

The practical handbook of standard soups, sauces & gravies : containing also a selection of tried recipes for entrées, aspic, ragoût, curries, patties, pies, puddings, and numerous other popular savouries, croquettes, kromesgies, quenelles, rissoles, etc. special recipes for invalids, dainty appetites, and delicate digestions / by T.F. Garrett.

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THE
PRACTICAL HANDBOOK
OF STANDARD
SOUPS, SAUCES & GRAVIES

CONTAINING ALSO

A SELECTION OF TRIED RECIPES

FOR

ENTRÉES, ASPIC, RAGOÛT, CURRIES, PATTIES, PIES, PUDDINGS,

AND NUMEROUS OTHER POPULAR SAVOURIES, CROQUETTES, KROMESKIES,
QUENELLES, RISsoles, &c.

—><—
Special Recipes for Invalids, Dainty Appetites, and Delicate Digestions.

—><—
By T. F. GARRETT (*"Chef Royal"*),

EDITOR AND COMPILER OF THE ENCYCLOPÆDIA OF PRACTICAL COOKERY AND AUTHOR OF NUMEROUS POPULAR
AND PROFESSIONAL WORKS ON MODERN COOKERY, CONFECTIONERY AND SIMILAR SUBJECTS.

1897.

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1897.

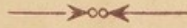
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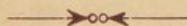
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DEDICATION.



THIS Book is dedicated to all Lovers of Good Feeding, and to those, also, who are entrusted with the Preparation of Food, in the hope that they will fully appreciate our efforts to inculcate the Practice of Simplicity and Economy in the production of Artistic Culinary Perfection.

PREFACE.



IT is a regrettable fact that there has not hitherto existed an established Code of Formulæ for making SOUPS, SAUCES, GRAVIES and other SAVOURIES, but that each cook has to concoct according to his or her personal ideas and enlightenment. The Recipes so used have frequently been handed down from one generation to another, receiving Modifications and Alterations *en route*. They continue to bear the name originally given to them, but in substance how greatly changed do they become from the original inception !

Unhappily we have no College of Culinary Preceptors under whose jealous guardianship and skilful guidance Standard Recipes might be preserved, and modifications only admitted to meet the requirements of Popular Tastes and the exigencies of Modern Inventions. Consequently cooks have selected recipes to suit themselves, and more often than not altered them to suit the circumstances and conditions of their surroundings, until by reason of these alterations and modifications, the recipes have more than probably lost all traces of their original characteristics, even though the original names have been retained. The once famous Marquis de Cussy (King of Epicures !) wrote that ROASTERS can be created by teaching, but SAUCE-MAKERS, like

Poets, must be born with the genius in them. If we are to form any judgment from the recipes given in average Modern Cookery Books, there are few writers upon Cookery who have not believed themselves to be endowed with the divine afflatus of culinary genius, for they have *created new sauces wholesale* by making modifications in original recipes, for the purpose, possibly, of avoiding the penalties of an infringement of copyright. These modifications are unfortunate, because they are generally the work of unskilled hands and therefore unreliable. But they are not more utterly demoralising, from a culinary point of view, than the cook who patches up some sort of Sauce or Gravy and gives to the dish a high sounding continental name that is to the educated chef altogether inappropriate and irrelevant. Nor is this worse than the charlatan cook—of whom Soyer was foremost—who sought to curry favour with the aristocratic public by *inventing—save the mark!—special sauces for special occasions*, and naming them after noted guests, such as “à la Duke of Wellington,” “à la Prince of Wales,” “à la Duke of Cambridge,” and so on.

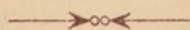
In the days of Carême, Laguipière, Ude, Francatelli, and other famous chefs, the reputation of a cook depended upon the invention of a new Soup, Sauce, or Savoury; but these inventions had to run the gauntlet of such epicures as Talleyrand, Brillat-Savarin, de Cussy and others, and in later years of George Augustus Sala, whose criticising palates could make or mar a cook's reputation at a mouthful. Consequently the creations of really new Soups or Sauces have ever been few and far between. When once, however, a new Soup or Sauce was originated, and had successfully passed the aforesaid test of epicurean criticism, its mode of preparation became a valuable secret and was therefore carefully locked up and guarded by the inventor. It was part of his stock-in-trade so to speak. We have instances of the same jealous guardianship occurring at the present moment over certain valuable culinary

inventions, which have been rendered proprietary and protected by letters patent, thereby securing to the inventor the full value of his invention and preventing illegitimate imitation ; a privilege that was not often accorded to or adopted by sauce-creating chefs, otherwise it is possible that many more details of valuable sauces would have been handed down to posterity, through the agency of the patent office, instead of being buried with the dead brain of the inventor.

Up to the present moment, so far as Soups, Sauces, Gravies and other Savouries are concerned, it must be admitted that we are surrounded by a babel of names and a confusion of recipes that require very careful and skilful handling for their proper elucidation. To the end that we may confer an indisputable benefit upon our fellow creatures, we have entrusted the task of making this way clear before us to the popular culinary expert whose name appears on the title page. That he has exercised excellent judgment and discretion in his work is evidenced by the contents of this book, which may henceforth be considered as establishing a Standard Code of Genuine Modern Recipes for making Soups, Sauces, Gravies and other Savouries, according to their original inceptions, subject only to the legitimate variations suggested by the increased facilities afforded by modern culinary inventions.

. . SOME USEFUL . .

CULINARY MAXIMS.



COOKS rarely keep accounts, but intelligent and careful managers enter in a Day Book or Journal the goods supplied for their use. This will sometimes prevent a difference of opinion between the employer and the cook.

Put down on a slate, as soon as discovered, articles required or exhausted. It is vexatious to find a spice-box empty when in the act of preparing a dish requiring its use.

A place for everything and everything *clean* in its place.

Cleanliness and neatness of person are next to perfection in work.

Gossiping in the kitchen often leads to bad results.

A good manager finds rest for a willing worker—and that at stated times. No good cook can cook all day.

The practice of Economy is the Highest Art of Cookery.

WEIGHTS AND MEASURES.

SPECIAL NOTE.—When working from Recipes, first jot down on a slip of paper, or a slate, the **INGREDIENTS** and **QUANTITIES** required. Then see that you have them ready to hand, and accurately *weighed* or *measured*.

DRY GOODS (General).

BY WEIGHT.

27½ grains	...	equal	...	1 drachm (dr.)	28 pounds	...	equal	...	1 quarter (qr.)
16 drachms	...	"	...	1 ounce (oz.)	4 quarters	...	"	...	1 hundred weight
16 ounces	...	"	...	1 pound (lb.)	20 hundred weights	...	"	...	1 ton [cwt.]

FRUIT, POTATOES, &c.

BY MEASURE.

4 pints	...	equal	...	1 pottle or ¼ gallon	8 pecks	...	equal	...	1 bushel (56lb.)
8 pottles	...	"	...	1 peck	3 bushels	...	"	...	1 sack (potatoes)

LIQUID.

4 gills	...	equal	...	1 pint (pt.)	2 pints	...	equal	...	1 quart (qt.)
			4 quarts	...	equal	...	1 gallon (gal.)		

SPECIAL.

Meat, stone	...	equals	...	14lb.	Flour, sack	...	equals	...	280lb.
Butter, firkin	...	"	...	56lb.	" peck or stone	"	"	...	14lb.
" " (fresh)	...	"	...	70lb.	" gallon	...	"	...	7lb.
" barrel	...	"	...	224lb.	" quartern*	"	"	...	3½lb.

*Calculated as sufficient to make a 4lb. loaf.

EQUIVALENTS.

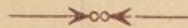
The use of these is admissible *only* when the usual Scales and Standard Measures are not available. The following will then be found sufficiently exact.

1 saltspoonful	is equal to	...	$\frac{1}{2}$ teaspoonful	
1 teaspoonful	"	...	$\frac{1}{2}$ dessertspoonful	
1 dessertspoonful	"	...	$\frac{1}{2}$ tablespoonful	
1 tablespoonful	"	...	$\frac{1}{2}$ gravyspoonful	
1 gravyspoonful	"	...	1 wineglassful	
1 wineglassful (port size)	"	...	$\frac{1}{2}$ teacupful or $\frac{1}{2}$ gill	
1 teacupful	"	...	$\frac{1}{2}$ breakfastcupful or 1 gill	
1 breakfastcupful (large)	"	...	$\frac{1}{2}$ pint or two gills	
A pinch of pepper (cayenne)	"	...	$\frac{1}{2}$ saltspoonful	
A pinch of salt	"	...	1 dessertspoonful, or as much as can be lifted with the points of the 4 (average) fingers and thumb	
The juice of a lemon	"	...	1 tablespoonful	
The weight of an egg in butter	"	...	about $1\frac{1}{2}$ oz.	
10 eggs	...	weigh about	1 pound		3 or 4 carrots (old)	weigh about 1 pound
25 yolks	...	"	1 "		15 to 20 " (new)	1 "
20 whites	...	"	1 "		6 to 8 onions	1 "
5 or 6 apples	...	"	1 "		4 to 6 potatoes (old)	1 "

NOTE.—The foregoing refer to medium sizes.

A breakfastcupful of	Bread crumbs (pressed in)	weighs about	$\frac{1}{4}$ lb.
"	Butter, Lard, Dripping	"	7oz.
"	Suet (chopped fine and heaped)	"	$\frac{1}{4}$ lb.
"	Flour, Cornflour, Arrowroot, or other floury starch (level)	"	$\frac{1}{4}$ lb.
"	" " " " (heaped)	"	6oz.
"	Rice (heaped)	"	7oz.
"	Sago, Tapioca, Semolina, and Hominy (heaped)	"	$\frac{1}{4}$ lb.
"	Moist Sugar (heaped)	"	$\frac{1}{2}$ lb.
"	Caster Sugar	"	"	7oz.

INTRODUCTION.



THE most persistent obstacle to the preparation of Soups, Sauces, Gravies, and so forth, experienced by all classes of cooks has been the dearth of Good Stock. Upon the quality of the stock depends, in a great measure, the quality of these important classes of cookery ; but that the stock actually used is not always as good as it ought to be needs no personal assurance. Stock-pots have ever been regarded with not altogether unreasonable suspicion, they being undoubtedly occasionally made the receptacles of uncanny morsels. This doubt as to purity or cleanly working of the stock-pot is not always well founded, for in many instances the cook exercises the greatest care and discrimination in the charging of it, selecting the best and most appropriate meats only, and taking every precaution to ensure cleanliness

and artistic treatment. The result should necessarily be a high-class stock ; but a mass of flesh is left from which not one half of the nutritive properties have been extracted, even by the most assiduous and prolonged cooking.

That stock made according to the ordinary methods of boiling or simmering meat in water does not contain one half the nutritive qualities of the meat from which it is obtained is admitted by our greatest culinary chemists, and Baron Liebig has frankly declared that "in preparing the Extract of Meat (Liebig's *Extractum Carnis*) the albuminous principles remain in the residue, they are lost to nutrition, and this is certainly a great disadvantage." Stock prepared according to the customary kitchen practices for soup or sauce making is merely a watery extract of beef, and not always a very strong or concentrated extract at that—consequently it is not surprising to find that many cooks, after going through all the labour and trouble of stock-making, according to the old stock-pot rules and practices, find it advantageous, and often necessary, to strengthen up their carefully prepared stock with Bovril.

What becomes of the not even half-exhausted meat does not upon all occasions interest or even reach the knowledge of the employer. If the cook had any further use for it this might be otherwise, but we must face the actual truth—that more than half of the nutritive qualities of the meat are lost to the stock.

With the introduction of Bovril we record a new era for the cook. Here we

have a prepared stock ready to hand—a concentrated stock adaptable to all manner of purposes, and moreover a stock that contains highly nutritious “albuminous principles” that would otherwise remain in the meat residue after the ordinary stock had been extracted.

Bovril is not a Meat Extract ONLY, it contains in addition, the nourishing qualities of Lean Ox Beef “highly concentrated and finely pulverised,” and for this reason it becomes the very richest *stock* that can be used for the purposes we have before us.

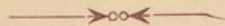
Again, those who are familiar with Bovril will also recognise in it a savour that cooks seek in vain to secure for the stock prepared by ordinary means, whether for making Soups, Sauces, or Gravies. It can only be compared to the flavours eliminated by roasting meat or butter, which no boiling in the world can produce. The possession of this delightful special savour is a god-send to the cook, saving considerable trouble in the administration of seasonings.



Soups, &c.

THESE ARE USUALLY DIVIDED INTO

BROTHS (*Bouillons*), **SOUPS** (*Potages*), and **CONSOMMÉ**.



BROTHS are the thin stock in which meats have been boiled, and which are usually served just as taken from the pot, with all the appurtenances, including the fat. They may be cooled, skimmed of fat, strained, and warmed again to serve; but, as they usually contain vegetable matter in abundance they soon go sour or mouldy. They should be served very hot, with bread, rice, or vegetables.

SOUPS are of a richer character, and may be served as a preliminary course to a dinner, or as a meal in themselves with sippets of toast. They are prepared from stock in which vegetables, herbs, spices, and other fine seasonings are artistically blended. The cook exercises considerable skill in the preparation of soups.

CONSOMMÉ embraces the highest art of soup making, and is of strictly continental origin—the consummation as it were of good soup.

Considerable confusion exists amongst cooks as to the proper definition of these liquid foods, but the classification adopted here is reckoned to be the most accurate and most convenient.

Broths.

ARROWROOT BROTH.

Boil in three pints of water a bunch of 2 dozen spring onions, and when these are tender take them out and chop up the soft part, returning them to the water in which *they* were boiled. Moisten a large tablespoonful of arrowroot with a little of the onion liquor and then stir in, boiling to thicken. Dissolve in 2 large tablespoonfuls of Bovril, and season with salt and pepper.

BARLEY BROTH.

Boil together in $\frac{1}{2}$ gallon of water, 1 breakfastcupful of well-washed and strained pearl barley, 2 onions sliced and chopped small, a small bunch of parsley and a sprig or two of thyme tied together, and half a dozen old potatoes cut into small pieces; season with a dessertspoonful of salt, and pepper to taste. Simmer this slowly until the vegetables and barley are well done; then remove the herbs, and stir in either three or four tablespoonfuls of Bovril. The parsley may be finely chopped and added to the broth before serving.

BEEF BROTH (Thick).

Put together in $\frac{1}{2}$ gallon of water a chopped onion and 2 large scraped carrots cut into thin slices, and a pinch of salt. In a coarse muslin bag * put 6 cloves and a teaspoonful of peppercorns, and a small bunch of parsley or a tablespoonful of chopped parsley roots. Boil until the carrots and onions are quite soft; then remove the bag containing the herbs and spices. Melt a tablespoonful of butter in a small flat pan and then stir in 2 tablespoonfuls of flour, cooking until the flour browns. Moisten this *when cooled* with a little of the broth. Dissolve in 4 tablespoonfuls of Bovril, and a tablespoonful of mushroom ketchup, and add to the bulk. Beat up well and serve. More flour may be used to thicken.

(Clear). The thickening of flour and butter is omitted.

*These bags are usually secured by a long string to the handle of the saucepan.

CORNFLOUR BROTH. Same as Arrowroot Broth, using cornflour instead of arrowroot, to thicken.

INVALID BROTH.—See Recipes for Invalids, &c.

MACARONI BROTH. Carefully wash a handful of good macaroni and boil it in a quart and half a pint of water, adding a slice or two of onion, and 1 blade of mace. Boil until the macaroni is soft, then strain off. Pick out the macaroni from the onions and chop it into inch lengths. Into the liquor in which the macaroni and onion were cooked, dissolve 2 tablespoonfuls of Bovril. Thicken with a little flour, and boil up. Add the macaroni, season with salt and pepper, and when quite hot this may be served.

A mushroom or two boiled with the macaroni and chopped fine after, adds to the quality of the broth.

NUTRITIVE BROTH.—See Recipes for Invalids, &c.

PANADA BROTH.—See Recipes for Invalids, &c.

PECTORAL BROTH.—See Recipes for Invalids, &c.

RICE BROTH. Wash a teacupful of rice until the water that runs from it is quite clear, * and then boil it until quite soft in plenty of salted water. Strain off and return it to the saucepan. Dissolve 2 tablespoonfuls of Bovril in a quart of boiling water and pour on to the rice. Warm up and serve, adding pepper and salt to taste.

*By washing the rice until the water runs clear from it removes the starchy dust that would otherwise cause the grains to stick together.

RICE BROTH—continued.

A few celery sticks cut into pieces and bruised, steeped in the hot water will add to the flavour of the broth.

Ground rice may be used, in which case less boiling will be required, and a teacupful of cream stirred in will make it rich ; or the broth may be thickened by beating in the yolks of two or three eggs.

TAPIOCA BROTH. Same as Arrowroot Broth, using tapioca instead of arrowroot.

VERMICELLI BROTH. Same as Macaroni Broth, using vermicelli instead of macaroni.

A variety of Broths may be made from white and other stock, such as Chicken, Pork, Rabbit, Veal, &c., which are all greatly enriched by the addition of Bovril.



Soups.

ASPARAGUS **SOUP.**

Boil 2 or 3 dozen spring onions with a largish bundle of asparagus in 2 quarts of water until they are quite soft; then take them out and cut up the soft parts—the onions quite fine and the asparagus in inch lengths. Thicken the stock in which they were boiled with flour, and stir in $\frac{1}{2}$ pint of cream, or 1 pint of milk flavoured lightly with mace, and from 4 to 5 tablespoonfuls of Bovril. Season with salt and pepper. Stir in the asparagus and onions; boil up, and serve hot.

BARLEY SOUP.

Chop up a small onion, half a large turnip, and a medium sized carrot into small squares about the size of dice, and put them into $\frac{1}{2}$ gallon of water with a bunch of sweetherbs * and peppercorns, and whole allspice in equal proportions in a muslin bag, and a teacupful of washed pearl barley. Boil till the vegetables and pearl barley are quite soft, but not mashy. Into the vegetable stock thus formed dissolve about 4 tablespoonfuls of Bovril, season with salt and pepper, and serve when hot.

Any cold meat minced finely may be added, or the soup may be thickened with flour, taking care to cook the flour thoroughly before serving the soup.

A little browning may possibly be considered an improvement so far as colour is concerned, but, when Bovril is used to strengthen the stock, its natural colour suffices.

*A bunch of sweetherbs may consist of parsley, a little thyme, marjoram, savoury, and any others of a similar character that may be available—but not including mint or sage, which possess individual characteristics that render them distinct.

BEEF SOUP (Clear). Sew up loosely in a muslin bag 6 or 8 cloves, 12 allspice, and a small blade of mace. Put this with a pint or more of finely chopped vegetables of any kind available (the greater the mixture the better) into $\frac{1}{2}$ gallon of water, and boil slowly for an hour or more. Remove the spice bag, and stir in 4 tablespoonfuls of Bovril, seasoning with pepper and salt to taste. Colour richly with caramel.

(Thick). This soup may be thickened with little bits of butter rolled in flour.

BREAD SOUP. Mince 4 small onions, a stick of celery, and 2 turnips; boil them until soft in 1 quart of lightly salted water. Break up about $\frac{1}{2}$ lb. of stale bread and boil in another quart of lightly salted water. When soft, beat up the bread in the water and pass it through a wire sieve, adding after, a small piece of butter and 6 table spoonfuls of Bovril. Stir this into the vegetables and season plentifully with pepper, and more salt if required. Serve very hot.

BUTTER SOUP. Peel and chop up 2 carrots, 2 turnips, 2 onions, and 1 head of celery; put them into a pot with a largish bunch of sweet herbs and a pinch of salt. Over these pour 2 quarts of water, and boil until the vegetables are soft. Strain off and pass by rubbing with the bowl of a spoon what you can of the vegetables through a fine wire sieve, and return them to the strained broth. Melt a $\frac{1}{4}$ lb. of butter to running and stir into it 2 or 3 table spoonfuls of flour, and moisten it with 1 pint of milk. Dissolve in 4 table spoonfuls of Bovril, and when all these ingredients are nicely blended, pour this batter into the vegetable soup, stirring well, and boil up for a few minutes before serving. Season to taste, with pepper and salt.

CABBAGE SOUP. 1.—Select a cabbage with a large white heart, and trim off the outer leaves. Wash it thoroughly and examine between the leaves at their roots for insect life. Cut it into quarters; put it into a pan with plenty of salted water, and boil for twenty minutes, or a little longer if the

CABBAGE SOUP—continued.

cabbage is large. Strain off, and then cut the cabbage into fine shreds. Grate (with an ordinary coarse grater) a table spoonful of onion, and put this with the shredded cabbage, a pinch of salt, plenty of pepper, 6 table spoonfuls of Bovril, and 2 quarts of water into a saucepan, and boil for fifteen or twenty minutes. Serve very hot, with small squares of bread fried in bacon fat, if you have bacon fat at hand, if not, use any kind of dripping or cooking butter.

2.—The German style of serving this soup is to pour it into a tureen on a pile of rounds of baked bread, about as large round as penny pieces, and $\frac{1}{4}$ inch thick. The cabbage is usually first cut into shreds, then left in the pot to sweat over the fire at a slow heat, moistened with butter. This is instead of parboiling.

3.—The broth in which a bit of salt pork has been boiled is sometimes used as the stock for this soup. It is then strengthened by the addition of four 4 table spoonfuls of Bovril to the 2 quarts.

4.—Half-lb. of finely minced ham or lean bacon and a breakfastcupful of rice add to the quality of this soup, and a dish of grated cheese is sometimes served with it.

CAMERANI SOUP.

Cut 2 lbs. of sheep's or calf's liver into narrow strips, and put it into a pot with a plate of giblets, if you can get any at the poulterers (it is very rarely that you cannot), 2 or 3 carrots quartered lengthwise, 2 sliced turnips, 1 quartered small parsnip, 2 small sticks of celery, 2 large lettuces, and 3 quarts of lightly salted water. Stew slowly until all are thoroughly cooked. Then strain off, and into the liquor or stock thus prepared put $\frac{1}{2}$ lb. of macaroni, and let this cook slowly, whilst you mince the liver and cut up the vegetables into small pieces. Strain off the macaroni, cut it into short lengths, and lay it at the bottom of a tureen. Cover with the minced liver and vegetables, and grate a little good cheese (Parmesan is generally prescribed as it is more soluble than ordinary cheese) over this. Stir into the broth 8 table spoonfuls of Bovril. Season with salt and pepper, boil up hot and pour into the tureen. Stand the tureen for a few minutes in a large pan of boiling water, and when the soup is quite hot serve it, and it will be found worthy of a place on a royal table.

CARMELITE SOUP.

Soak 1 pint of lentils in water for two hours ; then drain them, and stew them in salted water until quite soft. Strain again, and pound them in a pestle and mortar, and pass them through a fine sieve. Into 2 quarts of boiling water stir 4 tablespoonfuls of Bovril, and the lentil *purée*. Season with pepper and salt, and boil up. This may be served with small squares of bread fried in boiling bacon fat, beef dripping, or cooking butter.

CARROT SOUP.

To make a perfect carrot soup, the carrots should be made into a *purée* by pounding them (when cooked soft enough) in a pestle and mortar, and passing them through a fine wire sieve.

Cut up 6 large carrots, quarter 2 large onions, and put them into a large pan with some celery stalks, 1 lb. of fat ham cut up into small pieces, and $\frac{1}{4}$ lb. of cooking butter. Cover with the lid and let them stew slowly for $\frac{1}{2}$ hour ; then pour over them 3 pints of boiling water, and boil slowly until the vegetables are quite tender. Strain off and pick out the carrots—pound them in a mortar, and pass them through a fine wire sieve. Return the carrot *purée* to the stock ; thicken with 2 or 3 tablespoonfuls of flour, and stir in 6 tablespoonfuls of Bovril. Season with pepper and salt to taste, and serve hot. The addition of a dessertspoonful of moist sugar pleases many palates.

CAULIFLOWER CREAM SOUP.

Divide one or two close cauliflowers into separate branches, and boil them with a quartered onion in 2 quarts of lightly salted water, until they are tender (about $\frac{1}{2}$ -hour). Strain off and pound about half of the cauliflower in a mortar, or break them small with

a fork, selecting the neatest looking pieces to put aside for a further purpose. Put a table spoonful of butter into a small saucepan, and when it has melted, stir in quickly a table spoonful of flour. When the flour is taken up by the butter, stir in 1 pint of new milk, and as the milk boils, the flour and butter will be dissolved in it, and the flour will thicken the milk. Season with salt, and stir this into the cauliflower stock. Add the mashed cauliflower, and 4 or 5 table spoonfuls of Bovril, a handful of chopped parsley, and the reserved cauliflower sprays. Season nicely with pepper and more salt, if required, and serve with *croûtons* (small squares) of fried bread.

CELERY CREAM SOUP.

Trim and wash thoroughly 3 heads of celery, and boil them in 2 quarts of *Clear Soup*. When they are boiled tender, take them out and rub as much of them as you can through a wire sieve, so as to remove all the stringy parts. Mix together a dessert spoonful each of wheat flour and corn flour, and moisten with one pint of new milk (or half the quantity of cream) sweeten with a teaspoonful of caster sugar, and season with salt. Stir into the soup, adding the *celery purée*; boil up and serve very hot.

CHESTNUT SOUP.

Remove the outside skin of $\frac{1}{2}$ -lb. of chestnuts, and then boil them in salted water for 20 minutes. With a cloth remove the inner skin as fast as you can, take the chestnuts out of the boiling water, and then either pound the chestnuts in a mortar, or rub them through a wire sieve. Put half a table spoonful of butter into a saucepan, and drop in a sliced onion minced small, and 3 or 4 large mushrooms also minced small. Dust well with pepper and lightly. Pour over these 2 quarts of *Clear Soup*, and boil up again for ten minutes. Serve with fried squares of bread (*croustons*).

CLEAR SOUP.

Put into a large saucepan a full handful of each, finely chopped carrots, turnips, leeks (or young onions), and celery. Add a bunch of sweet herbs with lots of parsley, and a muslin bag containing a table-spoonful of pepper corns and a third of that quantity of allspice. Cover with 3 quarts of lightly salted water, and boil down to 2 quarts. Then strain off the vegetables and stir in 8 tablespoonfuls of Bovril. Boil up again, and whilst boiling beat in the whites of 2 eggs. Strain again through a cloth and you will have a fine clear soup. Suitable also for *Consommé Stock*.

COTTAGE SOUP.

Cut up a large onion, and fry it until lightly browned, in a little sound dripping. Boil in 2 quarts of lightly salted water any vegetables handy, including potatoes, all to be chopped small. Season well with pepper, and stir in the fried onions and 4 or 5 table spoonfuls of Bovril.

CRÉCY SOUP.

1.—This is essentially a variety of "Carrot" Soup, and is a delicacy when young carrots are in season. Carefully clean about 2 dozen of them and put them into the bottom of the sauce-pan, with $\frac{1}{4}$ lb. butter and a teaspoonful of moist sugar. Cover the sauce-pan and let the carrots cook slowly. A handful of minced ham may be added to the carrots, and a minced large raw potato. When these are softening dust them well with pepper and sprinkle with salt. Then pour over them 2 quarts of *Clear Soup*, and boil up until the vegetables are thoroughly done. Be liberal, but not too free with the pepper and salt, as the *Clear Soup* is already seasoned.

2.—When old carrots are used 4 or 5 will suffice; they should be first boiled in salted water and then pounded and passed through a sieve to make a *purée*.

CROÛTES-AU-POT.

Literally, "crusts in the pot." As the recipes given for this are sufficiently elastic to meet all manner of circumstances, and all names of stocks, we shall not be stretching the privilege too far to recommend Bovril. All kinds of vegetables including onions, leeks, celery, potatoes, carrots, turnips, cabbage, and lettuces (chopped small), and chopped sweet herbs are used and boiled to tenderness in salted water. When done Bovril is added to the extent of 2 tablespoonfuls to the quart. Season with salt and pepper. Line the tureen with bread crusts and pour the soup on to them. Serve hot.

GAME SOUP.

Cut all the lean off the bones of any kind of cold game, venison, hare, partridge, pheasant, grouse, &c., and put the bones and any trimmings into a pot, with 2 or 3 carrots (sliced lengthwise), a turnip, an onion, bunch of sweet herbs, mushroom trimmings, salt, pepper, and a small bag containing 8 or 10 cloves, a teaspoonful of allspice, and a blade of mace. Upon this pour 3 quarts of water, and boil down to 2 quarts. In the meantime mince all the lean flesh (not less than 2 lbs.), pound it in a mortar. Strain off the stock, and stir in the pounded meat and 4 tablespoonfuls of Bovril, a gill of wine, and the beaten yolks of 2 or 3 eggs. Pour into a tureen and serve with sippets.

GIBLET SOUP.

Put 1 lb. of mixed giblets into a pot with 12 cloves, a teaspoonful of allspice, a chopped chili, 2 or 3 chopped carrots and onions, some stalks of celery, plenty of salt and pepper, and 2 quarts of water. Boil down to 2 quarts. Strain off, and pick out the livers and any lean meat. Mince these and pound them in a mortar. Make a batter of 4 tablespoonfuls of flour and stir into the stock, adding as it boils up the pounded liver and meat, and 4 tablespoonfuls of Bovril. Serve with sippets of toast.

GRAVY SOUP.—See Clear Soup.

GREEN PEA SOUP.

Shell out $\frac{1}{2}$ peck of young peas and put them into a pot with 2 or 3 young onions (whole), a bunch of mint and parsley, tied together, and lightly salted water to cover the peas. When the peas are quite tender, strain them off and rub half of them through a sieve to form a *purée*. Put the peas and *purée* into 2 quarts of *Clear Soup* and colour, if a better green is required, with the juice expressed from spinach leaves, known as "spinach green." Serve with fried croutons.

HERB SOUP.

Well wash and chop up 2 handfuls each of spinach, chervil, sorrel, lettuce, cabbage, or any green vegetable, and put them into a pot with two or three sprays of parsley, chopped small, and $\frac{1}{4}$ lb. of butter. Put on the lid and let these soften over the fire. When they are softened, moisten $\frac{1}{2}$ teacupful of flour in a little *Clear Soup* and make this up to 2 quarts. Pour this over the "herbs" and let the lot simmer for 20 minutes or so; add any more seasoning of salt and pepper that may be required. Boil till hard four large eggs; remove the shells and cut them into quarters lengthwise. Place these in the tureen, and if it is agreeable grate a little cheese over them; pour the soup over the eggs, and serve with or without sippets or croutons.

MOCK-TURTLE SOUP.

For the preparation of this old time favourite many recipes have been framed, the imitation of turtle-flesh (fish, flesh and fowl, as it is called), being effected by the use of such various substitutes as calf's head, sweetbreads, tripe, oysters, cow-heel, pickled pork, ox-palates, fillets of soles, turbot, salmon, and other things; but best of all these will be a half calf's head, which you can stew steadily for about two hours in 3 quarts of water. Take out the brain before cooking this. Season the liquor with 2 teaspoonfuls of salt, a bunch of sweet herbs containing at least 5 or 6 sprays of parsley, and a muslin bag containing a teaspoonful of peppercorns, half that quantity of allspice and a strip of lemon peel. A 2 or 3 lb. piece of well-soaked pickled pork can be boiled in the same stock to its improvement. When the head is done strain off the stock and return it to the pot, and set it on the stove to boil again, with 2 chopped carrots, 1 turnip and 1 large onion studded with 6 cloves (stick the cloves into the onion as though they were nails, and leave this to simmer for an hour or more. In the meantime chop the meat of the head and the tongue into small cubes. Stew the brain in a small pan containing a little water, strongly coloured with the juice of pounded spinach leaves, this will give to it a greenish appearance closely resembling the green fat of the real turtle, which is so highly prized by epicures (probably because it is found only in turtle!). Pull it to pieces with two forks. Make some forcemeat balls, quenelles (or imitation "turtle eggs"), by making a stiff paste of $\frac{1}{4}$ lb. of finely minced lean ham or pork, $\frac{1}{2}$ teaspoonful of finely chopped sage, another half of thyme, and 1 of parsley, a handful of bread-crumbs and 2 eggs. Add more bread-crumbs until the paste is stiff and firm enough to roll. Make this paste into small balls, and fry them in butter. Put them into the tureen, and with them the cubes of meat and bits of "green fat." Into the stock stir 5 or 6 tablespoonfuls of Bovril, and season again to taste. Boil up and strain off, add to the contents of the tureen.

If a thicker Mock-Turtle Soup is desired, 4 tablespoonfuls of arrowroot or cornflour may be moistened and added with the vegetables. Double tripe is reckoned by some cooks to be quite as good as the calf's head, and the tripe fat is then coloured by stewing with spinach juice.

MULLAGATAWNY SOUP.

Brown two or three onions, minced very fine (and a chopped clove of garlic if you like) by frying them in a little butter. Make a thin curry paste with two table spoonfuls of good curry powder and a teacupful of flour, moistened with water. When the onions are cooked, put them into a saucepan, and pour over them two quarts of water. Dissolve 8 table spoonfuls of Bovril into this, and then stir in the curry paste. Boil up for twenty minutes, and then season to taste with salt, pepper, and mushroom ketchup, adding the juice of half a lemon. Serve with boiled rice or fried bread croûtons.

IRISH SOUP.

Cut up 6 or 8 large peeled potatoes ; mince 2 onions, and boil in sufficient lightly salted water to cover them. When done, add more hot water to make 2 quarts, and into this stir from 6 to 8 table spoonfuls of Bovril. Serve with baked crusts. This is a cheap, nutritious, and most tasty soup. Minced mushrooms or mushroom ketchup, celery, peas, or any other addition can be made at discretion.

JARDINIÈRE SOUP.

Boil in salted water, 2 large carrots, 2 turnips and two potatoes, until they are quite soft. Then take them out of the water, and when they are cold enough cut them into thin slices, and stamp these slices into stars, crescents, crosses, and other shapes. Put them at the bottom of the tureen and pour over them 2 quarts of CLEAR SOUP. A spoonful of chopped parsley sprinkled on the surface adds to the effect ; or a handful of finely chopped or sweet herbs (chiffonade) may be used instead.

JULIENNE SOUP.

Cut up a double handful of thin slices of boiled carrots and turnips into thin slips or shreds, and put into a pot with 2 quarts of *Clear Soups*, and heat up for service. Other vegetables may be added, such as cauliflower sprays, asparagus, or green peas.

PEAS SOUP.

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If you have some broth in which a piece of salted beef, or pickled pork has been boiled, use it, and make it up to 2 quarts by adding water. If not, use 2 quarts of water. Set the water on to boil. Put a large breakfastcupful of peas-flour into a basin, and moisten with some of the water, adding a little at a time and stirring the flour into the water from the centre (like a miniature whirlpool). When all the flour is taken up and the whole forms a thin batter, stir it into the water, which should be hot, but not yet boiling. Add a handful of chopped celery, if you have any by you, and a teacupful of finely chopped fresh mint (or powdered dry mint) and two tablespoonfuls of mushroom ketchup. When the soup begins to thicken, stir in 4, 6, or 8 tablespoonfuls (according to quality desired) of Bovril. Fry some small cubes of bread in bacon fat, and put them at the bottom of the tureen, pouring the soup on to them, or serve them in a separate dish.

Haricot bean flour or lentil flour may be used in the same way—the former (haricot flour) makes a deliciously delicate flavoured soup.

SPINACH SOUP.

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Chop up finely some well boiled spinach and boil it up again in *Clear Soup*. Poached or hard boiled eggs, cut in quarters, are sometimes served in this soup.

SPRING SOUP.

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This consists essentially of all kinds of vegetables that are natural to Spring. Young carrots, young turnips, asparagus, green peas, Spring onions, Spring cabbage, lettuce, and parsley, all chopped up as fine as can be, and cooked till tender in lightly salted water; season with a bag of thyme and peppercorns. To every quart stir in 4 tablespoonfuls of Bovril. Serve with bread croûtons.

TOMATO SOUP.

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1.—Cut up small a dozen small fleshy tomatoes and put them into 2 quarts of *Clear Soup*. Boil up until the tomatoes are quite tender. Serve very hot.

TOMATO SOUP—continued.

2.—Stew 6 large tomatoes in their own juice, adding a teaspoonful of lemon juice and a dessertspoonful of caster sugar. When quite soft pass the tomatoes and juice through a fine sieve into a basin, throwing away the seeds and skin retained by the sieve. Put a tablespoonful of butter into the pan and put it on the fire. When the butter is melted, stir in 2 tablespoonfuls of flour, stirring until the flour has taken up the butter; then add the tomato purée, and continue cooking and stirring until the whole is well thickened. Dissolve 6 tablespoonfuls of Bovril in 3 pints of water and stir in the tomato stew, seasoning with salt and pepper to taste.

3.—The tomato stew may be added to *Clear Soup* if prepared; or tinned tomatoes may be used, together with their juice.



Consommé.

A little confusion exists amongst cooks as to the distinction to be drawn between Soups (Potages) and Consommé. Literally consommé is a rich soup, to which various additions have been made such as Quenelles, Choux, Poached Eggs, and so on.

CONSOMMÉ (Stock). Put into a large pot 2 carrots, 1 onion, a head of celery, and a bunch of parsley, 6 cloves, a teaspoonful of peppercorns, a bay leaf. Moisten this with $\frac{1}{2}$ gallon of water, and dissolve therein 8 or 10 table-spoonfuls of Bovril. Boil for 2 hours, strain off, and clarify by beating in the whites of 2 or 3 eggs. Boil up again and strain through a cloth.

This stock, with specified modifications, will answer for the following recipes. It may be stored in crocks till required.

CONSOMMÉ ALLEMANDE. Cut 4 slices moderately thick off a tinned loaf, trim off the crusts, and cut the slices into cubes. Thoroughly beat 3 eggs with a tablespoonful each of minced chives and parsley, and season with salt and a dust or two of grated nutmeg. Soak the bread with the beaten eggs. Heat up 2 quarts of *Consommé*, and as it boils throw the cubes of egg-soaked bread into the soup, and when they rise to the surface, turn all into a tureen and serve.

CONSOMMÉ ANDALOUSIE. Boil 3 tablespoonfuls of tapioca in 1 quart of *Consommé*. Stir in $\frac{1}{2}$ pint of good tomato sauce and add a handful of veal or chicken Quenelles

(see *Consommé aux Quenelles*).

CONSOMMÉ AUX ASPERGES.

Boil in salted water 1 pint of asparagus points, and when tender strain them off and put them into 2 quarts of *Consommé*.

CONSOMMÉ AU CHIFFONADE.

Shred finely a few sorrel leaves, and 2 hearts of lettuce. Put these into a sauce-pan with a small piece of butter and a finely minced onion, and cook slowly. On to this stir 2 quarts of *Consommé*, and season with salt and pepper. It is not unusual to add peas, French beans, asparagus and other vegetables.

CONSOMMÉ AU CRÊME DE RIZ.

Boil 4 tablespoonfuls of ground rice, previously moistened with a little water, in $\frac{1}{2}$ gallon of *Consommé*. Boil for at least 10 minutes, and before serving season tastily with salt and pepper, and stir in $\frac{1}{2}$ pint of hot cream.

CONSOMMÉ AU CRÊME DE VOLAILLE.

Finely mince some cold chicken and pound it in a mortar, moistening with $\frac{1}{2}$ pint of cream. Stir this into 2 quarts of *Consommé*, and boil up before serving.

CONSOMMÉ AUX CHOUX.

Boil 2 or 3 dozen small round "Choux" in 2 quarts of *Consommé*.

Choux for this *Consommé* are made as follows:—Put $\frac{1}{2}$ lb. of butter in a stew-pan, with 2 oz. of castor sugar, a pinch of salt, $\frac{1}{2}$ pint of water, and some grated lemon peel; and continue to stir over the fire until this boils. Then sift in, stirring vigorously, 4 oz. of flour, and continue working until this thickens. When cold beat in 3 eggs, one at a time. Pour this on to a small baking sheet with turned up edges, and let it set slowly in the oven with the door open. When set cut it into small cubes.

CONSOMMÉ AUX CRÊPES.

Make two medium sized pancakes and cover one with well seasoned chicken or other tasty forcemeat, and dust over a little grated Parmesan cheese. Lay the second pancake over the forcemeat; press firmly together, cut into equal sized pieces, and lay them at the bottom of the tureen. Pour on to these two quarts of boiling *Consommé*.

CONSOMMÉ AUX PETITS POIS.

Chop up finely about $\frac{1}{2}$ lb. of cold chicken, and put it into a tureen with 4 tablespoonfuls of loose boiled rice grains, and $\frac{1}{2}$ lb. of boiled green peas. Pour over these 2 quarts of boiling *Consommé*. Truffles (2 or 3) are usually mixed and boiled up in the *Consommé*.

CONSOMMÉ AUX QUENELLES.

Put a handful of chicken or veal Quenelles into a tureen and pour over them 2 quarts of boiling *Consommé*.

Quenelles are little balls consisting of savoury forcemeat made either of veal and ham, or chicken and ham, pounded fine and seasoned strong with allspice, salt and pepper. This is then made into a stiffish paste with flour and eggs, cut into small pieces, rounded like marbles, and fried light'ly in butter.

CONSOMMÉ COLBERT.

Serve 6 poached eggs in a tureen with a quart of *Consommé*.

CONSOMMÉ CONDÉ.

Soak 1 pint of haricot beans (red or white) for 12 hours, then boil them in salted water until they are floury. Strain them off, and then pound them in a mortar; afterwards pass them through a fine wire sieve. Stir this bean *purée* into 2 quarts of *Consommé* and serve hot.

CONSOMMÉ DUCHESSE.

Make a good tart-paste, moistening with 1 egg to the $\frac{1}{2}$ lb. of flour. Roll them out and deposit little piles of savoury forcemeat at intervals. Cut these out with a small round or fluted paste cutter, and lay each separately (with its pile in the centre) on a greased baking sheet. Bake them lightly, then place them at the bottom of a tureen, and pour over them 2 quarts of boiling *Consommé*.

CONSOMMÉ FLAMANDE.

Cut up 1 lb. each of peeled potatoes and turnips. Put them into a saucepan with an onion and one heart of celery, and cover them with salted water. Boil until soft, then strain them from the liquor and pass them by rubbing through a fine wire sieve. Stir the *purée* thus created into 2 quarts of boiling *Consommé*.

CONSOMMÉ ITALIENNE.

Boil in salted water $\frac{1}{2}$ lb. of macaroni, and when soft drain it off and cut it into short lengths. Place this at the bottom of the tureen; dust over with grated Parmesan (or other) cheese, and pour on to it two quarts of boiling *Consommé*.

CONSOMMÉ MILANAISE.

Chop up $\frac{1}{2}$ lb. of fat bacon and put it in a large pot or sauce-pan, and set it over the fire. Drop in upon it a single handful of shredded French beans, the heart of a savoy cabbage cut into shreds, and let these cook slowly for a few minutes. Pour over 3 quarts of water in which 6 tablespoonfuls of Bovril have been dissolved, seasoning lightly with salt and freely with pepper. As this begins to boil drop in a large handful of chopped celery, a breakfastcupful of young broad beans, the same of green peas, and the same of asparagus points (all or either that are available). Next add $\frac{3}{4}$ lb. of rice, 2 smoked Milanaisé sausages, and a chopped tomato. Let these simmer together for an hour, then take out the sausages, chop them into slices, place them in the tureen, and fill up with the soup.

This is a favourite soup in some parts of the continent, and it is occasionally served or flavoured with grated Parmesan cheese. The sausages may be omitted if not desired.

CONSOMMÉ NAPOLITAINE.

Cut into short lengths 4 oz. of boiled macaroni, chop up 1 oz. of cooked tongue, 1 oz. of lean cooked ham, and 4 or 5 large fried mushrooms. Put these into the tureen and pour over them 2 quarts of boiling *Consommé*.

CONSOMMÉ POLONAISE.

A very good imitation of this can be made by colouring *Consommé* with the expressed juice of a beet-root, or the beet-root may, when hot, be rubbed through a fine wire sieve to form a *puree* and be then stirred into the stock. Green peas, chopped stewed celery, minced mushrooms, may also be added at discretion; and a table-spoonful of chopped fennel may be scattered over the surface when in the tureen ready for serving.

CONSOMMÉ PRINTANIER.—See Spring Soup.

CONSOMMÉ PRINTANIER ROYALE.

Add minced cooked Spring vegetables to *Consommé Royale* (see recipe).

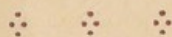
CONSOMMÉ ROYALE.

Beat up 2 eggs with $\frac{1}{2}$ teacupful of milk and a saltspoonful of salt. Butter a small basin and pour in this batter, placing it in a large basin containing boiling water. Stand this arrangement in the oven and bake (called poaching) till the batter is firm. When the batter is cold cut it into nicely shaped pieces and put them at the bottom of the tureen. Pour over two quarts of boiling *Consommé*, and serve.

The use of cream instead of milk increases the richness of the *Consommé*.

Sauces and Gravies.

It is quite usual to confound these two, whereas the difference between them is sufficiently marked to entitle them to be classed altogether distinctly. Sauces are highly seasoned accompaniments to artistic dishes, whilst gravies partake more of the character of meat juices. The former give flavour to a dish, whilst the latter are merely used to moisten it without adding to or detracting from the quality or flavour.



Continental Sauces.

The professional artist in cookery lays great store by his sauces, and gives to them much credit that might occasionally be more suitably embodied in the viands for whose exaltation they are prepared. The following will be found a useful variety, embracing all of any importance in which "stock" takes a prominent part. Bovril may be considered for this purpose the very best stock that can be used.

BÉCHAMEL (Brown). Chop up $\frac{1}{4}$ lb. of fat bacon, 1 carrot, 1 turnip, and 2 small onions. Put them in a pan and let them brown lightly, then dredge in a little flour, and let that brown also. Dissolve 2 tablespoonfuls of Bovril in 1 pint of water and pour this on to the browned mixture, adding $\frac{1}{2}$ pint of cream, 3 cloves, 1 bay leaf, a spray or two of parsley and thyme, a little grated nutmeg, pepper and salt to taste. Boil up, and then set to simmer at the side of the fire for the space of an hour or so. Strain for use.

CHATEAUBRIAND. Melt 1 oz. of butter at the bottom of a pan, and then stir in 1 tablespoonful of flour until the butter is absorbed. On to this pour $\frac{1}{2}$ pint of white wine, and as it warms stir in 2 tablespoonfuls of Bovril. Season with pepper and salt. In another pan, melt another 1 oz. of butter, and as it melts beat into it a dessert-spoonful of finely chopped parsley and a little chopped chevril, add a teaspoonful of lemon juice, and a grating of nutmeg. Stir the sauce into this, and it will be ready to serve.

COLBERT. Make a strong stock by dissolving 2 tablespoonfuls of Bovril in a pint of hot water. Stir into this about 1 oz. of butter, the juice of $\frac{1}{2}$ a lemon, and a tablespoonful of finely chopped parsley.

GODARD. Mix together 1 pint of Spanish sauce (Espagnole), $\frac{1}{2}$ pint of champagne, and a breakfastcupful of mushroom ketchup. Thicken with *roux* (flour that has been browned by frying in ham fat).

MILANAISE. Put into a sauce-pan 2 chopped mushrooms, a teaspoonful of anchovy paste, and 2 tablespoonfuls of butter. Stir over the fire for 20 minutes. Then sift in (still stirring) about 2 tablespoonfuls of flour, and when that browns pour on 1 pint of water in which 2 tablespoonfuls of Bovril have been dissolved, and $\frac{1}{2}$ a wine-glassful of each caper vinegar and marsala and a teaspoonful of made mustard, cayenne and salt to taste. After simmering a few minutes add a tablespoonful of capers, boil up and serve.

PERIGUEUX.

Peel and chop up 3 or 4 truffles, and put them into a stew-pan with $\frac{1}{2}$ gill of sherry, and boil for a minute or two. Then pour in 1 pint of water in which 2 tablespoonfuls of Bovril have been dissolved, a little salt to taste, pepper, and a teaspoonful of moist sugar. Boil up and serve.

PIQUANTE.

This is not generally made with stock, but the following is excellent for steak or cutlet. Put a tablespoonful of butter into a pan, and when melted drop in a chopped onion (or 2 chalots), 3 mushrooms, and a carrot. Brown lightly and dredge in flour, which must also be browned. Into this pour $\frac{1}{2}$ a gill of vinegar, and 1 pint of water in which 2 tablespoonfuls of Bovril have been dissolved. Season with salt, pepper, and cayenne. Boil up for a few minutes, strain, and serve hot.

POIVRADE.

Put into a stew-pan 6 pickling onions, 2 sprigs of thyme, a bunch of parsley, 2 bay leaves, 1 dessert-spoonful of white pepper, 2 tablespoonfuls of vinegar, and 2 oz. of butter. Let this stew slowly until nearly all the liquor has evaporated. Then add 1 pint of water in which 2 tablespoonfuls of Bovril have been dissolved. Boil up for half an hour, strain, and serve very hot.

POLONAISE.

Put 2 tablespoonfuls of butter and 1 tablespoonful of flour into a sauce-pan, and stir them over the fire until the flour is browned; then pour in gradually (stirring all the time) 1 pint of hot water in which 2 tablespoonfuls of Bovril have been dissolved. When boiling put in with the sauce 4 tablespoonfuls of finely grated horse-radish, the juice of half a lemon, a teaspoonful of moist sugar, salt and pepper to taste. Boil up and add, whilst it is boiling, a tablespoonful of chopped parsley.

This sauce is a magnificent accompaniment to roasted veal.

RAVIGOTE.

Put into a small pan 1 pint of water in which 2 tablespoonfuls of Bovril have been dissolved and add a wine-glassful of sherry. Chop up finely as many different herbs as possible, such as savoury, marjoram, basil, chervil, tarragon, chives, and parsley, making about a handful in all. Put these into the stock and boil up, seasoning with salt and pepper. Stew gently for half an hour. In a separate pan melt a tablespoonful of butter, and stir into it a tablespoonful of flour. Stir the sauce into this and when it has thickened squeeze a little lemon juice into it, and serve.

REMOULADE.

Put a tablespoonful each of chopped mushrooms and small onions into a stew-pan, with a pinch of chopped parsley and a very small quantity of grated garlic. Moisten this with 2 tablespoonfuls of salad oil, and fry until the contents are browned. Then pour in 1 pint of hot water in which 2 tablespoonfuls of Bovril have been dissolved, 2 tablespoonfuls of vinegar, and a teaspoonful of mixed mustard. Stand this where it can keep hot, without boiling, for an hour.

ROBERT.

Mince 1 onion and fry it in a little butter until it is nicely browned. Then pour in a teacupful of vinegar, and let that steam until the vinegar is almost evaporated. Then stir in 1 pint of hot water in which 2 tablespoonfuls of Bovril have been dissolved. Season with pepper and salt; simmer for 20 minutes, strain, and stir in a dessert-spoonful of made mustard just before serving.

SPANISH (Espagnole).

There are many recipes used for making this sauce, from which the following is selected :—

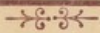
Put into a shallow pan 2 oz. of butter and some thin slices of fat ham, and when these have warmed a little put in with them a carrot, onion, shallot, and 4 or 5 mushrooms, all minced fine. Let these cook steadily until browned; then dredge in a little flour and brown again. Pour over this 1 pint of water in which 2 tablespoonfuls of Bovril have been dissolved, and boil up steadily for 20 minutes. This sauce forms a good basis for others.

VILLEROI.

Melt 2 tablespoonfuls of butter in a pan, and then stir in 2 tablespoonfuls of flour, and let this cook over the fire until it browns. Then stir in 1 pint of hot water in which 2 tablespoonfuls of Bovril have been dissolved. In this add a handful of chopped mushroom and a bunch of sweet herbs, and 3 or 4 cloves. Let this simmer for 20 minutes. Strain, and thicken off the fire with the yolks of 3 eggs.

British Sauces.

BOVRIL SAUCE (for Grills, Roasts, Stews, Entrées, &c).



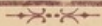
Beat the yolk of an egg thoroughly, and stir into it a full tablespoonful of Bovril, $\frac{1}{2}$ a tablespoonful of lemon juice, $\frac{1}{2}$ a tablespoonful of mushroom ketchup, a teaspoonful of moist sugar, $\frac{1}{2}$ a pint of water, salt and pepper to taste. Stir this in a small pan over a quick fire until the sauce thickens. Serve hot.

CHESTNUT SAUCE (for Roasted Guinea-fowl or Turkey).



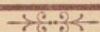
Remove the brown shell of 20 chestnuts, and scald them in boiling water for 15 minutes. Drain off the water and skin the nuts. Put them into a fresh pan with a wineglassful of cooking-sherry, a teaspoonful of salt, half that quantity of pepper, a very little ground mace or nutmeg, and a tablespoonful of Bovril dissolved in $\frac{1}{2}$ pint of hot water. Stew gently for an hour. When the nuts are quite soft, take them out of the sauce and beat them to a pulp, adding the sauce stock little at a time, until it is all used up. If this sauce is too thick, add more diluted Bovril. Warm up to serve. By using less water and leaving the chestnuts unbroken, they make a good stuffing for a Turkey.

LIVER SAUCE (for Roasted Rabbit or Poultry).



3 fowls' livers, or 2 rabbits' livers, with 2 or 3 sprigs of lemon-thyme, some parsley, and 1 pint of water, until they are soft. Take them out and pound them in a mortar with the yolks of 2 boiled-hard eggs. You may add the whites if you wish. Strain the liquor in which the livers were boiled, and dissolve in a tablespoonful of Bovril. To this add the juice of half a large lemon, and 30 drops of essence of lemon, and a dessert-spoonful of Essence of Anchovy, or Anchovy Sauce. Drop in half-a-dozen little bits of butter rolled in flour, and the pounded livers. Warm up and simmer for a few minutes before serving.

MUSHROOM SAUCE (for Entrées and Made Dishes).



Wash and pick over a pint of mushrooms and remove their skins. Cut them up into small pieces and put them into a pan with a little salt, grating of nutmeg, a blade of mace, pepper, and a pint of water. Stew for $\frac{1}{2}$ an hour, then strain off and take out the mace. Put an ounce of butter into a pan, and when it runs stir in a tablespoonful of flour. When the flour has taken up the butter stir in the strained liquor, and when this has boiled up and is thick, put in the chopped mushrooms, a squeeze of lemon juice and a tablespoonful of mushroom ketchup. Serve hot. Button mushrooms cut into fourths are best.

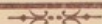
ONION BROWN SAUCE (for Roasted Mutton).



Remove the skin of 3 large onions, cut them into slices and chop them small. Put them into a stewpan with 2 oz. of butter. Shake them over the fire until the onions are a light golden brown. Dust them with flour, and stir into them a pint of boiling water in which 2 tablespoonfuls of Bovril have been dissolved. Add a teaspoonful of brown sugar, the juice of $\frac{1}{2}$ a lemon, pepper and salt to taste. Serve very hot.

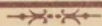
Some cooks rub the onions through a sieve, and convert them into a purée. The Sauce is much improved by this.

SHALLOT SAUCE (for Roasted Meat).



Chop up as finely as may be a good-sized handful of shallots and boil them for $\frac{1}{2}$ an hour in a pint of water, seasoned with pepper and salt. Add $\frac{1}{2}$ a wineglassful of Malt-Vinegar and 2 tablespoonful of Bovril.

TOMATO SAUCE (for Roasted Lamb, Beef, Mutton, Pork, Cutlets, Chops, Steak, or other Meat).



Cut up 6 or 8 large tomatoes and 1 large onion. Put these into a stewpan with $\frac{1}{2}$ a wineglassful of vinegar, 2 bay-leaves, 2 or 3 sprays of parsley, and a teaspoonful of brown sugar. Boil until the tomatoes and onion are quite soft, and then strain off the liquor and rub the pulp through a fine sieve. Return the purée thus formed to the pan holding the liquor. Dissolve 2 tablespoonfuls or less of Bovril in $\frac{1}{4}$ pint of hot water, and mix with the

TOMATO SAUCE—continued.

liquor and pulp. Put this on the fire to heat, and in a separate vessel mix a piled table-spoonful of flour with a gill of milk, or milk-and-water. Drop an ounce of butter into the sauce, and stir in the flour and milk. Stir briskly the same way round until the sauce is thickened and the flour cooked. Add pepper and salt to taste. Serve hot.



Gravies.

These are generally made from the sediment that remains at the bottom of the fat of *roasted meats* ; or are the results of boiling or stewing. Since the introduction of frozen or refrigerated meats, cooks experience much difficulty in providing a proportionate quantity of gravy to serve with the roasted joint, and under some conditions, the freshest meat will not yield sufficient juice to make gravy strong enough for the purpose.

ROASTED POULTRY, LAMB, &c., yield little or no gravy, consequently it frequently behoves the cook to make special gravies for them, almost or altogether independent of the roast.

BOILED MEATS are generally served moistened with a little of the broth in which they were boiled, which is, or ought to be if skilfully cooked, thin and washy, containing very little of the juice of the meat. The addition of a small quantity of Bovril converts this broth into a highly satisfactory gravy relish.

STEWs provide their own gravy in a measure, receiving much of their flavour from herbs, vegetables, spices, &c. The broth of the stew is, in spite of full flavourings, merely a watery extract of the meat, requiring a spoonful or two of Bovril to enrich it, and thus make perfect the stew.

MEAT PUDDINGS and PIES are greatly improved by pouring into them, when cooked, a little diluted Bovril.

Gravies may be *clear* or *thick*—the addition of a small proportion of flour, cornflour or arrowroot for thickening makes the difference.

GRAVY FOR ROASTED (such as Beef, Lamb, Mutton, Pork and Veal).

MEATS

Pour the fat from the pan, leaving all the sediment you can retain. Dissolve from one to two tablespoonfuls of Bovril in 1 pint of hot water, or as much in proportion as is required for the size of the joint.

Place the pan on the stove, dust in pepper and salt, and pour in the Bovril stock, stirring and rubbing to dissolve in all the sediment. Boil up and strain over the meat, or serve separately in a tureen.

GRAVY FOR ROASTED (Clear).

POULTRY

Stew the giblets for an hour with enough water to cover them, 3 or 4 cloves, half a minced onion, a pinch of mushroom trimmings, plenty of pepper and salt (if for turkey or wild fowl, a few bits of chopped celery improves). When well stewed, strain, and add as

much hot water as is necessary to make up the quantity, stirring in 1 tablespoonful of Bovril to every $\frac{1}{2}$ pint. Serve in a tureen.

(Thick). Stir in sufficient flour, or cornflour, to thicken, and add the liver thoroughly pounded. Boil up, and strain into a tureen.

GRAVY FOR ROASTED GAME.

As for Roasted Poultry, adding $\frac{1}{2}$ gill of wine to the pint. For Partridges, Pheasants, Pigeons, and so on, a plain clear gravy as for

roasted poultry is more artistic, as, with this, you do not impair the flavour of the game. A very little red wine may be added with advantage.

Special Gravy=Sauces.

These partake of the dual nature of rich Gravies and seasoned Sauces, and may be used for other purposes besides those specified.

FOR BOAR'S HEAD.

—*—*—*—
Cut the rind very thin off 2 Seville oranges, chop it up small and put it into a pan with 1 pint of water. Stew gently for half an hour, then strain off, and into the liquor stir 1 tablespoonful of made mustard, 4 tablespoonfuls of red currant jelly, 1 gill of port wine, 2 tablespoonfuls of Bovril, and pepper and salt to taste. Boil up and serve hot or cold.

FOR BOILED BEEF.

—*—*—*—
Put 4 oz. of butter into a pan and melt it. Drop in 1 tablespoonful of finely chopped onions, and brown them lightly; then, dredge in about 1½ tablespoonfuls of flour, and brown that also lightly. Stir in about 1 pint of hot water in which 2 tablespoonfuls of Bovril have been dissolved, a wine-glassful of good vinegar, pepper and salt to taste. Boil up, strain and serve.

The addition of minced hard-boiled eggs is sometimes advocated.

FOR ROASTED WILD FOWL.

Put into a small pan 2 small onions minced, 8 leaves of basil, the peel of a Seville orange, and 1 pint of water into which 2 tablespoonfuls of Bovril have been stirred. Boil slowly for 20 minutes; then strain, add a gill of wine, the juice of a lemon, and season with salt and pepper. Serve hot.

FOR ROASTED GOOSE.

Put into a small pan 2 tablespoonfuls of Bovril, a wine-glassful of wine, 1 pint of hot water, a teaspoonful of made mustard, a pinch of salt, 1 tablespoonful of mushroom ketchup, a tablespoonful of small bits of butter rolled in flour, and a dust of cayenne. Boil up quickly and serve in a sauce boat.

A gill of cider may be substituted for the wine.

FOR ROASTED HARE.

Put the liver into a stew-pan with $1\frac{1}{4}$ pint of water, a little salt, pepper, a minced shallot, and a small bunch of sweet herbs, a chopped carrot and turnip, and a small onion studded with 6 cloves. Boil up until the liver is cooked, then strain off. Pound the liver in a mortar and put into the strained gravy with 3 tablespoonfuls of Bovril, a glassful of wine, and a teaspoonful of Chili vinegar if you have any handy, if not use 2 teaspoonfuls of lemon juice.

FOR ROASTED MUTTON.

Put into a saucepan a tablespoonful of butter, a tablespoonful of chopped parsley, and the juice of half a lemon. Stew slowly over the fire for a few minutes; then stir in a pint of hot water in which two tablespoonfuls of Bovril have been dissolved; season with salt and pepper and serve hot.

FOR ROASTED RABBIT.

Soak the crumb or a stale French roll in port wine, and put it into a pan with a tablespoonful of butter. Warm up, and with a fork beat the bread to a pulp. Add a tablespoonful of vinegar, or the juice of half a lemon, and a pint of hot water into which 2 tablespoonfuls (or a little less) of Bovril have been dissolved. Boil up, and serve very hot.

FOR ROASTED SUCKING PIG.

Put three tablespoonfuls of chopped onion and 2 tablespoonfuls of salad oil into a small pan, and cook slowly over the fire until the onions are tender, but not deeply browned or burnt. To this add a gill of Madeira or sherry, and 1 pint of water. Boil up and then strain. Into the sauce put a single handful of minced mushrooms, 2 tablespoonfuls of chopped parsley, a tablespoonful of moist sugar, 2 tablespoonfuls of Bovril, salt and pepper to taste. Boil up and serve very hot.

FOR ROASTED VEAL.

Mince the yolks of 3 hard-boiled eggs and put them into a sauce-pan with a bunch of sweet herbs, two tablespoonfuls of well-washed currants, 1 tablespoonful of bread crumbs, 1 teaspoonful of moist sugar, 3 cloves, a dust of ground cinnamon, and 1 pint of water into which 3 tablespoonfuls of Bovril have been dissolved. Boil up slowly and simmer for an hour, then remove the herbs and cloves, put in 3 quartered slices of a Seville orange, and serve.

FOR ROASTED VENISON.

Dissolve 3 tablespoonfuls of Bovril in a pint of boiling water, and add thereto a gill of red wine, 2 teaspoonfuls of sugar, pepper and salt to taste. Serve very hot. A tablespoonful of mushroom ketchup adds to the savouriness of this gravy-sauce.

Entrées.

This term is capable of extensive application, but the artistic cook uses it to denote those savoury dishes which are served as accompaniments to more substantial feeding. Sometimes the cook pays more attention to the preparation of Entrées than to the Roasts or Removes, but that is like giving more attention to the frame than to the picture. The Entrées given hereunder are selected on account of their general usefulness and simplicity of preparation. Much more elaborate dishes can be prepared, but they would not be so likely to receive general favour.

As it is usual to recognise "Entrées" as of Continental origin, it is customary to give them their French names.

Before deciding upon what shall be the nature of the Entrées, the economical cook looks round the pantry to see what scraps of cold meat are about which can be conscientiously converted into tasty dishes. There may be some cold Fowl, Turkey, Hare, Rabbit, Mutton, Pork, Beef, Veal, Ham, or anything else in that way. These can be converted into Rissoles, Croquettes, Quenelles, Timbales, Boudins, &c., and served with one of the Standard sauces (see page 34) taking its name accordingly. Cutlets, Filets, Sweetbreads, and suchlike are very favourite Entrées, and also take their names, when prepared, chiefly from the sauce served with them, or less frequently from the garnish.

Given a well-flavoured stock and it is marvellous what a talented cook can do with it. In Bovril we have a stock that for making up tasty dishes is absolutely unique. The following recipes will amply verify this remark, and supply, besides, a few suggestions for further dishes that an ingenious cook will not fail to utilise.

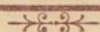
BOUDINS DE BOVRIL are easily made by soaking some slices of new bread-crumbs in hot water and then draining off the water and squeezing the crumb in a cloth until it is nearly dry. Into every teacupful of crumb work, a tablespoonful of liquid Bovril, and the yolk of an egg. Reserve the white for further use. Add pepper to taste, and flavour with a teaspoonful of mushroom ketchup. Fill small paper cases with this paste and warm up in a quick oven. Sprinkle the tops with crumbled fried parsley or raspings, and serve with Bovril (*see page 37*) Mushroom or Tomato (*see page 38*) Sauce.

BOVRIL EN CAISSES POMMES de TERRE. Spread some patty-pans thickly with mashed potatoes, and shape them up to form a border. Use twice the quantity of Bovril to make the filling as for Boudins, and see that the paste for filling is fairly stiff. Bake the caisses for a few minutes, and just as they are beginning to brown take them from the oven and fill them with the mixture, piling it in the centre. Put them into the oven again for a quarter of an hour, taking care not to let the potato burn or brown too deeply. When ready, slide them on to a dish covered with a lace paper or folded napkin, and serve them with any rich sauce ; or, plain.

BOVRIL EN TIMBALES. Line some small Timbales moulds with mashed potatoes, and serve them the same as for the Caisnes, partly filling the moulds with the mixture and covering in level and flat with more potato. With Mushroom Sauce (*see page 37*) these are delicious, provided the potato is not baked too hard. They should be turned out of the moulds and stood narrow end up on a dish covered by lace paper, and the tureen of sauce stood in the centre.

Some cooks might feel disposed to add various kinds of seasoning and flavourings to the Bovril filling, but the most that can be allowed is a little bit of butter in each timbale or caisse with the Bovril mixture. Bovril possesses flavours of its own that are best preserved without much addition.

BOVRIL SOUFFLÉ.

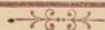


Into a small saucepan put a tablespoonful of butter and a tablespoonful of flour. Stir over the fire until the butter is taken up by the flour. Into this stir a gill of hot water in which 2 tablespoonfuls of Bovril have been dissolved. Continue stirring and boiling until the flour thickens. Remove the saucepan from the fire, and add $\frac{1}{2}$ teaspoonful of salt and a few grains of cayenne pepper. Mix well and then add the yolks of 3 eggs, one at a time; mix in thoroughly. Further mix in 3 oz. of grated Parmesan, or other cheese. Beat the whites of 3 eggs to a snow and stir them in gradually. Pour the whole into a prepared Soufflé dish, and bake in a quick oven for 20 minutes. Serve directly it leaves the oven.

To prepare the Soufflé dish or tin, butter it well. Then butter a piece of doubled paper and tie it round the tin so that the edge rises about an inch over the rim. Remove the paper before serving.

This Soufflé, if prepared carefully and the whites sufficiently beaten, forms a great delicacy.

CECILES DE BŒUF (à l'Espagnole).



Mince very finely any kind of cold Beef, and with every pound of it mix in a basin, an onion boiled soft and minced also, $\frac{1}{4}$ -lb. of bread crumbs, a tablespoonful of finely chopped parsley, a dessert-spoonful of Anchovy Sauce, 20 drops of essence of lemon, $\frac{1}{2}$ teaspoonful of pepper, a teaspoonful of salt, tiny pinch of ground nutmeg, the yolks of 2 eggs, and an ounce of butter warmed to melting. Stir this over the fire for a few minutes, then work it up into balls the size and shape of large eggs. Give them a finish between the bowls of two large spoons. Egg, breadcrumb, and fry in boiling fat. When brown, take them out and drain them, and serve with Spanish Sauce (*see page 36*).

CÔTELETTES DE MOUTON (à la Polonaise).



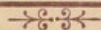
Cut some thin cutlets from the best end of a neck of mutton, taking care to remove all the fat. Trim them very neatly and scrape the ends of the bones quite clean, leaving quite an inch projecting. Lay these cutlets in a covered stewpan with a carrot, turnip, and 2 onions, all sliced, a bundle of sweet herbs, a little pepper and salt, and enough water to cover them. Previously dissolve in the water, a tablespoonful of Bovril to every gill of water. When the cutlets are quite done through, take them out of the gravy and lay them tastefully round a dish, slightly over-lapping. Strain the liquor, and pour it over.

CÔTELETTES DE VEAU, Sauce Tomates.



These cutlets must be cut with great care, leaving at least 5 inches of bone. Remove the chine with a small knife. A cutlet, without bone, can be cut between the ribs. Trim very neatly, and clean the projecting bone. Beat the cut surfaces flat with the side of a cleaver or large knife, wetting the blade that it may not stick. Beat up an egg on a plate, and mix with it a tablespoonful of finely chopped fresh parsley, and some grated lemon peel, pepper and salt. Dip the cutlets in this and then roll them in fine breadcrumbs. Pat them smooth and drop into boiling fat. When a golden brown, take them out and drain them on crumpled paper. Place them round a dish, and put them in the open oven to keep them hot. Serve with Tomato Sauce (see page 38), standing the tureen containing it in the middle of the dish. A laced paper on the dish improves the appearance. Decorate the ends of the bones with paper frills.

CROQUETTES DE VOLAILLE.



A good deal of confusion exists among some cooks as to the distinction between Rissoles, Croquettes, Quenelles, and so on. Between Rissoles and Croquettes very little distinction need be made, as they may either be made up into shapes, or covered in with puff-paste. The words signify: Rissoles, "browned"; and Croquettes, "crisp." Quenelles are poached soft.

CROQUETTES DE VOLAILLE—continued.

To make Croquettes de Volaille, take about half a cooked chicken and remove all the meat from the bones. Chop up the meat, and put the bones into a pan with $\frac{1}{2}$ pint of water in which a tablespoonful of Bovril has been dissolved. Set this on to simmer for a gravy. Chop up, also, 2 oz. of lean ham, and mix this with the chopped chicken. Chop up about 6 mushrooms that have been washed and peeled. Put a tablespoonful of butter into a small pan with a tablespoonful of flour, and stir over the fire until the flour has taken up the butter. Stir in about a gill of the stock strained from the bones, and cook it, stirring continuously, until it becomes a thick paste. Add a tablespoonful of cream if convenient. Take up the saucepan from the fire and season it with pepper, salt, nutmeg, and a squeeze or so of lemon-juice. Then mix in the chopped chicken, ham, and mushrooms. When you have mixed up this paste you can either put it in small portions into paste rounds or covers, as for *RISSOLES DE VOLAILLE* (*see page 52*), or you can roll equal sized portions into oval shapes, by flouring the hands, and then brush them over with egg and roll them in bread-crumbs. Drop them into boiling (smoking hot) fat and fry until a good brown. Serve on a dish covered by a lace paper, or a folded napkin, and with a tureen of Spanish, Villeroi, or other rich sauce (*see page 34 and following pages*). The dish will be called "Croquettes de Volaille à la," whatever be the name of the sauce served with them, or special garnish adopted.

CROUSTADES DE BŒUF.

—8-3—

Cut some slices 1 inch thick of stale tinned bread, and with a $2\frac{1}{2}$ inch diameter (round) pastry cutter cut out a dozen rounds; with another $1\frac{1}{2}$ inch round cutter cut in the centre of the rounds to half way through. Drop these "Croustades" into smoking hot fat, and fry them to a golden yellow. Take them out and pick out the centres to half the depth of the round. These "Croustades" can be used for a number of different fillings. For "Croustades de Volaille" you may fill with the same mixture as for "Croquettes de Volaille" (*see page 47*) or "Rissoles de Lapereau," for "Croustades de Lapereau" (*see page 52*) and so on.

Mince very finely about a pound of cold roasted beef, or well-grilled steak for preference. Into a small saucepan put a tablespoonful of butter, and another of flour, and stir over the

CROUSTADES DE BŒUF—continued.

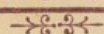
fire until the butter is blended with the flour. Then, stir in a gill of hot water in which a tablespoonful of Bovril has been dissolved. Continue to stir and cook until you have a thick paste. Into this work the beef and two or three fried mushrooms also minced fine. Season with salt and freely with pepper. Put a large dessertspoonful of the mixture into each of the "Croustades," and arrange them on a dish. Stand them just inside an open oven to heat up, and serve hot. Mushroom (*see page 38*), Tomato (*see page 38*), or any rich brown Sauce (*see page 34 and following pages*) may be served with them. The tops may be sprinkled with raspings, and chopped fried parsley may be laid in a thin ring round the edge of the "Croustade."

KROMESKIES À LA RUSSE.



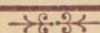
Chop up very fine the flesh of half a cooked fowl, 2 or 3 oz. of lean cooked ham or tongue, and 6 or 7 mushrooms. Open a dozen large oysters, and carefully collect their juice as it runs from the shells. Strain this juice into a small pan, and after trimming the beards off the bodies of the oysters, cook them for a few minutes in the juice. Into another small pan put a tablespoonful of butter and one of flour, and stir over the fire until they are both blended. Strain off the juice from the oysters, and make this up to a gill with hot water. Into this, dissolve a tablespoonful of Bovril, and stir it on to the flour and butter, cooking and stirring until you have a stiff paste. Season this with pepper and salt, nutmeg and the juice of half a lemon. Take the pan off the fire and mix in the chicken, ham and mushrooms. It should form a stiff paste. Cut off a dozen very thin slices of thick streaky bacon, and shape each 3 inches long, by 1½ inches wide. Take a dessertspoonful of the paste-mixture, and put an oyster into the centre of it, working the paste round to the shape of a cork 1½ inches long. Round each of these roll the bacon, and tie it in two places with narrow tape. When these are all ready, make a thin frying batter by beating up one egg in a thin paste of flour and water slightly salted. Dip each of the Kromeskies in the batter, and drop them into a pan of smoking hot fat. Fry them until the batter covering is golden brown. Drain them as they are done on crumpled paper or the bottom of a wire sieve, and arrange them round some mashed potatoes piled in the centre of a flat dish and browned in the oven, or with a salamander. Various kinds of Sauces (*see page 34 and following pages*) may be served with these.

PÂTÉS RIS DE VEAU.



Make a good puff-paste, and roll it out thin. Butter a dozen small patty-pans, and line them with the paste. Cut out a dozen rounds for lids, and out of the centre of each lid cut a round with an inch diameter pastry-cutter. Soak, scald, and trim a sweetbread, and then boil it in water for nearly an hour. Take it out, and cut it into small dice. Wash and peel $\frac{1}{2}$ lb. of mushrooms, and put them into a small pan with $\frac{1}{2}$ oz. of butter, the juice of a lemon, and pepper and salt. Let them stew with the lid on for half an hour, shaking the pan often. Chop them up also. Next put 1 oz. of butter and 1 oz. of flour into a separate saucepan, and rub in the flour as the butter melts. Dissolve a large tablespoonful of Bovril in a gill of water, and stir this into this mixture, warming up until the flour is cooked. Then add about a tablespoonful of cream, and lastly, mix in the sweetbread and mushrooms. When this is cold, fill the lined pans with it, and cover with the rounds. Brush over the tops with beaten egg, and bake in a moderately hot oven. Serve hot on a dish covered by a lace paper or folded serviette, with or without Tomato Sauce (*see page 38*).

MAUVIETTES À BOVRIL.



A dainty entrée is that of "Stewed Larks." Take a dozen or so fat larks, neatly trussed for stewing, and into each one put a small piece of bacon. Put these into a stewpan with 2 tablespoonfuls of Bovril to $\frac{1}{2}$ pint of water, and pack them in with minced carrot, turnip, onion, parsley, and lemon-thyme. Stew with the cover on for half an hour, and then take them out. Remove the vegetables from them, and lay them in a metal entrée-dish, with a cover. Strain the stock they were cooked in, and add the juice of $\frac{1}{2}$ a lemon, $\frac{1}{2}$ wineglassful of port, and pepper and salt to taste. Pour this gravy over the Larks, and serve.

Pigeons may be stewed in the same way.

PIGEONS À LA LUCERNE.



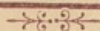
The following is such a delicious way of cooking Pigeons that it will be appreciated by those who have dainty appetites. Procure 3 Bordeaux or English young pigeons, and bone them carefully, or your Poulterer will do this for you. Wash and scald the livers, and chop them up, and add to these half-a-dozen Chicken livers and serve them the same. Chop up also, $\frac{1}{4}$ -lb. of bacon, and $\frac{1}{2}$ -lb. of veal.

PIGEONS À LA LUCERNE—continued.

Put these into a pan with 1 oz. of butter, half teaspoonful of salt, a good sprinkling of pepper, and a little ground mace. Cook for about ten minutes, stirring continuously. Then pound all very smooth in a mortar, and work in $\frac{1}{4}$ -lb. of bread crumbs. Stuff the Pigeons with this forcemeat, and truss them up neatly. Put them into a stewpan with a pint of water in which 3 tablespoonfuls of Bovril have been dissolved. Stew gently for quite an hour. When the Pigeons are quite tender, put them on a dish, with mashed potatoes in the centre, and pour the gravy-sauce over.

If you wish to serve a Sauce with the Pigeons, have ready boiling in another pan, the bones of the Pigeon with a minced shallot, a pint of water in which 2 tablespoonfuls of Bovril have been dissolved, and thicken this with a dessertspoonful of flour. Stir into the other saucepan with the stew-stock in, and strain the whole into a tureen. Or you may use some of the stew-stock to glaze the Pigeons, and the remainder for the gravy as described.

QUENELLES DE LAPEREAU.



Dissolve a tablespoonful of Bovril in a gill of milk. Put 1 oz. of butter into a pan, and as it melts stir in 2 oz. of flour. When the flour has thoroughly blended with and absorbed the butter, stir in the milk and Bovril mixture. Continue to stir until you have a thick paste. It should boil steadily for a little time. Then take it off and continue stirring for a few minutes as the paste cools. Turn it on to a plate.

Cut off about 1 lb. of meat from the thighs and back of a rabbit, and scrape it clean of skin and sinew. Mince it very finely, and pound it to a paste in a mortar, and then rub it through a wire sieve. Put half of the rabbit and half of the made paste into the mortar, season with a pinch of pepper and some salt. Mix thoroughly with the pestle, adding a very little grated nutmeg and an egg. Work this into a paste and then put in the rest of the rabbit and paste adding more salt and pepper to taste, and another egg. When the whole is sufficiently mixed and smooth, make up into Quenelles as follows:—

Take two dessert spoons, and dip one into boiling water. Fill this with the quenelle paste. Dip a broad knife into boiling water and round over the paste in the spoon, and then dip the other spoon into boiling water and turn it upside down on to the smoothed paste in

QUENELLES DE LAPEREAU—continued.

the other spoon. Give the quenelle a little rolling between the two spoons, and then slip it dexterously into a flat pan, which has been lightly buttered at the bottom. Arrange them so that they do not touch. Pour boiling water into the pan until it covers them. Add a little salt to the water, and poach the quenelles until they are done (about 10 minutes). The quenelles should be turned when half-cooked. Take them out and lay them on a folded napkin to dry. Pile up in the centre of a flat dish some stewed mushrooms, or green peas stewed in a strong solution of Bovril. Turn out the peas, and then thicken the sauce with flour and butter. Pour this over the peas or mushrooms, and lay the Quenelles round the dish, and serve hot, with Tomato Sauce (*see page 38*).

Quenelles de Veau (veal), or de Volaille (fowl) are made in the same manner; some cooks adding a little minced lean ham.

RISSOLES DE VOLAILLE.

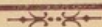


Any kind of cold Poultry can be made into Rissoles and served with a rich sauce. Mince up all the meat, freed from skin and bone, and mix with it one-third of its weight of breadcrumbs, and to every pound of this mixture add a small cooked onion minced finely, pepper, salt, and the yolks of 2 eggs. Roll out some puff-paste and cut it into 3-inch squares. In the middle of each put a spoonful of the mixture, and fold over in halves like a book. Press with the fingers round the mixture so as to make the paste set close, and then, with a 3-inch diameter scalloped or fluted pastry-cutter, cut off the square corners and a scalloped half-circle should remain. Egg, breadcrumb, and fry in boiling lard. Drain as fast as they are done, and serve with one of the Sauces given on page 34. Tomato (*see page 38*) or Mushroom Sauce (*see page 38*) is a good accompaniment.

Cold lean ham minced is sometimes added, with good effect, to the mince. Other Rissoles can be prepared in the same way, and a teaspoonful of Bovril blended with the mixture gives these Rissoles a richness that they cannot gain by any other means.

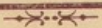
Recipes for Invalids, Dainty Appetites & Delicate Digestions.

BARLEY & BOVRIL DRINK.



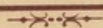
Boil 2 tablespoonfuls of well washed pearl barley in $\frac{1}{2}$ pint of water for 20 minutes. Strain off and stir in 1 teaspoonful of Bovril. Very nice hot or cold.

BEEF AND CREAM JELLY.



Warm up $\frac{1}{4}$ pint of milk, with mace in it and a grating of nutmeg. Dissolve in it $\frac{1}{2}$ oz. of isinglass, 2 tablespoonfuls of cream, and 1 table-
spoonful of Bovril ; seasoning very lightly with salt. Pour this into a cup or small dariole mould, and when set turn out and serve.

BEEF JELLY.



A very delicate jelly is prepared for the market as "Bovril Beef Jelly," which can be served from the jar as it is ; or, it can be gently warmed and poured into small moulds such as wine glasses, custard glasses, or egg cups, from which it can be turned out when set, or served in the glass at pleasure.

To add anything in the way of seasoning, spicing, or gelatine will destroy the delicious delicacy of this valuable preparation.

BEEF TEA.

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Dissolve 1 tablespoonful of Bovril in $\frac{1}{2}$ pint of hot water. Serve with very thin sippets of toasted bread, or small biscuits. Salt or other seasoning may be added at discretion.

A little celery or a slice of onion, together with 2 cloves, may be added to give special seasoning.

BOVRIL AND SODA WATER.

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Dissolve a teaspoonful of Bovril in 2 tablespoonfuls of cold water, and half fill in tumbler with soda water. In hot weather this will be found a very thirst quenching and nutritive drink. Wine or Brandy may be added if ordered by the medical adviser.

BOVRIL AND WINE JELLY.

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Dissolve $\frac{1}{2}$ oz. of isinglass in $\frac{1}{4}$ pint of warm water. Stir in a tablespoonful of port wine, claret, sherry, or Burgundy, and 2 teaspoonfuls of Bovril. Pour into a small mould or other vessel to set.

Brandy may be substituted for the wine. The drink can also be served liquid (hot or cold) by omitting the isinglass. A little salt is sometimes in accordance with the patient's taste.

INVALID BROTH.

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Chop up the heart of a lettuce and put it into a pot with a bunch of sweet herbs. Pour over $1\frac{1}{2}$ pints of boiling water, and let the broth simmer for an hour. Remove the herbs; put in the broth 1 oz. of butter and a tablespoonful of Bovril. Serve with or without the lettuce.

NUTRITIVE BROTH.

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Boil 1 onion studded with 4 cloves in $1\frac{1}{2}$ pint of water for $\frac{1}{2}$ an hour. Strain off and enrich with 2 or 3 tablespoonfuls of Bovril in a wineglassful of port wine, or half the quantity of brandy. Mince finely and pound to a pulp a small quantity of any tender cooked lean meat, such as beef, mutton, lamb, veal, chicken, rabbit, &c., and stir in before serving.

PECTORAL BROTH.

Boil a teacupful of pearl barley in three waters, draining off and filling up again, bringing to the boil each time. Put in the last boil 1 pint of water and a bunch of marsh mallow roots. Simmer for 2 or 3 hours; remove the marsh mallow, and stir in 2 table-spoonfuls of Bovril.

PANADA BROTH.

Put a handful of crusts into a pan with $\frac{1}{2}$ pint of hot water. Boil up until the crusts are soft, then strain off the water, pressing the crusts firmly with the bowl of a spoon. Dissolve 2 table-spoonfuls of Bovril in $\frac{1}{2}$ pint of hot water, and with a fork beat up the soaked crusts, crushing them freely and adding the solution of Bovril a little at a time until all is worked in. Serve warm, seasoning to taste with pepper and salt.

Celery, onions, carrots and turnips may be boiled in the stock, at discretion.

RESTORATIVE SOUP.

Boil a tablespoonful each of celery, carrots, onions minced fine, 4 cloves and 8 peppercorns, in $1\frac{1}{2}$ pints of water for an hour. Strain off, and dissolve in the liquid 2 table-spoonfuls of Bovril and half a wine-glassful of Brandy. Administered in small quantities at frequent intervals will restore vitality with remarkable success.



MISCELLANEOUS RECIPES.

Aspic.

A very high-class aspic jelly can be made by dissolving 2 tablespoonfuls of Bovril in 1 pint of hot water and straining through a cloth, and repeating the straining until the liquor is bright. Into this dissolve 2 oz. of isinglass, and when cold you will have a very practical aspic, which can be used for garnish or glazing. The process of straining removes the nutritive sediment for which Bovril is so justly famed, but this does not make this aspic less nutritious than others made with ordinary stock or glaze.

Aspic can be rendered more savoury by boiling in it a proportion of vegetables, herbs and spices, as for *Consommé*. To clarify it, beat into it the whites of eggs, and boil up again, straining as before. If set on ice the jelly will soon be ready for glazing or garnishing. When aspic is required for an aspic of chicken, a few giblets may be boiled in it to give it a poultry flavour.

Curries.

Although recipes are occasionally recommended for making curry without stock, it is quite certain that a very inferior production must result as compared with those curries that are strengthened and rendered specially palatable by the addition of Bovril. There are few, if any, cold cooked meats, whether fish, flesh, or fowl, that do not submit with good grace to the process of currying. The following modes for preparing a curry will be found most effective.

FOR COLD MEATS.

Mince 2 or 3 onions and put them into a stewpan with 2 oz. of butter and a teaspoonful of moist sugar and a teaspoonful of salt. Cook these till they are brown; then stir in a tablespoonful of curry powder moistened in $\frac{1}{2}$ pint of water, into which two tablespoonfuls of Bovril have been dissolved, and cook for 15 or 20 minutes. Cut up into small squares about $1\frac{1}{2}$ lb. of cold lean meat (beef, mutton, veal, lamb, pork, &c.) and stir into the curry. When this is heated, turn out on to a dish with a wall of boiled rice round.

A tablespoonful of cocoa nut and the juice of half a lemon may be added with advantage.

FOR SHELL FISH.

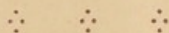
Take the fish meat out of the shells (lobster, crayfish, prawns, &c.) and mince it. Put into a stewpan for each breakfastcupful of fish meat $\frac{1}{2}$ pint of water, in which a tablespoonful of Bovril has been dissolved. Mix into this 2 teaspoonfuls of curry powder and 1 teaspoonful of flour. Cook slowly until thick; then turn in the fish meat and warm up. The juice of half a lemon adds to the flavour. Season with salt to taste. Serve with rice.

FOR COLD POULTRY.

Put a teacupful of minced onion into a stewpan with 2 oz. of butter and a teaspoonful of sugar. Cook to a golden brown. Dissolve a tablespoonful of Bovril in $\frac{1}{2}$ pint of water, and into this stir a tablespoonful of curry powder and $\frac{1}{2}$ teaspoonful of salt. Chop up a skinned tomato or the pulp of a cooked tomato, rubbed through a sieve to remove the skin and seeds; or use a tablespoonful of tomato catsup and a teaspoonful of mushroom ketchup. Put this into the pan with the dissolved curry powder and Bovril, stirring well. Have ready a tablespoonful of minced ham and 1 lb. of chopped meat; warm this together, moistening with more water if desirable, and cook slowly for a few minutes. Serve with rice.

FOR COLD GAME.

Same as above, substituting baked apple pulp for tomatoes, and adding a wine-glassful of Madeira or sherry to the stock, and the juice of half a lemon.



Jugged Game.

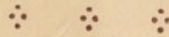
Cut up the pieces of game (Hare or Venison), about 2 lbs., and put them into a pan with a little butter, and just brown the outsides. Put a few slices of fat bacon at the bottom of a stew-pan, and lay the pieces of game over them, packing them close together. Cover with another layer of bacon, and then pour over $\frac{1}{2}$ pint of claret or a pint of water in which 2 tablespoonfuls of Bovril have been dissolved, a few pounded cloves and pepper-corns, and a fair sprinkling of salt. Simmer until the meat is quite tender (about $1\frac{1}{2}$ hours). Next remove the meat, and put it on a dish in front of the fire to keep warm. Strain the gravy, skim off the fat, or put it into the pan again to reduce a little by boiling. Add 1 wine-glassful of port and 1 tablespoonful of red currant jelly, and a little butter or flour to thicken. A pinch of cayenne improves the flavour. When ready return the pieces of meat to the stock; warm up, and serve with sippets of toast.

Ragoût.

Any meat will serve to make up into a ragoût, conditionally that a good sauce or gravy is prepared for it. As it is essentially a luxury, some little extravagance is permissible.

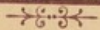
Cut 2 lbs. of any kind of raw lean meat into $\frac{1}{2}$ inch cubes, put them into a stew-pan with $1\frac{1}{2}$ pints of water in which 2 tablespoonfuls of Bovril have been dissolved ; put on the cover and leave this to simmer gently. Meantime put in the pan a handful of coarsely minced mushrooms, a wine-glassful of white wine, a saltspoonful of salt and the same quantity of pepper. Make 1 tablespoonful of flour into a thin batter with water, and stir this into the ragoût. Colouring a rich brown with caramel. When cooked this should be thick. Dress the dish with a border of mashed potatoes, and pour the ragoût into this, and serve.

Calf's, or lamb's, or pig's liver makes an excellent ragoût.



Special Recipes.

BOVRIL SANDWICHES.



Into a small enamelled pan put 2 tablespoonfuls of Bovril, a tablespoonful of bread crumbs, 2 oz. of butter, and a squeeze of lemon juice. Season with pepper and salt. Warm this slowly over a fire, and when the whole is thoroughly incorporated, let it get cold, and then spread it on thin slices of bread. A teaspoonful of Anchovy Sauce is an appreciated addition, and grated cheese may be added in small quantities without injury to the flavour.

This paste is delicious on hot toast.

STEWED KIDNEYS AND BOVRIL SAUCE.



largeish potatoes, and form a border round the dish ready for the kidneys when done. It will keep warm in the oven mouth, and the potatoes will not hurt if they brown slightly. Take out the kidneys and put them in the dish neatly. Thicken the stock with a little flour, moistened before stirring in, with a little of the stock. Add salt and pepper to taste, a dessert-spoonful of ketchup, half a teaspoonful of Worcestershire Sauce, a teaspoonful of brown sugar, and boil until the flour is sufficiently cooked and the sauce thickened. Stir in a wine-glassful of claret, and pour over the kidneys.

STEWED STEAK.



Cut 1lb. of tender steak into smallish equal-sized pieces, and lay them in a stewpan with a blade of mace, an anchovy, a small bunch of mixed herbs, a piece of butter rolled in flour, a glass of cooking sherry, a sliced onion, and $\frac{1}{2}$ -pint of water in which a tablespoonful of Bovril has been dissolved. Cover the pan, and stew slowly until the meat is sufficiently tender. Then take out the pieces of steak, and put them in a metal dish. Strain the sauce they were stewed in, and warm it again. Pour it over the steak and serve. Some say, serve with horse-radish and pickles.

STEAK & KIDNEY PIE.



Cut up 3-lb. of steak and 3 kidneys, and put them in a pan to stew with a pint of water, in which a tablespoonful of Bovril has been dissolved, a slice of onion, and 2 or 3 cloves. Stew slowly until the steak begins to get tender, then take it out and dust each piece with flour as you lay it in the dish. Pepper and salt should also be added at this juncture, using some care in the amount you use. Strain the stock in which the steak and kidneys have been stewed, and pour it into the pie. Lay on the crust, and bake in a moderate oven. When the pie is done, remove the usual ornament that covers the hole in the centre, and pour in half pint of water with another tablespoonful of Bovril in it. The addition of a little Worcester, Harvey or Ketchup is a matter of taste.

STEAK & MUSHROOM PUDDING.

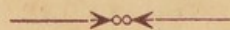


Line a pudding basin with a thin suet crust, and cut up sufficient steak in three pieces to three parts fill the pudding. The lining crust should overhang the edge of the basin about $\frac{1}{2}$ an inch. Mix some salt and pepper together, one third pepper, and dip each piece of steak in it, and then lay the steak in layers round the wall, leaving a space in the centre to fill with peeled and cut up mushrooms. When filled to the top, lay the covering crust on, after wetting the edge of the lining crust, and pinch together on to the edge of the basin. Cut round with an upright knife, and finish nicely and securely before tying in a cloth. Boil 3 hours.

Some cooks trust to the juice from the mushrooms to moisten the pudding, but this is not enough. It is always advisable to add before putting on the covering crust, a gill of water in which two teaspoonfuls of flour have been stirred, and a large tablespoonful of Bovril. Oysters are sometimes used instead of mushrooms, it is then advisable to add a squeeze of lemon juice, or to serve lemon with pudding.



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