

Indian dishes for English tables / by Ketab.

Contributors

Ketab.

Publication/Creation

London : Chapman & Hall, 1902.

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INDIAN DISHES

FOR
ENGLISH
TABLES

By "KETAB"





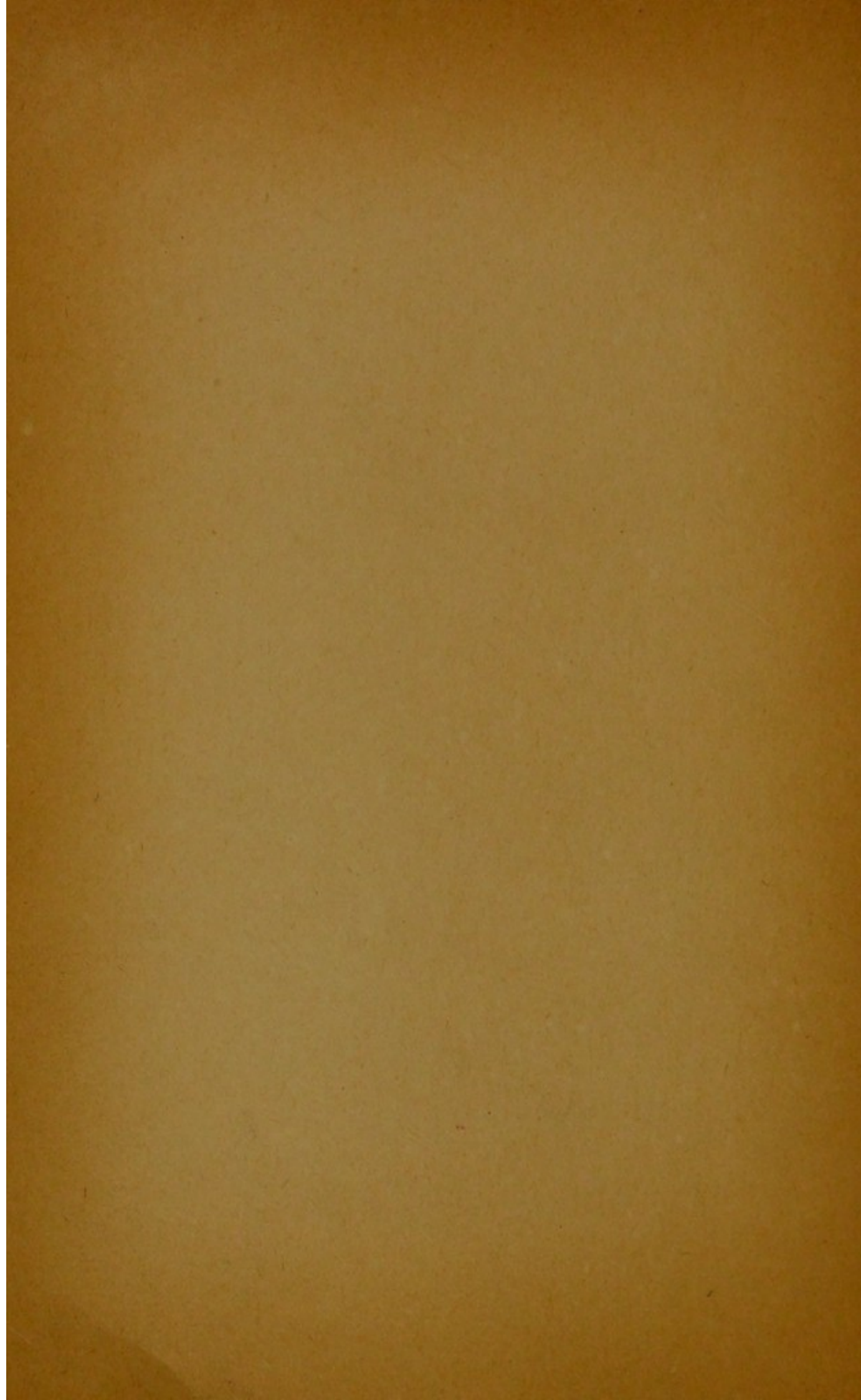
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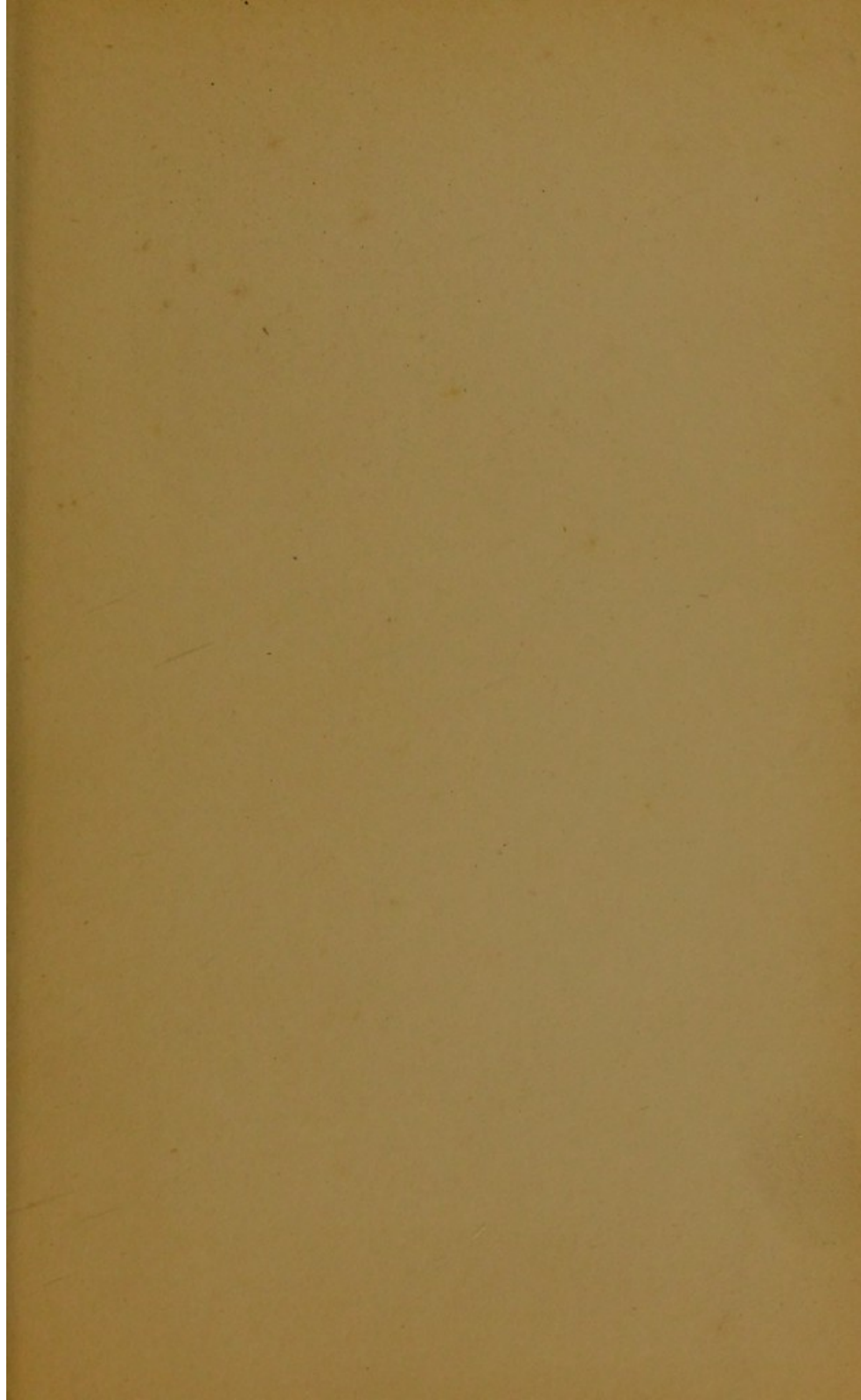
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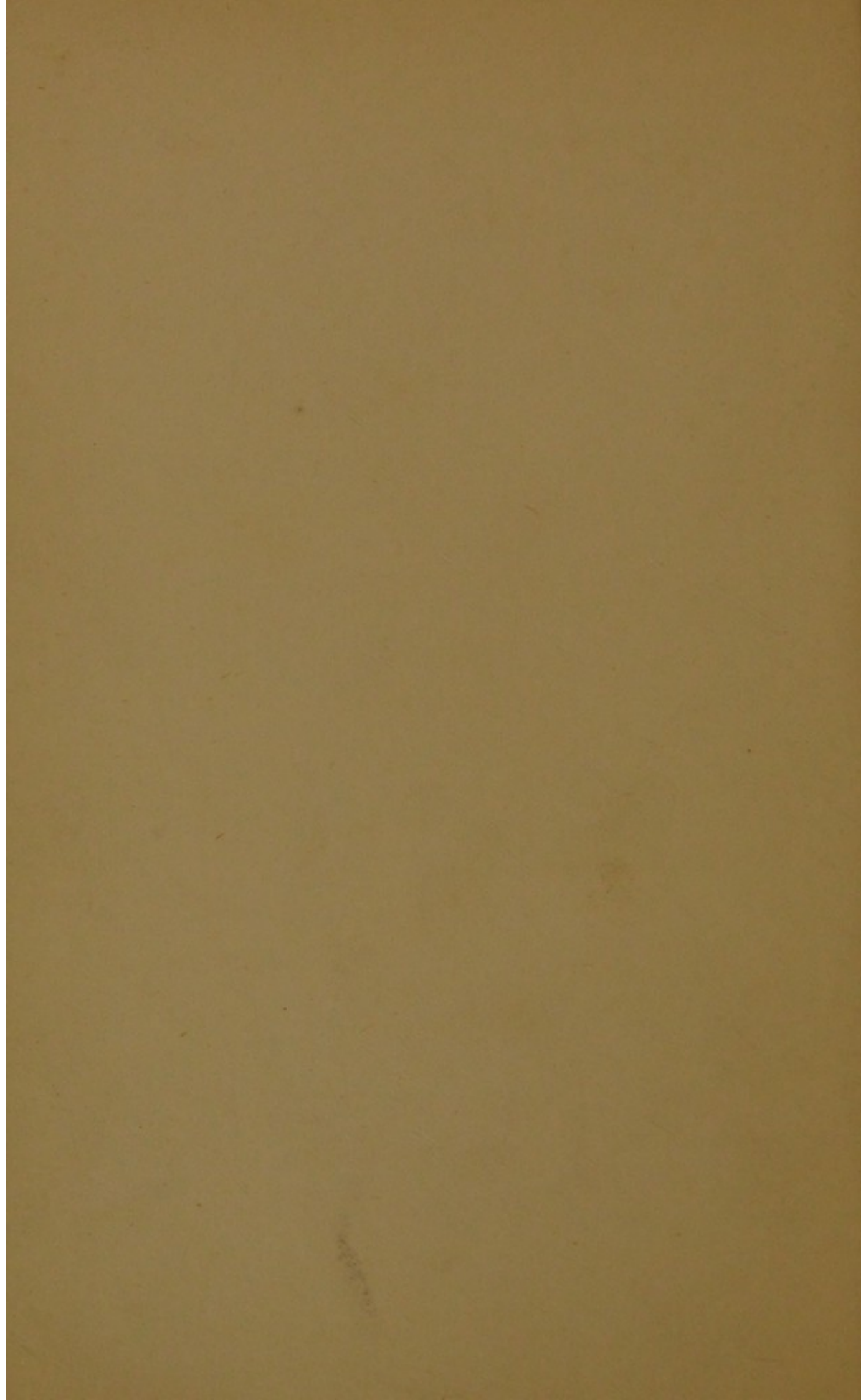
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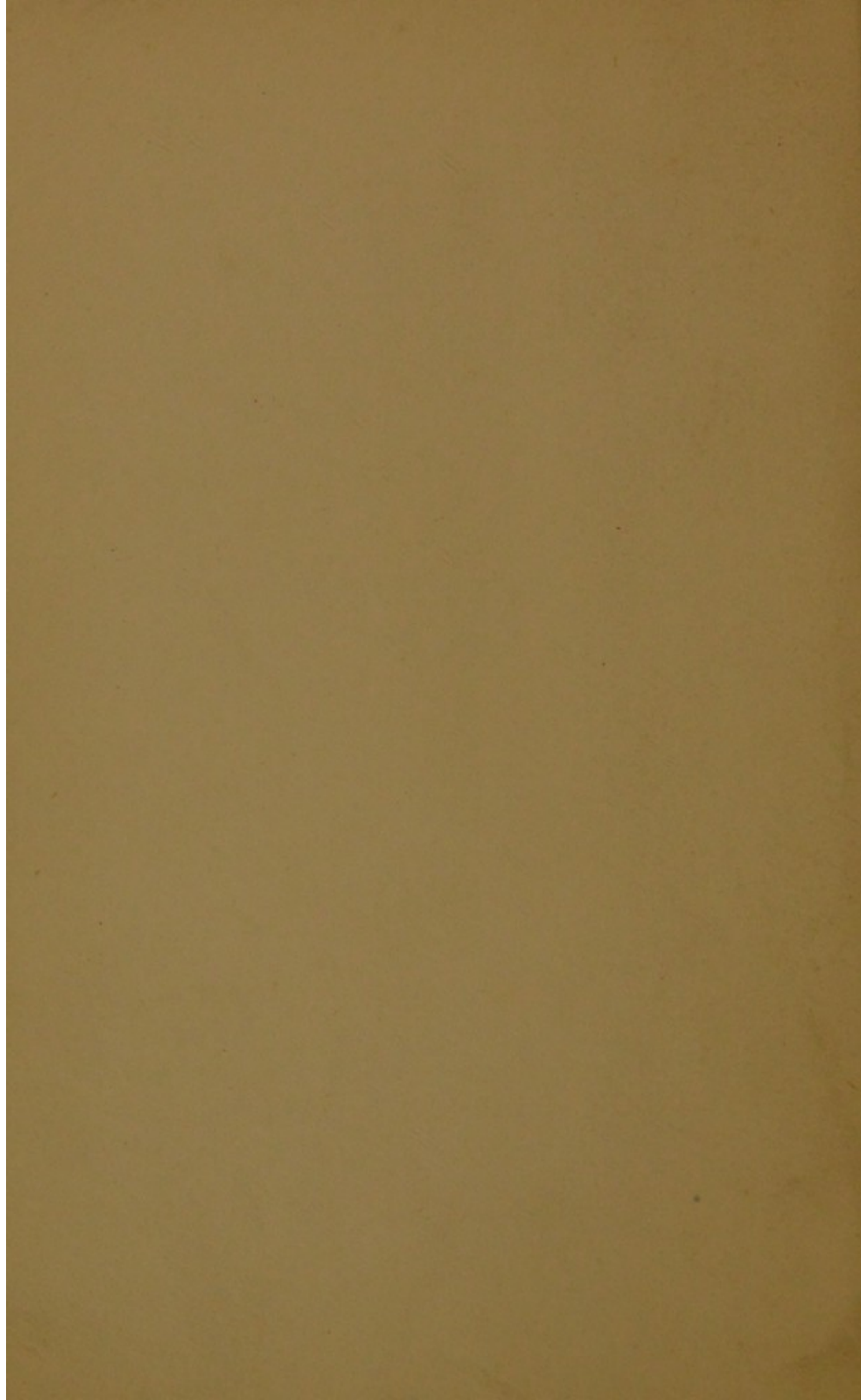
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INDIAN DISHES FOR ENGLISH
TABLES



INDIAN DISHES

FOR

ENGLISH TABLES

BY

KETAB

LONDON : CHAPMAN & HALL, LD.

1902

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INTRODUCTION

THE following recipes are all genuine Indian recipes, collected by the compiler during many years' residence in India, and adapted for use in England with the materials available in this country. Each one has been practically tested.

In all the recipes *ghee* is prescribed for frying, etc. This ensures exactness in the quantity used, as *ghee*, if prepared as directed in the first recipe, will be free of water or other substances which, as every cook knows, have to be considered in using butter or lard. *Ghee*—clarified butter—is used throughout India, and it will be found to give better results in Indian dishes, as it is not greasy, and is more digestible than butter which has not been clarified, and fat in any form.

Butter, lard, or dripping may be used for any of the following recipes, but the quantity should be calculated after melting down.



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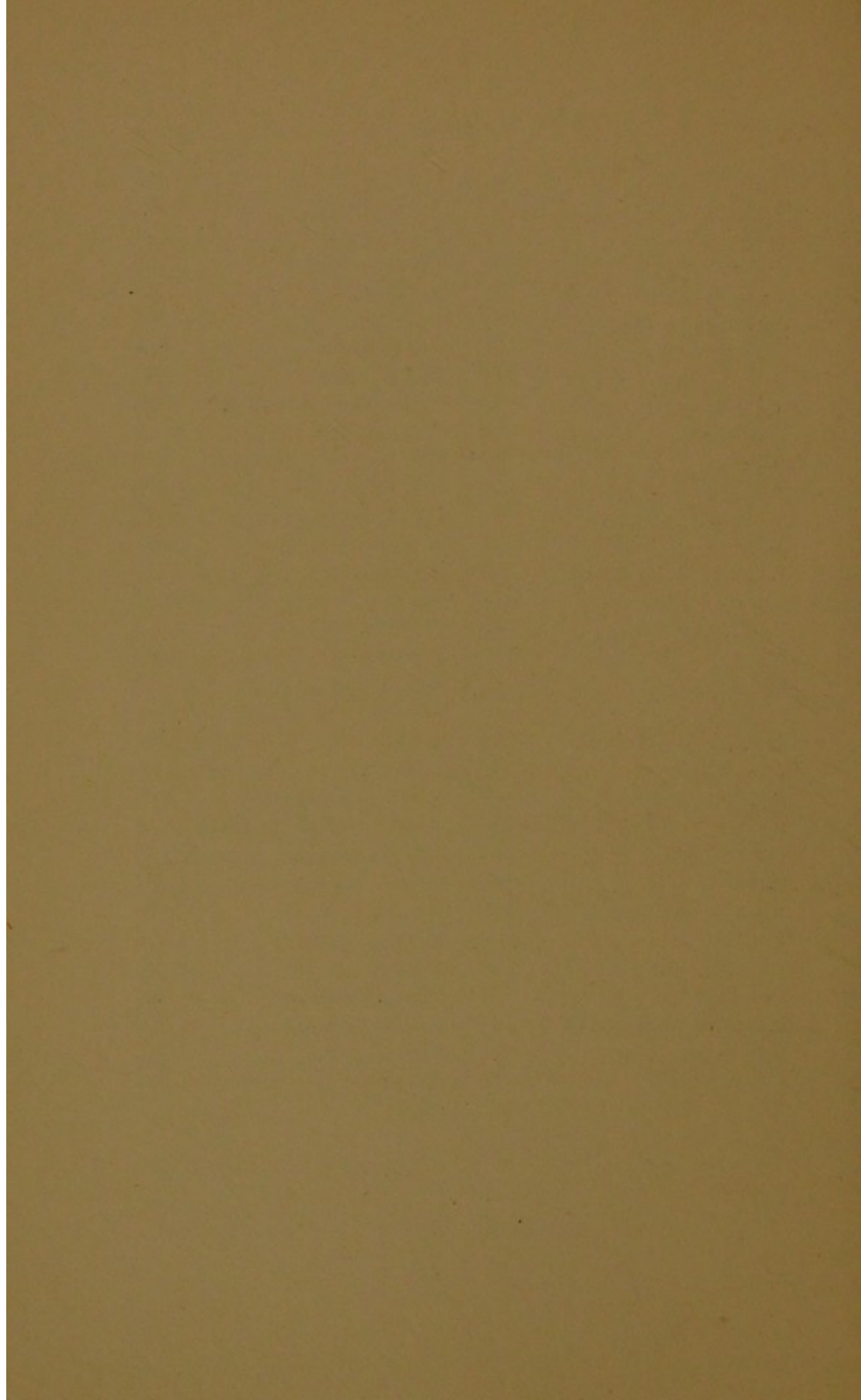
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INDIAN DISHES FOR ENGLISH TABLES

1. To prepare Ghee-Clarified Butter

One pound of butter will give about three-quarters of a pound of ghee: the loss is principally water, but there are also some impurities which, when butter is used without clarifying, are liable to burn and spoil the flavour of the dishes prepared with it.

Break up the butter and put it in a saucepan with a few cloves or a couple of bay leaves; let it boil till the water has quite evaporated, when it will boil silently, and will appear clear with little or no froth. Take it off the fire, and when it has cooled somewhat, but is still quite hot, strain it through a piece of fine muslin into a jar. Keep it covered in a cool place, and it will keep good for an indefinite time.

2. To boil Rice

Take half a pound of best Patna rice ; wash it well in several waters ; put it on to boil in a large saucepan with at least three pints of cold water. Plenty of water and space to swell are essential. Boil the rice with the cover on till the grains are tender and split slightly at one end ; drain the rice in a hair sieve—not a wire sieve—or a colander, and pour cold water on it from the tap or from a jug, moving the sieve about, and shaking it : this makes the grains firm and separate from each other. Set the colander on the saucepan with a little hot water in it, and stand it on the range, covered, for ten minutes, or till required to be served ; it will not spoil by standing.

If a colander or sieve is not available, the rice may be drained and allowed to steam in the pan in the same way as potatoes are done, but it is liable to stick to the pan. Rice should be served hot in an *entrée* or vegetable dish, by itself.

NOTE.—There are a great many varieties of rice, some of which swell more than others when boiled.

Patna rice is the best for boiling, and should increase in boiling to about three times its bulk when raw. Good Patna rice has fine, rather long grains, and should be of a pale straw colour when rubbed to remove the dust. If the grains are much broken they will not boil well. It is necessary to wash rice thoroughly, as powdered chalk is mixed with it to preserve it from weevils.

3. Bhoona Khitchree

$\frac{1}{2}$ lb. rice	A few slices green ginger
$\frac{1}{2}$ lb. dhal (lentils)	2 bay leaves
2 ozs. ghee	4 cloves
$\frac{1}{4}$ lb. sliced onions	2 cardamoms
1 dessert-spoonful salt	A stick of cinnamon
1 egg, boiled hard	A dozen peppercorns

Pick the dhal carefully, and wash it with the rice in cold water; drain quite dry.

Warm a large saucepan and put in the ghee; when it boils, fry the sliced onions to a rich brown colour, then take them out and put them aside for garnish. In the same ghee fry the dhal and rice together, stirring them well for some minutes until all the ghee is absorbed. Now put in the salt,

ginger, bay leaves, and spices, and sufficient hot water to just cover the rice. Cover the pan, and let the rice simmer quietly till all the water is absorbed, stirring the khitchree from time to time with a wooden spoon to prevent it burning, but do not break the grains more than can be helped. Should the water be absorbed before the dhal and rice are fully cooked, add a very little more hot water till the grains are soft. When the water is quite absorbed, draw the pan to one side of the range, and let it stand for half an hour with the cover on, stirring occasionally so that the khitchree may not burn; the longer it stands the drier will it be. Remove the bay leaves before serving, but leave the spices. Heap the khitchree lightly in the dish, and strew the fried onions over it as a garnish and relish. Cut the egg in quarters lengthways, and place them neatly on the khitchree. Serve very hot, with curry instead of plain rice. The egg may be omitted.

NOTE.—For Jurred khitchree add a teaspoonful of powdered turmeric, more or less according to the colour desired, to the dhal and rice while frying. Green peas may be substituted for the dhal, but they must not be fried, but added to the rice when it is nearly cooked.

4. Geela Khitchree

$\frac{1}{2}$ lb. rice	8 or 10 peppercorns
$\frac{1}{2}$ lb. dhal	2 bay leaves
1 dessert-spoonful salt	

Pick the dhal well, and wash it with the rice in cold water. Put the dhal and rice into a large saucepan with the salt, peppercorns, and bay leaves, and as much cold water as will quite cover them. Cover the saucepan and let the khitchree boil, stirring it now and again with a wooden spoon that it may not stick to the bottom of the pan and burn. Avoid breaking the grain. When the water is absorbed the dhal and rice should be fully swelled and soft; should they not be so add a very little hot water, and continue boiling till the grains are quite cooked.

“Geela,” or soft khitchree, should not be as dry as Bhoona khitchree; the rice gets slightly mashed, but it should not be at all wet. It can stand for a little in the pan with the lid on, which will dry it. It may be garnished with a hard-boiled egg, or fried onions, or both, in the same way as Bhoona khitchree,

and if desired the additional spices and green ginger may be added as in Bhoona khitchree.

5. Pillau

A good-sized chicken	2 dessert-spoonfuls salt
$\frac{1}{2}$ lb. rice, washed and picked	3 cardamoms
2 ozs. ghee	4 cloves
1 onion	1 blade mace
6 almonds, blanched and sliced	2 pieces cinnamon
2 ozs. sultanas, washed and picked	12 peppercorns

Clean and truss the chicken, and put it on to boil in only as much cold water as is necessary to boil it sufficiently, with the onion and half the salt. When the chicken is tender take it off and set it aside; strain the stock and put it back to boil.

Melt the ghee in a good-sized saucepan, and, when it boils, fry the rice in it to a golden colour, add the remainder of the salt and the spices, and then sufficient of the boiling stock to entirely cover the rice. Cover the pan, and let the rice boil fast, but be careful it does not catch. As the stock is absorbed keep on adding a little at a time till the rice is fully swelled and tender without getting into a mash.

Add the almonds and raisins and draw the pan well to the side of the range, leave it covered, and shake from time to time to prevent the rice sticking; in a few minutes it should be quite dry, but yet soft. To serve, place the boiled chicken in the dish and pile the rice over and round it; serve very hot.

For mutton pillau proceed in the same way, using $1\frac{1}{2}$ lbs. best neck or loin of mutton, either whole or in chops, instead of the chicken.

6. Italian Pillau

2 ozs. butter
 $\frac{1}{2}$ lb. rice

2 ozs. grated cheese
 $1\frac{1}{2}$ pints stock

Bring the butter to the boil, and then put in the rice and fry it to a golden colour; add sufficient boiling stock to cover the rice, and boil till the rice is tender, adding more stock, if necessary, as it is absorbed by the rice swelling. When ready, stir in the grated cheese, and serve at once, hot.

May be eaten with beef *à la mode*, or with stewed meat.

7. *Pish-Pash*

1½ lbs. mutton | ½ lb. rice | 1 dessert-spoonful salt
A few cloves, peppercorns, and cinnamon

Cut the mutton into chops, and set it on to boil in sufficient cold water to cover it well; remove any scum that rises, and when the meat is half done add the rice well washed, the salt, and the spices. When the rice is cooked and tender the dish is ready. Should the water be absorbed before the rice is fully swelled, add sufficient hot water. The rice should be rather of a mash without there being any separate broth.

NOTE.—This is a very simple wholesome dish, suited for children or invalids. Use loin or best neck of mutton to make it nicely, or middle neck or scrag will answer if not very particular.

8. Meat or Gravy Curry

3 ozs. ghee	1 table-spoonful curry powder
4 ozs. sliced onions	1 tea-spoonful salt
$\frac{1}{2}$ lb. of beef, mutton, lamb, veal, or pork	

Beef should be cut into pieces about an inch square and half an inch thick. All other meat may be cut in the same way, or small chop or cutlet bones may be left in, but should be divided in neat and convenient pieces.

Warm the saucepan and heat the ghee. When it boils fry half the quantity of onions till brown; then put in the curry powder and fry it with the onions for three or four minutes. It should be a rich dark brown colour, but must not burn and blacken, or it will spoil the appearance and flavour of the curry. Next put in the salt and a quarter-pint of hot water; stir together, then add another quarter-pint of hot water, and let the whole boil fast without the cover and without stirring for a few minutes, or until it sticks slightly to the bottom of the pan; it must be watched carefully not to burn. As soon as it reaches this stage add half a pint more of hot water, stir

well, and put in the meat and the rest of the onions ; stir all together, cover the saucepan, and let it simmer for quite three hours if the meat is fresh, or till the meat is tender and fully cooked. The curry will be improved by the addition of a quarter-pint of milk or thick milk, which should be put in at the same time as the meat, without warming ; the water should be proportionately reduced. For beef curry, a few sprigs of fennel are a very great improvement. Curries may be varied indefinitely by the addition of vegetables, potatoes, peas, beans, tomatoes, etc.

9. Chicken Curry

2 ozs. ghee		1 table-spoonful curry powder
4 ozs. onions, finely chopped		1 tea-spoonful salt
A small plump chicken, or young duck, or 2 pigeons		

Cut the chicken into neat joints, dividing the legs each in two pieces, the breast bone and merry-thought separately, and the back in two pieces, putting in also the liver and gizzard, and the pinion bones separately from the wing, making fourteen pieces in all.

Warm the saucepan and put on the ghee ; when it boils, put in the curry powder and the chopped onions, and fry till brown ; then put in the cut-up chicken, and fry it brown ; add the salt and about a pint of hot water. Let the curry simmer quietly till the chicken is tender. There should be about half a pint of rich gravy.

Potatoes may be added to chicken curry, using about half a pound of small potatoes, cut in quarters, which should be put in at the same time as the water is added.

Coriander seed is sometimes added to chicken curry, but it does not suit all tastes. Take a small tea-spoonful of coriander, and roast it over the fire in a clean iron frying-pan ; bruise it lightly to remove the husks, then pound it fine, and mix it with the curry powder.

Neither potatoes nor coriander seed should be added to duck or pigeon curry.

10. *Dopíaja* (Curry)

A small chicken	1 table-spoonful curry powder
3 ozs. ghee	1 tea-spoonful salt
$\frac{1}{2}$ lb. onions in fine slices.	

Warm the saucepan and put on the ghee; when it boils, fry half the onions to a nice brown, take them out and put aside, and, in the same ghee, fry the curry powder with the remainder of the onions. Next add the chicken, divided as for chicken curry, and the salt, and fry to a light brown. Lastly, add the fried onions and half a pint of hot water. Let the curry simmer quietly till the chicken is tender, which will be in about an hour. There should be only a very little thick gravy.

11. *Malay Curry*

A small chicken	1 tea-spoonful salt]
2 ozs. ghee	A pinch of powdered cloves
4 ozs. onions, chopped	A pinch of powdered cin-
4 ozs. desiccated cocoanut	namon.
1 table-spoonful curry powder	3 cardamoms

Cut the chicken into pieces as for chicken curry.

Soak the desiccated cocoanut in a pint of hot

water for an hour or longer, then rub it through a hair sieve. The extract only is used.

Warm the saucepan and put on the ghee; when it boils, put in the curry powder, the ground spices, and onions; fry all together to a good brown. Then put in the pieces of chicken and brown them; and last, the salt and the cocoanut extract—which should be warmed, not to chill and harden the meat—and the cardamoms. Cover the pan, and simmer the curry for an hour, or till the chicken is tender. There should be about half a pint of rather thick gravy.

12. Country Captain (Curry)

A small chicken	1 tea-spoonful salt
$\frac{1}{4}$ lb. ghee	$\frac{1}{2}$ tea-spoonful powdered
$\frac{1}{2}$ lb. onions, sliced	chillies
$\frac{1}{2}$ tea-spoonful turmeric	

Cut up the chicken as for chicken curry, in fourteen pieces.

Warm the saucepan and put on the ghee; when it boils, fry the onions till brown and crisp, and set them aside. Fry the turmeric and chillies in the same ghee for a couple of minutes, keeping stirring, then put in the chicken with the salt, and continue

stirring over the fire till the chicken is tender. Cover the curry with the fried onions after dishing, and serve very hot.

Unless the chicken is very small, it is better to add a quarter-pint of hot water, after the chicken is well browned, and let the curry simmer till the water is all absorbed.

The chickens used for curry in India are very little larger than pigeons. Cold fowl may be used for country captain, and cold lamb or veal can be dressed in this way,—cut in small pieces.

13. Koormah or Quormah Curry

1 lb. fat mutton	2 cardamoms
2 ozs. ghee	4 cloves
$\frac{1}{4}$ lb. onions, chopped fine	2 bits of cinnamon
$\frac{1}{4}$ pint curds or thick milk	12 peppercorns
1 tea-spoonful salt	2 bay leaves
One dessert-spoonful curry powder, or, if procurable—	
$\frac{1}{2}$ tea-spoonful powdered chillies	
$\frac{1}{2}$ tea-spoonful powdered coriander seed	
$\frac{1}{2}$ tea-spoonful fresh ground or pounded green ginger	
$\frac{1}{2}$ tea-spoonful fresh ground or pounded garlic	

Cut the mutton into neat and rather small pieces, and sprinkle it with the salt.

Warm the saucepan and put on the ghee; when it

boils, fry about 3 ozs. of the onions to a nice crispness, take them out, and in the same ghee fry the curry powder, or the freshly prepared chillies, ginger, garlic, and coriander, if they are being used. When well browned, put back the fried onions and the remainder of the chopped onions, the mutton, spices, and curds. Stir all well together, cover close, and let the curry simmer for two hours or longer, taking care that it does not burn. If the mutton is nice and fat and the curds rich, there should be no need to add any water; but if the curry is getting too dry, a very little hot water may be added. Koormah should be of a rich golden brown colour, with no gravy. Serve as curry, with boiled rice.

14. Hoosanie Curry

$\frac{1}{2}$ lb. beef or mutton	1 table-spoonful curry powder
$\frac{1}{4}$ lb. onions	1 tea-spoonful salt
3 ozs. ghee	About 2 ozs. green ginger

Six or eight fine wire skewers are required for this curry, about five inches in length.

Cut the meat into pieces about an inch square and half an inch thick, using fat as well as lean.

Cut the ginger into thin slices, and the onion into pieces thick enough to put on the skewers.

Arrange the meat on the skewers with alternate pieces of ginger and onion till all the meat is used. Chop the remainder of the onion finely, but do not use more ginger than what is needed on the skewers.

Warm the saucepan, and, when heated, put on the ghee; when it boils, fry the chopped onions, and, when brown, add the curry powder and stir it well with the onions over the fire for a couple of minutes. Next put in the salt and a quarter-pint of hot water; let it boil up, then add a quarter-pint more of hot water, and let the whole boil quickly, without stirring, for five minutes, watching that it does not burn. Now add half a pint more of hot water, stir well, and lay in the skewers of meat. Cover the saucepan, and let the curry simmer quietly for three hours, if fresh meat has been used, or for one hour for cooked meat. If allowed to boil fast the meat will shrink and become tough.

15. Bindaloo (Curry)

1 lb. loin of pork	$\frac{1}{4}$ pint vinegar
$\frac{1}{4}$ lb. ghee	1 dessert-spoonful salt
2 ozs. curry powder	2 bay leaves

Cut the meat into thin chops, and divide each chop in two across the bone. Wipe the pieces of meat, and place them in a china basin with the dry curry powder and the salt; stir well together, then add the vinegar, and mix all together thoroughly. Lastly, add the ghee, not melted, but broken in pieces, and the bay leaves. Mix all together, and put the bindaloo away in the basin, in a cool place, without cooking, for two days.

To cook the bindaloo put it in an enamelled saucepan without any water, and simmer it quietly, stirring constantly till it is a fine brown colour and the meat is cooked through. Great care must be taken that it does not burn. Serve hot in the same way as curry, with boiled rice in a separate dish.

N.B.—Only china or enamelled ware should be used in preparing bindaloo, and the enamel should not be cracked or chipped. The chemical action of

the acid and other ingredients on iron will turn the curry black, and on tin will render it poisonous.

16. Coafta Curry

$\frac{1}{2}$ lb. meat free of bones	1 table-spoonful curry powder
$\frac{1}{4}$ lb. onions, chopped	1 tea-spoonful salt
2 ozs. bread crumbs	$\frac{1}{4}$ pint buttermilk or milk
2 ozs. ghee	1 egg

Remove all gristle and stringy parts of the meat, and pound it in a mortar, or pass it through a mincing machine two or three times. Season the meat well with pepper and salt, a small pinch of chopped parsley, and a teaspoonful of the chopped onions. Mix it with the bread-crumbs and the egg to bind it. When well mixed, divide into twelve balls, dredging with flour to keep them from sticking, and stand them in a soup-plate with the buttermilk. Let them soak for quarter of an hour or longer.

To make the curry, warm the saucepan and heat the ghee; when it boils, fry about 2 ozs. of the onions till brown, then add the curry powder and fry it for three or four minutes, stirring all the time. Now

add a quarter-pint of hot water, stir, and let it boil for a few minutes without stirring; then add another quarter-pint of hot water, the salt, and the remainder of the onions, stir, and then lay in the "coaftas," or balls; pour in with them any of the milk that is not absorbed, put on the lid, and let the curry simmer quietly for an hour. The coaftas should remain whole, and be served unbroken; any cooked meat may be used instead of fresh meat.

17. Prawn Curry

$\frac{1}{2}$ lb. prawns	1 dessert-spoonful curry powder
3 ozs. ghee	
	$\frac{1}{2}$ tea-spoonful salt
2 ozs. onions, sliced	

Warm the saucepan and put on the ghee; when it boils, fry the onions brown, then add the curry powder, stir well, and put in the prawns; keep stirring them on the fire till they are well browned, then add the salt and a quarter-pint of hot water; cover the pan, and let it simmer for ten minutes, when the curry will be ready.

Tomatoes or cucumber make a nice addition to

prawn curry. The tomatoes should be cored and quartered; cucumber cut in four, lengthways. Whichever vegetable is used it should be added after the prawns are browned, and no water should be added at all.

18. Fish Curry

2 ozs. ghee	1 table-spoonful curry powder
3 ozs. onions, chopped	1 tea-spoonful salt
1 lb. of any fish : firm white fish is best	

Cut the fish in neat pieces, and rub it over with a little of the curry powder and salt.

Warm the saucepan, and put on the ghee; when it boils, fry half the quantity of the onions brown, then add the curry powder, stir well, and put in the fish; fry it till lightly browned, then add the salt, the remainder of the onions, and a quarter-pint of hot water. Cover the pan, and let the curry simmer till the fish is tender, but do not let the pieces break.

19. Fish Moloo (Curry)

1 lb. cooked fish, cut up	1 dessert-spoonful sliced green
2 ozs. sliced onions	chillies
$\frac{1}{2}$ tea-spoonful powdered turmeric	1 table-spoonful vinegar
A small piece of green ginger	$\frac{1}{4}$ lb. desiccated cocoanut
2 ozs. ghee or butter	A salt-spoonful salt

Put the cocoanut in a basin, and cover it with boiling water; let it stand for an hour, then strain the extract through a hair sieve or coarse cloth, throwing away the dry remainder.

Pound the ginger in a mortar with a few drops of water to make a paste.

Warm the saucepan and put on the ghee; when it boils, fry the onions a rich brown, then add the turmeric, ginger, chillies, and salt, the cocoanut extract, the fish, and lastly the vinegar. As soon as the sauce thickens it is ready. Serve as curry with boiled rice.

20. Vegetable Curry

1 lb. potatoes	2 ozs. ghee
1 lb. peas	2 ozs. onions, chopped
A small cauliflower	1 tea-spoonful salt
1 table-spoonful curry powder	$\frac{1}{2}$ pint hot water

Cut the potatoes into quarters and the cauliflower into neat pieces.

Warm the saucepan, and then put on the ghee; when it boils, fry half the quantity of onions till brown, stir in the curry powder, frying it well with the onions, stirring all the time. In a couple of minutes add the hot water and salt; let it boil, then put in the vegetables with the remainder of the onions. Cover the pan, and let the curry simmer for an hour. There should be little or no gravy.

Vegetable curries may be varied indefinitely; tomatoes may be added to the potatoes, peas, and cauliflower, in which case they should be cored but not peeled, and only a quarter-pint of water should be used. Brinjal and potatoes make an excellent curry; the brinjal should be peeled, and cut in fairly large pieces. Onions by themselves curry well; use

about 2 lbs. Spanish onions, cutting them into rings, and proceed as for any other vegetable curry, using a quarter-pint or less of water, as the onions are very watery.

21. Pumpkin Curry

1 lb. ripe pumpkin	2 ozs. ghee
1 tea-spoonful salt	2 ozs. onions, sliced
1 table-spoonful curry powder	

Cut the pumpkin in neat slices about four inches long and one and a half inches wide ; remove the rind and the seeds.

Warm a saucepan, and put on the ghee ; when it boils, fry half the onions in it to a nice brown ; add the curry powder, and fry for three or four minutes, stirring well ; add about a quarter-pint of hot water or a little less, and the salt ; let it boil, then put in the sliced pumpkin and the remainder of the onions. Cover the saucepan, and simmer the curry quietly for an hour, or till the pumpkin is quite tender ; be careful not to break the pieces. As the pumpkin is a very watery vegetable, the quarter-pint of water

should on no account be exceeded, and may be omitted if care is taken to prevent the curry burning. There should be a very little thick gravy.

This curry may be varied by adding half a pint of shelled shrimps, putting them in with the pumpkin, which should then be cut in smaller pieces. A cooking apple, peeled, and cut in quarters, or a little dried mangoe, is an improvement, with or without the shrimps. A few prawns may be used instead of shrimps.

22. Egg Curry

6 eggs	1 table-spoonful curry powder
2 ozs. ghee	1 dessert-spoonful salt
2 ozs. chopped onions	1 salt-spoonful ground pepper

Boil the eggs for fifteen minutes, dip them in cold water, and then remove the shells. Prick the eggs all over with a silver fork, and rub them with a little of the curry powder and salt.

Warm the saucepan, and then put on the ghee; when it boils, put in the eggs whole, and fry them for five minutes, shaking the pan so that they do not burn. Remove the eggs, and, in the same ghee, fry half the quantity of chopped onions; then add the

curry powder, and fry it well with the onions, stirring all the time. Then add a quarter-pint of hot water, let it boil for a few minutes, taking care it does not burn, but not stirring; then put in the eggs whole, a quarter-pint more water, and the rest of the onions, cover the pan, and let the curry simmer for half an hour. Add the pepper just before serving. There should be only a little thick, rich gravy.

23. Dhal and Egg Curry

5 eggs	1 table-spoonful curry powder
$\frac{1}{2}$ lb. dhal, or split peas	1 table-spoonful salt
2 ozs. ghee	1 salt-spoonful ground pepper
2 ozs. chopped onions	$\frac{3}{4}$ pint boiling water

If split peas are used they should be soaked for twelve hours in cold water.

Pick and wash the dhal, and soak it in water for half an hour.

Boil the eggs for fifteen minutes, dip them in cold water, and then remove the shells. Prick the eggs all over with a fork, and rub them with a little of the curry powder and salt, and set aside.

Warm the saucepan, and then put on the ghee. When it boils, put in the eggs whole, and fry them

for five minutes, shaking the pan so that they do not burn. Remove the eggs, and in the same ghee fry half the quantity of chopped onions to a nice brown colour, then add the curry powder and fry it well with the onions. When the powder is well fried, it should be a rich brown colour, not black. Put in the split peas, or dhal, well drained; stir the whole well, and let it cook without any water for five minutes, taking care that it does not burn. Now add a quarter of a pint of hot water; as soon as this is absorbed put in the fried eggs, the salt, and the remainder of the onions, with half a pint more of hot water. Cover the saucepan, and let the curry simmer quietly till the water is all absorbed, by which time the dhal should be fully swelled and quite tender. Add the pepper, and serve very hot.

24. Jhalfarajie

$\frac{1}{4}$ lb. cold meat	1 dessert-spoonful curry
$\frac{1}{4}$ lb. onions	powder
2 ozs. ghee	$\frac{1}{2}$ tea-spoonful salt
$\frac{1}{2}$ tea-spoonful powdered chillies, or a green chilli sliced	

Warm the saucepan, and heat the ghee; when it boils, fry the onions crisp and brown; then add the

curry powder, chillies, meat, and, last, the salt with about a table-spoonful of hot water; fry all well together to a rich dark brown. Serve very hot, with curry and rice.

25. Saug Bhajie

2 lbs. spinach or other greens		1 oz. ghee
1 heaped tea-spoonful salt		4 ozs. onions, sliced
A whole fresh chilli, or $\frac{1}{2}$ tea-spoonful powdered chillies		

Warm a small saucepan, and heat the ghee. When it boils, fry half the onions to a good brown colour; then put in the greens (washed, picked, and drained dry), the chilli (whole), and the remainder of the onions. No water. Stir all together, put on the lid, and let the greens simmer for ten minutes. Remove the lid, and stir over the fire for three or four minutes, by which time the greens should be soft and of a dark colour. Stir in the salt, drain off the water, and serve very hot in a dish by itself, to be eaten with curry, and dhal, and rice.

26. Dhal

$\frac{1}{4}$ lb. dhal (lentils)	$\frac{1}{2}$ tea-spoonful powdered chillies
2 ozs. ghee	$\frac{1}{2}$ teaspoonful powdered tur-
1 tea-spoonful salt	meric
4 cloves	

Pick and wash the dhal carefully, and put it in a saucepan with the salt, chillies, and turmeric, and about a pint and half of cold water. Let it boil without stirring for an hour and a half, or till the dhal has formed a thick mash at the bottom of the pan and there is only a little water left.

Warm a second saucepan, and heat the ghee in it with the cloves; stir the dhal well with a wooden spoon, making it as smooth as you can. When the ghee boils, pour the dhal on it. Stir well together, and then allow it to simmer quietly till required. The dhal, when ready, should be of the consistency of very thick pea-soup, and should not deposit as a sediment, but remain a thick semi-fluid. It may be served in a small tureen or a vegetable-dish, with a sauce-ladle to help it with.

To make the dhal very smooth it may be rubbed

through a hair sieve before adding it to the ghee. If liked, a clove of garlic or a small piece of onion may be substituted for the cloves, in which case the ghee should boil first and then the garlic or onion be browned in it before adding the dhal.

Serve with boiled rice, with or without curry. Half a sour apple, peeled and cored, or a little dried mango or tamarind may be added to the dhal when boiling.

27. Dhal Churchurree

$\frac{1}{2}$ lb. dhal washed and picked	1 tea-spoonful turmeric
$1\frac{1}{2}$ oz. sliced onions	1 tea-spoonful powdered chillies,
1 oz. ghee	or 1 green chilli cut in
1 dessert-spoonful salt	slices
2 bay leaves	

Melt the ghee in a saucepan, and when boiling fry the onions brown and crisp, take them out and fry the dhal in the same ghee. When the ghee is absorbed add the turmeric, salt, chillies, and bay leaves, with sufficient hot water to cover the dhal. Cover the pan and let it boil quietly, adding hot water if necessary, till the dhal is quite tender.

Draw the pan aside, and leave it for a few minutes with the cover on to dry. Remove the bay leaves before serving, and garnish with the fried onions. A green apple, pared and cut in quarters, may be added when the dhal is half cooked. Dhal churchurree should be dry without any gravy.

28. Mulligatawny

2 pints strong stock	$\frac{1}{4}$ lb. desiccated cocoanut
2 ozs. ghee	1 table-spoonful curry powder
$\frac{1}{4}$ lb. onions, chopped	1 dessert-spoonful salt
2 ozs. dhal (lentils)	4 bay leaves
A small chicken	

Put the cocoanut in a basin with half a pint of boiling water, and let it stand till cold; then rub it through a hair sieve, to extract the milk, and throw away the dry residue.

Cut up the chicken as for chicken curry, and make it into curry as follows: Warm the saucepan, and put on the ghee; when it boils, fry the onions brown, then fry the curry powder with the onions for two or three minutes; now add the cut-up chicken and the

salt, and fry it, stirring constantly till well browned. As soon as the chicken browns pour in the cocoanut milk; let it simmer for ten minutes, by which time the chicken should be tender. Pick out the best pieces for garnish, and break up the remainder to strengthen the soup. Now put on the stock, and mix with it the prepared curry, dhal, and bay leaves. Let it boil quietly and steadily for two hours, by which time the dhal should be quite dissolved and the soup be somewhat thick. If it is liked very thick, mix a dessert-spoonful of corn-flour with a little milk to a paste, and add it to the boiling soup. Strain the soup before serving, and it is better to thicken it, if required, after straining. Add the reserved pieces of chicken and serve very hot, with boiled rice in a separate dish, and a lemon cut in convenient pieces that a few drops of lemon juice may be added at pleasure.

Mulligatawny may be made with a little lean mutton instead of the chicken.

29. Pumpkin Soup

1 lb. ripe pumpkin	1 salt-spoonful ground pepper,
$\frac{1}{2}$ pint stock	or less
1 tea-spoonful salt	

A small bunch of herbs, or half a tea-spoonful dried herbs tied in muslin

For the Croûtons—

1 slice bread	1 table-spoonful ghee
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Peel the pumpkin, and remove the seeds. Cut it up in small pieces, and boil it quietly in the stock with the herbs, till quite tender. Take out and throw away the herbs and rub the soup through a sieve ; add the salt and pepper, and boil it up again, and it is ready.

Remove the crust from a slice of bread ; cut the bread into dice, and fry them in boiling ghee till crisp and brown. Drain them on paper, and serve with the soup.

The soup may be made with water instead of stock, when a little milk may be added after straining.

30. Vegetable Soup

3 pints stock	$\frac{1}{4}$ lb. rice
1 cabbage	1 dessert-spoonful salt
1 lb. potatoes	$\frac{1}{2}$ tea-spoonful ground pepper
2 ozs. grated cheese	

Divide the cabbages, and cut each leaf in two pieces lengthways; pare the potatoes, and cut them in quarters. Put the cabbage and potatoes on to boil in the stock with the salt and pepper. When the potatoes are cooked, add the rice, well washed and picked. When the rice has boiled to a mash the soup is ready. Stir in the grated cheese off the fire, and serve at once.

31. Vermicelli Soup

$1\frac{1}{2}$ pints stock	2 ozs. butter
2 ozs. vermicelli	2 eggs
1 tea-spoonful salt	$\frac{1}{2}$ tea-spoonful ground pepper

Any strong white stock will answer, but it will be found nicest when prepared from the bones and

cuttings of a fowl. Strain the stock, and put it on to boil with the pepper and salt. When boiling, put in the vermicelli, and let it boil quietly till the vermicelli is tender.

Put the butter in a basin over a pan of hot water, and beat it to a cream; add the eggs to the butter, yolks and white together, only removing the spots; beat all well together till quite smooth. Put the butter and eggs in the soup tureen, and pour the boiling soup on them; stir together, and serve at once.

32. *Hari Kabob*

This is what the name literally means—pan-roast, or roasting in a saucepan. The meat cooked in this way retains its juices, and is very tender. Poultry, lamb, veal, loin or neck of mutton, or the fillet end of a leg of mutton, and small joints of beef, are all suited for this dish.

Put 2 ozs. or more of good dripping or ghee in a pan large enough to take the joint without crushing. Dredge the meat with salt, pepper, and flour, rubbing it well over every side. When the dripping boils,

brown the meat in it all over. If it is a fat joint no water will be needed, but for poultry and lean meat it is better to use a little extra ghee, and a quarter-pint of hot water must be added when the joint is browned. Put on the cover, but shake the pan constantly, to prevent the meat catching, till the dripping is sufficient to keep it from burning. Let the meat simmer quietly, basting it frequently and moving it about in the pan. Fifteen to twenty minutes to the pound will cook the joint thoroughly. Make the gravy as for an ordinary roast.

Potatoes roasted with the meat are very nice. Choose rather small potatoes of an equal size, and put them in so as to allow them three-quarters of an hour to be done.

33. Boiled Fowl stuffed with Pillau

$\frac{1}{4}$ lb. rice	1 small onion sliced
1 oz. ghee	A piece of cinnamon
1 tea-spoonful salt	3 cloves
1 pint stock	6 or 8 peppercorns
A fowl trussed for boiling	

Heat the stock in a separate pan. Melt the ghee in a fair-sized pan, and when it boils, fry the sliced

onions in it till quite brown ; remove them carefully, and throw away. In the same ghee fry the rice, well washed and drained dry, till it absorbs the ghee, then add the spices and stir them well with the rice. Next add the salt and as much of the hot stock as will cover the rice, cover the saucepan, and let the rice boil till it is cooked. Should the stock be absorbed before the rice is ready, add a little more stock, and continue adding, if needed, a very little at a time, till the rice is fully swelled. The rice should be a little firm, as it has to be boiled again with the fowl.

Take the fowl and wipe the inside carefully. Stuff it from the crop with the rice pillau, filling the whole body tightly from end to end, then fasten the crop securely.

Prepare a firm dough of flour and water, roll it out in a sheet about a quarter-inch thick ; place the fowl on this, and fasten it up carefully, joining the edges with water ; tie the whole in a cloth, and boil for an hour, more or less, according to the size of the fowl. Serve in the paste.

The rice should be helped in the same way as duck-stuffing, by making a slit in the "apron." The paste is not eaten.

34. Dumpo Duck

$\frac{1}{2}$ lb. suet, chopped	1 salt-spoonful powdered cin-
3 ozs. ghee	namon
1 table-spoonful bread-crumbs	1 salt-spoonful powdered cloves
1 tea-spoonful chopped sage	1 tea-spoonful made mustard
1 tea-spoonful chopped parsley	1 tea-spoonful olive oil
1 heaped tea-spoonful salt	1 tea-spoonful Worcester sauce
1 tea-spoonful ground pepper	A large fat duck
A good-sized chicken, or $1\frac{1}{2}$ lbs. lean beef	

Remove all the bones of the duck carefully without breaking the skin. This is an operation which it is better to have done by the poulterer. Make a stock of the bones and giblets, putting them in a stew-pan with a bunch of herbs, salt, and pepper, and a pint of cold water, and boiling down to less than half.

Mix the made mustard, oil, and sauce smoothly together, and rub the inside of the duck well with the mixture.

Remove all the meat from the chicken, and mince it as finely as possible. If beef is used, remove all veins and stringy parts, and mince it very finely.

Make a forcemeat of the minced chicken—or beef—suet, bread-crumbs, herbs, spices, salt, and pepper,

pounding all well together; stuff the duck tightly with the mixture, shaping it like a Bologna sausage; fasten it up securely, and tie the whole with string. Dredge the duck with salt, pepper, and flour.

Melt the ghee in a stew-pan, and when it boils, brown the duck in it to a nice colour; strain over it the stock prepared from the bones, bring to the boil, then draw to one side and allow it to simmer quietly for an hour, or till the duck is quite tender and cooked through. Serve with the gravy poured over it.

Vegetables cut in fancy shapes are sometimes cooked with the duck and served round it in the dish.

35. Chicken Cutlets

Cut up a chicken into joints, remove the leg-bones carefully, leaving only a short piece of the shank with the joint. Beat each piece flat with a rolling-pin, with a little salt and pepper. Pound some green ginger in a mortar, with a few drops of water to extract the juice; take a tea-spoonful of this juice and

a tea-spoonful of onion juice, which is easily extracted by scraping a cut onion with a spoon, and rub the cutlets all over with the mixture. Let the cutlets stand for an hour or longer to soak.

When ready to fry the cutlets, dredge them with a little flour, brush them over with the yolk of an egg, and dip them in finely-grated and browned bread-crumbs. Fry them in boiling ghee, and serve very hot, garnished with parsley or mint fried in the same ghee, and a hard-boiled egg cut in quarters lengthways and laid on the cutlets.

36. Gravy Cutlets

Prepare the cutlets as for "chicken cutlets," using freshly-grated bread-crumbs. When the cutlets have been fried, dredge about a dessert-spoonful of flour into the ghee in which they have been fried over the fire, with a little pepper and salt. Brown the flour well, then add a little hot water and a well-heaped table-spoonful of freshly grated bread-crumbs; stir well for a minute or two, then add sufficient hot water to make a good thick gravy; pour it over the cutlets, and serve at once.

37. Potato Chops

Cut up a chicken into cutlets, break up the bones, and prepare a little strong stock from them. Stew the cutlets in this gently till tender, take them out, season highly with pepper and salt, and beat them gently with the back of a knife into a neat shape.

Boil about 2 lbs. of potatoes, and mash them smoothly with a little milk, a lump of butter, and plenty of salt and pepper. Shape the mashed potatoes into cakes about half an inch thick and a little larger than the cutlets, two to each cutlet. Lay each cutlet on one piece and cover it with a second, pressing the edges together and leaving a small piece of bone projecting from each, to distinguish the joints by. Brush the potato chops with the beaten yolk of an egg, and cover them with very finely sifted baked bread-crumbs. Fry the chops in boiling ghee; drain, and serve garnished with fried parsley or mint.

Potato chops can be made with cooked meat, which should be prepared as a highly seasoned mince.

Rice chops are made in the same way as potato chops, using rice instead of potatoes. Boil the rice till soft, strain off the water, but do not put any cold water over it nor steam it. Mash the rice with a little butter, pepper, and salt, and some powdered chillies. Shape and fry the chops in the same way as potato chops.

38. Prawn Cutlets

Take as many prawns as you require cutlets; if not shelled, remove the shells and the heads, but leave the tails. Slit the prawns down the middle, and gently beat them flat with a rolling-pin; season with salt and pepper, brush them with the yolk of an egg, and dredge with flour. Fry the cutlets in a nice quantity of butter, over a very moderate fire, to a rich bright brown. Fry a few sprigs of parsley in the same butter, and lay on the cutlets as a garnish.

Prawn cutlets are sometimes served with tomatoes, which may be prepared as follows:—

Fresh Tomato Sauce

Suitable for serving with Prawn, Chicken, Veal, or Lamb Cutlets.

6 ripe tomatoes | 1 oz. butter | A slice of onion

Core the tomatoes and break them up thoroughly, then rub them through a hair sieve to remove the skin and seeds.

Warm the butter, and, when boiling, brown the piece of onion in it; then remove the onion and throw it away.

Add the strained tomatoes to the heated butter, and keep stirring till the sauce has a dark colour and savoury smell, when it is ready.

39. Devil

In India this dish is prepared with chicken always, but it is very suitable for cold poultry or game, and for cold meat, which should be cut in slices

2 ozs. ghee	1 tea-spoonful powdered chillies
1 table-spoonful chutney	1 tea-spoonful made mustard
1 table-spoonful Worcester sauce	2 table-spoonfuls vinegar
	1 tea-spoonful salt
2 ozs. sliced onions	

Boil the ghee and fry the onions brown, then put in all the mixed condiments and stir them well

with the onions ; put in the chicken cut up in joints, and fry it brown. If already cooked, the dish is ready ; but if it is a fresh chicken, add about a quarter-pint of hot water. Cover the pan, and let it simmer till the chicken is tender and the water absorbed.

40. Coaftas

$\frac{3}{4}$ lb. beef or mutton free of bones	$\frac{1}{4}$ pint butter-milk or milk
1 oz. onions finely shredded	2 ozs. ghee
2 ozs. fresh bread-crumbs	1 tea-spoonful salt
	$\frac{1}{2}$ tea-spoonful pepper
	2 eggs

Clear the meat of all fat and gristle and pound it in a mortar till quite a paste.

Mix the meat with the bread-crumbs, onion, salt, and pepper, and the yolk of one egg and the whites of two, well beaten together.

Divide the mixture into twelve, and shape each part in a flattened ball, dredging with flour. Lay the coaftas in a flat dish, and pour the butter-milk about them. Let them soak for twenty minutes or half an hour.

Lift the coaftas out of the milk, brush them over with yolk of egg, dredge them with flour, and fry

them in the ghee to a dark brown. They will need careful handling not to let them break or crack.

41. Croquettes

$\frac{3}{4}$ lb. of any lean meat	2 ozs. ghee
1 oz. onions finely shredded	2 eggs
2 ozs. fresh bread-crumbs	1 tea-spoonful salt
A pinch of chopped parsley	$\frac{1}{2}$ tea-spoonful pepper

Clear the meat of all fat and gristle, and pound it to a paste in a mortar.

Pound with the meat the bread-crumbs, onions, parsley, salt, and pepper, then work in the yolk of one egg and the whites of both beaten separately to a stiff snow.

Shape the mixture into croquettes as lightly as possible, brush them over with the remaining yolk of egg, and dredge them with flour. Warm the ghee, and, when boiling, fry the croquettes as quickly as possible to a nice brown. Fry some sprigs of well-dried green parsley or mint in the same ghee for garnish.

42. Fish Cakes

Take any remains of boiled or fried fish, free it carefully of all bones, skin, fat, and, if fried fish, of the egg and bread-crumbs. Put the fish in a mortar, and pound it with salt, pepper, cayenne pepper, or a chopped green chillie, and anchovy sauce to taste; add a small piece of butter, and when well mixed, beat up one or two eggs, according to the quantity of the fish, and work into the mixture lightly. Make up the fish in round flat cakes about half an inch thick, dredge them with a very little flour, and fry them in boiling ghee to a nice brown colour. Have some nice pieces of parsley well washed and perfectly dry. When the fish cakes are all fried, fry the parsley in the same ghee till crisp, and garnish the dish with it.

43. Fish Khitchree

$\frac{1}{2}$ lb. boiled white fish	2 ozs. butter
3 hard-boiled eggs	$\frac{1}{4}$ pint milk
3 boiled potatoes	1 tea-spoonful salt
A tea-cupful boiled rice	$\frac{1}{2}$ tea-spoonful pepper

The fish should be free of skin and bones, and broken up in fairly small pieces. Chop the eggs,

both yolks and whites, rather fine, and break up the potatoes small, but do not mash them. Mix the fish, eggs, potatoes, and rice well together with the pepper and salt. Put the butter on the fire in a saucepan, and, when it melts, but before it gets oily, stir in the milk. As soon as they form a smooth sauce put in the fish, etc. Stir well together, let it get thoroughly hot, and serve at once, heaped lightly on a very hot dish.

A variation of this dish is to fill a well-buttered mould with the khitchree prepared as above, cover with buttered paper, and steam for three-quarters of an hour; turn out, and serve, with or without a sauce made as follows:—

Anchovy Sauce

1 oz. butter	1 dessert-spoonful anchovy
$\frac{1}{2}$ pint milk	sauce
1 table-spoonful flour	

Mix the flour to a smooth paste with a very little of the milk. Put the remainder of the milk on to boil with the butter; keep stirring, that the butter may be well mixed with the milk. As soon as it boils, pour it on to the flour, stir well, and put it back

to boil, stirring constantly till the sauce is sufficiently thick, stir in the anchovy sauce off the fire, and pour round but not over the fish.

44. Chingree Puffs (Samosas)

$\frac{3}{4}$ lb. flour	$\frac{1}{2}$ lb. prawns
10 ozs. ghee	1 dessert-spoonful curry powder
2 ozs. onions, sliced	$\frac{1}{2}$ tea-spoonful salt

If fresh prawns are used, shell them and remove the heads and tails. Mince the prawns rather fine.

Make a curry as follows: Warm a saucepan, and put on 2 ozs. ghee. When it boils, fry the sliced onions; when brown, add the curry powder and fry it with the onions, then put in the minced prawns and the salt. Keep stirring over the fire, and when the curry is a rich dark brown it is ready.

Make a short crust with the flour and $\frac{1}{4}$ lb. of the ghee, with just enough water to mix it. Roll it out rather thin, and make it into puffs, the size and shape of ordinary jam puffs. Fill each puff with some of the curry, and close the edges carefully with water.

Put on the remaining $\frac{1}{4}$ lb. of ghee in a large frying-pan, and when it boils fry the samosas to a nice light brown colour. They should puff up very light. Drain, and serve as an *entrée*.

Samosas may be made with meat instead of the prawns, or with shrimps, made into curry in the same way.

45. Dhal-poories

$\frac{3}{4}$ lb. flour	1	tea-spoonful	powdered
$\frac{1}{2}$ lb. ghee			turmeric
$\frac{1}{2}$ lb. dhal	1	tea-spoonful	powdered chillies
	1	dessert-spoonful	salt

Wash and pick the dhal (lentils) and put them to boil with the salt, chillies, and turmeric, in just enough cold water to cover them. If the water is absorbed before the dhal is quite tender, add a very little hot water as needed till the grains are quite soft and form a thick mass, but they should not be mashed.

Make a short crust with the flour and $\frac{1}{4}$ lb. of the ghee, with just enough water to mix it. Divide the crust in six pieces. Roll each piece out in a round as

thin as you can ; put a nice portion of the boiled dhal in the centre, and fold all the sides to the middle : this is done to avoid a join round the edges, which would come open in frying. Dredge the paste and rolling-pin well with flour, and roll the dhal-poorie very lightly to spread the dhal inside, and to make a thin flat cake about the size of a saucer.

Put on the remaining quarter-pound of ghee in a large frying-pan, and when it boils fry the dhal-poories a very light brown, taking care they do not break. Pile them in a dish one on the other, and serve very hot.

46. Indian Omelet

6 eggs	$\frac{1}{2}$ tea-spoonful powdered chillies,
1 oz. ghee	or a fresh chilli shredded fine
$\frac{1}{2}$ tea-spoonful salt	
$\frac{1}{2}$ tea-spoonful shredded onions	
1 tea-spoonful chopped fresh parsley, if desired	

Separate the yolks and whites of the eggs and remove the specks.

Beat the yolks of the eggs in a basin with the salt, chillies, and onions, and the parsley, till very light. Beat the whites to a very firm snow.

Put the ghee on in a medium-sized and perfectly clean frying-pan on a moderate fire. When the ghee boils, beat the whites of the eggs lightly with the yolks and pour into the frying-pan at once; do not stir. As soon as the omelet sets, fold it over with a broad-bladed knife or a slice, and, when lightly browned, slip it on to a hot dish, and serve at once.

47. Rumbled Eggs

3 eggs

$\frac{1}{4}$ pint milk

$\frac{1}{4}$ oz. butter

A small salt-spoonful salt

A very little powdered chilli,
or $\frac{1}{2}$ a small fresh chilli
finely shredded

Beat the eggs, white and yolks together, with the salt and chillies; add the milk and the butter, broken up. Put the eggs into a small basin, and set it in a saucepan of boiling water over the fire; keep stirring till the eggs set, but do not let them harden. It should be more like a very thick custard. Serve on toast, or in a small dish.

48. Jimmy

Cut any pieces of cold meat (chicken or white meat is best) or fish cleared of skin and bones into pieces as for hash. Put a small lump of butter in a frying-pan, and when it melts add a table-spoonful or more of milk; then put in the meat or fish, salt and pepper to taste, and, if liked, a few shreds of onion and a sliced green chilli. Break over the meat one or more eggs according to the quantity of meat. Stir all together, and, as soon as the eggs set, turn out, and serve like scrambled eggs.

49. Devilled Eggs

4 eggs	1 tea-spoonful made mustard
$\frac{1}{2}$ oz. butter	1 table-spoonful Worcester
$\frac{1}{4}$ pint stock	sauce
A little pepper	1 tea-spoonful finely chopped
$\frac{1}{2}$ tea-spoonful salt	onions
$\frac{1}{2}$ tea-spoonful cayenne	

Boil the eggs for quarter of an hour, then dip them in cold water, remove the shells, and cut each across

into two pieces ; slip out the yolks, and cut a tiny piece off the pointed end of each half white, so that the pieces may stand up like cups. Mash the yolks into a paste with half the butter, a very little of the salt, a little pepper, and the half tea-spoonful of cayenne. Fill the paste back into the whites of the eggs, and arrange them neatly in a hot dish.

Fry the onions in the remainder of the butter, and as soon as they brown put in the salt, mustard, and sauce, which should be mixed together before adding to the onions. Stir all these together over the fire for three or four minutes ; then add the stock thoroughly heated, stir together, pour over the eggs, and serve at once.

50. Sauced Eggs

4 eggs	1 table-spoonful Worcester
1 oz. butter	
Salt and pepper	

Heat a small flat pie-dish or other suitable dish, and put the butter in it, broken into little lumps all over the dish. Break the eggs on to the butter, keeping the yolks in the centre of the

whites; salt and pepper the eggs nicely, and pour the sauce over and round them. Stand the dish in a frying-pan of hot water on the fire, cover the dish with a plate, and let the water boil till the eggs are set. Serve very hot.

51. Poached Eggs with Tomatoes

6 large ripe tomatoes	$\frac{1}{2}$ tea-spoonful salt
4 eggs	A little pepper
1 oz. butter	A small piece of onion

Wash and wipe the tomatoes, and remove the stalks; place them in the oven in a baking-dish; as soon as they get heated through and crack, take them out, and remove the skin and cores and all hard pieces, and break them up thoroughly. It is not necessary to heat the tomatoes before peeling and breaking them up, but it will make the process much easier to do so. Put the butter on in a medium-sized and rather deep frying-pan. When the butter boils, fry the piece of onion in it till quite browned, then pick it out and throw it away. Pour the mashed tomatoes on the boiling butter,

and keep stirring it over the fire till it is of a rich dark colour; add the salt. Stop stirring and break the eggs on to the tomatoes, taking care not to break the yolks; as soon as the eggs set firm, lift them out with a poaching slice, arrange them neatly in the dish, dust them with pepper, and pour the tomatoes round them. Serve at once very hot.

52. Sooktie (Bombay Duck)

Sooktie, or Bombay ducks, are Indian cured fish, dried and salted; they may be served at any meal as a relish with meat, or to be eaten with bread and butter. To prepare them for table, toast before a clear fire till quite crisp and beginning to curl up; serve without any butter or grease of any kind.

Another way is to soak the Bombay ducks in hot water for about an hour to remove some of the salt, dust them over with a little cayenne, and beat them lightly with a rolling-pin, then toast before a clear fire till crisp; or they may be laid in the oven till dry and crisp, but toasting is the proper method.

53. Beef Chutney or Bhurta

Take the lean of cold boiled beef, the drier it is the better; remove all fat, skin, or muscle; pound the meat in a mortar till it is reduced to powder. Mix with the powdered meat, salt (which should be omitted if salt beef is used), chillies, either powdered or sliced green chilli, and a little very finely shredded raw onion. Serve as a relish, with curry and rice.

54. Fresh Tomato Chutney

3 large ripe tomatoes		$\frac{1}{2}$ tea-spoonful salt
1 tea-spoonful sugar		$\frac{1}{2}$ tea-spoonful chillies
1 dessert-spoonful vinegar		

Bake the tomatoes in the oven till they split, peel and core them, break up the pulp thoroughly and add the vinegar, sugar, salt, and chillies powdered.

55. Potato Bhurta

$\frac{1}{2}$ lb. boiled potatoes		1 tea-spoonful onions, chopped
1 tea-spoonful salt		
1 chilli, sliced, or $\frac{1}{2}$ tea-spoonful powdered chillies		

Let the potatoes be cold; mash them with the salt till quite smooth, then mix in the onions and chillies. The addition of six or eight drops of pure Indian mustard oil is an improvement. When well mixed heap the potato on a small plate and shape it like a bun; mark it into quarters with a knife, but do not divide it. Serve cold, as a relish, with curry or dhal and rice, or, if liked, with cold meat.

56. Egg Bhurta

Boil one or more eggs quite hard, as for salad; dip them in cold water, and the shells will be easily removed. Chop the eggs very fine, but do not mash them; mix with them salt, pepper, a small quantity of finely shredded raw onions, and a green chilli cut

in fine shreds, or a little powdered chilli. Serve, heaped lightly on a small plate, as a relish, with curry and rice.

57. Brinjal Bhurta

Bake a good-sized brinjal in the oven till soft; scoop out the flesh, and mash it up with a little salt, a green chilli sliced, or a little cayenne, and a very little chopped raw onions. Serve cold, as a relish, with curry and rice; or it may be eaten with cold meat.

58. Brinjal Salad

1 large bringal or 2 small ones	1 Spanish onion chopped fine
1 green chilli or $\frac{1}{2}$ teaspoonful	4 ozs. desiccated cocoanut
powdered chilli	1 small tea-spoonful salt
$\frac{1}{4}$ pint vinegar	

Bake the brinjal in a moderate oven till quite soft, remove the skin and mash the pulp, pouring away the water.

Soak the cocoanut in the vinegar and then rub it through a hair sieve, throwing away the residue.

Mix into the mashed brinjal the onions, chillies, and salt; then add the cocoanut extract, and stir all well together. Serve as a salad.

59. Banana Salad

3 bananas		1 dessert-spoonful oil
1 table-spoonful vinegar		1 tea-spoonful sugar
Pepper and salt		

Add the oil by degrees to the vinegar, mixing carefully till they are thoroughly mixed, then add the sugar. Peel the bananas, which should be fully ripe, remove the threads that cling to the fruit, slice them across in equal slices of medium thickness, place them in a dish and pour the dressing over them. Dust them with a little pepper and salt. It is well not to make the salad more than an hour before it is required, as the fruit discolours when allowed to stand any time.

60. Orange Salad

Choose nice ripe oranges with thin skins and plenty of juice. Peel the oranges and divide the flakes, then remove the skin and seeds from each flake. The easiest way is to divide the flake lengthways down the thick part, when the pulp can be taken out readily; do it over a basin so as not to lose the juice. Place the broken ripe fruit in the salad-dish with its juice, add salt, pepper, and a little cayenne pepper, all to taste; mix well, and serve. If the oranges are very acid, a little castor sugar may be added.

61. Cucumber Salad

1 cucumber		2 fresh chillies
2 Spanish onions		2 table-spoonfuls vinegar
Pepper and salt		

Slice the onions as thinly as possible in rings; cut the chillies across in slices, and remove the seeds.

Put the sliced chillies and onions in a soup-plate, pepper and salt them to taste, then add the vinegar. Set them aside in a cool place, and let them stand for three hours before adding the cucumber, which must be carefully pared and sliced in very thin slices.

62. Sauce for Boiled Mutton

2 ozs. butter	$\frac{1}{2}$ pint fresh milk
1 table-spoonful flour	$\frac{1}{2}$ tea-spoonful salt
1 dessert-spoonful shredded onions	$\frac{1}{2}$ salt-spoonful ground pepper
	1 wineglass vinegar

Melt the butter in a small enamelled saucepan; when it boils put in the onions to fry. As the onions begin to brown, sift in the flour; keep stirring over the fire all the time, and be careful not to let the flour get lumpy. Add the milk gradually, then the salt and pepper, and, when the sauce is quite smooth, stir in the vinegar. Serve with boiled leg of mutton.

63. Horse-radish Sauce

1 table-spoonful grated horse-radish	1 heaped tea-spoonful brown sugar
1 dessert - spoonful made mustard	2 table-spoonfuls vinegar

Mix the horseradish, mustard, and sugar well together, then add the vinegar by degrees till a smooth sauce is obtained. Serve in a sauce tureen with roast beef.

64. Brinjal as a Vegetable *

Choose good-sized brinjals, of the same size and shape. Put them on in cold water, and boil till tender, but do not cut or spoil the outer skin or rind. Take them out of the water, and divide them neatly in half, lengthways, dividing the stalk as well, and leaving a portion attached to each half; scoop out all the fleshy part of the brinjals, but do not scrape the

* Brinjal is the fruit of the egg plant.

hard inner part of the rind. Each half brinjal should remain as a case in which to serve the vegetable.

Mash the brinjals with pepper and salt, and when smooth fill the shells again, smooth the tops, and cover entirely with a thin layer of finely grated browned breadcrumbs. Heat them in the oven. Arrange in the dish, and serve hot.

65. Fried Brinjal

Slice the brinjal in slices about a quarter-inch thick, dust them with a very little salt and a good sprinkling of curry powder. Put some ghee in a frying-pan, and, when it boils, fry the slices till quite tender and very dark coloured. Take the slices up carefully with a slice not to break them, and arrange neatly in the dish. Do not drain them, but allow a little of the ghee and curry powder to be about them. Serve as a vegetable or with curry and rice.

66. Bhoota (Maize; Indian Corn)

Freshly gathered green cobs should be used for roasting; remove the outer sheath and the silky threads, and roast the cobs before a clear hot fire or on the gridiron, turning constantly till they are nicely browned on every side. Serve on a folded napkin, very hot. Butter, pepper, and salt should be handed with them. They are buttered with a knife, and are held between the two hands to be eaten; the grain alone is taken. It is not an elegant dish, but is very generally liked.

Indian corn is sometimes used as a vegetable. Remove all the grains off the cobs, and put them to boil in cold water; when tender, drain them thoroughly, add a little bit of butter and some pepper and salt, shake them well, and dish. The grains should not be broken.

67. Bombay Pudding

$\frac{1}{4}$ lb. semolina	3 eggs
$\frac{1}{2}$ lb. white sugar	2 cardamoms
$\frac{3}{4}$ pint milk	2 or 3 cloves
2 ozs. butter	A piece of cinnamon
One lemon	

Set the milk on to boil, stirring continually. When it begins to thicken, add the semolina, pouring it in slowly, stirring all the time. When it thickens break in two of the eggs, yolks and whites together, without beating; stir them in over the fire, and then turn out the semolina on to a buttered plate and shape it, with a buttered knife, into a round flat cake about an inch thick. When cold, cut the pudding into eight triangular pieces, dredge them with a little flour, and dip each piece in beaten egg, and fry in the butter to a nice brown.

Boil the sugar with a very little water to a clear thick syrup, boiling the spices with it. Arrange the pudding neatly in a dish, and pour the boiling syrup over it, with the spices.

The lemon is usually served separately, to be

added at table as liked, but the juice is sometimes added to the syrup just before it is put over the pudding.

68. Bombay Pudding (Another Recipe)

$\frac{1}{2}$ lb. semolina		2 ozs. butter
$\frac{1}{2}$ lb. white sugar		1 egg
One lemon		

Roast the semolina over the fire in a clean dry iron frying-pan, stirring it about for some minutes till it is very slightly browned, then boil it in about a pint of water till it is quite thick. Turn the batter out on to a buttered plate, and shape it into a round flat cake about an inch thick. When cold, cut it into eight pieces, brush them over with the beaten egg, and dredge them with a little flour; then fry them in the butter to a rich brown colour. Boil the sugar to a thick syrup with a very little water and the juice of the lemon. Arrange the pudding in a dish, cover it with the boiling syrup, and serve hot.

69. Toast and Syrup Pudding

4 slices bread		$\frac{1}{2}$ pint milk
2 eggs		$\frac{1}{2}$ lb. sugar
2 ozs. ghee		

Cut the slices of bread rather thick and remove the outer crust. Beat the eggs lightly, whites and yolks together, and mix the milk with them. Soak the bread in the milk and eggs for quarter of an hour. Put the ghee in a frying-pan, and bring it to the boil; then fry the soaked bread in it without breaking the slices, which may be cut to any convenient size and shape, but should not be broken up. When the bread is nicely browned arrange the pieces in the dish, make a very thick syrup of the sugar with about a wine-glassful of water, and pour it over the toast boiling hot. Serve hot. Should this pudding be found too sweet, the juice of a lemon may be added to the syrup when nearly ready.

70. Indian Lemon Pudding

4 ozs. butter	6 eggs
6 ozs. white sugar	2 wine-glasses lemon-juice
4 table-spoonfuls fresh grated bread-crumbs	

Mix the butter and sugar well together, then work in the yolks of the eggs two at a time, then the lemon-juice and bread-crumbs, lastly the whites of the eggs well beaten. Pour into a well-buttered pudding-dish, and bake at once for about twenty minutes or till lightly browned. Serve at once.

71. Chenna Pudding

1 pint milk	1 dessert-spoonful flour
1 egg	1 dessert-spoonful vinegar

Remove the specks from the egg, and beat the yolk and white together; mix it with the flour to a smooth paste, then add the vinegar and mix all well together. Boil the milk, and when boiling fast pour in the mixture, stir well, and then let it simmer quietly till the whey rises clear round the edge of the pan. Remove from the fire, and when cool pour

into a fine sieve, and let it drain till the curd is quite dry. The whey is not used.

For the pudding take the curd from one pint of milk, one egg, 3 ozs. sugar.

Remove the specks from the egg, and beat both yolk and white with the sugar till quite smooth and silky, then mix in the curd lightly, so as not to break the grain; pour into a buttered pudding-dish, and bake at once in a moderate oven for twenty minutes, or till firm and delicately browned. If liked, a few almonds and raisins may be added to the pudding, mixed in with the chenna or curd.

72. Baked Cocoanut Pudding

2 table-spoonfuls desiccated		3 table-spoonfuls sugar
cocoanut		2 eggs
		$\frac{1}{2}$ pint milk

Beat the yolks of the eggs and the sugar together till quite light, add the milk and the cocoanut. When well mixed, stir in very lightly the whites of the eggs beaten to a stiff snow. Bake for twenty minutes, in a well-buttered dish, in a brisk oven.

73. Cocoanut Rice Pudding

$\frac{1}{4}$ lb. rice		2 ozs. desiccated cocoanut
3 ozs. sugar		A few grains of aniseed

Wash and pick the rice, and soak it in cold water till the grains are soft. Put the desiccated cocoanut in a basin, pour over it half a pint of boiling water, cover it with a plate, and let it stand for an hour or longer. Strain the cocoanut extract, throwing away the dry residue ; boil the rice in the cocoanut water till quite tender, mix in the sugar and the aniseed, and bake for twenty minutes in a well-buttered pudding-dish.

74. Bole Comadree (Portuguese Cocoanut Pudding)

$\frac{1}{4}$ lb. desiccated cocoanut		2 table-spoonfuls treacle
$\frac{1}{4}$ lb. sugar		The yolk of 1 egg
$\frac{1}{4}$ lb. rice flour		A few grains of aniseed

Place the desiccated cocoanut in a basin, and pour over it half a pint of boiling water ; let it stand for

an hour, and then strain it through a sieve. Both the extracted milk and the residue are used.

Boil the sugar with a very little water into a thick syrup, and mix it very smoothly with the rice flour.

Mix the yolk of egg, treacle, and aniseed with the dry cocoanut, and fry them for a few minutes in a dry iron frying-pan, keeping stirring, or they will burn. Add them to the syrup and rice flour, and then stir in the cocoanut extract. Pour the mixture into a well-buttered pudding-dish, and bake at once in a moderate oven.

75. Bole Comadree (Another Recipe)

$\frac{1}{4}$ lb. desiccated cocoanut		$\frac{1}{2}$ lb. sugar
$\frac{1}{4}$ lb. semolina		6 eggs

Stir the yolks of the eggs into the sugar, and when well mixed add the semolina and cocoanut, lastly the whites of the eggs well beaten. Bake at once in a well-buttered pudding-dish, in a moderate oven.

76. Kurrum Chowra Pudding

3 ozs. butter
3 ozs. sugar
3 ozs. bread-crumbs

$\frac{1}{2}$ lb. strawberry or other jam
3 eggs, yolks only
1 lemon

Line a pudding-dish with puff paste, lay the jam at the bottom. Place the butter in a basin, stand it in a pan of hot water and beat it to a cream ; add the sugar by degrees, and beat it with the butter till quite light. Next work in the yolks of the eggs one by one, the bread-crumbs, the rind of the lemon finely grated, and the juice of the lemon strained. When well mixed and light, pour the mixture on the jam in the pudding-dish, and bake at once, in a moderately hot oven, for three-quarters of an hour. The whites of the eggs may be beaten to a snow with a tea-spoonful of castor sugar and a table-spoonful of the lemon-juice reserved from the pudding. Put the meringue on the pudding when three-quarters baked. It should be firm, and very faintly browned.

77. Cocoanut Roly-poly

To a cupful of desiccated cocoanut take half a cup of golden syrup or treacle, mix them well together in a saucepan, over the fire, till browned.

Prepare a suet crust as for ordinary roly-poly, spread the cocoanut and treacle on it, roll it up, tie in a pudding-cloth, and boil for two and a half to three hours.

Cocoanut roly-poly is sometimes baked instead of being boiled. It is prepared in the same way except that a lighter crust should be used than for boiling.

78. Date Pudding

6 ozs. dates	$\frac{1}{4}$ pint milk
3 ozs. fresh bread-crumbs	1 table-spoonful brandy
3 ozs. suet, finely chopped	A pinch of salt
1 oz. sugar	A pinch of powdered cinnamon
2 eggs	A little nutmeg

Wash the dates well, stone them, and peel them ; mix them with the bread-crumbs, suet, sugar, salt,

and spices, then add the eggs, well beaten (yolks and whites together), and, lastly, the brandy and milk. Tie it well down in a buttered basin, and boil for three hours. Turn out, and serve with brandy sauce, custard, or cream.

79. Cocoanut Custard

1 pint milk

2 eggs

4 ozs. sugar

4 ozs. desiccated cocoanut

Place the cocoanut in a basin, and pour on it the milk, boiling. Cover it up, and let it stand for an hour or longer, then rub it through a hair sieve. The dry residue is not used.

Stir the eggs and sugar well together, then add the cocoanut-milk. Boil quietly like ordinary custard, taking care that it does not curdle.

This custard may be served with stewed fruit, or with ratafias, or sponge-cake pudding.

80. Cocoanut Blancmange (with Eggs)

6 ozs. desiccated cocoanut		6 ozs. sugar
1½ pints milk		½ oz. gelatine
3 eggs		

Boil the milk and pour it, boiling, on to the desiccated cocoanut and let it soak for an hour or longer, then rub it through a hair sieve. The dry residue is not used.

Soak the gelatine for two hours in a very little cold water.

Stir the eggs and sugar well together, then add the cocoanut-milk. Boil the custard carefully, stirring all the time. When it begins to thicken and is ready, pour it at once on to the soaked gelatine. Stir well together to dissolve the gelatine. When it cools a little, pour into a wetted mould, and stand in cool place, or on ice, to set.

81. Cocoanut Blancmange (without Eggs)

4 ozs. desiccated cocoanut		6 ozs. sugar
2 pints milk		1 oz. gelatine
Essence of vanilla ; cochineal : which may be omitted		

Soak the gelatine in half the quantity of milk for four hours ; then add the sugar, and let it boil,

stirring carefully. As soon as it boils, remove it from the fire and let it cool.

Add the desiccated cocoanut to the remaining pint of milk, with the vanilla or any other flavouring desired, and stir it into the boiled milk and gelatine. A few drops of cochineal may be added to improve the appearance of the blancmange. Mix well, and pour into a wetted mould. Stand it in a cool place, or on ice, to set.

82. Rice Blancmange

4 ozs. ground rice
2 ozs. sugar
 $\frac{1}{8}$ oz. isinglass

1 quart milk
A piece of cinnamon
The peel of 1 lemon

Use the finest quality ground rice. Mix the rice to a stiff paste with a little of the milk, cold. Boil the milk with the cinnamon, isinglass, and lemon-peel. When boiling, pour it on the rice; stir it well, and put it on to boil again. Keep stirring, and when it begins to thicken, add the sugar. When the mixture is thick remove the lemon-peel and cinnamon, and pour it into a well-wetted mould. Stand in a cool place or on ice, and when set turn

out and serve cold, with cream, custard, or stewed fruit.

83. Seaweed Blancmange

$\frac{1}{8}$ oz. dried prepared seaweed		3 eggs
$1\frac{1}{2}$ pints milk		6 ozs. white sugar

Wash the seaweed thoroughly in cold water several times, and put it to soak for an hour or longer in quarter of a pint of cold water; then add the seaweed and water to three-quarters of a pint of milk, and boil it, stirring all the time till the seaweed is dissolved.

Mix the eggs and sugar well together, add the remainder of the milk; strain the boiled milk and seaweed into this custard, and bring it to the boil again, stirring continuously till it begins to thicken. Take it off the fire, but keep stirring till it cools, when any flavouring essence may be added if desired. Pour into a wet mould, and stand in a cool place, or on ice, to set.

84. Banana Jelly

3 large ripe bananas		$\frac{1}{2}$ lb. white sugar
2 lemons		1 oz. gelatine
$\frac{1}{2}$ pint whipped cream		

Grate the peel of one of the lemons, or chop it finely, but be careful to avoid taking the white pith. Cut up the pulp of the lemons in small pieces, removing the pith, skin, and pips; put them in a glazed or enamelled pan, with the grated peel, gelatine, sugar, and one and a half pints of water. Add the nicely washed broken shell of an egg to clear the jelly, but do not crush it. Boil the jelly quietly, without the lid, till it is reduced to something less than a pint. Remove any scum that arises. When reduced, draw the pan to one side, take out the egg-shell, and skim the jelly as it clears.

Peel the bananas, which should be very ripe, and cut them across in very thin slices. Strain the jelly on to the sliced bananas, mix together, and let them stand for ten minutes. Pour the jelly into a wetted mould, and stand in a cold place, or on ice, to set. It will take at least six hours to set without ice, and is better for standing longer. It is a good plan to

keep the mould soaking in cold water for an hour before it is wanted for the jelly.

Turn out the jelly, and serve with the whipped cream round it.

85. Plantain Fritters

4 ripe bananas

$\frac{1}{2}$ pint milk

2 ozs. butter

1 table-spoonful flour

1 dessert-spoonful sugar

Peel the bananas, and mash them with a silver fork till quite smooth.

Beat the egg and sugar together, then work in the mashed bananas, flour, and milk by degrees.

Heat the butter in a frying-pan, and, when boiling, fry the fritters to a golden brown; drain, and serve lightly sprinkled with sugar.

For fried plantains, peel some very ripe bananas, and divide them down the length; dredge with a very little flour; fry, and serve with moist sugar.

86. Goolgoola, or Fritters

2 ozs. semolina		2 eggs
3 ozs. ghee		$\frac{1}{4}$ pint milk

Beat the eggs well, whites and yolks together, add the semolina by degrees, and then the milk, making a smooth batter. Put on the ghee in a small saucepan, and, when it boils, put in one dessert-spoonful of batter at a time, and fry to a rich brown colour; fry each separately, and serve hot, dusted with castor sugar.

87. Kheer

$\frac{1}{4}$ lb. Patna rice		$\frac{1}{4}$ lb. sugar
1 pint milk		A good-sized piece of cinnamon

Wash the rice well, and set it on with the milk and cinnamon; cover the pan and boil very quietly, or the rice will not swell and soften properly. Boil till the milk is quite absorbed and the rice is a soft mash, then mix in the sugar, and serve either hot or cold.

The rice should be very fine in the grain. This dish is only suited for children as a sort of milk pudding.

88. *Hulluah*

1 lb. semolina	¼ lb. sultanas
1 lb. granulated sugar	6 almonds, blanched and sliced
3 ozs. ghee	2 cardamoms
A small piece of cinnamon	

Soak the semolina in one pint of cold water for five hours, then rub it through a hair sieve; the liquid is used, the sticky residue thrown away.

Put the ghee on the fire in a rather large saucepan, with the spices. Stir the sugar, almonds, and raisins into the strained liquid, and, as soon as the ghee boils, pour the mixture on to it; keep stirring and boiling till it thickens sufficiently to set when cold. Pour the hulluah into a deep dish in which it can be served; or pour into a buttered mould, from which it will turn out easily when cold, and make a pretty sweet for supper or lunch.

89. *Hulluah (Another Way)*

½ lb. semolina	½ lb. almonds, blanched and
½ lb. ghee or butter	chopped
½ lb. granulated sugar	½ lb. raisins
3 cardamoms, and a good piece of cinnamon	

Make a thick syrup of the sugar by boiling with a little water, and set it aside. Roast the semolina by

stirring it over the fire in a perfectly clean, dry, iron frying-pan till brown, or it can be browned in the oven.

Melt the ghee in a saucepan, and, when boiling, stir in the semolina with the spices, and fry it thoroughly, stirring all the time; next add the almonds and raisins, and lastly the syrup. Keep stirring and boiling till the mixture thickens; pour it into a dish in which it can be served, or into a mould, and turn out when set. Served cold, as a lunch or supper sweet.

90. Babínca

$\frac{1}{4}$ lb. desiccated cocoanut, or		6 ozs. white sugar
1 nut, freshly grated		$\frac{1}{4}$ lb. rice-flour

Place the grated cocoanut in a basin, and cover it with boiling water; let it soak for one hour. Make a thick syrup of the sugar by boiling it with a very little water; stir in the rice-flour by degrees, keeping it smooth and free from lumps. Rub the cocoanut extract through a hair sieve or coarse cloth, and pour the liquid on the syrup and rice-flour. Keep boiling and stirring well till it thickens, then pour it into

the dish in which it is to be served, or into a mould, to turn out when cold. Served cold, as a lunch or supper sweet.

91. Cocoanut Peetas

3 table-spoonfuls desiccated		2 table-spoonfuls treacle
cocoanut		4 table-spoonfuls ground rice
2 cardamoms--the seed only, not the husk		

Mix the treacle with the cocoanut and the cardamom seed, and stir them together in a small saucepan over the fire till browned.

Work the ground rice into a paste with boiling water; use only as much water as will make it the consistency of dough, so that it can be handled and shaped. Take a tea-spoonful of the dough, and press it out as thin as you can in the palm of the hand, lay in it a spoonful of the cocoanut and treacle, and fold it over, making a little half-moon shaped puff. Press the edges together, using a little water if needed.

Lay the peetas in a steamer, and steam them for half an hour without covering them. If a steamer is not available, a hair sieve will answer, or a pudding-cloth tied over the mouth of a saucepan of boiling water.

This is an entirely native preparation, and is never seen on European tables. It is made and sold by women only, and women servants sometimes bring a few from their homes to the children in their charge. Rice-flour is always used, and makes a finer and smoother paste; but ground rice answers for it nearly as well.

92. Cocoanut Sweets

$\frac{1}{2}$ lb. desiccated cocoanut | 1 lb. sugar

Put the sugar in a saucepan with a quarter of a pint of water, and boil it till very thick, removing any scum that may rise while boiling. When the syrup is ready add the cocoanut, and continue boiling, stirring well till it is quite thick.

Turn the mixture out on a buttered dish, and press it down smooth and even with a cloth wrung out with cold water; as soon as the candy sets, cut in squares. These sweets may be coloured with a few drops of cochineal added while boiling, or they look pretty in a dish, half of them coloured and half white.

93. *Cocoanut Cheesecakes*

2 ozs. desiccated cocoanut		2 ozs. sugar
1 table-spoonful rose-water		3 yolks of eggs
A little flour		

Boil the sugar to a thick syrup, with a table-spoonful of water; stir in the cocoanut and the rose-water, and mix them well together over a gentle fire. When thoroughly mixed, turn into a basin, and, when cold, mix in the yolks of two eggs.

Work up the yolk of the third egg with as much flour as will make a paste just stiff enough to roll out very thin; line six small pans with the paste, and fill them with the cocoanut mixture. Bake the cheesecakes, in a moderate oven, to a very faint colour; when nearly done, brush them over with a little rose-water, grate a little sugar over them, and put them back in the oven for a couple of minutes.

94. *Khajoor*

$\frac{1}{2}$ lb. semolina		4 ozs. sugar
2 ozs. flour		6 ozs. ghee
A little milk		

Take out a heaped table-spoonful of the ghee, and work it into the semolina mixed with the sugar.

When well mixed, add the flour and as much milk as may be needed to make a nice pliable dough ; about a wine-glassful will be required. Knead the dough well, and, when quite light and elastic, cover it with a cloth, and let it stand for three hours in a rather warm place.

Shape the dough in little rolls to imitate dates. Melt the remainder of the ghee in a small saucepan, and, when it is boiling, drop in the *khajoor*, or dates, and fry them a rich brown colour. Drain them, and serve, hot or cold, as a sweet.

95. Chuppatee (Handbread)

Make a stiff dough of flour and water, and knead it well, turning it over and over. Divide the dough in pieces, and roll out each piece as thin as you can without breaking, about the size and thickness of a pancake. Bake on a very hot griddle ; but, if one is not available, a scrupulously clean iron frying-pan will answer. Put it over the fire, without any grease or flour, and, when hot, lay the chuppatees in singly, and bake them ; they should not brown, but be the colour of soda scones. Rub a very little dry flour on each, and pile on each other, on a hot dish. Serve

very hot. They are suitable for breakfast, eaten with butter and salt.

96. Indian Plum Cake

4 ozs. butter	4 ozs. candied fruit
4 ozs. sugar	$\frac{1}{2}$ oz. almonds, blanched and sliced
4 ozs. semolina	$\frac{1}{4}$ oz. powdered cinnamon
2 ozs. flour	$\frac{1}{4}$ oz. powdered allspice
8 ozs. currants, washed and picked	3 eggs

Beat the butter to a cream, add the spices and sugar, and continue beating till quite light and silky; then add the yolks of the eggs, one by one, stirring each well in before adding the next. Now put in the flour, semolina, currants, almonds, and candied fruit, in the order named, by degrees, mixing each in thoroughly; lastly, add the whites of the eggs, beaten to a stiff froth. Stir all together lightly and quickly, and bake in a tin lined with well-buttered paper, and covered with buttered paper, in a steady moderate oven, for one hour. To test the cake, insert a clean knife or skewer; if it comes out clean, the cake is baked.

97. Tomato Sauce

4 lbs. ripe tomatoes	2 ozs. garlic
1 lb. sugar	2 ozs. green ginger
$\frac{1}{2}$ lb. raisins	2 ozs. salt
$\frac{1}{4}$ lb. blanched almonds	1 oz. dried chillies
1 quart bottle of vinegar	

Boil the tomatoes with a very little water, not more than half a pint, and rub them through a coarse hair sieve, to remove the seeds, skin, and cores.

Grind or pound all the other ingredients with as much vinegar as will make them into a thick paste.

Mix all the ingredients with the boiled tomatoes, with the remainder of the bottle of vinegar, and boil together till of a proper thickness.

98. Tomato Chutney

2 lbs. ripe tomatoes	$\frac{1}{4}$ lb. salt
2 lbs. sugar	1 oz. garlic
$\frac{1}{2}$ lb. green ginger	$\frac{1}{2}$ oz. powdered chillies
1 lb. raisins, stoned	1 quart bottle of vinegar

Place the tomatoes in a shallow pan, and put them in the oven till they crack, when the skin can be readily removed. Peel and core the tomatoes,

and boil them, with half the bottle of vinegar, for ten minutes.

Pound or grind the ginger, garlic, and raisins with enough vinegar to make them into a paste.

Boil the sugar, with the remainder of the vinegar, into a thick syrup.

Mix all the ingredients together, with the salt and chillies, and boil till the fruit and syrup run the one way when put on a plate held sideways.

99. Cashmere Chutney

2 lbs. brown sugar

$\frac{1}{2}$ lb. green ginger

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

$\frac{1}{4}$ lb. white mustard seed

6 ozs. raisins, stoned

2 ozs. dried chillies

1 quart bottle of vinegar

Boil the sugar, with half the vinegar, to a syrup. Pound the other ingredients, and mix with the boiled vinegar and sugar, and the remainder of the vinegar. Put the chutney into a large jar, and keep it in a warm dry place for a fortnight, stirring it every day. It will then be ready to bottle and fasten down.

100. Chutney of Apples

25 large green apples	1 lb. salt, crushed fine
4 lbs. preserving sugar	$\frac{1}{2}$ lb. blanched almonds, sliced
3 pints vinegar	$\frac{1}{2}$ lb. powdered chillies
1 lb. raisins, picked and stoned	1 lb. green ginger, pounded
$\frac{1}{2}$ lb. white mustard seed, husked	$\frac{1}{2}$ lb. garlic, pounded

Peel and core the apples, and slice them in long thin strips, throwing into cold water as soon as cut. Boil them in $1\frac{1}{2}$ pints vinegar, without any water, till quite soft; let them stand till quite cold, then turn them into a large basin, and cover them with the salt, and all the other ingredients, in layers. Make the sugar into a thick syrup by boiling with half a pint of vinegar, without water. Pour the boiling syrup over the apples and other ingredients, and, lastly, add the remaining pint of vinegar. Stir all well together with a wooden spoon; bottle, and cork when cold.

N.B.—Be sure and use an enamelled pan, not cracked nor broken, for boiling the vinegar; iron will spoil the colour, and tin is injurious with acid.

101. Sweet Apple Chutney

5 lbs. green apples
1 lb. Valentia raisins
2 lbs. sultanas
4 lbs. Demerara sugar
 $\frac{1}{2}$ lb. salt

4 ozs. green ginger
1 oz. garlic
 $\frac{1}{2}$ oz. powdered chillies
4 ozs. mustard seed
1 quart vinegar

Peel and core the apples, and cut them in slices, lengthways. Clean and pick the raisins; stone and slice the large ones. Peel and cut up the ginger and garlic, and pound them to a pulp in a mortar. Pick the mustard seed. Boil the sugar, with half the quart of vinegar, to a thick syrup. Lay the cut apples in a dish, cover them with about half the salt, and let them stand fifteen or sixteen hours, or all night. When the apples have stood long enough, boil them in the remaining half bottle of vinegar till tender, but do not mash them. Let the apples get cold; then add the syrup, cold, and all the other ingredients, including the remainder of the salt. Cork securely, and let the chutney stand for five or six weeks before using.

102. Chutney of Jam

A very good chutney can be easily and quickly made with any rather acid jam, such as black currant, damson, or plum. Put the jam in a basin, and mix with it the following ingredients to taste—Vinegar, salt, powdered chillies, pounded green ginger, sultanas (washed, picked, and dried), almonds (blanched and sliced finely), and, if liked, a very little pounded garlic. Stir all well together, and bottle. It does not require to be boiled.

103. Fruit Pickle

Take equal quantities of dried dates, prunes, Newtown pippins, dried plums, and the *khoorbanie*, or dried Afghan or Arabian apricot, if procurable. Wash all the fruits thoroughly in several waters, and dry them carefully. Soften the dates by stewing them gently for about a quarter of an hour. Take out the date-seed, and cut the fruit in slices. Cut the pippins in quarters, rings, or any fancy shapes. Arrange the mixed fruit in bottles, with a few

peppercorns, some bits of cinnamon, a few slices of ginger, and a little salt. Boil a quarter of a pound of white sugar with a quart of vinegar, and, while hot, pour it over the fruit in the bottles. After the fruit swells, a little more of the boiled vinegar and sugar may have to be added. The fruit should be entirely covered, and the bottles quite full. Cork securely, and let the pickle stand for a month before using.

104. Lemon Marmalade

Five lemons will give about $1\frac{1}{2}$ lbs. of marmalade

Wash the lemons, remove any bruises or marked portions, cut them up as finely as possible, removing only the seeds, and saving the juice carefully. Weigh the cut up fruit with its juice, and for every pound add to it three pints of cold water. Let the lemons and water stand for twenty-four hours in a cool place; then boil them in the same water in an enamelled or glazed pan till the rind is quite tender. Let the boiled lemons stand again for twenty-four hours. Weigh the lemons again, and to every pound

allow $1\frac{1}{2}$ lbs. of sugar. Boil all together till the marmalade sets on trial. Bottle while hot, and, when cold, tie down securely.

105. Tomato Jam

To a given weight of tomatoes allow an equal weight of preserving sugar; lemon-juice to taste

Choose good ripe tomatoes, without any hard or green parts; place them in a shallow pan in the oven till they crack, when the skin will be easily removed. Peel and core the tomatoes, and set them on in a preserving-pan, without any water; stir with a wooden spoon till sufficient water is released to prevent their burning; then boil till the jam begins to thicken somewhat, then add the sugar, without any water, and the freshly extracted juice of lemons to taste. Boil the jam till a little put out on a plate becomes firm when cold. It should be of the consistency of strawberry jam. Bottle while hot, but do not fasten the mouths of the bottles till the jam is cold.

106. Tomato Preserve

2 lbs. small green tomatoes | 1 lb. white sugar
1 lemon

Wash the tomatoes and rub off the stems. Lay them in a preserving pan, with just enough water to keep them from burning. When they are thoroughly heated and begin to burst, put in the sugar. Stir till the sugar is dissolved; then let the preserve simmer quietly till the tomatoes are tender; add the juice of the lemon, and continue boiling slowly, removing any scum that rises, till the syrup is very thick and clear. Bottle, while hot, in wide-mouthed jars or bottles. When quite cold, tie down securely.

107. Beetroot Preserve

Choose fine large beetroots which will give good slices. Boil the beetroot carefully, and let it get cold; remove the skin, and cut it in rather thick slices. Weigh the boiled beetroot, and allow three-quarters of its weight in white sugar; melt the sugar

in a preserving pan, with as little water as possible, then lay in the sliced beetroot and boil it gently, so as not to break the slices, till the syrup is on the point of candying, when add a very little lemon juice. Bottle in wide-mouthed bottles or jars.

108. Pineapple Preserve

Pare the pineapple, which should be very ripe ; carefully remove the eyes and the hard centre core. Cut the fruit in slices or in pieces, steep it in strong salt and water for six hours. Take up the fruit from the salt and water, and dry the pieces in a cloth. Take three parts of the weight of the fruit in pure white cane sugar, and make it into a thick syrup by boiling with only as much water as will wet the sugar thoroughly. Put the fruit in the syrup and boil ; the syrup will become thin at first from the water in the fruit, boil till it thickens and drops from the spoon like candy, when the preserve is ready. Pineapple is very liable to ferment, and only pure cane sugar should be used for the preserve, and the boiling must be thorough.

109. Cheese Balls

$\frac{1}{4}$ lb. semolina		2 ozs. grated cheese
$\frac{3}{4}$ pint milk		1 salt-spoonful salt
2 ozs. butter		$\frac{1}{2}$ salt-spoonful pepper
3 eggs		

Boil the milk, and, when boiling fast, sift in the semolina, stirring all the time; when quite thick, break in two of the eggs, yolks and whites together, without beating, work them well in over the fire, then add the cheese, salt, and pepper. Mix all well together, and turn out on to a buttered plate. Let the semolina cool, then make it up into balls, dredge them with a little flour, brush over with beaten egg, and fry them in the butter to a nice brown. Serve at once, very hot, on a folded napkin.

110. Cheese Biscuits

1 lb. flour		$\frac{1}{2}$ tea-spoonful dry mustard
$\frac{1}{2}$ lb. butter		$\frac{1}{2}$ tea-spoonful cayenne
$\frac{1}{4}$ lb. cheese, grated		$\frac{1}{4}$ tea-spoonful salt
1 tea-spoonful baking powder		

Mix the mustard, cayenne, salt, and baking powder with the dry flour. Beat the butter to a

cream, then work it into the flour, add the grated cheese, and, when well mixed, turn the paste on to a board, and roll it out to about a quarter of an inch in thickness, using flour to keep the paste from sticking. Cut the paste into small round biscuits, prick them over with a silver fork, and bake for twenty minutes on a baking-tin in a fairly brisk oven. The biscuits should be of a pale straw colour.

THE END



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