

Tinned food, with advice and recipes for its treatment : being John Moir & Son's (Limited) export catalogue / annotated by "Wyvern".

Contributors

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MOIR'S

PRESERVED
FOOD

— AND —

HOW TO PREPARE IT
FOR THE TABLE,

By

“WYVERN”

AUTHOR OF CULINARY JOTTINGS

SWEET DISHES, &c.

C. III. K
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NYVERN = HERBERT (Arthur Robert Kenney)



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TINNED FOOD

WITH

Advice and Recipes for its Treatment;

BEING

JOHN MOIR & SON'S

(LIMITED)

EXPORT CATALOGUE;

ANNOTATED BY

“WYVERN,”

Author of “Culinary Fottings,” “Sweet Dishes,” &c.

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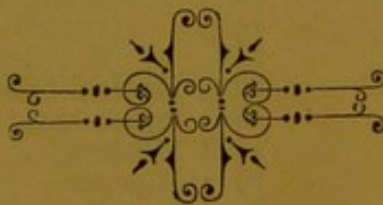
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INTRODUCTION.

THE advice I give in this annotated Catalogue is more particularly addressed to Messrs. J. MOIR & SON'S *clientèle* in India and the Colonies; nevertheless there is much of it quite practicable in England, and to be earnestly recommended to home consumers of preserved food. To the mistresses of English establishments perhaps some of my methods of dressing up these provisions may at first sight appear a little troublesome. To them I would explain that it is just in this kind of cookery that the Native cooks of India, Burma, Ceylon, the Malay Peninsula, China, and other Eastern places are most proficient. The staple provisions of these distant countries are, *per se*, so poor that the whole system of the *cuisine* for the European settler is one of delicate handling, stewing, simmering, seasoning, flavouring, and so forth. This the Native cook picks up from childhood. He stands over his stewpan like "patience on a monument," and inasmuch as he has nothing else to do—the domestic establishments of even small incomes being considerably in excess of those maintained in England—he can be entrusted with the working out of elaborate recipes which an ordinary English cook might be unable to find time for. But while endeavouring to show how certain tasty dishes *can* be produced out of the preserved food supplied by Messrs. MOIR & SON, I wish it distinctly to be understood that these recipes are only propounded as *possibilities*. Each prepared tin is in itself ready for the consumer, can be gently warmed up *en bain marie* in its own tin, and be eaten on its merits. In this form it is obviously of incalculable advantage to travellers whether by sea or on land, to sportsmen, and others, who may neither have professed cooks nor culinary appliances at their command. In like manner, all to whom my methods may seem

too elaborate can "leave well alone," and treat tinned food in the same simple way in the English kitchen.

Whenever time and resources admit of it, however, it is in my opinion—and I speak of more than thirty years experience of such food—of the greatest advantage to re-dress, and freshen to the utmost all hermetically sealed provisions, to disguise as far as is possible the fact that they *are* tinned, and to assist local produce by their means. With this object in view, I am sure that all who have studied the subject in countries where tinned food is in constant requisition, will agree with me when I assert that soups, stews, vegetables, &c., should be expelled from their tins and re-cooked in a clean vessel. Skimming is very essential in the case of soups, while seasoning, and most certainly the additions I shall hereafter mention ought if possible to be made. In India, and most of the countries I have indicated, the concoction of a chicken or mutton stock is a process at once so easy and inexpensive that it would be gross carelessness to shirk making it, while in an ordinary kitchen in England conducted with the commonest culinary economy there ought to be, on five days out of the seven, scraps and savings out of which, with an onion or two, a tasty broth can be made which would be most useful in conjunction with a tin of already cooked food.

A tin of soup, it should be noted, is not valuable for service in that form only; it provides at a pinch what may be needed for a dish of hash or stewed (cooked) meat. How often the mistress is puzzled in regard to the disposal (say) of some cold rolled ribs of beef. The cook has no stock, and the meat can give neither bone nor trimmings for broth making. Now a pound tin of ox-tail soup, second quality, at about ninepence, will convert the cold meat into a tasty, wholesome hash or stew, and if assisted as I shall presently demonstrate, will render the *rechauffé* sufficiently well-flavoured and inviting to present at dinner. In short, it is the chief object of my annotations to show that preserved provisions can be directed to useful purposes other than those to which they would seem primarily applicable, and that we often possess easy and effectual means for the development of a superior dish did we but appreciate fully the capabilities of this form of food. In India and the Colonies people have frequently to depend to a very great extent on tinned food, and after a time

become very tired of it. To them any hints as to disguise and resuscitation cannot fail to be welcome.

Bearing in mind what I have said, consumers of tinned meat will, I think, find the following rules of some value :—

1.—Keep it stored in as cool a place as you can, and subject it to as little shaking and rough handling as possible.

2.—At the Hill stations in India tinned food keeps well at the natural temperature of the place, but in transporting the tins to camps or pic-nic grounds protection from exposure to the sun is necessary.

3.—In India and the Colonies, and in England in the summer, all preserved food intended to be eaten *cold* had better be placed in its tin over ice, or in an iced closet or box, before being turned out. The jelly with which it is accompanied is thus consolidated. Once cold, it should be kept cold. These remarks apply to cold roast meats and birds; collared, corned, spiced, seasoned, smoked, potted, and devilled meats; to brawns, rolled tongues, cooked hams and bacon, pâtés of all sorts, anchovies, caviare, pilchards, lax, sardines, and herrings in oil or butter, salmon, cods roes, and all fish to be used in *mayonnaises* or salads.

4.—All dressed food in sauces, such as stewed meats of all kinds, army rations, *ragoûts*, *bœuf à la mode*, curries, jugged hare, haricot, hash, duck and peas, *tête de veau en tortue*, and all soups, must be reheated according to the directions hereafter explained, or plainly as directed on the labels of the tins themselves.

5.—Vegetables of the choicer varieties that can be served iced with cream or in a *salade cuite*:—such as asparagus, artichoke bottoms, peas, *haricots verts*, and *macédoine*, should be set in ice in their tins before being turned out. If required warm, they should be treated as stated in the notes I have recorded for all vegetables.

6.—Salted and dried meats or fish should be soaked as directed. Hams and tongues in canvas are not soaked sufficiently as a general rule. A broth of fifty-six hours is not too much for a large ham, or of forty-eight for one of moderate weight and for full-sized ox-tongues.

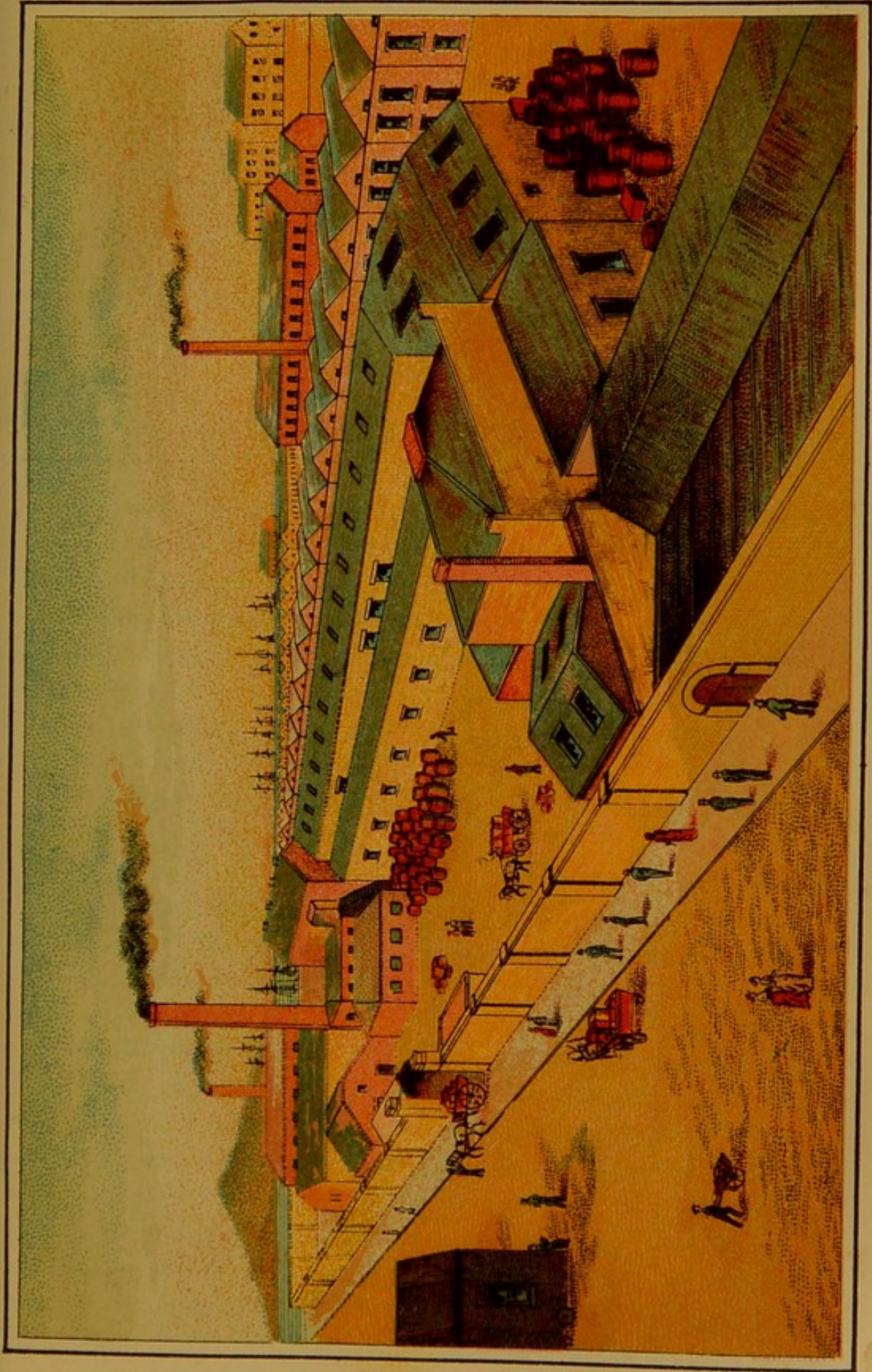
7.—Having once been opened, fruits canned in syrup, tart fruits, &c., should be used without much keeping, or they will turn mouldy. If required for cold *entremets* or dessert, keep the tin in ice before opening.

8.—The practice of leaving bottled sauces, pickles, &c., *uncorked* (a too common one, I fear, both in England and India) should be strictly prohibited. Small corks often break when extracted by a large corkscrew, a few spare ones, therefore, should always be kept handy in case of such accidents.

“WYVERN.”

LONDON, 1ST MAY, 1892.





MOIR'S LONDON FACTORY.
ESTABLISHED 1869.



JOHN MOIR & SON'S

(LIMITED)

EXPORT CATALOGUE.

1. **Army and Navy Rations.**—Under this head we have to consider :—

(a)—Stews of beef with vegetables, plain, and with such adjuncts as pickles and bacon ; Irish stews, and stews with rice added to them.

(b)—Desiccated beef with vegetables.

(c)—Erbswurst, or *purée* of peas with bacon, plain and curry-flavored.

(d)—Vegetables.

(e)—The Army ration sausage.

(f)—Hospital comforts in the form of soups, essences of meat, &c.

(a).—Of the first I can speak not only from personal experience, but also from the reports of officers who took a supply of these rations to Burma during the recent operations in that country. There can be no question of their excellence. Alone they form a portable and nourishing food in situations where neither cooks nor cooking utensils can be taken with the troops. The pickle in Nos. 3, 4, 5, and 6 is liked by many as an appetiser, and a corrective of any richness that there may be in the fat. In garrisons where the local food supply is indifferent, vegetables hardly procurable, and the men in need of an occasional change in the monotony of the Commissariat issues, a bi-weekly allowance of these rations to be worked up with stews of the fresh meat of the spot would be an excellent thing. And what can be better in the sportsman's store basket than a supply

of these capital preparations? If in a place where a fowl can be got let one be cut up, and *simmered* in the strained broth of one of these tins, assisted with a little water; when the pieces of fowl are tender, add the strained off meat and vegetables, put in a spoonful of any zest or sauce, and serve. An "*omnium gatherum*" stew is invariably popular, and perhaps the best thing a man can eat in tent life; it is soup, and meat, and vegetables combined; he can throw in some tinned oysters if he likes, but not until the stewing is finished; if he can spare a glass of sherry or marsala let it go into the pot, and if very hungry let a poached egg be placed in his basin before he ladles into it his share of the ration. In England a stew of a pound of beef collops cut from a slice of the "leg-of-mutton-piece," supplemented with a tin of Army rations, and perhaps an extra onion, would make a capital homely dish for the children's dinner or luncheon.

The "Irish stew" is in its turn as acceptable as those of beef, it provides that most necessary thing—change, and is just as nourishing. Where such assistance is possible, some extra onions and potatoes, boiled and mashed up with some milk, and seasoned with black pepper and salt, can be added, while if any scraps of mutton can be got, with the broth they have yielded, a capital dish can be concocted; in other words, the strong tinned stew will animate and encourage the freshly made one. Rice added to the ordinary ration stew of beef, potatoes, carrots, onions, and gravy, gives bulk, nutriment, and some little novelty.

(b). **Desiccated Beef with Vegetables** can be eaten cold, spread on bread or biscuit; or it can be rolled into balls and fried; be warmed in a tin; or mingled with a ration of fresh beef and stewed. Added to some minced fresh meat, and worked with it, with a beaten egg, bread crumbs, and seasoning, it can be formed into cutlets or *croquettes*, and after being crumbed with some well-pounded crumbs, can be fried in boiling fat, and served on a napkin. Prepared in the same way the mixture can be put into buttered tins, or fire-proof shells, and baked with a layer of crumbs on the surface.

(c). **Ebswurst**.—This is a concentrated form of pea soup with which the fat of bacon has been blended. One pound tin makes sufficient soup for six men, and should be diluted accordingly; it is

very nourishing and sustaining, being a meal in itself. If circumstances permit, the yolks of some raw eggs—stirred in off the fire (*i.e.*, when boiling has somewhat subsided)—greatly improve this soup. It may happen that milk is obtainable, if so, dilute the soup with it, and you will add to its alimentary power, and soften it at the same time. The Erbswurst with curry flavor provides change, while the ingredients in the curry powder act as a stimulant. If at hand, some extra curry powder or paste fried with some onions would, if the diluted soup were slowly stirred in with it, convert the erbswurst in a good mulligatunny. The Natives of the north of India, remember, use dhál powder (which is very similar to dried pea-flour) with their curried preparations.

(*d*). **Vegetables.**—These are potatoes preserved whole, and *à la maître d'hôtel*, tins of mixed vegetables in gravy, of cabbage and potatoes, and of carrots and onions, and their value as part of the Field ration cannot be exaggerated. All were highly approved of in Burma. An occasional issue of these antiscorbutic provisions might indeed be advisable in garrisons during the time of year when fresh vegetables cannot be procured. Let ten pounds of ration meat be stewed gently, and when tender cast in a two pound tinful of the mixed vegetables in gravy, the result will be an excellent mess for fifteen men.

(*e*). **The Army Ration Sausage.**—A luxury for the campaigner or sportsman, whether eaten cold or cut up and added to an "*omnium gatherum*" stew. A really excellent item of the ration list to be earnestly recommended.

(*f*). **Hospital Comforts.**—These appear later on in the Catalogue (No. 58A), but surely deserve to be mentioned here. They consist of excellent soups and broths, beef tea, boiled beef and mutton, and preserved chicken. With these at hand many a life might be saved in places where delicate nourishment cannot be procured, and where culinary skill is a thing unknown.

*For the numbers given please consult Messrs.
Moir & Son's Export Catalogue.*

CATALOGUE NO.

1½. **Anchovies (Gorgona).**—These Anchovies are preserved in brine, and are consequently very salt unless carefully soaked in cold water. After having been soaked well and dried, they may be used in most of the methods mentioned for Anchovies in oil. For tropical climates, the Gorgona Anchovies do not do so well as those in oil, for, no matter how well corked, the pickle 'sweats' through the stopper. The *color* of Gorgona Anchovies is brighter than that of Anchovies in oil, but, in a culinary point of view, the redness is no special desideratum.

2. **Anchovies in Oil** are quite invaluable. They stand any climate, and provide the cook with one of the most useful ingredients he can wish for. First, as regards Moir's Anchovies with bones:—If required for fillets, take the fish out of the oil, wipe them on a dry cloth, pass a sharp knife along the under side, peel off the flesh, removing the back-bone. You will now have a number of thin strips, or fillets. The bones should be pounded, and passed through a hair sieve; the pulp thus obtained is useful whenever pounded Anchovies are required, as explained later on. The fillets are most tasty if arranged upon the top of a freshly-cooked beef-steak, or chops, or as a garnish for a *mayonnaise*. Cut into little squares, these fillets assist a savoury pie if dotted about among the layers of meat. They make a most excellent sandwich if arranged on bread and butter, with pieces of olives, or chopped capers, here and there. The fillets may be also treated as fritters (*orlys*) as follows:—Having removed the bone, brush them with white of egg, roll them round, dip the rolls in batter (not too thick), and fry them crisp in boiling fat at a gallop. Thus cooked, they form an appropriate garnish for a dish of boiled fish, or a *bonne bouche* alone. For an Anchovy *omelette*, proceed as follows:—Cut up one Anchovy for every two eggs used in the *omelette*—let us assume the number to be six. Three Anchovies should be cut into little pieces about the size of a coarse mince, which should be put, with half an ounce of butter and a dessert-spoonful of chopped parsley, into a small saucepan, and

lightly heated up. Proceed to make the *omelette*, and as soon as the under part of it has formed, and the surface presents a *half*-formed appearance, pour the contents of the saucepan evenly over it, and roll the *omelette* over forthwith into the hot dish prepared for it. The *omelette*, as it rolls over, will envelop the juicy part of the partly-formed eggs with the Anchovy mixture, and will spread itself on reaching the dish, as all *omelettes* should. (See *Wyvern's "Culinary Jottings,"* chapter xviii.)

Coming now to *pounded* Anchovies, we find the following preparations requiring their assistance :—Green butter, anchovy butter, *crème d'anchois*, anchovy toast, anchovy sauce, &c. Green butter is a *hors d'œuvre* made of the best fresh butter, with which sufficient pounded anchovy is worked to give it a relish ; the coloring is best achieved by "spinach greening," chopped green parsley, and a little chopped capers or watercress. Anchovy butter is plain butter flavoured with pounded anchovy. A small pat of either of these butters, melted in a little saucepan, and poured over a juicy steak or chop, provides a most agreeable *plat*. *Crème d'anchois* is a well-known sauce for *filets-de-bœuf*, steaks, or roast beef. It is made by stirring anchovy pulp into a rich *sauce blanche*, and finishing with the yolks of a couple of raw eggs, stirred in *off* the fire to prevent curdling. A tablespoonful of cream may be added with additional effect. When anchovy toast is made with pounded anchovies, the pulp should be worked into fresh butter. This should be gradually melted over a moderate fire, and raw yolks of eggs should be stirred in off the fire to soften the composition before it is poured over the toasts. The toasts may be dipped into the mixture if preferred, in which case they should be crisped in the oven after having been thoroughly saturated with the anchovy, egg, and butter sauce.

Messrs. Moir & Son's Filleted Anchovies in Oil have the advantage of being boned before preservation. If required to be served as a relish with cheese, the fillets thus tinned simply require wiping to free them from the tin oil ; they should then be dished, sprinkled with a little fine fresh salad oil, garnished with parsley, and handed round.

3. **Arrowroot.**—The reader does not require instruction in regard to this most excellent farinaceous preparation—it ought to be in every store-room. Apart from its value in invalid cookery, in

puddings, blanc-mangers, &c., it provides the soup maker with a gelatinous thickening for broths without the heaviness or cloudiness of flour, or necessitating butter. By some this is much appreciated in clear soup.

4. **Bacon** (in Tins).—Moir & Son's Wiltshire and Streaky Breakfast Bacons, in tins, require no cooking to speak of. A gentle warming up is all that is needed if the piece be wanted for service, with a roast fowl, whole. Remove the skin (it will peel off quite easily), and dredge some rasped crumbs over the surface of the bacon. If wanted for rashers, cut them from the piece, and fry without any other cookery. These Bacons are mild and well cured. After being opened, they keep even in a tropical climate perfectly well for three or four days.

Bacon (in Canvas).—This must be treated as a piece cut from the flitch at home, and boiled; or raw rashers can be cut for broiling if desired. Scrape off the salt carefully, and soak the piece an hour or two before using. Messes, hotels, and all large establishments should arrange for monthly shipments of this article.

5. **Baking Powder** (Moir's).—One of the most useful introductions that has been effected for years. Every man is, by this handy preparation, able to become his own baker. Sportsmen who have to journey miles beyond the reach of towns and bakeries, soldiers on the march and on foreign service, need no longer be deprived of their daily bread if able to carry flour and baking powder. Strict attention must be paid to the directions given on each packet. A common mistake is made as follows:—If the first experiment happen to be not quite successful, the operator on the next occasion increases the quantity of baking powder, thinking that by so doing he will correct his mistake. This is absolutely going from bad to worse. No additional amount of baking powder will make bread light. It is just the same with yeast. The only way to attain success is to practise attentively according to directions. Manipulation is invariably overdone by beginners, and it requires some little experience to hit off the correct temperature of the oven. By degrees these difficulties are overcome, and then the home baker finds that if

he exceeds the quantity of baking powder laid down, he is liable to spoil his bread. Bake all first attempts in tins. Baking Powder is also very valuable in supplying the place of eggs in puddings and cakes.

6. **Bagger's Danish Butter.**—This, again, is a very valuable introduction, being a vast improvement on the old-fashioned preserved butter, which was almost too salt to eat, and generally rancid. Turn it out of the tin and let it lie in iced spring water for a couple of hours, then work it well with the bat, now transfer it to an enamelled basin, and wash it well with fresh milk, setting it upon ice if the weather be warm. Then mould it into pats, which should be kept in cold or iced water. This Butter is altogether superior to the best butter procurable in the Native market in tropical climates; it is strongly to be recommended for use in cookery whenever butter is necessary, but, to do it justice, it *must* be washed as described and kept *as cool* as possible.

7. **Barley.**—A necessary article in every cupboard. Here is a good barley broth (Scotch):—Clean and prepare two sheeps' heads, washing them well, and removing the brains. Put the heads into a gallon of cold water, with a breakfast-cupful of barley, four large onions, a bunch of parsley, a dozen pepper-corns, and a dessert-spoonful of Moir's Seasoning Salt. Bring to the boil slowly, skimming all scum; then simmer slowly for three hours. Next strain, cut a few nice pieces of the head for garnish, replace the barley and onions, pour the broth in with the garnish, and serve very hot.

9. **Beef.**—The various methods in which Messrs. Moir & Son's Beef is preserved may be classed under four heads:—(1) Cold Roast Beef; (2) Cold Corned, Spiced or Seasoned Beef; (3) Bouilli, or Boiled Fresh Beef; (4) made dishes.

The simplest rule to follow in regard to the first two forms of preserved meat is to leave it alone, serving it cold on its own merits, with a good salad or sharp sauce and pickles. Fragments of meat that will not turn out of the tin neatly can be cooked up as *rissoles*, *croquettes*, *crêpinettes*, &c., in which case a nice fresh sauce must be made to accompany them. It is a good rule in tropical climates, or

in summer anywhere, to place these tins of preserved meat in ice before opening them; especially so in the case of a tin of "boiled Beef with Vegetables," or any tin that may be expected to contain gravy, for, as a rule, these gravies are very strong, and when cold solidify as jellies.

When it is desired to serve a tin of dressed beef, hot, if possible a little stock made of ordinary fresh meat and bones should be prepared to blend with the preserved gravy or sauce of the tin, and the following procedure is to be recommended, not only because it freshens the preparation, but also because it adds to the bulk of the dish:—Turn out the contents of the tin, carefully separate the pieces of meat, vegetables, &c., from the gravy or jelly, warm the latter by itself, and taste it. In nine cases out of ten it will be found susceptible of improvement with a little white or red wine, a small atom of red currant jelly, a spoonful of ketchup or some good made sauce, such as Moir's "Club," bright, or thick sauce. Add the freshly-made stock in sufficient quantity to increase by one-third the amount of liquid, let it come to the boil, skim off all scum, and, if required to be thick, add a little thickening through a pointed gravy strainer till the desired consistency be attained. Put the meat into this sauce, warm up *en bain marie*, and serve hot.

Moir's "Ox-Cheek and Vegetables," and "Stewed Beef-steak," form very tasty dishes without any assistance; they should be heated up gently without boiling. The "Ox-Palates," and "beef *ragoût*," if treated as just described, and encouraged with a dessertspoonful of *Marsala*, make an excellent *entrée*. Serve them within a pastry case like a *vol-au-vent*, or in a *casserole* of mashed potato.

9½. **Beef Ragoût.** See the preceding remarks.

11. **Capers.**—Capers are not as a rule turned to their full advantage in an English kitchen. The word suggests boiled mutton and nothing else to ninety-nine ears out of a hundred; yet the pickle is perhaps one of the best we have. Capers can be pounded to a paste, and moulded with fresh butter and chopped parsley. A pat of this melted over the surface of a steak or chop is delicious. Kidneys with this dressing are excellent. Capers form a very tasty garnish for a *mayonnaise*. They may be minced fine, and used

instead of vinegar to sharpen *mayonnaise* sauce. Finely choppe capers, blended with a good white sauce, in which the yolks of two raw eggs have been stirred, off the fire, make that pleasant *sauce aux câpres* which is so nice with fish. A bruised caper, mixed with the butter of a sandwich, is an improvement.

12. **Cheese.**—Berkeley, Cheddar, and North Wilts in tins are to be recommended as good domestic cheeses. The Stilton, whole, in its season is quite a delicacy if people will have the good sense to leave it alone. It is by no means uncommon to find one of these excellent cheeses “doctored to death” by some well-meaning yet deluded *friand* who fancies he can improve it by port wine, beer, &c. For ordinary use, I think the Gruyère is the best cheese for tropical climates, and a block of dry, hard Parmesan is far better for culinary purposes than the ready grated Parmesan in bottles. You can keep it dry, and grate it as occasion demands.

13. **Chocolate and Milk—Cocoa and Milk.**—These preparations are excellent. Follow the printed directions and you cannot make a mistake as to the quantity required per cup. Dilute with boiling fresh milk or water, the former is, of course, less digestible than the latter.

14. **Symington's various Essences of Coffee, &c.**—These essences, on account of their portability and good quality are very valuable to travellers whether by sea or land. With hot water and a little sugar they afford at once a sustaining and refreshing beverage. I recommend the use of hot water rather than milk, as being more wholesome. A cup of *café noir* made with the essence, with a dash of cognac is decidedly invigorating.

15. **Coffee (Finest Ground).**—This is a luxury. Speaking as an Anglo-Indian, I cannot too strongly urge upon the directors of large concerns, hotels, messes, &c., the great advantage to be derived by importing Moir's Ground Coffee direct from home. This may sound like a recommendation “to send coals to Newcastle,” nevertheless, even in Southern India, where the berry is largely grown, a cup of good coffee is almost a thing unknown. The natives of India, notwithstanding that it is as necessary to them as their curry, fail in

its preparation ; they over-roast it, and they roast it too fast. Whenever you get a good cup of coffee, depend upon it the mistress of the house has specially undertaken the education of her servants in regard to its making. There is, moreover, another thing to remember ; as the "harvest of the sea" goes to London, and people on the seaside can only get leavings, so is the cream of the Indian Coffee market skimmed in England. It is only at a few leading Houses in India where good berries can be got. Now, *Ground Coffee*, if imported monthly, would, I feel sure, meet a very general want ; it would be a trifle more expensive, but the public would sooner pay for a good thing than a bad. If a large connection were opened, liberal terms might no doubt be effected. The fragrance of the coffee suffers in no way inasmuch as it is hermetically sealed immediately after grinding.

18. **Chutneys.**—Messrs. Moir & Son's list of Chutneys is very comprehensive, and as tastes vary in regard to what constitutes the charm of this particular condiment, I will not single out any special brand for recommendation. Personally, I lean towards a not too hot and rather sweet chutney ; and I confess that I do not care for currants and raisins in this form of preserve. The Mango seems specially adapted to this method of treatment ; the little apricots common to the Himalayas, too, make good chutney. Having left the selection to the taste of the reader, I would rather direct my remarks to the uses to which Chutneys may be applied. The ordinary method of taking chutney as a pickle with curries and cold meat is, of course, familiar to everyone, but few think of enriching and flavouring sauces by its assistance. For veal or pork cutlets, for instance, a chutney sauce is excellent. Put two tablespoonfuls of chutney into a mortar, pound it to a paste, then scrape it out with a spoon, and mingle it with half-a-pint of plain unflavoured thick brown gravy sauce ; simmer for a quarter of an hour, then strain and serve. If the Chutney happen to be very sweet, a teaspoonful of Moir's *Anchovy Vinegar* should be added. Chutney may be advantageously used for sandwiches. Some kinds require no meat, making a tasty sandwich with butter alone ; others, again, are better pounded up with the butter on which the slices of meat are laid. A clear gravy for grills may be flavoured with Chutney, and strained

before serving. I strongly advise the mixture of a tablespoonful of good Chutney with a curry *during the simmering* of the latter. Flavours are thus imparted to curries of a true Oriental type. An ordinary dish of hashed beef or mutton is often much improved by a spoonful of Chutney, and a poached egg placed upon a toast that has been soaked in Chutney sauce, and fried in butter afterwards, with a libation of Chutney sauce just before serving, is not to be despised.

21. **Curry Powders, Curries, &c.**—Messrs. Moir & Son have been at some pains to get some sound stock Curry Powders and Pastes, and they have been successful. The public should, however, be warned that, although a good powder or paste, or both, are important points gained on the line of advance to a good curry, the dish will never reach perfection unless properly cooked, and unless all the laws which govern curry-making are carried out. Wyvern's "*Culinary Jottings*" (Higginbotham & Co., Madras), contains the fullest directions for curry and * mulligatunny-making. It must suffice here to give a brief *resumé* on the subject :

"The knotty points are these:—First the frying of the onions, next the powder or paste, then the accessories, and lastly the order in which the various component parts should be added.

"Assuming that we have procured, or made, a really good stock powder, the accessories next present themselves for our consideration. These are very important, for, with their aid a clever cook can diversify the flavour and style of his curries ; without them—be the powder or paste ever so well composed—the dish will certainly lack finish, and the true characteristics of a good curry.

"Prominently among them stands the medium to be used for the frying of the onions, with which the process commences. This most assuredly should be butter. The quantity required is not very great, and surely it may be assumed that people who want to have a good curry will not ruin it for the sake of a "two ounce pat of Dosset!" for be it noted, that tinned butter of a good brand is admirably

* This word is invariably wrongly spelt. It is of pure Madras derivation, and is consequently, misunderstood even in other parts of India. It is derived from two Tamil words:—*molligo* (pepper) and *tunny* (water), a common article of food among Madrassis. We can allow *mulliga* to stand for *molligo*, but *tawny* is too utterly far from the correct word "*tunny*."

adapted for this work. Next to butter I would recommend Moir's Marrow fat, a clean and reliable medium.

"Among other adjuncts that may be written down as indispensable are the ingredients needed to produce that suspicion of sweet-acid which it will be remembered, forms a salient feature of a superior curry. The natives of the south use a rough tamarind conserve worked, sometimes with a very little jaggery or molasses; and a careful preparation of tamarind is decidedly valuable. Why, however, should we not improve upon this with Moir's red currant jelly, and if further sharpness be needed, a little lime or lemon juice?

In England, writers on the subject of curries recommend chopped apples, green gooseberries, and other acids in quantities out of all proportion to the requirements of the case: a very slight sharpness is necessary, and that of the most delicate nature. A spoonful of sweetish chutney, and a little vinegar or lime juice can be employed, but I confess that I prefer Moir's red currant jelly as aforesaid.

"Then there is that most important item the cocoanut. This, as every one knows, is added to a curry in the form of 'milk,' *i.e.*, an *infusion* produced by scraping the white nutty part of the cocoanut and soaking the scrapings in boiling water. It is not the water in the nut. This strained is the *milk* required in Curry-making. The quantity to be used depends upon the nature of the curry. Malay Curries, for instance, require a great deal of 'milk.' The point in connection with this adjunct, however, that must not be missed, is the period at which it should be added. If all be put in too soon, the value of the nutty juice will be lost—cooked away, and overpowered by the spicy condiments with which it is associated. So we must reserve some of the 'milk' as we do cream or the yolk of an egg, in the case of a thick soup or rich sauce, and stir it into our curry the last thing just before serving.

"The strained milk obtained from an infusion in hot water of pounded sweet almonds can be put into a curry very advantageously—it may be used alone, or be associated with cocoanut milk. One ounce of the latter to twelve almonds will be found a pleasant proportion. When cocoanuts cannot be got, almond milk (*lait d'amandes*) makes a capital substitute, *i.e.*:—a quarter of a pound of sweet almonds pounded with one bitter one, moistened with boiling milk

or broth, and then allowed to rest for twenty minutes for infusion, after which it can be strained through muslin, and used as directed.

In England the preparation sold for puddings called desiccated cocoa-nut makes a good substitute. Use as recommended for the fresh nut.

“Curries cannot afford to dispense with the assistance of some stock or gravy. It is not uncommon to hear people say that they have eaten far better curries in England than in India, the chief reason being that Mary Jane will not undertake to make the dish without, at least, a breakfast-cupful or so of good stock.

The spices which should be used, according to taste and discretion, are these :—Cloves, mace, cinnamon, cardamoms, and allspice. A saltspoonful of one, or at most of two, of these aromatic powders blended, will suffice for a large curry. Dr. Kitchener’s precept, viz., that the mixing of several spices is a blunder, should never be forgotten.

“We may now work out, step by step, the process to be followed in cooking a chicken curry—

“Choose a nice young chicken—and here let me point out that *large* chickens, nearly full grown, ought never to be used in curries—and having cut it up neatly as for a *fricassée*, place the pieces aside, and dredge over them a little curry powder. Next take all the giblets *i.e.* :—trimmings, neck, pinions, legs, bones, feet, head, &c., with any scraps of meat that can be spared, and cast them into a sauce-pan with an onion sliced, half a dozen pepper corns, a bit of celery, a pinch of salt and one of sugar, cover them with cold water, and make the best broth you can. When ready, strain the contents of the saucepan into a bowl, and skim it clean. A good breakfast cupful of fair broth should thus be obtained. Lastly, make a breakfast cupful of milk of cocoanut or almond.

“Now take your stewpan, and having sliced up three ounces of shallots, or two small white onions, cast the rings into it, with two ounces of Denmark, or other good tinned butter* ; add a finely minced *clove* of garlic, and fry till the onions turn a nice yellow brown. Then add a heaped-up table-spoonful of the stock powder, and one of the

* This advice, of course, is offered to those alone who have not good fresh butter at their disposal.—W.

paste, or, if you have not made the latter, two tablespoonfuls of the powder. Cook the curry-stuff with the onions and butter for a minute or two, slowly, adding by degrees a dessert spoonful of ground rice, a sherry-glassful of the cocoanut milk, and then also by degrees the breakfast-cupful of broth. The effect of this when simmered for a quarter of an hour and then strained, will be a rich, thick, curry gravy, or sauce. The stewpan should now be placed *en bain-marie*, while we proceed to prepare the chicken.

“Take a frying-pan, melt in it an ounce of butter, or clarified beef suet, add a shallot cut up small, and fry for a couple of minutes. Next put the pieces of chicken into the *sauté*-pan, and lightly fry them. As soon as slightly coloured, and the pieces of onion brushed off them, the pieces of chicken should be transferred to the stewpan, in which they should rest for at least half-an-hour, marinading, as it were, in the curry gravy. After that, the stewpan should be placed over a gentle fire, and if the liquid be found insufficient to cover the pieces of chicken, stock, if available, or water, should be added. A gentle simmering process should now be encouraged, during which the bay leaf, chutney, and sweet acid should be added. If powder without fresh paste has been used, a table-spoonful of pounded almond and cocoanut must now be put in, with a little spice and grated green ginger. The curry gravy should at this period be tasted, and if a little more acid or sweet be found necessary, the proper correction should be made. As soon as the pieces have become tender, thoroughly stewed that is to say, the remainder of the cocoanut “milk” (the infusion I previously mentioned) should be stirred in, and in three minutes the operation will be complete.

“If a semi-dry or dry curry be required, the gravy must be still further reduced by simmering with the lid off, over a very low fire, the pieces of meat being continually stirred about with a wooden spoon to prevent their catching at the bottom of the pan. When the proper amount of absorption has been attained, remove the pan and serve.”

22 **Curried Preparations**—Bearing in mind the rules which I have just given, exceedingly good curries can be made with Moir's prepared curries of fowl, rabbit, lobster, oyster, veal, chicken and tripe, for it will be found that to suit the Anglo-Indian taste, these

preserved dishes require a little additional curry powder, the suspicion of sweet acid, and the final touch of nutty milk. The simplest way to re-dress them for the table is to fry a couple of shallots in butter, to add a tablespoonful of fresh curry paste or powder, and a coffee-cupful of good stock; to simmer this, completing its flavour with a spoonful of chutney and a little lime juice and red currant jelly. When ready, to turn out the contents of the tin, and carefully heat them up in the new sauce without boiling, adding the nutty milk just before service. This process has a very resuscitating effect. At the same time it must be pointed out that these prepared curries are nice enough when simply warmed up on their own merits, in their tins, *en bain-marie* for twenty minutes, and then turned out into an *entrée* dish, a dish of rice accompanying them.

The curried lobsters and oysters can be effectively served up *en coquilles*, *i.e.*, in scallop shells. Moisten the contents of the tin with a little freshly-made curry sauce, butter the shells, fill them with the moistened curried fish, shake some bread crumbs over the surface of each one, and bake till piping hot. These scallops are most agreeable additions to the breakfast *menu*, are nice at lunch, and can be sent up as "a savoury" at dinner.

The preparation of Mulligatunny from Moir's Mulligatunny Paste is simple enough. Do not be afraid of using the paste—a tablespoonful to a pint of stock, at the very least, if you want a well flavoured soup. Ordinary stock suffices well—that made from the bones and scraps of cooked meat for instance, while broth made from "fish cuttings" sold in England by all fish mongers at about 1½d. per lb, boiled with some onions and seasoning, provides a most excellent basis for mulligatunny. First blend the stock and paste, letting the latter dissolve thoroughly; add a squeeze of lemon or lime, with a pinch or two of sugar, season with salt, and stir in a dessert spoonful of chutney, if available. As soon as the mixture seems well blended, pass it through your strainer, and taking a fresh stewpan, proceed to thicken, as in the case of all thick soups, with butter and flour. When nicely thickened, and in the velvety condition, free from lumps, which should be aimed at, finish the soup off with a coffee-cupful of almond or cocoanut milk just before serving. Cream may, of course be added, or the yolk of an egg, but the addition must be carefully carried out, off the fire, to avoid curdling.

23. **Devilled Meats.**—These preparations are most useful. They can be served as *hors d'œuvres* with cheese, or with curry, in which case they are improved by being worked up with a little fresh butter, and served in the form of a pat, garnished with parsley. They make capital sandwiches.

24. **Flavouring Essences.**—The value of these preparations need scarcely be enlarged upon. Messrs. Moir's are remarkably strong, and require careful usage. In following ordinary cookery-book receipts, it would be well to use a little less than the quantity named. Apply the Essence drop by drop until the desired flavour be hit off. The essence of rennet is a most useful thing; two or three teaspoonfuls of it will turn a quart of milk to curd. Curds, it will be remembered, are used in making cheesecake mixture, curd fritters, curds and cream, &c., &c., The milk should not be too warm at the time the rennet is mixed with it.

25. **Fish.**—Messrs. Moir & Son's various preparations of Fish have now an established reputation, and form, it is scarcely necessary to say, a most important subject for our consideration. Speaking of preserved fish generally, it may be well to observe that it is sufficiently cooked when tinned and requires no further preparation at the hands of the cook. It is fit at once for instance, to be dressed *en mayonnaise* and served cold. In such cases, all you have to do is to turn the contents of the tin out upon a roomy sieve placed over a bowl to let it drain, and then dish the fish as neatly as you like, garnishing with strips of anchovies, turned olives, capers, hard boiled egg, &c.

'Up-country' in India and other distant places far from the sea, any nice ways of presenting tinned fish will of course be welcome, if only to vary the monotony of this part of the dinner. Pieces of preserved fish when not too soft, can be treated as *orlys*, *i.e.*, first marinaded in a little oil, with a squeeze of lemon or lime juice, and some slices of white onion, celery, and carrot, with a bunch or so of parsley. After having lain in this pickle for a couple of hours, take out the pieces of fish, dry them on a cloth, then dip them in batter, and fry them in abundance of fat till of a golden yellow colour. The bath of fat must be deep enough to cover the *orlys*, and hot enough to frizzle

them at the moment of contact. Keep the fat at a boil, while frying, with vigorous fanning. If the less artistic method of bread-crumbing be resorted to, the same directions as to frying must be followed. *Marinade* need not be made in large quantities. For a large dish of *orlys* four tablespoonfuls of oil, and a dessert spoonful of lime juice, or crystal vinegar, with a tablespoonful each of the vegetables named, cut into thin rings or strips, will be found enough. Carry out the process of marinading in a roomy flat dish, and turn the fillets frequently. Batter for *orlys* must not be mixed too thickly.

Another nice way of re-dressing dressed tinned fish is managed as follows:—Take as many portions of the fish as you have guests, and put them on a dish separately. Make a quarter of a pint of good white sauce, sharpening it with a few drops of vinegar or lemon juice, and enriching it with a spoonful of cream and the yolk of an egg, off the fire when cooling. Let the sauce get cold. Next make a good sized, but very thin pancake, removing it from the fire before browning. Out of this, cut as many neat wrappers as you have portions, lay them out flat, butter them on the sides uppermost, put a portion of fish diluted with the thick sauce upon each, and roll them up, fix the ends with white of eggs, brush them over with beaten egg, and crumb them with finely sifted crumbs. Put them on a buttered baking tin, and bake for ten minutes, browning with the salamander. Any nice fish sauce may accompany these *crêpinettes*.

Tinned Fish—especially Messrs. Moir & Son's Oysters—can be very successfully treated in the method known as '*kromeskies*' or '*kramouskys*,' viz.:—Minced roughly, and diluted with a thick rich sauce, bound with an egg; portions of this laid upon wrappers of thinly cut, fat cooked bacon, rolled up, and fried as recommended for *orlys*, *i.e.*, dipped in thinish batter, and frizzled at a gallop in boiling fat.

Remnants of tinned fish moistened with a little white sauce, and bound with egg, can be formed into cutlets, and bread-crumbed, for frying; or they can be pounded and cooked as *quenelles*. In each case, serve with them a good sharp sauce. *Coquilles* (silver-plated or fire-proof china scallop shells), filled with minced fish, diluted with good sauce, with some bread-crumbs shaken over their surfaces, and browned in the oven, are very nice. If you mix a little curry powder

with the sauce, you have *Coquilles à l'Indienne*, excellent with all sorts of tinned fish, especially shell fish.

A modern luxury—the *mousse*, or moulded cream of fish—can be very successfully made with tinned salmon, tinned lobster, turbot, &c., in which form fish is always acceptable. Drain the fish and pound it thoroughly, moistening with a little chicken broth, pass it through the sieve, and add four or five well-beaten eggs; incorporate the mixture, stirring in a little whipped cream, turn it into a border mould, and steam it as you would a pudding. When done, turn it out of the mould, and serve it with a libation of any good sauce, such as *Poulette*, *Hollandaise*; *crème d'Anchois*, &c.

Haddock Roes and Cod Roes make with hard boiled eggs an excellent curry. They form, when cut into neat pieces, a nice garnish for *mayonnaise*. Worked up with fresh butter, they are very acceptable with cheese as a *hors d'œuvre*. Baked in *coquilles*, after having been crushed, and moistened with a little white sauce, and bread-crumbs on their surface, they are good, while spread upon crisply fried bread and capped with buttered eggs they make an excellent breakfast dish, or simple savoury for dinner.

Tinned Stewed Eels require delicate handling. Turn the fish out of its tin, drain off the sauce in which it has been preserved, put the same into a saucepan, add some clear chicken or fish broth (about a breakfast cupful), or vegetable stock, let it come up to the boil, skim it, reduce it a little, and finish off with a tablespoonful of tomato ketchup, a teaspoonful of anchovy vinegar, and half-a-glass of wine, claret or Marsala. When flavoured to taste, put the pieces of fish into the sauce after having cooled the latter somewhat, and gradually reheat the mixture, serving it as soon as the surface steams.

Kippered and Dried Fish are generally tossed in butter in a frying pan, and served simply, or with hard-boiled egg sauce. They may be wrapped in buttered paper and heated on the gridiron, and fragments may be utilized on toast with a covering of buttered egg. Dried fish is necessarily improved by soaking in cold water; this depends upon the condition of the fish, which a glance can detect. After having been well soaked, dried fish, in addition to the methods just mentioned, can be curried, boiled, or baked.

26A. Dried ling, after soaking and par-boiling, may be arranged in layers in a pie-dish, with hard-boiled eggs in slices between them, chopped parsley, and lumps of good butter ; dilute these with a quarter pint of gravy or chicken broth, and, just before serving, pour in a cupful of boiling cream.

27. **Herrings.**—Messrs. Moir & Son can claim the first place among all the great provision preserving firms with reference to this fish. Their spiced, fried, and devilled herrings, are *spécialités* to be strongly recommended, while their herrings in fennel, shrimp, and tomato sauces are equally happy introductions, simply requiring careful reheating, and the addition of a little freshly made sauce or fish broth.

Kippered herrings, and herrings à la sardines, have been so long before the public, and are so universally appreciated, that any instructions regarding them would be superfluous. One hint is, however, worth recording with regard to their use by sportsmen, travellers, &c. It is this :—One of the chief objections to fish-in-oil in the pic-nic or travelling basket is that, once opened, the oil is apt to leak from the tin and contaminate everything it touches. If you drain off the oil the fish dries up. I, accordingly, advise the tourist to open the tin of fish before starting, to drain the contents, scalding them for a moment in boiling water ; then to pound them well in a mortar, after having thoroughly wiped them and removed the skins, mixing some of the best butter while pounding and plenty of black pepper, or the well-known Nepaul pepper. This Potted Herring, pressed firmly down in a jar, furnishes a tasty assistance to camp cookery. It can be eaten, of course, with bread and butter as potted meat or in sandwiches ; it can be made into cutlets or rissoles ; it helps *fresh* fish if put into stuffing, or used as a *purée* for sauce ; it makes a capital toast capped with buttered eggs or plainly devilled ; and, eaten plain with curry, it makes an excellent *hors d'œuvre*.

Bloaters, salt herrings, and smoked herrings, require soaking before use in any way, save that of a restorative with soda water after having dined “not wisely but too well.” The soaking should be regulated carefully according to the saltiness or dryness of the fish ; it ought, as a rule, take place in hot water, which should be changed at least once every hour. If you want to freshen the fish to the

utmost, soak it in milk or salad oil after a three-hours' bath in hot water. When thus humoured, the fish can be trimmed into fillets, and treated as fresh fish according to all ordinary receipts. Fillets of herring dressed with a little of the freshest salad oil, and a few drops of lemon or lime juice or crystal vinegar, garnished with strips of cucumber, capsicum, green chilli, green ginger, cold boiled potato, a turned olive or two, or some chopped olives, an occasional caper, and half-a-dozen hard-boiled eggs cut into halves, make a very reasonable salad.

28. **Real Scotch Salmon and American Salmon.**—The remarks already made with regard to fish generally apply to the treatment of Moir's salmon. In all cases, be careful to drain the fish carefully from the liquor in the tin. Salmon is rich and oily, and often requires a douche of scalding water to rid it of the oil that has drained from it in the tin. After the douche, careful wiping with a dry clean cloth is at all times necessary. The process is earnestly recommended before preparing a mayonnaise of salmon in aspic, or *petits aspics*. The taint of fishy oil will ruin this delicate dish; all traces of it should, therefore, be carefully removed.

30 and 31. **Kiln-dried Flour and Corn Flour.**—Strongly recommended for all delicate kitchen work requiring flour, such as batter, thickening, biscuits, puddings, &c. If mingled with the flour of the country better bread is produced in India than with the country flour alone. Corn Flour is, of course, a well-known preparation indispensable in the nursery and sickroom.

31½. **Fruit Syrups.**—With these, the preparation of ices, whether water or cream, is at once made easy. They can obviously be also used for ordinary creams and Bavaroises, for fruit jellies, and sauces to accompany puddings of all kinds.

32 and 33. **Fruits in Syrup (In Tins and Bottles).**—Though, as a rule, reserved for dessert, for *compotes*, and for the garnish of *savarins*, creams, &c., Fruits in Syrup are valuable for such dishes as the "*chartreuse de fruits*," i.e., different fruits set in a *purée* of fruit. Some people set fruit in jelly, and call the dish a *chartreuse*. This is incorrect. For the true *chartreuse* you must make a thick syrup or

purée of peach, apricot, or apple, passing the pulp through a silk sieve. In this, assisted by a little isinglass and flavoured with liqueur, you must set the fruit you wish to serve *en chartreuse*. The dish is, of course, opaque, not clear as a jelly. Well, Fruits in Syrup make excellent *purées* for this kind of sweet *entremets*. I strongly recommend a dash of liqueur with Fruits in Syrup when presented *en compote*. Brandy improves nearly every fruit, rum goes well with pine-apple, kirsch with cherries, &c., &c.

Note.—Fruits in Syrup are too expensive to be used in tarts, for which tart fruits are better adapted.

32½. **Fruits in Noyeau and Brandy.**—Delicious for dessert, and invaluable for addition to iced puddings, for which purpose they should be cut into small pieces.

34. **Crystallized Fruits.**—Chiefly used for dessert, but very valuable for garnish (when minced) for such puddings as “Queen Mab,” “*Ris à l'Impératrice*,” “*Orleans*,” &c. Before being used in this manner, the minced fruit should be simmered in a little brandy, rum, or liqueur.

35. **Fruits for Ices.**—These are prepared specially for Strawberry and Raspberry Cream Ices, but they are remarkably convenient for ordinary creams. If diluted with water and consolidated with isinglass they make delicious *Gelée de fraises*, *Gelée de framboises*, &c. Careful straining through the jelly-bag is necessary, and a dash of liqueur assists these jellies. This kind of sweet is very nice in hot weather—whipped cream may be served with it advantageously.

36. **Fruits (Dessert).**—Well known. I may suggest, however, to those fond of novelty, that Turkey Figs, first stewed till swollen and soft in syrup and then soaked in liqueur, are remarkably pleasant eating. Choose a wide-mouthed jar, put the stewed figs into it, pour over them enough cherry brandy or other liqueur to cover them. In a day or two the liqueur will be absorbed by the fruit, so pour in more liqueur, and in a week or two, the figs will be fit for dessert. The jar should never be allowed to get empty or dry, replenish it from time to time, and it will be an inexhaustible source of comfort. Stewed French

plums or prunes are excellent when thus preserved. Moir's preserved chestnuts make excellent *purée de marrons* for ices or bon-bons. One of the best methods to adopt for Normandy pippins is first to put them into cold water and bring very slowly to the boil, retarding the process by additions of cold water; then to let them simmer for twenty minutes, drain, and get cold. Then put them into a clean stew-pan, putting with them just enough of the original water to cover them, with a quarter their weight of sugar, the juice of some limes or lemons, some of the peel, cinnamon, cloves, and a wine-glassful of brandy; simmer till quite tender but unbroken, set to get cold, and serve.

37. **Tart Fruits** (In Bottles).—These Fruits are remarkably good and very cheap, forming one of the most useful and necessary articles of domestic consumption out of the fruit season in England, and all over the world in any season. Not for tarts alone are they to be turned to account. They make excellent *compotes*, *pains*, "fools," &c. Gooseberry and rhubarb fool, made with Tart Fruit, are as good as the freshest spring dish. The *pain* is simply a *purée* of fruit consolidated with gelatine or isinglass, and served in a mould. It is opaque, of course, but very tasty and refreshing; custards or whipped cream should be served with this dish. The *purée* is made in this manner:—Turn the contents of the bottle of fruit into a stew-pan, add a little water, and sweeten to taste. Simmer till the fruit is pulpy, then drain it on a sieve, and pass the fruit through with a wooden spoon. If the liquid be insufficient to fill the mould you have selected, add water. Stir the pulp and liquid together. Now add a glass of white liqueur if the fruit be light coloured, or of a red liqueur if it be rosy, and stir in sufficient clarified gelatine or isinglass to set the mixture. Set the mould on a bed of ice, pour in the *purée*, and stir occasionally while setting to prevent the thicker part sinking and separating itself from the thinner. Very pretty and tasty moulds can thus be made fit to present at a dinner party or ball supper, and by no means expensive.

To serve tart fruits *en compote*, turn the fruit out on a sieve and catch all the syrup in a bowl placed under it. Arrange the drained fruit in a glass dish. Sweeten, and, if necessary, add to the syrup you drained off, give it a dash of liqueur, wine, or brandy, and pour

it over the fruit, set the dish on ice and cap it with whipped cream, or serve it plain with custards in glasses.

38. **Game.**—Game preserved hermetically can scarcely be expected to retain its individuality. A sameness pervades the taste of hare, venison, partridge and grouse when thus treated. I accordingly recommend one and the same method of preparing each of them for the table. Turn out the contents of the tin, drain off the liquid, add at least as much really good meat stock as there is gravy or sauce, and boil the two together. Watch for the scum, and take it off carefully; now let the sauce simmer, adding by degrees the necessary thickening, a little red currant jelly, a little red wine, and a squeeze of lime, until enough has been added to impart a pleasant flavour. The meat can now be put into the sauce, and gradually heated, till the whole steams freely. Cool the sauce well before the meat is put into it in the first instance. It will be observed that this is a *salmis* or stew, and I am convinced of its excellence if carefully managed. Even the nominally “*roast grouse*” and “*roast partridge*” are better if cooked in this manner.

Any one of these tins of preserved game provide you with admirable materials for a good *purée de gibier*. I have made a thick hare *purée* following the precepts already laid down for the *salmis* (only adding more stock and the meat pounded to a paste and passed through a sieve), with one of Moir’s tins of *stewed hare*, equal to the best hare soup possible. The meat of these tins of game is, as a rule, peculiarly susceptible of being turned into *purée*, being very tender and rather over-cooked. Remembering, this, you can, of course, turn it to advantage in consolidated *purées*, such as *mousse de lièvre*, *pain de perdreaux*, &c., serving the moulds with rich brown gravy made as already described. The meat may also be formed into *croquettes* or *croustades*.

Another tasty way of serving tinned game is *en caisses*, i.e., in paper or china cases. For this, cut the meat up into small squares (a coarse mince in fact), and pack your cases, diluting the mince with a thick gravy as already described, flavoured with a dash of red wine, or Marsala, and a little minced truffle ham or mushroom. Dust some crisp bread-crumbs over the top of each case. The mince can also be served in *coquilles*.

A tin of Moir's preserved game presents the cook with a very valuable aid in the making of *game pie* of fresh game. The meat should be turned to a *purée*, which, with the excellent gravy of the tin, will be found to help the less well-flavoured flesh of hares and partridges in India very materially.

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| 39. Moir's Extract of Meat. | } See No. 88 |
| 40. Liebig's Extract of Meat. | |

41. **Hams (Moir's Prime).**—These most excellent articles of export rank among the best things procurable by an exile from Great Britain. If treated with the commonest care the tinned (cooked) ham is not to be distinguished from the ham at home. Proceed as follows:—Have ready a couple of quarts of common stock, in which a bottle of Marsala has been mixed, turn the ham out of the tin, trim it round, removing superfluous fat and discoloured portions, place it carefully in the ham kettle with the stock, which should be lukewarm. Place the vessel over a very low fire, retard the process of heating as much as possible, and by the time the liquid round the ham reaches steaming point, the ham will be ready to serve. Dredge some rasped crust over the ham, and send it to table with a rich brown sauce, flavoured with Marsala.

Let me here observe that, for culinary purposes, a good Marsala is quite as effective as Madeira. A large proportion of the dishes served in Paris, "*au vin de Madère*," are really prepared with Marsala.

Hams in canvas must first be scrubbed, and all discoloured portions cut off; they then require soaking for at least forty-eight hours, large ones fifty-six. After this, proceed as follows:—put the ham into cold water with such vegetables as you would use for soup, bring slowly to the boil, skim carefully and then let it simmer till tender. When this stage arrives drain off all water, peel off the skin of the ham returning it to the empty kettle, and pour round it a bottle of Marsala. In this it should simmer at very gentle heat, being turned occasionally, till required for the table, then cover the surface with rasped crust, and serve. Never when cooking *raw* ham put in beer or wine in the first instance: the method I have described is far better.

A Ham thus carefully dressed, and served with a good Marsala sauce, and a dish of spinach, makes an excellent *Rélevé*:—" *jambon aux épinards* ;" or after simmering in the wine for half-an-hour, it can be set to get cold, and then be glazed for service cold.

Boneless Hams should be carefully treated like Hams in tins. They are a delicacy admirably adapted to the luncheon or supper party.

42. **Honey (Narbonne).**—This Honey, *in tins*, is a novelty well worthy of attention. The quality of the Honey is beyond question.

43. **Dried Herbs.**—There are few things more useful than dried Herbs, and Messrs. Moir & Son can claim the honour of having introduced Tarragon—one of the *most* useful. Experience has led me to the conclusion that the majority of Indian exiles—I cannot speak of Colonists—fail to appreciate the value of these flavouring agents. Native cooks fall back on *spice*, ignorant of the properties of English herbs; a little instruction, however, soon puts them on the right track, especially if the spice box be interdicted. Thyme, marjoram, and parsley, or mixed herbs which contain all three, are, of course, useful in all ordinary stuffings, forcemeats, &c. Tarragon flavours one of the nicest of clear soups, *consommé à l'estragon*, sauce *Béarnaise*, and other sauces, and is the chief corner-stone of *mayonnaises* and salads. Mint is wanted for lamb, basil for turtle and fish soups, and sage for ducks and geese. That most invaluable assistant of the cook—"spiced salt" is easily made from dried Herbs, and powdered dried Herbs can, in the same way, be made from them. For the latter, try 3 ounces thyme, 3 ounces marjoram, 3 ounces basil, and 3 ounces parsley pounded to powder in a mortar, with 1 ounce of grated nutmeg, 1 ounce powdered mace, 2 ounces black pepper, freshly ground, $\frac{1}{2}$ -ounce pounded cloves, and $\frac{1}{2}$ -ounce Nepal pepper. This mixture, well dried and sifted, should be securely corked down, and used for flavouring purposes, in pies, stuffings, forcemeats, &c.

Messrs. Moir and Son have introduced an Herbaceous Mixture somewhat on these lines, which I have found excellent; also a Seasoning salt. No kitchen in India or in England should be without these useful assistants to good cookery. Moir's "fresh

herbs" as given in their Home Catalogue are of course better than dried herbs: when required for *fresh* use, scald the leaves for a minute, drain them immediately, and then wipe them on a dry cloth. This must be done in the case of Tarragon—a few leaves of which will flavour a soup or a salad.

Basil, remember, is a *sine quâ non* in turtle soup, mock turtle, and fish *consommé*; it is also required in tomato sauce.

45. **Isinglass.**—Necessary, of course, for setting jellies, creams, blancmanges, &c.

A really good aspic jelly can be made with this and some of Moir's essence of beef or chicken. Make a quart of *vegetable* stock, using the usual soup vegetables; when cool, add one ounce of isinglass, dissolve by gently warming, adding a dessert spoonful of the essence, and a tea-spoonful of dried tarragon; clarify with white of an egg, and pass through a jelly bag. It is now ready. If a little sharpness be liked, a teaspoonful of vinegar may be added.

46. **Jams and Jellies.**—These have long been acknowledged as the best in the preserved provision market. It was, indeed the marked superiority of Messrs. Moir's Jams that first brought the firm prominently before the public. In India, they have ever since maintained the first place in general estimation.

47. **Moir's Table Jellies** in bottles, are reliable preparations, saving in small establishments, the risk run of spoiling good materials by unskilled cookery. These Jellies, already strained, clear, and bright, have only to be poured into the quart or pint mould, and set on ice in hot climates, in cold water in temperate. As refreshing and harmless as they are attractive in appearance, these Jellies seem to be admirable adapted for service to the sick.

48. **Moir's Table Jelly Powder**—These are most commendable introductions. Each packet contains material for a pint mould of jelly, the process of making which is most simple. Shake out the powder into a basin, pour upon it a pint of boiling water, stir gently, and put the liquid into a wet mould which should be placed in a cool larder, or on ice in warm weather, to set. Wine or spirits must not.

be added unless the quantity of water is reduced, or some isinglass mixed with it. Turn the mould out in the usual manner by dipping it for a second or two in hot water.

48½. **Moir's Blanc-manger Jelly Powder.**—Another preparation of first-class merit in the style of the foregoing. Dilute the powder in this case with boiling milk (a pint to one packet), put the mixture into a mould, set it either naturally or with the assistance of ice if the weather be hot, and turn it out when wanted.

49. **Lime and Lemon Juice.**—Of much value to travellers, sportsmen in the jungle, and to yachting men. An excellent thing for the liver, if taken in small quantities daily.

50. **Lard.**—Most useful where difficulty exists in regard to procuring good frying *media*, and a reliable aid in pastry making. For the latter purpose, it should be iced before application.

52. **Maccaroni and Vermicelli.**—In Maccaroni we have an article of food which seems, even in these enlightened days to be little understood, and but poorly appreciated by Britons, whether at home or abroad. It may be said, without exaggeration, that a large proportion of our population passes through its life without ever seeing Maccaroni properly dressed, or turned to any of its best uses. Most wholesome, nourishing, and especially adapted for consumption in the tropics, it cannot be too strongly recommended to Anglo-Indians and Colonists.

The common, I may say the *only* method in which this preparation is met with in the majority of English households is that known as "*au gratin*" or baked, and even in that form it is but rarely well treated. To this day we read in English Domestic Cookery Books that it should be *soaked*! some advise *washing*, and some that it should be *simmered* slowly, &c., &c. Now, without going into the many uses of Maccaroni, mentioned in Wyvern's *Culinary Jottings*, a few hard and fast rules may be laid down that may be found advantageous.

First of all, remember that Maccaroni must on no account be *washed* before cooking. If it appears to be dirty it must be plunged into

boiling water for five minutes, then drained, and again plunged into the boiling liquid in which it is to be cooked. The first blanching will clean it effectually. Maccaroni, and all varieties of Italian paste must first be cooked at a gallop in *boiling water*, otherwise they become soft and flabby, a condition most strenuously to be deprecated.

Maccaroni is improved by being simmered *after* the preliminary cookery in *consommé*, until the latter is absorbed; but this is not absolutely necessary. When broth is available, the process and proportions for a dish of *Maccaroni à l'Italienne* may be thus summed up:—Six ounces of Maccaroni to three pints of boiling water, a salt-spoonful of salt, and two of pepper. Keep the water containing the Maccaroni boiling for twenty minutes: stop, drain, pour in half-a-pint of hot broth, simmer till absorbed, mix into the Maccaroni now two ounces of grated cheese, stir well, and when well incorporated, add another two ounces of grated cheese, and one ounce of butter. Half-a-pint of *purée* of tomatoes may also be stirred in with the first addition of cheese. The dish should be sent to table piping hot, being turned out of the pan into which it is cooked absolutely at the last moment, and heaped up upon the dish prepared for it.

Maccaroni, or any Italian paste of the same nature, may be thus dressed for service with a beefsteak *à l'Italienne*, *côtelettes à l'Italienne*, *Poulet braisé à l'Italienne*, &c., &c.

For ordinary "*au gratin*," prepare the Maccaroni exactly as above, only, instead of serving it tossed loosely straight from the fire, put it into a well buttered dish that will stand the fire, add about two ounces of butter in pieces over its surface, sprinkle a good coat of cheese over the whole, and bake.

Small silver scallop shells of Maccaroni thus baked are very tasty.

Freshly grated Parmesan and Gruyère are the best cheeses for cooking with Italian pastes, and *nouvelles*.

N.B.—A *clove* or two of garlic may be boiled with the Maccaroni in the first instance. The slight flavour thus imparted is very pleasant. Remove the garlic after the boiling stage.

Moir's prepared baked Maccaroni should be turned out into a small stewpan, and moistened with some fresh melted butter; some freshly grated cheese should be added, and the contents of the pan should

then be turned into a pie-dish with a few pieces of butter, capped with a layer of grated cheese, and baked.

53. **Marrow Fat.**—A very fair substitute for butter in making the commoner kinds of pastry, can be used in curry making, *omelette* frying, &c. When employed in pastry it must be kept firm by ice in hot weather, as it is inclined to oil when the temperature rises. It must be kept in a cool place at all times.

54. **Mustard.**—This standard household requisite will be found well-flavoured, unadulterated, and strong.

55. **French Mustard.**—To be recommended for all sauces in which mustard is required, being flavoured with tarragon, chervil, &c., and mixed with vinegar. The best for salads, *mayonnaises*, &c.

56. **THE Seville Orange Marmalade.**—Moir's Marmalades stand unrivalled among the preserves of that name exported by various firms to India. Marmalade is constantly in demand as a breakfast preserve, and Moir's has long been considered the best procurable. Those fond of the flavour of marmalade are also fond, no doubt, of marmalade in puddings or with them. Here is a good recipe for a glaze:—Take two large spoonfuls of the marmalade, dilute well with a wine-glass of Marsala and one of warm water, pass through a strainer to get rid of the bits of peel, add six teaspoonfuls of crystallized sugar. Boil slowly, and let the liquor reduce and thicken. When thick enough to coat the spoon when dipped into it, stop. The glaze is now ready. With it you can glaze the outside of a pudding or a *savarin* very effectively. The same preparation not thickened by reduction makes a capital sauce for puddings.

57. **Potted Meats.**—Messrs. Moir & Son's list of Potted Meats contains, in addition to the ordinary compositions, several noteworthy additions, such as "potted savoury meat," "*pâté de fromage*," "potted savoury fish," "fresh crab," and "haddock," all of the best quality. With the savoury fish excellent savoury balls can be made to accompany thick mock turtle soup, calf's head or sheep's head *à la tortue*, *matelote* (thick brown) sauce for fish, &c. The potted fish in this case must be pounded up with some fresh butter and added

to some bread crumbs soaked in stock and slightly seasoned with powdered dried herbs, Moir's "seasoning salt," or "herbaceous mixture," then bound with the yolks of a couple of eggs. Roll this into balls, and poach gently before adding to the soup or sauce. This preparation (potted savoury fish) makes an excellent sandwich, or, if sent round with the cheese, a very tasty *hors d'œuvre*. This may be said of all the potted meats, potted fish especially. Many like potted ham, devilled ham, and potted fish of any kind to be handed round (as a chutney) with curry. The pounded shrimp paste added to a good *sauce blanche*, and enriched with cream, makes a capital sauce in the style of lobster sauce. Excellent savoury toasts are made, especially with the potted fish:—bloater, salmon, lobster, crab, &c., thus:—Work some fresh butter into the potted fish, spread the mixture over some squares of nice toast, or fried bread, and set them in the oven to heat well; meanwhile prepare a top dressing of scrambled egg (*œufs brouillés*), and at the time of serving pour the dressing over the squares of toast. Instead of the scrambled egg a plain poached egg may be substituted, one for each square of toast.

58. **Mutton.**—Most of the dishes presented under this heading require but little manipulation at the hands of the cook when opened for use. As a general rule, proceed as you would were the meat ordinary cold roast or boiled mutton, cold cutlets, cold chops, cold stew, &c., and remember that it is over rather than underdone, requiring, therefore, very careful re-cooking or heating. A little freshly-made stock or gravy assisted with fresh vegetables, improves a preserved hash or stew, and a spoonful of wine should certainly be added to the former. All warming up is far better if carried out *en bain-marie*, i.e., place the stew in a stew pan, cold, and either put this into a *bain-marie* pan, or insert it within another stew pan of larger dimensions, with two or three inches depth of water round it. Let the outer vessel, with the water, boil, cover the inner one, and serve when steaming. Excellent *croquettes*, *rissoles*, *patties*, &c., can be made with the preserved cold roast and cold boiled mutton, and I have been successful in making a curry with the former, following the ordinary rules already given. The tinned haggis is a *spécialité*; on opening the tin you find the haggis-bag containing its savoury mince intact—be careful, by the way, in cutting the tin, lest

you also cut the bag—and all you have to do is to gently heat it. I think this process is better carried out in the *bain-marie* than by boiling: you run less risk of the bag bursting. There is, at least, a breakfast cupful of strong gravy in the tin with the haggis-bag: this can be utilized to keep the bottom of the bag moist while in the *bain-marie*, and may be thickened and flavoured with a dash of sherry as a sauce to accompany the dish if liked. Messrs. Moir's "Seasoned Mutton" is another departure from the beaten track of tinned meats. As its name implies, the meat is slightly and very pleasantly flavoured with seasoning. It is nice to eat cold, or it can easily be converted into a very toothsome stew. The sweet white fat should not be thrown away; it should be melted and strained, and turned to use for frying or pastry. Toast fried in this fat makes a capital camp dish when butter is either salt, or not procurable. Moir's mutton chops and cutlets can be bread crumbed, or dipped in batter, and fried; or they may be stewed with vegetables and fresh gravy *à la jardinière*; in fact in any manner laid down for cutlets in which the meat has first to be stewed or fried.

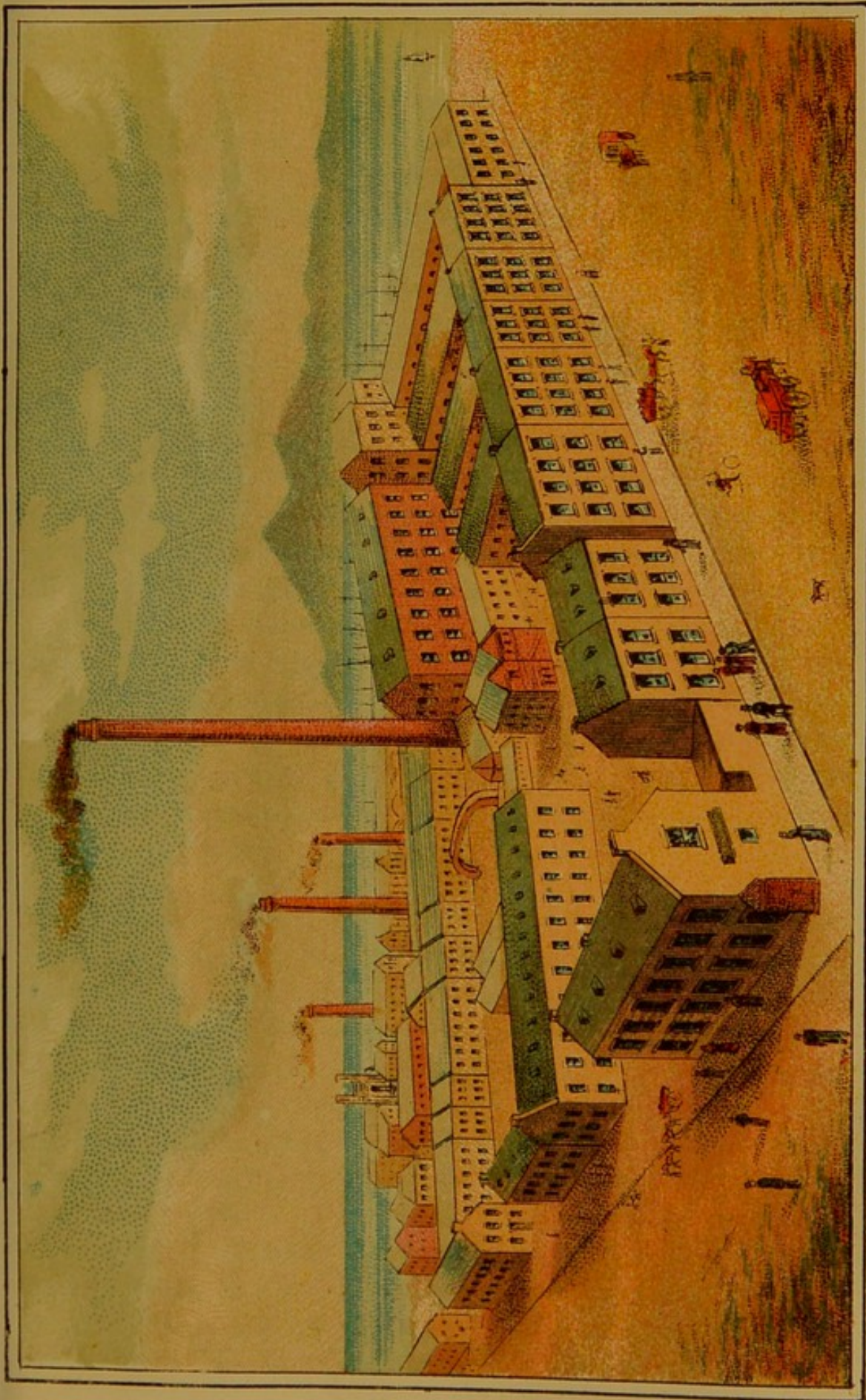
58A. **Medical Comforts.**—(See Army Rations, and No. 88).

59. **Mushrooms.**—Under this head we have to consider French Preserved Mushrooms, Black Leicestershire, and Mushrooms in Vinegar, of which the second are incomparably the best, and Moir's by far the best of all imported. The French Mushrooms provide the cook with a nice looking garnish, but the fungus is absolutely tasteless, while the less said about its digestibility the better. I recommend these Mushrooms to be pounded to a *purée*, in which condition they are useful in sauces, and in dishes such as *crème de volaille* or *pain de volaille*. Moir's "Black Leicestershire" are, however, remarkably full of flavour, and, with the addition of a little brown gravy, ready to serve at once with an *entrée* or joint. They make very excellent mushroom toast, and as *coquilles de champignons* can be presented as a savoury *entremets* at a dinner party. For this dish you require scallop shells, which should be buttered and then filled with the Mushrooms in a thickish brown sauce. A dash of sherry and a little mushroom ketchup may alone be added. When the shells have been filled, dredge some finely sifted bread crumbs over

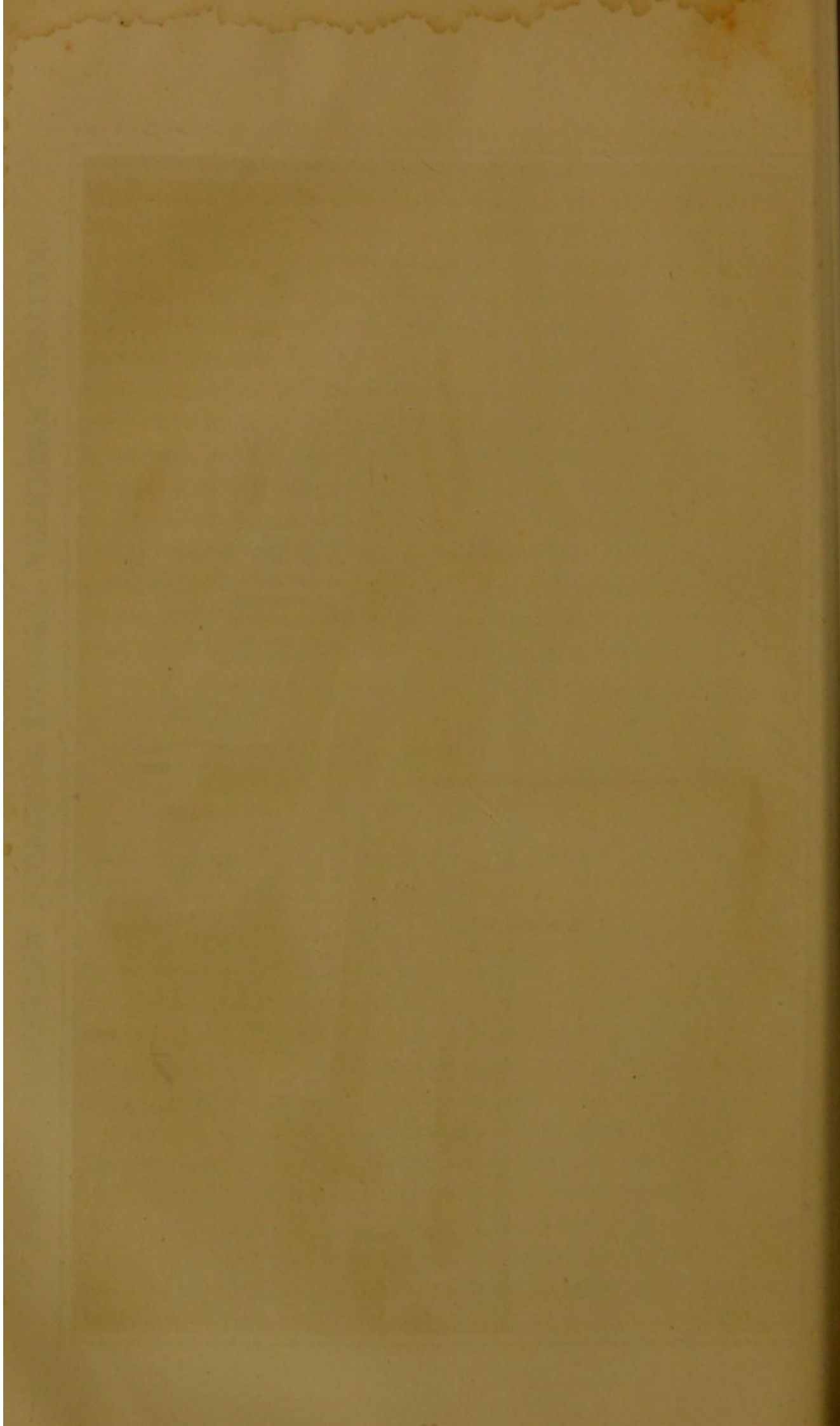
their surfaces, and keep them in the oven only just long enough to heat thoroughly. These Mushrooms, drained dry from their sauce and mixed with parsley and shallot, make a very good *fines herbes* mixture if treated as follows :—Weigh two ounces of shallot and four each of mushroom and parsley ; chop all as fine as possible ; put half an ounce of butter into a small stewpan and fry the onions first with a pinch of salt and a pinch of pepper, let the mince fry for five minutes, then add the parsley and fry for another five minutes, lastly, put in the minced mushroom, which, being already cooked, must only remain over the fire for one minute. The pan can now be removed, and the mixture applied to many good purposes, such as the flavouring of sauces and *salpicons*, addition to *omelettes*, and preparations served *en caisses*, the improvement of *gratins* and morsels dressed *en papillotes*, &c., &c. Kept covered up carefully in a cold place and renewed from time to time, *fines herbes* mixture becomes a most valuable auxiliary to the cook. *Champignons au vinaigre* are really pickled mushrooms, and can only be used as such.

60. **Salad Oil.**—Economy is impossible in this important article. The best procurable should alone be used if oil be introduced in food. Moir's "Finest Sublime" is to be strongly recommended. I advise those in India who appreciate oil in cooking to procure their supply during the months of December, January, and February, to avoid a hot voyage. If landed moderately cool and carefully stored, oil keeps well in India.

63. **Oatmeal.**—Moir's Scotch Oatmeal is among the best in the market—a fine course grained meal, admirable for cakes or porridge. The use of Oatmeal as a laxative seems but little appreciated by adults. In India it would obviate much discomfort and the constant recourse to medicine, which, in numerous cases, is a positive curse. I know a case in which the use of Moir's Round Oatmeal completely defeated an ailment which had almost become chronic. A bowl of porridge, made with hot *water*, seasoned with salt, and only a very little *cold* milk to make it tasty, was taken in the morning instead of tea and toast—a change soon took place, which with the daily use of oatmeal has been since maintained. The use of boiling milk, sugar and cream in porridge counteracts the laxative action of the oatmeal.



MOIR'S PRESERVED PROVISION FACTORY, ABERDEEN, SCOTLAND.
ESTABLISHED 1822.



64. **Olives.**—There are two kinds of Olives, both of which are supplied by Messrs. Moir & Son—the large Spanish and the small French. The latter is generally preferred for dessert, the former for savoury cookery. “Turned” Spanish Olives are most effective as a garnish for *mayonnaise*. The process of turning being easy enough:—Commence at top of the Olive and, with a sharp vegetable knife, cut down to the stone, cutting round the top first and then with a spiral motion round the thick part of the Olive to the bottom, taking care that the knife scrapes the stone as it cuts its way along. The result will be a curl of the fleshy part of the Olive, which of its own accord resumes the shape of the Olive. You can insert a piece of anchovy, or sardine, or caviare inside the curl. This makes a most acceptable addition to a *mayonnaise* or any cold dish of fish. Olives minced up with fillets of anchovies and served as a sandwich, or in small pastry *bouchées* (cold), make a tasty *hors d'œuvre*. Olives once taken out of the bottle and allowed to remain exposed to the air will turn black: all not used, therefore, should be put back into the bottle and covered with salt and water. Dessert Olives are improved by being soaked for an hour or two in spring water.

Olives farcies are a delicacy to be most strongly recommended. They are simply “turned Olives” containing a piece of anchovy, capped with capers, and preserved in olive oil. They are delicious with cheese, or alone, as a *hors d'œuvre*. As a garnish for *mayonnaise*, too, they are excellent.

65. **Pâtés.**—Few, if any, notes are needed with regard to these well-known delicacies. Each is worthy of attention, and can be turned to account either as a breakfast or luncheon *bonne-bouche*, or to aid in giving finish to the supper table. Remnants of any of them can be used effectively with ordinary meat in the form of *rissoles*, *croquettes*, *boudins*, &c. Slices of them assist an ordinary pie very materially, and excellent sandwiches are concocted with them. A very superb Périgord pie for a ball, supper, or wedding breakfast can be made in this way:—Choose an earthenware raised pie mould, or line an ordinary raised pie mould with pork pie crust, put a layer of veal or fowl and fat bacon forcemeat upon the bottom and sides of the mould or crust; next, a layer of slices of the *non-truffled foie-gras* and cooked bacon, leaving a space in the centre for a large *Pâté de foie-*

gras truffé intact, which should be turned out of its tin and put into its place carefully. When firmly bedded, cover the top with the plain foie-gras and bacon slices, and finish with a layer of the force-meat. Meanwhile a strong gelatinous gravy should have been simmering, made of the bones and trimmings of the veal or fowl assisted with a calf's foot or four sheeps feet, all the lean of the bacon, a good seasoning of herbs, pepper and salt, and a quarter tin of Moir's essence of beef. This, after having been strained, and cleared of fat, should have a dash of Marsala. Use it to moisten the pie, and pour some in after the baking, as the pie is cooling, through a hole on the top of the crust. The pie can now be covered with crust and put into the oven and baked. Prettily ornamented, these pies form a very tasty addition to the supper table. In like manner, superior raised game pies can be made by substituting truffled *Pâtés* of game for the centre of the pie. Rabbit, veal, or chicken meat, thoroughly pounded, and passed through a sieve to rid it of its gristle, &c., mixed with pounded fat cooked bacon or ham, and the trimmings of any truffles that may be available, form the best outside lining of these pies.

In *Wyvern's Culinary Jottings* will be found a reliable recipe for a *chaud-froid de foie-gras*, applicable to all *Pâtés* made without bones. This dish makes a very first-class *entrée*, and is far from difficult. The process is as follows:—Take a tin of *Pâté de foie-gras truffé*, and turn the *Pâté* out whole; cut it into slices half-an-inch thick, place these an inch or more apart from each other upon a large joint dish, set upon a bed of crushed ice. Make a rich *béchamel* or *Espagnole* glaze, according to your requirements—the former for a white, the latter for a brown *entrée*.* Using a pointed strainer, pour your glaze gently over each *Pâté* fillet, and set it firmly. When set, thin off any glaze that may have spread upon the dish, and detach each glazed fillet by passing a thin slice under it. If before glazing you trimmed the fillets in ovals or heart-shapes, you will now have a number of very neat looking *côtelettes* wherewith to form your *chaud-froid*. To dish effectively, you must make a high *socle*, or stand of pounded rice, with sloping sides and a hollow

* Some melted aspic jelly (see No. 45) mixed with some strongly-made white or brown sauce will do.—W.

centre; on the sides (which must be buttered) you fix your *côtelettes*, and in the centre you put a *salade cuite*, or *pointes d'asperges*, with pure, thick cream dressing. *Fonds d'artichauts*, *petits-pois*, or *flageolets*, with pure cream, make good central garnishes. *Macédoine* may also be so employed. Plainer but very eatable *chaud-froids* can be thus made out of any kind of *Pâté*. Trimmings should be saved, and used up for savoury toasts. The dish must be served as *cold* as possible. In summer it should be placed on ice.

66. **Breakfast and Luncheon Delicacies, and Ham, Beef, and Tongue** in tapered tins simply require to be kept cold. They are all useful in assisting the cook to flavor *rissoles*, *croquettes*, pies, &c.

67. **Pies (Melton Mowbray)**.—The Melton Mowbray Pies, with crust, are very popular, and can be safely recommended for pic-nics, breakfast, luncheon, &c. Care should be taken in opening the tins, for the paste is apt to crumble.

68. **Pickles**.—Messrs. Moir & Son have paid special attention to this important export, and with the most satisfactory results. Their mango relish, Prince of Wales' Indian pickle, Indian mangoes, and pickled Spanish onions, are *spécialités* to be strongly recommended.

69.—**Peel (Candied)**.

70.—**Plum Pudding and Mince Meat**.—Both quite first-class. You have only to warm the former, and set it on fire to be completely deceived as to its being a preserved delicacy; while the mince meat is equally fresh and well-flavoured.

71. **Pork**.—Pork is, perhaps, the best kind of meat to turn to advantage in a preserved form. Moir's preparations are to be specially commended. Their Pettitoes, pork cutlets, brawn, and pork pies, are particularly noteworthy. The cutlets should be treated as follows:—Turn the contents of the tin into a sauce pan—warm, if in a cold climate—to melt the fat and jellied gravy, and, as soon as this has been done, separate the cutlets from the fat, &c., and put

them on a dish while the fat cools ; when this has taken place, and you can remove the caked lard, take the jellied gravy beneath it, and, assisted by a little stock, make a good tamarind or tomato sauce. The cutlets may be breaded and fried, or fried plainly.

N.B.—Moir's little jars of preserved West India tamarinds (No. 98) come in most handily for tamarind sauce—a far better sauce for pork than apple sauce.

72.—**Poultry.**—In India the demand for preserved poultry can scarcely be as large as in other meats, for even the traveller and sportsman can generally obtain a fowl in the remotest district. Still, occasions will no doubt present themselves when these provisions may be valuable. The roast fowl, roast duck, and roast turkey will be found ready for treatment in form of *fricassée*, curry, stew, or *ragoût*. Plainly turned out of the tin, they present, cold, excellent materials for *mayonnaise*. I have also found them most useful in adding to the flavour and richness of an ordinary chicken pie. In the case of a raised pie, for instance, I have successfully worked as follows:—Having selected a young fowl, I have had it plucked, drawn, cleaned, and boned. I have then emptied the contents of a tin of Moir's roast turkey, one of their veal and bacon, and one of their sausage meat. The fowl bones, trimmings, and giblets, I have then put into a small stewpan, adding the bones of the preserved turkey, and all the jelly and fat contained in both of the tins. This I have simmered slowly in a pint of common stock. Meanwhile I have passed the veal and bacon and turkey meat through the mincing machine, and when through, have pounded the mince in a mortar, adding the sausage meat, and seasoning the whole with Moir's "herbaceous mixture" and "seasoning salt." Having extracted the essence from the fowl bones, etc., I have strained off the liquid and set it to get cool, removing the fat carefully when set firm. This fat is most valuable : with it I coat over the inside of the pie crust before spreading the forcemeat already described, thus keeping the interior of the pie moist and juicy. The paste is similar to that used for Melton Mowbray pies. I have packed mine as follows:—First, a coating of the fat, then a thick layer of the pounded meat, leaving a space in the centre to imbed the boned fowl, which I have rolled up firmly, after having spread over its inside a layer of the forcemeat.

On the top of it I have placed the liver, sliced, and rolled in bacon, finishing with a layer of the forcemeat. Having covered the pie carefully, I have baked it for two hours, and after letting it cool for half-an-hour I have poured through a hole in the top the liquefied jelly I extracted from the bones. This pie was excellent, and can be recommended for pic-nics, suppers, &c. With truffles added it would be still better.

What I have said regarding other tinned made dishes applies of course to such preparations as duck and peas, and *ragoûts* of poultry of all kinds, viz., to conduct the warming up *en bain-marie*, to add a little freshly made gravy, to skim off any fat there may be, and improve with a dash of wine. A tin of turkey *ragoût* assisted in this way, and crowned with a tinful of Moir's Black Mushrooms, provides a very tasty *entrée*, especially if served within a pastry case in the style of a *vol-au-vent*.

73. **Sago.**—A most useful article whether for the nursery, sick room, or ordinary use. *Sago à l'Impératrice* is for instance a superlatively excellent sweet dish :—wash, and put a quarter of a pound of Sago into cold water, let it come slowly to the boil, drain, and then simmer it in milk until it is done. Make enough rich custard (using the same milk), to fill a quart mould, add half-an-ounce of isinglass to it, and flavour it with vanilla, or any essence you like. Cut up some preserved dried fruits, and simmer the mince in a little brandy or liqueur, until the liquid is absorbed; now set the mould on ice, garnish it with the fruit and fill it, gradually stirring in the cooked sago with the custard, and adding a coffee-cupful of whipped cream to finish with. Let the contents of the mould set, and then turn it out.

74. **Sardines.**—Moir's Sené Sardines are specially to be recommended. The Sardines with Tomatoes are a novelty well worth trying. Further remark regarding these well-known and deservedly popular little fish is unnecessary.

74. **Moir's Tomato Ketchup.**—(See next par.)

75. **Sauces.**—Messrs. Moir and Son's list of Sauces is a formidable one, containing many valuable aids to cookery, and excellent materials for the cruet stand. Thus we have sauces for Meat, Sauces

for Fish, Salad and Mayonnaise Dressings, Ketchups, and Colouring liquid for Soups and Sauces. These brownings are a novelty to many, at present insufficiently understood and patronised: for with them at his command, the cook need not have recourse to burnt sugar, or that terrible pest of many kitchens—*burnt onion*. The Tomato Conserve and Ketchup deserve attention, the former being far too little appreciated; as a winter medium for an apparently fresh Tomato Sauce, it is most handy, and admirably flavoured to boot. In India, this recommendation would apply to the hot season. The Essences of Lobster, Shrimps, and Anchovies, supplied by this firm, are very carefully prepared, and seem to clot the necks of the bottles far less than similiary named sauces obtainable in the market. The Salad or *Mayonnaise* cream, considering the delicacy of such preparations, appear to stand the vicissitudes of climate very well. They should be used quickly—that is to say, should not be expected to remain untainted if left open in a warm climate. I have found them improved by the addition of another fresh yolk of egg and a coffee-cupful of cream well beaten into the mixture. To those fond of the flavour of Tarragon, a teaspoonful of Moir's Dried Tarragon Leaves is recommended. These dressings require no addition in the way of vinegar, The various Sauces in the list applicable to the improvement of hashes, cold meat, chops, steaks, &c., have been most judiciously assorted to suit every taste. Thus we have King of Oude Sauce, Prince of Wales Indian Sauce, and Moirs' Relishes, partaking of the nature of liquid chutneys; Harvey's Sauce, Moirs' Club, Thick, and Bright Sauces, John Bull Sauce, &c., of a refined savoury type; and "Worcester" for those who are partial to that peculiar mixture. Moirs' Fish Sauce is a *spécialité*, among Sauces of this description, and the China Soy deserves notice as a preparation of great use in the kitchen.

78. **Salt.**—Modern culinary science has cunningly devised an invaluable cook's assistant in the form of flavoured salt. Messrs. Moir and Son, quick in following the precepts of the new school, present to the public a judiciously prepared "Savoury Seasoning Salt." which I have found quite excellent. This Salt is slightly flavoured with garden herbs reduced to powder, and a judicious allowance of peppers: used in dusting over the layers of meat in a pie, the stuffing

of poultry, the mince of a croquette, &c., &c., it proves most efficacious. The Browning Salt for gravies, and Celery Salt for stews, *ragoûts*, soups, &c., come under the same denomination, and are good aids in general cookery.

79. **Sausages ; and (80) Sausage Meat.**—Moir's Sausages are quite equal to the best imported into India. Independently of the ordinary method of using these delicacies, *i.e.*, simply fried very lightly in butter, and dished as a garnish for poultry, or alone as an *entrée* or breakfast dish, I have found every sort of sausage supplied by Messrs. Moir & Son useful in cookery as a flavouring agent. In making forcemeat for a raised pie of poultry or game, pounded sausage meat with fat bacon is of great assistance. A slice or two of Frankfort or Bologna Sausage, again, impart a very agreeable flavour to an ordinary beef-steak and chicken pie, and greatly improve all minces and made dishes. Ham and Chicken Sausages are similarly to be employed advantageously. For these purposes Moir's "Sausage Meat" is a cheap and excellent ingredient. A little mixed with any common meat makes an excellent *croquette* or *rissole*. As a farce for stuffing birds, galantines, and raised pies, this preparation comes in most usefully. For that most excellent dish *perdreaux aux choux* I have found the Truffled Sausages a great adjunct ; the sausages should be cut into wads half-an-inch thick, and these should be laid between the pieces of partridge, and the quarters of cabbage. A recipe for the dish will be found in *Wynern's Culinary Jottings*.

81. **American Salmon and Lobsters ; and (82) American Oysters.**—Follow the advice given in No. 28 in regard to salmon. Fortunately for exiles and travellers shell-fish seems to lend itself with special facility to the preserver's art. The "tinned" or "canned" lobster, and oysters, take a very prominent position among the best of hermetically sealed provisions. The former can at once be turned to account in the form of *mayonnaise* ; with it excellent patties and cutlets can be made ; it provides the most reliable materials for a curry or "devil" ; and, if pounded to a *purée* and mingled with light stock, can be sent to table as a by no means indifferent "*bisque de homard*." Remnants that may lie over after treatment such as I have described can be pounded up with some

good butter, peppered, salted, and potted—in which form lobster is very acceptable as an adjunct with cheese, or a curry.

Here is Wyvern's "*Homard à l'Américaine*":—Open a tin of lobster. Choose the larger pieces for the dish you are going to make, and put all the mashed fragments aside to be used in *bouchées* or or *croquettes* for some other meal. Having washed and drained the firm pieces aforesaid, dry them, and cut them in quarter inch collops and pile them upon a *gratin* dish, or one that will stand the oven. Now cut up a good-sized sweet onion, fry the rings in an ounce of butter, adding, off the fire, a sherry glass of *cablis* or *sauterne*; replace the pan, and when the onions seem cooked, stir in with them a breakfast-cupful of thick, rich, brown sauce, and the same quantity of tomato *purée*. Add a strong suspicion of Nepaul pepper, and simmer the mixture for five minutes. When nice and thick pour the sauce through the pointed strainer over the pile of lobster collops, set the dish in the oven for a few minutes, and when thoroughly hot, serve.

LOBSTER PILÃO À LA TURQUE.—Choose the firm pieces of lobster from a tin, trim them neatly, set them in a buttered *sauté* pan, and warm them thoroughly. When well heated arrange them in a circle upon a hot silver dish, filling the centre with rice dressed *à la Turque*. Moisten the circle of lobster with some hot brown sauce, and send the dish to table with *sauce à l'Indienne* in a boat, made thus:—Make half a pint of ordinary *sauce blanche*, work into it a table-spoonful of good curry powder, and finish it, *off the fire*, with the yolks of two eggs well beaten up in a little warm gravy.

In fact, any ordinary recipe for the treatment of fresh lobster can be satisfactorily carried out, using the preserved fish exported by Messrs. Moir & Son.

The same may be said of Moir's preserved oysters, with which patties, scallops, *kromeskies*, *bouchées*, *orlys*, and oyster sauce, can be prepared most successfully, following any ordinary recipe. The contents of a tin of oysters are much appreciated with beef *ragoût*, or stewed steak, but care must be taken not to let the oysters boil; they must merely go in during the last few minutes of the simmering. The American canned lobsters and oysters are to be strongly recommended.

While on the subject of preserved shell-fish I cannot too strongly recommend the purchase of a set of small silver-plated or white fire-proof china *coquilles* (scallop shells) three inches in diameter. If possessed of these most useful articles you can dish up scalloped oysters or lobster in a very tasty manner, one shell for each person, and you can vary the little *plat* by serving the fish *au gratin*, *à la crème*, *à l'Indienne*, *à la maître d'hôtel*, &c., simply varying the sauce in which you heat up the fish.

83. **Persian Sherbet.**—A very refreshing effervescing beverage for the hot weather, especially if sharpened with a squeeze of fresh lemon or lime juice.

85. **Washing Soda.**—This most essential kitchen requisite is far too little known or appreciated in India. I may safely say that it is rarely, if ever, used. Perhaps the price is regarded as prohibitive, and few oilman's store merchants have it in stock, owing, doubtless, to the absence of demand. Nevertheless, I think that, at the price quoted by Messrs. Moir & Son, Washing Soda might become a very saleable commodity among Anglo-Indians, while there can be no question in regard to its invaluable properties as a cleansing medium. Cooking utensils can scarcely be thoroughly freed from grease without its assistance. Wood ashes possess a cleansing power, having soda in their composition, but, to say the least of it, cleaning with ashes is a very dirty process.

86. **Soups.**—Under this heading we come to, perhaps, the most important of Messrs. Moir & Son's preparations. It is evident to me, after a very careful trial, that the firm have bestowed the utmost attention to this branch of their business, and with the best results. The palm must, I think, be given to the national soups, *i.e.*:—the thick and clear real, and thick and clear mock turtle, the game soups (all of which are excellent), ox-tail, thick and clear and kidney; also to the broths, which are all that can be desired, *viz.*:—hotch-potch, sheep's head, mutton broth, chicken, and cock-a-leekie. But while giving a slight preference to these, I must on no account leave it to be supposed that the other varieties are in their class at all inferior. On the contrary, the vegetable, *Palestine*, *Créci*,

pea, and tomato soups are capital, the delicate flavour of the first-named being wonderfully well preserved. The *Julienne*, again, is a very noteworthy soup, well deserving the recommendation bestowed upon it by the firm. The *Mulligatunny* is a little under flavoured for Anglo-Indian taste, requiring at least a tablespoonful of mulligatunny paste, and a squeeze of a lime, to bring it up to local standard, but its stock is undeniable, rendering it a valuable soup whether doctored as I have suggested for Indian palates or not.

Now, these remarkably well-cooked soups may be considered in two ways. First *per se*, so to speak, as articles of diet *alone*; and next as adjuncts, or *media* of assistance. In either case, they deserve our close attention. To the traveller, sportsman, or small consumer, the tin of soup is, if not a meal in itself, a very important part of one; while, to the caterer of a mess on the line of march, or of a company of passengers on board ship, preserved soup cannot well present more than a means to improve the contents of the tureen. In case the first, I advocate no addition of water. Bring the contents of the tin of soup to the boil, and take it in its full strength. All the national soups I have indicated are improved with a tablespoonful of good Marsala, or Sherry, *per lb. tin*, and a teaspoonful salt with one of red currant jelly for the game soups. If much fatigued after a trying journey, or a stiff day's shooting, there could scarcely be recommended a better "pick-me-up" than a breakfast cupful of one of these strong soups, dashed with wine as I have described—ininitely more wholesome and invigorating than a "peg" of brandy or whisky and soda. With the addition of a breakfast cupful of broth or of hot water, a one lb. tin of soup yields three nice basins of soup; each basin being sufficient for a hungry man with other things to fall back upon. If required to supply a traveller with a *meal*, I advise the preparation of some *croûtes*, or crisped toasts, over which the tin of hot soup should be poured:—Cut off the bottom crust of a tinned loaf with about as much crumb as crust when regarded in section; divide the slice into squares the size of a gentleman's visiting card, soak these in some of the soup, and dry them crisp in a frying pan. They will be found nicer than ordinary toast. A couple of poached eggs would make the dish still more sustaining.

Touching the augmentation of a tin of soup to meet the requirements of a large party, Messrs. Moir & Son say that a lb. tin makes

2 lbs. of soup (2nd quality), or $2\frac{1}{2}$ lbs. if of the 1st quality; this of course being simple addition of water in the following quantities:—one tinful of water to one of soup, 2nd quality, and one and a half tinful of water to one tin of soup, 1st quality. *Ergo*, a lb. tin of soup of the first quality will, when thus diluted, yield seven good basins of soup. This may, of course, be accepted as a general rule, but I strongly advise the use of fresh *consommé*, or vegetable stock—even common broth made from scraps—in preference to water. The water in which dried haricot beans, onions, carrots, peas, pea-shells, or lentils, have, with the due allowance of salt and a pinch of sugar, been boiled, is by no means to be despised in thus contributing flavour and strength to tinned soup which water alone cannot of course be expected to supply. If no vegetables happen to be available, the trimmings of meat, game that has been badly shot, the giblets of poultry, bacon bones and skin, with some pepper corns, and a due allowance of salt, a pinch of sugar, and a drop or so of celery essence, will produce a useful broth, which when freed from fat, and tinted with Moir's colouring preparation, will answer our purpose satisfactorily. In augmenting thick soups a little extra thickening will be needed, and the addition of a little wine may be laid down as an essential improvement.

Moir's vegetable soups require no wine. They should be served on their own merits, with *croûtons* of crisped bread. Neither do the fish soups (among which I must specially commend the *bouillabaisse*) to which nothing should be added.

87. **Soup and Bouilli.**—For travellers the *bouilli* and *bouillon* ("soup and *bouilli*") seems peculiarly adapted. This is a preparation of soup, meat, and vegetables together, and sufficient in itself for a meal. It requires no manipulation. Turn it out into a stew-pan, and serve as soon as it is thoroughly heated—do not let it actually boil. Or, open the tin and set it in a pan of hot water, place this on the fire and let it boil till the contents of the tin are thoroughly heated. Then empty the soup, meat, and vegetables into a deep dish and serve.

88. **Soups for Invalids.**—Messrs. Moir & Son have introduced a list of soups specially prepared for invalids. These call for

particular attention from all exiles who have experienced the trouble, the difficulty, at times I may say the *impossibility* of procuring nourishment in a palatable and concentrated form for the sick. Liebig's "*Extractum carnis*," though no doubt somewhat over-rated as a powerful ingredient for the composition of beef tea, has supplied a great *desideratum*, and helped to save many a life, but the preparation has a marked flavour which soon palls upon an invalid, and can scarcely be disguised. Now Moir's invalids' soup is as strong as Liebig's and far nicer to drink. In the list there are plain essences of beef and chicken; beef tea jelly, and beef tea, all suitable for use in the sick-room during such stages of illness as demand pure extract of chicken, or meat free from vegetable or other flavouring. In addition to these there are soups for the convalescent of a more diversified character, and all excellent. The amount of additional liquid should be decided by the doctor.

Moir's clear and thick soups in bottles are portable and handy, being obviously easier to open than tinned soups.

The housewife who carefully studies the properties of Moir's soups will discover that in them she possesses something more than soup. She will use them to enrich her stews and ashes, and add to the flavour and strength of her pies, using game soups for game, beef essence for beef chicken broth and essence for chicken, &c. A fresh stew of mixed game into which the contents of a tin of hare, grouse, or partridge soup has been thrown is a dish to be highly commended to the notice of the encamping sportsman.

90. **Pure Essence of Beef, &c.**—As above

92. **Spices.**—The prepared ground spices in bottles are very handy and useful. Great care has been taken with the peppers which retain their distinct flavouring well. The soluble Cayenne is worth noting, partaking of the nature of the American "tabasco" or liquid essence of red chilli.

92½. **Cayenne and Nepaul Peppers** need no comment.

93. **Scotch Buns, Shortbread, and Oat Cakes.**—Not generally known among ordinary exported stores, but likely to be much appreciated. The Oat Cake, if not sweetened, cannot but com

mand a large sale, for, as a rule, attempts at making Oat Cake are not successful in India, and nothing is nicer with cheese.

94. **Sugar (Broken Loaf and Castor Sugar).**—I must particularly invite attention to Messrs. Moir's Broken Loaf Sugar; it is the *only* kind of sugar for tea. Crystallized Sugar, as largely used in India, will do for coffee, preserving, puddings, cakes, syrups, &c., but for powdering over pastry, sweet omelettes, soufflés, plum pudding, fritters of all kinds, pan-cakes, &c., *Crushed Loaf* or Castor Sugar is a *sine quâ non*. This, too, can alone be used with fruit: strawberries and cream with *crystallized* Sugar, for instance, need only be suggested, the gravelly effect of such a combination explains itself.

95. **Syrup, (Golden), and Treacle.**—Useful, and wholesome articles of domestic economy, to be utilized in sweet cookery in many homely puddings, ginger bread, &c., according to the standard recipes given in good old cookery books. Golden syrup is, of course, lighter coloured, and more refined, than treacle.

96. **Sundries.**—In this class we find Cockscombs and *Financière*. Cockscombs are, of course, used in *ragoûts* of a high class, and especially in the *vol-au-vent*. They should be emptied out of the bottle and soaked in water till free from salt, and be added to the *ragoût* as a finishing touch. *Financière*, again, is used for all *entrées*, &c., to which the name is given:—*vol-au-vent*, *à la financière*, &c. Make a rich *espagnole* (brown sauce), give it a dash of Madeira, add your *financière*, heat all gently, and then serve. *Financière* is composed of mushrooms, truffles, cockscombs, and sweetbread.

98. **Tamarinds.**—This conserve deserves attention. I have already alluded to its value in sauce for pork, for which meat it seems to me to be better adapted than apple sauce. In curry it is a characteristic adjunct, the sub-acid of the Tamarind being unapproachable by any substitute. Moir's preserve is ready for use without any preparation: stir a teaspoonful of it into the curry sauce while in course of simmering. For "Tamarind Sauce" for pork or goose: Make a plain brown gravy sauce, thicken it, and work a tablespoonful of the conserve into it; pass the mixture through the pointed gravy strainer and serve hot.

99. **Tapioca**—One of the best of the farinaceous family capable of being turned to advantage in several ways. Moir's prepared tapioca requires no washing as it is carefully selected and cleaned before being put up; but *all* tapioca must be *crushed*, so as to get the pieces of an uniform size to ensure even cooking. This is easily done with a rolling pin on a pastry board. Pieces the size of a pea are the best for general purposes, for remember that tapioca swells in cooking and requires very slow dressing. Whether used in soup or required for a pudding it must be put in cold liquid, be brought slowly to the boil once, and then simmered gently for an hour. There must be enough liquid, whether broth, water, or milk, as the case may be, to float it easily, or else it will, on swelling, become a glutinous mass. *Tapioca à l'Impératrice* is an excellent sweet, to be made exactly as explained for sago (No. 73), and it can be used effectively in this 'savoury':—Having boiled and simmered the tapioca, season it with some salt, herbaceous mixture, and pepper, stir a good allowance of butter into it. Empty half-a-dozen tomatoes, keep the cases, mix the pulp, free from seeds, into the tapioca, and refill the cases, put a layer of grated cheese on the top of each, set them in the oven till thoroughly hot, and serve.

100. **Tongues**.—The general excellence of Moir's Preserved Tongues is well established. The list comprises every method in which these delicacies can be treated—salted, smoked, dried, spiced, pickled, collared, corned, rolled, compressed; in tins, in canvas, in jelly, &c. The "rolled" Ox-Tongues in tins, "Lunch," and "Compressed" are very handy, and fit for immediate use. These are quite excellent and thoroughly to be recommended to sportsmen, travellers, and exiles in general; they come in most usefully for ball suppers, official breakfasts, and pic-nics, and at a pinch can be turned to advantage as an *entrée* as follows:—(*Chaud-froid de langue*.)—Cut a dozen slices of tongue of a moderate thickness, trim them into oval shape and spread them upon the surface of a large dish. Make a rich white or brown glaze according to your requirement. (See No. 65). Mask each oval piece with glaze, and let it set firmly; cut off such of the glaze as may have spread beyond the cutlets, and then detach them from the dish by passing a thin slice under them. Arrange these glazed cutlets round a *socle* or shape of ground rice,

filling the hollow centre with *pointes d'asperges* in iced cream, or any choice cold vegetable. A *salade cuite*, made of a tin of *macédoine*, may be substituted for the vegetable.

Dried Tongues, Tongues in canvas, and Pickled Tongues should be soaked in cold water for, at least, thirty-six hours, and the water should be changed two or three times during that operation.

102. **Truffles.** Although bottled Truffles do not possess the aroma and flavour of the fresh fungus, and by many are considered not worth the money they cost, they will always be in demand, so let us see how they should be used. The Preserved Truffle is best cooked in *the steam* of a rich gravy, assisted with either Champagne or Madeira. The cooking must be very slight indeed, as a certain process of steaming is gone through in preserving them. The best gravy for them is one made of veal cut up small, with slices of bacon and some lean ham, all of which should be first browned by being fried with onions, carrots and a little thyme, and then simmered for a couple of hours in ordinary stock and Madeira, in the proportion of one-third wine to two-thirds stock. In parts of India where veal is not procurable, I recommend the flesh of a freshly-killed fowl, with its bones broken up. The vinous steam of the gravy yielded by these ingredients, after the fat has been skimmed off, is the best for the Truffle. If wanted for service whole, "*en serviette*" a gentle steaming till thoroughly heated and tender, will be sufficient, the gravy may be reserved for service with chopped truffles as *sauce Périgueux*. One of the nicest ways of serving Preserved Truffles may be thus described:—Make some light puff pastry, and line as many small oval tartlet pans with it as you have guests. Preserve the hollow centres by a piece of bread cut to fit each. Bake, remove the bread, and fill the cavity with a *salpicon* or coarse mince of Truffles diluted with the gravy already described, slightly thickened. A few minutes in the oven will heat them sufficiently, and then the *croustades de truffes* may be either sent in alone as an *entremets*, or to accompany roast game or poultry. If required for a savoury pie, slightly cook as described, and pour some of the gravy with which the operation was conducted into the pie at the end of the baking. The Truffles themselves should be cut into slices, and dotted about amongst the contents of the pie at discretion. Remnants of Truffles should be always

carefully kept. With them the sauce I just alluded to (*Périgueux*) can be made, *i.e.*, a rich brown sauce flavoured with ham and Madeira, and containing minced Truffles. An economical method of obtaining truffles for *sauces* is to purchase a small tin of Moir's "*pelures de truffes*," or preserved peelings of Truffles. These supply the flavour just as well as the *truffes entières* and, provided large pieces are not required, come in for made dishes very handily. The great secret in truffling a turkey or guinea-fowl is to insert the Truffles while the bird is still *warm* after killing. Empty the crop and put in the Truffles, and sew them up securely. Let them remain as the bird hangs, and by the time it is prepared for roasting, the flavour of the Truffle will have penetrated the whole of it. In the case of fresh Truffles, this is, of course, far more efficacious than with the preserved fungus.

103. **Veal.**—The various preparations of veal exported by Moir and Son may be said to come under the same laws as those of beef, mutton, and lamb, already spoken of. Veal is far too delicate a meat to retain its distinct flavour after the hermetically sealing process, nevertheless, an exceedingly toothsome stew can be made without any trouble out of "Veal in jelly," "with vegetables," "with green peas," "with bacon," &c. Even the "roast veal" is best treated in this fashion. If fresh gravy, and a few vegetables be at hand so much the better, and the dash of sherry or Marsala is of course an improvement.

Messrs. Moir's preserved "sweetbreads," and their "*Tête de veau en tortue*," are specialities deserving marked attention. The former may be spoken of as a very successful novelty. When turned out of the tin the sweetbread can be dressed in any of the methods laid down for its treatment by the best authors.

To prepare for ordinary service with sorrel, endive, spinach, green peas, &c., put the sweetbreads into a small *saute* pan with half-pint of good gravy slightly tinted with Moir's Parisian colouring; simmer until the gravy begins to thicken, then add another half-pint of gravy, simmer, basting continually to glaze them; when of a nice brown colour they are done; put them on a dish, pour the gravy over them, and serve, garnishing the *entrée* with any of the vegetables aforesaid. Crisply fried bacon should accompany the dish as a garnish. These

preserved sweetbreads are easily treated as a *blanquette de riz de veau*, *i.e.*—cut the sweetbreads into collops $1\frac{1}{4}$ inch in diameter, put them into some rich white sauce, flavoured with mushrooms and some sliced truffles; gently heat them up, and serve with a pastry case as a *vol-au-vent*. Another tasty way is to slice the sweetbread into convenient pieces, to dip these into melted butter, then to bread crumb them, and broil a pale brown colour, serving them on a napkin accompanied with a good brown gravy sauce. Or, to wrap the slices in fat bacon, to dip them in butter, and fry in very hot fat as *Kromeskys*.

The *tête de veau en tortue* should be put into a small stew-pan with a breakfast cupful of *espagnole* or good brown sauce, and half a glass of Marsala; when steaming hot (but not boiling) it should be served within a pastry case like a *vol-au-vent*, or in a *casserolle* made of mashed potatoes or rice. This makes a very excellent *entrée*. But, as already explained, these preparations can be used as they are, after simple warming up *en bain-marie*.

104. **Vegetables.**—The great improvement achieved of late years in the science of preserving food for export is nowhere more noticeable than in tinned vegetables. Moir & Son have evidently devoted much attention to this most important branch of their business, and with the best results. They are, I think, the first among British manufacturers who have presented preserved artichoke bottoms to the public. As "*fonds d'artichauts*" these have been procurable from both French and Italian firms for some time past, and I need not enlarge upon the excellence of the vegetable. When taken from the tin, artichoke bottoms should be prepared for the table with as little delay as possible, and being already cooked, they do not require more than gentle warming. They can be served in any way laid down for vegetable in ordinary cookery books. A plain sauce made of fresh butter, melted, and assisted with a few drops of Moir's anchovy vinegar, is as good as any. Wyvern's "*chaud froid à la belle alliance*" is made as follows:—"Take as many cold *fonds d'artichauts* as you have guests—either fresh *fonds* or those preserved in tins. Lightly roast a tender chicken, and cut from its breast when cold all the white meat, pound this to a *purée*, associating two or three cold cooked mushrooms therewith, some seasoning, and a

little fresh butter ; save the paste thus obtained separately. From a cold boiled tongue cut as many thin round slices as you have *fonds*. Make a strong broth with the bones and remains of the chicken, assisted by a little fresh meat, turn this to a rich white sauce, and add either liquid aspic jelly or half an ounce of isinglass (see No. 65), reduce to a glaze. To complete the dish, first fill the cavities of the artichokes with *purée*, and smooth over the surface with a silver knife, over that place the slice of tongue ; mask each *fond* thus prepared with the white glaze, and garnish the top of each, when set, with a piece of truffle." This combination is remarkably tasty.

Moir & Son's commoner vegetable preparations are of excellent quality :—carrots, turnips, parsnips, onions, beetroot, cabbage, spinach, Brussels sprouts, and tomatoes. These merely require heating, a little fresh butter being, of course, an improvement. Excellent *purées* can be made with the carrots, parsnips, turnips, and onions, while the tomatoes can be utilized in many ways. Among the specialities of the firm in this branch I must call attention to the *celery in juice*, for it is most excellent. To my mind this is a very valuable addition to the preserved vegetable list. On opening the tin the celery will be found as white as snow, and very perfectly cooked. I have found it quite a delicacy served cold as it is, with a libation of pure iced cream. This tin was first set in ice and the celery strained from the juice and laid upon a silver dish. If required to be served hot, drain off the juice, and pour over the warmed celery a little pure melted butter, or you can add a little milk to the liquid of the tin, which you may thicken, and serve white or brown with coloring as you may desire ; the celery merely requires gentle heating in the sauce. If you send round with it some little *croustades* of *beef marrow* you will have *celeri à la moëlle*, a very pleasant *entremets*. Messrs. Moir's "Sage and Onions" is again a good introduction. This, with the ordinary vegetables I have mentioned, will be found of the utmost use on board ship, and by all who by residence abroad in distant places are strangers to home garden produce.

105. **Split Peas.**—Split Peas require but little notice from me, for they are familiar to everyone, though, perhaps, their *full* value is not altogether appreciated. Sir Henry Thompson, in speaking of

the value of beans and peas as food, invites attention to the "Erbswurst," which supported the work of the German armies during the winter of 1870-71. This, Sir Henry observes, "consists of a simple pea soup, mixed with certain proportions of bacon or of lard, and dried so as to be portable, constituting in a very small compass a perfect food, especially suitable for supporting muscular expenditure and exposure to cold. Better than any flesh, certainly any which could be transported with ease, the cost was not more than half that of ordinary meat. It was better also, because the form of the food is one in which the nutriment is readily accessible and easily digested." I have already spoken of Messrs. Moir's "Erbswurst" in discussing their army rations. Split peas can be somewhat similarly prepared for domestic use; they require soaking for a night as a preliminary step before any treatment; all that float should be picked out and thrown away. In a tropical climate, the fatty element supplied by the bacon is not so necessary. There, peas *purée* can be improved by celery, large sweet onions, and a bunch of savory herbs, the bones, trimmings, and rind of ham or bacon adds flavour. The water in which the peas are to be boiled having been thus flavoured, strain off the various ingredients from it and simmer the peas therein till tender. When passing them through the sieve, add the boiled celery and onions, amalgamating their pulp with the peas. When cold, this preparation, if properly made, will solidify and afford a traveller or sportsman handy material for a cup of invigorating soup. A teaspoonful of made mustard is, of course, a well-known improvement to a basin of split-peas soup.

But by following this plan, soaking can be dispensed with:—Put a pint measure of dried peas into a vessel with six pints of water, and the ingredients already named, *cold*. Bring slowly to the boil, retarding the boiling by periodical additions of a coffee-cupful of cold water; repeat this process till the peas are soft when tested between the finger and thumb. Then proceed as in the recipe already given.

106. **French Vegetables.**—French preserved vegetables have so long been regarded as a delicacy, that Messrs. Moir & Son's Catalogue would be incomplete without them, and there can be no question with regard to their quality. The following directions are given by the Proprietors:—To open, twist the ends up with pliers or key. These

vegetables do not require any cooking or boiling, simply put them in a strainer, let them drain, and place them in a small sauce-pan with a good piece of fresh butter, add a little salt and mix well without mashing. Now place the sauce-pan in the *bain-marie* and heat its contents gradually. For peas and tips of asparagus a pinch of sugar should be added. For beans, a little chopped parsley and lemon juice would be an improvement. The *macédoine de légumes*, or mixed vegetables cut into dice, makes an excellent dish alone, or as the central garnish of a side dish. Turned out cold and drained, they form an excellent *salade cuite*, or cooked salad. In this form, they require either a salad or *mayonnaise* dressing, or, better still, one of pure iced cream. The same remarks are applicable to *haricots verts* and *haricots flageolets*. If required for service as a vegetable alone, or with meat, hot, warm the contents of the tin very gently in a *bain marie*, or better, *in a steamer*—when hot, turn them into a hot silver dish, lubricating them with a little pat of fresh butter—a drop or two of tarragon vinegar is considered an improvement by some. If you turn out a tin of *flageolets* (the tender green bean of *haricots*), and one of *haricots verts* (the immature pod of the same bean), and mix the two together, you have a grand dish of *haricots panachés*, merely requiring the aforesaid lubrication of fresh butter. This dish is especially recommended alone, or with a cut of venison or seasoned mutton. Both of these preserved beans can be served with dice of fried ham or bacon, or with cream, or *sauce poulette*.

The dried *Julienne* is strongly recommended as a handy preparation, affording both a garnish and flavour to an ordinary clear soup without much trouble. Cut off a portion from the tablet and put it into a sauce-pan, with a breakfast cupful of the hot soup; the pieces of vegetable will soon part from each other and swell. When this has been accomplished, the contents of the saucepan may be added to the soup. It is equally valuable to use with stewed meats when other vegetables cannot be got.

107. **Asparagus.**—This is deservedly considered one of the best efforts of the preserver's art. To prepare it for the table, simply warm the contents *en bain marie*; when hot, pour off the liquid, empty the asparagus very carefully on to a hot silver dish, and serve

them with a little fresh butter melted. Do not, upon any account, place a thick slice of toast under them, and ruin the vegetable with thick white sauce. Served iced, with pure iced cream, Asparagus makes a remarkably delicious *entremets* in a tropical climate. If you cut off the asparagus tips ("*pointes d'asperges*") you have at hand immediately the garnish for a *consommé aux pointes d'asperges*, one of the most subtle of clear soups, as also for any *entrée* you may desire to embellish with them, such as "*côtelettes d'agneau aux pointes d'asperges*," &c. As a garnish for the centre of a *chaud-froid*, asparagus points have no equal; in this instance they must be iced and dressed with cream. The liquid of the tin and the stalks should on no account be thrown away, for with them you can make an excellent *purée*, which is delicious when poured over some crisp toasts, or used as a delicate sauce for an *entrée*. Simmer the two together, adding a little milk. When the stalks are soft pass all through the sieve, thicken a very little, and add some cream to finish with.

108. **American Tomatoes.**—A valuable article in every store-room. The tomato seems intended by Providence for consumption in hot climates, where it is most wholesome and useful. The American tomatoes are remarkably well preserved, and can be utilized in many ways without difficulty, deceiving even experts in their freshness. The prepared tomato *purée* is, of course, handy for soups, sauces, *maccaroni à l' Italienne*, *omelette aux tomates*, *œufs brouillés aux tomates*, &c., and is quite equal to the French "*conservé de tomates*." If, however, this preparation happen not to be procurable, the tinned tomatoes (whole) can be readily applied to the same purposes. I need not commend to notice the excellent salad composed of tomatoes and sliced sweet onions, dressed with plain vinegar and oil.

109. **Apricots in Syrup** (Lisbon) } —What has been said al-
 111. **Pears in Syrup** (Bartlett's) } ready regarding preserved
 fruit in syrup, Nos. 32 and 33, applies equally well to these most excellent exportations. The purchaser can select fruit fit for dessert, for compotes, the garnish of *savarins*, for tarts, with rice, &c., &c., and follow the directions contained in any good cookery book. Reduced to a *purée*, and consolidated with isinglass, these fruits make excellent *chartreuses* and *pains*.

112. **French Peas.**—A large selection of this very favourite vegetable is offered by Messrs. Moir & Son. The *extra fins* are, of course, remarkably young and delicate, and the *gros pois* a large variety. All are good, requiring but trifling work at the hands of the cook. Gentle heating, and the addition of some salt, a few mint leaves, and a pat of fresh butter, are alone necessary. Some varieties are improved with a little dusting of loaf sugar. Green pea *purée* soup can be made with these peas very easily, extra colour being easily obtained from spinach greening. These vegetables are but little disguised by preservation, and if carefully treated have all the flavour and appearance of fresh peas.

113. **French Plums.**—In constant demand for sweet *entremets* and dessert. A good stock dessert dish is made with them in this way:—Weigh a pound of the plums; put them into an enamelled stewpan with as much light claret as will cover them, and two ounces of sugar, the rind of a lemon or lime, a tablespoonful of the juice of either, and a stick of cinnamon. Stew gently till the fruit swells, having absorbed some of the liquid, then take the pan from the fire, pick out the cinnamon and peel, and replace the fruit in their jar, pour the remaining syrup over them, and fill up the jar to the topmost level of the fruit with cherry brandy. As you gradually use the plums add cherry brandy, and replenish the jar with fresh additions of stewed plums.

West India Pine-Apples (Whole).—This delicious fruit cannot but be a welcome addition to the fruit list, whether at home or abroad. For convenience it should be sliced on being extracted from the tin. It can then be served *en compote*, as garnish with a sweet *entremets* or as a dessert dish. Pieces of pine-apple assist the flavour of a tart, and go well with peaches, apples and pears. Excellent fritters can be made from the sliced pine. I recommend a dash of rum in the syrup, with pine-apple slices. That enjoyable dish *croûtes à l'ananas* is made with ease with preserved pine in slices, viz. :—Take a Madeira cake of a circular shape, cut it into rounds half-an-inch thick, fry them lightly in fresh butter, then arrange them one on top of the other with a slice of pine-apple between each, add a little syrup to the syrup in the tin, and pour it over the whole

hot, set the dish in oven and serve it. A glass of rum may be added to the syrup with good effect. The cake may be ordinary sponge, or Savarin cake if Madeira cake be not available.

226. **Vinegars.**—In addition to the best ordinary brown and crystal malt vinegars Messrs. Moir & Son's list contains those most necessary aromatic vinegars, chilli, eschalot, tarragon, and anchovy, and pure French red wine vinegar. Eschalot and tarragon are invaluable to the salad maker, besides being necessary for the making of a good *mayonnaise*. Chilli vinegar is an essential adjunct to the cruet stand; French vinegar is good in salads and for dressing beetroot and cucumber; and *anchovy* vinegar—too little known by the public—is by far the best vinegar for sauces and cookery in general. Raspberry vinegar is, of course, of a different type, being used, diluted with iced water or soda-water, as a cooling drink.

117. **Patna Rice.**—This variety of rice is to be recommended as the best for curries, for which there is only *one* way of boiling it:—Choose a roomy vessel—for you cannot cook rice properly in a small one with a meagre supply of water—and having thoroughly cleansed the grain, by sifting rather than by washing, cast it into plenty of *boiling* water, with a table-spoonful of salt, and one of lime or lemon juice to keep it white. Stir the grains as they are cooking now and then with a wooden spoon, and after about twelve minutes fast boiling test them by taking a few grains from the water with the spoon and pinching them between the finger and thumb. As soon as they are tender, check the boiling instantly by dashing in a cupful of cold water, remove the vessel from the fire, and drain off all the water, carefully returning the drained rice to the now empty pan in which it was boiled. Shake the grains well, then lay a folded napkin over them, and let them *dry* thoroughly, thus covered, on the hot plate or in front of the fire. Shake well again before dishing into a very hot vegetable dish. The time for the boiling will be from twelve to fifteen minutes, according to the size of the grain; for the draining and drying a further ten or twelve minutes. This recipe is, of course, recorded for the benefit of the home, rather than the Anglo-Indian or Colonial, reader, for to judge by the erroneous advice so frequently given in the Housewife's column of various ladies' newspapers on this subject, a correct recipe would seem necessary.

118. **Ground Rice.**—Besides the uses that it can be put to in puddings, I recommend that ground rice be used with the butter, onions, and curry powder in the primary stage of curry making, as a far more appropriate *liaison*, or thickening medium than ordinary flour. It prevents the *oiliness* which so often mars the curry made by Native cooks.

119. **Effervescing Powders.**—The refreshing drinks to be made with these powders are too well known to need advice from me. I would, however, suggest this, *aux dames* :—Take a wine-glassful of your favourite Moir's fruit syrup, dilute it with a pint of water in a glass jug, with a coffee-cupful of crushed ice, and give it a good squeeze of lemon or lime juice. In a soda-water tumbler empty a soda-water powder, and pour over it your iced syrup mixture ; drink, and you will feel so exhilarated on a hot Indian day that you will be able to face the awful task of ordering dinner, and of taking counsel from the prosaic jottings of

“ WYVERN.”

LONDON, *10th May, 1892.*



PRECEPTS

IN REGARD TO THE TREATMENT
OF

MESSRS. MOIR & SON'S

(LIMITED)

Preserved Provisions in England

EDITED BY "WYVERN."

(SEE THEIR HOME CATALOGUE.)

SOUPS.

Soups in tins and glasses are prepared in the same manner. Definite quantities are given by Messrs. Moir & Son of the liquid that may be added, but these may be varied according to taste. The soups will be much richer if served with very little additional liquid, but when economy must be studied or soups are preferred thin, double the quantity may be added without making them too poor. *Stock* is the best liquid for adding to these soups, but broths, or the boilings from fresh vegetables and meat, may be used, or water only. A little Marsala or sherry is an improvement in most cases. Thick soups require a little extra thickening when any liquid is added to them.

Real Turtle Soup—(Clear).—Open the bottle or tin carefully; put it to stand in some warm water until the soup will leave it easily, then strain it into a saucepan, and add to it half a pint of good clarified stock, boil up once, and skim, put the meat into the tureen, pour the soup over it, and add a little salt, lemon juice, and a dessertspoonful of brown sherry or Marsala.

Real Turtle—(Thick).—Open, and put the bottle or tin to stand in hot water for a few minutes, then empty the contents into a stewpan, removing the meat, add a half pint of stock, and bring to the boil. If the soup is liked very thick, stir into it when boiling a teaspoonful of corn flour or arrowroot, mixed smoothly with a little warm stock. Add lemon juice, salt, and dessertspoonful of brown sherry or Marsala.

Mock Turtle—(Clear).—Open the bottle or tin and place it in warm water; then strain the contents of the bottle into a saucepan, add half a pint of water stock, or broth, and a teaspoonful of salt, bring the soup to the boil, skim, put the meat into the tureen, pour the soup over it, and add a dessert-spoonful of brown sherry or Marsala, and a squeeze of lemon juice.

Mock Turtle—(Thick).—Prepare according to directions given for real turtle (thick).

Ox-Tail—(Clear).—Open the tin or bottle and put it to stand in warm water; then empty the contents into a saucepan, add half a pint of water stock, or broth, and a teaspoonful of salt, bring to the boil, lastly stirring in a dessert-spoonful of sherry and a squeeze of lemon juice.

Ox-Tail—(Thick).—Open the tin or bottle, put it to stand in boiling water until the contents are melted, then strain it into a stewpan, add to it half a pint of stock, boilings, or water, and a teaspoonful of salt, make a thickening of corn flour, pour it in, stir, and boil for three minutes, now give it a squeeze of lemon juice, some pepper, salt, and a dessertspoonful of sherry; put the pieces of tail in the soup, make them hot in it, and serve.

To darken the colour of this, or any soup, a little of Moir's colouring for soups, or browning for gravy, may be used.

Consommé, or Plain Beef Soup not Garnished.—Put the contents of the tin into a stewpan, add half a pint of water, make it quite hot, seasoning with pepper and salt to taste. Vermicelli sago, maccaroni, tapioca, vegetables, or any garnish can be served in this soup. It also provides the housekeeper with an excellent

stock to blend with other soups, or to strengthen hashes, minces, stews, *ragoûts*, &c.

Giblet Soup.—Proceed in the manner indicated for Ox-tail soup (thick).

Hare Soup.—Proceed as directed for Ox-tail soup (thick), adding a teaspoonful of red currant jelly, a salt-spoonful of salt, and a table-spoonful of port wine. A tin of this soup is of great use in a dish of jugged or hashed hare.

Gravy Soup.—Empty the contents of the tin into a stewpan, add half a pint of water and a teaspoonful of salt, bring to the boil, and add, if liked, half a glass of sherry or Marsala; thickening if required. Maccaroni, Italian paste, and vermicelli, neatly cut up vegetables, in fact any soup garnish can be served in gravy soup. It is another valuable stock soup.

Brown Soup.—Should be treated in precisely the same way as gravy soup.

Hotch Potch —Put the contents of the tin into a stewpan with half a pint of stock, boilings from veal or mutton, or water, bring to the boil, season with salt and pepper if required.

Game Soup.—Proceed as recommended for Hare soup. Put the contents of the tin into a stewpan, add half a pint of water, stir until the soup boils, and thicken; then add half a glass of sherry or Marsala, a teaspoonful of red currant jelly, a squeeze of lemon juice, pepper, and a salt-spoonful of salt.

Tomato Soup.—Empty the contents of the tin into a stewpan, add half a pint of stock, boilings from meat, or water, stir until the soup boils, and add seasoning, if required. Serve with crispy fried *croûtons* of bread.

Mulligatunny Soup.—Fry one shallot in half-an-ounce of butter; when turning yellow, add a dessert-spoonful of desiccated cocoa nut, a table-spoonful of curry powder, a tea-spoonful of salt, and a dessert-spoonful of ground rice, with half a pint of stock, boilings from veal

or mutton, or water, stir over the fire for three minutes, then add the contents of the tin, bring to the boil, skim carefully, strain into the hot tureen, and add, if possible, off the fire, a tablespoonful of thick cream or the yolk of an egg. Hand round a lemon cut into quarters.

Julienne Soup.—Add to the contents of the tin half-a-pint of water, bring to the boil, season with pepper and salt, if necessary, and give it, if liked, a dessert-spoonful of sherry or Marsala.

Palestine Soup.—Put the contents of the tin into a saucepan with half-a-pint of stock, boilings from fresh meat, or milk, stir until hot, adding pepper and salt, if necessary. A little cream, or the yolk of an egg, stirred in off the fire before serving, materially improves this soup. Serve with fried *croûtons*.

Kidney Soup.—Put the contents of the tin into a saucepan, with half-a-pint of stock or water. Bring to the boil, add pepper and salt if required. A little thickening will be required on account of the extra liquid. This is, perhaps, best done by mixing a dessert-spoonful of corn-flour with a coffee-cupful of the soup, and, when well mixed, passing it through a strainer into the soup, which must be allowed to come to the boil to effect the object required. Kidney soup should be treated like hare or game soup, to which a little red-currant jelly and wine is added. Indeed, with these, and some savoury herb seasoning, it becomes very like a game soup.

Beef Tea.—Empty the contents of the tin into a stewpan and make hot, add pepper and salt, if required. The tea may be diluted with a little water, if preferred. It is particularly good cold as a jelly. When used in this way in hot weather, melt it, strain into a small plain mould, set this on ice, turn it out on to a cold plate, and serve garnished with parsley.

Ox-cheek Soup.—Put the contents of the tin into a stewpan, add half-a-pint of water, bring to the boil, then add a table-spoonful of sherry, a squeeze of lemon juice, and seasoning, if required. Thickening can be effected in the manner explained for kidney soup.

Soups for Invalids.—These only require re-heating. The question of dilution is one which should be decided by the doctor

for, in certain circumstances, a very strong soup may be good for a convalescent which would be altogether objectionable for a delicate invalid. Serious mistakes are often made by the ignorant but very zealous friends of sick people, who, under the idea that broths and soups for the sick-room cannot be too strong, present to them food that is really harmful to them.

FISH.

NOTE.—*The advice given in Part I. in regard to the dressing of tinned fish, is just as practicable in England as in India.*

Salmon Cutlets.—Open the tin, empty its contents carefully upon a hair sieve, strain away any oily liquor there may be, and pour boiling water over the cutlets to cleanse them; put them on a plate, place it on the top of a saucepan of boiling water, cover with a basin, and leave in that position until the contents are heated through, then place the cutlets on a hot dish, and serve with hollandaise or any nice sauce.

Lobster Salad.—For a one pound tin of lobster, take some mixed salad, lettuce, water cress, mustard and cress, cucumber, endive when in season, hard boiled eggs, *mayonnaise* or plain dressing and aspic jelly.

Thoroughly clean the salad and put it in a draughty place to dry quickly, then cut it rather coarsely, mix it with the salad dressing and lobster, and heap it high in the middle of a glass or silver dish, decorate with cucumber, hard boiled eggs and aspic jelly, and serve. Note—Moir's aspic jelly will be found most convenient in making this salad, also Moir's salad cream which may be freshened with a tablespoonful of fresh cream, or the raw yolks of two fresh eggs, well beaten, with some fresh oil.

Lobster Curry.—For a one pound tin of lobster, take three shallots, one half-clove of garlic, a large table spoonful of curry powder, a dessert spoonful of corn-flour, or ground rice, half a pint of

common fish stock* or milk, an ounce of butter, the juice of half a lemon, salt to taste, a dessert spoonful of desiccated cocoanut, and a salt-spoonful of essence of ginger.

Chop the onion and garlic very finely, and fry them in the butter until pale brown, taking care that they do not burn, add the curry powder, cocoanut, and corn-flour, and work them together smoothly a little of the stock or milk : now put in the rest of the stock, the lemon juice and ginger, stir, and boil for five minutes, season with salt, remove the pan from the fire and strain ; when cool, put in the lobster, let it rest half-an-hour, after this replace the pan on the fire at moderate heat, and let it get hot ; serve with nicely boiled rice, dished separately. A table spoonful of good cream, or the yolk of an egg should be stirred in off the fire the last thing.

Lobster Fricassée.—Required a one pound tin lobster, two hard boiled eggs, one ounce of butter, half-ounce of flour, half-pint of milk or fish stock, the juice of half a lemon, pepper and salt, and a little cayenne.

Melt the butter in a saucepan, mix the flour smoothly with it, add the milk and stock and boil once, simmer, then add the lemon juice and seasoning ; take the pan off and let it get cool, cut up the lobster and eggs, and mix them with the sauce carefully, heat this gently over a small fire and it is ready. Serve with a border of nicely boiled rice round it.

Lobster Sauce.—Required : one ounce of butter, one ounce of flour, half-pint of fish-stock, half a pound tin of lobster, pepper and salt, and cayenne. Open a tin of lobster, pick out the coral and about half of the meat. Pound the coral with half-ounce of butter to a pulp. Next melt the butter in a saucepan, blend the flour perfectly with it, pour in the fish stock, and boil for four minutes ; take it off the fire and let it get cool, then add the lobster cut into small pieces, set it to get warm again gently, and lastly stir in the coral pulp, season, and serve in a hot boat.

* Fish Stock : this is very easily made as follows :—Buy a pound of “ fish-cuttings,” those of haddock, whiting, or cod the best, costing about 1½d. Wash them, and put them in a stewpan with two onions cut up, a bunch of parsley, a teaspoonful of anchovy sauce, twelve pepper corns, and a pinch of mace with a salt spoonful of salt, cover with water, boil, simmer, and strain.

Mayonnaise of Salmon.—Make according to directions for lobster salad. A tin of Moir's fresh salmon is excellent for the purpose. The salad cream and aspic jelly can also be used very conveniently.

Scalloped Salmon.—Required—A pound tin, or part of a tin of fresh salmon, enough stock to moisten, a table-spoonful of cream or thick white sauce, pepper, salt, and cayenne, a few nice bread crumbs, and a pinch of mace. Break the salmon into flakes and remove the bones, moisten it well with the stock, cream, or sauce, season with the mace, pepper, and salt; fill some buttered scallop-shells with the mixture, and sprinkle the crumbs over, brown in a quick oven. Serve on a napkin garnished with parsley and cut lemon.

Herrings in Tomato Sauce.—Open the tin: put it to stand in boiling water for a quarter of an hour to heat the contents, then put the herrings on a hot dish. A little of Moir's tomato ketchup made hot and poured over is a great improvement. These herrings are also very good served cold.

Herrings in Fennel Sauce.—These may be prepared the same way as herrings in tomato sauce.

Herrings in Shrimp Sauce.—Open the tin: put it to stand in boiling water for about a quarter of an hour, then remove the herrings carefully, and place them on a hot dish.—pour the sauce over. Garnish with cut lemon.

Devilled Herrings.—Open the tin: put it to stand in boiling water for about a quarter of an hour, then place the herrings on a hot dish. A little mustard sauce is very good with these herrings.

Kippered Salmon.—Open the tin: put it to stand in hot water for a quarter of an hour until the contents are heated through, then put the salmon on a hot dish, dust with pepper and salt. If preferred, the salmon may be removed from the tin cold, wrapped in buttered paper, and gently broiled: serve in the same manner. This is an excellent dish.

Salmon Cutlets with Indian Sauce.—Open the tin : put it to stand in hot water for about a quarter of an hour until the contents are heated through, then carefully remove the cutlets and place them on a hot dish, in the sauce which is with them.

Fresh Mackerel.—Open the tin : put it to stand in hot water for about a quarter of an hour until the contents are heated through, then remove carefully and place on a hot dish. Serve with plain melted butter or fennel sauce.

Fennel Sauce.—Pick a handful of fennel, scald it for a minute in hot water, then drain it, pressing the water thoroughly from it, and chop it finely. Melt half an ounce of butter in a saucepan, mix in half an ounce of flour smoothly, add half a pint of broth or water and boil, then add pepper, salt, a teaspoonful of anchovy vinegar, and the fennel, lastly mixing in, off the fire, the yolk of an egg.

Fresh Mackerel (another way to eat cold).—Open the tin and place the mackerel on a dish, dust with pepper and salt, and pour some French vinegar over it, garnishing with sliced cucumber.

Fresh Herrings.—Open the tin, remove the herrings carefully and place them on a dish, pour over them some of Moir's tomato ketchup, and garnish with parsley.

Fresh Herrings (another way).—Open the tin, put it to stand in hot water for a quarter of an hour until the contents are heated through, then place the herrings on a hot dish. While the herrings are warming make a nice mustard sauce and serve it with them.

These herrings are very good served plain with a little vinegar, pepper, and salt.

Cod Roes.—Open the tin and put it to stand in a saucepan of boiling water until the contents are heated through, then cut the roe into slices, pour some melted butter over them, and cover all with buttered eggs.



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Cod Roes (Pickled).—Lay the roes in a pie dish, boil half a pint of vinegar with half a pint of water, three cloves, six pepper corns, and a pinch of salt for ten minutes, then strain it over the roes, and put them aside until cold. Serve with cucumber and watercress.

Cod Roes (Fried).—If the roes are firm enough, cut them into neat slices, egg and bread crumb them, and fry them in plenty of very hot fat. Garnish with fried parsley.

Findon Haddock.—Open the tin, put it to stand in boiling water for ten minutes, then put the haddocks on a hot dish, and pour a little melted parsley-butter over them.

Caviare.—This is used principally with cheese as a *hors d'œuvre*, and in "savouries." For *canapés de caviare*:—

Cut some stale bread into slices about a quarter of an inch in thickness, then divide them into small squares, fry them in butter, spread with the cavaire, and serve hot, with lemon juice sprinkled on them. If preferred, they may be served cold, the bread being allowed to cool before the caviare is spread on it. They may be covered with granulated hard boiled eggs, which should be rubbed through a wire sieve and sprinkled over them, and garnished with chopped aspic or salad ; or with plain mayonnaise sauce.

Caviare Sandwiches.—Take some very thin slices of brown bread and butter, spread with the caviare, dust with a little Nepaul pepper, sprinkle with lemon juice, and make into neat sandwiches.

Haddock Roes.—These may be prepared according to the directions given for cod roes. If fried, they need not be cut, but may be used entire.

Haddock Roes.—(*à la maître d'hôtel*).—Make half a pint of *maître d'hôtel* sauce, and warm the roes in it very gently.

MADE DISHES,

Amongst which will be found some nice Entrées.

Tripe and Onions (White).—Required—one lb tin plain tripe, four onions, a pint of milk, one oz. of flour, one oz. of butter, pepper and salt to taste.

Blanch the onions by putting them into boiling water for four minutes. Then remove the onions and slice them from the top to the bottom, and chop them finely. Boil them gently in the milk for half-an-hour or more until quite tender; then make a thickening of the flour and butter and some of the milk, stir into the milk and onions through a pointed strainer, and boil for three minutes, add pepper and salt, and a little Nepaul pepper if at hand. While the onions are cooking open the tin, remove the tripe carefully, and put it in a saucepan, or on a dish by the fire, to melt the jelly, which should be added to the milk and onions; then unfold the tripe, wipe it dry, and cut it into neat pieces, and warm them in the prepared sauce. The tripe is sufficiently cooked, and requires only to be made hot before serving. To serve, place the pieces of tripe on a hot dish and pour the sauce over.

Savoury Tripe (Brown).—Required—one lb tin of plain tripe, one pint of stock, an ounce of flour, six ounces of carrot, three of turnip, two onions, a sprig of parsley, thyme, and marjoram, two ounces of butter or dripping, pepper, salt, and lemon juice.

Open the tin, remove the tripe, and put it on a dish or in a saucepan by the fire to melt the jelly. Put the butter (if preferred, the fat from the tin may be well substituted) into a stewpan, and fry the vegetables in it, then add the flour, and stir it until it is coloured. Pour in the stock and the melted jelly, boil, stirring all the time, for three minutes, and then (if the time can be allowed) simmer for half-an-hour, skimming off the fat as it rises. Strain it into a clean stewpan, add a tablespoonful of Moir's bright or thick sauce, a squeeze of lemon juice, and pepper and salt. Unfold the tripe, wipe it dry, cut it into neat pieces, and make them hot in the gravy. The dish will now require colouring: for this, use a little of Moirs'

"Colouring for Soups," or browning for gravy, and a dessert-spoonful of Marsala or sherry. Tripe thus prepared makes a useful *entrée*.

Note.—A tin of Moir's Leicestershire Mushrooms will greatly improve the flavour of this dish, and will only require to be warmed in the gravy with the tripe.

Curried Tripe.—Required—one lb tin of Moir's curried tripe, a pint of stock, two small onions, a clove of garlic, an oz. of butter, an oz. of rice-flour, two dessert-spoonfuls of curry powder, a squeeze of lemon juice, salt to taste, and a table-spoonful of desiccated cocoa-nut.

Remove the tripe from the tin, and put it in a stew-pan, or on a dish by the fire, to melt the jelly; slice the onions from the top to the bottom, and chop them finely; chop the garlic, also. Fry the onion and garlic in the butter, stirring occasionally to prevent burning. Mix the flour and curry powder smoothly with the butter, onions, and garlic, and cook them for five minutes, moistening with the melted jelly. Then add a little of the stock, stirring and adding till all is used, and skim and boil for three minutes, then add the lemon juice, cocoa-nut, and salt, and simmer for ten minutes. Unfold the tripe, cut it into neat pieces, dry them well in a cloth, and just heat them in the strained sauce. The tripe is already sufficiently cooked. Serve with nicely boiled rice.

Curried Tripe (ANOTHER METHOD).—Required—one lb tin of curried tripe, a tin of curry sauce, a dessert-spoonful of curry powder, juice of half a lemon, and salt to taste.

Remove the tripe from the tin, and put it on a dish near the fire to melt the jelly, empty the contents of the tin of curried sauce into a stewpan, shake in gently the curry powder, and stir over the fire until hot. Unfold the tripe, cut it into neat pieces, dry them well in a cloth, and make them hot in the sauce, add the lemon juice, and salt to taste. Serve with nicely cooked rice.

Note.—For other excellent additions to a curry, see Wyvern's remarks on curries at the beginning of the book.*

Stewed Kidneys.—Required:—A tin stewed kidneys, juice of half a lemon, pepper and salt to taste; if liked, a tiny pinch of Moir's

* A little of Moir's piccalilli minced, or Skinner's, or Cashmere chutney will be found to greatly improve the flavour of a curry.

soluble cayenne, some boiled potatoes nicely mashed with butter, pepper and salt.

Open the tin and empty the contents into a saucepan, *heat* gently over a low fire, but don't *cook* the kidneys any more, add a dessert-spoonful of Marsala or sherry, one of mushroom ketchup, a squeeze of lemon juice, and pepper and salt to taste. Make a wall of the mashed potatoes on a hot dish, put the kidneys, with sufficient gravy to moisten them, in the middle, and serve the remainder of the gravy in a sauce boat. A mould of pounded rice may be used instead of potatoes if preferred.

A nice change may be made by adding the contents of a tin of Moir's Black Leicestershire mushrooms to the kidneys. These mushrooms are already cooked, and only require heating with the kidneys.

If the kidneys are required as an *entrée*, serve them in an *entrée* dish in a pastry case or neat casserole.

Stewed Kidneys for Breakfast.—Required—A tin of kidneys, some neat slices of bread.

Take some neat slices of bread and fry or toast them. Prepare the kidneys according to directions given in the preceding recipe. Heap them on the toast and pour the gravy round them.

Collared Ox-head.—Open the tin carefully, cutting it round the side of the bottom. Turn the head on to a dish, and serve garnished with parsley or with a border of salad and beetroot. For a handsomer dish chop some Moir's aspic jelly (see jellies) and place it round the head in glittering heaps, cover the top with it, and garnish tastefully with parsley, beetroot, and endive.

Sheeps' Tongues.—These are very nice served cold as a breakfast relish, or they may be used as an *entrée* as follows:—Open a tin of tongues and put them into a saucepan only to melt the jelly adhering to them; take them out and cut them up. Put into the saucepan with the melted jelly half a pint of stock and a tin of Leicester mushrooms, bring to the boil, and add a thickening made of an oz. of butter and one of flour, cook well and then add the tongues, pepper, and salt. Sheep's tongues are very good minced with a little cooked ham and made hot in gravy. Serve within a border of mashed potatoes. A dessertspoonful of sherry or Marsala,

with one of mushroom ketchup, and a teaspoonful of Moir's anchovy vinegar, will much improve this dish.

Fricassée of Turkey.—Required—A tin of turkey, an oz. of butter, an oz. of flour, half pint of white stock, juice of half a lemon, two tablespoonfuls of cream, pepper and salt.

Melt the butter in a saucepan, mix in the flour smoothly, pour in the stock and stir and boil well, then add the cream, let it boil in the sauce and then mix in the lemon juice and pepper and salt, put in the turkey and let it get hot. Serve within a border of boiled rice.

Minced Collops.—This favourite Scotch dish, being already cooked, only requires to be made hot in a saucepan. It may be served with mashed potatoes as it is, or be made into *croquettes*, *rissoles*, patties, or scallops.

Pheasant Pâté, Truffled.—The tin should be carefully opened, and the *Pâté* turned out on to a dish. Garnish it prettily with parsley.

Pheasant *Pâté* cut into pieces may be used with advantage in making raised game pie.

Partridge Pâté, Truffled.—This may be used in the same manner as Pheasant *Pâté*. Both pheasant and partridge are also useful for *rissoles*. Roll out some nice pastry thinly, cut it into rounds with a circular cutter, brush round the edges with beaten egg, put some of the *pâté* on each round, and draw the edges together, and fry in plenty of very hot fat; dish on a folded napkin, and garnish with fried parsley.

Hare Pâté.—Prepare like pheasant *pâté*. It is a nice addition to hare pie, or it may be made into *croquettes*.

Grouse Pâté.—This may be prepared like any of the other *pâtes*. It is very nice served as kromeskies.

Kromeskies.—Cut the *pâté* into neat-sized pieces, wrap them in slices of fat bacon, dip them into kromesky batter, and fry in plenty of very hot fat.

Veal and Ham Pâté.—Prepare according to any of the directions given in preceding recipes. This *pâté* is very good made into small patties. Roll out some puff-paste, and cut into rounds with a circular cutter. Lay half the rounds in buttered patty pans; brush round the edges with beaten egg; put a portion of a *pâté* in each, and cover with the remaining rounds of paste; glaze over with beaten egg, and bake in a quick oven.

Ham and Chicken Pâté.—This may be used according to any of the preceding directions. It is very useful, with other force-meat, in making a galantine of chicken.

Pâté of Pork.—This may be used according to any of the directions given for *pâtés*. It is very suitable for patties. Cut in pieces and put in a rabbit pie, it will be found to give an excellent flavour to the other ingredients.

Pâté of Game.—This may be served plain, or as kromeskies, rissoles, or patties. (See preceding recipes).

Lunch Tongues.—With these a useful little *entrée* can be made. Open the tin carefully and turn the contents on to a dish, cut the tongues into slices and warm them in any nice brown sauce, sharpened a little with tomato; a garnish of *petits pois* or *macédoine* accompanying.

POTTED MEATS.

Potted Ham.—This may be eaten as a relish with bread and butter, or used for savoury toast and sandwiches.

Scrambled Eggs and Potted Ham.—Toast or fry some slices of bread; spread, while quite hot, with the potted ham. Melt an oz. of butter in a stewpan, add two eggs, with a tablespoonful of milk and a little pepper and salt; mix well in the stewpan, and stir until the eggs are a soft yellow mass; spread on the toast, and serve hot.

Potted Ham (SANDWICHES).—Cut thin slices of bread and butter, spread them thinly with a little ready-made mustard, then spread with the potted meat, and cut into sandwiches.

Potted Beef.—This may be used for exactly the same purposes as the potted ham.

Potted Savoury Fish.—This may be prepared according to the directions in the foregoing recipes. It is excellent as savoury toast.

Savoury Fish Toast.—Toast some slices of bread, spread them quickly with butter, and then with the savoury fish, sprinkle a little of Moir's soluble cayenne over it, and serve very hot.

Bloater Paste.—This may be used as other potted meats. It is very good as a savoury toast.

Strasbourg Meat.—This may be used according to any of the preceding recipes, or to make *canapés*.

Canapés of Strasbourg Meat.—Fry some small square or oval-shaped pieces of bread, spread with butter and the Strasbourg meat, season with pepper and salt, rub the hard-boiled yolk of an egg through a sieve, sprinkle the canapés, and serve very hot.

Potted Tongue.—This is very suitable for any of the purposes already mentioned, or it may be used as directed in any of the following recipes.

Potted Tongue and Eggs.—Cut some neat squares of bread, toast or fry them, then butter them, and spread them with potted tongue; lay a nicely poached egg on each, and serve very hot.

Potted Turkey and Tongue.—This may be substituted for any of the meats in preceding recipes. It is very good in salad sandwiches.

Sandwiches *au cresson*.—Cut some neat slices of thin bread and butter, spread half of them with the potted meat, and lay some leaves of nicely-cleaned water-cress on them, cover with the remaining pieces of bread, and cut into sandwiches.

Potted Fignon Haddocks.—This is very suitable for a breakfast relish, and may be used to great advantage in making savoury toast.

Potted Savoury Meat.—This is very good for sandwiches, savoury toast, &c. It is very nice when used for egg sandwiches.

Egg Sandwiches.—Cut thin slices of bread and butter, pound one or two hard-boiled eggs with butter, as may be required, spread with the savoury meat, and a layer of the pounded hard-boiled egg over it; then make into neat sandwiches.

Anchovy Paste.—This is suitable for a relish for breakfast or tea. It is excellent for savoury toast, or with scrambled eggs (see potted ham). Being rather salt it should be used sparingly, and if blended with the yolk of a raw egg upon a hot plate with a pat of butter, it will be found milder either for a toast plain or with scrambled eggs.

Devilled Beef, Devilled Turkey, Devilled Ham, Devilled Tongue, Devilled Ham and Tongue.—These are potted meats made hot with peppers. They may be used according to any of the directions given for potted meats.

Chicken and Ham Sausage.—This may be served just as it is for a breakfast or supper dish. It should be garnished with parsley. It may be cut into thin slices and placed as a garnish round a cold boiled fowl or turkey. It may also be used for sandwiches, or cut into pieces and put into a veal or chicken pie, which it will greatly improve.

VEGETABLES.

Petits Pois.—Open the tin and empty its contents into a small saucepan, which should be put into a larger saucepan part filled with boiling water, set the outer pan to boil till the peas are quite hot, then drain the liquid from peas through a strainer, wipe the stewpan dry, put half an oz. of butter in it, put in the peas, and sprinkle them with a little salt and sugar, shake them gently over the fire for a minute or two, and serve as soon as the butter is melted.

Green peas are served as the correct vegetable with lamb, duck, &c., or with *entrées*, such as quenelles, lamb cutlets, stewed pigeons, &c. The liquid drained from the peas ought not to be thrown away, it is especially useful when making green pea toast with any remaining peas the next day, for *purée*, or soup.

Purée of Green Peas.—Open the peas as in preceding recipe, then rub them with their liquor through a wire sieve, put them in a stewpan with the butter, pepper, and salt, and stir over the fire until hot. The best way with peas that are at all hard.

A *purée* of green peas may be served with duck, lamb cutlets, &c. A little cream, or the yolk of an egg, may be added to the *purée* to finish with.

Green Pea Soup.—Required—A tin of *petits pois*, a pint of broth or nicely-flavoured stock, a teaspoonful of arrowroot and of sugar, and, if possible, a tablespoonful of rich cream.

Open the tin, and rub the peas with their liquor through a wire sieve, make the stock boiling, mix the arrowroot with a little cold stock and stir it into the boiling stock, when it has thickened, add the peas, cream, pepper, and salt, and boil up, it will then be ready for serving.

Spinach.—Open the tin and empty the contents into a saucepan with an oz. of butter, and tablespoonful of good gravy; then stir over a low fire until the moisture is absorbed and the spinach quite hot. Press it into shape in a vegetable dish, and serve with croutons of bread. Some like a little mace with spinach, and some a little cream.

Carrots.—Open the tin, carefully remove the carrots, place them in a saucepan within a larger one part filled with boiling water; let the outer vessel remain on the fire until the carrots are quite hot; then pour a little parsley and butter over them, and serve in a hot vegetable dish.

ANOTHER METHOD.—Having some good stock, heat the carrots in it over a low fire, being very careful not to *cook* them; take them out, put them in a hot vegetable dish, and *keep* them hot; then boil the stock rapidly down to a half-glaze, and pour it over them.

Mashed Carrots.—Take the carrots out of the tin, and then rub them quickly through a wire sieve, put them into a stewpan with an oz. of butter, a coffee-cupful of stock, and a little pepper and salt ; stir until quite hot, then mould into shape on a vegetable dish.

Carrot Soup.—Proceed as for mashed carrots in the foregoing : Put the *purée* into a saucepan, with a *roux* made of a quarter ounce of butter and one of flour, stir in by degrees a pint and a half of stock ; let it boil, and add the seasoning. Serve with fried or toasted bread.

Tomatoes.—Open the tin, remove the tomatoes carefully, and place them on a buttered baking tin, put into a quick oven until they are *quite hot*, sprinkle them with salt and pepper, and serve.

These are excellent with roasted or baked meat, grilled steak, chops, cutlets, &c. If too soft for this process, they must be served as a *purée*.

Tomatoes (GLAZED).—Heat the tomatoes according to directions given in the preceding recipe, then place them on a hot dish, melt a sufficient quantity of glaze, and coat each tomato with it.

Tomato Soup.—Open a one lb tin, rub the tomatoes through a sieve, put a pint of stock on the fire to boil ; while boiling, make a thickening with butter and flour, stir, and cook for three minutes ; then add the tomato *purée*, let the soup boil up, add the seasoning, and it is ready to serve.

Tomato Sauce.—Fry a shallot, finely chopped, in one ounce of butter, a piece of garlic the size of a pea also minced, a teaspoonful of *basil* and one of flour ; when of a golden colour, add the contents of a lb tin of tomatoes, and bring gently to the boil, stirring continually to prevent catching ; then rub through a sieve, add pepper and salt to taste, and a pinch of Moir's soluble cayenne, heat in a saucepan, and then the sauce is ready to serve.

Tomatoes and Macaroni.—See Macaroni *à l'Italienne*, Part I.

Tomatoes are extremely useful for flavouring soups, stocks, gravies, stews, hashes and sauces.

Moir's Tomato Purée.—Should be put into a saucepan with a little butter. All that is then necessary is to stir it over the fire until quite hot; add pepper, salt, and cayenne.

This is an excellent preparation, and can be used with roasted meats, grilled steaks, and chops. It is also very useful for soups, and may be used instead of whole tomatoes.

Moir's Celery in Juice.—This is a refined *entremets de légume*, ready for the table without any trouble to speak of. Open the tin and warm its contents as advised for asparagus in part I, which see. If presented with little *croustades* containing beef marrow, you will have *celeri à la möelle*.

New Potatoes.—Open the tin and pour off the water, put the potatoes in a saucepan, within a larger one, part filled with boiling water, make them quite *hot* put a piece of butter the size of an egg into the saucepan and a tablespoonful of chopped parsley, sprinkle with salt, and gently shake the potatoes in it. They are then ready for serving.

Haricot Verts.—For the best way to treat these beans, please see the directions for *petits pois*: the system is virtually the same as heating *en bain marie*. The only item that may perhaps be unnecessary is the sugar. The same remarks apply in regard to the uses of *haricots verts* and the value of their liquid.

Artichokes.—These are *fonds d' artichauts*, or artichoke bottoms. Proceed as directed for *petits pois*, omitting the sugar: chopped parsley and butter may be poured over them with a few drops of Moirs' Anchovy vinegar. The best sauce for them is butter plainly melted, called by some "oiled butter," with a little of this vinegar for sharpness.

Haricot Flageolets.—These delicious beans should be treated also in the manner indicated for *petits pois*, omitting the sugar. A tin of *flageolets* blended with one of *haricots verts*, after each has been dressed as recommended, gives you the dish known as *Haricots panachés*.

Asparagus.—Proceed as described in Part I, for this excellent preserved vegetable, and follow the ways there given for its adaptation for special *entremets de légumes*. The sauce recommended for artichoke bottoms is equally good for asparagus as it is for seakale, celery, &c.

Leicestershire Mushrooms.—These are the best of their kind, see Part I—Open the tin, put the contents in a saucepan, with half an ounce of butter, a pinch of black pepper, and a dust of salt, and make hot over a low fire. They are already cooked, and may be used with advantage for enriching *ragoûts*, stews, and made dishes.

Mushrooms on Toast.—Make the mushrooms hot according to the preceding recipe, add two table spoonfuls of gravy with one of mushroom ketchup, thicken with a piece of butter rolled in flour, or the yolk of an egg off the fire, and lay a portion of the mixture on crisply fried toasts.

DISHES WITH CHEESE AND MACCARONI.

Parmesan Cheese.—This is most useful in the manufacture of all kinds of cheese savouries, such as cauliflower *au gratin*, cheese straws, maccaroni *au gratin*, &c. Having lost much of its moisture, less is required of it than of the freshly grated cheese.

Cheese Fondue.—Required—An oz. of butter, a tablespoonful of flour, a breakfast-cupful of milk, five eggs, three ozs. of parmesan cheese, a teaspoonful of mustard powder, pepper, salt, and black pepper.

Melt the butter, mix the flour smoothly with it, add the milk and cheese, and cook well over a slow fire, and when perfectly creamy take it off the fire and let it cool, then add the yolks of five eggs, pepper, salt, and mustard powder; mix well. Lastly, whip the whites of the eggs into a stiff froth and mix them in lightly, pour the mixture immediately into a prepared *soufflé* tin and bake for about twenty minutes.

Cheese Straws.—Required—Eight ounces of puff paste, two eggs, three ozs. cheese, one oz. butter, pepper, salt, and cayenne.

Work the butter to a cream, beat the eggs and mix with it, then stir in the cheese and add the seasoning; roll out the paste and spread it with the mixture, fold the paste over and amalgamate the two well, cut it with a knife into small straws, bake in a quick oven, then take out the straws, dish on a folded napkin, and sprinkle with grated cheese.

Cauliflower au Gratin.—Required—One nicely-boiled cauliflower, one oz. butter, one oz. flour, not quite half-pint milk, pepper and salt, a little of Moir's Nepaul pepper, two oz. parmesan cheese.

Cut the green leaves from the cauliflower and press it into an oval shape, flower upwards, on a vegetable dish; melt the butter in a stewpan, mix in the flour, pour in the milk, and cook well, then add the seasoning and half the cheese; pour the sauce over the cauliflower, sprinkle with the remainder of the cheese and some crust raspings, and brown in a quick oven.

Maccaroni au Gratin.—Throw six ounces of maccaroni into three pints of fast-boiling water with a saltspoonful of salt in it, simmer for twenty minutes, then drain in a collander; butter a dish that will stand the oven, put the maccaroni in it, and shake an ounce of grated cheese into it, sprinkle the top also pretty thickly with cheese and crust raspings, pour over all half an ounce of butter melted, and bake in a quick oven till it turns a rich golden color.

Scallops of Maccaroni.—Prepare the maccaroni as described in preceding recipe. Fill some buttered scallop shells with the mixture, sprinkle grated cheese and a few brown crumbs on the top of each, and put them in a sharp oven for a few minutes. This is a good way of serving the remains of a dish of maccaroni au gratin.

Maccaroni à l'Italienne.—This excellent dish can be made very easily at any time of the year if you use preserved tomato *purée*. Follow the directions given in Part I.

MOIR'S SAUCES, PICKLES, HERBS, AND SEASONINGS.

Oyster Sauce.—For a tin of American oysters take half-ounce of butter, half-an-ounce of flour, half-a-pint of milk or fish stock, and a few drops of lemon juice. Strain the oyster liquor through muslin, melt the butter in a saucepan, mix in the flour smoothly, add the milk, or stock, and oyster liquor, boil well, then add the lemon juice, a pinch of salt, and lastly the oysters, which must only be heated in the sauce, without boiling.

Moir's Parisian Essence.—A few drops of this gives colour of a marked character to a brown sauce. An ordinary beef gravy, thickened nicely, strengthened with good glaze, and finished with this essence, becomes a good substitute for *Espagnole sauce*.

Moirs' London Relish.—This is a delicious sauce, and is excellent as a relish for cold meat or for broiled steaks and chops. A little of it will very much improve the flavour, of hashes, gravies, and curries.

Moir's Fish Sauce.—This sauce is not only suitable for all kinds of fish, but it may also be used with meats of various kinds, or for adding to hashes, gravies, and curries.

Moir's Essence of Anchovies.—This is the sauce commonly used for flavouring *sauce blanche* for fish sauces. It is particularly appropriate with whiting, haddock, sole, and other plain, non-fatty fishes.

Moir's Mushroom Ketchup.—This is a great favourite as a flavourer of sauces, hashes, and gravies. A tablespoonful added to thick brown sauce is often served with grilled fowl. It may be served plain as a relish with cold meat.

Walnut Ketchup.—As the foregoing, a most useful flavourer.

Moir's Tomato Ketchup.—This is a delicious ketchup, and is invaluable for flavouring hashes, sauces, and gravies. It is a sauce by itself very good with cold meat, or with grilled chops and steaks.

Moir's Curry Sauce and **Prince of Wales' Indian Sauce** are useful in the manufacture of curries and mulligatunny soups when other flavorings are not at hand. A little poured over a poached egg will give you *œuf poché à l'Indienne*.

Moir's "Thick" and "Bright" Sauces are comparatively new, and can be recommended for use in all cases where Harvey or a sauce of that type is advocated. Their "John Bull" and "Beefsteak" sauces are also excellent for like purposes, while their "Duke of Edinburgh" and "Worcester" have an established reputation. "China Soy" is a very useful cook's assistant; a few drops are good in nearly all brown stews, hashes, and the like.

Moir's Salad Cream.—A good dressing for salads; with it you can make :—

Mayonnaise Sauce.—Required—The raw yolks of two eggs, a quarter of a pint of salad oil, a teaspoonful of mustard, a teaspoonful of tarragon vinegar, pepper and salt.

Put the two yolks in a basin, work them well with a wooden spoon, dropping the oil on them drop by drop until quite thick, then add the vinegar and seasoning, lastly stirring in a couple of spoonfuls of the salad cream.

Moir's Tomato Fruit Sauce, Tomato Sauce, and French Tomato Conserve, are preparations of tomatoes which, for all ordinary purposes, render the cook quite independent of the vegetable itself. They are spoken of more fully in Part I., to which reference is invited.

Capers.—These are used chiefly as a garnish for *mayonnaises*, and for sauces, especially with boiled mutton. For "capers butter" see Part I.

Caper Sauce.—Required—Half an oz. of flour, and half an oz. butter, half a pint of milk or water, a tablespoonful vinegar, a table-

spoonful of capers, pepper and salt. Melt the butter in a saucepan, mix with it the flour, add the milk or water, cook well, then stir in the capers and add the vinegar and seasoning.

Tartare Sauce.—Required—half a pint of Moirs' salad cream, one yolk, a dessertspoonful of chopped capers, a tablespoonful of finely-chopped parsley, a teaspoonful ready-made mustard, pepper, and salt. Beat the yolk adding the salad cream by degrees, when smooth add the capers and other ingredients to the sauce and mix well. This is used with grilled and broiled meats. It is particularly nice with grilled salmon, and all cold meats

Mixed Herbs.—These are used chiefly for making force-meats and flavouring game, soups, *salmis*, &c.

Veal Force-Meat.—Required—Three oz. breadcrumbs, an oz. of suet finely-chopped, a dessert-spoonful of finely-chopped parsley, a good teaspoonful of mixed herbs, pepper and salt, a beaten egg. Mix all the ingredients well together. This force-meat is used as stuffing for veal, hares, fish, and turkeys, it is also made into force-meat balls for jugged hare and other dishes.

Fresh Tarragon.—The flavour of fresh herbs is so superior to that of dried that this preparation will be found valuable in the manufacture of soups and sauces where the flavour of tarragon is appreciated. It may also be used in flavouring vinegar.

The tarragon leaves chopped finely may be used in mixing salads, but care must be taken not to use too much. Aspic jelly should always be slightly flavoured with tarragon.

Marjoram.—This, like the preparation of tarragon, will be found valuable where the fresh marjoram is not to be had. It enters into the composition of game soups and many sauces.

Turkey Stuffing—(Sausage Meat).—This force-meat is very useful for stuffing turkeys or capons. It is also an excellent addition to rabbit or veal pies, as it much improves their flavour.

Sausage Toast.—Spread the sausage-meat on fried bread cut in squares, put them in a quick oven until hot, serve as hot as possible.

Stuffed Tomatoes.—Required—A few whole tomatoes, some sausage-meat.

Scoop out the tomato pulp, mix it with the stuffing, fill the skins, and bake in a moderate oven until they are cooked.

Marrow Fat.—This marrow fat can be used in the preparation of puddings, pastry, and cakes, for which purpose it must be kept firm by ice in hot weather. It is an excellent frying medium.

Colouring for Soups.—This is a very useful preparation for darkening soups and gravies. It must be used very carefully, as too much colouring is apt to destroy the flavour of anything it is added to.

Essence of Beef.—This is a valuable preparation for cases of extreme exhaustion. It may then be given to the patient in tea spoonfuls. If preferred hot, dilute it with the same, or double the quantity of water, and serve to taste.

Browning for Gravies.—This preparation is for darkening soups and gravies, which, although good in flavour, may be poor in colour. It is most useful, but must be used like all such preparations, cautiously. Incompetent cooks often spoil the flavour of their gravies by adding too much of the colouring matter.

Concentrated Beef Tea.—Cut an ounce of the tea into pieces, and dissolve them in half-a-pint of boiling water. Boil up once, and season to taste. This preparation is very useful for enriching soups and gravies, as well as for sick-room purposes.

French Olives.—These should be rinsed in water and served at dessert, in a little fresh salt and water.

Spanish Olives.—The large kind are used for *mayonnaises* and in made dishes of many kinds. They should be “turned,” (see Part I) before using.

Stewed Pigeons, with Olives.—Required—Three pigeons, a dozen turned olives, a pint of good stock, a wine glass of sherry, two ozs. of streaky bacon, cut into dice, an ounce of butter, an ounce of flour, a sprig of parsley, thyme and marjoram, and some mashed potatoes.

Truss the pigeons for stewing and cut them in halves, fry them in the butter and bacon till coloured, then remove them and fry the flour, when nicely coloured pour in the stock and add the olives and herbs; put in the pigeons, close the pan, and simmer until the pigeons are cooked, then add the wine to the sauce; dish the pigeons within a border of mashed potatoes, strain the sauce over them, and place the olives in the centre.

Olives may be used in this way for garnishing hashes, stews, and salads.

Olives Farcies.—These are stoned olives, stuffed with pieces of anchovy. They are principally used as *hors d'œuvres*, but can also be employed in garnishing *mayonnaises*.

Fillets of Beef, with Olive Farcies.—Either grill (the better way) or fry the fillets in butter, dish them upon a layer of mashed spinach, put a couple of olives as a garnish on the top of each of the fillets, and serve some gravy or sauce separately in a boat.

Note.—Before using these olives wipe them free from any oil.

Olive Canapés.—Required—Some *olives farcies*, some small rounds of fried bread, some *mayonnaise* sauce.

Spread the *croûtes*, when cold, with the *mayonnaise* sauce, place an olive on each piece and dish them in the form of a wreath on a bed of chopped aspic or salad.

PICKLES, &c.

Nepaul Pepper.—A little of this scented pepper may be used in all cheese preparations—such as Welsh rarebit, cheese fondue, ramaquins, cheese patties, cheese straws, &c. It is also of value in all kinds of devilled meats and dishes which require to be highly seasoned.

Soluble Cayenne.—This is really a hot salt, and may be substituted for the ordinary cayenne. Its chief use is for seasoning grills, and devilled bones, as it dissolves and mixes more thoroughly with them than ordinary cayenne pepper. When much is used but

little salt will be required. It is very suitable to use in oyster, lobster, or any fish callops.

Mixed Pickles.—These are generally served in a pickle jar and are an agreeable accompaniment with cold meat. They can, however, be put to other uses. The gherkins chopped and added to white sauce, with a tablespoonful of vinegar, will make a substitute for caper sauce for boiled mutton. The capsicums are useful as a garnish for salads and cold meat. Some of the pickles minced finely and mixed with Moirs' *mayonnaise* sauce make a nice accompaniment to grilled salmon or meat.

Imperial Pickles.—These are hotter than the mixed pickles, and are, therefore, liked by those who prefer highly seasoned dishes. They may be used with cold meat, or in any of the ways mentioned in the foregoing remarks on mixed pickles.

Piccalilli.—This is a very favourite preparation of vinegar, mustard, and pickled vegetables. Besides being served with cold meat, it may be used in a variety of ways. A little of it minced finely and added to a hash will improve the flavour. A little may also be prepared in the same way and added to a curry with advantage. To serve with a beef-steak, mince a tablespoonful of piccalilli finely, make it quite hot, and place it in the middle of the steak. It is also very good with grilled chops or fried cutlets.

West Indian Pickles.—These are very hot pickles. They are generally served with cold meat. Minced and added in sparing quantity to a thick brown sauce they are appropriate with devils, roast pork, or grilled meats.

Brown Sauce—(with Mixed Pickles).—Required—One oz. of butter, three-quarter oz. of flour, half a pint of good stock, a tablespoonful of minced West Indian pickles. Melt the butter in a stew-pan and mix the flour in it, add the stock and boil once, simmer, then add a little salt and the minced pickles

Chow Chow.—This is a kind of hot piccalilli and may be used in the same way. A little minced finely is considered by some an improvement to a hash or curry. It is good when mixed with a brown sauce and served with devilled bones.

Dr. Skinner's Chutney.—This, like pickles, is generally used as a relish for cold meats, but it may be also mixed in hashes, curries, and sauces.

Cashmere Chutney.—This can be used for the same purposes as Dr. Skinner's chutney. Added to a brown sauce it makes a very nice accompaniment to mutton cutlets, beef fillets, &c. Prepare the sauce according to the directions given for "Brown sauce with mixed pickles," substituting chutney for the pickles.

Celery Salt.—This is used chiefly for giving to soups and sauces a flavour of celery. Where this is used, the ordinary salt will not be required. It should be used sparingly.

SWEETS.

JELLIES AND BLANC-MANGERS.

Messrs. MOIR & SON's newly introduced jelly and *blanc-manger* powders are quite a *spécialité*, being the most handy and perfect media for the immediate preparation of either of these standard sweet dishes that could be desired. The directions on the packets are ample, and the most inexperienced cook can thus with facility produce a dish which a few years ago was looked upon as too difficult for any but a professed cook. The flavoring and sweetening have been very judiciously decided so that neither is excessive. These very cleverly invented powders cannot be too earnestly recommended, whether for home or foreign use. The ordinary rules as to setting and turning out must of course be followed, and, unless in wintery weather, I would certainly use a little ice, for a jelly cannot be too cold. If placed in a glass compote surrounded by a ring of tinned fruit these jellies and blanc mangers are fit to present at a dinner party.

Jellies in Bottles —Before melting the jelly remove the capsule, and hold the neck of the bottle in warm water for a minute, then draw the cork. Put the bottle to stand in *warm, not hot*, water until the jelly is liquid, then pour it into a basin. The jellies are made sufficiently stiff to be firm in hot weather, therefore when it is cold

more liquid may be added to make them of an agreeable consistency. The quantity of liquid is specified in the following recipes :—

A jelly should not be too stiff, but should dissolve readily in the mouth. When, however, fruit is set in it very little additional liquid should be added as the weight of the fruit might break the jelly.

When setting jellies with fruit, &c., it is desirable that the mould should be placed on ice that the jelly may more readily become firm.

To turn jelly from its mould, dip it for a second into hot water, reverse it over a glass dish, give it a slight shake, and it will leave the mould.

Orange Jelly.—Draw the cork from the bottle, and put it to stand in warm water until melted, then pour it into a basin. If the weather is cold two wine glasses of water and one of orange wine or sherry may be added, or two glasses of wine and one of water. When nearly cold pour into a wetted mould, when firm dip into hot water for a second and turn on to a glass dish.

Orange Jellies—(Set with oranges)—Prepare the jelly according to directions in preceding recipe; then pour a little into wetted *dariolles*, when all but firm put in each a small Tangerine orange carefully freed from all peel, pour a teaspoonful of the jelly on each orange, and when each is fixed in its position pour in gently sufficient jelly to fill the moulds. Quarters of any nice orange may be used; squeeze out the pips before setting.

Lemon Jelly.—Melt the jelly according to directions given under the heading “Jellies.” If the weather be cold more liquid may be added, prepared thus—Boil two oz. of lump sugar in half a pint of water, skim well, then mix with the jelly, and add a few drops of Moir’s essence of lemon peel. When nearly cold pour into a wetted mould. If preferred, sherry or Marsala may be mixed with this jelly instead of the syrup and lemon peel.

Lemon Jelly—(ANOTHER WAY).—Prepare the jelly according to directions in preceding recipe. When beginning to set in the basin, beat with a whisk until it is light and frothy, then pour it into a wetted mould; when firm, dip into hot water for a second, and turn on to a glass dish.

Port Wine Jelly.—This jelly is used chiefly for invalids. Prepare the jelly according to directions given under the heading “Jellies.” Add to it two wine glasses of good port wine and one of water, if the weather is cold. When the jelly is cool, pour it into wetted *darioles* or small cups. It is not desirable that this jelly should be moulded in too large a quantity.

Vanilla Jelly.—Prepare this jelly according to directions given under the heading “Jellies in Bottles.” A wine-glass of brandy and two of water may be added to it if the weather is cold, also a few drops of Moir’s vanilla flavouring; when cool, pour into a wetted mould; when firm dip into hot water for a second and turn on to a glass dish.

Vanilla Jelly—(Moulded as Riband Jelly).—Prepare the jelly mixture according to directions given in preceding recipe, then divide it into three parts; colour one with Moir’s cochineal, and one with saffron colouring; pour a little of the red jelly into a wetted border mould, when firm pour in some of the uncoloured jelly, when that is set pour in some yellow jelly. Continue in this way until the mould is filled; when firm, dip the mould into hot water for a second, and turn on to a glass dish. Whipped or clotted cream may be placed in the centre.

Note.—The mould should be kept in ice during the process of filling, that the jelly may set quickly.

Calf’s Foot Jelly.—Prepare the jelly according to directions given under the heading “Jellies in Bottles.” If the weather is cold, add one wine-glass of brandy, one of sherry, and one of water to it. It may be moulded according to any of the directions given in preceding recipes.

Jellies—(In haste).—Pour the jelly into a basin, when quite cold, chop it, and fill custard glasses. A variety may be made by colouring some red and some yellow.

Macédoine of Fruit.—This is a jelly set with different kinds of fruits. The jelly should not be diluted for this dish or the weight of the fruit would break it. Pieces of orange, American preserved apple, pine-apple, strawberries, apricots, cherries, peaches, &c., may be used for this dish.

Noyeau Jelly—(One pint).—Prepare according to directions given under the heading “Jellies,” add to it, if the weather is cold, two liqueur glasses of noyEAU and a wine-glass of water; mould according to any of the directions given in preceding recipes.

Ivory Jelly.—This jelly is made from ivory shavings, and is considered very good for invalids. It can be used, however, for any purpose. If desired, and the weather is cold, a wine-glass of sherry or brandy may be added to it, and one of water. If used for an invalid, mould it in small *dariolles*; if for other purposes, according to any of the directions in preceding recipes.

Fruits Bottled and in Syrup.—Touching these fruits it should be borne in mind that:—

(a) Bottled fruits require a little extra sugar: this should be given, however, sparingly, for fear of over sweetening.

(b) Fruits in syrup are already sweet enough.

(c) A squeeze of lemon juice brings out the flavour of fruits in compotes, tarts, &c.

(d) A dash of liqueur such as noyEAU, maraschino, crèmes, d’abricots, curacoa or cherry brandy improves a compote, while old rum is especially nice with pine-apple.

Gooseberries in Bottles.—Pour the syrup from the bottle into a stewpan; add four ounces of lump sugar, and simmer gently for seven minutes; then add the gooseberries. They may be served hot, or cold, in a glass dish. They are a nice accompaniment to puddings, blanc-mangers, or boiled rice.

Gooseberry Fool.—Required—1 bottle of gooseberries, half-pound of moist sugar, half-pint of cream or milk.

Put the gooseberries into a saucepan with the sugar, simmer them for a quarter of an hour, then rub them through a sieve or beat them to a pulp with a fork; add the milk or cream, pour into a glass dish, and serve cold.

Greengages.—Open the bottle, pour the syrup into a saucepan, add four ounce of lump sugar, and boil gently for seven minutes;

then remove the saucepan from the fire, and when the syrup is cool add the greengages. They may be served with blanc-manger and any kind of milk pudding.

Greengages Moulded.—Required—One bottle of greengages, a quarter of a pound of lump sugar, one ounce of gelatine.

Soak the gelatine in a very little water, pour the liquor from the greengages into a stewpan, add the sugar and boil gently for a few minutes; stone the greengages and add them to the syrup, and simmer for five minutes; then put in the gelatine and mix it thoroughly with the other ingredients; pour into a wetted mould. When firm turn it out and serve with whipped cream or a boiled custard.

Greengage Tart.—Required—One bottle of greengages, six ounces of moist sugar, one pound of puff or short crust.

Put the greengages into a pie dish, moisten with the syrup, add the sugar, and cover with pie crust; bake until the paste is cooked.

Damsons.—Pour the syrup from the bottle into a stewpan, add seven ounces of lump sugar, boil gently for seven minutes; then put in the damsons. They may be served hot or cold, and are delicious with cream, blanc-manger, or any other kind of simple pudding.

Damson Tart.—Required—One bottle of damsons, six ounces of moist sugar, a little grated lemon rind, one pound of puff or short crust. Empty the contents of the bottle into a pie dish, add the syrup sugar and lemon rind; cover with the pie crust, and bake until the paste is cooked.

Damson Custard.—Required—One bottle of damsons, six ounces of castor sugar, three eggs. Remove the stones from the damsons and put them and the syrup into a stewpan, add the sugar, and simmer for a quarter of an hour; then rub through a hair sieve, add the eggs well beaten, pour the mixture into a jug, place it in a saucepan of boiling water, and stir until the eggs thicken, taking care that they do not curdle.

Damsons Moulded.—Proceed as for greengage moulded. This makes an excellent sweet.

Blackberries.—Empty the syrup from the bottle into a stewpan, add six oz. lump sugar, boil gently for seven minutes, then add the blackberries. Serve hot or cold with blanc-manger or any simple pudding. A little of Moir's cochineal or carmine will improve the colour of the dish.

Blackberry Fool.—Required—One bottle of blackberries, half pint thick cream, quarter lb. castor sugar. Empty the blackberries into a stewpan, add the sugar, and simmer for a quarter of an hour; then rub through a hair sieve, or beat to a pulp with a fork; pour into a glass dish, stir in the cream, and serve cold. Colour with cochineal.

Blackberries Moulded.—Required—One bottle of blackberries, six oz. of sugar, one oz. gelatine, half a wine glass of brandy.

Empty the contents of the bottle into a stewpan, add the sugar, and simmer for a quarter of an hour; pass the fruit through a sieve; soak the gelatine in a little cold water, then dissolve it and mix it with the blackberries, add the brandy, and pour into a wetted mould; when firm, turn it on to a glass dish and serve with whipped cream or custard. Colour with cochineal.

Blackberry and Apple Tart.—Required—One bottle of blackberries, six apples, half lb. moist sugar, one lb. of puff or short crust.

Peel, core, and slice the apples, put them in a pie dish with the blackberries syrup and sugar, cover with the crust, and bake for about half an hour.

Cherries.—Prepare like damsons; colour them with cochineal.

Cherry Pudding.—Required—One bottle of cherries, six oz. moist sugar, one pint of milk, two oz. castor sugar, two tablespoonfuls of cornflour.

Empty the cherries into a pie dish, mix them with the moist sugar; put the milk on to boil, add to it the castor sugar, mix the corn flour smoothly with a little cold milk, and two eggs well beaten; pour into the boiling milk; stir until it thickens, taking care that

it does not become lumpy, then pour over the cherries, and bake for half an hour. This pudding may be served hot or cold.

Cherries Moulded.—Make according to directions for damsons moulded.

Cherry Tart.—Proceed as for damson tart.

Raspberries.—Prepare according to directions given for blackberries. Colour with a little of Moir's cochineal or carmine.

Raspberry Fool.—Make like blackberry fool.

Raspberry Pudding.—Required—One bottle of raspberries, six oz. castor sugar, some slices of bread or stale cake, a pint of custard. Empty the raspberries into a basin and mix the sugar with them; then lay some of them at the bottom of a pie dish, lay on them a thin slice of bread, cover it with raspberries, and then place on them another thin slice of bread; continue to place the raspberries and bread alternately until the dish is full, pour the custard over, and bake for half an hour. When cold serve, if possible, with whipped cream or custard.

Raspberry Tart.—Make like cherry tart.

Compote of Peaches.—Required—one tin of peaches, half pint of double cream.

Place the peaches on a glass dish; pour the syrup over the peaches, and when cold cover with the cream, beaten to a stiff froth. Decorate with pink sugar or hundreds and thousands. A liqueur glass of Maraschino would improve this.

Peach Fritters.—Required—one tin or part of a tin of peaches, some batter for fritters (see Plum Pudding Fritters). Remove the peaches from the syrup, wipe them quite dry, dip them in the batter, and fry in a bath of very hot fat; heap them upon a hot dish, upon a hot napkin plentifully dusted with castor sugar.

Pain de Peches.—Required—One tin of peaches, one oz. of gelatine, two ounces of castor sugar, grated rind and juice of half a lemon. Soak the gelatine in a little water, rub the peaches and the syrup through a hair sieve, mix the sugar with them, and add the

lemon rind and juice ; melt the gelatine, and mix thoroughly with the peaches ; pour the mixture into a wetted border mould ; serve with whipped or clotted cream in the centre, or with custard poured round it and a few peaches heaped in the centre.

Yellow Peaches.—Prepare according to the directions for white peaches.

Compote of Pears.—Required—one tin of pears, one pint of double cream. Cut the pears in half, lay them on a glass dish, pour the syrup over them ; whip the cream to a stiff froth and cover them with it. Put it on ice, if possible, before serving.

Meringue of Pears.—Required—one tin of pears, the whites of four eggs, three tablespoonsful of castor sugar. Cut the pears in half, and lay them on a dish that will stand the heat of the oven. Whip the whites very stiffly, add the sugar, and completely cover the pears with them. Put the meringue into a slow oven for a quarter of an hour. Make the syrup hot, and pour round the meringue. Serve at once.

These pears are very good served with baked or boiled custards, blanc-mangers, or any kind of milk puddings.

Pine-Apple Cream.—Required—A tin of pine-apple, half a pint of double cream, one oz. of castor sugar, the grated rind of half a lemon, half an ounce of gelatine, a little milk, and a few drops of cochineal. Take the pine out of the tin, drain, dry and grate it. Soak the gelatine in the milk, rub the pine-apple through a sieve, then beat the cream to a stiff froth, mix the pine-apple with it, add the sugar, and colour with cochineal. Melt the gelatine, and when lukewarm mix it thoroughly with the cream, and pour at once into a wetted mould.

Pine-Apple Moulded.—Required—a tin of pine-apple, three-quarters of a pint of water, one ounce of castor sugar, the grated rind of half a lemon, half an ounce of gelatine. Take the pine out of the tin, drain and grate it. Soak and melt the gelatine in the water, put the grated pine-apple into a basin, add to it the syrup, sugar, and lemon rind, and mix in the gelatine. Pour into a wetted mould,

and put it into a cold place until firm. Serve on a glass dish, with whipped cream in the centre.

Pine-Apple à la Creme.—Required—one tin of grated pineapple, half a pint of thick double cream. Put the pineapple, neatly, on a glass dish, pour the syrup over them, and serve the cream with it. Put on ice, if possible, before serving.

Strawberries in Syrup.—These may be used for ices, creams, tarts, and many other sweet dishes (see directions in preceding recipes.)

Strawberry Cream Tartelettes.—Required—Puff paste, strawberries in syrup, a little double cream whipped to a stiff froth.

Roll out the paste and cut it into rounds, line your buttered patty pans with it, and place a small piece of bread in the centre of each. Bake in a quick oven until the paste is cooked, then remove the bread, fill the spaces with strawberries and a little of the syrup, and cover when cold with whipped cream.

Compote of Strawberries.—Required—One tin of strawberries in syrup, half a pint of double cream, one oz. of castor sugar.

Arrange the strawberries in the middle of a glass dish, pour the syrup over them, beat the cream to a stiff froth, mix in the sugar, and heap on the top of the fruit.

Raspberries in Syrup.—May be used in making ices, tarts, and many other dishes. They are very excellent as raspberry cream.

Raspberry Cream.—Required—Half a pint of double cream, half a tin of raspberries, one oz. of castor sugar, one oz. of amber gelatine, a little cochineal or carmine.

Soak the gelatine in a little milk, beat the cream to a stiff froth and add the sugar to it, rub the raspberries through a hair sieve, melt the gelatine and add to them, stir into the cream, mix thoroughly, and then pour at once into a wetted mould.

Blanc-manger with Raspberries.—Required—One tin of raspberries, two tablespoonfuls of corn flour, one pint of milk, two oz. castor sugar, a little essence of lemon peel.

Mix the corn flour very smoothly with the milk, add the sugar, and boil for ten minutes, stirring constantly. If too stiff, add more milk. When cooked, mix in the lemon essence and pour it into a wetted border mould. When firm, turn on to a glass dish and heap the raspberries in the centre.

JAMS IN SWEET COOKERY.

Strawberry Jam.—This jam may be used with great advantage in such preparations as trifle, floating island, jam roll, or any dishes where the use of a jam is indicated.

Strawberry Tartelettes.—Required—Strawberry jam, some puff or other pastry. Roll out the paste and cut it into rounds with a plain or fluted cutter; lay the rounds on buttered patty pans, and put a piece of bread or dough on each, bake until the paste is cooked, then remove the bread or dough and fill the spaces with jam.

Queen Victoria Pudding.—Required—Some strawberry jam, two oz. of bread crumbs, half a pint of milk, four eggs, two oz. of castor sugar, the grated rind of a lemon, pastry. Put the crumbs into a basin, add the sugar, milk, and the yolks of the eggs, also the grated lemon rind; line a pie dish with pastry, pour in the mixture, and bake in a moderate oven until set; then spread the top with the jam, whip the whites of the eggs, mix some castor sugar with them, and heap them on the top of the pudding; bake in a moderate oven for a few minutes to set the whites.

Moulded Rice and Strawberry Jam.—Required—Half a pound of rice, one quart of milk, quarter pound castor sugar, strawberry jam. Wash the rice well, then cook it gently in the milk with sugar until quite soft (it must be stirred occasionally to prevent it burning); if necessary add a little more milk; then press it into a mould, when cold, serve on a glass dish, and place strawberry jam round it.

Jam Roly-Poly.—Required—Eight oz. of flour, four oz. of finely chopped suet, a pinch of salt, raspberry, or other jam. Put

the flour into a basin, add the suet to it and the salt, mix stiffly with cold water, roll it out very thinly, spread it all over with jam, wet the edges of the paste, and roll it up; tie it securely in a scalded and floured cloth, and boil for two hours.

Génoise Pastry with Raspberry Jam.—Required—Six ounces of butter, three eggs, eight ounces of castor sugar, eight ounces of flour, raspberry jam. Work the butter to a cream in a basin, then add the sugar and eggs, beat it most thoroughly, mix in, last of all, the flour very lightly. For Swiss roll, thoroughly butter a baking tin, line it with buttered paper, pour in the mixture, and bake until cooked and of a pale brown colour; turn it on to a board, remove the paper, spread quickly with the jam melted, and roll it up at once.

Victoria Sandwiches with Raspberry Jam.—Make some Génoise pastry as described in foregoing recipe, and bake it on buttered plates; when coloured, spread half of the pastry with melted jam, and lay the other halves on the top.

Apricot Jam.—This is most excellent for tartelettes or puddings, and may be used instead of any other jam or marmalade, except in roly-poly puddings, and for these it is not suitable.

Cold Apricot Pudding.—Required—two dessert spoonfuls of arrowroot, one pint of milk, two table spoonfuls of castor sugar, some apricot jam. Spread the jam on a glass dish, put the milk on to boil with the sugar, mix the arrowroot smoothly with the cold milk, and then stir it into the boiling milk; when it has thickened, remove it from the fire, let it cool a little, and pour it over the apricot jam; serve cold. A whip of cream placed on the top is a most agreeable finish to this pudding.

Marmalade.—This makes excellent tartelettes, roly-poly, and other puddings. It may be used instead of jam in Génoise pastry.

Marmalade Pudding.—Required—Quarter of a lb marmalade, half a lb bread crumbs, quarter of a lb finely-chopped suet, quarter of a lb moist sugar, the grated rind of a lemon, three eggs. Put all the dry ingredients into a basin, and mix with the marmalade, melted, and the eggs, beaten; boil in a mould or cloth for two hours.

Amber Pudding.—Required—two ounces of sponge-cake crumbs, two macaroons, half a pint of milk, two eggs, marmalade, some pastry. Line a pie dish with marmalade, put the crumbs into a basin, add the macaroons broken into small pieces, make the milk boiling and pour over, add the eggs well beaten, pour into the pie dish, and bake in a moderate oven for about half-an-hour.

Lemon Marmalade.—This makes a very agreeable change from the orange marmalade, and may be used in all recipes where jam or marmalade is indicated.

Lemon Marmalade Tartelettes.—Required—some puff pastry, lemon marmalade. Roll the paste out thinly, cut into rounds with a circular cutter, lay them in patty pans, and put a round piece of bread in the centre of each; bake in a quick oven until the pastry is cooked; then remove the bread and fill the centre with marmalade; serve hot or cold.

Damson Jam Tart.—Required—damson jam, puff or other pastry. Roll out the paste, and cover a buttered open tart tin with it, trim round the edges, and ornament with paste decorations; place a large piece of bread cut to the shape in the centre; bake in a quick oven; when the paste is cooked remove the bread and fill with the jam; put it in the oven for a few minutes to make the jam hot.

Lemon, Raspberry, & Strawberry Syrups.—A simple summer drink may be made by adding a dessert spoonful of either of these syrups to a glass of cold water or soda water. A very delicious drink is made by putting two table spoonfuls of syrup into a large tumbler, adding to it a squeeze of lemon and some broken ice, fill the tumbler with a bottle of good soda water.

Syrup Sauce.—(For hot or cold Puddings).—Required—Two ounces of lump sugar, half-pint of water, two table spoonfuls of syrup, and juice of half a lemon. Boil the sugar and water until reduced to half the quantity, add the syrup and lemon juice.

This sauce may be used hot with boiled puddings, or cold with blanc mange, &c.

Essences of Lemon, Orange, Almond, Lemon Peel, and Vanilla.—A few drops of the essences are sufficient for flavouring blanc-mangers of all kinds. Many puddings are also flavoured with them. Lemon, lemon peel, and almond are also very useful for flavouring cakes. A few drops of lemon or lemon peel is a great improvement to veal stuffing. Essence of orange is delicious in creams and blanc-mangers, &c. Vanilla is used in the same manner. Soufflés are frequently flavoured with these essences.

Cochineal.—This is a red colouring quite invaluable in cookery for colouring sweets and jellies.

Pink Sugar—(Made with Cochineal).—Required—One ounce of castor sugar, and one or two drops of cochineal. Drop the cochineal on the Sugar, and stir gently with a spoon until the sugar is coloured pink.

Carmine.—This is used for the same purpose as cochineal.

Plum Pudding.—Put the tin into boiling water and boil for quite an hour; then open it carefully round the side of the bottom of the tin; turn the pudding on to a hot dish, pour brandy over and set it alight, or whip the white of an egg to a stiff froth, and heap on the top of it, sift castor sugar over the pudding, and serve

Brandy Sauce.—(For Plum Pudding).—Required—One ounce of butter, half-ounce of flour, quarter-pint of water, quarter-pint of brandy, one ounce of castor sugar. Melt the butter in a small stew-pan, mix in the flour smoothly, add the water, cook well, then add the sugar and stir in the brandy.

A Good Brandy Sauce.—Required—Quarter-pint of brandy, yolks of three eggs, and one ounce of castor sugar. Put all the ingredients into a saucepan, stir with a whisk until the sauce thickens and froths, but do not let it curdle. Pour round the pudding.

Fried Plum Pudding.—Cut slices of cold plum pudding, make a little butter hot in a frying-pan, and fry the pudding in it. Dish in a circle, and sift castor sugar over.

A sauce may be served with the pudding, if liked.

Slices of plum pudding may be made hot in the oven, and served in the same manner.

Plum Pudding Fritters.—Dip slices of the pudding into batter, and fry them in hot fat, dish on a folded napkin, and sift castor sugar over them.

Batter for Fritters.—Required—Quarter lb. of flour, quarter pint of tepid water, one tablespoonful of salad oil, a tablespoonful of brandy, and the white of an egg beaten stiffly. Put the flour into a basin, make a hole in the centre, put in the oil, mix smoothly, adding the water by degrees, stir in the brandy and the egg lightly last of all.

Mince Pies.—Required—One pot of mince meat, some puff or other paste, the white of an egg, castor sugar. Roll out the paste, cut it into rounds with a circular cutter, lay half the rounds in buttered patty pans, put some mince meat in the centre of each, wet the edges of the paste with a little water, and put the paste covers over. Bake in a quick oven for a quarter of an hour.

To glaze the pastry, brush it over with the white of egg when half cooked, and sift castor sugar over it.

Finest Bladder Lard.—This is very useful for frying, or for plain cakes and pastry.

Plain Crust.—Required—A lb. flour, half a lb. lard, a pinch of salt, cold water. Rub the lard lightly into the flour, add the salt, and mix with the water; use as little as possible, and handle very lightly. Roll out the size required. For a richer crust use half a lb. of lard and a quarter of a lb. of butter to one lb. of flour.

Flaky Crust.—Required—A lb. flour, half a lb. of lard, a pinch of salt, cold water. Break the lard into the flour in pieces the size of a small nut, then mix lightly with the water, taking care not to make the paste too moist. Roll and fold about four times.

Lard for Frying.—One tin of bladder lard will be sufficient for ordinary friture work. Open the tin, put the contents into a stew-pan and put it on the fire (a gas stove or kitchener is best for this kind of frying), make the fat hot; when ready for use, it will be quite still, and a pale blue flame will be seen rising from it. It

should be used at once, or it will get over heated and spoilt. The fat should fill the frying kettle to such an extent that anything fried in it will be quite covered. Strain it after using, and it will then keep good for some time. It is in this method that all fish, *croquettes*, *rissoles*, *côtelettes*, *beignets* or fritters, potato chips, &c., &c should be cooked. *Sauté*-work, or *dry* frying is a totally different thing, requiring but little medium; the thing to be fried is in this way tossed or stirred rapidly about in just enough fat or butter to effect the object without burning. As in the case of *omelettes*, pancakes, *fried* potatoes (*i.e.*:—cold boiled potatoes, sliced, and tossed in butter), &c., &c.

FINIS.





