

## **Cakes and confections à la mode / by Mrs. De Salis.**

### **Contributors**

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CAKES & CONFECTIONS  
À LA  
MODE.  
By  
MRS. DESALIS.






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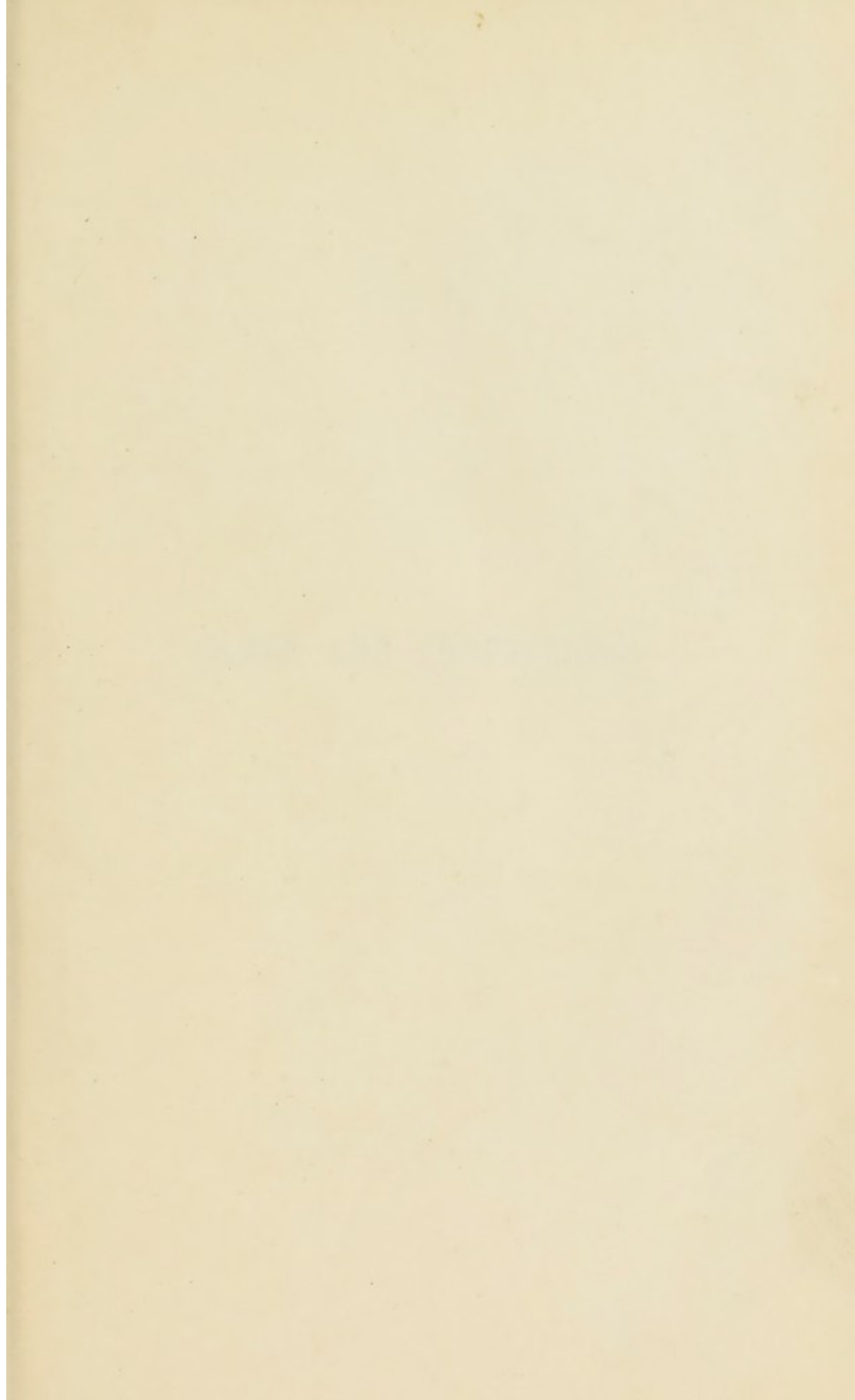
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*Sarah. A. Macleod  
from Alice  
New Year 1913*

# CAKES AND CONFECTIONS

*À LA MODE*

BY

MRS DE SALIS

AUTHOR OF THE 'À LA MODE' SERIES OF COOKERY BOOKS, ETC.

'Chimeras from the poet's fancy flow,  
The cook contrives his shapes in real dough'

KING

SEVENTH IMPRESSION

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## P R E F A C E.

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IN my few words of preface to 'Puddings and Pastry,' the companion volume to this, I mentioned that my *à la mode* series of Cookery Books was now complete ; and to confirm this I write these few lines, as well as to again thank the public and the press for their very kind reception of my little works.

HARRIET A. DE SALIS.

HAMPTON LEA, SUTTON :  
*January* 1889.





# CAKES AND CONFECTIONS

## *À LA MODE.*



### **African Cakes.**

CREAM a pound of butter with a pound of castor sugar, and add gradually six eggs. Then add four ounces of Bischof's granulated cocoa-nut and three-quarters of a pound of flour.

Put this mixture into well-buttered small shallow tins, bake, and when cold put one over the other, with apricot pulp between them. Ice the top with pink icing, and sift granulated cocoa-nut over.

### **Albert Cake.**

Take five yolks of eggs and the whites of two, and beat them up with five ounces of sugar and three of almonds. About three ounces of flour should be whipped up with the other whites. Add half an ounce of candied peel, a very little cinnamon powder and ground cloves, and a little grated lemon-peel. Mix all together and pour into a mould ; then bake in a moderate oven for an hour.

### Almond Cake.

Roll out a bottom from puff paste, put it on a sheet of paper, and cover it with apricot marmalade ; pipe from a rather large tube two lines along the extreme edge, so that one is upon the other, with a good macaroon mixture. Enclose this in a buttered tin ring. Then rub two and a half ounces of blanched almonds with white of egg, stir them to a froth with three and a half ounces of sugar, the yolks of four eggs, and some grated lemon. Then beat the four whites to a stiff froth and add one ounce of flour, and mix all lightly together. Place all this on the short paste, and level it even with the ring of macaroons and smooth it with a knife. After baking glaze it.

### Almond Rout Cakes.

Take a pound of ground almonds and mix with it a pound of fine castor sugar, add four drops of essence of almonds and six of essence of lemon. Put to this the yolk of an egg, and make all into a smooth paste. Form into any fancy shape, and decorate with preserved cherry, apricot, angelica, &c. Lay the cakes on square pieces of thick white paper dusted with sugar, and let them remain till next day, and bake in a moderate oven.

### American Gingerbread.

Rub in half a pound of butter to two pounds of prepared dough, a quarter of a pound of oatmeal, and half a pound of brown sugar, one and a half ounce of ginger, three eggs, a few caraway



seeds, and one gill of water. Roll out in strips eight inches long and three inches wide, wash over with milk and water, and sift granulated cocoa-nut over, bake and cut each strip into six squares.

### Angel Cakes.

Take the whites of six fresh eggs and beat them to snow, then add six ounces of castor sugar and a teaspoonful of essence of vanilla. Stir with this four and a half ounces of Vienna flour. Half fill a tin with this mixture quickly, and put it into a moderate oven. When baked let it cool gradually.

### Ani's Brod.

(German Recipe.)

Stir in three whole eggs, and four yolks besides, and half a pound of castor sugar together, for a quarter of an hour; then add the four whites of egg beaten to snow, and lastly stir in four ounces of fine flour and a teaspoonful of ground caraway seed. Bake in a slow oven till a rich golden brown.

### Auntie's Cake.

Mix a quarter of a pound of ground rice and the same of loaf sugar well together. Add the yolks of six eggs, well whisked, and the whites of four, a tablespoonful of brandy, and six drops of essence of almonds. Stir well for nearly half an hour, then pour the mixture into a well-buttered cake-mould and bake for half an hour in a quick oven.



### Baba Dough.

Make it the same as Savarin dough, only butter round the mould before the dough is put in. Candied fruit and sultanas should be cut up fine and mixed in, and bake for an hour in a moderate oven (*see* Savarin). It should be sprinkled with rum syrup.

### Banbury Cakes.

Mix together a pound of currants, a quarter of a pound of beef suet finely minced, six ounces of orange and lemon peel shred very small, a few grains of salt, a quarter of an ounce of pounded cinnamon and nutmeg, and four ounces of ratafias rolled to powder. Make a light paste with fourteen ounces of butter to the pound of flour; roll one half in a very thin square, and spread the above preparation equally on it. Moisten the edges, and cover with the remaining paste, also rolled out thin. Mark the whole with the back of a knife, in regular divisions of two inches wide and three in length, and bake in a brisk oven for thirty minutes, and divide into cakes whilst still warm.

### Bannocks.

Mix wheat-meal with cold water into a stiff dough; knead well; cut into pieces the size of buns; make into shape, and smooth with the hands. Cut a cross on each half-way through. Bake in a brisk oven till hard and light brown. It should be eaten the next day.



### **Breakfast Cakes.**

Rub two ounces of butter into a pound and a half of flour ; add a pinch of salt, three well-beaten eggs, two tablespoonfuls of powdered sugar, and a pint of milk. Beat the mixture thoroughly, and bake it in buttered tins about an inch deep for half an hour in a good oven.

### **Cake (rich).**

Beat two pounds of butter to a cream, to which add eighteen eggs (well beaten) ; then add gradually one pound of pounded sugar, then three pounds of flour a little at a time, beating well ; add gradually two pounds of currants, one pound of stoned and chopped raisins and sultanas, one pound of candied peel, a quarter of a pound of sweet almonds blanched, one ounce of chopped bitter almonds, and one and a half ounce of mixed spice ; beat all this for half an hour, then put it into tins, and then into the oven for five hours, turning constantly to prevent burning.

### **Cake (Leavened Fruit).**

To one pound and a half of flour put one gill of yeast, six eggs, and a pound of butter, one and a quarter pound of loaf sugar, one gill of brandy, three teaspoonfuls of mace and nutmeg mixed, one pound of raisins or currants, half a pint of cream. Let half these ingredients be set to rise with the yeast, and when well risen add the other half. When it is well swollen, put in the second half of the ingredients and give it another good rise. It requires a part of two days to complete the whole process.



### Chocolate Cake.

Take half a pound of butter and six ounces of sugar, and beat them well together; add half a pound of grated chocolate which has been dissolved in a gill of milk; add one by one the beaten yolks of four eggs, and mix all together. Then take two ounces of ground rice, a quarter of a pound of flour, one teaspoonful of baking-powder, and sift them through a sieve to the eggs. Beat up the four whites to a stiff snow, and lightly stir in. Put this into a round cake-mould, and bake for one hour in a moderate oven.

### Christmas Cake.

Take three pounds of flour, mix into it a teaspoonful of salt, beat two pounds of butter to a cream, and mix into it three well-beaten eggs. Put into the flour two and a half teaspoonfuls of baking-powder, then one and a half pounds of currants, half a pound of sultanas, half a pound of mixed peel, a grated nutmeg. Now add the butter and eggs, and a tablespoonful of brandy. Butter a tin, and line it with buttered paper. Bake for about two hours in a moderate oven. If liked, the cake can be iced, and 'A Merrie Christmas' traced on it in pink icing.

### Citron Cake.

Mix six well-whisked yolks of eggs with six ounces of castor sugar and ten ounces of Vienna flour; beat half a pound of butter to a cream and add it, then cut six ounces of citron into small pieces, and put in. Beat the whites of the eggs to



a stiff snow, a wine-glassful of brandy, and add these to the mixture. Put it into a well-buttered mould, and bake for three-quarters of an hour in a brisk oven.

### **Cocoa-nut Buns.**

Weigh out  $1\frac{1}{2}$  lb. of soda flour, and make a hole in the centre; sprinkle two ounces of desiccated cocoa-nut round the flour, put in six ounces of crushed sugar, six ounces of lard, two eggs, and a few drops of essence of lemon. Rub all together till smooth; then add half a pint of milk, and make it into a nice smooth dough, not too soft, and lay it on greased flat tins: this will make 24 when laid out. Wash the buns lightly over with milk, and sprinkle cocoa-nut over and bake in a hot oven.

### **Cocoa-nut Dessert Cake.**

Take one pound of butter, cream it with one pound of castor sugar, add one pound of flour, and flavour with essence of almond. Put it into shallow tins three inches in diameter, and when baked ice with water icing, and while wet sprinkle granulated cocoa-nut on it, put two together, and pipe the top one with pink and white icing.

### **Como Cake.**

Blanch and pound in a mortar a quarter of a pound of sweet almonds and six bitter ones, with a little orange-flower water to prevent their oiling; when soft let them soak in half a pint of cream for an hour, then pass through a tammy cloth, rubbing the paste well; beat three-quarters of a pound of



butter to a cream, and add to it gradually three ounces of powdered sugar, half a salt-spoonful of salt, four ounces of Vienna flour, and the two whisked yolks of eggs ; mix well, then work in  $\frac{3}{4}$  pound more flour, two more beaten yolks and four whole ones. Beat all to a paste. Dissolve half an ounce of German yeast in a little tepid water, which must be kneaded into the butter. Butter a mould, decorate it with pistachio kernels and candied peel cut small ; pour in the butter, and when the cake has sufficiently risen bake in a moderate oven till it is slightly browned.

### Currant Cake (good).

Take  $\frac{1}{2}$  lb. of flour,  $\frac{1}{2}$  lb. of ground rice, a salt-spoon of bicarbonate of soda, and two pounds of butter, and rub together ; add ten ounces of currants, one ounce of sugar, two ounces of candied peel, and a dust of nutmeg ; mix with  $\frac{3}{8}$  of a pint of milk and an egg with a saltspoon of tartaric acid dissolved in it ; bake in a slow oven just at first.

### Easter Bread.

Mix and set to rise over night one yeast cake, two cups of water, and two cups of flour ; in the morning take six cups of flour, two cups of milk, one and a half cup of currants, the same of raisins, half a cup of sugar ; rub in to these a piece of butter the size of a large hen's egg ; add a teaspoonful of salt ; mix and let rise till it is light, then mould and put in pans until light ; then wet the top with melted butter, and bake one hour.



### Feather Cake.

Cream a quarter of a pound of butter, and add one pound of crushed sugar, which beat into it; stir in half a pint of milk, in which a teaspoonful of Scotch soda has been dissolved. Whisk it all well, then add  $\frac{3}{4}$  lb. of flour, and stir and whisk again. Now put in the beaten yolks of three eggs, then the whites beaten to a froth; add a quarter of a pound more flour, whisking well each time. When it is well mixed, smooth and light, fill a large buttered cake-pan with it, and bake from twenty minutes to half an hour.

### Florida Cakes.

Beat up the yolks of four new-laid eggs, and mix them well with six ounces of castor sugar, and add gradually a paste made of one and a half ounce of sweet almonds and two bitter ones.

Thoroughly knead all together, then add two and a half ounces of Vienna flour and the whites of the eggs beaten to snow.

Pour this mixture into buttered tartlet pans, and bake for about half an hour in a moderate oven.

### Fruit Cup Cake.

Mix together one cup of butter, two cups of raw sugar, half a teaspoonful of powdered cloves, and half a teaspoonful of mace; add two eggs well beaten in a cup of milk, then stir in three cups of flour, half a teaspoonful of baking-powder rubbed into it. Now put in a tablespoonful of treacle, and add one cup of raisins, one of currants, and six



ounces of mixed candied peel. Beat all together, put in a buttered tin, and bake an hour in a quick oven.

### Genoa Cake.

Cream up half a pound of butter, mix in the same quantity of white crushed sugar, then add in four eggs in the usual way; mix in half a pound of currants, the same quantity of sultanas, the same of mixed peel, and half a pound of flour; bake in a square on a tin with plenty of paper at the bottom. This will take from one hour to bake at about two and a half inches thick. Sprinkle over the top with blanched almonds.

### German Cake.

Mix well together one and a half pound of flour, half an ounce of German yeast, three eggs well beaten, whites and yolks separately, half a pound of sugar, and a little grated lemon-peel; bake a nice brown.

### Gibraltar Cakes.

Take six whites of egg and the yolks of three. Whisk the whites to a froth, and mix the eggs together; put in half a pound of flour and two ounces of rice flour; mix well; then add ten ounces of sugar, three ounces of ground almonds, and four drops of essence of almonds.

Roll out well, dusting the board with fine sugar, cut out with an oval cutter, and bake in a cool oven.



### **Gingerbread (thin).**

Mix well together half a pound of butter, half a pound of sugar, half a pound of flour, a quarter of a pound of ginger, and the same of treacle. Spread it on baking-tins, and bake from fifty to sixty minutes in a sharp oven.

### **Gingerbread Cake.**

Beat one pound of butter into a cream ; mix with it two pounds of treacle and one pound of sugar in two and a half pounds of flour. Add three ounces powdered ginger, two ounces caraway seeds, a little allspice, and a grain of cayenne. Beat six eggs and beat all together with a good teaspoonful of soda. Butter the pan and bake in a slow oven.

### **Gold or Silver Cake.**

Take two ounces of butter and two of sugar, and cream them together till perfectly white and smooth ; then add the yolks of five eggs well beaten, and not quite half a pint of milk, and then sift in three ounces of flour in which a teaspoonful of baking-powder has been mixed.

This is a gold cake, but it may be made a silver one by using the whites instead of the yolks of eggs.

### **Griddle Cakes.**

Take half a pound of fine oatmeal and add to it one teaspoonful of sugar and the same of baking-powder, with a good pinch of salt. Mix all these well together, then beat into it enough skim milk to make a light batter, and bake it by spoonfuls on



a baking-tin in the oven, or on a griddle. Some people mix in a few currants. The griddle must be very clean.

### Heidelberg Cake.

Dissolve a lump of German yeast about the size of a turkey's egg and a teaspoonful of salt in a gill of warm water ; stir into a pound of Vienna flour twelve ounces of sultanas and two ounces of well-washed currants, three ounces of powdered sugar, and a gill of tepid milk ; thoroughly incorporate together, roll it into a ball, and put it in a floured cloth and place it in a stone pan near the fire, and cover with a piece of flannel ; leave it to rise ; when properly risen roll out the paste square, glaze it with yolk of egg, and bake.

### Kenlourakia.

(A Greek Tea-Cake.)

Add four ounces of butter to one pound of flour, a pinch of salt, and a teaspoonful of baking-powder, two tablespoonfuls of sugar and one small teaspoonful of powdered cinnamon. Mix the powder, salt, and sugar in the flour in a dry state, then rub in the latter. Add half a pint of tepid milk to make it into a dough, but do not knead it much ; make it into little rings and place these on a baking-tin far enough apart to prevent their adhering to each other, egg them over, and put them quickly into a hot oven and bake.

### Lafayette Cake.

Take a Madeira cake which has been baked in a plain square mould and cut it into slices a quarter



of an inch in thickness. Spread some jam over these and place five or six slices together one on the top of the other. Whisk the whites of two eggs thoroughly, add half a pound of castor sugar and half a gill of lemon juice or vanilla essence. Whisk these ingredients till quite smooth, spread evenly over the cake and place it in a very cool oven to dry the icing. A little cochineal put on the end of a feather and moved about across the white icing, gives it an ornamental appearance.

### **Luncheon Cake (Seed).**

Take half a pound of flour, a quarter of a pound of butter, three ounces of white sugar, a teaspoonful of baking-powder, half a teaspoonful of caraway seeds, one ounce of candied peel, two eggs, and a wine-glassful of milk. Mix thoroughly and bake one hour and a quarter in a tin lined with buttered paper.

### **Marble Cake**

is made in two parts, dark and light. The light part is made by rubbing six ounces of sugar with one pound of flour; add half a cupful of milk in which has been mixed a quarter of an ounce of cream of tartar; then add the whites of four well-whisked eggs and a quarter of an ounce of carbonate of soda, previously dissolved in a teaspoonful of water, and mix well.

The dark part is made of six ounces of sifted brown sugar, one pound of flour, and six ounces of treacle, all mixed together. Add the milk and cream of tartar as above; add the yolks of four eggs; flavour with cinnamon, cloves, and lemon. Take a tin twelve inches square, and put a layer of



dark and then light till an inch in thickness, cut in squares of three inches, and each square into three.

### Neapolitan Cake.

Cream seven ounces of butter, add six ounces of castor sugar, with six drops of lemon essence ; work together for ten minutes, then add by degrees six ounces fine flour and three eggs, beat together for ten minutes. Then butter and paper a mould, bake the mixture in a moderate oven for half-an-hour, then cut it into four slices—on one place a layer of Tangerine jelly, on another some almond paste pounded with pistachio nuts, on the other a layer of red apple-jelly ; lay one on top of each other, mask the top slice with maraschino glacé, and decorate with rosettes made of pink cream alternately with crystallised violets.

### Nun's Cakes.

Take half a pound each of butter and sugar, one pound Vienna flour, a teaspoonful of vanilla, five eggs, and a pinch of soda. Cream the butter, add the sugar and the eggs gradually. Mix the soda, vanilla, and then the flour. Work well together and pour into a buttered mould, leaving room to rise, bake for 55 minutes in a moderate oven.

### Orange Cake.

Take half a pound each of dried flour, fresh butter, and sugar, the whites of eight eggs beaten to snow, and a tablespoonful of Tangerine orange-juice. Mix thoroughly and lightly together, put it into a buttered mould, and bake it in rather a quick oven for half an hour. When cool, ice it over with white icing, with a little saffron colouring.



### Orange Cake (another way).

Take three eggs and four ounces of castor sugar and beat them together to a cream, then add gradually six ounces of Vienna flour; add a teaspoonful of baking-powder and the grated rind of one orange. Thoroughly mix and bake in a quick oven for a quarter of an hour. When cold, ice with half a pound of icing sugar and two whites of eggs well flavoured with the juice of the orange.

### Ormskirk Gingerbread.

Work together a pound of butter and a pound of brown sugar. Add a pint of treacle, an ounce of ground ginger, half a pound of citron shredded very fine, and one grated nutmeg. Let this mixture stand for twenty-four hours, then roll the paste thin, cut into shape, and bake.

### Pain Doré.

(French Recipe.)

Take half a dozen penny buns and cut them into slices half an inch thick. Beat up three eggs in half a pint of milk, and soak the buns till soft; then butter them *lavishly* and bake them till they are nice and brown.

Then lay them in a round china mould in layers, and over each sprinkle currants, chopped sultanas, citron, blanched sweet almonds shredded small, powdered cinnamon, and white sugar.

Sweeten a pint of claret and pour it into the mould. Bake for an hour, turn out and sift white castor sugar over.



### Palestine Cake.

Cream half a pound of butter with half a pound of powdered sugar ; add gradually six eggs ; then add four ounces of flour and one ounce of ground rice. Mix well and put into a buttered tin, dust sifted sugar and ground rice on the tops, and bake in a moderate oven.

### Parisian Almond Cake.

(Dessert Dish.)

Take one and a half ounce of blanched Jordan almonds, the same quantity of castor sugar, the strained juice of half a lemon, and stir in the yolks of five eggs till it becomes a foam. Then add the whipped whites of three of the eggs, not quite one ounce of Vienna flour, and the same of clarified melted butter. Fill two rings with apricots, and pour this mixture on to them, glaze it and put on preserved fruits, and then bake.

### Parliament Gingerbread.

Put two ounces of butter on the stove till melted, then mix with it one pound of treacle. Mix with this a pound of flour into which has been mixed a tablespoonful of powdered ginger, a piece of pearlash the size of a nut, and a very small piece of alum ; beat the mixture smooth ; leave it to get *cold*, when it must be rolled out thin ; then take a paste-jagger and mark it out into oblong squares, and bake these in a moderate oven for twenty-five minutes.



### Philadelphia Cakes.

Take eight ounces of powdered sugar, four of corn-flour, two of bitter almonds ; mix these well together, then add five eggs and half a glass of rum by degrees. Mix well. Then put into shallow tins, well buttered and dredged with powdered sugar. Bake in a moderate oven, and when cold ice with water icing in which a teaspoonful of rum and a little orange juice or essence of orange have been put.

### Pistachio Cake.

Blanche a pound of pistachio nuts and pound them in a mortar with a *little* orange-flower water. Then add the beaten white of an egg and a little grated lemon-peel, six ounces of castor sugar, the yolks of ten eggs beaten lightly, and the whites of eight beaten to snow. Mix all the ingredients thoroughly, have ready a buttered mould, and bake for an hour in a moderate oven. When cold, ice it with pistachio-nut icing.

### Praline Cake.

Take one ounce of burnt almonds coated with sugar, and half an ounce of sweet almonds blanched, and incorporate them with the yolks of two large eggs mixed and stirred with two ounces of sugar ; then add one yolk more and a grate of cinnamon ; mix all this till frothy, then take the beaten whites



of the two eggs and mix with it the burnt almonds, &c., colour with a few drops of cochineal, and bake slowly.

### Queen's Cakes.

Beat six ounces of butter to a cream ; add the same quantity of powdered sugar, the same of flour, four yolks of eggs, the whites of two whisked up, and a little rose-water. Beat all well together for an hour. Butter small tins and half-fill them.

### Rathanen-Kuchen.

(German Recipe.)

Take half a pint of milk, five eggs, half a pound of butter, half an ounce of yeast, a quarter of a pound of currants, a few sultanas and raisins, a little sugar, and a pinch of salt.

Warm the milk and mix the yeast in it ; put three quarters of a pound of flour in a basin and make a hole in it, and mix in the yeast, having a ring of flour all round ; let it rise, melt the butter and mix it in the eggs and beat these for twenty minutes, butter the mould, throw in some bread crumbs and almonds, and put in a hot oven for half an hour.

### Rice Cakes.

Mix together a quarter of a pound of ground rice, the same of flour, half a pound of moist sugar, four eggs, a grate of nutmeg, a quarter of a pound of butter beaten to a cream and mixed with the other ingredients ; add an ounce of candied peel cut small. Bake in small tins.



### Rock Cakes.

Take one pound of Vienna flour, three ounces of butter, a teaspoonful of salt, three ounces of powdered lump-sugar, half a pound of currants and chopped raisins mixed, two eggs, and half a pint of milk. Mix the flour, baking-powder, salt, and sugar together, then work in the butter, then the currants. Beat up the eggs gradually, add the milk, and mix all together to a stiff paste. Have a large, flat, shallow baking-tin, well buttered, and drop the butter with a fork into little rough heaps, at certain distances from each other ; fork them over to give an irregular appearance to them. Bake in a quick oven.

### Saint George's Cake.

Take a pound of strawberries and pound them in the mortar with a *little* grated lemon-peel ; add four yolks of eggs, half a pound of powdered sugar, then *stir well*, after which add the four whites of the eggs well whisked to snow. Pour into a shallow mould, the sides of which have been lined with light paste, and place it in the oven ; then cover with pink icing flavoured with maraschino.

### Saint Louis Cake.

Take a shallow tin mould and line it with puff paste. Pound two ounces of sweet almonds in a very little rose-water, and then stir in two ounces of butter, two ounces of Vienna flour, three ounces of sugar, and the whisked whites of two eggs ; pour this into the tin mould, sprinkle all over with chopped almonds, and bake in a moderate oven. When baked, sprinkle the almonds with powdered sugar.



### Sand Cake.

(German Recipe.)

Take one pound of butter, half a pound of almonds blanched and pounded, the grated peel of a lemon, three-quarters of a pound of flour, four tablespoonfuls of pounded sugar, and seven eggs. Work this mixture into a paste, roll out, and divide into three cakes. Between each cake place a layer of marmalade or any preserve, and bake slowly. When half-baked, pour a white icing over the whole and finish baking.

### Savarin Dough.

Take half a pound and one ounce of Vienna flour and knead it with a very small piece of yeast and half a glass of milk which is rather more than tepid, and set the whole in a warm place. When it has risen to double its size, put in four eggs, gradually kneading gently with the hand. Add one quarter of an ounce of sugar, five ounces of butter, and three-quarters of an ounce of salt; stir well for a few minutes, and then put this dough for three and a half hours in a warm place. Knead it again, fill a buttered mould half full, and when the dough has risen till the mould is quite full bake in a warm oven till it becomes a good gold colour. When done, sprinkle it with a little liqueur.

### Savoy or Madeira Cake (good).

Take one pound of castor sugar, add the yolks of six eggs, beat them well together for twenty minutes, and then put in the grated rind of a lemon.



Beat up the whites with a whisk until they become quite stiff and white. Stir them into the sugar and egg gradually, then add three quarters of a pound of Vienna flour. Put into the mould, and bake in a slack oven for about an hour or more.

### Scotch Bread.

Rub one pound of butter and half a pound of sifted sugar into two pounds of flour, beat up four eggs into it. Make all into a paste, roll it out a quarter of an inch thick, and cut it into oblong pieces. Mark the edge round, and place comfits on the top. Bake on a tin.

### Scotch Cake.

Take two pounds of flour, one pound of butter, half a pound of castor sugar; cream the butter first, then knead in the sugar and add the flour. Roll it into a sheet not quite half an inch thick. Cut in squares, and bake a light brown.

### Scotch Oat Cakes.

Mix oatmeal and cold water with a seasoning of salt into a rather stiff dough, which after being well kneaded should be rolled into a cake nearly as thin as a halfcrown. Then put on a clean, dry, and moderately hot griddle. Bake on one side till it is just beginning to brown, but it must not be browned. Then take the cake off the griddle, and lay it on a clean board, baked side uppermost. After the cake



has dried and is almost cooled, lift carefully, and slowly toast the unbaked side before the fire. The meal should neither be too coarse nor too fine.

### Scotch Muffins.

Weigh one pound of flour, a quarter of an ounce of soda, half an ounce of cream of tartar, one ounce of butter, one ounce of sugar, and half a gill of milk. Divide into four, mould up, roll out, wash with egg, and let stand for twenty minutes. Bake in a hot oven ; when set turn over.

### Scotch Shortbread.

Rub two pounds of fresh butter and one pound of castor sugar into four pounds of sifted flour. These must be rubbed together till it becomes a soft paste. Weigh out one ounce and a half each, roll round or oval, and pinch the edge. A very thin cutting of orange-peel may be put in the centre of each.

### Scrap Cakes.

Take the scraps which remain after melting flead.

Put these into a basin, slice and rub them into three-quarters of a pound of flour ; add a pinch of salt, four ounces of dried currants, two tablespoonfuls of moist sugar, half an ounce of candied peel finely minced, and a little grated nutmeg.

Mix and moisten with as much cold water as will make a light paste. Roll this out, stamp it into round cakes, and bake in a quick oven for twenty minutes.



## Simnel Cake.

(The 'Practical Confectioner.')

Cream up  $2\frac{3}{4}$  ounces of butter, and add  $2\frac{3}{4}$  ounces of sugar to it, adding the same weight of egg as the flour; mix well together to make the batter, then add two ounces of currants, the same of sultanas, one ounce of mixed peel, two or three drops of essence of lemon, a *small* pinch of mixed spice, and three and a half ounces of flour in which has been sifted a *very little* soda and cream of tartar. If necessary, add a little milk to make the butter a proper consistency. Prepare a Madeira cake-hoop, the size sold for 1s. 6d. at shops; put two ounces of the butter into the hoop, and spread it out evenly at the bottom; weigh three ounces and three-quarters of sugar and two ounces of ground almonds, and wet them into a paste with an egg; dust over with sugar, keeping it the same consistency as 'short paste.' Mould it up round and roll it out with a rolling-pin to nearly the size of the cake, and lay it on it; then put on the top the remaining butter; smooth it down with a palette knife and bake. Take the almond paste, and roll it out to go round the cake close to the hoop, using a fork to press it in position and to give it a rocklike appearance, but it should not be put on till the cake is cooked. Decorate the top with glacé fruits and angelica.

## Soda Cake.

Take a pound of flour (sifted), half pound of butter, the same of moist sugar, five ounces of mixed peel, four eggs, half a teaspoonful of mixed



spice, and a gill of milk in which a teaspoonful of carbonate of soda has been dissolved. Rub the butter and flour together, then the other ingredients, and lastly the eggs and milk. After mixing thoroughly, put it quickly into a tin, and let it bake for two hours in a slow oven.

### Sponge Cake.

Beat up the yolks of two eggs ; add  $\frac{1}{4}$  lb. of sugar, seven drops of essence of lemon, then the whites beaten to a froth ; add gradually two ounces of flour, and mix all well together ; bake for an hour in a slow oven.

### Sponge Cake (good).

Break seven eggs upon one pound of sifted sugar, rubbed on lemon peel ; whisk well together for half an hour, then stir in gradually three-quarters of a pound of flour ; mix well and place quickly in the oven ; it must not be beaten after the flour is added. A few drops of essence of almonds should be put in to flavour it.

### Sponge Cake Iced.

(A good cake.)

Take half a pound of castor sugar, break five eggs over it, and beat all together for a good half-hour with a silver knife or fork ; then put in the grated peel of a lemon, and then the strained juice. Stir into this the weight of two and a half eggs in their shells, and have a cake-tin well buttered, and pour the mixture into it, and let it bake in a *very* moderate oven for fifty minutes.



Beat the whites of three or four eggs to a stiff snow with three-quarters of a pound of icing sugar, flavour with ratafia or vanilla, and beat this till it is light and firm. When the cake is cold, take a palette knife and put the egg snow over it, making indentations in it with the handle of a spoon, and sprinkle over with finely-chopped pistachio kernels or centrifugal sugar tinted with cochineal.

### Strawberry Sponge Cake.

Make it the same as orange cake, substituting a tablespoonful of strawberry juice for the tangerine, and colouring the icing pink, and putting a few drops of rose-water in the icing mixture.

### Swedish Apple Cake.

Roll out some puff paste to make a bottom, place it on a sheet of paper, brush the edge with yolk of egg, and let it bake at a medium heat.

Peel six good apples and cut them into small pieces, and mix them with one and a half ounce of castor sugar, and steam them in an oven. When they are quite soft and a purée, mix with them half an ounce of finely shred orange peel, the same of burnt almonds; add a little cinnamon and some grated lemon, and spread this mixture upon the puff paste. Beat up the whites of two eggs to snow. Mix in two ounces and a half of castor sugar, and put this into a conical rolled paper-bag; squeeze a network as well as a wreath-like edge on the cake, dust it with sugar, and bake on a tin till it is of a pale golden colour.



### Swedish Cakes.

Take a quarter of a pound of fresh butter, a pinch of salt, two tablespoonfuls of sifted flour, half a pint of water, and put them in a stewpan over a gentle fire.

Stir the mixture till it boils, then draw it to the side, and dredge into it five ounces of dried flour. Stir till it becomes a paste ; add some essence of ratafia, and work gradually in three well-beaten eggs, yolks and whites separately. Make the paste into balls the size of a walnut, brush over with beaten egg, and sprinkle chopped almonds and pistachio kernels over them ; bake in a good oven till they are lightly coloured.

### Tottenham Cake.

Mix half a pound of sugar with five eggs ; add to this half a pound of flour and a little ammonia, and two ounces of sultanas ; put this mixture into a square tin about three inches deep, bake, and then ice over.

### Twelfth Cake.

Put two pounds of fresh butter into a large earthenware basin and beat it to a smooth cream, then add two pounds of sifted white sugar and a spoonful of mixed spice. Beat the mixture well together, then add gradually twenty eggs, the yolks and whites whisked thoroughly and separately, and beat the cake for nearly half an hour. Work in gradually two pounds of flour which has been thoroughly sifted and dried, half a pound of sweet almonds bruised with rose-water, and a pound and



a half of mixed peel which has been sliced very thinly, and then a quarter of a pint of brandy, and beat the cake again.

Line a baking hoop with well-buttered paper, pour in the mixture to three parts full, cover the top with paper, set the tin on an inverted plate in the oven to keep it from burning at the bottom, and bake in a slow but hot oven. When nearly cold cover smoothly with white icing and ornament it with fondants, cosaques, holly sprays, and fancy ornaments, and stand in the centre a figure of Father Christmas, a robin or any ornament according to fancy.

### **Tyburnia Cakes.**

Pound in a mortar two ounces of ground sweet almonds, the same of orange peel, cut thin and chopped fine, and half a pound of powdered sugar, then add the whites of three eggs, then stir in the three yolks and when all is well mixed together add six ounces of flour. Now butter some fancy tins and put the mixture in, bake in a gentle oven, and when cold ice with pink icing.

### **Vanilla Cakes.**

Take six ounces of sweet almonds and an ounce of bitter, half a pound of castor sugar, and one and a half ounce of white biscuit powder, five drops of essence of vanilla: mix all this with the whites of eight eggs into a stiff paste, roll out about half an inch thick, and cut into strips three inches wide with pink and white icing, and cut into fingers one inch wide. Bake in a very slow oven, ornament with angelica cut in diamond shapes.



### Vienna Guglhopfen.

Take five ounces of butter, and cream it ; then add one egg and a good tablespoonful of flour, and then go on adding seven more eggs and seven ounces of flour till all are well mixed with the butter, stirring and kneading the whole steadily. Dissolve a quarter of an ounce of yeast in a good tablespoonful of water. Add it to the dough, adding a teaspoonful of salt and a good dessertspoonful of sugar. Fill a mould as for Baba, and sprinkle with small pieces of almonds, and finish as in Baba.

### Walnut Cake.

Rub four ounces of peeled walnuts and the same quantity of blanched almonds with the whites of three eggs, half an ounce of sugar, and a small teaspoonful of vanilla ; stir this together with the yolks of six eggs and beat to a foam. Afterwards beat the whites of three eggs to a snow, and mix in with them four ounces of flour. Bake in a tin for an hour at a moderate temperature ; after baking, it may be iced.

### Wasp's Nest Cakes.

Take one egg and the yolks of three, and beat them up with six ounces of creamed butter. Add two tablespoonfuls of yeast, a little more than a gill of milk, and half a pound of flour ; mix well into a paste, roll it out thin and cut it into lengths ten fingers long and three broad. Sprinkle thickly with currants, chopped almonds, castor sugar, and pistachio nuts chopped fine ; roll up the lengths



butter a tin, and bake slowly. Decorate with strips of marmalade and coffee icing placed across in stripes.

### Wedding Cake.

Take two pounds of currants, one pound of dried cherries, and one pound of sultanas; bruise one pound of sweet almonds with orange-flower water and a quarter ounce each of pounded cinnamon, cloves, and nutmegs. Slice thinly half a pound each of orange and lemon peel, and one pound of citron.

Wash four pounds of butter and whip it to a cream, beat up the yolks separately of twenty eggs, frothing the whites, one and a half pound of castor sugar, half a pint of sherry, and the same of brandy.

Put the creamed butter into a large basin and gradually mix in the sugar. Now add the whites of eggs and the yolks, and beat all together; next put in the almonds, spices, and very gradually three pounds of flour, and beat well till all are blended. Now add the grated rind of two lemons, the currants and cherries, sprinkle them in very gently; then add a small piece of sal volatile, the size of the top of a thumb, then the brandy and sherry, and six drops of essence of ratafia. Mix till all is quite smooth, and then it will be ready for baking; a double-buttered paper must be put in as a lining, and the mixture should not fill the hoop more than three parts. Put a paper on the top and bake for five hours in a quick oven; then cover it with almond paste (*see* Almond Paste), which must be spread over the top of the cake an inch thick, keeping it from the edge as much as possible; then place it in a cool oven till it is dry and hard. Then



again cover this with sugar icing, which should be spread evenly all over it with a broad palette knife to the thickness of a quarter of an inch, and it should be put into a cool oven to dry. Wash it over with a little white of egg and strew white centrifugal sugar all over the top and sides, which gives it a very lovely appearance. A much smaller cake should be made to go on the top. The prettiest way of decorating it for the wedding feast is to put real white flowers round the top and base, and a broad white satin ribbon round the centre, fastened in front with a true-lovers' knot. On the top should be a little vase holding a spray of orange blossom, and white flowers arranged round the small upper cake. There should be two small pennons of white satin, with the monograms of the married pair embossed on them.

### White Gingerbread.

Cream four ounces of butter with one pound of brown sugar ; add gradually three eggs, a quarter of an ounce of ginger and the same of mixed spice ; then add two pounds of flour in which half an ounce of carbonate of soda and three-quarters of an ounce of cream of tartar have been mixed. Make this into a paste with sufficient milk ; roll out and cut with a round cutter three and a half inches deep, wash over with milk, and put a split almond in the middle.

### Yolk Cake.

Take the yolks of three small eggs, one cupful of sugar, three ounces of butter, two cupfuls of flour, one cupful of milk, two tablespoonfuls of



yeast powder, one tablespoonful of brandy, the grated rind and juice of one lemon, and a little grated nutmeg. Cream the butter and sugar, then add the well-beaten yolks, then the milk and flavourings. Sift in the flour and baking-powder together, mixing as it is sifted. Bake immediately.

### **Yule Cake.**

(Cassell.)

Put eight pounds of flour into a bowl, and mix a tablespoonful of salt with it, then rub into it a pound and a half of butter and two pounds of lard. Scoop a hole in the centre, and pour in half a pint of brewer's yeast mixed with water. Stir flour into the yeast till it is like batter. Sprinkle flour over the top, and set the bowl in a warm place. When the yeast rises and bubbles through the flour, knead the dough thoroughly as for bread, and let it rise till light. When risen work in six pounds of currants, three pounds of raw sugar, some grated nutmeg, and eight well-beaten eggs. Divide it into loaves of different sizes, and half-fill some tins lined with buttered paper, and bake in a well-heated oven.

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### Almond Bird's-nest Biscuits.

MAKE the almond paste as in almond rout cakes, then press into balls the size of walnuts ; make a hole in the centre by pressing with the handle of a small brush, drop in three or four comfits to look like eggs, lay on paper as usual, and next day bake. When cold, pipe a rim of icing round the rim of the nest, which dip into finely shred pistachio.

### Almond Fagots.

Make a paste, as in almond rout cakes, roll it out thin, cut it into bands two inches wide, cut these into strips, fold a few strips together so as to represent a bundle of fagots, place one strip of paste round the centre to look like string (the latter can be coloured pink or green), place upon thick white paper till next day. Bake in a moderate oven.

### Biscuits, Plain Sweet.

Mix well with milk half a pound of flour, half a pound of ground rice, a quarter of a pound of sifted loaf-sugar ; then roll out thin ; cut into small biscuits and prick them. Bake in a moderate oven till crisp—not too brown.

### Brandy Snaps.

Take a quarter of a pound of butter, let it stand on the stove till melted. Mix a tablespoonful of ground ginger with one tablespoonful of flour, the juice and rind of half a large lemon. When



the butter is melted, mix with it five ounces of moist sugar and half a pound of treacle, then the other ingredients, and beat together for some minutes; spread the mixture very thinly upon a buttered baking-tin and bake for ten minutes in a moderate oven. Watch it, and as soon as the gingerbread is done enough cut it into squares, and curl each round the finger in the shape of a cornucopia. They will keep in tins for a long time; when they lose their crispness put them into the oven for two or three minutes.

### **Breakfast Rolls.**

Take one quart of flour, one spoonful of clean beef dripping, one teaspoonful of salt, two of baking-powder. With the hands rub all these ingredients smoothly together, then with a spoon mix up with milk to a consistency to roll out, as soft as can be well handled, and handle as little and as lightly as possible. Roll to about one inch in thickness, cut out with a tumbler, lay on a bit of butter, and fold over once evenly. Bake in a quick oven for about half an hour.

### **Butter Biscuits.**

Mix a cup of melted butter with a pint of milk, a half-cupful of yeast, half a teaspoonful of salt, two eggs, and flour enough to knead. Set in a warm place to rise, roll out and cut. Let them rise, and bake in a buttered pan.

### **Corn Dodgers.**

Mix corn meal with cold water, making dough stiff enough to handle. Then mould into oval



cakes about two inches thick, put them in an oiled pan, and smooth the top with the hand wet with cold water. Bake in a hot oven forty or fifty minutes.

### Cream Crullers.

Take a cupful of sugar, and mix with it a dessert-spoonful of butter; next thoroughly beat two eggs, and mix them with the sugar and butter, adding a little salt and nutmeg and one cup of cream; now add flour enough with three teaspoonfuls of baking-powder in it to make a very soft dough. Form into any desired shape, and fry in boiling lard.

### Crisp Biscuits.

Make one pound of flour into a very stiff paste with the yolk of an egg and a quarter of a pint of milk; beat well, and knead till perfectly smooth; roll out very thin, cut into biscuits, and prick them. Bake in a slow oven to a nice brown about half an hour.

### Fagot Cheese Biscuits.

Rub half an ounce of butter into half a pound of Vienna flour (into which a pinch of salt must be put) till it is quite smooth. Mix, in a basin, half an ounce of German yeast into a gill of milk and water equal parts; pour this on to the flour, and knead it up to a smooth dough; then cover the basin with a cloth in the usual way, for it to rise, putting it in a warm place. When it is risen, which ought to be in an hour and a half, cut it into thin strips, and then roll these strips into six-inch lengths and half an inch round, brush them over with a little milk, roll them in rock salt, place them on a floured



baking-tin, and bake in a moderate oven for an hour ; they should be of a pale colour. These, tied in fagots, are nice to eat with cheese, or they can be used as dinner-rolls. At the Cookery and Food Exhibition they were called 'Grisini.'

### Fruit Wafers.

Take any kind of ripe, well-flavoured fruit, put it into an earthen jar, cover closely, and set it in a pan of boiling water ; keep the water boiling quickly round it till the juice flows freely, strain through a jelly-bag, and with each kind of filtered juice put a pound of white sugar and the white of an egg. Beat the mixture till it forms a stiff paste. Spread it in a thin layer upon buttered paper, and bake in a gentle oven till it is dry enough to leave the paper.

Turn it upside down and put it again in the oven till perfectly dry. Stamp it in shapes, and place these between sheets of white paper in layers in a tin box.

### Gaufres.

Take a pound of fresh butter, one pound of fine dry flour, and six or seven eggs ; first mix the eggs with the flour in a basin, put a little salt, then sift the flour over the eggs and butter, and add to it a spoonful of yeast. Next mix with the above a pint of cream, work it well with your hand, and put the basin on the dresser till dinner-time. Grease the gaufre-tongs with bacon fat for the first only, as the others will come out easily without any additional grease.

Sprinkle sugar over them *just* before serving them.



### Ginger Biscuits.

Take three ounces of good butter with two pounds of flour; add three ounces of pounded sugar, two of powdered ginger, and knead them into a stiff paste with milk. Roll it, then stamp out the biscuits with a cutter, and bake them in a slow oven till they are crisp and of a pale colour.

### Ginger Rolls.

Take two ounces of powdered ginger and a little salt, and mix these ingredients well with two pounds of flour. Make the preparation into a firm and light dough with German yeast in the usual way. Divide into six or eight small loaves, and bake.

### Hunter's Nuts.

Take three and a half pounds of treacle and put it into a very deep basin; put not quite an ounce of ground alum into a pan with half a gill of water, and dissolve in the oven. Then add it to the treacle whilst hot, stirring it well in; put in one ounce of American ash to half a gill of water, dissolve it, and pour into the treacle and well mix. It should froth up; stir continually with a long piece of stick till it goes down. Next day add one ounce of ground ginger, and not quite a quarter of an ounce of ground ammonia. Make a bay or hole with some flour on the board; stir up the treacle and pour some into the hole on the board and make it into nice dough, not too light nor too moist; let it lay two hours; then take a piece of the dough and clear it from flour; roll it into a length as thick as a wine bottle, and cut it into pieces, and roll these



out like a walking-stick, and about as thick as the neck of a bottle. Roll out three and lay them along the edge of the board close together. Now take a sharp knife and cut them up into pieces about half an inch long, dust over with a handful of flour, put them into a flour sieve, and shake them round and round to give the nuts a round appearance ; put them on greased flat tins, wash over with water, and bake in a moderate oven.

NOTE.—This is an old confectioner's recipe.

### **Light Biscuits.**

Take the yolks of five eggs and put them into a pan with a few crisped orange-flowers and the peel of a lemon ; shred all very fine, adding six ounces of fine sugar. Beat all together till the sugar is dissolved and well mixed with the eggs ; then whisk up the whites of the eggs to a froth, and mix the sugar and eggs with it. Stir in gradually and lightly three ounces of flour and put the biscuits into buttered moulds, powdering them with fine sugar, and baking them in a moderate oven.

### **Macaroons.**

Blanch and pound six ounces of sweet almonds with one pound of castor sugar ; whisk the whites of half a dozen eggs, and add them also, two ounces of pure corn-flour or ground rice, and a tablespoonful of brandy. Beat all well together and drop the mixture in small quantities on wafer paper, and bake in a moderate oven for about twenty minutes, but do not let them get too brown. Place one strip of blanched almond in the middle of each cake.



### Milk Biscuits.

Put the yolk of an egg into a pound of sifted flour ; dissolve a teaspoonful of carbonate of soda in a little milk, put it and a teaspoonful of salt to the flour, with as much milk as will make a stiff paste. Work it well together, beat it for some minutes with a rolling-pin, then roll it very thin. Cut it in round and square shapes, prick them with a fork, and bake in a moderate oven till they are crisp.

### Milk Breakfast Rolls.

Take a pint and a half of milk quite warm, a quarter of a pint of brewer's yeast ; mix them well together in a pan, with sufficient flour to make a thick batter ; let it stand in a warm place, covered over till it has risen as high as it will. Melt six ounces of butter and one ounce of sugar, and add to the batter. Then break three eggs into the pan, mix them well together, and add sufficient flour to make it into dough. Let it stand a quarter of an hour, and then work it up again. Then break into pieces as large or as small as you may fancy, and roll them round smooth with the hand. Make a small hole in the centre of each, cover them with a piece of thick flannel in a warm place to prove them, and bake in a quick oven.

### Naples and Savoy Biscuits.

Take one pound of finely-crushed loaf sugar, add nine yolks of eggs and seven whites, add one pound of flour, beat the eggs thoroughly, and then whisk the sugar and eggs together with a little rose-water. Add the flour and bake them long and round.



### Oatmeal Biscuits.

Cut three ounces of butter into a saucepan and melt it; whilst this is melting put seven ounces of flour into a basin with three ounces of oatmeal, three of pounded sugar, and a quarter of a teaspoonful of carbonate of soda, and mix thoroughly. Now stir in the warm melted butter. Break an egg into a tablespoonful of cold water, and beat up and add it to the mixture, and stir it well. Roll out the paste as thin as possible, then cut the paste into rounds; then place them on a greased baking-tin, and put them in the oven for twenty minutes. (The heat should rise to  $240^{\circ}$ .)

### Orange Biscuits.

Take five oranges, grate the rinds of them, and put them into a mortar with three ounces of sweet almonds and half a pound of lump sugar, all finely pounded. Blend well together with the whites of two eggs, and pound well till it is light.

Lay three sheets of paper on a baking-tin, and drop the mixture in lumps on the paper about the size of a pigeon's egg; do not put them too close together. Have the oven moderately hot, and bake the biscuits a nice brown colour. Take them out of the oven, and let them stand till cold, and then they will come off the paper easily.

### Piémont Cakes.

Break four eggs and put the whites upon a plate and the yolks into a basin. Beat the whites, and when they are firm add them to the well-



beaten yolks of the eggs with half a pound of flour, half a pound of powdered and sifted sugar, a small glassful of brandy, and a pinch of salt. Lastly work in half a pound of melted butter, and beat the mixture well together. Then pour the batter, a quarter of an inch thick, into a baking-dish, and bake in a moderate oven. When it is cold, stamp it into pieces about three inches long and of an oblong shape. Split these in halves, and insert a little jam between them. Press them closely together, and cover one half with pink icing, and the other half with white icing. Dry them in a cool oven.

### Raspberry Biscuits for Dessert.

Take a couple of pounds of ripe raspberries, put them in an earthen jar, set this in a pan of boiling water, and keep boiling till the juice flows freely. Pass juice and pulp through a sieve, mix with it the weight of the fruit (before it was put into the oven) in pounded sugar, and boil briskly, beating it well all the time till it forms a dry paste, and be careful it does not burn. Put it into small moulds about half an inch thick ; dry these in a cool oven for twenty-four hours or more.

### Scones.

Put one pound of flour into a basin with a dessertspoonful of baking-powder, rub in four ounces of butter. When well rubbed together roll it, and then mix it into a paste with a gill of milk. Roll this paste out to a thin sheet one-third of an inch thick. Dip a knife in flour and cut this paste into triangular pieces, each side about four inches



long. Flour a baking-tin, place the scones in it, and bake them quickly for thirty to forty minutes. When they are half done they should be brushed over with milk.

### Shrewsbury Biscuits.

Take half a pound of flour, a quarter of a pound of butter, a quarter of a pound of sifted sugar. Mix together and wet it with one egg, and roll out as thin as paper and bake.

### Wafers.

Take some wafer-irons and heat them on both sides over a moderate fire ; rub them inside with a little butter, put a teaspoonful of wafer-batter into them. Close the irons quickly and put them on the fire at once. When done on one side turn over and put the other side to the fire. Remove all the paste away round the edges, and roll the wafer on a stick whilst warm. The batter is made by mixing together half a pound of the finest flour and half a pound of castor sugar, to which is added three well-beaten eggs and eight drops of vanilla, and the batter beaten till smooth.

### Wafer Biscuits.

Mix well two ounces of Vienna flour with the same quantity of castor sugar, add the whites of two eggs whisked to snow. Make the mixture into a thin liquid paste, then butter some tinned baking-sheets ; pour on them portions of the batter four inches apart, about the size of a walnut, and with the fingers spread them into rounds the size



of the top of a tea-cup. Bake in a quick oven for three or four minutes till they are lightly browned. Take them up when soft, and roll them upon a round piece of wood.

### Whip Biscuits.

Take the whites of three quite new-laid eggs and whip them to a stiff froth, add gradually a quarter of a pound of very finely pounded loaf sugar and twenty drops of good rose-water (Hooper's is best). Drop about half a teaspoonful at a time on writing-paper, not too near together, and bake on a meringue board in a slow oven with the door open, as they must not get brown. Some of them should be coloured a pale pink with a little cochineal.

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### Almond Cakes, Icing for.

TAKE a pound of sweet almonds and eight bitter ones; blanch and pound in a mortar a few at a time, pouring in every two or three minutes a few drops of rose-water. Add to this gradually one pound of castor sugar and the whites of four eggs, and whisk to a froth. When all is thoroughly mixed, lay the icing on the cake as smoothly as possible, a little more than half an inch thick. Put it in a cool oven to dry, then over this put the sugar icing.

### Almond Bonbons.

Grate one pound of blanched almonds very fine and mix with them a pound of loaf sugar; melt



the mixture in a stew-pan gradually over a slow fire, stirring continually till the ingredients are thoroughly mixed ; then pour on a tin plate, roll quickly with rolling-pin, and cut into fancy forms.

### **Almond Candy.**

Beat up the sixth part of the white of an egg in half a pint of water, and pour it over a pound of loaf sugar ; let it stand for fifteen minutes, then boil it for three minutes, and then let it stand on one side till the scum settles down ; skim it, and boil again till it becomes very thick, then throw in four ounces of almonds, which have been dried in the oven and sliced, mix the whole well, and continue stirring till done, which will be known when a spoonful placed on a plate remains firm and does not sink. Pour it out then, as quickly as possible, into square tins, and let it get cold.

### **Almond Chocolate Drops.**

Melt a quarter-pound cake of chocolate, then pound it to a paste, and mix with it four ounces of sifted sugar. Blanch, slice, and dry in a cool oven two ounces of Jordan almonds ; roll each piece of almond in a little of the chocolate paste, and put them on sheets of white paper till cold. Takes about one hour.

### **Almond Rock.**

Boil a pound of brown sugar till it snaps in water ; flavour with a few drops of lemon. Have ready half a pound of almonds that have been rubbed between two cloths, but not blanched ;



warm them a little, and pour as many into the candy as it will take, then pour out into oiled pans. It should be two inches thick, and the almonds well distributed and all covered. Cut it into bars before it is quite cold with a well-oiled knife.

### **Almond Trifles.**

(A Dessert Dish.)

Blanch and pound eight ounces of sweet almonds; add the same quantity of icing sugar, and mix them to a stiff paste with some white of egg and eight drops of lemon juice. Strew the board with sugar, roll out, then stamp it into the shapes of stars, diamonds, crescents, &c. Bake in a cool oven for twenty minutes; brush them over with a little lemon syrup, strew sugar over, and dry them in the oven.

### **Angelica.**

Take an angelica plant in April, boil till tender in salt and water, scrape off the outside, and dry it in the sun on a clean plate. Make a rich syrup with two pounds of white sugar and a pint of water, which must be boiled up twice a day, and poured over the plant till it has been absorbed; let it remain in the syrup seven or eight days closely covered up. When the angelica has absorbed the syrup, place it near the fire for a few days.

### **Apricots in Brandy.**

Rub off the down of some large apricots not quite ripe, and prick them through with a very



small skewer, put them into boiling water for a second, drain and dry them. For two dozen apricots a clarified syrup, composed of a pound of sugar to a pint of water, is required. Put the apricots into it, and when they have boiled up, take them off the fire and leave them in syrup till the following day, when they must be strained. Boil the sugar up again four or five times, then put the apricots in again, let them simmer a little, and then take them off. When cold, put them into large bottles, adding the syrup reduced as much as possible, but taking care that it does not candy. Fill the bottles up with good brandy and cork them tight.

### Apricot Ice Cream.

Heat a pint of cream and a pint of milk, and just before they come to the boil remove from the fire and stir in half a pound of sugar till dissolved. When cold stir in a quart of apricots which have been pulped through a sieve, and the strained juice of one lemon. Put in two apricots, cut into small pieces without putting through the sieve, and freeze; then let it stand in the ice for two hours. These ices can all be easily made in the American ice-cream freezer, as it is not only so simple, but is, from its price, within the compass of the smallest household.

### Apricot for Dessert, Preserved Slices of.

Peel and stone some apricots, boil them gently till tender, then take them out to get cold. Then take their weight in castor sugar, and moisten it with a little water; boil it until ready to candy, and



mix it with the apricots till a paste ; put this paste in jars and leave them in the oven till the apricot-paste candies, then take it out and dry it on plates, when it will become very transparent ; when it is nearly dry it should be cut into thin slices.

### Banana Ice Cream.

Proceed as in Bisque (p. 47), except beating half a dozen bananas till they become a smooth paste. and omitting the sherry.

### Barley Sugar.

Clarify one pound of white sugar, and boil it till, when a wooden stick is dipped into it and then plunged into cold water, the sugar becomes crisp and will snap ; flavour with lemon juice ; rub a little fresh butter on a marble slab, and pour the sugar along it in narrow strips ; twist it to a spiral shape whilst warm ; and when it becomes cold mark it across with a knife, and it will break into lengths as required.

### Barberries, Candied.

Take fine bunches of barberries and let them hang for a quarter of an hour ; pour in boiling water, remove them carefully, and simmer them in a boiling syrup ; take the pan off the fire, and let the barberries remain in the syrup for several hours. Then let them hang up to dry ; before being quite dry, dredge them with powdered sugar, and let them be put into a moderately-heated oven, keeping them well dredged with sugar.



### Berezina Ice Pudding.

Prepare four different ices—pineapple, strawberry or raspberry, chocolate, and vanilla—allow the four ices to set, and put each into a separate section of a mould, divided into four compartments; pack the ices as closely as possible, and then take out the separations half an hour before serving; boil some sugar to crack point, then spin it out into threads, and with a network of this construct a shade to cover the ice, which must be large enough not to touch it. The bombé should be sent to table under this shade, which is taken off before the ice is cut up.

### Bisque Ice Cream.

Take three ounces of macaroons and one ounce of stale sponge cake, and roll with a rolling-pin till pulverised. *Boil* a pint of cream and a pint of milk, remove from the fire and stir in half a pound of finely sifted sugar; stir till dissolved, then add a glass of sherry and let it stand till cold, then freeze; when frozen stir in the powdered cake and let it stand in ice for two hours.

### Brown Bread Ice Cream.

Rub some slices of brown bread through a sieve, to make about a pint; have a pint of cream boiling, and add the crumbs, also half a pound of sifted sugar; stir till it is dissolved, add a couple of glasses of maraschino, and freeze.



### Candied Cherries.

Take some nice ripe cherries, pull off the stalks and wipe them. Then pour over them boiled syrup ready to candy. Move them about, and when cold put them in a cool oven for half an hour to dry. If required frosted, dip them into a mixture made of the whites of two eggs whisked to form snow, and to which has been added a gill of water. Have some finely powdered sugar on a board, and roll the cherries one by one in it. They must not touch each other. Then let them dry for about twelve hours. All fruits can be candied or frosted thus. Pine-apples should be cut in slices.

### Candied Sweet Potatoes.

(Spanish Recipe.)

Boil till half tender yellow potatoes ; pare them, not leaving a speck of dark colour. Cut them into the form of small potatoes, and drop them into syrup made of a pound of sugar to half a pint of water. Boil gently till the potatoes are quite clear, like the yolk of an egg, and quite tender ; take them up, lay them on a sieve, and put them in a cool oven with the door open to dry, turning them every now and then.

The candy should be boiled down to the 'feather,' as in recipe for Marrons Glacés, the potatoes dipped in, and when coated placed on an oiled wire sieve to dry.

### Caramel Fruit.

Take one pound of crushed loaf sugar and pour over it three-quarters of a pint of water ; put it on



the fire and let it boil to crack (that is, 310°). Have prepared some different fruits, such as three morello cherries in a bunch, one greengage, three grapes, a bunch of red currants, a section of an orange, a small piece of apple, three raspberries tied together, two strawberries, half an apricot, a piece of pineapple or any other fruit in season. See that they are *dry*; have a tin plate oiled, then dip the fruit into the caramel, and place on the tin the best side upwards.

### Caramel Ice Cream.

Put a quarter of a pound of sugar in a pan over the fire, and stir till it liquefies and becomes dark brown. Have the milk and cream heated to boiling-point, and then pour the caramel mixture into this and stir. When cool add half a pound more sugar and a teaspoonful of vanilla extract and freeze, &c.

### Chocolate Caramels.

Mix well together till they become paste a quarter of a pound of ground chocolate, two ounces of butter, one ounce of sugar, and one teacupful of cream. Boil this till it cracks if put into cold water; then pour it to the depth of half an inch into well-oiled tin pans. When nearly cold, mark into squares with an oiled knife; a few drops of vanilla may be put into the candy mixture.

Coffee caramels are made in the same way as the chocolate, only substituting coffee for chocolate and using two ounces of it in as little water as possible.



### Chocolate Icing.

Do exactly the same as for sugar icing, adding a little dissolved chocolate to the sugar.

### Coffee Icing.

Make the sugar icing the same as usual, adding a teaspoonful of Branson's extract of coffee to the sugar and white of egg.

### Coffee Ice Cream.

Make a pint of coffee with a good tablespoonful of Branson's extract of coffee, sweeten it with three ounces of sugar, put it into a pint of boiling cream and a pint of boiling milk ; put it to freeze in the same way as caramel, &c.

### Coffee Ice Pudding.

Take a large tablespoonful of Branson's essence of coffee, and put it into a pint of milk with four ounces of loaf sugar ; let it boil, and afterwards let it get cold. Strain it on to the yolks of six eggs, put it in a jug or double saucepan, and stew over the fire till the mixture becomes thick ; when cool, work into it half a pint of whipped cream. Freeze in the usual way, and let it stand on ice till required.

### Coffee Mousse.

Whip a quart of cream, then mix with it three ounces of powdered vanilla sugar and a good spoonful of essence of coffee. Then take twelve ice wafers and arrange them round the cream in the form of a pyramid on a dish and serve.



### **Deville Almonds.**

Fry blanched almonds in fresh butter till they become a light brown, drain and season them with salt and cayenne, and serve hot for dessert.

### **Frozen Custard.**

Boil together half a pint of milk and half a pint of cream, beat the yolks of six eggs and put them into the milk and cream, and stir over the fire till it thickens. When ready to freeze, add a table-spoonful of brandy and a grate of nutmeg, and finish in the usual way.

### **Frozen Nesselrode Pudding.**

Take three-quarters of a pound of Spanish chestnuts, peel them thoroughly, and make into a purée by boiling them in a gill of milk and water and passing them through a tammy. Mix with this a cold custard, made with a pint of cream, six ounces of sugar, and six yolks of eggs. Mix up well together, and add half a pound of mixed glacé or candied finely cut citron, sultanas, angelica, and cherries, half a gill of maraschino, and a teaspoonful of extract of vanilla ; then mould and put on ice for three or four hours.

### **Fruit en Chemise.**

Choose some good bunches of red and white currants, some ripe red and black cherries, green and red gooseberries, and some raspberries. Beat up the white of an egg with half as much cold



water, dip the fruit into this mixture, drain it, and then roll it in fine sifted sugar till it is covered on every part. Arrange on a dish, arranging the colours tastefully.

### Ice Soufflé.

Clarify a pound of loaf sugar by mixing a small dessertspoonful of well-whisked white of egg in a pint of water ; boil all together over a slow fire, skimming as the scum rises. Strain through a tammy to clear it. Take half a pint of this syrup, with the yolks of six eggs and one whole egg, half a wine-glassful of maraschino ; stir well together in a basin which has been warmed. Set this on the stove, and whisk the mixture quickly till it becomes a light batter. Fix a band of double paper round the soufflé dish two inches higher than the dish ; fill this with the mixture to within half an inch of the paper ; imbed this in ice (taking care no salt gets to it) four and half hours, then remove the paper, sift over it some grated macaroon biscuit powder, and serve.

Iced coffee soufflé can be made by using a small cupful of *café noir* instead of the liqueur.

### Ice Soufflé (another way)

Charge the soufflé dish with ice till it is thoroughly cold. Whisk over boiling water eight yolks of eggs, four whites, three ounces of castor sugar ; take nearly half a pint of pineapple which has been pulped through a tammy until it is a thickish batter, and remove it while it is still slightly warm and whip till cold and stiff. Then add a good teacupful of sweetened whipped cream.



Put a fold of writing-paper round the soufflé dish, standing about a couple of inches from the top; pour the mixture into the dish till it reaches nearly the top of the paper. Freeze for two or three hours, take off paper, and serve.

### Ice Pudding.

Make a custard with a pint of milk or cream, the yolks of three eggs, two ounces of castor sugar, six drops of vanilla; put this on ice; then mix thoroughly with it half a pint of whipped cream; freeze again; then put in two ounces of glacé cherries and pineapple cut small, and which have been soaked in syrup, and two ounces of royal biscuits. Put a layer of the ice cream in the mould, then a layer of sweetmeats and biscuits, and so on till the mould is full, pressing down each layer. Place buttered paper on the top, and butter round the edges and imbed in ice till wanted.

### Icing for Cakes.

Take some icing sugar, mix twelve ounces of it, and mix it in gradually to the whites of four eggs whisked to a stiff froth, beating it well to make it smooth; mix in the strained juice of a lemon and two drops of pyrogalllic acid, and lay the preparation on the cake with a very broad knife. Put it in a cool oven to harden, but be careful it is not hot enough to discolour it.

### Llemas Encarameladras.

(Cuban Recipe.)

Take the yolks of six eggs, sweeten to taste with a thick syrup of one pound of sugar and one



pint of water boiled ; put the mixture on a good clear fire in a clean saucepan, and cook it till hard enough to roll ; flour the hands and roll it into balls.

Drop into a *thick* syrup, boiled until it is almost like caramel ; only drop one at a time, and remove at once from the syrup and put on oiled plates.

### Marchpane.

Pound in a mortar a pound of sweet almonds blanched as they are beaten ; put in the whites of three eggs ; then add some apricot marmalade, or any sweetmeat that is not too liquid, and some candied orange flowers pounded ; when the whole is well mixed put the paste into a stewpan with some powdered loaf sugar, and dry it over the fire ; then put it upon a board and mix it with sugar till the paste no longer sticks to your hands ; then roll it and form the marchpanes any shape that is fancied. Now there should be in readiness the whites of six eggs, half beaten ; mix them with finely shred lemon peel ; dip the marchpanes into this white of eggs, and afterwards into some powdered sugar till they have taken as much as they will retain ; bake them on white paper upon copper sheets in a moderately heated oven. Cut a piece of the paste upon a card, to see if the oven be properly heated ; if it becomes coloured the oven is too hot.

### Marrons Glacés.

Take some good Spanish chestnuts and put them into boiling water, then remove the outer skin ; boil them till just tender, but not soft ; take



off the woolly inner skin, but do not break it. Put a pound of fine white sugar into half a pint of water, and boil one minute; put the chestnuts into this, and let them boil slowly till they are clear, then take them out, put them on a sieve in a warm place till next day; then dip each nut, mounted on a thin wooden skewer, into a candy made by boiling a pound of sugar to what is called 'feather' degree, which is that when the candy begins to hair dip a silver fork into it; let the syrup run off the end and then blow suddenly against it sharply; if only a few beads blow out, let it boil a minute longer, then on blowing again, if bubbles float from the fork, wait only a second, then blow again; the bubbles should not break after they leave the fork, but run one into the other and drop to the ground in a rough resemblance to a feather. Then the juice of a small lemon should be squeezed into it; work it with a spoon against the side of a saucepan till it is whitish and a little grainy; then the chestnuts should be dipped into it, giving as thin a coat as possible, and should be allowed to dry in a warm place.

### Mille Fruits (Water Ice).

To make water ices the sugar must be clarified, which is done by putting two pounds of sugar to a quart of water, and beating up a fourth of the white of an egg and adding it to the sugar and water, boiling for ten minutes, and running through a tammy. To this add the strained juice of six lemons, the juice of one orange, half a pound of preserved fruits cut in small square pieces, and a dessertspoonful of Frontignac, and then freeze as usual.



### Moniatillo.

(A Cuban Recipe.)

Make a thick syrup of one pound of sugar and one pint of water boiled. Boil one and a half pound of large, firm, sweet potatoes ; mash them very smooth, mix thoroughly with the syrup, then cook both together till they will leave the sides of the saucepan, stirring *all* the time ; then take it from the fire and drop in spoonfuls on oiled plates ; when cold, sprinkle pulverised sugar on them.

### Mulberry Water Ice.

Press the juice from a pint of mulberries, strain, and add the clarified sugar, as in the recipe for Mille Fruits, and then freeze it.

### Mushroom of Meringue.

Beat up the whites of four eggs into a very firm froth, with a pinch of salt in it, and four ounces of castor sugar worked in gradually, and go on beating, and then mix in very lightly four more ounces of the sugar ; pour the meringue into a savoy bag having a small round tube, and lay it out in small dabs on to a sheet of white paper the size and shape of button mushrooms ; dust them over with a dry mixture of chocolate and sugar, and dry them at the oven door without letting them get too much colour. Next lay out (the same number in the same manner) sufficient mixture in the shape of cones for stalks about one and a half inch in height, and dry these as well, dusting them with white sugar. When quite dry fix a stalk and top



together with cake icing, and brush over the flat parts with white of egg, and place grated chocolate on them; then wet the bottom of the stalk with the white of an egg, and roll in grated chocolate to represent earth. When quite dry dish them in a pile standing on iced vanilla whipped cream.

### **Peach Cakes.**

Take the yolks of four eggs, beat them well, and mix with six ounces of castor sugar, a dust of salt, and four drops of ratafia flavouring. Beat all these together for some time, sprinkle in gradually six ounces of Vienna flour, and then add the whisked whites of the four eggs. Continue to beat the mixture for some minutes, then drop small rounds of equal size upon a floured baking-sheet; then bake them about ten minutes in a quick oven. They must be highly coloured. When baked spread some peach jam upon the under parts and stick the cakes together in twos, so that they will look like the fruit. Cover them with a thin coat of white icing, flavoured with lemon; when the icing is dry brush over one side a little water coloured with cochineal to perfect the resemblance. They can be served to look like fruit, with whipped cream in the centre.

### **Peach Salad.**

Slice and peel half a dozen peaches, arrange them tastily in a glass dish, sift castor sugar over them, and pour over them two glasses of good Saumur.

### **Peaches in Brandy.**

Stew half a dozen ripe peaches for twenty minutes in a syrup made with seven ounces of



sugar and half a pint of water boiled together for ten minutes ; when tender put them with the syrup into large glass jars, which half-fill only ; when they are cold pour some pale brandy to within an inch of the brims, add a few of the peach-stone kernels, cook, and seal down tight when not required.

### Syllabubs à la Ville.

Soak the thin rind of a lemon in a pint of sherry all night, sweeten it with two ounces of sugar, and add a tablespoonful of brandy, one of sherry, and one of port, and half a pint of good cream beaten up with the white of an egg. Beat the mixture to a froth ; as it rises place it in custard-glasses, and fill them as high as possible, and let them cool.

### Wafer Paper.

(German Recipe).

Take some fine flour and mix with it as much water as will make it beat smooth. Then gradually add as much more as will make it a very thin paste. Rub a baking-dish with wax, beat it, wipe off the wax, hold the tin over the fire, then pour on a spoonful of the paste or as much as will cover the bottom thinly, and bake it so that it becomes dry and white.

### Walnuts Sucrés.

Crack some walnuts into *halves*. Get them out of the shells in their halves, peel them, stick a little thin wooden skewer into each, and dip them into barley sugar whilst hot ; see that they are well coated, and let them lie on an oiled sieve in a cool oven to dry.

Dates and Jordan almonds may be treated thus.

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