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Contributors

Rochfort, Louisa.

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LOUISA ROCHFORD

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COOKERY BOOK.

BY
LOUISA ROCHFORT.

LONDON

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PREFACE.

WITH the distinct knowledge of how many books of cookery are already before the public, it may seem presumptuous on my part to add to their number. I am led to do so from the belief that the recipes contained in this little volume—culled as they are from different nations—may embody a certain amount of novelty, agreeable to those of my readers who like to vary their ordinary routine of dishes, and I venture to hope that a few plain directions may prove of service to many a young housekeeper who finds the complicated terms contained in recipes for cooking somewhat beyond her; but any person with a good understanding, who knows a *little* of cookery, may by *attention* and *care* with the assistance of the following recipes, soon become an excellent cook; but great accuracy ought to be observed, which, with a little experience, will soon overcome every difficulty.

January, 1903.

“ Tout se fait en dinant dans le siècle où nous sommes,
Et c'est par les diners qu'on gouverne les hommes.”

“ Défendez que personne, au milieu d'un banquet,
Ne vous vienne donner un avis indiscret ;
Écartez ce fâcheux qui vers vous s'achemine,
Rien ne doit déranger l'honnête homme qui dine.”

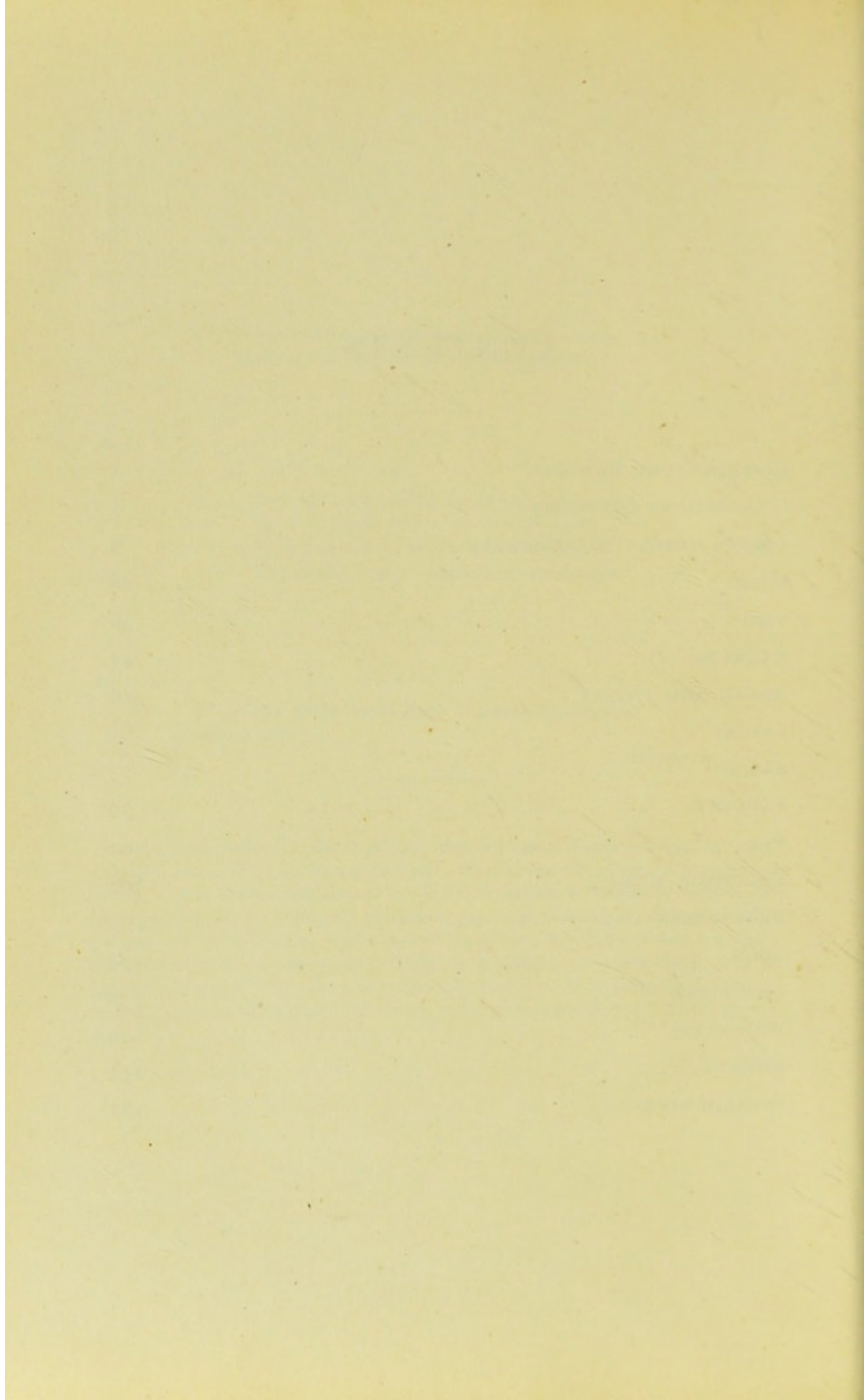
“ Nothing nobler can be found in woman than to study
household good.”

MILTON.

Never be interrupted at dinner if you can avoid it. Dinner should be a peaceful, family gathering ; let all be bright, pleasant and gay. What a delightful feeling it is that the day is done, to know that nothing remains but to pass the evening in tranquillity ! During the day most members of a family have occupations and duties taking them from home. What a charm, then, is the re-union—chattering over the different ways in which these hours have been spent, whether they have been of business or of pleasure. It is only late in life, when families are scattered, that a father or mother looks back on those bright hours, in too many instances, alas ! never to return. Therefore, realise them, make much of them while they last.

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INTRODUCTORY.

SUPERVISION.

BEGIN as you mean to go on. Tell your cook that it is your habit to look after every part of your domain. Saucepans, dishes, cupboards, bread pans, all should be fit for inspection. Every good housekeeper must have a good memory; she must remember everything that left the table the night before, and inquire for everything that does not appear. Pass nothing over. Do not feel, as too many mistresses do, that you are intruding when you go into the kitchen. Never forget that the house is yours, and that you are responsible for the disposition of the stores bought with your or your husband's money. Also, remember that from the First Lord of the Admiralty down to the scavenger who empties the dust bin, every employé who draws wages has an overseer to whom he is accountable for the manner in which his work is done and his money earned. Yet in how many families is this point tacitly yielded, and the mistress admitted upon sufferance to her own kitchen—the room furnished with her money, and where she hardly dare touch or look at the articles intended for the consumption of her own family. One often hears the remark: "It is not every cook who will allow her mistress to come into the kitchen after the morning." This principle is wrong from beginning to end, and ought not to be tolerated for an instant.

NEATNESS.

If you can offer an unexpected guest nothing but bread and butter and cold ham, he will enjoy his luncheon twice as much if it be well served—dainty bread and cold fresh butter, the cold ham or whatever it may be, prettily garnished with parsley ; take care that the table cloth and napkins are smooth and spotless, the glass clean and bright, the plate clean and brilliant. With these points attended to, you have nothing to fear, however epicurean may be his disposition. If you have no other beverage than light claret, or even ale, take care that the decanters are clean, and the ale freshly drawn. To my mind many a luxurious feast is ruined by the want of attention to the minor details of a table. Remember the old saying : “ A table well set is half spread.”

THRIFT.

In a French family two servants are considered quite an establishment. People in the same condition of life in England would keep four if not five. Unfortunately, nearly every English person has a house larger than his means warrant. This is a source of great extravagance—a sure way of getting into debt. You may be the most careful of managers but your house will not follow suit. The rain and snow *will* come through the roof ; the frost *will* burst the pipes ; the kitchen sink *will* get stopped up ; the bell-wires *will* break ; the front door *will* become shabby ; the gas *will* cause the hall ceiling to be grimy ; in fact something *will* invariably crop up—something that cannot be passed over, and away goes that little balance at the bank that you were counting upon for something quite apart from household repairs. Of course, living in a flat obviates much of this ; but Englishmen do not care for flats ; they think they must

have their own front door. This is a prejudice that time may remove. Already much has been done in that direction, and it is to be hoped that young married people will see the wisdom of not overburdening themselves with large houses or with three servants when two can do the work; and if young wives would be firm on the point of early rising they would be surprised at the difference in the amount of work done, always remembering that the hour lost in the morning cannot be recovered during the day. Then there are many duties the most dainty wife can perform, such as looking to the care of the household linen. This should be a firm duty. No one else can or will take the same interest in it as herself. Never allow anything to go to wash with the smallest rent. Do not forget that a small hole in dirty linen will be a large one when that linen has been washed. If a wife cannot make a home lovely, a servant won't. The class to which they belong have not been taught to think, and they generally lack the initiative.

SCHOOLS OF COOKERY.

I wonder ladies do not go to the School of Cookery and make themselves conversant with the details of the management of a house—more especially the management of the kitchen—instead of sending their cooks. Of course directly the cook feels more competent, she either demands more wages or leaves “to better herself”; whereas if the lady herself possesses that knowledge, she is comparatively independent of her “treasure,” and if she does give notice the mistress need not despair. I suppose it is still possible to find a cleanly, respectable young woman, and with the knowledge the lady has acquired, her intelligence, and her power of direction, she need hardly feel that her “treasure” has gone off. A good mistress generally makes a good servant.

STUDY OF HOUSEKEEPING.

I maintain that if you have not a faculty for house-keeping, yet are obliged to conduct the affairs of a household, there is the more reason for earnest application. If the natural taste be dull, lay to it more strength of will, resolution born of the just sense of the importance of the knowledge you require. I do not now speak of the culinary department alone, but the other duties that you, as mistress of the house, and *you* alone can perform, and I do insist that upon method, skill and economy in the kitchen depends so much of the well-being of the rest of the household, that it may safely be styled the foundation of housewifery. I admit that it would be far pleasanter for those who have cultivated instincts to have an efficient aide-de-camp in an accomplished housekeeper, who would receive your orders for the day in your boudoir, and would execute the same with zeal and discretion, leaving you no room for anxiety or regret; such mistresses do not need this book, and they would not comprehend what I am writing, would not enter into the depths of that compassionate yearning which moves me when I think of the sufferings of many newly wedded wives, of ill directed toil, and the heavy wearing sense of inferiority that puts the novice at such a disadvantage in a community of notable managers. In the management of a house there are dozens of details and hints that cannot be imparted by written or oral instruction; you must learn them for yourself, and once learned they are never forgotten. Your fate is in your own hands; you are mistress of yourself though your servants leave. Have faith in your abilities, you will be a better mistress of a house from your mental training, from your education, and from books. Brains tell everywhere, to say nothing of intelligent observation, just judgment, a faithful memory, and orderly habits; these are the great essentials for her who would, with ease and pleasure, direct a household in such a manner that not only her husband and her children, but even her servants, shall, when she dies, rise up and call her blessed.

[From "Le Figaro," Saturday, August 18th, 1891.]

" TRADITIONS CULINAIRES.

" LE BŒUF À LA MODE.

" Jusqu'à François I^{er} ce fut la 'cucina' italienne qui triompha par le monde. A dater du règne du vainqueur de Marignan, c'est la cuisine française qui prend la tête. Elle n'a jamais été distancée depuis. Toutefois, pour être sans rivale, elle n'est cependant pas restée égale à elle-même ; mais ce n'est pas la faute des cuisiniers actuels, comme on pourrait le croire. Ces cuisiniers ont sans doute autant de génie que leurs aînés, le mal vient du fourneau moderne.

" 'Les gens d'aujourd'hui ne savent pas manger,' me disait un jour M. Emile Montégut, le critique éminent de la *Revue des deux Mondes*, 'ou du moins, n'ayant pas été élevés dans les mêmes traditions culinaires que les hommes de mon époque, ils ignorent ce que c'est que bien manger. Je ne donnerai qu'un seul exemple de ce que j'avance : dans ma jeunesse, le bœuf à la mode était un mets exquis ; à la fin de ce siècle, qui donc connaît ce plat ?'

" Et comme je faisais un geste de protestation :

" 'Lorsque je fais un séjour à Paris,' continua mon interlocuteur, 'il m'arrive de demander un *bœuf à la mode* dans les restaurants. Eh bien ! on m'apporte toujours une chose immangeable, sans nom, de la viande insipide, bouillie, lavée, entourée de carottes sans gout. Et cela dans les maisons les

plus renommées pour leur chef. Celui-ci a pourtant suivi toutes les règles de l'art pour apprêter son bœuf à la mode— mais . . . il a été obligé de le faire cuire dans le four de ce fourneau de fonte, qui a perdu la cuisine. Dans le four, la vapeur qui s'échappe de la viande, pendant la cuisson, retombe en pluie sur le morceau et délaie ses succs. Ensuite le combustible n'est pas sans effet, et jamais le charbon de terre ne vaudra, pour la cuisine, le bois ni le charbon de bois.

“ Voulez-vous savoir comme on procédait de mon temps pour faire un bœuf à la mode ? La vieille du jour ou l'on devait servir ce plat, après avoir fait roussir le bœuf sur un feu assez vif, avec un morceau de vrai beurre, de bon lard, du poivre, et du sel, on y ajoutait les carottes en tranches et un os à la moëlle. Alors, fermant hermétiquement la 'cocote,' on la plaçait, dans la cheminée, au milieu des cendres chaudes d'un feu de bois, empilant bien ces cendres à l'entour. La viande et les légumes cuisaient ainsi toute la nuit, extrêmement doucement et sans interruption aucune. Le lendemain matin la vieille servante ranimait les cendres, les faisait rougir en soufflant dessus, et la cuisson se parachevait dans les mêmes conditions de modération jusqu'à midi. Il n'y a pas de roi,' ajoutait l'écrivain, 'qui mange aujourd'hui un bœuf à la mode aussi succulent que celui dont se délectait le plus humble bourgeois, dans ma jeunesse, ce temps où les plats les plus simples étaient bien supérieurs aux plats les plus délicats de ce jour. On dédaigne les premiers, maintenant, justement parce qu'un ne peut plus les exécuter.' ”

“ Pendant que M. Emile Montégut parlait un, souvenir d'enfance s'esquissait dans ma mémoire. Je revoyais une cuisinière ancienne, une vaste cuisine provinciale ou tiendrait une habitation moderne. Elle était claire, propre, et gaie comme une maison hollandaise, dallée de larges pavés bleus veinés de blanc. Une grande fênaitre aux vitres nettes sous

des rideaux neigeaux, laissait entrer librement lumière et soleil. Cette cuisine était meublée de longues tables, blanches comme du ligné, d'un horloge en boîte, d'un beau buffet de chêne noir, qu'on reléguait là parce qu'il ne ressemblait pas aux meubles alors en faveur, ces meubles sans grace, sans style non plus, inventés au milieu de ce siècle. Sur un dressoir, richement sculpté également, s'étaient de superbes plats d'étain. Puis, une immense cheminée, ornée d'un lambrequin rouge et garnie de landiers en fer forgé. Les beaux feux clairs qu'on allumait là, et comme ils séchaient vivement les gens mouillés !

“ Quoiqu'on eût établi un fourneau en briques au charbon de bois, la plupart du temps on faisait la cuisine à cette cheminée, pourvu d'une crémaillère, bien entendu, et donc la taque, bien frottée, brillante, représentait le jugement de Salomon. On suspendait les marmites et les coquemards à la crémaillère dentelée (*crama*, en patois du pays) ; on attirait les braises rouges sous les trépieds qui supportaient les casseroles, les cocotes, les poêlons, et la moule à gaufres. Dans l'intérieur de la cheminée, on suspendait les écumoirs, les cuillers à pot, etc., à des barres de fer battu, luisant comme de l'argent. Je me rappelle aussi le long soufflet (appelé *canon*) qui servait à attiser le feu ; un tuyau de fer, dans lequel on soufflait, en se gonflant les joues, comme on voit faire aux vents personnifiés dans les tableaux mythologiques.

“ Et dans ce cadre paisable et doux, je vois aller et venir, d'un pas égal et tranquille, mirée dans les casseroles de cuivre, une vieille servante, chaussée de bas bleus, et de souliers de cuir, vêtue d'une jupe d'indienne bien propre, d'un casaquin qui serrait à la taille les rubans de son tablier ; elle est coiffée d'un bonnet (collinette) immaculé. Ah ! qu'elle faisait de bonne cuisine, cette vieille servante au teint frais ! Quel bœuf à la mode justement ! Toutefois, je préférerais alors ses tartes, que personne ne fera plus aussi bien et qu'elle aimait tant à me voir manger.

“ Mais la vieille servante est morte. On a vendu le buffet de chene noir et les plats d'étain aux marchande de curiosités. A la place de la bonne vieille, vous verriez, trotinant dans la cuisine (raccourcie pour y prendre un office), une jeune cuisin-

ière pimpante, qui appelle le gros sel du chlorure de sodium et se nettoie les mains au citron. Elle est pleine de bonne volonté, cette jeune femme, elle confectionne des plats recherchés, mais sans saveur, au fourneau de fonte qui a pris la place du foyer antique, ou sa grand'mère nous composait des plats très peu compliqués, mais exquis.

"BARONNE STAFFE."

Most of the recipes contained in this book I have tried myself, others I have obtained from reliable housewives, many I have learned under celebrated continental chefs, and I hope I am engaged in a good work in having carefully copied, and in many instances, corrected the recipes; often a dish is spoiled for want of the most simple directions, such as whether a saucepan should be covered or no.

CLEANING UTENSILS.

Cleanliness in good cooking is of paramount importance, and the best preparations, which are also the most economical and effective in use, are Nixey's Refined Black Lead for all stoves, as supplied to all the Royal Households. Nixey's "Cervus" Blue in bags ready for use for the laundry, and Nixey's "Cervus" Knife Polish for all cutlery, which polishes and cleans in any machine perfectly, without friction, and Nixey's "Berlin" Black for all ironwork.

USEFUL THINGS TO REMEMBER.

ONE hard and fast rule should be made in every house, and that is, that whatever comes into a house belongs to the master and mistress; and I hold that a servant looking upon dripping and other things that have cost her mistress money as her "perquisites" is dishonest, and has nothing to recommend it but custom, and that custom should be abolished; and I maintain that a cook has no more right to sell or give away such things than the lady of the house would have to go into a servant's bed-room, going to a bandbox and selling the cook's Sunday bonnet. And yet it is an admitted fact that the cook does sell the dripping and the mistress does not protest. Now what can justify such a thing? The system is a bad one. The dripping comes from meat, the property of the master of the house; the cook is receiving wages for doing her work; if there is dripping and the mistress is unwise enough not to have it used (when clarified it is the very best medium for cooking), let her, the mistress, at all events have the right of giving it away to any deserving poor—given away judiciously it may benefit many—but do not allow the cook to drain the purses of the needy.

TO BOIL A JOINT.

Weigh the meat and allow twenty minutes for every pound. Be sure the water is boiling fast, put the meat in,

and let it boil rapidly for five or six minutes to seal up the outer casing of the meat and to keep the red juice in ; now put it a short distance from the great heat and allow it to cook gradually.

No saucepan should be put away with the lid on, but each should be left so that the air can get all over it.

TO ROAST A JOINT.

Weigh the meat and allow ten minutes for each pound ; wring a cloth out of hot water and wipe the meat over thoroughly so as to clean it ; put the meat quite close for ten minutes in order to seal the entire surface by coagulating its albumen at the outset, and to enclose the fluids securely within ; then pull it back a certain distance and allow it to cook comparatively slowly.

TO CLARIFY FAT.

Take any quantity of beef or mutton fat, cut it into dice, and put it into an iron saucepan with plenty of cold water ; stir this every now and then with an iron spoon, and let it boil quickly over the fire until the liquid is perfectly transparent and only little scraps of brown are floating about in it ; it will take about an hour and a half. When it is boiling the fat is apt to splutter, so be careful not to stand over it, as the fat attains a very high temperature. Let it stand and cool before straining into a basin through a fine strainer or wire sieve. This fat will keep for months and may be constantly used.

MARINADE.

Is a pickle in which to put either tough meat to make it tender, or an elderly fowl or duck. It is made by putting into a deep dish a little olive oil and some vinegar ; in this you place the meat and add an onion pricked with cloves, a leek,

some strips of parsley, a little celery, five or six slices of carrots, a small bunch of fine herbs, and two bay leaves. Cover the meat with these. Be sure to turn the meat each morning. You may leave it in marinade two or three days, then either roast it or put it in a stewpan with the marinade, let it cook very gently, add a little good stock, baste it frequently whilst it is cooking. Do not put the cover on the saucepan, or the meat will boil, not roast. At the last it is best to place the stewpan in the oven to brown the meat well. Strain the gravy and add a couple of dozen peeled olives, and allow them to warm through; pour the gravy round the meat and garnish with the olives; if the gravy is not thick add a very little cornflour.

The cooking must be quite slow, and instead of the marinade, you may cook it with butter, and the stock added to baste it, and then the marinade does for other things—fish or poultry, or anything requiring flavour.

ANOTHER MARINADE.

Some people prefer a marinade without oil for meat that is to be roasted, and make it of vinegar, salt, pepper, spice, onions, sage, rosemary, celery, parsley, and leeks.

When you want to remove all fat from gravy, take the saucepan off the fire, leave it sufficiently near to keep it hot without boiling, throw in a little cold water—you will soon see the fat rise—then remove it carefully with a spoon or, what is still better, a piece of white paper.

DRIED HERBS.

It is a good thing in the summer, when herbs are cheap and plentiful, to have them dried in the sun and carefully placed in small paper bags, with the name of their contents plainly written in ink, and hung from a nail either in a store

closet or in a passage leading to or from the kitchen. This precaution will save many shillings and much discomfort in the winter.

RECIPES.

Never destroy your recipes or give your originals to the cook. If you have not a book for the kitchen use, make a copy and give that, but keep your own recipes to get by heart if you can, and make the cook write from your dictation.

Always hurrying, always behind.

GODIVEAU OF MEAT.

Soak in milk the inside of a French roll, take it out, press it, mix with it some sausage meat, pepper and salt. This is the groundwork of many things, and serves for the stuffing of all kinds of meat, game, or poultry, as you may add oysters, chickens' livers, mushrooms, chestnuts, chives, etc., etc.

Waste not, want not.

CHOCOLATE ICING

Is made by beating to a cream half a pound of fresh butter and half a pound of castor sugar, and adding to it by degrees, four ounces of chocolate previously dissolved in three quarters of a teacup of boiling water ; have ready some sponge cakes, cut in slices, spread with a knife, silver preferred.

WATERCRESS BUTTER.

Pick, dry, and mince some watercress very fine, mix it with as much fresh butter as it will take, with seasoning to taste.

BRINE FOR BEEF OR TONGUES.

A pint basin full of common salt, one ounce of saltpetre, half a pound of brown sugar; boil together with a gallon of water; skim well when it begins to boil; let it boil well for a quarter of an hour. Leave it until quite cold, then pour it on the beef, which must be turned each day. This brine will keep good some time in cold weather and will do warmed up with more salt; an ox tongue takes six weeks to salt.

GLAZE.

Glaze is easily made by soaking in a small jar the contents of a tin of Nelson's Extract of Meat, in rather less than a gill of water. Set the jar over the fire in a saucepan of boiling water, and let the Extract simmer until dissolved. This is very useful for strengthening soups and gravies, and for glazing ham, tongues, and other things.

HOT PLATES.

See that all your plates and dishes are hot when serving up dinner. A spoiled dinner will spoil a good temper and disarrange a household.

SCRAPS.

Take care of all scraps of meat for the stock pot; spare pieces of bread, and vegetables can be used for the same purpose.

CHARCOAL

Is an admirable preventive of decomposition, and every housekeeper should have some in her store-room.

TO PRESERVE MEAT IN HOT OR CLOSE WEATHER.

Thoroughly dry and flour it in all the crevices, then powder it lightly with charcoal, and be careful that it is well

dredged into the joints. To preserve game, place powdered charcoal in the beak and the vent; venison may be treated like mutton or beef. After being dusted with flour and charcoal, all meat should be placed in muslin bags and hung in a current of air.

FRIED BACON.

Cut the slices as thin as possible, and put into a frying-pan a tablespoonful of bacon grease left from the day previous, when this is hot put in the bacon, fry and turn quickly; you can serve it alone or on slices of fried bread; also use up any cold potatoes left from the dinner or luncheon the day before, cut them in slices and fry them a golden brown.

STOCK.

To preserve stock in very hot weather you must boil it up morning and evening. It is a good thing to add a pinch of charcoal—that will keep it from going sour.

PARSLEY.

Parsley is a necessary ingredient to *nearly* every sauce. It renders every dish more healthy, more agreeable; it excites the appetite and aids digestion. Take away parsley and you make cooking almost impossible.

GOOD COFFEE.

Take a heaped up dessertspoonful for each person, put it into an earthenware coffee-pot, standing the lower part in a pan containing boiling water; pour boiling water on the coffee, and when it is run through take away the upper part of the pot, put the lid on the lower; serve boiling milk with the coffee, and cream. Sugar candy is by far the nicest sugar.

TO MAKE COFFEE (Turkish fashion).

Grind the coffee very fine, take the same proportions you would for French made coffee (perhaps rather more water to allow of it boiling away), put the water into a saucepan with a lump of sugar, when boiling hard throw in the coffee, let it come to a boil; lift it off the fire as soon as it bubbles, then put it on the fire again; lift it off as soon as it bubbles; do this a third time, then throw in a spoonful of cold water (filtered) to settle the grounds; leave it quiet one minute and pour carefully into cups; it will have a thick yellow froth at the top. Serve without milk.

GOOD TEA.

Do you know that it is impossible to make good tea with hard water? If the water is hard you can improve it by adding half the quantity of rain water, filtered, of course, or a tiny pinch of bicarbonate of soda. The water should be freshly drawn and boiled quickly, using it at once; allow one teaspoonful of tea to each person, and infuse the tea seven minutes, it will then be wholesome to drink.

COLD TONGUE.

A good way to serve cold tongue is to cut it in very thin slices and serve it with a highly flavoured tartar sauce.

ROASTED ALMONDS.

Shell and blanch some almonds, put them in a saucepan with some salt, set them in an oven until they are hot, remove the saucepan from the oven, and add a very little olive oil to the almonds and shake them over the fire until they are brown, taking care they do not burn.

DEVILLED ALMONDS.

Half a pound of sweet almonds, an ounce of butter, a saltspoonful of salt, half a spoonful of cayenne; melt the

butter in the saucepan, stir in the almonds blanched, dust over them the salt and cayenne, shake them well, spread on a baking-sheet, and put in the oven to crisp. Care must be taken not to burn them.

COOKING BY CHARCOAL.

Shall we ever be able to have cooking by charcoal? Who, who has tasted the most simple dish prepared in a French household where charcoal is used, will ever forget the exquisite flavour? Nothing *can* compare with it; and in England, where meat and fish is so excellent, it is much to be regretted that it should be sent to table so tasteless. If one could only instil into the minds of the persons of the middle class how economical and excellent are the small stoves in general use in France for the burning of charcoal; and if they could only taste a steak or chop cooked by that method, with glowing embers above and below the meat, they would, I am sure, acknowledge the superiority over the closed oven with its coal-gas fumes.

MARMALADE (TRANSPARENT).

Cut Seville oranges in half, take out the pulp with a tea-spoon handle, leaving the thin skins in the peel, then tear these skins out and throw the peels into cold water as you do it (they may be left in the water until next day or proceeded with at once), drain them and boil them in a good quantity of spring water (cold) till they are tender. Three or four lemons to each dozen Seville oranges treated in this way is a great improvement; cut them in very thin slices and put them to the pulp, from which all the seeds must have been picked out. To every pound of the marmalade put one pound and a quarter, or rather less of good white sugar. Let it heat gradually all together, and boil gently for twenty minutes, or rather longer if not then transparent; stir gently all the time. If juicy marmalade is preferred, add to the pulp the *juice only* of two or three sweet oranges to every dozen Seville oranges.

ANOTHER MARMALADE (MONTE CARLO).

Take four pounds of Seville oranges and as many lemons, make them boil in four quarts of water until they are quite soft, then take them out and let them become quite cold, cut them in halves and take out the pips, and scrape all the juice into a clean basin, then remove all the white from the skins. Put the juice and skins into a copper saucepan with eight pounds of loaf sugar and rather more than three quarts of water, and allow them to simmer until the marmalade is brilliant; stir it very often during this process.

SUGAR BROWNING.

Put a quarter of a pound of brown sugar into an old but clean saucepan, and stir it over the fire until it melts and becomes slightly coloured, draw it back and let it bake slowly, stirring it every now and then until it is nearly black, without being at all burned; pour upon it a pint of water and let it boil for five or six minutes, strain it through a muslin into a glass bottle, cork it up and keep it for use.

SAVOURY CUSTARD.

(FOR SOUP À LA ROYALE.)

Break the yolks of three eggs and the white of one into a basin with a little salt and cayenne; beat well and add a gill of stock, butter a flat bottomed mould and strain the custard into it. Paper the top of the mould and allow it to steam for ten minutes (do not allow it to boil too fast). Put away custard until required for use; when required cut into dice or stars.

SOUPS.

CLEAR SOUP.

Three or four pounds of gravy beef. Cut the meat into pieces and fry them in a little butter to colour them; put them into four quarts of cold water, let them simmer, and skim very carefully; when all scum has been removed put into the saucepan (by degrees, so as not to stop the ebullition) two carrots, two turnips, half a head of celery, a bunch of savoury herbs, four cloves, one blade of mace, some peppercorns, and salt to taste; simmer gently for six hours, and strain through a hair sieve. When cold skim off all fat, or, what is best, take it off with a clean napkin.

This soup ought to be perfectly clear; if it is not the cook has allowed it to boil, and it must be cleared with raw beef and whites of eggs, but there is no occasion for it if the cook will only pay attention.

A THREE-HOUR SOUP.

Excellent but expensive; but if you require to arrange a little dinner at a short notice you cannot do better than to rely on the following recipe.

Three new carrots, three small new turnips, two small leeks, a *bouquet garni*; two pounds of fillet of beef or good top-side.

Put into a stewpan a piece of butter the size of an egg, when it is melted add the vegetables (which have been well

washed and cut up), fry them a pale golden colour; then add the beef, which has also been cut up into pieces the size of a walnut and three pints of water; allow it to simmer three hours. Take out the meat; this may be served apart with a good tomato sauce; but you serve your vegetables with the soup, also *croûtons*. *Croûtons* are best made by putting into the oven some pieces of bread that have been well buttered and allowing them to become heated and slightly coloured.

POT-AU-FEU.

Take a piece of beef cut out of the thick part of the leg or thigh, and about four pounds weight (for a large quantity of soup), one pound of bones; tie up the meat neatly with a string and put it into a six quart saucepan or marmite, fill up the saucepan so as to well cover the contents, set it on the fire; remove with a skimmer the scum that will rise as the water gets warm; now add the salt, that will also assist the scum to rise; at the end of twenty minutes add the vegetables and a few peppercorns; the vegetables should be one onion stuck with six cloves, two small onions toasted almost black, three carrots (small), one turnip, two leeks, a *bouquet garni*—*i.e.*, two bay leaves, two sprigs of thyme, two marjorams, a clove of garlic, and a little parsley, all tied together. The vegetables must not be put in all at once but by degrees, so as not to check the gentle simmering of the pot-au-feu, which should now be skimmed for the last time, and placed by the side to simmer gently for five or six hours—six will be better than five; you may add a couple of tomatoes or a handful of chervil; a great improvement to a pot-au-feu is the carcass of a raw fowl, or turkey, or pigeon; if you require more vegetable to serve round the meat or in the marmite, as the fashion now is, take a little of the soup out and cook an extra quantity of vegetables, to which you may add two or three lettuces (each to be tied up with cotton). Before serving your soup it must be carefully strained.

PALESTINE SOUP.

To make this soup stock is necessary ; veal stock is the best, but any white stock will do ; the water in which a fowl has been boiled will do admirably. Three pints will suffice. Take three pounds of fresh artichokes, wash and peel them quickly, and as each is finished throw it into cold water to preserve its colour until all are ready, then boil them in salted water for a quarter of an hour, drain them and slice them into about two pints of the boiling stock ; let them simmer in this for a quarter of an hour, then pass the whole through a fine hair sieve. Have ready a clean saucepan, put the soup in with the remainder of the stock ; after it has simmered a little and all the scum is removed, add a pint of boiling milk, rather more than a gill of cream, and serve the soup immediately after the cream has been added.

With it serve fried *croûtons* (see p. 19) on a napkin.

LEEK SOUP MAIGRE (Potage Poirreau).

Throw into two quarts of boiling water a little salt and six large potatoes, also the green part of six large fresh leeks ; after the green of the leeks has boiled for five minutes take it out, and when the potatoes are soft break them up slightly with a fork, then add the white part of the leeks cut into small pieces. Prepare any pieces of stale bread by slightly buttering them and putting them into the oven to crisp, then arrange them in the soup tureen ; put in a small piece of nice fresh butter and pour your soup upon it.

By using stock instead of water you have an excellent soup " gras."

POTATO SOUP (Potage Pommes de Terre).

Fill a saucepan with clean water, add salt ; when it boils add six, eight, or twelve potatoes, according to the quantity of soup required ; when the potatoes are nearly soft add four

or six good-sized onions, and let them simmer until the whole is a purée. Have ready a clean saucepan, in which you have placed the well beaten yolks of two fresh eggs; pass your purée through a cullender on to the eggs, add a good piece of fresh butter, allow it to warm up, and serve in a tureen. This is an excellent soup, and ought to be of the consistency of good fresh cream. *Croûtons* of course.

GREEN PEA SOUP (Aux Petits Pois).

Put a pint and a half of fresh green peas into cold water, add a little salt, and bring the water quickly to the boiling point, then strain it from the peas, rinse them well, and put them in a stewpan with two ounces of butter, a nice fresh lettuce, two onions, some of the shells of the peas, and a bunch of herbs (thyme, parsley and mint) tied up together; cut the lettuce and onions into shreds, put the cover on the pan and fry them all together for a quarter of an hour; add a tablespoonful of ground rice, and rather less than two quarts of white stock, and let the vegetables cook till quite tender (say half an hour), strain off the stock, pound the vegetables, rub them through a hair sieve, adding a little stock in the process, add the remainder of the stock to the purée. To improve the colour have ready a little spinach; a little cream too, or in default, the yolks of three eggs is a great improvement. Finally, add a small piece of fresh butter.

SORREL SOUP (Potage Bonne Femme).

Take two good handfuls of sorrel, one lettuce well washed and dried, a little spinach, and one tablespoonful of chervil—all these must be cut up but not too finely. Then put all into a stewpan with a lump of butter and allow them to fry for five minutes; add as much stock, or water, or milk, as you desire soup—water makes an excellent soup—allow it to boil gently for three-quarters of an hour. Take the yolks of three fresh eggs, break them into a soup tureen, beat them up well, and pour your boiling soup slowly on them.

If the soup is required to be very good add a wineglass of cream and some thin morsels of bread slightly buttered and put in the oven to crisp (this latter, perhaps, is better handed, as some people dislike bread in the soup), and you may add a little fresh butter when you stir in the eggs, but it is not necessary if you have put in sufficient at the first when cooking the sorrel.

CABBAGE SOUP (Potage aux Choux).

Fill your saucepan with cold water and put into it any piece of bacon you may have, such as an odd morsel of gammon or a piece that cannot be cut in slices—of course you will have cleaned and soaked it first—allow the bacon to boil an hour, then add a good-sized cabbage, cut in slices, four carrots, one turnip, a little celery, four leeks, two good-sized onions, one stuck with cloves, three potatoes—if you like, a saveloy, but this is a matter of taste—allow it to cook slowly four hours; you must only add the three potatoes half an hour before serving. If you wish to serve the cabbage apart you must only cut it in two, then you serve that up with the bacon and vegetables on a dish separately.

OYSTER SOUP.

One dessertspoonful of cornflour in a basin mixed with a little cold milk and thoroughly blended without lumps; to this add one pint of good white stock, one gill of cream, salt and pepper; when it begins to simmer drop in one dozen of oysters and simmer a few minutes.

ANOTHER OYSTER SOUP.

Four dozen oysters, four ounces of butter, and two ounces of flour, two pints of white stock, a little nutmeg and cayenne, one teaspoonful of anchovy sauce, and half a pint of cream. Dissolve the butter in a saucepan over the fire, gradually stir

in the stock, then the nutmeg, anchovy, cayenne, and cream ; boil gently for fifteen minutes, carefully stirring all the time. Cut the oysters into halves and pour the hot soup over them in the tureen.

TOMATO SOUP.

Commence by frying two large onions in good butter until they are a fine golden colour, then put them into a stewpan with a little more butter, salt, pepper, and eight or ten large tomatoes, which you must previously have cut in pieces into a basin so as not to lose any of the juice ; let this simmer for ten minutes, then add either stock without a particle of grease, or if you require it to be *maigre*, water ; let it boil up, and then cook slowly for three-quarters of an hour ; pass it through a tammy, and serve with bread fried or *croûtons*.

BROWN ARTICHOKE SOUP.

Wash, peel and cut into slices about half an inch thick two pounds of Jerusalem artichokes, fry them in a little butter until brown, also fry half a pound of onions, put all in a stewpan with one turnip, a carrot sliced, pepper, salt, two quarts of stock ; when the vegetables are tender, drain the liquor, set it aside to cool, remove all fat, pass the vegetables through a fine sieve, add it with two lumps of sugar to the stock, allow it to boil up, and serve ; it is better to make your soup the day before you require it.

TO SWEETEN SOUR STOCK.

If by any accident the stock turns sour—it will sometimes do so during a storm—it can be rectified by boiling it up quickly, and the moment it boils throwing in a teaspoonful of bicarbonate of soda, then let it again boil up ; it will not be clear, but it will be perfectly sweet and fit to eat,

GASPACHO—COLD SOUP—SPANISH.

This is the universal refreshing drink of the Spanish people.

Put into a salad bowl some water, salt, vinegar, or, better still, lemon juice, some fine salad oil, a tablespoonful of chopped chives, a small cucumber sliced, and lastly, a basinful of fine bread crumbs, which must float on the top.

COLD WHITE SOUP—SPANISH.

Take a clove of garlic and pound it to a paste, seven dried broad beans, and as many almonds; when they are all equally well pounded add drop by drop a pint of fine salad oil, a pint of water, salt, a little vinegar; pass all through a tammy into a cup of finely crushed bread crumbs, and serve in a salad bowl. This is an Andalusian dish.

RUSSIAN POT-AU-FEU.

Put into a saucepan three quarts of cold water, four pounds thin end of loin of mutton or the best end of neck, a good handful of fennel, the whole length of the stalk, pepper and salt; allow it to come to the boil, skim all the time as the scum rises; when it boils put in a large cabbage that has been carefully washed and dried, two small carrots, six good sized onions cut in pieces, and one pound of pearl barley; allow it to slowly simmer for three hours, then add one pound of prunes, and allow it to simmer slowly for one more hour; serve in a soup tureen. This is the true Russian Pot-au-feu.

OLLA PODRIDA (Spanish Pot-au-feu).

This is the standing dish of Spain, the ground of their anxiety when leaving their country for fear they will never find anything to replace it. They have a saying, "After God

l'olla," and each province has its own peculiar manner of preparing it ; but it is my intention to give only that of the Capital as an example.

For a pot-au-feu have, if possible, a marmite, or earthen saucepan, as no soup to be good should be put on the fire, and now that closed-in gas stoves are the rule and not the exception, there is no reason why it should not be prepared in England as in other countries, namely, on a hot plate, or over a glimmer of gas. Take therefore an earthen saucepan or marmite, put in three quarts of water, one and a half pounds of mutton or veal, the same weight of split peas, a slice of raw lean ham, the giblets of a fowl or any game you may have, or a whole small fowl, a slice of larding bacon, salt and pepper. When it has cooked for an hour add the heart of a cabbage, two lettuces, one carrot, two onions, one head of celery, add a little more water, allow it to cook for another half hour ; all your vegetables must have been previously cooked in water and thoroughly drained. Take care all the time that you have not too fierce a fire ; just before serving add a small piece of black pudding ; serve the meat on one dish and the vegetables on another. The meat must be on a deep dish on account of the soup, and it is eaten with a good tomato sauce.

ONION SOUP.

Cut up four large onions quite small. Put into a saucepan a good sized piece of butter, larger than an egg (clarified dripping will answer the purpose very well) ; when the butter is melted add the onions, use freely a wooden spoon to stir all the time to prevent burning ; when the onions are done, that is, soft and a pale golden colour, add a quart of fresh milk, allow it gently to come to a boil, place in the tureen any pieces of stale bread that have been slightly buttered and placed in the oven to crisp, pour your soup upon it, and serve.

DRIED TURTLE SOUP.

This preparation requires to be soaked in cold water at least three days, *four* is better, change the water daily ; when it extends to four times its present bulk or weight—in fact, when it becomes similar to the calipash and calipee obtained from the fish when killed—then cut it in pieces about an inch square, put it in a good stock and simmer for twelve hours ; one pound weight of the dried turtle is sufficient for three quarts of soup ; add one glass of sherry to each quart of soup.

JULIENNE SOUP.

Take two good sized carrots, one turnip, one large leek, a quarter of a curly cabbage, six leaves of sorrel, a few leaves of chervil, cut all up very fine after having carefully washed them. Take a clean saucepan, place in it a piece of butter larger than an egg ; when the butter is melted add the vegetables, salt and pepper, also a good pinch of castor sugar ; allow all this to cook until it is of a good golden colour, then add two quarts of water if you desire it *maigre*, or clear stock. When it boils up add the sorrel and the chervil. Take it off the fire and allow it to simmer for an hour ; you may add a few green peas or French beans cut up or a *little* boiled rice.

POTAGE CRÉCY (Carrot Soup).

Peel and wash six large carrots, a moderate sized turnip and two good onions, cut them into slices, put them into a saucepan with a piece of butter the size of an egg, do not put in the vegetables until the butter is well melted, then shake the saucepan over the fire until they are all well browned, then add a quart of water (or stock), pepper, and salt ; when the vegetables are quite soft and well cooked pass all through a sieve into a clean saucepan, warm it thoroughly, and serve with fried bread crumbs,

SOUP CLEARING.

If you want soup to be clear and bright add raw beef chopped fine in proportion of half a pound of beef to three pints of stock, also the shells and whites of two eggs—whites of eggs alone draw out the flavour of the meat.

Remember, soup must never boil after the first twenty minutes, then only to allow the scum to rise; when all the scum is removed it must simmer, and simmer only; if this advice is followed you have no idea what bright clear stock you will get from cooked bones only.

GRAVY.

Good gravy is one of the most useful, agreeable, and healthy things in cooking, and how seldom one sees it! Many cooks think "anything will do." I once saw a cook stick a fork in a leg of mutton and then throw boiling water over the joint after having vigorously salted it, and that was *her* idea of gravy. To ordinary cooks it seems about as easy to make good gravy as it would to drink the sea dry; and I admit that many recipes for making it are of an extremely complicated nature, and are enough to deter the boldest from undertaking it. The following is, I hope, sufficiently clear, and any novice in the culinary art may succeed. Ingredients required are: a calf's foot, half a pound of shin of beef, half a pound of leg of veal, one carrot, two onions, *bouquet garni*, small piece of celery, two cloves, pepper, salt, any giblets you may have, or trimmings of meat or rind of bacon. This is for a quart of gravy. Cut the meat in small pieces about the size of a walnut, put all the meat in a saucepan with the carrots cut in slices, the onions also cut up and added, put the cover on the saucepan and put it on the fire for a few minutes, shake it at intervals. When the onions and carrots are a golden brown add enough cold water to cover it, and then add the calf's foot, which has been previously cut into

four pieces; let all simmer for two hours at least, more rather than less ; by this time the gravy has been reduced to half its original quantity, pass it through a fine sieve ; the next day take off all the fat with white paper. The calf's foot can be eaten with sauce or à la poulette.

QUICK GRAVY.

Take one onion and two small carrots, cut them up and put them into a frying-pan in which you have melted a piece of butter the size of a walnut ; when they are fried a golden brown remove them to one side of the pan and add half a pound of leg of beef cut up in small pieces, fry this also brown and then mix it with the vegetables ; when all these ingredients are well browned put them in a saucepan, put a little water in the frying-pan, allow it to boil up, then put it in the saucepan and add to it a breakfast cupful of water, a *bouquet garni*, two cloves, a blade of mace, pepper and salt. Simmer two hours, drain into a basin, when it is cold remove all fat, return the gravy into a stewpan, add half a teaspoonful of flour mixed with a little butter which has been smoothed on a plate with a knife, stir into gravy when it is hot but not boiling.

Waste not, want not.

TO CLARIFY GRAVY.

If you want to clarify any good gravy you may have in the larder, first take off the grease, then put it on the fire, and when it commences to boil stir in the whites of one or more eggs (according to the quantity of your gravy) that you have beaten to a stiff froth, allow it to simmer for half an hour, then pass it through a fine table napkin and it will be clear and bright.

Remember that work ill done must be twice done.

TO MAKE GRAVY FOR POULTRY OR GAME.

Take a pound of gravy beef, cut it up carefully, salt, pepper and flour it; have a frying-pan, in which you melt a piece of butter, and slice an onion and a shallot into it until they are a pale brown, then add the meat, fry that also a good brown, then pour cold water into the pan and remove the whole into a stewpan, add a little more water until you have a quart, put in a little mace, three cloves, five peppercorns, a small bouquet of herbs, and a little parsley, allow it to simmer five hours, then strain it into a basin; put the meat back into the saucepan, add a little more water to make a second stock.

FISH.

RULES FOR FRYING.

ALWAYS use sufficient fat to cover whatever is to be fried, such as soles, whiting, rissoles, etc. ; be sure the fat is boiling ; before attempting to fry it should be perfectly still, and a faint blue fume coming from it.

If the fat be not boiling the fish or rissoles would absorb the grease, neither would they brown properly ; instead of being firm they would be rather white or nearly black and flabby, in fact your attempt at cooking would be a failure.

Strain your fat after using it before putting it away ; never leave fat on the fire after the blue fume is visible, unless you are going to fry with it, as there is the danger that it will become hotter and hotter and in the end ignite.

Boiled turbot is always put in hot water with salt, and the white side up.

GODIVEAU, OR QUENELLES OF FISH.

Take half a pound of the flesh of any kind of raw fish, remove all bones, chop, then pound it in a mortar, add the same weight of crumb of bread, soaked for a few minutes in milk [press all the milk out of it by putting it into a clean piece of muslin], put the raw fish and bread and half a pound of butter into a mortar, season with pepper and salt, and

mix it well together before adding the yolks of three eggs and the white of two that have been whipped to a stiff snow; if you want it for the stuffing for fish add a little parsley. This serves for quenelles for vol-au-vent.

SOUSED SPRATS, OR FRESH HERRINGS.

Put three dozen sprats in a deep pie dish with half a teacup of water, then cover them well with vinegar, add salt, pepper, a blade of mace, four cloves, a little lemon peel, a raw onion sliced, three bay leaves; put them in a warm oven for twenty minutes or a little less. To be eaten cold. Excellent dish for the side table.

LOBSTER OR LANGOUSTE À L'AMÉRICAINNE.

Put a piece of butter in a stewpan (the butter should be quite as big as an egg for a good sized lobster); when this is well melted put in the lobster which must be *uncooked* and divided in two from head to tail; just as it is getting red add a wineglassful of brandy, which you at once set alight; cover the saucepan for five minutes, take off the lid of the saucepan and again light the brandy, again cover; after three minutes uncover and again light; if at the third time the brandy will not light add a little more, set fire to it and close up. Open and add three tablespoonfuls of tomato sauce, a small quantity of chopped chervil, and two shallots; allow it to simmer a little; serve in the shells, pour the gravy round; the whole process takes twenty minutes.

WATER ZOUCHEY OF FLOUNDERS.

Put into a saucepan enough water to cover your fish, and salt enough to give it more than the ordinary flavour, add some strips of parsley; when the water boils put in the flounders—ten minutes or a quarter of an hour will suffice to cook them. Serve in a deep dish; a silver entrée dish

is the best as the water in which they have been cooked, as well as the parsley, is always served with the fish. When removing the flounders from the saucepan, handle your fish-slice skilfully, so that your flounders may not break and look ugly. Thin slices of brown bread and butter are always handed with this dish. Some people add in addition to the parsley a little finely shredded carrot and turnip.

Clean out all flues several times during the week, or they will become so clogged as to prevent the oven and boiler from heating. A little hot water with soda should be used to wash out the oven and take the grease off the stove occasionally.

BUTTERED WHITINGS

Sprinkle a little pepper and salt over the whittings, flour them thoroughly on both sides, place some butter on a porcelain baking dish, lay the whittings upon it and put them into a hot oven. Let them cook for some minutes, then turn them carefully, squeeze a little lemon juice over them; the whittings must be a rich golden colour, and the butter brown—not black.

SCALLOPED OYSTERS.

Scald and beard the oysters, strain the liquor into a basin. Put into a saucepan two ounces of butter, stir in two ounces of flour, one gill of milk, one tablespoonful of cream, cayenne, salt, nutmeg, add the yolks of two eggs and the oyster liquor; cut the oysters in halves, stir them in, and fill the buttered scallop shells, cover over with brown bread crumbs and place in a hot oven for five minutes.

STEWED EELS.

Cut up the eels into small pieces, and place them in a stewpan with some small mushrooms, pepper and salt, and one pint of white wine; stew gently for half an hour.

SCALLOPS.

Take the scallops from their shells and wash them in salt and water to remove all sand ; then put them into hot water and boil gently for three or four minutes. Strain them, roll them in egg and bread crumbs and fry in hot fat until a pale colour. Put them on a hot dish and pour over them half a pint of brown or white sauce, seasoned with a spoonful of lemon pickle or a teaspoonful of Chili vinegar.

SLICES OF COD À LA PARMENTIER.

Take some neat slices of cod and season them on both sides with lemon juice, white pepper and salt ; lay them in a stewpan with a gill of Chablis and a gill of water, and the juice of a lemon. Cover the pan closely after laying a piece of buttered paper over the fish and let it cook by the side of the fire or in the oven for twenty-five or twenty minutes according to the thickness of the slices ; drain them, arrange them in a circle on a hot dish, pour the sauce over them, and fill up the centre with fried potato straws. For the sauce, fry together till perfectly blended, one and a half ounces of flour and the same of butter, being careful it does not colour, and add to it half a pint of the liquor in which the fish was cooked and stir it altogether until boiling. Meanwhile put three tablespoonfuls of good vinegar into another pan with a dust of pepper and two bay leaves ; reduce it to half, then add three raw yolks of eggs, and stir it together in the *bainmarie* till it is of the consistency of butter, then add it to the sauce in the other pan, stir it all together, wring through a tammy and use.

SOLE À LA MORNY.

Take a pair of soles filleted, roll them thin, add salt, pepper, a sliced onion, juice of a lemon, a little water, and cook them in the oven. Strain off the liquor, and make

sauce for the fish by adding one ounce of butter, a dessert-spoonful of flour, a little cream; boil well then add yolks of five eggs and stir in two ounces of Parmesan cheese. Place the fish on a flat dish, pour over sauce, and let it get cool, then brown it in the oven and serve with *croûtons*.

POTTED SMELTS.

Cut the smelts open and take out the air bladder, wipe them dry, do not wash them; roll a small piece of butter in pepper and salt, and place inside each fish; lay them in a char-pot pretty close together, give a slight dredge of flour, place a little butter between each fish. Put them in the oven for about ten minutes; when they are cold they are ready for use.

SOLE AU GRATIN.

Cut off the head and wash the fish in cold water, dry carefully in a cloth; put two ounces of butter in a stewpan with one shallot, eight small mushrooms, and a little parsley all chopped fine, let this mixture boil up. Whilst this is cooking, get ready a fireproof dish in which you can send the fish to table. Then take a tablespoonful of the mixture, put it in the dish, lay the sole on it, pour the rest of the mixture over the fish, with a half-glass of white wine and a squeeze of lemon-juice; cover the sole with bread crumbs that have been lightly browned, add several pieces of butter placed on the bread crumbs; let it bake for a quarter of an hour.

TO COOK PIKE.

Directly the pike are brought home the cook should at once select one for the table; this she proceeds to clean with care. The fish is then opened and the contents of the interior removed, a knife is run down the backbone, and every portion of the dark blood which coagulates about the spine is also removed; this is important, and if it could be done on the

river bank so much the better. Some salt is then rubbed down the spine, and it is left to drain until the third or fourth day of its capture, when the interior must be filled with veal stuffing, the body curved with the tail in its mouth, and then baked, being well basted all the time with lard, and served up with some good gravy.

ANOTHER WAY.

Pike, like many other freshwater fish are nothing in themselves as taste goes—“ *c'est la sauce qui fait le poisson* ”—but at all events if possible choose a river instead of a pond production; and never eat the spawn of a pike, as it creates nausea. Do not scale the fish. Take away the gills and empty it very carefully, place it in a saucepan, cover it with pure Bordeaux or good Chablis or Sauterne—Chablis is, perhaps, the best—and put the saucepan over a very clear bright fire; let the liquor be reduced two-thirds. Take out your fish when cooked and let it drain thoroughly. Serve when cold, and eat it with oil and vinegar, salt and pepper; when the fish is boiling add a large *bouquet garni*, some cloves, two onions sliced and a piece of fat bacon; serve on a napkin.

SAUMON À L'INDIENNE.

Boil a nice cut of salmon, have ready some good curry sauce and pour over it, garnish with shredded French chillies and piccalilli, and serve with well boiled rice handed round. Curry sauce is made by frying some onions in butter until soft and brown, then add curry powder and let it all fry; then add a cup of the water in which the fish has boiled, a sliced apple, a sliced tomato, a sliced vegetable marrow. Let it all stew until it is a pulp; if you can, add some grated cocoanut and a few tamarinds without the stones, rub it through a tammy, and pour over the salmon.

SOLE NORMANDE À LA MINUTE.

Cook the sole in a fireproof dish without bread crumbs, with a little butter only. Place in a saucepan about twenty mussels carefully opened and cleaned, and a little of their own juice, also twenty small mushrooms; when nearly cooked take them out of the sauce, and arrange them round the sole. Cover with a good white sauce, to which have been added two yolks of eggs. Replace in the oven, cook in the dish for a few minutes, and serve very hot.

FILLETS OF SOLE À LA CLEMENTINE.

Fillet the soles and bat them out with a wet knife—dip the knife now and then in cold water—bake them in a well buttered baking dish. Season with salt, pepper and chopped parsley, mushroom, shallot, a squeeze of lemon, and about a wineglass of white wine; cover with a well buttered paper and bake about twelve minutes, when dish up the sole with a sauce made in the following manner.

Put the bones and the trimming of the fish in a saucepan with a pinch of salt, a sliced onion, a bunch of herbs, three peppercorns, a squeeze of lemon, and enough cold water to cover it; bring it to a boil, skim it, and then let it simmer for a quarter of an hour; fry together one ounce of butter, one ounce of flour, do not let this become brown, but add two gills of the fish stock and the liquor from the fillets; stir till it boils, add one ounce of grated Parmesan cheese, a little cayenne, warm it well, tammy and serve.

Have a place for everything, and keep everything in its place. *Remember* that there is no place for dirt except the dust-bin, and that it must not remain *there* too long.

TO FRY FISH AFTER THE MANNER OF THE JEWS.

(An excellent dish to be eaten cold.)

Buy any odds and ends of fish that any good fishmonger has left, such as soles, eels, slices of cod, flounders, or plaice;

I have seen a dish consisting of all these different fish. Do not forget that a frying-pan must be kept expressly for frying fish, or you will fail in your effort to have a good taste or texture or colour on your fish. The fish must be well washed in strong salt and water, drain for an hour; do not touch it with a cloth or you may break the skin, and the fish will then lose its flavour; when it is perfectly dry place it in boiling oil and fry a golden brown, turn it carefully with a fish slice, fry the other side; when it is done lay it on white paper to drain, sprinkle it lightly with salt. Of course it can be eaten hot, but it is excellent cold for luncheon in the summer, when cold things are pleasant.

RED MULLET GRILLED À LA MAÎTRE D'HÔTEL.

Lay the mullets for a few minutes in salad oil, grill on a clear fire; take care the fire is not too fierce. Prepare the sauce by taking a gill of strong stock, and beat up in it an ounce of butter; allow it to come to the boil, and strain into it the juice of a lemon, a pinch of fine herbs, pepper and salt. Tammy it and pour it round the fish, on which you have placed a pat of *maître d'hôtel* butter.

MUSSELS.

Mussels are constantly used in good French cooking, but they employ all means to prevent them being injurious; for instance, they are well soaked for five or six hours before they are cooked, and the water during that time is frequently changed, and they avoid using them during the months of April and September, as they are then supposed to be unwholesome; and whenever used, care must be taken that they shall be properly cleaned and free from seaweed.

MUSSELS À LA MARINIÈRE.

When they have been well cleaned and soaked put them in a saucepan with some white wine (one large glass of wine

to four quarts of mussels), a teaspoonful of vinegar, one carrot cut in slices, a little parsley, thyme, a clove of garlic (unless disliked), two cloves, a piece of butter the size of an egg; cover the saucepan and put it on the fire, shake it constantly, and as the mussels open take them out; look if there are any small crabs in them, if so remove them; replace the mussels, and when all are open serve them in a deep dish with half the liquor, which has been carefully passed through a tammy.

SOLE À LA NORMANDE.

Clean and trim a good sized sole, place it in a fish kettle that will hold it without spoiling the form of it, add a large piece of butter, the quantity depending on the size of the fish, some branches of parsley, sprig of thyme, an onion cut in slices, one glass of white wine, one of water, salt, pepper, a grate of nutmeg, twelve oysters, twelve mussels which have been allowed to soak for five hours and then been placed in boiling water to open them, some slices of truffle; cover the saucepan and allow it all to simmer until the sole is partly cooked, then take out the fish, place it on a fireproof dish with some butter, and around it the oysters and mussels. In the meantime the following sauce has been in preparation: Have ready some good white stock that has been made from slices of calf's kidney and slices of salt belly of pork—anyway it must be quite white and *thick*, so that it may be mixed with the gravy that the fish has been cooked in; when you have mixed your stock and the fish gravy, put it on the fire, but do not let it burn or become brown, thicken with the beaten yolks of two fresh eggs, pour it over the fish, garnish with truffles and *croûtons*, button mushrooms that have been cooked in fresh butter, a squeeze of lemon. Do not forget that all must be white except the *croûtons*—they must be a golden brown. A great improvement is half a dozen crisply fried smelts, but this is not imperative.

EELS À LA POULETTE.

Clean well and cut the eels in pieces, boil them for five minutes in water with a little vinegar (do not put the eels in until the water boils); after they have boiled five minutes drain them, melt a piece of butter and mix it with a tablespoonful of flour—do not let it burn or brown—add two gills of white stock, half a glass of white wine, salt, peper, *bouquet garni* and some button mushrooms, very little vinegar; put the eels in and let them simmer for half an hour, then take them out and arrange on a dish; add to the sauce the yolks of two eggs whilst it is on the fire, garnish the dish with mushrooms, pass the sauce through a strainer on to the fish. This ragout makes also an excellent fish *vol-au-vent*, only, when making a *vol-au-vent*, add some slices of cooked truffles and some peeled olives.

FILET DE SOLE À LA MAISON.

The following is a much coveted recipe from a celebrated restaurant in Brussels called "*Le Filet de sole.*" The dish is called "*Filet de Sole à la Maison.*"

Take two large thick soles, and having skinned and washed them remove the fillets with the thin blade of a knife. With the bones and trimming make a fish gravy by boiling them for ten minutes with an onion, pepper, salt, very little mace; place your fillets on a buttered baking-dish, place the dish in the oven with part of the fish gravy; make the sauce by putting into a saucepan a little butter, when it is melted add some flour, about a tablespoonful, and the rest of the fish gravy. Peel a sufficient quantity of shrimps to form a garnish round your fillets; with the peeling of those shrimps proceed to make shrimp butter by pounding them in a mortar with two ounces of butter; having passed it through a fine sieve you add it to your sauce, stirring all the time; you may add a pinch of cayenne and some boiled slices of truffles, arrange them among

the shrimps, pour your sauce over the fillets, put the dish in the oven for three minutes, and serve quickly.

TURBOT AU GRATIN.

Take six well boiled potatoes, beat them until they are almost like flour, then add a piece of butter rather larger than a walnut, pepper and salt, and continue beating them; add a teacupful of milk or cream and continue beating until it is nearly a *soufflé*; then add two tablespoonfuls of finely grated Parmesan cheese, stir this well in, then place it on the stove for ten minutes. Have ready a silver dish, on this form a border or wall of the potatoes, spreading a thin layer in the centre of the dish; now take the flakes of cold turbot, place it in the centre, and if you have any cold melted butter left now is the time to add that; then again a layer of turbot and a little cream until it is level with the potato border; strew over the top a few bread crumbs with a little butter here and there; put it in a quick oven until it is heated through; if it is not brown use a salamander.

SOLE COLBERT.

Prepare a sole as if for frying, make a slit along the backbone nearly the whole length, egg and bread crumb, drain after frying, and fill the opening with *maître d'hôtel* butter; slightly salt and serve.

RED MULLET.

According to the number of your fish (you are the best judge), put butter into a baking dish—a porcelain fireproof dish is best—and allow it to melt; when it is well melted put in the fish, allow them to cook for ten minutes, baste them frequently, then take them out, and leave them on the dish in which you intend to serve them. Put them in the oven whilst you make your sauce, which is done by adding

a little burning brandy to the butter in which the fish has been cooked, stir it all the time while it is burning; when it is burnt out add a little more brandy, light again, stir it well, and pour it over the fish.

FILLETED SOLE.

To remove the fillet pass a sharp knife down the centre of the fish, keep the knife close to the bone whilst working off the fillets; rub each fillet with fine flour, dip in well beaten egg, then in freshly made bread crumbs, and fry in clear boiling fat till a golden brown, arrange neatly on a napkin or dish paper, garnish with carefully fried parsley.

It is a pious duty for the mother of a family and the mistress of a house to take care of her health. Remember that fresh air let in through the windows every day will keep the doctor from the door, and lay it down as an imperative duty never to stand when you can do your work as well sitting; study, method, and economy of time and strength, no less than of materials, must be the rule in a well governed house.

SALMON FILLETS.

Divide some salmon slices into fillets, season them with pepper, salt and a little lemon juice, cook them in a very little fish stock or water for ten minutes. Do not cover them with water. Lift them out gently, place them in well oiled paper cases. Just before serving put a small lump of *maitre d'hôtel* butter on each. I have also had them cold served on water-cress butter, with a little mayonnaise sauce instead of *maitre d'hôtel*.

Remember that everything costs something, therefore nothing should be wasted; a faithful servant is as careful of her master's goods as if they were her own.

PICKLE FOR HERRINGS AND SPRATS.

Cut a small onion into thin slices, add salt, pepper, a bouquet of sweet herbs, a sprig of parsley, bay leaf, and five cloves, six peppercorns, a little lemon peel, half a pint of vinegar, half a pint of water. Clean and trim the fish, put them into a waterproof dish, pour the mixture over, and bake in a very slow oven. To be eaten cold.

SOLE AU VIN BLANC.

Take a baking tin or a flat fireproof dish, spread on it some butter, enough lightly to cover it, then cut an onion into thin slices on to the butter, a little salt, a little sweet thyme, parsley, a squeeze of lemon juice, and half a glass of Chablis ; on this lay the sole, cover with a buttered paper. Place it in the oven, whilst it is cooking make your sauce in the following manner : Put into a small copper saucepan a tablespoonful of water, rather more than a quarter of a pound of fresh butter, the yolks of two eggs, the juice of half a lemon, a little salt, and very little white pepper ; whisk it slightly for a moment and then place the saucepan in a *bain-marie* of boiling water, whisk it and allow it to warm but not to boil. Take the saucepan out of the *bain-marie* and allow it to remain at the side of the fire whilst you take out the sole. Place the sole when it is sufficiently cooked on a hot dish, pass the onions and the gravy it has been cooked in through a sieve into a clean saucepan, place it on the fire to reduce it, then add it to your sauce, stirring all the while, and pour it over your fish. The *vin blanc* sauce should be bright yellow, of the consistency of thick cream, tasting slightly of the white wine. Chablis is the best.

FISH (STEAMED).

Fish should never be put into water ; it is always preferable to steam it, thereby producing a much better flavour. Let the water be boiling and put some salt in it, then put the

fish on the strainer and steam gently until the skin of the fish is cracking.

Grilled herrings are excellent served with tomato sauce.

COLLARED EELS.

Clean, skin and boil the eels in water highly seasoned with pepper, salt, an onion, bay leaf, a clove and a little vinegar. When the eels are done enough, slip out the bones and cut them up into pieces about two inches long. Take the liquor in which the fish has been boiled, strain it, let it boil in the stewpan without the lid, skimming it until it becomes clear. Dissolve a quarter of an ounce of isinglass to each half pint of the gravy and boil both together for a minute, let it stand until cool. Arrange the pieces of eel tastefully in a plain mould with small sprigs of curled parsley and slices of hard boiled eggs, and if you like a fillet or two of anchovies cut up into dice. When all the fish is thus arranged in the mould, pour the jelly in very gently, a tablespoonful at a time, in order not to disturb the solid material. Let the mould stand in cold water for seven or eight hours, when the contents can be turned out. Ornament the dish with parsley, lemon and beetroot.

FRESH HADDOCK BROILED.

Cut the fish open, take out the backbone, lightly pepper and salt it, hang it up in an airy place for a few hours. When about to cook the fish, dissolve some butter and brush it quickly over the haddock, lay it with the skin downwards on the gridiron, and keep it over a slow fire for twenty minutes, by which time it should be cooked. Serve very hot with *maitre d'hôtel* butter.

ENTRÉES.

BEFORE commencing my chapter on Entrées I want you to bear in mind that the recommendation of the eye to the palate is a point no cook can afford to disregard, and in preparing an entrée never lose sight of that fact; many excellent dishes are sent away untouched because they are wanting in attractiveness. I have therefore selected as a rule, entrées that are pretty in themselves if properly cooked and my directions carefully followed. Remember that nothing can be fried a bright golden colour unless the fat is absolutely boiling, and for certain things, fish, parsley, etc., boiling is not sufficient, it must be white heat.

VOL-AU-VENT FINANCIÈRE.

I would not advise anyone living in a city or town where was a good pastry-cook ever to attempt to make the *vol-au-vent* case at home. For one shilling you will have one made to your order, and the contents are arranged in the following manner: with some bones of chicken, and a small piece of veal, an onion, a little mace, a little white pepper and salt, make a small quantity of white stock, half a wine-glass of white wine improves the flavour; let it simmer an hour, put it away to get cold, then take off all fat, and with this make your white sauce (see WHITE SAUCE); use up the white parts

of a fowl, some chickens' kidneys and cocks' combs, quenelles, skins of truffles, bottoms of green artichokes, about a dozen button mushrooms; warm them all up in the white stock. fill the case, garnish with fried *croûtons* or prawns.

PREPARED COCKS' COMBS FOR VOL-AU-VENT.

Prepare your cocks' combs by snipping them at each end, so that the blood may pass away in the water in which you soak them. After soaking them for an hour rub them with coarse salt in a towel; this will take off the skin in which they are enveloped. When this is thoroughly done, soak them again in cold water. To cook them, put them in a saucepan with a small quantity of stock, the juice of a lemon, and a little butter; when the combs are nearly done add the cocks' kidneys or any sweetbreads or other meats you may have for your *vol-au-vent*.

POTATO BORDER.

Peel and boil the potatoes, season them with a little salt, pass through a wire sieve. For three ordinary sized potatoes add about one ounce of butter, salt and pepper; form into a border. You will find you must use a little flour in the manipulation; beat up the yolk of an egg and glaze the border with it, then bake it a nice golden brown, fill it with stewed kidneys, or a *réchauffé* of fish or stewed oysters; with either of these it makes a very excellent entrée.

CHICKEN FRITTERS.

These may be made of chicken, turkey, or rabbit, cut into neat pieces. Rub a little butter on each piece, and sprinkle with pepper, salt and a little mace, all mixed together. Have a nice batter ready, dip each piece in, and fry in boiling fat.

ÉCREVISSES AU MILITAIRE.

Take as many ramekin cases as you require, fill each one with finely chopped white leaves of lettuce. In the midst of the salad place three carefully shelled prawns. Add to each case a tablespoonful of thick mayonnaise sauce and the coral of a lobster that has been pounded, then place the heads of the prawns in the centre so that they stand erect. Serve on a fancy paper or neatly folded napkin. This makes a cold entrée or savoury.

LOBSTER CUTLETS.

Choose a fine fresh hen lobster, pick the flesh out, and free it from all shell and skin; take part of the spawn and pound it in the mortar with the white meat. Take the crumb of a stale roll, steep it in cream, and melt into it a piece of butter the size of an egg. Mix all well together in a mortar, pounding it quite fine; add the well beaten yolks of two fresh eggs and two washed and scraped anchovies; season with salt, mace, cayenne, and lemon juice (not too much). When all the ingredients are well mixed to a smooth paste, place the mixture on a pasteboard, on which you have sprinkled a little flour, leave it for an hour, then cut it into any forms you may desire with a cutlet cutter, place them carefully in a frying basket, and fry them a light golden colour. Serve them on a fancy paper, with fried parsley in the centre. Take care the parsley is perfectly *dry*, or it will not be green when fried but black. The cutlets may be egged and bread crumbed if desired.

LOBSTER EN BEIGNETS.

Divide the lobster into nicely shaped pieces, and dip each piece into frying batter, into which you have added a little cayenne pepper and a few drops of Burgess's essence of anchovies, fry the beignets quickly in oil or good fat, and serve hot with fried parsley.

CUTLETS AU VIN ROUGE.

Put your cutlets after having carefully trimmed them into a marinade of claret, an onion stuck with cloves, a little mace, pepper and salt. Leave them in this pickle for twenty four hours, then put the marinade in a saucepan with a dozen small mushrooms that have been skinned, washed and dried. When the mushrooms are cooked take them out. Smooth a little flour into the claret, with a small piece of fresh butter. Grill the cutlets, place them on a hot dish with the mushrooms in the middle and the sauce round.

CHAUDFROID OF CHICKEN.

For this cut up a cold roast or boiled fowl into neat joints, removing the skin and trimming it all nicely. Have ready a chaudfroid sauce made by boiling together till reduced to a quarter part, a gill of velouté sauce, the same of cream, and half a pint of aspic jelly; keep it well skimmed, wring it through a tammy, and use when cooling. Coat the joints thickly and evenly with this sauce, put them aside in a cool place to set, then mask it thinly with a glaze of just liquid aspic jelly, and let this also set firmly. Dish the joints neatly in a circle, garnishing all round with farced olives—*i.e.*, olives stoned and stuffed with a washed, boned and curled fillet of anchovy—slices of tomatoes and tufts of watercress, the latter being sprinkled with oil, vinegar, salt and pepper, with chopped aspic in the centre.

CHAUDFROID OF QUAILS.

Bone the quails and stuff them with *foie gras*. Press them into shape again and place them in a hot oven for fifteen minutes covered with buttered paper. When done, remove from the oven and leave till cold, when each quail must be cut in half and glazed over. Dish on chopped up aspic.

MUSLIN SAUCE TO SERVE WITH CHAUDFROID.

Whip a gill of aspic jelly until stiff and frothy; add to it a gill of thick mayonnaise, the same of stiffly whipped cream, a dust of cayenne, a pinch of castor sugar, and a dessertspoonful of Tarragon vinegar. Mix it all well and stand it in a cold place.

FRENCH BATTER FOR KROMESKIES.

Three tablespoonfuls of flour, a little salt, a few drops of salad oil. Mix with tepid water very lightly or it will get stringy and not drop from the spoon as it should. Whisk the whites of two eggs and throw in, then drop oysters, or whatever it may be, in.

BEIGNETS DE CERVELLES.

When the brains are cooked cut them in slices, dip in batter, fry them in boiling fat. Serve dry with fried parsley in the middle. Hand tomato sauce.

KROMESKIES.

Mince a little cold chicken with a tolerably sized mushroom. Fry an onion slightly in butter, toss in the mince for a couple of minutes, then moisten it with a little gravy from which you have taken all fat; add pepper, salt and a little finely minced parsley. Warm it up so as to thoroughly incorporate it, then put it on one side to cool. Cut some slices of fat bacon very thin, put some of the savoury meat on each slice, roll them up neatly and keep them in a cool place, then dip them into batter and fry them.

FRIED OYSTERS.

Take twelve or fourteen cooking oysters, open them carefully and keep the liquor. Put them on the fire with a little water to blanch them, for three minutes. If you have

enough liquor of course that is better than water. Take out the oysters and keep the liquor. Beard them and lay them on a sieve to dry. Break a fresh egg on to a plate, have some very nice bread crumbs that have been passed through a cullender and in which you have mixed a spoonful of finely chopped parsley, a very little grated nutmeg, salt and pepper. Dip each oyster into the egg and then into the bread crumbs. Fry them in a basket in *more* than boiling lard.

FRIED OYSTERS—No. 2.

Scald and beard the oysters; dip each separately in batter; drop them into boiling fat and fry crisp; drain them and dish them up with fried parsley. They must be quite dry and crisp.

OYSTER CUTLETS.

Take half a pound of lean and nicely cooked veal and two ounces of butter, also half a pound of large oysters, after the beards are off; mince all very small and pound in a mortar. Soak three tablespoonfuls of bread crumbs in the liquor of the oysters, mix with the veal, etc.; season with salt, pepper and a little mace. Beat the yolks of two eggs, add to the above and mix all thoroughly; make up into the shape of small cutlets, egg them, cover with fine bread crumbs, fry a light brown in boiling lard or fat, drain well and serve hot on cut paper with fried parsley.

OYSTER PATTIES.

Ingredients: two ounces of flour, one ounce of butter, twelve oysters, gill of the liquor of the oysters, gill of cream. Mix the butter and flour, then add the liquor of the oysters, beat it well whilst it is cooking and when it boils add the cream; when it is bright and smooth add the oysters, let them warm through, fill cases and serve.

BRAISED SWEETBREADS.

Soak in cold water for two hours, then put them in fresh cold water in a clean saucepan on the fire, and let them come to a boil and boil for five minutes; take them off the fire, soak again in cold water for ten minutes, dry them in a clean cloth, put them between two plates with a weight over them. All this is better done the day before you require them. Before cooking take off all the hard gristle, trim them very neatly, lard them with strips of fat bacon, place them in a stewpan with some carefully shredded carrot, turnip, leek, a small *bouquet garni*, pepper and salt and a pint nearly of good brown stock; put them on the fire, let them just come to the boil, then place the stewpan in the oven with buttered paper over the sweetbreads to prevent their burning. Baste occasionally. Do not put the cover on the stewpan.

LANGUE DE BŒUF AU GRATIN.

Chop very fine a little parsley, lemon-thyme, tarragon, capers and three anchovies; soak a little crumb of bread in some good gravy, put it in a mortar with the herbs and a small piece of butter, and thoroughly pound it together. Place a layer of this stuffing in the bottom of a fireproof porcelain dish, then some slices of the tongue, then another layer of the stuffing; pour over the surface a little melted butter, then some slightly coloured bread crumbs, place it in the oven, allow it to get quite hot. If it is not brown enough use the salamander before serving.

CHICKEN CROQUETTES.

Minced cold chicken added to a good white sauce, a little minced cold ham, a squeeze of lemon juice all warmed together, allow it to become cold and firm. You must turn it on to a clean plate and place it in the larder. At the expiration of two or three hours you will find it quite easy to manipulate

it into either shaped cutlets or the usual shape of croquettes. Roll each separately into a well beaten yolk of egg, then in fine bread crumbs that have been passed through a sieve, and to which you have added very little flour, salt and pepper. Place your croquettes in a wire basket and fry in boiling fat. Serve on a paper with fried parsley in the middle.

FRICASSEE OF CHICKEN.

Cut up all the best parts of a cold fowl or chicken, warm two ounces of butter in a stewpan, then by degrees add two ounces of flour. When this has become quite smooth, add a pint of white stock, three mushrooms, or some mushroom trimmings, mace, small slice of lean ham, pepper and salt ; let it gently come to a boil, then strain it through a sieve into a clean saucepan ; put in the chicken, let it stand by the fire on the hot plate to warm. When it is quite hot (take care it does not boil), and just before serving, add a gill of cream ; garnish with slices of lemon.

SHEEP'S BRAINS WITH BLACK BUTTER.

Wash the brains in tepid water, take off the outer skin, and soak them for an hour in cold water ; at the end of that time put them in a saucepan with enough water to cover them, a wineglass of vinegar, *bouquet garni*, a little parsley, three slices of carrot and two cloves ; serve them with black butter, sauce and fried parsley.

MUTTON CUTLETS.

Best end of neck of mutton (an odd number is always the best—do not forget this when you are cutting your meat), trim the cutlets, saw off the chine bone, beat each cutlet well with a chopper dipped in cold water, take off all fat, bare the bone about an inch from the top ; pass the bread crumbs through a sieve, add to the crumbs a very little flour. Have

the yolk of an egg well beaten, add to it a little pepper and salt, pass each cutlet through, then through the bread crumbs. Put into a frying-pan three ounces of butter, let it boil up, then skim the butter so as to remove any impurities, place your cutlets round your pan on the butter ; fry seven minutes.

BOUCHÉE À LA REINE.

Order two dozen large cooking oysters to be sent home in their liquor, and with this liquor you make your white sauce by first putting in a saucepan a little butter ; when the butter is melted add two tablespoonfuls of fine flour, smooth it by melting the butter, and turning with a wooden spoon on the fire all the time. Then add the liquor of the oysters, a blade of mace, a little white pepper and salt ; when it is of a good consistency add half a cup of fresh cream, strain it into a clean saucepan, and put in the oysters, allow them to become just hot through, have some china ramekin cases made hot, put three oysters in each, and enough sauce to fill each case *nearly* ; the cases must be quite filled up with golden-brown bread crumbs ; stand your cases on paper, and serve.

LAMB CUTLETS.

Neatly trim the cutlets, lay them in a sauté-pan with a little chopped mint, three spoonfuls of tomato sauce, pepper, salt, a tablespoonful of brandy, a wineglass of good stock, and a small lump of butter rolled in flour, then cook them in the oven for twelve minutes ; when you serve them lay in the centre some asparagus or a compôte of cherries.

RIS DE VEAU À LA GRAND HÔTEL DE MONTE CARLO.

Blanch the sweetbreads thoroughly, then throw them into cold water ; when quite cold trim and lard neatly, then wrap

them in slices of fat bacon, and stew them for three-quarters of an hour. Drain them, crisp the lardons with a salamander, and serve them with a good velouté sauce over them ; garnish with fried *croûtons* of bread, glazed with a little Parmesan cheese. Velouté sauce is made as follows : Take equal parts of good white stock and good white sauce ; mix them and reduce them by boiling until it is quite thick, then add a little boiling cream, in which you have placed a few young green onions and two or three fresh mushrooms. Milk will do, but cream is always the best. Before putting the sauce on the sweetbreads pass through a tammy.

TRUFFLES AU VIN.

Thoroughly wash and clean the truffles, put them in a saucepan with two slices of lean bacon, *bouquet garni*, clove of garlic, half a pint of good stock, the same quantity of white wine ; when they are done pile on a well arranged napkin, and serve.

COMPOTE OF PIGEONS.

Put into a saucepan a piece of butter as big as an egg ; when it is melted put your pigeons in, and allow them to become a nice golden brown ; then take out the pigeons, and add to the butter three good slices of salt pork cut into dice, and a tablespoonful of flour ; let it cook a little, and add a wineglass of stock, *bouquet garni*, a dozen small onions ; allow it to simmer a little, then return the pigeons and stew them for an hour if you keep them whole, but if you prefer to cut them up twenty minutes will be sufficient. At the last add a dozen peeled olives, and when you serve surround the pigeons with *croûtons*.

CRÈME D'HOMARD.

For this dish you must have a fine hen lobster ; take care of the coral and pass that through a sieve, with a little

butter. Take all the meat and pound it with the yolk of an egg, pepper and salt, half an ounce of butter, one ounce of panade (see PANADE). Pass all through a sieve. Boil the shells with very little water with a shallot; when you have extracted all the goodness from the shells, add the stock to the lobster and the white of the egg beaten to a stiff froth, then put it in a mould and steam for twenty-five minutes. Serve with strips of lettuce and beetroot round it, and hand mayonnaise sauce.

TIMBALLE OF MACARONI.

Line a plain mould with short paste, fill it up with flour to preserve its form, and bake in a moderate oven. When it is done turn out the flour and fill it with a fricassee made in the following manner: After having prepared a rich white sauce, in which you put nearly half a pint of cream, add some white of chicken, a dozen small mushrooms and some well boiled macaroni cut in pieces of an inch long, two or three finely chopped truffles, and at the last moment, sprinkle it with a little finely grated Parmesan.

BONDINETTES OF MEAT.

Ingredients: Half a pound of cold meat, quarter of a pound of cold potatoes that have been passed through a sieve, half an ounce of butter, half an onion, two eggs, a little parsley, pepper and salt, vermicelli or bread crumbs, quarter of a pound of short crust. Fry the chopped onion in the butter, then add the other ingredients—potato, meat, parsley, pepper and salt, and mix all thoroughly with the yolk of an egg. Roll out the pastry very thinly, cut out the rounds with a cutter, put a teaspoonful of the meat in the centre, beat up the eggs on a plate, moisten the edges and fasten the pastry firmly. Then egg and bread crumb or egg and vermicelli each one and fry in boiling fat.

ASPIC JELLY.

One pint of second brown stock, a bouquet of parsley, bay leaf, lemon-thyme, one shallot, sprig of tarragon, one ounce of gelatine, juice of one lemon strained, one tablespoonful of common vinegar, whites and shells of four eggs. The whites to be gently beaten up and added to the stock when just warm, with salt and very little cayenne. Place on the fire until it boils, then let it simmer ten minutes, then put the lid on and draw it aside and let it keep warm for a quarter of an hour. Pass it through a fine towel or table napkin that has just come out of boiling water. Doubtless you may have to pass it three times—certainly twice. Place a newspaper over it when it is passing through the napkin, as it ought to be kept warm during the process.

ANOTHER ASPIC JELLY.

Made with a pint of water instead of stock. (In both of these jellies a small pinch of saffron is a great improvement.) A pint of cold water, an ounce of gelatine, half a teacupful of vinegar, a dessertspoonful of tarragon vinegar, ten peppercorns, a pinch of saffron, the juice of a lemon, a shallot, and two bay leaves, the whites and shells of two eggs, half a teaspoonful of salt. Whisk the eggs, then put all together into the stewpan, stir it with a whisk until it nearly boils and the gelatine dissolves; then whisk quickly to form a scum, then let it boil till it rises to the top of the saucepan (but not to boil over). Then let it stand for a quarter of an hour with the lid nearly on, strain through a cloth (previously boiled) three times, first time a little, then put it back, and so on. Pour it into a wet mould.

BREAD AND PASTRY.

HOME-MADE BREAD.

THE whole aim of a modern British cook seems to be to save herself trouble, and she will give herself as much time and thought in finding the ways of doing things in a slovenly manner as would go to doing them properly. I wonder how many cooks would toss their heads and wish me good morning if when engaging them I should suggest even that I required my bread to be made at home, yet I insist that every family should, if possible, have home-made bread; at once I hear the "penny wise" suggestion that home-made bread is far more expensive than bakers' bread, as people eat more of it.

Good bread I hold to be a necessity of life, and with the delicate digestion of childhood and babyhood how important a factor it is in their well-being. Good bread is far more nourishing than that which is made from inferior materials or adulterated even with non-injurious substitutes for wheaten flour. Whatever country I am in I eat the bread made for the people; for instance, in France the *pain de ménage* is excellent, made of a good wholesome, unadulterated flour. One must remember that to the foreign peasantry bread is indeed the "staff of life." I have seen strong suuburnt men carrying heavy loads up mountain sides whose chief food has been bread, with either a few dried grapes or nuts, doing a

day's work that an English navvy would hardly accomplish. Had he had only "bakers' bread" to eat he certainly could not have subsisted on it, much less have laboured from early dawn till sunset. And from close observation I am convinced that a good housekeeper, who ought to think no trouble too great to provide such food as will maintain the health of her family, will have home-made bread. Of course the cook objects and makes every kind of difficulty—the oven is not at all suitable, the yeast is bad, she cannot find time, and so on ; but there are ways to obviate the difficulty.

There is an excellent, inexpensive, simple dough-making machine ; it can be purchased at Kent's, High Holborn. It is easy, quick, cleanly and certain ; with it you may make ten pounds of dough in five minutes, the kneading is perfectly done, and it has the advantage of extreme cleanliness, the hands not being used at all in the process. And, as I said before, if the cook declines to enter your situation when you inform her you desire bread made at home, let her go, she is not worth retaining.

I know I shall be met with the remark that in a London house there is no time for bread-making. Why not ? Also that bakers' bread is excellent. No doubt it is for those who care for it and whose digestion is of a vigorous nature ; but I still maintain that good wholesome bread is a necessity for the well-being of children and delicate men and women ; indeed, I firmly believe that half the diseases are brought about by the unwholesome, alum made, extra white bread, inflated with sal volatile, flavourless, and dry as chips when a day old ; yet there are well-to-do people who submit to those abominations partly because they do not know how badly off they are, but chiefly because it is their way of doing it, and they see no reason for changing it. Growing children should eat home-made brown bread daily, it supplies the needed phosphate to the tender teeth and bones ; if properly made it soon commends itself to their taste, and white bread becomes insipid in comparison. If its use were more general we should have fewer invalids to mourn over the destroyed coats of

their stomachs ; it is wholesome, sweet, honest, and should be popular.

ADVICE TO BREAD-MAKERS.

Novices in bread-making, and many who should have learned better by long experience, fall into a sad mistake in the consistency of dough, which should be mixed as soft as it can be handled. Bread will rise sooner and higher, and be lighter and more digestible, and keep fresh much longer if this rule be followed. Stiff bread is close in texture, often waxy to the teeth, and after a day or so becomes very hard.

Set the dough to rise in a moderately warm place and keep it at an even temperature ; there is force in the old lament, "My bread took cold last night." Cold stops the process of fermentation ; there is a chance, should this occur, that the removal to a more genial atmosphere, and careful nursing, may cure the congestion should it be only partial. Too much heat carries forward the work too rapidly, and in this case you will find your dough puffy and sour ; correct the latter by dissolving a little soda and hot water and stirring it in, knead your bread faithfully from all sides until it rebounds like india-rubber after a smart blow of the fist upon the centre of the mass. The oven should not be too hot ; if you cannot hold your bare arm in it whilst you count thirty it is too quick. Keep the heat steady after the bread goes in ; too much fire at first and rapid cooling produce the effect upon the bread which is technically called "slack bread," *i.e.*, the inside of the loaf is never properly done. Practice and intelligent observation will in time make you an adept in the management of an oven. If the bread rises rapidly whilst baking and the crust begins to form before the lower part of the loaf is baked, cover the top with clean paper until you are ready to brown it ; grate away the burned portion of the crust should there be such, this is better than clipping it with a knife. When baked, tilt your loaves upon the edge, the lower part resting

upon the table, the upper part supported by the wall or other upright object.

Take care to keep flour dry for making pastry or bread ; good flour improves by keeping if this precaution is taken.

DIRECTIONS FOR MAKING BREAD WITH KENT'S FAMILY BREAD-MAKER.

To make nine and a half pounds of bread you require seven pounds of flour, three and a half pints (about) of water, which must be rather warm in cold weather, one ounce of salt, two and a half ounces of German yeast or a quarter of a pint of brewer's yeast. First method is to mix the yeast with half the water, which should be warm in cold weather, put it into the machine and add one-third of the flour and stir well until it is thoroughly and well mixed, and allow the sponge to rise and fall again, which will be in about two hours with the German yeast and three for the brewer's yeast ; dissolve the salt in the remainder of the water, which should also be warm, and add it to the sponge, stirring until all is well mixed, then add the remainder of the flour gradually, working the machine until the dough is thoroughly well kneaded ; allow the dough to rise for an hour and a half if German yeast, two and a half if brewer's yeast has been used ; it may be allowed to rise in the machine or be turned out into a pan or on to a board.

Second method · Put the flour into the machine, mix the water, salt and yeast together, and having made an opening in the centre of the flour pour them in, allow them to stand about two hours, then work the machine until the dough is thoroughly kneaded, and allow it to rise sufficiently either in the machine or after turning it out.

STEAMED BREAD.

Bread can be steamed successfully according to the directions given for steaming puddings, *i.e.*, water should

only be half way up the tin ; for this purpose the water must boil ; the tin in this case must be greased instead of floured to prevent the dough sticking. Firm crust is formed all over the loaf, and if preferred brown it can be put into a sharp oven for a few minutes when cooked. Steamed bread is lighter than baked. Note : for all bread it is essential that the yeast be good, otherwise the bread will not be light ; brewer's yeast is not so close as German yeast. As a general rule two tablespoonfuls of fresh yeast are equal to one ounce of German yeast, but no hard and fast rule can be laid down.

TEA OR BREAKFAST CAKES.

Rub a little butter into about two pounds of flour, a little powdered sugar, and about three spoonfuls of yeast ; mix with new milk into a stiff dough ; let it rise, then make up the cakes ; place them on a baking sheet, let them rise again before the fire, bake and cut them, butter them ; they should be about the size of a " Sally Lunn."

BREAKFAST CAKES.

A pound and a half of flour, one egg, two spoonfuls of yeast, one ounce of butter melted in as much milk as you find will wet it ; mix the egg and yeast up as quickly as possible (do not forget a little salt), roll out the dough, break into small lumps, place them on a baking tin, then put them in the oven ; ten minutes ought to suffice—that, of course, will depend on the oven ; split and butter them.

SCOTCH SCONES.

Rub into half a pound of flour one teaspoonful of baking powder, half an ounce of butter and a little salt, mix it into a stiff paste with a little milk, roll it out an inch thick, cut it into six or eight pieces Δ , and bake in a quick oven for about twenty minutes.

BAKING POWDER.

Baking powder is made by mixing together two ounces of tartaric acid, two ounces of carbonate of soda, and a quarter of a pound of ground rice.

BREAKFAST OR DINNER ROLLS.

One pound of flour, one ounce of butter, two spoonfuls of baking powder, half a teaspoonful of salt, enough milk to mix rather stiffly; mix them lightly, form into little loaves, like cottage loaves, and bake fifteen minutes.

HOT ROLLS.

Two teaspoonfuls of home-made baking powder, one pound of best flour, mix and rub in quickly two ounces of butter and some salt, and stir in half a pint of cold sweet milk; cut into fancy shapes, brush over with a beaten up egg, bake on a floured tin in a quick oven for fifteen minutes.

SHORT PASTE (I.).

Half a pound of flour, one and a half ounces of sugar; mix lightly with a wooden spoon, use a little cream to mix; touch it as little as possible with the hand.

SHORT PASTE (II.).

Half a pound of flour, mix it well into a quarter of a pound of butter, a tablespoonful of powdered sugar. Moisten with the yolk of an egg and very little water.

SODA CAKE.

This is a simple, wholesome cake for nursery use even. Take one pound of flour, six ounces of sugar, and half a pound of currants, four ounces of butter or clarified fat, one teaspoonful of carbonate of soda, beat well together for twenty minutes with a fork, add the whites of the eggs beaten to a froth last, and bake at once.

SIMPLE CAKES FOR FIVE O'CLOCK TEA.

A breakfast-cup of flour and a quarter of a cup of cold milk, half a teacupful of powdered sugar, a piece of butter as large as an egg, two teaspoonfuls of baking powder; mix on a plate without touching it with the hands. When it is well mixed lay it on a slightly floured board, roll it out as thick as your finger, cut it into shapes, place it in a tolerably warm oven; when they are slightly browned they are done.

A COTTAGE LOAF.

Ingredients: One and three-quarter pounds of flour, half an ounce of yeast, one teaspoonful of castor sugar, a little salt, a little cold sieved potato, three-quarters of a pint of tepid water.

The flour and salt should be passed through a sieve into a basin, then make a well in the centre, in a small basin put the German yeast and sugar, and cream them together until they form a liquid, add the potato and then the tepid water; mix these well together and strain into the centre of the flour. Work some of the flour into it, and set it in a warm place to rise for half an hour, then mix in all the flour, cover it up, and let it rise for two hours, then knead it well on a floured board for ten minutes. This quantity is sufficient for a cottage loaf. Divide it into two portions, one larger than the other, and make each into a smooth ball without cracks, placing the smaller on the top of the other, and pressing the forefinger into the centre on the top. Put this loaf on a baking sheet, and set it to rise in a warm place, then put it into a hot oven and give it a gradually decreasing heat; it ought to be about forty minutes baking.

GOOD SHORT CRUST.

Five ounces of butter, half a pound of Vienna flour, yolk of an egg, half an ounce of castor sugar. Rub the butter

lightly into the flour, then add the castor sugar; make a well in the centre and mix with the yolk of an egg, adding as little water as possible. Roll this pastry out only once.

PUFF PASTRY.

Ingredients: Half a pound of Vienna flour, half a pound of best fresh butter, one teaspoonful of lemon juice, cold water (iced if possible) to mix, yolk of one egg. Wash the butter in cold water and squeeze it in a cloth to a square shape, pass the flour through a hair sieve into a basin, make a well in centre of the flour and put in lemon juice and yolk of egg. Now mix it with cold water to the consistency of butter, turn it on to a marble slab and knead it well, then roll out to three times the size of butter in length, place the butter in the centre, and fold over in three, pressing the edges firmly together to keep the air in. This must now have seven rolls. Give it one roll, fold over in three, and put away in a cool place for quarter of an hour, then give it two rolls more, and again put it on ice, and so on till the seventh roll, keeping the rough edge always on the right hand side, where the last was folded over. It requires to be half an inch thick for patties and quarter of an inch thick for tartlets. Bake in a quick oven.

RULES FOR PASTRY.

Make the pastry in the coolest place in the house, and have cool, clean hands. Use a marble or slate slab and straight rolling pin and very cold water. Always finger it lightly and make it quickly. Pastry should always go into a hot oven, so as to set the crust and prevent the butter or lard from running out. The oven door should never be slammed, as it shuts in a current of cold air and prevents the pastry rising. On taking pastry out of the oven do not let it stand in a draught, but keep it in a warm place to cool gradually, or the steam that is coming from it will condense and render the pastry heavy.

CRUST FOR RAISED PIES.

Ingredients : One pound of flour, quarter of a pound of butter or lard, quarter of a pint of boiling water and a little salt. Pass the flour through a sieve, make a well in the centre, put the lard into a saucepan with the water, and when dissolved pour into the flour. Mix well and then turn on to a board and knead it. Let it cool before making it into the form for a pie.

The pasteboard and rolling pin should be scrubbed with a very clean brush and hot water, in which there is a little soda but no soap. They must be well dried and kept in a dry, clean place.

SAUCES.

REMEMBER, nothing can be hurried in cooking, and no part of a cook's work requires more time and patience than sauces, instead of condiments give time, allow the juice of your onions, tomatoes, mushrooms, or what-not to slowly but surely dominate your sauces by giving time. What is required is the *pure essence*, not the essence you buy at the grocer's.

BREAD SAUCE.

Grate some crumbs of stale bread into a basin with an onion pricked with cloves, a little salt, pepper, and a little cayenne; cover the bread well with milk and allow it to soak for three hours. Perhaps at the last moment it will be necessary to add a little more milk. Just before it is required set it on the fire in a clean saucepan, stir it whilst it is boiling up to prevent it burning. It will become when thoroughly hot, the consistency of cream. Take out the onion and serve. You may at the last moment add a tablespoonful of cream, but it is not necessary if the sauce is properly made.

MAÎTRE D'HÔTEL SAUCE.

Chop a little scalded parsley and with a knife work it into a piece of fresh butter, about an ounce, with the juice of half a lemon. Serve with grilled kidneys or steak, or grilled sole or mackerel.

TARTAR SAUCE.

Put the hard boiled yolks of two eggs into a basin and work them with a wooden spoon until they are quite smooth, then add a teaspoonful of raw mustard, a little salt and pepper, and when these are well incorporated with the egg add three raw yolks. Work these in well and when it is all perfectly smooth add, drop by drop, five tablespoonfuls of salad oil. Follow the same with tarragon vinegar in the proportion of one tablespoonful of vinegar to five of oil; and so continue until you have enough sauce, which should be the consistency of thick cream. Then put away the basin with the sauce in a cold place in a larger basin surrounded by ice. Before serving add one shallot chopped fine, also a little tarragon, a spoonful of capers and a tablespoonful of fresh cream, if liked, but it is not necessary.

CURRY SAUCE.

Skin and fry some onions until soft and brown with plenty of butter, then add a tablespoonful of curry powder and allow it all to fry. Next pour in either fish or meat stock and a sliced apple and tomato, and if wished, a little vegetable marrow, and allow it to stew to a pulp. Then add a few tamarinds, free from stones and skin, etc., and a little grated cocoanut. Rub it through a tammy and serve either with grilled salmon or steak.

POIVRADE SAUCE.

Reduce four teaspoonfuls of vinegar with one ounce of butter, some chopped shallots, a little pepper; then add half a pint of good Espagnole sauce and let all this come to the boil together, then stir into it four gherkins, the whites of three hard boiled eggs, four anchovies and a carrot, all these cut into fine dice, also a spoonful of capers.

FOUNDATION SAUCE.

A good foundation sauce is made by frying two ounces of butter, two ounces of flour, and the same quantity of tomatoes until they are a good brown colour. Then add a quart of brown stock, that has been made from cooked meat bones and well flavoured. It must be boiled fast until it is reduced a third, and passed through a tammy and kept for use.

MAÎTRE D'HÔTEL SAUCE (II.) COLD.

Put into a saucepan a little butter, chopped parsley, a little chopped tarragon, a few leaves of balsam, salt, pepper, juice of one or two lemons and, if you have them, the juice of three or four grapes ; incorporate it well with a wooden spoon. When it is well mixed put it away in a cold place until required.

SAUCE BÉARNAISE.

Put three or four shallots, a clove of garlic, a little allspice roughly pounded, and a small piece of mace into a saucepan with a tumbler of water and a like quantity of tarragon vinegar. Let it boil gently until it is reduced to about a tumblerful ; then strain it and allow it to get cold. Strain the beaten yolks of three eggs, mix gradually with the liquor, add salt and two ounces of fresh butter. Stir over the fire until it thickens ; add a dessertspoonful of chopped tarragon.

SAUCE FOR NEW CARROTS.

One ounce of butter, half an ounce of flour, a gill of stock, boil well, then add chopped parsley, lemon juice and two tablespoonfuls of cream.

MELTED BUTTER FOR SEA-KALE.

One ounce of butter, a gill of milk, mix and boil up ; two slices of toasted bread dipped in the water the sea-kale has been boiled in to serve the kale on.

GREEN SAUCE FOR COLOURING SAUCES OR PURÉES.

Take three good handfuls of well washed spinach, put it on a tammy and press out all the moisture from the leaves, put it in a small saucepan on the fire, but do not allow it to boil; when it is near boiling pass it through the tammy again, put a little sugar with it and bottle it for use when required.

MELTED BUTTER.

Melt one ounce of butter in a saucepan and stir it with a dessertspoonful of flour, when quite smooth add half a pint of water by degrees, stirring all the time; when it is a proper thickness you may, if desired, add a little lemon juice, salt of course.

HORSE-RADISH SAUCE.

This delicious cause is a great improvement upon plainly scraped horse-radish, with cold or hot roast beef.

A dessertspoonful of olive oil or cream, the same quantity of powdered mustard, a tablespoonful of vinegar, and two tablespoonfuls of scraped horse-radish, with salt to taste: this must all be stirred and beaten up together until thoroughly well mixed. Serve the sauce separately in a sauce tureen. It will keep for two or three days if oil is used instead of cream.

SAUCE AU VINAIGRE (for Calf's Head or Calf's Feet).

Chop six shallots very fine, also some parsley, mix them well together, put them in a sauce boat with pepper, salt and two tablespoonfuls of vinegar, and the same quantity of the liquor in which the meat has been cooked, and which has been allowed to cool.

FRENCH TOMATO SAUCE.

Take two good onions, cut them rather small, put them into a stew-pan with a piece of butter as big as an egg, allow

them to cook gently, but not to burn, then add four or six, or eight tomatoes according to the quantity of sauce you require, a shallot and three cloves. Do not peel the tomatoes, only wash and well dry them with a clean cloth. The skin of a tomato has much flavour in it. Stir constantly with a wooden spoon. Add salt and pepper, and as you proceed a little more butter; but as the tomatoes break the juice will generally be sufficient to moisten it; allow it to simmer by the side of the fire for an hour; before using the sauce pass it through a tammy, or a wire sieve is best; if it is too thick to pass through add a little boiling water. If you follow these directions you will get the pure taste of the tomato and your sauce will be of an excellent consistency, as well as perfect in flavour and colour.

BLACK BUTTER SAUCE (Beurre Noir).

Put a piece of butter into a frying-pan and let it melt and cook until it is black, but it must not burn. When the butter is hot and black add a few strips of parsley and allow that to fry. When it is done throw it over the fish or whatever you desire it for and then add a teaspoonful of tarragon vinegar.

SAUCE MATELOTE.

Peel twelve small onions and as many small mushrooms. Put them in a saucepan with a little butter; keep shaking them so that they may not brown. Mix in a cup two spoonfuls of flour with a good stock, a glass of white wine, white pepper and salt. Add this to the onions and mushrooms and allow it to cook slowly; at the last add the yolks of two beaten eggs and the juice of a small lemon.

SAUCE GENEVOISE (an excellent Fish Sauce).

Put an ounce of butter and half an ounce of flour in a saucepan. When you have well melted them add a little

water in which you are boiling your fish, and half a wineglass of claret. When it is well simmered pass it through a sieve into another saucepan ; then add a shallot cut very fine, some chopped parsley, some finely chopped mushrooms. Let it again warm up and it will be ready for use.

SAUCE VERTE.

Put some well washed parsley, chervil, tarragon, fennel, and a small shallot into a saucepan, cover it with cold water, and bring it sharply to the boil ; then strain off the water and dry the herbs, pound them with four washed and boned anchovies, two hard boiled yolks of eggs, a teaspoonful of capers, a tablespoonful of salad oil and a few drops of green colouring. When quite smooth rub all through a tammy or a fine sieve, mix with half a pint of mayonnaise, and set it in a cool place.

SAUCE MAYONNAISE.

Put into a basin the yolks of four raw eggs, half a teaspoonful of salt ; smooth the yolks perfectly with the back of a wooden spoon, then add by degrees a quarter of a pint of olive oil. At intervals add, in the proportion of one of vinegar to five of oil, small quantities of vinegar. Turn all the time.

ITALIAN SAUCE FOR FISH.

Chop three shallots very finely and fry them in butter, then add some chopped mushrooms, chopped parsley, bay leaf, thyme, a little brown stock and half a glass of white wine ; let it come to a boil, tammy and serve.

EGG SAUCE.

Three hard boiled eggs, a cupful of melted butter and a little salt. Cut the yolks of the eggs and mix them with the hot melted butter. The melted butter must be made with milk and not water.

Clear away everything as soon as used and your kitchen will always look tidy.

WHITE SAUCE FOR FISH.

Make melted butter, using double the quantity of flour given in that recipe and use instead of water, liquor in which the fish has been boiled; add four tablespoonfuls of milk, in which a shallot and a head of celery have been boiled, boil one minute and stir in a teaspoonful of chopped parsley.

REMOULADE SAUCE.

Put into a basin one shallot, chervil, chives, a little garlic, pepper, all finely chopped; mix with it a teaspoonful of mustard, adding by degrees a little oil and vinegar, stirring all the time. This sauce should be made in a cool place, otherwise it will not be thick.

LOBSTER SAUCE.

Make plain butter sauce, in the proportion of one ounce of flour, half a pint of boiling water and two ounces of fresh butter; put into this the meat of the lobster cut into small pieces, the coral pounded very fine, a pinch of cayenne and anchovy essence to taste. Let the lobster get hot in the sauce without boiling. Serve with salmon or turbot.

SALAD SAUCE.

A saltspoonful of dry mustard, a tablespoonful of cream; mix well together, add a little pepper and salt, two tablespoonfuls of tarragon vinegar and half a gill more cream. If oil is desired, it should be mixed with the mustard and cream before vinegar is added.

CREAM SAUCE.

Beat up two raw yolks of eggs, put them into a saucepan with three tablespoonfuls of cream, an ounce of butter, a little salt, cayenne pepper and a few drops of lemon juice. Stand the saucepan in a *bain-marie* and stir it with a wooden spoon until it becomes quite thick and creamy, then wring it through a tammy and use. Excellent for sweetbreads.

BÉCHAMEL SAUCE MAIGRE.

Cut some small onions in two, and put them in a saucepan with a little butter; whilst the onions are still white, add two tablespoonfuls of flour, stir it all together for a few minutes, then add half a pint of milk, a little nutmeg, salt and pepper. Allow it to simmer for half an hour, pass it through a tammy and put it aside for use.

HOLLANDAISE SAUCE.

Put into a basin a quarter of a pound of fresh butter, the yolks of three fresh eggs, add salt and a tablespoonful of vinegar; allow this to infuse for four hours; if liked add a little mace, then when you require the sauce put the basin in a saucepan of boiling water; take care that the water from the *bain-marie* does not enter your basin, continue turning till the sauce is as thick as good cream.

DUTCH SAUCE.

Put some fresh butter in a saucepan and allow it to melt gently, put in a little salt and beat it up well with a fork; serve it hot in a sauce boat. This is the true Dutch Sauce, and is excellent poured over boiled kidney potatoes.

MUSHROOM SAUCE.

Pick out the stems, skin the mushrooms and the stems, and cut them into small pieces, wash them, put them into a saucepan with rather more water than will cover them, let them stew until they are quite soft, stir in a little butter and flour, which you have previously kneaded together and season with pepper and salt. This forms an excellent sauce to many dishes.

SAUCE PIQUANTE (Grand Hotel, Monte Carlo).

Take a tablespoonful of minced shallot or onion, put it into a saucepan with nearly a wineglass of vinegar, cover it

and allow it to boil till the vinegar is reduced three-quarters, then add half a pint of good brown gravy, reduce it by boiling it fast a few minutes, then add two spoonfuls of chopped gherkins and capers and a very little chopped parsley, and serve.

SAUCE MOUSSELINE.

Put into a saucepan a tablespoonful of water, half a pound of fresh butter and the juice of half a lemon, salt, and a very little white pepper, the yolks of three eggs, beat it all up for a few seconds with an egg whisk, then place the saucepan into another containing boiling water; beat well, and when it is the consistency of thick cream add half a wineglass of whipped cream and again beat it well. Serve with asparagus.

GERMAN SAUCE FOR PUDDINGS.

Two yolks of eggs, a wineglass of white wine or sherry, a dessertspoonful of sugar. Whisk over the fire until it froths.

SAUCE ESPAGNOLE.

Boil two eggs hard, chop up fine, take half a cup of thick cream or good milk, add to it the beaten raw yolk of an egg, warm on the fire to thicken a little, add pepper, salt, and a teaspoonful of tarragon vinegar, add all this to the chopped up eggs, beat well and serve.

VELOUTÉ SAUCE.

Take a small piece of veal or the remains of a chicken, a dozen small mushrooms; put them in the saucepan with a little butter, and let them slightly brown; add a *bouquet garni*, a few slices of carrot, three middle sized onions, three spoonfuls of flour; season with pepper, salt, a little nutmeg, two or three cloves, add some white stock and let it simmer for an hour and a half. Put it through a tammy.

SOUBISE SAUCE.

Put some onions to soak for ten minutes in boiling water, peel them, cut them in halves or quarters, put them into a small saucepan with a lump of fresh butter, simmer very slowly together until the onions are quite cooked, add salt to taste ; thicken with flour, or flour and fried bread crumbs, and add a little cream, pass through a sieve and serve with mutton cutlets ; must be quite thick and perfectly smooth.

RAVIGOTE BUTTER.

Scald some parsley, tarragon, chervil, chives and shallots, press out all the water and chop very fine ; now pound them up with two anchovies and some butter ; pass through a sieve.

SALADS.

SYDNEY SMITH'S SALAD.

Two cold potatoes strained through kitchen sieve,
Unwonted softness to the salad give,
Of mordant mustard take a single spoon,
Distrust the condiment that bites too soon ;
Yet deem it not, thou man of taste, a fault
To add a double quantity of salt.
Four times the spoon with oil of Lucca crown,
And twice with vinegar procured from town ;
True taste requires it, and your poet begs
The pounded yellow of two well boiled eggs,
Let onion's atoms lurk within the bowl
And, scarce suspected, animate the whole ;
And, lastly, in the flavoured compound toss
A magic spoonful of anchovy sauce.
Oh ! great and glorious ; oh ! herbaceous treat,
'Twould tempt a dying anchorite to eat ;
Back to the world he'd turn his weary soul,
And plunge his fingers in the salad bowl.

TOMATO SALAD WITH SHRIMPS.

TAKE eight large tomatoes, see they are quite sound, cut them in half and scoop out a little of the centre, fill them with finely chopped lettuce, arrange them on a bed of lettuce leaves in a glass or other flat dish, screen the whole with freshly skinned shrimps or finely chopped prawns, and over this sprinkle about two ounces of grated cheese ; just before serving pour over the salad the following dressing : Pound

the hard boiled yolk of an egg, add a teaspoonful of mustard, French or English, a very little castor sugar, a little salt and pepper, two tablespoonfuls of salad oil, half a gill of cream, two tablespoonfuls of tarragon vinegar, garnished with water-cress and red radish.

GROUSE SALAD.

Cut a roast grouse into neat pieces, dish on a bed of broken lettuce, garnish with hard boiled eggs cut in quarters, beetroot, cress, cucumber, etc., cover with thick mayonnaise sauce.

SALAD MACÉDOINE.

This salad consists of all sorts of cooked vegetables, haricot vert, green peas, cauliflowers and potatoes, hearts of lettuce (raw), beetroot, artichokes (green); you may add fillets of anchovies, remains of any cooked cold fish, peeled olives, gherkins, whites of hard boiled eggs; all or most of these ingredients are to be put into the salad bowl and either mixed with plain oil and vinegar or a regular salad dressing made with hard boiled yolk of egg or mayonnaise sauce.

FRENCH BEAN SALAD.

An excellent way of using up any cold French beans is to put them in a salad bowl with a little pepper, salt, oil and vinegar, and a little sliced raw tomato, or alone.

SALAD EGGS.

Take four hard boiled eggs, cool them in cold water, take off the shells, cut a large piece off the top of each, take the yolks carefully out and mix them into a paste with butter, cream, mustard, red pepper, salt and anchovy paste. Press the mixture into the whites again, have ready a nicely arranged dish of salad, place the eggs among the green, garnish with radish, beetroot, small spring onions, and pour over all a good salad mixture.

ORANGE SALAD.

Cut some oranges in thin slices without peeling them, only taking out the pips, arrange them in a glass dish, powder them well with castor sugar and baste them with some brandy or rum. Some people melt the sugar in a little water to temper the spirit. French people eat this with coffee. It is served after dinner.

BOILED VEGETABLE SALAD (Salade de Légumes).

Take four ounces of carrot cut in squares about a quarter of an inch, three ounces of turnip cut in the same way, four ounces of small green asparagus cut in morsels, four ounces of peas, four ounces of French beans cut in pieces also. Boil each of these vegetables separately in about a quart of water with a teaspoonful of salt; when cooked strain them in a cloth and let them cool; then place the French beans in the bottom of a salad bowl, arrange the other vegetables in little heaps around, first the carrots, then the peas, then the turnips, then the asparagus, so as to alternate the colours, and so on again; the rest of the peas and asparagus may be placed in the centre and sprinkled with chopped tarragon, chervil, parsley and chives. Serve with oil and vinegar apart.

BEETROOT AND POTATO SALAD.

Boil a Spanish onion firmly tied up in a clean piece of calico so as to keep it firm until required to be cut in slices. Then cut some cold boiled kidney potatoes in slices, also some beetroot. Arrange them all in layers in a salad bowl and throw over a dainty salad sauce made with two or three tablespoonfuls of cream, a little raw mustard, pepper and salt, and a very little tarragon vinegar. You may garnish with hard boiled eggs, and at the last moment scatter it over some finely chopped tarragon and chervil. Keep it in quite a cool place until required,

POTATO AND TRUFFLE SALAD.

Cut some cold boiled kidney potatoes in thin slices, also some fine black truffles. Arrange them in a salad bowl on a glass or silver dish. Throw over a remoulade sauce.

In preparing salad great care should be taken to dry it well by shaking it in a wire basket or a cloth. Each kind of vegetable should be treated separately; the small salad well washed.

POULTRY.

THE livers of chickens or fowls can be used in a variety of ways. I think England is the only country in which it is placed in the wing joint; doubtless it is excellent, but only one person can have the pleasure of eating it. If, on the other hand it is chopped up and mixed with any light stuffing, and placed in the bird, everyone partaking of it has the advantage of the great improvement in the flavour. It is not even necessary to stuff the fowl. Place the liver in the interior, with any odd pieces of suet you may have in the larder, and you will be fully repaid by the succulence of the roast.

CHICKEN'S LIVERS À LA MARBURG.

Prepare a sauce by mincing an equal quantity of lean ham and fat bacon, put it into a stewpan with a lump of butter, a bouquet of parsley, an onion, a carrot sliced, three cloves, a bay leaf, half a clove of garlic and a wineglass of white wine, let it simmer for an hour and pass it through a sieve. Lard eight fat chickens' livers with truffles, lay them gently in a stewpan with very little butter and a little good gravy, allow them to simmer for ten minutes, then drain and dish them, cover them with the above sauce. *Croûtons* should be placed between each liver and a truffle in the middle. Either rabbits' or turkeys' livers will answer for this dish.

FRIED CHICKEN (a good Breakfast dish).

Cut up into neat pieces any cold fowl, take a teaspoonful of raw mustard, mix with enough olive oil to fry the pieces of fowl, put the oil and mustard into a frying-pan, let it boil up, then put in the fowl and cover it with a plate; in about five minutes remove the plate and turn the pieces of fowl so as to fry the other side; serve on a hot dish with some frizzled rashers of bacon between.

POULET AU RIS À L'ESPAGNOL.

This must be cooked in a marmite, or in one of those excellent ware saucepans that can now be easily purchased in England. Put into your marmite a wineglassful of well washed rice, three small green artichokes cut into four, two green and two red chillies, half a pint of salad oil, allow it to cook *very* slowly; serve it in the saucepan in which it has been cooked.

CHICKEN PARMENTIER.

Rub a frying pan with garlic, then put in half a pint of best salad oil, salt and pepper; when it boils put in the chicken, which has previously been cut up in joints, allow the chicken to fry until it is cooked, shaking all the time that it may not burn. Have ready some potatoes that have been cut in lengths, not slices, and that have been partially cooked in oil in another frying-pan, add them and the oil in which they have been cooked to the chicken; shake them well together and hold them over the fire to finish cooking; serve all on the same dish

CHICKEN SAUTÉ.

Put any of the breast or the wings, without bone, into a frying-pan with a little fresh butter, cook them very slowly, turning them repeatedly; if the meat has not been previously cooked it will take ten minutes, and five minutes if it is a

réchauffée ; sprinkle with pepper and serve with mushrooms or broiled bacon. The legs of cooked chickens are an excellent *sauté*, but they should be boned before they are put into the pan.

GUINEA-FOWL.

Guinea-fowl unless young are apt to be tough, and some people object to the dark colour of the skin, but a pair of young guinea-fowls stuffed and roasted, basting them with butter until they are nearly done, deserve an honourable place on a menu. Season the gravy with chopped shallot, parsley, the giblets and a little lean ham minced. You may hand currant jelly with them as well as bread sauce.

ROAST CHICKEN WITH TOMATOES (*Spanish*).

Roast before the fire a chicken that has been previously stuffed with fat and lean ham ; whilst the chicken is roasting you must baste it with salad oil, previously made hot, in which you have squeezed the juice of two lemons and some salt. When the chicken is ready for table throw over it a thick *purée* of tomatoes ; this *purée* must also be made with oil. This dish is so excellent that a Spaniard considers it his duty, when it is placed on the table, to salute it with a glass of his best Malaga.

FRICASSEE DE POULET (*Asado—Spanish*).

Put into a saucepan a fowl with a little water, salt, a blade of garlic, a slice of raw ham, a little saffron, a pinch of allspice ; allow the water to reduce to half its quantity, then add two raw yolks of eggs and serve.

PAIN DE VOLAILLE (*Entrée*).

Mince finely one pound of the white meat of a roasted fowl, some fat bacon, a shallot, some remains of cold tongue

and a little parsley; mix it together with rather less than two ounces of butter, salt and pepper, a grate of nutmeg and a morsel of mace; bind it all with the yolks, well beaten, of two eggs. Butter a plain mould, sprinkle it thickly with grated tongue and, if convenient, some finely chopped truffles. Cover your mould with writing-paper; steam it for two hours and a half; serve with white sauce, in which you have put some bottled mushrooms.

POULET AU GRATIN (Entrée).

Put a quarter of a pint of white sauce into a stewpan with an ounce of glaze and stir it until it boils, then stir in the finely minced remains of two roast fowls. Allow all this to get hot through, then pour it into a fireproof china dish, cover it with the whites of two eggs, beaten until quite stiff, strew brown bread crumbs and grated Parmesan cheese, add a little butter here and there; place it in the oven for ten minutes. Brown with a salamander.

POULET À LA MARENGO (Entrée).

Put into a clean copper stewpan five tablespoonfuls of salad oil, a clove of garlic pounded, salt and pepper. Let this become quite hot, then place the joints of chicken on it. Put the stewpan on the fire and turn and shake the stewpan until the chicken is quite brown and really cooked. It will take about half an hour; in the meantime you have put into a small saucepan a glass of white wine with a little parsley, some chives and shallots, a clove of garlic, four mushrooms, all finely chopped, and a quarter of a pint of good stock; allow it all to simmer well. At the last put in the oil in which the chicken has been cooked. Arrange the chicken on the hot dish, throw the sauce over it, and ornament with eggs that have been poached in boiling oil, also *croustons*.

KROMESKIES DE VOLAILLE.

Pick out the meat from what is left from a roast fowl, chop it up, not too fine, and toss it in a saucepan with a good piece of butter and a little flour; add a few mushrooms chopped up finely, pepper, salt, a little spice and a very little finely chopped parsley; moisten with a little good stock, then stir into the mixture, off the fire, the yolk of an egg strained and beaten up with the juice of half a lemon; turn out this mince on a plate to get cold. Cut some slices of bacon, previously parboiled, as thin as you possibly can, and to the size of about an inch and a half by two or two and a half inches, place on each slice a teaspoonful of the above mince and roll it up very neatly in the bacon. Beat up together the yolks of two eggs, two tablespoonfuls of brandy, one of olive oil and four or five of cold water; incorporate with this mixture three tablespoonfuls of flour and a pinch of salt; keep on beating it for some time, and add as much more water as will make it of a proper thickness. When ready to use the batter, stir in it quickly the whites of two eggs whipped to a froth, dip each kromesky in the batter, lay them round a frying basket, fry them a nice colour in hot lard.

SOUFFLÉ DE VOLAILLE (Entrée).

Pound the white meat of a roasted fowl (about a pound) with two ounces of butter, pepper, salt and grated tongue. When quite smooth add a quarter of a pint of white sauce, and make it hot, not boiling, then pass it through a sieve into a basin. Add the yolks of five eggs and the whites of two, whip to a stiff froth; pour the mixture into a *soufflé* dish, previously papered with a band of buttered paper, and bake. Serve directly it is risen and is firm to the touch. The great secret of the success of *soufflé* is to be quick in the dishing of it, as it spoils if it is permitted to remain out of the oven.

Stew down the bones and remains of the fowl, and make your white sauce of the gravy so obtained.

ANOTHER SOUFFLÉ DE VOLAILLE (Ems).

Beat up in a mortar the whole white meat of a cold roast fowl to which you have added a little cold cooked lean ham. When it is well beaten pass it through a tammy, then add the yolks of four eggs one by one, work it well in a strong basin with a wooden spoon, add half a wineglassful of double cream ; season it with pepper and salt. Just at the last add the well beaten yolks of four eggs. Butter a mould well, powder it with bread crumbs, pour the mince into it ; place the mould in a stewpan ; let the stewpan be half full of boiling water. Put buttered paper on your mould and put the stewpan into the oven, which must be kept shut for twenty-five minutes. Then turn your *soufflé* out on a silver dish with a good white sauce of truffles or mushrooms. Let it be served immediately after leaving the oven.

CHICKEN À LA PIEDMONT.

Take a chicken and stuff it with the stuffing made with the liver, a little parsley, a little suet and two truffles, all chopped fine and sewn into the interior of the chicken. Save the peel of the truffles, and add another, cut in thin slices, round the chicken during the process of cooking, which must be done in the following manner : Put into a copper stewpan a piece of butter larger than an egg, on this place the chicken. Put the saucepan on a slow fire with the cover on, when you have added salt, pepper and a tablespoonful of stock. Allow it to cook gently for an hour and a half ; do not open the lid of the saucepan oftener than you can help, but still it must be basted. When done place it on a hot dish and with white paper take the grease off the gravy. The fowl must have all the appearance of having been roasted before the fire.

CHICKEN À LA TARRAGON.

Chop fine six sprays of tarragon, mix it with the liver, a little salt, pepper and butter ; put it into the body of the

chicken, sew up the vent and truss the chicken for boiling, put a slice of fat bacon firmly over the breast. Then put it into a saucepan and do not quite cover it with water. Add salt, two carrots, two large onions, one clove, thyme, a small branch of tarragon without the leaves. Allow it to cook until tender only. When it is done take half the water in which it has been cooked, thicken it with flour and a little butter, colour it and reduce it until it is of a good consistency; then serve the fowl, which will be white, without the bacon, and put some tarragon leaves finely chopped on the breast and the sauce around.

CAPON AUX POMMES (Polonaise).

Take a sheet of strong foolscap paper and spread on it some slices of fat bacon, cut extremely thin, add some slices of lemon, onions, carrots, salt, pepper and a clove. Place the capon (or fowl) on this, wrap the paper and its contents carefully round it. Have a very fine cord, which must effectually keep all these condiments in place. Roast it before a good fire, basting all the time. During this process cook ten apples with half a pound of loaf sugar, on which you have grated the rind of two oranges; the juice of the oranges must cook the apples; when the apples, which have been cut very fine, are reduced to a pulp they are placed on the dish, and the capon which has been relieved from the paper, etc., is placed on the marmalade.

CAPON À LA BROCK.

Take a good large young capon, prepare it for roasting, fill the inside with carefully prepared, skinned and washed button mushrooms. The stuffing must be mushrooms only with the addition of some finely chopped suet, or, if preferred, fresh butter. The vent must be sewn up and the capon, during the roasting, well basted with plenty of butter.

QUENELLES DE VOLAILLE (Entrée).

Use the breast of a chicken or fowl. After removing all skin and nerve cut the meat very fine, then put it into a mortar with the white of an egg; beat it until it is a paste, then rub it through a tammy and put it away in a cool place. When you are ready to form it into quenelles season it with pepper and salt and a little nutmeg, and add four or five spoonfuls of double cream. Rub all this well together with a wooden spoon. When it is well mixed take a portion about the size of a walnut and poach it in hot, but not boiling, water for four or five minutes. If the mince is too firm add a little more cream until it is quite light and delicate. To form the quenelles, take two teaspoons, or you can roll them on a lightly floured paste-board, and you may poach them in either white sauce or water slightly salted. They will require ten minutes for poaching. Serve with white sauce with chopped truffles in it. These quenelles can also be made of knuckle of veal of fine quality.

GATEAU DE VOLAILLE (Entrée, Soufflé).

Take four fowls' livers, raw, put them into a perfectly clean mortar and pound them until they become like chocolate. In the meantime boil the crumb of a French roll in a little milk; when it has boiled up once pass the roll through a tammy into the livers, add a little pepper and salt and the yolks of four eggs. Beat all this well together and at the last add the whites of the eggs which have been beaten into a stiff froth. Then take a plain mould, into which you put a piece of butter about the size of a walnut. Put the mould into the oven and allow it to become very hot, then pass into it the contents of the mortar, bake for ten minutes or a quarter of an hour. When it is risen sufficiently you will know it is done. The mould should be sufficiently large to allow the *gateau* to rise. It must be served the moment it is done or it

will fall. Pour round it a good tomato sauce, or a rich gravy with truffles or mushrooms.

CURRIED CHICKEN (Entrée).

Any cold fowl will do for this dish if you do not wish to take an uncooked one. Cut it up in joints and remove the skin. Place it ready in a clean dish with salt and pepper. Make the curry by frying in some good fresh butter two sliced onions to a golden brown. When the onions are cooked remove them on to a plate whilst you fry two sliced apples. When the apples are done return the onions to the frying-pan and add a small shallot, a dessertspoonful of tamarinds, and let it all fry gently at the side of the fire. Then add a teacupful of fresh milk in which you have dissolved a tablespoonful of curry powder; stir well over the fire, add the chicken, allow it to become heated through. Serve with well boiled rice.

GRILLED CHICKEN.

Divide the chicken down the back, then with a chopper flatten it out without breaking the bones. Lay it on a dish and pour over it some fine salad oil. Allow it to drain, add pepper and salt; place it on a gridiron over a clear fire. It will take half an hour to cook. Of course it must be turned. Serve with quarters of lemon and a little chopped fresh parsley.

BROILED CHICKEN (American Recipe).

Take a chicken and split it through from breast to back, and before broiling it, to ensure its being tender, steam it according to directions, which will, if followed, render newly killed or tough poultry tender, as it relaxes or softens the muscles. Take a baking-tin, fill it an inch deep with water, place a trivet in the tin, and put the chicken on the trivet, the

inner side of the fowl under, cover the chicken with an earthenware basin or pan to keep the steam in. Put it in a brisk oven for ten or twenty minutes, then take it out of the oven and brush the chicken over with salad oil, and broil it over a clear fire for ten minutes; serve with any good gravy, and garnish with baked tomatoes, mushrooms and other vegetables.

CHICKEN WITH TOMATOES (Entrée—Monte Carlo).

Cut the chicken into quarters, season with pepper and salt and a *bouquet garni*, put all into a stewpan with a little butter, and when it is a pale brown add a chopped shallot and a claret glass of white wine. Let it be on the fire until the wine is reduced, then add six tomatoes cut in slices without the skins; allow it to simmer for half an hour. Then add a little chopped parsley, a very little lemon juice; arrange the pieces of chicken on a dish with the sauce around it and serve.

CHICKEN À LA PAYSANNE.

Put into a stewpan a fowl or chicken, a piece of butter—the quantity of butter will depend on the size of your fowl. Allow it to cook gently; do not place it on too fierce a fire or it will burn and be ruined. When it is half cooked add the following vegetables, which have been cooked apart; the carrots must be sliced, the onions (small) must be whole; the carrots and onions must be *glacé*, that is to say they must be cooked slowly in the oven in a baking-tin with very little water, a little salt, butter and sugar; the celery may be boiled in a little water or stock; in the same saucepan add three chives, a good sized leek cut in pieces, a laurel leaf and either one clove of garlic or two shallots whole. Apart boil half a pint of green peas, if in season, or the same quantity of French beans, but add nothing to the chicken whilst it is cooking but the carrots, chives, onions and celery, keep all

the other for garnishing. When the chicken is cooked place it on a hot dish with the vegetables round; put into the saucepan half a wineglass of good stock and the same quantity of Madeira; allow it to boil up quickly and pour it over the chicken. *Remember* all the vegetables must be well and slowly cooked or they will lose their colour and taste.

BOILED FOWL.

Cut the legs off at the joints, loosen the skin and push the legs in under, close the vent (sewed up is best). Boil in stock or else cover with buttered paper. Flour the fowl and wrap in paper, put in boiling water with the breast downward and allow it to simmer for an hour. Use plenty of water.

SAUCE FOR THE BOILED FOWL.

Boil two eggs for ten minutes; one and a half ounce of butter, one ounce of flour; warm the butter, add the flour and then add half a pint of milk, stir it until it boils, salt to taste; a gill of cream; do not add the cream until the sauce boils. Pour the sauce over the fowl; rub the yolks of the eggs through a wire sieve on to the breast.

POULET AU LARD.

Before roasting a chicken in the ordinary way cut the skin at the vent, raise it very carefully and place over the breast some thin slices of very fat bacon; sew down the skin. You must be careful not to break the skin.

POTTED GAME

Must not be pounded and no anchovy is used for it; if grouse, cut the backbone and put it in; the meat must be well cut off the bones and if wanted to be used quickly, stew the bones well down and add the gravy to the game with the butter it has been cooked in.

LE DINDE EN DAUBE.

An old turkey will do for this method of cooking ; lard it with bacon which is seasoned with parsley, onions, garlic, spice, salt and pepper ; it should be cooked in a utensil called a daubière or in a stewpan ; place the turkey in the daubière or stewpan with a little stock, a wineglass of brandy, some rashers of bacon, half a calf's foot, onions, carrots, a *bouquet garni*, some cloves, a little garlic, and a couple of laurel leaves. Let all cook gently for five or six hours, take out the turkey, boil down the liquor until it is strong enough to jelly, remove the fat from it, strain it and pour it round the turkey, which forms a very nice dish to be eaten cold. It may be eaten hot if preferred, in which case the liquor is not to be strained. This is an excellent plan for disposing of any fowl that is too mature for boiling or roasting.

TURKEY STUFFED WITH TRUFFLES.

Prepare the turkey as for roasting, make a rich stuffing with the white meat of a fowl, a little *foie gras*, fat bacon and a little garlic ; the last-named item must be meted according to taste, as some persons dislike its flavour. Prepare and clean two dozen truffles, mince some of them and mix them with the stuffing, and leave the remainder whole or sliced. Place the stuffing and the whole of the sliced truffles in a saucepan, add seasoning of salt, pepper, nutmeg, laurel leaf, and let it cook over a slow fire for twenty minutes ; let it get cold and stuff the turkey with it, taking care not to press it in too tight anywhere, and sew up the opening. After this the bird should remain two or three days before it is dressed, so as to be impregnated with the truffles. When it is roasted cover the breast with white paper and thin slices of bacon. It will take about two hours to cook. Before it is done remove the paper from the breast to brown. Cook some sliced truffles in the gravy that the turkey has given out and serve it with it for sauce.

GALANTINE OF TURKEY.

The lady of a house will find the following recipe exceedingly useful for a luncheon or a party, for it unites the advantage of being excellent, very *recherché*, and no trouble either in eating or carving. A fine large turkey should be chosen for the purpose, let it be boned, taking care that the skin is not injured, draw the sinews of the legs, and remove the meat of the legs and of the breast, etc. Take fillet of veal and fat bacon in equal quantities to the meat of the turkey, season with salt, pepper, spice and fine herbs, mince very small and make it into a forcemeat by pounding it together in a mortar; then extend the skin of the turkey on a fine linen cloth and fill it by spreading a layer of the forcemeat an inch thick, then a layer of small slices of meat of the turkey, then a layer of slices of tongue and of ham, sliced truffles, blanched almonds, pistachio nuts and small gherkins, continue this until the skin is almost full and finish with another layer of forcemeat. Close the skin and fasten it up so that the contents cannot escape, at the same time giving a good form, spread over it slices of bacon and roll it in the cloth, which should be tied at the two ends and bound round outside to preserve the shape; it must then be cooked in the same manner as mentioned above for "*Le Dinde en Daube*," reducing and straining the jelly in the same way for serving round the turkey. It will take about four hours to cook, and, of course, is to be eaten cold.

TURKEY'S GIBLETS (Entrée).

You must first of all soak the giblets in hot water to get off all the skins, put in a saucepan a piece of butter, and a bouquet of parsley, a little chives, one clove of garlic, two cloves, thyme, bay leaf, some mushrooms; allow all to simmer slowly. With a clean cloth dry the giblets well, flour them, and put them in a saucepan with rather more than half a pint of good stock; when they are done reduce the stock, take out the bouquet of parsley, add the beaten yolks of two eggs, strain the sauce over the giblets and serve.

DUCK WITH OLIVES.

The duck for this dish should be trussed as round as possible and as short. Rub the breast well with the juice of a lemon, then place it in a stewpan in which you have melted a piece of butter; put it on the fire, and when it is thoroughly browned all over, put in a ladleful of stock and baste it frequently. Just before dishing it up throw in about forty olives, from which you have removed the stones. Take out the duck, shake the olives well in the gravy over the fire, place them round the duck and add the gravy.

DUCK WITH TURNIPS.

This duck must be trussed as if for roasting, put it in a stewpan with a piece of butter (please understand that clarified fat is as good, and better than bad butter, so when I write butter, that means you may use good fat instead if you so desire it). When the butter is well melted, place in the duck; when it is well browned on all sides (the browning process is to give that excellent flavour of what I call the "fire"), take out the duck, and to the butter in the saucepan add a teaspoonful of flour; when that has become brown, add rather more than a pint of good stock, a *bouquet garni*, an onion stuck with cloves, salt and pepper, and replace the duck. Put into another saucepan a dozen small turnips, with a piece of butter and a pinch of powdered sugar; put the saucepan on a good fire, brown the turnips well, strain them and add them to the duck. Let it simmer three-quarters of an hour. Take out the onion and *bouquet garni*, and with fine paper take off all the grease; serve with the turnips.

*ROAST DUCK WITH GREEN GRAPE SAUCE, OR
CANARD AU VERT JUS.*

This dish can only be indulged in during the month of September, unless you have a greenhouse where you can grow grapes, as the delicate flavour of the green grape is the charm of the sauce. Put the duck or duckling on the spit in the

usual manner, after pricking all parts of the bird where there is fat ; then place in the dripping-pan thirty large green grapes that you have pricked with a large needle ; baste very frequently and also powder a little salt on it.

Note : you can also cook in an earthen covered dish, which you buy expressly for such things ; it is like a raised pie dish ; but if done in a dish or saucepan you must lard it lightly, and allow it to cook very gently, basting frequently.

ROAST DUCK.

Duck to roast without the usual English stuffing of sage and onions, takes about thirty minutes ; serve it with its own gravy, when you have taken off all fat with white paper, and quarters of lemon round the dish.

TO BOIL A HAM.

Put it into plenty of cold water, skim, then simmer. As soon as it begins to simmer put in a large cupful of coarse brown sugar, and some people put a pint of sherry, but that is optional if it is to be eaten cold. Before it is quite done take it off the fire, let it remain in the water until the water is cold ; this will give it an excellent flavour.

TO BAKE A HAM.

For the excellence of this dish a good deal depends on the selection of the ham—the ham must not be *too new*.

Soak the ham in old beer or porter for twenty-four hours, then envelop it in a paste made with flour and water, in which you leave a hole large enough to pour in a pint of beer. Bake in a moderate oven ; the length of time must depend on the size of the ham.

VEAL.

VEAL CREAMS.

INGREDIENTS: Half a pound of lean veal, one pint of cold water, half an ounce of pearl barley, salt, pepper, one gill of cream, half an ounce of isinglass. Put the veal through the mincing machine, then into a stewpan with cold water and barley previously soaked. Simmer gently for two hours, strain and pound the meat and barley well, pass through a sieve, using the liquor to help it through; then add pepper and salt and the isinglass dissolved in a little water. Whip up the cream and mix lightly; pour into tiny moulds. When turned out decorate with hard boiled eggs—the yolks put through a sieve and the whites chopped finely.

FRICANDEAU OF VEAL.

Take a good sized piece of fillet of veal, about three pounds, lard it thickly with fat bacon, tie it round with string to keep it in a good shape, put it into a copper saucepan with two carrots, a good sized onion, a *bouquet garni*, two cloves, a slice of bacon. Arrange the vegetables, etc., first, and place in the meat, add a piece of butter (about a quarter of a pound). Place it on the fire until the vegetables are browned. Add a breakfastcup of good stock, withdraw it to the side of the fire and allow it gently to cook for about two hours and a half, basting it from time to time. Do not cover the stewpan. At the last add a little burnt sugar to the gravy, which you

must clear of all fat with soft paper; serve with either a *purée* of sorrel or tomato sauce. Fricandeau should be a golden brown.

BRAISED VEAL.

A piece of loin of veal about four pounds. Put into a stewpan two ounces of butter, a carrot, turnip, *bouquet garni*, one onion or shallot, one blade of mace, cayenne pepper and salt. Let all fry for five minutes. Spread the vegetables on the bottom of the stewpan. Place the meat, which you have carefully trimmed, on the vegetables; any bones or trimming of the meat place round it, cover the meat with buttered paper and add one quart of stock. Allow it to simmer for half an hour; then place the stewpan for an hour and a half in the oven without the lid. Baste occasionally with liquor. When nearly brown pour off most of the liquor. Put it into a clean saucepan and allow it to reduce by boiling rapidly. Place the meat on a hot dish. Strain the gravy round, garnish with lemon and serve.

NECK OF VEAL À LA POULET.

Take a piece of neck of veal according to your requirements, one cannot lay down a hard-and-fast rule for this kind of thing, you must use your own judgment. Soak the meat to get away all sinew and blood, cut it rather small and put it in a stewpan with a little butter, some button mushrooms, a *bouquet garni* and a good pinch of flour; add some white stock, just enough to cook the meat, but not to make it into a washy gravy. When the meat is sufficiently cooked take the well beaten yolks of three eggs, mix them with the gravy. remove the meat on to a hot dish, add to the gravy a little finely chopped parsley and the strained juice of a lemon.

POTTED VEAL.

Take a pound of veal cutlet, put it into an earthen jar with a blade of mace, a lump of butter (two ounces), pepper,

and salt. Place the jar in the oven, allow the meat to cook gently without becoming too brown or dried up ; if it becomes at all dry add a little more butter ; when it is cooked place it on a chopping-board, chop it lightly, then put it in a mortar with the gravy and the butter in which it has been cooked, add a little cold butter and two spoonfuls of essence of anchovy, then press it down in a pretty potted meat pot, melt a good-sized lump of butter and throw it over the potted meat.

VEAL AND HAM PIE.

Ingredients : Half a pound of flour, quarter of a pound of butter, quarter of a pound of lard, one pound of veal cutlet, half a pound of gammon of bacon, two eggs, a bunch of sweet herbs, a small onion, salt and pepper.

Before commencing to make your paste, take the bone out of the fillet, and with that and the outer trimmings of the meat, with the onion and herbs, you will proceed to make a little gravy by putting the foregoing into a small clean saucepan, rather more than cover them with water and allow it all to simmer whilst you make your pie ; hard-boil the eggs, and when done dip them into cold water—this enables the shell to be removed easily—put the flour into a sufficiently large basin with half the butter and half the lard and a little salt, beat it well with a silver fork until flour, butter and lard are entirely incorporated ; then, and not till then, add a little water, mix well still with a fork or wooden spoon (it is not necessary to touch it with the hands), next place it on a paste-board and roll it out three times, each time adding a little butter and lard ; after the third time put it on a floured plate and place it in the coolest place you have until it is required. The reason for doing this is that the paste cools and becomes lighter ; nothing should be hurried in cooking, if it is at all possible to avoid it.

Next place your meat in the dish with the hard boiled eggs cut in halves, salt and pepper, allow the gravy to

become cold, then take off any fat that may be on it, strain it, add it to the meat in the pie-dish, cover it with the paste, bake in a medium oven, *not too rapidly*, for an hour and a half. If you see the crust is cooking too rapidly, cover it with paper and there is no harm in leaving it, after taking it from the oven, on the hot plate, as sometimes the crust will become overcooked, whilst the meat is underdone.

BLANQUETTE OF VEAL.

Take a piece of the breast of veal, about three or four pounds, put it in a saucepan with cold water enough to cover it well, put it on a good fire so that the scum may rise, skim it well, add salt, pepper and *bouquet garni*, one onion pricked with four cloves, one large carrot cut in pieces; let it cook gently an hour and a half, then it is best to put it away till the next day. Take the meat out of the saucepan and put it away in a clean basin, remove all fat; make a white sauce with half a pound of flour and a quarter of a pound of butter, moisten it with the liquor the meat has been boiled in, add it to the meat and allow it to simmer a quarter of an hour. Place the joint on the dish in which it is to be served, then have ready the beaten yolks of three eggs with a little milk or cream; add to the sauce at the last moment also the juice of a lemon and a tablespoonful of finely chopped parsley; you may also add some small button mushrooms and some very small onions which have been prepared separately.

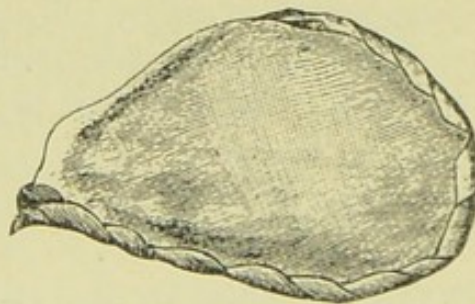
VEAL OLIVES.

Ingredients : Seven thin slices of veal cutlet one-eighth of an inch thick, seven thin slices of streaky bacon, three ounces of bread crumbs, two ounces of suet finely chopped, one teaspoonful of chopped parsley, half a teaspoonful of chopped fine herbs, a little grated lemon rind, salt and pepper, the yolk of an egg, two ounces of butter and one pint of brown stock. Lay a slice of the bacon on each fillet, then a layer of stuffing;

roll each fillet up and tie it so as to keep the stuffing in. The stuffing is made of the bread crumbs, parsley, suet, herbs, lemon rind and seasoning, and mixed with the yolk of one egg. Then melt two ounces of butter and fry the fillets brown and let them stew very gently in the brown sauce for one hour; add lemon juice just before serving. Dish up in a pile with mashed potatoes in centre. Beef olives are made the same way, but without bacon.

VEAL CUTLETS EN PAPILOTE.

Take a large half sheet of white paper, fold it in two, longways, open it, round the corners, put in the inner side a teaspoonful of salad oil; allow it to run all over the paper except the edge. Then place on the side you have oiled two spoonfuls of bread crumbs, one ditto of chopped mushrooms, half a spoonful of chopped parsley, a thin slice of fat bacon and a small piece of butter. Then lay in your veal cutlets and repeat the other side, not too thick, taking care that it has already been salted and peppered. Then shut up the paper, pleating over the edges in the form below:



Let them grill for a quarter of an hour each side. Take care the fire is not too hot or it will burn the paper. If the fire is too hot throw some cinders on. You can also cook these cutlets in an oven that is not hot enough for roasting.

CALF'S LIVER À LA BOURGEOISE.

Take two pounds of calf's liver ; lard it well with rather a large larding needle. Put it into a saucepan with a good sized piece of butter, pepper and salt. Let it brown on all sides. Then add twelve small new carrots and twelve small onions, a *bouquet garni*, a glass of claret and as much good stock as will allow it to simmer for an hour. Then take off all grease and serve with vegetables around it.

CALF'S LIVER BONNE FEMME.

Half a pound of liver cut in thin slices ; put some butter into a frying-pan ; when it is melted put in the liver, fry it over a quick fire. When cooking, powder it with salt and pepper. When it is well cooked place it on a hot dish whilst you make the gravy by again putting the frying-pan on the fire and adding a spoonful of flour and half a glass of white wine, and a little stock (only half a glassful), a small spoonful of shallots finely minced and the same quantity of chopped parsley, let it become quite hot and put it over the liver.

CALF'S BRAINS WITH ITALIAN SAUCE.

Clean well a calf's brains, let them be well soaked and the skin removed. Place them in a saucepan with cold water, salt, a teaspoonful of vinegar, and one laurel leaf. Let them boil up and then drain. Serve with Italian sauce over it.

BRAISED CALF'S HEAD.

First remove the veins, clean thoroughly and boil for five minutes. Again wash the head and put it into a saucepan well covered with water and boil it until you can remove the flesh from the bone. Then remove all the bone, roll the tongue inside, leave the ears outside, place it in the saucepan in the liquor in which it has been boiled and allow it to simmer in the oven for two hours. Do not put the lid on the saucepan.

Thicken the gravy, which has now become a rich brown. Make some cakes of the brains with a little chopped parsley, bread crumbs, yolk of egg, and a little cream. Fry them and garnish the dish with them, also some button mushrooms cooked apart. Add lemon in slices.

CALF'S HEAD EN TORTUE.

The head must in the first instance be cooked as in the preceding recipe for braised calf's head. Then put in a large stewpan a quarter of a pound of butter and a pound of streaky bacon, three tablespoonfuls of flour, salt and pepper. Allow, after the butter has melted, the bacon to become in a lightly cooked condition. The flour you will smooth out in a basin with a little water before adding it. Then add a tumbler of water and a bottle of any white wine, common hock or Gravè, a *bouquet garni*, two large onions, one picked out with cloves. During the time this is slowly cooking prepare the usual garniture for this dish, *i.e.*, some cocks' combs, chicken's kidneys (those you can buy in bottles already prepared), some quenelles of veal, quite small, some small squares of cold ox tongue, dressed sweetbreads (lambs' will do), button mushrooms and an olive from which you have removed the stones. When the sauce is ready place all those ingredients in the saucepan and then the meat of the calf's head. Having previously cut the ears off, place them in the centre of the dish. Garnish the centre with crayfish, green gherkins and fried *croûtons* cut in pretty shapes. See that your sauce is well flavoured.

CALVES' EARS (*Entrée*).

Have as many ears as you have guests. Boil them in precisely the same manner that you would a calf's head; snip the borders or edges of the ears, arrange them to stand up in the dish and place in the centre any good sauce, such as Sauce Piquante, Sauce Ravigote or Sauce Tomate.

FRIED CALVES' EARS.

After having boiled them allow them to get cool, then cut each ear in two lengthwise. Have the well beaten yolks of two eggs, to which you have added a little fine salad oil; dip them, then bread crumb them, fry them a good golden colour, serve with fried parsley in the middle and tomato sauce in a sauce boat. You must, of course, arrange the ears daintily on a dish paper--so much depends upon things looking pretty.

BRAINS À LA EMS.

Well clean and wash the bullock's or calf's brains, put them in a saucepan with boiling water in which you have put a teaspoonful of salt and the juice and rind of one lemon. Stew over a slow fire for one hour. Take them out and cut them in slices and pour over them the following sauce: Half a pint of strained liquor, yolks of four eggs well beaten, two ounces of butter roled in flour, juice of one lemon, one dessert-spoonful of sugar and a pinch of nutmeg. Stir over a slow fire, pass through a tammy over the pieces of brain that have been prettily arranged on a dish.

LUNCHEON DISHES.

BŒUF À LA MODE.

TAKE four pounds of beef cut in one thick piece, three-quarters of a pound of fat bacon, cut off the rind, which put aside to blanch, and then cut the bacon in strips for larding, about one-third of an inch square and sprinkle them with pepper. Lard the meat with this bacon and tie it up neatly. Place the meat in a stewpan with rather less than a pint of white wine, a glass of brandy, a pint of stock, a pint of water, two calf's feet already boned and blanched; put it on the fire, adding not quite an ounce of salt; make it boil up and skim it as you would a *pot-au-feu*. Having skimmed it add one pound of carrots, one onion, three cloves, one bunch of herbs and two pinches of pepper. Place the stewpan on the corner of the stove, cover it and allow it to simmer very gently for four hours and a half. Try the meat with a skewer to learn when it is sufficiently cooked. Strain the gravy through a fine tammy, remove carefully every atom of grease and reduce it over the fire about a quarter. Untie the beef, place it on the dish for serving; add the calf's feet, each having been cut in pieces, the carrots cut into pieces about an inch long, and add a dozen glazed onions; arrange the calf's feet and carrots round the beef, pour the gravy over the meat, keeping what you do not require for next day. Taste to ascertain if sufficiently seasoned; a clove of garlic is an improvement, but optional.

FILET DE BŒUF À LA NAPOLITAINE.

Lard a fillet of beef and roast it before the fire ; whilst it is cooking make a sauce by putting in a saucepan some good gravy, a little gooseberry jam and a dozen ripe grapes ; allow it to simmer, pass it through a tammy and when the meat is dished up put the gravy round.

AN EXCELLENT HASHED BEEF OR MUTTON.

Take the meat from the bone, cut it in neat slices, removing from it all skin and outer edges ; put the gravy from the meat into a stewpan, with half a pint of water, two tablespoonfuls of mushroom ketchup, one ditto of Harvey Sauce, and a teaspoonful of minced savoury herbs, half an onion chopped fine, salt, and a very little cayenne ; let them boil for a quarter of an hour. Take a little of the liquor and rub it into a tablespoonful of flour, stir it well into the stewpan and let it boil ten minutes longer, pass through a sieve, return it to the pan, place the slices of meat in it and keep the saucepan by the side of the fire until it is heated through ; on no account allow it to boil, or it will become hard and uneatable ; a few minutes before serving throw in a tablespoonful of tarragon vinegar, arrange some *croûtons* round a hot dish and serve directly it is ready.

GRILLED ENTRECÔTE OF BEEF.

Have the beef cut in nicely shaped pieces, beat them well with a chopper to make them tender, season them well with salt and pepper, cook them on the gridiron for about a quarter of an hour and serve with Sauce Piquante.

TOURNEDOS.

Take some fillets of beef and cut them in pieces as large as the top of a champagne glass and quite two inches thick. First put them on a grill over a quick fire and let them get

browned. Then withdraw them and let them cook very gently for twenty minutes, turn them with a pair of tongs ; if you stick a fork in them they are ruined. Prepare some pieces of marrow about as big as a five-shilling piece, and when the tournedos are ready, put one piece of marrow and an anchovy fillet on each. Serve with Sauce Béarnaise or Maître d'hôtel. A charcoal fire is much to be preferred.

*ANOTHER RECIPE FOR TOURNEDOS. TOURNEDOS
AUX OLIVES.*

Tournedos are fillets of beef cut from the undercut of the sirloin (across, *not* with the grain). They are excellent fried in a well buttered frying-pan with a buttered paper over them ; they must be lightly sprinkled with lemon juice, pepper, salt and slightly floured with a dredger before covering them with the paper. Serve with a ragout of olives. Stone the olives, toss them in a little butter with some minced parsley and chopped shallot, make a good gravy, add a few drops of lemon juice and a *few* drops of anchovy sauce ; the latter must not be overdone or your tournedos will taste fishy.

ROAST LEG OF MUTTON.

The only way to have mutton in perfection is to be sure that it has been kept just long enough, even in summer ; by well drying it, flouring it, and also as a wise precaution sprinkling it with powdered charcoal, you may keep mutton for a much longer period than those persons who only hang it in a cool place. Three days in summer can be safely counted on. Roast it before a quick fire so as to tighten the pores of the meat and keep in the juice ; take care it is not overdone. Put into the dripping-pan two tablespoonfuls of water and some salt, baste it frequently and it will make it tender. A clove of garlic inserted in the extreme end of the foot-bone brings out the flavour of the meat in a marvellous manner.

HARICOT OF MUTTON.

Cut up either the thin end of a loin of mutton or the best end of a neck, take off all fat, put the meat into a stewpan with a little butter, place it on a quick fire until it is of a golden brown, strain all the fat into a frying-pan into which you have put some slices of carrots and turnips; when the vegetables are brown add them to the mutton and a *bouquet garni*, a little parsley, two onions, one pricked lightly with cloves, pepper, salt and a little good stock; let it simmer for half an hour, take off all grease; if the gravy is too liquid take out meat, etc., and reduce the gravy by boiling it up quickly before adding it to the haricot.

SHEEP'S FEET À LA POULETTE.

This excellent dish, so popular in France, not only with French people but also with English when they are there, is rarely or ever seen at an English table. I do not know why. It is nutritious, tasty, easy of digestion (if properly cooked), inexpensive and refined. I admit it does require care in the preparation, but what does not require care that is intended for human consumption? But to proceed with my recipe. Take as many sheep's feet as you require—according to your guests—soak them in cold water with the juice of a lemon to keep them white. Then put them on the fire in cold water, and when they are quite hot through take them out, cut them open and remove the wool that you will find in the fork of the foot. Then return them to a clean saucepan with clean cold water and simmer them very gently for four hours; then turn them into a clean basin and allow them to stand until the next morning, when you must remove all fat and loose bones; then put them into the saucepan with the liquor in which they have been boiled or fresh white stock, a few mushrooms, a *bouquet garni*, a pinch of nutmeg, pepper and salt. When they are quite heated through, take a piece of butter the size of a walnut, smooth it with a tablespoonful of flour, take out

the herbs, add the flour and then the well beaten yolks of three eggs, a little chopped parsley, and at the last moment a squeeze of lemon.

ROLLED SHOULDER OF MUTTON.

Tell the butcher to take out the bones and send them home, as they serve for making gravy or soup. The cook must be sure to remove any superfluous fat. Lay the meat open, place in the centre two cloves of garlic, then roll it up into a long roll, tie it up firmly with fine cord, and roast it. Serve with good gravy.

CÔTELETTES DE MOUTON À LA JARDINIÈRE.

Cook in a little stock some haricots, some new peas, turnips and carrots (they must all be cut in little dice), and some mushrooms. When they are cooked throw them in a saucepan where you have put some flour smoothed with a little butter. Let them simmer by the side of the fire until your cutlets are ready. Grill your cutlets in another stewpan with a little butter. Arrange them on a hot dish and throw into the middle of them the ragout of vegetables.

It goes without saying that you must only cook the vegetables together that take the same time; the others, such as delicate green peas and beans, must be cooked in a saucepan alone.

ROGNONS DE MOUTON SAUTÉS.

Take six sheep's kidneys, cut them in two, dip them in boiling water so as to enable you to take off the outer skin and the fat; then cut them into thin slices. Put a little butter into a frying-pan; when it is quite melted put in your slices of kidney and keep them on a quick fire for five minutes and *sauté* them well. Add salt, pepper and a small spoonful of minced parsley. Dust them over with two pinches of

flour. Shake them again for a minute, then moisten them with two tablespoonfuls of good claret and the same quantity of stock. Then let them simmer for about three minutes and serve very hot.

FILETS DE MOUTON EN CHEVREUIL.

Prepare nicely twelve tiny filets of mutton and well lard them. Put them in a marinade for three days. The marinade should be composed of vinegar, pepper, salt, bay leaves, herbs, parsley, onions, slices of carrot, slips of celery, rosemary and sage. Take them out of the marinade the moment before you require them, put them into a stewpan with a piece of butter and let them get a good colour. When they are cooked serve them with a Sauce Poivrade.

These tiny cutlets are best from the neck, and you take off the bones.

CIVET OF HARE.

In France a hare is never cooked whole; it would be considered great extravagance to do so in any private family, therefore a hare is cut in two. The fore part is made into a civet or stew, and the hind part is thickly larded with salt pork or streaky bacon, having first been put in a marinade (see recipe for *MARINADE*), perhaps for a night.

To make a civet you must have a stewpan in which you put a good piece of butter and some slices of streaky bacon cut quite small. Let it all cook gently with a dozen small onions. When they have taken a golden colour take them and the bacon out and put in the pieces of hare and allow them to cook. Take a wineglass of stock, smooth it with a tablespoonful of flour, a tumbler of claret and a little more stock so as to cover well the hare, and return the bacon and onions, also some mushrooms, one parsnip cut in pieces, a *bouquet garni*, the bottoms of four artichokes. Pass the liver through

the mortar with a little of the gravy and the blood of the hare. Put it all in the saucepan. If the sauce is too thin, add again a little flour ; it must cook very slowly. Serve with *croûtons*.

HARE EN TERRINE.

Take all the flesh away from the bones of a hare, cut up the meat with a little fresh pork and a little filet of veal, parsley, chives, pepper, salt, a very little lemon-thyme and a bay leaf. Then take one of those brown raised pie-dishes that are now so easily purchased ; it must have a cover. Line the bottom and the sides with streaky bacon ; then add the following ingredients, with the addition of a little finely minced ham : The blood of the hare, half a wineglass of brandy, cover all with slices of bacon. Put on the cover and keep in all the steam. Make a paste with flour and water and put this round the lid to prevent evaporation. Put it in not too hot an oven for about three hours. Serve in the terrine.

LEVERET SAUTÉ

Cut the leveret in pieces, put a good sized piece of butter in the stewpan, and when it is melted put in the pieces of leveret, and when it becomes a good brown put in twelve mushrooms that have been well washed and skinned, salt, pepper, chives, all cut up small except the mushrooms. Mix a little flour with half a glass of stock and add that with a wineglass of good white wine ; serve.

FRENCH POTTED HARE.

A leveret is delicious done in this manner ; you must keep the blood, take the flesh off in fillets, which you must carefully lard ; put them in an earthen saucepan with salt, pepper and two large spoonfuls of oil, a pinch of nutmeg and a little minced parsley ; and allow this to cook gently by the side of the fire. Put on the chopping board half a pound

of lean fresh pork and not quite so much fat bacon ; chop all this very fine, add salt, pepper, a little nutmeg and spices ; put it all in the mortar with the blood of the hare. Pound it well, take a fireproof raised pie-dish, line it with slices of bacon and a layer of the stuffing, then some of the fillets, then the stuffing, and so on until the dish is full, having the stuffing on the top. Cover with a slice of thin bacon, very thin, and one large bay leaf, then the cover. Have a deep dish in which you place the raised pie-dish filled with water, to make a *bain-marie* ; put it in the oven, let it cook slowly for an hour and a half ; when it is cold, melt some lard, cover your *paté* so as to preserve it ; put it in a cool place until it is required.

PARTRIDGE AU CHOUX.

Place in a saucepan three slices of salt pork and one saveloy ; on this foundation place two trussed partridges, old birds will do ; add eight small onions, a carrot, two cloves, a *bouquet garni*, also a cabbage, either a red one or a curly green one will do, but it must be already half cooked, and then thoroughly drained so that all coarse taste shall have gone before you add it to the partridge ; when this arrangement is complete, moisten the birds with two ladles of good stock, and cover with two thin slices of bacon and a buttered paper ; allow it to cook two hours, gently, be it understood, that is, at the side of the fire. To serve, press the cabbage, drain the birds, slice the saveloy to garnish, and if required, thicken the gravy, which, of course, is poured over the birds and cabbage ; use a little taste in arranging, so much depends on its looking well.

ANOTHER METHOD.

Cook a red cabbage with some slices of Lyon sausage, three pork sausages and three slices of lean bacon ; when the

cabbage is partly cooked, remove it into a strainer and drain well; from the saucepan carefully remove the sausages, etc., leave a little of the gravy; when the cabbage is thoroughly drained cut it up and place a layer of it in the saucepan, then a layer of sausage, slices of carrot and a thin slice of bacon; employ all your ingredients in this manner; add of course, salt and pepper, with the addition of a lump of fresh butter, cover with a buttered paper; see that you have sufficient gravy, it must not be dry. Whilst all this is simmering, put your partridges in a saucepan with a lump of butter, let them cook slowly, baste them frequently, add a little of the gravy you have taken from the other saucepan; when they are cooked and the cabbage is done, place the cabbage, sausage, etc., carefully on a dish, place the partridges on the top and the gravy around it. I do not recommend this as a pretty dish, but it is excellent if carefully prepared, and all men like it.

SALMI OF PIGEON.

Take two pigeons, cut each pigeon in four, put them in a stewpan with a piece of butter, let them brown well, then take them out, and add to the butter in the stewpan a little flour; when it is perfectly smooth add half a pint of stock, a *bouquet garni*, ten or twelve small onions, two or three slices of thin, streaky, salt pork. Let that simmer well for forty minutes, add the pigeons, allow it again to simmer a quarter of an hour, take out the birds, arrange them on a dish with the onions, and *croûtons*, if you wish for them, take all the grease off the gravy with a piece of white paper, and serve.

PIGEONS WITH GREEN PEAS

Are cooked as in the foregoing recipe, and then you serve the green peas in the centre of the dish without the gravy.

STUFFED PIGEONS.

Take the livers of the birds and chop them up with sausage meat, a small piece of lean ham, bread crumbs, three small mushrooms or truffles, pepper and salt, and if liked a little spice, bind it with the yolk of an egg, fill the pigeon with the stuffing. Either roast them or put them in a saucepan with a large lump of butter, or in an earthen fireproof dish which you may place in the oven, cover it, baste with the juice; at the last, when serving, squeeze over them the strained juice of a lemon.

PLAINLY ROASTED PIGEON.

When they are trussed cover the breasts with fat bacon, and if possible a large vine leaf; roast them before the fire for half an hour.

PIGEONS À LA CRAPAUDINE.

When your pigeons are carefully plucked and ready, cut them down the back, so as to flatten them out without separating them, then with a meat chopper, after you have dipped it in water, flatten the bird without breaking the bones, then throw over them fine salad oil; have ready some chopped mushrooms, chives, salt, pepper, parsley, well mixed with finely prepared bread crumbs. Pass the pigeons through this, place them gently on a gridiron, grill a golden brown, serve with Sauce Piquante.

PIGEONS À LA CASSEROLE.

Prepare the pigeons in the same manner as those above, put them in a copper stewpan with a piece of butter, some slices of bacon, salt and pepper; you may leave the cover on at the commencement. Baste them often when done, serve them on the slices of bacon with *croûtons* and olives around.

PIGEON PIE (Epsom Stand).

Ingredients : A pound and a half of rumpsteak, two or three pigeons, three small slices of ham, pepper, salt, two ounces of butter, four eggs, puff paste for crust. Cut the steak into pieces about four inches square and with it line the bottom of the pie-dish, season with pepper and salt ; cut each pigeon in two, season them inside and out, placing a small piece of butter in the interior of each ; lay each pigeon on the steak, with a piece of ham, add the hard-boiled eggs around the dish, fill it up with some good stock. Place a border of puff paste round the edge of the dish and cover the hole with a good thick puff paste. Place three of the pigeons' feet in the hole at the top. Glaze the crust, that is to say, brush it over with the beaten up yolk of an egg. Bake in a well heated oven for an hour and a half. When seasoning a little pounded mace may be added if liked.

GROUSE PIE.

Pluck, draw, and bone two grouse, cut one pound of calf's liver into pieces and fry it lightly in butter, with half a pound of veal cutlet and half a pound of lean ham, a shallot and a little parsley, all finely chopped, and four truffles, also chopped. Stuff the grouse with some of this, line the pie-dish with it and lay in the dish a pound of rumpsteak, cut thin and rolled up. Lay in the grouse, fill up the dish with the stuffing, cover with a good paste and bake three hours in a moderate oven.

A thin sheet of buttered paper, laid on the top of the pies when partly done, will keep them from burning when quite done.

PLOVER PUDDING.

Two green plovers will do, though, of course, golden plovers are the best ; nearly a pound of rumpsteak and a tumbler of claret are necessary for this delicious dish. Make a plain suet crust, have a good sized pudding basin, place the

crust well round the basin, then, having cut the steak in slices, lay it round, add salt and pepper, a little good gravy; cut the plovers in halves, rub in salt and pepper, place them on the steak, add a tumbler of claret, cover with remainder of the crust, tie over a clean floured cloth, and boil gently for about two hours; turn out, serve very hot; some people serve it in a basin with the napkin pinned round.

SNIPE PUDDING.

Divide three fresh snipes into halves, remove the gizzards and preserve the trail. Season the snipes with cayenne and lemon-juice, and set them aside until required. Slice an onion, and having fried it a light colour, toss in a tablespoonful of flour, chopped mushrooms, parsley, a *soupeçon* of garlic, nutmegs and herbs, moisten this with half a pint of claret; simmer all this for ten minutes until it boils, then add the trail and rub it through a sieve, line a basin with suet paste rolled thin, put in the snipes, sauce and some truffles, cover over with paste, steam for one hour and a half, and serve.

STEAK AND OYSTER PUDDING.

Line a basin with suet crust, cut up two pounds of rump-steak, season well and lay in the basin with two dozen fresh oysters, add a tablespoonful of good brown sauce, cover with paste, make a small hole in the centre, steam for two hours and a half. Turn out carefully.

RABBITS.

Irish stew made of a fresh rabbit cut up is a good luncheon dish.

LARDED RABBITS.

Cut the rabbits into joints, lard with strips of fat pork, put into a clean, hot frying-pan and fry until half done; have

ready some good strained gravy, put the pieces of rabbit with the gravy into a stewpan with a bunch of sweet herbs, a minced onion, pepper and salt. Let it stew gently, closely covered for half an hour, or until tender. Then take out your rabbit and arrange it on a hot dish; strain the gravy, to which add a piece of butter the size of a walnut, the juice of a lemon, and if necessary thicken with a *soupeçon* of cornflour, boil up and pour over the rabbit, and serve.

RABBIT À LA FRANÇAISE.

Take a young rabbit, cut it into pieces, put it into a copper saucepan with some butter and some small pieces of streaky salt pork, a pinch of flour, and a claret glass of white wine, a *bouquet garni*, pepper and salt. Allow it to cook gently for half an hour, prepare during this time some fresh mushrooms, two shallots and a sprig of parsley, chop all these very fine; at the end of the half hour add them to the rabbit and allow them to stew for ten minutes; serve with *croûtons* under and around it.

RABBIT À LA NEAPOLITAN.

Put into a frying-pan some lard, at least a quarter of a pound, when it is thoroughly melted add the joints of a rabbit and fry it a golden brown, add salt and pepper. Shake the pan well to prevent it burning. In the meantime you will have washed six good tomatoes and well dried them, but do not peel them, cut them up into a basin and add two table-spoonfuls of water. When the rabbit is brown add by degrees the tomatoes, that is, really *by degrees*, a tablespoonful at a time. Allow the whole to cook for a quarter of an hour, then arrange the rabbit on a hot dish, pour the gravy round, and serve. It is a Neapolitan custom to eat with this boiled macaroni, over which you have grated some Parmesan cheese and part of the gravy from the rabbit.

ROAST RABBIT.

This is much improved in appearance when brought to table if the backbone of the rabbit is removed, as well as being much easier to carve. In this case line the body with some thin slices of fat bacon and fill it with forcemeat prepared in the following manner: Six ounces of bread crumbs, the grated rind of a fresh lemon, two scraped anchovies, some parsley, thyme, and sweet marjoram shred fine, salt, grated nutmeg, and cayenne to taste. Mix into a light forcemeat with four ounces of butter broken up into small bits, the unbeaten yolks of two eggs, and a little cream. Stuff the inside of the rabbit with this, and truss it the same as a hare. Fasten a slice of fat bacon lengthways down its back, dredge it with flour, and roast it before a clear, brisk fire, basting constantly with butter or lard. It will take nearly an hour to roast. Serve with good brown gravy, and hand currant jelly round.

GIBELOTTE OF RABBIT.

If a nice young rabbit, cut it in joints. Put into a saucepan (copper is the best) twelve small onions, quarter of a pound of streaky bacon cut in slices with a little butter; let the onions become a good brown, then take them out and put the rabbit in the hot fat. When the rabbit is well browned add two spoonfuls of flour; leave it again on the fire for five minutes, then add rather more than a pint of stock, two wineglasses of claret, salt and pepper. Leave it at the side of the fire for two hours. Half an hour before serving add the onions, a *bouquet garni*, and about ten middle-sized potatoes. Take off all fat with fine paper; taste to ascertain if it is sufficiently seasoned, and serve.

This dish requires to be well seasoned.

RABBIT À LA TARTARE.

Place a rabbit in marinade, that is, in a pickle made with vinegar, salt, pepper, spice, onions, rosemary, sage, fine herbs, cloves, mace, etc. (That is to give an excellent flavour that can only be acquired by this treatment.) Leave it in the marinade four hours, cut it in joints, pass it through egg and bread crumbs, grill it, and serve with Sauce Tartare.

Always leave soup, gravy or cold vegetables uncovered when keeping them, or they will not keep well.

STEWED STEAK.

Take off all fat. Put one ounce of butter in a stewpan, then add the steak and allow it to fry a nice brown on a quiet fire. When it is nearly done add one onion, one carrot, one turnip, a little parsley and celery. Let it again cook gently. In the meantime put into a basin a tablespoonful of flour, half a pint of stock or water (stock, of course, is best), mix it smoothly, and add salt, pepper, a teaspoonful of Harvey's sauce, and half a teaspoonful of ketchup. Pour it over the steak, put it again on the fire, turn it occasionally until it boils up, then let it simmer gently for an hour. For garnishing, shred one carrot, one turnip, and boil them separately in boiling water with a little salt. Place your steak on a hot dish, garnish with the shredded carrot and turnip, with the addition of a very little chopped parsley on both. Serve the gravy round the steak after having passed it through a tammy.

COLD SALMI OF DUCK OR GOOSE.

If you have the remains of a duck or goose it is excellent served in the following manner. Having cut in joints the bird, take the liver and powder it with the back of a silver spoon ;

with it mix the cold gravy that has been left on the dish, then add two tablespoonfuls of olive oil with the juice of a lemon, salt and pepper. Place the joints of the bird on a dish surrounded by peeled olives and serve the sauce in a sauceboat.

ALOUETTES À LA CASSEROLE (STUFFED LARKS).

Take one or two dozen larks—it depends on the number of your guests. Put them in a stewpan with a little butter. When they are half cooked take them out of the stewpan and remove their gizzards (throw them away). Take the rest of the insides, add to them three chicken's livers, beat them all together in a mortar with a truffle, pepper, salt and a scrape of nutmeg; fill the inside of your larks with this stuffing, place the larks (now stuffed) in a fireproof dish; cover them with slices of fat bacon and a buttered paper; put them in the oven for a quarter of an hour, remove paper and bacon, arrange on very hot dish, and serve after having slightly powdered them with fine bread crumbs.

HOT SALMI OF GAME.

The most essential part of a salmi is the sauce, therefore devote your attention to that in the first instance. Commence by putting into a saucepan half an ounce of butter, three small slices of salt streaky pork or bacon, an onion chopped, tomato, two fresh mushrooms, all that remains from your birds; after cutting the joints and removing the skin, a bunch of fine herbs and a little pepper. Allow this to simmer by the side of the fire for a quarter of an hour, then mix an ounce of flour with half a pint of stock and a glass of claret, and allow it to simmer for twenty minutes, then pass it through a tammy into a clean saucepan. Remove every vestige of fat, add the bird, let it remain covered till the bird is thoroughly heated. Serve with braised olives and *croûtons*, braised olives in the centre and the *croûtons* around.

SPANISH ONIONS WITH KIDNEY.

Peel as many onions as you may require for your dish, and with a vegetable cutter scoop out the inside so that there will be sufficient space to put the kidney in, but be careful not to cut the onion too deeply, allow the thickness of half an inch at the bottom, season the onion with pepper and salt, a very little chopped bay leaf and thyme. Take small mutton kidneys and cut them in half lengthwise, remove the skin and core, and season them the same way as the onions, and if possible put two kidneys to each onion; then make a stuffing with the portion of the onions taken out, one ounce of bread crumbs, a little pepper, salt and chopped parsley, and the unbeaten yolk of an egg, cover the kidney with this mixture, then put the onion into a stewpan with a little butter. Add an ounce of finely chopped bacon with any core of the onion that has been left; cover the onions with a buttered paper, and fry them with the cover off the pan for a quarter of an hour. Then add about half a pint of good gravy, and let them braise for about three hours. It will be necessary to add a little gravy at times, also baste them occasionally. When ready to serve, strain the gravy, add a little red wine, and pour round the onions. Give plenty of time for cooking this dish. Remember it must be done slowly.

POLENTA (Italian).

Have an earthenware saucepan on the fire with a quart of boiling water, in which you place a little salt, take a handful of polenta flour and drop it into the boiling water, stirring it with the other hand with the handle of a wooden spoon. Keep adding the polenta until it is very thick, like porridge, then draw it to the side of the fire to cook, stir it occasionally so that it may not burn. It will take half an hour to cook; do not cover the saucepan, as you must often stir it. Finally turn it out on to the paste-board and allow it to cool and become so firm that you can cut it in slices, lay the slices in an earthenware baking dish, on each layer put three tablespoonfuls

of good gravy and some grated Parmesan and Dutch cheese mixed, then another layer of polenta, more gravy, more cheese, until the dish is full. Then place the dish in the oven for twenty minutes ; send it to table in the baking dish.

TYOLINE, OR NOUILLES.

Put on your paste-board half a pound of flour, make a hole in the centre and break into it two fresh eggs and about three tablespoonfuls of water, mix it well with your hand until it is quite smooth, then roll it out on a board on which you have spread a little flour, continue to roll it until it is as firm as paper and almost as dry, then finally roll it out as thin as paper, powder it well with dry flour, roll it up and cut it in thin slices—it will become like fine macaroni—lay it on a clean paper to dry for an hour, at the end of that time throw it into boiling water, allow it to boil whilst you turn with a fork for ten minutes, then throw it into a cullender ; when it is well drained put it into a saucepan with a little butter, salt, and pepper ; when it is hot, serve.

VEGETABLES.

WHEN boiling greens or onions, open the top of the closed stove a little way to allow the smell to escape up the chimney instead of through the house.

Soak all green vegetables of the cabbage kind in cold water with salt in it for half an hour before boiling.

Burn all waste leaves of vegetables and potato peelings. If thrown into the dust-bin they will decay and help to create bad smells and fevers.

To clean cabbages and cauliflowers from insects, put them in a pan of strong brine, stalks uppermost. Half a pound of salt to a quart of water will serve this purpose ; and the mistress of a house should be very exacting in having this rule carried out, for from want of this very necessary precaution caterpillars are often encountered in one's plate, and a lifelong prejudice against a wholesome class of food is created.

GREEN PEAS À LA BOURGEOISE.

Take a quart of peas freshly shelled, place them on a plate and look them over carefully, but do not wash them. Put them into a saucepan with a piece of butter, some chives, three lettuce leaves and four small onions ; add a little white sugar. Allow them to cook gently in the butter. When they are cooked, take them back from the fire, add the beaten

yolks of two eggs and a little butter. Do not allow them to remain on the fire long enough to burn, or they will be yellow and ugly to look at instead of a pretty green.

CARROTS À LA MAÎTRE D'HÔTEL.

Cut your carrots, after scraping and washing them, into short pieces, and cook them in salt and water and a little butter. Have ready another saucepan in which you have melted some butter; add to this a dessertspoonful of chopped parsley, a teaspoonful of chopped chives, salt and pepper. When all this is well mixed add your carrots, which you have previously drained on a cullender. *Sauté* them until quite hot, and serve.

RAGOUT OF CARROTS.

Scrape and well wash the carrots, put them for a moment in boiling water; take them out and cut them in slices. Put them in a saucepan with a small piece of butter, salt, pepper and a little chopped parsley. Add a little milk just to keep them from burning, and when they are sufficiently cooked add the beaten-up yolk of an egg.

ANOTHER WAY OF COOKING CARROTS.

Put into your stewpan two slices of bacon, some chives (a spoonful when chopped), salt, pepper and a teacupful of good gravy or stock. Let your slices of carrot cook in them, and when done, serve.

FLEMISH METHOD OF COOKING CARROTS.

Cut them in slices and throw them for five minutes in boiling water. Put in a saucepan a little butter, a little stock, and a teaspoonful of loaf sugar. Add the carrots and allow them to cook gently. When done add a little chopped fine herbs and serve garnished with fried *croûtons*.

CARROTS À LA POULETTE.

Scrape and cut the carrots into slices. Put them into boiling water with a little salt and a little butter. When they are cooked drain them; whilst they are draining put into a saucepan a piece of butter as big as a walnut and a tablespoonful of flour. Mix well and season with salt and pepper. Add a small cup of good stock (not greasy). When your sauce is well mixed and smooth add the yolk of an egg and very little loaf sugar. Then add your carrots, shake, *sauté*, and serve.

FRIED CARROTS.

Cut the carrots into thin round slices; throw them for a few minutes into boiling water, then drain them on a cullender and throw them into a frying-pan with boiling fat. When they are fried a pale brown and crisp, place them on a paper on a dish, lightly sprinkle with salt, and serve.

YOUNG CARROTS.

Pop them into boiling water, let them boil up, take them out, rub the peel off with a clean cloth, then put them back into boiling water with a little salt.

MASHED TURNIPS.

Peel and lay in cold water, slightly salted, until the water boils in the saucepan intended for them. Put them in and boil till very tender. The time will depend upon their age. Drain and mash in a cullender with a wooden spoon, stirring in at the last a spoonful of butter with pepper and salt to taste. Serve very hot.

Another way is to rub them through a cullender, add a little milk, butter, pepper and salt. Heat to boiling in a clean saucepan, and serve.

RED CABBAGE.

Let the cabbage boil for a short time, take out the heart, cut it into pieces and put it into a stewpan with a piece of butter and some salt and pepper. Allow it to stew over a moderate fire, stirring it frequently so as to mix it well with the butter.

TURNIPS À LA POULETTE.

Put into a saucepan a morsel of butter, a teaspoonful of flour ; when the butter is melted mix it well with the flour and moisten with a glass of water. Put in two onions and a *bouquet garni*, salt and pepper, then add the turnips, that have been well washed and dried, cut in quarters if they are large, in two if they are small. When they are cooked take out the herbs, add the yolk of an egg and a little cream.

SPINACH.

When ordering spinach be sure you order sufficient. A young housekeeper of my acquaintance, ordering spinach for herself and husband purchased one pound. When it should have appeared upon the table there came a dish with a poached egg. "Where is the spinach?" she demanded of the servant. "Under the egg, ma'am." And it was really all there. So please get enough spinach to be visible to the naked eye. Pick it over very carefully—it is apt to be gritty—wash it in several waters, and let it lie in the last an hour at least. Take it out with your hands, shaking each bunch well. Put it into plenty of boiling water with a little salt ; stir it frequently with a wooden spoon ; boil from fifteen to twenty minutes. When tender drain it thoroughly, throw over it a pint of cold water ; again drain it, put it on a paste-board and chop it very fine. Put it into a saucepan with a little butter, pepper and salt, and stir until very hot. A small quantity of cream is a great improvement. Serve with hard-boiled eggs, cut in quarters, or with *croûtons*, or with poached eggs.

ASPARAGUS (to boil).

Cut the stalks equal lengths, rejecting the wooden or lower portions, and scraping the whole part that remains; throw them into cold water as you scrape them, tie them in a bunch with soft string, and put it into boiling water slightly salted. If very young and fresh, it is as well to put it in a piece of coarse net to protect the tops. Boil from twenty to forty minutes according to the age. Just before it is done, toast two slices of bread, cutting off the crust, dip it in the asparagus liquor, butter it and lay it in a hot dish; drain, untie your asparagus, and pile on toast.

SPANISH ONION.

Take off all outer skin and stalks, put it into cold water, and allow it to boil very gently for an hour; then take it out and put it into a saucepan, with enough stock to cover it, and allow it to cook gently until it is done. It is impossible to say how long this process may take, as so much depends upon the age and size of the onion.

ONIONS GLACÉ.

Put into a baking tin a good tablespoonful of sugar, (powdered) and melt it until it is quite brown, then add one dozen very small onions. Allow them to cook slowly in the oven. When they are partly cooked add a tablespoonful of water and allow them to remain until they are done. Do not cover the baking tin. These onions make an excellent addition to a hash or stewed steak, or civet of hare.

ANOTHER METHOD.

Take a dozen moderate sized onions, wash and peel them without breaking the heads; place them side by side in a baking-tin in which you have already melted a good sized piece of butter and two ounces of sugar (white), salt, and about

a wineglass of stock. Allow them to cook in a slow oven. When they are done the gravy ought to be reduced to glaze. Take out the onions, dilute the gravy that is left in the tin with a little hot stock, and pour it round the onions.

GREEN ARTICHOKEs (Italian method of cooking).

The younger the artichokes the better for this dish.

Wash them well and drain them, then, when they are perfectly dry, and the points of the leaves are trimmed, pour over them some fine salad oil. Place them in a copper stewpan, cover them with water, let them cook gently until the water is all gone, and they are ready for serving. Serve alone in a deep dish.

RAGOUT OF TRUFFLES.

Wash and brush the truffles in two or three waters, then peel them and cut them in slices; put them in a saucepan with enough stock to cover them, a wineglass of claret, salt, and a piece of white sugar. Allow them to cook slowly. You may serve them alone or as an adjunct to any dish requiring garnishing. If served alone, thicken slightly the gravy.

TRUFFLES AU GRATIN (Italian).

Well wash and brush some truffles; peel them, cut them into extremely thin slices, place them in a deep dish with a little oil (not enough to cover them), salt, pepper, a *souffçon* of ground spice, a little parsley, a clove of garlic and a squeeze of lemon. All these condiments must be made so fine as to be almost pounded. Cook them in a covered saucepan, and before sending them to table. pass a salamander over them.

FRIED POTATOES.

Slice some good sized potatoes, throw them into cold water, and allow them to remain for an hour, dry them in a clean cloth and fry them in hot fat. When nearly done, take them out, lay them on white paper, heat up the fat, making it boil, plunge the potatoes in and crisp them. Place them again on paper to dry; sprinkle with salt. Serve at once; never cover them.

POTATO BALLS (to hand with Game).

Bake six potatoes in the oven in their skins. When done take out all the insides, mash them until they are quite smooth, and allow them to get cold; then put the potatoes into a mortar with a quarter of a pound of butter, a little finely chopped parsley, chopped shallot, salt and pepper. Beat well together, then stir in the yolks of two eggs and the white of one. Form into oval shaped balls, wash over with the white of an egg, roll in bread crumbs and fry a light brown in boiling fat.

DAINTY POTATO LOAVES (to serve with Game or Cutlets).

Boil four old potatoes, pass them through a sieve, add half an ounce of butter, a little pepper and salt, a grate of nutmeg, very little finely chopped parsley, and just a *souffçon* of chopped onion; add the yolk of an egg, beat it well together. Form into twelve little rolls—six large, six smaller; flour your hands before rolling them; then flatten down the larger rolls and add the smaller ones on the top to form them into cottage loaves. Bake them for half an hour. Serve when they are a pretty brown—the colour of well baked bread—on paper, with a little finely chopped parsley around. Don't forget to make a little hole in the top of each with a teaspoon, to make the resemblance to cottage loaves complete.

ROASTED POTATOES BUTTERED.

Wash and clean large mealy potatoes; roast in the oven. When done, cut the skins in two, take out all the potato, mash with butter, salt, cream and pepper, and put the mixture back into the skins; press the two halves together to look like whole potatoes. Return to the oven until quite hot. Serve on a neatly folded napkin or cut paper.

POTATOES À LA CRÈME.

Cook your potatoes in their skins, then peel them, cut them in slices, put them into a saucepan with salt and pepper and a little nutmeg; moisten them by filling the saucepan a quarter full of milk. Allow it to simmer to reduce the milk to three parts of its quantity, then add a little fresh butter and half a wineglassful of good double cream. Shake the saucepan to well mix the cream with the potatoes. You may, if you wish, add a little chopped parsley.

SOUFFLÉ OF POTATO.

Wash, then peel the potatoes (kidney potatoes are the best), cut them lengthwise (not too thin), throw them into a frying-pan in which you have some fat (not hot, but tepid), to cook them *slightly*; then take them out, and lay them in a cullender to cool, then throw them into another frying-pan of boiling fat, when they ought instantly to inflate. When they are a pretty golden brown, take them out, throw them on white paper to dry, scatter a little salt over them; serve. Do not cover them or they will spoil.

GREEN PEAS À LA FRANÇAISE.

Put into a saucepan a quart of green peas (of course, the younger they are the better), a small glass of cold water, a quarter of a pound of fresh butter. When the butter is well melted, add a small bouquet of parsley, pepper, salt,

and a little more butter, a small lettuce, ten small onions. Let them cook for an hour more or less, according to the age of the peas. If you remove the cover of the saucepan, and place a soup-plate full of hot water, your peas will be better in colour and taste. Do not put too much water with the peas, as there is a certain amount in the lettuce. Take out lettuce, parsley and onions before serving.

FRIED CELERY.

Any celery that may be left from luncheon or dinner, more especially the root, can be used up by cutting it in pieces, dipping it in butter, and frying it.

FRIED CELERY TOPS.

A very appetising thing with any fried fish are the green tops of celery, fried in the same manner and served instead of parsley. The Italians use it greatly.

FONDU OF CELERY.

To make sufficient fondu for a small dinner you require at least three good sticks.

When it is well washed and cleansed, chop it up finely and put it into a saucepan with enough cold water to cover it, put in a little salt, then strain it and put it into another saucepan, and add a pint of milk, a *bouquet garni*, and cook it until it is tender enough to pass through a sieve; then add an ounce of butter, an ounce of Vienna flour, and cook it until the purée becomes quite thick; then add again a little salt and cayenne pepper, if liked, and a dessertspoonful of lemon-juice. Beat up the yolks of three eggs until they are quite like cream, and then lastly, the whites of the three eggs after they have been whipped to a very stiff froth. Pour the mixture into ramekin cases (only half fill them), sprinkle some light brown bread crumbs over, add a morsel of butter to keep them moist; bake in a moderate oven for a quarter of an hour.

STEWED CELERY.

Take three or four heads of celery, wash and drain them; boil in water until tender. Have ready some good gravy (not thickened with flour), lay the celery in the gravy in a stewpan, and when quite hot, serve in a vegetable dish with the gravy

STEWED LETTUCE.

You must select good, firm lettuces. Take off the outer leaves, wash them well and blanch them in boiling water for ten minutes; let them get quite cold, make a slight incision in each, put in a little salt, pepper, and a *souffçon* of nutmeg. Tie them firmly round with a little cotton or fine string. Lay a good slice of bacon in the bottom of the stewpan, place the lettuces on the bacon; add carrot, onion and a *bouquet garni*. Cover it all with some good stock, for lettuces, when cooked, require something to give them a flavour. Allow them to simmer for two hours, take out the lettuces, take all the fat off the gravy after you have allowed it to well boil up, and throw it over the lettuce.

BRUSSELS SPROUTS (French Method).

When they have been well washed and picked over, so as to remove all faded leaves, etc., put them into boiling water and cook for a quarter of an hour. Strain them off, throw a little cold water over them, drain them again thoroughly, put them into a saucepan with a little piece of butter, pepper, salt, a grate of nutmeg and a little stock; leave them by the fire to become well heated through, then serve.

Cooked in this manner they are supposed to be eaten alone.

BRUSSELS SPROUTS À LA CRÈME.

Prepare them precisely as those in the foregoing recipe, except that you add instead of stock a little cream.

DANDELION LEAVES.

Dandelion leaves are excellent, boiled as you would endive.

It takes much longer to boil anything in an ill cleaned saucepan, as the heat cannot get to it so soon.

TOMATOES AU GRATIN.

Take a fireproof baking-dish (china), put a little oil in it, salt and pepper, sprinkle it with powdered herbs and grated bread crumbs, on this arrange the tomatoes that have been cut in half, and again sprinkle with the bread crumbs, salt and pepper; then pour a little oil or butter that has been melted in the oven, and let it cook for an hour if the tomatoes are large.

STUFFED TOMATOES.

Plunge them into boiling water for a moment so as to be able to remove the outer skin; then with the handle of a silver teaspoon scoop out the pippins with the greatest care, and season with salt and pepper. The stuffing is made by putting into a saucepan a piece of butter as big as a walnut and a spoonful of flour; when this is well blended and perfectly smooth, a little chopped mushroom, chopped parsley, and half a spoonful of chopped shallot, salt and pepper; stir them over the fire until they are all well heated through, then add a very little stock and leave them to simmer five minutes, fill the tomatoes, strew them over with bread crumbs, place them in the oven for a few minutes. Serve very hot.

CAULIFLOWER AU GRATIN.

When cooked drain it on a tammy-sieve; then mix an ounce of butter and a dessertspoonful of flour quite smoothly

with a gill of water, put it in a saucepan and stir until it boils, add a grain of cayenne, very little lemon-juice; you want, also, three ounces of grated Parmesan, half of which you put in the sauce, as well as two tablespoonfuls of cream, throw some over the cauliflower, the other part into the sauce, put it well over the vegetable; brown it with a salamander.

ASPARAGUS.

Scrape the asparagus, wash it well and cut it all in one length; have ready a stewpan of boiling water, with water about three inches in depth, tie the asparagus in bundles and stand it upright so as to leave the tender green above the water; fit a lid tightly on and boil rapidly for about twenty minutes; dish on toast and serve with melted butter.

CAULIFLOWER.

This should be well washed in salt and water, then plunged top downwards into boiling water, the lid kept off, and boiled rapidly until tender; serve with melted butter poured over.

CARROTS.

Scrape the carrots and let them lie in cold water until wanted, then plunge them into boiling water with a little salt, keep the lid on and boil slowly.

GREEN VEGETABLES.

These must be well picked and washed, then plunge them into plenty of boiling water with a little salt and let them boil very rapidly with the lid off.

TO BOIL RICE.

To a quarter of a pound of rice allow half a gallon of water, put the water on to boil and add a dessertspoonful of salt ; wash the rice in several waters, then throw it into boiling water, and see that it boils rapidly for exactly fifteen minutes, then strain in a cullender and pour over it a quart of cold water, put it in a clean saucepan, and place it on the fire to get dry and hot, stirring continually with a fork.

E G G S .

PLAIN BOILED EGGS.

THERE is a great deal in the boiling of an egg, and many cooks do not know that an egg should first be dipped in cold water to prevent its cracking, and then after being carefully dropped into the boiling water should be closely covered and moved back on the range, where it will be kept at a degree of heat, but not boiling, for ten minutes ; this causes the white to be of a creamy consistency, easily digested, and the yolk not hard and dry.

SCRAMBLED EGGS.

For three eggs take four tablespoonfuls of cream or miik, a little chopped parsley, pepper and salt, a tablespoonful of butter and a dust of nutmeg ; stir it over the fire until it thickens and put on squares of hot toast ; serve quickly.

EGGS À LA TOMATE.

Butter some small china ramekin moulds, sprinkle in each some finely chopped parsley, then in each break a fresh egg, place the moulds in a *bain-marie*, steam them in hot water until the eggs are lightly cooked, turn them out on small rounds of buttered toast placed on a hot dish and surround the dish with some good tomato sauce.

A very pretty entrée or luncheon dish.

ŒUFS À LA BÉCHAMEL.

Cut some slices of lean ham or tongue into rounds and heat them in the oven with a little Marsala. When quite hot place them on *croûtons* of the same size, lay a poached egg on each, sprinkle with a little finely chopped parsley, and serve with good creamy Béchamel sauce round.

ŒUFS AU FOIE GRAS.

Spread some neat fried *croûtons* with *pâté de foie gras*, or any potted meat, put a poached egg on each, sprinkle with red pepper and finely chopped parsley, and serve at once.

EGGS À LA TRIPE.

Take twelve small onions and fry them in some butter until they are a pale golden brown, then add a little more butter and two tablespoonfuls of flour, half a pint of milk; stir it all in gently with the onions; when the ragout is well mixed and cooked, place it on a dish and add quarters of hard-boiled eggs.

EGGS EN MATELOTE.

Put into a saucepan half a pint of claret, the same quantity of water or stock, a *bouquet garni*, salt and pepper, and allow it to boil ten minutes, then take out the seasoning and poach in it six eggs one after the other, and as they are cooked place them on a piece of toasted bread, which you have previously placed on a hot dish. When all your eggs are cooked add to your gravy a little butter and flour; allow it to boil up, pass it through a fine sieve on to the eggs, and serve.

EGGS IN CASES.

One egg for each case. Put in each case a piece of butter the size of a small nut and some chopped fine herbs;

melt the butter before adding the eggs by putting the cases in the oven, then break a fresh egg into each case. Season them well and cover them with bread crumbs that have been lightly browned with butter, and then lightly grate over them a little Parmesan; steam them slowly and serve. It is best at the last to pass the salamander over them. Serve them in the cases.

FRIED EGGS WITH TOMATO SAUCE.

Put into a small clean frying-pan a little salad oil—about a quarter of a pint. When it is smoking hot, tilt the frying-pan so as to get all the oil in one place, then pass gently into the oil a new-laid egg which you have previously broken on a plate and seasoned with salt and pepper. As you allow it to glide into the boiling oil, wrap the white over the yolk so that it forms into a roll. This requires careful handling, as the yolk must remain soft. As each egg is cooked, place it on a clean cloth to drain, and continue until you have as many as you require, then place them on a dish and pour round a good thick tomato sauce.

ŒUFS MOLLETS.

Boil as many eggs as you may require for your dish for five minutes. Take them promptly out of the hot water and put them at once into cold water, then take off the shells. Now the eggs remain quite soft to the touch. Serve them either with white sauce or sauce piquante, or with a purée of sorrel and spinach.

ŒUFS SUR LE PLAT.

Put into a fireproof baking-dish a piece of butter the size of an egg; cut it into morsels. On this break as many eggs as you require, grate over it a little Parmesan cheese, pepper and salt, and cook it gently in the oven.

EGGS AU TOMATE.

Take a fireproof baking-dish and place in it six well washed and dried tomatoes ; put a good sized piece of butter between each, with salt and pepper. Place the dish in the oven, and when the tomatoes are nearly done, break in between each tomato a good fresh egg ; return it to the oven, and in ten minutes it will be fit to send to table. You may arrange a serviette round the dish, if you like, before serving it.

EGGS WITH CHICKENS' LIVERS.

Nicely arrange and season with pepper and salt six chickens' livers ; place them in a fireproof baking-dish, with a little butter between each. Put the dish in the oven for a few minutes, then take it out and break a new-laid egg between each liver, and powder the whole with chopped truffles. Add here and there a little butter, return the dish to the oven until the eggs are cooked, and serve at once. This is also frequently served in separate little dishes, called cocote.

BURNED EGGS WITH FINE HERBS.

Put into a frying-pan two ounces of butter ; break into this six eggs, add salt, pepper and two tablespoonfuls of milk. Put it on a quick fire and stir it all the time until the eggs take a good consistency, then add a dessertspoonful of finely chopped parsley, and lastly, some *croûtons* that have been fried in butter.

CURRIED EGGS.

First of all arrange to have well boiled rice quite ready, then, while your curry sauce is being made put on your eggs to boil, as they must be quite hard and hot. The curry is made by putting into a frying-pan two onions cut in slices,

and allowing them to fry a rich brown, but not to burn, with two ounces of butter. When the onions are done remove them carefully with a vegetable spoon. Add to the butter two apples, if small—one, if large ; chop fine, and add a table-spoonful of tamarinds without the stones. When this is cooked a short time, add a teacupful of milk, in which you have stirred a dessertspoonful of Indian curry powder, return the onions, and add, if you wish the curry to be liquid, a little more milk. Let it warm up well, then arrange your rice in a border on a dish, put the quarters of hard-boiled eggs in the centre and the curry sauce round or over the eggs, and hand chutney with this dish.

ŒUFS FARCI.

Boil six eggs quite hard, allow them to get cold, cut them in halves, take out the yolks and beat them up in a mortar with a little butter, salt, pepper, nutmeg and a spoonful of finely chopped parsley ; fill the whites with this *farci* (stuffing). Place the remainder of this stuffing in a fireproof dish, arrange it neatly, and place the stuffed halves on it, put the dish in the oven to brown ; serve with either mayonnaise or tomato sauce.

SAVOURIES.

MUSHROOMS AU GRATIN.

WASH your mushrooms thoroughly, put them into a sieve to drain for half an hour, wipe them quite dry, peel them and trim the edges round neatly. Take out the stalks and chop the peel and stalks together quite fine. Put the chopped peel and stalks into a saucepan, add two ounces of butter for a dozen mushrooms, bread crumbs to the thickness of hasty pudding, pepper and salt to taste, and chopped parsley. Put it on the fire and make it thoroughly hot ; stir it well together, turn it out on a plate to cool. Put it on the mushrooms so as to lay high on each of them ; egg and breadcrumb them, bake them in the oven for half an hour, dish on a napkin, and serve hot.

BISCUITS CONDÉ.

Beat up the yolk of an egg, mix until thick with it, grated Parmesan cheese ; add a little mustard, cayenne and salt to taste. Spread the mixture on slightly buttered water biscuits, bake a few minutes, and serve hot.

SARDINES À LA MAYONNAISE.

Cut some thin slices of bread and butter from a tin loaf, remove the crusts, drain some sardines from the oil, free them from skin and bone, spread half the slices of bread with them.

Place them on a dish, throw over them some mayonnaise sauce, sprinkle with very finely minced watercress, cover each slice with one of the plain slices pressed together. Place round them watercress, or mustard and cress.

SARDINE FRITTERS.

Make your batter for frying (see *BATTER*) an hour or two before you require to use it. Drain the oil from a few sardines and gently remove all the skins; drop a piece of sardine into a dessertspoonful of batter; drop this into boiling lard. One egg will make enough batter for a dozen fritters. Each fritter must contain half a sardine. They should be well drained before serving on kitchen paper. Serve at once and do not put a cover on the dish. A little fried parsley in the centre is always an improvement.

CROÛTE AU JAMBON.

Fry some *croûtons* a nice brown, and while hot, sprinkle them with freshly grated Parmesan. Lay on half of them a slice of ham and cover with the rest of the *croûton*. Bake for five minutes and serve very hot with a dust of red pepper.

GREEK BUTTER.

Blanch two ounces of Jordan almonds, then pound them to a fine paste in a mortar that has previously been well rubbed with garlic. When the almonds are perfectly smooth add two ounces of caviare, the juice of a lemon, salt, and a *souçon* of cayenne pepper, and enough oil to make it into a stiff paste. Hand it with hot slices of dry toast.

BADMINTON EGGS.

Boil three new-laid eggs quite hard, and when cooked, place them for a minute in cold water. Remove the shells and cut the eggs in halves; take out the yolks and chop

them finely with six pickled mushrooms, two good sized truffles that have been previously boiled until tender in good stock. Put all this in a stewpan, a wineglassful of the stock that the truffles have been boiled in, a tablespoonful of ketchup, pepper, salt, and a tablespoonful of port. Let all simmer for ten minutes ; then thicken with a little fresh butter that has been well rolled in flour. Lay the whites of the eggs the hollow part up, fill them with fried bread crumbs, dust them over with a little cayenne and pour over the mixture out of the saucepan.

BRAISED OLIVES.

Stone the olives and put them into a stewpan with enough stock to cover them ; then add a little white wine or sherry, and allow them to stew until tender ; they must remain whole.

ICED SOUFFLE.

Iced soufflés are now quite the fashion, and are extremely convenient for Sunday night's dinner, as they can be perfectly arranged in the early morning and most of it prepared even on Saturday ; and they can be made either of cold fish, cold meat, cold poultry or game. You can commence by tearing into shreds either the fish, meat, or fowl, and then adding to it some good mayonnaise sauce ; then lay some of the mixture in a china soufflé dish, cover it with aspic jelly whipped to a stiff froth, then more of the mixture, then the jelly, till the mould is full. It should be buried in ice for two hours, and served with some chopped aspic on the top.

HAM TOAST (No. 1).

Cut some lean ham very fine ; add just enough stock to make it into a paste ; place it in a small saucepan and allow it to become heated through. At the last moment add a little lemon-juice. Spread evenly on hot buttered toast cut in squares. Cold tongue is delicious served in this way.

HAM TOAST (No. 2).

Cut fine two tablespoonfuls of cold lean ham, with two of any other kind of white meat, mix with two tablespoonfuls of good gravy, a little chopped parsley, pepper and a tablespoonful of fresh cream; mix and stir in a pan over the fire until quite hot; make a nice buttered toast, put on the mixture, cover with fine bread crumbs and brown with a salamander; the bread can be cut into fingers or rounds and a small quantity of the mixture put on each piece.

DEVILLED BISCUITS.

Soak the biscuits (which must be thin ones) in some good olive oil, pepper and salt them on both sides and toast them on the gridiron on top of the fire; serve very hot.

NEW DISHES.

Do not be shy of innovations in the shape of untried dishes; variety is not only pleasant but healthful; and do not forget that failure is the stepping stone to excellence. Though you may fail to-day, to-morrow you will in all likelihood have a grand triumph; but do not attempt new dishes when you have guests, as you make your cook nervous and may give your friends a bad dinner.

CANAPÉ AU PARMESAN.

Take the crumb of a French roll cut into rounds of a quarter of an inch thick, put them into a frying-basket and immerse them in boiling fat; the bread becomes immediately crisp; directly the slices of bread are a light golden colour throw them on a white paper to dry, sprinkle on to each a layer of grated Parmesan, pepper and salt; then place the canapés in a Dutch oven before a clear fire to melt the cheese, and serve immediately. Do not forget that it is better to keep your guests waiting a short while than to keep your *plat* waiting, which will ruin it.

AN EAST INDIAN SALAD.

Take a large boiled crab, pick the meat clean from the shells and chop it up finely; place it in a deep salad dish, adding one gill of tarragon vinegar, one teaspoonful of Chili vinegar, one tablespoonful of good salad oil, with an anchovy that has been bruised in a mortar, let them be well mixed together; chop up one blanched endive, a stick of celery and a small bunch of green chives, with salt to taste; arrange the ingredients in a salad dish. Excellent with cold meat.

CHEESE TOAST.

Take four ounces of Cheshire cheese and pound it in a mortar with two ounces of butter and two beaten eggs, also a little cayenne pepper, mix well together; have ready some toasted bread on which you spread your paste an inch thick, lay it on a baking tin and broil it before the fire in a Dutch oven; serve it very hot.

CANAPÉ DE SARDINES DIABLÉS.

Cut some slices of bread, toast them, and cut them into fingers and butter them; in the meantime put the sardines on the gridiron, salt and pepper them during the process of cooking, also add a little cayenne; when they are well heated (not dried) place them on the hot toast; serve on a pretty paper with a little parsley.

KIPPERED HADDOCK SOUFFLÉ.

Kippered haddock, or herrings, or smoked salmon, all make delicious soufflés if pounded in a mortar with a little butter flavoured with cayenne and mixed with the yolks of two or three eggs (according to the quantity of fish). Add at the last the whites of the eggs whipped to a stiff froth, pour the mixture into little cases, bake them ten minutes, and serve very hot.

POTATO SOUFFLÉ.

Six potatoes well washed and thoroughly baked, chop off the top of each potato and scoop out the insides on to the top of a sieve, preserve the skins; then put on the fire half a gill of milk and one ounce of butter, when the milk boils add your potatoes, beat it up well; this will weigh three ounces; when well beaten up add the yolks of two eggs and some salt and pepper, then add the well beaten whites of three eggs; then you fill the skins of the potatoes and bake them in the oven for ten minutes.

CHEESE STRAWS.

Two ounces of Parmesan cheese, two ounces of flour and two ounces of butter; rub the flour into the butter with a little cayenne pepper, lastly add cheese, very little water to moisten; roll out thin, cut with a sharp knife, bake on baking-tin for five minutes.

BOILED CHEESE.

Four ounces of good mild cheese cut in thin slices, a small piece of butter the size of a walnut; put these with two tablespoonfuls of cream in a shallow saucepan, keep stirring it on the fire until it boils; when it is quite smooth add the yolk and white of a well beaten egg, stir it quickly, put it into a small fireproof dish and let it brown before the fire.

LOBSTER AU GRATIN.

Cut a cooked lobster in half (save the shells), scrape out the whole of the meat, place the softer portions on a plate, and cut the white meat into smaller pieces; then put the whole of the meat into a saucepan with a little milk that has been thickened with a spoonful of flour, a chopped shallot, pepper, salt, and a piece of butter as big as a walnut

and a *souffçon* of cayenne pepper; allow it to thoroughly warm through, then fill the shells, sprinkle some finely sifted bread crumbs over it, place it in the oven for ten minutes, pass a salamander over it and serve with fried parsley in the centre; serve very hot.

MACARONI CHEESE.

Half a pound of macaroni, three ounces of grated cheese (including a little Parmesan), one ounce of butter, one ounce of flour, half a pint of milk, salt, pepper, and cayenne to taste. Mix together in a saucepan the flour and butter, then add the cheese and milk. Let it all come to the boil, but very gradually. When the cheese is melted the sauce presents a creamy appearance. Butter a porcelain baking-dish, lay in the macaroni, which has been boiled until tender in water. After each layer of macaroni pour over some sauce, and so on until the dish is full. Bake twenty minutes.

CROÛTÉ D'ANCHOIS.

Fry some nice circular *croûtons* in boiling lard till of a golden brown. Drain them well on white paper, then lay on each *croûton* when cold a slice of tomato, a slice of cucumber which has been tossed in oil and vinegar, then a lump of caviare, and on the top of all arrange a fillet of anchovy preserved in oil, a little pepper, and garnish with leaves of chervil.

BOUCHÉE DE CREVETTES EN ASPIC.

Line some paper cases with shrimp butter, *i.e.*, shrimps slightly chopped and pounded with a little butter and pepper. On this lay a small sized round of aspic jelly and garnish with thick leaves of chervil, tarragon, some finely chopped parsley and aspic.

VEVAY SANDWICHES.

Cut some thin brown bread and butter and sprinkle lightly with cayenne. Place some fillets of anchovy (those bottled in oil) on the bread and butter quite flat. Over the anchovies sprinkle a little hard-boiled egg which has been passed through a wire sieve, also a little finely chopped cooked chicken, and very little chopped parsley, with a few chopped capers, and place another slice of bread and butter. Press it down and cut them into strips about an inch long. Arrange them on a dish and garnish the centre with parsley and a little chopped aspic jelly.

INDIAN DEVILLED ALMONDS.

Ingredients : One tablespoonful of Worcester sauce, two dozen almonds, half an ounce of butter, two pickled walnuts or gherkins, seven *croûtons*, one tablespoonful of chutney, salt, cayenne pepper. Put the butter into a saucepan ; when it is melted add the almonds, which have been blanched and cut in about three pieces lengthwise. Let them fry a pale brown, then add the mixture, which you have prepared by chopping finely the walnuts or gherkins and mixing them on a plate with the Worcester sauce, chutney, etc. Now allow the whole to become *hot* through. The *croûtons* have by now been fried a pale brown ; place them, when drained, on a pretty paper ; pile up a portion of the mixture in the centre of each. This quantity will make seven. Serve very hot.

SCOTCH WOODCOCK (No. 1).

Melt a small piece of butter the size of a nut in a stewpan, break into it two eggs with a spoonful of milk and pepper and salt. Stir quickly until the eggs begin to thicken. Keep the yolks whole as long as you can. When it is the consistency of good thick custard pour it on to buttered toast sandwiches of anchovy paste. Serve very hot. The buttered toast must be cut in squares.

SCOTCH WOODCOCK (No. 2).

Soak for an hour six anchovies ; chop them very fine and spread them on buttered toast. Beat well the yolks of two eggs, melt a little butter and cream, and when it is well melted stir in the yolks of the eggs until it is of the consistency of a rich custard. Pour it over the anchovy toast that you have already cut in squares and kept hot. Take care not to leave the eggs too long on the fire or your sauce will curdle.

RAMEKINS.

Stir into a quarter of a pound of Parmesan cheese one whole egg and the yolks of two others, one spoonful of fine flour and three spoonfuls of cream. Beat well, at the last add the whites of the eggs. Fill the cases and bake a few minutes, according to the heat of the oven.

PURÉE OF MUSHROOMS.

Take twenty-four large open mushrooms, peel them, put them in a frying-pan with some fresh butter and fry them nicely to give them what I call a taste of the fire. Then take them out of the frying-pan with the butter and pound them in a mortar till quite a pulp. Then add a pint of good stock and pass the whole through a hair sieve. Add a little fresh cream and a few button mushrooms that have been stewed apart, and serve with a toast rack of hot toast. If cayenne is liked add a little, but it is not a good plan, as cooks are sometimes imprudent and the many suffer for the few.

RAVIOLE À LA GENOÈSE.

Mix four eggs well beaten with one pound of flour and just enough water to make a stiff paste ; roll this as thin as possible and cut it into small rounds with a claret glass if you have not a pastry cutter of that size. Leave the paste on the board whilst you prepare the following : Have

a little well cooked spinach, a couple of sheep's brains that have been nicely boiled, and the white meat of a fowl. Season this with spice (cinnamon, if liked), also a shallot or a clove of garlic. Chop all this extremely fine, mix it well together, and put a teaspoonful into each round of paste, running them up after with a runner. See that they are well closed up. Poach them in boiling water for nearly twenty minutes; before serving, boil them up quickly and drain them in a cullender. Then place them in a deep dish, grate over them some Parmesan cheese, pour over a pint of good gravy well flavoured with mushrooms, and serve.

TONGUE SQUARES.

Fry some squares of bread, sprinkle well with Parmesan cheese, season with salt and cayenne pepper, heap each toast high with grated tongue. Serve either hot or cold.

OYSTER TOAST.

Take some oysters, cut them into small pieces, put them into a saucepan with a little cream and a sprinkle of flour, a few drops of anchovy sauce, cayenne pepper, and salt; pass through a sieve on to fried bread.

SAVOURY TRIFLES.

Mince very fine two ounces of any kind of game, chicken or veal, with a few pickled mushrooms, a little cream, cayenne pepper and salt; heat thoroughly in a saucepan and serve either on fried bread or in small cases.

GHERKIN TOAST.

Fry some squares of bread, sprinkle Parmesan cheese on each, chop some gherkins very fine and cover half the toast with them and the other half with the yolk of an egg boiled hard and passed through a sieve; season with salt and cayenne.

A MAN'S SAVOURY.

Take three fine bloaters with soft roes, remove the latter carefully and dust them very lightly with cayenne; roll each in a thin slice of bacon, enclose the bacon and roes in well buttered paper, give the end a turn, then grill quickly; in the meantime split, bone and scald the bloaters by throwing them into hot water; take them out and squeeze over them the juice of a lemon, grill well, then lay the fillets on pieces of well buttered toast cut the same size. Remove the roes from the papers, lay one on each fillet, and arrange them on a hot dish; scatter over them tarragon and chervil leaves if liked, but it rather chills the savoury.

CANAPÉ DES OLIVES FARCI.

Cut a French roll in round slices, fry them a golden brown in a frying-basket. Have ready enough watercress butter to make a wall round each *croûton*, and in the centre of each put two stoned olives filled with a *farci* of pounded anchovy and capers.

OMELETTE.

Do not forget that a dirty stove spoils a clean kitchen and makes luncheon or dinner late.

There is no rule for the size of an omelette, so take one, two, three, six or eight eggs, according to the number of guests. Break your eggs into a large plate, beat up yolks and whites together—they require very little beating for an ordinary omelette—have the butter in the frying-pan, and let it hiss well, then it is ready. Throw in the eggs, do not allow them to adhere, move the frying-pan continuously, double over, place your hot dish in the pan and turn the omelette on to it, and serve at once.

CHEESE OMELETTE.

Gruyère cheese is the best for this. Scrape the cheese quite fine and beat it up with the eggs; add a very little fresh cream, pepper and salt, but not too much salt, as the cheese is already salt; remember it can be made without cream, but it is better with it. You can also make an ordinary omelette; sprinkle it with grated cheese and pass the salamander over it the last moment to brown it.

PLAIN OMELETTE.

Beat the yolks of six eggs very lightly, and the whites to a thick froth that will stand alone, pepper and salt; have

ready a hot frying-pan in which you have a good lump of butter, when it hisses pour in your mixture gently, place it over a clear fire ; do not stir it, but contrive as the eggs set to slip a broad bladed knife under the omelette ; guard against burning at the bottom, the hisses of butter as it flows to the bottom of the pan will prove the wisdom and efficacy of this precaution. When done lay a hot dish bottom upwards on the top of the pan and dexterously upset the latter after you have folded your omelette in two. Every omelette must be eaten as soon as made.

MY OWN OMELETTE (Sweet).

Beat the yolks of four eggs lightly, then the whites stiffly, add a teaspoonful of sifted sugar and a teacupful of cream, mix thoroughly and pour it into a round tin the size of a small plate, bake it for twenty minutes in a moderate oven, spread apricot jam over it, fold in half, sift sugar over, and serve. This will be found as delicate or even more so than a fried omelette.

OMELETTE AUX FINES HERBES.

Chop some nicely washed and dried parsley, some chives and a very little onion, add it to the eggs, the last moment stir it in, and then proceed as in former recipe. Do not forget there is only one method for succeeding in this dish, and that is practice. Why does every French man and woman cook invariably make a good omelette ? Because they have been making them always ; they have, so to speak, the knack of it, that is, the trick of turning the eggs one way and the frying-pan the other.

SWEET OMELETTE.

Have for a nice omelette four or six eggs, and you must beat the whites and the yolks apart ; mix with the yolks a little rind of lemon, finely grated, also a little powdered

sugar; whip the whites and yolks stiffly, then join them together with a little cream and hardly any salt. When the omelette is cooked powder it lightly with sugar, pass the salamander over it to glacé the sugar.

OMELETTE SOUFFLÉ.

Break a dozen eggs, separate the whites from the yolks, add rather more than a quarter of a pound of sugar (crushed lump is the best) and a little orange flower water, beat well the whites, then mix them with the yolks. Put nearly a quarter of a pound of butter into a frying-pan, when it hisses throw in the eggs, move the frying-pan all the time and allow them to mix with the butter, do not allow it to get "sad," but turn it promptly into the shape of an omelette with a knife; have ready a salamander, with which you must slightly brown it after you have powdered it well with castor sugar.

When making puddings or pastry put within reach everything you are likely to require during the process.

SWEETS.

THE paste-board and rolling-pin should be scrubbed with a very clean brush and hot water, in which there is a little soda but no soap. They must be well dried and kept in a very dry, clean place.

ENTREMETS.

If your cook has a *contretemps* in trying a new dish, keep the fact to yourselves; the chances are it will pass unperceived by any member of your party, therefore do not draw their attention to it. It is not the first failure upon record, and there will be as many to-morrow as there were yesterday. Experience and a willing wit will soon teach you how to snatch your preparations from imminent destruction and make them presentable. You must bear in mind that few failures are beyond repair.

Good dripping is better than lard or butter for family pastry, cheaper and more wholesome.

ŒUFS À LA NEIGE.

The materials required for a small dish are four fresh eggs, a pint of milk, two ounces of loaf sugar, ten drops of vanilla essence or a small piece of stick vanilla. Break the eggs, separate the yolks from the whites, beat the whites to a stiff froth, put your milk into a clean stewpan with the

sugar; when it boils take the froth of the eggs by table-spoonfuls on an egg slice and poach them in your boiling milk. As each spoonful is poached, not too firmly, place it in a deep glass dish until all is done. Then beat up the yolks of the eggs, stir them gently into the boiling milk, and continue stirring until your custard is perfect. Allow it to cool slightly, then pour it into the glass dish with the white of egg; allow it to become cold. This is an excellent cold sweet.

GERMAN PÂSTRY.

Half a pound of flour, three ounces of sifted sugar, a quarter of a pound of butter, melted slightly, mix it with the yolks of two eggs. This paste must not be touched with the hands, it can be entirely mixed with a wooden spoon. Place it on a paste-board, spread it out with a rolling-pin, have ready a round indented baking tin, butter it, lay in your pastry and fill it with either *compôte* of apples or any other cooked fruit. It is better nearly to cook your paste before you add your fruit.

BAKED PEARS À LA FRANÇAISE.

Take some baking pears, say, for the sake of example, seven, peel them, cut them so that they will stand up leaving the stalks erect; place them in a saucepan with a little water, a claret glass of claret and sugar to taste. Stew them gently, perhaps for three-quarters of an hour, that depends on the size of the pears; then place them in a porcelain baking-dish with the syrup; add a little more claret and allow them to bake until they are soft, but not to fall to pieces. Baste them frequently with the claret, serve in the same dish with a napkin round it. To be eaten hot.

BAKED APPLES À LA FRANÇAISE.

Peel the app'les, then with a sharp pointed knife cut out the cores, leaving the apple entire, but with a hole right through the centre; fill up the cavity with brown sugar, and on the top a good lump of butter, place them in a white porcelain baking-dish, add a little water, more butter and sugar, and bake until brown. Serve in the same dish, hot.

GREEK PUDDING.

Take some slices of French roll half an inch thick, steep them for a short time in milk, dip each slice of bread in beaten yolk of egg, fry in butter until quite crisp. In the meantime you have made a syrup in the following manner: A teacup of loaf sugar and a very little water melted in a saucepan and allowed just to boil up; when your bread is crisp place it in a dish sprinkled with powdered cinnamon, throw over it the syrup and serve it hot.

*GRAND HOTEL MONTE CARLO JUBILEE CHERRIES.**(CERISE JUBILÉ).*

Take the stones out of two pounds of cherries; put into a stewpan half a pound of loaf sugar and half a glassful of water. Put the stewpan on the fire, and when the sugar is melted add the cherries; let them boil gently a few minutes. In the meantime mix a dessertspoonful of arrowroot in a little cold water; when it is quite smooth add it to the cherries, shaking well the stewpan and taking care it mixes well with the syrup. Arrange the cherries in small silver saucepans; at the last moment add to each a liqueur glassful of kirsch, set light to it, and send to table burning.

AMBROSIA.

Take some stale brown bread, rub it through a cullender, add some castor sugar and enough orange marmalade to soften it, then add apricot jam in little dabs until your mound is sufficiently high to be pretty, and then allow it to remain an hour to soak; just before serving add whipped cream, grated chocolate and dried cherries.

TEMPLE-RACKET PUDDING.

Fill the dish upon which your pudding is to come to table with sponge cakes or finger-biscuits, or both if you have any requiring to be used up, also some macaroons, place them higher in the middle than at the sides; moisten this well by pouring over it either sherry or brandy. Boil your eggs quite hard and bruise the yolks in a mortar with a very little powdered sugar, and then put them through a cullender over the soaked biscuits in the form of a pyramid. Ornament with dried cherries.

RUSSIAN PUNCH.

Half a dozen oranges, three-quarters of a pound of loaf sugar, three or four quarts of black tea, one bottle of rum; mix and ice.

COMMON CUSTARD.

Boil half a pint of milk with a dessertspoonful of sugar, when it boils add the yolks of three eggs, which have been previously well beaten, and stir them till they are of a sufficient thickness.

CRÈME RENVERSÉ.

Put into a small saucepan two ounces of powdered sugar, a tablespoonful of water, put it on the fire until it is melted and becomes quite brown. Whilst this is cooking

—do not let it burn or it will be bitter—beat up the yolks of six eggs, the whites apart ; when they are well beaten add to them a quart of cold boiled milk in which you have infused a little vanilla and sugar to taste. Pass it through a tammy into a buttered mould where you have previously poured your caramel, or melted sugar, taking care that the entire bottom of the mould is well covered with the caramel, then place your mould in boiling water in a *bain-marie* and allow it to steam until it is quite hot, but do not allow it to boil ; then put it away until it is quite cold.

Test your caramel by dropping one drop on a cold plate ; if this becomes firm your caramel is ready.

STEWED PRUNES À LA FRANÇAISE.

Take three-quarters of a pound of prunes, soak them for half an hour, then put them into a saucepan with enough water to cover them and sugar to taste. Allow them to slowly simmer until they are nearly soft, then add a tumbler of claret. Turn them into a porcelain dish, put them in the oven till they are quite done.

SUET OR PLUM PUDDINGS

Should not be mixed into a stiff dough, they should look rather moist, and stick to the spoon. Break each egg separately to see that each is good ; a tainted egg will spoil the best pudding.

Bulwer, in "Pelham," says : "Cooking is not capable of becoming a written science ; it is the philosophy of practice." There is doubtless much truth in this ; still, I maintain that much can be taught by books and much be learnt if the will be good.

CHOCOLATE PUDDING.

Three and a quarter ounces of grated chocolate, two and a half ounces of butter, three and a quarter ounces of sugar, four ounces of pounded almonds, vanilla, a little cinnamon, five eggs. Beat the butter, sugar and the yolks of the eggs well together for fifteen minutes, then add the grated chocolate, the pounded almonds, vanilla and cinnamon. Beat the whites of the eggs to a stiff snow and put them in. When all is well mixed together sprinkle a buttered mould with raspings and fill it with the mixture; place the mould in boiling water and boil about two hours. Serve with whipped cream round, flavoured with vanilla.

CHOCOLATE CREAM.

Dissolve gently by the side of the fire a quarter of a pound of chocolate in a wineglass of water, then blend into it a spoonful of flour and one pint of milk.

MARMALADE PUDDING.

Two eggs, same weight in bread crumbs, flour, sugar and butter, two tablespoonfuls of orange marmalade. Beat the butter and sugar together till they are quite creamy in appearance, work in the eggs very lightly but thoroughly, then the bread crumbs, and lastly add the marmalade; place in a fancy mould and steam it for three-quarters of an hour. Serve with the following sauce: one tablespoonful of marmalade, one glass of sherry; boil the two together, stirring all the time. Serve over or round the pudding.

CORNFLOUR MOULD.

One ounce of cornflour, one pint of milk, mix well together; sugar to taste, boil for ten minutes; put it in a mould and let it stand until quite cold and set. Turn it out and serve round it stewed fruit or jam or a coffee custard.

COFFEE CUSTARD

Is made like any ordinary custard: you simply leave out all other flavouring and add some strongly made coffee to the milk when you boil it.

CHOCOLATE CUSTARD

Is also made in the ordinary way, only adding two ounces of chocolate to the milk whilst it is boiling and half a pint of cream. Put the stewpan containing it into a *bain-marie* and stir well until it boils, then add four eggs well beaten, stir again until it is of the thickness of custard; pour into a glass dish or into tiny plated saucepans and serve cold. A little vanilla is a great improvement, care being taken not to overdo it, as some folks dislike it; also you may add a teaspoonful of whipped cream that has been iced, or is at any rate extremely cold.

COFFEE MILK FOR FIVE O'CLOCK TEAS.

Boil a piled-up dessertspoonful of ground coffee in a pint of milk for a quarter of an hour, then put into it a few shavings of isinglass, let it again boil up, pass it through a muslin, then set it by the side of the fire to become firm; it should be sweet, and with Lisbon sugar. Serve warm or iced.

PRUNE JELLY.

Take three-quarters of a pound of French prunes, allow them to soak an hour, put them into a saucepan with sugar to taste. Cover them with water, about a pint and a half. Allow them to cook slowly; when they are quite soft place the prunes on a clean dish, leaving the water in a saucepan; add to the juice the half of a sixpenny packet of Nelson's Gelatine, and allow it to simmer. In the meantime remove with a fork the stones from the prunes, and place the prunes in a greased mould; when all the prunes are in the mould pour

over it the juice and put it away until the next day. When you turn it out serve it with a cupful of cream whipped stiffly, and add during the process of whipping a few grains of vanilla powder.

CHARLOTTE RUSSE.

Line a plain mould with oiled paper, arrange sponge finger-biscuits all round it and fill it up with vanilla cream, in which you may place any fruit in season or dried fruit in winter. You will make your cream by boiling half a pint of milk, an ounce and a half of loaf sugar, and a morsel of vanilla pod; when it is boiling add half an ounce of gelatine and the beaten yolks of two raw eggs, allow it to thicken and pass it through a tammy; when it is nearly cold add half a pint of whipped cream and stir in your fruit and pour it into the mould. Before turning it out pass your mould through hot water for an instant.

MACÉDOINE OF FRUIT.

Take any fruit that may be in season, arrange it tastefully on the dish on which it is to be served, slicing or dividing the larger fruit, such as peaches, plums, nectarines or bananas, and putting in whole cherries, raspberries, strawberries and grapes. Sprinkle it well with white sugar twelve or fifteen hours before the dish will be needed. A delicious syrup will be formed from the juices of the fruit, and no addition to the dish is necessary, though it is often preferred with the addition of a teaspoonful of maraschino.

It is suitable for lunch or dinner if made of delicate fruit. Though it may be served with cream it is almost better without.

GATEAU DE RIZ (Rice Mould).

For this you require half a pound of rice (the best is always the safest), you must allow a quart of milk, and if

you require it extra good, that quantity of cream. Put into a stewpan and allow it to cook very gently; this is the secret of its excellence. Add a *souçon* of vanilla. It may very likely require more milk even than the quart—the quantity named. When it is quite done pass it into a mould and when cold, *ice* if possible; serve with any cold stewed fruit around it and a little whipped cream on the summit.

GATEAU D'AMANDES À LA JUIVE.

Half a pound of sweet with six bitter almonds, half a pound of sifted sugar; whilst you are pounding you moisten the almonds now and again with orange flower water, then mix in thoroughly the yolks of ten eggs well beaten and the whites of seven whipped to a stiff froth. Rub a mould with a little oil, pour in the mixture, and bake it in rather a quick oven until it is well done; this takes about half an hour; serve either hot or cold with pineapple syrup.

This syrup is made by cutting into slices three-quarters of a pound of good pineapple, put into a saucepan and pour a pint of water on it, allow it to come to the boil, then allow it to simmer until the fruit is quite tender. Then strain it, pressing out the juice through a small muslin strainer, and strain it again if it is not clear. Next mix with it ten ounces of sugar; when that is dissolved boil the syrup quickly for ten minutes. This syrup ought to be quite bright in colour if well made. If you put it into jars and paper it down it will keep for weeks.

BEIGNET DE POMMES.

Take two apples (*reinettes* are the best), peel them and cut them into seven or eight slices, cut out the cores, lay them on a dish and powder them with castor sugar, and throw over them a spoonful of brandy. Dip each slice in butter and fry them in a basket, which you will dip into boiling oil or clarified dripping. If your fat is of a proper heat they will take three minutes to fry.

BATTER FOR THE ABOVE.

Put into a basin a pound of flour, a little salt ; moisten it with a pint of water, add this very gently so that it may not be lumpy, add two tablespoonfuls of olive oil and the white of an egg well beaten. This batter ought always to be made two hours before it is used and will keep several days in a cool place.

COLD COMPOTE OF CHERRIES.

Two pounds of cherries. Stone the cherries and take out the kernels, put the cherries and half the kernels in half a pint of water and two ounces of castor sugar into a fireproof baking-dish. When they have been in the oven ten minutes add nearly a pint of common claret and allow them to remain in the oven until tender. Serve either alone or round cold shape of rice covered with whipped cream.

ORANGE GLACÉ.

Take off both skins of six oranges, be sure to remove all the white very carefully so as not to break the delicate skin or allow the juice to escape. Divide the oranges into four and pass a cotton through each quarter near where are the pips, where there is a little pulp. Tie each cotton so as to form a ring, then make out of some thin wire some hooks in the form of an S. For six oranges put into a copper saucepan half a pound of sugar and half a glass of water, allow it to boil and skim it carefully until the syrup arrives at the point when, on lifting a little it forms a thread that breaks sharp. At this moment you must hook each piece of orange with your wire hook by the cotton, and slip it quickly in the syrup, then pass each hook on to a stick that you have already prepared to receive them. Allow them to dry. When dry pile on a glass dish and put away until required. You can also treat in this manner cherries, grapes and slices of pineapple. The stick can easily be placed across a large basin.

FLAN RUSSE.

Beat to a firm snow the whites of four eggs, add two teaspoonfuls of sugar and two of any preserve you may have by you. The last two ingredients must be well beaten together before adding them to the eggs ; put into a pie-dish and bake ten minutes.

CABINET PUDDING.

The ingredients required are six sponge cakes, three-quarters of a pound of ratafias, four eggs, twelve dried cherries, a spoonful of vanilla essence, one ounce of sugar, a pint of milk, a tablespoonful of brandy, strips of angelica. Cut the sponge cakes in half, grease the mould (that must be flat bottomed), decorate it with the angelica and dried cherries, then place in as a lining to the mould the sponge cakes, the white side to the mould. Make the custard with a pint of milk, one ounce of sugar, the yolks of four eggs, the whites of two, a little vanilla, a little brandy according to taste. When the custard is nearly cold pour it into the mould, which you have nearly filled with any pieces of cake or sponge cakes ; place writing paper on the top of the mould, and stand it in a stewpan half full of boiling water and allow it to steam for three-quarters of an hour, or a little more. Be careful that the water is not more than half way up the saucepan, for if it touches your pudding it is spoilt. This is excellent eaten perfectly cold with whipped cream round it.

CRÈME SOUFFLÉ (Cold).

An excellent sweet for either luncheon or Sunday night dinner, as it can be made beforehand.

Soak half a packet of sweet isinglass in three-quarters of a pint of cold water, then dissolve it over the fire with a few pieces of lemon rind pared very thinly, four ounces of loaf sugar, a little vanilla and the juice of two lemons ; simmer

for a few minutes and strain into a basin. When nearly cold and just beginning to set, whisk it until it is white and frothy; add half a pint of whipped cream slightly sweetened, beat all together until well mixed, and when properly set fill either custard glasses or little porcelain cases and put a cherry on top of each, and serve.

ICE PUDDING MADE WITHOUT AN ICE MACHINE.

Make a custard with half a pint of milk, two yolks of eggs, and sweetened well; when cold add half a pint of well whipped cream, sweetened, then add dried or fresh fruits and a little essence of vanilla. Put the mixture in a melon-shaped pudding mould with a cover (that has a handle to pull it off by), stand the mould in a bucket or wooden tub and pack it round tightly with two parts rough ice and one part freezing salt, cover it all up tightly in a blanket and leave it on the kitchen table by the fire for three hours, turn out, and serve.

RIZ À L'IMPÉRATRICE.

A quarter of a pound of Carolina rice, which has been soaked in water, cook it in a quart of milk with sugar and vanilla to taste; it should simmer until the rice has become swollen and almost imperceptible in the milk; once cooked add six yolks of eggs and put it on the fire for a few minutes without allowing it to boil; allow it to get cold and add a pint of whipped cream. Put it in an ice mould with a little jelly or fruit at the bottom, and ice it for two hours. This is sufficient for twelve persons.

CRÈME BAVAROISE.

A quart of milk with sugar and vanilla, and twelve yolks of eggs; cook them all together without allowing them to boil; allow the materials to get cold and add a quart of whipped cream. You can flavour it with *fleur d'orang*, or

lemon if you prefer it. Put into a Charlotte Russe mould, or an ice mould, but you must ice it for two hours. Sufficient for twelve persons.

SHORT CAKES.

A pint and a half of flour, one small teaspoonful of salt, four tablespoonfuls of sugar, four tablespoonfuls of butter, one teaspoonful of baking powder, three eggs, one teacupful of milk, one teaspoonful of essence of orange; mix the flour, sugar, salt and powder, rub in the butter cold, add the beaten eggs and nearly all the milk, then the essence; mix it all quickly into a smooth dough with the fingers, not the hands. Flour the board, put the dough on it, roll it out a quarter of an inch thick, cut it into squares, lay them in a baking-tin, wash them over in the rest of the milk, lay some sliced candied peel on the top, bake in a moderate oven. Will take about twenty minutes.

BANANA FRITTERS.

Cut some bananas in half, sprinkle them with castor sugar, put them to soak in a little rum; have some frying batter, dip each piece in, fry in boiling fat, and serve up on a napkin.

N.B.—Slices of apple, orange, pineapple, etc., are good if cooked in this manner.

FIG MOULD.

Half a pound of dried figs, a small piece of lemon-peel, two ounces of white sugar, cover them with claret and water, or water alone, simmer them gently until quite soft and the liquor nearly absorbed. Pass through a wire sieve, press into a mould; to the remainder of the juice add the quarter of a packet of gelatine (sixpenny packet); when it has melted pour it over the figs in the mould; when quite cold turn out. Serve with whipped cream or cold custard.

PARFAIT AU CAFÉ.

Boil a pint of milk, take it off the fire and stir in one pint of strong coffee; now put in a stewpan eight yolks of eggs and ten ounces of sugar, stir the milk in, place the saucepan on the fire and whisk the mixture until it is just on the boil; then take it off the fire, let it become cold, and strain it, put it in a mould and freeze it; when half frozen stir in a wineglass of curaçoa or rum punch, freezing it, turn out. Serve immediately on a d'oyley.

GATEAUX DE FRAMBOISES.

Take two eggs and their weight in flour, sugar and butter, one teaspoonful of carbonate of soda, and two tablespoonfuls of raspberry jam, mix it all together, put into a greased mould, cover over with writing paper and steam for an hour. Serve hot with whipped cream round.

TAPIOCA À LA CRÈME.

Cook some tapioca in a saucepan very slowly in a pint of milk, added little by little, flavour with vanilla or *fleur d'orange* and sugar to taste; when it is thoroughly cooked and very soft, take it off the fire and let it cool. Whip some cream stiffly and add to the tapioca. Serve in a glass dish when cold. It ought to be of the consistency of thick cream.

PISTACHIO CRÈME.

Blanch four ounces of pistachio nuts, beat them fine with a little rose-water, add the paste to a pint of cream, sweeten to taste, let it just boil, and put it into jelly glasses.

POMME SUPRÈME.

Take a dozen apples, cut them in quarters, cook them gently in melted sugar flavoured with vanilla. Prepare a thick whipped cream, place it in the centre of your dish,

arrange the fruit symmetrically around it and pour over the whole some apricot syrup flavoured with maraschino.

CHESTNUTS.

In Italy one constantly has chestnuts sent to table plainly boiled, and very good they are eaten with butter, as we eat butter with a baked potato. The following is a usual method of serving them with either lunch or dinner.

Put them, after you have washed them, into a saucepan with enough water to cover them, and boil them for twenty-five minutes ; for each quart of chestnuts put in a teaspoonful of salt, send them to table in a deep dish in the water in which they have been boiled, as they are difficult to peel when dry.

PURÉE OF CHESTNUTS.

Take off the outer shell, then boil them in a little good stock with a little sugar. When they are quite soft pass them through a sieve, mix a very little butter with them, and again allow five minutes on the fire to warm through, and serve them in either good gravy round a fricandeau or in the midst of cutlets.

MARRONS GLACÉS.

Take twelve chestnuts, remove the shells, then boil them until they are tender ; directly they are done strain off the water or else they will spoil, then carefully remove the second skin. In the meantime make a syrup with a breakfast-cupful of loaf sugar, when it is boiled, and is still boiling, add the chestnuts and leave them for three or four minutes, then take them out and place them in powdered sugar, shake them gently and place them on a baking sheet, and put them in the oven to dry, again return them to the syrup for three minutes, then shake them again in the sugar. You can serve them alone or round whipped cream.

CHESTNUT FORCEMEAT.

Take the hard skins off the chestnuts, put them into boiling water to get the brown skin off, then put them into cold water, dry them on a cloth; weigh six ounces of them, stew them in just enough pale gravy to cover them. They must stew gently (it will take about twenty minutes), drain and let them get cold, then pound them quite smooth in a mortar with two ounces of butter, two ounces of bread crumbs, a small teaspoonful of the grated rind of a lemon, a little salt, very little cayenne, and bind it all with the yolks of two eggs; do not beat the yolks first.

INVALID FOOD.

How true is the Italian adage, that "Where the sun does not come, the doctor must." Therefore, when you hesitate about letting in air and light, think of the foregoing proverb and remember that it is perfectly true. The mistress of a house must insist upon all windows being opened during most part of the day. From the top, not from the bottom of the window, does the impure air escape.

CHICKEN JELLY.

Have a raw chicken pounded with a mallet, bones and meat together, plenty of cold water to cover it well—about a quart. Heat slowly in a covered vessel and let it simmer till the meat is in rags and the liquor reduced to one-half. Strain and pass through a cullender, then through a coarse cloth; salt and pepper to taste. Give to the patient cold, just from the ice is best.

UNLEAVENED BISCUITS.

Mix some good dry flour to a stiff dough with milk and a little salt. Roll out thin, cut with a round pastry cutter, let them be as thin as letter-paper, bake very quickly. They are simple and palatable and go well with all kinds of broth. Invalids like them, as a rule, as they are tasteless almost,

MUTTON BROTH (quickly made).

It is sometimes of the greatest importance to prepare strong nourishment very quickly and also to give a large quantity of nourishment in a small bulk.

Take two or three ribs of the middle of the neck or loin of mutton, remove the fat, chop the bones across, and score the meat across. After having beaten it, cut in small pieces, add pepper (if allowed) and salt; put a little warm water on the meat and let it warm through, then add about three-quarters of a pint of water and boil quickly. If scum rises remove it. Cover the pan close and the broth will be ready in half an hour, perhaps later. When this is poured off, other broth can be made from the meat and bones.

ESSENCE OF MEAT.

For the strongest sort take one pound of the knuckle of veal, ditto of mutton, ditto of beef; cut small without fat, put into a jar without any water. Put the jar into a saucepan of water, but take care the water does not enter the jar. Boil for three hours, take out the meat and bruise it in a mortar, return it to the jar and boil for two hours more. Strain through a sieve, add salt and pepper and (if allowed) wine. A teaspoonful of the broth is enough.

BEEF TEA (old style).

Take one pound of lean beef, cut it into small pieces, put it into a jar without a drop of water, cover tightly, set it in a saucepan filled with cold water, bring it gradually to a boil and continue this steadily for three or four hours until the juice is all drawn and the meat is like rags. Season with salt to taste, and when cold, skim. The patient will often prefer this ice-cold to hot,

BEEF TEA FOR TYPHOID FEVER.

Chop up some lean beef quite small, one ounce to a tablespoonful of water, let it stand a quarter of an hour. To be given raw.

EXTRACT OF BEEF.

Cut up the meat, which must be quite lean; one pound of beef will make a gill of essence; put it into a stone jar, tie it down quite tight with brown paper, then put the lid of the jar on and steam it for a quarter of an hour. Do not strain it.

QUICK BEEF TEA.

Cut up the meat quite fine or mince it with a machine; one pound of beef to a pint of water. Put it into a saucepan with a little salt, then put it on the fire for five minutes, and give the juice at once if required. You may add a pint of cold water and let it simmer, after the first boiling, for twenty minutes.

ANOTHER BEEF TEA.

A pound of lean beef, cut it up small, put it in a basin of water and let it soak for five or six hours, then turn it all into a saucepan and let it boil up for ten minutes; then strain.

EAU SUCRÉ.

Dissolve three or four lumps of sugar in a glass of iced or simply cold water, and take a spoonful every ten minutes for a tickling in the throat or a hacking cough.

RICE WATER.

Half a pound of rice soaked in cold water, then put it in a quart of water to boil with a small piece of cinnamon. It must boil gently for an hour, then strain gently in a jug for use

APPLE WATER.

Peel and take the cores out of six apples, cut them into slices, put them into a jug, add a little lemon juice and a quart of boiling water.

A CUP OF ARROWROOT.

A dessertspoonful of arrowroot, moistened with cold milk; put some sugar into half a pint of milk and boil it. Pour it gently on the arrowroot, stirring all the time. When you have exhausted the milk the arrowroot is ready.

GRUEL (Emden Groats).

Two ounces of groats to a pint of cold water. Let it boil for half an hour, and strain.

GRUEL (Oatmeal).

Take a tablespoonful of common oatmeal, moisten as you would arrowroot, then add half a pint of boiling water or boiling milk.

SAVOURY CUSTARDS.

Two eggs (the yolks of two and the white of one). Add half a pint of beef tea. Put it into a breakfast-cup or small basin and allow it to steam for ten minutes. Cover the cup with writing-paper whilst the custard is steaming.

CHICKEN PANADE.

Take a fowl, clean and skin it; cut the meat into small pieces, then put the meat into a stone jar, tie paper over it. Stand it in a saucepan of boiling water. Steam it for three hours, then take all out, pound in a mortar and pass through a tammy sieve. Then take the bones and put them into

boiling water for an hour or two, then add the panade with cream, and (if allowed) a little salt. Take out the bones before adding the panade.

BARLEY WATER.

Take of the patent barley one ounce, mix with a wineglassful of cold water into a smooth paste free from lumps, pour this into a stewpan containing one quart of boiling water, stir this over the fire while boiling for five minutes; then flavour with a small bit of lemon-peel or cinnamon, and sweeten according to taste.

NOTE.—*When the patent barley is used to make a summer beverage, only half an ounce must be taken. It can be greatly improved by aeration with the aid of "Sparklets."*

CALF'S FOOT JELLY.

Put one calf's foot in cold water for an hour to draw the blood out, then put it into a stewpan with a quart of water, and simmer gently for five hours. Strain it through a cullender and leave it until next day. To get the grease off pass a little hot water over it and wipe all the grease off with a clean cloth; then put the stock into a stewpan with the rind of two lemons and the juice of four, strained, half a pound of loaf sugar, cloves, a small piece of cinnamon and, if required, a morsel of saffron. Whisk the whites of three eggs and the shells of two and add them to the stock. Stir all with a whisk until it boils, then stand for twenty minutes. Pass through a jelly bag twice or three times until clear. Now add a gill of brandy or sherry.

ELDER-FLOWER WINE.

To six gallons of water put eighteen pounds of loaf sugar. Boil it for half an hour; add to it the juice and rind of six lemons pared very thin so as not to have any of the white pulp. Now let it boil half an hour longer then pour it into clean pans and let it stand until cold. When quite cold add two quarts of elder-flowers and a little yeast on a toast (to

cause fermentation). Let it work four days. Put it then in a cask that has been rinsed out with brandy, with six pounds of stoned raisins. When it has done working stop the barrel; do not bottle it for six months; before doing so add the third part of a bottle of brandy.

It is an excellent remedy for the weakness children suffer from after colds or other exhausting illnesses. Made hot, served with dry toast, it is very often much better for young people than a cup of tea, that does no good whatever, except to take away the appetite.

I caused great consternation once by knocking at the doors of several cottages in a Lincolnshire village and asking if they could give me a little dried elder flower. Most of the women "sniffed" at me in disgust at the bare idea that they should demean themselves so far as to dry simple flowers. How much more they could get out of life if they would look forward and make a provision of those common and often so necessary things! And what comfort they might give their husbands and children had they more knowledge of the good contained in herbs, etc.!

COUGH MIXTURE TO STRENGTHEN THE CHEST.

Put three new laid eggs whole into a jug and squeeze over them the juice of four lemons, let it stand for three days, then break up the eggs and add to them half a pound of the best honey and half a pint of good rum; take a small wineglassful every morning before breakfast.

Always keep everything in a sick-room covered with clean paper.

NURSERY COOKING.

All food intended for infants should be thoroughly cooked; the numerous varieties of farinaceous substances, however nourishing may be their properties when rightly prepared, are hard and drastic when underdone, so that unless you have a nurse whom you know yourself to be faithful

and experienced, always superintend the cooking of your baby's food ; it can do no harm, it may prevent much, if you examine it every day to see that it is right as to quantity and quality. Do not aim at variety in children's food ; confine a child under three years of age to a very limited bill of fare ; its stomach is too delicate an organ to be tampered with. When he has meat, mince it very fine to save his digestive apparatus all unnecessary work. For a child pare fruit always ; the skin of an apple would be as bad for him as a bit of your kid glove would be, that of a grape more indigestible than shoe leather. Never give a child currant cake or fruit pudding ; always see for yourself, *when possible*, that his last waking thoughts are pleasant, that he shuts his eyes in peace with the world and in love with you, that his feet are warm and his stomach easy, and his body not overloaded with blankets or quilts, also that his nursery is clean and freely aired.

HORS D'ŒUVRES.

The custom of serving Hors d'Œuvres is one which English people do not adopt as a rule, but there are many housekeepers who may like to make the innovation occasionally, and for those I add the following list. Caviare, Olives, Sardines, Anchovies in Oil, Norwegian Anchovies, Smoked Salmon, Prawns, Shrimps, Lyons Sausage cut in thin slices, Sliced Cucumber, Beetroot and Onion sliced, with a dressing of Oil and Vinegar, Capers, Gherkins, Radishes, Melons, Fillets of Pickled Herrings, Celery, Green Almonds. Devilled Almonds, Red and Green Chillies, etc.

"Hors d'Œuvres" should be served in little white porcelain dishes, which will go with any pattern of dinner service ; they should be handed at the beginning of dinner with small fancy breads and fresh butter, and then placed on the table for people to help themselves.

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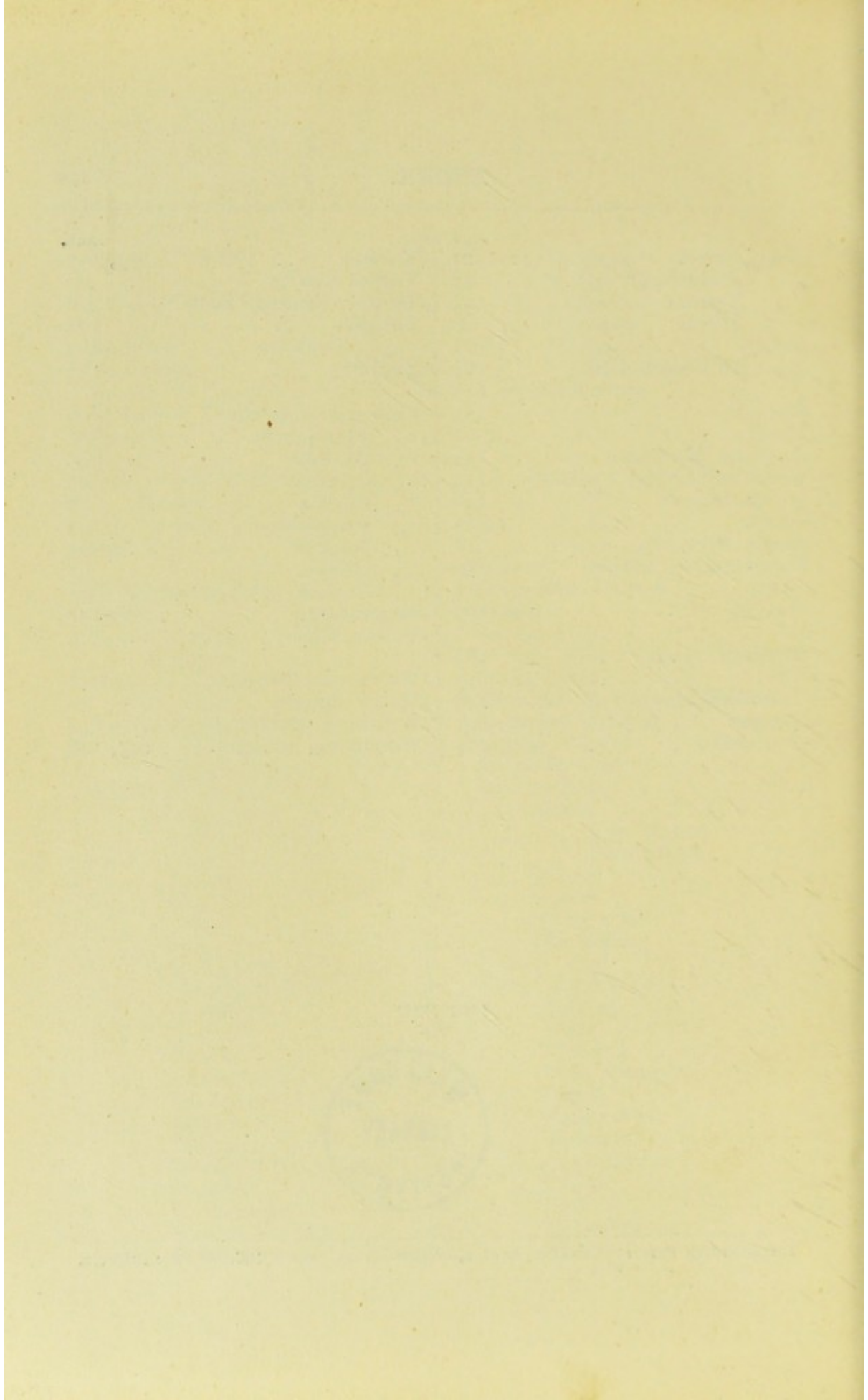
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