

The Bovril cookery book : containing one hundred recipes for soups, sauces, gravies, entrées, & miscellaneous dishes of all kinds, with a special view to combine high-class cookery & economy : entirely new compilation / published by Bovril, Limited.

Contributors

Bovril Limited.

Publication/Creation

London : Bovril, [between 1890 and 1899?]

Persistent URL

<https://wellcomecollection.org/works/k5z76ctk>

License and attribution

This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.



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

Some
Special



COOKERY

RECIPES



Published by
BOVRIL
LTD.

Bovril, Limited,



FOOD SPECIALISTS and Contractors to
Her Majesty's Government.

CATERERS for all recent Military and Arctic
Expeditions.

PURVEYORS to Hospitals and Medical
Institutions.

TRUSTEES:

His Grace the Duke of Somerset. | The Right Hon. Earl De la Warr.

DIRECTORS:

J. Lawson Johnston, *Chairman.*

Viscount Duncannon, C.B., *Vice-
Chairman.*

Edmund Commerell, V.C., G.C.B.

Dr. Farquharson, M.P.

Frederick Gordon, *Chairman Gordon
Hotels, Ltd.*

G. Lawson Johnston.

Andrew Walker, *Managing Director.*

Head Office:—

30, Farringdon Street, LONDON, E.C.

Branches:—

Manchester.
Liverpool.
Birmingham.
Hull.
Newcastle.

Leeds.
Plymouth.
Glasgow.
Edinburgh.
Belfast.

Dublin.
Paris.
Brussels.
Rotterdam.
Montreal.

Warehouses and Laboratories:—

Old Street & Bunhill Row, City Road, **LONDON, E.C.**

22501498260



The Bovril Cookery Book

Containing

ONE HUNDRED RECIPES
For SOUPS, SAUCES, GRAVIES,
ENTRÉES, & MISCELLANEOUS
DISHES of all kinds, with a
Special View to combine

HIGH-CLASS COOKERY & ECONOMY.
ENTIRELY NEW COMPILATION.

Published by--

BOVRIL, LIMITED,

30, FARRINGTON STREET, LONDON, E.C.

WELLCOME LIBRARY

pam

QT 235

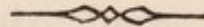
189*

B 78 b

CONTENTS.

	PAGE.
DEDICATION ...	3
INTRODUCTION ...	4
SPECIAL NOTICES ...	7
SPECIAL RECIPES ...	9
SECTION I.—	
SOUPS ...	11
SAUCES ...	16
GRAVIES ...	19
SECTION II.—	
MEAT DISHES...	20
GAME, &c. ...	28
MISCELLANEOUS ...	30
SECTION III.—	
FISH ...	32
EGGS AND LIGHT DISHES ...	35
VEGETABLE DISHES ...	40
WEIGHTS AND MEASURES ...	44
EQUIVALENTS ...	45
INDEX OF RECIPES ...	46

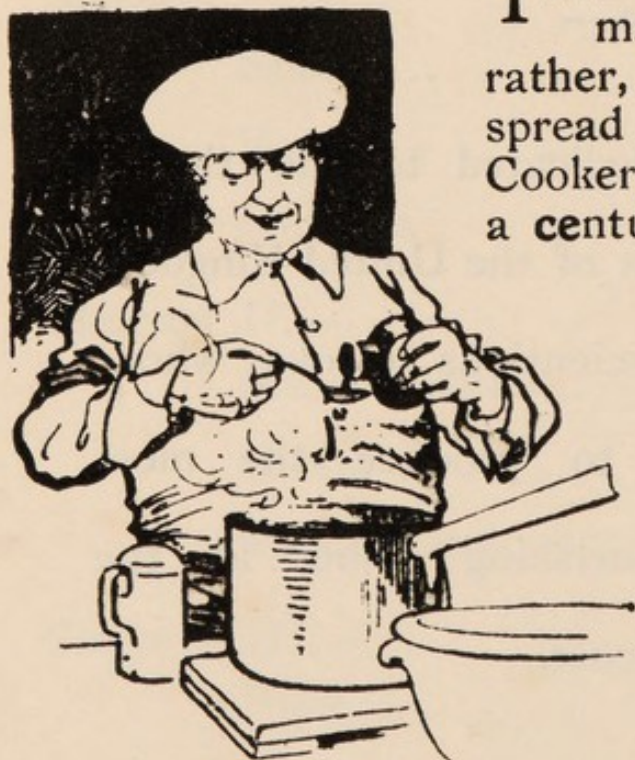
DEDICATION.



THIS little Book is dedicated to the thrifty Household Managers of the United Kingdom and to those conscientious Cooks whose constant aim is to produce the most appetising and nourishing dishes at the smallest possible cost.



INTRODUCTION.



THE great strides that have been made in the art of Cookery—or rather, should we say, in the widespread popularisation of the art of Cookery—within the last quarter of a century, have not been one of the least satisfactory features of the present august reign. Step by step enlightenment has reached our humblest homesteads, and where at one time (according to the cynic Voltaire) there were but two ways of cooking beef and mutton in this country (and, like enough, the sage was right), there are now a hundred

ways open to the household manager of utilising the scraps of meat and game that in years gone by would doubtless have been wasted.

The almost common intercourse we now enjoy with France—where Cookery is a fine art—has had much to do with the amelioration of our culinary methods; but as another means to that end, nothing has been more conducive than the widespread use of Bovril.

With Bovril came that great incentive to excellence in Cookery, viz.: *facility*, and this virtue was accompanied by another, to wit, *economy*. Indeed, with Bovril in the kitchen the cook or the housewife possessing any culinary ability whatever is never at a loss for a succulent dish in the shortest possible space of time, and at a minimum cost. Hence the enormous influence for good which Bovril has had on latter-day Cookery.

With this firm and eminently justifiable conviction, the proprietors of Bovril venture to launch forth the present little Cookery Book. It has been compiled by one whose experience in such matters has had the widest range, and cannot fail to be of profit, in every sense of the word, to the homes of England, Scotland and Ireland, wherein a keen appreciation of the delights of the table is sensibly tempered with a desire to be economical.

For the benefit of the few who are unacquainted with its qualities and virtues, it may be well to say here that Bovril is the purest of concentrated foods, containing at once all the stimulative as well as all the nutritive properties of the primest Ox-beef; that it is endorsed by the leading lights of the medical faculty by reason of its strength and purity, and that the most eminent authorities on dietetics regard it as a triumph of scientific condensation of pure nutriment. Add to this its delicious flavour and thorough digestibility, and the ease with which it can be employed in the preparation of a hundred dishes—soups, sauces, gravies and entrées of all kinds—and it will be at once apparent that in Bovril the cook has a most valuable auxiliary.

Besides the well-known liquid sold throughout the civilized world, it should be known that there is a special variety called *Invalid Bovril*, distinct from the other by reason of its greater condensation and the absence of seasoning, the latter being frequently detrimental to the extremely weak. Several

recipes contained in this little Book are especially prepared for Invalids and Convalescents. In these cases *Invalid Bovril* is specifically mentioned. The ordinary Bovril may be had in either bottles or jars.

In preparing the recipes which follow, the compiler has been compelled to study the exigences of space; consequently the number given, being limited, include what have been thought *the most useful* recipes for everyday Cookery.

There is little more to say except that every ingredient named should, like Bovril, be characterised by excellence of quality. Bad vinegar, cheap sauces, chutneys, &c., indifferent materials of any sort should be banished from the kitchen if good results are to follow. Moreover the most scrupulous cleanliness cannot be too frequently insisted upon. A dirty saucepan or stewpan will ruin the humblest as well as the most ambitious efforts of the cook. The best ingredients and the most careful scrutiny, then, should be the housewife's watchword, and with Bovril to help her and the "Bovril Cookery Book" to guide her, her hospitable table should always be graced by the welcome compliment of happy smiles.



SPECIAL NOTICES.



CHAFING DISH COOKERY.—The use of the chafing dish is fast growing into favour in England, and deservedly so, for it enables one to produce all sorts of dainties without regard to the kitchen fire or one's domestics. Indeed, when ordinary cookery is out of the question, the chafing dish can be relied on. Naturally, anything so portable, nutritious, and so well adapted to blend with vegetables, fish and flesh of all sorts, to say nothing of eggs and cereals, as **Bovril**, is an item to be kept in the foreground of one's memory; and the ingenious cook may send so many good snacks to table as to considerably reduce the butcher's bill. Campers out and any others who may be holiday making will do well to note the recipes herein marked at the foot of each with the letters c. d. c. These recipes are specially adapted to chafing-dish, or ordinary spirit-stove cookery.

GELATINE AND ISINGLASS.—Attention is called to the fact that the proportions of these articles given in recipes herein, must be regarded as approximate rather than exact. Those who (wisely) use the same brand regularly will be able to make any deviation that may be needful. The best gelatine or isinglass should be used in all delicate cookery, especially for invalids, to ensure purity of flavour.

HINTS ON SEASONING.—It will be noted that in many of these recipes no mention is made of salt. The reason is that none is wanted in some cases, **Bovril** preparations, in common with other concentrated foods, being already seasoned. Those who desire can add a little. It is a well-known fact, that over-seasoning spoils the dish for many; in the sick room especially, this must be guarded against, because it not only creates distaste for the dish, but is harmful to the patient. The quantities of **Bovril** given in the recipes should be regarded as approximate, particularly in connection with the sick, as it may be needful sometimes to decrease or increase it. When added to thick preparations, such as rice and other cereal dishes, more can be used than when only a beverage is wanted.

TOMATO CONSERVE AND SAUCE.—Attention is called to the fact (sometimes overlooked) that *conserved* will always replace fresh tomatoes; it is bright in colour, and does not keep long after opening. *Sauce* or *catsup* is a seasoned article, less bright, and will keep well after opening. Therefore, should one be substituted for the other, allowance must be made in seasoning the dish. These are good additions to *rechauffés* generally.

TINNED MEATS.—Rabbits and mutton are easily converted into economical and tasty dishes so long as they are nicely seasoned and re-heated only, as if actually cooked again they are raggy. If only as emergency dishes they deserve attention. They make excellent pies, then the aim should be to use some cooked vegetables or rice, &c., for the lining of the dish, and a thin pastry for the top, so that it will be done quickly. Some **Bovril Stock, Savoury**, improves the gravy greatly; or **Bovril** mixed as directed is useful. Any fat should be put aside, and the jelly from the tin melted and mixed with the **Bovril**. In "cold meat cookery," used alone, or with the remains of a joint, tinned goods find a place, but in such cases **Bovril** will be found most valuable, as it gives the savour that is lacking. Served cold in summer time, **Bovril Aspic** should be used with the meats as a garnish. "Potted meat" can be had by pounding the meat well, with bacon and butter to a moist paste, seasoning liberally with **Bovril**, and any approved herbs, or store sauce or ketchup. For present use this latter item will be found useful, and it has the merit of cheapness.

WORCESTER AND OTHER BROWN SAUCES.—In the recipes where Worcester sauce is named, although no special brand is indicated, a good one is assumed. There are some sauces on the market at the present time, sold at prices that should be regarded as too low to ensure first-rate quality. One should buy such as bear the maker's name. In some dishes, instead of shaking the bottle as usual, it is advisable to pour off the clear liquid only. Should a sauce or gravy appear too dark at any time, a few drops of carmine will brighten the colour. If too highly seasoned, use a pinch of sugar. Or sometimes increased acidity will remedy the error. Recipes must be regarded as approximate, as one cannot specify the exact amount of any sauce without knowing the strength of it.

Special attention should be called to the excellent Condiments prepared by the Manufacturers of Bovril. These are the Sauces sold in bottles as—

GOORKHA RELISH, NEPAUL CONDIMENT, and WILD-CHERRY SAUCE.

The cook who is quick to estimate the value and the uses of made sauces will soon discover that those just mentioned are very serviceable and can be used with marked advantage for seasoning many dishes, in preference to other sauces more commonly employed.

For Recipes of Bovril Brown Sauces see pp. 16 and 17.

SPECIAL RECIPES—To which frequent references are made throughout the remainder of **the Bovril Cookery Book**. These recipes should be very carefully studied, as they will be found to be in constant demand.

BOVRIL ASPIC.—Required, a quart of water, two eggs, a bay leaf, the juice of a lemon, a gill of pale brown vinegar, half a tea-spoonful of salt, a small onion in slices, a dessert spoonful of tarragon vinegar, a dozen peppercorns, half a dozen allspice berries, gelatine and **Bovril** as below.

The egg shells should be crushed after washing and drying, and put with the rest of the ingredients into a stewpan as clean as hands can make it. For a pale, mild aspic, add a dessert spoonful of **Bovril**; for a fuller flavoured and of course darker, nearly as much again must be used. In hot weather, and if for borders, or to bear any weight, two and a half ounces of good sheet gelatine will be wanted. In cold weather, and for ordinary purposes, two ounces will be enough. The **Bovril** is preferably mixed, first with the water, or a little of it, heated. Now whisk altogether until the jelly comes to the boil, then set back where it will not quite boil, with the lid slightly tilted, for five minutes. Strain through a jelly cloth, or bag if preferred, scalded, in the usual way. See recipe below.

BOVRIL ASPIC (SIMPLE).—This recipe will furnish a jelly economical enough for general use. A little can be tried chopped with cold meat, for sandwiches, or for garnishing a homely salad. Indeed, hosts of uses will readily be found for it. Dissolve a small table spoonful of **Bovril** in a gill of boiling water, add a table spoonful of French vinegar, and the same quantity of onion or tarragon vinegar (the last is optional); melt two ounces or more of sheet gelatine in half a pint of boiling water, then add cold water to make the whole measure a quart, Add the shell and white of a large egg beaten up, then bring all to the boil; a little salt should be added, also a clove and a few black peppercorns if liked; but for a jelly of this sort it is well to season lightly; it is then of more general use. (See recipe and remarks above.)

BOVRIL BUTTER.—This is useful for spreading plain biscuits, or bread and butter for conversion into sandwiches. As tastes differ and much depends upon the adjuncts (when for sandwiches), the proportions must be regarded as suggestive rather than exact. Mix on a plate a couple of ounces of fresh butter with the same weight of **Bovril**; use a palette knife if possible; then add about a salt-spoonful of French mustard.

Note.—In some cases the mustard is better omitted, and the butter may be increased.

BOVRIL GLAZE.—This is very handy for savouries both hot and cold. It is quickly made and very economical. Cut up half an ounce of sheet gelatine, and dissolve it in a gill and a half of boiling water; add a heaping tea-spoonful of **Bovril** and enough carmine to give a rich reddish tint. When a pale and weak glaze only is wanted, use less **Bovril** and gelatine; for a stronger one, this can be reduced by boiling a few minutes. Always let the first coat dry before adding the second. This applies to cold dishes. For hot ones one coat is sufficient.

BOVRIL STOCK, SAVOURY.—Required, three pints of water, a small carrot, a tomato, a slice or two of turnip (omit the latter if for keeping, and in hot weather), an onion, a sprig of thyme, parsley and a bay leaf; a tea-spoonful of black and white peppercorns mixed, a small tea-spoonful of salt, a small lump of sugar, a couple of celery stalks or a pinch of celery seed, two cloves, and, for a medium stock, a dessert spoonful of **Bovril**; for a rich one a table spoonful.

Put the prepared and sliced vegetables, with the ham minced and the seasonings, into the cold water, and bring to the boil, slowly. Remove any scum, adding a few drops of cold water now and then, until it is all thrown up, then cover and simmer for an hour. Strain into a clean, dry, earthen vessel, without pressure, and rinse the saucepan with hot water. Return the stock, add the **Bovril**, boil up, and keep in an earthen vessel in a cool place for use as required. It should be poured off free from sediment. It is a very useful stock for many purposes, including soups, hashes and minces, entrées, gravies, &c. With this and brown sauce at hand everyday cookery is facilitated, and well-flavoured dishes may be the rule without much cost or trouble.

The same principle can be carried out by using stock from bones, prepared in the stock pot, and adding as much **Bovril** as is required according to the colour and strength of the stock pot liquor. This is really more economical than using small quantities of fresh vegetables every time a little sauce or gravy is wanted. To increase the colour and savour the vegetables may be fried, or even the onion alone fried effects an improvement.

Note.—For first-class clear soups this must be clarified in the usual manner with white of eggs, or lean raw beef. For ordinary cookery it is clear enough. See CLEAR SOUP, PLAIN (p. 12).

SECTION I.

Recipes for Soups, Sauces and Gravies

(ARRANGED ALPHABETICALLY).

SOUPS.

ARTISAN SOUP (Macaroni or Haricot).—Take a quart of the water either from macaroni or white haricots, season with pepper and a dessert spoonful of Bovril and a tea-spoonful of any brown store sauce; boil it up, and pour it over a large table spoonful of browned flour that has been mixed with a gill of cold water; return to the saucepan with about a quarter of a pint of stale bread crusts that have been soaked in water, squeezed dry, and beaten smoothly. Boil for a few minutes and serve hot.

NOTE.—If the water is from macaroni reserve a little and add it in short lengths.

ARTISAN SOUP (Mutton).—Take a couple of pints of the liquor from boiled mutton free from fat; cut up half a pint or so of any vegetables boiled in it, and add with a table spoonful of fine oatmeal, and the same of browned flour mixed with a gill of cold water. Boil all for twenty to thirty minutes, then add nearly a table spoonful of Bovril. A bunch of herbs boiled in it is an improvement, or a dash of mushroom ketchup. Barley flour can replace oatmeal.

NOTE.—Browned flour is flour that has been baked in the oven. It should be bottled for use when cold.

BAKED SOUP.—A busy day's dinner. The little folks or many of the bigger ones either, will not murmur at the omission of the family joint with this at command.

Required, two quarts of water, two table spoonfuls of rice and pearl barley mixed, a

Mems.

couple of carrots, the same of onions and turnips, a little mushroom ketchup or other sauce to season, or a tomato or two will improve; the bone from roast beef or mutton, and a table spoonful of Bovril for a weak, or two table spoonsful for a strong soup, are the other ingredients.

The bone should be chopped and put on with the cold water, and after an hour or two the sliced vegetables are to go in; one of the carrots should be grated. Allow from three to four hours and add the seasoning and Bovril ten minutes before serving. Remove the bone, turn into a deep dish or tureen and serve with toast or fried bread.

NOTE.—The jar should be set in a tin containing a little water to obviate catching and stirring. By making it thicker a good stew is obtained. Pea flour or lentil flour may be added for variety; oatmeal and all sorts of cereals other than those named may also enter. Brownd flour, and liquid browning or salt will deepen the colour, and when time permits a fried onion is well borne in mind.

CLEAR SOUP (plain).—It is not pretended that such soups as these can replace those that are "cleared" for special occasions. But, with care, they are sufficiently bright for ordinary service, and being so quickly prepared they meet many requirements for what may be termed "emergency soups." A quart of water simmered for ten minutes with a few slices of onion or shallot, or white part of a leek, then strained and flavored with Bovril to taste, and a little wine, is very nice. An ounce of gelatine dissolved in it gives the base of a nice gelatinous soup, which many prefer, and to which may be added the remains of any cooked vegetables cut up, or the contents of a tin of macedoines (useful things to keep in the house); a few green peas alone, with Bovril, give another variety. Then, in place of gelatine, one may use a little arrowroot to take off the thin-

ness; and vermicelli is nice for thickening. It should be boiled a minute or two in water first or it will cloud the soup. The liquor from boiled fowl, rabbit, turkey, beef, mutton, veal, &c., can be turned to most excellent account for soups of this sort. It should always be poured off carefully from any dregs in serving.

COW-HEEL SOUP.—Follow the recipe for **Baked Soup** (see page 11), using a cow heel from the butcher instead of the beef or mutton bone. A little vinegar from pickles increases the piquancy. Chopped parsley is a further improvement. As these heels, though “cooked,” so called, are generally but little more than half done, three hours may be allowed. The bones should be removed, and the meat, or a portion of it, cut up and served in the soup. Any that remains may be served as *Stewed Cow Heel* with a piquant brown sauce or gravy. (See recipes herein.)

NOTE.—This recipe deserves attention, as providing at small cost and trouble two excellent meals. For a plainer soup, all the meat can be removed and served as a stew separately.

GREEN-PEA SOUP.—This is very cheap, but excellent from a nourishing standpoint, and the flavour is first-rate. A pint of washed peas are to be soaked in cold water to cover for a few hours, and boiled in the same water, with a bit of sugar and an ounce of fat (without salt) until soft. Time varies with the age and quality of the peas. A sprig of mint or parsley, an onion, or a few celery stalks, and a pinch of powdered borax or soda if the water is hard, are also required. A pinch of salt only should be added after the peas have begun to soften. Add more water from time to time (or stock from fat meat or bones) until thin enough. Finish and serve as directed for **Lentil-Flour Soup** (see page 14), adding a dessert spoonful of Bovril at the end.

Mems.

HARE SOUP (Mock).—Required two quarts of water, two carrots, two turnips, a large head of celery, some brown roux, half a tea-spoonful of "Herbaceous Mixture," a table spoonful of currant jelly, cayenne, the juice of half a lemon, two glasses of port (dregs are sufficient), and about a table spoonful of Bovril.

Brown the prepared vegetables in a little fat, drain and add the water, and cook until soft, then sieve the vegetables, &c., and boil up with the roux, enough to make the soup as thick as good cream. Add also the jelly, lemon, herbs, Bovril, and any other required seasoning. Cook for ten minutes.

This is excellent at a nominal cost. Many variations are easy, but a trial as given will prove satisfactory.

LENTIL-FLOUR SOUP.—Required, two quarts of bone stock, two large cooked potatoes, two ounces of lentil flour (some will like it thicker, then three ounces will be needed), a large onion, a carrot, a turnip, and a bunch of herbs, a few peppercorns, a couple of cloves, a table spoonful of Bovril, a bit of butter and a pinch of sugar.

Prepare the vegetables by slicing the onion and turnip, and grating the carrot, and cook them for a few minutes in the melted butter with the herbs and seasonings. The stock should be skimmed after bringing to the boil, and added, and all boiled until tender enough to strain through a sieve. Mix the lentil flour with cold water to a paste, and add with the potatoes, mashed, and boil up for twenty minutes; stir the Bovril in and serve with fried bread or toast. Dried mint is often liked with this, which is a delicious soup, very digestible, and so nourishing that meat at the same meal is superfluous.

NOTE.—Celery improves; the outer part, or even the root, sliced, will serve to flavour. In straining, rub all the vegetables possible through, using a wooden spoon or vegetable presser.

MULLIGATAWNY SOUP. — This is very cheap, but of good flavour. Fry an onion, cut in rings, in butter, to a pale brown, three cloves will improve the flavour; add a table spoonful of curry powder, and boil up with a quart of water, and a table spoonful of Bovril. Rice flour, browned flour, or pea flour may be used for thickening; either should boil up and cook for ten to fifteen minutes before the Bovril goes in. More water can be added until the soup is as thin and as mild in flavour as individual taste demands. Strain before serving; add a little lemon juice, and salt to taste. Serve with boiled rice. A much better soup is made by using part curry powder and part paste.

POTATO AND LEEK SOUP. — Cook two pounds of potatoes, two leeks, a large Spanish onion, and a teacupful of minced celery in a couple of ounces of butter or clarified fat for a few minutes. All should be sliced thinly, and careful washing for the leeks is essential. Then cover with boiling water and cook slowly until soft; pass through a colander and add more water to reduce to the thickness of good cream, with Bovril to colour a light brown. Season to taste. Another way is to use as little water as possible at first, then to thin down with Bovril Stock, Savoury (*see page 10*). This is cheap, delicious and very wholesome. Cold potatoes may be used up in the same manner, and the liquor from boiled meats used in place of water at first.

TOMATO SOUP. — To make a very cheap one. The liquor from tinned tomatoes, whether whole or broken ones, is frequently in excess of one's requirements when the tomatoes are to be used for purées, &c. A good soup is made, either thin or thick, by simply using the liquor in place of water and adding a little Bovril, which will colour and flavour it pleasantly. A small lump of Bovril Glaze (*see page 10*) will give body in addition. Another way of effecting the latter purpose is to use cornflour for the thickening. A mixture of tomato liquor and weak Bovril Stock (*see page 10*) will make good soups at any time.

SAUCES

BOVRIL PIQUANT SAUCE. — Required, a pint of water, two ounces of butter, an ounce and a half of flour, half a gill of vinegar (brown), a tea-spoonful of lemon juice, a shallot, a small pickled gherkin, seasoning of salt and cayenne to taste, a tea-spoonful of parsley, a bay leaf and a few black peppercorns, a small tea-spoonful of Bovril.

The butter is to be melted in a pan, and the parsley and chopped shallot added, with the peppercorns and gherkin in slices; add the vinegar and simmer for a few minutes, stir in the flour (dry and sifted) and then add the water, boil gently for ten minutes, stir in the Bovril, strain and serve.

NOTE.—This can be made thinner if required, as an adjunct to baked fish, &c. As above it is a good foundation in which to re-heat cooked meat. It is very good with boiled meat, when the pot liquor should be substituted for water.

BROWN SAUCE.—This is simple, and meets many everyday needs. Cut up a small onion and a bit of carrot into slices, and fry them in an ounce of butter or clarified fat; the flour, two ounces, is to be fried also and the stock added, about a pint or rather more for a thinner sauce. To make it, mix the boiling water with two tea-spoonfuls of Bovril to give good colour and flavour. Boil up and skim and add seasoning to taste. If stock be used instead of water, less Bovril is required; it is in this way that its uses are best appreciated, as any degree of colour and richness may be obtained. A little browning is useful, and for many purposes brown vinegar in moderation improves it. A morsel of tomato gives a nice flavour, and a bunch of herbs and a little celery seed can be fried with the rest.

Mems.

BROWN SAUCE (Clear). — This is useful for service with steaks and cutlets, &c., and will suit those who cannot indulge in sauces made with butter. To three-quarters of a pint of stock made with water, and a large tea-spoonful and a half of Bovril, add a heaped tea-spoonful of arrowroot blended with cold water. Boil up, stirring for five minutes, and flavour with a few drops of lemon juice and onion or tarragon vinegar; a dessert spoonful of sherry or Madeira and a drop or two of carmine improves the colour. Essence of celery, or celery vinegar may be used instead of those named, and many other flavourings will suggest themselves. Serve as hot as possible.

BROWN SAUCE (Superior). — Take a pint of brown stock, adding Bovril as required; fry a shallot and a small onion, a carrot, and a few small mushrooms, all cut up, in a couple of ounces of good butter, with a clove and a few peppercorns; put in an ounce and a half or more of flour and the stock, and boil well, skimming for ten to fifteen minutes; strain and serve, season to taste. Many changes may be rung on this foundation. A little Bovril Glaze (*see page 10*) increases the richness.

BURDWAN à la BOVRIL. — Required, for the foundation, a tea-spoonful of minced onion, the same of anchovy essence, a glass of sherry, cayenne, a table-spoonful of chili vinegar, half a pint of Bovril Stock (*see page 10*), two ounces of butter, and half an ounce of fine flour.

The butter and flour are to be blended in a stewpan; the stock, onion, &c., added, and simmered for a quarter of an hour. The wine and vinegar go in at the end. Lemon juice can replace some of the vinegar, and the wine may be reduced. Cold meats such as lamb, veal, rabbit and fowl are excellent re-heated in this sauce. Chicken is best skinned; it should be neatly cut up and be allowed to heat through thoroughly without boiling. Meats must be nicely trimmed from gristle, &c., and the slices should be even in size and thickness. Serve boiled rice with it.

COMBINATION SAUCE FOR FISH.

—Required, a pint of weak fish stock, two ounces each of flour and butter, a small tea-spoonful of Bovril, and seasoning as under:

Make the stock from the fish bones or trimmings, skimming and straining carefully; if inconvenient, use water. Melt the butter, stir the flour in, add the stock, and boil up for a few minutes, then add the Bovril, half a tea-spoonful each of mustard and anchovy (or shrimp) essence, and a tea-spoonful of chopped capers; and off the fire, a tea-spoonful of lemon juice. Add seasoning to taste. Parsley can replace the capers, and the sauce will still be very good; and a slice of onion or shallot may be used in the stock.

CURRY SAUCE (for Cold Meats, &c).

—Required, two ounces of butter, an ounce and a half of fine rice flour, a minced onion, a few peppercorns, a bay leaf, a bit of mace, and a table spoonful of curry powder, a dessert spoonful of vinegar, or less lemon juice, and about a tea-spoonful of Bovril.

Melt the butter and fry the onion brown with the seasonings, add flour and curry powder and stir again, then the Bovril mixed with from three quarters to a pint of water. Simmer well until the onion is cooked, then add slices of meat, flaked fish, and leave under boiling point for the meat to get well flavoured.
—C.D.C.

NOVELTY SAUCE.—To a half-pint, or thereabouts, of nicely-flavoured smooth apple sauce add, while it is hot, the following:—A couple of table spoonfuls of onions, fried brown and chopped, a tea-spoonful of hot chutney, a little pepper, half a tea-spoonful of powdered sage, a tea-spoonful of horse-radish vinegar, and a half tea-spoonful of Bovril. A *soupeçon* of curry paste will improve it for some dishes.

This eats well with pork, goose, or mutton, when that is liked in any of the savoury forms known as "mock duck."

GRAVIES.

Mems.

GRAVY FOR ROAST MEATS.—A good and plentiful supply of gravy may be obtained by stewing down any bones or gelatinous portions for the stock. The bone from the shank end of a leg of mutton is much better cooked in this way than on the joint. It should be strained clear of fat, and when the meat is done, pour the dripping from the tin, and pour in the boiling stock or water, scrape off all the brown particles that adhere to the tin, and let it boil up well, then season and strain. Bovril should be added in sufficient quantity to colour and flavour the gravy; it is a very great improvement to mutton and veal gravies especially. The thick kinds commonly served with veal will take more Bovril than thin gravies, and any approved ingredients for the sake of increased piquancy can be used in the ordinary way. With Bovril no browning liquid is needed for ordinary gravies.

GRAVY FOR BAKED FISH.—After the fish is cooked, pour the fat from the baking tin and add a little browned flour, then pour in water or stock from the fish trimmings with enough Bovril to colour and flavour it well. Add a spoonful of Worcester, tomato, or any approved sauce or ketchup, boil up and strain round the fish. Vinegar from bottled capers, with a tea-spoonful of chopped capers in addition, provides an alternative flavouring which will be generally liked.

NOTE.—This mode is intended only for fish that is removed from the tin or dish it is baked in.

SAVOURY GRUELS.—Many sick people, after a spell of slop diet, become very weary of sweetened gruels. A welcome change may be effected by flavouring with a little Bovril. No seasoning is wanted. Gravy from a roast is also handy, and stock from chicken bones, &c., can replace water. In cases where the food must be given tepid, this form of gruel will probably be most acceptable.

SECTION II.

Meat, Game, and Miscellaneous Dishes

(ARRANGED ALPHABETICALLY).

MEAT DISHES.

BACON AND RICE FRITTERS

(Cheap).—To half a pound of rice boiled as for curry, add two table spoonfuls of flour, a pinch of cayenne and white pepper (a little chopped parsley, or sage, with a morsel of cooked and chopped onion makes the dish still more savoury); mix in a few ounces of boiled bacon (streaky) in small dice; dissolve a full salt spoonful of Bovril in a table spoonful of hot water, and add together with a beaten egg, then fry as directed for Fish and Rice Fritters.

NOTE.—Even without an egg, if a tea-spoonful of baking powder be stirred in, these are very good. (See also *Rice Fritters*.) This is a good breakfast dish, and may be mixed over-night, except the baking powder.

BEEF FILLETS (with Buttered Onions).—Required, beef, onions, new potatoes, glaze, and seasoning.

The beef should be in neatly trimmed rounds, and after cooking it in a sauté-pan with clarified butter, turning once or twice, for about ten minutes, more or less to taste, brush over with Bovril Glaze (*see page 10*), and dish *en couronne*. Seven fillets make a nice dish. The onions should be in strips, and cooked in butter just to moisten, in a tin in the oven till pale brown and tender. Spanish onions are the nicest, being mild. Cover the tin at first. A pinch of sugar helps the browning. Put the onions round the fillets, and some new potatoes, boiled, and tossed in butter, in the centre.

NOTE.—Horse-radish or other approved sauce may be served.

Mems.

BEEF FILLETS (with Bovril Butter).

— Cook the fillets as above, and after glazing and dishing them, put a little pat of Bovril Butter (*see page 10*) on each at the instant of serving, and tiny tufts of horse-radish between the fillets. A purée of spinach may be served in the centre, and clear Bovril Gravy, flavoured with sherry, poured round.

BEEF STEAK (à la Clare).—Cut a steak of an inch in thickness, and cook in a little butter, allowing about ten minutes, or more if liked well done. For a pound of meat, heat a gill of good port and Bovril stock (*see page 10*) mixed in the pan, after the butter has been poured off; pour round the meat and serve with horse-radish.—C.D.C.

BOVRIL SANDWICHES.—Into a small enamelled pan put two table spoonfuls of Bovril, a table spoonful of bread crumbs, two ounces 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 tea-spoonful 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.

BRAISED VEAL.—Required, a couple to three pounds of veal fillet, three gills of water, an ounce of butter, and seasoning as under.

Melt the butter in a stewpan, and brown the veal in it, turning it about that it may be coloured evenly. Allow twenty minutes. Add the water, previously mixed with a tea-spoonful of Bovril and left to get cold; this will throw the grease up, which remove; then add a tea-spoonful each of Worcester sauce, mushroom ketchup, pale vinegar, and a few peppercorns. Lay a greased paper over, cover the pan and cook for two hours or so at simmering point. Remove the fat from the gravy and serve it round the meat. Turn the meat a time or two while cooking. Wine is an optional addition.

COLD MEAT (Minced). — The secret of success is a good sauce or gravy; meat trimmed from gristle and skin, &c., and well minced. (A mincer should be found in every well-ordered kitchen.) About a pound of meat to half a pint of brown sauce should be used; the sauce may be made more savoury by boiling a chopped shallot in it, or a table spoonful of tomato pulp; one or two mushrooms are a suitable addition, or a flavouring of mushroom or walnut catsup may be given; the latter is especially good with mutton. The meat should be put in the sauce in time to become well flavoured, and kept at boiling point, but the boil must not be reached. Fried *croutons* or toasted *sippets* are familiar forms of garnish, but rice, macaroni, and many vegetables are also suitable to form a border.

An excellent mince is got by using half a pint of Bovril Stock, Savoury (*see page 10*), to a pound of meat. Fry a chopped onion in butter until brown, and dredge in half an ounce of flour, brown it, and add the stock and let it boil. Finish as directed above. When plain Bovril Stock is used, a little minced carrot and turnip or celery should be cooked with the onion to flavour, and after the sauce has boiled up it must be strained before the meat goes in. A mixture of tomato purée and brown sauce furnishes a good foundation for minces of many kinds, as seasoning adjuncts to suit the kind of meat are readily added.

For Hashed Meats proceed in the same way but slice the meat instead of mincing it.

COLD MEAT and RICE FRITTERS.

—Reference should first be made to Bacon and Rice Fritters (*page 20*) for the principal materials and mode. Instead of bacon, any sort of cold, underdone meat can be used, and in larger proportion than the bacon. Mutton alone, or with a little poultry or game is very good, also veal and mutton, with poultry or a bit of bacon. The meat is to be cut in slices and spread with a mixture of curry paste, Bovril, and a little vinegar or lemon juice;

after a time cut it in squares and proceed as directed; no other seasoning is necessary; but naturally, any ingenious cook will find endless ways of variation without deviation from the principle, viz., to utilise scraps in a tasty, economical, and nourishing way.

DUTCH SWEETBREADS.—Required, a pound of lean veal, two ounces of refined suet, four ounces of bread crumbs, seasoning and sauce as below. The veal (free from skin and fat) is to be passed through a mincer with the suet, then blended with the bread crumbs which have been soaked in a little milk and squeezed dry, two small eggs, a grate or two of nutmeg and lemon rind, and a little salt and pepper; delicate seasoning is essential. The mixture is then to be made in sweetbread shapes, three or four, and coated with beaten egg and crumbs, and fried a light brown. When quite cool, simmer in a pint of sauce made from two ounces of butter, an ounce and a half of flour, water, and a teaspoonful of Bovril. A double pan is wanted, or set the pan in a tin of water. Allow twenty minutes, and at the time of serving, add a dessert spoonful of lemon juice. Cut lemon, rolls of fried bacon, and *croutons* are a nice garnish.

MUTTON BOUDINS. — Required, a quarter of a pound of lean meat, shredded, two table spoonfuls of fine bread crumbs, one table spoonful of boiled rice, or macaroni cut in rings, one egg, and a little stock made from Bovril; a few spoonfuls only required.

The ingredients are best mixed in a mortar, the egg and stock being added to form a moist paste. They are lighter if the white of the egg is beaten and stirred in last. Three parts fill little moulds, *dariole* or others, buttered lightly, cover with buttered paper, and poach in a shallow pan of simmering water until done, twenty minutes or more. Wipe the grease off, turn out on to a bed of vegetables, rice, &c., or as the case demands. A very good invalid dish. Sherry improves for some tastes.

MUTTON FRITTERS.—Out of many ways of making, the following may be recommended. Finger-shaped slices of cooked mutton should be coated with a little salad oil and vinegar and left awhile, then spread lightly with Bovril, coated with thick frying batter, and cooked a nice brown in hot fat. A little grated cheese put on the meat is a further improvement. Drain well and serve very hot, without which the best of fritters are ruined.

NOTE.—Powdered mixed herbs, hot chutney, or pickles furnish alternative flavourings. Cheese sauce is sometimes liked with these.

MUTTON PIE (Raised).—This is a novel form of raised pie, as it is to be served hot. It is a good family dish. A cake tin is to be lined with a plain short crust (*see below*), then filled up with raw mutton, cut in small squares, without skin, and with little fat. To each two pounds of meat allow the following: A table spoonful of flour, a small tea-spoonful of salt, a couple of large onions, scalded and sliced, half a tea-spoonful of sage, and a tea-spoonful of Bovril.

The above ingredients are to be mixed (half the Bovril only) and put lightly in the crust, put a lid on and make a couple of slits; then bake in a moderate oven for a couple of hours. Any bones should be made into gravy, and to half a pint the rest of the Bovril is to be added. The pie must be turned carefully out of the tin. Any approved vegetables can be served with it.

MUTTON PIE (Raised), a good Crust for.—This is suitable for the above and any pies of a similar kind. A pound of flour, three ounces each of lard and good dripping, a pinch each of salt and white pepper, the yolk of an egg, and water. Dry and sift the flour, rub the fats in until lost to sight, then beat the egg well, and add with enough water to make a smooth, stiff crust. Use a knife at first for the mixing. Roll out once only.

MUTTON RECHAUFFE.—Melt a table spoonful of butter, add two table spoonfuls of red currant jelly (best to dissolve it first), stir, then put in a glass of sherry or Madeira, and about half a tea-spoonful of Bovril mixed with a little water. To rub the bottom of the pan with a slice of onion adds to the savour; or cook a bead of garlic in the mixture and remove after a few seconds. Put in the meat, cover, and keep hot for a few minutes. Try beef the same way, adding a little mustard and port instead of the wines named.

MUTTON & TOMATOES au GRATIN.
—This is a famous dish. A shallow pie dish, or better still a flat dish, should be buttered and sprinkled with bread crumbs and grated cheese, seasoned with cayenne and a hint of nutmeg. Then put in a layer of sliced tomatoes, dead ripe, skinned and scalded; next some slices of mutton, rather thin and underdone. Add more cheese and seasoning, then moisten with Bovril Brown Sauce (*see page 16*), cover with crumbs and cheese and finish as above directed.

NOTE.—Make a mark here and there before baking, with a small round cutter, and when done, take the coating of crumbs away neatly, putting tiny heaps of red currant jelly in the hollows at the moment of serving.

PIGS' FEET a la BOVRIL.—Take six or eight slightly salted feet and parboil them in water, then remove them to a stewpan with enough weak Bovril stock to just cover them. Add a bunch of herbs, an onion, a clove of garlic, a spoonful of tarragon vinegar and some whole spice, including peppercorns and allspice berries, and a little salt. Cook until the bones slip out. Remove them, and keep the feet hot while the gravy is strained and thickened with corn flour, a dessert spoonful to the pint. Boil up for a few minutes and pour over the meat. A little currant jelly improves this.

POTTED MEAT.—Take a pound of cold meat, or half game or poultry, with or without as convenient, a little bacon. Mutton with a small allowance of game, or veal with poultry may be used. Free it from skin and gristle, and mince, then pound it, and allow from two ounces upwards of butter, according to the dryness of the meat. With bacon less butter is required. Add, during the pounding, a little seasoning spice, lemon peel grated, half a tea-spoonful of Bovril, and a few drops of store sauce. Cayenne improves for some, and a drop or two of anchovy essence brings out the flavour of the rest. Press into pots and cover with clarified butter.

SAUSAGES à la BOVRIL.—Some freshly made pork sausages are to be boiled or steamed for fifteen minutes, or less if thin, then skinned, and fried when cold. First, season with a little mixed mustard, and roll in bread crumbs, then coat with beaten egg thoroughly, and cover with vermicelli crumbs; given hot fat, the perfection of crispness is thus guaranteed. Serve each sausage on a strip of fried bread, brushed with Bovril Glaze (*see page 10*). Serve clear Bovril Gravy separately if liked. Minus gravy, these are very nice cold, accompanied by plain salad.

TOAD-IN-THE-HOLE.—This will use up scraps of meat and be found very delicious. Make a batter of a pint of milk, two eggs, half a pound of flour, a little salt and pepper, and a tea-spoonful of baking powder, then set it aside for a time. (The powder should be stirred in just before baking.) A well greased and heated tin is to be used, and two-thirds of the batter put in and baked until the top is firm, no more, then cover it with a layer of minced meat, moistened with any thick sauce as given in these recipes. Pour the rest of the batter over and finish in a moderate oven. This is very tasty, and if properly made the meat is ensured against dryness.

VEAL CAKES.—A nice luncheon dish. Required, three-quarters of a pound of veal, a quarter of a pound of bacon, grated lemon rind, parsley, and thyme, pepper, a tea-spoonful of Bovril, and a little salt.

Mince the meat and mix it with the seasoning, and half the Bovril, moistening the hands with cold water (it will bind better), make into cakes the circumference of a wine glass, and half an inch thick. Or make larger rounds and sub-divide into quarters. Flour them, and sauté in butter until done, about twenty minutes. Put a dessert spoonful of flour in the pan and brown it, then a gill of water with the rest of the Bovril. Flavour with a little lemon juice and sherry, Boil up well and pour round the cakes.

VEAL MOULD.—This is the sort of dish to keep in mind when the cook has failed to hit the happy medium between cinders and rawness, and the middle of the joint (a fillet for instance) is too pink to be either appetising or digestible. Required, twelve ounces of cold veal, two ounces of ham or bacon, a good seasoning of pepper, lemon peel, parsley, thyme, &c., such as one uses for veal stuffing, a teacupful of bread crumbs, an egg, and half a pint of stock from veal bones, flavoured with a teaspoonful of Bovril.

The bacon or ham should be fat, and scraped finely, mix with the minced or chopped meat and the seasoning and crumbs, beat the egg and stock and blend, and leave the whole for an hour before cooking; this ensures good flavour all through. Cook in a greased mould, rather shallow, in a steamer until firm, from thirty minutes upwards, according to depth of mould. Turn out, and serve with a brown sauce or gravy. Glazed and served cold it is a good dish for a picnic; and it serves admirably for sandwiches with some sort of salad.

GAME AND FOWL.

CHICKEN LIVERS.—No. 1.—Cook a washed and dried liver until tender, in half an ounce of butter for five minutes; add a tea-spoonful of Madeira, and let it reduce; mash as soon as tender, and mix with thick brown sauce (*see Recipes*, pp. 16 and 17), and spread on hot toast.

No. 2.—The liver from a cooked fowl may be made into a tasty dish by pounding it with butter and sieving it; blend it with the sieved yolk of a hard-boiled egg, and enough brown sauce to make it of the right consistence to spread upon fried bread in small shapes. These little croûtes make acceptable savouries and are soon prepared. Rabbit livers, and those from game, can be treated similarly.

No. 3.—Spread buttered toast with Bovril, mash the cooked livers of a couple of chickens with cream, parsley, and lemon rind, to flavour delicately; the mixture should be soft enough to spread on the toast. Thin white sauce may be used, with or without cream. All such mixtures should be heated carefully to prevent hardening.

CHICKEN CUTLETS.—These are economical; a small amount of meat goes a long way. Take a pound of chicken and ham mixed, equal weights, or a third or fourth of ham as convenient. Pass through a mincer, and add a quarter of a pound of rice, boiled and drained. A shallot or two should be boiled, chopped, and added with cayenne, white pepper, lemon rind grated, and a pinch of mace, with salt to taste (depending on the amount of ham used); mix in half a tea-spoonful of Bovril and a beaten egg, then form into cutlet shapes, and coat with egg and bread crumbs. Fry and serve hot.

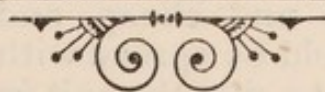
Mems.

FOWL TIT-BITS. — Required, half a pound of cold fowl, two ounces of cooked ham or bacon, two shallots, an ounce each of flour and butter, seasoning, a tea-spoonful of Bovril, bread, or vermicelli crumbs, the yolks of two eggs, one whole egg, and a sheet of gelatine.

Fry the chopped shallots in the butter, stir the flour in, add the Bovril mixed with half a pint of cold water, and the gelatine, boil up, then stir in the chopped meats; remove from the fire, and beat in the yolks of two eggs, very thoroughly. Season with powdered herbs, a little lemon juice, and a pinch of mace. When cool fill small moulds, greased, with the mixture, and when cold turn out and coat with the beaten egg and crumbs. Fry and serve hot.

GAME ROLLS. — Required, a pound of cold game, roasted, half a pound of mutton, a quarter of a pound of ham, a little ground mace, cayenne, black pepper and salt, with enough butter to make a paste that can be handled and formed into shape, like small sausages. The amount of Bovril to add must be regulated by taste as well as the kinds of game. It is a convenient mode of using up remnants, as the mutton takes up the flavour of the more savoury ingredients. These may be brushed over with Bovril Glaze (*see p. 10*), and serve cold; or finished off like Croquettes and Rissoles, fried and served hot.

NOTE. — Mushroom powder, aromatic seasoning mixture, and the livers of game or poultry may be used in these, and various other additions made at the cook's discretion.



MISCELLANEOUS.

Mems.

CURRY MOULD.—Very good in warm weather. Required, a quart of water and tomato pulp mixed; one-third or fourth of the latter; a small table spoonful of curry paste, half as much Bovril, a little lemon juice, and a couple of ounces of sheet gelatine.

Fry a slice or two of onion with a little butter, add the curry and fry; then the tomato pulp and water, boil all up with the gelatine, and strain; stir the Bovril in with the lemon juice and salt to taste. Cayenne vinegar, or that from hot pickles will improve it for some. May be eaten with cold meat, or poultry or fish, with plain salad. Or it can be moulded with either of the adjuncts; a deeper mould can be used when it is moulded plainly. Eggs can be added. (See Piquant Egg Jelly, *p.* 38.)

NOTE.—Bottled tomato conserve can replace sieved tomato (for the pulp) when more convenient.

DEVIL PASTE.—Required, a good table spoonful of hot chutney, black pepper to taste, a little salt, a good pinch of cayenne, a dessert spoonful of French mustard, a tea-spoonful of English mustard, and half a tea-spoonful of Bovril.

The chutney should be chopped up well and added to the two mustards, then work in the Bovril and seasonings and use. Suitable for meats requiring added moisture as well as piquancy; for example, mutton.

No. 2.—Mix a couple of ounces of fresh butter on a plate with a tea-spoonful of chopped chutney, a tea-spoonful of mustard, a little salt, black pepper, cayenne, and half a tea-spoonful of Bovril.

NOTE.—This is simple and cheap, and quickly made; the meat should be spread with the mixture, and it is best to put the salt in last, and cautiously, as for some palates it will be sufficiently seasoned with the merest pinch.

DEVILLED BISCUITS.—A common way of preparing these is to melt some butter, and dip the biscuits in, turning them about until coated, then to heat them through on the gridiron; after draining off the surplus butter, a seasoning of red and white pepper is added with salt to taste. By dispensing with the latter item, adding peppers to taste, and spreading with Bovril, the snack is greatly improved. A top dressing of vegetable purée, well seasoned, will commend itself to many; for there are hosts of people who enjoy savouries with a crisp foundation; and while it is not always easy to fry bread, biscuits present little difficulty.

MUFFINS, SAVOURY.—Divide some bakers' muffins, using the fingers and a fork; spread them with fresh butter mixed with half its weight of Bovril, putting it on in little dabs. Replace the tops and leave for a minute that the flavour may penetrate. Hot cakes are popular, and these will be appreciated for breakfast and tea.

MUFFINS, HAM.—Proceed as above, but mix a little mustard with the rest, then put over a spoonful of chopped ham that has been heated in thick brown sauce, flavoured with Bovril, and made piquant by the addition of chutney or hot pickles. The same treatment is applicable to hot rolls and cakes.



SECTION III.

Fish; Eggs and Light Dishes; and Vegetable Dishes

(ARRANGED ALPHABETICALLY).

FISH.

COD, SCALLOPED (Savoury). — Required, a pound of raw fish, seasoning as under, stock and Bovril, bread crumbs, butter, and garnish.

The fish is to be cut up neatly and cooked in stock from the bone and trimmings just to cover. When done, strain the stock, and add Bovril to make it pale brown, thicken with a morsel of brown roux and boil up. Add to the fish a tea-spoonful of sherry, a little anchovy and lemon juice, and coralline or cayenne pepper, and a little salt. Butter a fireproof dish and dredge with raspings, fill with the fish and cover with more crumbs. Dredge with grated Parmesan, and put tiny lumps of butter here and there. Bake in a good oven to a nice brown. A little parsley or a few shrimps may be used for garnishing.

COD, SCALLOPED (from cooked Fish). — Take cooked fish and flake it, then mix it with one of the brown sauces given herein (*pp.* 16 and 17). Finish as above; or, if liked, some cheese can be put *in* the sauce instead of over. Shrimps can be added if approved. Those who are acquainted with the merits of baked or roasted cod, will not need telling that this and the foregoing are very good dishes.

FISH and RICE FRITTERS. — A very tasty method. The sort of fish matters little, but such as lack savour are especially improved, and it is an advantage that two or more kinds can be mixed. The good result is due mainly to the seasoning. Mince or flake finely the fish, and set by, about six or seven ounces.

Mems.

Mix a scant table spoonful of fine flour with a small breakfast cupful of cold rice (boiled just as for curry); if watery, success is impossible. Add a salt-spoonful of mustard, the same of anchovy essence, half as much lemon rind, half a tea-spoonful of curry paste, nearly as much Bovril, and a good pinch of pepper, and a tea-spoonful of tarragon or onion vinegar. Beat two eggs well, and add with the fish, mixing thoroughly. Then shape the mixture, using two dessert spoons, taking up pieces with the one and levelling and removing with the second. If flattened they look like half eggs; expert cooks will make the mixture dome shaped by the aid of a palette knife before using the second spoon, then they look like whole eggs.

To fry, see that the fat is smoking, dip the spoons in the fat each time, then the mixture will slip out easily. As soon as golden brown they are done.

HADDOCK, BAKED.—This fish is often complained of as very dry. In this form there is no room for fault finding. Take a fish of a pound and a half or two pounds, and wash and dry it. Rub the inside, especially up the back bone, with a bit of butter. Make a veal stuffing, following any approved recipe; it should not be dry, and either butter or bacon fat or clarified fat can be used for it. Mix amongst it a tea-spoonful or so of Bovril. Very little salt must be used in the stuffing. Sew up, brush with oil, then flour it, brush with beaten egg and coat with bread crumbs. Baste with hot fat at first, then bake in a moderate oven for half an hour or more, basting often. Send a brown sauce or gravy to table with it. (*See recipes herein.*)

HAKE, BAKED.—Required, a pound and a half of hake, in three slices, flour, butter, crumbs, seasoning, oil, and a tea-spoonful of Bovril.

Lay the fish in a baking dish with a bay leaf, a slice or two of onion, a dessert spoonful of vinegar, and the Bovril, mixed with about three gills of water, hot. Cover the

dish and cook in a moderate oven till the fish is nearly done, then pour off the gravy and boil it up with a little browned flour to thicken, and add half an ounce of butter and a little more vinegar. Meanwhile, brush the fish with oil and dredge with crumbs, and place in the oven to brown nicely and finish cooking. Time, about an hour. Serve very hot.

HERRINGS, POTTED.—A tasty cold dish. Take half a dozen fresh herrings, wash and scrape them well, removing the heads. Handle very carefully, then put them in a deep baking dish, with the following:—A large onion, sliced, a tea-spoonful of peppercorns and allspice berries, three bay leaves, half a pint of water, a tea-spoonful of Bovril, and a wine-glassful of good brown vinegar. Cover with a buttered paper and bake very gently for an hour or more. A little while before they are done, add to the gravy a bare quarter of an ounce of sheet gelatine. The jellied gravy should be served round. For a large quantity cut them through, and cook in a jar, season more highly, and cover each time the jar is opened.

STUFFING for BAKED FISH.—This is strongly recommended. As well as serving for the body of a whole fish, it can be spread between the fillets; for instance, a plaice can be divided into four fillets, the stuffing spread over the lower ones, and the upper ones laid on; the fish is then ready for cooking in its original form.

Required, a teacupful of bread crumbs, an ounce and a half of butter, a half tea-spoonful of anchovy essence, the same of Bovril, a little lemon juice, a dessert spoonful of parsley, chopped well, a beaten egg and some pepper.

The Bovril should be melted in a table spoonful of water, hot, and all the dry ingredients mixed together; then add the egg, the butter melted and the Bovril; more water may be needed. Blend well. Clarified fat can replace butter in plain cookery.

EGGS AND LIGHT DISHES.

BROWN MACARONI.—To a quarter of a pound of macaroni that has been boiled for ten minutes and drained from the water, add the following:—Half a tea-spoonful of flour mixed with half a pint of the water from the macaroni, a little salt, pepper, and a tea-spoonful of any good store sauce (omitted for an invalid); simmer till the macaroni is soft and has absorbed the liquid, about half an hour to forty minutes, varying with the macaroni. Towards the end of the cooking add a tea-spoonful of Bovril Glaze (*see p. 10*), and a little browning will deepen the colour.

Mems.

BROWN MACARONI (with Tomato Purée).—Proceed as above, but use only a gill and a half of stock, with half a gill of tomato purée plain, or the conserve sold in bottles. Towards the end add Bovril Glaze as above, and a little grated Parmesan and cayenne and nutmeg. Serve very hot.

NOTE.—In either recipe cook the macaroni first with a little salt and butter in the water, and see that it boils at starting. A spoonful of sherry can be added to the first, and to the second, if the cheese be omitted, when it becomes a suitable snack for a delicate person.

BOVRIL CUSTARDS.—To a quarter of a pint of Bovril Stock (invalid) add a whole egg and the yolk only of a second. Beat up very thoroughly; the specks should be removed at first, or the mixture be strained after. Pour into slightly greased cups or deep moulds, small, cover with greased paper, and steam very slowly for twenty minutes or until just set. They should stand a minute before turning out, and are nice hot or cold.

ANOTHER WAY.—Use one egg only, and add a tea-spoonful of cooked rice and the same of bread crumbs, giving time for soaking a little before cooking. Steam as above.

NOTE.—Where whites only are specially ordered, or the yolks do not suit, beat up a couple to each gill of stock and cook as above. The white of an egg whisked up and flavoured with Bovril may be steamed as above; or if only beaten enough to blend with the Bovril, it can be poached in water in the ordinary way, and forms a nice dressing to a mince; or in cases of weak digestion, served as it is, it will be acceptable. It must be cooked until set, no more.

EGGS with BOVRIL. — These are quickly made, and will serve almost for any meal.

No. 1. Cut some tomatoes in halves and fry them in bacon fat, lay each half on a round of toast a trifle larger; spread a morsel of Bovril over, and lay a neatly trimmed poached egg on the top; cover the yolk with a spoonful of minced ham heated in Bovril brown sauce, which has been seasoned with a little mustard or hot pickle liquor. Garnish with cress or endive.

No. 2. This mode uses up very nicely any eggs left over from a former meal. Soft or hard boiled ones do equally well. Allow half an ounce of bread crumbs or thereabouts for each egg, and soak them in Bovril stock or gravy to moisten well, add a little chopped parsley. Put a layer of this in greased dariole moulds, just to cover the bottom, then half an egg, yolk downwards. Put round the egg enough cooked rice or macaroni, or cooked vegetables, to fill the mould, leaving room for a top layer of the soaked crumbs. Cover with raspings and put a morsel of Bovril butter (*see p. 10*) here and there, then heat in a steamer or a tin of water set in the oven. Worcester or other sauce can be added to increase the savour.

No. 3. An excellent way of using up cold sauce, such as onion, celery, mushroom, &c. Cover the bottoms of shell moulds with the sauce, and lay on the top a lightly poached egg; finish off with the seasoned crumbs, &c.

EGGS (Raw).—Most persons have some time or other been confronted with the difficulty of preparing raw eggs for the sick in an enticing way. Here are some both palatable and nutritious.

No. 1. Beat the yolk of an egg with two table spoonfuls of Bovril (mixed as directed on the jars), add the white very gradually and lightly, after whisking it to a froth, pour into a small tumbler which it should nearly fill, and serve before it falls, with toast, bread and butter or biscuits.

No. 2. Beat the yolk with a spoonful of cream, add a pinch of pepper (unless forbidden), then a tea-spoonful of brandy or wine (in some cases a table spoonful may be given); finally, stir the white in as before, and serve with fingers of toast spread with Invalid Bovril.

NOTE.—The eggs must be fresh, or the yolk and white cannot be properly separated, neither can the white be whisked to a firm froth. A current of air assists this.

EGGS and SPINACH.—To a pint of cooked spinach add an ounce of butter, a couple of table spoonfuls of cream, the same of grated cheese, and four beaten eggs. Beat over a steady heat until the mixture thickens. Reserve a little of the cheese, about a fourth. Have some rounds of toast spread with Bovril, and put a little heap of the mixture on each, sprinkle the cheese over and serve hot.

MOCK GAME TOAST.—Take four fresh eggs and beat them up with a table spoonful of mushroom purée, a small teacupful of minced tongue, a judicious seasoning of mace, cayenne and black pepper, and a little gravy made from the mushroom trimmings, that has been enriched by the addition of a small lump of Bovril Glaze (*see page 10*). A dash of cream softens and improves the mixture. Stir all

over a gentle heat until the mixture thickens, not hardens, then spread it over hot buttered toast, coated with a thin layer of anchovy paste. A very good savoury.

NOTE.—The pan should be buttered a little before the eggs, &c., are put in.

MOCK GAME TOAST (another way).

—Take some hard-boiled eggs in slices, stir them up with a little butter until they are coated; the eggs should be roughly chopped while this is being done, add a little pepper, then put the mixture over hot buttered toast that has had, in addition, a little Bovril spread over it and a spoonful of mushroom purée. Put the toast in the oven for a minute and serve hot.

NOTE.—As an alternative, Bovril Butter can be used for spreading the toast. See *recipes for Mushroom Purée* (page 40).

PIQUANT EGG JELLY. — A very quickly made and acceptable summer dish. Fry an onion in rings with a morsel of garlic, drain from the butter, and cook the onion with half a dozen cloves, a bay leaf, and a sprig of tarragon and chervil in a pint of water, until flavoured nicely; strain, make up to the original quantity, and stir in an ounce of sheet gelatine, a dessert spoonful of Bovril, and a few drops of chili vinegar. This is to be moulded (border mould), in two layers, with hard-boiled eggs in slices between them. Salad should be served in the middle; have a good variety with a nice dressing, and the dish is sure of appreciation. Where time permits, two layers of eggs may be used with advantage. Where tarragon cannot be got use a little tarragon vinegar.

RICE, BROWN.—See recipe for Yellow Rice. Instead of the saffron, add to the water a little liquid browning and some Bovril. The rice will be a good brown, and the stock is

ready for soup. The bone of a roast may be cooked with it, or veal or any other pale stock, as sufficient colour is easily imparted. The rice makes a nourishing meal (which is certain to be enjoyed if only from its novelty) if some hard-boiled eggs in quarters are added to the garnishing materials.

RICE, YELLOW.—Put into two quarts of water an onion, whole, two bay leaves, two beads of garlic, twenty cloves, half as many cardamoms, a bit of cinnamon, a blade of mace, a half tea-spoonful of salt, and enough saffron to colour the rice deeply. This is to be brought to the boil, then add some rice, about ten to twelve ounces, and boil until soft, when it must be drained at once, and steamed near the fire. The cloves and cardamoms are left in generally. Onions, fried crisp, fried sultanas, and blanched and fried almonds are used for decoration.

The liquor from the rice being already flavoured, will make very nice soup, if Bovril be added, with any thickening that may be approved. Cooked vegetables in dice or strips may also be used.

VERMICELLI JELLY.—This is delicious, nourishing, and comes as a most useful dish to those on the way from slops to solids. It can be served hot or tepid as a soup, as well as cold in jelly form. Take an ounce of the best vermicelli, and simmer it in two and a half pints of water, with an ounce of isinglass, until reduced to a little less than a quart. The addition of herbs, vegetables, wine, and other items must depend on the case; the plain recipe is given. Pass through a coarse sieve, and add two small tea-spoonfuls of Invalid Bovril. If stock from veal bones be used, less isinglass is wanted; or a few ounces of mutton, with rather less Bovril, varies the flavour. It is then ready to serve hot, or to pour into moulds. A very nice addition (for hot service) is a beaten egg, yolk only, with a spoonful of cream. Re-heat but do not boil again.

VEGETABLE DISHES.

Mems.

CHESTNUT PURÉE à la BOVRIL.

—This is a very good dish for garnishing entrées. A pound of roasted and skinned chestnuts should be put in a stewpan with just enough pale Bovril Stock (*see page 10*) to cover them. Place a buttered paper over, and cook steadily until the stock is absorbed, about half-an-hour or more. Season with salt and pepper, add a little Bovril Butter (*see page 10*), with a lump of butter, or a spoonful of cream to soften the mixture. A good effect is got by putting half the chestnuts to cook with white stock, adding white sauce, or cream and butter; this may be left plain or coloured a pale pink, and used with the brown in alternate heaps.

LENTILS (Stewed).—A pint of washed lentils should be covered with cold water, or better, stock in which fat meat has been boiled. Failing this, add a lump of butter or dripping. A sliced onion improves, or where disliked, use celery or a grated carrot or herbs; in fact, the flavour peculiar to lentils may be modified in various ways. A little moist sugar assists the cooking. Boil, adding liquid from time to time until soft, then season and stir in a dessert spoonful of Bovril. For persons of weak digestion, the lentils are best sieved, and if allowed to soak in the water or stock for twelve hours they will cook better. Where water is very hard, a pinch of borax is a help. But the main points are plenty of time, and simmering in place of rapid boiling.

MUSHROOM PURÉE.—Take cup of mushrooms, washed and dried, and chopped up, and to a pound or rather more, add a couple of ounces of butter or half cream, and cook for a few minutes, adding a little pepper and a few drops of lemon juice. Then stir in a table spoonful of brown sauce (*see page 16*) and as soon as the mushrooms are quite soft they are ready. Sometimes bread crumbs are added to give consistence, and optional seasonings are to be had in lemon rind, mace, and chopped parsley. Very little salt should be used.

NOTE.—This is the plain form ; for many savouries, such as to serve with cutlets, or for toasts and other little dishes, the addition of Bovril in the form of Butter, Glaze, or from the bottle will effect a great improvement.

POTATOES, CRUMBED.—These should be tried when the meat runs short, or is conspicuous by its absence. They are good, too, with the breakfast bacon amongst other things. Boil, or, better still, steam some potatoes until very nearly done. Dry them, cut in halves, lay flat side down on a baking dish ; make some Bovril Butter (half and half), enough to coat them freely, melt, and pour it over ; dredge with browned crumbs or raspings and put in a sharp oven for about ten minutes. Serve hot. The addition of grated cheese is optional, also cayenne and other seasonings. A little mixed mustard gives a zest generally liked.

SALADS WITH BOVRIL.—To enumerate the ways of blending Bovril with salad ingredients would fill this book. A little Bovril Aspic (*see page 9*) will be found a suitable addition to the dressing for some dishes as it imparts softness and savour. Bovril Aspic chopped and used as a garnish commends itself, and it may be said, in passing, that chopping decreases the colour of savoury jellies, so chop finely if wanted pale. Another hint worth remembering is this. Where there is no ice at hand for cooling the dressing or the aspic, use a vessel that can be placed in a second one containing strong salt and water, renewing it as soon as it gets warm. The recipes below will suggest others.

Beef Salad.—Some thin, neatly cut slices of boiled beef, stone cold, are to be spread lightly with Bovril. Cut it in strips or dice and pour the dressing over, which should be thick and seasoned well with mustard. Minced onion can be added, also a little horse-radish, and the salad ingredients for serving with it are too numerous to need mention. Beetroot alone will suit a good number, or a plain green salad, according to the season.

Tomato Salad.—Lay sliced tomatoes on a dish and spread with Bovril mixed with a little mustard. Add a sprinkling of minced onion, and a little pepper and white sugar, with parsley if approved, cover with dressing and garnish with Bovril Aspic in blocks, or fancy shapes, or chopped.

TOMATO BEIGNETS.—Stalk and wipe some ripe, firm tomatoes, small ones best; slice them thickly, season with a little pepper and grated nutmeg and a little Bovril paste, mixed with a little salad oil; then sprinkle a few drops of lemon juice over. Dredge lightly with flour, and coat with a thick frying batter. Fry, drain, and serve hot.

NOTE.—A pinch of sugar added to the seasonings improves the dish. No salt is wanted.

TOMATO CREAM (Moulded).—Slice three ripe, medium-sized tomatoes, add a chopped shallot, a small tea-spoonful of Bovril, a pinch of coralline pepper, the same of castor sugar, a glass of Madeira, a tea-spoonful of tarragon vinegar, a few drops of carmine, and half a pint of any pale stock, from veal bones or trimmings for instance.

Boil the above slowly until all can be sieved, then add half an ounce of leaf gelatine, and when that is dissolved set by to cool a little, then mix in a table spoonful of cream, and pour into a border mould to set. Turn out and fill up with a green salad with a good dressing. A little chopped aspic (*see page 9*) to garnish is an improvement.

NOTE.—If approved, a little chicken or fish can be mixed with the salad. Suitable for a cold entrée for garden parties, picnics, &c.

TOMATO AND MUSHROOM TOAST.—To a pint of cooked tomatoes, allow half the measure of chopped mushrooms, an ounce of butter, a little cayenne, lemon juice and Bovril.

The mushrooms are to be stirred in the butter and allowed to cook with the seasonings,

add tomatoes in time to get hot, then stir in the Bovril, about a dessert spoonful mixed with a little hot water; stir and put in some fine bread crumbs, until the mixture is rather thick, then spread on hot buttered toast, with or without a thin coating of Bovril on it. A good meal.—C.D.C.

TOMATO PURÉE.—This is nice to serve with cutlets, steaks and many made dishes. Drain the watery part from tinned tomatoes, and put them in a stewpan. To the contents of a quart tin add two ounces of butter, a pinch each of sugar and pepper, and cook to a pulp. Add a tea-spoonful of corn-flour mixed with cold water, and boil sharply for a few minutes. A little carmine improves the colour. The peeled tomatoes are the most economical.

NOTE.—When to be served as a *separate* course, put in a dessert spoonful or so of Bovril, and send to table some fried or toasted bread. Or an alternative adjunct may be found in macaroni or rice. A superior purée is got from fresh tomatoes.



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.

27 $\frac{1}{2}$ grains	equal	1 drachm (dr.)
16 drachms	"	1 ounce (oz.)
16 ounces	"	1 pound (lb.)
28 pounds	"	1 quarter (qr.)
4 quarters	"	1 hundred weight (cwt.)
20 hundred weights	"	1 ton

FRUIT, POTATOES, &c.

DRY MEASURE.

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

LIQUID MEASURE.

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

SPECIAL.

Meat, stone	equals	14lb.
Butter, firkin	"	56lb.
" " (fresh)	"	70lb.
" barrel	"	224lb.
Flour, sack	"	280lb.
" peck or stone	"	14lb.
" gallon	"	7lb.
" quartern*	"	3 $\frac{1}{2}$ lb.

* Calculated as sufficient to make a 4-lb. 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 salt-spoonful ..	is equal to	$\frac{1}{2}$ tea-spoonful
1 tea-spoonful ..	„	$\frac{1}{2}$ dessert spoonful
1 dessert spoonful	„	$\frac{1}{2}$ table spoonful
1 table spoonful..	„	$\frac{1}{2}$ gravy spoonful
1 gravy spoonful	„	1 wine-glassful
1 wine-glassful (port size)	„	$\frac{1}{2}$ tea-cupful or $\frac{1}{2}$ gill
1 tea-cupful	„	$\frac{1}{2}$ breakfast cupful or 1 gill
1 breakfast cupful (large)	„	$\frac{1}{2}$ pint or two gills
A pinch of pepper (cayenne)	„	$\frac{1}{2}$ salt-spoonful
A pinch of salt ..	„	1 dessert spoonful, or as much as can be lifted with the points of the 4 (average) fingers and thumb
The juice of a lemon	„	1 table spoonful
The weight of an egg in butter	„	about $1\frac{1}{2}$ oz.
10 eggs	weigh about	1 pound
25 yolks	„	1 „
20 whites	„	1 „
5 or 6 apples	„	1 „
3 or 4 carrots (old)	„	1 „
15 to 20 „ (new)	„	1 „
6 to 8 onions	„	1 „
4 to 6 potatoes (old)	„	1 „

NOTE.—The foregoing refer to medium sizes.

A breakfast cupful 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.
„ „ Do. (heaped)	„	6oz.
„ „ Rice (heaped)	„	7oz.
„ „ Sago, Tapioca, Semolina, and Hominy (heaped)	„	$\frac{1}{4}$ lb.
„ „ Moist Sugar (heaped)	„	$\frac{1}{2}$ lb.
„ „ Castor Sugar „	„	7oz.

INDEX TO RECIPES.

	PAGE.
Artisan Soup (Macaroni or Haricot)	11
Artisan Soup (Mutton)	11
Bacon and Rice Fritters	20
Baked Soup	11
Beef Fillets (with Buttered Onions)	20
Beef Fillets (with Bovril Butter)	21
Beef Salad	41
Beef Steak (à la Clare)	21
Bovril Aspic	9
Bovril Aspic (Simple)	9
Bovril Butter	10
Bovril Custard	35
Bovril Glaze	10
Bovril Piquant Sauce	16
Bovril Sandwiches	21
Bovril Stock, Savoury	10
Braised Veal	21
Brown Sauce	16
Brown Sauce (Clear)	17
Brown Sauce (Superior)	17
Burdwan à la Bovril	17
Chestnut Purée à la Bovril	40
Chicken Cutlets	28
Chicken Livers	28
Clear Soup (Plain)	12
Cod, Scalloped (Savoury)	32
Cod, Scalloped (from Cooked Fish)	32
Cold Meat and Rice Fritters	22
Cold Meat (Minced)	22
Combination Sauce (for Fish)	18
Cow-Heel Soup	13
Curry Mould	30
Curry Sauce	18
Devil Paste	30
Deville Biscuits	31
Dutch Sweetbreads	23
Eggs (Raw)	37
Eggs and Spinach	37
Eggs with Bovril	36
Fish and Rice Fritters	32
Fowl Tit-bits	29
Game Rolls	29
Gravy for Baked Fish	19

	PAGE.
Gravy for Roast Meats.. .. .	19
Green Pea Soup.. .. .	13
Gruels (Savoury)	19
Haddock, Baked.. .. .	33
Hake, Baked	33
Hare Soup (Mock)	14
Herrings, Potted	34
Lentil-Flour Soup	14
Lentils (Stewed)	40
Macaroni, Brown	35
Macaroni, Brown (with Tomato Purée)	35
Mock Game Toast	37
Mock Game Toast (another way)	38
Muffins, Ham	31
Muffins, Savoury	31
Mulligatawny Soup	15
Mushroom Purée	40
Mutton Boudins	23
Mutton Fritters	24
Mutton Pie (raised)	24
Mutton Pie (good crust for)	24
Mutton Rechauffé	25
Mutton and Tomatoes au Gratin	25
Novelty Sauce	18
Pigs' Feet à la Bovril	25
Piquant Egg Jelly	38
Potato and Leek Soup	15
Potatoes, Crumbed	41
Potted Meat	26
Rice, Brown	38
Rice, Yellow	39
Salad, Beef	41
Salad, Tomato	42
Salads with Bovril	41
Sausages à la Bovril	26
Stuffing for Baked Fish	34
Toad-in-the Hole	26
Tomato Beignets	42
Tomato Cream (Moulded)	42
Tomato and Mushroom Toast	42
Tomato Purée	43
Tomato Salad	42
Tomato Soup	15
Veal Cakes	27
Veal Mould	27
Vermicelli Jelly	39



BOVRIL PREPARATIONS.

BOVRIL (IN PASTE AND LIQUID)

INVALID BOVRIL (UNSEASONED)

BOVRIL WINE

BOVRIL LOZENGES

BEEF JELLY

BOVRIL MEAT JUICE

BOVRIL BISCUITS

BOVRIL STAMNOIDS

BOVRIL CHOCOLATE

BOVRIL COCOA

LIQUOR-CARNIS

MALTO-CARNIS

KUDOS COCOA

VIROL

MARROL

WILD-CHERRY SAUCE

GOORKHA RELISH

NEPAUL CONDIMENT

BOSPUR SOUP POWDER

CELERY SALT



Bovril

is
KING
in the
Kitchen