little too much sugar is as likely as not to set the patient against the drink.

Average cost of this quantity, 3*d*.

BISHOP.

Sufficient for 3 persons.

Ingredients.

*½ bottle port. A few cloves.
1 oz. loaf sugar. 1 lemon.
A small tumbler water. A little allspice.*

Stick about 6 cloves in the lemon (first rubbing the lumps of sugar upon it), and bake.

Boil the wine and water with some allspice tied in a bit of muslin; then put in the baked lemon, cut in quarters, and the sugar, and serve in hot bowl or some other heated vessel, first taking out the spice.

Average cost, 1*s.* 8*d*.

BURGUNDY CUP.

Sufficient for 6 persons.

Ingredients.

1 bottle Burgundy.
1 orange.

2 bottles soda water.
2 oz. loaf sugar.

Put the sugar in a bowl, with the orange, sliced, and the wine.

When the sugar is dissolved and the bowl has stood, covered, for an hour, add the soda water and a lump or two of ice, if at hand.

Average cost, 2s. 6d.

CHAMPAGNE CUP.

Ingredients.

1 bottle of champagne.
1 lemon.
A little curaçoa.

2 bottles of seltzer.
A little loaf sugar.

Dissolve the sugar, about $\frac{1}{4}$ lb., in a little hot water, and when cold, put it with the lemon, sliced, in a bowl with the liqueur.

Just when required put in first the champagne, then the seltzer, and in summer (if obtainable) add a lump of ice.

Average cost, 5s. 6d.

CHOCOLATE.

Sufficient for 2 persons.

Ingredients.

1 oz. of chocolate.

1 pint of milk.

Scrape the chocolate, and pour to it in the milling-pot a pint of milk made with Swiss milk, which should be boiling,

Mill until the mixture makes a good froth.

Average cost, 4d.

CHOCOLATE, CARACAS.*Enough for 1 large cup.***Ingredients.***1 division of $\frac{1}{2}$ lb. cake.**A cupful of milk made from condensed milk.*

Scrape the chocolate finely, and put it in the milling pot. Add the milk quite boiling, and mill till the chocolate is well frothed.

Average cost, 2d.**CLARET CUP.****Ingredients.***1 bottle of claret.**2 bottles soda-water.**4 tablespoonfuls of sugar.**1 lemon.**A glass of liqueur or brandy.**A sprig of dried mint.*

Put the sugar in the bowl, and pour over it a little drop of the claret.

Slice in the lemon, and add the mint tied in a scrap of muslin.

Next pour over the remainder of the claret, and leave covered for $\frac{1}{2}$ an hour, then take out the mint and add the liqueur and the soda-water.

Average cost, 3s.**COCOA (CARACAS).***Enough for 1 breakfast cup.***Ingredients.**

3 spoonfuls Fry's Caracas cocoa. Milk made from condensed Sugar. milk, or water.

Make the cocoa into a paste with a little hot milk or water, and fill up with whichever of the two are used.

Boil for a few minutes, and sweeten to taste. If condensed milk is used, no sugar will be needed.

Average cost, 1½d.

COCOA, CONCENTRATED.

One breakfast cup.

Ingredients.

A teaspoonful of castor sugar. ½ teaspoonful cocoa.
A little condensed milk. Water.

Put the cocoa and sugar into a cup, and fill up slowly with boiling water, stirring well all the time.

Add the milk, and serve hot.

Average cost, 1d.

COCOA, MALTED.

Sufficient for 1 breakfast cup.

Ingredients.

1 teaspoonful of Fry's malted Milk.
cocoa.

Put the cocoa in a cup, and make into a smooth paste with some condensed diluted milk.

Next add water just on the boil, to fill up the cup, and serve with a little cold milk if liked.

Average cost, 2d.

An egg beaten into this drink makes it a very nourishing one for invalids.

COFFEE, TO MAKE.

For 4 persons.

Ingredients.

2 oz. ground coffee. A little over a pint of water.
Sugar. Milk.

Buy the coffee in the berry, and grind what is required just before using.

The relative merits of the various coffee-pots we have not space to discuss here, but the method of making the coffee is always the same, namely, pouring boiling water upon the freshly-ground coffee, and allowing it to filter.

Whatever pot be used, however, it should be one from which

the coffee can be served, as it does not improve the beverage to be poured from one vessel to another.

Let it just have time to filter, but do not allow it to stand, then serve with equal quantities of boiling milk, and loaf sugar. Coffee should be bought at a shop where one can rely upon its being freshly roasted.

Average cost, 1s. 4d.

CYDER CUP.

Sufficient for 3 pints.

Ingredients.

1 bottle <i>M. B. Foster's champagne cyder.</i>	1 glass liqueur.
	1½ bottles aerated water.
A few lumps sugar, according to taste.	A sprig of dried borage.
	½ a lemon.

Slice the lemon into a bowl or glass jug, add the sugar, crushed and dissolved in a tiny drop of water, then the cyder.

Put in a sprig or two of borage, if obtainable, and the liqueur, and, lastly, the aerated water.

Average cost, 1s. 6d.

EGG WINE.

Sufficient for 3 persons.

Ingredients.

3 glasses of sherry.	3 eggs.
1 oz. loaf sugar.	A grate of nutmeg.

Beat the eggs, make the wine hot with a tumblerful of water, and when at boiling point, but not *boiling*, pour on the eggs.

Sweeten with sugar, and flavour with nutmeg; then put all back in the saucepan, and make very hot, stirring one way the while.

Average cost, 1s.

GINGER BEER.—I.

For this drink, so popular with children, the powders sold ready for the purpose answer so well, that a recipe, which would involve a good deal of trouble, is unnecessary.

The powders made by Alex. Riddle are very good, and the instructions will be found with the packets.

GINGER BEER.—II.

This can be made an extremely nice beverage from Holbrook's ginger beer powders.

According to instructions, one $\frac{1}{2}$ d. packet is sufficient for a glass, therefore one may reckon the

Average cost, 2d. per quart.

LEMON SQUASH.

Enough for 2 glasses.

Ingredients.

<i>2 lemons.</i>	<i>1 large bottle soda water (M. B.</i>
<i>2 lumps of sugar, if liked.</i>	<i>Foster's).</i>

Cut the peel from one of the lemons, to save for other purposes, and squeeze through a strainer.

Cut some slices from the other lemon, then squeeze out the remainder of the juice, also through a strainer.

Divide the lemon juice between the two tumblers, put in the slices of lemon, and if sugar be used, that crushed, then open the soda and pour in.

Average cost, 5d.

LEMON SQUASH.

Enough for 2 glasses.

Ingredients.

<i>A large wineglassful of lemon</i>	<i>1 large bottle M. B. Foster's</i>
<i>squash (Stower's).</i>	<i>pure aerated water.</i>

Divide the squash, putting half into each glass, and the aerated water in the same way.

Average cost, 6d.

LEMONADE.—I.

Ingredients.

<i>1 oz. citric acid (lump).</i>	<i>1 lb. loaf sugar.</i>
<i>2 lemons.</i>	<i>Water.</i>

Pare the lemons, and put the peel of the one in a jug with the juice of the two, then put in the sugar and the acid, and pour on boiling water enough to fill a quart jug.

Stir now and then till the sugar is dissolved, dilute when used.

Average cost, 6d.

LEMONADE.—II.

Sufficient for 1 quart and $\frac{1}{2}$ pint..

Ingredients.

$\frac{1}{2}$ pint lemonade (*Riddle's*). 1 quart water.

Put the lemon in a jug, and add the water, and stir well.

Average cost, 3d..

LIME JUICE CORDIAL.

This makes a very nice drink in summer, or a little put in a glass of hot spirit or wine and water in winter, is liked by many.

No recipe for it is needed, as it only requires to be put in a glass and water added to taste.

Average cost, 1s. per bottle.

LIME JUICE DRINK.

Sufficient for 3 glasses.

Ingredients.

3 dessertspoonfuls lime juice 1 pint water or aerated water.
cordial. 1 glass rum or whiskey.

Divide the ingredients into three portions, putting in the water last—this may be either hot or cold.

Average cost, 6d.

MAY DRINK.

Sufficient for 4 or 5 persons.

Ingredients.

1 bottle hoch. 2 bottles Apollinaris.
A few drops black currant 5 oz. sugar.
essence. A liqueurglass noyeau.
1 lemon.

Slice the lemon into a bowl, with the sugar, the essence, and liqueur, pour over the wine, and, when the sugar is dissolved, put in the aerated water.

Average cost, 2s. 8d.

MULLED ALE.

Sufficient for 3 persons.

Ingredients.

<i>1½ pint old ale.</i>	<i>3 or 4 lumps of sugar.</i>
<i>A little nutmeg.</i>	<i>4 or 5 cloves.</i>

Put the ale in a mull or small saucepan, with the cloves and sugar, and when quite hot pour in glasses, and add a grate of nutmeg to each.

Average cost, 6d.

MULLED WINE.

Sufficient for 6 persons.

Ingredients.

<i>1 bottle port wine.</i>	<i>½ pint water.</i>
<i>½ teaspoonful spice.</i>	<i>2 oz. sugar.</i>

Boil the water, with the spice and a few cloves, if liked, in it; then add the wine, and bring again to boiling point.

Average cost, 3s.

NEGUS.

Sufficient for 3 pints.

Ingredients.

<i>1 pint sherry.</i>	<i>1 quart water.</i>
<i>¼ lb. loaf sugar.</i>	<i>Nutmeg.</i>

Put the sherry into a hot jug and stand it on the stove; then pour over it the water in which the sugar has been boiled.

Put into glasses, and add a grate of nutmeg to each.

Average cost, 1s. 2d.

*Punch (Cold).***PUNCH (Cold).***Sufficient for 6 persons.***Ingredients.**

$\frac{1}{2}$ bottle whiskey.	1 glass curaçoa.
1 pint champagne or light wine.	2 oz. sugar.
A lemon.	3 glasses of water.

Dissolve the sugar in a bowl with the water boiling, and at the same time infuse the lemon rind.

When the water is cold, add the strained juice of the lemon, the spirit, and the champagne, and add a little broken ice, if at hand.

Average cost, 3s. 6d.

PUNCH (Hot).*Sufficient for 8 persons.***Ingredients.**

1 bottle rum.	2 lemons.
6 oz. loaf sugar.	1½ pints boiling water.

Heat a bowl, and into it put the sugar, rubbed well on the lemon rind ; then put in the juice, strained.

Next add the rum, and, lastly, the water, boiling.

Average cost, 2s. 10d.

RASPBERRY SYRUP.**Ingredients.**

<i>Raspberry syrup.</i>	<i>Water or soda water.</i>
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Put about 1½ teaspoonfuls of the syrup into a glass, and fill up with water or aerated water.

RASPBERRY VINEGAR.**Ingredients.**

<i>Raspberry vinegar.</i>	<i>Water.</i>
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Put about a dessertspoonful of the vinegar into a tumbler, and fill up with water.

Average cost, 6d. small bottle.

SHANDY GAFF.

Sufficient for 4 persons.

Ingredients.

1½ pints ale.

3 bottles ginger beer.

Put the ale in a large glass jug, add the ginger beer, and give one stir.

Put in a few pieces of broken ice, if at hand.

Average cost, 9d

SHERRY COBBLER.

Sufficient for 4 persons.

Ingredients.

3 glasses sherry.

1 bottle seltzer.

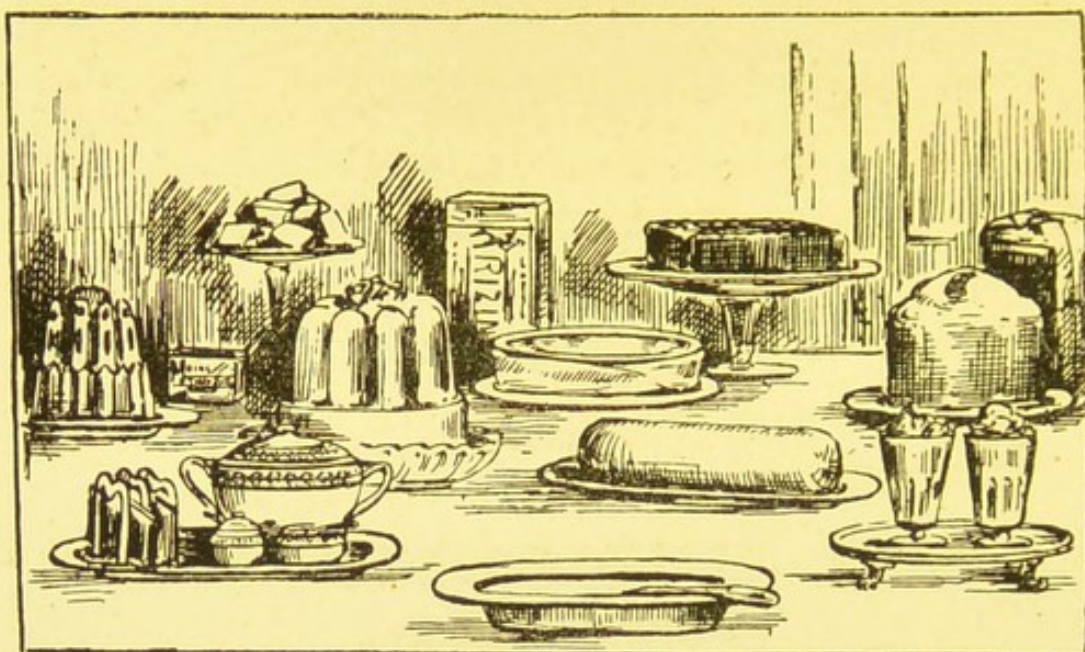
1 glass Maraschino,

A little powdered sugar.

Divide the sherry, sugar, and liqueur into four tumblers; then put in the seltzer and a little ice, if at hand.

Average cost, 1s. 4d.

Note.—One of the nicest aerated waters for summer iced drinks is Rosbach, it possessing the sparkling aerated properties without any flavour likely to destroy that of the liquor with which it is blended.



INVALID AND NURSERY COOKERY.

A very great boon it is to many mothers and nurses to be able to find a good healthy diet in the many patent foods.

That children thrive upon them, and that invalids can take very many of the farinaceous ones when their stomachs are too delicate to take ordinary food, are undisputed facts.

Most mothers prefer to give their babies condensed milk of a good brand than cow's milk, for the reason that one is always the same, and the other cannot with certainty be depended upon.

All those we quote in the recipes for this section of the book have been tried and analysed and found to contain the constituents for which they have been recommended as strengthening and nourishing diets. As not only invalid or nursery foods, these patent ones commend themselves as making such excellent puddings, sweets, cakes, &c., besides being very valuable aids for thickening soups, gravies, etc.

For invalids and children, however, we chiefly quote them, as for them above all other folks, it is most necessary that the food be provided of the most pure and nourishing kind. It is, as a rule, better to make the foods that require milk, with that in a condensed form.

There is a prejudice in favour of fresh beef tea, but unless this be perfectly made, quite free from any sign of grease, the preparations of Liebig, Bouillon Fleet, Brand's extract, Bovril, &c., are better, as they are so clear and bright, and look tempting to those whose appetites are not large.

RECIPES FOR INVALID AND NURSERY COOKERY.

APPLE WATER (A Cooling Drink).

Ingredients.

6 *tinned apples.*

Essence of lemon.

1 *oz. castor sugar.*

1 *quart water.*

Put the apples in a jug, with a teacupful of the juice and the sugar, pour on it 1 quart of boiling water, and cover tightly down until cold.

Flavour with a few drops of essence of lemon and strain.

Average cost, 6d. for one quart.

APRICOT RIZINE PUDDING.

A dish for from 4 to 6 persons.

Ingredients.

$\frac{1}{2}$ *lb. rizine.*

Apricot jam.

Put the grain in a pudding-cloth, allowing room for swelling, and boil for 20 minutes, starting in cold water.

Turn out of the cloth and serve with some heated apricot jam as sauce.

Average cost, 8d.

ARROWROOT JELLY.

Enough for $\frac{1}{2}$ pint.

Ingredients.

1 *dessertspoonful (Montserrat) $\frac{1}{2}$ pint water.*

arrowroot.

$\frac{1}{2}$ *glass port wine.*

A little sugar.

Put the arrowroot in a cup, with a dessertspoonful of water, and rub it smooth.

Boil the remainder of the water, and, when boiling, put in the mixed arrowroot, and stir for a few minutes.

Add the wine, a lump or two of sugar, according to taste, then pour into a small wet mould.

Average cost, 3d.

ARROWROOT (Milk).

Enough for $\frac{1}{2}$ pint.

Ingredients.

A dessertspoonful of arrowroot (Montserrat). Rather more than $\frac{1}{2}$ pint milk. Flavouring.

Mix $\frac{1}{2}$ pint of milk and water, using Swiss milk, to the consistency of fresh milk.

Boil the rest of the water, and when boiling, pour it on the arrowroot, and stir quickly till it thickens.

Flavour with a little nutmeg if liked, or a grate of lemon peel.

Average cost of this quantity, 2d.

ARROWROOT (Water).

Ingredients.

A dessertspoonful of arrowroot (Montserrat). Rather more than $\frac{1}{2}$ pint of water.
2 or 3 lumps of sugar. A little wine.

Make as in preceding recipe, but when it has boiled add the sugar to taste and a grate of nutmeg.

Lastly, the tonic, about a tablespoonful of port or sherry, or half that quantity of brandy.

Average cost, 3d.

BARLEY GRUEL.

Ingredients.

1 oz. Robinson's pearl barley. Half a lemon,
A large glass port or sherry. Sugar.

Having washed the barley, boil it in $\frac{1}{2}$ pint water for twenty minutes ; then pour the water off, and add a pint of fresh, and boil till reduced to half the quantity.

Next strain off nearly all the water, put the lemon peel, cut very thin, and the wine with it in the saucepan, and sweeten to taste.

Simmer for a few minutes, and it is ready for use.

Average cost of this quantity, 8*d.*

BARLEY WATER (Thick).

Ingredients.

2 oz. *pearl barley.*

2 lumps of *sugar.*

Essence of lemon.

Put 2 oz. of pearl barley in a saucepan, with 2 lumps of sugar and 1 pint of cold water ; let it boil for one hour, skimming it as required, put it in a jug with a few drops of essence of lemon, and allow it to get cold.

Average cost, 2*d.* for a pint.

BEEF TEA.

Made from Bouillon Fleet.

Ingredients.

1 *tablespoonful Bouillon.*

Boiling water.

A little salt.

Pepper.

Mix the Bouillon Fleet in a breakfast-cup with a little cold water.

Pour in the boiling water, stirring all the time, then flavour with a little pepper and salt as required or liked.

Serve with Peek, Frean & Co's. salt biscuits or coffee rusks, or a slice of very carefully made toast with the crust cut off.

Average cost, 2*d.*

The quantity of water used must so entirely depend upon the state of the patient for whom it is made, that we do not give any fixed quantity.

Some people require a very strong cup, when another teaspoonful of the Bouillon will be needed, others can only take it very weak, and will not like it highly flavoured.

BEEF TEA.*Liebig's.***Ingredients.***A teaspoonful of Liebig Company's Extract. Pepper.*

Mix a teaspoonful of Liebig's extract with a little cold water.

Pour on a sufficient quantity of boiling water to make a nice clear tea, strong enough to be nourishing.

Add a little pepper, but no salt, as the Liebig's has sufficient in its preparation.

Serve with Peek, Frean & Co's salt biscuits, or a slice of well-made toast.

BEEF TEA CUSTARD.*Liebig's extract.***Ingredients.***2 eggs.**Liebig's extract.**Water.**Pepper.*

Put some Liebig into about a pint of hot water, and make a nice strong stock.

Beat the eggs, and when the stock is cold add them to it with a little dash of pepper, pour into a buttered pie dish and bake for half an hour.

Average cost, 5d.

BEEF TEA (Made from Bovril).**Ingredients.***Bovril, pepper.**Water, salt, nutmeg.*

Make a cupful of bovril with boiling water, add a little seasoning and a grate of nutmeg, if liked, and serve with crisp, dry toast, or some of Huntley & Palmer's meat wafers.

Average cost, 2d. per cup.

BOUILLON SOUP.**Ingredients.***3 dessertspoonfuls Bouillon**1 quart water,**Fleet.**Salt.**A teaspoonful butter.**Pepper.*

Boil the water, then stir into it the bouillon, adding the butter and seasoning to taste.

Average cost, 6d.

This may be a vegetable soup if a carrot, a turnip, 2 onions, and a little celery seed be boiled in the water; but without vegetables it is generally preferred by invalids.

BRAND'S EXTRACT.

Ingredients.

Brand's extract.

Water.

Make beef tea according to strength required when it is suitable for a most delicate appetite.

It may be made with a little hot water and allowed to get cold, or it may be given when but a very small amount of nourishment can be taken, just as it is taken from the jar, and will require no flavouring.

COCOA CAKE.

A nice cake for children.

Ingredients.

<i>A dessertspoonful</i>	<i>Goodall's</i>	<i>1 lb. flour.</i>
<i>baking powder.</i>		<i>4 ozs. butter.</i>
<i>1 oz. Fry's concentrated cocoa.</i>		<i>6 ozs. sugar.</i>
<i>4 ozs. sultanas.</i>		

Mix thoroughly the powder and cocoa with the flour.

Rub in the butter, then put in the sultanas and sugar, and moisten with about $\frac{1}{2}$ pint of water.

Put the cake into a buttered tin and at once into the oven where it will take $1\frac{1}{2}$ hours to bake.

Average cost, 1s.

COCOA PUDDING.

Ingredients.

$\frac{1}{2}$ oz. concentrated cocoa.	<i>A teacupful Goodall's custard</i>
2 eggs.	<i>powder.</i>
1 oz. butter.	<i>1 dessertspoonful castor sugar.</i>
Condensed milk.	<i>Water.</i>

Make a pint of milk, and in it boil the rice till quite tender.

Break the eggs and mix them thoroughly with the custard powder, the sugar and half the butter, then stir into the rice.

Put in a buttered dish just a few little pieces of butter on the top of the pudding and bake $\frac{3}{4}$ hour.

Average cost, 6d.

CUSTARDS FOR CHILDREN.

A dish for 4 or 5 children.

Ingredients.

1 packet Brownhill's custard A little fruit flavouring
powder. (Langdale's).

1 pint of milk made from condensed.

Make a pint of milk from condensed milk, and when cold mix to a paste with a few spoonfuls of it the custard powder.

Boil up the remainder of the milk and pour into the custard, stirring all the while, and set aside till cold.

Add a little sugar if liked sweet.

Average cost, 4d.

CUSTARDS (Rizine).

A dish for 4 or 5 children.

Ingredients.

2 ozs. rizine crystals. 1 or 2 eggs.

1 pint milk made from condensed. Flavouring.

Make the milk, and when cold add to it the eggs beaten with some flavouring and a little sugar, if the custard be liked sweet.

Next put in the rizine and bring all nearly to the boil.

Serve when cold.

Average cost, 4d.

EGG DRINK.

Enough for 1 glass.

Ingredients.

1 egg.

Condensed milk.

1 dessertspoonful brandy.

A grate of nutmeg.

Make $\frac{1}{4}$ pint milk with condensed, well beat the egg, add it to the milk, then the brandy, and when the ingredients are thoroughly incorporated add a grate of nutmeg.

Average cost, 3*d*.

EGYPTIAN FOOD (Symington's).

Ingredients.

2 *tablespoonfuls of food.* *Rather more than $\frac{1}{2}$ pint of*
A pinch of salt. *milk.*

Make rather more than $\frac{1}{2}$ pint of milk with condensed milk, and with a little of it mix the food into a paste, adding just a pinch of salt.

Put the remainder of the milk on the fire in an enamelled saucepan, and when nearly boiling add the food.

Boil for quarter of an hour, and stir frequently to prevent its burning.

When liked, a little flavouring may be given with one of Langdale's essences, say almond or vanilla, of which a very few drops will be found sufficient.

Average cost of this quantity, 4*d*.

EGYPTIAN FOOD FOR INFANTS.

Make in the same way as preceding recipe, but substituting water for milk and using a little less of the food.

This is for infants under 8 months old.

FAROLA CREAM.

A dish for invalids.

Ingredients.

2 *oz. of Marshall's farola.* 2 *oz. of loaf sugar.*
 1 *oz. Swinborne's isinglass.* *A few drops of Langdale's*
 1 $\frac{1}{2}$ *pints of milk made with* *essence of vanilla.*
 condensed milk.

Wet the farola into a paste with a little cold milk.

Put the remainder of the milk on to boil, and when boiling stir in the farola and boil for 5 minutes, keeping it constantly stirred.

If the milk requires more sugar, add it.

Let it stand till cool.

Soak an ounce of Swinborne's isinglass in water, and when the farola mixture has cooled stir it into it.

Flavour with vanilla or any other flavouring preferred.

Oil a mould, pour in the mixture, and place on ice or in a cold place to set.

This will be found a nourishing dish for an invalid, but when made for others, gelatine (Swinborne's) may be substituted for the isinglass.

Average cost, 1s. 3d.

FLAVOURED JELLY.

A dish for 6 children.

Ingredients.

*A pint packet of Chelsea or 1 pint of water.
Clarnico table jelly.*

Put the jelly in a basin, bring the water nearly to the boil, then pour it over.

Set the basin on the stove and stir occasionally till it is dissolved, put the basin in a cool place, and when the jelly is nearly set pour it into a wetted mould.

Average cost, 9d.

FRUIT PUDDING.

A dish for 4 children.

Ingredients.

<i>2 tablespoonfuls Marshall's granola.</i>	<i>1 lb. apples.</i>
<i>1 dessertspoonful butter.</i>	<i>A small lemon.</i>
<i>Condensed milk.</i>	<i>Water.</i>
	<i>Sugar.</i>

Stew the apples with the lemon rind and juice and sufficient sugar till tender, then put in a pie dish.

Make a batter of the granola, milk, and butter, boil for 5 minutes, and pour over the fruit.

Bake for 20 minutes.

Average cost, 8d.

GINGER CORDIAL.

A drink for children.

Ingredients.

A few drops Langdale's essence of ginger. *1 or 2 lumps of sugar.*
Hot water.

Dissolve the sugar in a tumbler of hot water, then flavour to taste with the essence.

Average cost, 1d.

Peppermint cordial is made in the same manner, and both will be found useful in curing a cold or taking away a chill.

GRUEL, TO MAKE.

Ingredients.

2 tablespoonfuls Marshall's prepared groats. *A tiny piece of butter.*
Sugar to taste. *A pinch of salt.*
Water.

Mix the groats smooth with a little cold water, then boil with more water, enough to make the gruel as thick as desired.

Sweeten to taste, add the butter and salt, and, if liked, a glass of wine.

Average cost, 1d. per cup.

INFANTS' FOOD—I.

Ingredients.

1 nursery biscuit (Huntley and Palmer's). *Boiling water.*
A lump of sugar. *Milk made from condensed.*

Put the biscuit in a cup, cover it with boiling water, and put a saucer on the top till the biscuit is soaked.

Drain off superfluous water, beat up the biscuit thoroughly and add a little sugar or a tablespoonful of milk made from condensed.

Average cost, 1d. each biscuit.

INFANTS' FOOD—II.

Ingredients.

- 1 Bath biscuit (*Peck, Frean and Co's*). Hot water.

Soak the biscuit as in preceding recipe, then beat it up finely with a fork.

Average cost of biscuits, 6d. lb.

INFANTS' FOOD.—III.

Farola.

Ingredients.

- | | |
|------------------------------------|------------------|
| 1 tablespoonful farola. | Water. |
| A little milk made from condensed. | A pinch of salt. |
| | Sugar. |

Make a teacupful of milk with condensed milk, and boil the farola with a little of it.

Boil about $\frac{1}{2}$ pint of water, stir in the farola, and cook for a few minutes.

Thin with the remainder of the milk till of the right constituency for the bottle.

Marshall, the inventor and sweetener of this valuable preparation, recommends the addition of a little pytaloid to food prepared for very young infants.

Average cost, 1½d.

The same food made with all milk and double the quantity of farola makes a good one for adults.

INVALIDS' PUDDING.—I.

Ingredients.

- | | |
|---|--|
| $\frac{1}{4}$ lb. of Marshall's semolina. | $\frac{1}{2}$ oz. of butter. |
| 3 eggs. | $1\frac{1}{4}$ pints of milk made from |
| Flavouring of Langdale's | Nestle's milk. |
| essence of raspberry. | |

Put the milk into a saucepan to boil.

Stir in the semolina and keep stirring for 5 minutes.

Mix all thoroughly, and let it stand aside to cool, then beat up the eggs and add, stirring them in well.

Flavour with the essence, then pour into a buttered mould and steam for an hour, with a buttered paper on the top.

Average cost, 7d.

INVALIDS' PUDDING.—II.

Ingredients.

Same as above, with flavouring of lemon.

Make the pudding in the same way as the preceding one, but with a little more milk, and boil 10 minutes.

Well butter a pie-dish, pour in the pudding, and bake for about half an hour.

Average cost, 7d.

LEMON BLANCMANGE.

Sufficient for 1 quart mould.

Ingredients.

- | | |
|---|----------------------------------|
| 1 pint packet Clarnico table jelly (lemon). | 1 pint milk made from condensed. |
| 1 tablespoonful of brandy. | 2 tablespoonfuls water. |

Melt the jelly in the water, which should be hot, and let it cool.

Put the milk into a basin and add the jelly slowly to it, next the brandy, and stir well, wet a mould and pour in the blancmange when beginning to set.

Average cost, 6d.

LEMON WATER.

A cooling drink.

Ingredients.

- | | |
|-------------------------|--|
| 1 lemon. | 1 bottle M. B. Foster and Son's aerated water. |
| A lump or two of sugar. | |

Squeeze the lemon and strain its juice into a tumbler, add a little sugar dissolved in a very little drop of water, and fill up with the aerated water.

Average cost, 4d.

LEMONADE.*For invalids.***Ingredients.**

<i>2 lemons.</i>	<i>2 glasses white wine.</i>
<i>2 eggs.</i>	<i>1 pint water.</i>
<i>$\frac{1}{4}$ lb. loaf sugar.</i>	

Cut the rind as thin as possible from the lemon, put it and the sugar in a jug, and pour over the water boiling.

When it has cooled, add the lemon juice strained, the wine, and the eggs well beaten, and mix all.

Average cost, 9d.

MARBLED JELLY.**Ingredients.**

1 pint raspberry jelly (Chelsea). 1 pint lemon water jelly.

Make the jelly in the ordinary way as per recipe, then set aside in basins to cool.

When nearly set take it out in rough lumps, the whole of the raspberry and half of the lemon.

Put the remainder on the stove to melt.

Throw in the lumps of jelly into a well-wetted mould ; and when the other jelly is melted cool it by pouring into a cold basin and fill up.

Average cost, 9d.

MARMALADE RIZINE PUDDING.

A dish for 4 children.

Ingredients.

<i>$\frac{1}{4}$ lb. rizine.</i>	<i>A pint of milk made with con-</i>
<i>$\frac{1}{2}$ lb. marmalade.</i>	<i>densed milk.</i>

Make a pint of milk with water and condensed milk, and in it bring the rizine gently to the boil.

When ready to serve add the marmalade just in time to get hot.

Average cost, 7d.

MILK PORRIDGE.*Children's breakfast dish.***Ingredients.**

<i>Condensed milk.</i>	$\frac{1}{2}$ lb. farola.
<i>A pinch of salt.</i>	<i>Water.</i>

Make $1\frac{1}{2}$ pints of milk with condensed milk of any good brand, adding a pinch of salt.

Put in a saucepan with the Farola well mixed in, and stir till boiling.

Pour into soup-plates, adding a little more cold milk if liked.

Average cost, 6d.

OATMEAL PORRIDGE.*Children's breakfast dish.***Ingredients.**

$\frac{1}{2}$ lb. of medium grained oat-	<i>Water.</i>
<i>meal.</i>	<i>Sugar.</i>

Some milk made with condensed.

Put a good-sized saucepan on the fire with water and a little salt, and when it boils, take a wooden spoon in the right hand and keep stirring, while you throw in the oatmeal in handfuls with the left.

Stir about a quarter of an hour, then turn out, sweeten, and serve with milk.

Average cost, 3d.

PEAS, GREEN.*A dish for 6 children.***Ingredients.**

<i>1 pint peas (Hall's).</i>	<i>Dessertspoonful of sugar.</i>
<i>A little dried mint.</i>	<i>A pinch of carbonate of soda.</i>
<i>A teaspoonful of salt.</i>	$\frac{1}{2}$ oz. of butter.
<i>Pepper.</i>	<i>Salt.</i>

Soak the peas overnight in water with the soda.

In the morning, drain off the water and put the peas in fresh, and boil for about 1 hour till they are tender, with the sugar, salt, and mint.

When ready for serving, stir into them the butter and a seasoning of pepper and salt, and serve very hot.

As an accompaniment to any joint, when peas are out of season, these are invaluable, and they serve equally well as a garnish, or part of an entrée.

A little more sugar may be added if liked, but the quantity given is the usual amount required.

Average cost, 4d.

PLAIN CAKE.

Ingredients.

1 <i>quartern</i> dough.	$\frac{1}{2}$ lb. raisins.
$\frac{1}{2}$ lb. currants.	$\frac{1}{2}$ lb. sugar.
$\frac{3}{4}$ lb. dripping or lard.	$\frac{1}{4}$ nutmeg.

Work into the dough, made according to recipe for bread, the rest of the ingredients, prepared as usual, and bake in a good oven till done.

See that the cake is thoroughly baked by putting in a knife, which, if sticky when withdrawn, will show that the dough is not baked.

Average cost, 1s. 2d.

PLAIN CAKE OR LOAF.

Ingredients.

1 <i>quartern</i> of dough.	$\frac{1}{2}$ lb. of sugar.
$\frac{1}{2}$ lb. of lard.	$\frac{1}{2}$ oz. ground carraway seeds.

Work all ingredients together, put in a well-buttered tin, and bake till a knife run in comes out dry and clean.

Average cost, 11d.

RASPBERRY CREAM.

A quart mould.

Ingredients.

$\frac{1}{2}$ pint packet raspberry jelly.	$\frac{1}{4}$ pint milk.
1 pint water.	A few drops of cochineal.

Put the water to the jelly and dissolve.

Make a pint of milk with condensed, stir it well in, and put in a wet mould to set, adding a few drops of the cochineal if the colour is too pale.

Average cost, 6d.

RASPBERRY SYRUP.

Made with Chelsea jelly.

Ingredients.

$\frac{1}{2}$ pint packet of raspberry jelly. $\frac{1}{2}$ pint water.

Melt the jelly in the water, and drink hot.

Average cost, 2 $\frac{1}{2}$ d.

RICE WATER.

Ingredients.

3 oz. rice.

1 inch cinnamon.

Wash and pick over 3 oz. rice, and plunge it into 1 quart of boiling water, with an inch of cinnamon in it, and boil for 1 hour. Strain, and allow to get quite cold before using.

Sweeten to taste.

Average cost, 2d. for 1 quart.

RIZINE CAKE.

Ingredients.

3 oz. rizine.

1 lb. flour.

$\frac{1}{2}$ lb. sultanas.

$\frac{1}{4}$ lb. currants.

2 oz. candied peel.

4 oz. castor sugar.

3 eggs.

$\frac{1}{2}$ lb. butter.

2 teaspoonfuls baking powder.

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

Soak the rizine in $\frac{1}{2}$ pint of milk, made with condensed milk, for about half an hour.

Pick the raisins, wash and dry the currants, and slice finely the peel.

Put the flour in a basin, add the baking powder, a little salt, and the butter, which rub in.

Add the sultanas and currants, and after beating the eggs, add them to the soaked rizine.

Make into a rather stiff paste, and put into a well-greased tin, and bake for about 2 hours.

Average cost, 2s.

RIZINE PLAIN CAKE.

Ingredients.

$\frac{1}{4}$ lb. of rizine.	1 lb. of flour.
$\frac{1}{4}$ lb. currants.	$\frac{1}{4}$ lb. butter.
1 oz. candied peel.	1 egg.
$\frac{3}{4}$ pint milk.	$\frac{1}{4}$ lb. sugar.
<i>A teaspoonful baking powder. A little salt.</i>	

Soak the rizine in the milk.

Put the flour in a basin, add the baking powder, a little salt, the sugar, and the butter, which rub in.

Wash and dry the currants and slice finely the candied peel, and having well mixed all this, beat the egg and mix with the soaked rizine and milk, then put all together.

Butter a cake tin, put in the mixture, and bake for about $1\frac{1}{2}$ hours.

Average cost, 10d.

With carraway seeds or ground carraways, a very nice cake can be made, the seeds taking the place of the currants.

The cake should be placed in the oven directly it is ready, having baking powder in its composition.

RIZINE MILK.

A dish for 4 children.

Ingredients.

1 quart milk made from condensed.	<i>A grate of nutmeg.</i>
	<i>Sugar if needed.</i>
<i>A small teacupful rizine.</i>	

Simmer the rizine in the milk till tender, stirring it occasionally so that it does not burn, and, if liked rather sweet, add a little loaf sugar, then put in a grate of nutmeg.

Average cost, 4d.

RIZINE MILK (for invalids).

Ingredients.

- | | |
|------------------------------------|-----------------|
| 1 quart milk made from con- | 2 ozs. suet. |
| densed. | 2 eggs. |
| A few strips lemon peel. | Sugar if liked. |
| $\frac{1}{2}$ cup rizine crystals. | |

Simmer the rizine till tender in the milk with the suet minced as finely as possible, and the lemon rind, add the eggs well beaten and bring nearly to the boil, but not quite.

Serve hot.

Average cost, 7d.

SCONES.

Children's breakfast dish.

Ingredients.

- | | |
|--|-------------------------------|
| 1 lb. flour. | 1 tablespoonful rizine baking |
| 3 oz. rizine. | powder. |
| A few sultanas. | 2 oz. butter. |
| $\frac{1}{4}$ pint milk made from condensed. | 1 oz. sugar, a little salt. |

Soak the rizine for 15 minutes in the milk, work the butter into the flour with the baking power, then add the sultanas picked over, and the sugar.

Mix in the rizine and milk and roll out the paste, which should be cut in three-cornered pieces and baked in a good oven for $\frac{1}{4}$ hour.

Average cost, 7d.

SEMOLINA BLANCMANGE.

Sufficient for a quart mould.

Ingredients.

- | | |
|--|--------------------------|
| $\frac{1}{4}$ lb. Marshall's semolina. | 2 oz. sugar. |
| $1\frac{1}{2}$ pint water. | Essence of lemon. |
| $\frac{1}{2}$ lb. red currant jelly. | A small piece of butter. |

Stir the semolina into the water, boil for 3 minutes and add the jelly, the butter, and a few drops of essence of lemon, then set aside to cool.

Wet a mould, pour in the jelly, and when cold dip for one moment in hot water and turn out.

Average cost, 9d.

This jelly may be varied by taking milk instead of water, when the sugar will be omitted, as Swiss milk must be used, and thus is well sweetened.

The jelly will not be needed, except a little for garnish.

SWEET PUDDING.

Sufficient for 4 children.

Ingredients.

1 lb. flour.	6 oz. lard.
$\frac{1}{2}$ lb. digestive syrup (Clarke, Nichols, and Coombs').	1 teaspoonful baking powder.
	A little salt.

Make a paste with the baking powder, flour, and lard, using enough water to make it the consistency of ordinary pastry.

Butter a pie dish, line it with the paste rolled very thin, then put a layer of the syrup, another layer of paste and syrup till the dish is full, the crust being on the top.

Bake in a good oven for $\frac{3}{4}$ hour.

Average cost, 8d.

WHEAT CRYSTAL PUDDING.

A dish for 4 persons.

Ingredients.

A pint of milk made from condensed milk.	2 oz. crystals.
	$1\frac{1}{2}$ oz. sugar.
1 egg.	Flavouring of vanilla.

Take a little cold milk and mix with it the crystals to a smooth paste.

Boil the remainder of the milk, in which dissolve the sugar, and pour it over the crystals, and boil for 15 minutes, stirring the while.

Beat the egg, and add with a little essence of vanilla (Langdale's).

Butter a dish, pour in the mixture, and bake till the top takes a nice bright brown colour.

Average cost, 6d.

A richer pudding may be made by adding 2 more eggs, $\frac{1}{2}$ oz. more sugar, and the same of butter.

Another addition may be made in the shape of $\frac{1}{2}$ lb. of sultanas.

WHEAT CRYSTAL SCONES.

A dish for 6 children.

Ingredients.

<i>A pint of milk made from condensed milk.</i>	<i>1 lb. wheat crystals (Symington's).</i>
<i>4 oz. of butter.</i>	<i>1 egg.</i> [ton's).
<i>$\frac{1}{2}$ oz. carbonate of soda.</i>	<i>1 oz. cream of tartar.</i>
	<i>Salt. 1 lb. flour.</i>

Dissolve the cream of tartar and the soda in two separate cups with a little of the milk.

Put the crystals and flour in a basin with a little salt, and rub in the butter.

Make into a stiff paste with the whole of the milk and egg, and roll it out rather thick.

Cut in scone-shaped pieces, and bake in a hot and quick oven.

These scones can be made nice for children by the addition of a few currants; and when stale, split open, toasted, and buttered they make a very nice breakfast or tea dish.

Average cost of this quantity, 9d.

Amongst other valuable foods for infants and invalids, for which recipes are given with the various articles, are:—

Chicken broth (Brand's). A most delicately flavoured and nourishing food.

Concentrated beef tea (Brand's).

Veal broth (Brand's).

Turtle (invalid) (Brand's).

"Florador," food for infants and invalids.

Ptyaloid (Marshall's), for infants and invalids. This is considered by medical men to be an excellent and nourishing food.

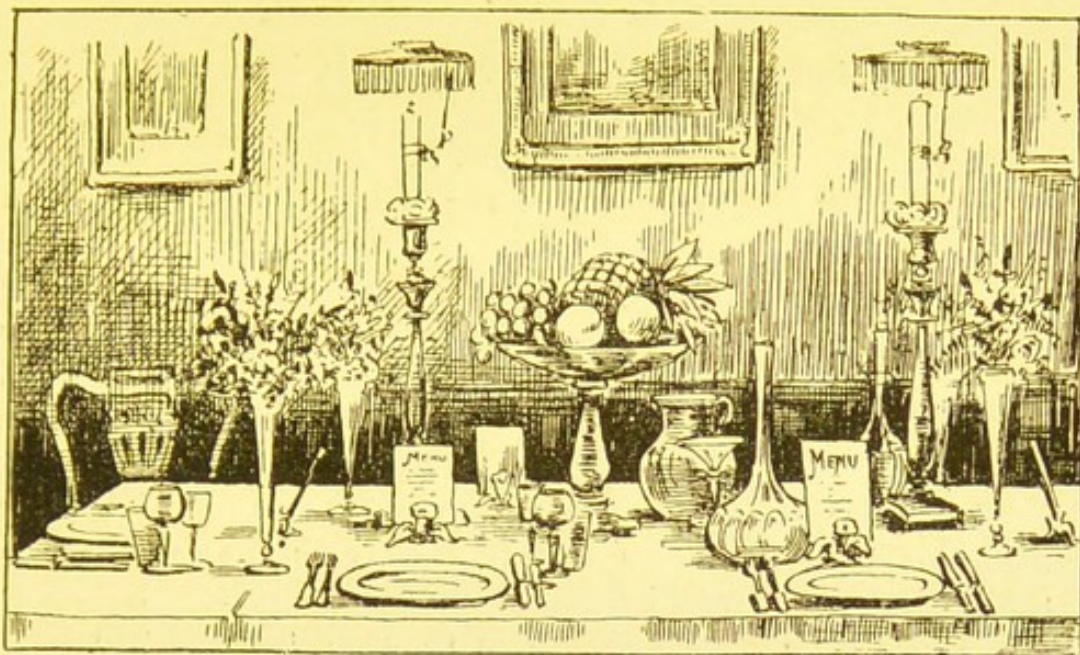
Swinborne's isinglass, for dissolving in beef tea, milk, &c., to render them more nourishing.

"Syrup" ("Digestive") (Clarke, Nickolls, and Coombs). A capital nursery food, very pleasant in flavour.

Liebig. Commending itself by its delicate flavour to those needing a light luncheon; also forming a pleasant stimulant, useful for hot drink at night.

Bovril. Most valuable for making soups and beef tea for invalids, it containing all the nutriment of the meat from which it is prepared. An extremely nice preparation, that medical men, analysts, and sick nurses speak of in the highest terms.

Feculina. Most useful for cakes and puddings for children.



MENU-MAKING.

To some it is given to excel in the above—not merely in stringing together a certain number of dishes, which, though they may be formed of materials in season, yet make anything but a harmonious whole.

There are some often overlooked considerations, several of which are important, as for example, whether means allow for not only the dishes chosen, if an elaborate menu is aimed at, but all the necessary adjuncts—wines, &c.—that should accompany such a meal to make it perfect.

Another thing to be remembered is whether we have hands and brains sufficient to carry out a difficult menu with any chance of success, for unless we have adequate service both in the kitchen and dining-room such attempts are rash.

However difficult menu-making may be for dinner parties and other entertainments, we yet venture to assert that the

daily bill of fare requires still more tact. It is so trying to get a varied diet when one has to arrange for every day of the year instead of only on special occasions.

So much for menu-making in the abstract, now for ours in this book.

It is scarcely likely that we should require many *entirely* composed of tinned and preserved provisions, still, in many cases, as we have said before, they must play a prominent part, and where occasion allows, it is easy to make some of the dishes of fresh provisions or to interpolate others.

We however adhere strictly to those that can one and all be made from recipes given in this book, with the exception of those in our lists for which no recipes are needed.

We give six for each month in the year, two and two, on a sliding scale, as follows :—

MENUS:

JANUARY.

Menu for dinners for from 8 to 10 persons.

I.

Mock turtle soup.

—

Salmon cutlets.

—

Oyster patties. Chicken cream.

—

Asparagus.

—

Saddle of mutton (frozen meat).

Potatoes. Turnips.

—

Valencia pudding.

Compôte of fruit.

—

Cheese straws.

II.

Appetisans.

—

Oxtail soup.

—

Lobster croquettes.

Curried prawns.

—

Roast fowl.

Boiled bacon.

Potatoes. Artichokes.

—

Sweet omelette.

Orange jelly.

—

Stilton.

Menus for dinners for from 6 to 8 persons.

III.

Mulligatawny soup.
—
Scalloped oysters.
—
Curried chicken.
—
Minced beef.
Macedoine of vegetables.
—
Farced olives.
—
Lemon jelly.
Apple Charlotte.
—
Gorgonzola.

IV.

Oyster soup.
—
Red mullet.
—
Stewed kidneys.
—
Chicken croquettes.
Potatoes chipped.
—
Asparagus.
—
Cabinet pudding.
Vanilla cream.
—
Camembert.

Menus for dinners for from 4 to 6 persons.

V.

Gravy soup.
—
Fish soufflé.
—
Stewed rabbit.
Potatoes. Spinach.
—
High church pudding.
—
Cheese.

VI.

Palestine soup.
—
Fish darioles.
—
Mutton croquettes.
Mashed potatoes. Turnips.
—
Apple tart. Custard.
—
Cheese biscuits.

Any of these dinners can be adapted to a larger or smaller number of guests ; thus, should a good dinner be needed for four, No. I. on this list will supply it, or the much plainer dinners, No. V. and VI., can be served for much larger numbers.

FEBRUARY.

Menus for dinners for from 8 to 10 persons.

I.

Caviare.
—Bisque d'ecrevisses.
—Fish soufflé.
—Kromesnies. Lobster patties.
—Roast duck (frozen).
Potatoes. Spinach.
—Farced olives.
—Lemon cream.
Mince pies.
—

Stilton.

II.

Consommé of chicken.
—Salmon cutlets.
—Oyster patties.
Beef rissole.
—Roast leg of mutton (frozen
meat).
Potatoes. Turnips.
—Foie gras in aspic.
—Coburg pudding.
Lemon sponge.
—

Cheese ramequins.

Menus for dinners for from 6 to 8 persons.

III.

Hare soup.
—Filleted herrings. Wine sauce.
—Fricassée of chicken.
—Minced steak.
Potatoes. Artichokes.
—Maraschino jelly.
Beignets soufflés.
—

Camembert cheese.

IV.

Gravy soup.
—Fish darioles.
—Lambs' sweetbreads.
—Stewed rabbit.
Potatoes. Baked onions.
—Brandy pudding.
Fruit jelly.
—

Gorgonzola.

Menus for dinners for from 4 to 6 persons.

V.

Haricot soup.
—Lobster curry.
—Rabbit pie.
Potatoes. Haricots.
—Canary pudding.
Raspberry jelly.
—

Cheese.

VI.

Oxtail soup.
—Fish jelly.
—Minced beef and mushrooms.
Chipped potatoes.
—Apple tart.
Custards.
—

Cheese.

It will be noticed that only in the more elaborate dinner menus is frozen meat, &c., introduced, for the reason that where such dinners were required in all probability a refrigerator would be found.

MARCH.

Menus for dinners for from 8 to 10 persons.

I.

Appetisans.
—Mulligatawny.
—Grilled smoked salmon.
—Chicken croquettes.
Minced chicken and mushrooms.
—Roast sirloin (frozen meat).
Potatoes. Spinach.
—Truffled quail.
—Olives.
—Marble jelly.
Coburg pudding.
—

Cheese ramequins.

II.

Caviare.
—Kidney soup.
—Fish soufflé.
—Foie gras in aspic.
Curried chicken.
—Saddle of mutton (frozen meat).
Potatoes. Turnips.
—Asparagus.
—Vanilla cream.
Vol au vent of fruit.
—Stilton.
—Devilled herrings' roes.
On croûtons.

Menus for dinners for from 6 to 8 persons.

III.

Oyster soup.
 —
 Fish croquettes.
 —
 Haricot cream.
 —
 Stewed beef.
 Macedoine of vegetables.
 —
 College puddings.
 Orange jelly.

IV.

Chestnut soup.
 —
 Lobster patties.
 —
 Lentil rolls.
 —
 Haricot mutton.
 Potatoes. Carrots.
 —
 Stewed prunes.
 Pastry sandwiches.

Menus for dinners for from 4 to 6 persons.

V.

Mutton broth.
 —
 Salmon croquettes.
 —
 Roast chicken.
 Mushroom sauce.
 Potatoes.
 —
 Jam open tart.
 —
 Cheese and biscuits.

VI.

Palestine soup.
 —
 Oyster rissoles.
 —
 Stewed beef.
 Potatoes. Purée of carrots.
 —
 Stewed pears.
 Baked sago pudding.
 —
 Cream cheese.

It will be seen that the first two dinners each month, where the frozen meat is introduced, would be very good ones, even if that course were omitted, though it would be well to have one in which some vegetables could form part.

APRIL.

Menus for dinners for from 8 to 10 persons.

I.

Spring soup.

Fish soufflé.

Vol au vent of lobster.
Rabbit à la *Financière*.

Foie Gras.

Saddle of mutton (frozen meat).

Potatoes. Horseradish sauce. Point steaks (frozen meat), with
oyster sauce. Potatoes.

Compôte of fruit.

Cocoanut pudding.

Olives.

Cheese straws.
Deville anchovies:

II.

Appetisans.

Julienne.

Salmon cutlets.

Haricot cream.
Quenelles de volaille à la
Financière.

Asparagus.

Gooseberry tart.

Custard.

Wine jelly.

Gorgonzola.

Menus for dinners for from 6 to 8 persons.

III.

Oyster soup.

Salmon souchy.

Chicken quenelles, with mush-
rooms.

Haricot beef.
Potatoes.

Prune jelly.
Cheese cakes.

Stilton.

IV.

Consommé.

Red mullet.

Vol au vent of chicken.

Mutton croquettes.
Fried potatoes.

Macaroni and pineapple.
Custard rice pudding.

Cheese biscuits.

Menus for dinners for from 4 to 6 persons.

V.

Julienne.
—Salmon cutlets.
—Beef steak and mushroom pie. Stewed mutton, with macedoine
Potatoes.
—Stewed prunes.
—

Macaroni cheese.

VI.

Vermicelli soup.
—Oyster rissoles.
—Golden pudding.
—

Cheese.

The fresh vegetables, with the exception of potatoes, that have been preserved during the year will be failing in both supply and quantity at this season, and for our menus for the summer months we shall have chiefly to depend upon tinned ones.

MAY.

Menus for dinners for from 8 to 10 persons.

I.

Appetisans.
—Printanière.
—Grilled smoked salmon.
—Quenelles of chicken trufflé.
Lentil croquettes.
—Roast ducks (frozen).
Potatoes. Green peas.
—Asparagus.
—Macaroni and apricots.
Noyeau jelly.

II.

Farced olives.
—Asparagus soup.
—Salmon cutlets.
—Foie gras in aspic.
Chicken cream.
—Roast lamb (frozen).
Potatoes. Green peas.
—Fruit salad.
Vol au vent of gooseberries.
—

Cheese straws.

Menus for dinners for from 6 to 8 persons.

III.

Soup Crecy.
—Fish croquettes.
—Semolina quenelles.
—

Minced steak.

Fried potatoes.
—

Comarques pudding.

Lemon sponge.
—

Cheese biscuits.

IV.

Julienne.
—Salmon souchy.
—Lentil cutlets.
—

Chicken pie.

Potatoes. Peas.
—

Gooseberry puffs.

Semolina pudding.
—

Cheese.

Menus for dinners for from 4 to 6 persons.

V.

Green pea soup.
—Salmon croquettes.
—Lentil cream.
—

Beef pie.

Potatoes and peas.
—

Stewed prunes.

Rice.
—

Cheese.

VI.

Consommé.
—Fish jelly.
—Lobster savoury.
—

Stewed rabbit.

Potatoes.
—Sweet omelette.
—

Cheese.

Biscuits.

The most difficult time to prepare menus from tinned meats is in the summer, when all the nicest of fresh provisions, such as fruit, vegetables, and fish, are at their best ; still menus *can* be made without calling upon these, as the following will show ;—

JUNE.

Menus for dinners for from 6 to 8 persons.

I.

Spring soup.
—Cold salmon souchy.
—Asparagus.
Stewed kidneys.
—

Roast chickens (frozen meat). Saddle of mutton (frozen meat).

Boiled ham.

Potatoes. Spinach.
—Currant tart.
Vanilla pudding.
—

Cheese savoury.

II.

Asparagus soup.
—Fish darioles.
—Mushroom croquettes.
Quenelles de volaille.
—

Red currant jelly.

Potatoes. Peas.
—Raspberry tart.
Pineapple.
—

Cheese salad.

Menus for dinners for from 8 to 10 persons.

III.

Printanière.
—Chicken croquettes.
—Mutton collops.
Mashed potatoes.
—Raspberry and currant tart.
Semolina pudding.
—Cream cheese.
Biscuits.

IV.

Julienne.
—Savoury jelly.
—Brazilian stew.
Potatoes.
—Gooseberry fool.
Jam omelette.
—Camembert cheese.
Pulled bread.

Menus for dinners for from 4 to 6 persons.

V.

Jardinière soup.
—Lobster savoury.
—Minced mutton, with poached eggs.
—Cabinet pudding.
—

Cheese.

VI.

Clear soup.
—Sardine toast.
—Compôte of fruits.
—

Cheese.

Biscuits.

In the menus for June roast chickens are given as one course of frozen provisions, but those sold tinned are really very good, and only require warming, first in the tin before it is opened, afterwards with a little gravy and dripping in the oven. They should be eaten at once, or the remains made into another dish, as they do not keep well for any length of time.

JULY.

Menus for dinners for from 8 to 10 persons.

I.

Caviare.
—Jardinière soup.
—Fish in aspic.
—Quenelles of veal with truffles.
Kidney omelette.
—Roast ducks (frozen).
Potatoes. Peas.
—Tomato salad.
—Strawberry cream.
Cabinet pudding.
—

Camembert cheese.

II.

Appetisans.
—Asparagus soup.
—Salmon croquettes.
—Eggs and asparagus.
Fricassée of chicken.
—Sirloin of beef (frozen meat).
Potatoes. Horseradish sauce.
Yorkshire pudding.
—Fruit salad.
Maraschino jelly.
—Stilton.
Pulled bread.

Menus for dinners for from 6 to 8 persons.

III.

Spring soup.
—Sardine savoury.
—

Mutton collops.

Potatoes.
—Vegetable salad.
—

Sweet omelette.

Apricots.
—

Cheese.

IV.

Julienne.
—Fish souchy, cold.
—

Minced steak pie.

Potatoes.
—Olives.
—

Marble jelly.

Lemon pudding.
—

Cheese.

Menus for dinners for from 4 to 6 persons.

V.

Soup Crecy.
—Lobster patties.
—

Mutton and mushroom pie.

Potatoes mashed.
—Lemon pie.
—

Cheese.

VI.

Clear soup.
—Fish rissoles.
—

Stewed rabbit.

Potatoes. Peas.
—Jam tart.
—

Cheese.

At the close of most of the menus we give a simple cheese course, but amongst our recipes we have a great many savoury dishes of cheese and eggs that in the opinion of many would not be too substantial for a cheese course.

AUGUST.

Menus for dinners for from 8 to 10 persons.

I.

Tomato soup.
—
Herrings with white wine.
—
Prawns in aspic.
Fricassée of chicken.
—
Saddle of mutton (frozen meat).
Potatoes. Peas.
—
Ortolans.
—
Compôte of fruit.
Lemon cheesecakes.
Liqueur jelly.
—
Stilton.
Biscuits.

II.

Anchovy appetisans.
—
Spring soup.
—
Tunny omelette.
—
Fish vol au vent.
Beef croquettes.
—
Roast chickens.
Ham.
Potatoes. French beans.
—
Black currant tart.
Vanilla cream.
—
Rochfort cheese.
Rusks.

Menus for dinners for from 6 to 8 persons.

III.

Oxtail soup.
—
Fish pudding.
—
Stewed kidneys.
Eggs and peas.
—
Strawberry pudding.
—
Cheese.

IV.

Julienne.
—
Fish omelette.
—
Minced mutton and tomatoes.
Potatoes.
—
Apricots and macaroni.
—
Cheese biscuits.

Menus for dinners for from 4 to 6 persons.

V.

Tomato purée.
—Cold salmon souchy.
—Lentil croquettes.
—Minced mutton with mashed
potatoes.
—Rizine pudding.
—

Cheese.

VI.

Green pea soup.
—Salmon cutlets.
—

Broiled ham and tomatoes.

Fried potatoes.
—

Florador pudding.

Apple meringue.
—

Macaroni cheese.

It may be noted that many of the soups selected for our menus can be had ready tinned as well as made from our recipes. In some cases, as, for example, those which may come under the head of winter soups, such as mock-turtle, oxtail, &c., will be found as good as those that can be made from tinned meats.

SEPTEMBER.

Menus for dinners for from 8 to 10 persons.

I.

Caviare.
—Mock-turtle soup.
—Oyster omelette.
—

Tomatoes stuffed.

Sheeps' tongues minced.
—

Boiled ham.

Potatoes. French beans.
—Quails.
—

Amber pudding.

Lemon jelly.
—

Cheese ramequins.

II.

Appetisans.
—Gravy soup.
—Herrings with white wine.
—

Curried prawns.

Chicken croquettes.
—

Sirloin of beef (frozen meat).

Potatoes. Haricot beans.
—Foie gras.
—

Brandy Pudding.

Fruit salad.
—

Stilton.

Menus for dinners for from 6 to 8 persons.

III.

Tomato soup.
—Tunny omelette.
—Minced beef.
With macedoine of vegetables.
—Apple charlotte.
—

Cheese.

IV.

Oxtail soup.
—Scalloped oysters.
—Rabbit pie.
Potatoes. French beans.
—Plum tart.
—

Cheese.

Menus for dinners for from 4 to 6 persons.

V.

Scotch broth.
—Salmon croquettes.
—Beef and tomatoes.
Fried potatoes.
—

Macaroni cheese.

VI.

Consommé.
—Fish pudding.
—Irish stew.
French beans.
—

Eggs and cheese.

With reference to dinner No. I. it may be said that the ham occurring in such a good menu might well be boiled in champagne ullage if that can be had. The ullage is useless for drinking purposes, but it marvellously improves the flavour of a good ham. When thus boiled a little of the champagne should be sent to table hot in a tureen for sauce.

Another and more economical mode of serving the ham is to boil it as usual in water, and to heat about $\frac{1}{2}$ pint cheap champagne, and put a spoonful on each plate.

OCTOBER.

Menus for dinners for from 8 to 10 persons.

I.

Caviare.
—Mulligatawny.
—Grilled salmon.
—Quenelles of chicken.
Sauce financière.
Stuffed tomatoes.
—Saddle of mutton (frozen meat).
Potatoes. French beans.
—Stuffed olives.
—Topsy pudding.
Jelly.
—

Stilton.

II.

Appetisans.
—Hare soup.
—Scalloped lobster.
—Prawns in aspic.
Beef croquettes.
—Turkey (roast). (Frozen).
Ham.
Potatoes.
—Larks.
—Genoese pastry.
Lemon sponge.
—

Cheese straws.

Menus for dinners for from 6 to 8 persons.

III.

Julienne.
—Oyster rissoles.
—Rabbit *à la* Financière.
—Lentil rissoles.
—Amber pudding.
Compôte of fruit.
—Cheese.
Pulled bread.

IV.

Consommé.
—Fish rissoles.
—Chicken quenelles with mushrooms.
—Tomatoes and eggs.
—Lemon pudding.
Apple snow.
—

Cheese biscuits.

Menus for dinners for from 4 to 6 persons.

V.

Hotch potch.
—Oyster omelette.
—

Rabbit pie.

Potatoes.
—

Cheese and tomatoes.

VI.

Tomato soup.
—Fish pie.
—

Minced steak.

Potatoes. Carrots.
—

Jam rolls.

The turkey in menu No. II. may be either a frozen or a tinned one, the latter, if a good brand, forming a nice dish if cooked at once. Smoked sausages can be fried to accompany it if preferred to the ham.

The carrots in No. VI. can be had tinned should the so-called fresh ones not be good.

NOVEMBER.

Menus for dinners for from 8 to 10 persons.

I.

Game soup.
—Curried prawns.
—

Lobster vol au vent.

Salmi of game.
—

Sirloin of beef.

Horseradish sauce.

Potatoes. Yorkshire pudding.
—Foie gras.
—

Cabinet pudding.

Jelly.
—

Cheese salad.

II.

Hare soup.
—Stewed mussels.
—

Tunny omelette.

Quenelles of veal.
—

Roast ducks (frozen).

Potatoes. Baked onions.
—Ortolans.
—

Marble jelly.

Pineapple fritters.

Peaches.
—

Cheese biscuits.

Menus for dinners for from 6 to 8 persons.

III.

Chicken soup.
 —
 Grilled salmon.
 —
 Haricot cream.
 —
 Minced steak pic.
 Potatoes.
 —
 Coburg puddings.
 —
 Cheese.

IV.

Mock turtle.
 —
 Scalloped lobster.
 —
 Lentil croquettes.
 —
 Haricot mutton.
 Carrots. Potatoes.
 —
 Stewed prunes.
 Rice.

Menus for dinners for from 4 to 6 persons.

IV.

Hotch potch.
 —
 Sardine savoury.
 —
 Curried rabbit.
 Potatoes.
 —
 Sago pudding.
 Baked apples.
 Cheese savoury.

VI.

Scotch broth.
 —
 Anchovy toast.
 —
 Beef collops.
 Mashed potatoes.
 —
 Semolina pudding.
 —
 Cheese.

The game in dinner No. I. can be had tinned and is best treated as a salmi, as the over-cooking of it does not matter for that dish. The flavouring should be delicate and good, and a little wine and a few truffles or mushrooms give great character to this entrée.

The grilled salmon occurring in dinner No. III., is a steak cut from the smoked fish.

DECEMBER.

Menus for dinners for from 8 to 10 persons.

I.

Mock turtle soup.
—
Scalloped oysters.
—
Quenelles de veau trufflés.
Beef collops.
—
Roast turkey.
Sausages.
Potatoes. French beans.
—
Ortolans.
—
Plum pudding.
Mince pies.
Jelly.
—
Cheese straws.

II.

Hare soup.
—
Fish souchy.
—
Curried eggs.
Chicken cream.
—
Sirloin of beef (frozen meat).
Horseradish sauce.
Potatoes. Turnips.
—
Foie gras in aspic.
—
Amber pudding.
Mince pies.
—
Cheese biscuits.

Menus for dinners for from 6 to 8 persons.

III.

Game soup.
—
Salmon cutlets.
—
Roast chicken.
Ham.
Potatoes.
—
Plum pudding.
Stewed prunes.
—
Stilton.

IV.

Oxtail soup.
—
Oyster rissoles.
—
Boiled turkey.
Celery sauce.
Potatoes.
—
Mince pies.
Compôte of pineapple.
—
Gorgonzola.

Menus for dinners for from 4 to 6 persons.

V.

Mulligatawny.
—Lobster croquettes.
—Minced steak.
Macedoine of vegetables.
—Coburg puddings.
—

Cheese.

VI.

Mock turtle soup.
—Oyster dariole.
—Chicken pie.
Potatoes.
—Mince pies.
—

Cheese.

MENUS FOR BREAKFAST.

*Summer.*Tea, bread, butter, &c.
Oatmeal porridge, chicken rissoles.
Broiled ham, pineapple.
—Coffee, bread, butter, toast.
Kedjeree, lentil puffs, breakfast beef, jam.
—Tea, cocoa, bread, butter, &c.
Oatmeal scones, sardines, tongue, scrambled eggs.
—Chocolate, tea, bread, butter, &c.
Bloaters, ham toast, collared head.
—Coffee, bread, butter, &c.
Fish croquettes, Brunswick sausages.
Tomatoes, paté de foie gras, marmalade.
—Tea, bread, butter, toast, &c.
Silvocea, Yorkshire pie, poached eggs, pineapple.
—Coffee, bread, rolls, butter, &c.
Lentil rissoles, ox tongue, potted meat, stewed apples.
—

Tea, chocolate, bread, butter, toast, &c.
Collared head, sardine savoury, poached eggs.

Coffee, bread, butter, &c.
Truffled quails, cold tongue, eggs, stewed prunes.

Cocoa, bread, butter, &c.
Ham, foie gras, anchovies on toast, marmalade.

Coffee, bread, rolls, butter, &c.
Chicken croquettes, angels on horseback, eggs.

Tea, bread, toast, butter, &c.
Rolled ox tongue, tomatoes, smoked sausages.

Coffee, bread, butter, &c.
Sheeps' tongues in jelly, green pea omelette, marmalade.

Tea, cocoa, bread, buttered toast, butter, &c.
Steak and mushrooms, tongue, stewed apples.

Coffee, bread, toast, butter, &c.
Meat rissoles, bacon and tomatoes, potted chicken.

Tea, bread, butter, toast, &c.
Oatmeal scones, veal and ham paté, eggs in ambush.
marmalade.

Cocoa, bread, butter, &c.
Haddock, ham fried with mushrooms, stewed fruit.

Coffee, bread, buttered toast, &c.
Smoked sausages, chicken croquettes, eggs, prunes.

Tea, bread, toast, butter, &c.
Salmon cutlets, savoury paté, potted meat, marmalade.

Coffee, bread, rolls, butter, &c.
Herrings, collared calf's head, sweet omelette.

Winter.

Tea, bread, butter, &c.

Bacon kromesnies, brawn, partridge paté, marmalade.

Coffee, bread, butter, &c.

Toast, dormers, smoked sausages, jam.

Cocoa, tea, bread, butter, &c.

Herrings, kidney toast, baked apples.

Coffee, bread, butter, &c.

Mayfair eggs, sardine savoury, cold mutton.

Tea, bread, butter, &c.

Collared head, rumpsteak, eggs.

Tea, bread, butter, &c.

Brawn, cold pheasant, jam.

Coffee, bread, butter, &c.

Poached eggs, stewed kidneys, ham.

Tea, bread, butter, &c.

Minced collops, savoury eggs, buttered toast, stewed pears.

Coffee, bread, butter, &c.

Croquettes of chicken, corned beef, boiled eggs, marmalade.

Tea, bread, butter, toast, &c.

Mayfair eggs, meat rissoles, tomatoes.

Coffee, bread, butter, &c.

Game pie, egg savoury, stewed prunes.

Cocoa, bread, rolls, butter, &c.

Oyster savoury, breakfast beef, marmalade.

Tea, cocoa, bread, toast, butter, &c.

Chicken rissoles, kedgeree, stewed fruit.

Coffee, toast, bread, butter, &c.
Eggs in ambush, brawn, game paté.

Tea, buttered toast, bread, butter, &c.
Devilled oysters, potted beef, ham, stewed pears.

Coffee, bread, butter, scones, &c.
Curried rabbit, scrambled eggs, stewed fruit.

Coffee, bread, butter, &c.
Egg darioles, mutton croquettes, tongue.

Tea, bread, butter, &c.
Scalloped oysters, egg jumbles, ham, marmalade.

Coffee, rolls, bread, butter, &c.
Rizine, stewed kidneys, anchovy toast.

Tea, bread, scones, butter, &c.
Lobster savoury, pressed beef, boiled eggs, jam.

MENUS FOR LUNCHEON.

Summer.

I.

Haricot mutton.
York ham.
Gooseberry fool.
Strawberry pudding.
Cheese biscuits, &c.

II.

Salmon croquettes.
Cold boiled mutton.
Lambs' tongues stewed.
Macedoine of vegetables.
Cake. Preserve.
Cheese, &c.

IV.

Rabbit pie.
Cold tongue.
Mashed potatoes.
Amber pudding.
Cake. Fruit salad.
Cheese, &c.

V.

Prawns in aspic.
Ox palates, with vegetables.
Chicken and ham paté.
Pineapple.
Cheese.
Biscuits, &c.

III.

Spring soup.
Cold brisket of beef.
Rabbit croquettes.
Asparagus.
Stewed fruit.
Rice pudding.
Cheese, &c.

I.

Collared head.
Cold chicken.
Tongue.
Potato salad.
Gooseberry tart.
Custard.
Cheese biscuits, &c.

II.

Salmon cutlets.
Galantine.
York ham.
Pickled gherkins.
Compôte of raspberries.
Rizine cake.
Cheese, &c.

III.

Calf's head hashed.
Brawn.
Mashed potatoes.
Vanilla pudding.
Macaroni cheese.
Bread, &c.

VI.

Mutton collops.
Cold tongue.
Fried potatoes.
Vermicelli pudding.
Cake. Preserve.
Cheese.
Biscuits, &c.

IV.

Julienne soup.
Cold brisket of beef.
Chicken croquettes.
Fried potatoes.
Apricot fritters.
Cake. Preserve.
Cheese, &c.

V.

Savoury fish jelly.
Mutton croquettes.
Rolled tongue.
Pineapple pudding.
Cold custard.
Cheese straws.
Bread biscuits, &c.

VI.

Fish rissoles.
Quenelles of veal.
Paté of quails.
Cocoanut pudding.
Compôte of fruit.
Cheese, &c.

I.

Fish in aspic.
Lambs' sweetbreads:
Cold beef.
Asparagus.
Cherry pie.
Custard.
Cheese, &c.

IV.

Lambs' tongues.
Cold roast beef.
Mashed potatoes.
Pineapple fritters.
Seed cake.
Cheese straws.
Bread, &c.

II.

Smoked ox tongue.
Beef croquettes.
Fried potatoes.
Apple meringue.
Plum cake.
Cheese, &c.

V.

Spring soup.
Oxford brawn.
Steak pie.
Chipped potatoes.
Cherry pie.
Cheese biscuits, &c.

III.

Cold boiled chicken.
Ham.
Strasburg paté.
Stewed prunes.
Preserves.
Cheese biscuits, &c.

VI.

Fish croquettes.
Boar's head.
Galantine.
Paté of chicken and ham.
Rice pudding.
Cheese, &c.

Winter.

I.

Oxtail soup.
Curried rabbit.
Cold roast beef.
Sago pudding.
Stewed prunes.
Cheese, &c.

IV:

Stewed eels.
Cold roast beef.
Turkey croquettes.
Fried potatoes.
Cake. Preserve.
Cheese, &c.

II.

Curried fish.
 Stewed steak.
 Vegetables.
 Potted meat.
 Apple tart.
 Custard.

III.

Haricot mutton.
 Quenelles of chicken.
 Financière sauce.
 Tapioca pudding.
 Apricot compôte.
 Cheese, &c.

I.

Mulligatawny soup.
 Cold pheasant.
 Beef minced with vegetables.
 Apple fritters.
 Macaroni cheese.
 Bread, &c.

II.

Rumpsteak and Mushrooms.
 Cold tongue.
 Ham omelette.
 Blancmange.
 Cake. Preserve.
 Cheese, &c.

III.

Game soup.
 Minced collops and mashed
 potatoes.
 Cold roast mutton.
 Sweet omelette.
 Macaroni cheese.

V.

Oxtail soup.
 Game paté.
 Curried mutton.
 Potatoes.
 Bread-and-butter pudding.
 Stewed apples.
 Cheese, &c.

VI.

Mock turtle soup.
 Hashed turkey.
 Game pie.
 Rice pudding.
 Seed cake.
 Cheese, &c.

IV.

Curried prawns.
 Salmi of game.
 Lunch tongue.
 Orange salad.
 Rice pudding.
 Cheese, &c.

V.

Mock turtle soup.
 Woodcock.
 Yorkshire paté.
 Custard pudding.
 Cake. Marmalade.
 Cheese biscuits.

VI.

Minced steak and potatoes.
 Curried tripe.
 Cold pheasant.
 Stewed apples.
 Rice shape.
 Cheese, &c.

MENUS FOR SUPPER.

Summer.

I.

Oyster patties.
Lambs' sweetbreads.
Cold ham.
Marble jelly.
Cracker pudding.
Jam tart.
Cheese, &c.

II.

Salmon cutlets.
Ramonine beef.
Smoked sausages.
Haricot salad.
Stewed fruit.
Boiled rice.
Cheese, &c.

III.

Paté de fois gras in aspic.
Chicken.
Cold tongue.
Potato salad.
Raspberry pudding.
Compôte of fruit.
Cheese, &c.

I.

Cold curried prawns.
Boar's head.
Lambs' sweetbreads.
Potato croquettes.
Jam sandwiches.
Cheese straws.

IV.

Chicken cream.
Mutton croquettes.
Yorkshire pie.
Macedoine of vegetables.
Apricot rizine pudding.
Pineapple.
Cheese, &c.

V.

Cold roast chicken.
Tongue.
Boar's head, galantine.
Pimentos.
Lemon sponge.
Jam tarts.
Cheese, &c.

VI.

Prawns in aspic.
Venison pasty.
Cold ham.
Strawberry cream.
Apricots.
Cheese straws.
Bread, &c.

IV.

Prawns in aspic.
Oxtail à la jardinière.
Reindeer tongue.
Apple meringue.
Sago pudding.
Cheese, &c.

II.

Julienne.
Galantine.
Tomato salad.
Egg dariole.
Fruit jelly.
Sponge jam roll.
Cheese, &c.

III.

Fish salad.
Dressed tongue.
English brawn.
Strawberry pudding.
Ice cream.
Cheese, &c.
Pulled bread.

V.

Hot lobster.
Cold ham.
Ox tongues, with jelly.
Macedoine of fruit.
Lemon sponge.
Cake.
Cheese biscuits.

VI.

Lobster patties.
Rolled tongue.
Tomato salad.
Fruit jelly.
Coffee rusk pudding.
Cheese savoury.
Bread, &c.

Winter.

I.

Oxtail soup.
Rumpsteak.
Onions.
Chipped potatoes.
Apple tart.
Custard.
Cheese, &c.

II.

Red mullet.
Cold pheasant.
Tomato salad.
Mashed potatoes.
Sardines devilled.
Macaroni cheese.
Bread, &c.

IV.

Mulligatawny soup.
Stewed beef, with carrots and
turnips.
Baked potatoes.
Apple soufflé.
Cheese, bread, &c.
Devilled Biscuits.

V.

Tomato sausages, with mashed
potatoes.
Curried mutton.
Haricot salad.
Rizine pudding.
Stewed prunes.
Cheese, &c.

III.

Minced collops.
Cold game.
Mashed potatoes.
Stewed pears.
Cheese savoury.
Bread, &c.

I.

Curried lobster.
Cold pheasant.
Game pie.
Fried potatoes.
Liqueur jelly.
Mince pies.
Cheese, bread, &c.

II.

Scalloped oysters.
Veal quenelles, with financière
sauce.
Tomato salad.
Compôte of fruit.
Vermicelli pudding.
Cheese, bread, &c.

III.

Mulligatawny soup.
Beef minced.
Mashed potatoes.
Brawn.
Blancmange.
Stewed fruit.
Cheese, &c.

VI.

Hotch potch.
Strasburg paté.
Fried ham, with tomatoes.
Lemon jelly.
Vanilla pudding.
Cheese, &c.

IV.

Calf's head curried.
Hashed turkey.
Potato chips.
Stewed prunes.
Lemon tart.
Cheese.
Biscuits, &c.

V.

Fish darioles.
Steak and kidney pie.
Mashed potatoes.
Apple meringues.
Jam tart.
Cheese straws.
Bread, &c.

VI.

Mock turtle soup.
Lark pudding, with mushrooms
and oysters.
Potato croquettes.
Lemon cheese cakes.
Amber pudding.
Cheese biscuits.

LIST OF TINNED AND PRESERVED FOODS USED IN DISHES QUOTED IN THIS BOOK.

POTTED MEATS, &C.

Anchovy paste.	Ham, potted.
Anchovies, potted.	" devilled.
" caviare.	Lobster, devilled.
Beef.	Lobster paste.
Bloater paste.	Patum perperium.
Char, potted.	Sausage, potted.
Chicken, devilled.	Shrimp paste.
" and ham.	Shrimps, potted.
" and tongue, potted.	Tongue, potted.
Fish, potted.	" devilled.
Foie Gras, au naturel.	Tunny, devilled.
" truffle.	Turkey, devilled.
Game, potted.	" potted.
Grouse, potted.	" and tongue, potted.

FARINACEOUS.

Arrowroot.	Cereal cream.
Baking powder.	" mills.
Barley food.	Cocoa.
" (pearl).	" and milk.
" (Scotch).	Coffee and milk.
Biscuits (Baby's).	Corn flour.
Biscuits (Peak, Frean & Co.) :	Custard powder.
Bath olivers.	Digestine.
Coffee rusks.	Digestive syrup.
Ginger wafer.	Egg powder.
Lemon.	Egyptian food.
Macaroons.	Farola.
" Dutch.	Feculina.
Ratafia.	Florador.
Sandringham.	Flour.
Swiss cream.	Food of life.
Vanilla ice cream.	Frame food.
" sugar wafer.	Gelatine.
Blancmange.	Groats.

FARINACEOUS—*Continued.*

Isinglass.	Rizine.
Macaroni.	Rolled oats.
Maryina.	Rolled wheat.
Milk, condensed.	Sago.
Oatmeal.	Semolina.
Oswego.	Tapioca.
Pea flour.	Tous les mois.
„ soup.	Wheat crystals.
Polenta.	White oats.
Rice.	White wheat.

TINNED SOUPS.

Bisque.	Julienne potch.
Bouillon Fleet.	Kidney „
Chicken soup.	Mock turtle soup.
Crecy.	Mulligatawny „
Consommé of chicken.	Mutton broth.
Desiccated soup.	Oxtail soup.
„ tomato.	Palestine soup.
Fermière.	Pea „
Giblet soup.	Portable „ (in skins).
Gravy „	Printanière.
Green pea soup.	Spring soup.
Hare „	Turtle „ (clear).
Hotch potch.	„ „ (green fat).

TINNED FISH.

Anchovies (filleted).	Eels (stewed).
„ (French).	Fish croquettes.
„ (Norwegian).	Haddocks (Finnish).
Appetit sild.	Herrings (filleted, in wine sauce).
Bloaters.	„ (à la sardine).
Caviare.	„ (Dutch).
„ (real Astrachan).	„ (fresh).
Clam juice.	„ (ham cured).
Cod fish.	„ (kippered).
„ „ balls.	„ (red).
„ roes.	„ (spiced):
Codlings (smoked).	Lax Norwegienne.
Digby chicks.	

TINNED FISH—*Continued.*

Lobster (in high tins).	Sardines (in tomatoes).
Lobster (whole cutlet).	„ (Broquet's).
„ (curried).	„ (Janne's).
„ (devilled).	„ (Moreau's).
Mackerel.	„ (Pinaud's).
Mussels (à la Provençale).	Salmon (in oil).
Oysters (Freshlove).	„ (American).
„ (American).	„ (cutlets).
Pilchards.	„ (in flat tins).
Prawns.	„ (Lazenby's).
„ (curried).	„ (Moir's).
Red mullet (in oil).	Silvocea.
Sardines.	Skate.
„ (in butter).	Thon Mariné (in oil).

PRESERVED MEATS, &C.

Bacon.	Kidneys.
„ (Strasburg).	Lamb's tongues.
Bath chaps.	„ sweetbreads.
Beef (breakfast).	Minced collops.
„ (brisket of).	„ steak.
„ (corned).	Mutton (boiled).
„ (hung).	„ (curried).
„ (luncheon).	„ (roast).
„ (picnic).	„ (Irish stew).
„ (Ramorine).	Ox palates.
„ (spiced).	„ tails.
Boar's head.	„ tail à la Jardinière.
„ „ (galantine of).	„ tongue (Belgravian).
Brawn (English).	„ tongues with jelly.
„ (Oxford).	„ „ (pickled).
Calf's head.	„ „ (Russian).
„ „ (curried).	„ „ (smoked).
Collared head.	Pig's feet (boneless).
Galantines (truffled).	Quenelles of chicken.
Ham (lunch).	„ à la Financière.
„ (Wiltshire).	„ of game.
„ (York).	„ of veal.
Haricot mutton.	„ with cream sauce.
Hog's fry.	„ with tomato sauce.

PRESERVED MEATS, &c.—*Continued.*

Rump steak.	Tongues (reindeer).
Sheep's tongues in jelly.	„ (rolled).
Tongues (dressed).	„ (savoury).
„ (lunch).	Tripe.

PATÉS AND PIES.

Camp pie.	Pheasant paté.
Chicken and ham paté.	„ pies.
Fois gras paté.	Quail and truffle paté.
Game „	Salmon paté.
„ „ (truffled).	Savoury fish paté.
Grouse „	Snipe „
„ pie.	Venison „
Lark paté.	Woodcock „
Lobster paté.	Weissenthauer „
Lunch „	Yorkshire „
Partridge „	„ pies.

POULTRY AND GAME.

Chicken and ham (Belgravian).	Ortolans.
„ (curried).	Partridge (roast).
„ (roast).	Pheasant (roast).
Fowl (curried).	Quails (stuffed).
„ (roast).	„ (truffled).
Grouse breasts.	Rabbit (curried).
„ (roast).	„ (stewed).
Hare (jugged).	Turkey (boiled).
„ (stewed).	„ and tongue (boiled).
Larks.	„ (roast).

VEGETABLES PRESERVED IN TINS OR GLASS.

Artichokes.	Endive.
Asparagus.	Jardinière.
„ points.	Lentils.
Beans (French).	Macedoine.
„ (haricot).	Mushroom heads.
„ (black).	Mushrooms.
Carrots.	„ (button).
Celery.	Pea, ripe.

VEGETABLES PRESERVED IN TINS OR GLASS.—*Continued.*

Peas (green).	Spinach.
„ (yellow).	Sugar corn.
„ (yellow split).	Tomatoes.
Pimentos.	Turnips.
Sorrel.	

TINNED SAUSAGES.

Sausage meat.	Sausages (Irish).
Sausages (Anglo-German).	„ (Lorraine).
„ (beef).	„ (smoked).
„ (Cambridge).	„ (tomato).
„ (chicken and ham).	„ (truffled).
„ (Frankfort).	

SAUCES AND VINEGARS.

Anchovy sauce.	Madeira sauce.
Brand's AI „	Periqueux „
Brighton „	Poivrade „
Clarence „	Catsup, tomato (Fruitionie).
Curry „	Chutnee (Indian).
Fruit „	Chutney (Fruitionie).
Harvey „	Indian soy.
India „	Ketchup (mushroom).
Junior Carlton sauce.	„ (walnut).
Mushroom sauce.	Belgravian relish.
Reading „	Osborne „
Tomato „	Soyer's „
Tuscany „	Victoria „
Victory „	Yorkshire „
Walnut „	Chilli vinegar.
Worcester „	Eschallot „
Sauces for entrées :	Garlic „
Financière sauce.	Tarragon „

PICKLES.

Achard's.	Cauliflower.
Asparagus.	Chillies.
Cabbage.	Chow Chow.
Capsicums.	Gherkins.
Captain White's.	„ (white).

PICKLES.—*Continued.*

Indian.	Onions.
Lemon.	„ (Spanish).
Mangoes.	Picalilli.
Mixed.	Walnuts.
„ (in white vinegar).	West Indian.
Mushrooms.	

PRESERVED AND BOTTLED FRUITS.

Apples.	Mirabelles.
Apricots.	Morella cherries.
Bananas.	Naples marrows.
Cherries.	Nectarines.
Chinois.	Nèfles du japon.
Cumquat (orange).	Normandy pippins.
Currants (red).	Oranges.
Dates.	Peaches.
Egg plums.	Peach apricots.
Figs.	Pears.
Ginger.	Pine apple.
Greengages.	Portugal plums.
Green almonds.	Prunes.
„ water melon.	Raspberries.
Lemons.	Strawberries.
Mandarins.	Walnuts.
Mandrine de fruits.	West Indian limcs.
Marrows.	„ „ tamarinds.

BEVERAGES.

We purposely give no list of wine, spirit, or beer; only of such syrups, &c., as can be easily converted into pleasant drinks with but little trouble.

Amongst the syrups are to be found almost every kind of fruit flavouring.

Aerated waters.	Lemonade.
Black currant vinegar.	Lemon juice.
Chocolate.	Lemon squash.
Cider.	Lime juice.
Cocoa.	Raspberry vinegar.
Fruit syrups.	Syrups (fruit).
Ginger beer.	

MISCELLANEOUS PRESERVED PROVISIONS.

Anchovies (essence of).	Liebig's extract.
Bouillon Fleet.	Mace.
Bovril.	Marrow.
Brand's extract.	Meat extract.
Burnt onions.	Mincemeat.
Capers.	Mixed herbs.
Cardinalis.	Mulligatawny paste.
Carmines for colouring cayenne.	Mushroom powder.
Cinnamon.	Mushrooms (dried).
Cocoanut (desiccated).	Nutmegs.
„ „ (shred).	Oil (for frying).
Cochineal.	„ (Lucca).
Cockscombs.	„ (Provence).
Cloves.	Olives (French).
Curry powder.	Olives (Spanish).
„ paste.	„ (stuffed).
Entrée sauces.	Rennet (essence of).
Essences (fruit).	Saffron (for colouring).
„ (savoury).	Salad cream.
Ginger.	Spices.
Gravies (browning for).	Stuffing paste.
„ (essences for).	Truffles.
Herbaceous seasoning.	Vanilla bean.
Herbs (dried).	

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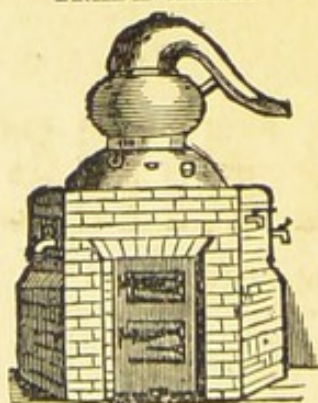
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