

Dainty dinners and dishes for Jewish families / arranged by May Henry and Kate Halford.

Contributors

Henry, May.
Halford, Kate.

Publication/Creation

London : [Wertheimer], 1907.

Persistent URL

<https://wellcomecollection.org/works/cn332kwu>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

**wellcome
collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Dainty Dinners
and Dishes for
Jewish Families



By May Henry
& Kate Halford.

The most delicious.

The most nourishing.

The most economical.

van

Houten's

Cocoa

It contains

**all the elements of a perfect
food in an easily digestible form.**

BEST

BEST.



22101441784

Med
K9398

ADVERTISEMENTS.

iii

BARLEY WATER SHOULD BE MADE OF

Robinson's

PATENT BARLEY
"A FINE POWDER"

AS FOLLOWS:—

DIRECTIONS.—Mix one dessertspoonful of Robinson's Patent Barley with a wine-glassful of cold water into a smooth paste. Pour this into a stew pan containing one quart of boiling water, and stir over the fire for five minutes. Flavour with lemon, cinnamon or sugar, according to taste, and allow the mixture to cool.

For Invalids requiring nutriment a larger quantity of Barley should be used.

ALSO THE BEST SOUP THICKENER.

GRUEL SHOULD BE MADE OF

Robinson's

PATENT GROATS
"A FINE POWDER"

AS FOLLOWS . .

GRUEL.—Take of the Patent Groats one tablespoonful, mix with a wine-glassful of cold water, gradually added, into a smooth paste, pour this into a stew-pan containing nearly a pint of boiling water, or milk, stir the gruel on the fire (while it boils) for ten minutes; pour it into a basin, add a pinch of salt and a little butter, or if more agreeable, some sugar, and a small quantity of spirits.

NOTE.—When Gruel is made for an Invalid, butter had best be omitted.

KEEN, ROBINSON & CO., LTD., LONDON,
Makers of
KEEN'S MUSTARD.

KASHER SOAP,

MADE AT

Abraham's Vineyard, Jerusalem,

Of Pure Olive Oil and Alkali grown in the
Jordan Valley.

Excellent for Delicate Skin, Children, and Relief of Eczema.

May be had from Secretary—

**SOCIETY FOR RELIEF OF PERSECUTED JEWS,
41, Parliament Street, S.W.**

Price, post free, 3s. 6d. per dozen tablets, or 10s.
per 3 dozen tablets.

11 Gold Medals awarded in competition with other Foods.

TO BE HAD AT GROCERS
AND STORES
In $\frac{1}{2}$ -lb. and 1 lb. Packets, and
CHEMISTS in 1/- Tins.

FLORADOR

Is made in Three Sizes
of Grains.

Large Grained for Porridge, Ome-
lettes, Soups, &c.

Medium Grained for Baked or
Boiled Puddings, &c.

Fine Grained for Blancmange,
Cakes, Creams, Infants' Food,
&c.

Recipes on Packets.



The "EPICURE" says:—"FLORADOR is good as a food in its simplest forms of preparation, and it admits of so many possible variations in cooking that there are few articles of the kind so useful on emergencies to cook or housewife."

The "LANCET" says:—"This preparation is excellent."

**The Florador Food Co.,
90, WASHINGTON STREET, GLASGOW.**

London Depot: COWAN & CO., 29 and 30, College Street, E.C.

BIRD'S CUSTARD POWDER

Makes a perfect high-class Custard at a minimum cost and trouble. Used by all the leading Diplômées of the South Kensington School of Cookery. Invaluable also for a variety of Sweet Dishes, recipes for which accompany each Packet.

No Eggs! No Risk! No Trouble!



USE ALSO

Bird's Blanc-Mange Powder

Bird's Crystal Jelly Powder

Bird's Concentrated Egg-Powder

Bird's Baking Powder.

PALESTINE WINES AND COGNAC.

כשר על פסה

By Permission of the Ecclesiastical Authorities.



GOLD MEDAL

PARIS EXHIBITION, 1900,

For Purity and Excellence of Quality.

	Per Doz.
No. 1. Vin de Rischon le Zion, RED. Produced from Bordeaux Vines, transplanted to Palestine ...	18s.
No. 2. Vin de Rischon le Zion, RED. From Château Lafite Vines	24s.
No. 3. Vin de Rischon le Zion, WHITE. A splendid White Wine from Sauterne Vines	20s.
No. 4. Vin de Rischon le Zion, RED, SWEET WINE. A beautiful Wine from Alicante Vines. Similar to Port	24s.
No. 5. Cognac de Rischon le Zion, OLD, PURE GRAPE	60s.

*The Genuine Rischon le Zion Wines and Cognac have the
Trade Mark on each Bottle.*

TRADE MARK



“PALWIN.”

PALESTINE WINE & TRADING CO., LTD.,

11, BEVIS MARKS, LONDON, E.C.

SOLE PROPRIETORS OF THE RISCHON LE ZION BRANDS.

Private Boarding Establishment.

Mr. & Mrs. A. ABRAHAMS,
"STRATHCLYDE," WARRIOR SQUARE,
St. Leonards-on-Sea.

.....
PATRONISED BY THE CHIEF RABBI AND MRS. ADLER.



Facing the Sea.

Home Comforts.
Excellent Cuisine.

∴ *South Aspect.*

Electric Light Throughout.
Tariff on Application.

THE DAVIS GAS STOVE CO. Ltd.

The Metropolitan



LONDON

To obtain the **best** results use a
“DIAMOND METROPOLITAN” GAS-COOKER.

**LONDON,
LUTON, and
FALKIRK.**



The most **UP-TO-DATE.**
The most **EFFICIENT.**
The most **ECONOMICAL.**

HEAD OFFICE: 200, CAMBERWELL ROAD, LONDON, S.E.
Send a card for our **FREE COOKERY BOOK.**

Westbourne Grove Cookery School,

18, GARWAY ROAD,

(Three Doors from 73,)

WESTBOURNE GROVE, W.

Lessons for Ladies.

Classes for Cooks.

Lessons in every description of Cooking, including
 Plain and High Class, Ices and Confectionery,
 Chocolates, Fondants, Liqueur Sweets,
 . . Marzipan, etc., etc. . .

JEWISH COOKING A SPECIALITÉ.

FEEs MODERATE.

PROSPECTUS ON APPLICATION.

Principal—Miss E. ROBERTA REES, L.C.A., *First-Class Diplomée,*
Gold Medallist etc.

Purveyor to Her Late Majesty the Queen.

L. E. WHITE,

"THE SCOTCH HOUSE."

Butcher and Poulterer.

A SPECIALITÉ:

MOUTON À LA CANARD.

247, High Road,
Kilburn, N.W.

Telephone No., 438, PADDINGTON.

196 & 198, Portobello Rd.,
Notting Hill, W.

Telephone No., 805, PADDINGTON.

125, Harrow Road,
Edgware Road, W.

Telephone No., 166, PADDINGTON.

49, Shirland Road, W.

Telephone No., 887.

Telegraphic Address: "PYCNITE, LONDON."

(For all Establishments.)

Deliveries made at Kew, Richmond, and Kingston Daily.

83353

DAINTY DINNERS AND DISHES

For Jewish Families.

ARRANGED BY

MAY HENRY, A.A.,

CERTIFICATED NATIONAL TRAINING SCHOOL OF COOKERY,

AND

KATE HALFORD, A.A., C.T.T.

ILLUSTRATED BY G. LILIAN BRIGHT.

SECOND EDITION.

LONDON :

WERTHEIMER, LEA & CO.,
CLIFTON HOUSE, WORSHIP STREET, E.C.

1907.

—
Price 2s. 6d.

22186010

953

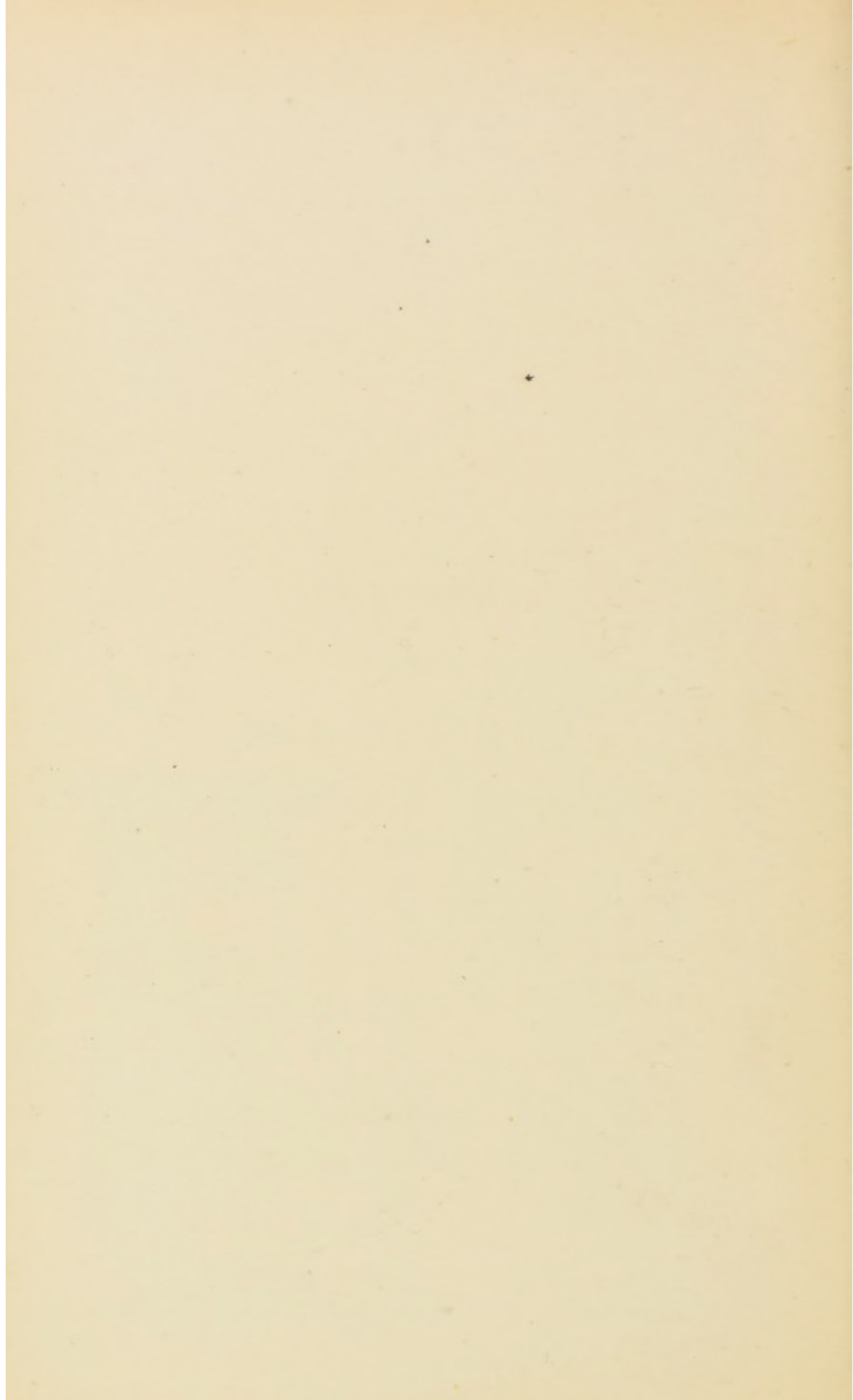
COPYRIGHT.

WELLCOME INSTITUTE LIBRARY	
Coll.	welMOmec
Call	
No.	QT

Dedicated

TO

OUR MOTHER.



PREFACE TO SECOND EDITION.

OWING to the increased demand for our Cookery Book, we have found it necessary to bring out a Second Edition.

We have therefore made a few slight corrections and have added, by request, the recipe for "Motza Kleis."

MAY HENRY,

KATE HALFORD.

1907.

CORRECTION OF RECIPE ON PAGE 85.

REMOULADEN SAUCE.

Sauce Remoulade.

1 egg-yolk.		1 anchovy and a few capers.
1 small onion.		Oil, vinegar, and mustard.
1 sprig of parsley.		Pepper and salt.

Beat the egg-yolk, add the mustard, pepper and salt, then the oil, drop by drop, stirring continually till thick. Thin it with a few drops of tarragon or other vinegar. Chop the onion, parsley, anchovy and capers finely, and add them to the sauce.

MOTZA KLEIS.

2 motzas.		1 tablespoonful chopped parsley.
$\frac{1}{4}$ lb. motza meal.		2 small onions.
3 oz. suet.		2 eggs.

Chopped marjoram, pepper and salt, nutmeg.

Soak the motzas, squeeze them very dry, add the finely chopped suet, parsley, marjoram, a little grated nutmeg, pepper and salt. Chop the onions, brown them in a little dripping, add them and half the motza meal to the mixture. Mix in the beaten eggs, roll the mixture into balls with the remainder of the motza meal, and throw them into the boiling soup half an hour before serving.

ERRATA.

ALMOND CHEESECAKES (page 107).—2 oz. castor sugar omitted.

PRALINE ICE (page 136).—Pound in a mortar with 4 oz. *burnt* sugar.

BUTTER CAKES (page 154).—Bake till golden-brown; they will be crisp when cold.

JAMS (page 168).—Jams can be made without the addition of water, allowing an average of $\frac{3}{4}$ lb. sugar to each pound of prepared fruit.

P R E F A C E.

THE success of "The Economical Jewish Cook," now in its third edition, has induced me to compile another Jewish Cookery Book in conjunction with my sister, KATE HALFORD.

Intended for family use, we hope it will cater for a class to which the other book did not appeal, by reason of the rigid economy necessary in recipes written primarily for Board School Cookery Classes. We have not repeated any recipes that have already appeared in the smaller book; those that bear the same names are treated in a different manner.

Some of the soup and fish recipes contain milk and butter, others do not; care must therefore be exercised by the orthodox, in choosing soup or fish for dinner.

Several recipes included under the heading "Breakfast Dishes" are suitable as savouries for a butter meal.

We have several friends to thank for help in our pleasant task, and we take this opportunity of expressing our gratitude to them.

We trust that the illustrations may prove useful to practical cooks, and that the twelve sample menus

may meet with the approval of worried housekeepers ; all recipes mentioned in the menus will be found in the body of the book. We have appended French names wherever possible, but we naturally could not translate some of the old-fashioned Jewish titles.

We do not pretend to claim originality for our 600 recipes, but we guarantee that all have been tested and tried, and can, with care, be carried out by the amateur as well as by the professed cook.

MAY HENRY.

Spring, 1902.

M E N U S.

JANUARY.

Cressy Soup. (*Potage à la Crécy.*)

Whitebait. (*Blanchailles.*)

Timbale of Chicken. (*Timbale de Poulet à la Pompadour.*)

Fillets of Beef with Olives. (*Tournedos aux Olives.*)

Saddle of Mutton. (*Selle de Mouton à la Bourgeoise.*)

Potato Croquettes. (*Croquettes de Pommes de Terre.*)

Brussels Sprouts with Chestnuts. (*Choux de Bruxelles et Marrons.*)

Roast Pheasants ; Salad. (*Faisans rôtis ; Salade.*)

Apple Macaroon. (*Pommes aux Amandes.*)

Orange Snow. (*Boules d'Orange.*)

Herring Roes à la Russe. (*Laitances à la Russe.*)

Pine-apple Water Ice. (*Glace à l'Ananas.*)

FEBRUARY.

Mock-turtle Soup. (*Potage Fausse Tortue.*)

Turbot, Green Mayonnaise Sauce. (*Turbot, sauce Vertpré.*)

Stewed Pigeons. (*Pigeons sautés.*)

Veal Cutlets à la Vénitienne. (*Côteléttes de Veau à la Vénitienne.*)

Fillet of Beef. (*Filet de Bœuf en Matelotte.*)

Potato Loaves ; Fried Salsify. (*Petits Pains de Pommes de Terre ; Salsifis frits.*)

Chicken in Casserole. (*Poulet en Casserole.*)

Celery and Tomato Salad. (*Salade de Cèleris et Tomates.*)

Little Chocolate Soufflés. (*Petits Soufflés au Chocolat.*)

Apricot Eggs. (*Œufs en surprise.*)

Savoury Marrow Toast. (*Moëlle aux Croûtes.*)

Tangerine Water Ice. (*Glace aux Tangerines.*)

MARCH.

Julienne Soup. (*Potage à la Julienne.*)

Fillets of Sole à l'Orlie. (*Filets de Sole à l'Orlie.*)

Brain Patties. (*Pâtés de Cervelles.*)

Fillets of Beef with Horseradish Sauce. (*Filets de Bœuf au Raifort.*)

Roast Leg of Mutton. (*Gigot Garni.*)

Potatoes à la Lyonnaise; Spinach. (*Pommes de Terre à la Lyonnaise; Epinards.*)

Rum Sorbet. (*Sorbet au Rhum.*)

Ducklings, Apple Sauce; Salad. (*Canetons; Salade.*)

Charlotte Russe. (*Charlotte à la Crème pralinée.*)

Lemon Whip. (*Crème au Citron.*)

Devilleed Sardines. (*Sardines à la Diable.*)

APRIL.

Tomato Soup. (*Potage aux Tomates.*)

Fillets of Whiting à l'Italienne. (*Filets de Merlans à l'Italienne.*)

Beef Olives à l'Allemande. (*Olives de Bœuf à l'Allemande.*)

Stewed Sweetbreads with Tomatoes. (*Ris de Veau aux Tomates.*)

Roast Neck of Lamb. (*Côtes d'Agneau.*)

Potato Ribbons; Asparagus. (*Pommes de Terre en rubans; Asperges.*)

Roast Capon. (*Chapon rôti.*)

Spring Salad. (*Salade Printanière.*)

Cabinet Pudding. (*Pouding à l'Anglaise.*)

Claret Jelly. (*Gelée au Vin rouge.*)

Kipper Savoury. (*Crouûtes aux Harengs fumés.*)

Lemon Water Ice. (*Glace au Citron.*)

MAY.

Clear Asparagus Soup. (*Potage à la Sevigné.*)

Salmon Cutlets, with Mayonnaise. (*Darnes de Saumon à la Mayonnaise.*)

Croquettes. (*Croquettes à l'Impératrice.*)

Calf's Tongue, Tomato Sauce. (*Langue de Veau, sauce Tomate.*)

Sirloin of Beef. (*Aloyau.*)

New Potatoes; Green Peas. (*Pommes de Terre Nouvelles; Petits Pois.*)

Spring Chicken; Salad. (*Poulet de Bresse; Salade.*)

Caramel Trifle. (*Bagatelle.*)

Stewed Fruit. (*Compôte de Fruits.*)

Foie Gras. (*Foie Gras.*)

Gooseberry Fool Ice. (*Glace de Groseilles.*)

JUNE.

Cauliflower Soup. (*Potage aux Choux-fleurs.*)

Salmon Trout. (*Truite Saumonée.*)

Chaufroid of Chicken. (*Chaufroid de Volaille.*)

Fillets of Beef with Vegetables. (*Filets de Bœuf à la Jardinière.*)

Roast Lamb. (*Agneau rôti.*)

New Potatoes; Asparagus. (*Pommes de Terre Nouvelles; Asperges.*)

Roast Venison, Cranberry Sauce; Salad. (*Venaison; Salade de Saison.*)

Gateau of Cherries. (*Gâteau de Cerises.*)

Fruit Salad. (*Macédoine de Fruits.*)

Cucumber Savoury. (*Bouchées de Concombres.*)

Strawberry Ice. (*Glace aux Fraises.*)

JULY.

Clear Soup. (*Consomme à la Pâte d'Italie.*)

Red Mullet. (*Rougets en Papillotes.*)

Veal Quenelles. (*Quenelles de Veau.*)

Cold Tomato Entrée. (*Tomates à la Reine.*)

Fillet of Beef. (*Filet de Bœuf à la Louis XV.*)

Sautéed Potatoes; Globe Artichokes. (*Pommes de Terre Sautées; Artichauts.*)

Galantine of Chicken; Salad. (*Galantine de Volaille; Salade de Saison*)

Marzipan Tartlets. (*Pâte d'Amande aux Fraises.*)

Noyau Jelly, with Apricots. (*Gelée de Noyau aux Abricots.*)

Sardine Biscuits. (*Croûtes de Sardines.*)

Cherry Water Ice. (*Glacé aux Cerises.*)

AUGUST.

Menu for Supper.

Almond Soup.

Salmon à la Suédoise.

Rolled Fillets of Soles with Cream Sauce.

Salad à la Dumas.

Salad à l'Allemande.

Black-currant Cream.

Viennese Chocolate Cake.

Fruit Salad.

Cheese Straws.

 SEPTEMBER.

Calf's Foot Soup. (*Potage aux Pieds de Veau.*)

Timbales of Haddock. (*Timbales d'Aiglefin.*)

Cold Curry. (*Chaudfroid de Kari.*)

Fried Sweetbreads. (*Ris de Veau à la Villeröi.*)

Braised Beef. (*Bœuf braisé à l'Espagnole.*)

Potato Straws; French Beans. (*Pailles de Pommes de Terre; Haricots verts.*)

Roast Goose, Apple Sauce. (*Oie rôtie.*)

Steffan. (*Steffan.*)

Meringue Ices. (*Meringues Glacées.*)

Marrow Patties. (*Petits Pâtés de Moëlle.*)

 OCTOBER.

Giblet Soup. (*Potage à l'Anglaise.*)

Boiled Halibut, Tartare Sauce. (*Flétan, sauce Tartare.*)

Mushroom Patties. (*Bouchées aux Champignons.*)

Tournedos of Veal. (*Tournedos de Veau.*)

Mock Hare. (*Longe de Mouton.*)

Croquettes of Potatoes; Fried Aubergines. (*Croquettes de Pommes de Terre; Aubergines frites.*)

Boiled Fowl. (*Poulet.*)

Citron Pudding. (*Pouding de Meiz.*)

Nougat. (*Nougat*)

Mackerel Toast. (*Bouchées de Macquercaux.*)

Apricot Water Ice, (*Glacé aux Abricots.*)

NOVEMBER.

- Turkey Soup. (*Potage au Dindon.*)
- Cod, Anchovy Sauce. (*Cabillaud, sauce d'Anchois.*)
- Epigrammes. (*Noisettes de Mouton.*)
Tartlets of Chicken. (*Quenelles de Volaille.*)
- Braised Fillet of Veal. (*Filet de Veau braisé.*)
Baked Potatoes ; Cauliflower Fritters. (*Pommes de Terre au four ;
Beignets de Choux-fleurs*)
- Roast Pheasant. (*Faisans rôtis.*)
White Winter Salad. (*Salade Blanche*)
- Macaroon Basket. (*Gâteau Chantilly.*)
Pine-apple Foam. (*Gelée d'Ananas.*)
- Anchovies on Toast. (*Croûtes d'Anchois.*)

DECEMBER.

- Bonne Femme Soup. (*Potage à la Bonne Femme.*)
- Fried Smelts. (*Eperlans frits.*)
- Blanquette of Chicken. (*Blanquette de Volaille*)
Ox-tongue, Tomato Sauce. (*Langue de Bœuf, sauce Tomato.*)
- Sirloin. (*Aloyau.*)
Mashed Potatoes ; Stewed Celery. (*Purée de Pommes de Terre ;
Céleris étuvés.*)
- Roast Turkey. (*Dindon rôti.*)
Brussels Sprouts. (*Choux de Bruxelles.*)
- Plum Pudding. (*Plum Pouding.*)
Ruby Jelly. (*Gelée aux Fruits Rouges.*)
- Tomato Baskets. (*Corbeilles de Tomates.*)
- Peach Water Ice. (*Glace aux Pêches.*)

S O U P S .

GOOD STOCK.

Equal quantities of shin of beef and knuckle of veal. Allow 1 pint of cold water to each lb. of meat, and 1 pint over to allow for boiling away. Cut the meat off the bones and into small pieces and chop up the bones. Put all into a pan with the cold water and bring gradually to the boil, add $\frac{1}{2}$ teaspoonful salt, skim, and then add vegetables:—1 large carrot, 1 onion, 2 leeks, $\frac{1}{2}$ turnip, $\frac{1}{2}$ head of celery, and some parsley. Also 2 cloves, a few peppercorns, some thyme, and a bay-leaf. Let all boil slowly at least 6 hours. Strain it through a fine hair-sieve and leave it in a cold place over-night. To *clarify* it, remove the fat from the surface, and pour the stock carefully into a clean saucepan after removing any impurities that have settled at the bottom. Dissolve it by gentle heat. Add the whisked whites of 2 eggs and their shells washed and crushed up and $\frac{1}{2}$ lb. lean raw beef finely chopped, to each quart; and also a few vegetables to revive the flavour. Whisk quickly until a scum forms and then leave the stock partly uncovered, to simmer very gently for 1 hour. There will be a thick scum on the top now. Pass the soup once, or twice, if necessary, through a cloth, but be careful not to press the cloth in any way, as this would cloud the stock, If not sufficiently flavoured, boil it up with a few peppercorns; the addition of pepper would spoil the clearness.

GOOD WHITE STOCK.

4 lbs. shin of veal.
1 onion.
1 blade mace.

2 quarts water.
A fowl, and any poultry bones.
A few stalks of celery.

Cut the meat into small pieces, and break up the bones. Put all into a pan with the cold water, and bring to the boil slowly. Skim thoroughly, add the rest of the ingredients, and simmer for 4 hours. Pour through a fine sieve, and remove the fat when cold. The bones may be boiled again for second stock.

WHITE VEGETABLE STOCK.

2 quarts cold water.	3 onions.
$\frac{1}{2}$ pint dried peas.	1 stick of celery.
3 carrots.	1 bunch of herbs.
Seasoning.	

Boil the soaked peas in the cold water with the prepared carrots, onions, celery, herbs tied in muslin, and seasoning. Cook steadily till the vegetables are tender but not mashed, strain off in the usual way, and clear with whites and shells of eggs if required. If this stock is wanted *brown*, fry the vegetables, herbs, etc., first in oil or butter, add a very little brown sugar to the seasoning and finish as before.

ALMOND SOUP.

1 quart white stock.	1 oz. dripping.
A bouquet garni.	$\frac{1}{4}$ lb. ground almonds.
A small piece of carrot and turnip.	1 onion or shallot.
	Salt.
1 oz. flour or cornflour.	

Put the stock into a white saucepan, add the almonds, vegetables and the *bouquet garni*, and simmer all together for 1 hour. When all is tender, pass it through a hair-sieve. Mix the dripping and flour together in the saucepan, add the strained soup, and boil all for 5 minutes. Serve with fried bread. *Artichoke* or *potato* soup can be made the same way, using 2 lbs. artichokes or potatoes instead of the almonds. For a milk soup, use $1\frac{1}{2}$ pints milk and $\frac{1}{2}$ pint water instead of stock, and 1 oz. butter instead of dripping.

BONNE FEMME SOUP.

Potage à la Bonne Femme.

4 lettuces.	3 eggs.
1 onion.	1 cucumber.
Nutmeg.	Chervil.
2 oz. dripping.	Pepper and salt.
$2\frac{1}{2}$ pints white stock.	

Shred the lettuces, cucumber and onion very finely, add the chervil, nutmeg, pepper and salt, and cook them for 10 minutes in the dripping, stirring all the time over a slow fire. Add the stock and stir till it boils. Beat the yolks and whites of the eggs separately, and then together with a wineglassful of water, and pour them into the soup. Mix well, but do not let it boil up, only heat through,

BONNE FEMME SOUP. (Another method.)*Potage à la Bonne Femme.*

4 cabbage lettuces.	White pepper.
1 bunch chervil.	Salt.
3 spring onions with green stalks.	Nutmeg.
1 cucumber.	2 teaspoonsful flour.
Tarragon.	1 quart white stock.
1 oz. dripping.	3 eggs.
	1 French roll.

Shred the cabbage lettuces finely and the onions, and cut the cucumber into thread-like strips. Put these and the chervil into a saucepan with the dripping, seasoning and nutmeg, and let them simmer over the fire about 7 minutes, shaking the pot to avoid burning. Stir in the flour, and then add the stock. Stir till it boils, and let it boil gently for $\frac{1}{4}$ hour. Beat the eggs and a little stock together, and pour them into the stewpan, taking care the soup does not boil. Break a French roll in pieces and put it into the tureen, pour the soup over very hot, and scatter tarragon leaves on the top.

CALF'S FOOT SOUP.*Potage aux Pieds de Veau.*

2 calf's feet.	2 leeks, or the white part of an onion stuck with cloves.
Soup vegetables.	1 dessertspoonful browning.
Bouquet garni (a bunch of herbs).	Lemon juice.
1 slice smoked beef.	Mushroom ketchup.
1 oz. dripping.	1 gill white wine.

Clean and divide the feet, and put them in a saucepan with cold water, vegetables, and a bunch of herbs. Bring to the boil, skim well, and cook till the bones slip out. Put the smoked beef, dripping, 1 sliced carrot and 1 turnip, the leeks or onion and a few peppercorns into a saucepan and fry them for 20 minutes. Add 1 pint of the cold stock, and boil for 1 hour or till reduced to half. Strain this into the rest of the stock, add the browning, and let it boil till it thickens slightly. Skim, season it, add the juice of half a lemon and a dash of mushroom ketchup. Cut the meat from the feet into neat pieces, add it to the soup with the wine, and boil up for a few minutes and serve. Egg balls (see page 12) can be served in the soup if liked.

CAULIFLOWER SOUP.

1 large cauliflower.		2 tablespoonsful flour.
1 quart stock (white).		Salt and pepper.

Boil the cauliflower separately, and when cooked, rub half of it through a sieve and add it to the stock. Season it, and thicken it with 2 tablespoonsful of flour to each quart of white stock. Divide the other half of the cauliflower into little branches, and heat them in the soup just before serving.

CHESTNUT SOUP.

50 chestnuts.		1 quart brown stock.
2 oz. dripping.		1 onion.
4 lumps of sugar.		Pepper and salt.

Scald, peel and scrape the chestnuts, and put them in a stew-pan with the dripping, onion, sugar, and a little pepper and salt. Simmer it over a slow fire for $\frac{3}{4}$ of an hour, and then bruise the chestnuts in a mortar. Remove the pulp into a stew-pan and add the stock, boil up and put it through a sieve. Serve hot with croûtons.

CHICKEN BROTH.

Bouillon de Poulet.

1 chicken or fowl.		2 stalks celery
1 carrot.		1 teaspoonful salt.
1 onion.		2 tablespoonsful flour.
1 turnip.		2 tablespoonsful Keen's barley.
		3 pints water.

Cut the vegetables up, lay them at the bottom of a stew-pan, on them place the joints of the fowl, add the water, and barley; simmer slowly $2\frac{1}{2}$ hours, moisten the flour with a little water, add it and the salt to the broth, stir till the flour thickens, strain and serve.

CLEAR ASPARAGUS SOUP.

Potage à la Sevigné.

Savoury custard.		1 quart clear consommé
A small bundle of asparagus.		(stock).
		A little chervil.

Boil the asparagus points in salted water till tender, and drain them well. Cut the savoury custard into fancy shapes. Put the stock, which has already been cleared, into a clean saucepan, add the asparagus and custard, heat it, but do not let it boil. Serve with chopped chervil, added at the last moment.

CROÛTONS FOR SOUP.

Cut some bread about $\frac{1}{4}$ inch thick, cut it into dice. Put some clarified dripping into a frying pan, heat it until it turns a light brown, fry the bread a golden colour, and drain on kitchen paper.

CONSOMMÉ A LA ROYALE.

1 quart stock.		$\frac{1}{2}$ lb. gravy beef.
1 turnip and carrot.		1 onion.
3 yolks and 1 white of egg.		Salt and pepper.

Clear the stock by mincing the meat finely and adding it to the stock with the cleaned and shredded soup vegetables. Stir all over the fire and whisk it till it boils, when the meat will be almost colourless. Put the lid on and let it stand by the side of the fire for 20 minutes, then strain it through a cloth till quite clear. Beat the yolks and white of egg, and add 1 gill melted stock, a little salt, and cayenne. Grease a jam jar, pour the mixture into it, and stand it in a saucepan of boiling water on the fire for 10 to 15 minutes. When sufficiently cooked, it will be firm. The water must not boil too quickly or the custard will be full of holes. Let it cool, turn it out of the jar, cut it into dice and serve in the hot soup.

CRESSY SOUP.

Potage à la Crécy.

3 large onions.		2 oz. dripping.
A bunch of sweet herbs.		2 oz. rice.
1 blade mace.		$\frac{1}{2}$ pint water.
1 quart stock.		4 cloves.
6 good-sized carrots.		1 teaspoonful peppercorns.

Heat the dripping, slice the onions, and fry brown. Add all the other ingredients except the rice, and boil gently for $\frac{3}{4}$ hour, till the vegetables are tender. Pass through a wire sieve, season with salt, return it to the pan, and boil $\frac{1}{2}$ hour to make the mixture creamy. Add the rice, boil 15 minutes, and serve.

DRIED GREEN PEA SOUP (Milk).

Purée à la St.-Germain.

1 lb. green peas.		2 oz. butter.
4 oz. spinach.		1 gill cream.
Vegetable stock (page 8).		Seasoning.
		Strips of savoury custard.

Soak the peas for 12 hours at least, drain them, put them on

in fresh water, and cook for 5 hours, till perfectly tender; rub them through a sieve. Boil the spinach, rub it through a sieve, mix the two purées, dilute with vegetable stock, season to taste. Stir over the fire till hot, add the butter, and when this is dissolved, stir in the cream off the fire. Just before serving, slip some strips of savoury custard carefully into it, and serve with dice of fried bread.

EGG BALLS.

3 eggs.		Salt and pepper.
Breadcrumbs.		Grated nutmeg.

Boil 2 of the eggs hard, throw them into cold water for 5 minutes. Take out the yolks, and rub them smooth with a spoon. Mix this with about an equal quantity of breadcrumbs, and a little salt, pepper, and a grate of nutmeg. Mix them with half a beaten egg. Make them into very small round balls, as they swell considerably.

GIBLET SOUP.

Sixpennyworth giblets.		1 tablespoonful flour.
1 quart brown stock.		1 tablespoonful lemon juice.
1 pint water.		1 pickled walnut or a little
Salt and pepper to taste.		browning.
1 onion.		Meat-balls (page 14).

Wash and clean the giblets well, chop them up, put them in a saucepan with the water, salt, pepper, chopped onion, and pickled walnut chopped small. Let all simmer till tender, strain the water from the giblets into the stock, mix the flour with the lemon juice, stir it into the stock, stir till it thickens, add the giblets and some small meat balls. Serve very hot.

GREEN FLAGEOLETS SOUP.

Potage Sans Souci.

1 lb. flageolet beans.		½ pint unclarified vegetable
1 lb. spinach.		stock (see page 8).
1 pint cold water.		1 oz. dripping.

Soak the beans in cold water for 12 hours, drain them, and put them in a stew-pan with a pint of cold water; let them simmer till quite soft and pulpy, stirring them occasionally—especially at the last—to prevent them burning, adding a very little water as that in the pan evaporates, so that when done there is hardly any liquor left. Pick the spinach, boil it in another pan with a little salt till tender, shake it occasionally,

then strain and rub through a sieve. Rub the beans also through a sieve and mix the two purées, diluting them to the desired consistency with a little unclarified vegetable stock. Season to taste, add the dripping broken into pieces, and stir all over the fire till hot. Serve with dice of fried bread.

JULIENNE SOUP.

Potage à la Julienne.

3 pints stock.

Any vegetables that are in season, such as carrots, turnips, leeks, celery, green peas, asparagus points, French beans, lettuce, sorrel, etc.

Clean the vegetables, and cut them into very fine shreds. Allow 1 oz. dripping to every half-pint of vegetables. Sweat the vegetables in the dripping with a little sugar for 10 to 20 minutes, according to the age of the vegetables. Shake often, and do not let them colour. Then add them to the stock, allowing 3 pints of stock to $\frac{1}{2}$ pint of vegetables, and boil very gently for 1 hour. The vegetables are sometimes cooked separately, and added to the clear stock just before serving, but the above recipe makes a soup with a richer blended flavour.

KIDNEY SOUP.

$\frac{1}{2}$ lb. ox kidney.
1 oz. dripping.
2 carrots.
1 small turnip.
1 small onion.

1 quart boiling water (or stock.)
1 teaspoonful vinegar.
1 tablespoonful Harvey sauce.
2 oz. flour.
Pepper and salt to taste.

Cut up the vegetables and kidney, and dredge them with flour. Melt the dripping in a stew-pan, put the pieces of kidney and vegetables into it, let them brown, add all the other ingredients. Let the soup simmer gently for $1\frac{1}{2}$ to 2 hours, removing any scum that may come to the top. Strain, thicken carefully with flour, and serve.

LIVER BALLS.

$\frac{1}{2}$ lb. liver.
1 whole egg.

Breadcrumbs.
Pepper and salt.

1 teaspoonful chopped parsley.

Scrape the liver finely, add the egg, chopped parsley, pepper and salt, and sufficient breadcrumbs to make the mixture cohere. Mould into little balls. Simmer slowly in hot soup about $\frac{1}{4}$ hour, and serve in the soup.

MACARONI (MILK) SOUP.

$\frac{1}{4}$ lb. macaroni.	2 oz. grated cheese.
1 oz. butter.	$1\frac{1}{4}$ pints milk.
1 egg yolk.	Pepper and salt.
1 teaspoonful casumen, dissolved in cold water.	

Boil the macaroni in salt and water for $\frac{1}{4}$ hour; let it cool and cut it into 1-inch lengths. Boil 1 pint milk, then drop in the macaroni. Add the grated cheese, butter, casumen, and the egg yolk beaten in $\frac{1}{4}$ pint milk, and warm up, but do not let it boil. These last ingredients should only be added just before serving the soup.

MEAT BALLS.

$\frac{1}{2}$ lb. raw beef.	Breadcrumbs.
A small piece of onion.	Lemon peel.
A little parsley.	Salt, pepper, nutmeg.
A little marjoram.	1 egg.

Chop the meat, onion and parsley very fine, mix it with the marjoram, breadcrumbs, seasoning, and a little chopped lemon peel. Beat up an egg and use half to bind the mixture. Make it into small balls, and use as required.

MOCK TURTLE SOUP.

Potage Fausse Tortue.

$\frac{1}{2}$ a calf's head.	Juice of $\frac{1}{2}$ a lemon.
3 oz. flour.	2 oz. dripping.
Celery.	A clove of garlic.
2 onions.	2 shallots.
Mushrooms.	1 leek, carrot, turnip.
1 gill sherry or Chablis.	Mace, cinnamon, cloves.
Turtle herbs (1 large bayleaf, parsley, thyme, marjoram, basil, lemon thyme).	

Clean the head well and put it in a stew-pan with sufficient cold water to cover it (3 or 4 quarts), and some of the vegetables. Stew this gently for 2 to $2\frac{1}{2}$ hours. Take out the head and cut off the gelatinous parts, which should be cut into squares to put into the soup when serving. Strain off the liquor, which should make about 3 quarts, and can be strengthened by more boiling. Now put all the vegetables, spices and salt into a stew-pan, with the flour and dripping, and cook all together till brown, then pour in the stock and let it boil for 20 minutes. Add the pieces of the head, lemon juice, wine, and cayenne, heat up, and serve.

ONION SOUP (Milk).

Potage à la Soubise.

4 large onions.		3 $\frac{3}{4}$ pints milk.
2 oz. butter.		1 gill cream.
Crumb of a stale roll.		

Peel the onions, cut them in dice, melt the butter in a stew-pan over a slow fire, and lay in it the onions; cover the pan and leave it for an hour. Then pour in by degrees the boiling milk, the stale breadcrumb, a little pepper and salt, if necessary. Replace the lid on the pan and simmer for at least an hour, rub it through a sieve with a wooden spoon, and add the cream carefully. If the purée is too thin, reduce it by boiling up sharply, if too thick, add a little more milk. Serve with grated cheese.

PARMENTIER SOUP (Milk).

Potage Parmentier.

2 onions.		Salt.
White part of 2 leeks.		2 cloves.
1 head of celery.		Yolks of two eggs.
12 potatoes.		3 or 4 tablespoonsful milk or cream.
3 or 4 oz. butter.		A little finely-chopped parsley and chervil.
1 $\frac{1}{2}$ pints white vegetable stock (page 8).		

Slice the onions, leeks and celery, lay them in a pan with the peeled and sliced potatoes, and 2 oz. butter; let it all fry together without colouring for 10 minutes, add the stock, herbs, salt and cloves, and simmer till the vegetables are tender, then rub through a sieve. Return the purée to the pan and simmer for 20 minutes, skimming carefully. If too thick, dilute with milk. Just before serving, stir into it the yolks of the eggs, beaten up in the cream or milk, with 2 oz. butter cut up small. Let this melt, add the parsley and chervil, and serve with dice of fried bread.

POT AU FEU.

3 lb. meat to 6 quarts water.		3 or 4 leeks and onion.
1 head of cabbage.		3 tablespoonsful Florador, sago, or vermicelli.
1 parsnip.		(Shin or ox-cheek or any inferior piece of meat can be used.)
2 carrots.		
2 turnips.		

Take out the bone, tie up the meat, put it in the saucepan with the water and 1 teaspoonful of salt. Bring to the boil, and

skim well for 1 to 1½ hours. Add the vegetables according to the time they require cooking, the head of cabbage requiring half an hour, etc. Stick one onion with cloves, and roast one to colour the soup. It should cook altogether 4 hours steadily. Remove the meat and garnish it with the vegetables. Add the Florador, sago or vermicelli to the soup 10 minutes before serving.

PURÉE OF LEEKS.

Potage aux Poireaux.

5 leeks.	Mace, bayleaf, thyme.
2 oz. dripping.	3 tablespoonsful Patna rice.
1 small onion stuck with	1 carrot.
5 cloves.	1 quart white stock.

Cut the leeks and carrot into thin slices, and fry them in the dripping till they are golden brown. Add the stock, onion, mace, bay-leaf and thyme, and boil till the vegetables are tender, simmering it altogether about 3 hours. Remove the spices and herbs, and rub the vegetables through a sieve. Return all to the saucepan, and add the rice boiled as for curry, heat through, and serve.

SPANISH SOUP.

2 quarts water.	2 endives.
2 lettuces.	3 onions.
2 oz. dripping.	Pepper and salt.
1 breakfast cup of browned and grated breadcrumbs.	

Shred the endives and lettuces, slice the onions and fry them in the dripping till well cooked, stirring them all the time. Boil the water, breadcrumbs, pepper and salt together for ¾ hour, then strain the water and mix it with the lightly-fried vegetables. Boil all together for 10 minutes. Hand fried bread cut in dice with this soup.

TOMATO SOUP.

2 lbs. of ripe red tomatoes.	1½ oz. dripping.
2 carrots.	1½ oz. Remylina cornflour.
1 bunch of herbs.	6 peppercorns.
2 quarts stock.	Salt and a pinch of castor sugar.

Break the tomatoes into an enamelled saucepan with the dripping, herbs, and seasoning. Wash and grate the red parts of the carrots, and add to the other ingredients. Cover the pan and

cook for $\frac{1}{2}$ hour. Add the stock, and boil for another $\frac{1}{2}$ hour. Mix the cornflour to a smooth paste with cold stock, add it to the soup, pass all through a sieve, and re-boil. Add carmine to improve the colour if necessary.

PORTABLE SOUP.

4 lbs. knuckle of veal.		3 lbs. gravy beef.
4 lbs. shin of beef.		3 large onions.

Boil the meat in as much water only as will cover it. Remove the marrow from the bones, break them up, add a little spice and the onions, and boil all together. When the meat is done to rags, strain off the liquor and let it stand in a cold place. Take off the fat from the top when cold, and put the soup in a saucepan. Boil it fast and uncovered for 8 hours, stirring it constantly. Pour it into a basin and let it stand a day. Then place the basin in a pan of boiling water on the fire, let it boil again till the soup is thick and ropy. Pour it into flat, plain patty pans to form cakes. When cold turn out on to flannel to dry. Keep the cakes in tin canisters. Use as required, adding boiling water and flavouring.

TURKEY SOUP.

Break up the bones of a cold turkey and grill them. Place them in the stock-pot with $\frac{1}{2}$ lb. lean smoked beef, a little bruised celery-seed, a small bunch of parsley and thyme, 6 dried mushroom stalks, a thin piece of lemon peel, pepper and salt to taste, and 2 quarts cold water. Let it come to the boil, skim well, and simmer gently for 4 hours. Strain into a basin and set aside till next day; then remove the fat, place the stock in a clean saucepan, and let it boil up. Strain through a tammy, re-heat, and serve with quenelles as follows:—Mix well together 2 oz. pounded turkey, 1 oz. panada, 1 oz. suet, a very little nutmeg, pepper and salt; bind with an egg, shape into balls the size of a nut, poach them in boiling water, and put into the tureen just before serving.

FISH.

COD A LA CRÈME.

Cabillaud à la Crème.

1 lb. cod.		$\frac{1}{4}$ pint water.	[vinegar.
1 oz. butter.		$\frac{1}{2}$ teaspoonful lemon juice or	
1 oz. flour.		1 hard-boiled egg.	
$\frac{1}{4}$ pint milk.		Salt and pepper to taste.	

Melt the butter, stir in the flour, add the water gradually, stir the mixture over the fire till smooth, add the milk, chopped white of egg and vinegar. Boil the fish, remove the skin and bone, flake the fish, and coat it with the sauce. Decorate with the sieved yolk of egg and some chopped parsley.

FRIED COD'S ROE.

Soak a fresh cod's roe in salt and water, wrap it in a piece of muslin, and boil it in salted water for $\frac{1}{4}$ of an hour. Let it get cold, remove from the muslin, and cut it into $\frac{1}{2}$ inch thick slices. Cover with egg and breadcrumbs, and fry in boiling fat or oil. Drain on paper, and arrange on a dish, like cutlets.

COD A LA SUÈDOISE.

Cabillaud à la Suèdoise.

Cold cooked cod, or halibut.		Cold mashed potatoes.
Suèdoise sauce (see page 86).		Capers.

Neatly flake the cold boiled fish, mix it with some Suèdoise sauce. Form a ring round it of the mashed potato, pour the sauce all over it, and decorate with capers.

FRIED FILLETS OF FISH A LA FRANÇAISE.

Take the fillets of a fresh haddock, or other suitable fish, free them from bones and skin, cut them in long strips, about 1 inch

wide, season them with pepper, a little anchovy essence, salad oil and chopped parsley, and let them remain in the seasoning about 1 hour; remove them from the seasoning, sprinkle them over with fine flour, and dip them in whole beaten-up egg, and then in fresh white breadcrumbs. Tie each fillet in the shape of a lover's knot, and fry them in boiling fat, or oil, till a golden colour; drain them, arrange round a pile of crisply fried parsley, and serve hot.

ROLLED FILLETS OF FISH WITH CREAM SAUCE.

Filets de Poisson à la Crème.

8 fillets, fried.	Juice of two lemons.
2 hard-boiled yolks of egg.	1 tablespoonful anchovy sauce.
$\frac{1}{4}$ pint cream.	Salt, pepper, mustard, cayenne.

Roll and tie the fillets, flour and egg them, and fry in boiling oil. When cold, serve with the following sauce:—Rub the hard-boiled yolks smooth, add the cream, lemon juice, anchovy sauce, salt, pepper, mustard, and cayenne, mix well, and stir till all is well incorporated. Pour over the fried fillets.

FISH A LA RAVIGOTTE.

$\frac{1}{2}$ lb. cold boiled fish.	1 whole egg.
1 onion.	1 yolk.
1 dessertspoonful chopped parsley.	1 hard-boiled egg.
$\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ pint white sauce. Anchovy essence.
2 oz. breadcrumbs.	1 tablespoonful capers.
1 gill fish liquor or milk.	Chillies.

Grease a cake-tin, and cover it thickly with browned breadcrumbs. Shred the fish finely, add the onion minced, and the parsley chopped, and cook it in the butter without browning it. Remove the pan from the fire, stir in the 2 oz. breadcrumbs, milk or fish liquor, 2 yolks, and the white of egg all beaten together. Pour into the cake-tin, and bake 40 minutes. Turn out to serve, and pour the following sauce round the mould:—Colour $\frac{1}{2}$ pint white sauce with essence of anchovy to a pale pink, add the chopped capers, the coarsely chopped hard-boiled egg, and a small quantity of chopped chillies.

FISH SALAD.

Mayonnaise de Cabillaud.

Cold cooked cod or other white fish.	1 tablespoonful capers.
Cold sliced potatoes.	Cooked beetroot.
1 head of celery, blanched and cut up in dice.	Mayonnaise sauce.

Remove the bones from the fish, flake it up with a silver fork, mix with it the sliced potatoes, celery, capers and sauce. Pile all neatly on a dish, decorate with strips of beetroot, and serve.

Chicken Salad is made the same way, substituting dice of chicken and smoked beef for the flaked fish.

SCALLOPED FISH.

Poisson en Coquilles.

Break some cold cooked fish into small pieces, place it in china scallops, with little lumps of butter, seasoning, a few drops of anchovy sauce and a little cream, sprinkle with breadcrumbs and bake them in the oven for 10 minutes, or brown them before the fire. Serve hot in the scallops.

STEWED FISH.

3 lbs. fish.	1 pint cold water.
Cod's liver.	4 eggs.
1 oz. flour.	Parsley.
2 onions.	A pinch of saffron and spice.
3 lemons.	Breadcrumbs.
1 tablespoonful oil.	Pepper and salt.

Chop the onions, and fry them in the oil, reserve a small quantity for the balls. When the onions are soft, put in the fish and water, and cook till the fish is done, then draw the pan to the side of the fire, and make the sauce.

Sauce: Mix the flour to a smooth paste with a little cold water, add the egg yolks, and lemon juice, and a pinch of saffron, mix all well together. Add some of the fish liquor from the saucepan to the sauce, stir, and thicken the sauce over the fire. Pour it over the fish, put the balls in, and warm up.

Balls: Chop the cooked fish liver very finely, add breadcrumbs, the whites of 2 eggs, the remainder of the onion finely chopped, a little chopped parsley, pepper, salt, and spice. Roll them into small balls, adding sufficient breadcrumbs to make them the right consistency. Cook them a few minutes in the sauce, and serve hot or cold.

VOL AU VENT OF FISH.

Vol au Vent de Poisson.

1 lb. puff pastry.		White sauce.
Cold cooked fish.		A little cream.

Seasoning.

Roll out the pastry $\frac{1}{2}$ an inch thick. Cut out a round about 7 inches in diameter, and cut half-way through the centre with a cutter 2 inches smaller. Roll the remainder of the pastry $\frac{1}{4}$ inch thick, and cut it in a round about 6 inches in diameter. Lay both pieces on a baking sheet, pin a piece of oiled paper about 5 inches in depth round the larger pastry, to keep it in shape. Bake in a hot oven for 30 to 45 minutes. About 15 minutes before removing it from the oven, brush over the top with a little egg. When done, remove the centre, and fill with the fish mixture. Place the small round on the top, reheat, and serve (see illustration, page 45).

Fish filling: Flake the fish, and remove all bones and skin, mix it with the white sauce, cream, and seasoning, and warm through in a saucepan, before putting it in the *vol au vent*.

TIMBALES OF HADDOCK.

Timbales d'Aiglefin.

$\frac{1}{2}$ lb. cooked (dried) haddock		$\frac{1}{2}$ pint aspic jelly.
1 gill white stock.		$\frac{1}{4}$ oz. isinglass.
1 gill almond milk.		Cayenne and salt.

2 or 3 drops of tarragon vinegar.

Wet some tiny dariole moulds, and line them with semi-melted aspic jelly. Put them on ice to set, and decorate them with chillies and truffles, or grated egg yolk and chopped parsley. Dissolve the isinglass in the almond milk over the fire, and when slightly cooled, add the white stock, chopped fish, cayenne, and tarragon. Stir well, and fill the little moulds. When set, turn them out, and garnish with chopped aspic and sliced cucumber, or hard-boiled egg.

ROLLED HERRINGS.

4 fresh herrings.		1 teaspoonful milk.
2 tablespoonsful breadcrumbs.		Pepper and salt to taste.
Grated rind of half a lemon.		2 oz. butter.

1 teaspoonful chopped parsley.

Make a stiff mixture with the breadcrumbs, parsley, lemon rind, pepper, salt, and milk. Fillet the herrings, on each fillet

spread a layer of the mixture; roll up, and tie in shape. Place the fillets on a greased tin, put a small lump of butter on each roll, cover with greased paper, and bake for 10 minutes. Serve very hot.

MACKEREL A LA MAÎTRE D'HÔTEL.

Maquereau à la Maître d'Hôtel.

Marinate the mackerel for 1 hour (or over-night) in a little salad oil, tarragon vinegar, a squeeze of lemon, and a scrap of sliced onion. Remove the fish from the marinade, place it on a gridiron over a clear fire for about 10 minutes, turning it once. Melt an ounce of butter in a small saucepan, add a teaspoonful of chopped parsley, pepper, salt, and a little lemon juice. When this is hot, pour it over the mackerel, which has been placed on a hot dish.

MACKEREL A LA NORMANDE.

Maquereau à la Normande.

1 mackerel.	1 shallot or small piece onion.
2 tablespoonsful breadcrumbs.	2 oz. butter or beef dripping.
1 dessertspoonful chopped parsley.	$\frac{1}{2}$ teaspoonful salt.
	$\frac{1}{4}$ teaspoonful pepper.
$\frac{1}{4}$ teaspoonful mixed herbs.	

Wash and dry the fish, remove the head and tail, split it down the back, remove the bones. Grease a tin with part of the butter, place half fish on tin, skin downwards, sprinkle over it crumbs, shallot, parsley, herbs, pepper, and salt; put part of the butter in small pieces on stuffing, place the other half fish on top, skin upwards, and remainder of the butter; bake 15 to 20 minutes, basting frequently.

PORTUGUESE MACKEREL.

Maquereau à la Portugaise.

Make some deep cuts in a large mackerel, rub into the cuts a little finely chopped onion and parsley, and a seasoning of salt and pepper. Place the fish in a pie-dish, pour over it about a gill of vinegar, put it in a moderate oven, turn it occasionally, and bake till quite brown.

MULLET A L'ITALIENNE.

Rougets à l'Italienne.

6 fresh mullets filleted.	2 oz. clarified fat.
2 shallots.	Thyme, bayleaf, lemon.
6 mushrooms.	1 gill sherry.
1 oz. flour.	$\frac{1}{2}$ pint stock.

Grease a baking dish or tin, and lay the fillets on it. Sprinkle them with salt, cayenne, and lemon juice, cover with a greased paper, and cook in a moderate oven. Drain off the moisture from the fish into the sauce, prepared as follows:—Chop the shallots and mushrooms, and fry in 1 oz. dripping. Dredge with 1 oz. flour, add the thyme and bayleaf, and stir over the fire till brown. Add the sherry, and boil till it is reduced to half. Add the stock, boil $\frac{1}{4}$ hour, strain it over the fillets on a hot dish. Serve garnished with slices of lemon.

RED MULLETS EN PAPILOTTES.

Rougets en Papillottes.

6 red mullets.	Chopped parsley.
Salt, pepper.	Lemon juice.

Only wipe the fish very dry, never draw or clean red mullet. Lay each fish on a sheet of oiled writing paper, sprinkled with pepper and salt and chopped parsley, and squeeze a few drops of lemon juice on it. Fold up the papers, and bake the fish 10 to 15 minutes. Serve in the papers.

SALMON CUTLETS.

Côtelettes de Saumon.

1 slice salmon.	Lemon juice.
1 oz. butter.	$\frac{1}{2}$ pint breadcrumbs.
1 oz. flour.	1 egg.
$\frac{1}{2}$ gill cream.	Frying oil.

Boil the salmon, cut it up into very small pieces, removing all skin and bones. Mix the butter and flour in a stew-pan, add 1 gill cold water, boil up, stirring all the time. Add the lemon juice, cream, salt, and cayenne. Then mix the fish in this sauce, and turn out to cool. Make the mixture when cold into cutlet shaped pieces, dip in the egg and breadcrumbs, and fry them in boiling oil in a frying-basket.

CUTLETS OF SALMON A LA SUÈDOISE.

Darnes de Saumon à la Suédoise.

4 slices of salmon.	1 tablespoonful salad oil.
Salt and pepper.	A few drops of liquid carmine.
Lemon juice.	2 tablespoonsful liquid aspic
3 large tomatoes.	jelly.
1 dessertspoonful tarragon	Chopped tarragon and chervil.
vinegar.	Watercress salad.

Suèdoise sauce (see page 86).

Place the slices of salmon on a buttered tin, sprinkle with pepper and lemon juice, cover with a buttered paper; bake till firm. Pound the tomatoes, season with salt, pepper, oil, vinegar, and bring up the colour with carmine if necessary. Rub all through a sieve, mix in the aspic, chopped tarragon, and chervil; pour this purée over the cooked salmon, and dish round watercress salad; garnish with blocks of iced Suèdoise sauce.

SALMON FRITTERS.

Croquettes de Saumon.

$\frac{1}{2}$ lb. cold cooked salmon or other fish.	1 hard-boiled egg.
$\frac{1}{4}$ lb. mashed potatoes.	1 teaspoonful anchovy sauce.
1 teaspoonful chopped parsley.	Pepper and salt to taste.
	Egg.
	Breadcrumbs.

Frying oil.

Free the fish from bones, flake it up, add to it the mashed potato, hard-boiled egg cut into small pieces, parsley, seasoning, and anchovy sauce; a little beaten egg must be added if necessary to bind the mixture. Form into small flat cakes, dip in egg and breadcrumbs, and fry in boiling oil till a golden brown colour. Drain on kitchen paper, dish neatly, and decorate with sprigs of parsley, or chopped parsley.

PICKLED SALMON.

Saumon à la Marinade.

1 thick slice salmon.	1 shallot.
$\frac{1}{2}$ pint vinegar.	$\frac{1}{2}$ gill aspic.
2 cloves.	Pepper.

Boil the salmon, drain it, set it aside to get cold, place it on a dish. Put all the other ingredients in a stew-pan, let them boil up, strain them over the salmon, and serve cold.

BROCHET OF SMELTS.

Brochet d'Eperlans.

Melt 2 oz. of butter on a fire-proof dish, dredge raspings of bread on it, add pepper and salt to taste, a little chopped parsley and shallot. Place the smelts on this mixture, pour over them a wineglassful of white wine (if liked), some anchovy sauce, and finish with another ounce of butter, placed in little lumps on the fish. Bake in a moderate oven for 20 minutes, basting occasionally; garnish with slices of lemon and some fried parsley, and serve hot.

SOLES IN ASPIC.

Soles en Aspic.

2 soles (or lemon soles).	Green salad.
$\frac{1}{2}$ pint aspic jelly.	1 lemon.
1 hard-boiled egg.	Salt, pepper and cayenne.

Cut two moderate sized soles into neat fillets, rub them with lemon juice, and sprinkle with salt and cayenne. Place them on a greased baking tin, cover with greased paper, and bake in a hot oven for 7 to 10 minutes. Remove them to a flat dish, and when cold mask them with melted aspic jelly. Cut round when set, and arrange them round a good salad. Garnish with slices of hard-boiled egg and chillies.

DEVILLED SOLE.

Sole à la Diable.

1 sole.	2 bay leaves, 1 sprig parsley.
1 dessertspoonful curry paste.	A very small piece of chopped onion.
1 teaspoonful anchovy sauce.	1 teaspoonful finely chopped chutney.
Juice of $\frac{1}{2}$ lemon.	Salt and pepper.
2 tablespoonsful salad oil, and 1 of vinegar.	

Remove the skin and head of the sole, and score it with a knife on both sides. Soak it for 1 hour in the oil, vinegar, bay leaves, onion, parsley, salt and pepper. Place the sole in the oven on a flat dish. When it has been $\frac{1}{4}$ hour in the oven, spread it with the mixture of curry paste, anchovy sauce, lemon juice, chutney, salt and pepper, and return to oven for 10 minutes. Serve with chopped parsley sprinkled on it, and garnish with slices of lemon.

FILLETS OF SOLE IN ASPIC.

Filets de Soles en Aspic.

2 small filleted soles.	Parsley or chervil.
$\frac{1}{2}$ pint aspic jelly.	Seasoning and lemon juice.
Ravigotte saucé.	

Trim the fillets neatly, sprinkle them with chopped parsley and seasoning. Roll them up lightly, place them on an oiled baking tin, squeeze lemon juice over them, cover with an oiled paper, and bake in a moderate oven for 15 minutes. Turn them on to a plate, and let them cool. Wet some small moulds, line them with aspic jelly, garnish with parsley and chervil, set this again with aspic, put a rolled fillet in each, fill up with just liquid aspic, and set on one side till cold. Turn out, and force a little ravigotte sauce, thickened with aspic jelly, on to each. Garnish with watercress, pickled and tossed in oil and vinegar, and with little blocks of aspic.

FILLETS OF SOLE A L'ESPAGNOLE.

Filets de Soles à l'Espagnole.

Arrange the fillets with the ends crossing each other on a greased baking tin, and squeeze a little lemon juice over them. Bake in a moderate oven about 20 minutes, place them round a dish, keep them hot, and prepare a sauce as follows:—Peel a small Spanish onion, cut it in thin slices, mince it and fry in salad oil till quite cooked, but not coloured. Peel some tomatoes, and remove the pips (have double as much tomato as onion), add them to the onion, with pepper and salt to taste. Stir the mixture well over the fire till it is slightly reduced, then carefully place it in the middle of the fillets, sprinkle with parsley, and serve.

FILLETS OF SOLE A L'ORLIE.

Filets de Soles à l'Orlie.

Fillets of sole or other white fish.	Frying batter made of:—6 oz.
Juice of 1 lemon.	flour, 1 egg, 1 oz. butter or
1 small sliced onion.	salad oil, 1 gill tepid water.
	Tomato sauce (see page 86.)
Parsley, salt and pepper to taste.	

Trim the fillets, and marinade them for an hour in the lemon juice, onion, parsley, pepper and salt. Put the flour in a basin with a little salt, yolk of the egg, oiled butter, or salad oil; stir in gradually about a gill of tepid water, working all together with a wooden spoon, till the batter is smooth and looks like

rich cream; let it stand 2 hours, then beat in lightly the white of egg, whipped to a stiff froth, and use. Drain the fish from the marinade, dip each piece in the batter, fry a golden brown, drain, sprinkle with minced parsley, and pile on a dish. Serve tomato sauce with them.

FILLETS OF SOLE A LA VÉNITIENNE.

Filets de Soles à la Vénitienne.

The fillets and bones of 4 soles.	1 sliced shallot.
$\frac{1}{4}$ lb. butter.	2 cloves.
Salt and pepper.	6 potatoes.
Lemon juice.	1 gill milk.
2 gills water.	2 tablespoonsful fine flour.
6 peppercorns.	2 yolks of eggs.
Bouquet of herbs.	1 gill cream.
	Chopped parsley.

Trim the fillets neatly, roll each round a cork-shaped piece of parboiled potato, tie with fine string, brush each with liquid butter, place them on a well-buttered tin, sprinkle with salt, pepper, and lemon juice; lay a buttered paper over, and bake in a moderate oven for 10 to 15 minutes. Stew the bones and trimmings of the fish in a little water, adding salt, peppercorns, herbs, sliced shallot, and cloves, let this all boil for about $\frac{1}{2}$ an hour, then strain. With a sharp knife cut the remaining peeled potatoes into cork-shaped pieces, and boil them till soft in milk and water. Melt 2 oz. of the butter in a small stew-pan, mix the flour in gradually, stirring all the time, then add $\frac{1}{2}$ pint of the fish-stock, and stir the sauce till it is smooth and thick. Take two-thirds of the sauce, season it to taste, stir in the well beaten egg yolks and a few drops of lemon juice. Remove the string from the fillets, place them in a circle on a silver dish, pour the sauce over them. Toss the potato-corks in the remainder of the white sauce, then place them in the centre of the dish, pour the hot cream over them, sprinkle with chopped parsley, and serve hot.

SAVALADE OF SOLE.

Sole à la Savalade.

2 soles.	2 Spanish onions.
Frying oil.	3 large tomatoes.
Pepper, salt and cayenne.	

Fillet the soles, and fry them a little brown in boiling oil. Slice the onions, and fry them in oil. Drain off the frying oil, add the fish to the onions and the tomatoes, peeled and sliced.

Add the seasonings, and simmer together for a few minutes. Arrange the fillets in a circle on a hot dish, and place the vegetables in the centre. Serve hot.

SOLE A LA TURQUE.

1 sole.		$\frac{1}{4}$ teaspoonful minced herbs.
1 egg.		1 teaspoonful parsley.
1 oz. butter.		1 lemon.
2 tablespoonsful breadcrumbs.		1 hard-boiled egg.
2 tablespoonsful cold fish.		$\frac{1}{2}$ pint white sauce.

Skin the sole, cut down the centre as if for filleting, and just raise the fillets about 1 inch on either side of the bone. Place the fish on a greased tin. Rub the butter into the breadcrumbs, add the pounded fish, chopped herbs, and parsley, and a little grated lemon peel, and bind all together with the egg. Lay this stuffing under each fillet, and make it into a nice shape. Sprinkle with lemon juice, pepper, and salt, cover with a greased paper, and bake 15 to 20 minutes. Place on a hot dish, pour over the white sauce, and decorate with hard-boiled white and yolk of egg.

TURBOT—SAUCE HOLLANDAISE.

Clean the turbot, rub it over with a cut lemon, and fold it in a clean cloth. Boil it in salted water, to which 1 dessertspoon vinegar has been added. Drain when cooked, remove the cloth, and serve on a hot dish, garnished with cut lemon and parsley. Serve with it:—

Hollandaise Sauce: Cream 3 oz. butter, add the yolks of 2 eggs, one at a time, and stir one way only. Add gradually the strained juice of a lemon and a pinch of pepper. Stand the bowl in which the sauce is being made, over a saucepan of boiling water, and stir till the mixture thickens. Add a wine-glass of boiling water, and stir till it is as thick as a custard.

WHITEBAIT.

Blanchailles.

Whitebait.		Frying oil or fat.
Flour.		Fried parsley.

Keep the whitebait on ice till required; dry them carefully in a cloth, sprinkle another cloth with flour, place the whitebait in it, then put them in a wire frying-basket, shake off the loose flour, dip the basket into boiling fat, and fry till crisp; drain on kitchen-paper, pile on a hot dish, garnish with fried parsley, serve with cut lemon and cayenne pepper.

DEVILLED WHITEBAIT.

Blanchailles à la Diable.

Same as above, but sprinkle with salt and cayenne before serving.

BOUDINS OF WHITING.

Boudins de Merlan.

3 whittings.		1 gill milk.
1 oz. flour.		2 tablespoonsful cream.
1 oz. butter.		2 eggs.

White sauce.

Boil the fish, remove all the flesh from the bones and skin, chop well. Make a panada of the butter, flour, milk, and eggs, stir the fish into this, pound all well together, pass the mixture through a wire sieve, and add the cream. Butter six small dariole moulds, fill them with the mixture, and steam them gently about 20 minutes. Turn out on to a hot dish, pour a white sauce round, and decorate with chopped parsley.

FILLETS OF WHITING A L'ITALIENNE.

Filets de Merlan à l'Italienne.

8 fillets of whiting.		1 gill sherry.
1 lemon.		$\frac{1}{2}$ oz. flour.
5 or 6 button mushrooms.		1 $\frac{1}{2}$ gill white stock.
1 shallot.		2 oz. clarified fat.

Chop the mushrooms and shallot, fry them in 1 oz. fat, add the sherry, and let it reduce. Stir in the flour, and when it has thickened, add the stock and a little lemon juice, and boil all together. Pour over the fillets after they have been rolled up, placed on a greased tin, sprinkled, with lemon juice and salt, and baked in a moderate oven for 10 to 15 minutes, covered with greased paper.

STUFFED FILLETS OF WHITING.

Filets de Merlan Farcis.

3 whittings.		Salt and pepper.
1 small onion.		Egg.
3 or 4 mushrooms.		Breadcrumbs.
Parsley.		Clarified fat or oil.

Fillet the whittings, and sprinkle each piece with pepper, salt, and finely chopped onion, mushrooms, and parsley. Roll each piece up, and fasten with a little wooden skewer. Dip them in egg, and then in breadcrumbs, and fry in boiling fat or oil. Remove the skewers, and serve.

ENTRÉES.

ASPIC JELLY.

1½ pints water.	Small pieces carrot, turnip, and onion.
2 tablespoonsful malt vinegar.	Few drops essence of celery or some celery salt.
2 tablespoonsful tarragon vinegar.	½ teaspoonful peppercorns.
4 lemons (peel and juice).	Small bunch of herbs.
½ pint sherry.	Whites and shells of 4 eggs.

1½ oz. isinglass.

Wash the eggs, crush the shells, whip the whites half stiff, peel the lemons thinly, squeeze out the juice; put all the ingredients in a stew-pan, and whisk over the fire till nearly boiling. Let it boil till it reaches the top of the pan, remove the pan from the fire, stand it aside for 10 minutes with the lid on, strain the jelly through a clean kitchen-cloth or jelly-bag into a warm basin; if not quite clear, strain it through again.

BEEF OLIVES A L'ALLEMANDE.

Olives de Bœuf à l'Allemande.

1½ lbs. steak.	1 slice smoked beef or sausage.
1 teaspoonful made mustard.	Pepper, salt, cayenne.
1 small onion.	Gravy.

Grate the onion, scrape the smoked beef finely, and mix this with the seasonings. Cut the steak into neat squares, spread each piece with the stuffing, roll up and tie, or fasten with a small skewer. Stew them 1 hour in the gravy, and arrange neatly on a hot dish after cutting the strings or taking out the skewers.

BRAIN PATTIES.

Pâtés de Cervelles.

¼ lb. puff pastry.	¼ pint of white sauce.
1 set of ox brains.	1 blade of mace.
1 tablespoonful of vinegar.	Salt and pepper.

Line some patty-pans with puff pastry, mark the centres with a very small round cutter and bake them. Soak the brains in

cold water and skin them, then tie them up in muslin, and boil them in hot water, to which vinegar and salt has been added, for 15 to 20 minutes. When cold, chop them finely, add the white sauce in which the mace has been boiled, and the seasoning. Mix well, heat it together, fill the baked patty cases, and re-heat in the oven till served.

CALVES' FEET FRITTERS.

Beignets de Pieds de Veau.

Boil two calves' feet as for jelly, but do not let them stew till they fall to pieces; take them out while they are still firm, split them open, remove the bones (which can be returned to the stock), and lay the meat flat on a dish to get cold. Cut them into small cutlet-shaped pieces, dip each piece either in batter, or egg and breadcrumb, and fry in boiling fat or oil to a golden brown. Drain them on kitchen paper and serve with Spanish sauce (page 85).

CALF'S HEAD IN BATTER.

Remoulade Sauce.

Beignets de Tête de Veau.

Stew the calf's head till tender, and then cut it into pieces about 4 inches square. Dip each piece into a well seasoned thick batter, and fry in boiling fat. Serve the following sauce in a separate sauceboat:—

Remoulade Sauce: 1 egg yolk beaten, add oil, drop by drop, stirring continually, and when thick, thin it by stirring in a few drops of tarragon vinegar. Add chopped capers and parsley, and serve.

CALF'S HEAD STEW.

Tête de Veau.

½ a calf's head.	Herbs.
Stock.	Peppercorns.
2 large onions.	Lemon peel.
2 carrots.	Parsley.
Celery.	Mushrooms.
Mace.	Hard-boiled egg.

Brown sauce.

Clean and blanch half a calf's head, and place it in a saucepan with enough stock to cover it. When it boils, add 2 large onions, 2 carrots, ½ head of celery, a small blade of mace, a few herbs, peppercorns, a small piece of lemon peel, and parsley,

and a little salt. Skim well, and simmer gently for $2\frac{1}{2}$ to 3 hours. Take it out carefully, remove the bones, and cut into convenient pieces. Pile them high on a dish, garnish with slices of the tongue, a few grilled mushrooms, and slices of hard-boiled egg. Serve with a good brown sauce made with the liquor from the head.

CALF'S TONGUE WITH TOMATO SAUCE.

Langue de Veau aux Tomates.

Trim and scald the tongue and leave it till cold; lard it with strips of smoked beef and then simmer it in a stew-pan for 4 hours in stock seasoned with herbs, 2 carrots, 2 onions, and 3 cloves. When done, split the tongue in half, skin it and serve covered with tomato sauce.

Sheeps' tongues can be cooked in the same way.

BLANQUETTE OF CHICKEN OR VEAL.

Blanquette de Volaille.

Cold cooked poultry or veal.	Lemon juice and peel.
1 handful fresh, well cleaned button mushrooms.	Pepper and salt.
2 gills veal gravy.	A lump of white sugar.
1 oz. clarified veal fat.	Grate of nutmeg.
	2 yolks of eggs.

Cut the veal or poultry into thin pieces the size of shillings and half-crowns, lay them in a small saucepan with the mushrooms, pour over enough veal gravy to cover them, add the veal fat, flavour with a piece of lemon peel, season to taste, add a small lump of white sugar and a grate of nutmeg. Stew all together for 15 minutes, then pour over a sauce prepared in a separate saucepan, made with veal gravy, a little lemon juice and the beaten yolks of 2 eggs. Let it simmer for 2 minutes, and then serve it up in the centre of a dish, prepared with a wall of mashed potato.

CHAUDFROID OF CHICKEN.

Chaufroid de Volaille.

1 cold boiled fowl.	2 tablespoonsful aspic jelly.
2 oz. clarified fat.	Salt, pepper.
$1\frac{1}{2}$ oz. flour.	Salad.
1 pint white stock.	Mayonnaise sauce.

Cut the fowl into neat joints, and remove the skin. Melt the dripping, stir in the flour, add the stock, and stir till it boils and thickens, add salt and pepper. Turn the sauce into

a basin, add the jelly and stir till quite cold. Coat the pieces of fowl with it, and dish up on a bed of salad mixed with mayonnaise sauce.

FRIED CHICKEN.

Friture de Poulet.

Cut a cold chicken into neat pieces and marinade them for an hour in salad oil seasoned with slices of lemon, a small piece of shallot, and a little salt and pepper. Drain them from the marinade, and either sprinkle them with flour or dip them in frying batter and fry till a golden brown. Dish them high in the centre of a dish, serve with tomato sauce, and decorate with fried parsley.

STEWED CHICKEN AND RICE.

Poulet au riz.

1 pint of rice.	1 chicken.
1 quart stock.	4 egg yolks.
1 onion stuck with cloves.	1 lemon.
1 bunch of sweet herbs.	A pinch of saffron.

Stew the rice in the stock, and when it begins to swell, add the onion, herbs, saffron, and the chicken. Stew the latter with the rice, etc., till well done, then remove it, and stir the egg yolks and lemon juice into the rice. Serve all together in a very hot dish.

CHICKEN A LA SUISSE.

Poulet à la Suisse.

Cold chicken.	Juice of 1 lemon.
Salad oil.	Pepper and salt.
Finely chopped parsley and onion.	Frying batter.
	Frying fat or oil.

Cut the remains of a cold chicken into joints. Make a marinade in a pie-dish with salad oil, lemon juice, a little finely chopped onion and parsley, and a good seasoning of pepper and salt. Lay the pieces of chicken in this mixture and turn them occasionally. Make a batter with 2 tablespoonsful of flour, one of water, 1 yolk of egg, and $\frac{1}{2}$ a wineglassful of brandy. Let this batter rest for an hour in a warm place, then stir in quickly the stiffly beaten white of egg, dip the pieces of chicken in the batter, fry at once in boiling fat or oil till a golden colour, drain on kitchen paper, pile high on a dish, and garnish with fried parsley.

TARTLETS OF CHICKEN.

Quenelles de Volaille.

Quenelle meat (page 46).	2 oz. lean smoked beef.
$\frac{1}{2}$ cooked chicken.	1 teaspoonful lemon juice.
$\frac{1}{2}$ pint white sauce.	Pepper and salt.

Chop the chicken finely with the smoked beef and seasoning. Make some white sauce, and when it has boiled and thickened, add the chicken mixture to it, and then turn on to a plate to cool. Grease some deep tartlet tins, line them thickly with quenelle meat, make a hollow and fill it with the chicken mixture, and cover with quenelle meat. Steam them for 10 minutes, and serve on a bed of hot mashed potato. Strain white sauce over them.

CHICKEN TIMBALE.

Timbale de Poulet à la Pompadour.

$\frac{1}{2}$ lb. macaroni.	2 $\frac{1}{2}$ oz. flour.
1 chicken.	2 oz. clarified dripping.
2 eggs.	1 gill stock from the chicken.

Mushroom or tomato sauce.

Parboil the macaroni, and cut it up into $\frac{1}{4}$ inch lengths. Grease a cake tin or basin, and line it with the cut macaroni in honeycomb fashion. Boil the fowl, cut off all the flesh and pound it in a mortar. Make a panada of the flour, dripping, stock, salt and pepper, stirring all over the fire till well blended. Pound it with the chicken, add the eggs, well beaten, and when well mixed rub it through a wire sieve. Fill the lined basin $\frac{3}{4}$ full with this mixture, cover with greased paper, and steam $\frac{3}{4}$ of an hour. Serve hot with mushroom or tomato sauce.

This timbale can also be made in little dariole moulds.

CROQUETTES.

Pastry.	4 oz. cold meat.
2 tablespoonsful stock or	1 teaspoonful flour.
gravy.	$\frac{1}{2}$ oz. dripping.

Melt the dripping, stir in the flour, add the gravy, and boil together, stirring till it boils. Season well, and turn out on to a plate to cool. Add the finely chopped meat, and put a little into a thinly rolled round of pastry. Fold over after egging the edge, brush over with egg, dip into broken vermicelli, and fry in boiling fat or oil.

CROQUETTES A L'IMPÉRATRICE.

Cold potatoes.	2 oz. mushrooms.
Dripping, oil.	Lemon juice.
2 eggs.	1 oz. flour.
White meat of a chicken.	$\frac{1}{4}$ pint white stock.

Mash the potatoes, add 1 egg, a little melted dripping, salt and pepper. Oil some small moulds or patty pans, and press the potato into them. Turn out, brush over with egg yolk and fry a golden yellow in oil. Drain, scoop out the centre of each, and fill with the following mixture, which must be hot and ready:—Pound the chicken finely, add salt and pepper, finely chopped mushrooms, lemon juice, flour and white stock. Warm all thoroughly, and fill the potato cases. They can be decorated with a slice of tongue as a cover, and a little chopped jelly. Serve very quickly.

COLD CURRY.

Chaufroid de Kari.

Cold meat.	$\frac{1}{2}$ shallot.
Cold boiled rice.	$\frac{1}{4}$ pint salad oil.
2 hard-boiled yolks.	$1\frac{1}{2}$ tablespoonsful Cook's curry paste.
2 raw yolks.	2 teaspoonsful curry powder.
Salt.	Juice of $\frac{1}{2}$ lemon.
Castor sugar.	

Rub the egg yolks through a hair-sieve, and add a little salt and castor sugar, and finely chopped shallot. Stir it always the same way, adding the oil gradually. Mix in the curry powder and the curry paste very smoothly, and add the lemon juice. Cut the cold meat into dice, toss it in the sauce, and serve in the centre of a dish, piling cold boiled rice in a tall ring round it. Half the rice may be coloured pink, and served in alternate stripes.

EGG FRITTERS.

Beignets aux Œufs.

6 hard-boiled eggs.	Frying batter.
1 oz. dripping.	Frying fat.
$\frac{1}{4}$ lb. sausage meat.	Seasoning.

Cut the hard-boiled eggs in half lengthways, remove the yolks, and mix them with the sausage meat, dripping and seasoning. Fill the whites with the mixture, and cut them into quarters. Dip each piece into a thick batter, and fry a golden colour. Serve very hot.

SAVOURY EGGS.

Œufs à la Concorde.

Cold meat.		$\frac{1}{2}$ oz. flour.
Parsley.		4 eggs.
Sweet herbs.		Clarified fat.

Mince the cold meat finely with some parsley, sweet herbs, pepper, salt, and $\frac{1}{2}$ oz. flour. Mix it all well together (using a little stock if too dry), and press it all over some small moulds. Drop an egg into each mould, put a little dripping or clarified fat on the top, and bake or steam for 10 minutes. Turn out of the moulds and serve.

EPIGRAMMES.

Noisettes de Mouton.

The rib part of mutton		Frying fat.
cutlets.		Mashed potatoes.
1 egg.		Peas or mixed vegetables.
Breadcrumbs.		Tomato sauce (see page 86).

Remove some of the fat from the meat, boil it till the bones can be pulled out, press between two dishes, cut in squares, and egg and breadcrumb them twice. Fry in smoking hot fat about 4 minutes, dish on a border of mashed potato, pour tomato sauce round, put cooked peas or other vegetables in the centre.

FILLETS OF BEEF WITH HORSERADISH SAUCE.

Filets de Bœuf au Raifort.

1 lb. fillet of beef.		2 yolks of eggs.
$\frac{1}{4}$ lb. suet.		$\frac{1}{2}$ teaspoonful made mustard.
$\frac{1}{2}$ oz. flour.		Lemon juice.
$\frac{1}{2}$ oz. dripping.		Salt.
$\frac{1}{4}$ pint white stock.		Horseradish.

Cut the beef into neat fillets, and the suet into thin pieces of the same size; fry them quickly and dish on a hot dish alternately beef and pieces of fat. Melt the dripping, stir in the flour, add the mustard, lemon juice, stock, and salt. Boil up, add the yolks, and sufficient grated horseradish to make it thick. Pour this in the centre of the fillets, sprinkle them with shredded horseradish and serve.

FILLETS OF BEEF A LA JARDINIÈRE.

Filets de Bœuf à la Jardinière.

2 lbs. fillet of beef.	1 teaspoonful flour.
2 oz. clarified fat.	Carrots.
$\frac{1}{4}$ pint stock.	Turnips.
$\frac{3}{4}$ oz. glaze.	Peas or parsnips.
Pepper, salt.	Small onions.

Cut the meat into neat fillets, allowing a small piece of fat to each, fry them very quickly, and arrange round a dish. Melt $\frac{1}{2}$ oz. of the fat, stir in the flour, $\frac{1}{2}$ oz. of glaze, the stock, season with pepper and salt, boil for 5 minutes, and strain over the fillets. Divide the vegetables into pieces the size and shape of a small olive, and boil all in separate saucepans till tender; drain them, and put them all into a pan with a little clarified fat and $\frac{1}{4}$ oz. of glaze. Shake them till the glaze is dissolved, and dish them in the centre of the fillets.

FILLETS OF BEEF WITH OLIVES.

Tournedos aux Olives.

A marinade of :—2 table- spoonsful oil, 2 table- spoonsful vinegar, 1 slice onion, 1 pinch sweet herbs, and a little grated lemon peel.	1½ lbs. undercut of sirloin. 1 tablespoonful salad oil. $\frac{1}{2}$ gill good stock or gravy. 1 squeeze of lemon juice. 8 or 10 Spanish olives. Cayenne. Mashed potatoes.
--	--

Cut the meat into pieces $\frac{3}{4}$ inch thick and $2\frac{1}{2}$ inches long; marinade them and leave for 1 hour, turning occasionally; take them out, drain carefully, and remove all moisture. Place one tablespoonful salad oil in a clean stew-pan, and as soon as it boils dust the fillets with black pepper and a little salt, and fry for 10 or 12 minutes, turning them occasionally. When done, dish on a hot dish, pour away the grease, but not the gravy, add to the latter the stock or gravy, lemon juice, cayenne, and the peel from 8 or 10 Spanish olives; bring gently to the boil, remove any scum, and then boil up sharply to reduce the sauce a little; pour it round the fillets, fill the centre of dish with potato and serve.

GIBLET RISOTTO.

Risotto.

2 pints second stock.	Giblets.
1 breakfast-cupful of rice.	2 oz. clarified dripping.
$\frac{1}{4}$ pint tomato purée.	

Boil the cleaned giblets and the rice in hot stock for about

20 minutes. Then add the dripping, melted, and the tomato purée, mix well together, and boil up. Serve it at once or the rice will be sticky.

GIBLET STEW.

Wash two sets of giblets well, put them on in cold water or stock, simmer them for 4 or 5 hours, or till tender. Season to taste, thicken the gravy with a little arrowroot, colour it with a little browning, flavour with mushrooms, lemon juice, and a glass of white wine. Add some forcemeat balls a few minutes before serving, and garnish with thin slices of hard-boiled eggs.

KIDNEYS AND TOMATOES.

Rognons aux Tomates.

6 sheep's kidneys.	1½ lbs. tomatoes.
2 oz. dripping.	½ pint of stock.
A little onion.	Mashed potatoes.

Throw 6 sheep's kidneys into boiling water for a few minutes; skin them, split them open, season with pepper and salt, fry them in two ounces of dripping. Slice a pound and a half of tomatoes, put them in a saucepan with a small piece of onion, ½ pint of stock, salt and pepper, and let all simmer for 15 minutes, then add the kidneys, and dish in a ring of mashed potato.

MUSHROOM PATTIES.

Bouchées aux Champignons.

Puff pastry.	1 oz. clarified dripping.
¼ lb. mushrooms.	1 teaspoonful grated lemon peel.
1 shallot.	1 oz. flour.

Bake in a sharp oven some little puff pastry cases and fill with the following:—Wash, dry and peel the mushrooms, and chop them very finely. Rub a stew-pan with a shallot, melt the dripping, add the mushrooms, cover, and let them stew in their own juice for 10 minutes. Flavour with salt, cayenne, and grated lemon peel. Thicken with flour, and leave till cool. Then fill the patties, re-heat, and serve immediately.

MUTTON CUTLETS A L'ITALIENNE.

Côtelettes à l'Italienne.

Cut off cutlets from the best end of a neck of mutton, trim them, and remove all superfluous fat. Make a seasoning of

finely chopped button mushrooms, breadcrumbs, chopped parsley, a sprinkling of mixed herbs, a little shredded shallot, and a grate of lemon peel. Dip the cutlets in egg, then mask them with the mixture, dip them in egg and breadcrumb, and fry them. Drain them on kitchen paper, place them on a hot dish round a mound of mashed potato, and pour a well flavoured brown gravy round them.

MUTTON CUTLETS A LA REFORME.

Côtelettes de Mouton à la Réforme.

$\frac{1}{2}$ gill red wine.	4 lbs. best end neck of mutton.
1 dessertspoonful red currant jelly.	2 eggs.
$\frac{1}{4}$ lb. mushrooms.	Breadcrumbs.
$\frac{1}{2}$ pint brown sauce.	Shallot.
A small piece of glaze.	Parsley.
	2 oz. clarified fat.

Cook the wine, red currant jelly and half the mushrooms, finely chopped, together for a few minutes. Add the brown sauce and glaze, and cook slowly half an hour to reduce it. Cut the meat into neat cutlets, and dip them into the following mixture:—Beat the eggs on a plate with some chopped cooked mushroom, finely minced shallot and parsley. Then breadcrumb the cutlets and fry in hot clarified fat as quickly as possible, turning them with a knife to avoid pricking them. Drain on kitchen paper and serve on a small ring of mashed potato, in the centre of which the sauce is poured. Garnish with little heaps of shredded vegetables, etc., using for this purpose—carrot, turnip, gherkin, truffles, mushrooms, hard-boiled white of egg, and lean tongue. Serve very hot.

BRAISED OX PALATES.

Palais de Bœuf Braisé.

2 ox palates.	Herbs and a few peppercorns.
1 oz. dripping.	$\frac{1}{2}$ pint good stock.
1 sliced onion.	1 wineglass of sherry.
2 tomatoes.	Mashed potato.

A little sliced carrot, celery, turnip.

Cleanse and blanch the ox palates, and press them till quite flat between 2 plates with a weight on top. Put the dripping in a clean saucepan, and add the sliced vegetables, except the tomatoes. Add the herbs and seasoning and place the palates on top of the vegetables. Cover with a greased paper, then cover the pan and fry for about $\frac{1}{4}$ hour. Now add the stock, and place the pan in the oven. Baste the palates continually and add

more stock if required. Braise them for 5 to 6 hours. When cooked, stamp them out in small rounds, place them in a sauté-pan with the sherry, and put it on the stove till all the moisture is absorbed. Glaze them lightly and dish them on a border of potatoes, with a slice of cooked tomato between each. Strain the gravy, remove the fat, and pour the gravy round the dish.

SLICED OX TONGUE A LA MONACO.

Langue de Bœuf à la Monaco.

Thin slices of cooked ox tongue.		Purée of fresh mushrooms.
1 gill stock.		$\frac{1}{2}$ pint brown sauce.
1 tablespoonful sherry.		$\frac{1}{2}$ oz. glaze.
Croûtons of fried bread.		1 teaspoonful English mustard.
		1 teaspoonful French mustard.
		Slices of marrow.

Stamp the slices of ox tongue out in rounds, heat them in the stock which has been flavoured with the sherry. Spread the mushroom purée on the croûtons, place a round of tongue on each, then a slice of marrow, prepared as below. Add the brown sauce to the liquor in which the tongue was warmed, add the glaze, boil up, add the mustards, pass through a tammy, and serve very hot round the croûtons. Do not let the sauce boil after adding mustard, or it will curdle.

Blanched and devilled marrow: Blanch the marrow and cut it in slices $\frac{1}{4}$ inch thick, mask it with devil paste made by mixing a teaspoonful French mustard, a saltspoonful of English mustard, a dessertspoonful chopped chutney, a dust of cayenne, a little salt and pepper. Sprinkle the marrow with browned bread-crumbs, bake in a quick oven for 5 minutes.

STEWED OX TONGUE. SAUCE PIQUANTE.

Langue de Bœuf, Sauce Piquante.

1 ox tongue slightly salted.		2 oz. clarified dripping.
1 onion.		2 tablespoonsful flour.
Spices.		2 oz. sultanas.
		1 glass port wine.

Boil the ox tongue in plenty of water, adding the onion and spices to the water. When well cooked, take it out and remove the skin when cold. The next day, take the fat off the liquor. Melt the dripping in a saucepan, brown the flour in it, and add to it about $\frac{3}{4}$ pint of the liquor in which the tongue was boiled. Add the sultanas and wine to the sauce, and browning if necessary. Stir while it comes to the boil, add the tongue cut in slices, and let all simmer about 10 minutes. Serve garnished with fried crescents of bread.

OX TONGUE WITH TOMATO SAUCE.

Langue de Bœuf, Sauce Tomate.

1 fresh ox tongue.	1 teaspoonful pepper.
1 large onion.	1 carrot.
A handful parsley.	5 cloves.
Sweet herbs.	Bay leaves.
1 blade mace.	1 tablespoonful salt.

Trim the root of the tongue and rub it well with salt. Soak the tongue at least 1 hour in strongly salted water. Put it in a stew-pan with the sliced vegetables, herbs, spices, salt and pepper, and sufficient cold water to cover all well. Skim well as it comes to the boil, and simmer for 3 to 4 hours. Place it on a board, remove the skin, and put the tongue on a hot dish. Brush it over with glaze, and pour hot tomato sauce round it. Serve hot.

STEWED PIGEONS.

Pigeons Sautés.

1 pair pigeons.	Pepper and salt.
2 shallots.	$\frac{1}{2}$ pint brown sauce.
2 oz. clarified dripping.	$\frac{1}{4}$ pint tomato sauce.
1 oz. flour.	A few mushrooms and olives.

Mince the shallots and fry them in the dripping. Bake the pigeons for 10 minutes in a quick oven and baste well; then cut them into neat joints. Dredge the pieces with flour and fry them with the shallots. Pour off any extra dripping, add the brown sauce, the tomato sauce, and the prepared mushrooms and stoned olives. Stew gently for $\frac{1}{2}$ hour. Arrange the pigeons, mushrooms and olives on a dish, strain the sauce over, and serve hot.

POTATO CUPS WITH BRAINS.

Petits Pâtés aux Cervelles.

Peel some good-sized potatoes, wash them well and cut them across the middle, trimming all the halves to the same oval shape. About $\frac{1}{8}$ of an inch from the edge cut round with a pointed knife and remove the inside of the potato with a vegetable scoop. The cups should now be about $\frac{1}{8}$ of an inch thick. As each cup is made, put it into cold water with a little salt to preserve the colour till wanted. Rub each one with a dry clean cloth, put them into boiling fat or oil for 3 or 4 minutes, remove them, let the fat boil again, and just before serving, drop the cases in the boiling fat to get crisp, drain them, and arrange

on each cup a slice of blanched hot calf's or sheep's brains and a slice of cooked tomato; in the middle of each cup put a teaspoonful of tarragon sauce, sprinkle over a few long, thin strips of gherkin and serve hot.

STEWED SHEEP'S TONGUES.

Langues de Moutons.

4 sheep's tongues.	3 allspice.
$\frac{1}{2}$ pint clear stock.	Pepper and salt to taste.
1 onion.	1 dessertspoonful flour.
1 carrot.	1 dessertspoonful brown sugar.
3 cloves.	1 dessertspoonful vinegar.

A little browning.

Simmer the tongues in enough water to cover them, for about $2\frac{1}{2}$ hours or till tender enough to skin. Place in a saucepan the stock, chopped onion, carrot, pepper, salt and spice, then put in the skinned tongues. Bring all to the boil and add a few meat balls if liked. When the carrot is tender, remove the tongues, balls and carrot, and strain the liquor. Rub the flour, sugar, vinegar and browning together till smooth, stir it into the liquor over the fire till cooked, re-heat the tongues, balls, and carrot cut in strips, in the liquor, and serve on a hot dish with the tongues in the middle, balls and carrot alternately round.

STUFFED SPANISH ONIONS.

Oignons Farcis.

Choose 6 Spanish onions of equal size. Skin them and parboil them for about 1 hour. Pull out the centre of each onion, and fill with the following stuffing:— $\frac{1}{4}$ lb. raw liver and 1 oz. underdone meat, minced, pounded and rubbed through a sieve with pepper, salt and a little chopped shallot. Fill up the insides of the onions, and cover with the piece removed, tying them round. Put 2 oz. clarified dripping, and $\frac{1}{2}$ pint stock on a baking tin, place the stuffed onions on it, and bake $\frac{3}{4}$ to 1 hour, according to the size of the onions, basting them frequently. Serve with the gravy strained over them, which has been thickened with a little flour, and coloured with browning.

FRIED SWEETBREADS.

Ris de Veau à la Villeroi.

Cut 2 cooked (boiled and pressed) sweetbreads into $\frac{1}{4}$ inch thick slices, and coat them with cold Béchamel sauce. When set,

dip them into a light frying batter, and fry a golden brown in boiling fat. Drain them and sprinkle with salt and pepper. Arrange them on a hot dish, garnish with fried parsley, and serve with tomato or piquante sauce.

STEWED SWEETBREADS.

Ris de Veau aux Tomates.

2 sweetbreads.		$\frac{1}{2}$ lb. tomatoes.
$\frac{3}{4}$ pint good brown sauce.		Spinach.
Water or white stock.		

Soak the sweetbreads in tepid salted water for 1 hour, then put on the fire in cold water, boil up and strain off the water. Put them on again in fresh water or white stock and simmer gently for 1 hour; drain and press them between 2 plates with a weight on top. Trim neatly and cut into thick slices. Put them in a stew-pan with the brown sauce and heat well. Skin the tomatoes and bake till tender, but unbroken. Dish the sweetbreads on spinach, pour the sauce over and round, and garnish with the tomatoes.

COLD TOMATO ENTRÉE.

Tomates à la Reine.

Cut off the top of egg shaped tomatoes, and remove the seeds with a spoon. Make a stuffing of chopped anchovy, yolk of egg, olives and mustard and cress, and fill up the tomatoes with it, covering with the top piece. Serve in an entrée dish on slices of hard-boiled egg, garnish with mustard and cress, and pile plovers' eggs in the centre.

BLANQUETTE OF VEAL.

Blanquette de Veau.

2 lbs. breast, loin, or fillet of veal.		1 small carrot sliced.
1 pint white stock.		1 onion stuck with cloves.
Parsley, lemon peel, and a bouquet garni.		

Cut the meat into pieces 2 inches square and stew gently in the stock with the vegetables for 2 hours. Skim it when it first boils. When done, put the meat on a dish and strain the liquor for *the Sauce*, for which stir together 2 oz. clarified fat, $\frac{1}{2}$ oz. flour, and $\frac{1}{2}$ oz. cornflour till well blended, add the stock and beat well. Allow it to cool and add 3 yolks of eggs, stir, warm, and pour over the meat, garnishing with chopped parsley.

VEAL CUTLETS A LA MILANESE.

Côtelettes de Veau à la Milanaise.

1 lb. veal cutlets.		$\frac{1}{4}$ lb. macaroni.
1 clove garlic.		2 tablespoonsful tomato sauce.
2 shallots.		2 oz. clarified fat.

Cut the veal into neat cutlets, and put them in a stew-pan with the shallots, garlic and fat. When browned, draw the pan to the side of the fire, and let all cook slowly for $\frac{1}{2}$ hour. Take out the cutlets, add the tomato sauce, and simmer till reduced. Return the cutlets to the stew-pan, and stew $\frac{1}{4}$ hour. Serve in a ring of boiled macaroni.

SAVOURY VEAL CUTLETS.

$\frac{3}{4}$ lb. cold veal.		$\frac{1}{4}$ teaspoonful gravy spice (see page 81).
2 oz. smoked beef.		1 pinch of nutmeg.
2 oz. veal dripping.		1 pinch of cayenne.
4 oz. flour.		Strained juice of half a lemon.
$\frac{1}{2}$ pint good white stock.		Pepper and salt to taste.
1 teaspoonful made mustard.		Mashed potatoes.

2 boned and pounded anchovies.

Melt the dripping in a clean saucepan, stir in the flour, make into a smooth paste; add the stock and boil till it leaves the sides of the saucepan clean, then add the veal and smoked beef pounded, and all the other ingredients. Stir all well over a gentle fire, turn the mixture on to a flat dish to get cold, then shape it into cutlets. Dip them in egg and breadcrumb, and fry till a golden brown in boiling fat or oil. Drain on kitchen paper and dish round a mound of mashed potato.

VEAL CUTLETS A LA VENITIENNE.

Côtelettes de Veau à la Vénitienne.

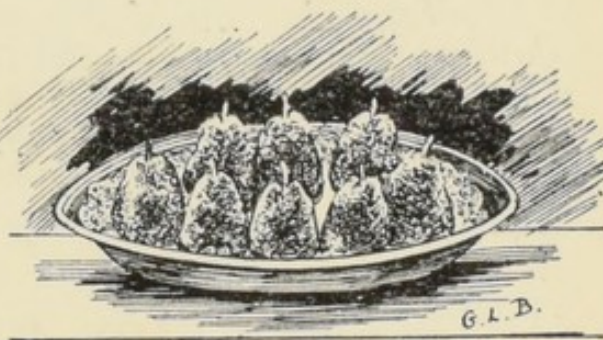
2 lbs. veal cutlet.		Truffles.
Sausage-meat.		$\frac{1}{2}$ pint good brown sauce.
Grated tongue.		Gherkins.

2 hard-boiled eggs.

Cut 2 lbs. of veal cutlet into rounds the size of a five-shilling piece, braise them and press them between two plates. Make a farce of sausage-meat, grated tongue and minced truffles, or pound some cooked calf's liver and flavour it well. Spread some



1



2



3



4

- 1.—GATEAU OF VEAL. (*Page 46.*)
- 2.—POTATO CROQUETTES. (*Page 68.*)
- 3.—COLD TOMATO ENTRÉE. (*Page 43.*)
- 4.—VOL-AU-VENT OF FISH. (*Page 21.*)

of the mixture on one side of each cutlet, heat some good brown sauce in a stew-pan, lay the cutlets in gently and let them get hot through. Arrange them on a hot dish in a circle, strain the brown sauce round them and fill the centre with strips of tongue or smoked beef, gherkins, and hard-boiled white of egg.

GATEAU OF VEAL.

Gâteau de Veau.

2 lbs. neck of veal.	1 teaspoonful chopped parsley.
1 pint stock or water.	Salt and pepper to taste.
$\frac{1}{2}$ lb. lean smoked beef.	1 hard-boiled egg.
Grated lemon peel.	Chopped aspic.
	Beetroot.

Cut up the veal, let it simmer gently in the stock or water till tender, remove the meat and boil the bones in the stock for $1\frac{1}{2}$ hours. Cut the smoked beef up into dice, mix it with the meat, seasoning, parsley and lemon rind. Cut up the egg, decorate the bottom of a plain mould with it, put in the meat, skim the fat off the stock, season it and pour it over the meat. Cover with a greased paper, bake in a slow oven for $\frac{1}{2}$ an hour; let it get cold. Turn out and decorate with chopped aspic and beetroot (see illustration, page 45).

QUENELLES OF VEAL.

Quenelles de Veau.

1 lb. fillet of veal.	$\frac{1}{2}$ pint white stock.
1 oz. dripping.	$\frac{1}{2}$ pint white sauce.
2 oz. flour.	2 eggs.
	Salt and cayenne pepper.

Make a panada by melting the dripping, adding the flour, and stirring in the stock when well mixed. Turn out on a plate to cool. Remove all fat from the veal, and pass it twice through a mincing machine, add the panada and seasoning, and pound all well together in a mortar. Mix 1 egg into it, beat all together, add another egg, mix well and rub through a wire sieve. Grease some little tins, fill them nearly to the top, cover with paper, and stand them in a saucepan, with boiling water to reach half-way up the little tins. Steam for a $\frac{1}{4}$ hour, and serve with white sauce round them. The quenelles can also be shaped with two spoons, and cooked by throwing them into boiling white stock for 10 minutes, thus poaching them.

TOURNEDOS OF VEAL.

Tournedos de Veau.

1½ lbs. veal cutlet.	2 turnips.
¼ lb. smoked beef.	Herbs.
2 onions.	1 pint stock.
2 carrots.	Tomato sauce, croûtons.

Cut the veal about 1 inch thick and 3 inches long, and lard closely with smoked beef. Slice the vegetables and arrange them with some slices of smoked beef at the bottom of the stew-pan, let them cook a few minutes, and then cover them with the stock. Lay the veal on them, cover with greased paper and close the pan. Let it simmer till tender, adding more stock if required. Place the tournedos on a baking sheet in the oven to crisp the lardoons, dish them on fried croûtons, brush over with glaze, and serve with tomato sauce.

VENETIAN STEAKS.

Bifteks à la Vénitienne.

1 lb. fillet of beef.	1 tablespoonful mixed pickles.
1 oz. dripping.	1 tablespoonful Worcester sauce
1 hard-boiled egg.	Mashed potato.
1 tablespoonful good gravy or stock.	

Cut the beef into neat fillets, heat the dripping in a sauté-pan, put the fillets in, let them cook for about 6 minutes. Make a sauce by heating the Worcester sauce, gravy, chopped egg and pickles together. On a hot dish arrange a mound of mashed potato, place the fillets on this and pour the sauce carefully round the base of the potato-mound.

M E A T S .

BRAISED BEEF A L'ESPAGNOLE.

Bœuf Braisé à l'Espagnole.

4 lbs. brisket or aitch bone.	2 oz. Scotch oatmeal.
1 lb. carrots.	Pepper, salt.
1 lb. onions.	1 blade mace.
1 lb. turnips.	Sweet herbs.
1 lb. leeks.	2 bay leaves.
2 quarts water or beef broth.	

Slice and mix all the vegetables; lay half of them in a stew-pan. Roll the meat in the oatmeal, season with pepper and salt, and place it on the vegetables. Cover with the rest of the vegetables, and pour over the water or beef broth, allowing enough to cover, and about 1 quart over. Close the pan, boil up slowly, skim, and cover up well again, and let it simmer for 4 hours. Serve the meat in the centre of a hot dish, and garnish with the vegetables. Remove the fat from the liquor, and pour the latter round the meat and vegetables.

FILLET OF BEEF A LA LOUIS XV.

Filet de Bœuf à la Louis XV.

4 or 5 lbs. fillet.	1 tablespoonful dripping.
Smoked beef for larding.	1 pint thin brown sauce.
1 wineglass sherry.	Croustade of bread.
1 carrot, turnip, and onion, all sliced.	Glaze.
	Fried potatoes.

Trim the fillet neatly, and remove the fat and sinews. Lard it lengthways with the smoked beef, which should consist principally of fat. Lay it on a baking tin with the sherry, dripping, and prepared vegetables, and bake it in a quick oven for 40 to 50 minutes, basting it constantly. Remove the fillet, pour off the fat left in the tin, and add the brown sauce. Let it simmer for a few minutes, then skim and strain it. Serve the fillet on a fried croustade, and glaze it with dissolved glaze. Garnish the dish with hot fried potatoes, and serve the sauce separately.

ROAST FILLET OF BEEF.

Filet de Bœuf en Matelote.

Fillet of beef.	Madeira sauce (see page 82).
Smoked beef.	Blanched beef marrow.
Braised ox palates (page 39).	Braised olives.
Cooked tongue.	Truffles. Mushrooms.

Trim the fillet by removing all skin and rough fat, tie the fillet up, brush over with salad oil, place a piece of fat smoked beef over it, and wrap it in an oiled paper. If the fillet weighs $2\frac{1}{2}$ lbs., roast it for 1 hour, basting it well, then remove the paper, cut the fillet crossways into neat slices, without removing them from each other, and place them carefully on a hot dish. Decorate with braised ox palates (see page 39) and slices of cooked ox tongue cut in small rounds with a cutter, slices of blanched beef marrow, braised olives, slices of truffles, and mushrooms. Pour over the fillet some boiling hot Madeira sauce (see page 82).

SPICED BEEF.

10 lbs. brisket of beef.	2 oz. saltpetre.
$\frac{1}{2}$ lb. salt.	2 oz. brown sugar.
2 oz. juniper berries.	2 oz. black pepper.
	2 oz. allspice.

Pound all the spices and seasonings together, and rub them well into the meat daily for 4 days, turning the meat well over. Boil the meat gently for 5 hours, and on removing it from the stew-pan, place it between two plates, and press it with heavy weights. Glaze it the next day, when quite cold. This meat will keep good for a fortnight.

BOILED SMOKED BEEF.

Soak the meat 12 hours; place it in a stew-pan, cover it with cold water, bring it to the boil, and simmer it 1 hour; then strain off the water, and put the meat back in the pan; cover it with fresh cold water, bring it to the boil, and allow it to simmer, reckoning 1 hour to the pound. Do not let it boil, or it will harden.

ROAST NECK OF LAMB.

Trim the lamb neatly, skewer it up to retain the shape, tie a piece of greased paper over, and roast for an hour, basting well. Remove the skewers, glaze the lamb lightly, garnish with braised carrots, and serve hot.

LAMB AND SPRUE.

Côte d'agneau avec pointes d'asperge.

1 neck or breast of lamb.	1 onion.
1 bundle sprue or asparagus.	1 sprig parsley.
Celery salt or seed.	Pepper and salt to taste.

Place the meat in a stew-pan, cover it with cold water, add the prepared sprue, or asparagus cut in 2 inch lengths, a pinch of celery salt or seed, the onion chopped, sprig of parsley, pepper and salt to taste. Let all simmer till the meat and vegetables are tender; two lumps of sugar improve the flavour. Remove the meat and vegetables, reduce the liquor a little, take any fat off, place the meat in the centre of a hot dish, pour the gravy over, and arrange the sprue round.

MOCK HARE.

5 lbs. loin of mutton.	$\frac{1}{4}$ oz. each of ground cloves,
Forcemeat or stuffing.	mace and nutmeg.
$1\frac{1}{2}$ pint stock.	2 oz. salt.
1 glass port wine.	$\frac{1}{2}$ oz. black pepper.

Remove the bones and most of the fat from the loin, and sprinkle it with the spices and seasoning. Wash them off after 24 hours, dry the meat, and cover it with the forcemeat. Roll it up tightly with tape, place it on a baking dish, and bake for 1 hour, basting it with the stock. Let it cool, remove all the fat from the gravy, thicken it with a little flour, and add the port wine. Place the meat and gravy in a stew-pan, simmer for 1 hour. Serve hot, with the gravy strained over, and hand red currant jelly.

MUTTON A L'ALLEMANDE.

Mouton à l'Allemande.

Cold mutton.	$\frac{1}{2}$ wineglassful of port wine.
1 pint stock, in which 1 shallot, carrot, turnip, celery, and peppercorns have been boiled.	1 dessertspoonful red currant jelly.
	Toasted sippets.
	Pickled walnuts.

Cut the mutton into thin slices, trim off all skin and fat, and dredge it with flour; lay it in a stew-pan, cover it with the stock, cover the pan, and let it simmer very slowly for 1 hour. Flavour the gravy with the port wine and red currant jelly before serving. Garnish the dish with the toasted sippets and pickled walnuts, and serve very hot.

GRILLED MUTTON.

Mouton Grillé.

Slices from a leg of mutton.	1 tablespoonful salad oil.
1 shallot.	Fried potato chips.
Parsley, bay leaf, thyme.	$\frac{1}{2}$ pint piquante sauce (page 84).

Cut some $1\frac{1}{2}$ inch thick slices from the thick end of a leg of mutton, season with pepper, salt, chopped shallot, parsley, bay-leaf, thyme, and a little salad oil. Let the meat remain in the seasoning for 1 hour before cooking, then grill or broil the slices for $\frac{1}{4}$ hour, and dish on a pile of fried potato chips. Serve hot with piquante sauce.

BONED LEG OR SHOULDER OF MUTTON.

Gigot Farci.

Fill up the hole from which the bone has been taken with a good veal stuffing, cut away any extra fat, bind and tie the meat up carefully with tape, and roast or bake as usual, basting continually. Remove the binding when the joint is cooked, and serve with a good thick brown gravy.

LEG OF MUTTON A LA DURAND.

Gigot à la Durand.

8 lbs. leg of mutton.	A bunch of herbs.
A seasoning of pepper, salt, mixed herbs, bay leaf, and chopped shallot.	5 fresh mushrooms.
4 oz. clarified dripping.	2 tomatoes.
2 sliced onions.	1 gill sherry or mushroom liquor.
1 sliced carrot.	1 wineglassful claret.
1 stick of celery.	$\frac{3}{4}$ pint good brown gravy or A little glaze. [stock.
	$\frac{3}{4}$ pint brown sauce.

Bone the leg of mutton, put the seasoning inside, tie the joint into as natural a shape as possible. Put the dripping and vegetables into a stew-pan, place the mutton on top, cover with a greased paper, and fry all for $\frac{1}{4}$ hour over a moderate fire. Add the wine, and let it simmer till nearly all the liquor has been absorbed, add the gravy or stock, and stand the stew-pan in the oven for $2\frac{1}{2}$ hours, basting well, and adding more gravy or stock, as required. Remove the string, and glaze the joint with warm glaze; strain the liquor from the pan, let it get cool a little, remove the fat, mix in the brown sauce, boil it up, keeping it skimmed, strain it, pour some round the joint, and serve the rest in a tureen.

LEG OF MUTTON WITH TOMATOES AND MUSHROOMS.

Gigot Garni.

8 lbs. leg of mutton.	2 oz. dripping.
1 lb. tomatoes.	1 teaspoonful flour.
$\frac{1}{2}$ lb. mushrooms.	1 gill stock or gravy.
Pepper and salt.	1 teaspoonful chopped parsley.

Roast or bake the mutton for $2\frac{1}{2}$ to 3 hours, basting well. Peel and cut the tomatoes in halves, season them, and bake them for about 12 minutes on a tin with 1 oz. dripping, cover with greased paper, and baste occasionally. Prepare the mushrooms, put them in a saucepan with 1 oz. dripping mixed with the flour, pepper, salt, and gravy, cook for $\frac{1}{4}$ hour, then remove, and sprinkle with parsley. Dish the mutton on a hot dish, garnish with tomatoes and mushrooms alternately. Serve with the gravy from the tomatoes and mushrooms.

BRAISED LOIN OF MUTTON WITH MUSHROOMS.

Longe de Mouton Braisée, aux Champignons.

3 lbs. boned loin of mutton.	2 or three cloves.
1 head of celery.	1 sprig of parsley.
Bunch of sweet herbs.	1 oz. flour.
12 button mushrooms.	1 oz. dripping.
1 small turnip.	Water; $\frac{1}{2}$ gill gravy.
1 carrot.	Pepper, salt and cayenne to taste.

Rub the meat with salt, pepper, and cayenne, roll it up, and tie with broad tape into a neat roll; cut up the vegetables, lay them at the bottom of a stew-pan with the herbs and parsley; lay the mutton on these, 3 parts cover it with water, and simmer slowly $1\frac{1}{2}$ to 2 hours; then place the mutton in a baking tin with a little gravy, and brown it in a brisk oven; strain the gravy, and skim off the fat; heat the dripping in a saucepan, add the flour, let it brown, add the gravy gradually, pepper, salt, and skinned mushrooms, boil 8 minutes. Dish the mutton with gravy strained over and mushrooms round.

SADDLE OF MUTTON A LA BOURGEOISE.

Selle de Mouton à la Bourgeoise.

A small saddle of mutton.	Carrots, turnips, onions and celery
Boned anchovies.	Bunch of parsley and herbs.
Smoked beef.	Stock and a little glaze.

Trim all unnecessary fat from the saddle, and lard it in alter-

nate rows with the anchovies and strips of smoked beef. Put a good layer of the vegetables evenly sliced in a stew-pan, add the parsley and herbs, and lay the mutton on them. Pour in enough stock to cover the vegetables. Put greased paper over the mutton, and stew slowly 2 to 3 hours. Lift it out, and brush it over with melted glaze. Strain the vegetables, and reduce the stock, strain it round the meat, and garnish with the cooked vegetables.

MUTTON STEWED WITH CELERY.

Mouton aux Céleris.

3 to 4 lbs. best end neck of mutton, or the same weight of fillet from the leg or shoulder.	2 heads celery.
1 carrot.	Seasoning.
1 turnip.	Forcemeat balls.
	Yolks of 2 eggs.
	1 dessertspoonful flour.
	Juice of half a lemon.

Place the mutton in a stew-pan, cover it with water, prepare and cut up the carrot, turnip, and celery, throw them in, season to taste, and let all stew for $1\frac{1}{4}$ hours. Strain the gravy, pour it back on the meat, return the celery, add the forcemeat balls. Let it stew for another $\frac{1}{2}$ hour. Mix the flour to a paste with the lemon juice, add a little warm gravy, and beat in the egg yolks; then pour the mixture carefully into the stew-pan, and serve as soon as all is well mixed.

MUTTON STEWED WITH LEEKS.

Mouton aux Poireaux.

Proceed as above, substituting leeks, cut in small pieces, for the celery.

ROAST SIRLOIN.

Aloyau Rôti.

12 lbs. Sirloin.

Dredge the joint well with flour, and unless it is a very fat piece of meat, put little pieces of dripping on it. Roast it before a clear fire, or in a moderate oven, reckoning 20 minutes' cooking for each pound, and 20 minutes for dishing up. The meat requires to be put nearer the fire, or in a hotter oven, for the first 10 minutes, and then to be gradually cooked at a steady heat. Baste constantly. When done, dish it up, strain off the fat from the dripping pan, add salt, pepper, a little hot water, and browning, to the brown part of the gravy, and pour it round the joint. Garnish with bunches of scraped horseradish.

STEAK STEWED WITH CHESTNUTS.

Bifteck aux Marrons.

Steak.	1 lb. chestnuts.
2 oz. dripping.	$\frac{1}{2}$ pint Espagnole sauce (page 85).
$\frac{1}{2}$ pint beef gravy or stock.	Salt and pepper.

Brown a good thick steak in beef dripping, flour it, and place it in a stew-pan, cover with good beef gravy, or stock, season with pepper and salt. Let it simmer for ten minutes, then add a pound of chestnuts, peeled, and with the inner skin scraped off. Let all simmer for $\frac{1}{2}$ an hour, and serve with Espagnole sauce.

STEAK STEWED WITH TOMATOES.

Bifteck aux Tomates.

2 lbs. steak.	1 Spanish onion.
1 lb. tomatoes.	Salt and pepper.

Cut the tomatoes and onion in slices, and put them in a stew-pan, add salt and pepper. Put in the steak, and cook till it is tender. Rub the tomatoes and onions through a sieve. Return the steak to the saucepan, pour the sauce over it, reheat, and serve.

COLLARED VEAL.

Veau Farci.

Breast of veal, chopped herbs.	Smoked tongue or smoked beef.
Mace, pepper and salt.	Chopped parsley.
Slices of cooked beetroot.	Hard-boiled eggs.

Remove the bones and gristle from a breast of veal, season well with chopped herbs, mace, pepper, and salt. Then lay on this seasoning some slices of smoked tongue or beef, slices of cooked beetroot, chopped parsley, and the yolks of hard-boiled eggs. Roll the meat, sew it up, and bind in shape with tape, which should be removed before serving. Simmer the meat for about $2\frac{1}{2}$ hours in stock, and serve with a good gravy. Or, if preferred cold, lay it between two plates with weights on; when it is a good shape, glaze it, and decorate to taste.

BRAISED FILLET OF VEAL.

Filet de Veau Braisé.

4 to 5 lbs. fillet of veal.	Bunch of sweet herbs.
Inch-long strips of fat	Parsley, stock.
1 carrot. [smoked beef.	2 blades of mace.
1 small turnip.	Pepper and salt to taste.
1 onion.	1 tablespoonful arrowroot.

Lard the top of the veal with the strips of smoked beef. Prepare the vegetables, place them in a fire-proof pan with a lid,

add the bunch of herbs, parsley, and mace, then put in the larded veal, and three parts cover with stock. Cover with a greased paper before putting on the lid. Place in a moderate oven, and let it be at simmering point for nearly 3 hours. Carefully lift the meat out, and if not brown enough, put it on a tin in a brisk oven for a short time. Meanwhile prepare the gravy as follows:—Strain the vegetables from the liquor, and take every bit of fat off it, place it in a clean saucepan, add pepper and salt to taste, and the arrowroot rubbed smooth in a little cold water, also add a small quantity of browning, if necessary. Place the meat on a hot dish, pour the gravy over it, and garnish with forcemeat balls and cut lemon.

GALANTINE OF VEAL.

Galantine de Veau.

4 lbs. boned breast of veal.	2 hard-boiled eggs.
1 lb. sausage meat.	Chopped parsley.
A few truffles and mushrooms.	Pistachio kernels.
	Salt and pepper.

Chop the truffles, mushrooms, eggs, and Pistachio kernels, mix with the sausage meat and seasoning. Lay this stuffing on the veal, roll it over in bolster shape, sew a cloth round very tightly, and boil $2\frac{1}{2}$ hours in stock. When cooked, press it between two plates with heavy weights, and then glaze and decorate when cold with aspic jelly.

WHITE FRICANDEAU OF VEAL.

Fricandean de Veau.

5 lbs. breast of veal (boned).	1 blade of mace.
Veal stuffing.	White pepper and salt to taste.
1 onion.	Yolks of 4 eggs.
1 head of celery.	Juice of 2 lemons.
Strips of smoked beef fat.	

Lard the veal with the strips of smoked beef fat, stuff it with a good veal stuffing, tie it into shape, and put it in a stew-pan with water sufficient to cover it. Add the peeled onion, mace, celery, and seasoning, and stew gently till the meat is tender (about 2 hours). Skim and strain the gravy, mix the egg yolks and lemon juice smoothly with a little gravy, then stir in the rest, pour over the meat, and garnish with forcemeat balls.

POULTRY, GAME, &c.

BREADCRUMBS FOR POULTRY, GAME, &c.

6 oz. baked and sifted breadcrumbs.

2 oz. clarified dripping.

Put the breadcrumbs in a hot tin with the dripping and bake them in a moderate oven, stirring constantly to avoid their burning. Leave them in the oven until the fat is all absorbed and the crumbs are dry and crisp. Turn them on to a paper to drain and use to garnish dish, or serve them separately on a dessert-paper.

CHICKEN IN CASSEROLE.

Poulet en Casserole.

1 Fowl.	Carrots.
2 heaped table-spoonful clarified dripping.	Salt and pepper.
2 sliced onions.	$\frac{1}{2}$ pint stock.
	Red wine.

Mushrooms.

Into a suitable sized casserole or marmite place a heaped table-spoonful of clarified dripping, heat it and brown in it 2 sliced onions, add salt and pepper, some carrots cut small, and the fowl covered with good dripping, also a gill of stock or water. Put on the cover and let it stand over the fire till the flesh has begun to colour on one side, turn it over carefully, let the other side brown, add another gill of liquor, cover and put the pan in the oven, letting it stew or simmer for an hour or more, according to size and age of the bird. About $\frac{1}{4}$ hour before serving add a little red wine and some mushrooms cut in pieces. Dish up the fowl, remove the fat from the gravy, and pour it over fowl and vegetables. If the fowl is served in the dish in which it was cooked, cut it up before cooking and tie it together again with string.

ROAST CHICKEN WITH WATERCRESS.

Poulet Rôti.

Have a fowl trussed for roasting, rub it over with clarified fat and roast it in front of a brisk clear fire, or bake it in the

oven for 30 minutes. Remove any string and skewers, place it on a hot dish and garnish with watercress that has been picked clean and the water shaken from it and then dipped in a mixture of salad oil, tarragon vinegar and salt. Serve with gravy and bread sauce (page 78).

Capons are cooked in the same manner, allowing longer time for roasting, according to size.

ROAST DUCK. APPLE SAUCE.

Canard Rôti.

Have a duck trussed for roasting, stuff it with sage and onions, rub it well with clarified fat and roast before a clear fire for 30 minutes, basting well all the time. Garnish with *compote of apples*, made as follows:—Peel a pound of apples, cut them in small pieces, quarter shapes, trim them round and boil them in syrup till they are spongy, but not broken.

SALMIS OF DUCK.

Salmi de Canard.

1 roasted stuffed duck or cold	Fried croûtons.
Brown stock. [duck.	2 sprigs of mint.
Stoned olives.	1 lump of sugar.
1 onion.	1½ pints shelled peas.

Cut the duck into joints and slices, and put the bones and carcase into the brown stock. Add the sliced onion, mint, sugar and the duck, and simmer all for $\frac{1}{2}$ hour. Boil the peas with a sprig of mint, and add them to the duck 10 minutes before serving. Place the duck in the centre of a hot dish, pour the gravy and peas round, and decorate with fried croûtons, the cut up stuffing and stoned olives.

BOILED FOWL WITH SAUCE.

Poulet Bouilli.

1 fowl.	1 onion sliced.
1 slice smoked beef.	1 bunch of herbs.
1 lemon.	A few peppercorns.
Salt.	White sauce (page 87).

1 onion stuck with cloves.

Have a fowl trussed for boiling, place a piece of fat smoked beef on the breast, and rub the fowl over with lemon juice. Put it in a stew-pan with enough boiling water to cover it, an onion

stuck with cloves and a sliced onion, a bunch of herbs, a few peppercorns, and a pinch of salt. Let it simmer gently on the side of the stove for $1\frac{1}{4}$ or $1\frac{1}{2}$ hours, place on a hot dish, remove the strings and skewers and pour a good white sauce over it.

CURRIED FOWL.

Kari de Poulet.

1 fowl (or cold chicken).	1 tablespoonful flour.
2 onions.	2 oz. dripping.
3 apples. [der.	Worcester sauce.
2 tablespoonsful curry pow-	Rice.

Cut the fowl into small pieces, place it in cold water, and stew it gently until tender. (Or cut up the cold chicken.) Melt the dripping, fry the cut up onions, add the apples, finely chopped. When all is browned, add the curry powder, flour and Worcester sauce, stir well over the fire, and then add the fowl and some of the liquor. Let it simmer by the side of the fire. Serve in a border of boiled rice.

DARIOLES OF POULTRY OR GAME.

6 oz. minced game or poultry.	Chopped tongue.
1 gill brown sauce.	Truffles and mushroom.
1 tablespoonful breadcrumbs.	Salt and pepper.
1 egg.	Brown sauce (page 78).

A little wine and red currant jelly.

Well grease 8 small dariole moulds, and sprinkle 4 with the chopped tongue, and 4 with the truffles or mushroom. Mix the other ingredients well together, season it, and fill the lined moulds. Cover with greased paper and steam for 15 to 20 minutes. Serve with brown sauce, flavoured with red currant jelly and a little wine.

GIBLET PIE.

Prepare the giblets in the same way as for *giblet stew*, place them in a pie-dish, let them get cold, cover with puff pastry, and proceed as for *pigeon pie*.

ROAST GOOSE. APPLE SAUCE.

Oie Rôtie.

1 goose.	Clarified fat.
Sage and onions (page 60).	Brown sauce.
Apple sauce (page 77).	

Have a goose trussed for roasting, stuff it with sage and

onions, and fasten it up with a skewer or string; rub it well over with clarified fat, wrap it in a greased paper and put it to roast or bake for $\frac{3}{4}$ hour or more, according to size. Place it on a hot dish, remove the paper, skewers and strings, and serve with some thin brown sauce and compote of apples or apple sauce.

ROAST PHEASANT WITH WATERCRESS.

Faisan Rôti.

The birds should hang in a cold, dry and airy place about 4 days. Truss them for roasting, tie a piece of fat smoked beef over the breast and roast in front of a quick fire for 20 minutes, basting thoroughly the whole time, but specially at the beginning. Serve on croûtons, garnish with watercress and browned breadcrumbs, hand bread sauce, and gravy prepared from game bones.

ROAST BORDEAUX PIGEONS.

Pigeons Rôtis.

Have the birds trussed for roasting, place a piece of fat smoked beef on the breast of each and roast for 15 minutes, basting frequently. Remove the strings and skewers and the smoked beef and brown the birds in front of the fire, replace the smoked beef and dish each bird on a fried croûton, garnish with watercress and serve with Espagnole or piquante sauce.

ROAST QUAILS.

Cailles Rôties.

Quails are cooked in the same way, only they need not be roasted quite so long.

PIGEON AND BEEFSTEAK PIE.

4 pigeons.	Salt and pepper.
1 lb. fillet of beef or rump steak.	1 tablespoonful flour.
A seasoning of chopped bay leaf and shallot.	1 pint good gravy.
Thyme.	4 hard-boiled eggs.
Parsley.	$\frac{1}{4}$ lb. button mushrooms.
	Puff pastry.
	1 egg.

Cut each pigeon into 4 pieces, cut the meat in little square pieces, put all into a greased sauté-pan with the seasoning, and

fry for 10 minutes. Mix in the flour, put all in a pie-dish, fill up with gravy and garnish with hard-boiled eggs and button mushrooms. Cover with puff paste, glaze with whole beaten up egg, decorate with pastry leaves, and the pigeon's feet, make a hole in middle and bake in a moderate oven for 2 hours.

PIGEONS IN CASSEROLE.

Prepared in exactly the same way as chickens, but will not take quite so long to cook.

SAGE AND ONION STUFFING.

$\frac{1}{2}$ lb. onions.	2 tablespoonsful breadcrumbs.
1 dessertspoonful sage.	1 oz. suet.
Salt and pepper.	

Scald the onions by placing them in boiling water for 5 minutes, chop them finely, mix them with the breadcrumbs, sage, chopped suet, pepper and salt.

BOILED TURKEY.

Dindon au Céleri.

1 small turkey.	Salt, pepper.
2 heads celery.	Nutmeg, mace, cloves.
1 lb. sausage-meat.	A few slices fat smoked beef.
1 breakfastcupful bread-crumbs.	1 lemon.
1 dessertspoonful chopped parsley.	1 leek.
	2 onions.
	1 carrot.
Stock.	

Prepare the celery stuffing as follows:—Stew one head of celery till tender, and chop it finely. Add the sausage-meat, breadcrumbs, parsley, pepper and salt and a grate of nutmeg. Stuff the turkey's crop with this farce, and cover the breast with the slices of smoked beef, after having rubbed the bird with a slice of lemon. Wrap it in a piece of well floured muslin and place it in a stew-pan with 2 onions (one stuck with cloves), the leek, and a head of celery cut into lengths and tied up together, a carrot and a blade of mace. Cover it with hot stock, let it boil up, skim it, and then simmer it gently for 2 hours. Serve with celery sauce (page 79).

ROAST TURKEY.—CHESTNUT STUFFING.

Dinde Rôtie Farcie.

1 turkey.	Smoked beef.
1 lb. chestnuts.	Salt and pepper.
Stock.	2 oz. breadcrumbs.
1 oz. clarified dripping.	2 egg yolks.
	$\frac{1}{2}$ lemon.

Blanch and peel 1 lb. of chestnuts, boil them for about 20 minutes or till tender in good stock, then pound them in a mortar with the liver of the bird and a tablespoonful of finely minced smoked beef, the breadcrumbs, 1 oz. clarified dripping, the yolks of 2 eggs, salt and pepper to taste, and the grated rind of half a lemon. Have a turkey trussed for roasting, stuff the body of the bird with ordinary veal stuffing and the crop with the above chestnut stuffing. Cover the breast of the bird with thin slices of fat smoked beef and roast about $1\frac{1}{4}$ hours for a medium-sized bird, keeping it well basted.

ROAST HAUNCH OF VENISON.

Venaison rôtie.

Have a haunch of venison that has been hung 14 or 21 days, saw off the knuckle and rub it over with clarified fat. Wrap it in a well greased paper, cover the paper over with a stiff, cold water paste and cover the paste with another greased paper. Tie the haunch over with string to keep the paste together, place the meat before a good clear fire or in a moderately heated oven and cook for $4\frac{1}{2}$ to 5 hours, keeping it well basted. Half an hour before serving remove the papers and paste, dust the haunch with sifted flour, put it down again to get quite brown, basting well. Serve on a hot dish with clear gravy or brown sauce and hot red currant jelly in a tureen.

VEGETABLES.

ARTICHOKE BOTTOMS A LA PRINCESSE.

Fonds d'Artichauts à la Princesse.

Season some cooked artichoke bottoms with a little salad oil, chopped tarragon and chervil and a little tarragon vinegar; place inside each a thin slice of tomato similarly seasoned and arrange round the tomato small rounds of cooked chicken, tongue and cucumber. Set these with a little aspic and in the centre of each place some Tartare sauce. Dish up on rounds of tomato aspic.

GLOBE ARTICHOKEs.

Artichauts.

Place them in hot water, bring to the boil, then simmer from 30 to 45 minutes, or till the leaves can be drawn off easily. They can be served hot as a vegetable or cold as a salad.

STEWED GLOBE ARTICHOKEs.

Artichauts à l'Espagnole.

Cut the artichokes into quarters, scrape out the inside and trim the leaves about half. Fry the pieces in oil with a shallot chopped fine, until it is all a light brown, season with pepper and salt. Add bones or pieces of cold meat and enough good stock to cover, and let them stew till tender. Take out the pieces of artichoke and strain the sauce over them in the dish. The sauce should be thick and dark brown. Take the lid off the stew-pan some time before serving to let it boil down, otherwise the sauce will be thin and watery.

ASPARAGUS.

Asperges en Branches.

Clean the asparagus and trim it evenly, tie it into a bundle with tape, and leave it in cold water to get firm before boiling. Wrap it in a piece of muslin to save the heads from being broken,

put it into boiling water in a good-sized saucepan with a little salt and cook from 25 to 30 minutes. Dish it up on a slice of dry hot toast and serve with Hollandaise or Vinaigrette sauce or simply oiled butter. The sauce to be served in a separate tureen.

STEWED ASPARAGUS.

Asperges étuvées.

1 bundle asparagus.		Salt, pepper, and a grate of
White sauce.		nutmeg.

Clean the asparagus, scrape the stalks carefully, and remove all stringy fibres. Cut them into short lengths and put them into a stew-pan with sufficient thin white sauce over them to cover the pieces. Cook very slowly until tender; season with salt, pepper and a grate of nutmeg. Stir them gently occasionally to prevent them from burning. Serve hot.

AUBERGINES (EGG PLANTS) WITH ANCHOVIES.

Aubergines aux Anchois.

Remove the stems from some aubergines, split them in halves and cut the inside of each half in 4 or 5 places lengthways; season these spaces with pepper, salt, chopped shallot and parsley. Steep some neat fillets of anchovy in olive oil, then place one in each incision, brush the aubergines over with oil, sprinkle the top with browned breadcrumbs, and place them on a greased tin in the oven for about 20 minutes. Place on a hot dish and garnish with parsley.

FRIED AUBERGINES.

Aubergines frites.

4 aubergines.		Egg.
Salt.		Breadcrumbs.
		Frying fat.

Peel and slice the aubergines lengthways, scoring the inside across and across. Dust them with salt and leave them on a drainer; press them in a clean cloth to extract the bitter juice before cooking them. Fry in boiling fat; or egg, breadcrumb and fry them. Or, if preferred, they can be dipped in frying batter and fried a golden brown. Drain on kitchen paper and serve hot.

AUBERGINES A LA LANGUEDOC.

Cut the vegetables open lengthways, remove all the seeds, cut the slices into neat pieces, sprinkle over them salt, pepper, and a very little nutmeg, also a few fine raspings. Pour over them some good salad oil and broil them for a few minutes over a clear fire.

BROAD BEANS.

Fèves Fraîches.

Shell the beans and throw them into a saucepan of boiling water, to which a little salt has been added. Boil till tender, drain and serve with white sauce.

FRENCH BEANS.

Haricots Verts.

String and cut them into long strips. Place them in a pan with plenty of boiling water, and a little salt. Boil till tender (15 to 20 minutes), and when done, drain and shake them in the pan till dry. Add a little pepper and a small piece of dripping. Serve very hot. Any cold French beans left over can be served as a salad, dressed with oil and vinegar.

BOILED BEETROOTS.

Betteraves Chaudes.

Well wash some young beetroots, being careful not to break the skin. Put them into fast boiling water and boil for 1 hour. Take them out carefully, peel quickly and cut them into thin slices. Melt a small piece of clarified dripping (or butter) in a saucepan, and place the sliced beetroot in. Shake it over a gentle fire till quite hot, and serve in a hot dish, garnished with little tufts of boiled cauliflower, or as an accompaniment to grilled steak.

BRUSSELS SPROUTS AND CHESTNUTS.

Choux de Bruxelles et Marrons.

1 lb. sprouts.

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

1 oz. dripping.

Salt and pepper.

Trim and wash the sprouts and stand them in cold salt and water. Peel and skin the chestnuts. Boil them separately in hot water with a little salt. Drain them, mix them together, add the dripping, reheat and serve.

STEWED RED CABBAGE.

Choux Rouges Etués.

1 red cabbage.		$\frac{1}{2}$ teaspoonful pepper.
1 apple (sour).		1 dessertspoonful castor sugar.
2 oz. dripping.		1 tablespoonful vinegar, or 2 of
1 teaspoonful salt.		sour wine.

Remove the outer leaves of the cabbage, and shred the rest finely. Put it in a big basin, cover with boiling water and let it stand 1 hour. Strain off the water, put the cabbage into a saucepan, with the apple cut up, the dripping, salt, pepper and sugar and the vinegar or sour wine. It is best cooked in an earthenware saucepan. Stew it slowly from 1 to $1\frac{1}{2}$ hours, stirring occasionally.

CARDOONS.

Cardons Etués.

Parboil for 15 minutes, throw into cold water and leave till cold, then rinse and drain them, and stew them gently in stock for an hour or till perfectly tender.

CARROTS AND GREEN PEAS A L'ALLEMANDE.

Carottes et Petits Pois à l'Allemande.

1 quart green peas.		1 dessertspoonful flour.
1 bunch young carrots.		1 teaspoonful castor sugar.
2 oz. dripping.		$\frac{1}{2}$ pint stock.
Salt and pepper.		

Shell, wash and drain the peas, scrape and cut up the carrots. Melt the dripping in an enamelled stew-pan, put in the peas, broil for a few minutes and add the carrots. Sprinkle them with the flour, add the sugar, salt and pepper, and stir gently till the flour is cooked but not browned. Moisten it with the stock, stir till it boils and then let it simmer gently for $\frac{1}{2}$ an hour or till the vegetables are done. More stock can be added if too dry.

CARROTS AU JUS.

Carottes au Jus.

Scrape the carrots carefully and cut in thick slices. Place them in sufficient water to cover them, and stew till tender. Then evaporate the water till only half remains. Add a piece

of dripping, flour, pepper and salt, and toss the carrots gently in the pan till they are coated with their own thickened juice. Serve hot.

CAULIFLOWER A LA VARENNE.

Choufleur à la Varenne.

Trim a cauliflower and place it in salt and water for 1 hour; then put it in a saucepan of cold water with a pinch of salt, bring it to the boil, rinse the cauliflower and put it again in boiling water seasoned with salt to boil till tender. Cut it in pieces, place it in the centre of a hot dish, pour parsley sauce over and garnish with braised carrots or a macédoine of vegetables, placing the cut up stalks of the cauliflower in the centre.

CAULIFLOWER FRITTERS.

Choufleur en Beignets.

1 Cauliflower. | Frying batter and oil.
Grated cheese if liked.

Boil a cauliflower, drain it, break it up into neat pieces, dip these into frying batter and fry in boiling oil till a golden brown. Drain them on kitchen paper, sprinkle with grated cheese, if liked, and dish in a pyramid on a dessert-paper.

FRIED CELERIAC.

Cèleri-rave Frit.

Peel the celeriac, boil it for 45 minutes (it must be put on in hot water), drain it and let it get cold. Cut it up in slices and fry in boiling fat.

CELERIAC IN WHITE SAUCE.

Cèleri-rave, Sauce Blanche.

Boil the celeriac as above, drain it, cut it in slices and pour white sauce over it.

FRIED CELERY.

Cèleris Frits.

Well wash a head of celery, cut the white pieces into lengths of about 4 inches, sprinkle them with salt and pepper, dip them into beaten egg, toss them in breadcrumbs and fry quickly in boiling fat or oil; drain on kitchen paper and serve.

STEWED CELERY.*Céleris Etuvés.*

4 celery heads well washed and salted.	A little bit of onion and parsley
8 or 9 white peppercorns.	1 oz. flour.
1 blade of mace.	1 oz. dripping.
A few cloves.	$\frac{1}{2}$ pint white stock or water.
	Pepper and salt.

Put the celery into cold water and let it come gradually to the boil, as this process blanches it. Skim it carefully and boil till tender.

For the *sauce*, melt the dripping, stir in the flour, add the spices, onion, stock or water, and seasoning. Boil well, stir and strain over the celery before serving.

CHESTNUT VEGETABLE.

2 lbs. chestnuts.	1 tablespoonful finely chopped
$\frac{3}{4}$ pint thick brown gravy.	mushrooms.
1 oz. smoked beef.	

Peel off the hard outside skin of the chestnuts and put the nuts into boiling water for a few minutes. Remove the thin inside skin and boil the nuts till tender in salted water, about $\frac{1}{2}$ an hour, then drain them. Cut the smoked beef into tiny dice, cook them and the chopped mushrooms in the thick gravy, toss the chestnuts in this sauce, pile them high in a dish and serve hot.

BOILED ENDIVE.*Endives.*

Parboil sharply in salted water for 20 minutes, then drain, rinse, dry, chop, and stew or simmer for 20 to 30 minutes in stock.

LETTUCE.*Laitue Bouillie.*

Prepare it just like endive, or it can be stewed whole for 1 hour in good stock.

STEWED LEEKS.*Poireaux Etuvés.*

Trim, peel and clean the leeks, cutting off most of the green part, and lay them in water for about 1 hour. Cook them in

boiling water, and a little salt for 20 to 30 minutes. Drain from the water, and dish them up, covering them with white sauce, well flavoured with salt and cayenne.

BOILED GREEN PEAS.

Petits Pois.

Shell the peas just before they are required. Put them into a saucepan with just enough boiling water to cover them, a sprig of mint, a little salt, and 1 teaspoonful sugar. Boil them till tender (about 15 to 20 minutes) with the lid off the saucepan. When done, drain, add a little pepper, and a small piece of clarified dripping, and serve at once.

POTATO CROQUETTES.

Croquettes aux Pommes de Terre.

Cook 1 lb. potatoes, and when they are quite dry, pass them through a fine wire sieve, mix with them 1 oz. clarified fat, a pinch of salt and of white pepper, and 2 raw yolks of eggs. Mix all into a paste and let it get cold, roll out with a little flour and form into the shapes of small pears. Dip them in egg and breadcrumb and fry in boiling fat or oil till a good golden colour; drain on paper, stick in each a bit of parsley stalk and serve hot on a dish-paper (see illustration, page 45).

POTATO LOAVES.

Petits Pains de Pommes de Terre.

1 lb. mashed potato.

2 eggs.

1 oz. dripping.

Salt and pepper.

Melt the clarified dripping and mix it with the potatoes. Add 1 egg beaten, and a little pepper and salt. Form the mixture into little cottage loaves, brush over with beaten egg, place on a baking tin and bake a golden brown.

POTATOES A LA LYONNAISE.

Pommes de Terre à la Lyonnaise.

1 onion.

Cold potatoes.

Minced parsley.

Dripping.

Salt and pepper.

Mince the onion, and fry it in hot dripping. Add cold sliced potatoes and stir them till they are cooked. Add a little minced parsley, pepper and salt, and serve very hot.

BOILED NEW POTATOES.*Pommes de Terre Nouvelles.*

Wash the potatoes and drop them into cold water till ready. Put them into a saucepan of boiling water containing a sprig of mint and a little salt. Boil them slowly 15 to 30 minutes, or until they are tender. Drain off the water, and peel the potatoes. Return them to a clean saucepan with a small bit of clarified dripping, heat and sprinkle with chopped parsley when dishing up.

POTATO RIBBONS.*Pommes de Terre en Ruban.*

4 large potatoes. | Frying fat.
Salt and pepper.

Peel the potatoes, and cut them in fine shavings round and round the potato, as if peeling them in ribbons of equal length. Throw the shavings into a frying pan with boiling fat, and fry a golden brown. Move them constantly with a silver fork to keep the pieces separate. Drain them and pile lightly on a dish, sprinkle with pepper and salt and serve hot.

POTATO STRAWS.*Pailles de Pommes de Terre.*

Peel the potatoes and shred them in lengths of about 3 inches long and $\frac{1}{8}$ of an inch thick, keep them in salt and water till ready to cook, dry them in a cloth and put them in a frying basket in hot fat or oil till tender. Remove the basket from the fat and stand it on a plate to drain; boil the fat or oil again, and when quite boiling, put the basket in for about a minute to crisp the potatoes, moving the basket about all the time. Serve with a little finely chopped parsley and a pinch of salt.

SAUTÉE POTATOES.*Pommes de Terre Sautées.*

Cut cold boiled potatoes in slices about $\frac{1}{4}$ of an inch thick and then in rounds with a plain cutter. Heat some clarified fat in a sauté-pan, put in the potatoes, and fry them golden brown on each side; drain them, sprinkle with chopped parsley and a pinch of salt. Serve hot.

SALSIFY.

Scrape it and wash it in water containing a little lemon juice, throw it into boiling salted water, boil quickly from $\frac{3}{4}$ to 1 hour, or until tender; drain. Serve on toast with white sauce.

FRIED SALSIFY.

Egg and breadcrumb some plain boiled salsify, fry it in smoking hot fat till a delicate brown, drain on kitchen paper. Garnish with fried parsley.

SALSIFY IN BATTER.

Dip plain boiled salsify in frying batter, fry to a light brown in smoking hot fat, drain on kitchen paper. Garnish with fried parsley.

SEAKALE.

Put it on in boiling salted water containing a little lemon juice. Simmer from 30 to 40 minutes. If overboiled, seakale hardens and toughens.

BOILED SPINACH.

Epinards.

3 lbs. spinach.

1 oz. clarified dripping.
2 hard-boiled eggs.

Pick the spinach and wash it in plenty of water; drain it and put it in a saucepan with a tiny piece of soda and a teaspoonful of salt, adding *no* water. Cook it quickly with the lid off for about $\frac{1}{4}$ hour, until quite tender. Drain it, press out all the water, and rub the spinach through a sieve or chop it very finely. Melt the dripping, add it to the spinach, season with pepper and salt and stir it over the fire till it is hot, but do not boil it again or the colour will be spoilt. Garnish it with quarters of hard-boiled egg. *Watercress* makes an excellent hot vegetable when cooked like spinach.

MACÉDOINE OF VEGETABLES.

Macédoine de Légumes.

Clean and boil 2 or 3 carrots, turnips, 1 cauliflower, a few Brussels sprouts. Boil also a few peas, and French beans, and asparagus. Cut the carrots and turnips into fancy shapes, the French beans into diamonds, and use only the tips of the asparagus, and the flower pieces of the cauliflower. Drain all well and put all into a sauté-pan with 2 tablespoonsful thick white sauce, pepper, salt and a teaspoonful castor sugar. Toss the macédoine lightly over the fire and serve hot.

SALADS.

SALAD A L'ALLEMANDE.

Salade à l'Allemande.

Break some well washed crisp lettuce leaves or endive into little pieces, dry them. Cut some celery, cooked beetroot and peeled cucumber in Julienne strips, keeping the celery in cold water till crisp. Cut into strips some cold cooked chicken or other poultry, some filleted anchovies and Spanish olives. Place all these in a salad bowl, season with pepper, salt, chopped shallot, tarragon and chervil, pour over the whole some stiff Mayonnaise and garnish with a few shreds of red chillies and gherkins, also some sieved hard-boiled yolk of egg and little strips of beetroot.

FRENCH BEAN SALAD.

Salade de Haricots Verts.

Trim some French beans, throw them into plenty of fast boiling water, add a tiny bit of soda, and let them boil uncovered till done. Drain them and throw them in a basinful of cold water, drain them again thoroughly, and place them in a dry cloth. Prepare a salad dressing of three parts of oil to one part of vinegar, add a little mustard, pepper and salt to taste. Toss the beans in this, place them in a salad bowl, add a sprinkling of chopped parsley or chervil and garnish with quarters of hard-boiled eggs.

FRENCH BEAN AND TOMATO SALAD.

Salade aux Haricots Verts et Tomates.

1 lb. tomatoes.	Watercress.
1 lb. boiled French beans.	Dressing of oil.
Chopped parsley.	Lemon juice.
Spring onions.	Salt and pepper.

Dip the tomatoes in scalding water, remove the skins, slice them and season them. Season the French beans, and arrange all on a dish, sprinkle with chopped parsley and garnish with tiny spring onions and picked watercress.

WHITE CABBAGE SALAD.

Salade aux Choux Blancs.

1 firm hard white cabbage.		Vinegar.
Oil.		Salt, pepper.

Remove the outer leaves of the cabbage, wash it thoroughly and shred it finely with a sharp knife. Mix with it a proper proportion of oil, vinegar, salt and pepper, turn it over a few times till well mixed, and serve.

Red cabbage salad is made in the same way.

CHICKEN SALAD A L'AMÉRICAINNE.

Salade de Volaille à l'Américaine.

2 heads of celery.		Mayonnaise sauce.
Cold boiled chicken.		Salt and pepper.

Chop the celery into neat cubes, season with salt and pepper, and place in a bowl. Cut up all the white meat of a chicken, which has been allowed to get cold in the liquor in which it was boiled, chop it roughly, and pile it in the centre of the bowl. Pour a good Mayonnaise sauce over it.

CELERY SALAD.

Salade de Céleri.

Take the white parts from two heads of celery, cut them into 1-inch lengths, place these in a salad bowl and add to them the whites of three eggs cut into neat pieces, add also a teaspoonful of finely minced shallot, a teaspoonful of chopped parsley, a teaspoonful of capers and a gill of Mayonnaise sauce. Mix thoroughly, then add the yolks of the eggs rubbed through a wire sieve; garnish with filleted anchovies and some turned Spanish olives. If liked, a little thinly sliced beetroot may be added.

CELERY AND TOMATO SALAD.

Salade de Tomates et Céleri.

2 heads white celery.		Vinegar.
4 tomatoes.		Tarragon and chervil.
Oil.		Pepper and salt.

Wash and clean the celery, and cut it into fine strips. Slice the tomatoes and lay the vegetables in alternate layers in a

salad bowl. Make a dressing of the oil and vinegar, to which chopped tarragon, chervil, and pepper and salt are added. Pour the dressing over the salad, garnish with slices of hard-boiled egg, and serve.

COUNTRY SALAD.

Salade à la Paysanne.

Oil and vinegar dressing.	Cold boiled sliced potatoes.
Pickled red cabbage.	Cold boiled sliced celery root.
Pepper and salt to taste.	

Toss the pickled cabbage, potatoes and celery root in the dressing, and season to taste.

SALAD A LA DUMAS.

Salade à la Dumas.

3 potatoes, boiled.	1 hard-boiled egg.
2 tomatoes.	1 tablespoonful Tartare sauce.
1 lettuce.	1 dessertspoonful salad oil.
1 small beetroot.	1 dessertspoonful anchovy
1 gherkin.	essence.
1 dessertspoonful vinegar.	

Thin the Tartare sauce (Mayonnaise with chopped gherkin added) with the oil and vinegar, and stir in the vegetables, which must be cut in long cubes, reserving a few to sprinkle on the top. Put the white heart of a lettuce in the centre of the dish, the vegetables coated in sauce, round it, and decorate with plain vegetables and shredded white of egg.

SALAD A L'ESTRAGON.

Salade à l'Estragon.

Cut up some celery into inch lengths, then into shreds, keep it in water till crisp; cut some peeled radishes, cucumbers and tomatoes in the same way and put some leaves of tarragon and chervil in cold water till required. Have some salsify, cleaned, cut in inch lengths and cooked till tender, or some cooked artichoke bottoms; drain on a sieve. Toss them in a mixture of salad oil and tarragon vinegar; pile them up in the centre of a dish, season the other vegetables similarly, and arrange them round the salsify to form a border, pour iced tomato Mayonnaise round the base and sprinkle all over with chopped tarragon, chervil and shallot.

Tomato Mayonnaise: Mix together one large tablespoonful of tomato sauce, the same of Mayonnaise, and a little more than a gill of aspic jelly, pass through a tammy, and set on ice.

HERRING SALAD.

Salade d'Hareng.

Cold boiled waxy potatoes.	Cooked beetroot.
2 Dutch herrings.	Onion pickle.
6 anchovies, boned.	Parsley.
1 apple.	2 hard-boiled eggs.
6 olives.	2 tablespoonsful white vinegar.
Capers.	2 tablespoonsful salad oil.

Cut up the herrings, potatoes, anchovies, apple, beetroot and onion pickle very finely and mix well together with the oil and vinegar. Garnish the dish with chopped egg, parsley and beetroot.

JERUSALEM ARTICHOKE SALAD.

Salade aux Topinambours.

Peel some artichokes, throw them into cold water with a little lemon juice in it. Boil them carefully but do not overcook them. Drain them, and, when cold, cut them into thin slices and arrange them in a salad bowl, previously rubbed with a shallot. Make a dressing of 7 tablespoonsful oil and 1 dessert-spoonful of vinegar, $\frac{1}{2}$ a teaspoonful of mustard, a little pepper and salt. When well mixed, pour it gradually over the sliced artichokes, and sprinkle them with finely chopped tarragon or parsley. Keep the salad covered till wanted, and serve as soon as possible.

MUSHROOM SALAD.

Salade de Champignons.

$\frac{1}{2}$ lb. mushrooms.	Chopped parsley.
2 tablespoonsful salad oil.	1 shallot.
2 slices peeled lemon.	Pepper and salt to taste.

Oil and vinegar to taste.

Peel the mushrooms, chop them into dice, place them in a stew-pan with the salad oil and slices of lemon, let them simmer till cooked; let them get cold. Make a dressing of oil and vinegar à la Française, toss the mushrooms, parsley, and chopped shallot in it, season with pepper and salt, and serve.

POTATO SALAD.

Salade de Pommes de Terre.

Peel the potatoes, cut them into small dice sufficient to fill a pint measure; put them in a saucepan with enough cold water to cover them and a pinch of salt, boil till tender, but do not let them break. Strain off and let cool. Mix in a basin one large tablespoonful of Mayonnaise sauce, a teaspoonful of tarragon vinegar, a good pinch of salt, a teaspoonful chopped tarragon and chervil. Add the potatoes, mix and turn into a dish. Garnish with tomatoes, peeled and cut in small square pieces.

SARDINE SALADE EN MAYONNAISE.

1 lettuce.	1 cucumber.
2 or 3 spring onions.	2 hard-boiled eggs.
1 tomato, tarragon and chervil.	Boned sardines.
	Mayonnaise sauce.

Well wash, drain and break up a lettuce, chop up the onions and place them both in a salad bowl with sliced tomato and cucumber. Pour Mayonnaise sauce over all, and stir well together. Garnish with quarters of hard-boiled eggs, sardines and a sprinkling of chopped tarragon and chervil. This salad can be served *en vinaigrette*, by using that sauce instead of Mayonnaise.

SPRING SALAD.

Salade Printanière.

1 head of celery, blanched, and cut in dice.	Twice as much small pink radishes in dice, or pickled red cabbage.
3 times as much peeled and sliced cucumber.	1 tablespoonful made mustard.
The same of uncooked artichoke bottoms, minced.	2 tablespoonsful good vinegar.
A pinch of pepper, $\frac{1}{2}$ teaspoonful minced chervil.	8 tablespoonsful good salad oil.

Let the celery, cucumber and artichokes stand for 2 hours sprinkled with salt, then add the radishes or pickled red cabbage. Rub the mustard smooth with the vinegar, add the salad oil, pepper and chervil. Drain the vegetables and mix them thoroughly with the sauce and seasoning and serve in a salad bowl.

SWEDISH SALAD.

Salade Suédoise.

Oil and vinegar dressing.	Filleted anchovies.
2 pickled Dutch herrings filleted.	1 sour apple cut in dice.
Flaked lax.	4 chopped gherkins.
4 cold boiled potatoes sliced.	Chopped tarragon, chervil and shallot to taste.

Stoned olives.

Toss the herrings, lax, potatoes, apple and gherkins in the dressing, sprinkle them with the tarragon, chervil and shallot, garnish with stoned olives and filleted anchovies.

TOMATO JELLY (SALAD).

Salade de Tomates en Aspic.

Tomatoes.	Walnuts.
Isinglass.	A little onion.
Celery.	Mayonnaise sauce.

Boil the pulp of fresh or preserved tomatoes, strain it through muslin, add seasoning and spice. Use soaked isinglass in the proportion of $\frac{1}{4}$ oz. to 1 pint of liquid. Boil all for a few minutes, and pour it into a pipe mould to set. Turn it out carefully and fill the hollow in the centre with shredded white celery, a small quantity of very finely minced onion and some chopped walnuts. Pour a little Mayonnaise sauce over and serve.

WHITE WINTER SALAD.

Salade Blanche.

Cooked potatoes.	Haricot beans.
Jerusalem artichokes.	1 head white celery.
Cauliflowers.	1 small onion.

Mayonnaise sauce.

Mince the onion very finely, and cut the potatoes and artichokes into slices, and the cauliflower into sprigs. Chop the celery. Arrange all the vegetables in a salad bowl, season with pepper and salt, and dress it with Mayonnaise sauce. Garnish it with tufts of celery foliage.

SAUCES.

ANCHOVY SAUCE.

Sauce aux Anchois.

2 oz. butter.		3 anchovies, or 2 dessert-
1½ oz. flour.		spoonsful anchovy essence.
¾ pint milk.		2 tablespoonsful cream.

A few drops of lemon juice.

Melt the butter, stir in the flour, add the milk, boil up, add seasoning, lemon juice, cream, anchovies pounded (or the essence), tammy, reheat, and serve.

APPLE SAUCE.

Compote de Pommes.

1 lb. good cooking apples.		1 teaspoonful lemon juice.
1 oz. brown sugar.		1 wineglassful claret, if liked.

Water.

Peel, core, and quarter the apples, and put them into a saucepan with just sufficient water to keep them from burning. Add a little sugar and lemon juice. (A wineglass of claret is considered a great improvement.) Rub it through a sieve, reheat, and serve.

BÉCHAMEL SAUCE A LA CRÈME.

Sauce Béchamel.

1 oz. butter.		¼ pint cream.
1 oz. flour.		1 small onion.
½ pint milk.		Herbs.

Salt.

Melt the butter, stir in the flour, add the milk, the cut-up onion, herbs, and salt. Simmer for 10 minutes, pass through a fine sieve or tammy, reheat, stir in the cream, and serve.

For meats this sauce can be made with clarified dripping, and white stock, but it would not be of the correct white colour.

BRANDY SAUCE.

Sauce à l'Eau-de-Vie.

2 oz. castor sugar.		2 tablespoonsful brandy.
$\frac{1}{4}$ pint water.		1 egg.

Boil the sugar and water together, then add the brandy. Remove to the side of the fire, and add the egg, previously well beaten. It must not boil, but should be stirred over the fire till it is frothy.

BREAD SAUCE.

$\frac{1}{2}$ pint of clear stock.		1 dessertspoonful fat.
Crumb of a stale roll.		Salt.
1 small onion.		Cayenne.

A pinch of ground mace.

Soak the roll in water, drain it off, and beat it up well. Add the stock, and the seasonings, some very finely chopped onion, and boil it all together, stirring it well. While it is boiling stir in the well clarified fat, mix well, and serve.

BROWNING FOR SOUPS AND GRAVIES.

Caramel.

$\frac{1}{2}$ lb. brown sugar.		$\frac{1}{2}$ pint boiling water.
--------------------------------	--	-----------------------------------

Put the sugar into an old basin, and stand it in the oven till it becomes dark brown. When it is bubbling, pour the boiling water over it, stir it well, and when it is all dissolved, strain it through a fine sieve. Bottle it when cold, and if kept well corked it will last for some time.

BROWN SAUCE.

4 oz. flour.		4 oz. tomatoes.
4 oz. good dripping.		2 quarts good stock.

Fry the flour and tomatoes in the dripping till a good brown colour, add the stock, made from cooked meat bones, stir till it boils, and let it boil till it is reduced one quarter, keeping it skimmed well. When quite free from fat, pass it through a tammy. If boiled up once or twice a week this sauce is always ready for use.

BLACK BUTTER.*Beurre Noir.*

2 oz. fresh butter. | 2 tablespoonsful parsley.
1 tablespoonful French vinegar.

Put the butter in a frying-pan, let it heat gently till it becomes a deep golden colour. Wash the parsley, dry it, and chop it small, put it in the butter, shake the pan, and as soon as the parsley is crisp, pour it with the butter over the dish or into a sauce-boat; put the pan on the stove again, and pour in the vinegar, let this just boil up, pour it over the butter, and serve at once.

BROWN CAPER SAUCE.

Cooked meat bones.	Bayleaf.
2 oz. clarified dripping.	A few peppercorns.
1 sliced onion.	A pinch of salt.
Thyme.	1½ oz. flour.
Parsley.	1½ tablespoonful vinegar.

2 tablespoonsful capers.

Fry the bones, onion, and seasoning in a little dripping till well browned; cover with cold water, and let it come steadily to the boil. Skim well, and let it boil slowly for 1½ hours, then remove the fat. Fry 1½ oz. flour in the same quantity of dripping till a good brown colour, and mix in $\frac{3}{4}$ pint of above stock, stir till it boils, then add the vinegar; strain through a strainer, add capers, and serve.

CELERY SAUCE.*Sauce au Celeri.*

1 head celery.	1 yolk of egg.
½ pint water.	Juice of ½ lemon.

Salt, pepper.

Boil the heart and white parts of the celery with the water, pepper, and salt, till tender. Rub it through a sieve, add the beaten egg yolk and the lemon juice. A little of the liquor from boiled poultry is an improvement. Serve in a sauce-boat with a little of the chopped green leaves of the celery on it.

CHOCOLATE SAUCE.*Sauce au Chocolat.*

2 oz. vanilla chocolate.	1 oz. arrowroot.
2 oz. castor sugar.	$\frac{3}{4}$ pint boiling water.

Grate the chocolate, mix it to a smooth paste with about a gill of boiling water, add a short $\frac{1}{2}$ pint of boiling water, the castor sugar, and boil it all up. Mix the arrowroot to a smooth paste with a very little cold water, let it all boil together for a few minutes, and serve.

CRANBERRY SAUCE.

(For use with venison, roast mutton, turkey, etc.)

1 pint of cranberries.		6 oz. castor sugar.
		1½ gill water.

Pick the cranberries, and wash them in cold water. Put them in an enamelled saucepan with sufficient water to cover. Cook them till tender, then add the sugar, and let it simmer very slowly as soon as the sugar is dissolved. Do not stir it, and the sauce will remain clear and the berries remain whole. If preferred pulped, the sauce may be passed through a hair sieve. It can be served hot or cold.

CUSTARD SAUCE.

½ pint almond milk.		A little loaf sugar.
3 egg yolks.		Vanilla.

Beat up the egg yolks, boil the milk, sugar, and vanilla, together, and pour it over the eggs. Place the custard into a jug, and stand this in a saucepan of boiling water. Stir it over the fire until it begins to thicken.

DUTCH SAUCE.

Sauce Hollandaise.

3 yolks of eggs.		Juice of small lemon, or 1
4 oz. butter.		teaspoonful tarragon vinegar.
1 oz. flour.		Salt.
½ pint cold water.		Grated nutmeg.

Put the flour, egg yolks, and half the butter into a pan, warm and mix it. Add the cold water, bring just to the boil, stirring constantly, strain, and add the remainder of butter, lemon juice, salt, and a grate of nutmeg. Serve hot.

EGG SAUCE.

Sauce aux Œufs.

2 eggs.		1 tablespoonful flour.
1 oz. butter.		½ pint milk.
Pepper, salt, and cayenne.		

Boil the eggs hard, and chop them when cold. Dissolve the butter in a small saucepan, add the flour, stir, and when well mixed, add the milk. Stir till it boils, add the seasoning, and, lastly, the chopped egg.

GHERKIN SAUCE.

1 onion.	1 teaspoonful flour.
1 lemon.	$\frac{1}{2}$ teaspoonful brown sugar.
2 small pickled gherkins (green).	1 tablespoonful gravy.
	$\frac{1}{2}$ oz. dripping.

Chop the onion, and fry it in the dripping. Add the lemon juice, salt, pepper, brown sugar, and the flour mixed with the gravy. Boil up, stir well together, and add the cut up gherkins. The sauce must not boil after the gherkins are added. It is an excellent sauce for cutlets.

GLAZE.

1 pint good brown stock.	1 tablespoonful browning
$\frac{1}{4}$ oz. isinglass.	(see page 78).

Put the ingredients, after dissolving the isinglass, into a small iron saucepan, and let all simmer at the side of the fire till reduced to half the quantity. Then pour it into a small pot or basin till required. It is best applied to tongues, cold roast poultry, etc., with a small brush.

GRAVY SPICE FOR STEWS, &c.

2 oz. ground white pepper.	$\frac{1}{2}$ oz. ground cinnamon.
1 oz. ground ginger.	$\frac{1}{2}$ oz. allspice.
$\frac{1}{2}$ oz. nutmeg.	3 oz. Cerébos salt.
	$\frac{1}{4}$ oz. cloves.

Pound all well together, pass through a hair sieve, and keep in a tin for use as required.

HORSERADISH SAUCE.

Sauce Raifort à l'Anglaise.

Grate horseradish and parsley root finely. Mix it with white vinegar, pepper, and salt, till it has a cream-like consistency.

GERMAN HORSERADISH SAUCE.

Sauce Raifort à l'Allemande.

$\frac{1}{2}$ a stick of horseradish.	1 glass white wine.
1 sour apple.	$\frac{1}{4}$ gill wine vinegar.
1 dessertspoonful castor sugar.	1 gill stock.

Wash, scrape, and grate the horseradish, peel, and grate the apple, mix the other ingredients with them. Stir over the fire with a tiny piece of dripping, season with pepper and salt, and let it simmer for a few minutes.

LEMON SAUCE.

Sauce aux Citrons.

$\frac{1}{2}$ lb. loaf sugar.		$\frac{1}{4}$ pint of water.
3 lemons.		1 teaspoonful arrowroot.

Boil the sugar and water together for 5 minutes. Moisten the arrowroot with a little cold water, add it to the sugar, stir in the juice of the lemons, boil up, and cook for 6 minutes. Serve hot.

LEMON SAUCE FOR FOWLS.

2 yolks of eggs.		2 lemons.
1 dessertspoonful flour.		$\frac{1}{2}$ pint of white stock.
Salt, pepper.		

Beat the yolks, rub the flour in smoothly, add seasoning and the strained juice of the lemons. Stir it well, add the white stock, or some of the liquor in which a fowl was boiled, and put it on the fire. Let it boil up to thicken, stir well, and serve at once.

MADEIRA SAUCE.

Sauce Madère.

2 wineglasses of Madeira.		1 oz. glaze.
$\frac{1}{2}$ pint brown sauce.		Pinch of castor sugar.
Dust of cayenne.		

Reduce the wine and sauce to half, add the other ingredients, boil for 10 minutes, pass through a tammy, and use.

MAÎTRE D'HÔTEL SAUCE.

Sauce Maître d'Hôtel.

2 oz. butter.	[ley.	Lemon juice.
2 teaspoonsful chopped pars-		Salt and pepper.

Melt the butter, stir in the parsley, seasoning, and a few drops of lemon juice. Serve over fish, cutlets, etc.

MAYONNAISE SAUCE.

Sauce Mayonnaise.

1 raw egg yolk.		A few drops of lemon juice.
$\frac{1}{4}$ pint salad oil. [vinegar.		$\frac{1}{4}$ teaspoonful mustard.
1 dessertspoonful tarragon		Salt, pepper, cayenne.

Put the yolk into a basin, add the mustard, pepper, and salt, and then the salad oil, drop by drop, stirring it all the time. Then add vinegar and lemon juice to thin it a little. Should the sauce curdle, it may be restored by adding another yolk of egg and stirring well.

GREEN MAYONNAISE SAUCE.*Mayonnaise Verte.*

$\frac{1}{2}$ pint Mayonnaise sauce.		1 shallot minced.
1 tablespoonful minced parsley.		1 dessertspoonful tarragon minced.

Add the minced vegetables to the Mayonnaise sauce, stir well, and serve cold.

MINT SAUCE.*Sauce Menthe.*

Fresh mint.		2 tablespoonsful castor sugar.
		5 tablespoonsful vinegar.

Wash and dry some young mint leaves, and dry them in a clean cloth, without squeezing them. Chop finely about 3 tablespoonsful. Add them to the vinegar and sugar, and let it stand a short time.

MUSHROOM SAUCE.*Sauce aux Champignons.*

$\frac{1}{2}$ lb. mushrooms.		2 tablespoonsful good brown gravy.
1 oz. clarified dripping.		A little chopped parsley.
2 tablespoonsful bread-crumbs.		Pepper and salt.

Skin, wash, and dry the mushrooms, and chop them finely. Put them into a frying-pan with the fat, and cook them for about 10 minutes. Add the breadcrumbs, gravy, and seasoning, and cook all together for 3 or 4 minutes. Serve hot.

MUSTARD SAUCE FOR BROILED FISH.*Sauce Moutarde.*

$1\frac{1}{2}$ oz. butter.		$\frac{1}{2}$ gill boiling water.
1 teaspoonful flour.		A little salt and vinegar.
		1 good teaspoonful made mustard.

Melt the butter in a saucepan, stir in the flour, add the mustard. When well mixed, stir in the boiling water, and simmer over the fire for two or three minutes, stirring well. Just before serving add sufficient salt and vinegar to flavour.

ONION SAUCE.*Sauce Soubise.*

$\frac{1}{4}$ lb. onions.		$\frac{1}{2}$ oz. flour.
$\frac{1}{2}$ pint water.		$\frac{1}{2}$ oz. clarified dripping.
		Salt, pepper.

Peel and cut up the onions, and boil till tender (about $\frac{3}{4}$ hour)

with a little salt. Strain them, and throw away the water. Melt the dripping, stir in the flour, add the water, and a little pepper and salt, and stir it carefully over the fire till it thickens. Add the onions, rubbed through a sieve, stir, boil up, and serve.

ORANGE SAUCE.

Sauce à l'Orange.

Juice of 2 oranges.		2 tablespoonsful brown sugar.
Rind of $\frac{1}{2}$ lemon and $\frac{1}{2}$ orange.		$\frac{1}{4}$ pint of water.

Put all the ingredients into a saucepan, boil for 10 minutes, pass through a fine sieve, and serve.

PIQUANTE SAUCE.

Sauce Piquante.

2 shallots.		Chopped capers, gherkins, and
2 tablespoonsful vinegar.		olives.

Gravy.

Mince 2 shallots finely, put them in the saucepan with the vinegar, and boil till the vinegar is nearly gone. Add the chopped capers, gherkins, and olives, mix some thickened gravy with them, boil up, and serve without straining.

RASPBERRY JAM SAUCE.

Sauce aux Framboises.

1 pint of water.		4 tablespoonsful raspberry jam.
1 lemon.		1 tablespoonful sherry.

Put the water into a saucepan, squeeze the juice of the lemon into it, add the jam, mix well, and let it boil. Remove it from the fire, stir in the sherry, and serve. This is an excellent sauce to serve with boiled puddings.

RAVIGOTTE SAUCE.

Sauce Vert Pré.

Spinach,		Tarragon.
Parsley.		Salad oil.
Chives.		Green Mayonnaise sauce.

Parboil a little spinach, take equal quantities of it and of parsley, chives, and tarragon, and pound them to a stiff paste with a little salad oil. Rub this through a sieve, and mix it with green Mayonnaise sauce to taste.

REMOULADEN SAUCE.

Sauce Remoulade.

1 small onion.	Oil.
1 sprig of parsley.	Vinegar and mustard.
1 anchovy and a few capers.	Pepper and salt.

Chop the onion, parsley, anchovy, and capers very finely, add pepper and salt, and a little made mustard. Add oil, drop by drop, and thin with a few drops of vinegar.

ROBERT SAUCE FOR STEAKS.

Sauce Robert.

1 onion.	$\frac{1}{2}$ gill gravy or stock.
$\frac{1}{2}$ oz. clarified fat.	1 saltspoonful made mustard.
Pepper and salt to taste.	1 teaspoonful lemon juice.
1 teaspoonful vinegar.	

Peel, and chop up the onion, melt the fat, fry the onion in it till brown, add seasoning, and the other ingredients, bring all to the boil, and pour over the steak, or serve in a separate sauce-boat.

SPANISH SAUCE.

Sauce Espagnole.

2 oz. smoked beef.	Bay leaf.
$\frac{1}{4}$ lb. veal.	1 blade mace.
$\frac{1}{4}$ lb. beef.	Peppercorns.
1 quart stock.	2 cloves.
1 Spanish onion.	Celery seed.
1 carrot.	3 small mushrooms.
Parsley.	Arrowroot.
Thyme.	$\frac{1}{2}$ wineglassful white wine.

Well grease a stew-pan with beef dripping, lay in 2 oz. of smoked beef, $\frac{1}{4}$ lb. each of beef and veal, pour over 1 pint of bone stock, bring it to the boil, and let it boil gently till it is like syrup and bright, but do not let it burn. Add gradually another pint of stock, a medium-sized Spanish onion peeled and sliced, a small carrot, scraped and sliced, a little parsley, thyme, a bay leaf, blade of mace, 2 or 3 peppercorns, 2 cloves, a little bruised celery-seed, and 2 or 3 small mushrooms. Simmer for $1\frac{1}{2}$ hours, strain, and let it get cold. Next day remove the fat, heat the sauce, and thicken with arrowroot to the consistency of cream. Run it through a tammy, add half a wineglass of white wine, reheat, and serve.

SWEDISH SAUCE.

Sauce Suédoise.

2 tablespoonsful double cream.		2 tablespoonsful finely grated horseradish.
-----------------------------------	--	--

 $\frac{1}{2}$ pint thick Mayonnaise.

Stir all the ingredients together, and set on ice till required.

TARTARE SAUCE.

Sauce Tartare.

2 yolks of eggs.		$\frac{1}{2}$ gill tarragon vinegar.
1 gill salad oil.		Capers.

Salt, pepper.

Stir the eggs and salt, add the oil, drop by drop, stirring all the time the same way, till it looks white and creamy. Then add the vinegar slowly, and, lastly, the capers and pepper. It can be varied by using cut up pickles instead of capers.

TOMATO SAUCE (to bottle).

1 lb. tomatoes (ripe).		Salt.
$\frac{1}{4}$ pint vinegar.		White pepper.
Black pepper.		Allspice. [pepper
Mustard seeds.		2 capsicums, or 1 pod of red

Wipe the tomatoes, cut them in slices, and cook them with the capsicums in an enamelled saucepan with a little water till tender. Then rub all through a fine colander or sieve, return the pulp to the saucepan, add the vinegar and other ingredients, and boil all slowly for about $1\frac{1}{2}$ hours. Strain, and put it in bottles while hot, cork tightly, and seal. This sauce will keep well in a cool, dry place.

TOMATO SAUCE. (Another method.)

Sauce Tomate.

$\frac{3}{4}$ lb. tomatoes (or $\frac{1}{2}$ a tin).		2 oz. clarified dripping.
$\frac{1}{2}$ onion.		1 oz. flour.
$\frac{1}{2}$ carrot.		$\frac{1}{2}$ pint stock or water.

Salt and pepper.

Put the dripping into a saucepan with the cut up carrot and onion, and fry for 10 minutes. Add the flour, stock, seasonings, and tomatoes, bring it to the boil, simmer slowly for 30 minutes. Pass it through a hair sieve, rubbing as much pulp through as possible. Reheat, and serve. If necessary add carmine to improve the colour.

VINAIGRETTE SAUCE.

Sauce Vinaigrette.

3 tablespoonsful salad oil.		1 teaspoonful finely chopped
1 tablespoonful tarragon		fresh tarragon and chervil.
vinegar.		1 saltspoonful mignonette
1 saltspoonful Chili vinegar.		pepper.
		1 good pinch of salt.

Mix all well together, and serve in a tureen.

GERMAN WINE SAUCE.

Sauce Allemande.

1 egg.		$\frac{1}{4}$ pint sherry.
1 dessertspoonful castor sugar.		A strip of lemon peel.

Put all into a basin, the sherry being slightly warmed; place the basin over a pan of warm water, and whip briskly for 10 minutes, or until the sauce is a stiff froth. Do not let it get too hot, or it will curdle. Serve immediately.

WHITE SAUCE.

Sauce Blanche.

1 oz. butter.		1 oz. flour.
$\frac{1}{2}$ pint milk.		Salt and pepper.

Melt the butter in a saucepan, stir in the flour till smooth, add the milk and seasoning, stir till smooth, boil up, cook 6 minutes, and strain. Substitute dripping and white stock for meat dishes.

SWEET WHITE SAUCE.

1 oz. flour.		1 oz. butter.
$\frac{1}{2}$ pint milk.		2 dessertspoonsful sugar.
A few drops of flavouring essence.		

Melt butter in a saucepan, stir in the flour, add the milk and sugar, and stir till smooth. Boil up, cook 6 minutes, add the flavouring, and strain. A tablespoonful of sherry or rum may be added to this sauce instead of other essence.

PUDDINGS, PASTRIES, JELLIES, &c.

ALMOND MERINGUE.

Meringue d'Amandes.

$\frac{3}{4}$ lb. almonds.	1 lemon.
2 or 3 bitter almonds.	Meringue of 6 whites of egg,
$\frac{1}{2}$ lb. castor sugar.	$\frac{1}{4}$ lb. castor sugar, and a few
5 whites of eggs.	drops vanilla.

Apricot jam.

Pound the almonds not quite fine with a little white of egg, warm them, with the sugar, over the fire, beat the 5 whites stiffly, add them to the almonds and sugar off the fire, add the grated rind and the juice of the lemon, spread the mixture over some round wafer-paper, and bake in a cool oven about $1\frac{1}{4}$ hours. Spread the jam over the cake when cold, beat the 6 whites with $\frac{1}{4}$ lb. castor sugar, add the vanilla, and place the meringue rockily over the cake. Sprinkle with sugar, and place in a cool oven to dry.

ALMOND PUDDING.

10 yolks and 8 whites of egg.	$\frac{1}{2}$ lb. castor sugar.
$\frac{1}{2}$ lb. ground almonds.	1 oz. Valencia almonds.
	Clarified sugar.

Beat the yolks and whites separately, and then together. Stir in the almonds and sugar, and beat steadily for $\frac{1}{2}$ an hour. Grease two tins or pie-dishes, pour in the mixture, and bake in a moderate oven. When done, turn them on to a sieve to cool. Decorate with halved, blanched almonds, and pour the syrup over if liked soaked, or hand it separately.

APPLE MACAROON.

Pommes aux Amandes.

1 lb. cooking apples.	A little lemon rind.
1 wineglassful cold water.	$\frac{1}{4}$ lb. ground almonds.
$\frac{1}{2}$ lb. castor sugar.	4 eggs.

Peel, core, and cut up the apples into small slices, stew them (though not to a mash) with the water, $\frac{1}{4}$ lb. of sugar, and lemon

rind; when soft place them in a soufflé-dish and let them get cold. Beat up the eggs, ground almonds, and remaining $\frac{1}{4}$ lb. of sugar for 20 minutes, pour this mixture on to the apples, and bake in a moderate oven for $\frac{3}{4}$ of an hour.

APPLE SNOW.

3 large cooking apples. | 2 whites of eggs.
3 oz. castor sugar.

Bake the apples, remove the skins, and pass the fruit through a sieve. Beat the whites to a stiff froth, and add the sugar by degrees, then add the apple, and beat all together till it is light and soft like snow. Pile it roughly on a dish, and decorate to taste with red currant jelly, etc.

APRICOT EGGS.

Œufs en Surprise.

Sponge cake. | Apricots.
1 egg white.

Stamp out some rounds of sponge cake, place them on a dish, pour some syrup from a tin of apricots over them. On each round place half an apricot, flat side downwards; beat up the white of an egg very stiffly, put some carefully round each apricot, and grate a little nutmeg over to represent pepper. Serve at once. If for a butter meal, whipped cream can be used instead of white of egg.

APRICOT SOUFFLÉ.

Soufflé aux Abricots.

1 lb. pot of apricot jam. | 6 whites of eggs.
1 tablespoonful castor sugar. | A little vanilla sugar.

Beat the whites to a stiff froth, lightly add the sugar and vanilla. Beat up the jam, and stir it lightly into the eggs and sugar. Grease a soufflé-dish with best salad oil, pour the mixture into it, bake in a quick oven for 20 minutes, and serve at once.

BARCELONA CAKE.

Shell and pound $1\frac{1}{2}$ pints | 6 oz. castor sugar.
Barcelona nuts. | 5 eggs.

Mix the pounded nuts with the castor sugar and yolks of eggs. Whip the whites stiffly, and mix in at last. Bake in a greased tin, which has been sprinkled with flour and sugar.

BEACONSFIELD PUDDING.

$\frac{1}{4}$ lb. treacle or golden syrup.	$\frac{1}{2}$ teaspoonful ground ginger.
$\frac{1}{4}$ lb. flour.	$\frac{1}{2}$ teaspoonful powdered cinnamon.
2 oz. Demerara sugar.	$\frac{1}{2}$ teaspoonful allspice.
2 oz. finely chopped suet.	2 eggs.
$\frac{1}{2}$ teaspoonful carbonate of soda.	

Warm the treacle, sift the flour into it, and then add the sugar, suet, and spices. Beat the eggs well, and dissolve the carbonate of soda in a little water. Mix all thoroughly together, and pour into a well greased mould. Boil for 2 hours or longer, and serve hot.

BLACKBERRY PUDDING.

$1\frac{1}{2}$ lbs. blackberries.	$\frac{3}{4}$ lb. castor sugar.
Bread.	$\frac{1}{2}$ pint water. Custard sauce.

Line a pudding basin with slices of bread, cut about $\frac{1}{2}$ an inch thick. Stew the blackberries with the sugar and water till they are tender, and pour them at once into the prepared basin. Cover the top with a round of bread, put a plate over, on which a heavy weight is placed. Let it stand a day, by which time the bread should be quite soaked with the juice. Turn it out, and serve cold with custard sauce round.

CABINET PUDDING.

2 oz. stoned raisins, currants, and glacé cherries.	4 egg yolks.
2 oz. candied peel.	$\frac{1}{2}$ pint almond milk.
A few almonds.	1 tablespoonful brandy.
6 sponge cakes.	3 oz. castor sugar.
	$\frac{1}{2}$ pint custard sauce (page 80).

Lay a few of the cut up fruits at the bottom of a well greased mould, then a layer of sliced sponge cakes, then fruit, and continue these layers till the mould is two-thirds full. Beat up the egg yolks, add the almond milk boiling, the brandy, and castor sugar. When it is well mixed, strain it into the mould, let it stand 10 minutes, cover it with greased paper, and steam it for $\frac{1}{2}$ hour. Turn it out, and serve with a rich custard sauce.

CALEDONIAN CREAM.

1 tablespoonful sieved strawberry jam.	4 whites of eggs.
	Sifted sugar to taste.

Beat the whites of egg very stiffly, add the jam, mix well, and add sugar to taste. Pile it up lightly on a silver dish, and serve as soon as possible, as the cream sinks when left.

CAMEL TRIFLE.

Bagatelle de Caramel.

6 sponge cakes.		$\frac{1}{2}$ pint cold water.
$\frac{1}{4}$ lb. castor sugar.		3 eggs.
		1 oz. almonds.

Place 2 oz. of the sugar in a clean saucepan, and stir it over the fire till it is a dark brown, then pour in the water carefully, and stir well; strain into a basin, add the eggs well beaten, and the remaining sugar. Pour the mixture into a clean saucepan, and stir over the fire till it thickens; allow it to cool. Cut up the sponge cakes in slices, arrange them in a glass or silver dish, and pour the caramel mixture over them. Garnish with roughly chopped almonds. This sweet is best made the day before it is required. For a butter sweet use milk instead of water, and decorate with whipped cream.

BURNT ALMOND CHARLOTTE RUSSE.

Charlotte à la Crème Pralinée.

$\frac{1}{2}$ oz. isinglass.		$\frac{1}{2}$ oz. ground almonds.
$\frac{1}{2}$ pint water.		2 oz. Valencia almonds.
Grated lemon peel.		Yolks of 5 eggs.
$\frac{1}{4}$ lb. castor sugar.		6 oz. Savoy biscuits.
2 oz. ratafia biscuits.		1 oz. glacé cherries.

Put the isinglass, ground almonds, a little grated lemon peel, 2 oz. castor sugar, and the water, in a saucepan over the fire, and boil it about 20 minutes. Beat up the yolks of eggs, let the other mixture cool a little, then pour it over the eggs. Blanch and chop the Valencia almonds, let the rest of the sugar get red-hot in a clean pan. Stir the almonds into it, and stir over the fire for 5 minutes. Crush these burnt almonds in a mortar, add to the custard, and stir all together over the fire for a few minutes. Oil a plain mould, decorate the bottom with the cherries, line the sides with Savoy biscuits, and half fill with broken Savoy biscuits and ratafias. Pour the custard carefully over, let it get cold, and turn out when wanted.

CHESTNUT MOULD.

Pouding de Marrons.

1 lb. chestnuts.		Juice of $\frac{1}{2}$ a lemon.
$\frac{1}{2}$ lb. loaf sugar.		$\frac{1}{2}$ oz. isinglass.
$\frac{1}{2}$ pint water.		Pink colouring.

Remove the outside skins from the chestnuts, throw them into boiling water for a few minutes to free them from the inner

skin. Make a syrup with the sugar, water, and lemon, and boil the chestnuts in the syrup till they are quite soft. Pass all through a sieve, add the dissolved isinglass and pink colouring, stir, pour into a wetted mould, and leave till cold.

CHOCOLATE CAKE.

Gâteau de Chocolat.

$\frac{1}{4}$ lb. grated chocolate. 6 oz. castor sugar.		1 small tablespoonful potato flour. 5 eggs.
--	--	---

Mix the chocolate, sugar, and potato flour together, then add the well beaten yolks of the eggs. Beat the whites to a stiff froth, add them, beat lightly till they are well incorporated, turn the mixture into a well greased round tin, and bake for about $\frac{3}{4}$ of an hour. This cake is very nice if made with pounded Barcelona nuts instead of chocolate.

CHOCOLATE SOUFLÉS.

Petits Soufflés de Chocolat.

6 oz. grated chocolate. 3 tablespoonsful cold water.		1 tablespoonful castor sugar. 3 fresh eggs. Vanilla.
---	--	--

Boil the chocolate and water till quite smooth, stirring all the time. Add the sugar, and stir till it is dissolved, but it must *not* boil, only warm thoroughly. Beat the yolks, add them, and beat all together for a few minutes, then add the stiffly beaten whites and vanilla. Stir all together one way till perfectly smooth, and fill soufflé-cups, or papers, one-third from the top. Bake about 10 minutes in a moderate oven.

CITRON PUDDING.

$\frac{1}{2}$ lb. carrot. 6 oz. suet. $\frac{1}{2}$ lb. bread crumbs.		$\frac{1}{2}$ lb. candied citron peel. $\frac{1}{4}$ lb. brown sugar. 1 $\frac{1}{2}$ oz. ground or chopped almonds. 3 eggs.
---	--	---

Grate the carrot, chop the suet, shred the peel; mix all the dry ingredients together, then add the eggs well beaten, and stir well. Put the mixture into a greased mould, and steam 3 hours.

CLARET JELLY (FROM OX FOOT).

1 ox foot.
3 quarts water.
1½ pints claret.
½ lb. loaf sugar.

Rind and juice of 2 lemons.
½ inch cinnamon stick.
3 cloves.
Whites and shells of 2 eggs.

Well wash the ox foot, place it in a large saucepan with the cold water, cover, and when it comes to the boil skim it, and let it boil gently but continuously, for 5 hours. Strain it through a hair sieve and put it aside till next day; take the meat off the foot and use it for stews, fritters, etc. When set, there should be a stiff jelly; skim the oil carefully off the top and use it to make pastry, or in any other way instead of butter; wipe the top of the jelly with a clean cloth and put half of it into a clean stew-pan. Add the claret, loaf sugar, rind and juice of the lemons, cinnamon, and cloves. Wash the eggs, whip the whites half stiff, crush the shells, add them to the other ingredients. Whisk all over the fire till it comes to the boil, stand the pan at the side of the stove for a few minutes, strain the jelly through the jelly-bag or cloth (see illustration page 95), pour it into a wetted mould and let it get cold.

COCOA-NUT TART.

2 cocoa-nuts.
½ lb. loaf sugar.

Yolks of 5 eggs.
Puff pastry.

Peel and grate the cocoa-nuts; dissolve the sugar over the fire with the milk of the nuts, when it boils add the grated cocoa-nut and let it boil again and then get cool. Beat the yolks of the eggs, add them to the cocoa-nut mixture and beat for ¼ of an hour. Line a tart-dish with thin puff pastry, spread with the above mixture and bake in a moderate oven.

COLLEGE PUDDINGS.

Petits Gâteaux.

4 yolks and 2 egg whites. | 6 oz. sifted sugar.
5 oz. warmed flour.

Whisk the yolks and sugar together for 20 minutes and stir in the stiffly beaten whites. Add the warmed flour, and bake in greased cups or dariole moulds about 20 to 30 minutes. They can be served hot or cold, and either with clarified sugar poured over, or they can be rolled in apricot jam and sprinkled with chopped almonds or cocoa-nut.

CRANBERRY JELLY.

1 lb. cranberries.		$\frac{3}{4}$ lb. white sugar.
		Water.

Cook the cranberries in sufficient water to cover them well, till tender (about 15 to 20 minutes). Rub them through a sieve. Put the purée in a clean saucepan with the sugar, and boil till the mixture bubbles. Pour it into a wetted mould, or into the dish in which it will be served. Leave it to set, and serve when cold.

COMPOTE OF FRUIT.

Compôte de Fruits.

$\frac{1}{2}$ lb. loaf sugar.		$\frac{1}{2}$ pint cold water.
		$1\frac{1}{2}$ lbs. fruit.

Place the sugar in a stew-pan, add the water, let it come to the boil. Prepare the fruit; if it has any stones, crack a few and take out the kernels; add them with the fruit to the boiling syrup and let all simmer in it till soft.

FRUIT SALAD.

Macédoine de Fruits.

Any fruits that are in season.		Blanched almonds.
A few glacé cherries,		1 pint of syrup.
angelica, etc.		Liqueur for flavouring.

Pick the fruits, such as strawberries, currants, grapes, etc. Cut up bananas, apples, oranges or tangerines, after peeling them. Mix all together and pour a good rich syrup over them, flavoured with maraschino or royeau.

FRUIT SALAD (Another Method).

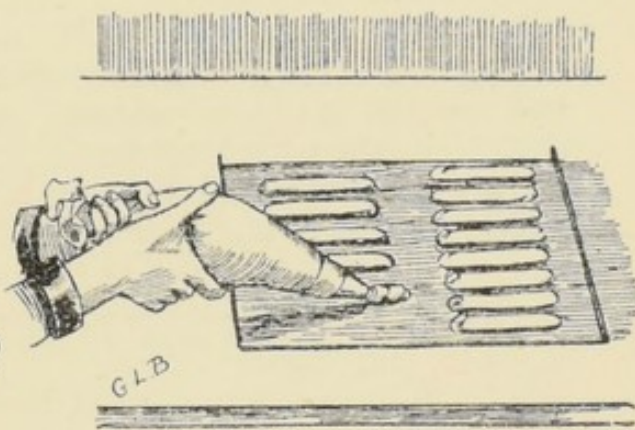
Macédoine de Fruits.

Dried fruits such as French plums, dates, glacé cherries, angelica, blanched almonds, or other nuts.		Any fruit that is in season except apples or pears.
		Castor sugar.
		Maraschino.

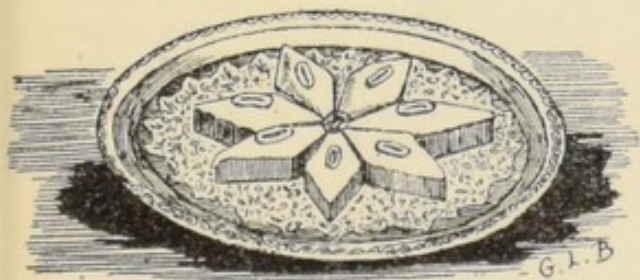
Prepare the fruit by removing stalks, stones, hulls, or skins, as may be desirable, cut up the larger fruit into neat pieces, arrange it in layers on a glass or silver dish, sprinkling each layer with castor sugar. Then gently pour over all as much liqueur as will make a good syrup, ladling it over the fruit occasionally. Keep it on ice till wanted.



5



6



7



8

- 5.—CLEARING SOUP or JELLY. (*Pages 7 & 93.*)
 6.—FORMING ÉCLAIRS. (*Page 115.*)
 7.—GENOESE PASTRY. (*Page 96.*)
 8.—PUFF PASTRY. (*Pages 103 & 118.*)

FRUIT SOUFFLÉ.

Soufflé de Fruits.

1 lb. strawberries or other fruit.		$\frac{1}{4}$ lb. castor sugar.
3 eggs.		$\frac{1}{4}$ lb. flour.
		Grated rind of a lemon.

Pick the strawberries or any other fruit into a pie-dish. Beat the eggs with the sugar, and grated lemon rind over hot water till thick, then beat till cold, and stir in the flour lightly. Pour it over the fruit and bake in a moderate oven $\frac{1}{4}$ hour. If hard fruit is used, it must be stewed first.

GATEAU OF CHERRIES.

Gâteau de Cerises.

1 lb. cherries, stoned.		1 oz. isinglass.
3 oz. castor sugar.		Rind and juice of 1 lemon.
2 tablespoonsful brandy, or a little vanilla.		Cochineal.
		$\frac{3}{4}$ pint water.

Put the sugar, $\frac{1}{2}$ pint water, the rind and juice of a lemon and a little cochineal in a saucepan and boil it for 20 minutes. Then add the stoned cherries. Melt the isinglass in $\frac{1}{4}$ pint of water, and when it is dissolved add it to the cherry mixture. Add also the brandy or vanilla. When well mixed, pour it into a wetted mould to set, and turn out when required.

GENOESE PASTRY.

Pâte Génoise.

$\frac{1}{2}$ lb. flour.		$\frac{1}{2}$ lb. clarified dripping.
$\frac{1}{2}$ lb. sugar.		A pinch of salt.
4 eggs.		Jam.

Warm the dripping by the side of the fire and beat it till white. Mix the flour, sugar, eggs and salt thoroughly together with a wooden spoon, then add the beaten dripping. When all is well mixed spread it $\frac{1}{4}$ of an inch thick on a well greased baking-tin and bake in a moderately hot oven. The pastry can afterwards be spread with jam, cut into fancy shapes and decorated with different coloured icings, cherries, etc.

HAMAN'S EARS.

1 tablespoonful salad oil and some for frying.		$\frac{1}{2}$ lb. flour.
		2 eggs.

Heat the oil, mix with it the flour and well beaten eggs. Make it all into a paste, roll it out as thin as possible in rounds, cut

each round in four and let the pieces dry. Have ready some boiling salad oil, put a few pieces of paste in the oil, and as soon as they are put in, draw them up across the middle with 2 silver skewers, so that they more or less resemble the shape of the human ear. Fry till they are a pale golden colour, drain them on kitchen paper, pile lightly on a dish and sprinkle with castor sugar.

JAUMANGE.

$\frac{1}{2}$ lb. lump sugar.	1 oz. dissolved isinglass.
$\frac{3}{4}$ pint water.	1 wineglassful of brandy.
Juice of 3 and peel of 2 lemons.	3 wineglassesful of sherry.
	Yolks of 5 eggs.

Dissolve the sugar in the water, add the thinly cut lemon rind, dissolved isinglass, juice of the lemons, brandy and sherry. Beat up with this the yolks of eggs. Place the basin containing the mixture in a pan of boiling water over the fire and stir for a few minutes. Pour into a wetted mould to set and get cold.

LEMON CREAMS.

Crème de Citrons.

3 lemons.	1 pint cold water.
2 egg yolks and 4 whites.	Castor sugar to taste.

Peel the rinds of the lemons very thinly and squeeze the juice over them. Cover the basin and let it stand 4 hours, then add the eggs, well beaten, whites and yolks separately, and the water. Strain and sweeten to taste. Put it into a double saucepan and stir till it becomes as thick as cream. Pour into custard glasses, and use when cold.

LEMON PIE.

Flan de Crème au Citron.

$\frac{1}{2}$ pint boiling water.	2 oz. castor sugar.
1 oz. Remylina cornflour.	2 eggs.
Rind and juice of 1 lemon.	Pastry.

Mix the cornflour smooth with a little cold water, pour it into the boiling water, stir well and boil for a few minutes. Add sugar, lemon rind, juice, and the yolks of the 2 eggs. Line a plate or pie-dish with pastry, pour the lemon mixture into it and bake about 20 minutes. Beat the whites to a stiff froth, add a few drops of lemon and a little sugar, arrange on the top of the pie and just set this meringue in a cool oven.

LEMON SOUFFLÉ

Soufflé aux Citrons.

6 eggs.		$\frac{1}{4}$ lb. castor sugar.
1 large teaspoonful Hun- garian flour.		Grated rind of 1 lemon, and juice of $\frac{1}{2}$ lemon.

Beat the yolks and sugar together for 20 minutes, add the flour and lemon and beat another 10 minutes. Stir in gently the stiffly beaten egg whites, pour it into a soufflé tin, and bake at once in a moderate oven for 1 hour. Serve immediately it leaves the oven, or it will fall.

LEMON WAFERS.

Gauffres de Citron.

2 eggs.
Their weight in castor sugar and in flour.
Grated peel of half a lemon, and the juice of half a lemon.

Beat the eggs till they are white, add to them the sugar, flour, lemon juice, and grated peel; beat all well together. Grease a baking-sheet, place tablespoonsful of the mixture on it, some distance apart, bake in a moderate oven for about 10 minutes, quickly remove each cake from the tin and roll round like a wafer at once; keeping the tin on the hot-plate will facilitate this. When cold fill with jam or whipped and sweetened white of egg.

LEMON WHIP.

Petites Crèmes de Citron.

1 lemon.		2½ oz. lump sugar.
		3 eggs.

Rub the lumps of sugar on the rind of the lemon (which has first been well wiped with a clean cloth), crush the sugar, put it in a stew-pan, and squeeze the lemon juice through a strainer on to it. Beat up the yolks of the eggs, add them to the sugar and lemon juice, and stir over the fire till the mixture thickens, but do not let it boil; continue stirring a few minutes after removing from the fire, then leave it to get nearly cold. Whisk up the whites to a very stiff froth, stir them lightly into the custard and heap it up on a glass dish or in custard glasses. This should only be made 2 hours before it is wanted.

A MODERN LUCTION.

$\frac{1}{4}$ lb. Naples macaroni.	$\frac{1}{4}$ lb. suet.
$\frac{1}{4}$ lb. currants.	1 teaspoonful cinnamon.
$\frac{1}{4}$ lb. raisins or sultanas.	4 eggs.
2 oz. candied peel.	$\frac{1}{4}$ lb. moist sugar.

Grated peel of a lemon.

Grease a round basin well, then sprinkle it liberally with brown sugar. Boil the macaroni for 20 minutes in boiling salted water, drain it on a sieve and line the basin with it. Wash and dry the currants, stone the raisins, shred the peel and the suet, beat up the eggs, mix all well together, turn into the prepared basin with the remainder of the macaroni, cover with a greased paper. Steam for 2 hours. Serve hot with a wine sauce.

MACARON BASKET.

Gâteau Chantilly.

$\frac{1}{2}$ lb. macaroons.	1 egg white.
$\frac{1}{2}$ pint syrup (clarified sugar).	

Beat a little syrup with the white of an egg. Rinse a plain mould in cold water, dip the edges of some macaroons in the white of egg and syrup and line the mould with the macaroons, taking care that the edges of the macaroons touch each other. When wanted, remove it from the mould, and fill it either with a macédoine of fruit for dinner, or with whipped cream and preserved fruits for supper.

EGG MARMALADAS.

1 lb. loaf sugar.	36 sweet almonds.
$\frac{1}{2}$ pint water.	12 yolks of eggs.

Place the sugar in a stew-pan with the water, and boil till it becomes a thick syrup, add the blanched and pounded almonds and let it cool; beat up the yolks well and pass them through a sieve into the syrup; mix well together. Put the mixture in a jug, stand this in a saucepan of boiling water over the fire and stir the mixture till it thickens. Pour it into custard glasses and sprinkle the tops with cinnamon.

MARMALADE PUDDING.

4 oz. breadcrumbs.	4 oz. candied peel.
4 oz. chopped suet.	6 oz. marmalade.
3 oz. sugar.	3 eggs.

Mix all well together, steam for 2 hours in a well greased mould, and serve with marmalade sauce.

MARZIPAN TARTLETS.

Pâtés d'Amandes aux Fraises.

$\frac{1}{2}$ lb. castor sugar.		1 lb. strawberries, or some good jam.
$\frac{1}{4}$ lb. ground almonds.		1 tablespoonful maraschino.
Yolks of 2 eggs.		

Mix $\frac{1}{4}$ lb. of the sugar and the same of ground almonds into a stiff paste with the yolks of eggs. Lightly sift sugar over pastry-board and rolling-pin and roll out the paste carefully about $\frac{1}{4}$ inch thick; cut it into rounds with a fluted pastry-cutter and line small greased tartlet tins with the rounds. Dry them in a cool oven for some hours, remove them from the tins and leave them to get cold and firm, then dust over with castor sugar. Pick the strawberries, place them in a basin with the remaining $\frac{1}{4}$ lb. sugar and the maraschino, let them stand for 1 hour, then fill the tartlets with them. If convenient, a little whipped cream on each is an improvement.

MERINGUES.

4 whites of eggs.		$\frac{1}{2}$ lb. icing sugar.
-------------------	--	--------------------------------

Beat the whites very stiffly, and stir in the icing sugar, previously sifted, till all is well mixed. Grease some kitchen paper, and drop the mixture in oval lumps on it, allowing space for rising. Bake in a cool oven till set (from $\frac{1}{2}$ hour to 3 hours). Take off the paper, scoop out the soft inside and dry in an open oven. Meringue cases can be kept for some time in a covered tin. Meringue cases for dinners can be filled with apple-snow, light jams whisked up with white of egg, or stiffly frozen water-ices.

MINCEMEAT.

1 lb. apples.		$\frac{3}{4}$ lb. mixed peel.
1 lb. raisins.		1 lb. brown sugar.
1 lb. sultanas.		1 lemon.
1 lb. currants.		Allspice.
1 lb. suet.		1 wineglassful brandy or rum.

Peel the apples, stone the raisins, shred the suet, and chop all the ingredients finely (except the lemon and currants). Mix well and flavour with the juice and rind of the lemon, and the allspice. Add the brandy to preserve it. If required to be kept for some time, a little melted fat run over the top of the jar is a good preservative.

NOUGAT.

 $\frac{1}{2}$ lb. almonds.| $\frac{1}{2}$ lb. lump sugar.

Blanch the almonds, and cut them into thin strips, dry them in an open oven on kitchen paper. Melt the sugar in a double saucepan over the fire, without adding any water. Stir till the sugar boils. Remove it from the fire, and add the cut up almonds. Well oil some little cups or dariole moulds, and press the nougat to the shape while warm. They will slip out of the moulds when cold, and can be kept some time if placed in covered tins.

NOYAU JELLY WITH APRICOTS.

Gelée de Noyau aux Abricots.

1 oz. isinglass.

| 1 pint of water.

6 oz. lump sugar.

| Juice of half lemon.

Whites and shells of 2 eggs.

| $\frac{1}{4}$ pint noyau.

Apricots.

Place the isinglass in a stew-pan with the sugar. Wash the egg-shells, crush them, beat up the whites slightly, add the water and lemon juice, and put all to the other ingredients in the stew-pan. Put it on the fire and beat with a wire whisk till the mixture comes to the boil. Remove it from the fire, let it cool for 10 minutes, then strain it through a jelly-bag or clean kitchen cloth arranged on a chair. If not perfectly clear the first time, strain it again. When quite cold, add the noyau. If fresh apricots are used, cut them in halves, cook them in syrup and drain them well. Break the stones, blanch and peel the kernels and divide them in halves. Rinse a plain mould in cold water, set it on ice or in a tin containing salt and water, pour some jelly in and let it set, then put a layer of apricot and kernels, then more jelly, continuing till the mould is full. Turn out when cold. This jelly can also be made in small moulds, putting first a layer of jelly, then one half apricot, and 2 or 3 kernels, and filling up with jelly.

ORANGES AND COCOA-NUT.

6 oranges.

| 2 oz. castor sugar.

1 cocoa-nut.

| $\frac{1}{2}$ pint clarified sugar.

Peel the oranges, divide them into strips, removing all white skin. Arrange them in a ring in a silver dish. Grate the cocca-nut, mix with the sugar, and pile in the centre of the ring of orange. Pour cold clarified sugar over the orange.

ORANGE COMPOTE.

Compôte d'Oranges.

1 liqueur-glass of brandy or rum.		6 oranges. $\frac{1}{4}$ lb. loaf sugar.
		1 gill of water.

Boil $\frac{1}{4}$ lb. loaf sugar in 1 gill of water, add the rind of 3 oranges, minced finely or cut into very narrow strips. Let all boil for 5 minutes, add a liqueur-glass of brandy or rum, and pour the syrup over 6 oranges (peeled, cored and divided into strips). Leave till cold, then pile up on a dish, pour the syrup over and serve, decorated to taste.

ORANGE SNOW.

$\frac{1}{2}$ oz. isinglass.		2 oz. castor sugar.
$\frac{1}{2}$ pint water.		3 oranges.
		3 egg whites.

Soak the isinglass in half the cold water, and when soft, add the rest of the water boiling, the castor sugar, and a small piece of orange peel. Pass the juice of the oranges through a sieve and add it to the rest. Stir over the fire till just on boiling point, then remove, and when cold and nearly set, whisk it to a stiff froth, adding the egg whites. Pile roughly in the centre of a silver dish and decorate the edge with sponge fingers.

PANCAKES.

Crêpes.

4 eggs.		$\frac{1}{2}$ gill water.
3 tablespoonsful flour.		Frying fat.

Break the eggs into a basin, beat well, add the water, and then the flour by degrees. Let it stand when well mixed. Heat a very little fat in a small frying-pan, pour in some of the batter and fry on both sides. Roll up and serve very hot with sugar and lemon. If milk and butter can be used, take 1 gill of milk and 3 eggs instead of the above quantities of eggs and water, and fry the pancakes in butter.

PINE-APPLE FOAM.

Gelée d'Ananas.

1 tin of pine-apple chunks.		1 gill best rum.
1 pint calf's foot jelly.		Juice of $\frac{1}{2}$ lemon.

Cut the pine-apple into dice, put them in a basin with the syrup from the tin, the rum and lemon juice, then the jelly, melted and warm. Whip all to a strong froth; when nearly set, pour into a wetted mould or small fancy moulds.

PLUM PUDDING.

$\frac{1}{2}$ lb. breadcrumbs.	$\frac{1}{2}$ lb. mixed candied peel.
2 oz. almonds.	$\frac{1}{4}$ lb. sultanas.
$\frac{1}{2}$ lb. currants.	$\frac{1}{2}$ lb. suet.
$\frac{1}{2}$ lb. raisins.	$\frac{1}{4}$ lb. brown sugar.
5 eggs.	A grate of nutmeg.
$\frac{1}{2}$ oz. ground spice.	1 wineglass of rum or brandy.
$\frac{1}{4}$ lb. flour.	Rind and juice of 1 lemon.

Chop the suet finely, clean the currants, pick the sultanas, stone and chop the raisins, chop the almonds and peel. Mix all the ingredients well together, put them into greased basins or moulds, tie up in a cloth wrung out of boiling water and floured, and boil at least 8 hours.

PUFF PASTRY (FOR MEAT).

Feuilletage.

See puff pastry, page 118, but use clarified dripping instead of butter. The dripping must be slightly warmed, then beaten till it is quite white. Let it stand to cool. An egg yolk mixed with the flour, lemon juice and water to make the paste, assists it to rise.

RED CAP PUDDING.

$\frac{1}{2}$ lb. glacé cherries.	3 eggs.
Juice of 2 lemons.	$\frac{1}{2}$ lb. beef suet.
$\frac{1}{2}$ lb. breadcrumbs.	$\frac{1}{2}$ lb. moist sugar.

Grease a plain mould, and cover the bottom with halves of glacé cherries. Mix together the breadcrumbs, finely chopped suet, sugar, lemon juice and the eggs, well beaten. Press the mixture firmly into the decorated mould, tie it up in a cloth and boil for 5 hours. Serve with a thin lemon sauce.

RED PLUM JELLY.

Gelée de Prunes Rouges.

2 lbs. red plums.	$\frac{1}{2}$ oz. isinglass.
Loaf sugar and water.	

Stew the plums with the sugar to taste and pulp through a sieve. This should make nearly 1 quart of pulp. Add some of the kernels and the dissolved isinglass while the fruit is still hot. Pour it into a wetted border mould, and turn out when cold. The centre can be filled with whipped cream, or stiffly beaten white of egg nicely flavoured and sweetened, or with custard made with almond milk and eggs.

ROTHER GRÜTZE.

1 lb. red currants.	Vanilla.
1 lb. raspberries or 2 lbs. jam.	A few shredded almonds or pistaches.
1 quart water.	Sugar to taste.
Lemon peel.	8 oz. fine sago.

Boil the fruit or jam in the water for $\frac{1}{4}$ hour, strain through a sieve and return to the saucepan with the almonds or pistaches, lemon peel, vanilla and sugar. Add the sago, which must be well soaked first, and stir all over the fire till the sago is dissolved. Pour into a wetted mould. It can be served with cream or custard.

RUBY JELLY.

Gelée de Fruits Rouges.

$\frac{1}{2}$ oz. isinglass.	$\frac{1}{4}$ lb. loaf sugar.
1 lemon.	$\frac{1}{4}$ lb. raspberries.
$\frac{1}{2}$ lb. each of red currants and strawberries.	$\frac{1}{4}$ tumbler brandy, and a little carmine.
2 egg whites and shells.	

Soak the isinglass in $\frac{1}{2}$ pint of water, the thinly peeled rind of $\frac{1}{2}$ a lemon and the sugar. Put the picked fruit and the juice of the lemon into a saucepan and place it by the side of the fire till the juice flows freely. Then drain it through a sieve, and add it with the whisked whites and egg-shells to the isinglass. Whisk all quickly over the fire till it is just on the boil; then cease whisking, let it boil up once, and stand it by the side of the fire without boiling for 20 minutes. Pass the liquid through a jelly-bag, add the brandy and a little carmine if the colour is not sufficiently deep. Pour it into a wetted mould to set.

SABBATH PUDDING.

$\frac{1}{2}$ lb. sultanas.	$\frac{1}{4}$ lb. brown sugar.
$\frac{1}{2}$ lb. stoned raisins.	$\frac{1}{2}$ lb. breadcrumbs.
$\frac{1}{2}$ lb. chopped suet.	2 eggs.
$\frac{1}{4}$ lb. flour.	Spice.
Golden syrup.	

Mix all well together, putting enough syrup to form a stiff pudding; place in a greased mould and steam 4 hours.

SAMBAYOU.

Crème Sambaglione.

2 oz. castor sugar. | 3 eggs.
1 gill of rum or sherry.

Place the sugar, egg yolks and rum or sherry in an enamelled saucepan over a very slack fire and work the mixture with a small whisk till it thickens; remove it from the fire, add the whites of the eggs, beaten to a stiff froth, and serve cold in custard glasses.

STEFFAN.

$\frac{3}{4}$ lb. suet. | 2 lbs. flour.
2 lbs. apples. | $\frac{1}{2}$ lb. currants and raisins.
2 oz. mixed peel. | Juice of $\frac{1}{2}$ lemon.
 $\frac{1}{2}$ lb. brown sugar. | Cinnamon.

Chop the suet finely, rub it into the flour with sufficient cold water to make a paste. Roll it out. Grease a pudding basin and sprinkle it thickly with brown sugar, and line the basin with paste. Chop the apples, peel, currants and raisins, and put a layer of these with cinnamon and sugar on the paste, then a layer of paste, another of apple, etc., and continue till the basin is filled. Close the top over with paste, and rub it well with brown sugar. Bake it about 2 hours, and serve hot.

STRAWBERRY CUSTARDS.

Crème Renversée aux Fraises.

5 eggs. | $\frac{1}{4}$ lb. castor sugar.
 $\frac{1}{2}$ lb. ripe strawberries or | Carmine to improve colour if
strawberry jam. | necessary.
Juice of half a lemon.

Remove the green stalks from the strawberries, place the latter in a basin, beat with a silver fork till quite liquid. Beat the egg yolks well, add the castor sugar, lemon juice and strawberry liquid. Pour the mixture into a jug, stand it in a saucepan of boiling water and stir it over the fire till the mixture slightly thickens. Beat the egg whites to a stiff froth, add them quickly to the custard when cold, stir lightly till all is well mixed; pour into custard glasses, and serve cold.

FRESH STRAWBERRY JELLY.

Pain de Fraises.

2 lbs. strawberries.		1 tablespoonful brandy.
$\frac{1}{2}$ pint water.		$\frac{1}{2}$ oz. isinglass.
$\frac{3}{4}$ oz. castor sugar.		A few drops colouring.

Stalk the fruit, dissolve the isinglass in half the water, place the fruit into a stew-pan with the sugar and remainder of the water, simmer till soft. Rub through a hair sieve, add the brandy and isinglass, mix well and add a few drops of colouring to improve the colour if necessary. Rinse a mould in cold water and pour the mixture in. Serve cold.

VICTORIA SANDWICH.

4 eggs.		6 oz. flour.
6 oz. castor sugar.		1 teaspoonful baking-powder.
		Jam.

Beat the yolks of the eggs, stir in the sugar, and then the flour. Add the stiffly beaten whites of eggs and the baking-powder last. Pour into 2 well buttered shallow, round tins, and bake for 10 minutes in a rather quick oven. Turn out on to a sugared board, spread one piece with jam, and put the other piece over it.

CREAMS, CUSTARDS, PUDDINGS, &c.

ALMOND CHEESECAKES.

Puff pastry.		2 oz. ground almonds.
2 oz. flour.		1½ oz. butter.
1 oz. crème de riz.		1 egg.

A few drops of almond essence.

Stir all the ingredients together for 20 minutes. Line some patty-pans with puff pastry, and fill them with the mixture. Bake in a sharp oven till a golden brown.

AMSTERDAM PUDDING.

4 oz. butter.		4 eggs.
4 oz. ground almonds.		Cherries and candied peel.
3 oz. castor sugar.		A wineglassful of rum.

Mix the butter, almonds, sugar and egg yolks to a cream and stir in the stiffly beaten egg whites, and lastly, the rum. Decorate a buttered mould with the glacé cherries and peel cut up. Fill the mould carefully with the mixture and bake it. Serve hot or cold.

APPLE AMBER PUDDING.

2 lbs. good cooking apples.		2 eggs.
A little lemon rind.		3 oz. butter.
Castor sugar to taste.		A little pastry.

Peel, core and slice the apples and stew them till tender with just sufficient water to prevent them burning. Boil the lemon rind and sugar to taste with them. Remove the lemon, and beat up the pulp with 2 well beaten eggs and the warmed butter. Edge a pie-dish with pastry, pour in the mixture, and bake till the pastry is done. Serve hot.

APPLE CHARLOTTE.

Charlotte aux Pommes.

3 lbs. apples.		Cinnamon and cloves.
1 lemon.		Bread.
Sugar.		Butter.

Peel, core and quarter the apples and put them into a stew-pan with sugar to taste, a little cinnamon, and a few cloves tied up in muslin. Allow the apples to pulp and stir constantly to prevent them from burning. Reduce them to a stiff jam. Cut a piece of bread the size of the bottom of a plain mould, and some narrow pieces for the sides. Dip the pieces into melted butter and line the mould with them, brushing over the inside with beaten egg to join it well. Remove the flavourings from the apple pulp, pour it into the bread lined mould, cover with another piece of bread. Bake till crisp, turn out and dust with sifted sugar.

MIGNON BATTER PUDDINGS.

2 oz. flour.		2 eggs.
Pinch of salt.		$\frac{1}{2}$ pint milk.
		Jam.

Pass the flour through a sieve into a basin, add a pinch of salt; make a hole in the centre of the flour, break an egg in and beat it well into the flour. Add the other egg and beat again, then pour in the milk gradually and beat the mixture till there are no lumps in it; leave the batter to stand for at least an hour. Butter some patty-pans well, 3 parts fill them with batter and bake in a quick oven for 15 minutes. Warm the jam, put a little on each small pudding, and serve at once.

BEIGNETS SOUFLÉS.

$\frac{1}{2}$ pint water.		2 whole eggs.
1 oz. butter.		1 yolk.
3 oz. Vienna flour.		Few drops essence.
2 oz. castor sugar.		Frying oil.

Put the water, sugar and butter in a saucepan and bring it to the boil; remove from fire and stir in the flour, beating vigorously with a wooden spoon till it is smooth; when it leaves the sides of the saucepan quite clean, remove from the fire and stir till cool, add the eggs one by one and stir the essence in well. Turn on to a plate, take small pieces in the shape of an egg and fry in hot (not boiling) oil till a golden brown, drain paper, fill with jam, or, if eaten cold, with whipped and flavoured cream, or thick custard.

RICH BOLA.

1 lb. dough.	3 eggs.
$\frac{1}{2}$ lb. butter.	$\frac{3}{4}$ lb. mixed candied peel.
5 oz. brown sugar.	1 lb. loaf sugar.
4 oz. ground almonds.	$\frac{1}{2}$ pint water.
$1\frac{1}{2}$ oz. ground cinnamon.	Orange-flower water.
“ Hundreds and thousands.”	

Let the dough rise in a basin near the fire for about $\frac{1}{2}$ an hour. Then rub the butter into it, also 1 oz. of brown sugar, the ground almonds, $\frac{1}{2}$ oz. of cinnamon, and the beaten eggs. Beat the mixture well for $\frac{3}{4}$ of an hour. Shred the peel, add to it 1 oz. cinnamon and $\frac{1}{4}$ lb. brown sugar. Grease a round dish, put in a layer of dough, then a layer of the candied peel mixture, continue in layers and finish with a thin layer of dough; ornament with large slices of citron peel and sprinkle with cinnamon. Bake in a moderate oven for 1 hour. Boil the loaf sugar and water together till clear, flavour with orange-flower water; make holes in the hot cake with a silver skewer, pour the hot syrup over it and let the cake stand for a few days if possible, turning the dish over once or twice, so that all parts of the cake may be saturated with syrup.

CANARY PUDDING.

3 eggs, and their weight in butter and castor sugar.	The weight of 2 eggs in flour.
Grated rind of 1 lemon.	

Cream the butter and sugar together, beat in the eggs one by one, and add the flour and lemon rind last. When thoroughly mixed, pour into a buttered mould, tie it up and boil or steam for 2 hours. Turn it out, sift sugar over it, and serve hot with wine or German sauce.

CARAMEL CUSTARDS.

Petites Crèmes Renversées.

2 oz. castor sugar.	$\frac{1}{2}$ pint milk.
3 eggs.	5 or 6 drops vanilla.
Lemon juice.	

Put 1 teaspoonful castor sugar into each dariole mould with $\frac{1}{2}$ teaspoonful lemon juice. Put these on to a hot-plate, melt, brown, run the caramel round, and set them 1 minute in cold water. Beat the eggs, add sugar, milk and flavouring, and strain. Fill the dariole moulds, put them into boiling water and simmer till set. Turn out and serve hot or cold.

CASTLE BASKETS.

2 eggs.		Few drops vanilla.
Their weight in butter,		Apricot jam.
castor sugar, and Eureka		$\frac{1}{2}$ gill of cream.
aerated flour.		Strips of angelica.

Beat the butter and sugar to a cream, add a little flour, then 1 egg, more flour, and the other egg, the remainder of the flour and the vanilla. Beat all together for 10 minutes. Butter some dariole moulds well, half fill them with the mixture, bake in a hot oven about 20 minutes. Turn them out on a wire sieve and leave them to get cold. Scoop out part of the centre, carefully cover the outsides with a purée of apricot jam, sprinkle with chopped almonds. Put some apricot jam in each little cake, whip up the cream with sugar and flavouring to taste and put some of this whip on the top of each cake. Place a strip of angelica from side to side to form the basket handle and a glacé cherry in the centre of the cream.

CHOCOLATE CHEESECAKES.

Short pastry.		$\frac{1}{2}$ oz. castor sugar.
$\frac{1}{4}$ pint milk.		2 eggs.
1 oz. chocolate.		A small piece of butter.

Dissolve the chocolate in the milk, add the sugar, butter and the egg yolks, and stir it over the fire till it is as smooth as thick cream. Add more milk if too thick. Line some patty-pans with the pastry, pour in the mixture, and bake them. When done, spread the top with beaten egg white and sugar, set for a minute in the oven, and serve.

CHOCOLATE JELLY.

Gelée au Chocolat.

$\frac{1}{2}$ oz. isinglass.		1 oz. sugar.
1 quart milk.		Vanilla.
4 large t.blespoonsful grated chocolate.		

Soak the isinglass in the milk, add the chocolate and sugar. Boil for 10 minutes, stirring it all the time. When almost cold flavour it with vanilla, and beat thoroughly with an egg-whisk. Pour it into a wetted china mould and let it stand overnight. Turn it out, stick with cut up almonds, and pour whipped cream round it.

LIGHT CHOCOLATE PUDDING.

Pouding au Chocolat.

$\frac{1}{2}$ lb. chocolate.		1 pint milk.
12 rusks.		6 oz. sifted sugar.
$\frac{1}{4}$ lb. butter. Vanilla.		5 eggs.

Grate the chocolate and the rusks, and boil the butter in the milk. When boiling add the chocolate and rusks, keeping back 1 large spoonful of each. Stir together 4 egg yolks, 1 whole egg and the sugar until the latter is dissolved; add a little vanilla, and mix all together. Beat the 4 egg whites to a snow, add them and the rest of the chocolate and rusks lightly to the mixture. Grease a mould well, pour in the mixture, and steam 1 hour. To be served with boiled custard or chocolate sauce.

LITTLE COCOA-NUT PUDDINGS.

2 oz. fresh butter.		2 small eggs.
2 oz. grated cocoa-nut.		Grated rind of $\frac{1}{2}$ lemon.
4 oz. moist sugar.		Juice of $\frac{1}{2}$ lemon.

Melt the butter, add to it the cocoa-nut, sugar, lemon rind, and beaten eggs. Beat this mixture well together, add the strained lemon juice, place the mixture in slightly greased patty-pans, and bake for $\frac{1}{2}$ an hour in a moderate oven.

CREAM CODLING TART FOR NEW YEAR.

2 lbs. codling apples.		Puff pastry.
Sugar to taste.		Custard made with 4 yolks of
A little orange-flower water.		eggs and $\frac{1}{2}$ pint milk.

Peel and core the apples, cut them in slices, add sugar to taste, a little water, and stew them till soft. Pass them through a sieve, add a little orange-flower water and leave till cold. Roll out the puff pastry (made the day before if possible) $\frac{1}{4}$ of an inch thick, place strips round the wetted edge of the pie-dish, arrange the apple compote high in the middle of the dish, lay on a top-crust, ornament and bake in a hot oven. When cold, cut out a small round piece from the centre of the crust and pour in a rich, thick custard, replacing the round of pastry if liked.

STEAMED COFFEE CUSTARDS.

Make $\frac{1}{2}$ pint very strong		2 oz. castor sugar.
coffee.		6 yolks of eggs.
		1 gill cream.

When the coffee is nearly cold, sweeten it, and beat in the yolks of eggs and cream; mix well, pour into small china cases and steam for 20 minutes.

BOILED COFFEE CUSTARDS.

Make a rich custard, flavour strongly with essence of coffee, cook in a double saucepan, and stir till thickened. Pour into custard glasses and serve cold.

APRICOT CREAM.

Crème aux Abricots.

1 pint double cream.		$\frac{1}{2}$ gill milk.
1 tin apricots.		$\frac{1}{4}$ lb. castor sugar.
$\frac{1}{2}$ oz. isinglass.		1 teaspoonful lemon juice.

Melt the isinglass. Rub the apricots through a sieve, adding part of the syrup, slightly warm the pulp, add to it the sugar, lemon juice and melted isinglass. Whip the cream and just before it thickens add the milk, mix with the other ingredients, pour into a wetted mould and leave till it sets.

CREAM BUNS.

Petits Choux à la Crème.

$\frac{1}{4}$ pint of water.		2 oz. flour.
2 eggs.		2 oz. butter.
Vanilla.		$\frac{1}{2}$ pint cream.
		1 oz. castor sugar.

Put the butter and water in a small saucepan, bring it to the boil, add gradually the sieved flour, stir till quite smooth over the fire, and till it no longer sticks to the sides. Turn it out to cool and add the eggs, well beaten. Beat the mixture for 5 to 10 minutes, and then place dessertspoonsful on a greased baking-tin. Bake in a moderate oven 30 to 40 minutes. Turn them on to a sieve to cool, after cutting a slit in the side. Whip, sweeten and flavour the cream and fill the buns with it through the slit, when they are cold. Dust sifted sugar over them and serve.

BLACKCURRANT CREAM.

Crème de Cassis.

$\frac{1}{2}$ oz. isinglass.		14 oz. blackcurrant jam.
1 pint milk.		1 gill cream.
		Juice of half a lemon.

Soak the isinglass in a teacupful of the milk. Pass the jam through a hair sieve, mix it with the rest of the milk, add the lemon juice, and then the soaked isinglass. Stir it over the fire till the isinglass is quite dissolved, strain it into a basin, and stir occasionally. When commencing to set, mix in the cream, well whisked, pour it into an earthenware mould, and turn out when set.

CHESTNUT CREAM.

Crème aux Marrons.

2 lbs. chestnuts.	Vanilla.
$\frac{1}{2}$ pint milk or water.	6 oz. castor sugar.
$\frac{1}{2}$ pint double cream.	

Cook the chestnuts in boiling water till both skins can be removed. Then pass them through a coarse sieve and return to a clean saucepan with the milk or water well flavoured with vanilla, and the castor sugar. Stir all over the fire till the moisture is quite absorbed. When perfectly dry, rub the purée through a wire sieve, and arrange in a circle on a dish. When cool, pile well whipped and sweetened cream, flavoured with vanilla, in the centre.

CHOCOLATE CREAM MOULD.

Crème au Chocolat.

$\frac{1}{2}$ oz. isinglass.	3 oz. French chocolate.
$1\frac{1}{2}$ pints milk or $\frac{3}{4}$ pint milk and $\frac{3}{4}$ pint cream.	$\frac{1}{4}$ lb. lump sugar.
	1 teaspoonful vanilla.

Soak the isinglass in the milk or milk and cream. Grate the chocolate, add the sugar and isinglass and milk; put it over the fire and let it boil up once, stirring all the time to prevent the chocolate setting. Strain it into a basin, add the vanilla, and pour into a wetted mould, when nearly cold.

CREAMS A LA DUCHESSE MARIE.

Crème à la Duchesse Marie.

$\frac{1}{2}$ pint milk.	$\frac{1}{2}$ teaspoonful essence of vanilla.
$\frac{1}{4}$ pint double cream.	1 good tablespoonful apricot jam.
$1\frac{1}{2}$ oz. cornflour.	1 tablespoonful sherry or brandy.
1 oz. castor sugar.	
Yolks of two eggs.	

A few chopped pistachio kernels.

Make a custard with the milk, cornflour and yolks of eggs, add the sugar, vanilla, jam and sherry or brandy, pass all through a hair sieve and almost fill 12 small paper or china cases with the mixture. Whip the cream very stiffly, add a teaspoonful of castor sugar and a few drops of vanilla. Put it in the forcing-bag and force it on to the cases; sprinkle the tops with chopped pistachio kernels.

FRUIT CREAMS.

Crème de Fruits variés.

$\frac{1}{2}$ oz. isinglass.		1 tinned pine-apple or 1 pot
$\frac{1}{2}$ pint milk.		strawberry or other jam.
1 pint double cream.		$\frac{1}{4}$ lb. sifted sugar.

Dissolve the isinglass in 1 gill milk, add 1 gill boiling milk and stir it by the side of the fire till the isinglass is melted; add this slowly to the whipped cream, stirring the whole time, then add the flavouring. For a *pine-apple cream*, cut the pine into small pieces, add the juice and a little lemon juice and the sugar, whisk till nearly set and pour into a wetted mould. Jams must be warmed with a little water, then passed through a sieve before being added.

GOOSEBERRY FOOL CREAM.

Crème de Groseilles.

$\frac{1}{2}$ pint cream.		Loaf sugar.
1 quart gooseberries.		A little water.

Stew the gooseberries in sufficient water to cover them, and add sugar to taste. When tender, pass them through a fine sieve, stir in the cream (or half milk and cream), mix well, and serve cold.

HONEYCOMB CREAM.

Blancmange aux Fruits.

3 teacupsful milk.		$\frac{1}{4}$ oz. isinglass.
1 teacupful castor sugar.		1 teaspoonful vanilla.
3 eggs.		Glacé cherries and angelica.

Put the milk, isinglass, sugar and vanilla in a saucepan over the fire till the isinglass is dissolved, let it cool a little, then stir in slowly the 3 yolks, well beaten, and let it come nearly to the boil. Remove from the fire and let it cool, then add the whites of the eggs whipped to a stiff froth. Rinse a mould out with cold water, decorate with cherries and angelica, pour the mixture carefully into it and let it get cold.

LECKER CREAM.

3 yolks and 1 white of egg.		2 oz. castor sugar.
$1\frac{1}{2}$ pints milk.		Grated lemon peel.
4 tablespoonsful flour.		$\frac{1}{2}$ lb. ratafias.

Beat up the yolks and white, add the milk gradually, and mix in the flour very carefully. Add the sugar and grated lemon peel to flavour. Boil over a slow fire, stirring constantly, until the flour is quite dissolved. Prepare a shallow dish with the ratafias at the bottom, and strain the cream on to them. Decorate with coloured sugar.

RICE CREAM MOULD.

Riz à la Crème.

2 oz. rice.	3 oz. castor sugar.
2 eggs.	$\frac{1}{2}$ oz. isinglass.
1 pint milk.	$\frac{1}{2}$ lb. strawberry jam.
$\frac{1}{2}$ pint cream.	Flavouring.

Stew the rice in the milk till quite tender. Then add the eggs well beaten, sugar, flavouring, and the isinglass dissolved in milk. Mix well while hot, and pour into a mould. Beat the cream stiffly, mix in the strawberry jam, and pour it over the mould when it is dished up.

STONE CREAM.

$\frac{1}{2}$ lb. jam.	1 heaped tablespoonful of arrowroot.
1 pint milk.	1 teaspoonful orange-flower water.
2 oz. lump sugar. [tion.	
Preserved fruits for decora-	

Place the jam at the bottom of a glass dish. Boil the milk and sugar together; mix the arrowroot to a smooth paste with a little cold milk, stir it into the boiling milk, add the flavouring and stir the whole over a gentle fire for a few minutes till the arrowroot is cooked. Let it cool, pour it over the jam, and, when wanted, decorate to taste.

TAPIOCA CREAM.

Crème de Tapioca.

3 oz. large tapioca.	Preserved fruits and pistachio kernels.
1 pint milk.	3 yolks of eggs.
$\frac{1}{2}$ pint cream.	1 teaspoonful casumen.
2 oz. castor sugar.	

Soak the tapioca in boiling water, and when this is cold, strain the tapioca off and boil it in the milk with the sugar and flavouring. When sufficiently done and cold, beat in the casumen yolks of eggs and the cream. Pour it into a glass dish and garnish with preserved fruits and pistachios, chopped.

ECLAIRS.

$\frac{1}{4}$ lb. butter.	3 eggs.
2 oz. sugar.	Vanilla.
$\frac{1}{2}$ pint water.	Cream.
5 oz. Eureka aerated flour.	Icing.

Boil together the sugar, water and butter, and add the flour gradually; stir till well mixed and then let it cook slowly for 10 minutes, stirring occasionally till it leaves the sides of the

pan clean. Turn it out to cool. Then add the eggs separately and the vanilla. Force them through a bag and a wide pipe on to a greased baking-tin in finger lengths (see illustration p. 95), brush with egg, and bake $\frac{1}{2}$ hour. When cool, make an incision in one side, fill with whipped cream, and dip in coffee or chocolate icing.

EMPRESS PUDDING.

Riz à l'Impératrice.

2 oz. rice.	2 oz. castor sugar.
1 pint milk.	Few drops vanilla.
1 egg. *	Jam.

Wash the rice, boil it in the milk till tender, let it cool, beat in the egg, sugar and flavouring. Butter a pie-dish well, spread a layer of the rice mixture at the bottom, then a layer of jam, continue till the rice is finished. Bake about $\frac{1}{2}$ an hour in a moderate oven and turn out on to a hot dish.

GENOESE PASTRY.

Pâte Génoise.

$\frac{1}{2}$ lb. Eureka aerated flour.	4 eggs.
$\frac{1}{2}$ lb. sugar.	$\frac{1}{2}$ lb. butter.
A pinch of salt.	

Mix the flour, sugar, eggs and salt thoroughly together with a wooden spoon, and then add the butter melted by the side of the fire. When all is well incorporated, spread it $\frac{1}{4}$ inch thick on a well buttered baking-tin and bake in a moderately hot oven. The pastry can afterwards be spread with jam, cut into fancy shapes and decorated with icing and cherries, etc.

GERMAN APPLE TART.

2 lbs. apples.	$\frac{3}{4}$ lb. flour.
$\frac{1}{4}$ lb. butter.	1 egg.
$\frac{1}{4}$ lb. brown sugar.	Grated lemon peel.
Baking-powder.	

Mix the sugar, flour and baking-powder together, rub in the butter, add the lemon peel and moisten with the egg. Knead the paste and divide it into two. Roll it out to cover the bottom of a flat baking-tin. Put in the apples previously stewed with sugar and cover them with the other half of the paste. Pinch the edges of the paste well together, brush the top over with egg and bake. Serve hot or cold. Any other fruit, stewed as above, can be used instead of apples.

GERMAN PUFFS or PORTLAND PUDDINGS.

$\frac{1}{4}$ lb. butter.		$\frac{1}{4}$ lb. flour.
$1\frac{1}{2}$ cups milk.		4 eggs.

Clarified sugar.

Melt the butter in the milk, beat the same into the flour, heated. Beat the eggs well and add them to the batter. Half fill small pie-cups (well buttered first) and bake in a quick oven. Serve hot with clarified sugar sauce.

LEMON CHEESECAKES.

$\frac{1}{2}$ lb. puff pastry.		2 oz. butter.
$\frac{3}{4}$ eggs.		6 oz. sifted sugar.

Rind of 1 lemon and juice of 2 lemons.

Beat the eggs, add the other ingredients, and beat well. Simmer gently a few minutes, stirring all the time, and turn it into a jar to cool. Roll out the pastry, cut it into tartlets, cutting the centres half through with a small cutter. Bake, and remove the centres. Fill up with the lemon mixture, and warm through before serving.

FRENCH PANCAKES.

Crêpes au Four.

2 oz. butter.		2 eggs.
2 oz. Eureka aerated flour.		$\frac{1}{2}$ pint milk.
2 oz. sugar.		1 teaspoonful lemon juice.

Beat the butter and sugar to a cream, add flour and beaten eggs alternately, then the milk and lemon juice; mix well and let it stand for an hour or so. Butter 4 saucers and half fill with the batter; bake about 20 minutes in a moderate oven. Place a little jam in the centres and fold over, or pile them on a dish with jam between each.

PINE-APPLE PUDDING.

Gâteau à l'Ananas.

3 oz. fresh butter.		3 eggs.
3 oz. castor sugar.		4 oz. preserved pine-apple.
3 oz. Eureka aerated flour.		$\frac{1}{2}$ pint cream.

Melt the butter in a stew-pan, add the sugar and cream. When this mixture begins to simmer, lift the pan off the fire and stir in the flour as quickly as possible; replace it on the fire and stir for about 5 minutes. Lift it again from the fire and stir the eggs in gradually; mix well and add the pine-apple, chopped small. Butter a mould well, pour in the mixture and steam for 1 hour. Turn it out and throw over it a hot custard sauce (see p. 80) flavoured with pine-apple syrup.

PINE-APPLE TRIFLE.

6 sponge-cakes.	6 eggs.
$\frac{1}{4}$ lb. macaroons and ratafias.	1 pint milk.
$\frac{1}{2}$ a tin of pine-apple.	$\frac{1}{4}$ pint cream.
	$\frac{1}{4}$ lb. lump sugar.

Cut the sponge-cakes in halves, lay them in a deep glass or silver dish, scatter the broken up macaroons and ratafias amongst them, pour the juice from the pine-apple over and let it soak in. Cut up the pine-apple in small pieces, place them in the dish. Boil the milk and sugar, let it cool a little, beat up the eggs, pour the milk over them, stir well and pour the mixture into a jug, place this in a saucepan of boiling water over the fire, stir till the custard thickens and coats the back of the spoon. Continue stirring off the fire till the custard cools a little, pour it over the trifle in the dish and ornament with little heaps of whipped cream.

PINE-APPLE CREAM CAKE.

Gâteau avec Crème d'Ananas.

3 eggs.	$\frac{1}{2}$ pint cream.
Their weight in butter, castor sugar and Eureka aerated flour.	Sugar to taste.
	$\frac{1}{2}$ a tin of pine-apple.

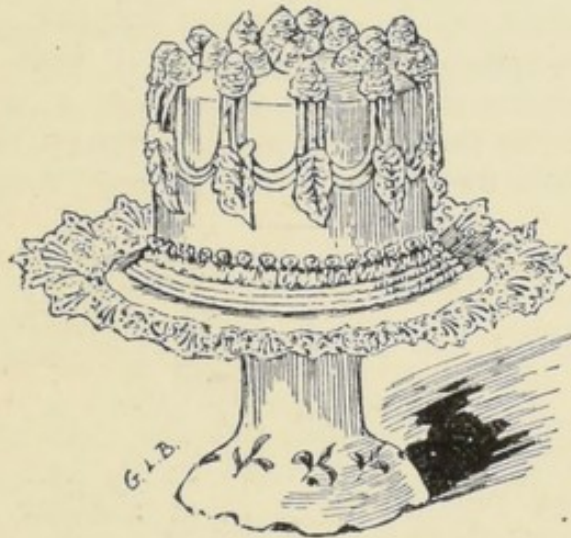
Cream the butter and sugar together, add a little flour, then 1 egg, beat it in well; more flour, another egg, beating all the time, then the remainder of flour and other egg; beat for $\frac{1}{4}$ hour. Pour the mixture into 3 well greased shallow round tins and bake in a quick oven till a skewer thrust in the middle of each cake comes out clean. Let them cool on sieves. Cut the pine-apple into small dice, whip the cream till stiff, add the pine-apple and castor sugar to taste, spread 2 cakes with the cream, place one on top of the other and cover with the third.

PUFF PASTRY.

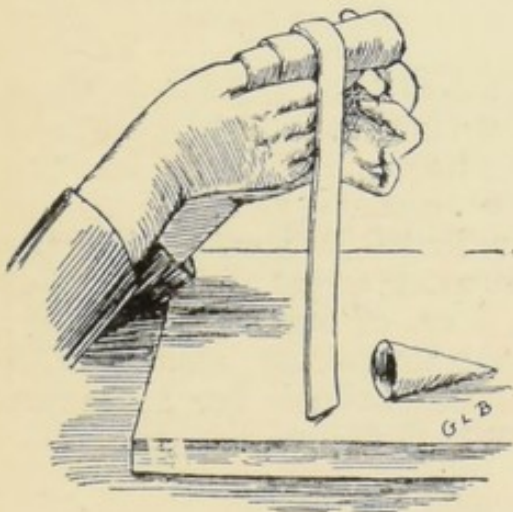
Feuilletage.

$\frac{1}{2}$ lb. flour.	A little lemon juice.
$\frac{1}{2}$ lb. butter.	Cold water.

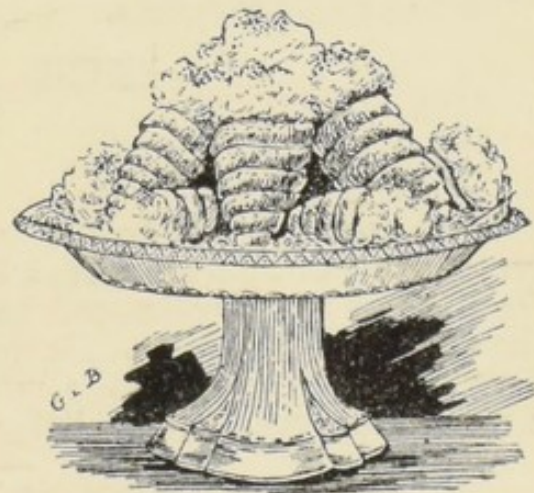
Make a stiff paste with the cold water, flour and lemon juice and roll it out on a marble slab with a glass rolling-pin. Spread half the butter in little pieces on the paste, fold it over from both ends and roll it out carefully in an oblong shape. Let it stand 10 minutes, use up the rest of the butter, fold over and roll out. Let it stand 10 minutes. Then roll it out at intervals of 10 minutes, folding it in 3 each time until 7 turns or rollings have been given altogether. It improves by standing a few



9



10



11

9.—VIENNESE CHOCOLATE CAKE. (*Page 123.*)

10.—FORMING PUFF PASTRY CORNETS. (*Page 120.*)

11.—CORNETS FILLED WITH CREAM, (*Page 120.*)

hours before being used. In summer it is advantageous to stand the pastry in a tin over ice between the rollings.

To make *Cornets*, roll the pastry out thin and cut it in strips about 2 inches wide. Grease the outside of the cornet moulds, place the strips carefully round them (see illustration p. 119), lay the moulds on a greased baking-tin, and bake the pastry in a quick oven about 10 minutes. Remove the cornet moulds, let the pastry get cold, then fill with whipped, sweetened, and flavoured cream, or jam and cream to taste.

PURIM FRITTERS.

1 French roll.
 $\frac{1}{2}$ pint milk.
 4 eggs.

Clarified sugar.
 "Hundreds and thousands."
 Salad oil.

Remove the crust from the roll, cut the crumb in $\frac{1}{2}$ inch thick slices, boil the milk, soak the bread in it, but do not let the slices break. Beat up the eggs in a shallow dish, dip the soaked slices of bread in the eggs. Half fry the slices in boiling salad oil; remove them from the oil, dip them again in milk and eggs, then fry them till they are golden brown. Drain them on kitchen paper, arrange them on a glass or silver dish, and pour hot clarified sugar over them. Serve cold, decorated with hundreds and thousands.

RICE MOULD.

$\frac{1}{4}$ lb. rice.
 1 quart milk.
 5 eggs.

2 oz. butter.
 $\frac{1}{2}$ a lemon.
 $\frac{3}{4}$ oz. castor sugar.

Wash the rice, and boil it in the milk till it is soft. Add the grated rind of half a lemon and the castor sugar. When it has cooled, add the 5 yolks well beaten, 1 oz. of butter, and, lastly, the stiffly beaten whites. Butter a cake tin thickly, sprinkle with biscuit crumbs, put in the mixture, and bake it for 1 hour in a moderate oven. Serve hot, and turn it out of the tin.

ROYAL TRIFLE.

$\frac{1}{4}$ lb. Savoy biscuits, or
 sponge-cakes.
 2 oz. ratafias.
 2 oz. jam.
 $\frac{1}{2}$ pint milk.

$\frac{1}{2}$ pint double cream.
 2 eggs.
 Candied fruits and cherries.
 $\frac{1}{2}$ glass brandy and sherry.
 A little sugar, and lemon juice.

Lay the ratafias at the bottom of a deep glass dish and sprinkle them with brandy. Put on these a layer of sponge-cakes spread with jam and sprinkled with sherry. Boil the milk, and pour it over the beaten eggs, sweeten it, and boil it up gently until it thickens slightly. Pour this over the biscuits. Decorate the top with whipped cream and ornament with candied fruit and cherries,

SLIPPERY PUDDING.

Crème renversée.

4 eggs.

10 lumps sugar.

Rinds of 2 lemons, steeped for half
an hour in 1 pint boiling milk.

Beat up the eggs, pour the milk on them (it should be nearly boiling); pour into a buttered basin and steam for 1 hour and then stand the pudding with a plate over the basin to set for $\frac{1}{4}$ an hour on the stove before turning it out.

SAUCE.

 $\frac{1}{4}$ lb. white sugar.

Juice of 2 lemons.

Wineglassful water.

Wineglassful sherry.

Warm all together, but do not let it come to the boil.

SIESTA CAKE.

1 lb. flour.

 $\frac{1}{2}$ lb. ground almonds. $\frac{1}{2}$ lb. orange and lemon peel.

3 lbs. loaf sugar.

Orange-flower water.

2 oz. Jordan almonds.

1 lb. butter.

 $\frac{1}{2}$ lb. citron peel.

6 eggs.

1 dessertspoonful baking-powder

1 teacup of milk.

Melt the butter, beat up the eggs, add them, and gradually mix in the flour, ground almonds, and milk, the baking-powder and a pinch of salt. Beat it thoroughly for 1 hour with the hand. Cut the peel up finely. Butter a round dish, put in first a layer of the dough, then a layer of sliced citron peel, then dough, then orange peel, etc., and continue till the ingredients are used up. Make the layers lightly, and finish with the dough. Put it in a moderate oven as soon as it is ready and bake for 1 hour. Cook the loaf sugar with 1 pint of water and flavour it with orange-flower water. This must be ready as a strong syrup when the cake comes out of the oven, as it must be poured over hot. Ornament the top with blanched and browned almonds and strips of citron. Pour more syrup over when it is soaked in and strew the top with hundreds and thousands before serving. It is improved by standing in syrup for a day.

ALMOND SOUFFLÉ.

Soufflé aux Amandes.

1 oz. butter.

1 oz. flour.

 $\frac{1}{4}$ pint milk.

Few drops almond essence.

2 dessertspoonsful castor sugar.

4 eggs.

Melt the butter, mix in the flour, add the milk and stir well. Remove from the fire, add the sugar and flavouring, beat in the yolks of 3 eggs and add the stiffly-beaten whites of 4. Pin a band of sandwich-paper round the top of the soufflé-dish, pour in the mixture and bake in a very hot oven 10 to 15 minutes. Serve immediately. To make *Coffee Soufflé*, substitute $\frac{1}{2}$ gill strong coffee for the almond essence.

BURN'T ALMOND SOUFFLÉ.

Soufflé aux Amandes Pralinées.

1 oz. butter.	10 drops vanilla essence.
1 oz. Eureka aerated flour.	1½ gills milk.
1½ oz. castor sugar.	3 eggs.
1 oz. burnt almonds.	

Melt half the sugar with a few drops of water in a stew-pan, stir till it becomes light brown, pour in the milk and boil up, stirring frequently. Melt the butter in another stew-pan, stir in the flour, mix it well with a wooden spoon and add gradually the prepared milk. Stir till it forms a smooth paste, then mix in the rest of the sugar; pound the almonds and add them. Allow the mixture to cool a little, then stir in the yolks of eggs one by one, beat well and add vanilla. Whisk the whites to a stiff froth, mix them in lightly but thoroughly. Butter a plain mould, pin a band of buttered paper round edge, pour in mixture and steam for about 40 minutes.

POTATO SOUFFLÉ.

Soufflé aux Pommes de Terre.

1 tablespoonful potato flour.	Flavouring to taste.
1 tablespoonful castor sugar.	6 eggs.
½ pint milk.	½ teaspoonful casumen.

Mix the potato flour, casumen and sugar with the milk, put it into a saucepan and stir it over the fire till it boils. Remove it from the fire and flavour the mixture to taste; beat up the yolks of the eggs with a little sugar and add them, then mix in lightly the stiffly beaten whites. Pour into a buttered soufflé-dish and bake for ½ an hour in a quick oven.

THATCHED PUDDING.

2 oz. butter.	2 oz. sifted sugar.
½ pint milk.	2 tablespoonsful apricot jam.
4 eggs.	2 tablespoonsful strawberry jam.
3 dessertspoonsful flour.	1 oz. sweet almonds.
Rind of 1 lemon.	

Melt the butter. Mix the flour with a little cold milk to a smooth paste, pour over it the remainder of the milk boiling hot; add the sugar, butter, grated lemon rind, and mix all well together. When cool, stir in the yolks of eggs, well beaten; add the whites, whisked to a stiff froth and stirred in the last thing before putting the pudding in the oven. Bake for 20 minutes; when done, turn it out of the pie-dish, spread the two jams over in alternate quarters and ornament with almonds.

VANILLA SLICES.

Pâte à la Vanille.

Puff pastry (page 118).	Yolks of 2 eggs.
1 dessertspoonful cornflour.	White of 1 egg.
$\frac{1}{4}$ pint milk.	1 teaspoonful castor sugar.
1 teaspoonful essence of vanilla.	

Bake the puff pastry in two slices, let it get cold, and spread it with the following mixture:—Mix the cornflour smooth with the cold milk, stir it over the fire till it boils, remove it from the fire and stir in the yolks and white of egg, the sugar and essence of vanilla. Let it heat through again but not boil, then allow it to get almost cold before spreading on the pastry; cut the latter into neat slices and ice the top lightly if liked.

VIENNESE CHOCOLATE CAKE.

Known as *Sacher Torte*.

5 oz. butter.	5 oz. chocolate.
5 oz. castor sugar.	6 eggs.
5 oz. Vienna flour.	Apricot jam.

Place the chocolate on a plate and warm it in the oven till your finger makes an impression on it. Beat the butter to a cream with the sugar, add the yolks of the eggs and beat for $\frac{1}{2}$ an hour, then add the flour gradually, and, lastly, the whites of the eggs. Grease 2 Victoria sandwich tins well, divide the mixture between the two and bake for about an hour. Let the cakes get cold, then spread one thickly with apricot jam that has been warmed, place the other cake on top and cover the whole with the following *chocolate icing*:—Warm $\frac{1}{4}$ lb. chocolate as before, beat it up with a tablespoonful of cocoa-powder and a little hot water. Stir over the fire till smooth and when boiling mix in $\frac{1}{4}$ lb. icing sugar, remove from the fire and stir for $\frac{1}{2}$ an hour till it is cold. Should it be too solid add a few drops of hot water, if too liquid add a little more icing sugar, but in either case beat it another 10 minutes. Decorate to taste.

WAFER CORNETS A LA CRÈME.

Gaufres à la Crème.

2 eggs.	The weight of 2 eggs in sugar.
The weight of 1 egg in flour.	

Mix all the ingredients well together, and then drop with a teaspoon on to an oiled baking-sheet. When half baked, twist into cornet shapes or put round a cornet mould and finish in a cool oven. Serve cold filled with whipped cream, or with white of egg beaten up with sugar and flavouring.

SAVOURIES.

ANCHOVY MAYONNAISE TOASTS.

Crôutes d'Anchois en Mayonnaise.

2 or 3 slices bread.

Anchovy paste.

Tartare sauce.

Watercress or mustard and cress.

Cut 2 or 3 thin slices of stale bread, stamp them out in rounds or diamond shapes, fry them in boiling fat or oil, drain them on kitchen paper, spread them with a little anchovy paste. Make a little tartare sauce (see page 86), spread each piece of fried bread with it, form into sandwiches, and serve with watercress or mustard and cress.

ANCHOVIES ON TOAST.

Crôutes d'Anchois.

Strips of toast spread with
marrow.

6 anchovies.

1 hard-boiled egg.

Chopped parsley.

Dip the anchovies quickly in and out of hot water, then in cold water, scrape and bone them, put them between 2 plates in the oven to heat. Lay half an anchovy on each strip of toast, decorate alternately with yolk and white of egg, and sprinkle with chopped parsley.

ARTICHOKES WITH HORSERADISH SAUCE.

Fonds d'Artichauts, Sauce Raifort.

1 bottle of artichoke bottoms.

1 egg.

Breadcrumbs.

Frying fat.

Horseradish sauce, and horseradish.

Throw the artichoke bottoms into boiling water, and boil for 15 minutes, but not longer, or they will turn black. Drain them at once, and wipe them dry. When cool, cover each one with egg and breadcrumb and fry in deep hot fat. Garnish with shredded horseradish, and serve with horseradish sauce.

MOCK CAVIAR.

6 washed and boned anchovies.		A pinch of cayenne.
		A pinch of salt.
1 teaspoonful dried parsley.		A squeeze of lemon juice.
		Olive oil.

Rub the mortar across 2 or 3 times with a fresh clove of garlic, pound the anchovies in it, adding the parsley, cayenne, salt, lemon juice and enough olive oil to make it into a smooth butter. Spread it on small dry biscuits and decorate to taste.

CUCUMBER SAVOURY.

Bouchées de Concombre.

1 cucumber.		The breast of a cold cooked chicken.
2 or 3 large tomatoes.		
		Mayonnaise sauce.

Peel the cucumber, leaving alternate strips peeled and unpeeled, cut it into thick slices and scoop the centre out with a cutter, leaving only the rim; put each piece on a slice of tomato and fill the centre with cold chopped chicken mixed stiffly with Mayonnaise sauce. A few strips of celery or a few chopped capers are an improvement.

EGG AND ANCHOVY IN PASTE.

Fritures d'Anchois.

2 hard-boiled eggs.		Trimnings of puff paste.
6 anchovies.		Frying fat.
		Cayenne.

Cut each egg in 6 slices; dip the anchovies in boiling water, scrape them and remove the bones. Cover one side of the slices of egg with the anchovies, dust over with cayenne, roll the pastry as thin as possible, cut with a round pastry-cutter. Place a slice of egg and anchovy on a round of paste, brush the edges with beaten egg, place another round of paste on top, press the edges firmly together, drop in smoking hot fat, fry 4 to 5 minutes, drain on kitchen paper.

EGGS A LA BONNE FEMME.

Oeufs à la Bonne Femme.

6 hard-boiled eggs.		Beetroot and celery.
Cold chicken or veal.		Thick Mayonnaise sauce or
Smoked beef.		gravy.
		Lettuce.

Boil 6 eggs hard, put them in cold water to cool, then shell them carefully, cut them in half across, remove the yolks and

cut off each the pointed tip of white to make them stand flat. Cut into tiny dice some cold chicken or veal, some smoked beef, a little beetroot and celery, and the yolks of the eggs. Bind these together either with thick Mayonnaise sauce or some good strong gravy. Fill the whites with the mixture, piling it high in the centre. Arrange lettuce or endive on a dish and place the eggs round.

MOULDED EGGS.

Oeufs en caisses.

6 eggs.		Grated tongue or smoked beef.
1 hard-boiled yolk of egg.		Rounds of toast, spread with
Chopped parsley.		marrow.

Grease 6 dariole moulds, sprinkle them alternately with parsley, grated meat and sieved yolk of egg. Break an egg into each without breaking the yolk. Place the moulds in boiling water and cook till set. Turn out on to the toast and serve hot, garnished with parsley.

TOMATO EGGS.

Oeufs farcis aux tomates.

4 hard-boiled eggs.		8 anchovies.
3 tomatoes.		Breadcrumbs.
		2 oz. clarified fat.

Cut the eggs in half and remove the yolks. Place the yolks in a basin with an equal quantity of tomato pulp and a small piece of butter. Pound them all together, and season with salt and cayenne. Stir it over the fire till hot, and then fill each half white with the mixture. Decorate with 2 fillets of anchovy on each egg and serve on a bed of browned breadcrumbs, heated with dripping, pepper and salt.

FOIE-GRAS.

3 oz. smoked beef.		Truffles.
6 oz. liver or poultry livers.		Seasoning and a little stock.

Cook the liver, smoked beef, and seasoning in a very little stock for 10 to 15 minutes. Then pound them in a mortar and pass through a sieve. Add some chopped truffles and put in a jar for use.

HERRING ROES A LA RUSSE.

Laitances d'harengs à la Russe.

Take some soft herring roes, wash them carefully in cold salt and water, then put them in a pie-dish with 3 or 4 laurel leaves. Boil 3 tablespoonsful of French vinegar with $\frac{1}{2}$ a pint of water and 8 to 10 peppercorns, then strain it on to the roes; cover

the dish with a piece of greased paper, put it in a moderate oven and let the roes cook for 10 minutes, then remove them from the oven and leave till cold. Cut some peeled cucumber in dice and mix it with half its bulk in capers, season well with salad oil. Place $\frac{1}{2}$ a tablespoonful on a round of toast in a little pile, put a prepared roe on top, sprinkle with chopped parsley and serve. The vinegar liquor can be used several times.

HERRING OR MACKEREL ROE TOAST.

Laitances de maquereau.

4 fresh roes.	1 tablespoonful oil.
Juice of $\frac{1}{2}$ lemon.	$\frac{1}{2}$ gill thick white sauce.
1 tablespoonful cooked salmon.	1 teaspoonful sherry.
	A pinch of cayenne and nutmeg.

Fried bread or toast.

Cook the roes gently in the butter or oil and lemon juice, drain and cut them into dice. Sieve the salmon and mix it with the other ingredients. Heat all together, stir in the roes, and pile on hot toast or fried bread cut in strips.

(The salmon can be omitted.)

KIPPER SAVOURY.

Croûtes d'harengs fumés.

Fried croûtons.	Cayenne.
2 cooked kippers.	Capers, cucumber or tomato for decoration.
2 hardboiled eggs.	
	1 teaspoonful salad oil.

Pound the meat of the kippers with 1 hard-boiled yolk, and the oil; season with cayenne, and rub through a wire sieve. Fry the small croûtons in butter or oil, and spread thickly with the paste. Decorate with egg yolk passed through a sieve, and with either capers, cucumber or tomatoes to taste.

LIVER TOAST.

Canapés de Foie.

Poultry livers.	$\frac{1}{4}$ oz. clarified dripping.
1 sprig parsley.	Salt, pepper, cayenne.
1 button onion.	Lemon juice.
1 blade mace.	1 teaspoonful red currant jelly.

$\frac{1}{2}$ pint stock or water.

Simmer the livers for $\frac{1}{2}$ an hour in the stock or water, adding the parsley, mace and onion. Drain them and pound them smoothly with the dripping, flavouring it with salt, pepper, cayenne, red currant jelly and lemon juice. Heat it all and spread on fried croûtons, garnishing them with chopped white of egg.

MARROW BONES WITH TOAST.

Saw the bones in halves, trim neatly and cover them with a stiff paste made with $1\frac{1}{4}$ lbs. flour and some water. Tie the bones up in a cloth and put them into a saucepan in plenty of boiling water and a little salt and boil for $2\frac{1}{2}$ hours. Remove the cloth and the paste, fasten a clean napkin round each bone, arrange on a dish and serve with strips of dry toast round.

MARROW PATTIES.

Puff paste cases (see page 103).	1 shallot.
1 beef marrow bone.	$\frac{1}{2}$ oz. glaze.
$1\frac{1}{2}$ gills brown sauce (see page 78).	1 wineglass sherry.
	1 teaspoonful chopped parsley.

Make a paste of flour and water, cover the top of the marrow bone with it and boil till the marrow is set. Split the bone, take out the marrow, scald the latter, and then put it in cold water till required. Chop the shallot finely, put it with the sauce, glaze and sherry, and boil till reduced to half the quantity. Cut the marrow into small squares, add it and the parsley to the sauce, put it aside till cold, then fill the puff paste cases with it.

SAVOURY MARROW TOAST.

Marrow.	Cayenne or curry powder.
1 teaspoonful mixed herbs or chopped parsley.	1 hard-boiled egg yolk.
	Toast or fried bread.

Blanch the marrow by putting it into cold water and a little salt, letting it come to the boil, and turning it instantly into cold water till wanted. Then pound it with a seasoning of mixed herbs or chopped parsley, cayenne or curry powder and the hard-boiled yolk. (1 yolk to every 2 tablespoonsful marrow.) Spread when smooth on rounds of toast or fried bread, sprinkle with browned breadcrumbs and heat in the oven, protecting it with greased paper.

SMOKED ROE SAVOURIES.

Laitances fumées.

(1) Spread some squares of hot toast rather thickly with smoked cod's roe, place a poached egg on top, sprinkle with pepper, and serve at once.

(2) Hang the smoked roe up in a muslin bag in the kitchen. When sufficiently hard it can be grated and spread on squares of fried bread; a grilled mushroom on each square would make a good finish.

SOFT ROES ON TOAST.

Croûtes de Laitances.

Poach the roes in boiling water for a few minutes, make a slice of toast, spread it with marrow, cut it in fingers, lay one roe on each, sprinkle with salt and pepper, and serve hot.

SARDINE BISCUITS.

Canapés de Sardines.

6 sardines.	1 teaspoonful lemon juice.
1 hard-boiled egg.	1 teaspoonful Worcester sauce.
1 teaspoonful mustard.	1 teaspoonful salad oil.
Watercress.	Water biscuits.

Take the skin and bones from 6 sardines; put the sardines in a basin with a teaspoonful of made mustard, the same of lemon juice and Worcester sauce, beat all together, then add, gradually, 1 teaspoonful of best salad oil. When the mixture is smooth spread it on small crisp water biscuits, garnish with yolks of hard-boiled eggs passed through a sieve and surround with watercress.

DEVILLED SARDINES.

Sardines à la Diable.

4 sardines.	Toast or croûtons.
	Cayenne.

Skin and remove the bones of the sardines and dust them liberally with cayenne pepper. Put 2 teaspoonsful of the oil in which they were packed, in a small frying-pan, and let them get very hot. Remove them carefully and lay each on a strip of hot toast or fried bread and serve very quickly.

DEVILLED SARDINES (Another Method).

Sardines à la Diable.

6 boneless sardines.	Cayenne.
Mustard.	Hot toast.
	Lemon.

Skin 6 boneless sardines, spread some made mustard and a dash of cayenne on each side of them, grill them, lay them on fingers of hot toast or strips of bread fried in oil, garnish with slices of lemon, and serve hot.

SARDINE SAVOURY.

Bouchées de Sardines.

1 saltspoonful French mustard, lemon juice, chopped gherkin and parsley.	2 oz. boneless sardines.
2 hard-boiled eggs.	1 dessertspoonful oil.
	Anchovy biscuits, or fried croûtons and anchovy paste.
	2 oz. chopped lax.

Pound all except the egg whites smoothly and rub through a wire sieve. Serve on anchovy biscuits or on fried croûtons spread with anchovy paste. Garnish with chopped aspic and white of egg, and with strips of beetroot, cucumber or mustard and cress.

TOMATO BASKETS.

Corbeilles de Tomates.

Small tomatoes.	Essence of anchovy.
2 or 3 hard-boiled eggs.	Parsley.

Take as many small tomatoes as you may require, scoop out the middles; mix 2 or 3 hard-boiled eggs with a little of the inside of the tomatoes and add a little essence of anchovy. Rub all through a hair sieve, fill up the tomatoes and garnish with hard-boiled white of egg. Make handles with parsley stalks and decorate with parsley.

SAVOURY TOASTS A L'ITALIENNE.

Croûtes à l'Italienne.

Fried croûtons.	Cold chicken or veal.
Boned anchovies.	Parsley.
	Tomato purée.

Fry some croûtons of bread in boiling oil till crisp, place a boned and rolled anchovy on each. Warm some finely shredded cooked chicken or veal between two plates over boiling water, place some on each croûton and sprinkle a little chopped parsley on top; make a thick tomato purée, slightly flavour it with tarragon vinegar, and pour it boiling hot round the croûtons.

CREAM AND WATER ICES.

HINTS ON ICE MAKING.

Ices can be made in a milk-can stood in an ordinary pail, if no proper freezer is obtainable. The can must not be quite filled, as the mixture expands as it freezes. The lid must fit tightly to keep the salt freezing mixture out. The lid must also be removed occasionally and the mixture stirred from the sides to the middle to insure the whole mass being equally frozen. Stand the filled milk-can in a pail, and pack it round with ice and salt, in the proportion of twice as much ice as salt. About 6 lbs. of rough ice are required to 1 pint of the mixture to be frozen. Cover the pail to prevent the ice melting too rapidly.

APRICOT ICE CREAM.

Crème Glacée aux Abricots.

1 lb. fresh apricots.	3 egg yolks.
Juice of 2 lemons.	1 pint milk.
10 oz. castor sugar.	$\frac{1}{2}$ pint cream.

Blanch and pound 12 apricot kernels and let them stand for 2 hours with the lemon juice and an equal quantity of water. Strain off the liquor, add 5oz. sugar to it and the apricots, and stew gently till the fruit is soft. Pass it through a hair sieve, and pour on to it a custard made with the eggs, milk and 5 oz. sugar; add the cream whipped, mix well and freeze.

APRICOT WATER ICE.

Glacé aux Abricots.

1 lb. ripe apricots.	A few drops bitter almond essence.
1 lb. loaf sugar boiled in 1 pint water to a syrup.	8 lumps of sugar rubbed on a lemon rind.

Boil the apricots in $\frac{1}{2}$ pint of syrup, then rub them through a hair sieve into a basin. Add a few drops of almond essence, the 8 lumps of sugar, and the rest of the syrup. When cool, put it in a closed tin or mould and freeze it.

BANANA ICE.

6 ripe bananas.		1 lemon.
1 pint sweetened cream.		1 tablespoonful liqueur.

Rub the bananas through a sieve, discarding all discoloured parts. Mix them with the sweetened cream, add the liqueur and lemon juice and freeze. Fill the half or whole banana skins with the ice, and serve.

BROWN BREAD ICE.

Crème Glacée au Pain Bis.

$\frac{1}{2}$ pint brown breadcrumbs.		1 tablespoonful noyau essence.
6 oz. castor sugar.		$\frac{1}{4}$ pint milk.
		$\frac{1}{4}$ pint cream.

Bake the crumbs till crisp in the oven with 2 oz. of the sugar. Boil the milk and remainder of the sugar, pour it over the baked breadcrumbs. When a little cool, add the liqueur and stiffly whipped cream, and freeze as usual.

BISCUIT ICE.

Biscuit Glacé.

3 stale sponge-cakes.		$\frac{3}{4}$ pint milk.
4 oz. ratafias.		5 oz. castor sugar.
$\frac{1}{2}$ pint cream.		3 yolks and 2 whites of eggs.
		1 liqueur glass of Curaçoa.

Pound the ratafias and sponge-cakes and pass them through a hair sieve. Make a custard with the cream, milk, eggs and sugar, strain it and let it get cold. Then add the Curaçoa and freeze. When half frozen add the crumbs, mix well and finish freezing.

CARMEL ICE CREAM.

Glacé Caramel.

2 oz. granulated sugar.		1 pint cream.
$\frac{1}{2}$ pint of milk.		4 oz. castor sugar.
		1 dessertspoonful vanilla essence.

Put the castor sugar into a small frying-pan and stir it over the fire till it melts, turns brown, and boils. Watch it carefully, for if overcooked it becomes sugary. Turn the cooked sugar into the boiling milk, to which the granulated sugar has been added, stir it over the fire for a minute, and let it cool. When cold, add the cream whipped, with the vanilla essence. Mix thoroughly and freeze as usual.

CHERRY WATER ICE.

Stalk and stone the cherries, and pound the kernels in a mortar. Pass them through a sieve together with the fruit. Allow $\frac{1}{4}$ lb. castor sugar to each $\frac{1}{2}$ pint of pulp, and add finally a little lemon juice. Freeze in the usual way. The flavour of the kernels should be rather pronounced, and if not strong enough a few drops of almond essence or kirschwasser will improve it.

CHOCOLATE CREAM ICE.

Crème Glacée au Chocolat.

3 oz. chocolate.		3 egg yolks.
2 oz. castor sugar.		1 pint of cream.
Ice and freezing salt.		

Dissolve the chocolate in a little water over the fire, add the sugar and work it till very smooth with a wooden spoon. Beat the egg yolks, and pour the hot chocolate on as quickly as possible. Mix thoroughly by beating with a whisk. Strain through a hair sieve, add the whipped cream, and freeze when cold.

COCOA-NUT ICE.

3 egg yolks.		1 pint milk.
6 oz. castor sugar.		$\frac{1}{2}$ pint cream.
$4\frac{1}{2}$ oz. freshly grated cocoa-nut.		

Make a custard with the eggs, milk and sugar, and add the cocoa-nut. When it is cold, add the cream, well whipped. Freeze, and serve.

COFFEE ICE CREAM.

Crème Glacée au Café.

$\frac{1}{2}$ pint strong coffee.		$\frac{1}{4}$ lb. sugar.
$\frac{1}{2}$ pint water.		$\frac{1}{2}$ pint thick cream.

Boil the sugar and water together for 10 minutes, add the coffee. When cold, add the cream, well whipped. Mix and freeze.

For *iced coffee* only half freeze the mixture.

LEMON CREAM ICE.

Crème Glacée aux Citrons.

$\frac{1}{2}$ pint thick cream.		3 lemons.
6 oz. sugar.		$\frac{1}{2}$ pint water.

Boil the sugar, water and thinly peeled lemon rind together. Strain when cold, and add $\frac{1}{4}$ pint of lemon juice and the well whipped cream. Mix thoroughly and freeze.

GINGER ICE.

Crème Glacée au Gingembre.

1½ pints rich custard.		2 tablespoonsful syrup of the
2 oz. preserved ginger.		ginger.
		½ pint cream.

Cut the preserved ginger into small pieces and add it to the custard, with the syrup also. Whip the cream stiffly and add it lightly to the mixture. Stir it occasionally till it is quite cold, and set it to freeze.

GOOSEBERRY FOOL ICE.

1 quart gooseberries.		A little water.
Loaf sugar.		3 eggs.
		Ice and freezing salt.

Stalk and tail the gooseberries, and stew them in sufficient water to cover them, with sugar to sweeten them, till tender. Pass them through a fine sieve, and mix with the well beaten yolks of egg. Freeze, and serve.

GREENGAGE WATER ICE.

Glacé aux Reine-Claude.

1 lb. loaf sugar.		Juice of 1 lemon and 1 orange.
1½ pints water.		1 dessertspoonful orange-flower
18 ripe greengages.		water.

Proceed as for apricot water ice.

ICE PUDDING.

Crème Glacée aux Fruits.

½ pint cream.		¾ pint milk.
4 yolks of eggs.		Candied fruits.
Castor sugar.		Vanilla.

Make a custard with the yolks, milk and sugar to taste, being very careful not to let it boil, in case it curdles. Add vanilla, and when cool, stir in the cream, and the candied fruits cut small. Pour the mixture into a closed mould and stand it for 2 or 3 hours in a pail, packing it round with ice and freezing salt,

LEMON WATER ICE.

Glace aux Citrons.

4 lemons.		1 pint water.
$\frac{1}{2}$ lb. loaf sugar.		2 egg whites.

Peel 2 lemons very thinly and put the rinds into the cold water, add the sugar and boil for 10 minutes. When cold, add the juice of 4 lemons. Strain the mixture, add the stiffly beaten egg whites, and pour into the freezer.

ICE MERINGUES.

Meringues Glacées.

Meringues		Cream or water ice.
-----------	--	---------------------

Have some well flavoured cream or water ice, preferably strawberry, vanilla or coffee. Fill each half of the meringues with the ice just before serving, and join them together.

MUSCOVITE CREAM ICE.

Muscovite Glacée.

Fresh strawberries or 1 lb. jam.		1 liqueur glass maraschino.
$\frac{1}{2}$ pint milk.		4 egg yolks.
Sugar to taste.		Ice, freezing salt.
$\frac{1}{2}$ pint cream.		$\frac{1}{2}$ oz. isinglass.
		A little vanilla.

Make a pint of purée by crushing the strawberries through a sieve, or use the jam. Sweeten to taste. Make a custard with the milk, egg yolks and a little sugar, and dissolve the isinglass in it while hot. Let it cool, add the fruit purée, a little vanilla, and more sugar if desired. Set the basin on ice and whisk it well. As soon as it begins to set, stir in the stiffly whipped cream and the maraschino. Put it into a mould or tin and freeze.

PEACH WATER ICE.

Glace aux Pêches.

1 lb. loaf sugar.		Juice of 1 lemon and 1 orange.
$1\frac{1}{2}$ pints water.		Orange rind rabbed off on lump of sugar.
6 ripe peaches.		

Proceed as for apricot water ice,

PINE-APPLE WATER ICE.

Glace à l'Ananas.

1 lb. loaf sugar.
1 pint water.

Pine-apple to weigh $\frac{3}{4}$ lb. when
peeled.

Juice of 1 lemon.

Boil the sugar and water together for 10 minutes. Pound the pine-apple to a fine paste, add to it the lemon juice and boiled syrup, mix all well together, rub through a hair sieve, and freeze.

PISTACHIO ICE.

$2\frac{1}{2}$ oz. pistachio nuts.
 $\frac{1}{2}$ pint custard.

$\frac{1}{2}$ pint cream.
Ice and freezing salt.

Pound the pistachio nuts finely and pass them through a wire sieve. Mix the custard, which should be sweetened, with the nuts, and then add the cream, stiffly whipped. If necessary to improve the colour, add a few drops of apple or spinach green. Freeze in the usual manner.

PRALINE ICE.

Glace Pralinée.

$\frac{1}{2}$ lb. almonds.
6 oz. castor sugar.

Yolks of 3 eggs.
 $\frac{1}{2}$ pint cream.

$\frac{3}{4}$ pint milk.

Blanch the almonds, put them on a tin in the oven till a pale coffee colour, pound them in a mortar with 4 oz. sugar, adding a spoonful or two of milk during the process. Make a custard with the yolks of eggs, 1 gill of cream and the milk; pour it boiling hot on the burnt almond paste; when cold, add a gill of whipped cream and freeze at once.

PUNCH A LA ROMAINE.

1 lb. sugar.
1 glass rum or kirschwasser.
6 lemons.

2 whites of egg.
1 pint syrup.
Ice and freezing salt.

Strain the lemon juice into a stew-pan, add the sugar and $1\frac{1}{2}$ pints of water and the thinly cut rind of 1 lemon. Boil up, skim, simmer for a few minutes, strain, let it cool and freeze it in a freezing pan packed round with ice and salt. In the meantime heat up the syrup, beat the egg whites stiffly, and mix them with the syrup when it has reduced a little and is still actually boiling. Remove from the fire and stir until cool. Now add the rum or kirsch, add it to the ice and mix thoroughly. This punch must not be frozen stiffly. Serve in punch glasses or goblets.

RASPBERRY AND CURRANT WATER ICE.

Glace rouge.

1 pint fruit.		$\frac{1}{4}$ lb. loaf sugar.
$\frac{1}{2}$ pint water.		1 egg white.

Boil the sugar and water together for 10 minutes to make a thick syrup. Strain it, and add it, when cold, to the fruit which has been rubbed through a sieve. Mix and add the egg white, stiffly beaten. Freeze and serve.

SORBET AU RHUM.

8 large lemons.		$\frac{1}{2}$ lb. lump sugar.
2 wineglassesful best rum.		1 pint boiling water.

Wash and dry the lemons thoroughly, peel them thinly, so that none of the white pith comes away. Place the peel in a deep basin, add to it the sugar and water, stir slowly till quite dissolved, and leave till cold. Then add the juice of 6 lemons and 4 drops essence of lemon. Strain through a hair sieve into the freezer, and when nearly frozen, add the rum, mixing it in lightly but thoroughly. Pile up in tall custard glasses and serve at once.

STRAWBERRY WATER ICE.

Glace aux Fraises.

$\frac{3}{4}$ lb. loaf sugar.		1 $\frac{1}{4}$ pints of water.
1 lemon.		1 lb. fresh strawberries.

Boil the sugar and $\frac{3}{4}$ pint of water together, and then add $\frac{1}{2}$ pint of cold water and the juice of 1 lemon. Pass the strawberries through a sieve and add them to the mixture. Freeze when cold.

TANGERINE WATER ICE.

Glace aux Tangerines.

9 Tangerine oranges.		1 pint water.
$\frac{1}{2}$ lb. loaf sugar.		2 egg whites.

Rub some of the lumps of sugar on the rinds of the tangerines. Boil all the sugar to a syrup in the water for about 10 minutes. When cold, add the strained juice of the tangerines. Whisk the egg whites stiffly, add them to the mixture, and freeze.

VANILLA ICE CREAM.

Crème Glacée à la Vanille.

2 eggs.		$\frac{1}{2}$ pint milk or almond milk.
$\frac{1}{4}$ lb. loaf sugar.		Vanilla.
		$\frac{1}{4}$ oz. isinglass.

Put all the ingredients with the exception of the vanilla into a jug. Stand it in a saucepan of boiling water and stir till it is thick and creamy. When cold, strain and flavour with vanilla. Mix well and freeze.

STRAWBERRY CREAM ICE.

Crème Glacée aux Fraises.

Can be made like the vanilla ice using $\frac{1}{2}$ lb. fresh strawberries instead of the vanilla. Half the strawberries can be crushed and the rest put in whole.

SWEETMEATS.

The following recipes for making sweetmeats are given because they do not require any special apparatus. For sweet making proper, a sugar-boiling thermometer, aluminium saucepans, special moulds, etc., are necessary. The simple sweetmeats here given want only the best quality sugar, paste colours instead of liquid colours, and a few essences and flavourings. The recipe given for fondants is the foundation for most sweets.

ICED ALMONDS.

Beat the white of 1 egg with sufficient finely sifted icing sugar to make it thick (using at least 4 oz.). Colour half of this pink, and leave the other half white. Blanch some Jordan almonds and dip each one in the mixture till well and roughly coated. Set them in a cool oven on a baking-sheet, taking care they do not colour.

CHOCOLATE CARMELS.

$\frac{1}{2}$ lb. grated chocolate.	$\frac{3}{4}$ breakfastcupful milk.
1 breakfastcupful brown sugar.	2 tablespoonsful treacle.
	1 oz. butter.

Boil all the ingredients together till it thickens. After 20 to 30 minutes boiling, drop a little into cold water, and if it sets, the mixture is ready. Pour into well buttered dishes, and cut into squares when it begins to set.

Coffee caramels are made by using coffee essence and cream (about 1 gill) instead of the grated chocolate.

COCOA-NUT KISSES.

1 lb. loaf sugar.	$\frac{1}{2}$ oz. butter.
$\frac{3}{4}$ gill water.	Desiccated cocoa-nut.

Boil the sugar and water together till it becomes spun sugar, when a spoon is dipped in and the sugar dropped from it. Add the butter with the pan off the fire, keep it off and stir the mixture against the sides of the saucepan till it becomes cloudy. Then add the cocoa-nut and take it quickly out of the saucepan with a spoon, putting small pieces on to paper. It dries and hardens very quickly. If desired to have it coloured, mix in the colouring before adding the butter. For *cocoa-nut ice*, press the mixture firmly into a box or straight mould.

only be allowed to dissolve. Make small balls of different coloured and flavoured fondant mixture, or use cubes of preserved ginger, blanched almonds, etc. Take each ball or cube on a wire fork or very fine skewer and dip it in the melted chocolate. Slip each one carefully on to waxed paper and let them dry till next day.

CREAM WALNUTS.

Prepare the cream by putting one white of egg into a basin, and adding finely sifted icing sugar till the mixture is thick and smooth, stirring all the time. Add a few drops of any flavouring liked—vanilla, coffee essence, rose, lemon or almond, and colour with a small quantity of paste colour. Knead it and mould it with the fingers into balls or shapes. For cream walnuts coffee is the best flavouring. Roll the cream into balls and place half a dried walnut on either side of a ball, and flatten by pressing the walnuts on well.

MARRONS GLACÉS.

Peel the chestnuts whole, and boil them with a small quantity of sugar, till tender.

Boil 1 lb. loaf sugar with $\frac{1}{2}$ pint water till it becomes spun sugar. Remove it from the fire, and dip the chestnuts in at once, leaving them in a few minutes to become saturated. Take them out carefully with a silver fork and place them on a warm sieve to dry in a warm place. Warm up the syrup the following day, and repeat the dipping and drying processes. The whole chestnuts should be placed on tiny sweet papers. Many chestnuts break in the cooking.

MARZIPAN.

$\frac{1}{4}$ lb. ground almonds. | $\frac{1}{4}$ lb. finely sifted sugar.
A little orange-flower water.

Put the ingredients into a copper saucepan over a slow fire, and stir till the ingredients are well blended, and no longer stick to the hand when touched. Turn the mixture on to a sugared board, and mould it to any shape required. Parts can be coloured green and pink if liked. This can be used as a sweetmeat, or employed to fill stoned dates, French plums, or glacé cherries.

Marzipan potatoes are made by rolling into small oblong shapes, denting them a little, and rolling them in powdered chocolate.

ORANGE CREAMS.

1 orange. | 4 oz. sieved icing sugar.

Grate the rind of the orange, add the finely sifted sugar, and squeeze in sufficient orange juice to make a stiff paste. Knead well and work it with the hands. Cut it into small pieces, mould it to shape, and place a tiny piece of orange peel on the top of each.

Lemon creams may be made the same way.

ICED POPCORN.

$\frac{1}{2}$ lb. loaf sugar. | Flavouring and colouring.
1 wineglassful water. | 1 pint popped corn.

Boil the sugar and water together in a small enamelled saucepan for 15 minutes, and flavour to taste with lemon, vanilla or ratafia. Put half the corn into a bowl, pour the syrup gradually over it, stirring with a silver fork before turning out on to a dish to cool. Warm the syrup again, and colour it pink. Pour this over the rest of the corn, and turn this out to cool.

TURKISH DELIGHT.

$\frac{1}{2}$ oz. isinglass | Rind and juice of 1 orange.
1 gill water. | Rind of $\frac{1}{2}$ a lemon and all the
1 lb. granulated sugar. | juice.

Dissolve the sugar in half the water, and the isinglass in the other half. Bring both to the boil, then mix together off the fire. Boil all steadily for at least 20 minutes, then remove from the fire and add the finely cut lemon and orange peel. Leave for 15 minutes, and then add the juice of the orange and lemon. Strain it into wetted tins, and when cold, turn it out and cut it into squares. Roll it in cornflour and leave it in a cool, dry place for 2 or 3 days, then roll in icing sugar and leave for a day or two. Omit the cornflour if to be used at once, but unless this is done it soon melts.

BREAKFAST DISHES, CHEESE SAVOURIES, ETC.

ARTICHOKES WITH CHEESE.

Topinambours au Gratin.

2 or 3 large Jerusalem artichokes.	Pepper, salt, lemon juice, and cayenne to taste.
2 oz. grated cheese.	1 oz. breadcrumbs.
1 oz. butter.	

Boil the artichokes till tender. Beat them up with a fork and add pepper, salt, lemon juice and a pinch of cayenne. Place a layer of this mixture in little ramakin cases, then a little grated cheese, another layer of artichoke mixture, and sprinkle some breadcrumbs and grated cheese on the top. Put a tiny piece of butter on each, bake for 10 minutes in a sharp oven, and serve very hot.

MULLYON BLOATERS.

2 bloaters.	2 tablespoonsful breadcrumbs.
2 oz. butter.	Pepper.

Cut the heads and tails off the bloaters, split them down the back and remove all bones. Mix the breadcrumbs with a little pepper, melt the butter, dip the pieces of bloater in it, cover with the breadcrumbs and grill over a clear fire or bake in a hot oven. Serve very hot.

CHEESE CREAMS.

Crèmes au Fromage.

1 gill cream.	1 oz. grated cheese.
1 teaspoonful essence of anchovy.	$\frac{1}{8}$ oz. isinglass.
	1 teaspoonful lemon juice.
Salt and cayenne pepper mixed.	

Whisk the cream till stiff, add the isinglass dissolved, and mix in the other ingredients. Decorate with cut vegetables, hard-boiled egg or truffles some very small dariole moulds, pour the mixture in at once and place on ice to set. Turn each out on to a slice of hard-boiled egg, decorate with strips of red chili and garnish with watercress.

CHEESE EGGS.

1½ oz. butter.	Pepper and salt to taste.
1 oz. flour.	1 egg.
Gill of milk.	Breadcrumbs.
3 oz. grated cheese.	Frying oil.

Melt the butter in a saucepan, stir in the flour, add the milk, stir till it thickens, and boil 5 minutes; add the seasoning and 2 oz. of the cheese. When well mixed, put on a plate to cool, form in the shape of eggs, cover with egg and breadcrumb, drop into smoking hot oil, fry a golden brown, drain on kitchen paper. Dish in a circle, sprinkle the remaining ounce of cheese over and place the parsley in the centre.

CHEESE NUGGETS.

2 or 3 oz. grated cheese.	Pepper and salt to taste, and a little mustard if liked.
2 oz. butter.	1 teaspoonful baking-powder.
8 oz. flour.	¼ pint milk.
1 egg.	

Mix the dry ingredients well together, forming them into a stiff dough with the milk. Take up rough pieces with two forks, place on greased tins, and bake 15 minutes.

CHEESE PUDDING.

¼ lb. breadcrumbs or Florador.	½ pint milk.
1 oz. butter.	2 oz. grated cheese.
½ saltspoon salt.	1 saltspoon mustard.
	1 egg.

Warm the milk and butter together, pour it over the breadcrumbs and cheese, add the seasoning and well beaten egg, mix well, and pour it into a buttered pie-dish. Bake for ½ an hour.

CHEESE RAMAKINS.

Ramequins de Fromage.

1 oz. butter.	1 tablespoonful cream.
½ oz. flour.	2 eggs.
½ gill milk.	2 oz. grated cheese.
	Pepper and salt to taste.

Melt the butter in a saucepan, stir in the flour, add the milk and cream, stir till it thickens, boil for 3 or 4 minutes. Add the cheese, yolks of eggs and seasoning off the fire. Whip the whites of eggs very stiffly and stir lightly in, pour into ramakin cases, sprinkling grated cheese over the top; bake in a quick oven 10 to 15 minutes. Serve in the cases (see illustration, page 151).

CHEESE STRAWS.

Pailles de Fromage.

2 oz. butter.		$\frac{1}{2}$ saltspoonful salt and cayenne
3 oz. flour.		pepper mixed.
		2 oz. grated cheese.

Mix all the ingredients to a paste. (It will be found quite moist enough without adding egg or milk.) Roll it out about $\frac{1}{4}$ inch thick, cut it into narrow strips, lay them on a baking-sheet and bake about 5 minutes, or till they are a pale golden colour. Tie them up in little bundles with narrow ribbon.

CURRIED EGGS.

Oeufs au Kari.

6 hard-boiled eggs.		1 small onion.
1 dessertspoonful curry powder.		1 tablespoonful grated cocoa-nut if liked.
1 teaspoonful lemon juice.		1 teaspoonful flour.
$\frac{1}{4}$ pint stock or water.		Salt.
1 oz. dripping or butter.		Boiled rice.

Fry the minced onion in the dripping or butter, and when browned, add the curry powder. Then add the flour smoothly stirred with the stock or water, lemon juice and salt. Boil all up for a few minutes. Cut the eggs into quarters, lengthways, heat them in the sauce, and serve in a border of boiled rice.

JAPANESE EGGS.

Oeufs à la Japonaise.

6 hard-boiled eggs.		Salt.
1 oz. butter.		Boiled rice (about 2 oz.)
3 sardines.		1 pint white sauce.
Cayenne pepper.		Chopped parsley.

Shell the eggs, cut them in halves, take out the yolks, and pass them through a sieve. Mix with them $\frac{1}{2}$ an ounce of butter, the sardines, skinned, boned and sieved, a dust of cayenne and pinch of salt; form into balls and fill in the hollow of each white. Have some hot boiled rice on a dish, place the stuffed eggs on this, stand the whole over boiling water. Put $\frac{1}{2}$ oz. of butter into the white sauce, bit by bit, add seasoning, pour over the eggs and rice, sprinkle with chopped parsley, and serve hot.

TOMATOES WITH STIRRED EGGS.

3 round tomatoes.	1½ oz. butter.
2 eggs.	1 teaspoonful chopped parsley.
1 dessertspoonful milk.	Pepper and salt to taste.

Cut the tomatoes in halves, scoop out a small piece from each centre, season with pepper and salt, place a small lump of butter on each, and bake till soft, but not broken. Beat up the eggs, add seasoning to taste, the milk, and chopped tomato from the centres. Melt ½ oz. butter in a saucepan, pour in the egg mixture and stir over the fire till set. Pile a little egg on each half tomato, sprinkle with parsley, and serve hot.

STUFFED EGGS.

Oeufs Farcis.

4 eggs.	A little liquid butter.
2 tablespoonful grated cheese.	Salt, pepper, cayenne.
	A little mixed mustard.
4 drops of vinegar.	

Boil the eggs hard, shell and halve them and remove the yolks. Pound the yolks to a paste with the other ingredients, adding only sufficient liquid butter to moisten the mixture. Cut off a little piece from the end of each halved white so that it will stand, and fill them with the mixture. Place each half on a small round of hot buttered toast, heat in the oven, and serve at once.

EGGS WITH TOMATO SAUCE.

4 poached eggs.	4 squares buttered toast.
4 tablespoonful tomato sauce.	

Trim the poached eggs carefully, place one on each square of toast. Pour a tablespoonful of tomato sauce (or any other sauce preferred) over each, and serve at once.

WHIRLED EGGS.

Thin slices buttered toast spread with anchovy or bloaters' paste.	6 eggs.
	1 quart boiling water.
	Pepper and salt to taste.
1 oz. butter.	

Put the water, slightly salted, in a saucepan over the fire and keep it at a fast boil. Stir with a wooden spoon or ladle

in one direction until it whirls rapidly. Break the eggs, one at a time, into a cup, and drop each carefully into the centre of the boiling whirlpool, which must be kept in rapid motion until the egg is a soft round ball. Take it out carefully with a perforated spoon and put it on a slice of buttered toast; put a piece of butter on top of each egg and keep it hot till all are ready to serve. Dust with salt and pepper, and serve hot.

EGGS IN WHITE SAUCE.

Oeufs à la Lyonnaise.

7 hard-boiled eggs.		$\frac{1}{2}$ pint milk.
1 small onion.		1 tablespoonful flour.
1 oz. butter.		Salt and pepper.

Cut 6 of the hard-boiled eggs in half, lengthways. Fry the sliced onion in the butter, without allowing it to colour. Take out the onion, add most of the milk, and mix the rest with the flour smoothly. Cook the sauce for 10 minutes, season with salt and pepper, put in the halved eggs and heat through. Dish them up carefully and pour the sauce over them. Cut the remaining hard-boiled egg in half, sieve the yolk, and cut the white in rings to garnish the dish. Serve very hot.

POTTED SALMON.

1 lb. salmon.		$\frac{1}{4}$ lb. butter.
		Salt and pepper.

Boil the salmon and pound it in a mortar with part of the butter; add a little salt and pepper. Put it into small pots, melt the remainder of the butter, and run it over the top of each pot. Serve cold.

CROÛTES OF HADDOCK.

Rounds or squares of buttered toast.		$1\frac{1}{2}$ oz. butter.
$\frac{1}{2}$ teaspoonful finely chopped parsley.		$\frac{1}{4}$ lb. cold dried haddock.
		Salt, cayenne.
		1 hard-boiled egg.

Remove bones and skin from the fish and chop it finely; place it in a saucepan with the butter, cayenne and salt, and let it get hot through. Put a portion of the mixture on each piece of toast, sprinkle one with chopped white of egg, another with sieved yolk and a third with chopped parsley. Serve hot.

HADDOCK AND RICE.

Riz à la Nightingale.

Lightly toss some dry boiled rice in a little butter, nutmeg, pepper and salt, and when quite hot, add the shredded whites of 3 hard-boiled eggs, and the white parts of a dried haddock. Pile up lightly on a hot dish; pass the yolks of the hard-boiled eggs through a sieve and strew over the rice. A little grated cheese can be added if liked. Brown in the oven for 5 minutes.

HADDOCK TOAST.

Slices of buttered toast.		2 eggs.
2 oz. smoked haddock.		$\frac{1}{2}$ oz. of butter.

Free the fish from bones, mince it finely, and add it to the butter which has been melted in a saucepan. Add the eggs, un-beaten, and a little pepper. Stir over gentle heat until set, but watch very carefully that it does not burn. Serve hot on small pieces of buttered toast.

MACARONI AU GRATIN.

$\frac{1}{4}$ lb. Naples macaroni.		$\frac{1}{4}$ lb. grated cheese.
1 pint thick Béchamel sauce.		1 oz. butter.

Put the macaroni in boiling salted water, and boil for 20 minutes, strain off and put it in cold salt water till wanted, then cut in $1\frac{1}{2}$ inch lengths. Butter a fireproof dish, place some of the Béchamel sauce with grated cheese mixed in on the dish, arrange the macaroni on that and put more sauce on top; sprinkle a few browned crumbs over the top, also a few bits of butter and let it cook in a quick oven about 20 minutes, standing the dish in a tin containing boiling water.

MUSHROOMS AU GRATIN.

Champignons au Gratin.

$\frac{1}{2}$ lb. mushrooms.		Chervil.
Breadcrumbs.		2 oz. butter.
Chives.		1 gill white wine.
Parsley.		Seasoning.

Butter thickly the bottom of a fireproof china dish, and scatter it with breadcrumbs, mixed with a few chopped chives, parsley and chervil. Fill the dish with washed and peeled mushrooms, placed stalk upwards, scatter more breadcrumbs, herbs, and a good sprinkling of seasoning on them, and a few small

pieces of butter on the top. Pour 1 gill white wine over all, and bake in a brisk oven about 20 minutes. Serve as soon as it leaves the oven.

STUFFED MUSHROOMS.

Champignons Farcis.

$\frac{1}{2}$ lb. mushrooms.		1 tablespoonful chopped tomato.
1 teaspoonful minced parsley.		2 oz. butter.

Wash, dry and trim the cup-shaped mushrooms, chop up the stalks with the parsley and tomato, and warm the mixture for a few moments in a little butter. Fill the mushrooms with this mixture, place them on a buttered baking-dish and bake them about 6 minutes, basting them with clarified butter when taking them from the oven.

OMELET.

1 tablespoonful cream or milk.		1 oz. butter.
3 new-laid eggs.		Salt and pepper to taste.
		$\frac{1}{2}$ teaspoonful casumen.

Melt the butter in a round frying-pan, removing any froth that rises. Beat up the yolks of the eggs with the milk, casumen, salt and pepper. Beat the whites to a stiff froth, mix them lightly with the yolks, pour the mixture into a frying-pan, let it cook for 2 or 3 minutes, double it (see illustration), shake it off on to a hot dish, and serve at once. While it is cooking pass a knife round the edges and shake the pan a little to prevent it sticking.

CHEESE OMELET.

Same as above, but add a little grated cheese to the yolks, and when the omelet is cooked, sprinkle grated cheese inside, over, and round it.

MUSHROOM OMELET.

Chop some mushrooms small, stew them in milk thickened with flour and butter and slip the mixture into the omelet before doubling it over.

TOMATO OMELET.

Heat some tomato purée or sauce and slip it into the omelet before doubling it over.

POLISH RICE.

Riz à la Polonoise.

1 oz. fresh butter.	2 oz. cheese.
1 onion.	Cayenne and salt to taste.
$\frac{1}{2}$ lb. rice boiled as for curry.	Filleted anchovies or smoked
$\frac{3}{4}$ baked potatoes.	sardines.

Melt the butter, add the onion finely minced, a tiny pinch of cayenne and salt, and fry for 2 or 3 minutes; add the boiled rice and the pulp of the baked potatoes. Mix all well together and fry for 10 minutes, turning lightly with a fork. Add the cheese, allow it to melt and become stringy; pile up the rice in a hot dish and garnish with filleted anchovies or smoked sardines, previously made hot in butter, and drained dry. Serve at once.

TOMATO RISOTTO.

Risotto aux Tomates.

$\frac{1}{4}$ lb. rice.	2 dessertspoonsful grated cheese
1 oz. butter.	Tomato sauce.
Salt and cayenne.	

Boil the rice in boiling water about 20 minutes, then put it on a strainer and under the cold water tap for $\frac{1}{2}$ a minute to separate the grains. Return it to the saucepan, dry it, add the butter, salt, cayenne, tomato sauce, and part of the grated cheese. Serve very hot, with the rest of the grated cheese sprinkled over it.

SPAGHETTI.

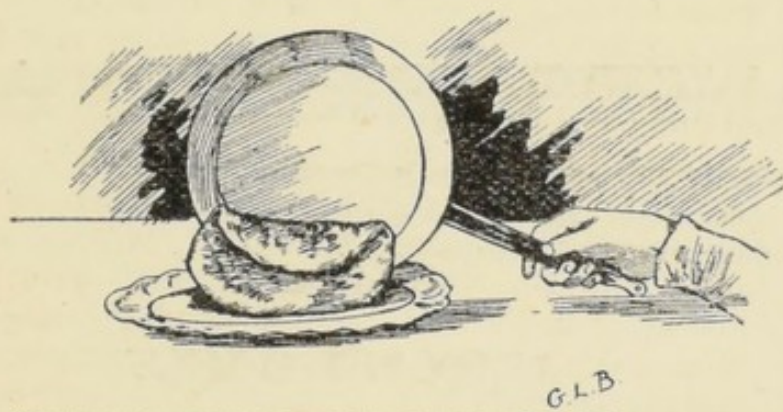
$\frac{1}{4}$ lb. spaghetti (finest macaroni).	1 large tablespoonful tomato purée.
1 large tablespoonful grated cheese.	

Wash the spaghetti well, and boil it till tender, being careful not to overboil it. Strain off the water, place it in a dish, mix with it the tomato and cheese. Toss it all lightly together with two forks until the cheese forms threads. Dish it up immediately.

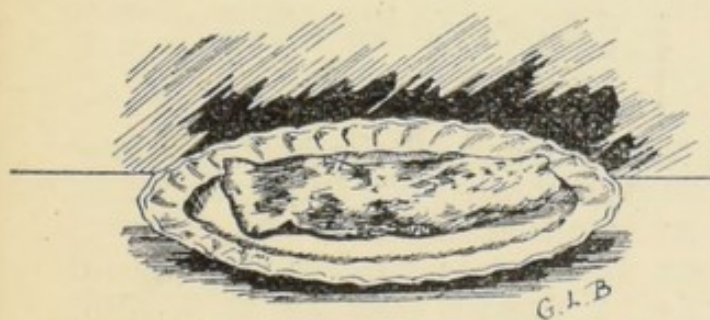
BREAKFAST TOMATOES.

1 lb. large tomatoes.	1 oz. butter.
$\frac{1}{4}$ lb. mushrooms.	Squares of buttered toast.
Poached eggs according to number of tomatoes.	

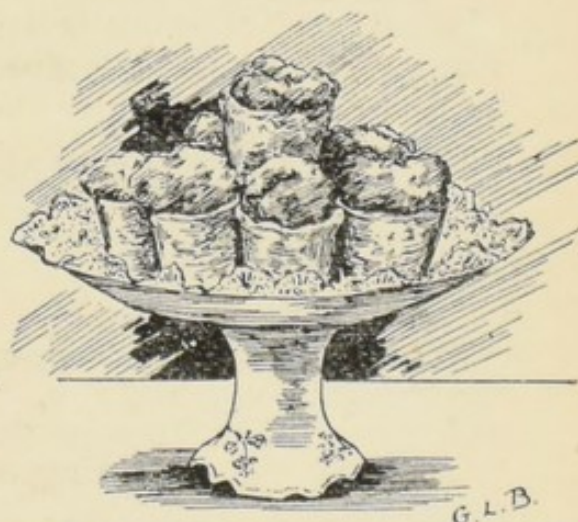
Scoop out part of the middle of the tomatoes, fill up the hollows with minced mushrooms, place them in a stew-pan with the butter, and simmer for about $\frac{1}{2}$ an hour, or till perfectly tender. Place each one carefully on a small square of buttered toast and lay a poached egg on top of the tomato.



12



13



14

12.—FOLDING OMELET. (Page 149.)

13.—OMELET. (Page 149.)

14.—CHEESE RAMAKINS. (Page 141.)

CAKES, BREAD AND BISCUITS.

ALMOND CAKE.

$\frac{1}{2}$ lb. sweet, and 1 oz. bitter almonds, blanched and pounded to a paste.	6 eggs.
5 oz. flour.	$\frac{1}{2}$ lb. sifted sugar.
	3 oz. butter.
	1 lemon.

Beat the egg yolks, add the almonds, stir in the sugar, then the flour and the grated rind of the lemon. Add the butter creamed, and when all is well mixed, add the stiffly beaten egg whites. Butter a cake mould, pour in the mixture, and bake from $1\frac{1}{4}$ to $1\frac{3}{4}$ hours.

ALMOND RINGS.

$\frac{1}{2}$ lb. flour.	$\frac{1}{4}$ lb. ground almonds.
$\frac{1}{4}$ lb. fresh butter.	2 eggs.
$\frac{1}{2}$ lb. castor sugar.	1 oz. casumen.

Place the casumen, 5 oz. of the flour and all the butter before the fire for a few minutes, then mix it with the sugar, almonds and eggs. Turn the mixture on to a floured board and roll out thin, using the remaining 3 oz. of flour in so doing. Take 2 round biscuit cutters, one two sizes smaller than the other and stamp the paste out in rings, place them on a greased tin, sprinkle them with ground almonds and white sugar, and bake 15 minutes in a brisk oven.

ALMOND ROCK CAKES.

4 oz. almonds, blanched and cut into spikes.	1 oz. flour.
3 oz. mixed peel.	$\frac{1}{4}$ lb. castor sugar.
	2 oz. butter.
2 whites of eggs.	

Beat the whites, and mix all the ingredients together to a light paste. Place the mixture in small heaps on wafer paper. Bake in a moderate oven for about 20 minutes.

BALLETTES.

$\frac{1}{4}$ lb. fresh butter.	$\frac{1}{8}$ oz. baking-powder.
1 oz. crême deriz (Groult's).	Grated lemon rind.
2 oz. fine flour.	3 oz. vanilla sugar.
3 whole eggs.	$1\frac{1}{2}$ oz. ratafia crumbs.
Carmine.	Pink icing.

Stir the butter, sugar, a little colouring and the lemon rind grated, together for 20 minutes. Then mix in the crême de riz, fine flour, and ratafia crumbs (or ground almonds) alternately with the eggs, and stir for 15 minutes. Add the baking-powder, and pour the mixture into little cups which have been covered with cold butter and cake crumbs, and bake about 20 minutes in a moderate oven. When cold, dip them into pink icing, and sprinkle chopped pistaches on the top.

BERLINKOES.

$1\frac{1}{2}$ lbs. of flour.	10 oz. fresh butter.
1 lb. castor sugar.	5 eggs.
	Rind of 1 lemon.

Beat the butter to a cream, add to it gradually the sugar, eggs and grated lemon rind, and lastly the flour to form a stiff dough. Butter a baking-tin well and sprinkle it with flour; form little wreaths with the dough, place them well apart from each other on the prepared tin and bake for about $\frac{1}{2}$ hour in a good oven till dark yellow. Before baking, brush the cakes over with white of egg and sprinkle with coarsely chopped almonds, sugar and cinnamon.

BISCUIT SANDWICHES.

$\frac{1}{2}$ lb. Eureka aerated flour.	2 oz. brown sugar.
$\frac{1}{2}$ teaspoonful each of cinnamon and mixed spice.	$\frac{1}{4}$ lb. butter.
	1 egg.
	Sweet fruit jelly.
	Icing.

Mix the flour, sugar and spices together. Cream the butter and beat the egg, and add these to the dry ingredients, mixing till quite smooth. Roll out quickly, and cut into small rounds, and bake about 15 minutes. Spread a very small quantity of apple, blackberry or other sweet jelly on a biscuit and press another one on it. When quite cold, ice with a thin white sugar icing.

BRETZEL (GERMAN BISCUITS).

6 oz. butter.	4 yolks and 2 whites of eggs.
5 oz. castor sugar.	Grated lemon rind or orange-
1 lb. flour.	flower water.

Cream the butter and sugar together, stir in the eggs and then the flour and flavouring. Roll pieces into thin strips with the hand, shape into double rings and place on a baking-sheet. Brush them over with yolk of egg and sprinkle with coarse sugar.

BUTTER CAKES.

$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ lb. brown sugar.
$\frac{1}{2}$ lb. butter.	$\frac{2}{2}$ egg yolks.
Ground cinnamon.	

Rub the butter into the flour, add the sugar and cinnamon, of which a teaspoonful will probably be required; form it into a paste with 1 egg yolk. Flour the pastry-board and rolling-pin, roll the paste out rather thinly, cut into rounds with a fluted cutter, and place on a greased tin to bake. Brush the biscuits over with beaten egg yolk, place a half almond or slice of candied peel in the centre and bake till crisp (about 10 minutes).

COCOA-NUT CONES.

6 oz. grated cocoa-nut.	Wafer paper.
4 oz. castor sugar.	2 egg whites.
$1\frac{1}{2}$ oz. Remylina cornflour.	

Mix the cocoa-nut, sugar and cornflour, and bind them with the stiffly beaten whites. Form into neat little cones at equal distances on the wafer paper, or if this is not obtainable, on a greased baking-tin. Bake them in a very slow oven till they are firm.

CHOCOLATE CAKES.

2 large eggs.	The weight of the eggs in
1 tablespoonful chocolate.	butter, castor sugar, and
1 teaspoonful vanilla.	flour.
$\frac{1}{2}$ teaspoonful baking-powder.	

Cream the butter and sugar together, beat the eggs and sift the flour. Add the egg and flour alternately to the butter and sugar, beat all for 10 minutes, then add the powdered chocolate, vanilla, and baking-powder. Butter some little dariole moulds thickly, and sprinkle them with mixed castor sugar and flour; then pour in the cake mixture and bake 10 minutes in a slow oven. Let them stand a few minutes before turning out. When cold, cover each with chocolate icing, page 158, and sprinkle with chopped almonds or pistaches.

CHOCOLATE CORNFLOUR CAKE.

$\frac{1}{2}$ lb. butter.	$\frac{1}{2}$ lb. castor sugar.
$\frac{1}{4}$ lb. Remylina cornflour.	$\frac{1}{4}$ lb. fine flour.
4 eggs.	2 oz. chocolate powder.

Beat up the butter, sugar and eggs together for 10 minutes. Mix the cornflour, flour and chocolate powder together, and add them to the mixture. Mix lightly and bake in a well buttered tin for 1 hour. Ice the cake when cold with chocolate glaze.

CHOCOLATE FINGERS.

$\frac{1}{4}$ lb. flour.	1 egg.
$\frac{1}{4}$ lb. castor sugar.	Half a teacupful of milk.
3 oz. powdered chocolate.	Vanilla essence.
1 teaspoonful baking-powder.	

Beat the egg and milk together, and add a few drops of vanilla essence. Sift in the dry ingredients, and add the baking-powder just before baking. Pour the mixture into a well buttered shallow tin, and bake in a brisk oven about $\frac{1}{2}$ an hour. When cold, ice it with chocolate glaze and sprinkle it with chopped pistachio nuts. Cut it into fingers when it is set.

CHOLLAS.

Proceed as for Vienna bread (see page 166); turn the dough, after it has risen 3 to 4 four hours, on to a floured board; cut off 2 good sized pieces to form the under part of the twists, then cut off 6 small pieces, roll each with the palm of your hand into a long thin roll and make them into 2 plaits of 3 each to form the tops of the twists; brush the top of each loaf with beaten yolk of egg, place the plait on top, brush that with egg and sprinkle with poppy-seeds. Bake on a floured tin in a quick oven about $\frac{1}{2}$ an hour. If it sounds hollow when tapped underneath, the bread is done.

LITTLE COFFEE CAKES.

$\frac{1}{4}$ lb. flour.	4 eggs.
6 oz. castor sugar.	10 oz. icing sugar.
2 dessertspoonsful coffee essence.	

Put the eggs, sugar and 1 dessertspoonful coffee essence into a saucepan, beat well, and whisk over boiling water till the mixture is warm. Then beat off the fire till cold and stiff. Add the flour gradually, and when well mixed, pour into a well

greased flat tin. Bake from 20 to 30 minutes, and when cold, cut into fingers and ice with coffee glaze and decorate with white icing.

Coffee glaze: Melt 6 oz. icing sugar, 1 tablespoonful water, and 1 dessertspoonful coffee essence over the fire till warm and liquid. Pour it over the fingers, and when cold, decorate the outside with white icing through an icing tube.

White icing: $\frac{1}{4}$ lb. icing sugar stirred into a small egg white. It must be stirred 20 to 30 minutes till quite stiff and smooth, or it will not go through the tube easily.

CURRENT LOAF.

2 lbs. of dough. | 3 oz. well washed currants.
2 oz. brown sugar.

Set the dough to rise till ready to use it. Work the sugar and currants into it and set it to rise again. Put it into a bread-tin and bake like ordinary bread. If it sounds hollow when tapped, it is done.

DAINTY CAKE.

4 oz. butter. | 2 eggs.
3 oz. flour. | 6 drops orange-flower water.
2 oz. castor sugar. | $\frac{1}{2}$ lemon.

Beat the butter and sugar together, add the yolks of eggs, then the flour and orange-flower water, and the grated lemon rind. When thoroughly mixed, add the stiffly beaten whites of eggs. Half fill small buttered tins, sprinkle the top with blanched and chopped almonds, and bake a delicate brown.

DUNDEE CAKE.

$\frac{1}{2}$ lb. Vienna flour. | The rind of 1 lemon.
 $\frac{1}{4}$ lb. butter. | 2 oz. chopped peel.
 $\frac{1}{4}$ lb. castor sugar. | 1 teaspoonful baking-powder.
3 oz. sultanas. | 3 eggs.
2 oz. currants. | 2 tablespoonsful milk.
2 oz. almonds.

Rub the butter into the flour, add the sultanas, currants, chopped lemon rind and candied peel, and then the sugar and baking-powder. Break the eggs into a basin, whip them thoroughly, add the milk, and mix all into the dry ingredients. Pour into a well buttered and papered tin, and cover the top with split and blanched almonds. Bake about $1\frac{1}{2}$ hours.

FAIRY CAKES.

2 eggs.	1 teaspoonful baking-powder.
Their weight in castor sugar.	Ratafia or almond flavouring.
The weight of 1 egg in butter, Remylina cornflour, and fine flour.	

Cream the butter and sugar together, add the well beaten eggs; mix the flour and cornflour and baking-powder together, and sift it in to the mixture gradually. Flavour it with almond or ratafia essence, and bake in little buttered tins. Scatter a few chopped almonds on the top of each cake before baking.

LITTLE FRUIT CAKES.

3 oz. castor sugar.	3 oz. glacé cherries.
3 oz. butter.	1 oz. angelica.
2 eggs.	1 oz. citron peel.
5 oz. flour.	Few drops essence of lemon.
$\frac{1}{2}$ teaspoonful baking-powder.	

Beat the butter and sugar to a cream, add the flour and eggs alternately, then the fruit, cut small, and lastly, the baking-powder. Mix well and quickly, half fill well buttered fancy moulds or patty-pans with the mixture and bake in a moderate oven from 15 to 20 minutes.

GINGER BISCUITS.

$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ oz. ground ginger.
$\frac{1}{4}$ lb. castor sugar.	1 egg.
$\frac{1}{4}$ lb. butter.	A little milk if necessary.

Partly melt the butter, mix in the flour, sugar and ginger, beat up the egg, pour part of it into the mixture, use enough egg and milk to make a very stiff paste, turn it on to a board, roll it out to a $\frac{1}{4}$ inch in thickness, cut in rounds, place them on a greased tin, and bake in a moderate oven 10 to 15 minutes.

GINGERBREAD CAKE.

$\frac{1}{2}$ lb. flour.	1 oz. blanched and chopped almonds,
2 oz. brown sugar.	$\frac{1}{2}$ teaspoonful ground ginger.
$\frac{1}{4}$ lb. golden syrup.	$\frac{1}{2}$ teaspoonful carbonate of soda.
1 small egg.	1 pinch of salt.
2 oz. butter.	$\frac{1}{2}$ gill warm milk.

Beat all the ingredients well together for $\frac{1}{4}$ of an hour, turn the mixture into a well greased cake-tin, place a few shredded almonds on top and bake in a slow oven for 2 hours.

ALMOND ICING.

$\frac{1}{2}$ lb. ground almonds.		2 egg whites.
$\frac{1}{2}$ lb. icing sugar.		Flavourings.

Mix the almonds and sugar together, then add sufficient unbeaten egg whites to make a stiff paste, flavour, and turn it out on to a sugared board. Work it with the hands to a smooth paste. Form it into a round the shape of the cake, put it on the top, and smooth it with a knife. If this icing is firm, it may be covered at once with Royal (sugar) icing; if it is soft, leave it to dry in the kitchen for a day before icing again.

BUTTER ICING or VIENNESE ICING.

2 oz. fresh butter.		1 dessertspoonful brandy, coffee
4 oz. icing sugar.		essence or other flavouring.

Beat the butter to a cream, stir in the sieved sugar, add the flavouring, and stir well till it is very smooth. Pipe it on to the cake in roses, etc., or use it as a layer between little cakes.

CHOCOLATE ICING.

$\frac{1}{2}$ lb. icing sugar.		A few drops of vanilla.
2 oz. grated chocolate.		2 tablespoonsful cold water.

Place the sieved sugar in a basin and stand the basin over a pan of boiling water. Stir in the chocolate, water and vanilla, and stir well till all is melted and smooth. Pour it over the cakes, or dip little cakes into the icing.

Coffee icing is made in the same way, using coffee essence instead of the water and chocolate, and omitting the vanilla.

White vanilla icing is also similarly prepared, using a little more vanilla essence.

ORANGE ICING.

$\frac{1}{4}$ lb. icing sugar.		The juice of one orange.
--------------------------------	--	--------------------------

Place the sieved sugar and the strained orange juice in a basin, and set the basin over a pan of boiling water. Stir the sugar and juice together till it is well melted, and pour at once over the cake. This is a semi-transparent icing.

ROYAL ICING.

$\frac{1}{2}$ lb. icing sugar.		A few drops of flavouring
1 or 2 egg whites.		essence.

Colouring if desired.

Sieve the sugar, add the flavouring and stir in 1 unbeaten egg white, and stir well. If too thick, add a little more egg white, and stir till the mixture is very smooth. Beat it for at least 15 minutes, then cover the cake, smoothing it with a

knife dipped in cold water. Colour the rest of the icing, pink, yellow or green, and decorate by pressing the sugar through an icing bag and fancy icing tubes.

INVALID'S CAKE.

2 eggs.	3 oz. flour (or farinaceous food,
2 oz. butter.	such as Mellin's or Benger's.)
2 oz. castor sugar.	A little flavouring.
$\frac{1}{2}$ teaspoonful baking-powder.	$\frac{1}{2}$ oz. casumen.

Stir the butter and sugar together for 5 minutes, add 1 egg and half the flour, then the other egg and the rest of the flour and flavouring. When well mixed, add the baking-powder and casumen, and bake in a buttered tin about 20 minutes, or 10 minutes in small tins. Turn out on to a sieve to cool.

LAWN TENNIS CAKE.

3 oz. glacé cherries.	6 oz. castor sugar.
3 oz. almonds shredded.	$7\frac{1}{2}$ oz. flour.
6 oz. butter.	3 eggs.
1 teaspoonful baking-powder.	

Cream the butter, add the sugar, and then the eggs, beating in one at a time. Mix the flour and baking-powder in gently, then add the cherries, cut up, and the almonds shredded. Turn at once into a well greased tin and bake in a moderate oven for 30 to 35 minutes.

Icing: Cover with almond icing, page 158, and then with $\frac{1}{4}$ lb. icing sugar and 2 tablespoonsful maraschino or water, just melted, and poured over the cake. Decorate with cherries, etc., while the icing is still soft.

MACAROONS.

$\frac{1}{4}$ lb. ground almonds.	4 egg whites.
$\frac{1}{2}$ lb. castor sugar.	Almond essence.
Wafer paper.	

Whip the whites stiffly, add the essence, sugar and almonds, and stir it lightly. Drop the mixture on to wafer paper, and place strips of almond on each. Bake in a slow oven till firm, and of a light brown colour.

GERMAN MACAROONS,

$\frac{1}{2}$ lb. ground almonds.	3 small whites of eggs.
$\frac{1}{2}$ lb. very fine castor sugar.	2 sheets wafer paper.
Juice of $\frac{1}{2}$ a lemon or 1 dessertspoonful orange-flower water.	

Beat the whites stiffly, add the sugar gradually, and stir till the mixture is quite smooth, then add lemon juice, and lastly

the ground almonds. Mix thoroughly for about 10 minutes, then place little heaps of the mixture on wafer paper, bake on a flat tin in a very slow oven till a light golden colour. The macaroons should not go flat, and when cold, are not very crisp.

MADEIRA CAKE.

$\frac{1}{2}$ lb. flour.	1 teaspoonful baking-powder.
5 oz. butter.	5 oz. castor sugar.
4 eggs.	1 tablespoonful brandy.

Cream the butter and sugar, add alternately the flour and yolks of eggs, previously well beaten, beat all for 10 minutes, then add the baking-powder and very stiffly beaten whites of eggs. Line a mould with buttered paper, fill it with the mixture, place a piece of citron peel on the top, and bake in a moderate oven about 1 hour.

MADELÈNES.

$\frac{1}{4}$ lb. butter.	$\frac{1}{4}$ lb. flour.
$\frac{1}{4}$ lb. castor sugar.	Weight of $\frac{1}{4}$ lb. in eggs.

Cream the butter, add the sugar and the egg yolks. Mix the flour in very gradually, then add the stiffly beaten egg whites. Half fill small Madelène moulds (greased), and bake in a quick oven.

MARBLLED CAKE.

9 oz. flour.	$\frac{1}{2}$ teaspoonful carbonate of soda.
$\frac{1}{4}$ lb. butter.	4 oz. brown sugar.
2 eggs.	1 teaspoonful cream of tartar.
1 oz. mixed peel.	1 tablespoonful treacle or golden syrup.
2 oz. castor sugar.	
	$\frac{1}{4}$ pint of milk.

Mix together half the flour, 2 oz. castor sugar, half the carbonate of soda and cream of tartar, and a pinch of salt. Whisk the whites of the eggs, add half the milk, and stir into the dry ingredients; lastly, add half the butter melted, and work all well till thoroughly mixed. This is for the light stratum.

For the dark mixture:—Mix the rest of the flour with the brown sugar, the rest of the carbonate of soda and cream of tartar, and the peel cut up finely. Beat the yolks of the eggs, add them to the remaining half of the milk, with the treacle and the rest of the butter melted. Mix thoroughly, beat vigorously and let it stand for $\frac{1}{2}$ an hour. Line a cake-tin with buttered paper, fill it with alternate light and dark layers, and bake about $1\frac{1}{2}$ hours in a moderate oven.

If golden syrup is used instead of treacle, the colour of the dark layer must be deepened by ground spice.

MILK BREAD.

1½ lbs. flour.	1 large teaspoonful carbonate
1 teaspoonful sugar.	of soda.
1 pint milk.	Salt.
2 teaspoonsful cream of tartar.	2 oz. casumen.

Dissolve the soda in the milk, and mix with the rest of the ingredients very quickly. Put the dough into a greased tin and bake in a sharp oven about ½ an hour.

PENTECOST BISCUITS.

½ lb. flour.	¼ lb. butter.
¼ lb. castor sugar.	1 egg.
1 teaspoonful of noyau.	

Reserve part of the white of the egg and 1 oz. of the sugar for decoration, for which some small pieces of citron peel will also be required. Place the butter in a basin and stand it on the top of the oven for 2 or 3 minutes so that it may be warmed through, but not reduced to the consistency of oil. Mix in the flour and sugar, the egg (well beaten), and the noyau. Make it into a stiff paste; turn it on to a floured board, roll it out thin, and cut it into shapes with small round cutters or with the top of a wine-glass. Place them on a floured baking-tin, brush them over with white of egg, sprinkle them with the castor sugar, and put a piece of citron peel on the middle of each biscuit. Bake them in a moderate oven for 15 minutes, and when done, place them on a sieve till cool.

RICH PLUM CAKE.

½ lb. flour.	2 oz. whole almonds.
¼ lb. butter.	½ teaspoonful carbonate of soda.
¼ lb. currants.	1 teaspoonful sal-volatile.
¼ lb. moist sugar.	1 pinch salt.
¼ lb. peel.	1 gill warm milk.
2 eggs.	

Mix the soda and flour, rub in the butter, add the other dry ingredients, and then the well beaten eggs, beaten with the warm milk. Beat this mixture 10 minutes, then add the sal-volatile and beat 2 minutes longer. Put quickly into a buttered tin and bake in a quick oven for 2½ hours, not opening the oven-door for ¾ hour.

RICH PLUM CAKE FOR HANUCAH.

6 oz. butter.	A little mixed spice.
$\frac{1}{2}$ lb. currants.	6 oz. brown sugar.
$\frac{1}{4}$ lb. candied peel.	$\frac{1}{2}$ lb. sultanas.
$\frac{1}{2}$ lb. flour.	2 oz. almonds.
1 tablespoonful treacle or golden syrup.	$\frac{1}{4}$ pint hot milk.
$\frac{1}{4}$ teaspoonful carbonate of soda.	3 eggs.

Blanch and chop the almonds, cut the peel thinly, pick the sultanas, and clean the currants. Warm the butter slightly and cream it with the sugar; add the eggs, one at a time, and beat in the treacle. Mix in the fruit, then the flour in which the spice has been mixed, and lastly, the soda dissolved in the warm milk. Mix all thoroughly and pour it into a cake-tin which has been lined with 3 thicknesses of kitchen paper. Let the paper come 2 inches above the top of the tin. It need not be greased. Bake about $3\frac{1}{2}$ hours in a slow oven. It is improved by icing, when quite cold, as follows:

ALMOND ICING.

$\frac{1}{2}$ lb. ground almonds.	$\frac{1}{2}$ lb. icing sugar.
-----------------------------------	--------------------------------

Mix well together with sufficient orange-flower water to bind it. Spread this smoothly on the top and cover with

ROYAL ICING.

1 lb. icing sugar.	2 egg whites.
--------------------	---------------

Stir these together till quite smooth and thick. Spread the top and sides with this icing, and colour the remainder pink. Decorate with a forcing pipe.

GERMAN POUND CAKE.

8 oz. butter.	4 eggs.
10 oz. flour.	1 lemon.
8 oz. castor sugar.	4 oz. sultanas.
2 oz. candied peel.	

Cream the butter with the hand in a basin; add the flour, previously passed through a sieve, the castor sugar and eggs, mixing all thoroughly with the butter. Grate the rind of the lemon into the basin, add the sultanas and the peel shredded, stirring all with a wooden spoon. Line a cake-tin with buttered paper, pour in the mixture, and bake for 2 hours.

QUEEN CAKES.

3 oz. butter.	2 or 3 eggs.
4 oz. castor sugar.	$\frac{1}{2}$ gill warm milk.
2 oz. currants or sultanas.	$\frac{1}{2}$ teaspoonful baking-powder.
2 oz. candied peel.	6 oz. flour.

Cream the butter and sugar, add the eggs and milk gradually, mixing well, beat the dry ingredients in lightly, lastly add the baking-powder. Butter the fancy Queen cake-tins, dust them with castor sugar, half fill them with the cake mixture. Bake in a moderate oven 15 to 20 minutes.

ROUT CAKES.

$\frac{1}{2}$ lb. ground almonds.	Decorations of glacé fruit, etc., to taste.
$\frac{1}{2}$ lb. castor sugar.	
Yolks of 2 eggs.	

Mix the almonds and sugar together with enough egg yolk to form a pliable mixture. Dredge board and rolling-pin with fine icing sugar, roll paste out $\frac{1}{8}$ of an inch thick, see that the edges are even, and make the paste in a cool place. Let it lie a short time, then divide it into diamonds, fingers, rounds, rings, straws, etc. Cover a baking-sheet with grease-proof paper, lay the cakes on with a palette-knife, cover with paper, and bake in a very cool oven till firm; remove upper paper before cakes are quite done. Test this by breaking one through, if done it should be dry and crumbly. Decorate to taste.

SALT STRAWS.

$\frac{1}{2}$ lb. Vienna flour.	$\frac{1}{2}$ oz. butter.
1 good saltspoonful salt.	$1\frac{1}{2}$ oz. German yeast.
$1\frac{1}{2}$ gills tepid milk and water.	

Mix the flour and salt together, rub the butter smoothly into it. Cream the yeast, mix it in the milk and water, pour it into the flour, make a light dough, sprinkle the top with flour, cover with a clean cloth and set the dough to rise in a warm place for $1\frac{1}{4}$ hours. Turn the dough on to a floured board, roll it out very thinly, cut it into narrow strips 3 to 5 inches long, using as little flour as possible. Roll each strip lightly with the palm of your floured hand, brush over quickly with milk and sprinkle with rough, dry salt; set them on a lightly-floured tin and bake in a slack oven till perfectly dry, crisp, and of a pale golden colour.

RICH SEED CAKE.

$\frac{1}{2}$ lb. Hungarian flour.		$\frac{1}{2}$ lb. castor sugar.
4 oz. butter.		3 eggs.
1 oz. caraway seeds.		2 oz. candied peel chopped.

A little grated lemon rind.

Cream the butter and sugar together, add the well beaten eggs, and the flour sifted. Beat thoroughly, add the rest of the ingredients, stir all together, pour the mixture into a tin lined with buttered paper. Bake in a moderate oven about $1\frac{1}{2}$ hours.

SHORT-BREAD.

$\frac{1}{4}$ lb. butter.		2 oz. castor sugar.
$\frac{1}{2}$ lb. flour.		Citron peel.

Beat the butter to a cream with your hand, add gradually the flour and sugar, and knead all together till it is quite a stiff paste; the more you knead it the better it will be. Flour a board, break off small lumps of the paste and pat each out with the palm of your hand to the thickness of $\frac{1}{2}$ an inch. Cut them to the desired shape, decorate with citron peel, place on a tin and bake to a pale straw colour in a moderate oven, watching them carefully while there, as they burn very quickly.

SNOW CAKE.

$\frac{1}{2}$ lb. arrowroot.		$\frac{1}{4}$ lb. butter.
$\frac{1}{4}$ lb. castor sugar.		Whites of 3 eggs.

Essence of almonds, or vanilla.

Beat the butter to a cream, stir in the sugar and arrowroot gradually, beating the mixture all the time. Whisk the whites to a stiff froth, add to the rest and beat well for 20 minutes. Bake in a moderate oven for about 1 hour.

SHREWSBURY BISCUITS.

6 oz. flour.		1 egg.
4 oz. butter.		A few drops of flavouring
4 oz. castor sugar.		essence.

Currants if liked.

Cream the butter and sugar together, add the flavouring and the egg and beat thoroughly. Stir the flour in gradually (add the currants if used) and make it all into a smooth paste. Roll out about $\frac{1}{3}$ of an inch thick, cut into fancy shapes and bake about 10 minutes on a greased tin.

SPONGE-CAKE.

3 eggs.		3 oz. castor sugar.
3 oz. flour.		Grated rind of $\frac{1}{2}$ a lemon.
		$\frac{1}{2}$ oz. casumen.

Put the eggs and sugar into a basin, stand it over a pan of boiling water, and whip for about 20 minutes, or until warm and frothy. Stir in the casumen and flour, sifted, very lightly and add the lemon rind. Butter a cake-tin or mould well, dust it with mixed castor sugar and flour and pour in the mixture. Bake about $\frac{3}{4}$ of an hour in a slow oven.

SNOWDROP CAKES.

1 cup of butter.		1 small cup of milk.
2 cups of sugar.		Whites of 5 eggs.
3 cups Eureka aerated flour.		Vanilla and nutmeg to flavour.

Cream the butter and sugar, add the flour, milk, flavouring and stiffly beaten whites of eggs; grease some small round moulds or patty-pans and bake in a hot oven from 10 to 15 minutes.

SULTANA SCONES.

$\frac{1}{2}$ lb. flour.		$\frac{1}{4}$ pint of milk.
1 oz. butter.		A few sultanas.
1 oz. sugar.		$\frac{1}{4}$ oz. cream of tartar.
		$\frac{1}{8}$ oz. carbonate of soda.

Rub the butter into the flour, cream of tartar and sugar. Dissolve the soda in the milk and stir it into the flour, etc., with a knife. Roll it out, and divide it into two rounds, each round being quartered. Bake in a moderate oven for 20 minutes.

LITTLE HOT TEA-CAKES.

1 lb. flour.		1 tablespoonful baking-powder.
2 oz. butter.		1 gill of milk.
1 oz. castor sugar.		Pinch of salt.

Mix the baking-powder, sugar and salt into the flour, then rub in the butter and mix to a paste with milk. Roll out rather thin, cut into rounds with a wine-glass and bake on a floured tin in a hot oven about 20 minutes; cut in halves, spread with butter, and serve hot.

VANILLA FINGER BISCUITS.

1 small egg.	1 oz. Remylina cornflour.
8 oz. castor sugar.	A few shredded almonds.
4 oz. ground a'monds.	Vanilla.

Cream the egg and sugar together till light and smooth, add the ground almonds and vanilla. Work well, put in the cornflour and knead till it looks a smooth dough. Roll out on a floured board $\frac{1}{8}$ inch thick. Cut into finger strips and bake on wafer paper. When almost done, brush over with beaten egg, and sprinkle with shredded almonds.

VIENNA BREAD.

2 lbs. Vienna flour.	1 teaspoonful salt.
1 pint milk.	1 teaspoonful castor sugar.
1 oz. butter.	2 eggs.
1 oz. German yeast.	2 oz. casumen.

Mix the flour, casumen and salt together in a large basin and make a hole in the centre. Warm the milk and butter to blood-heat, beat up the eggs and pour the milk on to them. Cream the yeast and sugar together, add them to the egg and milk mixture and pour the liquid into the hole made in the flour. Mix all to a light dough, sprinkle a little flour over the top, cover with a clean cloth and set to rise for 3 or 4 hours in a warm place. Turn on to a floured board, cut pieces of the dough off and form into cottage loaves, crescents, knots, horseshoes, etc., with as little flour as possible. Place on a floured tin, brush over with beaten egg and bake in a hot oven about 10 to 15 minutes.

VARIEGATED CAKES.

1 teacupful castor sugar.	Whites of 4 eggs.
$2\frac{1}{2}$ teacupful flour.	A few drops of essence of ratarfia.
$\frac{1}{2}$ teacupful milk.	Green and pink colouring.
2 oz. butter.	

Cream the butter and sugar together, add the flour gradually, the milk, stiffly beaten whites and the flavouring. Divide the mixture into three basins, colour one pale green, the other pink, and leave the third white. Grease some small moulds or patty-pans, put a little of each mixture in each mould (the white in the middle), giving a slight stir with a skewer to each colour as you add the next. Bake the cakes in a moderate oven.

WALNUT CAKE.

6 oz. breadcrumbs soaked in rum.	6 oz. shelled walnuts.
6 eggs.	10 oz. castor sugar.
	10 oz. icing sugar.
6 drops hot water.	

Beat the yolks and castor sugar together, add the pounded walnuts, breadcrumbs soaked in rum and stiffly beaten whites. Turn into a well greased cake tin and bake $\frac{3}{4}$ of an hour in a moderate oven. When cold, ice as follows:—Have hot water in a large bowl, place a small basin containing the icing sugar in this, add 6 drops of hot water, stir quickly, and spread over the cake at once, decorating with pieces of walnut.

J A M S .

APRICOT JAM.

$\frac{3}{4}$ lb. sugar to 1 lb. fruit, and allow $\frac{1}{2}$ pint water to every 5 lbs. fruit.

Boil the sugar and water together till clear, and then add the apricots, quartered and stoned. Boil it all for $\frac{1}{2}$ an hour quickly, stirring all the time. Crack and blanch some of the kernels, and add them to the jam just before taking it off the fire. If it has thickened sufficiently, pour it while still hot into jars.

APRICOT MARMALADE.

3 lbs. sugar to 4 lbs of apricots.

Peel, quarter, and stone the fruit, put it in the preserving-pan, and simmer till the fruit is pulpy, stirring it constantly. Add the sugar, some of the kernels blanched, and boil it all together for 20 or 30 minutes. Stir it often, taking great care to prevent it burning. Pour it into jars, and cover when cold.

BLACKBERRY JAM.

Allow $\frac{3}{4}$ lb. sugar to 1 lb. fruit when picked, and allow $\frac{1}{2}$ pint of water to every 6 lbs. of sugar.

Cook the sugar and water together from 10 to 15 minutes to clear it, then add the fruit, and boil it from $\frac{3}{4}$ to 1 hour, stirring it all the time. If good cane sugar is used, jams need hardly any skimming. Pour into jars while hot, and cover them the following day.

BLACKBERRY JELLY.

Allow about $\frac{1}{2}$ pint water to 5 or 6 lbs. fruit, according to the dryness of the fruit.

Boil the fruit and water together from 30 to 45 minutes till all the juice runs out. Strain the juice through a cloth, being careful not to press the fruit. Allow $\frac{3}{4}$ lb. of sugar to each pint of juice, and boil this together quickly for about 20 minutes, stirring all the time. Drop a little on to a cold plate, and if it does not spread, the jelly is ready to be poured into little pots.

CHERRY JAM.

This jam is greatly improved by stoning the fruit first.

Allow $1\frac{1}{4}$ lbs. of sugar to every 2 lbs. of stoned fruit, and 1 pint of water to 7 lbs. of fruit.

Boil the sugar, water, and cherries together for $\frac{3}{4}$ of an hour, stirring and skimming all the time. Put it into jars or pots, and tie down when cold.

DAMSON JAM.

Allow $\frac{3}{4}$ lb. of sugar to every 1 lb. of fruit, and 1 pint of water to 7 lbs. of fruit.

Boil the sugar, water, and fruit together for $\frac{3}{4}$ of an hour, stirring and skimming all the time. Put it into jars or pots, and tie down when cold.

DAMSON JELLY.

Wash the damsons, and stew them in a little water till tender. Rub them through a sieve, and remove skins and stones. Weigh the pulp, and allow an equal weight of loaf sugar. Boil it up till it jellies, but do not allow it to get too stiff, or the jelly will be tough. Put it into small jars, and cover when cold.

GOOSEBERRY JAM.

Allow $\frac{3}{4}$ lb. sugar to 1 lb. fruit, and $\frac{1}{2}$ pint of water to 5 lbs. sugar.

Boil the sugar and water together till clear, then add the picked fruit, and boil all together quickly, for about $\frac{3}{4}$ of an hour. Stir it constantly. Slow boiling makes the fruit lose its colour.

GREENGAGE JAM.

Stone the greengages, and add some of the kernels to the fruit. Allow 6 lbs. loaf sugar and 1 quart of water to every 6 lbs. of fruit, weighed after stoning. Boil the sugar and water together for 5 minutes, until the syrup has cleared itself. Add the fruit, and boil for $\frac{3}{4}$ of an hour.

MADEIRA MARMALADE.

2 dozen Seville oranges.		Loaf sugar.
6 sweet oranges.		Cold water.
1 wineglassful whisky.		

Cut the oranges into quarters, and remove the pips. Slice them very thinly, and add 3 pints of water to every pound of sliced fruit, and let it stand 24 hours. Then boil until the chips are quite tender. Let it stand another 24 hours, after which weigh the boiled fruit, and to every pound allow 1 lb. loaf sugar. Boil again from $\frac{1}{2}$ to 1 hour, when it should be clear and well jellied. Add a wineglassful of whisky when done. A few lemons can be sliced with the oranges, if liked.

PLUM JAM.

Stone the plums, and add some of the kernels to the fruit. Allow 6 lbs. loaf sugar and 1 quart of water to every 6 lbs. of fruit, weighed after stoning. Boil the sugar and water together for 5 minutes, or until the syrup has cleared itself. Add the fruit, and boil for $\frac{3}{4}$ of an hour. Jam made by this recipe will be quite firm and clear like jelly, and can be turned out whole from the pot, like a mould.

QUINCE AND APPLE COMPOTE.

Take the cores, seeds, and skins, of the quinces, left from the fruit used for jelly; for every pound of quince trimmings allow 1 lb. peeled and cored apples with $\frac{3}{4}$ lb. sugar to each pound of fruit, and just enough water to keep the mixture from burning. Boil this all slowly together for about 2 hours, stirring frequently, pass it through a sieve and pot it.

QUINCE JELLY.

Peel, halve, and core the fruit, weigh it, and to each pound allow 1 pint cold spring water, dropping the fruit into this as quickly as possible, and let it all simmer together gently till the fruit is broken, but not mashed, or the colour will be spoilt. Let it now run through a jelly-bag, or clean cloth at its leisure, with no pressure of any kind, and when all the juice is extracted, measure it, and boil it in a delicately clean preserving-pan for 15 minutes; then for each pint of juice add $\frac{3}{4}$ lb. or 1 lb. sugar, and boil all well together till it turns pink and will jelly, skimming most carefully all the time.

QUINCE MARMALADE.

Take the quinces that remain after the juice has been strained off for jelly, pound them in a mortar, weigh the pulp, and to each pound allow $\frac{3}{4}$ lb. cane loaf sugar; boil this all sharply, stir constantly, and let it boil gently for about an hour after the pulp boils up. Pot and tie down as usual.

RED CURRANT JELLY.

Use fine, ripe fruit. Pick the currants off the stalks, and put them in a covered jar. Set this jar in a pot of water over the fire, boil the water up, and let it simmer evenly, till the juices are well drawn out. Pour the juice through a cloth or jelly-bag, without pressing the fruit, to ensure a clear jelly. Measure the juice, and boil it for 20 minutes. Then add 1 lb. good lump sugar to every pint of juice, and boil again for 15 to 20 minutes. Test if it has jellied by pouring a little on a cold plate. This jelly must be well skimmed during cooking to keep the colour good. Pour into warmed glasses or small pots.

STRAWBERRY JAM.

Allow $\frac{3}{4}$ lb. loaf sugar to each lb. of picked fruit, and 1 pint of water to each 7 lbs. of fruit.

Boil the sugar and water together till the sugar is melted, then add the fruit, and boil it quickly for $\frac{1}{2}$ an hour, stirring and skimming it all the time. Pour the jam into jars, and tie down when quite cold.

RED AND BLACK CURRANT JAMS.

are made the same way as strawberry jam.

RASPBERRY JAM.

is also made like strawberry jam.

BEVERAGES.

CHOCOLATE.

Chocolat.

2 heaped tablespoonsful grated chocolate.		1 tablespoonful boiling water. 1 quart milk.
Sugar to taste.		

Make the chocolate into a paste with the boiling water; boil the milk and stir in the chocolate paste. Let it boil gently for 10 minutes, froth it with a chocolate-mill, and serve hot with lightly whipped cream on top.

COFFEE WITH MILK.

Café au Lait.

1 heaped dessertspoonful finely ground coffee for each breakfast-cup and 1 extra for the pot.		1 gill boiling water to each cup. 1 gill boiling milk to each cup. Sugar to taste.
--	--	---

Heat the percolator with boiling water, put a pinch of salt with the freshly ground coffee, put the coffee in the hot percolator above the strainer, pour the boiling water slowly on to it, let it all run through; serve very hot with boiling milk.

TURKISH COFFEE.

Café Turque.

8 heaped teaspoonsful very finely ground coffee.		$\frac{1}{2}$ pint water. A pinch of salt.
---	--	---

The coffee must either be freshly ground in the special Turkish coffee-mill, or pounded in a mortar, and sifted through a piece of muslin. Let the water come to the boil, stir in the salt and coffee, stir all well together, let it boil, remove from the spirit-lamp, put it on the lamp again, repeat this twice, then pour at once into 4 small coffee-cups; pour into each a few drops cold water, let the coffee stand till clear, then drink it. If sugar is required, boil it first in the water before making the coffee, as Turkish coffee must not be stirred up before drinking.

CHAMPAGNE CUP.

- | | |
|---------------------------|---------------------|
| 1 quart bottle champagne. | 1 wineglass brandy. |
| 2 bottles of soda water. | 2 oz. castor sugar. |
| 1 sprig borage. | |

Put the champagne into a bowl, add the brandy, and stir in the sugar. Break into small pieces 1 lb. of clear ice, and add it to the cup, adding the soda water just before serving it.

CIDER CUP.

- | | |
|--------------------------|--------------------------------|
| 1 quart of good cider. | Rind of half a lemon thinly |
| 2 bottles of soda water. | pared. |
| 2 glasses of sherry. | 1 wineglassful powdered sugar. |
| 1 glass of brandy. | A little nutmeg. |
| 1 glass curaçoa. | 1 sprig of borage or mint. |

Mix all the ingredients together, and ice it well.

CLARET CUP.

- | | |
|-----------------------------|---------------------------|
| 1 bottle claret. | 6 cloves. |
| 2 bottles soda water. | Borage or fresh cucumber. |
| A little grated nutmeg. | 1 teacupful castor sugar. |
| 1 liqueur glass maraschino. | |

Put the claret, spices, cucumber, or borage, sugar, and maraschino in a bowl, and cover it for half an hour before serving. Add $\frac{1}{2}$ lb. ice, broken up in small pieces, and the soda water, and serve.

CLARET CUP (Another Method).

- | | |
|-------------------------|------------------------|
| 2 bottles claret. | 1 spray of borage. |
| 1 tumblerful of sherry. | Rind of a cucumber. |
| 2 wineglassful brandy. | 2 lbs. loaf sugar. |
| 1 bottle of lemonade. | $\frac{1}{4}$ lb. ice. |

Put the sugar in a punch bowl, with the borage and cucumber rind, pour in the claret, and add the sherry and brandy. Put the crushed ice in the bowl an hour before serving, and the lemonade immediately before. If borage cannot be procured, use the rind of a lemon, and soda-water instead of lemonade.

MULLED CLARET.

- | | |
|-------------------------------|--------------------------|
| 1 bottle claret. | 12 allspice. |
| 1 pint water. | A little whole cinnamon. |
| 12 cloves. | Rind of 1 lemon. |
| $\frac{1}{2}$ lb. lump sugar. | |

Simmer the spices, sugar, and the thinly cut lemon rind in the water, and when boiling, strain it into another saucepan over the claret. Warm up, but do not boil, and serve at once.

KING CUP.

Juice of 2 lemons, and thinly pared rind.		A large piece of whole ginger.
2 oz. white sugar.		1½ pints boiling water.
		3 glasses of sherry.
		Ice.

Pour the boiling water over the lemon juice and thinly pared rinds, the ginger, and the sugar. Let it stand till cold, and then strain it. Add the sherry and some lumps of clear ice.

LEMONADE.

4 lemons.		1 quart of boiling water.
		Loaf sugar to taste.

Rub some lumps of sugar on the lemons, to get the oil or essence of lemon. Put them into a large jug, squeeze the juice of the lemons over them. Pour the water over it, and let it stand ½ an hour. If not sweet enough, add more sugar. Strain, and use when cold.

ORANGEADE.

is made the same way as lemonade, but does not require as much sugar.

ORGEAT.

6 oz. sweet almonds.		1 quart of water.
2 oz. bitter almonds.		¼ pint orange-flower water.
		3 lbs. loaf sugar.

Blanch, skin, and pound the almonds in a mortar, adding the water by degrees. Strain and press as much as possible of the almond-milk through a cloth. Add the sugar and orange-flower water, and put it into an enamelled saucepan. Bring it to the boil, skim well, and strain it again. Use when cold.

EGG PUNCH.

4 yolks and 2 egg whites.		A little loaf sugar.
1 quart of water.		3 lemons.
½ lb. castor sugar.		1 bottle white wine.
		½ pint of rum or brandy.

Beat up the 4 yolks and 2 whites till quite light and frothy. Add to them gradually 1 quart of water, the castor sugar, and some loaf sugar, which has been rubbed on the rinds of the lemons. Mix in the strained lemon juice and the white wine.

Whisk all over the fire till hot and frothy. Remove from the stove, and add the brandy or rum. Serve hot.

RUM PUNCH.

3 lemons.		1 pint of rum.
$\frac{1}{2}$ lb. loaf sugar.		1 quart of boiling water.

Rub some of the lumps of sugar on the lemons till all the yellow rind has been absorbed. Put them into a punch-bowl, and pour 1 pint of boiling water over them. Add the strained juice of the lemons and the rum. Pour over the rest of the boiling water, adding more than 1 quart if found too strong. Let it stand a few minutes in a warm place, stir well, and serve.

WINE PUNCH.

1 lb. lump sugar.		1 quart water.
1 lemon.		$\frac{1}{4}$ pint brandy.
$\frac{1}{2}$ bottle of red, and $\frac{1}{2}$ bottle white wine.		

Pare the lemon thinly and boil the rind in the sugar and water for a few minutes. Strain it into a bowl, and add the brandy, red and white wine.

TEA À LA RUSSE.

Slice a fresh juicy lemon, lay a piece in the bottom of each cup, sprinkle with castor sugar, if liked, and pour the tea over very hot.

WHITE WINE WHEY.

$\frac{1}{2}$ pint of milk.		2 lumps of sugar.
1 wineglassful sherry.		

Boil the milk and sugar together, and when boiling pour in the sherry. This will curdle it. Strain it through fine muslin, and drink hot. Currant or raisin wine can be used instead of sherry. This hot drink is excellent for a bad cold.

PASSOVER COOKERY.

SOUPS.—Finely sieved motza meal must be mixed in, if thickening is required, instead of flour.

FISH.—Must be dipped in fine motza meal and egg for frying.

STEWED FISH.—Requires motza meal in the balls instead of breadcrumbs, and the sauce must also be thickened with the meal.

ENTRÉES.—Sauces for entrées can be thickened with motza meal or potato flour. Cutlets can be dipped in egg and motza meal and fried.

PUDDINGS.—The following can be made as usual during Passover.

Almond Puddings.
Apple Macaroon.
Apple Snow.
Barcelona Cake.
Chocolate Cake.
Chocolate Soufflés.
Cranberry Jelly.
Compôte of Fruit.
Fruit Salads.
Lemon Creams.
Lemon Soufflé.

Lemon Whip.
Macaroon Basket.
Marmalada.
Meringues.
Nougat.
Oranges and Cocoa-nut.
Orange Compôte.
Caramel Custards.
Little Cocoa-nut Puddings.
Coffee Custards.
Slippery Pudding.

Potato Soufflé.

The following puddings and cakes are special recipes for Passover:—

APPLE FRITTERS.

1 lb. apples.	2 eggs.
2 tablespoonsful finely sieved meal.	Frying fat or oil.
	Cinnamon and sugar.

Peel and core the apples, and cut them in neat slices. Make a batter with the eggs and meal, and dip each slice of apple in it. Fry them, drain on paper, dish them up, and sprinkle with castor sugar, and ground cinnamon.

PASSOVER PLUM PUDDING.

$\frac{1}{4}$ lb. raisins, stoned.	A little spice.
$\frac{1}{4}$ lb. currants, washed.	$\frac{1}{2}$ a soaked motza.
2 oz. castor sugar.	3 eggs.
1 oz. chopped almonds.	2 oz. finely sieved meal.
$\frac{1}{4}$ lb. suet.	Chopped rind of a lemon.
1 tablespoonful rum if liked.	

Chop the suet, stone and chop the raisins, add the other ingredients, and mix well with the whisked eggs. Steam it in a greased basin for 2 hours. It can be served with rum sauce.

HOT PRELATO PUDDING.

6 prelatoes.	3 eggs.
$\frac{1}{2}$ pint milk.	1 oz. ground almonds.
2 oz. castor sugar.	

Put the prelatoes in a pie-dish; beat up the egg yolks, add the milk, sugar, and almonds, and pour it over the prelatoes. Bake it in a moderate oven about 30 minutes. Beat the egg whites with a little castor sugar, spread it on the top of the pudding when it is baked, set it for 5 minutes in the oven, and serve hot.

PRELATO TRIFLE.

6 prelatoes.	1 oz. almonds.
$\frac{1}{2}$ pint custard.	

Arrange the prelatoes on a silver dish, pour over the well flavoured custard while hot, decorate with blanched almonds, and serve cold.

RUM OMELET.

Omelette au Rhum.

3 new-laid eggs.		1 oz. castor sugar.
1 tablespoonful cream or milk.		$\frac{1}{2}$ oz. butter.
		1 wineglassful rum.

Beat the yolks and whites separately, and then together. Stir in the sugar and milk, and 1 tablespoonful rum. Melt the butter in a small frying-pan, pour in the mixture, let it set, pass a knife round the edges of the pan to keep the omelet from sticking, let it cook for 2 or 3 minutes till the underside is firm, and the top frothy. Fold it over, and slip it off the pan on to a hot dish. Pour over the rest of the rum, light it, and serve immediately.

SPONGE ROLL.

$\frac{1}{2}$ teacupful motza meal.		$\frac{1}{2}$ teacupful castor sugar.
		4 eggs.

Beat the yolks, add the sugar, then the motza meal very finely sieved, and, lastly, the stiffly beaten egg whites. Spread it on greased paper on a baking-tin, and bake 10 minutes in a hot oven. Turn it out on to a sugared board, remove the paper, spread quickly with lemon or chocolate mixture, and roll up.

LEMON CHEESECAKE MIXTURE.

3 eggs.		6 oz. castor sugar.
2 oz. butter.		2 lemons.

Melt the butter, add the eggs well beaten, the sugar, rind of 1, and juice of 2 lemons. Simmer all gently till the mixture thickens, stirring all the time. Use cold.

WHIPPED CREAMS.

1 pint cream.		Grated chocolate, strong coffee,
Sugar to taste.		or other flavourings.

Whip the cream stiff, add the grated chocolate and sugar to taste, and pile it roughly on a dish. Or the cream can be flavoured with a little very strong coffee, or chopped burnt almonds. For the latter, place 2 oz. castor sugar in a little saucepan, let it colour, and then throw in 1 oz. finely chopped almonds. Let them get coated with the sugar, turn them into a mortar, pound them, and use them with the cream.

INDEX.

MENUS *pages 1—6.*

	PAGE.
SOUPS.	
Good Stock	7
Good White Stock	7
White Vegetable Stock	8
Brown " "	8
Almond Soup	8
Artichoke Soup	8
Bonne Femme Soup	8
" " (<i>Another method</i>)	9
Calf's Foot Soup	9
Cauliflower Soup	10
Chestnut Soup	10
Chicken Broth	10
Clear Asparagus Soup	10
Consommé à la Royale	11
Croûtons for Soup	11
Cressy Soup	11
Dried Green Pea Soup (Milk)	11
Egg Balls	12
Giblet Soup	12
Green Flageolets Soup	12
Julienne Soup	13
Kidney Soup	13
Liver Balls	13
Macaroni (Milk) Soup	14
Meat Balls	14
Mock Turtle Soup	14
Onion Soup (Milk)	15
Parmentier Soup (Milk)	15
Potato Soup	8
Pot au feu	15
Portable Soup	17
Purée of Leeks	16
Spanish Soup	16
Tomato Soup	16
Turkey Soup	17

	PAGE.
FISH.	
Cod à la Crème	18
Cod's Roe Fried	18

	PAGE
Cod à la Suèdoise	18
Fish, Fillets of, Fried à la Française	18
Fish, Fillets of, Rolled, Cream Sauce	19
Fish, à la Ravigotte	19
" Salad	20
" Scalloped	20
" Stewed	20
" Vol-au-Vent of	21
Haddock, Timbales of	21
Herrings, Rolled	21
Mackerel à la Maître d'Hôtel	22
" " Normande	22
" " Portuguese	22
Mullet à l'Italienne	23
" Red, en Papillottes	23
Salmon Cutlets	23
" à la Suèdoise	24
" Fritters	24
" Pickled	24
Smelts, Brochet of	25
Sole in Aspic	25
" Devilled	25
" Fillets of, in Aspic	26
" " à l'Espagnole	26
" " à l'Orlie	26
" " à la Vénitienne	27
" Savalade of	27
" à la Turquie	28
Turbot, Hollandaise Sauce	28
Whitebait	28
" Devilled	29
Whiting, Boudins of	29
" Fillets of, à l'Italienne	29
" " Stuffed	29

	PAGE
ENTRÉES.	
Aspic Jelly	30
Beef Olives à l'Allemande	30
Brain Patties	30

	PAGE.		PAGE.
Calves' Feet Fritters ...	31		
" Head in Batter,			
Remouladen Sauce	31		
Calf's Head Stew ...	31		
" Tongue with Tomato			
Sauce ...	32		
Chicken, Blanquette of ...	32		
" Chaufroid of ...	32		
" Fried ...	33		
" and Rice, Stewed...	33		
" à la Suisse...	33		
" Tartlets of...	34		
" Timbale of ...	34		
Croquettes ...	34		
" à l'Impératrice ...	35		
Curry, Cold ...	35		
Egg Fritters ...	35		
Eggs, Savoury ...	36		
Epigrammes ...	36		
Fillets of Beef with Horse-			
radish Sauce ...	36		
Fillets of Beef à la Jardinière	37		
" " with Olives...	37		
Giblet Risotto ...	37		
" Stew ...	38		
Kidneys and Tomatoes ...	38		
Mushroom Patties ...	38		
Mutton Cutlets à l'Italienne	38		
" " à la Réforme	39		
Ox Palates, Braised...	39		
" Tongue, Sliced à la Monaco	40		
" " Stewed—Piquante			
Sauce ...	40		
" " with Tomato Sauce	41		
Pigeons, Stewed ...	41		
Potato Cups with Brains ...	41		
Sheep's Tongues Stewed ...	42		
Spanish Onions, Stuffed ...	42		
Sweetbreads, Fried ...	42		
" Stewed ...	43		
Tomato Entrée, Cold ...	43		
Veal, Blanquette of...	43		
" Cutlets à la Milanaise	44		
" " Savoury ...	44		
" Cutlets à la Vénitienne	44		
" Gateau of ...	46		
" Quenelles of ...	46		
" Tournedos of ...	47		
Venetian Steaks ...	47		
		MEATS.	
		Beef, Braised à l'Espagnole	48
		" Fillet of, à la Louis XV.	48
		" " Roast ...	49
		" Spiced ...	49
		" Smoked, Boiled ...	49
		Lamb, Roast Neck of ...	49
		" and Sprue ...	50
		Mock Hare ...	50
		Mutton à l'Allemande ...	50
		" Grilled ...	51
		" Leg of, boned ...	51
		" Leg of, à la Durand	51
		" Leg of, with Toma-	
		toes & Mushrooms	52
		" Loin of, Braised	
		with Mushrooms...	52
		" Saddle of, à la	
		Bourgeoise ...	52
		" Shoulder of, Boned	51
		" Stewed with Celery	53
		" " " Leeks	53
		Sirloin, Roast ...	53
		Steak, Stewed with Chestnuts	54
		" " " Tomatoes	54
		Veal, Collared ...	54
		" Fillet of, Braised ...	54
		" Galantine of ...	55
		" White Fricandeau of	55
		POULTRY AND GAME.	
		Breadcrumbs for Game, etc.	56
		Capon, Roast...	57
		Chicken in Casserole ...	56
		" Roast, with Watercress	56
		Duck, Roast, with Apple Sauce	57
		" Salmis of ...	57
		Fowl, Boiled, with Sauce ...	57
		" Curried ...	58
		Game or Poultry, Darioles of	58
		Giblet Pie ...	58
		Goose, Roast, with Apple	
		Sauce ...	58
		Pheasant, Roast with Water-	
		cress ...	59

	PAGE.
Pigeons, Bordeaux, Roast ...	59
„ and Beef Steak Pie	59
„ in Casserole ...	60
Quails, Roast ...	59
Stuffing, Sage and Onion ...	60
Turkey, Boiled ...	60
„ Roast, Chestnut Stuffing ...	61
Venison, Roast Haunch of	61

VEGETABLES.

Artichoke Bottoms, à la Princesse ...	62
Artichokes, Globe ...	62
„ „ Stewed ...	62
Asparagus ...	62
„ Stewed ...	63
Aubergines (Egg-plant) with Anchovies ...	63
Aubergines, Fried ...	63
„ à la Languedoc ...	64
Beans, Broad... ..	64
„ French ...	64
Beetroots, Boiled ...	64
Brussels Sprouts and Chest- nuts ...	64
Cabbage, Red, Stewed ...	65
Cardoons ...	65
Carrots and Green Peas à l'Allemande ...	65
Carrots au Jus ...	65
Cauliflower à la Varenne ...	66
„ Fritters ...	66
Celeriac, Fried ...	66
„ with White Sauce	66
Celery, Fried... ..	66
„ Stewed ...	67
Chestnuts as Vegetables ...	67
Endive, Boiled ...	67
Leeks, Stewed ...	67
Lettuce, Boiled ...	67
Peas, Green, Boiled... ..	68
Potato Croquettes ...	68
„ Loaves ...	68
„ Ribbons ...	69
„ Straws ...	69

	PAGE.
Potatoes à la Lyonnaise ...	68
„ New, Boiled ...	69
„ Sautées ...	69
Salsify ...	69
„ in Batter ...	70
„ Fried ...	70
Seakale ...	70
Spinach, Boiled ...	70
Vegetables, Macédoine of ...	70
Watercress ...	70

SALADS.

Salad à l'Allemande ...	71
„ of Beans, French ...	71
„ „ „ and Tomatoes ...	71
„ of Cabbage, White ...	72
„ „ Red ...	72
„ Chicken, à l'Américaine	72
„ Celery ...	72
„ „ and Tomato ...	72
„ Country ...	73
„ à la Dumas ...	73
„ à l'Estragon ...	73
„ Herring ...	74
„ of Jerusalem Arti- chokes ...	74
„ Mushroom ...	74
„ Potato	75
„ Sardine en Mayonnaise	75
„ „ en Vinaigrette	75
„ Spring... ..	75
„ Swedish ...	76
„ Tomato Jelly... ..	76
„ White Winter ...	76

SAUCES.

Anchovy Sauce ...	77
Apple „ ...	77
Béchamel „ à la crème... ..	77
Brandy „ ...	78
Bread „ ...	78
Browning for Soups and Gravies ...	73
Brown Sauce ...	78
Butter, Black ...	79

	PAGE.		PAGE.
Caper Sauce, Brown ...	79	Blackberry Pudding ...	90
Celery " ...	79	Beaconsfield Pudding ...	90
Chocolate " ...	79	Cabinet Pudding ...	90
Cranberry " ...	80	Caledonian Cream ...	90
Custard " ...	80	Caramel Trifle ...	91
Dutch " ...	80	Charlotte Russe, Burnt Al- mond ...	91
Egg " ...	80	Chestnut Mould ...	91
Gherkin " ...	81	Chocolate Cake ...	92
Glaze ...	81	" Soufflés ...	92
Gravy Spice for Stews, etc.	81	Citron Pudding ...	92
Horseradish Sauce ...	81	Claret Jelly (from Ox foot)	93
" " German	81	Cocoa-nut Tart ...	93
Lemon Sauce ...	82	College Puddings ...	93
" " for Fowls ...	82	Cranberry Jelly ...	94
Madeira " ...	82	Fruit, Compote of ...	94
Maitre d'Hôtel Sauce ...	82	" Salad ...	94
Mayonnaise " ...	82	" " (<i>Another method</i>)	94
" " Green	83	" Soufflé of ...	96
Mint Sauce ...	83	Gateau of Cherries ...	96
Mushroom Sauce ...	83	Genoese Pastry ...	96
Mustard Sauce, for Broi'ed Fish ...	83	Haman's Ears ...	96
Onion Sauce ...	83	Jaumange ...	97
Orange " ...	84	Lemon Creams ...	97
Piquante " ...	84	" Pie ...	97
Raspberry Jam Sauce ...	84	" Soufflé ...	98
Ravigotte Sauce ...	84	" Wafers ...	98
Remouladen Sauce ...	85	" Whip ...	98
Robert Sauce ...	85	Luction, A Modern ...	99
Spanish " ...	85	Macaroon Basket ...	99
Swedish " ...	86	Marmaladas, Egg ...	99
Tartare " ...	86	Marmalade Pudding ...	99
Tomato " to Bottle ...	86	Marzipan Tartlets ...	100
" " (<i>Another method</i>)	86	Méringues ...	100
Vinaigrette Sauce ...	87	Mincemeat ...	100
White Sauce ...	87	Nougat ...	101
" " Sweet...	87	Noyau Jelly with Apricots...	101
Wine Sauce, German ...	87	Orange Compote ...	102
		" Snow ...	102
		Oranges and Cocoa-nut ...	101
		Pancakes ...	102
		Pine-apple Foam ...	102
		Plum Pudding ...	103
		Puff Pastry for Meat ...	103
		Redcap Pudding ...	103
		Red Plum Jelly ...	103
		Rothe Grütze ...	104
		Ruby Jelly ...	104
		Sabbath Pudding ...	104

MEAT SWEETS.

Almond Meringue ...	88
" Pudding ...	88
Apple Macaroon ...	88
" Snow ...	89
Apricot Eggs ...	89
" Soufflé ...	89
Barcelona Cake ...	89

	PAGE.		PAGE.
ICES.			
Hints on Ice-making	... 131	Fondants	... 140
Apricot Cream Ice	... 131	" Almond	... 140
" Water Ice	... 131	" Cherry Cream	... 140
Banana Ice	... 132	" Chocolate	... 140
Biscuit	... 132	" Crystallised	... 140
Brown Bread Ice	... 132	Cream Walnuts	... 141
Caramel Ice Cream	... 132	Lemon Creams	... 142
Cherry Water Ice	... 133	Marrons Glacés	... 141
Chocolate Cream Ice	... 133	Marzipan	... 141
Cocoa-nut Ice	... 133	" Potatoes	... 141
Coffee Ice Cream	... 133	Orange Creams	... 142
Iced Coffee	... 133	Popcorns Iced	... 142
Ginger Ice	... 134	Turkish Delight	... 142
Gooseberry Fool Ice	... 134		
Greengage Water Ice	... 134	BREAKFAST AND CHEESE DISHES.	
Ice Pudding	... 134	Artichokes, Jerusalem, with	
Iced Meringues	... 135	Cheese	... 143
Lemon Cream Ice	... 133	Bloaters, Mullyon	... 143
" Water Ice	... 135	Cheese Creams	... 143
Muscovite Cream Ice	... 135	" Eggs	... 144
Peach Water Ice	... 135	" Nuggets	... 144
Pine-apple Water Ice	... 136	" Pudding	... 144
Pistachio Cream Ice	... 136	" Ramakins	... 144
Praliné Ice	... 136	" Straws	... 145
Punch à la Romaine	... 136	Eggs, Curried	... 145
Raspberry and Currant		" Japanese	... 145
Water Ice	... 137	" Stirred, with Tomatoes	146
Sorbet au Rhum	... 137	" Stuffed	... 146
Strawberry Water Ice	... 137	" with Tomato Sauce	... 146
" Cream	... 138	" Whirled	... 146
Tangerine Water	... 137	" in White Sauce	... 147
Vanilla Cream	... 138	Fish, Potted	... 147
		Haddock, Croûtes of	... 147
SWEETMEATS.		" and Rice	... 148
Introduction	... 139	" Toast	... 148
Almonds, Iced	... 139	Macaroni au Gratin	... 148
Chocolate Caramels	... 139	Mushrooms	... 148
Cocoa-nut Ice	... 139	" Stuffed	... 149
" Kisses	... 138	Omelet	... 149
Coffee Caramels	... 139	" Cheese	... 149
Everton Toffee	... 140	" Mushroom	... 149
		" Tomato	... 149
		Rice, Polish	... 150
		Risotto, Tomato	... 150
		Spaghetti	... 150
		Tomatoes, Breakfast	... 150

	PAGE.		PAGE.
CAKES, BREAD, AND BISCUITS.			
Almond Cake	152	Short-bread	164
" Rings	152	Shrewsbury Biscuits	164
" Rock Cakes	152	Snow Cake	164
Ballettes	153	Snowdrop Cakes	165
Berlinkoes	153	Sponge-Cake	165
Biscuit Sandwiches... ..	153	Sultana Scones	165
Bretzel (German Biscuits)... ..	154	Tea-cakes, Little Hot	165
Butter Cakes... ..	154	Vanilla Finger Biscuits	166
Chocolate Cakes	154	Variegated Cakes	166
" Cornflour Cake... ..	155	Vienna Bread	166
" Fingers	155	Walnut Cake... ..	167
Chollas	155	JAMS AND JELLIES.	
Cocoa-nut Cones	154	Apricot Jam	168
Coffee Cakes, Little... ..	155	" Marmalade... ..	168
" Glaze	156	Blackberry Jam	168
Currant Loaf... ..	156	" Jelly	168
Dainty Cake	156	Black Currant Jam... ..	171
Dundee Cake... ..	156	Cherry Jam	169
Fairy Cakes	157	Damson Jam... ..	169
Fruit Cakes, Little	157	" Jelly	169
German Biscuits (Bretzel)... ..	154	Gooseberry Jam	169
Ginger Biscuits	157	Greengage Jam	169
Gingerbread Cake	157	Madeira Marmalade	170
Icing, Almond	158	Plum Jam	170
" Butter or Viennese	158	Quince and Apple Compote	170
" Chocolate	158	" Jelly... ..	170
" Coffee	158	" Marmalade	171
" Orange	158	Raspberry Jam	171
" Royal	158	Red Currant Jam	171
" White Vanilla	158	" " Jelly	171
Invalid's Cake	159	Strawberry Jam	171
Lawn-tennis Cake	159	BEVERAGES.	
Macaroons	159	Champagne Cup	173
" German	159	Chocolate	172
Madeira Cake	160	Cider Cup	173
Madelènes	160	Claret Cup	173
Marbled Cake	160	" " (<i>Another method</i>)	173
Milk Bread	161	" Mulled	173
Pentecost Biscuits	161	Coffee with Milk	172
Plum Cake, Rich	161	" Turkish	172
" " " for Hanucah	162	King Cup	174
Pound Cake, German	162	Lemonade	174
Queen Cakes	163	Orangeade	174
Rout Cakes	163		
Salt Straws	163		
Seed Cake, Rich	164		

	PAGE.		PAGE.
Orgeat	174	Passover Plum Pudding ...	177
Punch, Egg	174	" Soups	176
" Rum	175	Almond Puddings	88
" Wine... ..	175	Apple Fritters	177
Tea à la Russe	175	" Macaroon	88
White Wine Whey	175	" Snow	89
		Barcelona Cake	89
		Caramel Custards	109
		Chocolate Cake	92
		" Soufflé	92
		Cocoa-nut Puddings, Little..	111
		Coffee Custards	111
		Cranberry Jelly	94
		Fruit, Compote of	94
		" Salad	94
		Lemon Cheesecake Mixture.	178
		" Creams	97
		" Soufflé	98
		" Whip... ..	98
		Macaroon Basket	99
		Marmaladas, Egg	99
		Meringues	100
		Nougat	101
		Omelet, Rum	178
		Oranges and Cocoa-nut ...	101
		Orange Compote	102
		Potato Soufflé	122
		Prelato Pudding, Hot ...	177
		" Trifle, Cold	177
		Slippery Pudding	121
		Sponge Roll	178
		Whipped Creams	178

RECIPES SUITABLE FOR
INVALIDS.

Apple Snow	89
Barley Water	iii
Boudins of Whiting	29
Chicken Broth	10
" Boiled	57
" Roast	56
" and Rice, Stewed... ..	33
Consommé à la Royale	11
Gruel	iii
Invalid's Cake	159
Jelly from Ox Foot... ..	93
Lemonade	174
Omelet	149
Orangeade	174
Orange Snow	102
Slippery Pudding	121
White Wine Whey	175

PASSOVER COOKERY.

Passover Entrées	176
" Fish	176



REMYLINA

Is the Finest and Lightest
CORN FLOUR . . .

FOR

Blanc-Manges, Custards, Creams, Puddings,
Cakes, Shortbread, Jellies, Ices, Thickening
of Soups, Sauces, etc.

***Specially Recommended for the Nursery
and Invalids.***

Miss K. HALFORD, of 2, Woodchurch Road, West Hampstead,
and all other leading Cookery Teachers have declared
that the REMYLINA is the finest, lightest, and
most delicate Corn Flour ever produced.

SOLD AT ALL GROCERY-STORES

In $\frac{1}{2}$ -lb. Packets, at 2d. each.

Breakfast Relishes and Supper Dainties.

A. ABRAHAM'S
CELEBRATED
PROVISIONS.


BEEF. TONGUES.

Smoked. Salt. Spiced. Smoked. Salt. Preserved.

Soup, Galantine of Chicken, Sausages, Saveloys, Worsht,
OF THE FINEST QUALITY.

ABRAHAM'S

Celebrated
Sandwiches.

Price List and Order Form  Orders by Telephone receive
sent free on application . . . prompt and careful attention.

59, Middlesex St., Aldgate, E.C.

Telegraph's Address: "PYCNITE, LONDON."
Telephone No. 54, AVENUE.

Agent for Glasgow .. P. L. ORCHUDESCH, 15, Charing Cross Mansions.
" Liverpool .. COHN, 6, Fairclough Lane.
" B'ham .. { CHARIK, 21, Hurst Street.
S. PETERS, 29, Smallbrook Street.

AN ADMITTED ANTIDOTE FOR INDIGESTION,

Coombs' 18 GOLD MEDALS

EUREKA SELF-RAISING

Is the BEST and
ABSOLUTELY PURE. **Flour**

Sold in 3d., 6d., 1/- and 2/6 Bags.

Coombs' FOR INFANTS . .
AND INVALIDS . .

**3 Gold
Medals.**

Malted Food

Is a Perfect and Invaluable Article of Diet.

Sold in 6d., 1/-, 2/6 and 5/- Tins.

Coombs' Eureka **Fruit Saline**
Effervescing

AN INVALUABLE COOLING DRINK,

Allaying Feverishness, Heartburn, Indigestion, and Constipation.

Sold in 5-oz. and 10-oz. Tins.

Coombs' Health Salt

A Most Refreshing Drink. Sold in $\frac{1}{4}$ -lb. Tins.

**Coombs' Custard, Blanc-Mange,
Egg and Baking Powders,**

Sold in 1d., 2d., 3d., 6d., and 1 - Boxes.

Total Awards.

Prix d'Honneur. 34 Medals
(including 29 Gold).

2 Diplomas of Honour.

THIRD EDITION, REVISED AND ENLARGED.

ECONOMICAL

JEWISH COOK.

A Modern Orthodox
Recipe Book for
Young Housekeepers



Especially adapted
as a Class Book
for Schools.

ARRANGED BY

MAY HENRY, A.A.,

CERTIFICATED NATIONAL TRAINING SCHOOL FOR COOKERY,

AND

EDITH B. COHEN,

CERTIFICATED NATIONAL TRAINING SCHOOL FOR COOKERY

LONDON:

WERTHEIMER, LEA & CO.,
Circus Place, London Wall, E.C.



1897.



PRICE (*Bound in Boards*)
ONE SHILLING AND SIXPENCE.
Special Prices for Schools.

A WONDERFUL FOOD !!

"The most Concentrated, Flesh-forming, Nourishing Food on Earth."
(*Vide "Lancet," July 29, p. 151.*)



SHOULD BE USED DAILY
IN EVERY HOUSEHOLD.

PRIDEAUX'S CASUMEN REGD.



THE MARVELLOUS LIFE FOOD.

Added in the designated quantities to FOOD AND DRINK it increases their Nutritive value TENFOLD.

"CASUMEN" is the nutritive element of pure English Milk, extracted and rendered into a light, white, dry, flaky, odourless, tasteless powder.

"CASUMEN" will dissolve (without boiling) in nearly all fluids, and can be added to the morning cup of Cocoa, Tea, or Coffee, etc. It may be mixed with flour and with most farinaceous food-stuffs before cooking, vastly increasing their lightness and nourishing qualities.

A small quantity of any food containing "CASUMEN" is far more nutritious and digestible than a large quantity without it.

"CASUMEN" is the most perfect food known for the prevention and cure of Consumption, by sustaining and restoring the wasting human system; and for all Kidney troubles.

"CASUMEN" is specially recommended to those who lead sedentary lives, professional and military men, students, brain-workers, business men, and all working at high pressure, also sufferers from Tuberculosis, Consumption, Diabetes, Dyspepsia, Gout, Rheumatism, Extreme Exhaustion from Influenza, and all Wasting Diseases, sustaining and restorative alike to those in health as well as the invalid, the weak and the sickly.

Send for full detailed prospectus containing full analytical report by *The Lancet*; a table of the remarkable food value of "CASUMEN," as compared with articles of everyday diet; directions for use, etc.

Price (in boxes), 2 lb., 4s.; 1 lb., 2s.; $\frac{1}{2}$ lb., 1s.; $\frac{1}{4}$ lb., 6d.; and 2 oz., 3d. $\frac{1}{2}$ lb. post sample 1s. Bulk in bags, 1s. 9d. per lb., of Chemists, Stores, Grocers, and Dairies, or direct from

PRIDEAUX'S PURE CASEIN AND LIFE FOOD CO., LTD.,
Motcombe, Dorset, England.

Directions for the use of "CASUMEN."

Twenty-five per cent. of the powder to be mixed with Dry Coffee, Cocoa, etc., and then used in the ordinary way.

Ten to twenty per cent. can be mixed with Rice, Sago, Arrowroot, Oatmeal, Corn-flour, and all Farinaceous Foods.

Dry Casumen may be added to Orange Marmalade with great dietetic advantage.

For Sandwiches sprinkle the Dry Casumen over Bread and Butter.

Dissolve in a little water before adding to hot liquid.

Prideaux's Pure Casein and Life Food Co., Ltd.
Motcombe, Dorset, England.

