

Manual of military cooking and dietary. Part 1, General, 1940 / War Office.

Contributors

Great Britain. War Office.

Publication/Creation

London : H.M.S.O., 1940.

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26
Manuals
2423



*Notified in
Army Orders
for September,
1940*

THE WAR OFFICE

**MANUAL
OF
MILITARY COOKING
AND
DIETARY**

**M
24685**

PART I—GENERAL

**M:
QT 235
1940
G78M**

1940

**LONDON
HIS MAJESTY'S STATIONERY OFFICE**

M24685



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1940

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By Command of the Army Council,

I. J. G. G. G.

THE WAR OFFICE,
 30th September, 1940.

NOTES

The object of this manual is to provide a text book on the subject of the preparation and cooking of food.

The manual explains what the raw materials of meals are, how they are prepared for cooking, the various processes of cooking, and the serving of meals.

It also gives certain explanatory paragraphs concerning apparatus, which have been grouped into appendices.

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CONTENTS

		PAGE
	GLOSSARY—Culinary terms and explanations	5
SECT.		
1	The meat ration	7
2	Carving and boning meat	27
3	Bacon	30
4	Preparation of frozen fish for cooking	32
5	Various methods of cooking	33
6	Making of tea, coffee and cocoa	37
7	Sugar and rice	39
8	Descriptions and characteristics of various dry provisions	41
9	Descriptions of herbs, spices, etc., used in cooking... ..	45
10	Method of using peas, lentils, beans, or other pulses for the prevention of scurvy, in the absence of fresh vegetables	48
11	Time table for cooking	49
12	Food quantities for 100 portions	60
13	Recipes for dishes for 100 portions	63

APPENDICES

I	Cooker, portable, No. 1	177
II	Care and maintenance of cookers, portable, Nos. 2 and 3	178
III	Bluff portable stove <i>facing</i>	180
IV	Cooking in the field and on the line of march	181
V	Soyer portable stove	193
VI	Hay-box cookery	193
VII	Improvised pack container for carrying hot soup, tea, etc. to the trenches... ..	198
VIII	Improvised field cooking apparatus <i>facing</i>	198
IX	Invalid dietary	199
X	Meatless dietary	202
XI	Dietary prepared from tinned foods	203
XII	Suggested Christmas or New Year menu for 100 men	208
	Index	209

LIST OF PLATES

	PAGE
1 Side of beef	<i>facing</i> 8
2 Joints of mutton	<i>facing</i> 10
3 The joints in beef.	12
4 The joints in mutton.	14
5 Carving meat.	28
6 Bacon cuts.	31
7 Components for cooker, portable, No. 1.	<i>facing</i> 176
8 Cooker, portable No. 1 assembled ready for use.	<i>facing</i> 177
9 Bluff portable stove	<i>facing</i> 180
10 Aldershot, oven.	<i>facing</i> 186
11 Combined field cooking range.	<i>facing</i> 187
12 Improvised oil cooker.	188
13 Cupboard for heating plates.	<i>facing</i> 188
14 Cooking in camp kettles and mess tins.	189
15 Chamber oven.	190
16 Brazier for mess tins.	191
17 Kettle trench for 150 men.	191
18 Hole in the ground.	192
19 Hay box.	197
20 Improvised field cooking apparatus.	<i>facing</i> 198
21 Improvised oil drum oven.	<i>following plate</i> 20
22 Improvised drum oven.	" " 21
23 Types of improvised ovens.	" " 22
24 Spare parts for portable cookers.	" " 23

GLOSSARY

CULINARY TERMS AND EXPLANATIONS

Aromates : Culinary herbs and spices used to impart new, and improve existing flavours to dishes.

Bard : The wrapping of lean meat in thin slices of fat.

Baste : The pouring or lading of fat over dishes being roasted or braised to render them more succulent.

Boil : *See* section 5.

Blanch : The action of first boiling then refreshing under cold water to remove impurities.

Braise : *See* section 5.

Chop : (Onions, vegetables, etc.) the cutting in small dice.

Chop : (Parsley) : To use chopping action with large knife.

Cream : The mixing of fat (*i.e.* margarine) and sugar to a creamy texture to form basis of various cakes.

Eggwash : To brush over with preparation of beaten egg (pastry, etc.) before cooking.

Faggot : A small bundle of herbs, parsley stalks, thyme and bayleaf, placed in various dishes to improve flavour.

Firm : To place lid of cooking vessel securely and thus prevent evaporation of liquid.

Fry on : Action of frying in shallow fat of meat, vegetables, etc. to form basis of various dishes.

Marinade : To steep in a preparation of carrots, onions, minced celery, parsley sprigs, thyme, bayleaves, black pepper, and cloves, moistened with equal parts of vinegar and oil.

Pass : To pass (sauces, etc.) through strainer.

Prove : To double the volume (used in dough making).

Refresh : Action of placing in cold water various dishes after blanching.

Reduction : The result of boiling certain liquids until desired consistency is obtained.

Sauté Frying : Indicates shallow frying.

Sauce Over : Action of pouring sauce or gravy over prepared dish.

GLOSSARY—*continued*

- Seal : To seal pores of meat, vegetables, etc. by application of boiling water, hot fat, or other liquid.
- Shred : To cut (onions, etc.) into slices or shreds.
- Singe : To cook flour in oven (as used in brown stews, etc.) in order to cook starch granules.
- Skim : To remove scum or fat from liquid with aid of ladle or spoon.
- Steam : *See* section 5.
- Stew : *See* section 5.
- Sweat : To extract juices from foodstuffs by very slow process with lid firmed.
- Season : Addition of salt (to taste) to prepared dishes.
N.B.—Pepper is not a seasoning but a flavouring agent.

SECTION 1

THE MEAT RATION

Every care should be taken to defrost meat without cutting it, so as to avoid draining the meat of its chief nutriment (the residue of the blood), which drains away through the cut.

In any case of frozen meat of doubtful quality being issued to the troops, the officer in charge of supplies (R.A.S.C.), and, if necessary, the medical officer, should be consulted before rejection.

Frozen Beef

Frozen beef is imported primarily from South America, New Zealand and Australia. This beef has been frozen hard in a temperature from 10° to 15° Fahr. as soon as the animal heat has left the carcasses; the length of the voyage and the fact that the tropics must be passed through, necessitating a higher degree of protection than that given by the chilling process.

This extreme degree of frost renders the meat so hard that it cannot be cut by a knife in the frozen state. Whilst in this condition it is not only very hard, but the quarters are white in external appearance; the fat is very distinct from the lean, and in some parts appears crumbly.

It is, of course, very cold to the touch, and particles of ice may be seen on cutting into the meat with a saw. The bark is generally torn and chipped. As the meat is thawed it attains the characteristics of chilled beef, and, except in very cold weather, to an exaggerated degree. That is to say, the flesh is generally very sodden and the fat discoloured, the exterior of the carcass will sweat considerably, and the appearance of the whole carcass is watery.

The following special points should be noted in the inspection of frozen meat:—

Care should be taken to see that no damaged meat is issued, *i.e.* meat that has deteriorated from being kept too long in store, damaged during a voyage, or from any other cause. Such meat may be detected as follows:—

- i. By its discoloration. The fat will be of a very pale colour, and the lean parts dark brown or black.
- ii. By rubbing the palm of a warm hand on the fat for a few seconds, when, if the meat is stale, there will be a distinct tallowy smell.

- iii. By the presence of bruises. If these are noticed in any quarters of beef, the latter should be cut in order to test whether the bruises extend internally, particularly in the hindquarters.

Thawing.—Thawing should be done gradually and, if possible, without cutting, at a temperature not exceeding 50° Fahr. In hot weather a quantity of beef, on being put in an airtight room, will of itself bring down the temperature to the required degree if the size of the room is in proportion to the beef to be thawed.

When the carcass is frozen hard, the fat is white and not stained, and the flesh is of a uniform pale colour. If the meat is cut with a saw, particles of ice will be seen. The meat handles cold, and if a warm hand is kept on the meat for a few seconds the hand becomes wet.

Frozen meat is inclined to "sweat" when brought into normal atmosphere. The exterior of the carcass lacks the bright colour characteristics of fresh-killed beef.

When thawed out the quarter appears dirty and untidy, the chine-bones become very dark, almost black in colour. The meat on section is dull and pale and may be very soft. It will "pit" if pressed with the finger. The fat looks as though it had been partly cooked and has often a somewhat yellow colour and a tallowy taste and smell. The fat will be stained by the juices of the meat, but often not to the same extent as in the case of chilled or refrigerated beef, provided that it is carefully thawed out before being cut. If, however, frozen meat is cut off with the frost in it, the fat will become very pink.

The vertebræ are sawn, not chopped. The hindquarter usually contains three ribs instead of one.

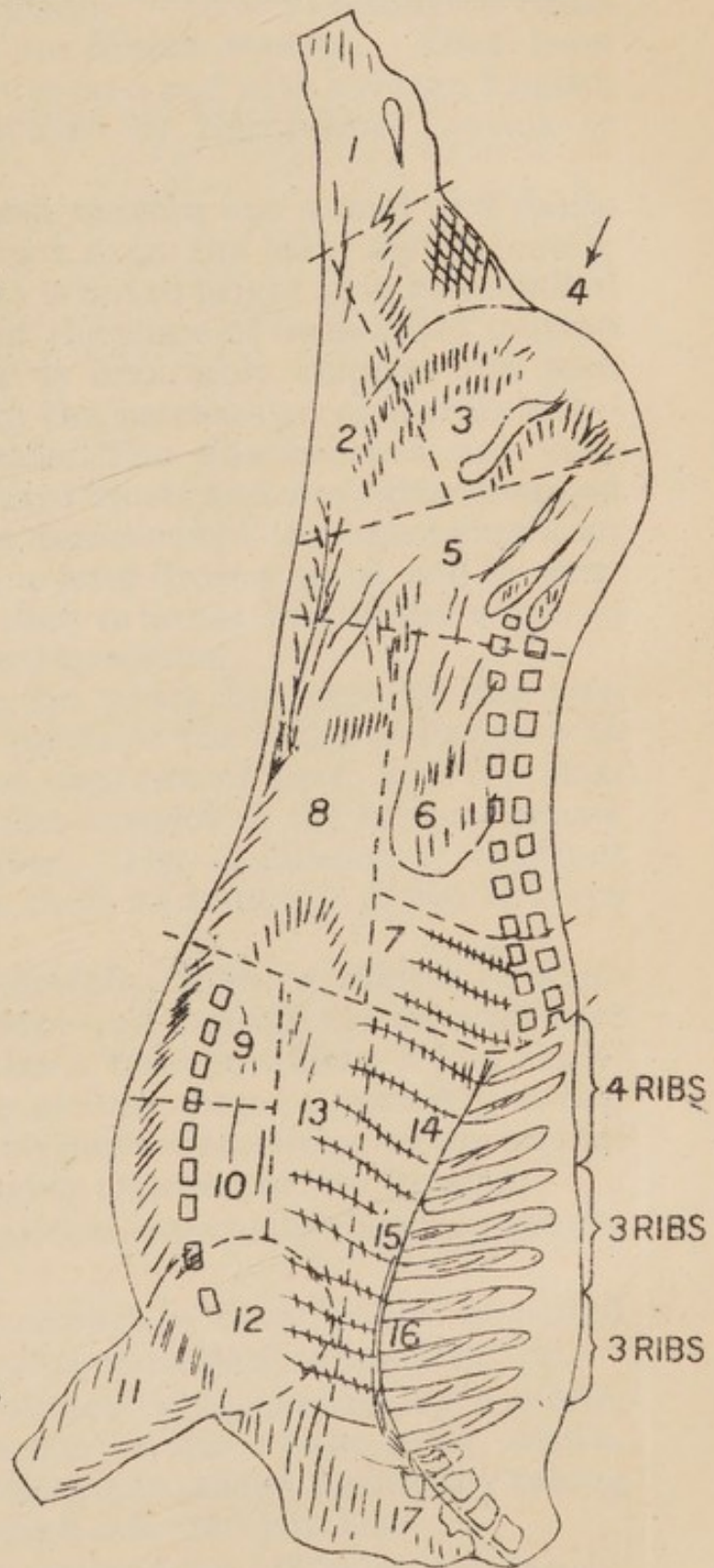
The prejudice against meat preserved by the influence of cold in any degree, and particularly that degree which produces what is known as frozen beef, has died very hard; but the use has now become well established, and it is generally admitted that frozen beef is, in nourishment and digestibility, equal to home-killed beef. The freezing process robs meat of none of its nutritive qualities and, moreover, gives to it a mellowness and tenderness which often make it far more palatable than any but the highest grades of home-killed meat. Bad cooking alone can make frozen meat appear at a disadvantage in comparison with home-killed meat. Perhaps the best and most practical proof of the popularity of frozen meat is to be found in the steady increase in its consumption throughout the country.

PLATE I.

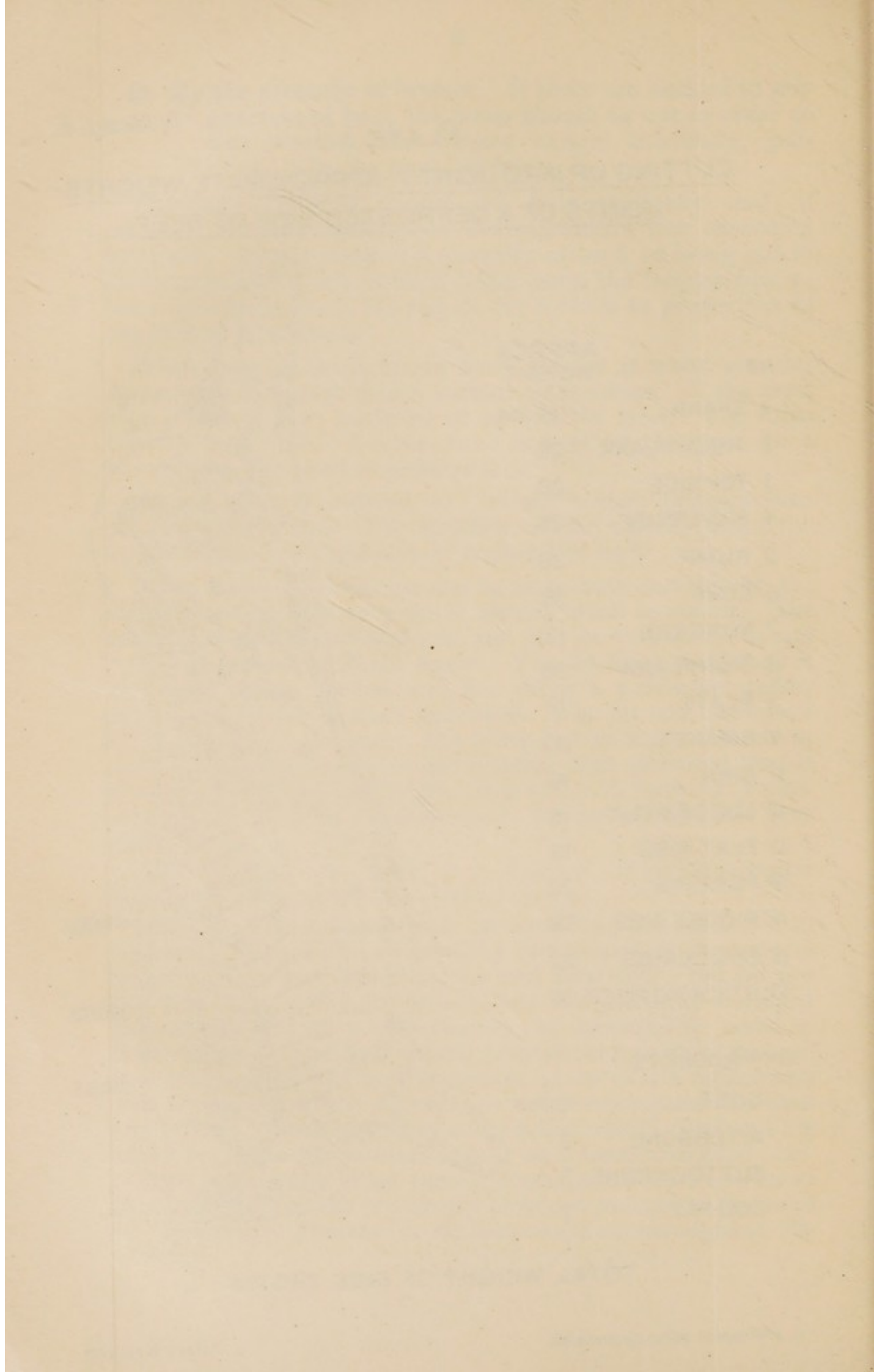
To face p.8.

CUTTING UP INTO JOINTS - APPROXIMATE WEIGHTS - JOINTS OF A DEFROSTED SIDE OF BEEF.

Nº	APPROX WEIGHT
1 SHANK	14 lbs
2 THICK FLANK	20
3 TOP SIDE	20
4 SILVERSIDE	26
5 RUMP	28
6 LOIN	18
7 WINGEND	12
8 THIN FLANK	28
9 PLATE	12
10 BRISKET	30
11 SHIN	14
12 LEG OF M CUT	15
13 FLAT RIBS	15
14 FORE-RIB	20
15 MIDDLE RIBS	20
16 CHUCK RIBS	22
17 STICKING PIECE	30
BY-PRODUCTS	
SUET	10 lbs
AITCHBONE	3
BUTTOCK BONE	7
COD FAT	3



TOTAL WEIGHT OF SIDE 390 lbs.



Frozen Mutton

Frozen mutton is imported principally from the River Plate, New Zealand and Australia. At present the largest imports are from New Zealand.

As regards quality, the best comes from New Zealand, and is known as "Canterbury mutton." This is considered equal to our English Southdown or Welsh mutton. That from Australia and the River Plate is on a par with average English mutton, such as that contributed by Hampshire, Lincoln or Suffolk sheep.

The characteristics of frozen mutton are a cold and damp exterior, the fat white, distinct from the lean, and generally crumbly at the cod. The flesh is not so bright as in home-killed mutton. The bark is without the shine of fresh-killed mutton and often dirty-looking, and is invariably chipped and torn owing to the rough handling the carcasses receive from transshipment in the frozen state. The shank-bones are very brittle, a natural result of hard frost, and are often snapped asunder. Mutton which has deteriorated through being kept too long in store, and is in a hard frozen state, will be misshapen and will have lost that external brightness which is easily observable in its normal condition.

As thawing proceeds, the fat which lies close to the lean becomes discoloured by the juices of the meat, as happens to the fat of frozen and chilled quarters of beef, and the flesh becomes wet and sodden. The exterior of the carcass sweats a great deal in warm weather. The conditions of contract require that the kidney fat shall be removed if the kidneys are absent.

To examine the carcass carefully, probe a skewer or knife in the region of the pelvic bone and through the thickest part of the leg; if there is any bone taint it will be found there. Although the outside of the carcass may be perfectly sweet, the inside may occasionally be found bad, owing to the animal heat not having been thoroughly expelled before freezing.

It sometimes occurs that mildew spots make their appearance inside the ribs.

Mildew or mould is due to storage in damp, badly ventilated stores, or subjection to extensive variations of temperature.

In the early stages this mildew is recognized by a white, furry, damp appearance on the surface of the meat, which, as the mould advances, gets darker in colour, eventually taking the appearance of black or dark-coloured patches.

In the early stages no harm is done. The mould can be wiped off with a cloth and the meat will then be quite fit for food.

In the advanced stages, however, the mould eats into the tissue and renders the meat unwholesome. If the affection is local the part can be cut off and the remainder will be found fit for food.

Issue of Frozen Meat to Troops

Units will indent in advance on supply officers according to their ration requirements, stating the amounts required and the date and place for the delivery of each consignment. The indents will be made for the delivery of 1, 2 or 3 days' requirements in one consignment, according to the available storage accommodation, but for the sake of economy in transport consignments will be as large as practicable.

Meat issued by contractors is gross store weight, *i.e.* it includes the weight of wrappers (2 lb. to each quarter) and waste bone above the knee and hock joints (2 lb. to each fore or hind quarter). Contractors will be paid for gross store weight less 4 lb. to each fore and hind quarter (*i.e.* 2 lb. for wrappers and 2 lb. for waste bone), and, in the case of crops, less 2 lb. for the weight of wrappers only.

The following allowances will be admissible :—

- | | |
|--|---------------------------|
| i. 2 lb. to each forequarter or hind-quarter or crop for wrappers. | } on gross store weights. |
| ii. 2 lb. to each forequarter or hind-quarter only for waste bone. | |
| iii. For losses incurred in cutting up meat the following allowances will be admissible in respect of issues as accounted for by R.A.S.C. :— | |

50 lb.	Nil
Above 50 but under 100 lb.	$\frac{1}{2}$ lb.
100–150 lb.	1 lb.
150–200 lb.	$1\frac{1}{2}$ lb.
200–250 lb.	2 lb.
and so on.	

Allowances will be due to units on each issue at the scale laid down in Allowance Regulations, 1938, para. 31. In cases where headquarter units receive meat for distribution to other accounting units, the allowance at the scale referred to will be calculated on the total bulk issue, and will be inclusive of the allowances due to the other units concerned.

PLATE 2.

CUTTING UP INTO JOINTS - APPROXIMATE WEIGHTS.

To face p. 10

FORE QUARTER.

APPROX. WT. - 170 lb.

NECK HALF. BREAST HALF.

1. FORE RIBS :- ½ Five rib bones cut off BUT IN A CASE OF NEW ZEALAND FORE THERE ARE ONLY 10 RIBS, THEREFORE ONLY THREE BEST RIBS ARE TAKEN OFF. WEIGHT - 12 lb
2. MIDDLE RIBS :- 25 lb ROASTING OR BAKE.
3. CHUCK RIBS :- 25 lb ROASTING, BAKE OR STEWING
4. STICKING PIECE :- 20 lb STEWING, MINCING, SAUSAGES.
5. PLATE :- 20 lb do do do
6. BRISKET :- 35 lb SALTING, AND THE SAME AS 4 & 5
7. SHIN :- 8 lb STEW BEEF-TEA, PIE, PUDDING.
8. LEG OF MUTTON CUT :- 25 lb ROAST, BAKE.

HIND QUARTER.

APPROX. WT. - 185 lb

1. SHANK :- 14 lb STEW BEEF-TEA, MEAT POG.
2. TOPSIDE :- 22 lb ROASTING, BAKE, STEWING STEAKS
3. SILVER-SIDE :- 20 lb SALTING, BOILING - do -

OTHER SIDE OF BUTTOCK.

4. THICK FLANK :- 20 lb ROASTING, BAKE, STEWING STEAKS.
5. AITCH BONE :- 18 lb do do do
6. THIN FLANK :- 15 lb STEW, MINCING SAUSAGES.
7. RUMP-FILLET :- 30 lb STEAKS, ROASTING
8. KIDNEY SUET :- 10 lb FOR MAKING PUDDINGS OR RENDERING DOWN FOR DRIPPING
9. LOIN :-
 - a. 21 lb SIRLOIN FOR ROASTING.
 - b. 15 lb WING-END FOR ROASTING.

CROP.

APPROX. WT. - 125 lb

NECK HALF. CENTRE CUT.

NECK HALF: TO BE CUT AS NECK HALF OF THE FORE.

CENTRE CUT: TO BE CUT UP AS FOLLOWS:

1. FLAT RIBS :- 10 lb. STEWING, MEAT POG, MINCING OR SAUSAGES.
2. TOP RIBS OR LEG OF MUTTON CUT :- 20 lb ROASTING, BAKE.
3. CLOD :- 15 lb. FOR USE THE SAME AS FLAT RIBS.

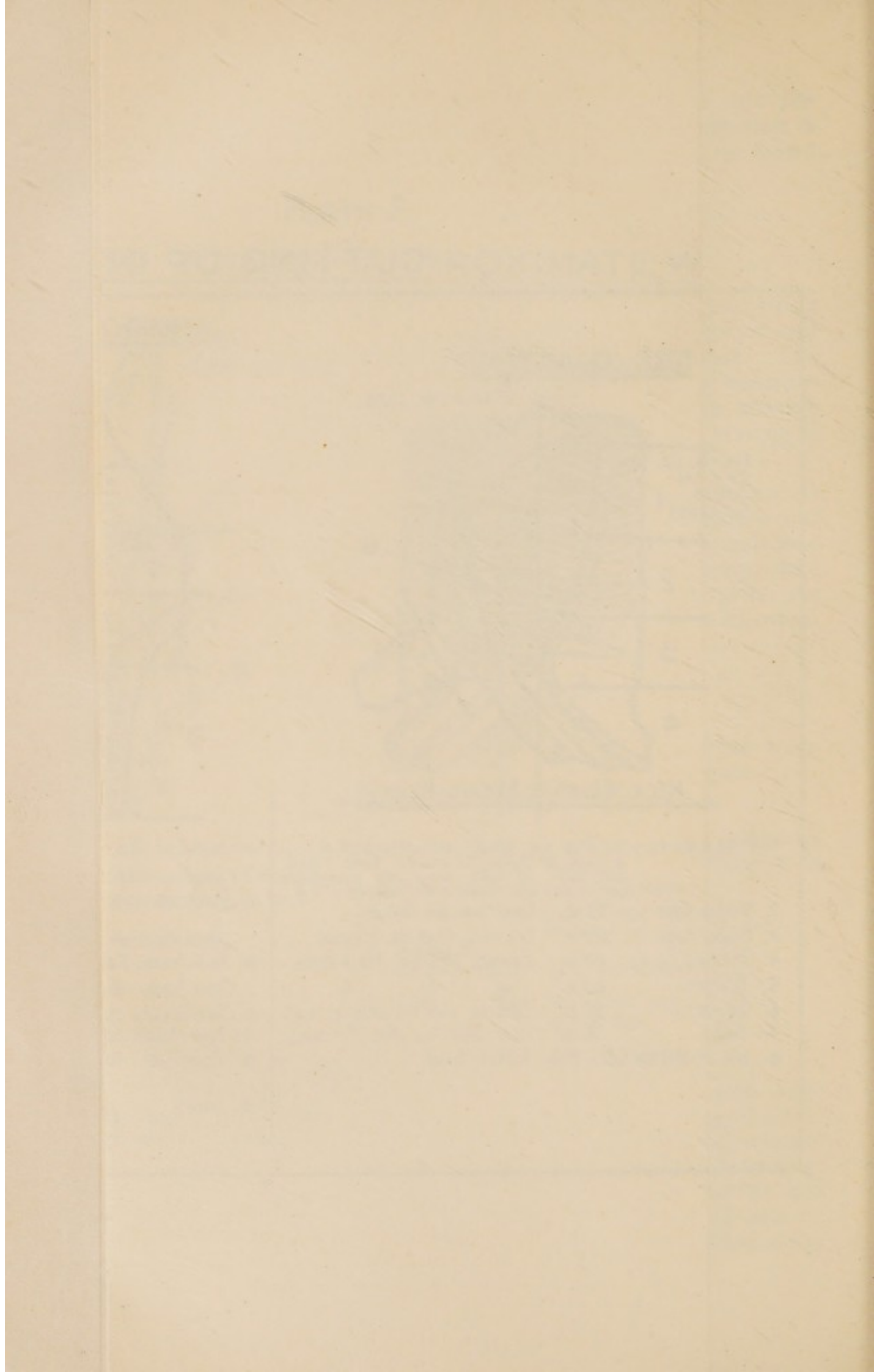
CARCASS OF MUTTON.

1. LEG :- 7 lb. ROASTING, OR BOIL
2. LOIN :- 6 lb. ROASTING, OR CHOPS.
3. BEST NECK :- 4 lb. ROASTING, OR CUTLETS.
4. MIDDLE NECK :- 2 lb. CHOPS, BOIL
5. SCRAG-END NECK :- 2 lb. BOIL.
6. BREAST :- 3 lb. STEW
7. SHOULDER :- 6 lb. ROAST.

SIDE OF MUTTON.

APPROX. WT. - 30 lb.

1. LEG :- 7 lb. ROASTING, OR BOIL
2. LOIN :- 6 lb. ROASTING, OR CHOPS.
3. BEST NECK :- 4 lb. ROASTING, OR CUTLETS.
4. MIDDLE NECK :- 2 lb. CHOPS, BOIL
5. SCRAG-END NECK :- 2 lb. BOIL.
6. BREAST :- 3 lb. STEW
7. SHOULDER :- 6 lb. ROAST.



Jointing Meat and how Cooked

The following paragraphs explain how the various cuts from the carcass should be treated in cookery. Those mentioned as being suitable for boiling and stewing are in nearly every case, when properly treated, excellent for meat pies, meat puddings, brown (baked) stew and other similar dishes.

To joint beef.—After slaughter the ox is chopped down, *i.e.* divided into two sides. Each side is subsequently divided into two quarters, the divisions taking place between the twelfth and thirteenth ribs.

The usual custom in the service is to "joint" the quarters as follows:—

In the forequarter:—

1. Clod or sticking piece—five joints of the cervical vertebræ. Should be stewed.
2. Chuck rib—three dorsal vertebræ, top ends of three ribs, bottom end of scapula, two cervical vertebræ. Should be boned and stuffed, or may be baked and roasted.
3. Middle rib—four dorsal vertebræ, top ends of four ribs, remainder of scapula. Should be baked or roasted.
4. Fore rib—five dorsal vertebræ, top ends of five ribs. Should be baked or roasted whole.
5. The Plate—lower ends of four ribs. May be boned and stuffed, or stewed, but should not be baked.
6. Brisket—Sternum and lower ends of eight ribs, is best salted, but may be treated as the "Plate."
7. Shoulder, or leg of mutton piece. The whole of the humerus, top of radius and ulna. Should be roasted, baked or stewed.
8. Shin—remainder of radius and ulna, less 4 inches, which under terms of contract must be removed from bottom end. Should always be used for soup or stew.

In the hindquarter—

1. Loin—six lumbar vertebræ, one dorsal vertebra, top end of one rib and portion of ilium. Should always be roasted or baked.
2. Rump—top part of ilium and sacrum. May be roasted, baked, braised, stewed, or cut into steaks, which may be broiled or fried.

3. Aitch bone—ischium, lower part of ilium, top of femur.
4. Buttock—which is itself divided into two, namely the “top side,” inside portion of femur, and the “silver-side,” outside portion of femur. Should be stewed.
5. Thick flank—patella. Should be stewed.
6. Thin flank—end of thirteenth rib. Should be boned and stewed.
7. Shank—whole of tibia except lower 4 inches, removed under terms of contract. Should always be stewed.

To joint mutton.—The sheep is not divided into sides or quarters as is the ox.

When cut up for issue, the joints are as follows :—

1. Neck, scrag-end. Should be boiled or stewed.
2. Neck, best end. Should be boiled, stewed, or roast.
3. Shoulder. Should be baked or roasted whole, or the blade-bone may be taken out and the meat stuffed and roasted, or it may be cut with bone in it and stewed.
4. Breast. Should be boiled or stewed.
5. Loin. Should be baked or roasted in one piece, or may be cut into chops and stewed.
6. Leg. May be roasted, baked or boiled.

CONTRACT BEEF

FOREQUARTERS

New Zealand, approximate weight, 180 lb.

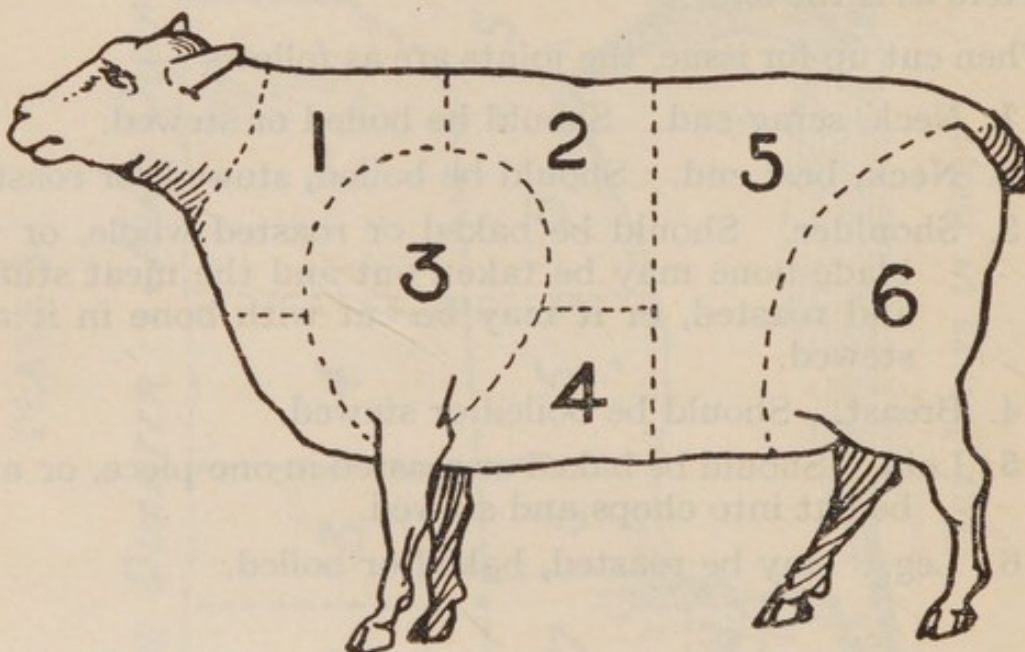
Joints.	Weights.	Uses.
1. Plate.	12 lb.	Stewing, sausages, pies.
2. Brisket.	30 lb.	Pickling, braised, pressed beef.
3. Shin.	14 lb.	Beef tea, stewing, pies.
4. Flat ribs.	15 lb.	Stewing, pies, braised, curries.
5. Leg of mutton, cut.	15 lb.	Roast, braised, stewing, steak.
6. Fore-rib.	20 lb.	Roast, braised.
7. Middle rib.	21 lb.	Roast, braised.
8. Chuck ribs.	23 lb.	Roast, braised, stewing steak.
9. Sticking piece.	30 lb.	Pickling, pies, stewing, braised.

NOTES.—The fore-rib to be left on bone for cooking.

AUSTRALIAN CROPS—120 lb.—which are forequarters less plate, brisket, and shin joints. The same method of cutting up as above.

3. Aitch bone—between lower part of ilium, top of femur.
 4. Hattock—which is itself divided into two, namely the "top side" inside portion of femur, and the "silver-side" outside portion of femur. Should be stewed.
 5. Thick flank—pavella. Should be stewed.
 6. Thin flank—end of thirteenth rib. Should be boned and stewed.
 7. Shank—whole of tibia except lower 4 inches removed under term of coarset. Should always be stewed.

PLATE 4



THE JOINTS IN MUTTON

Joint	Weight	Preparation
1. Neck	12 lb.	Stew or boil
2. Shoulder	30 lb.	Pickling, roast, or stewed
3. Middle rib	14 lb.	Roast or stewed
4. Flat rib	15 lb.	Stew or boil
5. Leg or aitch bone	15 lb.	Roast, broiled, or stewed
6. Fore-rib	20 lb.	Roast, broiled
7. Middle rib	21 lb.	Roast, broiled
8. Chop rib	23 lb.	Roast, broiled, or stewed
9. Hind-rib	30 lb.	Pickling, or stewed, or broiled

Notes—The joints to be left on bone for cooking.
 Aitch bone—120 lb.—which are transported in sheep, mutton, and other joints. The same method of cutting up as above.

CONTRACT BEEF

HINDQUARTERS

New Zealand, Australian.

Joints.	Weights.	Uses.
1. Shank.	14 lb.	Beef tea, mincing.
2. Top side.	20 lb.	Roast, braised, beef olives.
3. Silverside.	26 lb.	Pickling, braised, stewed steak.
4. Thick flank.	20 lb.	Roast, braised, beef olives, stewed steak.
5. Rump.	28 lb.	Roast, braised, frying steak.
6. Loin.	18 lb.	Roast, braised, frying steak.
7. Wing end.	12 lb.	Roast, braised.
8. Thin flank.	29 lb.	Stewing, sausages, galantines, pies.

By-products.	Weights.	Uses.
Suet	10 lb.	Puddings, 1st class dripping.
Buttock bone	6½ lb.	Stock pot.
Aitchbone.	3 lb.	Stock pot.
Cod fat.	3½ lb.	1st class dripping.

THE BRINE TUB—METHOD OF SALTING BEEF—ITS PRESSING AND COOKING

The type of tub used must be wooden and free of metal fittings.

The brine tub may be used to great advantage during the summer months, as a means of varying the diet, enabling pressed salt beef to be served for the dinner meal occasionally instead of the usual hot meat dish. Moreover it will be found very useful to maintain throughout the year.

Ingredients.—10 galls of water; 16 lb. common salt; 4 oz. saltpetre.

Method.—Place the water in the tub, and add the common salt. To ensure its solution and distribution in the brine, dissolve the saltpetre in a little warm water and add to the other ingredients in the tub. Stir well to mix thoroughly all ingredients.

To test Strength of Brine.—Place in a raw potato or a raw egg; if either floats, the brine is ready for use, if not, add more salt until potato or egg floats.

Minimum period for pickling—5 days.

During thundery weather, the brine should be changed before it turns.

Clean and preferably boiled water should be used. The quantity of salt required for a mild brine is 2 lb. a gallon. Saltpetre is added to give the meat an attractive pink colour. An excess will harden the meat: therefore, ½ oz. a gallon

should not be exceeded. As saltpetre is not very soluble in cold water, it should be dissolved completely in hot water before adding it to the brine. The brine will take a short time to mature (to change to a rich red colour). Souring of the brine is caused by organisms and a daily skin. To remove the surface scum will lengthen the life of the brine. A brine can be used over and over again, provided that it is boiled and the coagulated meat substances removed by straining. When meat is taken from the brine, salt is also extracted; as a rough guide, 1 gallon of brine should weigh approximately 12 lb. and salt should be added to give this weight. Brine should be kept in a clean container, preferably in a circulation of cool air. As the exclusion of air is an important aspect of preservation, a wooden float will help to keep the meat below the surface of the brine.

The salting of beef can be hastened by using the special *pickling syringe*. Fill the syringe with the ordinary brine and then insert the needle into the joint, finally forcing the liquid in the beef. The syringe and needle must be kept scrupulously clean to prevent contamination.

MEAT FOR SALTING.

Before placing meat in brine, it should be placed in clean, cold, running water for approximately 15 minutes to remove surface organisms. This will also tend to open the texture of the flesh, thus making it more receptive to the penetration of the brine. *No amount of salting will make bad meat sound.* If scrubbing slightly tainted meat with a weak solution of vinegar and water does not remove the unpleasant odour, it should not be placed in brine. Tainted meat will sour the brine, and affect any other meat that happens to be in it.

CONTAINERS

Containers should be periodically cleaned by scrubbing with hot soda water, and subsequently rinsed with cold water. If barrels are employed, particular attention should be given to crevices between the staves, as they frequently harbour a slime-forming organism.

BRISKETS

The skirt should be carefully trimmed out with a sharp boning knife, and the breast-bone and small cartilages removed. Trim away the hard fat on the exterior of the brisket, as no amount of cooking will make it tender. The portions of the rib bones may be left in. For average-sized briskets, about five days in brine should be sufficient. The small portions

of rib bones should be left in during cooking, as they will help to maintain a rectangular shape. After cooking, these bones will split easily from the flesh.

SILVERSIDES

The marrow bone should be removed, and the kernel trimmed out. If a brine-pump is available, brine should be injected into the deep portion of the meat. About 6 days in brine should produce a good article with an attractive colour.

Cooking and Pressing of Salt Beef.—After removing the salted joints from the brine tub, wash well in clean cold water. Place in a vessel with sufficient cold water, bring to the simmer and cook until tender (allowing 20 minutes for each lb.). Then remove the cooked beef from the liquor and carefully take away any bones and arrange the beef in the press; screw down, not too tightly at first, but after a period of about 1 hour screw down firmly. Allow to stand for not less than 12 hours. The pressed beef can then be removed, and is ready for carving.

Meat presses are issued to units. An improvised method can be adopted with the aid of a baking dish and cutting board, a weight being placed over the latter when the meat is in the dish.

The serving of hot boiled salted beef, carrots and dumplings during the winter months makes a welcome change in the bills of fare.

BY-PRODUCTS OF THE MEAT RATION

The main considerations governing the recovery of by-products from the meat ration must be as follows:—

- i. The man should have from his meat ration all that he requires.
- ii. The remaining by-products should be sold for the benefit of the regimental by-product and swill account.
- iii. No part of the meat ration should reach the swill tub.

The most important by-product is, of course, dripping, which is the oil extracted from the fat of meat during the process of cooking. Dripping forms an invaluable aid to military cookery, and should provide fats required for—

- i. Preparation of all pastes.
- ii. Puddings and pastry.
- iii. Issues in lieu of margarine for tea and supper.
- iv. Frying purposes.

A cook should extract not less than 1 oz. dripping from each 1 lb. meat used, a record of which should be kept.

Dripping should all be removed from the cookhouse and weighed into store. The receptacles should be carefully ticketed, showing the quality and the purpose for which the dripping is intended.

Issues, whether for cooking, in lieu of margarine, or for sale, will be made from the store. A convenient form of keeping a check and record of recoveries will be found on page 26. If this by-product diary is systematically entered up, the figures when required will be readily accessible.

A chart is given on pages 23-25, showing the source and method of treatment and disposal of products which should be recovered in the treatment of the meat ration from the time it reaches the unit to the point where it is finally disposed of.

In Section A of the chart it should be noticed that meat is issued in sides or quarters. It follows that in the process of cutting up the meat considerable quantities of fat will be left over. This fat is known as "butcher's fat," so called because the ordinary butcher disposes to the trade of this surplus which arises in the reduction of meat bought wholesale to joints and stewing meat which are sold to the general public.

It is of importance that roasting joints should not be denuded of fat; on the contrary, such joints should have plenty of fat to assist the process of roasting and to prevent the meat from becoming dried up.

The surplus collected should be cut up into small pieces, the smaller the better, or passed through a mincer; then put into a dish or pot, barely covered with water, and placed in an oven or over a fire and allowed to boil rapidly until the water has evaporated and the pieces of fat become a light brown colour; then allowed partly to cool, strained through a colander into a clean dish, allowed to harden, turned out and scraped clean.

First-class dripping should be firm, and vary in colour from white to pale straw. If dirty or dark brown in appearance, it has either been indifferently clarified or burnt. Fat that is the least scorched should not be accepted, as it will taint everything it may be mixed with.

In Section B of the Chart a description of some of the sources of fat recovered during the process of cooking is given. Naturally, such a chart cannot, without undue length, give particulars of all such sources.

The liquid fat that accumulates on the surface of stocks, stews, bakes, pies, etc., and that which settles on the bottom of the dishes when roasting, must be carefully removed before the dishes leave the kitchen, not only to provide dripping, but

to render the food appetizing, palatable and easily digested. Dripping is clarified in the following manner :—

The liquid fat, when skimmed off the dishes, is put into a dish to cool and harden into a solid cake. It is then cleaned, broken up into pieces, put into a dish with about one quart of water, placed in an oven or on a hot plate, and allowed to boil rapidly, all scum being removed as it rises to the surface. When the water has evaporated, and the fat becomes clear, strain it into a clean dish and allow to cool ; when firm, turn it out in a solid block and carefully scrape away any particle of dirt or impurity that may be adhering to the bottom.

In Section C of the Chart the method of recovering fats from refuse is given.

Precautions must, of course, be taken that fats recovered from plates, etc., do not come into contact with those destined for re-issue for cooking or edible purposes. Materials that are in any way offensive must not be treated in the cookhouse and should be placed immediately in the swill tubs provided for the purpose.

By-products generally are dealt with in the following chapter and the method of disposal should conform to the arrangements in operation in the area.

It should be borne in mind that it is not financially sound from the national point of view to carry out work laboriously by elementary methods, when such work can be done quicker and better by the contractors' method of collection and disposal.

For instance, second-rate material may produce a brown dripping which can readily be sold as such. It may be possible by the expenditure of labour and fuel to produce an article which will pass for white and realize a higher price, but actually it will be found that the extra money realized by the unit will be outweighed, from a national point of view, by the extra expenditure of labour and fuel involved.

Under Section D of the Chart bones are dealt with. All meat must be removed from raw bones. No bones are to be sold raw ("green"), unless there is plenty of good stock for soup and for stews. It should seldom, if ever, be necessary to make stews with water. As a general rule, bones should be removed before the meat is cooked, but when this is found to be impracticable, as with mutton, they should be used for stock before being sold. This does not refer to bones collected from the men's plates after the dinner meal. All cooked bones should be collected and sold—first from the stock pot and afterwards from the dining-rooms. Under no circumstances are bones of any description to be put into the refuse (swill) tubs.

Bones awaiting despatch or collection by the contractor should be stored away from the cookhouse in a cool airy place. Stacking or covering up will cause heating and decomposition. If bones are kept in the dark they will not be attacked by flies.

BY-PRODUCTS

The term by-product refers to the residue of the meat and bacon ration and includes—*suet, butcher's fat, trimmings, cracklings, pressed scrap, skimmings, baking fat residue, bacon fat, refuse fat, marrow bones and other bones.*

Suet.—The large block of fat removed from the hind-quarters of a carcass. It is light and crisp. There is scarcely any fibre, and the fat is held together by a tight skin and framework. It is easily cooked and is a valuable ingredient for suet puddings and should be used in its raw state.

Butcher's fat.—The superfluous fat from a carcass which the butcher removes before issuing the meat from the butcher's shop. This fat should be cut into strips and passed through a mincer, then put into a clean dish with a little water and put into an oven or over the fire and allowed to boil rapidly till the water is evaporated and the pieces of fat are crisp and of a golden brown colour, allowed to cool and strained off into a clean dish. When set it should be handed into store for re-issue. This becomes 1st class dripping and can be used for all purposes.

Trimmings.—The fats collected during the process of preparation of the various meals by the cooks. They are treated in the same way as butcher's fat. It is neither necessary nor desirable to take every piece of fat off the meat to render down to dripping. When rendered down to dripping this fat can be used for all purposes.

Cracklings.—The residue of fats that have been rendered down to dripping. After having been pressed to remove all fat, cracklings should be sold to contractor.

Skimmings.—The fats collected from all stews and stock during the process of cooking. They should be placed in a clean dish with a little water, put on the hot plate or in the oven and allowed to boil rapidly until the water is evaporated. They should then be allowed to set. All sediment which has collected at the bottom of the fat should be scraped off and the fat broken into small pieces and put into a clean dish with water, allowed to boil rapidly till the water has evaporated. It should then be strained off into a clean dish, allowed to set and handed into store for re-issue. It is classified as 2nd class dripping, and can be used for the making of all

savoury pastry, *i.e.* meat pie covers, etc. To remove any flavour of onion from 2nd class dripping, plunge it into boiling water, allow it to set, then scrape the scum from the bottom.

Residue fat.—The fat obtained from joints of meat during the process of cooking. This is a valuable by-product. If badly discoloured it should be clarified. It may become discoloured if left in a hot oven too long, and if badly burnt is unfit for consumption. This type of dripping is valuable for issue in lieu of margarine for a tea meal. If the quantity is not sufficient to be issued alone it should be mixed with a little 1st class dripping.

Bacon fat.—This fat is also valuable as a by-product. It is obtained when frying or boiling bacon, and can be clarified and used for lard for making pastries and cakes. It is much lighter than beef or mutton dripping, hence its value for this purpose. It is preferable, however, to serve fried with bread and so utilize this valuable fat in this manner.

Bacon rind from hams should be rendered down for lard and used for pastries, the remaining rind, after all fat is extracted, can be sold as crackling.

The following method has been found successful and should be encouraged where there is a surplus of beef dripping :—

Cheese Spread.—12 oz. White cheddar, 8 oz. Beef dripping. Cut cheese and dripping into cubes, pass twice through mincing machine (medium plate) slightly warm and mix well. Season.

An account of all dripping saved, issued or sold should be kept. Issues for any purpose should be supported by entries in the dripping book. The master cook should also keep a daily account of dripping. He is responsible for the amount saved, and on handing it over to the N.C.O. i/c store he should obtain a signature for the amount.

Marrow bones.—Leg, buttock, shin and clod bones. They are more valuable to the trade than other types of bones owing to their thickness and quality. Many articles, such as tooth brushes, etc., are produced from them. They are also of greater value to the trade when obtained uncooked and uncut. The marrow which these bones contain is a valuable food and cannot be easily extracted unless the bones are broken and cooked. It therefore depends on local consideration and the by-product contract which method is the most suitable, *i.e.* sold raw or broken up and cooked.

Other bones.—These should be used for the making of stock, which is the foundation of all good cooking.

A STOCK POT should be in use in all well-organized kitchens. There is hardly a meat dish prepared when stock is not required for use.

Bread.—There is scarcely any justification for bread to reach the waste-bread bin except in very small quantities. The actual amount sold to the contractor should, therefore, be almost negligible.

Swill.—Includes all vegetable cuttings, potato jackets, etc., and any waste food unfit to be eaten by the troops.

Tea leaves, ashes, broken glass, nails, etc., should not, in any circumstances, find their way into the swill tubs.

CHART SHOWING RECOVERY AND UTILIZATION OF BY-PRODUCTS

Source	Explanation	Treatment	Classification	Utilization	Remarks
A.— <i>Fats from Raw Meat</i> —					
1. Suet				
2. Butcher's fat	Surplus fat from the carcass which a trade butcher removes in preparing meat for sale.	Cut into small pieces, or put through mincer, rendered down and clarified.	1st class "white" dripping.	(i) For cooking purposes. (ii) For issue in lieu of margarine. (iii) For sale.	Suet should, where possible, be used raw for suet puddings. It is better and more economical for that purpose than dripping. NOTE.—Fat is an essential article of diet. Meat and joints must not be spoiled by over-trimming.
3. Trimmings ...	Further surplus in cutting up meat for stews.				
B.— <i>Fats recovered in process of cooking</i> —					
4. Bacon rind ...	Remove before cutting up.	— Boil up with water, skim, thoroughly clarify the fat.	— Lard ...	(i) Mince as an ingredient for rissoles, etc. (ii) For pastries, etc. Residue a valuable ingredient for rissoles, etc.	Bacon rind should be removed before serving bacon. It can be utilized in a variety of ways. After the extraction of the fat, the residue yields, after boiling, a jelly, valuable in making brawn.

CHART SHOWING RECOVERY AND UTILIZATION OF BY-PRODUCTS—continued

Source	Explanation	Treatment	Classification	Utilization	Remarks
B.—Fats recovered in process of cooking—contd. 5. Skimmings ...	The grease which rises to the surface of stews, stock pots, etc., and which should be skimmed off.	Clarify, and, if discoloured, break into fresh water and clarify again.	1st class "white" dripping, or, if discoloured, "brown" dripping.	(i) "White"; as above. (ii) "Brown"; 2nd class cooking purposes or sale.	All stews, soups, etc., should be well skimmed.
6. Baking dishes residue.	The fat which a joint loses in process of cooking.	Clarify ...	Generally brown, through burning.	As above ...	If unburnt, this dripping has the flavour of the meat, and an admixture will improve dripping issued in lieu of margarine.
7. Bacon fat ...	The large amount of melted fat left after frying.	(i) Clarify and re-clarify. (ii) Clarify ...	(i) Lard ... (ii) "Brown" dripping.	(i) For pastries, etc. (ii) For sale as "brown" dripping.	
C.—Fat recoveries from refuse— 8. Grease trap skimmings.	Skim daily, but do not attempt to treat sludge.			For sale ...	This material must not be treated in the cook-house, but must be disposed of direct to the contractor.

D.—Bones— 9. Marrow bones	Leg, buttock and shin bones.	(i) Untreated. Should be well stripped of meat.	(i) Marrow bones.	(i) For sale	... To command the higher price, marrow bones must be uncooked and uncut.
10. Green bones...	<i>i.e.</i> Uncooked ...	(ii) Break up, and add to stock pot. Well stripped of meat.	(ii) "Other" bones...	(ii) For sale For sale Marrow bones yield a considerable quantity of rich fat. ... Bones should only be sold uncooked when all requirements of stock for soup and stews have been fulfilled.
11. Cooked bones.	From joints, from stock pots, and left on plates.	—	"Other" bones.	For sale ...	This also applies to marrow bones. Bones should only be gently simmered; if violently boiled, the glue-contents are released, and the residue is fit only for manure, and will command a low price only.

SECTION 2

CARVING AND BONING MEAT.

Carving

Good carving is necessary if economy is to be effected and the value of the appetizing appearance of food considered. Meat thinly cut against the grain is more easily masticated, as the fibres are repeatedly cut through. Where meat is cut with the grain bundles of fibres remain undivided and require thorough mastication to dissolve them, otherwise much of the nutriment is not assimilated by the tissues of the body, and the period of digestion will be much longer.

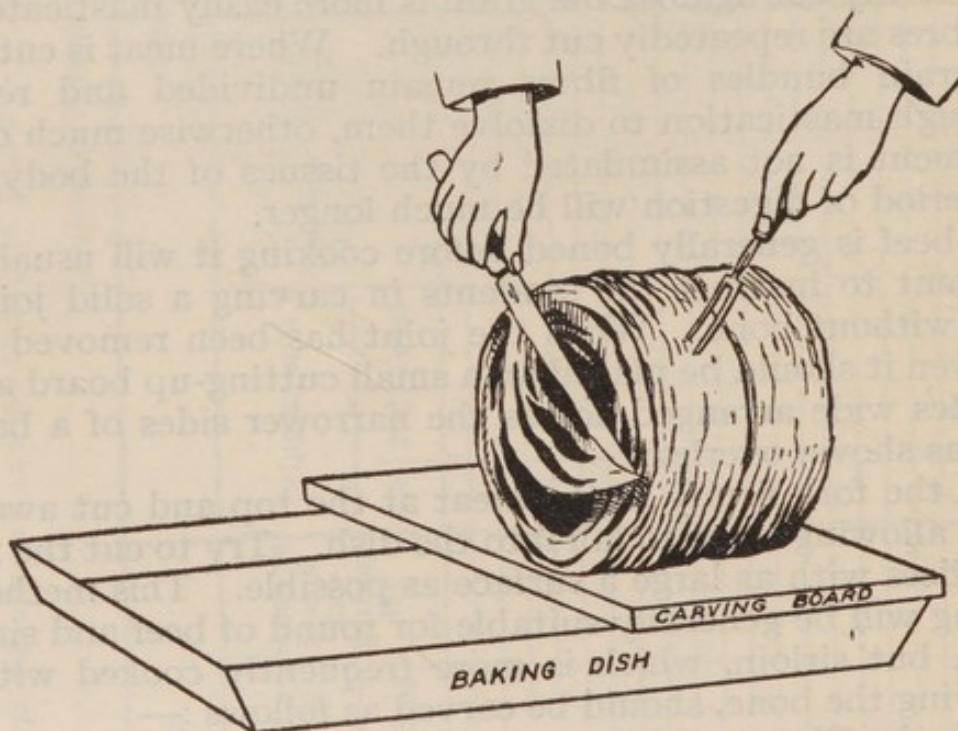
As beef is generally boned before cooking it will usually be sufficient to instruct the students in carving a solid joint of meat without bone. When the joint has been removed from the oven it should be placed on a small cutting-up board about 9 inches wide arranged across the narrower sides of a baking dish, as shown overleaf :—

Fix the fork firmly in the meat at the top and cut away in slices, allowing them to fall into the dish. Try to cut the meat into slices with as large a surface as possible. This method of carving will be generally suitable for round of beef and similar joints, but sirloin, which is more frequently cooked without removing the bone, should be carved as follows :—

Slice the fillets, cutting across the joint and carefully remove all meat up to the bones ; turn the joint over and carve the top, cutting the meat in the direction of the bone with the point of the knife towards the thick end of the joint. Stand the bones on end, when the mass of flesh has been removed, and cut away all meat from between and round the bones until they are stripped clean.

A carving knife and fork should invariably be used. The butcher's or cooks' knives and flesh forks are not suitable for the purposes of good carving ; their shape and thickness make them unadaptable for removing from the joint an evenly cut slice of meat. The carving fork is so shaped as to enable the carver to get a firm grip on the meat which cannot be done with a flesh or cooks' fork. The knife should be sharp and frequently steeled. Cooks usually bear too hard on the knife and fail to allow the blade to travel the full length backwards and forwards in a straight or curved line. A brief guidance

PLATE 5



Beef should be carved thinly and mutton thickly.

under the supervision of an instructor and a little practice is all that should be necessary to make a man proficient in the art of carving.

Mutton is not boned before being cooked, but is jointed so as to permit of bone and meat being easily removed when carving. The shoulder and leg are, however, differently treated. Each has a fleshy side which should be carved first; the side referred to can be determined by inserting the fork in each side. The joint should be cut in the middle and carved outwards until all the meat has been removed, the blade of the knife being moved across the leg or shoulder bone, then turned over and the meat from the other side removed from the bone.

Boning

Boning meat requires much practice and the wise cook will always use his special knife for this purpose. Practice makes perfect, but usually the cook who frequently changes his knife never succeeds. To bone well is to remove the meat (say from a rib) in one piece and not in several pieces. There will generally be small cuttings from the bone after the bulk portion has been cut away; these should be placed inside the joint when rolled.

SECTION 3

BACON

1. The fat of hams and bacon should be firm and white, the flesh firm and free from holes. The solidity of belly fat is a sure indication that a side of bacon is of good quality. Any tinge of colour in the fat is suspicious. Bone taint will usually be found under the ribs or near the bones in the legs. Inspect the cavity in the fore end. If taint is present it will always be found in that spot.

2. If any signs of taint are shown, the affected part should be immediately cut off, as the remaining portion of the side may be fit for consumption.

3. When examining bacon, see whether it is well or lightly cured; if the latter, the keeping properties are small and taint is likely to occur. See that the sides are not too fat or too lean.

The perfect blend of salt and meat which characterizes a well cured side imparts a definite bacon odour to the meat. In an overcured side, the odour of salt will predominate, while, in an undercured side, that of fresh meat will be most noticeable.

If improperly cured, bacon may be slimy to the touch, soft and flabby, give off a more or less offensive odour, and vary in colour from a pale hue to dark red.

4. Purchase in whole sides to secure the valuable hams and fore arms (the best boiling joints).

5. Preparation :

(a) Remove rib bones separately.

(b) Slice on a machine to ensure uniformity and avoid waste.

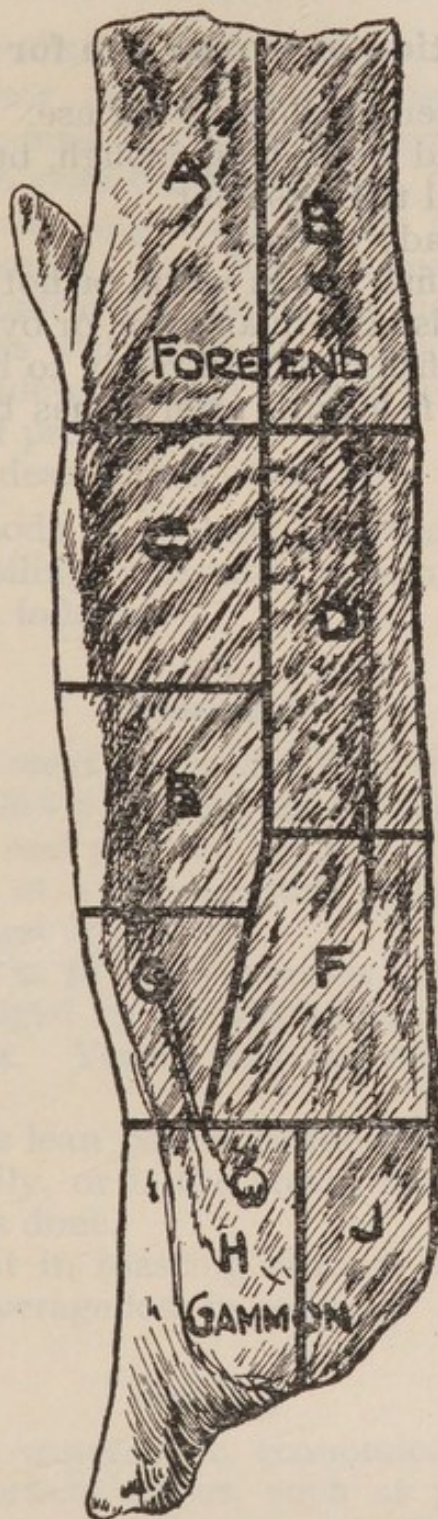
APPROXIMATE WEIGHTS

The average weight of a side of bacon is 55 lb.

A. Fore hock	9 lb.	Boiling cut.
B. Collar	8 lb.	64 × 2-oz. rashers.
C. Thick Streaky	} 9½ lb.	152 rashers averaging 1-oz. each.
E. Thin Streaky		
G. Flank	} 15 lb.	160 rashers averaging 1½-oz. each.
D. Back and Ribs		
F. Long Loin	} 13½ lb.	Boiling Cut.
H. Gammon		
J. Corner Gammon		

The approximate loss of weight in trimming a side of bacon of the above weights will average 9 lb. or roughly 16 per cent.

PLATE 6
Bacon cuts



A. Fore hock; B. Collar; C. Thick streaky; D. Back and ribs; E. Thin streaky; F. Long loin; G. Flank; H. Gammon hock; J. Corner gammon.

SECTION 4

Preparation of frozen fish for cooking

Keep the fish frozen until ready for use.

Then put it in cold water long enough, but no longer than is necessary to take all the frost out.

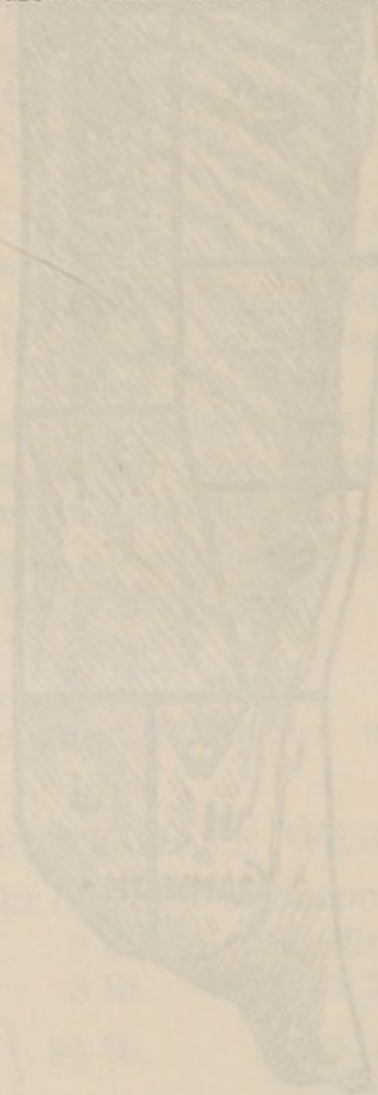
It will then be ready to cook.

Do not thaw the fish out in warm or hot water.

Do not thaw the fish out in an oven, or by any artificial heat.

Do not thaw the fish out until ready to be cooked.

Do not cook the fish until after it has been thawed out in cold water.



A. Fore foot; B. Collar; C. Thick shank; D. Neck and ribs; E. Tail
 shank; F. Long ribs; G. Shank; H. Sacrum; I. Pelvic girdle; J. Gonium

SECTION 5

VARIOUS METHODS OF COOKING

Food is cooked for the following reasons :—

- (a) To render meat and vegetables more digestible by loosening the muscular fibres in meats and by breaking up the starch grains in vegetables.
- (b) To make it more appetising to the sight, to the taste and to the smell ; and for this reason it is essential that every endeavour should be made to ensure that dishes are as attractive in appearance as possible, and that made-up dishes should be actually tasted in the course of preparation.
- (c) To ensure the destruction of bacteria and parasites.

The various methods of cooking adopted in the Army are roasting, baking, boiling, steaming, stewing and frying, and may be described as follows :—

Roasting

To roast, place the meat in a roasting tin, baste with dripping, and place in a very hot oven for just sufficient time to set the outside of the meat and prevent the loss of the juices. Then withdraw and cook at a temperature of approximately 350° Fahr. Baste the meat frequently.

The time required is 15 to 18 minutes for each 1 lb. weight, but this must be judged by the thickness of the joint and the quality of the meat. Young and fat meat requires longer than old and lean.

If, on pressing the lean part with the flat portion of a knife, the meat yields easily, or if the steam from the meat draws towards the fire, it is done.

The loss of weight in roasting is from 30 to 35 per cent., being the greatest average loss in cooking.

Baking

Baking is a most convenient, economical and satisfactory mode of cooking certain dishes, such as pastry, meat pies, pork, shoulder of mutton, etc., and it is popular with the troops.

The best oven for baking is one sufficiently ventilated to allow the steam rising from the dish to escape.

In the baking of pies, etc., they should, at first, be placed in the hottest part of the oven. When the paste is cooked it

can be left on the bottom to simmer until done. Pork should be covered with a greased paper, to prevent the fat from melting too quickly.

The average loss in baking is 25 per cent.

The heat required to bake meat is at least 345° Fahr., but more is necessary should there be much stock or any potatoes in the dish.

Boiling

The boiling point of water is 212° Fahr., but if salt is added 220° Fahr. will be obtained.

To boil a joint of meat for table, it should be placed in boiling water and allowed to boil quickly for 10 minutes; then bring it to a simmer and allow it to remain at a temperature varying from 180° to 190° Fahr. It should be surrounded with plenty of water and the lid of the vessel kept on, care being taken that the scum rising to the surface of the water is frequently skimmed off. This refers to meat properly defrosted; otherwise it is better to put into hot water and bring to boil.

When the meat is placed in boiling water the albumen becomes solid and prevents the escape of the juices.

If soup only is required, the meat should be cut into small pieces and placed in cold water and allowed to simmer slowly, in order to extract its juices, as in preparing beef-tea.

Salt beef or pork should be previously soaked and washed in cold water, then placed in a vessel containing cold water and allowed to boil steadily for one hour; the water in which it has been boiled should then be thrown away. Refill the vessel with fresh cold water, and let the meat simmer gently until it is done. Salt meat requires a little longer time for cooking than fresh. It is placed in cold water in order to extract the salt or brine; if put into boiling water the meat would become hard and indigestible.

The average loss in boiling meat is 15 or 20 per cent., and the time required to cook depends upon its weight and compactness: as a general rule 15 or 20 minutes for 1 lb. weight. If a piece of the flank weighing about 15 lb. were boiled as issued it would require about one hour or so, but if boned and rolled it would require from 3 to 4 hours, and would then be sent up to the table as a very substantial joint.

Vegetables

In boiling vegetables to be served separately, they should be placed in boiling water, with a little salt, and boiled quickly until tender, which will cause them to retain their saccharine juices; but if for soup, they should be placed in cold water and boiled slowly in order to extract the juices.

Cabbages, greens, etc., should be thoroughly cleaned and allowed to remain for a short time in salt and water; this will destroy any small insects that may remain. They should then be placed in boiling water with a little salt added, and boiled quickly until tender, then taken up and strained and served very hot. The boiler should be kept uncovered, as it not only helps to preserve their colour, but allows indigestible matter to pass away. Soda, or bi-carbonate of soda, should never be used in cooking green vegetables.

Puddings

Puddings should also be placed in boiling water. The water should be kept at a steady boil. Flour, when used as a thickening in soup, requires boiling from 30 to 40 minutes, oatmeal from 50 minutes to 1 hour.

Stewing

Stewing is considered the most profitable mode of cooking. If properly performed, tough meat is rendered tender and wholesome, and more nourishment is obtained than by any other process of cooking. It should be distinctly understood that stewing is not boiling; all that is required is a gradual simmering, that is, a temperature of 170° to 180° Fahr., and by this process the coarsest and roughest parts of the beast will become soft, tender and easily digestible.

The best method of stewing is by steam, because with the apparatus now used in service kitchens it is nearly impossible to bring the contents of the dishes to boiling point.

Meat of a fibrous and coarse nature, such as legs, briskets, buttock, clods or necks of mutton, should be issued for stewing.

Braising

Braising is half roast and half stew. Meat is coloured quickly in a very hot oven, moistened with brown stock, covered with lid, and cooked in oven. Inferior cuts of meat are used in this method of cookery.

Steaming

Steaming is usually performed by steam passing from a close boiler to a close chamber, or by placing a steamer over a boiler containing boiling water, or by placing a few bricks or stones at the bottom of the boiler, covering them with water and placing on them the dish containing the articles required to be cooked.

A steamer is a vessel the bottom of which is perforated with a number of small holes, and it should never be placed above a boiler until the water is at a sharp boil.

The articles of food usually cooked by steam are meat, potatoes, puddings, etc.

The average loss in steaming is 15 per cent.

About $1\frac{1}{2}$ pints of water will accumulate from the condensed steam during the process of cooking about 18 rations.

Frying

Frying is cooking with the aid of fats, which should be sweet, clean, fresh and free from salt. With care the same fat should last a long time, but when it acquires a dark brown colour it is no longer fit for use, and should be put aside and sold with by-products.

For shallow frying, place in a pan only sufficient fat to cover the bottom of it. When deep frying, use sufficient fat to cover the food to be cooked.

The heat required for frying purposes is from 350° to 400° Fahr. A simple way to ascertain when the fat is sufficiently hot is to place in it a piece of bread for a few seconds; if this becomes a golden brown colour, the fat is ready; if the bread assumes a light yellow, it is not hot enough, but if the bread be burnt a dark brown colour, it is too hot.

The loss in frying depends on the quality of the meat and the mode of cooking. If the frying is properly performed there should be no loss.

Broiling

Broiling is cooking over or in front of a fire, a gridiron being generally used. Care should be taken to see that it is perfectly clean and free from grease. It should be placed on the fire slantways, the lower part in front; this prevents the fat falling into the fire and causing it to smoke. The fire must be clear, bright and tolerably strong.

Meat for broiling should be cut in thin and even slices. The meat will then be equally cooked throughout.

Previous to cooking, the meat should be sprinkled with pepper, but not with salt. It should be frequently turned, and when firm to the touch on being pressed with the flat part of the knife it is done.

The average loss in broiling is 8 per cent. With a clean gridiron, a clear fire, close supervision and the exercise of a little judgment, small dainty pieces of meat and fish may be cooked better by broiling than by any other process of cooking.

SECTION 6

MAKING OF TEA, COFFEE AND COCOA

Making of Tea

1. *Ingredients* (for 100 men).—Tea, 1 lb.; sugar 4 lb.; milk, $6\frac{1}{4}$ pts. or 4 tins; and 12 gallons of water. (1 pint a man).

Method.—Weigh out the ingredients required for number in mess.

Place the dry tea into muslin bags and tie loosely, allowing sufficient room for the expansion of the tea during infusion.

Rinse out the tea buckets with boiling water to ensure cleanliness and to heat the buckets, then place the bags containing the tea into the buckets and fill with boiling water. Stand buckets near a hot stove from 8 to 10 minutes, then remove the bags and squeeze fairly dry, add sugar and milk. Tea is then ready for serving.

Common faults in tea-making

- i. Water not at boiling point when poured over the dry tea.
- ii. Water boiling for a long period before required.
- iii. Buckets not heated before brewing.
- iv. Tea bags tied tightly, preventing water from penetrating the tea and extracting the flavour.
- v. Tea brewed with a small quantity of water hours before required. This is a common fault, as is also the placing of sugar in with the tea when brewing, thereby losing a great deal of the sweetening by the tea leaves absorbing the sugar.

Coffee

2. *Ingredients* (for 100 men).—Coffee, 5 lb. (ground); sugar, 4 lb.; fresh milk, $6\frac{1}{4}$ pts. or 4 tins condensed; water, 8 gallons; pinch of salt. ($\frac{2}{3}$ pint for each man).

Method.—To prevent adulteration, coffee should be bought in the bean and ground. The beans should be of a bright chestnut brown colour. Care should be taken that only sufficient coffee is ground for the next day's consumption, for when the bean is broken the aroma quickly escapes. Coffee of an inferior quality may be improved by the addition of chicory, but it should not be used in greater quantities than 2 oz. to 1 lb. of coffee. Beans and chicory are used in adulterating coffee. The presence of the latter may be detected by

sprinkling a little of the mixture on some water in a glass. If chicory be present it will at once sink to the bottom, whereas coffee will float for a time. Some should also be shaken up with the water, when the coffee will rise to the surface, and the chicory will sink. In preparing coffee, care should be taken to see that it is not allowed to boil; if boiled, its aroma is partly dissipated. It should, if possible, be first warmed, which causes each grain of the powder to separate; then the amount of boiling water required should be poured on it.

All boilers and cans should be rinsed with hot water; the dry coffee should then be placed in them, and the boiling water added gradually, so as to extract its strength thoroughly. It should be made immediately before being required, and served up as hot as possible.

Cocoa

3. *Ingredients* (for 100 men).—Cocoa, 2 lb.; sugar, 4 lb.; fresh milk, $6\frac{1}{4}$ pts., or 4 tins condensed; water, 8 gallons.

Method.—Concentrated cocoa should be prepared as follows:—Put the cocoa and sugar into a cup or basin, mix together with a spoon, pour on the boiling water, stirring the whole well, add the milk and serve hot. When cocoa is to be prepared in large quantities, it will be found better to mix the cocoa and sugar into a thin paste with the milk; then add the boiling water, boil the mixture for 3 minutes, keeping it well stirred, then serve. The boiling develops more fully the flavour and aroma of the cocoa.

Additional recipe for Cocoa

4. *Ingredients* (for 100 men).—Block cocoa, $1\frac{1}{2}$ lb.; sugar, 3 lb.; milk, 8 pts.; water, 8 gallons.

Method.—Shred or grate the cocoa. Place it into the water and bring to boil, stirring from time to time. Allow to simmer until well dissolved, approximately 1 hour. Skim off the scum which rises to the surface and add the milk. Allow to come to boil, add the sugar and serve.

This produces approximately 1 pt. of cocoa for each man.

SECTION 7

SUGAR AND RICE

Sugar

The descriptions of sugar usually used in the service are the white crystal or granulated. They are nearly free from adulteration, and generally used with tea or coffee.

The Demerara is the best description of brown sugar, and should be dry to the touch and not sticky or clammy.

Coarse brown sugar sometimes contains sugar mites, which may be detected by dissolving a little of the sugar in a glass of tepid water, when they will in a short time float on the surface. It is often adulterated with flour, maize, etc.

Sugar is used to preserve fruit, etc., and as a sweetener to many kinds of food and beverages. It is very appetizing and nutritious.

Rice.

The type that meets with most favour is "Patna"—a somewhat long, narrow grain.

Rangoon grain, and Java rice are also suitable varieties.

Soft rice, such as Carolina, although of fine quality is not under all conditions suitable for service requirements as it quickly absorbs moisture and deteriorates.

The Patna rice is semi-transparent and has a polished surface. The latter is an important feature as it reduces friction and so prevents the formation of dust (*i.e.* rice powder).

Opacity in a rice normally translucent appears to be the first sign of disintegration. A rice in good condition is always free from powder. The presence of dust in this article is frequently the result of attacks by weevil.

Colour and freedom from broken grains are important features in judging quality. "Paddy" (*i.e.* grains not properly freed from husk) should be entirely absent.

The number of particles of rice in a given weight is an indication of the quality; the fewer the better. Rice should be tested by soaking for several hours and boiling.

Generally speaking, this article keeps well, in fact within certain limits may even improve with age.

Boiling rice in small quantities

Wash the rice in several waters, picking out the discoloured and unhusked grains, and place it on to boil in plenty of cold

water. This is the secret of having the rice whole, the water keeping the grains separate; leave it uncovered and bring slowly to the boil; shake it occasionally to prevent burning, but do not stir it if this can be avoided. When it has simmered gently from 20 to 25 minutes it should be tender. Patna rice will not require quite so long to cook as many of the other varieties. Shake in it a little salt, and drain it in a colander, when the grain will separate and be of the finest flavour.

Boiling rice in large quantities

Prepare the rice for boiling as already directed. Have ready a boiler containing 8 times more water than there is rice, bring to a sharp boil, throw in the rice, draw the fire at once; damp the boiler down, place on the lid: allow to stand for 10 minutes; remove the lid, gently stir the rice, replace the lid; allow to remain for 10 minutes more, and, if the rice is cooked, strain off the water and serve. Care should be taken that the rice is not allowed to remain too long in the boiler; rice should never be overcooked.

SECTION 8

DESCRIPTIONS AND CHARACTERISTICS OF
VARIOUS DRY PROVISIONS**Beans, haricot**

Form a highly nutritious article of diet, being cheap and palatable. They should be of uniform size as they cook unequally if not carefully graded.

The colour of continental or "Danubian" beans should be white, not yellowish, but "Rangoon" beans are almost invariably of a creamy or yellowish shade.

The beans should be firm and full, giving a dry rattle when handled and the skins should be smooth and not wrinkled.

Being highly nitrogenous, like all other pulses, it is important that the beans should be properly masticated.

Currants

Currants are the dried berries of a small, black seedless grape.

A good sample of currants should be fleshy and of good size, dry (*i.e.* not sticky) and free from lumps, dirt and stones.

As a general rule, the bluer the colour of the fruit the better.

The fruit should be free from insect life, though this may not always be possible to ensure, as the eggs may have been laid on, or in, the fruit and not be apparent at the time of purchase. Therefore it is essential to wash thoroughly.

Golden syrup

Golden syrup is refined treacle obtained from cane sugar. It is lighter in colour and clearer than molasses or treacle.

It is made by refining molasses, the liquid which remains after the crystallization of cane sugar.

This residue consists of a strong solution of non-crystallizable sugars present in the original raw sugar.

The usual adulterant of inferior golden syrup is glucose, and its presence can only be proved by chemical analysis.

Jam and marmalade

Jam should be of the best quality, made from fruit of the latest season, carefully cleaned to free it from stalks. No colouring matter should be added, salicylic acid or other chemical preservative.

Marmalade should be made of the best bitter oranges and good sugar.

The jam or marmalade should be in a gelatinous condition. If a spatular or knife blade is inserted between the jam and the tin, the contents should come clearly away from the side of the tin. When turned out of the tin, the jam should retain for a moment the shape of the tin.

In the case of strawberry and apricot jam it is practically impossible to obtain this gelatinous condition without the addition of other fruit juices such as gooseberry or apple which contain a high proportion of pectins, jelly producing substances.

In addition, about 10 per cent. of such juices is therefore allowed in these two descriptions of jams.

The fruit should be as whole as possible, this particularly applies to strawberry and blackcurrant jams.

In order to prevent the acids in the fruit juices acting on the insides of the tins, jam and marmalade are always packed in tins which are specially lacquered on the insides. The tins are also lacquered on the outsides as a protection against rust and should be hermetically sealed.

Pearl Barley

This article is produced from barley, preferably grown in Scotland. The grains may be round or oval and should be uniform in size. The barley should be quite sound, free from any mustiness, and not floury (*i.e.* free from dust).

It is produced by grinding in a mill set so as to remove the outer husk and polish the grains.

Milk, condensed

The milk is concentrated to about $\frac{1}{3}$ of its original bulk.

It should be the carefully condensed product of cows' milk and should contain not less than 31 per cent. of total solids of which not less than 9 per cent. should be milk fat.

It should be free from adulteration and all chemical preservatives.

The milk should be of a creamy colour, free from lumps and should pour from the tin in a regular flow after the top of the tin has been pierced with two holes, but it must not be assumed that the preparation has been faulty and that the milk is unfit for consumption, if, at the time of opening, it is not in this condition.

The milk should be tasted before diluting with water. It has a flavour somewhat similar to boiled milk, but a little less pronounced.

When diluted with $1\frac{1}{2}$ times its volume of water the mixture should closely resemble fresh milk.

In America unsweetened milk is known as "Evaporated" and sweetened as "Condensed."

Oatmeal

This is preferably produced from Scotch oats. The oats are first dried and the husks and sids (*i.e.* inner husks) removed. They are then ground into several grades of meal. The oatmeal should be free from husk, have a sweet agreeable nutty flavour and be quite free from bitterness, mustiness or rancidity.

The following practical test will be of assistance in comparing samples :—

Take 5 oz. of oatmeal and 15 oz. of cold water. Mix the oatmeal so that a paste is formed and then place on a double saucepan and boil until a satisfactory porridge is produced. A good oatmeal should produce a porridge that will be of such consistency as to allow a spoon to stand upright in it.

Oatmeal contains a higher proportion of fat than any other cereal and therefore liable to become rancid and bitter and is particularly subject to attack by insects. Special care is therefore desirable to keep the oatmeal covered up; and to prevent its exposure to heat and damp.

Peas—marrowfat

It is preferable to purchase home-grown peas, but when supplies fail or are inferior in quality it may be necessary to purchase imported ones.

Peas form an invaluable article of food, being highly nutritious when cooked properly, and very palatable, resembling closely ordinary fresh green peas. They are usually very popular with troops.

In examining samples, the peas should be soaked in boiling water until they swell and their general character can be properly judged. They should be fairly uniform in size, of good colour, free from yellowness and contain few defective peas and when cut through should be uniform in consistency and colour. It may be found that excellent looking peas are more or less yellow or decayed in the centre, such peas being unsuitable.

A well wrinkled surface is a favourable point, and is an indication of large size in the green state.

Peas, split

Split peas are a highly nitrogenous article of diet. They are imported whole and afterwards dried and split by passing them

through stones set wide enough apart not to crush or powder them.

They should be newly dried and split, properly screened, dry, hard, sound, sweet and prime good boilers. The size is not material. The peas should not be brittle, a few placed in the mouth should be difficult to crack with the teeth.

The peas should be free from dust, husk and discoloured peas and foreign grain.

The presence of holes in the peas is due to attack by worm during growth and is not detrimental as all insect life is destroyed during the process of drying. They should, of course, be quite free from weevils or other insects.

In comparing samples, those with the fewest broken or defective peas would stand highest in order of merit. They should be free from lumps (*i.e.* several peas sticking together) which is an indication that the peas have been exposed to damp and when smelled there should be no trace of mould or mildew. The peas should be submitted to the boiling test. They should be boiled slowly for about two hours, when they should be in a pulpy condition. If old no amount of boiling will soften them.

The peas should have a dull surface with sharp edges. A polished surface with round edges points to their having been treated with water and dried—a process which might be adopted with the object of adding weight.

Raisins

The fruit should be of a good colour and fresh, as far as possible free from stalks and show very little trace of insect life. Care should be taken that the fruit is covered to prevent deterioration and the attacks of moth and other insects.

Sooner or later according to conditions of storage raisins will become more or less candied, owing to the natural sugar (grape) in the fruit drying under the surface. This is not detrimental provided that fermentation (which can be detected by a somewhat sour smell) has not taken place. The fact that they are candied does not preclude their use in cakes or puddings.

Sultanas

Sultanas are usually of a pale, golden yellow colour with thin and delicate skins, almost transparent when new. They are very sweet, but without much flavour.

They are liable to fermentation and attack by insects in the same manner as raisins.

SECTION 9

DESCRIPTION OF HERBS AND SPICES, ETC.,
USED IN COOKING

Allspice.—The dried unripe berry of a tree cultivated in the West Indies, called pimento. So named, allspice, as being regarded as combining many different flavours. Ground into powder and used for flavouring pickles and sauces.

Bay leaves.—The dried leaves of a small evergreen tree used principally for flavouring stews, pickles, etc.

Capers.—The dried flower bud of the caper-shrub; much used in sauces. They are sold in a dry state or pickled in brine.

Caraway seeds.—A small, elongated, dried seed, used principally to flavour cakes and buns.

Celery seed.—The seeds of celery plant, used for flavouring soups, etc.

Chervil.—A garden herb similar to parsley, and used to flavour soups.

Chicory.—A plant whose root is ground up and used in the adulteration of coffee to give it a bitter taste.

Chillies.—The pod of a specimen of pepper plant which when ripe turns red, employed usually to flavour pickles. Cayenne pepper is produced from the pod.

Chives.—A species of the onion plant, used for salads, etc.

Cinnamon.—The dried bark of the cinnamon tree grown in Ceylon. Finely ground and used as a spice for flavouring cakes and such dishes as custard, rice, etc.

Cloves.—The dried flower-buds of the clove tree; used for flavouring many foods and pickles. The best cloves are grown in the Straits Settlements.

Curry-powder.—A yellow condiment powder made by crushing various spices and peppers; used in the preparation of many curried dishes.

Fennel.—A garden herb, the leaves of which are used in sauce generally served with fish.

Garlic.—A bulbous vegetable similar to a small onion or shallot; it has a very pungent flavour and should be sparingly used for flavouring dishes.

Gelatine.—A form of dried jelly, sold in leaf form ; used for stiffening fruit jellies, pies, etc. Also sold in powder form.

Ginger.—The root of a plant grown in the East and West Indies ; when ground into powder used sparingly for flavouring cakes, puddings, etc.

Herbs, sweet.—A bunch of sweet herbs for flavouring, mentioned in many cookery books, consists of the following : a sprig of thyme, sage, mint, parsley, and bay leaf.

Horse-radish.—A plant with a pungent root, which when cleaned and scraped is used for garnishing, and served as a condiment with roast beef ; also used in making an appetizing sauce.

Isinglass.—A dried gelatine substance, obtained principally from fresh-water fish ; used for clarifying soups, wines, etc.

Mace.—A spice made from the external envelope of the nutmeg ; is more expensive than the nutmeg and is considered far better for flavouring various dishes.

Mint.—An aromatic green-leaved herb, the leaves of which, when chopped and mixed with vinegar and sugar, form mint-sauce—served with mutton and lamb, either hot or cold. It is also sparingly used as a flavouring in cooking new potatoes, peas, etc. Can be used in both a fresh and dry state.

Mustard.—The seed of the mustard plant, ground to a fine powder after most of the oil, which is very pungent, has been extracted. Is prepared for use by the addition of a little water, and made into paste.

French mustard.—Is prepared by adding salt, sugar, vinegar and spice.

Nutmeg.—The aromatic kernel of an East Indian tree, used for flavouring rice, tapioca, sago puddings, etc. Should be finely grated and used sparingly.

Parsley.—A green garden herb, used a great deal in English cookery for flavouring, garnishing and for sauces.

Pepper.—The dried berries of the pepper plant, cultivated in the West Indies and tropical countries. Used for flavouring pickles, and when ground used for seasoning both in cooking and for table use.

Cayenne pepper.—A very pungent red pepper made from several species of capsicum. Should be sparingly used. See Chillies.

Saffron.—A yellow powder prepared from the saffron flower, a bulbous plant of the crocus kind. Used principally for colouring cakes, etc.

Sage.—A garden herb. The leaves are dried and used for flavouring and seasoning many meat dishes ; also for stuffing for pork or geese, duck, etc.

Salt.—A fine, white salt, used for cooking and table use, is obtained principally from evaporated salt brine pumped from salt mines in Cheshire and Worcestershire.

Bay Salt.—Coarse salt obtained from evaporated seawater, used the same as ordinary salt.

Celery salt.—Fine table salt, to which has been added the powdered celery seed ; used for flavouring soups, etc., and for use at table.

Saltpetre.—A coarse, acrid kind of salt, used in conjunction with table salt for making brine for pickling meat.

Spice.—A mixture of various seeds and plants, ground into a powder ; generally used for flavouring.

Mixed spice.—A term given to a mixture of various seeds and plants generally used for pickling.

Tarragon.—A herb used for flavouring vinegar, sauces, etc.

Thyme.—A small-leaved garden herb used in seasoning various dishes, such as veal, poultry, etc.

Truffles.—A fleshy species of fungus. Grows just below the surface of the ground and found in the forests of France. Used in high-class cookery for flavouring various dishes. Can be purchased in bottles.

Turmeric.—Part of the pepper plant ground to powder and sometimes used for adulterating pepper—an illegal practice.

SECTION 10

**METHOD OF USING PEAS, LENTILS, BEANS,
OR OTHER PULSES FOR THE PREVENTION
OF SCURVY, IN THE ABSENCE OF FRESH
VEGETABLES.**

(1) The dry seed must be whole, retaining the original seed-coat, not milled or husked.

(2) They must be soaked in water for several hours; the time necessary depends on the temperature, 24 hours at 50° Fahr. to 60° Fahr., and 12 hours or less at 90° Fahr.

(3) The water must then be drained away, and the peas, beans, etc., allowed to remain in the moist condition with exposure to air. They will then germinate and the small rootlet grow out. This germination will take 48 hours at 50° Fahr. to 60° Fahr., and 12 to 24 hours at 90° Fahr.

(4) The operations described in (2) and (3) could conveniently be done under active service conditions in such manner as the following:—

Soaked.—The peas, beans or other pulses, placed in a *clean* sack, should be steeped in a trough, barrel or other suitable vessel, full of clean water, and should be occasionally stirred. The sack and trough, etc., should be large enough to allow for the swelling of the peas to about three times their original size. In a hot climate 6 to 12 hours should suffice for this soaking.

Germination.—The peas should be lifted out of the water and spread out to a depth not *exceeding 2 or 3 inches* in a trough or other vessel with sides and bottom porous or well perforated with holes. This is to allow complete exposure to air. *The seeds must be kept in a moist atmosphere.* This is done by covering with damp cloth or sacking, which is sprinkled (by hand or automatically) as often as is required to keep the peas or beans thoroughly moist. The germination should reach the stage mentioned in (3) above within 24 hours in a hot climate.

All the vessels should be clean.

(5) It is important that the germinated pulses should be cooked and eaten as soon as possible after germination, and should not be allowed to become dry again, as in that case the anti-scorbutic properties, acquired during the process of germination, will again be destroyed. The pulses should not be cooked longer than necessary, and in no case for a longer period than 15 minutes.

SECTION 11

TIME TABLE FOR COOKING

Various Foodstuffs used in Military Catering

Para.		Para.	
1	Temperatures for cooking.	32	Mutton chops.
2	Points to be borne in mind in cooking.	33	Mutton, roast or baked.
3	Serving of meals.	34	Mutton, Lancashire hot pot.
4	Dripping.	35	Ox hearts.
5	Tea.	36	Pork, roasted or baked.
6	Bacon, rashers.	37	Pork, boiled.
7	Beef, roasted or baked.	38	Pork, chops.
8	Beef, boiled.	39	Rabbit, stewed brown or white.
9	Beef, hot pot.	40	Rabbit pie.
10	Beef steak, fried.	41	Sausages.
11	Beef steak, stewed.	42	Sheeps hearts.
12	Chicken, boiled.	43	Tripe, stewed.
13	Chicken, roast.	44	Turkey, roast.
14	Duck.	45	Veal, roast.
15	Eggs, boiled.	46	Yorkshire pudding.
16	Eggs, fried.	47	Potatoes, boiled.
17	Eggs, poached.	48	Potatoes, fried.
18	Fish, bloaters and kippers.	49	Potatoes, mashed.
19	Fish, cod, boiled.	50	Potatoes, roast.
20	Fish, cod cutlets.	51	Potatoes, steamed.
21	Fish, cured haddock.	52	Vegetables, cabbage.
22	Fish, herring.	53	Vegetables, green.
23	Gammon, boiled.	54	Vegetables, root.
24	Goose, roast.	55	Vegetables, spinach.
25	Hare, jugged.	56	Porridge, oat meal.
26	Hare, roast.	57	Pulps, cereals, etc.
27	Liver, sliced.	58	Rice, boiled for curry.
28	Meat pie, baked.	59	Rice, boiled for sweets.
29	Meat pudding, boiled or steamed.	60	Cakes, large.
30	Meat or sea pie.	61	Cakes, small.
31	Mutton, boiled.	62	Tarts, baked.
		63	Suet roll, plain.

1. Temperatures for Cooking.

The temperature of an oven can be fairly accurately judged by the experienced cook by inserting the hand in the oven. The required heat is expressed in the following terms : gentle or slow, moderate, normal, fast or quick heat. The surest method of ascertaining the correct temperature required is by means of a small portable oven thermometer, the use of which will largely prevent spoilt dishes, cakes, etc. Many ovens are very uneven in temperature. While the top shelf may register 500°, the bottom or centre shelves may vary by as much as 200° below this. If no thermometer is available and the cook is doubtful of the heat of the oven, he should place a

sheet of white paper or a slice of bread in the oven for a few moments and observe the results.

The equivalent readings of a thermometer to show approximately the heat of an oven as expressed in the following terms are :—

Oven—gentle and slow	250° to 300° Fahr.
„ —moderate	300° to 350° Fahr.
„ —normal	350° to 400° Fahr.
„ —quick	400° to 500° Fahr.

Water is said to be scalding hot at 150° Fahr. and boiling hot at 212° Fahr. Lard and similar animal fats give off a blue smoke at 380° to 450° Fahr. which is the temperature required for deep frying (fish-potatoes, pasties, croquettes, etc.).

2. Points to be borne in mind in Cooking.

Roasting or baking meat.—It is important to retain the juices in the meat, therefore the meat should be placed first into a hot oven in order to seal the pores of the cut sides of the joint, and then allowed to cook at a lower temperature, being basted from time to time.

3. Serving of Meals.

The cooking of the majority of meals should be so timed that the food can be served immediately it is cooked. Cooking too far ahead of meal times destroys much of the nutritive value of the food. When hot meals are served, the plates should be warmed before the food is placed on them.

4. Dripping.

Dripping should be issued as far as possible according to the following scale :—

For what purpose	Amount	Quality
Plum puddings	6 oz. to each lb. of flour ...	1st Class.
Currant rolls	„ „	„
Currant pudding	„ „	„
Raisin pudding	„ „	„
Date pudding	„ „	„
Jam tarts	„ „	„
Apple or fruit tarts	„ „	„
Bread pudding	2 oz. to each lb. of pulp ...	„
Meat pies	6 oz. to each lb.	1st Quality.
Frying, deep frying	6 lb. per 100 men	„
Frying, shallow frying	3 lb. „	2nd Quality.
Liver without bacon	3 lb. „	„
Eggs without bacon	2 lb. „	„
Eggs with bacon	1 lb. „	„

Suet must be used for all puddings when available.

Margarine should be used for all cakes, pastries and pies if dripping is not available.

5. Tea.

Ingredients for 100 men: 1 lb. Tea, 4 lb. Sugar, 6 $\frac{1}{4}$ pints milk or 4 tins, 12 gallons water. In making tea, the teapot must be quite clean, heated with hot water and rinsed. Place in the dry tea and fill with boiling water, allow to stand five minutes. Place the milk and sugar (if desired) in the cup or mug and pour the tea on top. *Special boiler must be kept for tea making only.*

6. Bacon (Rashers).

Rashers are best cooked in shallow frying pans whenever possible, otherwise arrange rashers (either all back or all streaky) in baking dishes with a little dripping and cook gently in a moderate oven until they begin to shrink and the fat begins to curl, approximately 7 to 8 minutes. Care must be taken not to apply too much heat, otherwise the bacon will shrink too much, over-cook and the ration will not be sufficient.

7. Beef, Roasted or Baked—Ribs, Wing Ribs, Sirloins, Rumps, Topside, Thick Flank.

Joints of 5 to 6 lb. boned and rolled—time of cooking approximately 15 minutes per lb. in weight and 15 minutes extra per joint. The soldier invariably likes his meat well done. The meat should be placed in a roasting tin resting on thick slices of potatoes, seasoned, basted with dripping, and placed into the oven at approximately 400° Fahr. in order to seal the pores and retain the juices. Cooking should then be continued in a moderate oven 320° to 350° Fahr. until cooked, being basted from time to time. Meat when cooked should be firm when pressure is applied and the blood a pinkish white.

8. Beef, Boiled—Briskets and Silversides.

Fresh beef boiled is not to be recommended as it is most insipid; it should always be salted and pickled beforehand. It should be placed into cold water, brought to boil and allowed to simmer until cooked approximately 20 minutes to the lb.

9. Hot Pot (Beef).

Meat cut into 2-oz. pieces. Sliced onions and potatoes in layers with potatoes on top, moistened three quarters of the height and baked in a slow oven approximately 3 hours until meat is well done and potatoes nicely browned.

10. Beef Steaks, Fried—Rumps, Sirloins.

Steaks should be cut approximately 1 inch thick, seasoned with salt, shallow fried until blood percolates through, turned over and operation repeated. All dripping removed from pan,

the essence allowed to set and good brown stock added to produce the gravy. Time, approximately 10 minutes.

11. Beef Steaks (Stewed 2 to 2½ hours).

Should be seasoned, shallow fried to seal the pores, root vegetables fried on, all dusted with flour and dried off, tomato paste added and moistened with water to cover, brought to boil, stirring with wooden spoon, aromates added in bag, and allowed to stew gently either on the stove, in a slow oven or placed into an insulator, fat being removed and correctly seasoned before being served.

12. Fowl (Boiled).

Similar to boiled mutton—blood will run white when cooked. Usually served with boiled gammon or braised rice and white sauce made from the liquor.

13. Chicken (Roast).

Similar procedure as for turkey (no stuffing), served with gravy and bread sauce.

14. Duck (Similar process as for turkey).

Time for cooking, approximately 45 minutes (dependent on the size of the bird). Serve with sage and onion stuffing and apple sauce.

15. Eggs, Boiled.

They should be tested for cracks and afterwards carefully placed in a frying basket and plunged into boiling water and allowed to simmer 4 minutes.

16. Eggs, Fried.

Should be *shallow* fried as and when required in a heavy frying pan over a gradual heat until the white is set, passed through the oven for 2 minutes to just set the yolk and carefully dished up with a slice or palette knife.

17. Eggs, Poached.

Eggs should be very fresh for poaching. Water tinged with vinegar should be boiled in a shallow saucepan, eggs placed in a frying basket plunged into water for a few seconds to release from shell, then cracked into the water near the surface and brought to boil, covered, drawn to side of stove and poached approximately 3 minutes until set. Carefully remove with slice or spoon and place into cold water until required, then reheated in very hot salt water for one minute, carefully drained and served as required.

18. Fish—Bloaters or Kippers.

Heads removed and remainder cleaned, placed into baking dishes with a little dripping or margarine and baked in a moderate oven approximately 10 to 15 minutes until firm when bone can be easily removed.

19. Cod (Boiled).

Whole fish should be cleaned—fins removed, and soaked in salt water for 1 hour. Placed into a fish kettle and covered with cold salt water, lemon juice or little vinegar added, and brought slowly to boil. Allow to poach until cooked (when fish is firm and bone is easily removed). Should be well drained and served with boiled potatoes and parsley, caper, anchovy or *similar* sauce.

Cut fish should be placed in boiling salt water to set the fish and proceed as above.

All white fish may be treated similarly.

20. Cod Cutlets or similar White Fish (Fried).

The fat for frying should be heated until a faint blue smoke is seen rising. The fish should be thoroughly dry, seasoned, passed through flour and batter before frying or passed through milk and flour, milk and oatmeal, or breadcrumbs. Allow approximately 5 minutes for 6-oz. pieces of fish.

21. Cured Haddocks (Finnan or Scotch) Fillets.

Place into baking dishes with a little milk and margarine and bake in a moderate oven approximately 10 to 15 minutes until firm. May also be poached in water.

22. Herrings.

May be grilled—split and grilled—fried (shallow and deep). Stuffed and baked or soured. Must be cleaned and scaled before cooking.

23. Gammon (Boiled), or Fore Hock (Boiled).

Should be trimmed and soaked in cold water from 4 to 6 hours. If they are to be cut on the machine they should be boned and tied up. Place into cold water, bring to the boil then simmer approximately 2 hours, and if to be served cold, allow to cool in the liquor. If hot, simmer for approximately 3 hours. Rind to be removed before carving.

24. Goose (Similar process as for Turkey).

Serve with sage and onion stuffing and apple sauce. Time for cooking, approximately 2 hours, according to size.

25. Hare, Jugged.

Cleaned—blood and livers, etc., removed—cut up into approximately 16 equal portions and marinated. (As for Jugged Steak recipe.)

26. Hare, Roast.

Cleaned, etc., as above, stuffed with veal stuffing and sewn up—back (saddle) covered with thin slice of fat bacon and roasted approximately 35 to 40 minutes, as roast meat. Should be well basted and just cooked, otherwise becomes dry.

27. Liver (Sliced).

It should first be defrosted, carefully skinned and cut into approximately quarter-inch equal slices of 2 oz. each. The slices should be seasoned at the last moment, passed through flour and shallow fried in hot dripping in a frying pan. When the blood percolates through, turn over and complete cooking. Serve with light brown sauce, devilled sauce, Lyonnaise sauce, piquante sauce, Robert sauce, or chutney sauce.

28. Meat Pie (Baked)—2½ to 3 hours.

Meat should be cut into 1-inch cubes, seasoned with chopped onion, salt and pepper and moistened with water covered with short paste. Placed into a quick oven 400° Fahr. to set the paste and baking continued at a lower temperature approximately 300° until meat is tender. Pie should be filled up with gravy if necessary.

29. Meat Pudding (Boiled or Steamed)—4 hours.

The basin or dish should be lined with suet paste, similar filling as for Pies and covered with paste, grease-proof paper or pudding cloth. When boiled, plunged into boiling water, approximately three-quarters the height of the basin and allowed to simmer gently during the cooking, or steamed gently. Should be filled up with gravy or stock before serving.

30. Meat or Sea Pie (Steamed)—4 hours.

Filling as above with addition of sliced onions and potatoes, and then covered with suet paste and grease-proof paper and steamed gently until cooked—fill up with gravy or stock.

31. Mutton (Boiled).

Legs or Shoulders are the best joints for boiling. Place into cold water, allow to come to boil, salt, vegetables and aromates added, and allow to simmer until cooked, approximately 20 minutes per lb. Should be served with the liquor and caper sauce.

32. Mutton Chops (Loin and Chump) Cutlets.

Seasoned—shallow fried or grilled 8 to 12 minutes according to thickness. (Proceed as for beef steaks.)

33. Mutton (Roasted or Baked)—Legs, Saddles, Loins, Shoulders, Best Ends.

Same method as for roast beef except that mutton should be well cooked, though not dried up. The plates should be well warmed before serving or the fat will set quickly and the meat become unappetizing. May be served with onion sauce.

34. Lancashire Hot Pot.

Similar to Hot Pot Beef.

35. Ox Hearts.

These should be cleaned and trimmed and stuffed with a veal stuffing. Braised slowly for approximately 4 hours in a light Espagnole sauce.

36. Pork (Roasted or Baked)—Legs, Loins, Spare Ribs.

The rind or skin of the joint should be scored before cooking and when cooked it should be crisp—known as crackling—for method, *see* roast beef or mutton. It should be well cooked as if it is underdone it is indigestible. Serve with sage and onion stuffing, apple sauce and broken gravy.

37. Pork (Boiled).

Generally the belly or hand and spring are salted and pickled for boiling. Same method as Boiled Beef, approximately 20 minutes to the lb.

38. Pork Chops (Shallow Fried or Grilled).

Approximately 12 to 15 minutes according to thickness of the chops. They should be well done and served with Sharp, Robert or Apple Sauce.

39. Rabbits (Stewed, Brown or White).

In the former style, fry and proceed as for stewed steaks. Approximately 1 hour.

White.—after preparing, place into cold water to bleach with salt.

Pickled pork should be used in conjunction. Bring to boil, add onions and aromates—salt, simmer approximately 1½ hours. Prepare a roux (margarine and flour), and the liquor to make a sauce. Correct seasoning and consistency and pour over the meat, reheat and serve.

40. Rabbit Pie.

Similar procedure as meat pie, only bake for 2 hours.

41. Sausages.

These should be pierced and placed into greased baking tins allowing room for expansion and cooked in a brisk oven for approximately 10 minutes. Do not allow to overcook, otherwise they will shrink and dry up. For small quantities they are best shallow fried over a gradual heat.

42. Sheeps' Hearts.

Proceed as for ox hearts. Braise approximately $1\frac{1}{2}$ to 2 hours.

43. Tripe (Stewed).

This is already dressed, if frozen, allow to de-frost in cold water. Cut into approximately 2-inch squares, blanch and refresh and treat as white stewed rabbit.

44. Turkey (Roast).

Time for cooking according to size of bird. Should be cleaned, singed and wiped, tendons removed, also wish bone (to facilitate carving). Stuffed in the crop with veal stuffing or sausage meat after trussing with two strings. Place into roasting tin on the side, baste with dripping, place into a hot oven approximately half an hour, turn over and cook for further $\frac{1}{2}$ hour. Place on back, baste and allow to roast until cooked. basting from time to time. When cooked the blood should run white. Sprinkle with salt and make gravy from essence in the roasting tin.

45. Veal (Roast).

Cook as directed for roast meat, place on thick slices of carrot and onion instead of potato. Should be well done as for mutton. Veal is best braised as it is liable to get dry. Usually served with veal stuffing and brown gravy.

46. Yorkshire Pudding.

Prepare the batter (*see* Recipe) and allow to stand 30 minutes. Heat a little dripping in a baking tin, pour in the batter approximately $\frac{1}{2}$ inch deep and cook in fairly hot oven approximately 30 minutes, until set and firm, cut into portions and serve immediately.

VEGETABLES**47. Potatoes (Boiled).**

Approximately 20 minutes from the time they come to boil. Care must be taken that they are not cooked too rapidly or overcooked, as this causes the potatoes to break and absorb water, making them tasteless and insipid. New potatoes should

be scraped and cooked in boiling salted water with a few mint stalks (tied up). All boiled potatoes should be drained, the lid firmed and steamed as soon as cooked to thoroughly dry off.

48. Potatoes (Fried).

Potatoes should be washed and well drained before frying. First blanched in deep fat to form a skin round and cooked. Fat re-heated, and the potatoes re-fried to colour and crisp when ready to serve, well drained and sprinkled with salt. Fried potatoes should never be covered with a lid, otherwise the condensing steam will make them limp.

49. Potatoes (Mashed).

Plain boiled as explained, dried off, passed directly through a sieve or potato masher, returned to the pan, margarine, salt, pepper and nutmeg added and worked well with a wooden spoon, hot milk being added gradually until a creamy texture is obtained.

50. Potatoes (Roast).

Approximately 45 minutes. Select potatoes of even size. Heat dripping in roasting tins, sufficient to cover the bottom, place in the potatoes, turning them in the hot dripping to set, sprinkle with salt and place into moderate oven, 350° Fahr., until cooked. Drain if necessary before serving.

51. Potatoes (Steamed).

30 minutes. Only old potatoes should be steamed and only if sufficient steam is available to cook them quickly.

52. Cabbage—Spring Greens, Savoys, Scotch Kale, Sprouts, etc. (Boiled).

Time for cooking, approximately 20 minutes after reboiling. *Should be thoroughly washed in plenty of salt water several times before cooking.* Should be plunged into plenty of boiling salted water (1 oz. to a gallon), brought to boil quickly, any scum removed and allowed to boil rapidly until thick stalks are tender, then well strained and pressed between plates and cut into portions. *Greens should not be chopped.* Soda should not be used.

53. Green Vegetables.

Green vegetables, in general, should be strained as soon as cooked, overcooking spoils the appearance and destroys the nutritious value—this applies to peas, runner beans, broad beans, marrow, etc.

54. Root Vegetables.

Root vegetables are best cooked in the conservative method, *i.e.*, blanched, covered with water, $\frac{1}{2}$ oz. margarine per lb. added, pinch of salt and sugar and allowed to simmer until tender with lid on. Evaporate the liquor until an essence and serve.

55. Spinach.

Should be picked over carefully, violet ends removed and well washed as above. Plunged into a little salted water and pressed well down until it comes to boil again. Allow to simmer until stalks are tender and strain well. Press between plates and cut in portions.

56. Porridge (Oatmeal).

Rained into boiling salted water 6 to 1 approximately, stirring with a wooden spoon and allowed to simmer slowly (covered) approximately 1 hour.

PULPS, CEREALS, ETC.

57. All pulps should be soaked in cold water with pinch of bicarbonate of soda overnight, rewashed and covered with cold water, brought to boil, skimmed, garnished with bacon trimmings, carrot and onion, aromates in bag and salt and simmered until tender without disturbing, garnish removed and liquor evaporated to form an essence.

58. Rice (Boiled for Curry).

Picked and washed, rained into boiling salted water 10 to 1 and allowed to reboil while stirring—simmer for approximately 15 minutes until grains are tender, washed under cold water, then hot salt water, well drained, placed between a cloth and dried off in hot plate until grains separate.

59. Rice (Boiled for Sweets).

Cleaned and rained into boiling sweetened milk 8 to 1, covered and placed into slow oven to cook for 1 hour without disturbing.

CAKES, PASTRY, PUDDINGS**60. Cakes— $1\frac{1}{2}$ to 4 hours (according to size).**

The larger the cake the more moderate the oven to ensure that the cake is cooked through without being over-coloured. Approximate temperature of oven, 350° Fahr.

61. Small Cakes.

For Rock and similar small cakes the temperature should be approximately 400° Fahr., top heat.

62. Tarts (Baked).

Fruit tarts with raw filling—cooking should be commenced at a temperature of 400° Fahr. for the first 20 minutes—the temperature should then be lowered to about 340° Fahr., until cooked. Fruit tarts containing bottled or partly-cooked fruit require approximately 30 minutes cooking at a temperature of 390° Fahr.

63. Plain Suet Roll and Similar Puddings (Boiled or Steamed)—2 to 2½ hours.

If boiled in water—should be kept at boiling point all the time.

If steamed, pressure must be maintained.

SECTION 12

FOOD QUANTITIES FOR 100 PORTIONS

Apple rings (apple charlotte)	8 lb.
" (apple pie)	8 lb. (or 30 lb. fresh)
" (apple pudding)	6 lb.
Apple, fresh (apple fritters)	12½ lb.
" (apple baked)	35 lb.
" (apple dumplings)	25 lb.
Anchovy essence or sauce	1 bottle.
Bacon with (bubble and squeak, egg and chips, bacon and potato pie, beans in tomato sauce, egg, sausage, Boston beans, mashed potatoes, liver, sausage cake, scrambled egg, poached egg)	12½ lb. prepared (or approximately 15 lb. unpre- pared).
" with tomatoes	12½ lb. prepared.
" (or ham) plain	30 lb. unprepared.
" with fried bread	15 lb. prepared.
Beans, haricot or butter	10 lb.
Brawn	25 lb.
Beef (croquettes, minced, Vienna steaks, cold pressed brisket, cottage pie)	25 lb. cooked and prepared.
" olives	37 lb. prepared.
" jugged steak (with belly of pork)	25 lb. prepared.
" curried, braised, hot pot, boiled salt...	57 lb. unprepared.
" braised with rice, braised steak,	} 62½ lb. unprepared.
" roast	
" steak and kidney pudding	50 lb. unprepared.
" carbonade	40 lb. prepared.
" fried steaks	37½ lb. prepared.
" Hamburg roast	30 lb. prepared.
Butter or margarine (per meal)	3½ lb.
Bloaters (6 oz.)	100
Beetroot	28 lb. prepared.
Carrots	40 lb. unprepared.
Cabbage	50 lb. unprepared.
Cornflour (for sauces)	2 lb.
Curry powder...	1½ lb.
Celery	25 heads
Custard powder	2 lb.
Cloves	¼ oz.
Cheese	6¼ lb.
Cocoa	1½ lb.
Coffee	3 lb.
Eggs with bacon	100
" boiled	200
Fruit salad (dried fruits)	10 lb.
Figs	16 lb.
Fish, herrings or whiting (6 oz.)	100
" cod, hake or ling (headless)	37½ lb.
" fillets	37½ lb.
" kedgerie or fish salad	20 lb. cooked.
" pies	26 lb. cooked.
" cakes	12 tins or 12 lb. fresh fish,
" rock salmon	37½ lb.

Flour (apple <i>or</i> pineapple fritters, babas with syrup, raspberry buns, cocoanut buns, rock cakes, rice buns)	6 lb.
„ (apple puddings, baked jam roll, steamed sultana roll, steamed golden roll, suet pudding, steamed currant roll, steamed marmalade roll, steamed jam roll) ...	16 lb.
„ (Baked apple dumplings, fruit puddings, apple turnover, slab cake)	12 lb.
„ bakewell tart	3 lb. for paste. 3 lb. for filling.
„ banana fritters, Queen cakes	4 lb.
„ (Baroness pudding, treacle pudding, College pudding, flour paste, fruit tart, Banburys fruit pies, coconut cake, rolls, pear and apricot pie, mock mince pie, jam pancakes, short paste, scones)	8 lb.
„ canary pudding, Yorkshire pudding ...	14 lb.
„ (doughnuts, Bath buns, Chelsea buns, currant buns)	6 lb.
„ (puff paste, cherry cake, fruit cake, ginger cake)... ..	9 lb.
„ trifle	2½ lb.
„ seed cakes	10 lb.
„ shortbreads	4½ lb.
Golden syrup, in lieu of jam <i>or</i> marmalade ...	12 lb.
„ for puddings	6 lb.
„ with porridge	4 lb.
Jam, tea meal	12 lb.
„ for puddings	7 lb.
„ for sauce	3 lb.
Jellies, pint packets	25
Liver, breakfast	12½ lb.
„ dinner	25 lb.
Luncheon sausage, tea <i>or</i> supper meal	18½ lb.
Marmalade, breakfast	7 lb.
Milk, fresh for tea, coffee <i>or</i> cocoa	6½ pts.
„ fresh for porridge	5 pts.
„ (baked rice pudding and dates, baked rice and sultana pudding, baked rice and raisin pudding, poached apples)	4 galls.
„ banana custard tart	1½ galls.
„ (canary pudding and sauce, fruit cakes, cocoanut cake, scones)	4 pts.
„ (ginger cake, chocolate fruit pudding and sauce)	8 pts.
„ sago pudding, semolina pudding	4 galls.
„ custard sauce	2 galls.
„ white sauce	2 galls.
„ doughnuts and jam sauce	1¾ pts.
„ junket	3 galls.
„ pastry cream	4 pts.
„ rice and fruit fritters	3 galls.
„ Yorkshire pudding	16 pts.
„ babas with syrup, Queen cakes	1½ pts.
„ jam pancakes, rice and apricot slices ...	1 gall.
„ (Bath buns, Chelsea buns, currant buns, rice buns, rock cakes)	2 pts.
Mutton boiled, braised, stuffed, roast	62½ lb. unprepared.
„ cassoulet	50 lb. unprepared.
„ curried, haricot, Lancashire hot-pot, stewed, Irish stew, white stewed ...	57 lb. unprepared.

Mustard, for table use	2 oz.
Onions, fried or braised	33 lb.
Oatmeal <i>or</i> Oats, breakfast porridge	8 lb.
Peas, blue	10 lb.
Pepper, for table use	2 oz.
Potatoes, dinner (old)	65 lb. unprepared
„ „ (new)	56 lb.
„ breakfast <i>or</i> supper	32 lb. unprepared <i>or</i> 25 lb. prepared.
Parsnips	50 lb. unprepared.
Pork, boiled	}	45 lb. unprepared.
„ pickled		
„ spare rib roast		
„ belly with Boston beans	45 lb. unprepared.
Rabbits, stewed	50 lb. dressed
„ stewed with pickled pork, rabbit pie	40 lb. dressed
Salmon (tinned), cutlets, fish cakes	12 tins.
„ „ mayonnaise	19 tins.
„ „ tea meal	19 tins.
Sausages with bacon and potatoes...	12½ lb.
„ as meat for sausage cake...	25 lb.
„ for sausage rolls filling	12½ lb.
Sugar (tea, coffee, cocoa <i>or</i> porridge)	4 lb.
„ (apple charlotte, apple fritters, apple pie, apricot sauce, baked bread pudding, baroness pudding, cabinet pudding, college pudding, custard sauce, fruit pudding, ginger pudding, ginger sauce, jam sauce, open fruit tart, semolina pudding, steamed sultana roll, stewed figs, stewed prunes, white sauce, Yorkshire pudding with fruit)	2 lb.
„ (apple pudding, baked apple dumplings, fruit salad and custard, fruit tart and custard, pear and apricot pie, gooseberry tart)	3¼ lb.
„ (Baked rice pudding, bakewell tart, canary pudding, junket, rice and fruit fritters, sago pudding, apple turnover, syrup)	3 lb.
„ (baked rice and sultana pudding, chocolate fruit pudding, poached apples, cherry cake, coco-nut cake, ginger cake, seed cake, slab cake, fruit cake)	5 lb.
„ (banana custard tart, banana jelly, banburys, coconut buns, sultana scones, rock cakes, tea scones, rice buns)	1½ lb.
„ chocolate sauce, fruit pies	2½ lb.
„ (flan paste, babas with syrup)	1 lb.
„ (doughnuts, Bath buns, Chelsea buns, currant buns)	12 oz.
„ jam pancakes	1 lb.
„ pastry cream	½ lb.
„ trifle, raspberry buns...	2¼ lb.
„ queen cakes	1¼ lb.
„ shortbreads	1⅞ lb.
Swedes	50 lb. unprepared.
Tea, breakfast <i>or</i> tea	1 lb.
Turnips	50 lb. unprepared.
Tripe	50 lb.
Tomatoes (fresh with bacon)	25 lb. (8 to the lb. =2 each).
„ (fresh with green salad)	4 lb.
„ (tinned) with bacon	10 (large size).
Vinegar with salads <i>or</i> salmon	5 pts.

SECTION 13

RECIPES FOR DISHES FOR 100 PORTIONS

Recipe
No.**Bacon Dishes, etc.**

- 1 Bacon and bubble and squeak.
 - 2 Bacon and egg and chips.
 - 3 Bacon and potato pie.
 - 4 Fried bacon.
 - 5 Fried bacon and beans in tomato sauce.
 - 6 Fried bacon and egg.
 - 7 Fried bacon and sausage.
 - 8 Fried bacon and tomato.
 - 9 Bacon and Boston beans.
 - 10 Bacon and mashed potatoes.
 - 11 Bacon and fried bread.
 - 12 Bacon and liver (thick gravy).
 - 13 Boiled gammon and sauce.
 - 14 Bacon and sausage cake.
 - 15 Bacon and scrambled eggs.
 - 16 Bacon and poached egg.
 - 17 Ham.
 - 18 Sausage cake.
- (Liver and bacon, under "Livers")

Egg Dishes

- 19 Curried eggs and rice.
- 20 Egg salad.
- 21 Poached egg, macaroni or spaghetti.
- 22 Poached egg, mashed potatoes.
- 23 Poached egg, minced beef.
- 24 Poached fried eggs on fried bread.
- 25 Poached eggs, sauce mexicaine.
- 26 Poached eggs, Welsh rarebit.
- 27 Scrambled eggs and ham.
- 28 Scrambled eggs and tomato.

Savouries

- 29 Cheese and onion savoury.
- 30 Cheese and potato pie.
- 31 Cheese and scrambled eggs.
- 32 Fried cheese pasties.
- 33 Macaroni and cheese fritters.
- 34 Noodles and cheese.
- 35 Spaghetti cheese and tomato.
- 36 Toasted cheese.
- 37 Tomato and cheese croquettes.

Recipe
No.**Savouries—continued**

- 38 Tomato, macaroni and cheese.
- 39 Welsh rarebit and poached eggs.
- 40 Welsh rarebit and spaghetti.

Soups

- 41 Barley broth.
- 42 Butter bean.
- 43 Cabbage and bacon.
- 44 Carrot.
- 45 Carrot and rice.
- 46 Celery.
- 47 Green pea.
- 48 Haricot bean.
- 49 Household.
- 50 Kidney.
- 51 Leek and potato.
- 52 Lentil.
- 53 Marrow.
- 54 Minestrone.
- 55 Mock turtle.
- 56 Mulligatawny.
- 57 Mutton broth.
- 58 Onion.
- 59 Ox tail.
- 60 Paysanne.
- 61 Potato.
- 62 Potato and tomato.
- 63 Rabbit broth.
- 64 Scotch broth.
- 65 Tomato.
- 66 Vegetable.
- 67 Watercress.
- 68 Yellow pea.

Fish

- 69 Baked herrings and tomatoes.
- 70 Baked stuffed haddock and parsley sauce.
- 71 Baked stuffed herring and mustard sauce.
- 72 Batter for fish frying.
- 73 Codsteak fried and chips.
- 74 Codsteak Meuniere.
- 75 Codsteak sauce lyonnaise.
- 76 Cod steamed, egg and parsley sauce.

Recipe
No.

Fish—continued

- 77 Curled whiting fried.
78 Cutlets of fish, sauce Robert.
79 Fillet of cod fried in butter.
80 Fillet of fish fried.
81 Fish cakes.
82 Fish kedgeree.
83 Fish pie.
84 Fish salad.
85 Fried rock salmon.
86 Herring (mustard sauce).
87 Herrings in batter.
88 Salmon cutlets (piquante sauce).
89 Salmon mayonnaise.
90 Soused herrings.

Beef, Hot

- 91 Beef croquettes.
92 Beef hot-pot.
93 Beef olives.
94 Braised beef with vegetables.
95 Braised beef and rice with vegetables.
96 Braised beef and spaghetti.
97 Braised steak and carrots.
98 Braised stuffed ox hearts.
99 Boiled salt beef and dumplings.
100 Carbonade of beef.
101 Curried beef and rice.
102 Curried corn beef and rice.
103 Fried beef, sauté potatoes.
104 Fried steak and onions.
105 Hamburg roast.
106 Jugged steak.
107 Minced beef and rice.
108 Roast beef, Yorkshire pudding.
109 Steak and kidney pudding.
110 Vienna steak, fried egg.

Beef, Cold

- 111 Cold ham and accompaniments.
112 Cold meat and vegetable salad.
113 Cold meat and baked potatoes.
114 Cold pressed beef and pickles.
115 Cold pressed beef and pork.
116 Galentine.

Grills

- 117 Grilled chops.
118 Grilled cutlets.
119 Grilled pigs' trotters.

Recipe
No.

Livers

- 120 Liver and bacon (breakfast or supper).
121 Liver and bacon (dinner).
122 Fried liver and sauté potatoes.

Mutton

- 123 Boiled mutton, caper sauce.
124 Braised leg of mutton and carrots.
125 Braised sheeps' tongues (sauce piquante).
126 Braised stuffed mutton.
127 Braised sheeps hearts.
128 Cassoulet of mutton.
129 Chop toad-in-the-hole.
130 Cornish pastie.
131 Curried mutton.
132 Haricot mutton.
133 Lancashire hot-pot.
134 Roast mutton, onion sauce.

Pies

- 135 Bacon and potato.
136 Cottage.
137 Meat.
138 Meat and potato.
139 Pork.
140 Pork paste.
141 Rabbit.
142 Scotch mutton.
143 Sea.
144 Steak and giblet.
145 Steak and kidney.
146 Small meat and mashed potatoes.
147 Veal, ham and egg.

Pork

- 148 Boiled pickled pork and parsnips.
149 Roast pork, apple sauce.
150 Roast pork, Boston beans.
151 Pork brawn.

Stews

- 152 Brown rabbit stew.
153 Brown stew.
154 Brown stewed mutton and vegetables.
155 Irish stew.
156 Stewed mutton (Scotch style).
157 Stewed rabbit.
158 Stewed rabbit and pickled pork.
159 Stewed steak and dumplings.

Recipe
No.

Stews—continued

- 160 Stewed tripe and onions.
161 White stewed mutton.

Various

- 162 Braised gammon and pease pudding.
163 Braised ham and spinach.
164 Chicken and ham croquettes.
165 Ham pudding.
166 Roast stuffed rabbit and bacon.
167 Roast turkey, stuffing and sausage.
168 Salad for cold meats.
169 Sausage, bacon and mashed potatoes.
170 Sausage toad-in-the-hole.
171 Sauté kidney on fried bread.
172 Veal and ham cutlets (sauce Robert).

Potatoes

- 173 Baked creamed.
174 Baked in jacket.
175 Boiled.
176 Croquette.
177 Fondante.
178 Fried.
179 In Tomato.
180 Lyonnaise.
181 Macaire.
182 Parmentier.
183 Parsley.
184 Roast.
185 Sauté.
186 Savoury.
187 Steamed.
188 Stewed with cheese.
189 Mashed.

Vegetables

- 190 Braised cabbage.
191 Braised celery.
192 Braised onions.
193 Brussels sprouts.
194 Boiled cabbage.
195 Boiled carrots.
196 Butter beans.
197 Butter beans (parsley style).
198 Buttered cabbage.
199 Buttered carrots.
200 Buttered swedes.
201 Buttered turnips.
202 Creamed cabbage.
203 Fried onions (rings).
204 Haricot beans, tomato sauce.

Recipe
No.

Vegetables—continued

- 205 Macaroni with tomato.
206 Marrowfat peas.
207 Mashed swedes.
208 Mashed turnips.
209 Mixed vegetables.
210 Parsnips, boiled.
211 Peas, French style.
212 Pease pudding.
213 Runner beans.
214 Stewed cabbage.
215 Vegetable marrow and stuffing
216 Vegetable marrow with cheese
217 Vichy carrots.

Sweets

- 218 Apple charlotte.
219 Apple fritters.
220 Apple pie.
221 Apple pudding and custard.
222 Baked apples and custard.
223 Baked apple dumplings.
224 Baked bread pudding and custard.
225 Baked jam roll.
226 Baked rice pudding and dates.
227 Baked rice and raisin pudding.
228 Baked rice and sultana pudding.
229 Bakewell tart.
230 Banana custard tart.
231 Banana fritters, apricot sauce.
232 Banana jelly.
233 Blanc mange.
234 Baroness pudding and sauce.
235 Cabinet pudding.
236 Canary pudding and sauce.
237 Chocolate fruit pudding and sauce.
238 College pudding, ginger sauce.
239 Flan paste.
240 Fruit pudding and sauce.
241 Fruit salad and custard.
242 Fruit tart and custard.
243 Ginger pudding and sauce.
244 Hot doughnuts and jam sauce.
245 Jam pancakes, lemon and sugar.
246 Jam pancakes, pastry cream.
247 Junket.
248 Lemon pudding.
249 Mince pies.
250 Mock mince pies.
251 Open fruit tart.
252 Pastry cream.
253 Pears and apricot pie.
254 Pineapple fritters, apricot sauce.

Recipe
No.

Sweets—continued

- 255 Poached apples and creamed rice.
256 Puff paste.
257 Rice and apricot slices.
258 Rice and fruit fritters.
259 Sago pudding and figs.
260 Semolina pudding and stewed fruit.
261 Steamed currant roll, white sauce.
262 Steamed golden roll and syrup.
263 Steamed jam roll and sauce.
264 Steamed marmalade roll.
265 Steamed raisin roll.
266 Steamed sultana and apple roll.
267 Steamed sultana roll and white sauce.
268 Short paste.
269 Stewed figs and semolina.
270 Stewed prunes and custard.
271 Suet pudding and syrup.
272 Treacle pudding and sauce.
273 Trifle.
274 Yorkshire pudding with fruit.

Pastry and Cakes

- 275 Apple turnover.
276 Babas with syrup.
277 Banburys.
278 Bath buns.
279 Chelsea buns.
280 Cherry cakes.
281 Coco-nut buns.
282 Coco-nut cake.
283 Currant buns.
284 Doughnuts.
285 Fruit cakes (small).
286 Fruit pies (individual).
287 Ginger cake.
288 Gooseberry tart.
289 Jam puffs.
290 Queen cakes.
291 Raspberry buns.
292 Rice buns.
293 Rock cakes.

Recipe
No.

Pastry and Cakes—continued

- 294 Rolls.
295 Sausage rolls.
296 Seed cakes.
297 Slab cake (Madeira).
298 Sultana scones.
299 Tea scones.
300 Shortbreads.

Stock

- 301 Stock pot.
302 White stock.
303 Brown stock.

Sauces

- 304 Espagnole (method No. 1)
305 Espagnole (method No. 2)
306 Piquante.
307 Robert.
308 Chutney.
309 Lyonnaise.
310 Gravy for roast joints.
311 White.
312 Anchovy.
313 Caper.
314 Mustard.
315 Onion.
316 Parsley.
317 Egg.

Purée Type of Sauces

- 318 Tomato.
319 Mexicaine.
320 Bread.
321 Apple.
322 Curry.

Cold Sauces

- 323 Mayonnaise.
324 Mint.
325 Tartare.

Custard Type Sauces

- 326 Custard.
327 Chocolate.
328 White (sweet).
329 Ginger.
330 Fruit or jam.
331 Syrup.

BACON DISHES, ETC.

Recipe
No.

1 Bacon and Bubble and Squeak.

12½ lb. Bacon (prepared). Salt.
25 lb. Cabbage (cooked). Pepper.
25 lb. Potatoes (cooked).

Method.—Bone, trim and remove the rind of the bacon and cut into slices $\frac{1}{16}$ inch thick (No. 5 gauge on Berkel slicer). Ration 2 oz. for each man.

Lay the slices on a tray with the lean part uppermost, grill or cook in a hot oven.

Chop the cabbage finely and mix with the mashed potatoes, season with salt and pepper. With the aid of a little flour, shape into medallions approximately 4 oz. each. Place in hot frying pan with a little fat, cook on both sides to a golden brown and serve with the bacon. A thick brown gravy can be served with this dish, if required.

2 Bacon and Egg and Chips.

12½ lb. Bacon (prepared).
100 Eggs.
30 lb. Potatoes.

Method.—Prepare the bacon as for recipe No. 1.

Wash and peel the potatoes, cut into fingers, wash again to remove excess of starch and dry in a cloth. Place in frying basket and fry in very hot clean fat. Cook until tender, but not coloured, remove, drain and place into a tray until required. To serve, replace in very hot fat, fry until golden brown, drain on a cloth and season with salt.

Frying pans must be used for frying eggs when available. Heat sufficient bacon fat to cover bottom of pan, when hot, break in the eggs, one by one, testing first for freshness; apply a gradual heat to set the white and pass through the oven to set the yolk.

See Timetable for cooking, Sect. 11, para. 16.

3 Bacon and Potato Pie.

12½ lb. Bacon (prepared).	8 lb. Flour.
50 lb. Potatoes.	3 lb. Dripping.
4 lb. Onions.	Water.
4 qts. Stock.	Salt.

Recipe
No.

Method.—Utilize all trimmings of cooked bacon or ham not suitable for other purposes. The onions should be chopped, and stewed in bacon fat until tender to a light golden colour. Pass the trimmings of lean bacon and ham through a coarse mincer or cut into dice. Prepare a dry mashed potato and correctly season. Grease a pie dish or baking dish, arrange a layer of potato bacon and onions in the centre and cover with mashed potatoes. Mark the top, sprinkle with a few breadcrumbs and oily bacon fat and bake in a moderate oven for approximately 40 minutes. Cut into portions and serve with good ham liquor, piquante, or lyonnaise sauce.

For quantities as laid down, slice the bacon, slice the onions and potatoes in $\frac{1}{4}$ -inch slices (2 oz. each) and season. Prepare a short crust. Arrange the potatoes in the bottom of a pie dish or baking tin. Lay rashers of bacon on this, cover with sliced onions and potatoes, three-parts fill with stock, cover with short paste. Brush over with little diluted milk and bake approximately 1 hour.

4 **Fried Bacon.**

30 lb. Bacon (unprepared).

Method.—It is essential that the utmost value is obtained from the bacon ration, and for that reason trim and bone as sparingly as possible. When cut, it should be placed on a baking tray. When cooking the tendency should be to warm through, instead of applying extreme heat, thereby losing as little of the fat as possible in the process of cooking. When served, the fat should still be soft and not crisp.

Preferably backs and streaky only should be used.

See Timetable for cooking, Sect. 11, para. 6.

5 **Fried Bacon and Beans in Tomato Sauce.**

12 $\frac{1}{2}$ lb. Bacon (prepared).

10 lb. Haricot beans.

4 qts. Tomato sauce.

Method.—Cook the beans as for haricot beans, heat tomato sauce and serve with the fried bacon.

Recipe
No.

6 Fried Bacon and Egg.

12½ lb. Bacon (prepared).
100 Eggs.

Method.—See Recipe No. 2.

7 Fried Bacon and Sausage.

12½ lb. Bacon (prepared).
12½ lb. Sausages.

Method.—See Timetable for cooking, Sect. 11, para. 41.

Recipe for sausages.

16 lb. Lean beef.	6 lb. Soaked bread.
6 lb. Fat beef.	8 oz. Seasoning.

Method.—Bread should be soaked and squeezed almost dry, mixed with passed meat and seasoning. Pass all through mincer again before fitting into sausage casings.

Seasoning :

10 oz. Salt.	1 oz. Mustard.
3 oz. White pepper.	½ oz. Cloves (ground).
1 oz. Grated nutmeg.	1½ oz. Brown sugar.
1 oz. Thyme.	

8 Fried Bacon and Tomatoes.

12½ lb. Bacon (prepared).
25 lb. Tomatoes (8 to 1 lb. = 2 each).

Method.—Cut the tomatoes in halves horizontally, season, and place into a baking tin with a little bacon fat. Cook in oven until tender. Serve in mess-tins with the fried bacon.

9 Bacon and Boston Beans.

12½ lb. Bacon (prepared).	1 lb. Onions.
10 lb. Haricot beans.	1 lb. Carrots.
1 Ham or pork bone.	4 qts. Espagnole sauce.

Method.—See recipe No. 5. Replace tomato sauce with espagnole sauce.

10 Bacon and Mashed Potatoes.

12½ lb. Bacon (prepared).	2 oz. Salt.
30 lb. Potatoes.	Pepper.
1 qt. Milk.	Nutmeg.
½ lb. Margarine.	

Prepare the bacon as before. For mashed potatoes, see recipe No. 189.

Recipe
No.

11 Bacon and Fried Bread.

15 lb. Bacon (prepared).
12 lb. Bread slices.

Method.—Cook the bacon as before. In the meantime, cut the bread in $\frac{1}{4}$ -inch slices and remove the crust. Having removed the bacon, fry the slices of bread in the bacon fat to a light golden colour both sides, taking care not to dry up. Serve 1 slice of bread with 4 oz. of bacon a head.

12 Bacon and Liver (Thick Gravy).

12 $\frac{1}{2}$ lb. Bacon (prepared).
12 $\frac{1}{2}$ lb. Liver.
 $\frac{1}{2}$ gallon Espagnole sauce.

Method.—Defrost, skin and cut the liver into 2-oz. slices. Season with salt, at the last minute. Pass through flour, fry slightly underdone in shallow fat until pearls of blood appear, turn over and complete cooking. Serve equal slices of liver and bacon in mess tins and sauce over with espagnole sauce.

See Timetable for cooking, Sect. 11, para, 27.

13 Boiled Gammon and Sauce.

30 lb. Gammon (unprepared).
2 pt. botts. of Sauce.

Method.—See Timetable for cooking, Sect. 11, para. 23.

14 Bacon and Sausage Cake.

12 $\frac{1}{2}$ lb. Bacon (prepared).
12 $\frac{1}{2}$ lb. Sausage cake.

Method.—Form sausage cake into 2-oz. medallions, dust with flour, sauté in shallow bacon fat until the blood percolates through. Turn over and sauté the other side a nice golden colour, until the blood percolates through (white). Can be sautéed lightly either side and finished off in a slow oven until they are firm to the touch. Fry the bacon and serve.

15 Bacon and Scrambled Eggs.

12 $\frac{1}{2}$ lb. Bacon (prepared). $\frac{1}{2}$ lb. Margarine.
100 Eggs. Salt.
2 qts. White bread sauce. Pepper.

Recipe
No.

Method.—Prepare a bread sauce :—

1 lb. Diced white bread or white breadcrumbs.
2 qts. Milk.

Soak the bread or crumbs in the milk, carefully bring to boil and stir with a wooden spoon until smooth.

Break the eggs into a basin, being very careful to ascertain their freshness, season with salt and pepper, and beat up with a whisk. Heat the margarine in a saucepan and place in the eggs. Apply a gradual heat, stirring with a wooden spoon until a creamy mass is formed. Add the bread sauce. Fry the bacon and serve.

16 Bacon and Poached Egg.

12½ lb. Bacon (prepared).
100 Eggs.
½ pt. Vinegar.

Method.—Boil water and vinegar together, place approximately 12 eggs in a wire basket and plunge into the boiling water for a second to release the white from the shell, gently break the eggs into the water. Bring to the boil, cover with a lid and allow to stand for three minutes without boiling, until set. Remove from the water carefully, with an iron spoon, and place into cold water. When required place eggs in hot salted water for 5 minutes. Remove, and drain. Fry the bacon and serve.

17 Ham.

30 lb. Ham (unprepared).

Method.—Forehocks and gammons. See Timetable for cooking, Sect. 11, para. 23.

18 Sausage Cake.

1 × 4 oz. each or 2 × 2 oz. each. 2 lb. Flour.
25 lb. Sausage meat (prepared). 2 lb. Dripping.
¾ gallon Chutney sauce.

Method.—Mould the sausage meat into 4-oz. balls or 2 × 2-oz. cutter shapes. Wash with a light dusting of flour. Cook slowly in shallow dripping until well done as recipe No. 14, and serve in mess tins with chutney sauce or any other appropriate sauce, served separately.

Chutney Sauce.

¾ gallon good espagnole sauce. Add to this ¾ lb. chopped chutney.

EGG DISHES

Recipe

No.

19 Curried Eggs and Rice.

100 Eggs.

5 lb. Rice.

1 gallon Curry sauce.

Method.—Place eggs into a wire basket, plunge into boiling water for 8 minutes. Place into cold water, shell, reheat in boiling salt water. Place a little curry sauce in bottom of serving dish, cut eggs in two length-ways, sauce over and serve with border of plain boiled rice.

Rice.—Pick and wash, rain into boiling salt water ; stir, bring to boil and allow to simmer approximately 15 minutes until grains are tender. Drain into a colander, refresh with cold water, then hot water, drain well and place on a baking tin in a cloth and dry off in warm oven or hot plate.

20 Egg Salad.

100 Eggs.

20 Lettuces.

2 lb. Watercress.

5 lb. Tomatoes.

2 lb. Beetroot.

 $\frac{1}{3}$ pt. Oil. $\frac{2}{3}$ pt. Vinegar.

Method.—Hard boil eggs for 10 minutes, then shell them. Wash lettuce, trim, wash and pick watercress, cut tomatoes in quarters, slice beetroot. Shred lettuce, (outside leaves), cut the hearts into six or eight pieces length-ways. Place the shredded lettuce in a dish, arrange the sliced eggs on top, arrange beetroot, tomatoes, watercress and lettuce around, and season with the salad dressing (*i.e.* oil, vinegar, salt and pepper mixed well together).

21 Poached Egg, Macaroni or Spaghetti.

100 Eggs.

7 lb. Macaroni or spaghetti.

3 lb. Grated cheese or
2 qts. tomato sauce. $\frac{1}{2}$ pt. Vinegar.

Salt.

Pepper.

Method.—Place macaroni (broken in 2-inch lengths) in boiling salt water for 20 minutes. Well drain, add cheese or tomato sauce. Correctly season and place poached egg on top.

Poached Egg.—See recipe No. 16.

Recipe
No.

22 **Poached Egg and Mashed Potatoes.**

100 Eggs.	$\frac{1}{2}$ pt. Vinegar.
30 lb. Potatoes.	Salt.
3 pts. Milk.	Pepper.
8 oz. Margarine.	Nutmeg.

Method.—Poach eggs (*see* recipe No. 16).

Wash and peel potatoes, cook, pass through sieve, or mash, add boiling milk gradually, margarine, nutmeg, seasoning; serve with poached egg on top.

23 **Poached Egg and Minced Beef.**

100 Eggs.	1 lb. Onions.
14 lb. Minced beef (cooked and prepared).	2 oz. Dripping.
1 qt. Thick brown sauce.	$\frac{1}{2}$ pt Vinegar.

Method.—Poach eggs (*see* recipe No. 16). Peel and chop onions finely, cook slowly in dripping. Add minced beef, sweat for 20 minutes until tender, season, add sauce, boil and cook together for 5 minutes.

Place in serving dishes and add a poached egg on top.

24 **Poached (or Fried) Eggs on Fried Bread.**

200 Eggs.	14 lb. Bread.
$\frac{1}{2}$ pt. Vinegar.	2 lb. Bacon fat.

Method.—Slice bread, cut in half and fry to golden brown in hot shallow fat. Drain, and place 2 eggs for each man on top. Serve hot.

Fried Eggs.—*See* recipe No. 2.

Poached Eggs.—*See* recipe No. 16.

25 **Scotch Eggs with Sauce Mexicaine.**

100 Eggs.	2 lb. Onions.
12 lb. Minced beef (raw).	2 oz. Dripping.
3 lb. Flour.	$\frac{1}{2}$ gallon Mexicaine sauce.
4 lb. Breadcrumbs.	

Method.—Hard boil the eggs. Peel and chop onions finely, sweat on in dripping, allow to cool. Add to meat, season, and mould around each egg, 2 oz. mixture each. Make paste with flour and water, pass eggs through paste and breadcrumb. Fry in deep fat for 15–20 minutes; drain and serve with mexicaine sauce, separate.

Recipe
No.

26 **Poached Eggs and Welsh Rarebit.**

100 Eggs.	1 oz. Mustard.
6 lb. Cheese.	Salt.
14 lb. Bread (sliced).	Pepper.
1 qt. Thick white sauce.	

Method.—Poach eggs. See recipe No. 16.

Chop cheese finely and melt down slowly with a little stock. Add white sauce, mustard and seasoning. Spread on either toasted or fried bread. Brown in very hot oven and place a poached egg on each.

27 **Scrambled Eggs and Ham.**

150 Eggs.	2 lb. Chopped lean ham
2 qts. Thick white bread	(cooked).
sauce.	8 oz. Margarine.
14 lb. Sliced bread.	

Method.—Fry bread (or toast).

See recipe No. 15 for scrambled eggs.

When scrambled eggs are prepared, add 2 lb. lean chopped ham and serve on slices of buttered toast or fried bread.

28 **Scrambled Eggs and Tomato.**

150 Eggs.	14 lb. Sliced bread.
2 qts. Thick white bread	12½ lb. Tomatoes.
sauce.	

See recipe No. 15 for scrambled eggs.

Method.—Blanche tomatoes, skin, squeeze out pips, cut in ¼-inch dice, lightly stew in margarine. Season with salt and pepper. Place the scrambled eggs on slices of buttered toast or fried bread and place a spoonful of tomato on each or mix the tomatoes lightly with the eggs.

CHEESE DISHES

29 **Cheese—Onion Savoury.**

12 lb. Cheese.	1 qt. Thick white sauce.
1 lb. Finely chopped	1 oz. Mustard.
onions.	12 lb. Sliced bread.
4 oz. Margarine.	

Method.—Stew onions in margarine until tender. Add chopped cheese, and melt slowly. Add white sauce, mustard, and spread on fried or toasted bread.

Recipe
No.

30 Cheese—Potato Pie.

25 lb. Potatoes.	3 lb. Dripping.
6 lb. Cheese.	4 oz. Baking powder.
2 lb. Onions.	Salt, pepper.
8 lb. Flour.	4 qts. Milk.

Boil and mash potatoes. Grate cheese. Make short paste. Chop onions finely. Stew without taking colour. Layer with mashed potatoes, cheese, onions, and cover with short paste. Bake in moderate oven for 1 hour.

Another method.—Slice potatoes and onions. Season with salt and pepper. Arrange in alternate layers with grated cheese. 3 parts fill the pie dish or baking dish with milk or stock, cover with a short crust and bake for approximately 1 hour.

31 Cheese—Scrambled Eggs.

150 Eggs.	Pepper.
2 lb. Grated cheese.	2 qts. White bread
Salt.	sauce.

Scrambled eggs. See recipe No. 15. Sprinkle with grated cheese.

Grated cheese may be added and mixed *with* the eggs.

32 Fried Cheese Pastie.

6 lb. Cheese.	3 Eggs.
8 lb. Flour.	4 lb. Breadcrumbs.
3 lb. margarine.	2 qts. Thick white sauce.
2 oz. Baking powder.	Salt, pepper, nutmeg.
Water for paste.	

Method.—Make short paste of flour, margarine, water and baking powder. Chop cheese, and melt slowly. Add thick white sauce and seasoning. Cut out paste in 4-inch circles, place 2 oz. Welsh rarebit in centre, egg wash sides, fold over, egg and breadcrumb, and fry in hot deep fat. Drain well and serve hot with tomato, piquante, lyonnaise, or curry sauce.

33 Macaroni and Cheese Fritters.

8 lb. Macaroni.	2 lb. Flour.
4 lb. Cheese.	6 Eggs.
3 qts. Thick white sauce.	8 lb. Breadcrumbs.
4 Eggs.	$\frac{3}{4}$ -gallon Tomato sauce.

Recipe
No.

Method.—Break macaroni into 1-inch to 2-inch lengths. Boil in salt water for 20 minutes. Well drain. Add white sauce, grated cheese, 4 eggs and stir on stove until mixture leaves sides of pan. Spread out on flat tray, cover with greased paper and allow to get cold. Make paste of eggs and a little water. Cut mixture into squares. Pass through flour, egg and breadcrumbs and fry in hot deep fat to golden brown. Drain and serve hot, with tomato sauce separate.

34 Noodles and Cheese.

8 lb. Flour.	4 lb. Cheese.
8 Eggs.	2 lb. Margarine.
1 oz. Salt.	1½ pt. Water.

Methods.—1. Make paste with flour, eggs, salt and water. Roll out thinly and allow to dry. Cut in 4-inch lengths, ¼-inch wide, and boil in salt water for 20 minutes. Drain and add grated cheese, margarine. Serve hot. (NOTE.—Can be served with cheese.)

2. Grated cheese sprinkled on top with knobs of margarine on surface and browned in hot oven.

35 Spaghetti, Cheese and Tomato.

8 lb. Spaghetti.	2 qts. stock.
½ gallon tomato sauce.	6 oz. Margarine.
2 lb. Grated cheese.	2 oz. Salt.

Methods.—

1. Blanche spaghetti, cook with stock, margarine and seasoning. Reduce liquor to an essence. Add grated cheese, tomato sauce, correct seasoning, consistency and serve hot.

2. Blanche spaghetti, cook in stock, add tomato sauce. Sprinkle with grated cheese, add few knobs of margarine and brown on top in hot oven.

36 Toasted Cheese.

12 lb. Cheese.
14 lb. Bread for toast.

Method.—Slice cheese, place on bread or toast and brown quickly in very hot oven.

37 Tomato and Cheese Croquettes.

8 lb. Cheese.	8 lb. Breadcrumbs.
3 qt. Thick tomato sauce.	3 lb. Flour.
8 Eggs.	

Recipe
No.

Method.—Reduce the tomato sauce till it leaves the sides of the pan, add sliced cheese. Allow to melt; add yolks of eggs one by one; well mix and cook. Spread out on tray, cover with greased paper and allow to get cold. Mould cork shape, pass through batter made of flour, egg and water, breadcrumb and fry in deep fat to golden brown. Well drain and serve hot. (A dish considered impracticable for large messes.)

38 Tomato, Macaroni and Cheese.

8 lb. Macaroni.	2 qt. Stock.
$\frac{1}{2}$ gallon tomato sauce.	6 oz. Margarine.
2 lb. Grated cheese.	2 oz. Salt.

Method.—Blanche macaroni (which has been broken in 3-inch lengths), cook in boiling stock, drain, add tomato sauce, correct seasoning. Sprinkle with grated cheese, add few knobs of margarine on top and brown in hot oven.

39 Welsh Rarebit and Poached Eggs.

See recipe No. 26.

40 Welsh Rarebit and Spaghetti.

6 lb. Cheese.	4 lb. Spaghetti.
12 lb. Bread.	1 lb. Margarine.
1 qt. Thick white sauce.	Salt, pepper.
1 oz. Mustard.	

Method.—Make Welsh rarebit (*see* recipe No. 26). Place on toasted slices of bread and brown in hot oven.

Place spaghetti in boiling salt water 15 minutes, drain. Place back in the pan, add the margarine, season salt and pepper; serve, with Welsh rarebit.

SOUPS

41 Barley Broth.

25 qts. Beef stock.	1 $\frac{1}{2}$ lb. Onions.
1 $\frac{1}{2}$ lb. Carrots.	1 lb. Cabbage.
1 lb. Turnips.	1 $\frac{1}{2}$ lb. Celery.
1 lb. Leeks.	4 oz. salt.
1 $\frac{1}{2}$ lb. Barley.	

Recipe
No.

Method.—Boil the strained beef stock, skim thoroughly, add the washed barley and simmer for 45 minutes. Cut vegetables into small dice, add to stock and cook slowly for a further $\frac{1}{2}$ hour.

Correct the seasoning and serve.

42 Butter Bean Soup.

10 lb. Butter beans.	36 White peppercorns in bag.
25 qts. Water.	4 oz. Salt.
2 lb. Onions.	Thyme and bay leaf.
2 lb. Carrots.	
1 Ham bone.	

Method.—Wash the beans and soak overnight with little bicarbonate of soda. Drain and cover with the water, add the salt and bring to boiling point. Skim thoroughly, add the diced vegetables, the ham bone, the bag of peppercorns and the aromates: Simmer for $1\frac{1}{2}$ hours, remove the aromates and the ham bone and pass through the soup machine. Return to the saucepan and reboil. Skim carefully and simmer for 10 minutes, removing the scum as it rises. Correct the seasoning and the consistency. Pass through a strainer and serve.

43 Cabbage and Bacon Soup.

25 qt. Stock.	36 White peppercorns in bag.
4 lb. Onions.	4 oz. Salt.
10 lb. Clean cabbage.	Faggot.
8 oz. Margarine.	
4 lb. Bacon bones or trimmings.	

Melt the margarine, add the diced onions and cook slowly for 10 minutes. Add the strained stock and boil. Skim, add the faggot, the peppercorns, and the bacon trimmings. Cut the cabbage into small squares, add to the stock and cook slowly for 1 hour. Remove all the fat, the aromates and the bacon.

Correct the seasoning and serve.

44 Carrot Soup.

As for carrot and rice soup, leaving out rice and substituting 6 lb. diced grilled bread as garnish.

Recipe
No.

Method.—Melt the margarine, add the diced onion and the thinly sliced and blanched carrots. Cover with a lid and stew slowly until tender. Add the stock and bring to boiling point. Season with salt, add the faggot and bag of peppercorns. Cut the bread into squares and bake in the oven to a light golden colour, add to the soup and simmer for 1 hour. Pass with pressure through the soup machine or strainer. Just bring to reboil, correct the seasoning and consistency. Serve with diced grilled bread as garnish.

45 **Carrot and Rice Soup.**

25 qts. Stock.	4 oz. Salt.
4 lb. Rice as garnish.	1 large faggot.
14 lb. Carrots.	36 Black peppercorns in
4 lb. Onions.	bag.
$\frac{1}{2}$ lb. Margarine.	

Method.—Similar preparation to carrot soup recipe No. 44 substituting rice for grilled bread.

Care must be taken in the preparation of both of these soups not to allow them to boil after passing, otherwise they will decompose.

46 **Celery Soup.**

25 qts. Stock.	1 lb. Cornflour.
4 lb. Onions.	1 qt. Milk.
8 oz. Margarine.	4 oz. Salt.
8 lb. White celery.	Faggot.
8 lb. Potatoes.	

Method.—Chop the onion, shred the celery, blanch, refresh, and stew in the margarine. Add the stock, bring to the boil and skim. Cut the potatoes into large cubes and add to the soup. Season with salt, add the faggot and simmer until the vegetables are cooked. Remove the faggot and pass through the soup machine or strainer. Reboil, skim and thicken with the diluted cornflour. Stir thoroughly to avoid the formation of lumps, correct the seasoning, consistency, and serve.

47 **Green Pea Soup.**

10 lb. Green split peas.
Other ingredients as for lentil soup.

Recipe
No.

Method.—Wash and pick over the peas, then soak. Place them into saucepan, cover with water, add salt and bring to boiling point. Skim carefully, add the aromates, the diced vegetables and the ham bone. Simmer until tender, skimming when necessary. Remove the garnish, pass the soup through the soup machine or strainer and reboil. Remove the scum and simmer for 10 minutes. Correct the seasoning, consistency, and serve.

48 Haricot Bean Soup.

10 lb. Haricot beans.	36 White Peppercorns in bag.
25 qts. Water.	4 oz. Salt.
2 lb. Onions.	Thyme and bay leaf.
2 lb. Carrots.	
1 Ham bone.	

Method.—See Recipe No. 42.

49 Household Soup.

25 qts. Stock.	5 lb. Lentils or peas.
4 lb. Onions.	1 lb. Celery.
4 lb. Carrots.	Salt, seasoning and faggot.
1 bunch leeks.	
10 lb. Potatoes.	

Method.—Cut the onions, carrots, leeks, and celery into small squares or dice. Melt the margarine, add these vegetables and stew until tender. Moisten with the stock, add the seasoning, the faggot and bring to boiling point. Add the lentils and the potatoes, cut into neat squares. Simmer very gently until cooked. Remove any fat. Correct the seasoning and serve.

50 Kidney Soup.

As for oxtail soup, substituting 2 lb. kidney in dice for oxtail.

Method.—Cut the carrots and onions into neat dice, fry them in the dripping to a golden colour, add the flour, and cook to a sandy texture. Add the tomato puree, mix thoroughly and moisten gradually with the stock. Cut the kidney into small dice, fry to a golden colour in a little dripping and add to the soup. Simmer the soup until all the ingredients are tender, correct the seasoning and serve.

Recipe

No.

51 Leek and Potato Soup.

25 qts. Water.	1 qt. Milk.
10 lb. Clean potatoes.	1 large faggot.
6 oz. Margarine.	3 bunches leeks.
3 lb. Onions.	Salt.
3 lb. Cornflour.	

Method.—Carefully clean the leeks and onions and cut them into neat squares. Melt the margarine, add the vegetables, cover with a lid and stew gently until tender. Moisten with the water, season with salt and bring to boiling point. Add the faggot and the diced potatoes, skim and simmer for 45 minutes. Dilute the cornflour with the cold milk and pour into the soup, stirring to avoid lumps forming. Reboil, remove any fat, correct the seasoning and serve.

52 Lentil Soup.

14 lb. Lentils.	36 White peppercorns in bag.
25 qts. Water.	4 oz. Salt.
2 lb. Onions.	Thyme and bay leaf.
2 lb. Carrots.	
1 Ham bone.	

Method.—See recipe No. 42.

53 Marrow Soup.

25 qts. White stock or water.	10 lb. Marrows.
4 lb. Onions.	10 lb. Clean potatoes.
1 bunch leeks.	8 oz. Margarine.
2 lb. Rice as garnish.	36 White peppercorns in bag.

Method.—Melt the margarine in a saucepan, add the chopped onion and stew for a few minutes together with the leeks. Moisten with the stock, add salt, the faggot and bring to boiling point. Add the cubed marrow, potatoes and simmer until tender. Pass through a soup machine or strainer and return to the saucepan. Reboil, correct seasoning and consistency, add the plain boiled rice and serve.

54 Minestrini.

25 qts. Stock.	1 lb. Marrowfat peas.
1½ lb. Carrots.	1 lb. Cabbage.
1 lb. Haricot beans.	1 lb. Leeks.
1 lb. Turnips.	1 lb. Macaroni.
1 lb. Rice.	½ lb. Fat bacon.
1½ lb. Onions.	2 oz. Chopped parsley.

Recipe
No.

Method.—Melt the fat bacon, add the root vegetables, the leeks and cabbage and fry to a golden colour. Moisten with the stock, add the half-cooked peas, beans and simmer for 1 hour. Break the macaroni into inch lengths and add it, with the rice, to the soup. Continue to simmer until all ingredients are tender, correct the seasoning, add the chopped parsley and serve.

55 **Mock Turtle Soup.**

25 qts. Brown stock.	2 Cow-heels.
2 lb. Onions.	Faggot.
2 lb. Carrots.	4 oz. Salt.
2 lb. Dripping.	1 Tin tomato purée.
4 lb. Flour.	

Method.—As for kidney soup, substituting 2 cow-heels for the kidney. These are cooked thoroughly for 6 hours, add to the soup and simmer until tender. Pass the soup through the soup machine or strainer, add the cow-heels cut into dice, reboil, skim, correct the seasoning and serve.

(The cow-heel is first strained by plunging into boiling water to scald—refreshed and then scraped. Boned, bones broken, all blanched.)

56 **Mulligatawny.**

25 qts. Stock.	12 oz. Apple rings.
2 lb. Dripping.	1 lb. Rice as garnish.
8 oz. Coco-nut.	1 tin Tomato purée.
1 lb. Curry powder.	36 Peppercorns in bag.
7 lb. Onions.	4 oz. salt.
3½ lb. Flour.	3 Bay leaves.

Method.—Soak the cocoa-nut and the apple rings. Melt the dripping, add the chopped onions and fry to a golden colour. Add the curry powder, mix well and fry on the side of the stove for a few moments. Add the flour and dry out. Moisten with stock, add the tomato purée, bring to boiling point and skim. Add the soaked chopped apple rings, the soaked coco-nut and the aromates. Simmer for 1 hour, pass through a soup machine or strainer and reboil. Remove the scum, correct the seasoning and consistency, add the plain boiled rice and serve.

Recipe

No.

57 Mutton Broth.

25 qts. Mutton stock.	1½ lb. Onions.
1½ lb. Carrots.	1 lb. Cabbage.
1 lb. Turnips.	1½ Celery.
1 lb. Leeks.	4 oz. Salt.
1½ lb. Barley.	

Method.—Boil the strained mutton stock, skim thoroughly, add the washed barley and simmer for 45 minutes. Cut vegetables into small dice, add to stock and cook slowly for a further ½-hour. When the soup is cooked add 2 oz. of coarsely chopped parsley and 2 lb. of diced cooked mutton.

58 Onion Soup.

25 qts. Brown stock.	12 oz. Cheese.
6 lb. Onions.	100 ¼-Slices toast.
1 lb. Dripping.	Salt.
1½ lb. Flour.	

Method.—Peel, shred the onions finely and stew in the dripping to a golden colour. Add the brown roux, mix thoroughly and add the stock, bring slowly to boiling point. Allow to simmer for 2 hours. Correct the seasoning. Serve with toast and grated cheese.

59 Oxtail Soup.

25 qts. Brown stock.	1 tin Tomato purée.
2 lb. Onions.	10 lb. Oxtail ends.
2 lb. Carrots.	Faggot.
2 lb. Dripping.	4 oz. Salt.
4 lb. Flour.	

Method.—Cut the onions and carrots into dice, fry to a golden colour in the dripping. Add the flour and cook to a dark sandy texture. Moisten with stock and tomato purée; bring to boiling point, skim, add the faggot and the salt. Cut the ox-tails into small joints and braise slowly to a nice golden colour, then add to the soup. Simmer for 2 hours until tender, remove the pieces of oxtail and place in a clean receptacle. Strain the soup on to them, reboil, correct the seasoning and serve.

60 Paysanne Soup.

25 qts. Water.	4 lb. Turnips.
7 lb. Onions	2 lb. Cabbage.
1 Bundle of leeks.	8 oz. Margarine.
2 lb. Celery.	4 oz. Salt.
7 lb. Carrots.	1 Large faggot.

Recipe
No.

Method.—Cut the vegetables into neat squares and stew in margarine until a light golden colour. Cover with stock, add the faggot, and allow to simmer approximately 1 hour, until tender. Remove fat, correct seasoning and serve.

61 Potato Soup.

As for leek and potato soup. See recipe No. 51.

Method.—As for leek and potato soup, passing the soup through the machine when it is cooked, and thickening it, if necessary, with diluted cornflour.

62 Potato and Tomato Soup.

25 qts. Water.	3 lb. Onions.
10 lb. Clean potatoes.	1 lb. Cornflour.
6 oz. Margarine.	1 qt. Milk.
36 White peppercorns in bag.	1 tin Tomato purée.
	1 Large faggot.

Method.—Chop the onions, and stew in the margarine without taking colour. Add stock, tomato purée, faggot and the cubed potatoes. Bring to the boil, skim, correct the seasoning and simmer until the potatoes are tender. Pass through the soup machine, reboil, adjust the consistency by diluting the cornflour and stirring into the soup on point of boiling. Correct the seasoning.

63 Rabbit Broth.

25 qts. Rabbit stock.	1½ lb. Rice.
4 lb. Onions.	1 lb. Celery.
1 bunch leeks.	1 Faggot.
4 lb. Carrots.	4 oz. Salt.

Method.—Bring the rabbit stock to the boil, remove any scum and add the vegetables (cut into small dice), the salt and the faggot. Simmer for 30 minutes. Add the washed picked rice and cook steadily until tender for approximately 20 minutes. Correct the seasoning, remove the faggot and serve.

64 Scotch Broth.

25 qts. Mutton stock.	1½ lb. Onions.
1½ lb. Carrots.	1 lb. Cabbage.
1 lb. Turnips.	1½ lb. Celery.
1 lb. Leeks.	4 oz. Salt.
1½ lb. Barley.	

Recipe
No.

Method.—Boil the mutton stock and remove any fat. Add the washed barley and simmer for 45 minutes. Cut the vegetables into small dice, wash in cold water, drain and add to soup. Cook slowly until tender, skim, correct the seasoning and serve.

65 **Tomato Soup.**

4 lb. Flour.	2 lb. Bacon bones if available.
3 lb. Carrots.	4 oz. Salt.
4 tins Tomato purée.	$\frac{1}{2}$ lb. Sugar.
1 lb. Dripping.	
3 lb. Onions.	

Method.—Chop the bacon bones and fry them in the dripping. Add the diced carrot, onion and fry to a golden colour. Mix the flour in and cook on the side of the stove to a golden colour. Add the tomato purée, then the stock, and stir until the soup boils. Season with salt, add the sugar and simmer for 45 minutes. Pass through the soup machine, reboil, correct seasoning and consistency and serve.

66 **Vegetable Soup.**

25 qts. Stock.	1 Large cabbage.
4 lb. Carrots.	8 oz. Margarine.
1 Bunch leeks.	Seasoning.
7 lb. Potatoes.	If with rice add 2 lb rice as garnish.
3 lb. Onions.	
2 lb. Turnips.	

Method.—Melt the margarine, add the diced carrot, leeks, onions, cabbage and turnips, cover with a lid and stew on the side of the stove until tender. Moisten with stock, add the cubed potatoes, bring to the boil and skim. Simmer until tender and pass through the soup machine or strainer, reboil, remove the scum, correct the seasoning and consistency and serve.

67 **Watercress Soup.**

25 qts. Water.	1 qt. Milk.
10 lb. prepared potatoes.	1 large faggot.
6 oz. Margarine.	3 bunches leeks.
3 lb. Onions.	Salt.
3 lb. Cornflour.	3 lb. watercress.

Recipe
No.

Method.—As for leek and potato soup (*see* recipe No. 51). Pick the leaves from the watercress, tie the stalks in a bunch and cook them with the soup. When the soup is cooked, remove the stalks, pass, reboil, correcting seasoning and consistency. Blanch the leaves of watercress by plunging them into boiling salted water for 5 seconds. Refresh in cold water and add to the soup before serving.

68 Yellow Pea Soup.

10 lb. Yellow split peas.	36 Peppercorns in bag.
25 qts. Water.	Salt.
4 lb. Onions.	Thyme.
4 lb. Carrots.	Bay leaf.
1 Ham bone.	

Method.—As for butter bean soup (*see* recipe No. 42). Special care to be taken that the peas are soaked overnight. If in any doubt regarding their quality, they should be soaked for a few hours and re-washed.

FISH

69 Baked Herrings and Tomatoes.

100 × 6 oz. Herrings.	$\frac{1}{4}$ oz. Pepper.
2 lb. Flour.	12 $\frac{1}{2}$ lb. Tomatoes.
2 oz. Salt.	

Method.—Scale, clean and gut the herrings, remove the eyes, gills, fins, and wash well in cold water. Season the herrings, pass them through flour and place into a greased baking dish. Brush a little melted dripping over them and cook in a hot oven 10–15 minutes. Serve with grilled, sliced, or whole, tomatoes. If using tinned tomatoes, open the tins and empty the tomatoes into a saucepan. Season well with salt and pepper, boil and thicken slightly with a little cornflour. Serve with the herrings.

70 Baked Stuffed Haddock, Parsley Sauce.

100 × 6 oz. Fresh haddocks.	4 oz. chopped parsley.
1 gallon parsley sauce.	2 gills Milk.
1 $\frac{1}{2}$ lb. flour.	2 oz. Salt.
3 lb. Breadcrumbs.	$\frac{1}{2}$ lb. Margarine.
4 Eggs.	$\frac{1}{4}$ oz. White Pepper.

Recipe
No.

Method.—Thoroughly gut and clean the haddock and remove the eyes and fins. Place the stuffing into the stomach of the haddock and fold the flaps over. Form the fish into an "S" shape, and secure it with a string from the tail, passing through the middle of the body to the eyes.

Grease the bottom of a baking tin with a little margarine, place on this the haddock. Sprinkle with salt, and add sufficient fish stock to barely cover the bottom of the baking tin, cover with greased paper, and bake in a moderate oven for 30 minutes, basting from time to time. When cooked, place the fish on a dish, remove the string. Reduce the fish stock to $\frac{1}{3}$ of its original quantity, add a creamy white sauce to which is added chopped parsley. Sauce the fish over, or serve sauce in a boat.

The stuffing for the haddock is the same as for recipe No. 71.

71 Baked Stuffed Herrings, Mustard Sauce.

100 × 6 oz. Herrings.	2 gills Milk.
1½ lb. Flour.	2 oz. Salt.
3 lb. Breadcrumbs.	½ lb. Margarine.
4 Eggs.	1 gallon mustard sauce.
4 oz. Chopped parsley.	¼ oz. White pepper.

Method.—Stuffing: Melt the margarine, add the finely-chopped onions and sweat until tender, add the breadcrumbs, flour, chopped parsley, salt, pepper and the eggs, stir well together and allow to cool before using.

Thoroughly clean and remove the head from the herring, slit down the backbone with a sharp knife, insert the stuffing. Place in a greased baking dish, brush over with melted dripping and bake in a hot oven for 15 minutes. Serve with the mustard sauce.

72 Batter for Fish Frying.

7 lb. Flour.	1 oz. Salt.
1 oz. Yeast.	Water as required.
1 oz. Brown sugar.	

Method.—Dilute the yeast with a little tepid water. Sift the flour, salt and sugar. Place into a basin and make a bay in the middle. Add the ferment and mix in a sprinkling of the flour. Cover with a clean cloth and allow to prove in a warm place for 30 minutes. Mix all together with sufficient water to make a paste, to well coat the back of a spoon.

Recipe
No.

73 Fried Codsteak and Chips.

50 lb. Cod (Headless).

40 lb. Potatoes.

Batter (See recipe No. 72.)

Method.—Clean, wash and cut the cod into steaks. Season with salt and pepper, pass through frying batter and place into a pan of hot deep fat. Allow to cook for 8 minutes. When cooked they should be a golden brown colour. Drain on a cloth and serve with fried chips. Fried chips, see recipe No. 178.

74 Codsteak Meuniere.

As for recipe No. 79. Using codsteaks instead of fillets.

75 Codsteak Lyonnaise Sauce.

37½ lb. Cod (Headless).

2 oz. Salt.

3 lb. Dripping.

1 gallon lyonnaise sauce.

2 lb. Flour.

Method.—Clean, wash and cut the cod into steaks. Season with salt, pepper. Pass through flour. Heat the dripping in a frying pan, add the steaks and let them fry until a golden brown. Turn steaks over and repeat the process. Remove from the pan and serve with lyonnaise sauce.

76 Steamed Cod and Egg or Parsley Sauce.

37½ lb. Cod fillets.

1 gallon egg or parsley
sauce.

2 oz. Salt.

4 Lemons.

Method.—Skin the fillets and cut them into 6-oz. individual portions, place into a clean steaming tray, sprinkle with salt and lemon juice. Cover with grease-proof paper and steam until cooked. Dish up and serve with 1 gallon of egg or parsley sauce.

77 Fried Curled Whiting.

100 × 6 oz. Whiting.

4 lb. Breadcrumbs.

Batter for crumbing.

Recipe
No.

Method.—Clean, wash and skin the whiting without removing the head. Curl by placing tail into mouth. Pass through flour, a thin flour and water batter and then into fresh white breadcrumbs. Place on a wire frying grill and fry in hot deep fat until a golden colour, approximately 5 minutes. Drain and serve.

78 Fish Cutlet, Robert Sauce.

10 lb. Cooked fish, free from bones.	2 oz. Salt. $\frac{1}{4}$ oz. Pepper.
1 bott. Anchovy essence.	Batter for crumbing.
25 lb. Potatoes.	4 lb. Breadcrumbs.

Method.—Flake the fish and add to dry mashed potatoes. Add the anchovy essence and necessary seasoning. Heat up together to boiling point. Lay out on a clean table or trays, and allow to cool. Mould into 1 x 4 oz. piece, or 2 x 2 oz. pieces, pass through flour and a thin batter made of flour and water, also fresh breadcrumbs. Shape into cutlets. Fry in hot deep fat.

79 Fillets of Cod fried in Butter.

37 $\frac{1}{2}$ lb. Cod fillets.	4 oz. Chopped parsley.
2 lb. Flour.	$\frac{1}{2}$ pt. Vinegar.
1 oz. Salt.	3 Lemons.
3 lb. Margarine.	

Method.—Cut the fillet into 6-oz. portions, season and pass through flour. Heat the margarine in a frying pan, and sauté the fish until a golden colour, turn it over and finish the cooking. Place the fish on a dish with a slice of peeled lemon on top, sprinkle with vinegar and pour the hot melted margarine over the fish. Sprinkle with coarsely-chopped parsley.

80 Fillet of Fish Fried.

37 $\frac{1}{2}$ lb. Fillets of fish.

As for recipe No. 73. Using filleted fish in place of codsteaks.

81 Fish Cakes.

12 tins Salmon.	1 bott. Anchovy essence.
25 lb. prepared potatoes.	4 oz. Cayenne pepper.

Method.—As for recipe No. 78, shaped as medallions in place of cutlets.

Recipe

No.

82 **Fish Kedgeree.**

20 lb. Cooked fish (free from bones).	2 lb. Onions.
12 Eggs.	2 oz. Margarine.
5 lb. Rice.	1 oz. Pepper.
	$\frac{1}{2}$ gallon white sauce.

Method.—Chop the onions finely and stew in the margarine. Add the rice which has been well washed and dried. Stir well and heat through. Add sufficient stock to barely cover the rice, cover with a lid, bring to the boil and cook in the oven for 15 minutes. Remove lid and stir the rice with a fork to separate the grains. Add the fish which has been cooked and flaked, the eggs which have been hard boiled and shelled and cut into large dice. Stir all lightly and reheat in the oven, if necessary. Serve the creamy white sauce separately.

83 **Fish Pies.**

26 lb. Cooked fish (free from bones).	$\frac{1}{4}$ oz. Pepper.
25 lb. Potatoes.	2 qts. White sauce.
2 oz. Salt.	$1\frac{1}{2}$ lb. Margarine.
	1 lb. Breadcrumbs.

Method.—Place a little white sauce on the bottom of the dish, add the flaked cooked fish, season with salt and pepper, add remainder of the white sauce, cover with mashed potatoes, sprinkle with breadcrumbs and melted margarine. Bake until golden brown in a hot oven.

84 **Fish Salad.**

20 lb. Cooked white fish (free from bones).	1 lb. Onions.
10 lb. Potatoes.	4 oz. Chopped parsley.
1 qt. Vinegar.	10 lb. Tomatoes.

Method.—Boil the potatoes. When cooked—cool and cut into $\frac{1}{2}$ -inch cubes. Add the onions finely chopped, and the flaked cooked fish. Mix together lightly with the vinegar, salt and pepper. Place in the middle of the dish. Garnish round the outside with tomatoes sliced or quartered and sprinkle with chopped parsley.

85 **Fried Rock Salmon.**

$37\frac{1}{2}$ lb. Rock salmon (skinned and cleaned).
Batter as recipe No. 72.

Recipe
No.

Method.—Clean, wash and skin the rock salmon, cut it into fillets, 6 oz. each and proceed as for recipe No. 73.

86 Herrings, Mustard Sauce.

100 × 6 oz. Herrings.

Method.—Scale, clean and wash the herring. Remove the head, season, salt, pepper, pass through flour and lay in a greased tray. Brush over with dripping. Bake in a hot oven for 10–15 minutes. Serve with mustard sauce.

87 Herrings in Batter.

100 × 6 oz. Herrings.

Batter as recipe No. 72.

Method.—Scale, clean, remove the heads from the herrings and wash. (Proceed as for recipe No. 73.)

88 Salmon Cutlets, Piquante Sauce.

12 tins Salmon.

1 gallon piquante sauce.

25 lb. Potatoes.

2 oz. Salt.

1 bott. Anchovy essence. $\frac{1}{2}$ quantity standard

4 lb. Breadcrumbs. batter for crumbing.

$\frac{1}{4}$ oz. Cayenne pepper.

Method.—Proceed as for recipe No. 78. Using tinned salmon from which all skin and bones are removed in place of fresh cooked fish. Serve with piquante sauce.

89 Salmon Mayonnaise.

19 tins Salmon.

1½ gallons mayonnaise.

25 Lettuces.

4 lb. Beetroot.

5 lb. Tomatoes.

Method.—Skin, bone and flake the fish. Clean and wash lettuces, remove outside leaves and shred coarsely. Arrange on a dish and place the salmon on top. Sauce over with mayonnaise sauce. Garnish round the outside with the tomatoes, beetroot and hearts of lettuce, cut into sections and serve.

90 Soused Herrings.

100 × 6 oz. Herrings.

6 Bay leaves.

1½ qt. Vinegar.

$\frac{1}{2}$ oz. Peppercorns.

Water as required.

$\frac{1}{2}$ oz. Salt.

2 lb. Onions.

Recipe
No.

Method.—Scale, clean, fillet and wash the herrings. Place them into an oiled baking dish. Add the onions (shredded), peppercorns, salt, bay leaves, the vinegar and sufficient cold water to come just to the surface of the herrings. Cover with an oiled paper, bring to boil and place into a slow oven for 15 minutes. Remove from the oven and allow to cool in the pickle. Arrange the fillets in serving dishes, place rings of onions on top and reduce the liquor by half. Allow to cool then mask over the fillets.

MEAT DISHES

91 Beef Croquettes.

25 lb. Beef (cooked and minced).	4 qts. Espagnole sauce.
3 lb. Cooked onions.	4 Eggs.
4 oz. Parsley.	Salt.
6 lb. Breadcrumbs.	Pepper.

Method.—Chop onions finely. Fry to a light golden brown, add minced beef, heat through, pour on the espagnole sauce, well reduced. Mix well, season, salt and pepper, add chopped parsley. Boil up and lay out into tray to cool. Mould into two hundred 3-oz. portions, cutlet-shape. Pass through egg-wash and breadcrumbs, reshape. Sauté in shallow fat a light golden colour either side. Dish up, allowing 2 a portion, and serve with a suitable sauce, *i.e.* Robert, lyonnaise, piquante or curry.

92 Beef Hot Pot.

57 lb. Beef (unprepared).	50 lb. Potatoes.
16 lb. Onions.	1 oz. Pepper.
2 lb. Dripping.	Salt.
4 oz. Parsley.	

Method.—See Lancashire hot pot, substituting beef for mutton. See Timetable for cooking, Sect. 11, para. 9.

93 Beef Olives.

37 lb. (prepared) Lean beef, sliced.	4 oz. Cornflour.
12 lb. Chopped beef trimmings.	4 lb. Fat bacon.
7 lb. Bread.	3 lb. Onions.
1 oz. Thyme.	4 eggs.
2 qts. Brown stock.	4 oz. Parsley.
	$\frac{1}{4}$ Tin tomato purée.
	Salt and pepper.

Recipe
No.

Method.—Lean beef to be cut in slices, flattened out with meat bat and laid on table. Chop the onions finely, and fry on in fat, without colouring. Mince the beef trimmings, add the soaked bread, salt, pepper, onions (allowed to cool), chopped parsley, thyme and raw eggs. Mould the stuffing into a roll, cut into approximately 2 oz. pieces and place on the seasoned slices. Roll up, cover with slices of fat bacon (if available) and tie up.

Place the olives into a braising pan, or 17-inch baking tin, with a little dripping, cover with a lid, apply a gradual heat to set the stuffing. Pass through the oven to colour, remove the dripping. Barely cover with the brown stock, add tomato purée, bring to boil and allow to braise for approximately 1 hour. Remove from the liquor, remove string and keep warm. Skim fat from the liquor, boil up and reduce if necessary. Thicken with the diluted cornflour, boil out, correct seasoning, consistency and colour and strain over the olives.

94 Braised Beef with Vegetables.

57 lb. Beef (unprepared).	2 qts. Thick espagnole.
14 lb. Onions.	1 tin Tomato purée.
14 lb. Carrots.	1 lb. Dripping.
12 lb. Turnips.	2 Faggots.
12 lb. Swedes.	36 Peppercorns in bag.
10 qts. Brown stock.	4 oz. Salt.

Method.—Same as recipe No. 95, with the washed and prepared vegetables cut into sections, placed in stew-pan, cover with cold water, bring to boil, add 4 oz. margarine, 1 oz. sugar, $\frac{1}{4}$ oz. salt, cover with lid, bring to boil and simmer until cooked. Remove lid and allow liquor to reduce to an essence to form a glaze around vegetables. Serve in neat piles around meat when dishing up.

95 Braised Beef and Rice with Vegetables.

57 lb. Meat (unprepared).	2½ gallon Brown stock
7 lb. Rice.	or water.
6 lb. Onions.	1 gill Oil.
4 lb. Carrots.	2 pts. Vinegar.
4 lb. Flour.	$\frac{1}{4}$ oz. Peppercorns.
1 tin of Tomato purée or	6 bay leaves
$\frac{1}{2}$ tin of concentrated.	2 oz. Salt.
1 lb. Dripping.	

Recipe
No.

Method.—Take topside, thick flank, or aitchbone and cut into joints approximately 6 or 12 lb. in weight. Marinade if desired. (In many cases this method is not popular.) Fry a few slices of carrot and onion, place on the meat, and pass through the oven to set and colour. Remove surplus fat and moisten with good brown stock. Add tomato purée and aromates, bring to boil, cover and braise slowly until thoroughly tender. Remove the beef, pass the stock, allow to stand, remove fat and add equal quantity of espagnole sauce. Boil up to correct consistency and seasoning. Slice the meat against the grain, arrange in dishes, sauce over and serve with the braised rice.

To prepare rice.

Chop onion finely, stew on in margarine without taking colour, add rice, and heat through, add an equal quantity of stock and bring to boil. Cover with a lid and braise in moderate oven for 18 minutes. Stir in a few pieces of margarine with a fork and correct seasoning. To serve, cut beef in slices, place down centre of dish and surround with the prepared rice. Boil and pass sauce through fine strainer, then reboil. Skim, correct seasoning and consistency, pour over the meat and serve.

96 **Braised Beef and Spaghetti.**

57 lb. Beef (unprepared).	1 tin Tomato purée
4 lb. Onions.	6 lb. Spaghetti.
4 lb. Carrots.	1 lb. Dripping.
10 qts. Brown stock.	36 Peppercorns in bag.
2 qts. Thick espagnole.	

Method.—Braised beef, *see* recipe No. 94.

Spaghetti.

Break into 2-inch pieces. Place into boiling salt water and simmer 5 minutes. Drain, cover with stock; add margarine and allow to simmer 10 minutes. Remove lid and reduce liquor to an essence.

97 **Braised Steak and Carrots.**

57 lb. Beef (unprepared) cut into 6-oz. steaks.	$\frac{1}{4}$ oz. Peppercorns.
33 lb. Carrots.	4 Bay leaves.
4 lb. Onions.	2 lb. Dripping.
1 tin Tomato purée con- centrated.	

Method.—Braised beef, *see* recipe No. 94, cook carrots as for vegetables in recipe No. 95.

Recipe
No.

98 **Braised Stuffed Ox Heart.**

25 lb. Ox heart.	2 qts. Brown stock.
4 lb. Onions.	2 qts. Thick espagnole.
4 lb. Carrots.	2 oz. Salt.

Method.—Trim the hearts by removing the arteries, wash well in salt water, stuff with bread stuffing (recipe as for Beef Olives). Cover opening with slice of fat bacon. Tie up securely. Fry on carrots and onions (cut into 1-inch squares) until a golden colour. Add espagnole sauce and stock. Bring to boil, add hearts and braise in a slow oven for 4 hours. Remove hearts, boil out the sauce and pass through fine strainer. Slice the hearts lengthways (2 slices each) allowing sufficient stuffing with the slices of meat. Sauce over and serve.

For large quantities omit stuffing, cook this separately.

NOTE :—

Weight of ox heart	5 lb. 2 oz.
„	„	trimmed	4 lb. 8 oz.
„	„	stuffed	5 lb. 10 oz.
„	„	cooked	4 lb.

99 **Boiled Salt Beef and Dumplings.**

57 lb. Salt beef (unpre- pared).	14 lb. Flour.
33 lb. Carrots (unpre- pared).	6 lb. Suet.
4 lb. Onions.	3 oz. Salt.
	$\frac{1}{4}$ oz. Peppercorns.
	4 Bay leaves.

Method.—Beef to be salted from 5 to 8 days. Then placed in stew pan, cover with water, boil and skim. Add whole onions, peppercorns and bay leaves. Boil, then allow to simmer $1\frac{1}{2}$ hours for each 4 lb. of meat. Add prepared carrots cut into sections approximately 1 hour before meat is cooked. Add the prepared dumplings 10 minutes before meat is cooked. To prepare, sift flour, salt, add chopped suet, make to a light dough with water. Weight of each dumpling, 3 oz.

Remove the dumplings, place carefully into a pan or dish with a little liquor and keep hot. Remove the meat. Strain the carrots and retain the liquor. Keep hot in a little liquor. Carve the silverside against the grain, arrange in dishes with dumplings and carrots round and barely cover with liquor. Remainder of liquor should be retained for making soups.

Recipe

No.

100 **Carbonade of Beef.**

40 lb. Beef (prepared)	2 lb. Dripping.
cut into 200 flat slices.	36 Peppercorns in bag.
8 lb. Onions.	Faggot.
8 qts. Brown stock.	2 oz. Salt.
3 lb. Flour.	

Method.—Heat dripping in shallow pan sufficient to cover bottom. Season the beef, which is cut into 3-oz. scallops, with salt and pepper. Pass through flour, sauté each side to golden colour. Remove and fry off the onions which have been shredded. Replace the meat. Barely cover with brown stock, add aromates in a bag. Bring to boil, cover. Allow this to braise in a moderate oven for 1 hour, or until tender. Remove, fat from surface and the aromates. Correct seasoning, consistency, sprinkle with chopped parsley and serve.

101 **Curried Beef and Rice.**

57 lb. Beef (unprepared).	1½ lb. Curry powder.
8 lb. Onions.	7 lb. Rice.
1 tin Tomato purée.	1 oz. Black pepper.
4 lb. Flour.	8 Bay leaves.
½ lb. Desiccated coco-nut.	4 oz. Salt.
1 lb. Apple rings.	

Soak the Apple Rings and Coco-nut.

Method.—Chop the onions finely, fry to a light golden colour. Add the beef cut into small dice and colour also. Add curry powder. Allow to cook for 5 minutes, add flour and allow this to cook to a sandy texture. Add coco-nut, chopped apple rings, tomato purée, boiling stock and seasoning. Bring to boil and simmer for 1½ hours. Meanwhile, plain boil the rice in plenty of boiling salt water (time approximately 15 minutes), refresh and reheat in boiling salt water. Drain and serve as a border around curry.

102 **Curried Corned Beef and Rice.**

25 lb. Corned beef.
1½ gallons curry sauce.
7 lb. Rice.

Method.—Make a curry sauce. Prepare corned beef by cutting into slices approximately 3 inches × 1 inch. Arrange in serving dish neatly down the centre, sauce over with curry sauce. Heat to required temperature in slow oven and garnish with plain boiled rice.

Recipe

No.

103 Fried Beef and Sauté Potatoes (Dinner).

25 lb. Beef (prepared).	16 lb. Flour.
3 lb. Cooked onions.	6 lb. Dripping.
2 oz. Chopped parsley.	2 oz. Baking powder.
4 Eggs.	50 lb. Potatoes.
4 qts. Espagnole sauce.	4 lb. Dripping (deep frying).
4 lb. Breadcrumbs.	

Method.—Chop onions finely. Fry off to golden colour. Add the espagnole sauce, boil and reduce by half, stirring all the time. Add minced beef, seasoning and chopped parsley.

Prepare short paste, roll out $\frac{1}{8}$ inch thick, cut out in rounds 4 inches in diameter. Place meat on one half, egg wash edge, fold over and press down. Pass through beaten egg and breadcrumbs. Fry in deep fat approximately 7 to 8 minutes until paste is cooked a golden colour. Dish up allowing two to a portion and serve with a good sauce and sauté potatoes.

104 Fried Steak and Onions.

37 $\frac{1}{2}$ lb. Beef (prepared) in 6-oz. steaks.	Pepper.
3 lb. Dripping.	3 qts. Brown stock.
30 lb. Onions.	$\frac{1}{4}$ tin Tomato purée.
Salt.	6 oz. Cornflour.

Method.—Heat dripping in frying pan and fry off shredded onions to golden colour, season with salt, cover with a lid. Finish cooking in the oven, or on the end of the stove, until tender. Prepare the meat, cut into 6-oz. steaks, season with salt and pepper each side, fry quickly until the blood percolates. Turn over and repeat process, leaving them slightly underdone. Arrange in dish with onions neatly arranged each side and serve sauce separately.

To prepare sauce.

Rinse out pans in which the steaks have been fried with the stock, boil and add tomato purée. Thicken with diluted cornflour, skim and pass through fine strainer. Correct seasoning and consistency.

105 Hamburg Roast.

30 lb. Beef (prepared).	2 oz. Sage.
3 lb. Turnips.	4 qts. Espagnole sauce.
3 lb. Carrots.	1 lb. Dripping.
3 lb. Onions.	2 oz. Salt.
4 lb. Bread.	Pepper.

Recipe
No.

Method.—Fry on the chopped onion without colouring, soak and press the bread. Pass the meat, bread, cooked carrots, turnips and sage through a mincer. Correct seasoning and add the onions cold. Divide into sections, each sufficient for 12 persons. Roll out into the shape of a large roll. Place in greased baking tin and baste with a little dripping. Bake in a medium oven for 1 hour. Roll in breadcrumbs and colour off in oven. Slice and arrange neatly on dish. Serve with espagnole sauce. Sauce round.

106 Jugged Steak.

25 lb. Meat (unprepared).	1 lb. Dripping.
12½ lb. Fresh belly pork.	1 qt. Vinegar.
6 lb. Carrots.	½ oz. Thyme.
6 lb. Onions.	36 Black peppercorns
1 gallon Brown stock.	1 pt. Oil. [in bag.]

Method.—Cut the steak into 2-oz. pieces, also the fresh belly of pork. Place into a basin with the sliced vegetables, oil, vinegar and aromates. Allow to stand in a cool place 24 hours, drain meat and vegetables. Melt the dripping in a stewpan. Fry the meat and vegetables until golden brown. Add the oil and vinegar, stock, and the aromates, bring to the boil, braise approximately 1½ hours until meat is tender. Remove meat, pork and vegetables, place into a clean stewpan, strain the liquor, reduce if necessary to form a natural gravy, pour on to meat, bring to boil, correct seasoning and serve in mess-tins.

107 Minced Beef and Rice.

25 lb. (cooked and prepared) Beef.	7 lb. Rice.
4 lb. Onions.	1 lb. Dripping.
	2 qts. Thick espagnole.

Method.—Fry off finely chopped onions, add diced beef and allow to sweat slowly on the end of stove. Allow meat to heat through. Season, Add espagnole sauce. Prepare rice (*see* recipe No. 94), seasoning separately.

108 Roast Beef and Yorkshire Pudding.

62½ lb. Beef (unprepared).	16 pts. Milk.
14 lb. Flour.	12 Eggs.
2 lb. Dripping.	1 oz. Salt.
2 oz. Baking powder.	

Recipe
No.

Method.—Season joints with salt and pepper. Place in roasting tin, baste with a little dripping. Set off in a fast oven for 10–15 minutes. Reduce heat and allow to roast, basting at intervals. Allow 20 minutes for each 1 lb. of meat. See Timetable for cooking, Sect. 11, para. 7.

Yorkshire Pudding.

Sift flour, salt, baking powder into a basin. Make a bay in the centre. Break down half the quantity of milk with the eggs. Add to flour, etc. Mix to a smooth paste, add remainder of milk. The consistency should be of that to coat the back of a spoon. Heat the dripping in roasting tins, add mixture, and set off on top of the stove. Cook in a moderate oven for 35 minutes.

Roast Gravy, see recipe No. 310.

109 **Steak and Kidney Pudding.**

50 lb. Beef (unprepared).	6 lb. Suet.
6 lb. Kidney.	2 oz. Baking powder.
3 lb. Onions.	2 oz. Salt.
4 oz. Parsley.	Pepper.
16 lb. Flour.	6 pts. Water.

Method.—Make a fairly stiff dough and allow to rest, grease the pudding basins, divide the dough into eight parts, remove $\frac{1}{3}$ from each part, and roll out the remainder. Line the basins and remove any surplus dough overlapping the edges.

Cut the meat into $\frac{1}{2}$ -inch cubes, remove the fat from the kidney and slice thinly, place into a basin, add salt, pepper, parsley, onion, and mix well together. Cover with water, and allow to stand for two hours in a cool place. Fill the prepared basins, roll out the remainder of the paste into rounds for covers, wet the edge of the paste and cover. Thumb up the edges, cover with greased greaseproof paper and cook in a steamer for four hours.

NOTE.—Prepare the previous afternoon, and steam for approximately $1\frac{1}{2}$ hours. A 2-inch circle of paste is cut from the top and the pudding allowed to stand in a cool place on a triangle, to permit a circulation of air, recovered with greased paper next morning and steamed for three hours.

Recipe

No.

110 Vienna Steak and Fried Egg.

104 Eggs.	3 lb. Onions.
25 lb. (prepared) Minced beef (raw).	2 oz. Salt.
6 lb. Bread.	$\frac{1}{4}$ oz. Pepper.
4 oz. Chopped parsley.	2 lb. Dripping.
	1 gallon Espagnole.

Chop and stew onions and allow to cool.

Method.—Prepare steaks by mixing the minced raw beef with the onions, breadcrumbs, salt, pepper and chopped parsley. Bind with 4 eggs. Mould into a 100 portions, medallion shape, with a little flour. Fry off in hot dripping and finish cooking in the oven. Serve with fried egg on top and espagnole sauce round. Fried onion may be served, if required.

111 Cold Ham and Accompaniments.

20 lb. Ham.

Method.—The ham for this purpose should be gammons and fore hocks obtained from sides of bacon. Bone and roll the gammons and forehocks and tie tightly. Place two strings around the collar. Allow 3 hours to cook the gammons, and 2 hours for the forehocks and collars. Allow to cool in the liquor. When cool, remove the rind and use as required.

NOTE.—Ham before cooking should soak for 12 hours in order to remove some of the salt and swell the flesh.

112 Cold Meat with Vegetable Salad.

25 lb. (cooked and pre- pared) Meat.	9 lb. Carrots, turnips, beans, etc.
16 lb. Potatoes.	1 pt. Vinegar.
	1 qt. Oil.

Method.—Cut the carrots and turnips into dice, cook in salted water. Drain and place into a salad dressing. Cook the potatoes in their skins; while hot, peel and cut into $\frac{1}{2}$ -inch dice. Place into the salad dressing. Cook peas and beans and place into salad dressing while hot. Allow all to cool. Dress up in small piles and serve with the cold meat.

113 Cold Meat and Baked Potatoes.

25 lb. (cooked and pre- pared) Beef.	50 lb. Potatoes (pre- pared).
---	----------------------------------

Recipe
No.

Method.—Scrub and wash potatoes (large, equally sized) and bake in their jackets. Serve hot with the cold meat.

114 Cold Pressed Beef and Pickles.

25 lb. (cooked and prepared) Salt brisket.
7 lb. Pickles.

Method.—Take the briskets, bone, prick, rub over with saltpetre and brown sugar and allow to stand for a few hours. Place into the brine and allow to pickle for 7 days. Wash, place into cold water, bring to boil, repeat, place on to boil then allow to simmer until tender (approximately 20 minutes to each lb.). Remove, and arrange in the meat press, alternate lean and fat meat, and gently press. Allow to cool. When cold remove and slice thinly, allowing 4 oz. each. Serve with the pickles.

115 Cold Pressed Brisket or Pork.

25 lb. (cooked and prepared) Brisket or pork.

Method.—Take fresh brisket or beef or belly of pork, well wash and allow to pickle in brine for 5–6 days. Remove from the brine, wash and place in a pan. Well cover with cold water, bring to boil, skim and allow to simmer 3–4 hours in the case of beef, and 2–2½ hours in the case of pork. When well cooked, remove from pan, place in a meat press, alternate layers of fat and lean and gently press. Allow to cool, remove from press and use as desired. Care should be taken not to employ excessive pressure, as this is apt to leave the meat in a dry condition.

116 Galantine.

12 lb. (cooked and prepared) Meat.	3 lb. Soaked bread.
6 lb. Beef (raw).	6 Eggs (hard boiled).
1½ lb. Bacon (lean).	12 oz. Gherkins.
3 lb. Bacon (fat).	6 Eggs (raw).
6 lb. Fat.	Spice.
	Salt.

Method.—Mince raw beef and fat with cooked beef and bread. Add raw eggs and seasoning. Place a damp pudding cloth on the table, cover the middle with thin slices of bacon fat and cover with half the mixture. Place a line of gherkins down the middle

Recipe
No.

with strips of lean bacon on one side and quarters of hard-boiled eggs on the other. Cover with the rest of the mixture, roll up, tie tightly both ends (one loose string in the middle) and poach in stock for approximately 2 hours. When cooked, unroll, reroll tightly, lightly press between two boards and allow to cool. Remove cloth and brush over with melted dripping and roll in breadcrumbs. Slice carefully, allowing 3 oz. for each man.

117 Grilled Chops.

100 Chops at 7 oz. each.

Method.—Season the chops, both sides, with salt and pepper. Brush over with a little melted dripping, and place under a salamander, clear open fire, or open grill, until the blood rises, turn over and proceed to cook the other side. These chops should be well done and nicely coloured either side. Time for cooking approximately 12 minutes. Serve with picked watercress.

118 Grilled Cutlets.

200 4-oz. Cutlets.

Method.—Season the cutlets with salt and pepper. Brush over with melted dripping and place under a salamander or over an open fire. Grill until the blood rises. Turn over and cook the other side. Should be well cooked and nicely coloured. Approximate time for cooking, 8 minutes. Serve with picked watercress.

119 Grilled Pigs' Trotters.

100 Pig's trotters.

2 lb. Carrots.

2 lb. Onions.

4 lb. Breadcrumbs.

1 oz. Mustard.

3 qts. Espagnole,
piquante, or Robert
sauce.

Method.—Cover the trotters with cold water. Bring to the boil and refresh under cold water. Place into a clean saucepan, cover with water, bring to the boil, skim, add whole onions and carrots, salt and aromates, peppercorns in a muslin bag, and simmer for 1½ hours, until tender. Remove the vegetables, strain. Reserve the stock. Allow to cool slightly, cut in half lengthways. Remove bones carefully. Fill the cavity with sausage meat. Brush over the trotters with diluted mustard, roll in breadcrumbs, sprinkle with a little melted margarine and brown to a golden colour in a hot oven or under a salamander.

Recipe
No.

120 Liver and Bacon (Breakfast or Supper).

12½ lb. Liver.	2 lb. Dripping.
12½ lb. Bacon (prepared).	4 qts. Espagnole sauce.
3 lb. Flour.	Salt.

Method.—The bacon should be laid out on trays and cooked in a hot oven or under a salamander. Season the sliced liver with salt and pepper, and pass lightly through flour, place sufficient dripping to cover the bottom of a sauté pan or frying pan, and allow to get hot.

Place in the liver and cook until the blood rises, turn over and cook the other side (approximately 2 minutes either side, according to thickness); it should be well done and a nice golden colour. Arrange on dishes with sliced bacon (alternately).

NOTE.—A light espagnole should be served separately.

121 Liver and Bacon (Dinner).

25 lb. Liver.	2 lb. Dripping.
12½ lb. Bacon (prepared).	4 qts. Espagnole sauce.
3 lb. Flour.	

Method.—See recipe No. 120.

122 Fried Liver and Sauté Potatoes.

25 lb. Liver	50 lb. Potatoes (pre-
3 lb. Flour.	pared).
6 lb. Dripping.	Salt.
	Pepper.

Method.—See recipe No. 120.

Sauté potatoes (see recipe No. 185).

Potatoes are scrubbed and steamed, but not over cooked. Allow to cool, peel and cut into ¼-inch slices. Heat sufficient dripping to cover the bottom of a frying pan, add the potatoes and cook at a medium heat until golden brown. Toss and brown the other side, season. Serve with chopped parsley.

123 Boiled Mutton, Caper Sauce.

62½ lb. Mutton (unpre-	3 lb. Onions.
pared).	½ gallon caper sauce.
3 lb. Carrots.	4 oz. Salt.

Recipe
No.

Method.—Select a leg of mutton and remove chump and knuckle bone. After thawing and hanging, if it appears dark, soak in water for 2 hours. Cover with cold water, bring to the boil and skim. Wipe sides of the pan clean, add the salt, and allow to simmer for 1 hour, with aromates in a muslin bag. Add the vegetables, cut into sections (leave the onions whole if small) and simmer until the vegetables are cooked. Remove vegetables and place into dishes with a little of the liquor. Test the meat—either by pressure or inserting needle into the thick part—to see that the blood runs white. Carve the meat in slices $\frac{1}{4}$ inch thick, beginning at the knuckle end, and arrange in dishes. Garnish with vegetables and serve with a little liquor and caper sauce, separately.

124 **Braised Leg of Mutton and Carrots.**

62½ lb. Mutton (unpre- pared).	4 Bay leaves.
4 qts. Brown stock.	1 oz. Salt.
1 lb. Dripping.	1 oz. Pepper.
33 lb. Carrots (unpre- pared).	4 lb. Flour.
4 lb. Onions.	4 oz. Parsley.
	4 oz. Cornflour.
	1 tin Tomato purée.

Method.—Place the joints on beds of carrots, onions, bay leaves and parsley. Add a little dripping and place in the oven to cook, basting frequently. When half cooked add brown stock and season with salt and pepper. Add tomato purée, cover with a lid tightly and finish cooking in the oven. As soon as joints are cooked (approximately 2 hours), remove, thicken the stock with cornflour mixed with water and correct the seasoning.

Cook the remainder of the carrots in water with a piece of dripping, season with salt and pepper and a little sugar. Cook until liquor is evaporated.

Place the joints in sizeable saucepans, garnish with the carrots and pour the prepared sauce over. Sprinkle with chopped parsley.

125 **Braised Sheeps' Tongues, Piquante Sauce.**

100 Sheeps' tongues.	4 oz. Parsley.
2 lb. Onions.	4 oz. Dripping.
2 lb. Carrots.	2 qts. Brown stock.

Recipe
No.

Method.—Cover the tongues with cold water, bring to the boil, add salt. Allow to simmer for 1 hour. Refresh, remove root of tongues and skin carefully. Place on a bed of fried sliced carrot and onion. Add brown stock and braise in a hot oven until cooked (approximately 30 minutes), basting from time to time. Cut in halves lengthways and arrange on dishes. Remove the fat, strain, and reduce to an essence, adding piquante sauce.

126 Braised Stuffed Mutton.

62½ lb. Mutton (unpre- pared) (shoulder and breast).	4 oz. Cornflour.
2 lb. Carrots.	2 oz. Dripping.
2 lb. Onions.	1 Faggot.
1 gallon Brown stock.	½ tin Tomato purée.
	Stuffing, as for beef olives.

Method.—Take shoulder, loins, best ends and, if necessary, the legs. Carefully bone and remove surplus fat in case of loins and best ends. Remove gristle and sinews, flatten slightly, season with salt and pepper. Place the stuffing in the centre, roll and tie up with single strings. Place into a braising pan with dripping, cover with a lid and apply a gradual heat to set the stuffing. Remove lid, pass through a hot oven to colour the joints. Remove the joints and fry on the vegetables which have been cut in ¼-inch slices. Remove the dripping and preserve. Place the joints back and moisten with the stock (made from the bones). Bring to boil, cover with a lid, and braise in a slow oven for approximately 1½ hours, until meat is cooked. Remove lid, baste and colour a golden brown. Remove joints. Allow to settle, remove the strings, pass the liquor and allow to stand. Remove the fat, boil up with the tomato purée. Thicken with the diluted cornflour. Boil up, correct seasoning, consistency, colour and pass through a fine strainer. Cut the mutton fairly thickly crosswise, allowing 2 slices for each man (approximately 3 oz.) and sauce round.

For a large number it is suggested the stuffing should be prepared and baked in a roasting tin with a little dripping, or made into rolls wrapped in greaseproof paper. Steamed for 30 minutes.

Recipe

No.

127 Braised Stuffed Sheeps' Heart.

100 Sheeps' hearts.	1 lb. Suet.
2 qts. Brown stock.	4 Eggs.
2 lb. Carrots.	1 lb. Chopped onions.
2 lb. Onions.	1 qt. Milk.
2 qts. Thick espagnole.	Salt.
36 Peppercorns in bag.	Pepper.
4 oz. Salt.	Stuffing as for beef
8 lb. Breadcrumbs.	olives.
4 oz. Parsley.	

Method.—Trim the hearts and wash well in salted water. Stuff them and cover the opening with fat bacon. Tie securely. Fry on the vegetables, cut into 1-inch dice, to a golden brown. Cover with equal quantities of good brown stock and boiling espagnole sauce, bring to the boil, add aromates and seasoning, place in the hearts and braise in a slow oven for approximately 2 hours. Remove the hearts from the sauce, cut into halves lengthways, pass the sauce through a strainer and boil, skimming occasionally. Correct seasoning and consistency, and sauce over the hearts.

128 Cassoulet of Mutton.

50 lb. Mutton (unpre- pared).	6 Allspice.	} in bag
10 lb. Haricot beans.	24 Black pepper- corns.	
2 lb. Pork skins.	2 lb. Onions.	
1 knuckle of ham.	2 lb. Carrots.	

Method.—Soak the beans in boiling water overnight, and set to cook with knuckle of ham, onion stuck with clove, faggot and aromates in a bag. Prepare the mutton in suitable joints (each approximately the same weight). Roast in a hot oven until half-cooked. In a braising pan, half-cook the beans with the rest of the vegetables, and when ready, add to the joints. Barely cover with a good brown stock and allow to braise slowly together. When cooked remove the joints, cut the vegetables into pieces and place with the beans. Dish up the meat surrounded with beans and vegetables. Serve thickened gravy separately, if desired.

Alternative method.—Blanch beans thoroughly after soaking. Cut mutton into 2 oz. pieces, fry on to a brown colour, place in dishes between layers of beans, carrots and onions cut small. Moisten with stock. Place bacon rind on top, bring to boil, then bake in a slow oven. Serve in the same dishes.

Recipe

No.

129 **Chop Toad-in-Hole.**

100 × 7 oz. Chops.	2 oz. Baking powder.
16 lb. Flour.	4 oz. Salt.
10 qts. Milk.	1 lb. Dripping.
12 Eggs.	

Method.—Sift the flour, baking powder and salt. Make a bay, add the eggs and half of the milk, stirring briskly all the time until a light smooth batter has been obtained, then add the rest of the milk and pass through a strainer. Allow to stand $\frac{1}{2}$ hour. Fry on the seasoned chops, lightly either side. Heat sufficient dripping in baking tins to cover the bottom, add part of the batter, allow to set. Arrange the chops neatly spaced, cover with the rest of the batter, and bake in a keen oven for 20 minutes. Turn out and cut into portions. Serve with a thickened gravy.

130 **Cornish Pastie.**

12 lb. Meat (cooked and prepared).	12 lb. Flour.
4 lb. Onions.	4 lb. Dripping.
4 oz. Parsley.	4 oz. Baking powder.
12 lb. Potatoes.	Salt.
	Pepper.

Method.—Roll out the pastry $\frac{1}{8}$ inch thick. Cut out rounds with a large cutter, wet the edges, place 3 oz. of mixture in the centre, fold over towards the centre, press together and wash with a little milk. Place on a tray and bake for 35 minutes in a hot oven.

131 **Curried Mutton.**

57 lb. Mutton (unprepared).
As for curried beef.

See recipe No. 101.

132 **Haricot Mutton.**

57 lb. Mutton (unprepared).	1 gallon Brown stock.
6 lb. Carrots.	4 oz. Cornflour.
6 lb. Onions.	$\frac{1}{2}$ tin Tomato purée.
10 lb. Haricot beans.	1 Faggot.
2 lb. Flour.	4 oz. Salt.
	Pepper.

Method.—Soak the beans in cold water overnight. Wash and cover with cold water. Bring to the boil,

Recipe
No.

skim, add salt, peppercorns, aromates in a bag, 3 onions, 3 carrots, and simmer until half cooked. Season the meat with salt and fry on. Cut the carrots and onions into sections and fry on a golden colour. Sprinkle with flour, mix well with a wooden spoon and singe in a hot oven for 10 minutes. Add the tomato purée and moisten with the stock. Bring to the boil, add seasoned haricot beans and simmer until cooked. Correct seasoning and consistency with diluted cornflour if necessary. Serve with sprinkled chopped parsley.

133 Lancashire Hot-Pot.

57 lb. Mutton (unpre- pared).	50 lb. Potatoes (pre- pared).
10 lb. Onions.	4 oz. Parsley.
1 gallon Brown stock.	4 oz. Salt.
	Pepper.

Method.—Shred the onions and slice the potatoes $\frac{1}{4}$ inch thick. Grease the ration tins, place a layer of potatoes and onions in the bottom. Season the meat and add with chopped parsley and the remainder of the onions. Fill up with potatoes arranged in slices on top. Half fill with stock and bring to the boil. Place into a moderate oven. Press down with a slice at intervals. Remove fat from surface, correct the seasoning and consistency.

134 Roast Mutton, Onion Sauce.

62 $\frac{1}{2}$ lb. Mutton (unprepared).
 $\frac{3}{4}$ gallon onion sauce.
1 gallon Gravy.

Method.—Place the joints to be roasted on 2 or 3 slices of potatoes. Place in a hot oven, after covering with a little dripping, for 15 minutes. Baste well, reduce the heat and allow to steadily roast, basting from time to time. When cooked season with salt and place to keep hot. Remove the fat from the roasting tin and add a little salt. Set the pan on the stove, add brown stock or water, allowing 2 tablespoonsful a man. Boil for a few minutes then strain through a fine strainer. Allow to stand. Remove fat from surface. To test, insert a needle into the thick part of the joint. If sufficiently cooked the blood should be white.

Recipe
No.

135 Bacon and Potato Pie (Dinner).

25 lb. Bacon (prepared).	10 lb. Carrots.
4 oz. Parsley.	2 lb. Margarine.
50 lb. Potatoes.	2 lb. Breadcrumbs.

Method.—Cook the bacon and cut into dice. (Trim-mings should be used.) Blanch and fry until tender.

Grease the mess-tins and place a layer of dry, washed potatoes on the bottom, follow with a layer of mashed carrots, then bacon, then carrots again, and finally, a thick layer of potatoes. Brush with melted margarine, sprinkle with breadcrumbs and bake a golden brown. Serve with an appropriate brown sauce.

136 Cottage Pie.

57 lb. Meat (unprepared)	1 lb. Dripping.
(or 25 lb. cooked and prepared meat).	4 oz. Parsley.
6 lb. Onions.	50 lb. Potatoes.
1 lb. Margarine.	4 qts. Espagnole.
	2 lb. Breadcrumbs.

Method.—Chop the onions finely, heat the dripping and fry the onions lightly without taking colour. Add the meat (cut into small dice or coarsely minced) season with salt and pepper. Add the parsley, bind with a little of the sauce and bring to the boil. Place in mess-tins, or pie dishes, cover them with dry mashed potatoes, smooth over, sprinkle with breadcrumbs, melted margarine and bake a golden brown in a quick oven. Serve the rest of the sauce separately.

137 Meat Pie.

57 lb. Meat (unprepared).

For other ingredients and method, *see* recipe No. 145.

138 Meat and Potato Pie.

57 lb. Meat (unprepared).	16 lb. Flour.
6 lb. Onions.	6 lb. Dripping.
4 oz. Parsley.	4 oz. Baking powder.
50 lb. Potatoes.	Water for paste.
Salt and pepper.	

Method.—Cut the meat into $\frac{1}{2}$ -inch dice, slice the onions and potatoes. Season with salt, pepper, and parsley. Fill mess-tins or pie dishes with alternate layers of meat, onions and potato (as for beef hot pot) and barely cover with water.

Recipe
No.

Make a short paste with the flour, dripping, baking powder and water, cover dishes with the paste and bake in moderate oven from 2-3 hours. Fill up with gravy if necessary.

139 Pork Pies.

18 lb. Spare rib of pork (free from bone).	4 lb. White breadcrumbs (soaked).
2 lb. Onions.	2 oz. Salt.
3 oz. Gelatine.	Pepper.
2 qts. Stock.	1 oz. Sage.

Method.—Pork to be boned out, bones scraped clean. Finely cut or pass through mincer. Add sweated onions, salt, pepper, sage, and soaked breadcrumbs, fill into lined pie moulds, egg wash the top after covering, allow to stand $\frac{1}{2}$ hour. Bake for 1 hour. Allow to cool and fill with aspic jelly.

Moulds to be lined with hot water paste. (Recipe No. 140.)

140 Paste.

12 lb. Flour.	4 pts. Water.
3 lb. Dripping.	Salt.

Method.—Boil the water, dripping and salt. When boiling add the sifted flour (away from the fire or heat), stir well and knead with a wooden spoon until well mixed and smooth. Turn out into a basin. Stand over a pan of boiling or hot water to keep warm.

141 Rabbit Pie.

40 lb. Rabbits (pre- pared).	Salt.
12 $\frac{1}{2}$ lb. Bacon (pre- pared).	7 lb. Onions.
Pepper.	4 oz. Parsley.
	16 lb. Flour.
	6 lb. Dripping.

Method.—Clean the rabbits and cut into joints. Line the pie dish or baking tin with slices of bacon. Place in the seasoned rabbit, chopped onion and chopped parsley, cover with sliced bacon, three parts fill with stock, cover with short paste, brush over with a little milk. Bake in moderate oven for 2 hours. Fill up, if required, with stock made from the trimmings, and serve.

Recipe

No.

142 Scotch Mutton Pie.

57 lb. Meat (unprepared).	Salt.
7 lb. Onions.	Pepper.
4 oz. Parsley.	For small individual
6 pts. Water.	pies, 2 oz. meat and
16 lb. Flour.	3 oz. paste.
6 lb. Dripping.	Water for paste.

Method.—Mince the mutton very coarsely and mix with onions and parsley finely chopped. Well season with salt and pepper and add a little water.

Make a short paste with rest of the ingredients, line individual pie moulds, fill with mixture, cover, decorate, eggwash, bake for 1 hour in moderate oven. Allow to cool, fill with gravy made from trimmings. Serve hot or cold.

143 Sea Pie.

57 lb. Meat (unprepared).	16 lb. Flour.
50 lb. Potatoes (prepared).	6 lb. Suet.
4 oz. Parsley.	4 oz. Baking powder.
6 lb. Onions.	Water for paste.
4 oz. Salt.	

Method.—Cut meat into $\frac{1}{2}$ -inch dice, slice the onions and potatoes, season. Place layers of potatoes, onions, meat, onions and a final layer of potatoes in the mess-tin. Add a little chopped parsley, three parts fill with stock, cover with suet paste, then cover with grease-proof paper and steam for 3–4 hours if necessary. Fill up with gravy and serve.

144 Steak and Giblet Pie.

40 lb. Beef	} (unpre- pared).	16 lb. Flour.
16 lb. Giblets		6 lb. Dripping.
3 lb. Onions.		$\frac{1}{2}$ lb. Baking powder.
4 oz. Parsley.		2 oz. Salt.

Method.—Cut the beef and giblets into $\frac{1}{2}$ -inch dice and proceed as for steak and kidney pie. See recipe No. 145.

145 Steak and Kidney Pie.

50 lb. Beef (unprepared).	6 lb. Dripping or suet.
6 lb. Ox kidney.	$\frac{1}{2}$ lb. Baking powder.
3 lb. Onions.	2 oz. Suet.
16 lb. Flour.	

Recipe
No.

Method.—Cut the beef and kidney into $\frac{1}{2}$ -inch dice. Chop the onions, mix with the meat, and well season with salt and pepper. Place into mess tins or pie dishes, cover with water. Make a paste from flour, dripping, baking powder and water, cover dishes and bake in moderate oven 2–3 hours. Fill up with gravy.

146 Small Meat Pies and Mashed Potatoes.

25 lb. Prepared meat.	2 qts. Milk.
3 lb. Onions.	1 lb. Margarine.
16 lb. Flour.	4 qts. Espagnole sauce.
6 lb. Dripping.	Salt and pepper.
50 lb. Potatoes (prepared).	

Method.—Make small individual pies with the first five ingredients as for Scotch Mutton pies. Boil washed potatoes (as for recipe No. 189). Serve hot. Espagnole sauce separately.

147 Veal, Ham and Egg Pie.

10 lb. Veal (boneless).	2 qts. White stock.
12 Eggs (hard boiled).	4 oz. Gelatine.
18 lb. Bacon (prepared).	Pepper.
4. oz. Parsley.	Hot water paste as
2 oz. Salt.	shown in Recipe No.
1 lb. Onions.	140.

Method.—Carefully clean and grease baking tin, roll out the hot water paste to $\frac{1}{4}$ inch thick in oval shape to suit size of tin being used. Fold over to form a pocket and place in the tin. Gently press the paste to the bottom, then to the sides, taking care not to press too hard as this will make the paste thin in one place. Prepare rashers of bacon and line sides and bottom of dish. Remove all gristle from the veal, pass through a coarse mincer together with the remainder of the bacon, season with pepper, and add chopped onions, and chopped parsley. Half fill the tins, add hard boiled eggs along the centre and a few sheets of soaked gelatine. Now repeat the process until tin is just full and dome-shape. Cover top with bacon overlapping at the sides and a few sheets of gelatine. Cover the whole with paste, decorate, egg-wash and make a hole in centre for steam to escape. Bake in a slow oven for $2\frac{1}{2}$ -3 hours. When cold fill with jelly made from veal stock and gelatine. Cut into portions and serve.

Recipe

No.

148 **Boiled Pickled Pork and Parsnips.**

30 lb. Salt belly of pork	2 lb. Onions.
(unprepared).	50 lb. Parsnips (unpre- pared).
2 lb. Carrots.	

Method.—Wash and peel the parsnips and cut into “quarters” 2 inches long. Wash pork and place in cold water. Bring to boil, skim, add whole carrots and onions and simmer gently until tender. Meanwhile cover parsnips with cold water, season and simmer until cooked. Strain.

When pork is cooked remove vegetables, carve pork and serve with parsnips as garnish.

149 **Roast Spare Rib of Pork, Apple Sauce and Stuffing.**

62½ lb. Pork (unprepared).	4 lb. Chopped onions.
12 lb. Apples or 4 lb. Apple rings.	3 oz. Sage.
2 lb. Sugar.	2 lb. Dripping.
3 Cloves.	2 qts. Stock.
3 qts. Gravy.	Salt.
8 lb. Bread.	Pepper.
4 oz. Parsley.	½ gallon water.

Method.—Score legs, loins, and spare ribs of pork with sharp knife and place in a roasting tin. Baste with very little dripping and roast in a hot oven for 15 minutes. Reduce temperature and allow to cook slowly, basting from time to time.

Soak apple rings overnight. Place in a stewpan, add sugar and cloves, cover with water, allow to boil for 30 minutes until cooked, pass through a sieve and keep in Bain Marie.

When pork is cooked remove joint. Run off excessive fat, swill out with stock, add to gravy, allowing approximately 2 tablespoons for each man. Season and serve with pork.

Time for cooking, 20 minutes to the lb. and 20 minutes extra.

Stuffing.

Stew onions in dripping a golden colour, add sage, parsley, and bread cut in dice, add the stock, allow to simmer for ½ hour. Correct seasoning and serve with the pork.

Recipe

No.

150 **Pork and Boston Beans.**

45 lb. Belly pork (un- prepared).	4 oz. Salt.
3 lb. Onions.	$\frac{1}{4}$ oz. Peppercorns.
3 lb. Carrots.	6 Cloves.
10 lb. Haricot beans.	4 Faggots.
1 tin Tomato purée.	4 qts. Brown stock.
1 lb. Celery.	4 oz. Brown sugar.

Method.—Soak the beans overnight, wash, and place on to boil. Add carrots, onions, celery, aromates (in a bag) and salt. Allow to simmer for approximately 1 hour, until half cooked. In the meantime roast the pork for $\frac{1}{2}$ hour to set and colour. Place pork with the beans, add the tomato purée and sugar, cover with brown stock and place a lid on the braising pan. Braise in a slow oven for 1 hour until pork and beans are cooked. Remove the vegetables, aromates and pork from the beans. Correct the seasoning and the consistency of the sauce. Slice the pork and arrange in mess tins. Cut up the vegetables, place with the beans and surround the sliced pork. Sauce round.

151 **Brawn (Pork).**

16 lb. Pigs' head (boned).	8 oz. Carrots.
16 lb. Shin of beef.	1 oz. Sage.
1 oz. Thyme.	1 oz. Salt.
2 oz. Gelatine.	40 Peppercorns (in bag).
8 oz. Onions.	

Method.—Bone the pig's head and remove ears and nostrils, soak the boned meat for a few hours in salted water. Cut both pork and beef into $\frac{1}{2}$ -inch cubes. Place in stewpan, cover with cold water, bring to boil and strain off. Refresh, cover with cold water. Add whole vegetables, aromates (in a bag), and salt. Simmer gently for 3 hours or until meat is thoroughly cooked. Skim carefully. Remove vegetables and aromates, add soaked gelatine, correct seasoning, pour into basin, stand aside overnight to set. Turn out and slice on machine, or carve thinly.

Brawn (Bullock's Head).

1 Bullock's head.	$\frac{1}{8}$ oz. Ground mace.
6 Bay leaves.	11 $\frac{1}{2}$ gallons brine water.
$\frac{1}{2}$ oz. Jamaica pepper, or	14 lb. common, salt.
1 oz. ordinary pepper.	6 oz. Saltpetre.

Recipe
No.

Weight :—

Bullock's head	30 $\frac{3}{4}$ lb.
Bones in head	15 $\frac{1}{2}$ lb.
Meat in head	13 lb.
Brains in head	1 lb.
Trimmings in head	1 $\frac{1}{4}$ lb.

Brawn when made = 14 lb.

Method.—Thoroughly wash, trim and cut out the eyes; saw the head in half lengthways; remove the brain and place in cold water. Bone and place the meat in brine for 8 hours. Next remove the nostrils; well wash the bones in cold water; then saw through each half head at the back of the eye sockets. Remove meat from the brine; wash thoroughly in tepid water; cut into cubes about 1 $\frac{1}{2}$ inches square; place in a deep cooking vessel with the bones and 1 $\frac{1}{2}$ gallons of water; add ground mace, bay leaves and pepper, also any spare fat or meat from the root of the tongue. The bay leaves and pepper should be placed in a muslin bag. Bring to the boil, skim, then allow to simmer for 5 or 6 hours. Remove the muslin bag with its contents, also the bones, which should be well scraped and the meat returned to the cooking vessel. Skim off the fat; place the mixture into china or enamel basins; stand in a cool place; when set dip the outside of the basins in hot water, turn out and serve cold.

The brains and tongue can be used in the following dishes :—

Ox Brains and Parsley Sauce :—

Ox brains.	water.
Vinegar.	Parsley sauce.
Salt.	

Weight of ox brain before cooking ... 1 lb.

Weight of ox brain after cooking ... 12 oz.

Four portions.

Method.—Remove the brains and cleanse in cold water. The skin is then carefully taken away under a slow running tap of cold water. When thoroughly washed and skinned, place in boiling water with a good pinch of salt, a teaspoonful of vinegar, and let gently simmer or poach for about 10 to 15 minutes. Remove and thoroughly drain on a cloth and serve with the parsley sauce.

Recipe
No.

Brain Cutlets.—Prepare as before, poach for 5 minutes. Remove and place in cold water until cold; drain, cut into halves lengthways, dip in milk, flour and breadcrumbs and fry in hot shallow fat until nicely browned and serve.

Ox Tongue and Parsley Sauce.

1 Ox tongue.	Salt, peppercorns and
1 Carrot.	cloves as required.
1 Onion.	Parsley sauce.

Weight of ox tongue	7½ lb.
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Weight of ox tongue, after cooking	5½ lb.
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Weight of tongue, trimmed after cooking	3¾ lb.
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Weight of trimmings of cooked tongue	1½ lb.
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Method.—Well wash the tongue, place in boiling water, with 1 carrot, 1 onion, salt, peppercorns and cloves. Boil quickly for a ¼ hour, then let steadily simmer until cooked. Time, 2½ to 3 hours. Remove and skin the tongue while hot, commencing at the back. Cut into thin slices and serve hot with parsley sauce.

Another method.—Place tongue in brine for 4 days. Remove tongue, soak for 12 hours in cold water. Place in fresh cold water, gradually bring to the boil, skim and let steadily simmer until cooked. Time, 2½ to 3 hours. Remove and skin while hot. Cut into thin slices and serve hot, with thin parsley sauce.

152 **Brown Rabbit Stew.**

50 lb. Rabbits (skinned and prepared).	6 lb. Haricot beans.
1 tin Tomato purée.	2 oz. Salt, thyme, bay-leaf.
4 lb. Flour.	4 oz. Parsley.
6 lb. Onions.	2 lb. Dripping.
6 lb. Carrots.	

Method.—Cut rabbit into joints and follow as for brown stew (Recipe No. 153).

See Timetable for cooking, Sect. 11, para. 39.

TREATMENT OF RABBITS

i. Carefully skin the rabbits (if frozen defrost) and leave them in salt and water for 30 minutes. Divide into joints and re-wash in a fresh supply of salt and water and dry them.

Recipe
No.

ii. The heads, necks and livers should be removed and put into a separate cooking vessel with seasoning to supply stock or gravy.

iii. It is necessary that the foregoing instructions should be carefully followed before rabbits are cooked.

iv. There is an absence of fat in rabbit meat, and it is necessary either to dredge in flour, fry in fat, add bacon or stew in onion stock with flour thickening.

v. If cooked in water without the usual condiments and seasoning the dish will be insipid and probably wasted.

153 Brown Stew.

57 lb. Meat (unprepared).	$\frac{1}{2}$ oz. Peppercorns.
1 tin Tomato purée.	2 lb. Dripping.
4 lb. Flour.	6 lb. Haricot beans.
6 lb. Onions.	2 oz. Salt.
6 lb. Carrots.	Thyme, bay leaf.
4 oz. Parsley.	

Method.—Cut meat into 3-oz. steaks. Season. Heat dripping in pan. Fry on meat quickly to seal pores, add carrots and onions cut into $\frac{1}{2}$ -inch cubes. Fry on together. Dust with flour and singe in oven for 10 minutes.

Remove and add tomato purée, peppercorns (in bag) and a faggot. Cover with water and bring to boil, add the salt and skim. Firm lid and cook slowly in oven for 2 hours.

Soak the beans overnight, cover with cold water, bring to boil, skim, season, add 2 onions and 2 carrots and simmer until cooked.

Drain off liquor. Remove stew from the oven. Skim, correct colour consistency, add seasoning and beans. Serve.

154 Brown Stewed Mutton and Vegetables.

57 lb. Mutton (unpre- pared).	4 lb. Flour.
12 $\frac{1}{2}$ lb. Carrots.	1 lb. Dripping.
12 $\frac{1}{2}$ lb. Turnips.	1 tin Tomato purée.
12 $\frac{1}{2}$ lb. Onions.	10 qts. Water.
	1 Faggot.

Method.—See recipe No. 153.

Breasts, scrags and necks should be used.

Recipe

No.

155 Irish Stew.

57 lb. Mutton (unpre- pared).	4 oz. Salt. Pepper.
15 lb. Onions.	4 Bay leaves.
4 oz. Parsley.	4 lb. Potatoes (thicken- ing).
50 lb. Potatoes (pre- pared).	2 lb. Pearl barley.

Method.—Take breasts, necks and scrags, trim off excessive fat and cut mutton into 3-oz. pieces.

Peel and slice onions, peel and wash potatoes. Place mutton in stewpan, bring to boil, skim, add salt, aromates (in bag), and simmer 1 hour. Add onions, 4 lb. of potatoes cut into small dice or shredded and pearl barley.

Bring to boil and skim carefully. Allow to simmer for 30 minutes. Add rest of potatoes, all of approximately equal size. Simmer gently for 30 minutes with a greased paper and lid on top. Remove aromates, correct seasoning and consistency. Skim again if necessary. Add coarsely chopped parsley. Remove potatoes carefully and place in a dish. Pick up the meat and onions, arrange potatoes on top and sauce over with the liquor.

156 Stewed Mutton, Scotch Style.

57 lb. Mutton (unpre- pared).	4 lb. Turnips. 4 oz. Parsley.
10 lb. Onions.	4 oz. Salt.
7 lb. Carrots.	Pepper.
5 lb. Barley.	

Method.—Take best ends, necks, scrags and breasts, trim off excessive fat and cut into approximate 3-oz. pieces. Soak the barley for 1 hour and rewash. Place meat into a saucepan, cover with water and bring to boil. Strain and add the barley and salt. Allow to simmer for 1 hour. In the meantime, peel the onions, prepare carrots, turnips, and cut into sections, place with the meat and barley and allow to simmer approximately 1 hour until meat and vegetables are cooked. Remove the fat from surface and correct seasoning and consistency of the liquor. Garnish with chopped parsley.

Recipe

No.

157 **Stewed Rabbit.**

50 lb. Rabbits (skinned and prepared).	2 lb. Margarine.
6 lb. Onions.	2½ lb. Flour.
4 oz. Parsley.	½ oz. Thyme.
	1 Faggot.

Method.—Cut rabbit into joints, blanch and refresh. Cover with cold water and add onions cut into quarters. Season and bring to boil. Add faggot and skim carefully. Allow to simmer for 1 hour. Meanwhile, melt the margarine in a stewpan, add flour, and cook the roux until white and sandy in texture. Allow to cool slightly. Strain liquor off the rabbit and add slowly to the roux, making a white sauce. Season correctly and pour over the rabbit. Simmer gently until rabbit is tender. Garnish with coarsely chopped parsley.

158 **Stewed Rabbit and Pickled Pork.**

40 lb. (skinned and pre- pared) or 20 large rabbits.	4 oz. Parsley.
12½ lb. Pickled pork.	2 lb. Margarine.
6 lb. Onions.	2½ lb. Flour.
	½ oz. Thyme.
	1 Faggot.

Method.—Cut rabbit into joints and cut pickled pork into 2-inch cubes. Treat as for stewed rabbit.

159 **Stewed Steak and Dumplings.**

57 lb. Beef (unprepared).	14 lb. Flour.
6 lb. Onions.	6 lb. Suet.
6 lb. Carrots.	2 oz. Baking powder.
1 tin Tomato purée.	2 oz. Salt.
4 lb. Flour (thickening).	Pepper.
2 lb. Dripping.	

Method.—Prepare mixture for dumplings: sift flour with salt and baking powder, chop suet finely and blend with flour. Make bay and bind into stiff dough with water. Allow to relax.

Cut beef into 3 oz. steaks, season with salt, cut vegetables into dice, heat dripping in pan, lightly place in seasoned steaks and fry quickly on both sides. Add vegetables and fry all together. Add flour, stir in, and singe in a fairly fast oven for 10 minutes. Remove, add tomato purée and just cover with water. Bring to boil, skim, cover and place in a moderate oven for 1½ hours approximately.

Recipe
No.

Divide the dough into 100 equal-sized pieces and roll into firm balls. (Freely using flour.)

Fill a large stewpan with water, add salt, dumplings and allow to boil freely for 30 minutes.

Uncover stewed steak, skim thoroughly, correct seasoning and consistency. Remove dumplings and add to stew. Allow to simmer for a few minutes together. Remove the dumplings, dish up the stew and place dumplings round.

N.B.—It is inadvisable to add pepper at the beginning of cooking, as this may lend bitterness. Therefore add this towards the end.

160 Stewed Tripe and Onions.

50 lb. Tripe.	4 qts. milk.
30 lb. Onions.	2 oz. Salt.
1½ lb. Margarine.	Pepper.
2 lb. Flour.	

Method.—Cut tripe into 2-inch squares, wash and place in a stewpan. Cover with cold water, bring to boil, add salt and skim well.

Shred onions carefully and add to tripe. Simmer for 30 minutes.

Boil milk, melt margarine, add flour and cook in stewpan to a white colour and sandy texture. Allow to cool slightly and add milk gradually, stirring the while. allow to simmer for 10 minutes. Strain off half the liquor from the tripe and add to this white sauce. Strain back into the tripe. Continue to simmer gently until tripe is tender. Correct seasoning and consistency, serve.

161 White Stewed Mutton.

57 lb. Mutton (unpre- pared).	3 lb. Marrowfat peas.
18 lb. Carrots.	3 lb. Haricot beans.
6 lb. Onions.	¼ oz. Peppercorns.
4 oz. Parsley.	4 oz. Salt.
18 lb. Turnips or swedes.	1 Faggot.

Method.—Soak pulse overnight.

Change water and place on to boil, allow to simmer gently with usual vegetables and aromates according to recipe.

Cut mutton into 3-oz. pieces as before and place on to boil. Add salt. Skim.

Recipe
No.

Cut vegetables into equal-sized pieces, add to mutton with peppercorns (in bag) and faggot. Allow to simmer gently for 2 hours or until mutton is tender. Skim well from time to time.

When cooked, carefully remove all fat. Make the sauce with the salt and liquor. Add pulse and correct the seasoning.

Garnish with coarsely chopped parsley.

162 Braised Gammon and Pease Pudding.

30 lb. Gammon.	1 lb. Carrots.
2 lb. Carrots.	1 lb. Onions.
2 lb. Onions.	10 oz. Margarine.
4 oz. Brown sugar.	Knuckle of ham.
3 qts. Espagnole.	Salt and pepper.
10 lb. Split peas.	

Method.—Soak gammon for 24 hours. Change the water, bring to the boil, add whole vegetables and simmer for 3½ hours. Remove skin from gammon when cooked, sprinkle with brown sugar, bake in oven until coloured.

Cut into thin slices. Serve with Espagnole sauce.

Pease Pudding.

Soak peas overnight, drain, cover with 2 gallons of water, bring to the boil, skim, add ham bone, vegetables and seasoning. Cook until tender, pass through sieve or machine, reheat gradually adding the margarine. Consistency should be the same as that of mashed potatoes.

163 Braised Ham and Spinach.

30 lb. Gammon.	4 qts. espagnole.
2 lb. Carrots.	50 lb. Spinach.
2 lb. Onions.	

Method.—Braised gammon, *see* recipe No. 162.

Spinach.

Remove coarse stalks and violet ends from spinach. Wash the leaves thoroughly in plenty of salt water. Cook in boiling salt water until tender, using only sufficient water to well cover the bottom of boiler. Allow to cook until stalks are tender, drain well, and press between 2 plates, cut into portions. Serve with gammon.

Recipe

No.

164 Chicken (or Veal) and Ham Croquette.

8 lb. Ham (trimmings).	Pepper.
16 lb. Cooked veal (or chicken trimmings).	3 lb. Flour (for batter). 4 lb. Breadcrumbs.
1 gallon stiff white sauce.	3 qts. Piquante sauce.
2 oz. Salt.	

Method.—Prepare 1 gallon of stiff white sauce, mix with diced or minced ham and cooked diced veal or chicken. Season and reheat until it leaves the sides of the pan. Place in flat trays to cool. Mould into cutlets, pass through batter and breadcrumbs, trim and shape. Sauté carefully in a frying pan or baking tin to a golden colour both sides. Serve with tomato, piquante, Robert, or lyonnaise sauce.

165 Ham Pudding.

25 lb. Ham.	16 lb. Flour.
2 lb. Onions.	6 lb. Suet.
4 oz. Chopped parsley.	1 pkt. Mixed herbs.
4 oz. Bacon fat.	2 oz. Salt.
3 qts. Brown sauce.	Water for paste.

Method.—Prepare suet paste, roll out in squares, cover with slices of ham, onions (shredded and stewed) and mixed herbs. Roll up, tie in pudding cloth, boil or steam for 2½ hours. Serve with brown sauce.

166 Roast Stuffed Rabbit and Bacon.

40 lb. (skinned) or 20 large rabbits.	3 qt. Thick gravy. Stuffing as shown for beef olives.
12½ lb. Bacon (prepared).	
2 lb. Dripping.	

Method.—Skin, clean and stuff the rabbits. Tie up the stomachs and arrange in baking dishes. Cover the backs with fat bacon on a few slices of potatoes, baste with dripping and roast in moderate oven for 1 hour. Baste frequently, and when cooked, remove string, cut the rabbits into sections, making sure that the stuffing is equally distributed. Set the baking dish on the stove, strain off the fat, boil the dish out with good brown stock and thicken with diluted cornflour. Correct seasoning and strain. Cook bacon in the usual way and arrange in serving dishes with rabbit. Gravy to be added just before serving.

Recipe

No.

167 **Roast Turkey Stuffing and Sausage.**

70 lb. Turkey.	1 lb. Sage.
12½ lb. Sausages.	4 oz. Chopped parsley.
8 lb. Breadcrumbs.	2 lb. Onions.
4 Eggs.	1 lb. Suet.
1 oz. Thyme.	

See Timetable for cooking, Sect. 11, para. 44.

Method.—Clean the turkeys, remove wishbones, stuff and roast from 2–2½ hours according to size. Baste from time to time until cooked. To prepare the gravy, set the baking dish on the stove, remove the fat, boil the tin out with brown stock, skim, correct seasoning and strain. Arrange sausages in greased baking dishes, allowing room for expansion, and cook in medium oven. Carve turkeys in thin slices, using a portion of white and dark meats, dress on dish with stuffing and sausages. Moisten with gravy.

168 **Salad for Cold Meat.**

20 Lettuces.	4 lb. Tomatoes.
2 lb. Watercress.	½ pt. Vinegar.
2 lb. Beetroot.	1 pt. Oil.

Method.—Clean, trim and wash the lettuces. Remove outside leaves and cut heart into six. Wash thoroughly, drain, and arrange in serving dishes with a bouquet of watercress (washed), pickled sliced beetroot and sliced tomatoes. Add dressing just before serving.

Dressing. Mix vinegar with salt and pepper. Add oil and beat well together.

169 **Sausage, Bacon and Mashed Potatoes.**

12½ lb. Sausages.	1 qt. Milk.
12½ lb. Bacon (prepared).	1 lb. Margarine.
50 lb. Potatoes (dinner),	Salt.
25 lb. other meals.	Pepper.

Method.—Cover potatoes with water, add salt, bring to the boil. Skim, then simmer until cooked. Strain off the water, replace lid and steam for a few minutes. Pass through masher, mix well with margarine, salt, and pepper, then stir in hot milk.

Arrange sausages in greased baking dishes, prick, allowing room for expansion and cook in medium oven. (If facilities permit, it is better to fry slowly in shallow fat.)

Recipe

No.

Cook bacon in the usual way, allowing 1 back and 1 streaky rasher a man. Serve the sausages on a bed of mashed potatoes and arrange the bacon round. Serve with light brown sauce separately.

170 Sausage Toad-in-the-Hole.

25 lb. Sausages.	2 oz. Baking powder.
16 lb. Flour.	4 oz. Salt.
10 qts. Milk.	1 lb. Dripping.
12 Eggs.	

Method.—Sieve flour, baking powder and salt. Make a bay in centre, stir in the eggs and milk and mix until smooth. Allow to stand for 1 hour. Heat dripping in baking dishes, pour in sufficient batter to cover bottom, allow to partly set, place in the sausages, which must be lightly cooked first, make sure they are evenly spaced, pour on the remainder of batter. Cook in hot oven for approximately 40 minutes. Cut into portions. Serve with a light brown sauce.

171 Sauté Kidney on Fried Bread.

100 Pigs' kidneys, 6 oz. each.	14 lb. Bread.
	5 lb. Bacon fat.
4 qts. Espagnole sauce.	

Method.—Cut bread in half slices and sauté as for fried bread. Cut the kidneys in half lengthways.

Take a frying pan, sauté pan or baking tin, cover bottom with dripping and allow to get hot. Sauté the kidneys quickly on the flat cut side until pearls of blood appear. Sauté the other side to a nice golden colour. In all, approximate time 6 minutes. Place into another receptacle, season, remove dripping from pan, wash out the pan with a little brown stock to remove glaze at the bottom, boil up and pour over the kidneys.

Serve the kidneys on the slices of fried bread and sauce over.

172 Veal and Ham Cutlets, Robert Sauce.

As for Chicken cutlets.
3 qts. Robert sauce.

Method.—Ingredients as for chicken and ham croquettes.

See recipe No. 164.

Recipe
No.

POTATOES

173 Baked Creamed.

65 lb. Potatoes (unpre- pared).	2 qts. Milk.
1 lb. Brown breadcrumbs.	2 lb. Margarine.
2 oz. Salt.	Pepper and nutmeg to taste.

Method.—Peel and wash potatoes. Place in container and boil for 20 minutes. Strain off all water, replace lid and dry off. Pass through a sieve, replace the potatoes in container on a warm part of stove; add salt, margarine, pepper, and grated nutmeg to taste; add boiling milk. Mix well to a creamy consistency. Place in a serving tin and sprinkle finely with brown bread crumbs, a little melted margarine and brown off in top of the oven.

174 Baked in Jackets.

65 lb. Potatoes (unprepared)—served whole.

Method.—Scrub suitably-sized potatoes until clean. Place on the racks of a medium oven and bake until cooked; approximately 1 hour. Serve whole, or cut in half with the addition of a little margarine on each.

175 Boiled.

65 lb. Potatoes (unprepared).

Method.—Peel and wash potatoes. Place in a container with salt, cover with water and boil for approximately 20 minutes. Strain off water and place potatoes on a warm part of the stove for a few minutes. Allow them to dry before serving. Shake the container gently so as to give the potatoes a floury appearance.

176 Croquette.

65 lb. Potatoes (pre- pared).	1 pt. Milk for batter.
2 lb. Flour.	6 lb. Breadcrumbs.
6 Eggs.	2 oz. Salt.
	Pepper and nutmeg (to taste).

Method.—Peel and wash potatoes and cook in a steamer or boil for approximately 20 minutes. When cooked, strain and pass through a sieve. Season with salt, add pepper and grated nutmeg to taste, add yolks

Recipe
No.

of eggs and mix thoroughly. Allow to cool. Shape into croquettes, pass through batter, breadcrumbs and fry in deep fat until golden brown.

Care must be taken that the mixture is made as dry as possible, hence steaming is preferable to boiling.

The white of eggs should be used in the batter.

177 Fondante.

65 lb. Potatoes (unpre- pared).	4 qts. Stock.
1 lb. Margarine.	2 oz. Chopped parsley.
	2 oz. Salt.

Method.—Peel and wash potatoes. Place in a baking tin three parts covered with seasoned stock and cook in hot oven. From time to time the potatoes should be brushed with melted margarine to impart a brown gloss when cooked. Before serving sprinkle with chopped parsley.

178 Fried.

65 lb. Potatoes (prepared).

Method.—Peel and wash potatoes. Cut into strips approximately $\frac{1}{2}$ inch square and well wash. Drain potatoes thoroughly and place into frying basket. Blanch in hot fat until lightly coloured, then remove them from the fat and allow to drain.

When fat is reheated, refry until crisp on the outside. Sprinkle with salt and drain on a cloth before serving.

179 In Tomatoes.

65 lb. Potatoes (unpre- pared).	4 qts. Stock.
1 tin Tomato purée.	2 lb. Flour.
2 lb. Onions.	2 lb. Bacon trimmings.

Method.—Peel and cut the onions in dice. Dice the bacon trimmings, add the flour and stew together. Add tomato purée and stock, season to taste. Bring to boil, add the peeled and washed potatoes, cook in a medium oven, or slowly on the side of the stove. Serve carefully and sauce over.

180 Lyonnaise.

65 lb. Potatoes (unpre- pared).	2 oz. Chopped parsley.
7 lb. Onions.	3 lb. Dripping.

Recipe
No.

Method.—Scrub potatoes and cook in a steamer for approximately 18 minutes. Allow to cool, peel and cut into slices about $\frac{1}{4}$ inch thick. Fry in shallow fat until nicely brown.

181 **Macaire.**

65 lb. Potatoes (unprepared).
1 lb. Margarine.
3 lb. Dripping.

Method.—Scrub potatoes, place in a medium oven on the racks and bake. When cooked cut in half, remove potatoes from the skins and place in a container. Add salt, margarine and roughly mash. Shape into cakes and fry both sides in shallow fat until brown. This method is only suitable for small messes. For large numbers, cook in baking dishes and cut into portions after cooking.

182 **Parmentier.**

65 lb. Potatoes (unpre- 2 oz. Salt.
pared). Pepper and nutmeg to
2 oz. Parsley. taste.
3 lb. Dripping.

Method.—Wash, peel, and cut potatoes in approximately $\frac{1}{2}$ -inch squares. Rewash and drain well. Heat dripping in frying pan or baking tins, sufficient to cover the bottom. When hot place in potatoes, season with salt, and sauté for approximately 5 minutes. Place in a moderate oven to finish cooking and colour a golden brown. Remove from pan and serve.

183 **Parsley.**

65 lb. Potatoes (unpre- 4 oz. Chopped parsley.
pared). 1 pt. Stock.
 $1\frac{1}{2}$ lb. Margarine.

Method.—Peel and wash potatoes. Place in a container and cover with water, add salt and cook for approximately 20 minutes. Drain off all water and place on a warm part of the stove for a few minutes to dry. Shake gently to give floury appearance. Melt margarine, add it to the stock, and with blanched chopped parsley sprinkle over potatoes before serving.

Recipe

No.

184 **Roast.**

65 lb. Potatoes (unprepared).

3 lb. Dripping.

2 oz. Salt.

Method.—Peel and wash potatoes. Heat dripping, place in potatoes, and allow to colour lightly on top of the stove ; place in oven until cooked to a golden brown. During cooking baste frequently. Strain off fat, season and serve.

185 **Sauté.**65 lb. Potatoes (unpre- 3 lb. Dripping.
pared).

Salt and pepper.

2 oz. Chopped parsley.

Method.—Scrub potatoes, cook in a steamer for approximately 18 minutes ; when cooked allow to cool. Peel, cut into $\frac{1}{4}$ -inch slices, lightly brown in hot shallow fat, drain off, season and sprinkle with chopped parsley when serving.

186 **Savoury.**65 lb. Potatoes (unpre- 2 lb. Dripping.
pared).

2 qts. Stock.

7 lb. Onions.

Salt, pepper and nut-
meg to taste.

2 oz. Chopped parsley.

2 lb. Grated cheese.

Method.—Peel and wash potatoes. Cut into slices $\frac{1}{8}$ inch thick. Peel and shred the onions, mix together with the potatoes and season with salt and pepper. Place potatoes and onions in a greased serving tin, three parts cover with stock, sprinkle with grated cheese, Cook in a hot oven. Sprinkle with chopped parsley before serving.

187 **Steamed.**

65 lb. Potatoes (unprepared).

Method.—Peel and wash potatoes. Season with salt and cook in a steamer for approximately 20 minutes.

188 **Stewed with Cheese.**65 lb. Potatoes (unpre- 1 lb. Margarine.
pared).

1 gallon stock or water.

2 lb. Grated cheese.

Recipe
No.

Method.—Peel and wash potatoes. Melt the margarine. Grate the cheese. Slice the potatoes $\frac{1}{4}$ inch thick. Place in a serving tin, three parts cover with seasoned stock, sprinkle with margarine, grated cheese and cook in a moderate oven.

189 Mashed.

65 lb. Potatoes (unpre- pared).	2 oz. Salt.
2 qts. Milk.	Pepper.
1 lb. Margarine.	Nutmeg.

Method.—Peel and wash potatoes. Place in a container, cover with water, season with salt and boil for 20 minutes. When cooked drain off water and pass potatoes through a sieve. Place on a warm part of the stove; add margarine, salt, pepper, grated nutmeg and boiling milk. Mix thoroughly and serve.

VEGETABLES

190 Braised Cabbage.

40 lb. Cabbage (unpre- pared).	2 qts. Stock.
1 lb. Carrots.	1 qt. Fat from stock pot.
1 lb. Onions.	2 qts. Brown sauce.
1 lb. Bacon trimmings.	Aromates in bag.
	1 oz. Salt.

Method.—Clean the cabbage, cut into quarters, cook in boiling salted water for 15 minutes. Drain in a colander. Peel and slice carrots and onions, place into saucepan, add bacon trimmings, fry on lightly. Add aromates. Place quartered cabbage on sliced carrots, onions, etc., half cover with stock and white stock-pot dripping, cover with greased paper and bring to the boil. Cover with lid, and braise in oven until tender. (Time approximately 1 hour.) Remove cabbage, strain stock, remove all fat, reduce stock and add to the brown sauce. Serve with the cabbage.

191 Braised Celery.

25 Large heads celery.	$\frac{1}{2}$ gallon Espagnole sauce.
2 qts. Stock.	
1 qt. Fat from stock pot.	1 Tablespoon vinegar.
	2 oz. Salt.

Recipe
No.

Method.—Trim celery, remove outside leaves, if necessary, scrub and remove outside fibres with a vegetable knife. Wash well. Put vinegar and salt into water and bring to the boil; place in the celery and boil for 20 minutes. Refresh under cold water and rewash. Allow water to run between leaves. Place into a saucepan and cover with stock and fat from stock pot. Add salt. Cover with a few crusts of bread and greased paper. Bring to boil. Cover with lid and cook in the oven. When cooked strain off liquor, remove fat, reduce stock and add to espagnole sauce. Split celery lengthwise in sections and fold evenly with the head of celery uppermost. Serve, masked round with espagnole sauce.

192 Braised Onions.

33 lb. Onions. 4 oz. Sugar.
 $\frac{1}{3}$ gallon Espagnole 1 oz. Salt.
 sauce. 4 lb. Stockpot fat.
 1 qt. Brown stock.

Method.—Select onions of an even size and carefully peel. Place a little fat in roasting tin, allow to get hot, add onions and fry to a light golden brown. Strain off all fat, and moisten with fat from stock pot and brown stock. Season, bring to boil and place in the oven. When cooked strain off stock, remove fat, reduce the stock and add to espagnole sauce. Serve onions masked with sauce.

193 Brussels Sprouts.

40 lb. Brussels sprouts (unprepared).
 4 oz. Salt.

Method.—Trim off bottom of sprouts and remove all discoloured leaves. Steep in plenty of salt water. Wash, drain and place in plenty of boiling salted water. Boil steadily until tender. Strain and serve.

194 Boiled Cabbage.

50 lb. Cabbage (unprepared).
 4 oz. Salt.

Method.—Remove outside coarse leaves, cut into quarters. Remove thick stalks and thoroughly wash in cold salted water. Bring plenty of water to the boil

Recipe
No.

and add salt. When boiling, place in washed cabbage, bring quickly to the boil again and allow to steadily boil. When cooked strain and press between two plates. Cut into portions and serve.

195 **Boiled Carrots.**

40 lb. Carrots (unprepared).
2 oz. Salt.

Method.—Peel and cut into sections. Cover with cold water. Add salt, bring to boil and allow to boil steadily until tender. Strain and serve.

196 **Butter Beans.**

10 lb. Butter beans.	1 lb. Margarine.
1 Ham knuckle.	1 oz. Salt.
10 oz. Carrots.	Faggot.
10 oz. Onions.	36 Peppercorns, in bag.

Method.—Soak beans overnight in plenty of cold water. Well wash, place into saucepan, cover with cold water, bring to the boil and skim. Add whole carrots, onions, knuckle of ham, salt, a faggot and peppercorns. Allow to boil steadily until tender. When cooked, remove garnish, reduce liquor to an essence, add margarine to form an emulsion round the beans and serve.

197 **Butter Beans (Parsley style).**

10 lb. Butter beans.	12 oz. Carrots.
4 oz. Chopped parsley.	1 oz. Salt.
1 lb. Margarine.	Faggot.
1 Ham bone.	36 Peppercorns, in bag.
12 oz. Onions.	

Method.—See recipe No. 196. Sprinkle with chopped parsley and serve.

198 **Buttered Cabbage.**

50 lb. Cabbage (unpre- pared) (chopped after cooking).	2 lb. Margarine. 2 oz. Salt.
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Method.—Plain boil cabbage, see recipe No. 194. When cooked strain and chop. Return to saucepan. Add margarine, well mix, correct seasoning and serve.

Recipe

No.

199 Buttered Carrots.

40 lb. Carrots (unpre- 2 oz. Salt.
pared). 2 oz. Sugar.
2 lb. Margarine.

Method—Peel, wash and cut carrots into sections. Place into saucepan, add margarine and barely cover with water. Add salt and sugar. Season, bring to boil, cover with lid and allow to cook until tender. Remove lid, allow the liquor to evaporate and serve.

200 Buttered Swedes.

50 lb. Swedes (unpre- 2 oz. Salt.
pared). 2 oz. Sugar.
 $\frac{1}{2}$ lb. Margarine.

Swedes should be peeled approximately $\frac{1}{8}$ inch thick. See recipe No. 199, using swedes in place of carrots.

201 Buttered Turnips.

50 lb. Turnips (unpre- 2 oz. Salt.
pared). 2 oz. Sugar.
 $\frac{1}{2}$ lb. Margarine.

See recipe Nos. 199 and 200. Peeling approximately $\frac{1}{8}$ inch thick.

202 Creamed Cabbage.

50 lb. Cabbage (unprepared).
2 oz. Salt.
2 qts. White sauce.

Method.—Plain boil cabbage. When cooked, strain and chop finely. Return to saucepan, add white sauce, mix and serve.

203 Fried Onions (Rings).

33 lb. Onions. 2 oz. Salt.
1 qt. Milk. Frying fat.
2 lb. Flour.

Method.—Peel and cut onions into $\frac{1}{4}$ -inch rings and separate. Place rings into milk, drain and place in flour. Shake off surplus flour, and fry in hot deep fat until crisp and nicely browned. Thoroughly drain, sprinkle with salt and serve.

Recipe

No.

204 Haricot Beans, Tomato Sauce.

10 lb. Haricot beans.	12 oz. Onions.
$\frac{1}{2}$ gallon Tomato sauce.	1 oz. Salt.
1 lb. Bacon trimmings.	Faggot.
12 oz. Carrots.	Peppercorns in bag.

Method.—Soak the beans overnight in plenty of cold water. Well wash, place in a saucepan, cover with cold water, bring to boil and skim. Add whole carrots and onions, bacon trimmings, salt, a faggot and peppercorns tied in a piece of muslin. Allow to boil steadily until tender. When cooked, remove garnish, reduce liquor to an essence and add tomato sauce to bind.

205 Macaroni with Tomato.

8 lb. Macaroni.	2 qts. Stock.
6 oz. Margarine.	$\frac{1}{2}$ gallon Tomato sauce.
2 oz. Salt.	

Method.—Break macaroni into 3-inch lengths and blanch, drain, place back into saucepan, add stock, salt and margarine. Bring to the boil and allow to cook until tender. When cooked reduce stock to an essence, add tomato sauce, mix well, correct seasoning and serve.

206 Marrowfat Peas.

10 lb. Peas (soaked overnight).
1 pt. Mint.
2 oz. Salt.

Method.—Soak peas overnight in plenty of cold water. Well wash, place into saucepan, add mint and salt, cover with cold water, bring to boil and skim. Allow to boil steadily until tender. When cooked, strain and serve.

207 Mashed Swedes.

Same as mashed turnips, *see* recipe No. 208.

208 Mashed Turnips.

50 lb. Turnips (unpre- pared).	$\frac{1}{2}$ lb. Margarine.
10 lb. Potatoes.	2 oz. Salt.

Recipe
No.

Method.—Peel and cut turnips into cubes. Place in saucepan, cover with cold water, add salt, bring to the boil and skim. Boil steadily until tender. Strain and dry off, mash and return to saucepan. Plain boil potatoes and when cooked, drain, dry off, mash and mix with the turnips. Add margarine, mix, correct seasoning and serve.

209 **Mixed Vegetables.**

18 lb. Carrots.	1 lb. Margarine.
18 lb. Turnips.	2 oz. Salt.
4 lb. Haricot beans.	2 oz. Sugar.
4 lb. Marrowfat peas.	

Method.—Soak peas and beans overnight in plenty of cold water.

Wash well, place in separate saucepans, cover with cold water, bring to the boil, skim, add salt. Allow to boil steadily until tender.

Clean and cut carrots and turnips into batons. Cook separately as for buttered carrots and turnips. When cooked, mix, drain off peas and beans, add to carrots and turnips, mix well and serve.

210 **Parsnips (Boiled).**

50 lb. Parsnips (unprepared).
2 oz. Salt.

Method.—Scrub, wash, peel approximately $\frac{1}{8}$ inch thick and cut the parsnips into sections. Cover with cold water, add salt, bring to boil. Allow to boil steadily until tender. Strain and serve.

211 **Peas, French Style.**

10 lb. Peas (soaked overnight).	1 lb. Margarine.
1 lb. Onions.	2 oz. Salt.
1 lb. Bacon trimmings.	2 oz. Sugar.
	2 oz. Flour.

Method.—Soak peas overnight in plenty of cold water. Wash well, place into saucepan, add onions, bacon trimmings, water, salt and sugar. Bring to boil, skim and allow to boil steadily until cooked, remove the garnish.

Mix margarine and flour together and add to peas, a little at a time, to thicken the liquor slightly. Mix well and serve.

Recipe

No.

212 Pease Pudding.

10 lb. Yellow split peas.	10 oz. Margarine.
1 knuckle of ham.	Salt.
1 lb. Carrots.	Pepper.
1 lb. Onions.	

Method.—Soak peas overnight in plenty of cold water. Well wash, place into saucepan, cover with cold water, add salt, bring to the boil. Skim, add whole carrots, onions and knuckle of ham. Allow to boil steadily until tender. When cooked remove garnish and knuckle of ham and strain, keeping the liquor. Pass through sieve and return to saucepan. Add margarine, pepper, correct the seasoning and mix in sufficient of its own liquor to make it a mashed potato consistency.

213 Runner Beans.

33 lb. Runner beans (unprepared).
4 oz. Salt.

Method.—Top, tail and string the beans, wash well, cut into strips and wash again. Drain, place into plenty of boiling salted water, bring quickly to the boil, skim and allow to cook steadily until tender. Strain and serve.

214 Stewed Cabbage.

50 lb. Cabbage (unpre- pared).	2 oz. Salt.
	2 oz. Sugar.
1½ lb. Margarine.	1 qt. Stock.

Method.—Clean and thoroughly wash in plenty of salt water and cut cabbage into strips. Blanch in boiling salted water for 2–3 minutes. Refresh and strain. Place into a container, add salt, sugar, margarine and stock. Cover with greased paper. Cover with lid and cook in moderate oven until tender. Remove greased paper and serve.

215 Vegetable Marrow and Stuffing.

50 lb. Vegetable marrow (unprepared).	6 lb. Breadcrumbs.
3 qts. Espagnole sauce.	Bread stuffing as for beef olives.
4 lb. Onions.	½ lb. Sausage meat.

Bound with sauce and chopped parsley.

Serve with light brown sauce.

Recipe
No.

Method.—Peel marrows, cut in half lengthways, make an incision crossways with point of knife on the cut side, and fry in deep fat until tender, without taking colour.

Remove from fat, drain and scoop out the centre pith with a spoon. Place into a greased baking tin. Finely chop onions, stew a light golden colour and allow to cool. Mix onions, parsley, breadstuffing and sausage meat together. Bind with a little brown sauce. Stuff marrows, sprinkle with breadcrumbs and mark with the back of a fork, sprinkle with a little melted dripping. Bake in oven until stuffing and marrow are cooked.

When cooked cut into slices and serve masked round with espagnole sauce.

216 Vegetable Marrow with Cheese.

60 lb. Marrow (unpre- 1 lb. Grated cheese.
pared). 1 lb. Breadcrumbs.
1 lb. Margarine. 4 oz. Salt.

Method.—Peel and cut marrow into even pieces, remove pith and seeds. Cook in boiling salted water and drain thoroughly. Place into greased baking tin, sprinkle with grated cheese, breadcrumbs and melted margarine. Place in hot oven and allow moisture to evaporate.

217 Vichy Carrots.

40 lb. Carrots (unpre- 2 oz. Salt.
pared). 2 oz. Sugar.
 $\frac{1}{2}$ lb. Margarine.

Method.—Clean and cut carrots into thin, round slices. Blanch and refresh. Place into saucepan, add margarine, salt and sugar, barely cover with cold water, bring to boil and steadily boil until carrots are cooked. Remove lid and evaporate liquor to an essence.

SWEETS

218 Apple Charlotte.

8 lb. Apple rings. 10 lb. Bread.
4 lb. Breadcrumbs. $1\frac{1}{2}$ oz. Cinnamon.
2 lb. Sugar. $1\frac{1}{4}$ lb. Margarine.
2 Lemons. 2 qts. Apricot sauce.

Recipe
No.

Method.—Soak the apple rings for 24 hours; drain and chop. Heat the margarine and fry on the apple rings, without taking colour, until tender. Add the sugar, grated rind and juice of the lemon, cinnamon and breadcrumbs.

Cut the bread into slices after removing the crust. Pass through melted margarine and line a baking dish, each slice overlapping by half. Place the apple purée in the centre, cover with the crusts and bake in a moderate oven for approximately 1 hour. Turn out on a dish and serve with apricot sauce.

219 Apple Fritters.

12½ lb. Apples (fresh). 3 oz. Yeast.
2 lb. Sugar. 1 lb. Cornflour.
6 lb. Flour.

Method.—Sift the flour into a basin, dilute the yeast with a little tepid milk. Make a bay in the flour, add the salt and the diluted yeast, mix with a little flour to form a batter and allow to stand in a warm place for ½ hour. Add remainder of the water and make into a batter with consistency to well coat the back of a spoon, allow to stand for ½ hour.

Peel and core the apples and cut into slices approximately ¼ inch thick, sprinkle with sugar. Heat the fat or frying oil, pass each slice of apple through the batter, wipe off surplus and drop into the hot fat. Allow to fry approximately 5 minutes till tender and a golden brown. Drain, sprinkle with sugar and serve with apricot sauce.

220 Apple Pie.

8 lb. Apple rings or 30 lb. ¼ oz. Cloves.
fresh apples. Short paste for cover.
2 lb. Sugar.

Method.—Sieve flour and salt, work in the margarine and make a bay. Add the water and make into a fairly stiff dough. Allow to rest and divide into 16 pieces (if using steel plates), or into 2 if using the utility trays (*i.e.* 48 portions). Soak the apple rings for 24 hours. Place on to boil, together with the sugar, and half-cook. Add the cloves and continue cooking.

Roll out the paste to approximately ⅛ inch in thickness. Line the plates or utility trays, which should be slightly greased. Prick the bottom, place in the apples and cover with paste. Brush over with a little water

Recipe
No.

or milk, sprinkle with sugar and mark the top with the point of a knife to define portions. Place in top of oven (350° Fahr.) and bake approximately 40 minutes to 1 hour until paste and apples are cooked. Care must be taken to see that the bottom layer of paste is cooked.

221 Apple Pudding and Custard.

6 lb. Apple rings.	6 lb. Suet.
3½ lb. Sugar.	8 oz. Baking powder.
16 lb. Flour.	Custard sauce.

Method.—Free the suet of skin and chop finely, or pass through a mincer (fine plate), using a sprinkling of flour. Sieve the flour with salt and mix with the suet and baking powder. Make a bay, add water (4 pints) and mix together to form a fairly stiff dough. Allow to rest. Soak apple rings 24 hours and partly cook, together with sugar and cloves. Allow to cool.

Grease the pudding basins, divide the paste into 16 pieces and roll out to form a pocket ¼ inch thick. Line the pudding basin, fill in the apples, wet the edges and cover with paste, thumb up the edge. Cover with a greased greaseproof paper and secure by twisting. Steam for 2 hours and serve in the basins.

If basins are not available, make in the form of a roll. Roll out paste ¼ inch thick, spread the apples, wet the edges, roll up carefully, place in a floured pudding cloth and tie the ends with string. Place in boiling water and simmer for 2 hours. Remove from cloth and cut into pieces crossways allowing approximately 3 oz. for each man.

Serve with custard sauce.

222 Baked Apples and Custard.

35 lb. Apples.	2 lb. Margarine.
2 lb. Brown sugar.	½ gallon water.

Serve with custard sauce.

Method.—Select apples, 3 to the lb. Wash and wipe, remove the cores and cut round the skins in the centre with point of knife. Place in a baking dish. Mix sugar and margarine together and fill the centres with the mixture, moisten the bottom of the dish with ¼ inch of water and place in a slow oven to bake until cooked, basting from time to time. The essence formed will become a syrup and glaze the apples. Serve in the dish.

Recipe

No.

223 Baked Apple Dumplings.

25 lb. Apples (4 to 1 lb.).	3 $\frac{1}{4}$ lb. Sugar.
12 lb. Flour.	1 oz. Cinnamon.
4 $\frac{1}{2}$ lb. Margarine.	2 Eggs (egg wash).
1 $\frac{1}{2}$ oz. Salt.	Water for paste.

Method.—Prepare a short paste as for apple pie and roll out $\frac{1}{4}$ inch thick. Cut into sections approximately 4 inches square and place a peeled and cored apple in the centre of each. Mix sugar and cinnamon together and fill centre of each apple, wet edges of paste and cover the apple. Place on a baking sheet and egg wash. Bake at the top of the oven for approximately 40 minutes.

224 Baked Bread Pudding and Custard.

10 lb. Bread (soaked).	2 lb. Currants.
2 lb. Sultanas.	2 lb. Sugar.
2 lb. Treacle.	$\frac{1}{2}$ lb. Mixed peel.
1 oz. Mixed spice.	$\frac{1}{4}$ oz. Salt.
2 Lemons, grated rind.	2 lb. Margarine.

Method.—Soak stale bread in water, press out the water and pass through a mincer. Cream the margarine, sugar and warm treacle, add grated rind of lemons and bread, a little at a time, and thoroughly mix. Add the fruit and spice and place into greased baking tins. Smooth the tops and sprinkle with a little sugar. Bake for 1 hour in a slow oven. Cut into portions and serve with custard sauce.

225 Baked Jam Roll and Sauce.

16 lb. Flour.	6 lb. Margarine.
8 oz. Baking powder.	7 lb. Jam.
Jam sauce.	

Method.—Prepare a short paste (*see* recipe No. 268). Divide into 8 pieces, roll out each one $\frac{1}{4}$ inch thick to form a 2-foot square. Spread with jam within an inch all round, wet edges and roll up.

Place on baking trays and put into hot oven (400° Fahr.) to start. Reduce heat to 300° Fahr. and cook for 2 hours. Cut each roll into 12 portions slantwise and serve with jam sauce.

226 Baked Rice Pudding and Dates.

4 gallons Milk.	5 lb. Rice.
3 lb. Sugar.	3 lb. Stoned dates.
$\frac{1}{4}$ lb. Margarine.	

Recipe
No.

Method.—Bring the milk and sugar to boil, wash and pick the rice and rain into the boiling milk. Allow to simmer for 20 minutes, then add the dates cut into $\frac{1}{4}$ inch squares. Grease the pie or baking dishes with little margarine. Divide the rice into 12 or 24 portion dishes, sprinkle with melted margarine and bake on top shelf of oven approximately 1 hour.

227 Baked Rice and Raisin Pudding.

4 gallons Milk.	3 lb. Sugar.
4 lb. Rice.	2 lb. Raisins.
$\frac{1}{4}$ lb. Margarine.	Nutmeg.

Method.—See recipe No. 226. Same method, using raisins instead of dates, and sprinkle top with a little grated nutmeg.

228 Baked Rice and Sultana Pudding.

4 gallons Milk.	5 lb. Sugar.
4 lb. Rice.	2 lb. Sultanas.
$\frac{1}{4}$ lb. Margarine.	

Method.—See recipe No. 227, using sultanas in place of raisins.

229 Bakewell Tart.

2 lb. Jam.	3 lb. Caster sugar.
3 lb. Breadcrumbs.	16 Eggs.
3 lb. Flour.	2 lb. Icing sugar for top- ping.
3 lb. Margarine.	

Short paste, see recipe No. 268.

Method.—Prepare a short paste. Line greased steel plates or utility trays and prick with a fork. Prepare the filling of breadcrumbs, flour, margarine, sugar and eggs. Cream sugar and margarine, add rind and juice of lemons, then the eggs one by one and mix well. Add bread or cake crumbs and then fold in the flour. Fill in the mixture, smooth the tops and bake in a moderate oven (350° Fahr.) approximately 1 hour.

Boil up the jam with a little water and brush over the tarts lightly. Pass icing sugar through a sieve into a basin and dilute with a little hot water. Spread over the jam and allow to set in a very cool oven.

Recipe

No.

230 Banana Custard Tart.

1½ gallons Milk. 32 Bananas.
 1½ lb. Sugar. 2 lb. Apricot jam for
 2 lb. Custard powder. glazing.
 Vanilla essence to taste.

Flan paste, *see* recipe No. 239.

Method.—Prepare a flan paste. Line steel plates or utility trays, prick the bottoms and bake in hot oven (400° Fahr.) approximately 40 minutes. Prepare a stiff custard, pour into the baked pastry cases and leave to set. Slice the bananas on the slant and place on the custard overlapping. Boil up the apricot jam with little water and glaze over the bananas.

231 Banana Fritters and Apricot Sauce.

(Suitable for small messes only.)

50 Bananas. ½ gallon thick custard
 4 lb. Flour. for coating.
 2 oz. Yeast.

Apricot sauce, *see* recipe No. 330.

Method.—Prepare a thick custard and a batter. Skin and cut bananas in halves. Pass through the boiling custard with a fork and allow to set. Pass through the batter with a fork and fry in hot fat (approximately 5 minutes) until a golden colour. Drain and serve with hot apricot sauce.

232 Banana Jelly.

(Recommended only for small messes. For large use jelly crystals.)

18 Bananas. 16 Lemons.
 1½ lb. Sugar. 4 Bay leaves.
 ½ oz. Coriander seeds. 4 Whites of egg.
 3 lb. Gelatine.

NOTE.—Packet jelly (25 pt. packets) may be used (if obtainable).

Method.—Prepare a jelly by removing the rind and juice from the lemons, make up to 4 gallons with water, sugar, coriander seeds, bay leaves and soaked and squeezed gelatine. Break up the whites of egg and whisk into the liquid. Carefully bring to boil, stirring from time to time with a whisk or metal spoon. Cover,

Recipe
No.

and allow to stand in a warm place or in a slow oven, to clarify. Carefully pass through a washed-out cloth into a clean basin. While passing, keep the jelly in a warm place, and away from cold currents of air, otherwise it will tend to set.

Take basins or dishes for 12 persons and wash in cold water. Allow the jelly to cool, place a little in the bottom of each receptacle, allow to set, slice the bananas on the slant and arrange on the jelly. Cover with jelly on point of setting, arrange more slices of bananas and repeat, finishing with jelly. Allow to set and serve in the basin, or turn out. To turn out dip in very hot water for a moment, allow air to penetrate then turn out carefully.

233 Blancmange.

2 lb. Cornflour.

2½ gallons Milk.

2 lb. Sugar.

Vanilla essence.

Method.—Boil the milk and sugar. Make a thin paste with the cornflour and stir in the milk. Add the essence, bring to the boil, and boil again for 10 minutes.

Can be flavoured chocolate instead of vanilla, using ¾ lb. of cocoa powder. Make a thin paste and stir into the boiling milk.

234 Baroness Pudding with Custard Sauce.

8 lb. Flour.

8 lb. Breadcrumbs.

6 lb. Suet.

2 lb. Sugar.

4 qts. Milk.

6 lb. Stoneless raisins.

4 oz. Baking powder.

4 oz. Mixed spice.

Method.—Remove all impurities from suet and chop finely or pass through a mincer (fine plate). Sieve flour and baking powder. Mix all dry ingredients together. Dilute the milk to make 1 gallon, with water. Make a bay with dry ingredients, add the milk and water and mix all together to form a fairly stiff paste. Place the mixture into floured pudding cloths to form a roll. Tie either end and one loose string round the centre. Steam, or boil, for 3 hours; or three-parts fill greased basins with the mixture and cover with greased greaseproof paper to seal, place in boiling water. Leave uncovered and simmer gently.

If placed in cloths, put into boiling water and allow to simmer. Can also be made in rolls wrapped in greaseproof paper and steamed in trays.

Turn out and serve with custard sauce.

Recipe

No.

235 **Cabinet Pudding.**

7 lb. Stale cake.	$\frac{1}{2}$ oz. Vanilla essence.
3 lb. Stale bread.	$2\frac{1}{2}$ gallons Milk.
4 lb. Mixed fruits.	2 lb. Sugar.
12 Eggs.	

Method.—Cut up the stale bread and cake into approximately $\frac{1}{4}$ -inch squares. Arrange in greased and sugared pie dishes, basins or baking tins in alternate layers with the fruit. Prepare a raw custard with eggs, milk, sugar and essence; mix well together and strain over the dry ingredients. Let stand for $\frac{1}{2}$ hour to soak, then carefully bake in a slow oven (250° Fahr.) until set. Serve with a custard or jam sauce.

236 **Canary Pudding and Sauce.**

14 lb. Flour.	4 pts. Milk.
$4\frac{1}{2}$ lb. Margarine.	16 Lemons.
3 lb. Sugar.	8 oz. Baking powder.
16 Eggs.	

Method.—Beat up the margarine and sugar together in a basin, add the eggs one by one and beat well together. Add the grated rind and juice of the lemons. Sieve flour and baking powder. Add the flour and milk alternately. Three-parts fill greased basins, seal with greased greaseproof paper and steam for 3 hours. Serve with a custard sauce.

237 **Chocolate Fruit Pudding and Sauce.**

4 lb. Suet.	12 lb. Breadcrumbs.
5 lb. Sugar.	12 Eggs.
1 lb. Cocoa powder.	8 pts. Milk.
6 lb. Raisins.	

Method.—Chop the suet (free from skin) and add to dry ingredients, make a bay. Beat up the eggs, place in the bay together with the milk and mix all together. Put into greased pudding basins, seal with greased greaseproof paper and steam for 2 hours. Serve with chocolate sauce.

238 **College Pudding and Ginger Sauce.**

8 lb. Flour.	1 lb. Mixed peel.
4 lb. Currants.	Rind of four lemons.
1 oz. Mixed spice.	2 lb. Sugar.
8 lb. Breadcrumbs.	Water.
6 lb. Suet.	

Recipe
No.

Method.—Chop suet (free from skin) and mix with dry ingredients. Make a bay, add grated rind of lemons and 8 pts. of water and mix all together to form a paste. Three-parts fill greased basins, or make into rolls, and wrap up in either greased greaseproof paper or floured cloths. Steam or boil for 3 hours. Turn out and serve with ginger sauce.

NOTE.—If stale bread is used, soak well, squeeze out the water and pass through a mincer, in this case less water is required.

239 Flan Paste.

8 lb. Flour.	1 oz. Salt.
1 lb. Sugar.	Water for paste.
3 lb. Margarine.	

Method.—Sieve the flour and salt, make a bay and mix sugar and margarine together in the centre, add 1 pt. of water and work lightly to make a fairly stiff paste. Care must be taken not to over work the paste on account of the sugar.

240 Fruit Pudding and Sauce.

20 lb. Gooseberries or plums, etc.	4½ lb. Suet.
12 lb. Flour.	2 lb. Sugar.
	6 oz. Baking powder.

Method.—Make a suet paste (*see* recipe No. 221). Prepare gooseberries or plums, etc., wash well. Fill the lined basins, add the sugar, half-fill with water, wet edge, cover, thumb up, cover with greased greaseproof paper and steam for 3 hours. Serve with custard sauce.

241 Fruit Salad and Custard.

10 lb. Mixed dried fruits.	3¼ lb. Sugar.
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Method.—Wash and place the mixed dried fruit into a large receptacle and cover with twice the volume of cold water. Soak for 12 hours. Place on to boil, add the sugar and allow to simmer slowly for approximately 1 hour. Allow to get cold and serve with custard sauce.

242 Fruit Tart and Custard.

8 lb. Mixed dried fruits (or 25 lb. fresh fruits).	3 lb. Margarine.
3¼ lb. Sugar.	1 oz. Salt.
8 lb. Flour.	Water for paste.

Recipe
No.

Method.—Dried fruit. Wash and soak for 12 hours. Bring to boil and then simmer together with the sugar for approximately 1 hour. Allow to cool.

Fresh fruit. Peel and core, or wash (according to fruit used), apples, blackberries, plums, damsons, pears, gooseberries, etc. Prepare a short crust. Place the fruit into a pie dish or serving dish—add liquid to half the height, add sugar (if fresh fruit), wet edges of pie dish, place a border of paste round the edges, wet and cover with paste (approximately $\frac{1}{4}$ inch thick). Wash with a little milk, allow to stand $\frac{1}{2}$ hour. Place into hot oven (400° Fahr.) for 10 minutes to set the paste, reduce the heat and bake for 1 hour. Serve with custard sauce.

243 Ginger Pudding and Sauce.

8 lb. Flour.	4 pts. Milk and water.
8 lb. Breadcrumbs.	8 oz. Baking powder.
6 lb. Suet.	2 lb. Sugar.
2 oz. Ginger.	1 oz. Salt.

Method.—Mix dry ingredients together, make a bay, add the milk and water. Place the mixture into greased basins, cover with greased greaseproof paper, seal and steam 2 hours. Serve with ginger sauce.

244 Hot Doughnuts and Jam Sauce.

6 lb. Flour.	$1\frac{3}{4}$ pts. Milk.
$7\frac{1}{2}$ oz. Margarine.	$\frac{5}{8}$ oz. Salt.
12 oz. Sugar.	Few drops egg colour.
$2\frac{1}{2}$ oz. Yeast.	

Method.—Make a slack ferment with the yeast diluted in luke warm water (extra yeast in cold weather) and a little flour. Cover and let stand for $\frac{1}{2}$ hour in a warm place.

Rub the flour and margarine together. Make a well and pour in milk, dilute the sugar and salt, heat up the ferment in the liquid and mix together into a firm dough. Let it rest for another $\frac{1}{2}$ hour, scale off and mould in 100 pieces.

Allow to prove in a warm place (not in the steam prover) for approximately 20 minutes. Drop into hot fat (not too hot) and allow to fry for approximately 20 minutes, turning over with a wire slice from time to time, until a golden colour. Drain on a cloth and roll

Recipe
No.

in sugar and cinnamon. Currants may be added before moulding, and, if desired, a small hole can be made after frying, jam inserted with a paper cavet, and afterwards rolled in sugar. Can also be split on the side and filled with butter cream. When served hot adopt first method and serve with hot jam sauce.

245 } **Jam Pancake** (*or with Lemon and Sugar*) *or* (*Pastry*
246 } *Cream*).

16 Eggs.	3 lb. Jam or 16 lemons
1 lb. Sugar.	and 2 lb. sugar.
8 lb. Flour.	Lard for greasing.
1 oz. Salt.	1 gallon Milk.

Method.—Sieve the flour with the salt and sugar into a basin. Make a bay and add the beaten eggs and 2 qts. milk. Mix to a smooth batter and add the rest of the milk. Allow to stand covered for 1 hour. Take frying pans with little lard and dripping in each. Heat the pans and run out the fat. Tilt the pan and run in sufficient batter to cover bottom of the pan (use a small ladle), run out the surplus batter so that a thin film covers the bottom, allow to colour, toss, cook the other side. Turn out on a plate and keep covered and hot until all are cooked. Place on a paper which is covered with sugar, either spread with jam or pastry cream, roll up, sprinkle with lemon juice and sugar, or fold into four. Serve, allowing 2 to each man and reheat before serving. If made in a large pan, cut into sections before serving.

247 **Junket.**

1 16-oz. bottle rennet.	3 lb. Sugar.
Grated nutmeg.	3 gallons Milk.

Method.—Heat up the milk and sugar to blood heat. Stir in the rennet and run into the serving dishes. Sprinkle with grated nutmeg and allow to cool. Serve cold.

248 **Lemon Pudding.**

See Canary Pudding, recipe No. 236.

Using 10 lb. flour and 4 lb. breadcrumbs in place of 14 lb. flour.

Recipe

No.

249 **Mince Pies.**

6 lb. Mincemeat.

Short Paste, *see* recipe No. 268.

Method.—Short paste as previously given. Roll out thinly and cut into 3-inch rounds, moisten half of them with water and place a little mincemeat on each. Place another round on each and press well down all round. Wash with eggwhite, sprinkle with sugar and allow $\frac{1}{2}$ hours' rest before baking. Can also be made on steel plates or utility baking sheets and cut afterwards.

Mincemeat.

7 lb. Apples or 2 lb. Dried (soaked) and chopped fruit.

7 lb. Suet.

5 lb. Sultanas.

4 lb. Sugar.

8 Oranges, 8 lemons (rind and juice).

 $\frac{1}{4}$ of nutmeg.

7 lb. Stoneless raisins.

2 lb. Mixed peel.

8 lb. Currants.

3 lb. Citron peel.

2 oz. Mixed spice.

 $\frac{1}{2}$ oz. Salt.

Chop suet, peel, core and chop apples. Add dry ingredients and moisten with the juice of the oranges and lemons. Allow to stand covered for 1 week before using.

250 **Mock Mince Pie.**

8 lb. Flour.

3 lb. Margarine.

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

3 lb. Mincemeat.

3 lb. Chopped apples.

8 oz. Breadcrumbs.

Mixed spice.

Water for paste.

Method.—*See* recipe No. 249.

251 **Open Fruit Tart.**

16 lb. Dried mixed fruits. 2 lb. Sugar.

Flan paste for cover, *see* recipe No. 239.

Method.—Prepare the fruit, allow to cool. Line greased steel plates, or utility trays, prick the bottoms and bake until half cooked. Fill in the fruit and finish baking. Brush over with hot apricot sauce and serve.

Recipe

No.

252 Pastry Cream.

2 qts. Milk. ½ lb. Sugar.
 ½ lb. Custard powder. ½ oz. Vanilla essence.

Method.—Prepare as for custard sauce (recipe No. 326) using twice the amount of custard powder so as to make a thick mixture. Use as required. Hot or cold.

253 Pear and Apricot Pie.

4 lb. Dried pears. 3 lb. Margarine.
 4 lb. Dried apricots. 1 oz. Salt.
 3½ lb. Sugar. Water for paste.
 8 lb. Flour.

Method.—Soak the apricots and pears overnight. Cook for 1 hour and allow to cool. Line steel plates or utility trays, prick the bottom, fill in the prepared pears and apricots, wash edges, cover over, wash with little milk, allow to stand ½ hour and bake off for approximately 1 hour.

254 Pineapple Fritters and Apricot Sauce.

12 tins Pineapple. 1 oz. Yeast.
 6 lb. Flour. 1 oz. Salt.

Method.—Take the *slices* of tinned pineapple, cut each slice in four. Pass each piece through the frying batter and fry approximately 5 minutes till a golden colour. Drain on a cloth, sprinkle with sugar and serve 2 a portion with apricot sauce separately.

255 Poached Apples and Creamed Rice.

2½ lb. Apples. 5 lb. Rice (½ oz. Salt in
 2 lb. Apricot jam for rice).
 glazing. 5 lb. Sugar.
 4 gallons Milk.

Method.—Make 2 qts. syrup (boil up together 2 qts. water and 2 lb. sugar and allow to cool), deeply cover bottom of a baking tray with syrup. Peel and core apples, cut in half, place in the baking tin (flat side of the apples down in the syrup), cover with greaseproof paper (make a hole in the centre). Place a piece of wood on top to keep apples submerged. Carefully bring to boil and poach in a slow oven. Allow to cool off in the syrup. Wash, pick and bring the rice to the boil together with the milk and sugar, drain off, put a cover

Recipe
No.

on top, place into a slow oven and cook for 1 hour. Allow to cool slightly and place into the serving dishes. Arrange the apples on top, boil up the syrup with the apricot jam to form a glaze (consistency should coat the back of a spoon lightly). Thinly mask over the apples and rice.

256 Puff Paste.

9 lb. Flour.	Pinch of salt.
Juice of 2 lemons.	2½ pts. Water.
6 lb. Margarine.	

Method.—Sieve the flour and salt, make a bay on a table, or slab, add the lemon juice and water and make into a stiff dough. Cut across, open out the corners and rest the dough for ½ hour. Make the margarine into a block with a little flour. Roll out the corners of the paste so that the centre is double the thickness of the corners, place the margarine in the centre, fold over the four corners to completely cover the margarine. Roll out (three times the length to the width), fold in three and roll out in the opposite direction. Fold in three again and allow to rest in a cool place for 20 minutes. Repeat this process again and allow to rest as before. Roll out and fold again when the puff paste is ready for use.

257 Rice and Apricot Slices.

1 gallon Milk.	8 tins Apricots.
1 lb. Rice.	2 lb. Apricot jam for glazing.
1 lb. Sugar.	

Short paste, *see* recipe No. 268.

Method.—Prepare the rice as for recipe No. 255. Make a short paste, line a utility tray and prick the bottom. Half bake, then run in the rice and finish baking the pastry. Drain the apricots, arrange on the rice, allowing 2 half apricots each. Boil up the syrup (*see* recipe No. 255) with the apricot jam and brush over boiling hot. Cut into portions.

Another method is to prepare strips of paste the length of the trays and 4 inches wide, pinch, or wet, the edges and place a band of paste down each edge. Prick the bottom, half bake and continue as before.

Recipe

No.

258 Rice and Fruit Fritters.

3 gallons Milk.	2 lb. Flour.
3 lb. Sugar.	4 Eggs.
5 lb. Rice.	1 qt. Milk.
$\frac{1}{2}$ lb. Currants.	Flavouring.
$\frac{1}{2}$ lb. Sultanas.	4 lb. Breadcrumbs.

Method.—Cook the rice as for recipe No. 255. Add flavour (vanilla) and the fruit and run out on to a slab to cool, with a greased greaseproof paper on top to prevent crusting. Shape pear-shape, pass through beaten egg and breadcrumbs. Fry in deep fat, drain and serve with apricot sauce.

259 Sago Pudding and Figs.

16 lb. Figs.	4 gallons Milk.
3 lb. Sugar.	$\frac{1}{4}$ lb. Margarine.
3 lb. Sago.	

Method.—Boil the milk and sugar, rain in the sago, stir until it comes to the boil, then simmer slowly for 20 minutes. Place in greased pie or serving dish and allow to cool. Pick and wash figs. Place in a saucepan with 2 lb. sugar, 1 oz. cinnamon-stick and add sufficient water to cover. Bring to the boil, then allow to simmer slowly for approximately 1 hour. Remove liquid, reduce by half to form a syrup and pour over the figs and allow to cool. Serve with the sago.

260 Semolina Pudding and Stewed Fruit.

8 lb. Dried mixed fruits.	2 lb. Semolina.
4 gallons Milk.	2 lb. Sugar.

Method.—Prepare the semolina pudding in similar manner to sago (*see* recipe No. 259). Soak the dried fruit overnight and stew.

261 Steamed Currant Roll and White Sauce.

16 lb. Flour.	6 lb. Suet.
5 lb. Currants.	1 lb. Mixed peel.
8 oz. Baking powder.	2 lb. Sugar.
1 oz. Salt.	Water as required.

Recipe
No.

Alternative Recipe.

12 lb. Flour.	2 lb. Sugar.
4 lb. Breadcrumbs.	6 lb. Suet.
5 lb. Currants.	1 lb. Mixed peel.
6 oz. Baking powder.	4 qts. Water.
1 oz. Salt.	

Method.—Remove all skin and chop suet finely. Sieve flour, baking powder and salt. Mix dry ingredients together, make a bay in the centre, add the water and mix together to form a fairly stiff mixture.

Steam or boil the mixture in basins, cloths or grease-proof paper. Cook for 3 hours. Cut into sections and serve with a sweet white sauce.

262 Steamed Golden Roll and Syrup.

16 lb. Flour.	6 lb. Golden syrup.
6 lb. Suet.	8 oz. Baking powder.
2 lb. white breadcrumbs.	

(Golden syrup to be thinned as sauce.)

Method.—Preparations similar to recipes Nos. 263 and 264, using golden syrup in place of jam or marmalade.

The syrup served as sauce is warmed and thinned down slightly with a little hot water.

263 Steamed Jam Roll and Sauce.

16 lb. Flour.	6 lb. Suet.
7 lb. Jam.	1 oz. Salt.
8 oz. Baking powder.	

Method.—Similar preparation to Marmalade Roll using jam instead, *see* recipe No. 264.

264 Steamed Marmalade Roll.

7 lb. Marmalade.	1 oz. Salt.
6 lb. Suet.	Water for paste.
8 oz. Baking powder.	4 lb. Breadcrumbs.
16 lb. Flour.	

Method.—Sift flour, salt and baking powder. Mix with the chopped suet and breadcrumbs. Make a bay in the centre, add the water and make into a fairly stiff dough. Allow to rest for $\frac{1}{2}$ hour, cut equally into 8 or 9 pieces and roll out each one in a square, approximately $\frac{1}{2}$ inch thick, spread with marmalade, wet edges

Recipe
No.

with water, fold in the two outer edges and roll up. Place into floured pudding cloths and tie up, or in a greased greaseproof paper. Steam for 3 hours. Serve with a marmalade sauce.

The sauce is made similarly to jam sauce, using marmalade instead of jam and adding a little yellow colouring.

265 Steamed Raisin Roll.

See sultana roll, recipe No. 267.

Method.—Similar preparation to Currant Roll, recipe No. 260, using stoned raisins in place of currants.

266 Steamed Sultana and Apple Roll.

16 lb. Flour.	6 lb. Apple rings.
6 lb. Suet.	2 lb. Sugar.
2 lb. Sultanas.	8 oz. Baking powder.

Method.—Soak the apple rings for 12 hours. Cook for 1 hour in short liquid together with the sugar. Drain and chop coarsely. Prepare the suet paste (*see* recipe No. 261). Roll out into 8 or 9 squares. Cover each square with apple and sultanas, wet edges and roll up. Steam or boil and serve with a custard sauce.

267 Steamed Sultana Roll and White Sauce.

16 lb. Flour.	8 oz. Baking powder.
6 lb. Sultanas.	White sauce.
6 lb. Suet.	

Method.—Similar preparation to recipe No. 261, currant roll.

268 Short Paste (for covering).

8 lb. Flour.	3 lb. Margarine.
1 oz. Salt.	Water for paste.

Method.—Sift the flour, baking powder and salt together. Rub in fat lightly and mix quickly to a stiff dough. Keep in a cool place and use as required.

269 Stewed Figs and Semolina.

16 lb. Figs.	2 lb. Semolina.
2 lb. Sugar.	2 gallons Milk.
1 oz. Cinnamon stick.	

Recipe

No.

273 Trifle.

24 Eggs.	8 oz. Desiccated coco- nut for sprinkling.
2¼ lb. Sugar.	¾ lb. Butter.
2¼ lb. Flour.	

Method.—Prepare a sponge mixture by beating the eggs and sugar together in a bain-marie until warm (98° Fahr.). Beat until cold, then add the sifted flour and melted butter. Butter and sugar the tray, or tin, fill in the mixture and bake in a moderate oven. Turn out on sugared paper.

Prepare a custard. Split the sponge cake in two, place jam between and cut into fingers. Soak with syrup. Place into the serving dishes and cover with the custard, allow to set and sprinkle with desiccated coco-nut.

274 Yorkshire Pudding with Fruit.

14 lb. Flour.	8 oz. Baking powder.
4 lb. Dried apple rings.	16 pts. Milk.
2 lb. Sugar.	16 Eggs.

Method.—Prepare fruit, cook and drain. Prepare the Yorkshire pudding mixture (*see* recipe No. 108). Heat sufficient dripping to cover the bottom of the baking tin and pour in batter to depth of ½ inch. Allow to set a little, add the apples and cover with batter. Bake in a moderate oven for approximately 35–40 minutes until cooked and a golden colour. Sprinkle with sugar and cut into portions.

PASTRY AND CAKES

275 Apple Turnover.

12 lb. Flour.	2 Lemons.
4½ lb. Margarine.	1 oz. Salt.
8 lb. Apple rings.	Water for paste.
3 lb. Sugar.	

Method.—Soak apple rings overnight and partly cook before chopping. Sift together flour and salt. Break margarine into flour about size of walnuts. Mix, form a bay, add water and mix to a stiff dough. Roll out

Recipe
No.

approximately $\frac{1}{8}$ inch thick. Cut with 6-inch cutter. Chop apple rings finely, mix with 2 lb. of sugar and juice and grated rind of lemons. Place approximately 4 oz. of apple mixture in centre of paste, eggwash sides. Fold to half-moon shapes, crimp edges, eggwash and sprinkle with remaining sugar. Bake approximately 30 minutes (oven temperature 400° Fahr.).

276 Babas with Syrup.

6 lb. Flour.	1 lb. Sugar.
3 oz. Yeast.	1 lb. Currants.
12 Eggs.	1½ pts. Milk.
3 lb. Margarine.	

Method.—Prepare the bun dough (*see* recipe No. 278), add the currants. Grease the tins (12 portion), divide the dough into 12 and place into the tins. Put in a warm place, cover with a cloth and allow to prove (*i.e.* double its volume) for approximately $\frac{1}{2}$ hour.

Bake in a hot oven for approximately 35 minutes. In the meantime prepare a syrup, using equal quantities of sugar and water, boiled up together. Soak the babas in the boiling syrup, brush over with apricot jam and serve.

277 Banbury's.

8 lb. Flour.	2 lb. Stale cake crumbs.
Juice of 2 lemons.	1½ lb. Sugar.
3 lb. Margarine.	2 lb. Sultanas.
Pinch of Salt.	1 oz. Mixed spice.
2 lb. Currants.	2½ pts. Water (approx.).

Method.—Make a short paste, or half puff paste (*see* recipe No. 268). Allow to relax, roll out approximately $\frac{1}{4}$ inch thick and cut into rounds about 4 inches in diameter. Prepare a mixture of currants, sultanas, stale cake crumbs, sugar, mixed spice, lemon juice and grated rind. Place a little of this mixture in the centre of each round of paste. Wet the edges, bring together, making a point at each end, turn over and make two or three incisions with the point of a knife. Brush over with milk, dip in sugar, place on a baking sheet and bake in a normal oven for 25 minutes until golden in colour.

Recipe
No.

278 Bath buns.

6 lb. Flour.	7½ oz. Margarine.
2½ oz. Yeast.	⅝ oz. Salt.
12 oz. Sugar.	1 lb. Currants.
8 oz. Peel.	Egg colouring.
1 lb. Crushed loaf sugar.	2 pts. Milk.

Method.—Dilute the yeast with luke-warm water and a little flour, stand for ½ hour. Sieve the flour and rub in the margarine. Make a bay, place the sugar and salt in the bay and dissolve with the milk, water and egg colouring. Break in the ferment and work into a fairly stiff dough. Work until it comes away clear from the hands. Add the fruit, allow to stand for ½ hour, fold, allow to stand for another ½ hour, scale off (½ oz. pieces) and place on baking tray. Allow to prove, and egg wash. Place a few nobs of sugar on each and bake in a hot oven.

279 Chelsea Buns.

6 lb. Flour.	⅝ oz. Salt.
12 oz. Sugar.	¼ oz. Cinnamon.
8 oz. Margarine.	Egg colouring.
2½ oz. Yeast.	2 pts. Milk.

Method.—Dilute the yeast with luke-warm water and a little flour, stand ½ hour. Sieve the flour and rub in margarine. Make a bay and place in the sugar and salt. Dissolve with the milk, water, egg colour and bun spice. Break in the ferment and work into a fairly stiff dough, work until it comes away clear from the hands.

Let stand for ½ hour, fold in again, allow to stand for a further ½ hour and then roll out. Brush melted margarine over top, sprinkle with the currants a little sugar and cinnamon mixed, make into a roll, cut into portions, place upright on baking tray, allow to prove and bake in a hot oven.

280 Cherry Cakes.

9 lb. Flour.	1 lb. Broken glacé cherries.
5 lb. Sugar.	Egg colouring.
4 lb. Margarine.	4 pts. Milk.
12 Eggs.	
6 oz. Baking powder.	

Sift together baking powder, flour and salt.

Recipe
No.

Method.—Cream margarine and sugar together until light, add the eggs two at a time, beating continually. Add a little egg colour to the milk, and gradually beat into the mixture, alternatively with the flour, until both are absorbed. Fold in the broken cherries. Place into paper-lined hoops, or serving dishes, smooth the top with a little milk and bake for about 2 hours in a moderate oven.

281 Coco-nut Buns.

6 lb. Flour.	1 lb. Desiccated coco- nut.
1½ lb. Margarine.	2 pts. Milk.
1½ lb. Sugar.	
3 oz. Baking powder.	

Method.—Cream margarine and sugar together. Sieve flour and baking powder, rub creamed margarine and sugar into it, until a sandy mixture is obtained. Add desiccated coco-nut. (Retain a little for decoration.)

Add egg colour (if desired) to the milk. Make a bay with other ingredients, add the milk and make into a fairly stiff paste. Divide into portions, mould into balls and flatten out ½-inch thick on the remainder of the coco-nut. Turn over, place on lightly greased baking trays, and bake in a normal oven for 20 minutes until a golden colour.

282 Coco-nut Cake.

8 lb. Flour.	4 lb. Coco-nut.
5 lb. Sugar.	½ oz. Salt.
6 oz. Baking powder.	Egg colouring.
4 lb. Margarine.	4 pts. milk.
12 Eggs.	

Method.—See recipe No. 280, using coco-nut in place of cherries.

283 Currant Buns.

6 lb. Flour.	12 oz. Caster sugar.
2½ oz. Yeast.	1 oz. Salt.
1½ lb. Currants.	Egg colouring.
8 oz. Margarine.	2 pts. Milk.

Method.—Prepare the bun dough (*see* recipe No. 278). Add the currants, cover, and allow to stand in a warm place. Fold, and leave to stand again. Scale off in

Recipe
No.

3-oz. pieces, divide each in two and roll into balls. Place on a lightly greased baking tray. Allow to stand again for approximately 20 minutes. Bake in the top of a hot oven (approximately 20 minutes) and brush over with bun wash while hot.

284 Doughnuts.

See recipe No. 244.

Method.—Prepare a bun dough. Scale off into 100 pieces, and mould into balls. Allow to prove in a warm place (not in steam prover) for approximately 20 minutes. Drop into hot fat (not too hot) and allow to fry for 20 minutes, turning over with a wire slice from time to time, until a golden colour. Well drain on a cloth and roll in sugar and cinnamon. Currants may be added before moulding. If desired a small hole can be made after frying and jam inserted with a paper cavet. Afterwards roll in sugar. Can also be split on one side and filled with butter cream, afterwards rolled in sugar and cinnamon.

285 Fruit Cakes (Small).

9 lb. Flour.	12 Eggs.
4 lb. Margarine.	4 lb. Mixed fruit.
5 lb. Sugar.	4 pts. Milk.

Method.—Prepare a cake mixture (see recipe No. 280), add the mixed fruit and fill greased and papered cake tins (6 or 12 pattern). Smooth the top and bake in moderate oven for approximately 1 hour.

286 Fruit Pies (Individual).

8 lb. Flour.	6 lb. Dried fruits (or
3 lb. Margarine.	18 lb. fresh fruit).
1 oz. Salt.	Water for paste.
2½ lb. Sugar.	

Method.—Prepare a short paste (see recipe No. 268) and the fruit (dried or fresh). Roll out paste ¼ inch thick and cut in rounds 2½ inches diameter. Place the fruit on half the rounds, wet the edges, cover with the remaining rounds of paste, press round the edges and notch with the back of a knife. Place on a baking tray, brush over with a little milk and sprinkle with sugar. Allow to relax ½ hour then bake in a hot oven for 35–40 minutes.

Recipe

No.

287 **Ginger Cake.**

9 lb. Flour.	12 Eggs.
5 lb. Sugar.	1½ lb. Peel.
6 oz. Ground ginger.	2 oz. Salt.
4 lb. Margarine.	8 pts. Milk.
6 oz. Baking powder.	

Method.—Mix flour, baking powder, salt and ground ginger. Cream the margarine and sugar, add the eggs one at a time, add milk and flour alternately, finish with flour, and add the crystallized ginger. Fill into buttered and prepared tins, smooth top with a little milk and bake in a normal oven for approximately 2 hours.

288 **Gooseberry Pie.**

25 lb. Gooseberries. 3¼ lb. Sugar.

Short Paste, recipe No. 268.

Method.—See Apple Pie, recipe No. 220, same preparation, using gooseberries (topped, tailed and washed) in place of the apples.

289 **Jam Puffs.**

See Puff Paste, recipe No. 256. Filling, 3 lb. plum and apple jam.

Method.—Prepare the puff paste. Roll out approximately to ¼-inch thickness and cut into 5 to 6-inch triangles. Place a spoonful of jam in the centre, wet the edges and bring the points towards the centre, sealing them. Turn over and place on a baking sheet, brush over with a little milk, sprinkle with sugar and bake in fairly hot oven for approximately 25–30 minutes.

290 **Queen Cakes.**

4 lb. Flour.	4 Eggs.
1¾ lb. Sugar.	Vanilla essence.
2½ oz. Baking powder.	Egg colouring.
1 lb. Currants.	1½ pts. Milk.
1¾ lb. Margarine.	

Method.—Prepare a cake mixture (see Cherry Cake) with the ingredients. Grease and flour the patty tins, place a spoonful of mixture in each (about the size of an egg) and bake in a moderate oven for 20 minutes.

Recipe

No.

291 **Raspberry Buns.**

6 lb. Flour.	2½ lb. Sugar.
3½ oz. Baking powder.	8 oz. Jam.
⅛ oz. Salt.	1 lb. Sugar and flour mixed (for dusting).
3 Eggs.	2 pts. Milk and water.
1½ lb. Margarine.	

Method.—Sift baking powder and flour, rub in the margarine and sugar. Beat together eggs and milk. Mix all to a dough. Scale at 3 oz., break in two, mould, roll in sugar and flour. Arrange on a baking tray, make a small hole in the top of each piece and insert a little jam. Stand 20 minutes and bake in moderate oven for 15 to 20 minutes.

292 **Rice Buns.**

6 lb. Flour.	6 oz. Ground rice.
1½ lb. Sugar.	½ oz. Salt.
3 oz. Baking powder.	Grated rind of lemon.
1½ lb. Margarine.	2 pts. Milk.
6 Eggs.	

Method.—Prepare a mixture similar to recipe No. 291, using the ground rice and grated lemon rind with the other ingredients. Scale off and mould, dip in sugar, turn upside-down on baking tray and allow to stand for approximately 20 minutes. Bake in a moderate oven. Temperature 330° Fahr.

293 **Rock Cakes.**

6 lb. Flour.	1 lb. 2 oz. Currants.
1½ lb. Sugar.	3 Eggs.
6 oz. Peel.	Egg colouring.
3 oz. Baking powder.	2 pts. Milk.
1 lb. 2 oz. Margarine.	

Method.—Sift the flour and baking powder. Rub in the margarine and sugar. Add the fruit, milk and eggs without too much working and break off into 100 rough sections. Place on a greased baking tray, brush over with egg wash, if desired, and sprinkle with coarse sugar. Bake in a normal oven for 20 minutes.

294 **Rolls.**

8 lb. Flour.	½ oz. Salt.
4 oz. Yeast.	3 pts. Water.

Recipe
No.

Method.—Sieve the flour and put in a warm place. Dilute the yeast with the tepid water. Make a well with the flour, place in the diluted yeast and mix with a little flour to make a light batter; cover with a little flour and allow to prove in a warm place covered for $\frac{1}{2}$ hour until the ferment breaks through. Add the salt, work in the flour to form a dough and place to prove again. Place on a floured table or slab and roll out to shape desired. Place on baking trays, cover with a cloth and allow to prove again in a warm place. If a steamer is available, pass through for 2 minutes and then bake in a fairly hot oven for 10–12 minutes. If no steamer available place a little water in the bottom of the oven to create steam. Bake the rolls and allow to stay in the oven a few minutes with the door ajar to dry off.

295 **Sausage Rolls.**

6 $\frac{1}{4}$ lb. Sausages (8 to 1 lb.) 3 Eggs (for egg wash).

Short paste, *see* recipe No. 268.

Method.—Sieve flour, break in the margarine to the size of walnuts. Add salt, make a bay, add the water and mix lightly to a firm dough. Allow to rest, roll out $\frac{1}{4}$ inch thick and cut into strips approximately 4 inches wide. Place the sausage meat in a roll on the paste, wet the edge, fold over and press down. Cut into sections approximately 3 inches long. Wash with either egg or milk. Place on a baking tin. Allow to stand, then bake in top of oven for 35 minutes.

296 **Seed Cake.**

10 lb. Flour.

4 oz. Carroway seeds.

12 Eggs.

6 oz. Baking powder.

4 lb. Margarine.

5 lb. Sugar.

Grated lemon rind.

4 pts. Milk and water.

Method.—Prepare a cake mixture with the ingredients, using carroway seeds.

297 **Slab Cake (Madeira).**

12 lb. Flour.

5 lb. Sugar.

Grated rind of 4 lemons.

7 lb. Margarine.

12 Eggs.

6 oz. Baking powder.

Egg colouring.

6 pts. Milk and water.

Method.—Prepare ingredients as for rock cakes.

Recipe

No.

298 **Sultana Scones.**

8 lb. Flour.	4 oz. Baking powder.
1½ lb. Margarine.	2 Eggs for egg wash.
1½ lb. Sugar.	4 pts. Milk.
1¼ lb. Sultanas.	

Method.—Sieve the flour and baking powder. Mix sugar and margarine together and rub into the flour until sandy in texture. Add sultanas and mix. Make a bay, add the milk and egg colour and mix together lightly to a fairly stiff dough. Roll out ½ inch thick and cut into rounds or triangles. Place on a baking tray, egg wash and bake for approximately 12 minutes. Baking temperature 400° Fahr. Yield 100.

299 **Tea Scones.**

8 lb. Flour.	1 lb. Sultanas.
1½ lb. Sugar.	2 Eggs for egg wash.
4 oz. Baking powder.	4 pts. Milk and water.
1½ lb. Margarine.	

Method.—Preparations similar to Sultana Scones (see recipe No. 298). Divide into 25 rounds, roll out rounds to ½ inch in thickness. Place on baking trays. Mark with a knife to form a cross, egg wash and bake. Break into scones after baking.

300 **Shortbread.**

4¼ lb. Flour.	1⅞ lb. Sugar.
3 lb. 2 oz. Margarine.	5 oz. Rice flour.

Method.—Sift the flour and rice flour on to a pastry board, add a pinch of salt and mix thoroughly. Make a bay in the centre, add the margarine and sugar (previously creamed) and then incorporate the flour, making a dough; scrape the mixture with a palette knife or spoon to make sure that all the ingredients are thoroughly mixed. Allow dough to stand a short while. Roll out ¼-inch thick, cut into strips about 2½ inches wide and then cut into fingers about 1¼ inches wide. Arrange on a baking tray, prick with a skewer and bake in a hot oven.

When cooked, sprinkle with sugar and stand in the oven for a minute, this will set the sugar and prevent its falling off.

Recipe

No.

301 **Stock pot.**

A stock pot should be in use in all cookhouses. Usually a large boiler is provided for this purpose.

As stock is the basis of most soups and gravies, it is important that the making of it should be thoroughly understood.

Stock is an infusion, obtained by simmering meat, bones and certain vegetables in water, to extract their nutriment and flavour.

The method of preparation is based upon the solvent action of water, and the application of moist and moderate heat.

Sinewy, lean and gelatinous parts of meat, and a proportion of bone are suitable. Vegetables may be used, such as carrots, onions and turnips, but should never be left in the stock after an infusion has taken place; neglect of this will lead to fermentation and the spoiling of the stock.

Proportion for making or starting a stock pot :

2 quarts of water to every 2 lb. of bones; one carrot, onion and turnip to every 2 lb. of bones.
Salt.

Method.—Wash bones, remove fat and chop into small 4-inch pieces. Put the bones in the stock pot with cold water and salt. Bring slowly to the boil and remove all scum as it rises. Wipe the sides of stock pot, add 1 pint cold water and reboil. Remove any further scum and allow to simmer for 2 hours. Wash, peel and scrape the vegetables, add them, and simmer for a further 4 hours. Remove vegetables and place on one side. Remove fat and place carefully in a basin. Strain the stock, reboil and use as required.

(i) Scum must be thrown away.

(ii) Fat skimming must be kept and clarified for first-grade dripping.

(iii) Stock remaining after the day's work must be reboiled.

(iv) Vegetables which have been cooked in stock may be used for garnishing soups, etc.

(v) Bones, after use in stock, should be kept separate and sold to contractors or other agents.

(vi) Stock pot should be thoroughly cleaned each night and left so that the air can circulate.

Recipe

No.

302 **White Stock**

40 lb. Beef bones.	1½ lb. Celery.
5 lb. Onions.	4 oz. peppercorns.
5 lb. Carrots.	1 large faggot.
2½ lb. Leeks.	

Produces 38 qts. of stock.

Method.—Chop bones into pieces about 4 inches in length. Place in a large pot. Cover the bones with 9 gallons of fresh, cold water and bring quickly to the boil on a good fire. Scum must be removed from the surface as it rises. Add another gallon of cold water and bring the pot to the boil again. Frequently remove all fat by skimming. (This should be placed in a receptacle containing clean cold water.) After fat is removed, allow pot to simmer for 4 hours. Peel and add vegetables, seasoning, faggot and allow pot to simmer for a further 2 hours. (Carrots and onions should be added whole.) Remove all vegetables (these can be used as a vegetable garnish) and finally remove any further fat which may have formed on the stock. Pass liquid from pot through a clean fine cloth into another clean pot, return to fire and reboil. Stock is now ready to be used as required.

SPECIAL NOTE.—Sides of pot, owing to reduction by evaporation, should be kept clean. No further value (except as a by-product) remains in bones after 6 hours' boiling.

303 **Brown Stock.**

Quantities as for White Stock, *see* recipe No. 302.

Method.—Bones for brown stock should be meaty, chopped and roasted (without the addition of dripping), gaining colour evenly and quickly. Proceed as for white stock. The vegetables, when peeled, must be cut into approximately 1-inch dice. In hot shallow fat, fry on the vegetables to an even brown colour, and after straining off any fat add to bone stock (as in the case of white stock). The process is the same in all stocks.

SPECIAL NOTE.—The cut and fried on vegetables are of no further use.

Recipe
No.

Sauces.

A sauce is seasoning in liquid form and its ingredients should be evenly distributed throughout by whisking or stirring, and held in suspension by some form of thickening, such as flour or cornflour.

Sauces impart richness and flavour to foods which, without their aid, would be insipid. On the other hand, sauces counteract the richness of certain foods. Where acid is liable to predominate, as in fresh stewed fruits, a sauce modifies the acidity, besides making the dish appear more appetising. The dryness of some boiled or steamed puddings is entirely overcome by the addition of a sauce.

Although there are many sauces, they are nearly all derived from a definite foundation. There are the standard white and brown (or espagnole) sauces from which a great variety of sauces are made, and the chief garnish or flavouring of which creates the necessity for appropriate names.

There are also cold sauces, such as mayonnaise, mint sauce, and simple salad dressings.

In another class are the purée sauces such as tomato, apple, bread, as also are the custard, jam (or sweet) sauces. Therefore the various sauces should be classified in groups as follows:—

Espagnole sauce and derivatives.

Standard white sauce and derivatives.

Gravy sauce.

Purée sauces with variations.

Cold sauces with variations.

Custard sauces with variations.

Jam sauces with variations.

304 Espagnole (Method No. 1).

30 lb. Flour.	12 Bay leaves.
1 tin Tomato purée (5 kilos., approximately 11¼ lb.).	2 oz. Peppercorns.
2 lb. Carrots.	1 whole garlic (crushed).
2 lb. Onions.	160 lb. Beef bones.
1 Sprig thyme.	Water (approximately 80 gallons).

Produces 30 gallons.

Method.—1st Day.—Lightly brown off 60 lb. of bones and place them in a stock pot, add water, 1 lb. carrots

Recipe
No.

and 1 lb. onions and boil for 4 hours (a few bacon bones may be added). In the meantime place the flour on a baking tray and brown off in the oven. Pass the browned flour through a sieve, place in a stock pot, mix with cold water to form a paste, add the stock and cook for 24 hours.

2nd Day.—Pass the above through a soup machine or strainer into another stock pot, add the tomato purée, another 70 lb. of lightly browned bones. Fry off 1 lb. onions, 1 lb. carrots and garlic and add to the espagnole together with the thyme, bay leaves and peppercorns. Cook again for 24 hours.

3rd Day.—Pass the espagnole into another stock pot, add 30 lb. bones and reduce to 30 gallons.

305 Espagnole (Method No. 2) (24-hour production).

Recipe.—*1st Stage.*

16 gallons Beef stock.	.02 lb. Black pepper-
8 lb. Braised carrots.	corns.
8 lb. Braised onions.	.01 lb. Cloves.
4 lb. Baked flour.	.81 lb. Salt.
16 lb. Crushed bones.	4.5 lb. Ham bones.
.09 lb. Garlic.	7 lb. Tomato purée.
Thyme (pinch).	.09 lb. Blackjack.
Bay leaves (pinch).	Ground pepper (pinch).

Produces 6 gallons.

Method.—Measure 15½ gallons of beef stock into stock pot, then add braised carrots, onions and braised crushed bones, also bouquet garni, consisting of garlic, thyme, bay leaves, black peppercorns and cloves, then add salt, pepper, ham bones, tomato purée, blackjack, then dilute baked flour with ½ gallon of beef stock and add to mixing. Simmer for 24 hours. The sauce must then be passed through a sieve, production being 6 gallons.

Recipe.—*2nd Stage.*

8 gallons Beef stock.	Thyme (pinch).
9.60 lb. Braised crushed bones.	Bay leaves (pinch).
	.06 lb. Garlic.
4.8 lb. Braised carrots.	.06 lb. Salt.
9.60 lb. Braised onions.	Pepper (pinch).

Produces 1½ gallons

Recipe
No.

Method.—After the last stage has been cooking 18 hours prepare the 2nd Stage as follows:—Measure off into clean stock pot 8 gallons of beef stock, then add braised crushed bones, carrots and onions and a small bouquet garni consisting of bay leaves, thyme and garlic, add salt and pepper to taste. Simmer for approximately 6 hours; production 1½ gallons.

Recipe.—3rd Stage.

6 gallons first stage stock.	·69 lb. Tomato purée.
	1·69 lb. Redcurrant jelly
1½ gallons second stage stock.	½ bott. A1 sauce.

Produces 6½ gallons.

Method.—Transfer 6 gallons of 1st stage into a stock pot, then add 1½ gallons of 2nd stage. Bring to boil, add tomato purée, redcurrant jelly and A1 sauce. Cook for 30 to 45 minutes, production 6½ gallons.

306 **Piquante.**

2 qts. Espagnole.	1 pt. Vinegar.
½ lb. Onions.	½ lb. Chopped pickles.

Method.—Stew the finely-chopped onion in fat until golden in colour. Add vinegar, chopped pickles and stew together. Cover with boiling espagnole sauce, boil, skim and serve.

307 **Robert.**

1 lb. Onions.	2 qts. Espagnole.
¼ oz. Pepper.	2 oz. Salt.
1 pt. Vinegar.	8 oz. Chopped pickles.
2 oz. Mustard.	

Method.—Finely chop the onions and stew in a little dripping. Add the pickles (chopped) and vinegar, boil and reduce by half. Add the espagnole sauce and boil up. Add the mustard, diluted with a little water, and correct seasoning after skimming.

308 **Chutney.**

¾ gallon espagnole sauce. Add to this ¾ lb. chopped chutney.

Recipe

No.

309 **Lyonnaise.**

4 qts. Espagnole sauce.	$\frac{1}{2}$ pt. Vinegar.
1 lb. Onions.	3 oz. Dripping.

Method.—Peel and finely shred the onions ; melt the dripping and lightly fry the shredded onions. Add the vinegar and boil until reduced by half. Add the espagnole sauce, bring to the boil, season well with salt and pepper, skim before using.

310 **Gravy for roast joints.**

This should be made from residue in roasting tins when joints are cooked.

Method.—When joints are being roasted, certain meat juices escape and mix with the melting fat. Remove the joint and heat the contents of the pan to a temperature which will evaporate the moisture and leave behind when strained, a substance resembling meat extract ; care must be taken not to burn. To this, brown stock should be added to make a sufficient quantity of gravy.

Approximate quantity $1\frac{1}{2}$ gallons for each 100 men— $\frac{1}{2}$ gill a man.

SPECIAL NOTE.—Season if necessary.

311 **White.**

1 lb. Flour.	4 qts. Milk.
1 lb. Margarine.	Salt to taste.

Method.—Melt margarine in saucepan without frying. Add the flour, stirring to form a smooth paste, care being taken to keep the mixture from sticking to the sides of saucepan. Allow the mixture to cook without taking colour until it attains a sandy texture then allow to cool slightly. (This is technically known as a white roux). Boil the milk and add gradually to the roux, mixing well to prevent lumpiness. When all milk is absorbed, add the salt and allow to boil gently for $\frac{1}{2}$ hour. The sauce is now ready for use.

SPECIAL NOTE.—It should not be necessary to pass this sauce if it is correctly mixed at the beginning. This recipe is one for a foundation white sauce. More milk or other flavouring must be added as required.

Recipe

No.

312 **Anchovy.**

Proceed as for White Sauce, adding twelve table-spoonfuls of anchovy essence.

313 **Caper.**

6 oz. Margarine.	2 qts. Mutton stock.
6 oz. Flour.	8 oz. Capers.
2 oz. Salt.	

Proceed as for White Sauce and work in the strained-off mutton liquor little by little, working with a wooden spoon and keeping smooth. Allow to simmer 20 minutes and add the capers. Correct seasoning.

314 **Mustard.**

1 lb. Margarine.	2 qts. Milk.
1 lb. Flour.	2 qts. Water.
4 oz. Mustard.	Salt.

Method.—Proceed as for White Sauce. Add the boiling milk and water little by little, until all is absorbed, stirring briskly to prevent lumps forming. Allow to simmer 20 minutes. Mix the mustard and add; correct the seasoning and pass through a strainer.

315 **Onion.**

Proceed as for White Sauce, adding 10 lb. of cooked and finely-chopped onions.

316 **Parsley.**

Proceed as for White Sauce, adding chopped parsley.

317 **Egg.**

1 gallon of white sauce to which is added 12 coarsely chopped hard-boiled eggs.

Purée type of Sauces :318 **Tomato.**

4 tins Tomatoes.	$\frac{1}{2}$ lb. Margarine.
12 ozs. Cornflour.	Pepper.
2 gallons brown stock.	Salt.

Method.—Pound the tomatoes. Mix the cornflour to a smooth paste with water. Place tomatoes, pepper, salt and stock into a saucepan and bring slowly to the boil; then add the margarine. When boiling, add the cornflour and cook for a further 20 minutes. Bacon bones make a good flavouring for this sauce.

Recipe

No.

319 **Mexicaine.**

2 lb. Chopped onions.	1 qt. Vinegar.
1 oz. Sugar.	$\frac{1}{2}$ oz. Salt.
1 Faggot.	24 Peppercorns.
1 tin Tomato purée.	

Method.—Place vinegar, faggot, peppercorns and chopped onions to cook and allow a reduction to half quantity. Pass through a fine strainer, add salt, sugar and stir in the tomato sauce. (This is a cold sauce for cooked meats, etc.)

320 **Bread.**

4 qts. Milk.	$\frac{1}{2}$ lb. Margarine.
1 lb. Onions.	Pepper.
$\frac{1}{4}$ oz. Cloves.	Salt.
2 lb. Breadcrumbs.	

Method.—Place in a saucepan the milk, onions and cloves, and bring slowly to the boil. Simmer for 15 minutes. Remove the onions and cloves and add the breadcrumbs. Stand in a warm part of the stove for 15 minutes so that the breadcrumbs may absorb some of the milk. Bring to the boil again and stir in the margarine.

321 **Apple.**

12 lb. Apples or 4 lb. Apple rings.	3 Cloves.
2 lb. Sugar.	$\frac{1}{2}$ gallon Water.

Method.—Soak apple rings overnight. Place in a stewpan, add sugar and cloves, cover with water, allow to boil for 30 minutes until cooked, pass through a sieve and keep in Bain Marie.

322 **Curry.**

1 gallon Brown stock.	8 oz. Chopped apple rings.
$\frac{1}{2}$ pt. Diluted tomato purée.	2 oz. Salt.
1 lb. Chopped onion.	3 oz. Curry powder.
4 oz. Soaked coco-nut.	4 oz. Fat.
12 oz. Flour.	

Recipe
No.

Method.—Lightly fry onions, add curry powder, cook 5 minutes; add flour, cook further 5 minutes; add apples, stock, purée gradually, coco-nut, and salt and bring to boil. Cook for 1 hour.

Pass the sauce—season and boil up to the correct consistency (to well coat back of a spoon).

Cold Sauces :

323 Mayonnaise.

12 yolks of Egg.	$\frac{1}{2}$ oz. Pepper.
1 qt. Vinegar.	8 qts. Water.
44 Peppercorns.	2 oz. Salt.
2 oz. Mustard.	1 qt. Oil.
1 lb. Cornflour.	

Method.—Place the yolks of eggs into a basin. Add a good teaspoonful of salt and $\frac{1}{2}$ teaspoonful of pepper. Gradually work the yolks into the condiments to set the yolks. Work in 1 gill vinegar, stirring continually. Add the oil very slowly continuing to stir vigorously. If the sauce should curdle, place a tablespoonful of vinegar or warm water in another basin and gradually work on the sauce until it begins to thicken up. Finally, having worked in all the oil, finish the sauce with a little made mustard and tablespoonful of boiling water, or vinegar, to set the sauce.

Boil remainder of the water and vinegar together with the peppercorns, and thicken with the diluted cornflour. Strain and allow to cool, then incorporate into the other emulsion.

324 Mint.

2 pts. Vinegar.	1 pkt. Mint.
12 pts. Water.	1 lb. Sugar.

Method.—Warm the vinegar, add the sugar, then place in the mint. Pour on boiling water and allow to cool.

325 Tartare.

As for Mayonnaise Sauce with the addition of finely-chopped gherkins and capers.

Recipe
No.

Custard type Sauces :

326 Custard.

2 lb. Sugar.	2 lb. Custard powder.
2 gallons Milk.	

Method.—Mix custard powder, sugar and a little cold milk to a smooth paste. Boil remainder of the milk, pour on to the ready-made paste, stirring the while. Reboil, if necessary, and serve.

327 Chocolate.

1 lb. Block cocoa.	2 lb. Cornflour.
2½ lb. Sugar.	2 gallons Water.

Method.—Shred or grate the block cocoa, place into a saucepan with a little water, add the sugar and stir over a gradual heat until dissolved. Add the remainder of the water and bring to boil, stirring occasionally. Dilute the cornflour with a little water and stir into the boiling chocolate, bring to boil and strain.

328 White (Sweet).

2 gallons Milk.	2 lb. Cornflour.
2 lb. Sugar.	

Method.—Boil the milk and sugar, dilute the cornflour and stir into the boiling milk. Reboil and flavour with either vanilla or almond essence as desired.

329 Ginger.

2 lb. Sugar.	2 Lemons.
½ oz. Ginger.	2 gallons Water.
2 lb. Cornflour.	

Method.—Boil water, add grated rind and juice of lemons, ginger and sugar. Dilute the cornflour and run into the boiling liquid. Correct colour with little browning and yellow colour and pass through a strainer.

330 Fruit or Jam Sauces.

3 lb. Jam.	2 lb. Sugar.
2 lb. Cornflour.	1 gallon Water.

Method.—Place 3 lb. jam into sufficient boiling water to make up to 1 gallon, add sugar and bring to boil, carefully stirring from time to time. Dilute the cornflour with a little cold water and pour into the boiling water and jam, stir until it boils again and colour, if necessary. Pass through a strainer.

Recipe

No.

331 Syrup.

2 sticks of Cinnamon.	4 lemons.
$\frac{1}{8}$ oz. Coriander seeds.	4 Bay leaves.
3 lb. Sugar.	4 qts. Water.

Method.—Boil up the water, sugar, cinnamon, coriander seeds, rind and juice of lemons, and bay leaves. Allow to cool.

CORRECT SAUCES TO SERVE WITH MEAT AND POULTRY.

Beef, roast	Horse-radish.
„ steak, fried	Tomato sauce.
Mutton, roast	Onion sauce or brown caper sauce.
„ boiled	Caper sauce or parsley sauce.
„ chops, fried	Tomato sauce.
Pork, roast	Apple sauce or piquante sauce.
„ chops, fried	Mustard sauce.
Ham, boiled	Parsley sauce.
Lamb, roast	Mint sauce.
Calf's head	Parsley sauce.
Chicken, roast	Bread sauce.
„ boiled	Egg sauce or parsley sauce.
Goose or duck, roast	Apple sauce.
Turkey, roast	Bread sauce.
Rabbit, roast	Bread sauce.
„ boiled	Onion sauce.

THE USE OF OATMEAL

Dish	Ingredients	Method
OAT CAKES.	12½ lb. oatmeal. 3 lb. dripping. 1 lb. sugar. Salt.	Place meal in a mixing bowl and add pinch of salt, dripping and sugar; mix well together and leave for 2½ hours. Shape into three-cornered cakes of 2 oz. each and bake until brown. Serve two for each man.
OATMEAL CHEESE CAKES.	12½ lb. oatmeal. 12½ lb. cheese. A little dry mustard. Pepper and salt to taste.	Cut up cheese into small pieces and pass through mincer; add meal and work into a stiff dough; roll out into a paste, and cut into circular cakes; bake in hot oven for 15-20 minutes.
SCOTCH CAKES.	6½ lb. oatmeal. 20 oz. milk. 5 lb. flour. 2 lb. dripping. 2 lb. sugar. Salt. 9 oz. baking powder.	Sieve the flour and mix in the oatmeal, then thoroughly rub in the dripping. Add the remaining dry ingredients and mix well with milk to attain the correct consistency. Roll out and shape into rounds. Mark each round into 4 scones.
RICE AND OATMEAL PUDDING.	7 lb. rice. 7 lb. oatmeal. 2 lb. currants. 2 lb. sugar. 3 nutmegs (if desired) or mixed pudding spice. 1 lb. dripping.	Wash the rice and pick out discoloured grains. Wash and pick over currants. Place oatmeal, rice, sugar, currants and dripping into mixing bowl and mix thoroughly. Place into well-greased baking dish and cook in moderately heated oven for 1½ hours.
PORRIDGE.	7 lb. oats (rolled) or oatmeal 4 lb. sugar. 21 pts. milk (or 8 tins). 2 oz. salt.	Bring water to boil, add the salt, and sprinkle in the oats or oatmeal, stirring well to prevent lumps. Allow to simmer for 1 hour, if using oatmeal. If rolled oats, 20 minutes simmering will be found sufficient. SPECIAL NOTE.—Milk and sugar may be added, or served separately. Golden syrup may be used if prepared, in which case both sugar and milk can be dispensed with.

VARIOUS METHODS OF USING UP SPARE BISCUITS

Dish	Ingredients	Method
* PLAIN SUET PUDDING.	16 lb. biscuits. 4 lb. suet or dripping. 1 oz. salt.	Powder or soak the biscuits, add the salt and chopped suet, and mix well. Add sufficient water to make into fairly stiff dough, tie in cloths and boil for 2½ hours. Serve hot with jam or marmalade. The above, if desired, may be placed in a greased baking dish and baked in a moderate oven for 1½ hours. The same mixing should be used for jam rolls.
* FRUIT AND BISCUIT PUDDING.	As above, with the addition of dried fruit.	Thoroughly clean and cut the fruit into small pieces and proceed as above.
* DUMPLING.	As for a plain suet pudding.	Proceed as for plain suet pudding, but make the dough into small balls, and place in the stew 40 minutes before serving.
* BISCUIT PASTRY.	12 lb. biscuits. 3 lb. dripping. ½ oz. salt. 6 lb. jam.	Powder the biscuits, add salt and pinch in the dripping. Mix lightly into a medium paste with cold water. Roll out to a thickness of ¼ inch and place in well-greased dixie lids or baking dishes. Partly bake, then spread on sufficient jam and return to oven to finish baking. Time about 35 minutes. This pastry without the jam can be used for meat pies and puddings.
* SCONES.	16 lb. biscuits. 4 lb. dripping. 4 lb. sugar. 8 oz. baking powder. 3 tins milk.	Powder the biscuits, add the baking powder and sugar, shred in the dripping, and mix well. Add sufficient milk to make a pliable paste, and break into 1 lb. pieces. Roll out and divide into 4 pieces. Bake in a moderate oven for 20 minutes. Scones should be served hot. They are improved by adding a little dried fruit.
* ROCK CAKES.	16 lb. biscuits. 4 lb. dripping. 3 lb. sugar. ½ oz. salt. 6 oz. baking powder. 3 tins milk. 2 lb. currants.	Powder the biscuits, wash and pick the currants. Place dripping and sugar into a bowl and beat it up until it becomes soft and light. Add the remainder of the ingredients, and use sufficient milk to make a stiff paste. Divide into small rock cakes, and bake from 10 to 15 minutes in a fairly hot oven.

VARIOUS METHODS OF USING UP SPARE BISCUITS—continued

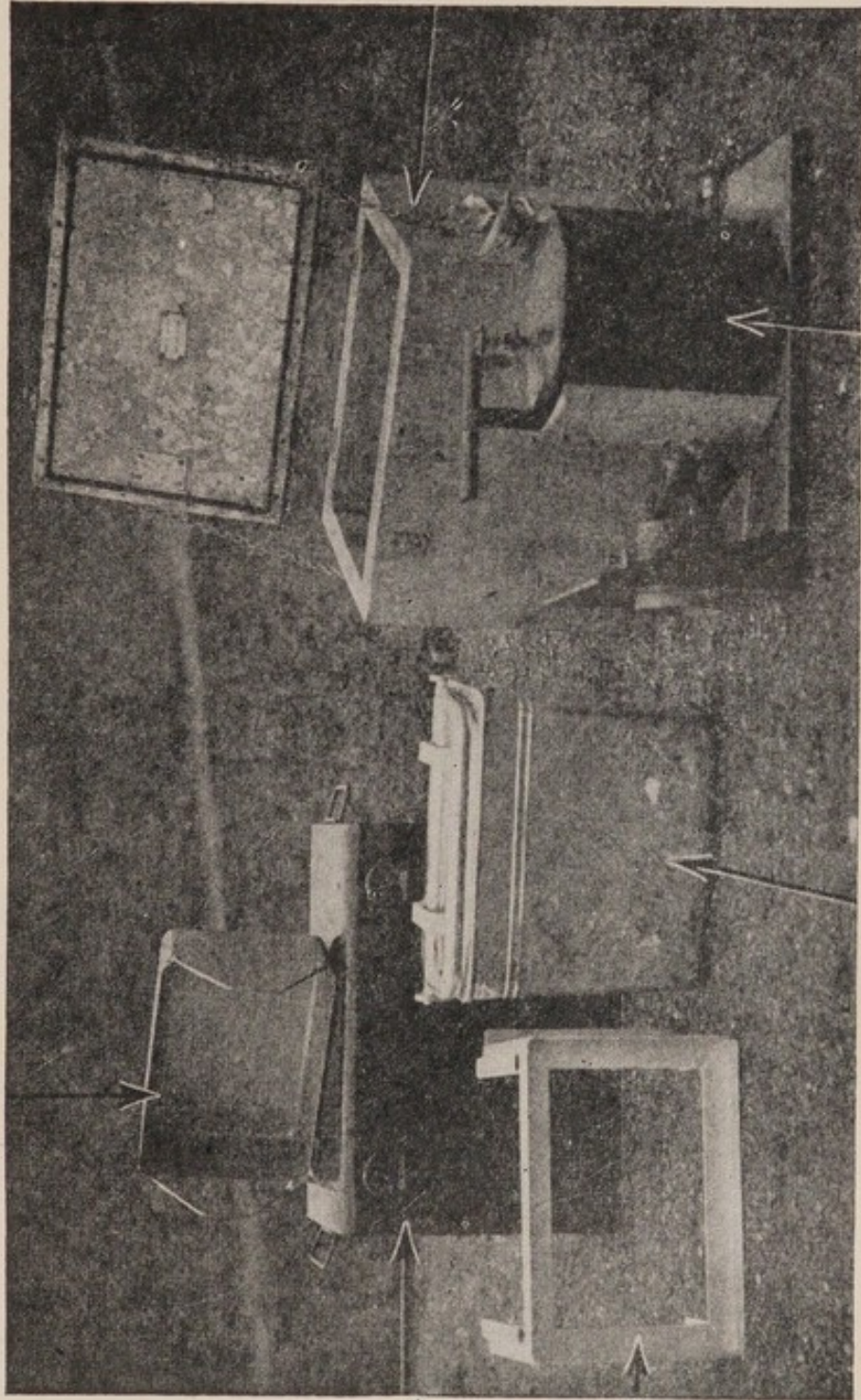
Dish	Ingredients	Method
* GOLDEN PUDDING.	16 lb. biscuits. 4 lb. suet or dripping. 6 lb. marmalade. 2 tins milk.	Crush the biscuits. Shred in the dripping. Mix in part of the marmalade, a little milk and baking powder, until all becomes a stiff dough. Cut up into 5-lb. pieces. Tie up tightly in a wet cloth. Place in boiling water and boil for 2½ hours. When taken out, allow to remain in the cloth for 10 minutes. Make a sauce with the remainder of the marmalade by adding hot water and letting it simmer. Serve with pudding.
BISCUIT PORRIDGE.	12 lb. biscuits. 1½ lb. sugar. 3 tins milk. 30 pints water.	Boil the water in the camp kettle. Crush the biscuits, and add to the boiling water, stirring until it becomes quite thick. Remove from the fire. Stir in the sugar and milk. Time required, 20 minutes.
* BISCUIT AND RICE PUDDING.	12 lb. biscuits. 6 lb. rice. 1 lb. sugar. 2 tins milk. 8 tins jam.	Cook rice in usual way, and sweeten to taste. Soak, squeeze and pass biscuits through mincer. Well grease a baking dish and put in a layer of rice, a layer of jam and a layer of biscuit. Add sugar to the milk and barely cover the whole. Place in a moderate oven until milk is absorbed and pudding brown. Cut into squares and serve.
* BISCUIT DOUGH-NUTS.	12 lb. biscuits. 3 lb. dripping. 2 lb. sugar. 1 tin milk. ½ oz. salt. Lime-juice to flavour. A little flour.	Powder the biscuits, and add salt, dripping, sugar and flour, and mix well together. Make a hollow in centre, and add milk and lime-juice flavouring. Mix into a stiff dough. Roll out and cut into round cakes. Fry in hot fat till brown. Jam should be served with them for tea meal.
YORKSHIRE PUDDING.	12 lb. biscuits. Stock. Pepper.	Strain off some good stock, bring to the boil and pour over biscuits, and allow to soak for 1 hour. Pass through mincer twice, adding a little more stock as required, to reduce the consistency to batter. Mix in pepper and pour into well-greased baking dish and bake till brown.

* Flour may be used instead of biscuits.

For specimen bills of fare, see "Management of Soldiers' Messing."

PLATE 7—COMPONENTS FOR COOKER, PORTABLE, No. 1

PAN, FRYING



COVER

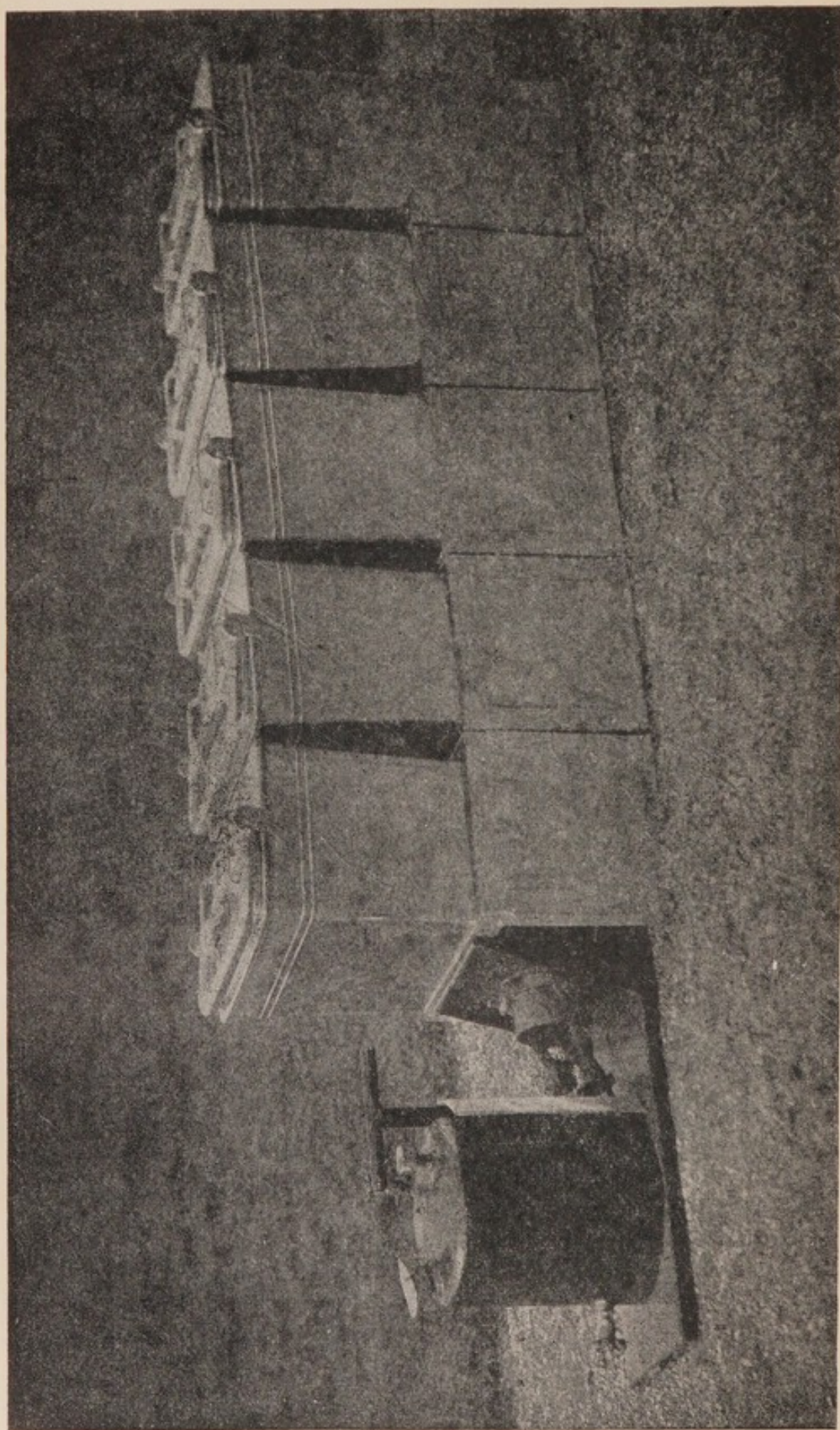
STAND

INSULATOR,
6 GALLS.

CONTAINER,
6 GALLS.

BURNER UNIT
(HYDRA, TYPE "D")

PLATE 8—COOKER, PORTABLE, No. 1, ASSEMBLED FOR USE



APPENDIX I

COOKER, PORTABLE, No. 1

DESCRIPTION OF THE APPARATUS

(See also pamphlet "Instructions for the Operation and Maintenance of the Cooker, Portable, No. 1")

1. The Cooker, portable, No. 1, has been evolved after a number of experiments extending over 12 years. It is readily adaptable to units of varying sizes, and is easily portable. It can be carried in any standard type of load-carrying vehicle and is simple to operate and maintain.

2. The components consist of:—

- i. A burner unit.
- ii. A number of 6-gallon containers.
- iii. An equivalent number of insulators.
- iv. An equivalent number of stands to form a trench.
- v. A certain number of frying-pans for each set of containers.

The object of the stands is to support the containers about 8 inches above ground level so that the flame from the burner passes along the bottom of the containers and is kept within the sides of the stands. When 5 containers are in use over the flame the second and third of these, counting from the burner, attain the highest temperature, and when hot enough can be changed round with the remainder as required.

After the food in the containers has been cooked in accordance with the times in Appendix A (of the pamphlet "Instructions for the Operation and Maintenance of the Cooker, Portable, No. 1") they are quickly placed whilst on the boil into insulators and clamped down. The food will then keep hot from 6 to 10 hours or will continue to cook.

HOW TO OPERATE AND MAINTAIN

The Cooker, Portable, No. 1, is operated as follows:—

The burner unit, containers and stands are unloaded from the cook's lorry and the burner cover removed, if provided. The stands are placed in series, close together, the containers filled and set on the stands. The burner is then prepared for use and lighted, and the flame directed under the stands, preferably down wind. In cold or very windy weather, it is better to dig a trench and place the whole kitchen in it so as to prevent the wind from unduly cooling the containers or construct an enclosed raised kettle trench. Sheets of corrugated iron placed on either side of the set will produce the same effect. The first container to boil is that second from the burner, and the last is that furthest from the burner, but containers can be changed round as required, according to their contents.

APPENDIX II

CARE AND MAINTENANCE OF COOKERS,
PORTABLE Nos. 2 and 3

1. Description.—All the above are operated on the same principle as, and are similar in performance to, a gas stove.

The No. 2 and 3 are of the portable carrying type, and the tank is packed inside for transport.

On these two models the straps holding the lid are also used as feet for the burner when in operation, and are made rigid by springing over the pegs on the box.

On the No. 2 there is a side windshield as well as a lid. On the No. 3 the lid only acts as a windshield.

2. Operating Instructions.—*Never* run the stove when the fuel supply is low. Make sure before using that the tank is full. The danger is that the flame would suck back into the tank.

Fill to capacity.—The tank cannot be overfilled as there is a tube in the container which prevents this.

Pump.—See that the control is shut off. Pump until indicator is on the second red line. On the model with no gauge, pump until considerable resistance is felt.

Light.—Turn the control *full on* and light. Do not control the flame until this has been alight for about 2 minutes. Should, however, a yellow flame appear, reduce the flame by the control until this turns blue, leave for a short time and then turn fully on.

3. Maintenance.—Keep the burner clean and free from food which may boil over. Scraping with a skewer or wire brush will do this. After considerable use the Burner Perforated Ring may burn out. This is easily replaced as follows:—

Unscrew the two or four screws. Take off the top cap. Take out the old perforated ring and insert new one. See that the asbestos washer separating the two castings is not damaged in replacing and screwing down.

4. Burner Control.—Tighten up the hexagon nut behind black knob occasionally. If there is a yellow flame at nozzle end apply spanner and tighten until it is overcome.

It is not recommended that the burner control unit is interfered with. In the event of a stoppage the defective control should be unscrewed where it is fitted in the tank and a complete spare one fitted in place.

Faulty controls should be returned to stores for overhaul and repair.

Occasionally insert some lubricant (oil, grease or tallow) in the Air Pump. This will ease the action and prevent wear.

5. Replacements and Repairs.—If a control becomes choked or requires cleaning it should be replaced with a new one or an overhauled one in the Field.

The exchange of controls on the tanks is a simple matter, there being a spanner in each case which is used to slacken off the control from the tank top and to replace with a new one.

When replacing, see that the joint washer is in good condition. If not, use the one supplied with the new control.

At all times when changing controls it is well to see that there is no water in the tank.

In tightening down it is not necessary to use great pressure, as the washer makes a very effective seal.

Carbon in vaporizer tubes is caused by running the stove empty of petrol. See that the stoves are filled completely each time before use.

To remove the carbon, take control off tank, remove nozzle, needle, and nut, and unscrew vaporizer tube from control body.

If very badly corroded the needle rod may come away with the tube.

Heat the corroded end of the vaporizer tube to a dull red and immediately plunge into water, repeat again. Needle rod and coil can now be drawn out. Clean with a wire brush and, if parts are not damaged, replace. If damaged substitute new ones.

Make a pullthrough of string and rag to thoroughly clean the vaporizer tube before assembling.

Take great care that there is no loose carbon on needle rod, on coil or inside of the tube before assembling. Otherwise trouble with choked nozzles will result.

If a new needle rod is to be fixed, firstly screw the vaporizer tube tightly into the control body, then take the needle rod into the 4-start steel spindle, now turn bakelite knob to OFF position—that is clockwise—as far as it will go and cut off the end of the needle rod so that it is left projecting $\frac{1}{4}$ inch clear of the vaporizer tube. Now bevel off the end of the needle rod so that it screws right down to the bottom of the needle nut and grips securely. Replace nozzle.

It may be necessary to tighten up the nozzle after lighting the stove, as there is a slight difference in the expansion of the two metals.

Examine carburettor, see that it is quite clear of water and

that the jet hole is clear. Do not enlarge this. See that the gauze is clean, then replace in position.

Examine part 18—RING FOR SCREW TANK FIXING—and see that this has not been damaged and that the solder is sound.

THE PETROL TUBE AND AIR TUBE—Parts 19 and 20—should be tightly screwed in to control head.

Replace control in tank and test for spray. It should produce a dense mist when turned on at about 30 lb. pressure.

6. Burner.—Examine burner ring. If this shows any signs of being burned replace with a new one.

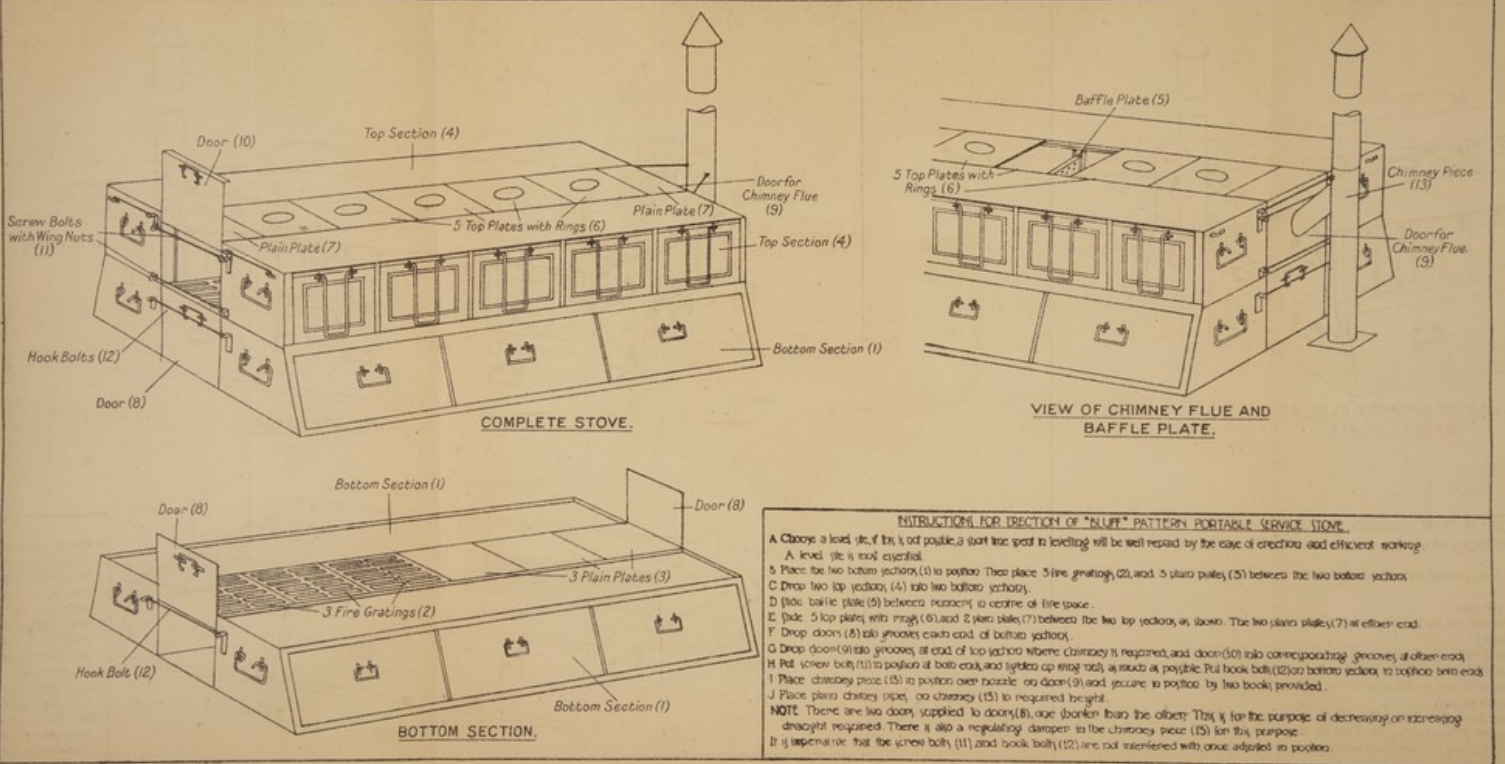
Assemble cooker and test for burning.

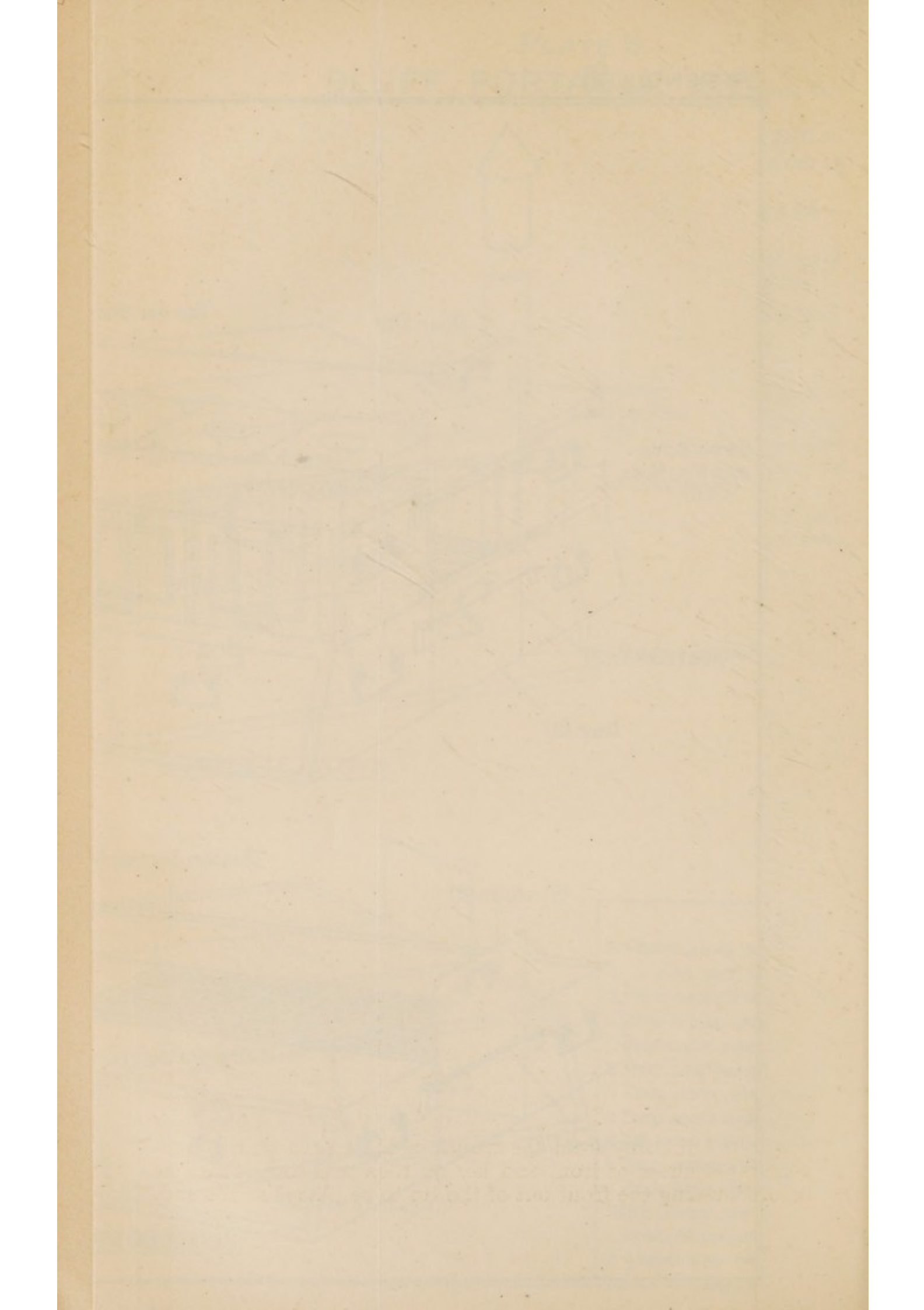
7. Loss of Pressure.—If stove suffers from loss of pressure examine the fittings. This can easily be done by pumping up to 30 lb. pressure, invert the tank and look for petrol leakage.

See that the hand pump valve is sound by taking out the plunger and looking inside.

If this does not locate loss of pressure, see that petrol jets at bottom of control are quite clean and that there is no water in the tanks or carburettor.

PLATE 9.
BLUFF PORTABLE STOVE.





APPENDIX IV

COOKING IN THE FIELD AND ON THE LINE OF MARCH

GENERAL INSTRUCTIONS

There are many types of improvised ovens suitable for use in the field and in trench warfare, but a general principle is followed in their construction.

The oven, consisting of a box compartment and flues, is built so that the draught to the chimney causes heat to circulate on three sides of the oven (*see* plate 15, page 190). In combination cookers the flues near the fireplace should be so arranged that the flame is carried under a single kettle trench for the purpose of boiling water in the service camp kettle, which may also be used as a stock pot and for providing tea, coffee, etc. This class of improvised cooking range is specially suitable for small messes, such as officers' and serjeants' messes.

A hot plate can be constructed by fixing a sheet of iron supported by bricks above the ground, under which burned ashes from cooking furnaces should be strewn. A little wood added will keep the sheet of iron hot, and the plate is suitable for many forms of heating and finishing off cookery where only a moderate heat is required.

The "Aldershot" ovens are, in many instances, so arranged that the flame from a specially constructed fire-place in front or at the side passes under the iron ground sheet with a chimney at the back or side, thereby, with the aid of fuel and stoking, providing a continual bottom heat. Bottom heat is, in other words, heat suitable for frying; and, in the case of cooking meat by frequently turning, the results achieved are satisfactory.

The importance of erecting improvised ovens is to be able to serve baked meat, etc., as a change from the ordinary stew provided by the field cooker.

"Camp kettle" or "dixie" trenches can be constructed with bricks or biscuit tins filled with mud. Build with bricks or lay the tins in two rows 9 or 10 inches apart, joining well together with clay, and put one tin at the end. Cover to a depth of 1 tin only from the mouth of the trench with a well-perforated sheet of iron, and lay on a second row of tins as before, cutting the front out of the tin to be placed at the end.

Cover the whole length with another sheet of iron, having previously cut out the holes to fit the dixies, or lay strips of iron across as supports. Place the dixies in position and cover well round with clay, sloping off slightly towards the sides to let the rain run off. Fit a chimney into the tin at the end and cover well round with clay. The bed of the trench should slope up gradually towards the chimney. The fire is only required at the mouth and should not extend beyond the depth of 1 tin.

The service camp-kettle will cook comfortably for the following :—

	Men.
Potatoes	32
Stewed meats with ingredients for plain stew, tomato stew, etc.	32
Sea pies	16
Meat puddings	16
Plain stews and dumplings	16
Green vegetables	16

The serjeant-cook should give demonstrations in "mess-tin" cookery to all ranks during the training season, the dishes selected being such as sea pie, Irish stew, stewed steak, soup from prepared pea-flour, emergency ration, cocoa, tea, coffee and baking-powder bread. A soldier having a knowledge of how to cook such dishes will be able to provide for himself, temporarily, when detached from the field cooker or permanent cooking appliances.

Cooking in camp kettles is carried out in standing camps on a kettle trench similar to that shown at plate 17, page 191.

In temporary or bivouac camps, service camp kettles may be arranged over an open wood fire as shown at plate 14, page 189.

Kettles, portable cookers, and ovens, form the usual field outfit. When these are not to hand, the ingenuity of officers and men is tested to improvise substitutes.

Beer barrels make excellent ovens ; one end is knocked out, the ground slightly sloped, so that it may rest firmly, the sides, back and top being covered with clay, well wedged downwards, to become quite hard ; the fire is then lit and allowed to burn until the whole of the barrel is consumed ; the hoops will then support the clay, and the oven may be safely used. Where the clay is good, a small oven may be built by it alone. Build two walls the required distance apart, about 6 inches high, with clay that has been well beaten and mixed, the back being joined to the walls ; then, with one hand on either side, gradually build the walls a few inches higher, the tops slightly

sloping towards each other, leaving a gap, in the form of a V, in the centre; then mould a piece of the clay large enough to fill the gap, and place it in, care being taken to join well the edges with the walls both inside and out; a small fire should then be lit and allowed to burn slowly until the clay is dry; it will then become baked and quite firm, and may be used as other ovens.

Tin biscuit boxes filled with earth are a good substitute for material used in the construction of the Aldershot oven. They may be used as follows: melt one side of the solder and shape the tin into an oval; lay it on the ground, and cover it with a few inches of clay or soil sufficient to retain the heat; light the fire, and proceed as with the Aldershot pattern.

Ant-heaps can also be used as ovens, the insides being scooped out and the fire lighted as in the Aldershot oven.

Another method is to dig into the side of a bank or trench and improvise a door with any old sheets of tin or iron to hand, plugging up the crevices when cooking, as with the Aldershot oven.

A similar system may be adopted for mess-tin cookery, but a brazier, as shown at plate 16, page 191, is more suitable; or the mess tins may be piled round and on a tin or bucket well perforated under which a clear fire has been made.

To cook rapidly and well for troops in the field is an art which can easily be acquired, and which every soldier should learn. It is a matter of paramount importance that soldiers' food be carefully looked after, and this duty should be attended to by the officers themselves, who should also understand the construction of improvised ovens, etc.

ALDERSHOT OVEN

(See Plate 10)

The Aldershot oven consists of:—

- 2 sections or arches.
- 2 ends.
- 1 bottom.
- 4 bars.
- 9 tins.
- 1 peel.
- Total weight, 374 lb. (about 3½ cwt.).

The bottom can usually be dispensed with, in which case the above weight is reduced by 66 lb.

The length of the two sections when erected is 5 feet 1 inch; width 3 feet 6 inch.

Dishes.	Amount of wood required.	Time for heating oven.	Time for cooking	If pugged up.	No. of seconds for hand test.	Remarks.
Meat and potatoes.	Lbs. 112	Hrs. 2	2 to 2½ hrs.	Yes	5	Stock to cover bottom of dish. Full load nine dishes.
Meat pies ...	112	2	2 hrs.	Yes	10 to 12	No egg wash. Camp kettle of boiling water to be placed in oven. Full load eight pies.
Brown stew ...	112	2	2 hrs.	Yes	10	Stew must be complete and covered with other trays.
Bacon fried ...	50 to 60	1	5 mins.	No	Flash heat.	If glowing embers are left in back of oven, less time will be required.
Eggs, fried ...	50 to 60.	1	5 mins.	No	do.	do.
Liver ...	90 to 100.	1½	10 to 15 mins.	No	do.	do.
Sausages ...	do.	do.	do.	No	do.	Care must be taken to leave space in dishes to allow sausages to swell in cooking.
Chops and steaks.	do.	do.	15 mins.	No	do.	See remarks on bacon. Turn over after 7 or 8 minutes.
Milk puddings	100	1¾	1½ hrs.	Yes	12 to 14	
Fruit pies ...	100	1¾	1¼ hrs.	Yes	10 to 12	See remarks on meat pies.
Jam tart ...	100	1¾	30 mins.	No	Flash heat.	
Yorkshire pudding.	100	1¾	45 mins.	No	do.	

NOTE.—The times quoted above are approximate as the different types of wood available, as fuel, vary. Fir and other resinous kinds burn away quickly, but give off great heat; while ash, beech, box, elm and oak burn very slowly, with little smoke, and give a maximum of heat. Quantities of wood, as well as heating times must, of necessity, be somewhat elastic.

Capacity.—Each oven will bake 54 2-lb. or 2½-lb. loaves (108 rations) in each batch, or will cook dinners of meat and potatoes for about 220 men.

How to Erect the Oven

Select a gentle slope on clay soil, if possible, and avoid marshy or sandy ground. The mouth of the oven should face the prevailing wind and be at the lower end.

The site should be cleared and smoothed, and sods should be cut to build up the back, front, and sides of the oven. The bars are then placed over the site already prepared, the back one overlapping the front; the back of the oven is then placed in position, the plate forming the bottom of the oven placed against the front portion and firmly fixed; the sods are then built round the front, back and sides; a trench is next cut for the cook to work in, about 18 inches deep, 2 feet wide, and 6 feet long, leaving a space of 12 inches between the trench and the oven. The clay, or soil from the trench, being mixed with water and grass, rushes, etc., to assist in binding it, is then thrown on the oven and well beaten down. The depth of clay or earth should be at least 6 inches. The roof should slope backwards slightly, to carry off the rain. A wood fire is then lit in the oven. As the earth or clay bakes it naturally cracks and leaves crevices, which should be filled in with liquid pug or clay.

The oven is then ready for use.

Directions for Working Ovens of the Aldershot Mud- or Clay-Covered Type

Fuel Required for each Oven

1st heating 1st day	300 lb. wood.
1st heating 2nd day	150 lb. wood.
2nd and subsequent heating	75 lb. (baking).
2nd and subsequent heating	Up to 150 lb. (cooking).

Every night wood should be laid in the oven ready for lighting in the morning. It is thus kept dry.

When the oven is heated the embers are drawn out with a rake, and a small quantity of ashes left and raked evenly over the floor.

Time for Heating, Baking, Cooking, etc.

1st heating 1st day	4 hours.
1st heating 2nd day	2 hours.
2nd and subsequent heating	1½ hours.
Baking	1 to 1¼ hours.
Cooking	Up to 2½ hours.

If baking bread, the tins containing dough should not be put in until 20 minutes or half an hour after the fire has been drawn, as otherwise the top heat is so fierce, that it would burn the top part of the bread.

When meat is to be cooked, it can be put in immediately the fire is drawn.

A rough heating rule for baking bread is to allow 1 lb. of wood for each pound of bread required.

Immediately the oven is filled the door should be put up and wedged tightly with a piece of wood, the end of which should rest on the outer edge of the trench in front.

The crevices round the end should then be filled in with wet clay to prevent any steam escaping. If this is properly done the steam providing the necessary moisture is retained, and the bread or dinners will not be burnt. For cooking bacon, liver, sausages, eggs, etc., the front end is left open.

Cooking in Mess Tins, Camp Kettles, etc.

The mess tins or camp kettles should be placed on the ground as shown on plan, plate 14, page 189, with the opening facing the direction of the wind.

Eight is a convenient number of tins to form a "kitchen," but any number from 3 to 11 can be used.

The handles of the vessels should be kept outside.

Mess tins should be well greased on the outside before being placed on the fire; if this is done and they are cleaned soon after being used they will suffer no damage. The tins when they are hot can be cleaned in a few minutes with turf, soil or rag.

Only a small quantity of wood is required for each "kitchen," a good draught being the object to be kept in view. The fuel used should be that obtainable in the vicinity of the "kitchens," and when once the "kitchen" is formed and the fuel collected, one man only need remain with each fire.

The position of the tins in each "kitchen" will require to be changed from time to time, as some will be cooked sooner than others. It will be the duty of the man in charge to regulate this.

The dinners can be cooked in $1\frac{1}{2}$ hours from the time they are placed on the fires.

The following dishes are suitable for this method of cooking:—

Plain stew, Irish stew, curried stew, sea pies, meat puddings.

It is estimated that dinners of a battalion of 1,000 men can be arranged in a space of 40 yards by 30 yards, allowing an

PLATE 10.—THE ALDERSHOT OVEN

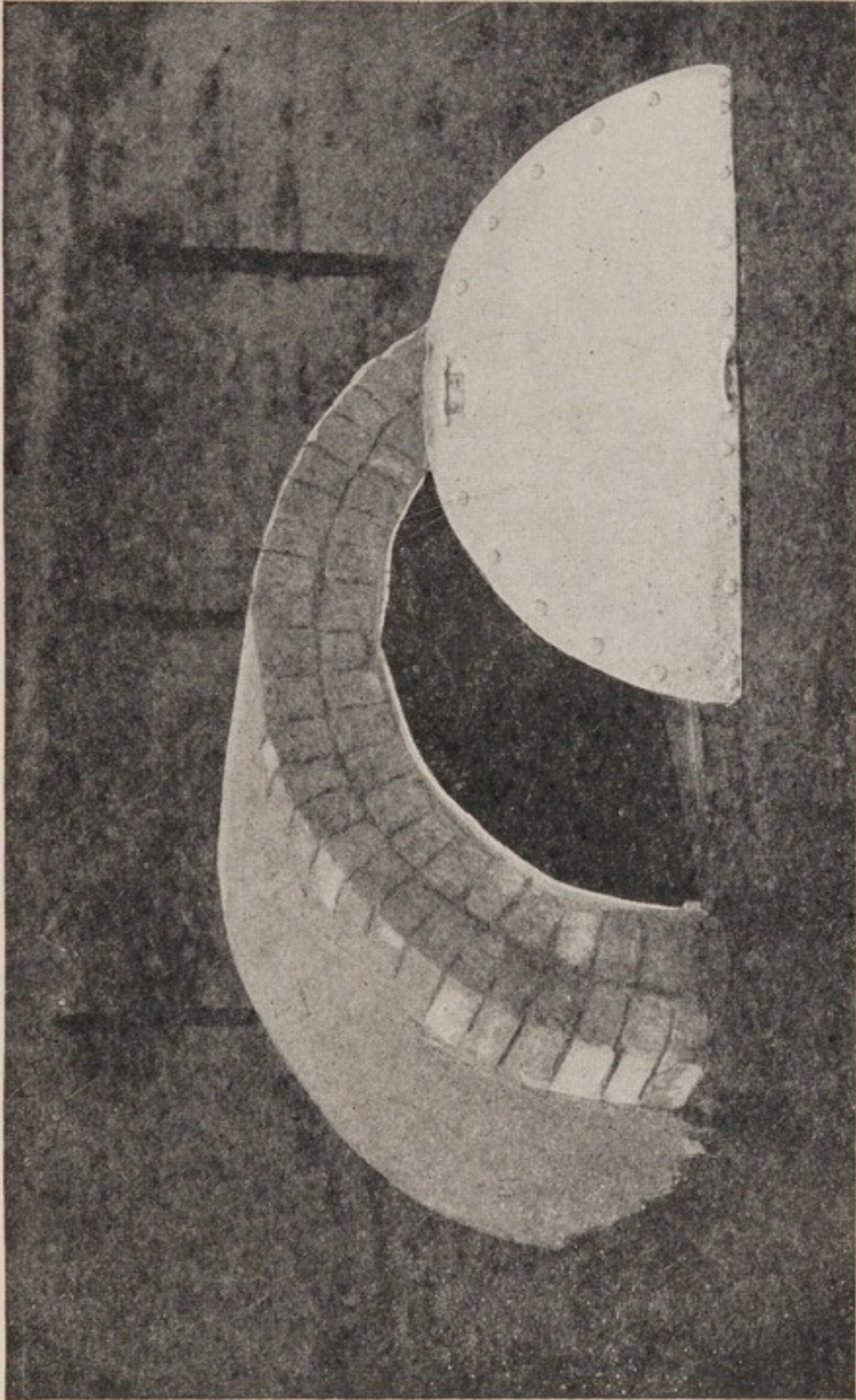
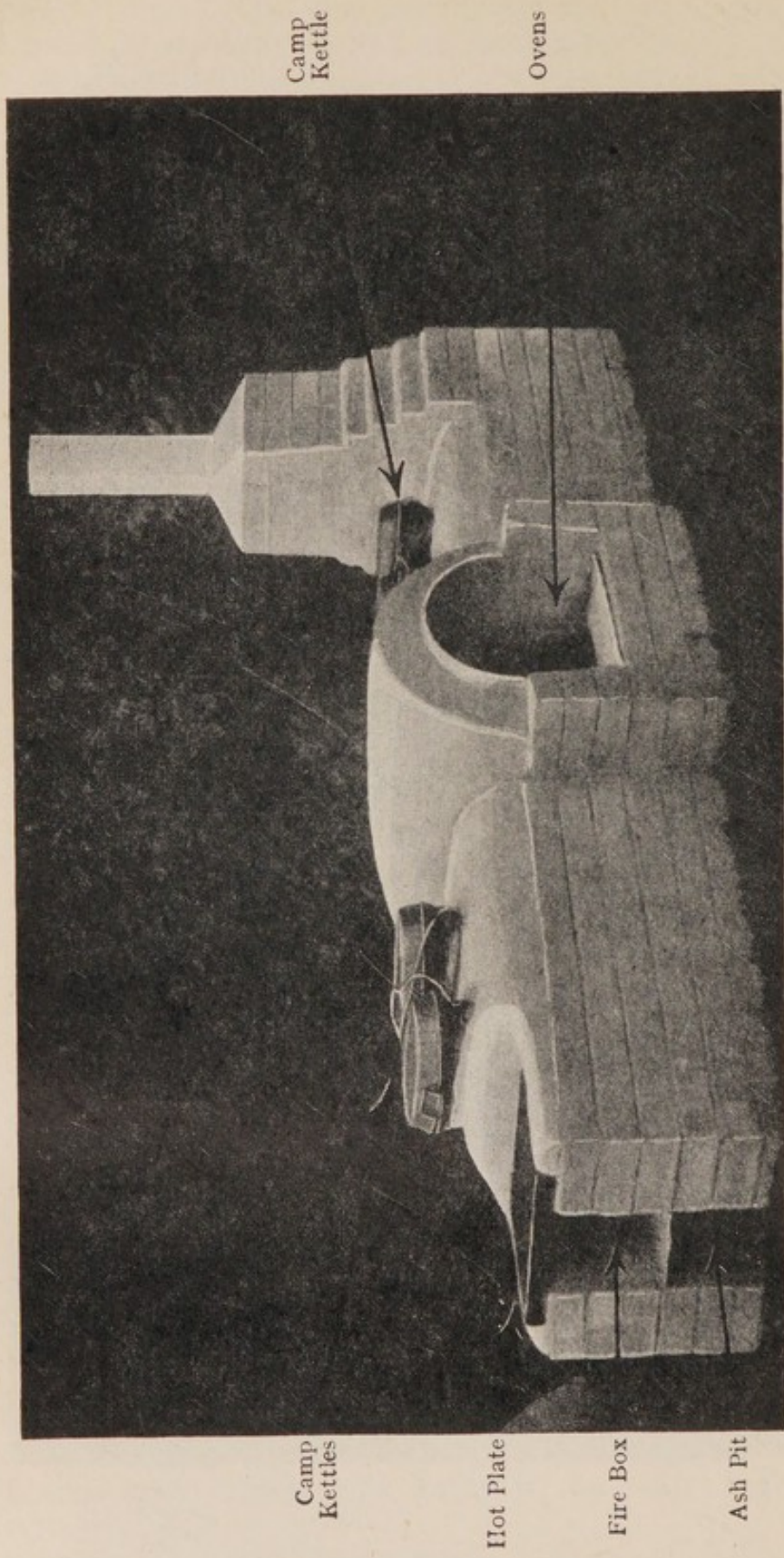


PLATE 11.—COMBINED FIELD COOKING RANGE

To face p 187.



Camp
Kettles

Hot Plate

Fire Box

Ash Pit

Camp
Kettle

Ovens

In constructing this range the flues should be so arranged that the heat from the fire box passes above and below the oven. The camp kettles near the entrance to the fire box will be the first to boil, and should then exchange places with the one near the chimney. This range is especially suitable for officers', serjeants', and similar messes.

interval of 2 feet between the "kitchens." When possible more room should be given, as the men attending the fires are then less inconvenienced by the smoke.

Small joints of meat may also be baked in the service camp kettle. A small amount of fat should be placed in the bottom, then a few clean pebbles large enough to cover the fat, the joint placed on the pebbles, and the lid put on. It requires a little longer to cook than in the ordinary oven, and it is hardly possible to detect any difference in the taste. The camp kettles are, however, to a great extent damaged, and their use for this purpose should, if possible, be avoided.

COOKING BY MEANS OF WASTE OIL AND WATER

This form of cooking is more suitable when other types of fuel are unavailable. Any kind of crude oil or waste oil from lorry sumps may be used.

Pass the oil through a filter or piece of muslin, and pour into a container. Fill another container with water. Petrol cans or drums are suitable for this purpose.

Place a handful of cotton waste or rags, soaked in oil, in the flash pan, and set alight. Allow this to burn for a minute or two, until the pan is warm. Turn on the oil and water together, in the proportion of one drop of oil to two drops of water. If too much oil is released, a heavy smoke accompanied by excessive soot will be given off. If the correct proportions are used, little or no smoke will be apparent, and a sharp and continuous crackling noise will be heard from the flash pan.

Water may be brought to the boil in 20 minutes by this method. This system can be adapted to most types of improvised field kitchens.

PLATE 12.—IMPROVISED OIL COOKER

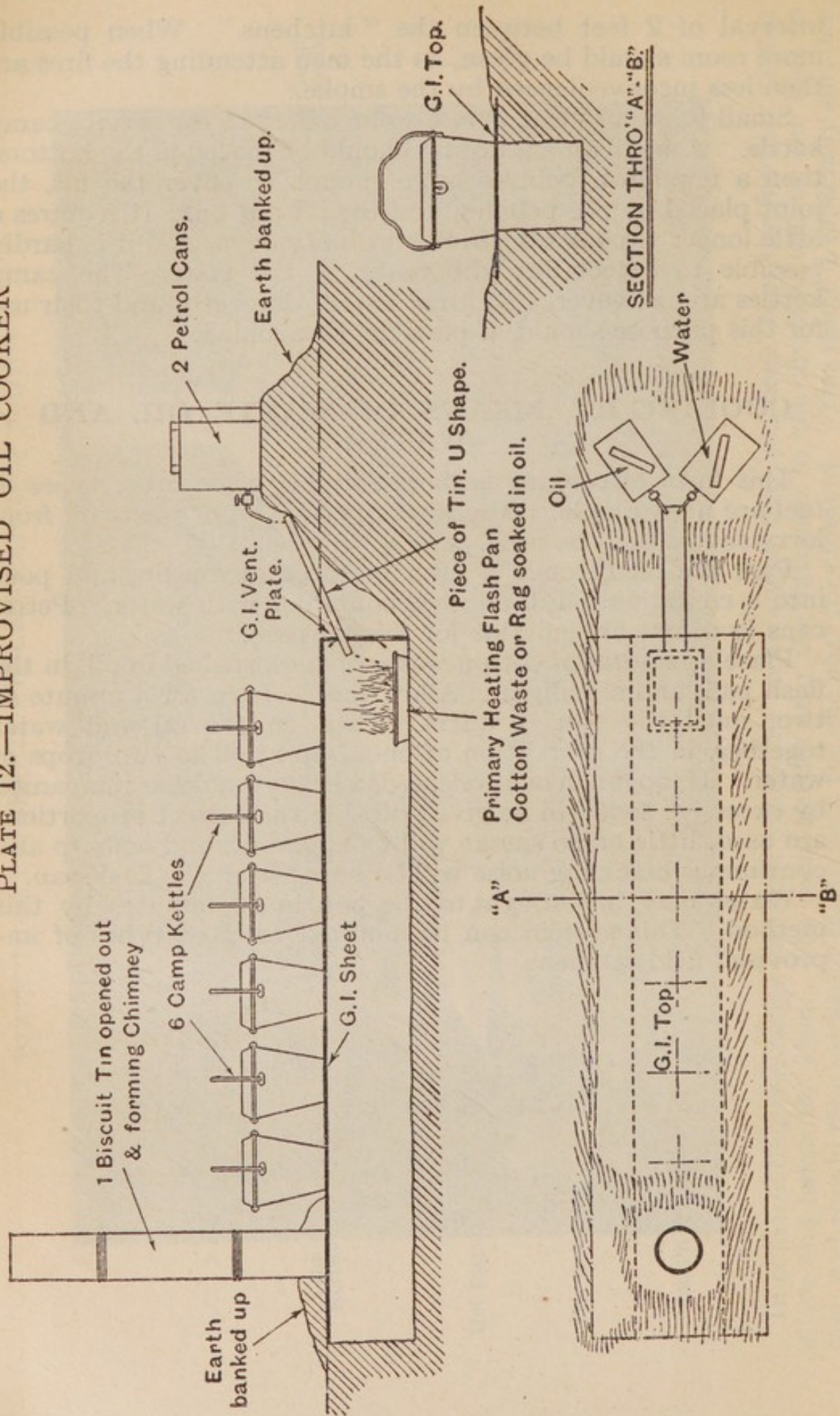
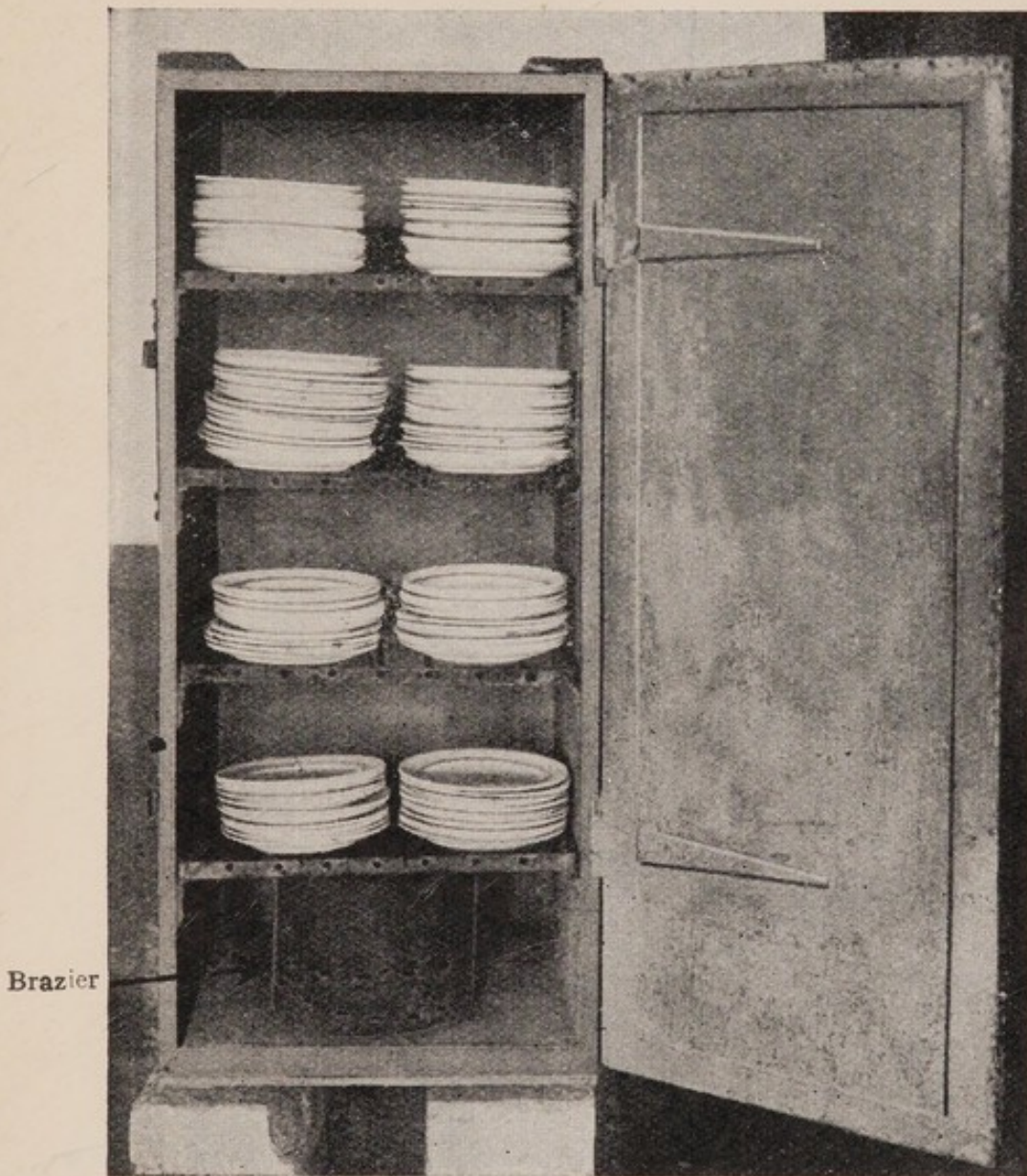


PLATE 13.—CUPBOARD FOR HEATING PLATES



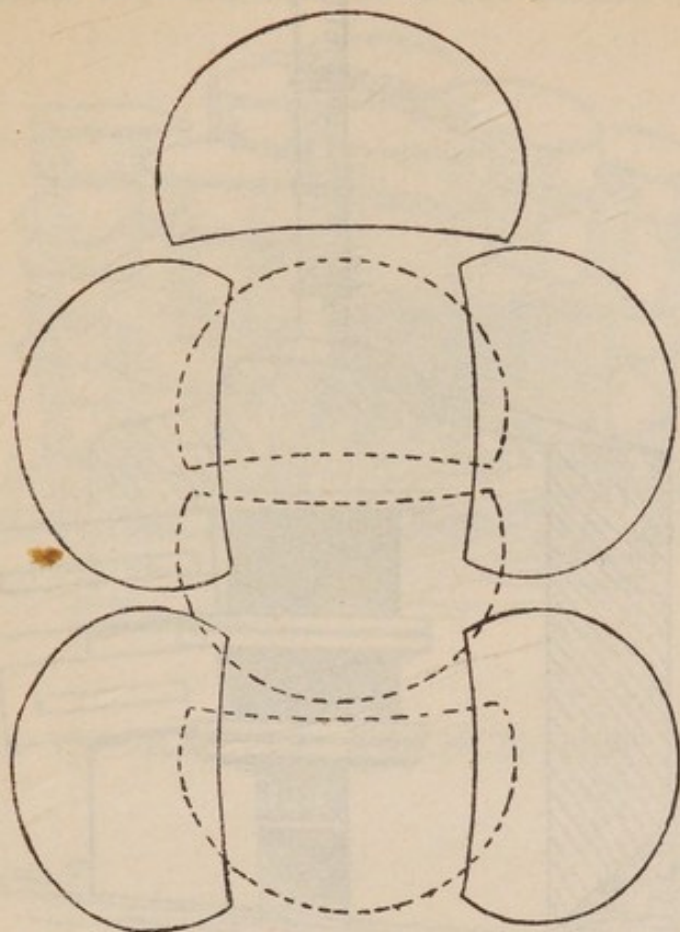
A cupboard for heating plates can be made from an ordinary wooden box, lined with tin, fitted with gridiron shelves, and a tight-fitting door, perforated at the top to allow the fumes to escape. The small brazier as shown is fitted with charcoal, lighted, swung in the open air until it freely burns, then put on the bottom shelf. Close the door and allow to burn for one hour.

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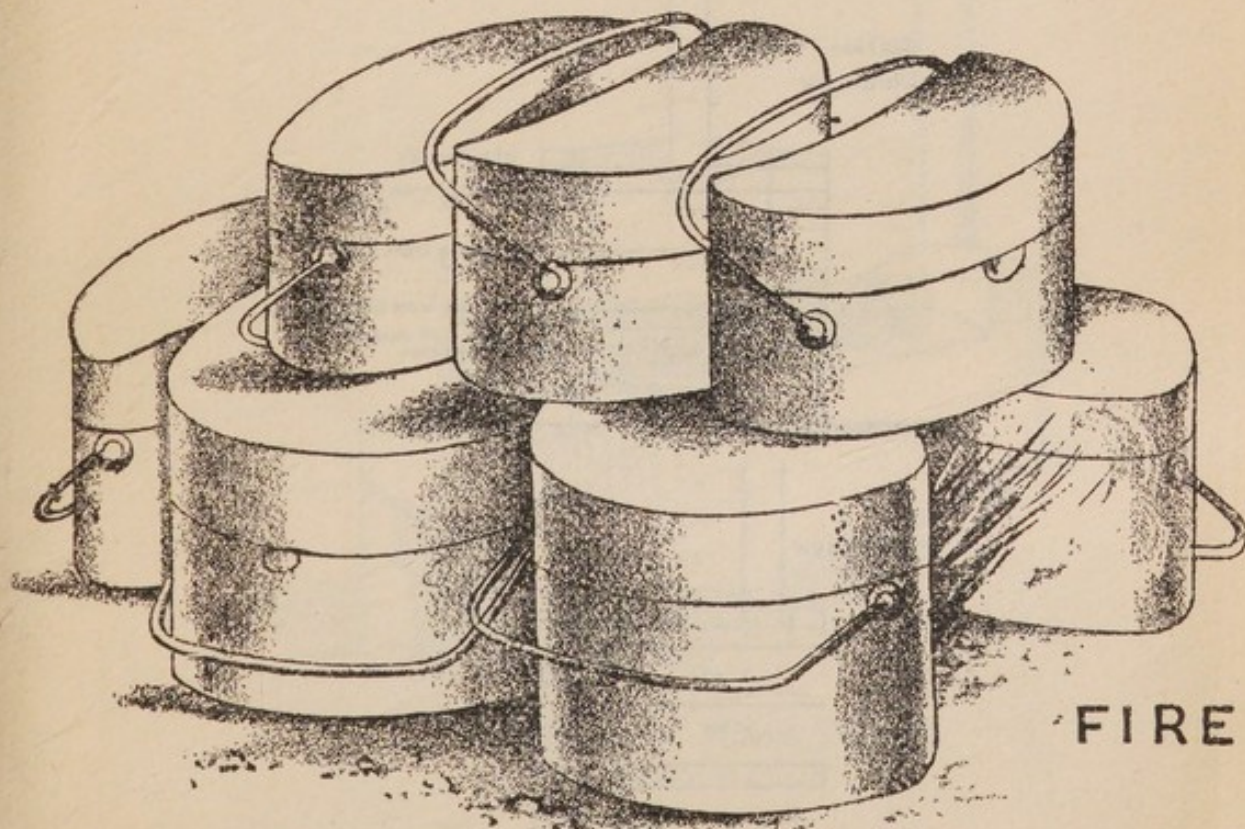


PLATE 14.—COOKING IN CAMP KETTLES AND MESS TINS

PLAN.

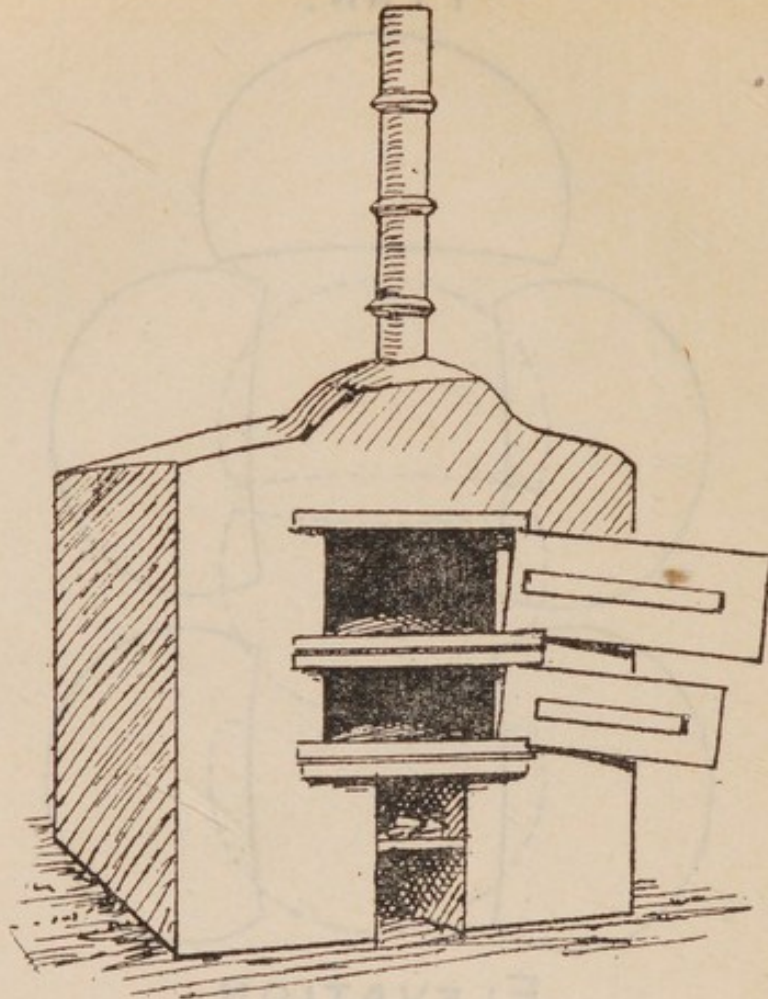


ELEVATION

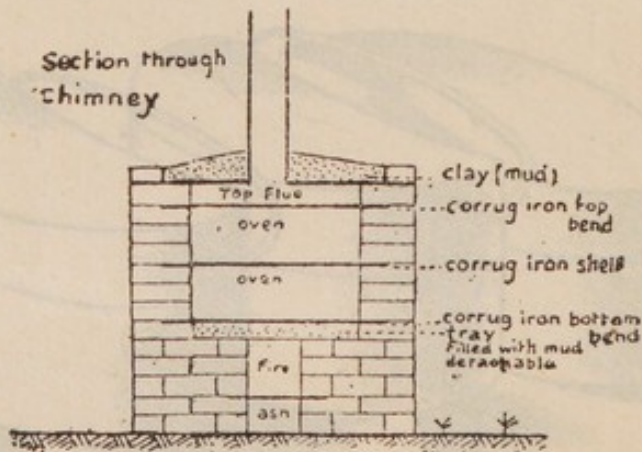


NOTE.—This method of cookery should only be used temporarily owing to the extravagant use of fuel. In standing camps the kettle trench (*see* plate 17, page 191) should be constructed.

PLATE 15.—CHAMBER OVEN



Section through chimney



Side view

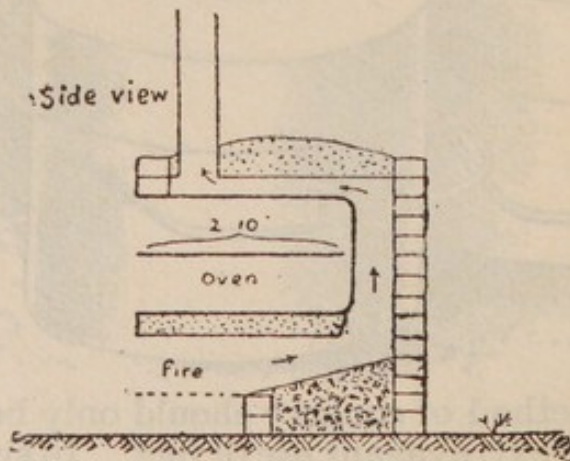


PLATE 16.—BRAZIER FOR MESS TINS

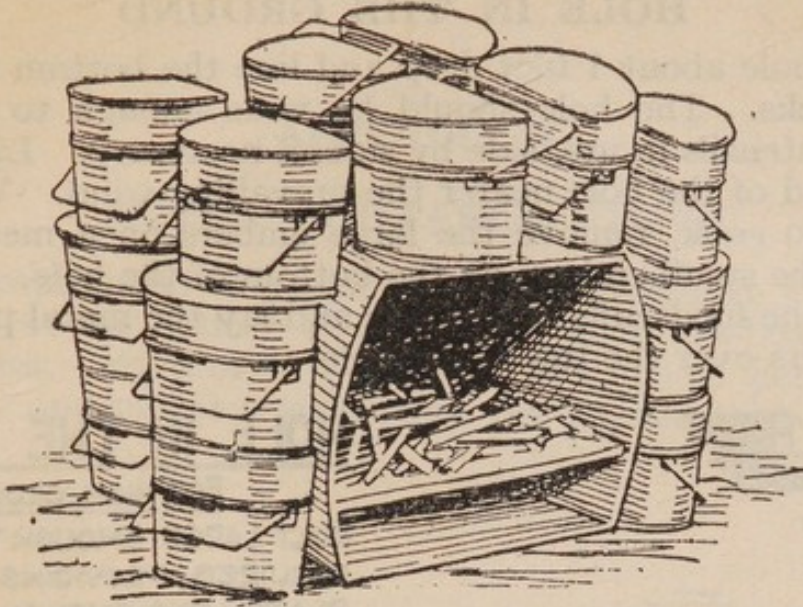
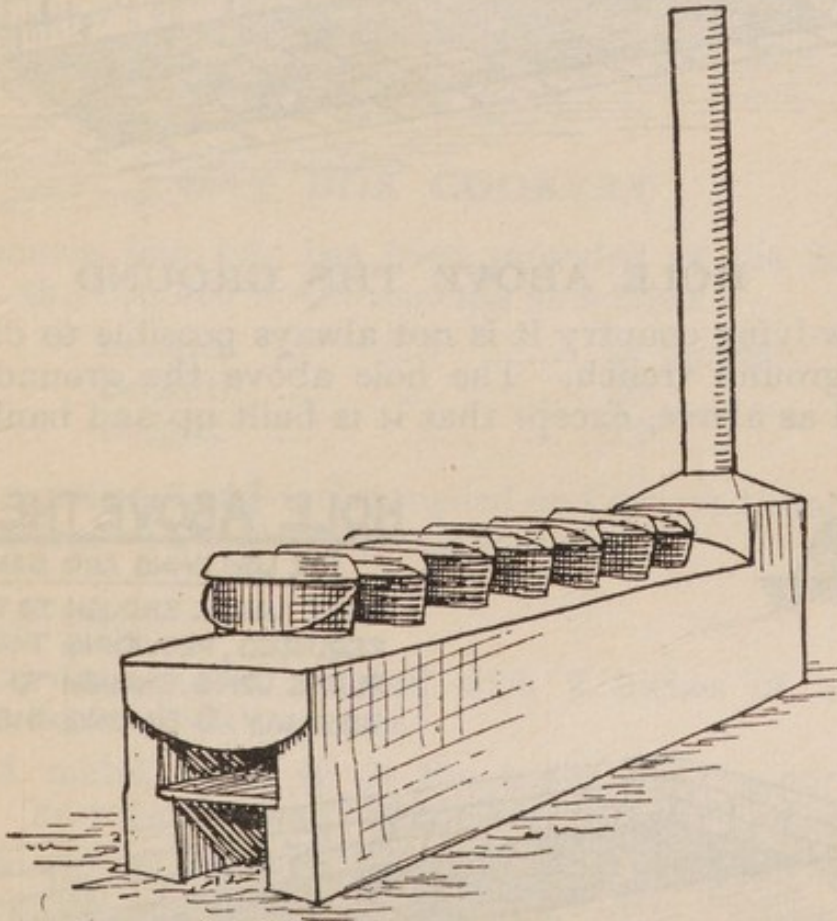


PLATE 17.—KETTLE TRENCH FOR 150 MEN



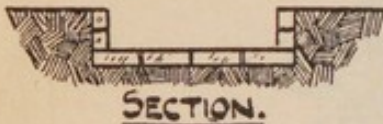
Construction of Kettle Trench

PLATE 18

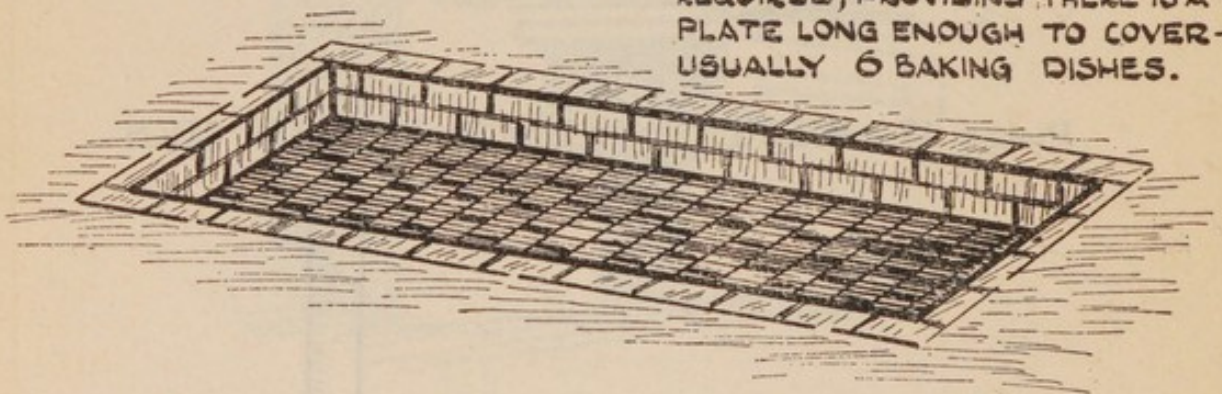
HOLE IN THE GROUND

Dig a hole about 1 foot deep and line the bottom and sides with bricks. The hole should be wide enough to take the cooking utensils in use, side by side, if necessary. Light a fire at the end of the hole nearer the prevailing wind. When hot enough to cook, remove the large embers on a metal plate, leaving the small embers on the bottom of the hole.

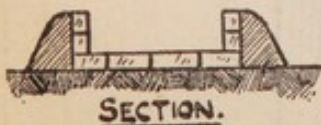
Place the foodstuffs in the hole and lay the metal plate with hot embers over the top of the hole.

**HOLE IN THE GROUND.****FOR HIGH GROUND.**

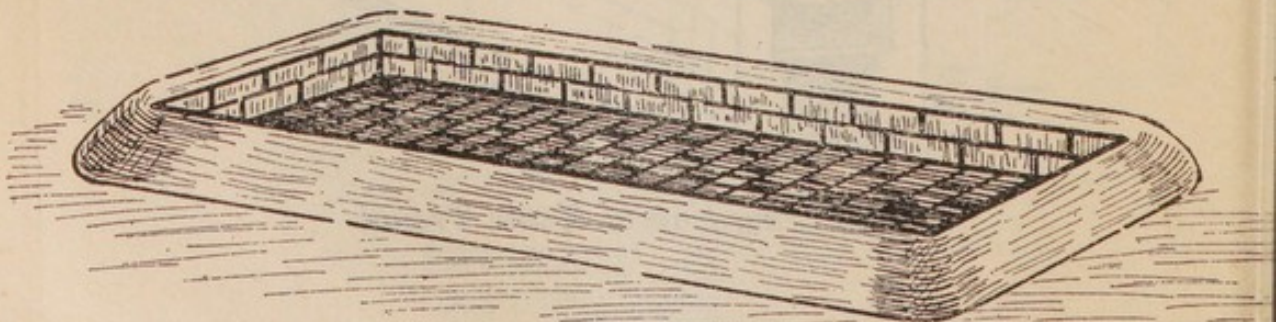
BUILT LARGE ENOUGH TO TAKE DISHES REQUIRED, PROVIDING THERE IS A TIN PLATE LONG ENOUGH TO COVER—USUALLY 6 BAKING DISHES.

**HOLE ABOVE THE GROUND**

In low-lying country it is not always possible to dig a hole in the ground trench. The hole above the ground is constructed as above, except that it is built up and banked with earth.

**HOLE ABOVE THE GROUND****FOR LOW LYING AND SANDY COUNTRY.**

BUILT LARGE ENOUGH TO TAKE DISHES REQUIRED, PROVIDING THERE IS A TIN PLATE LONG ENOUGH TO COVER—USUALLY 6 BAKING DISHES.



APPENDIX V

SOYER PORTABLE STOVE

This consists of a 12-gallon boiler contained in an iron cylinder, at the bottom of which is a small fire-box. It will boil water, vegetables, puddings, etc., cook porridge for 50 men; and makes a good stock pot for camp use.

APPENDIX VI

HAY BOX COOKERY

A specimen hay box has been provided at the School of Cookery, the detailed measurements as follows:—

Length	27 inches
Breadth	20 „
Height	22 „

It is constructed of $\frac{3}{8}$ -inch tongued and grooved timber with corner battens of 2-inch by $\frac{1}{2}$ -inch material.

It is fitted with:—

- i. A drop-on lid, packed with 2 inches of hay and covered with canvas.
- ii. A metal frame to fit the boiler for the purpose of keeping the walls of the hay packing in position.
- iii. A canvas frame to cover the hay to protect the food from hay seed and dust.

This box is sufficiently large to allow at least 3 inches of hay to be packed on the bottom and sides and a cushion of hay on top.

The experimental box made at the school of cookery weighs 140 lb. when packed with container filled ; therefore, 16 boxes would weigh 1 ton. Hay for packing weighs about 25 lb. and the hay and box without food container weigh 60 lb.

A tea chest packed with hay weighs 40 lb., and when packed with food 120 lb. 18 of these can be carried on a light six-wheeler, the load being approximately 1 ton.

The hay used must be perfectly dry, and should be pressed firmly into the bottom of the box to a depth of 3 inches. Then place the metal frame and boiler into the centre of the box and press hay all round it level with the top of the boiler. Finally remove the boiler, leaving the metal frame in the mould. Place the prepared food in the boiler and bring to the boil on an ordinary fire. After it has boiled the necessary time, see that the lid is tightly secured and without delay place the boiler into the mould whilst the contents are still on the boil. Now fill in the top with a cushion made by placing hay in a sack and press tightly. Put on the lid, which should fit closely.

Special points which must be strictly observed are :—

- i. Hay must be pressed tightly all over. If the hay is loose in any part of the box the heat can escape and the temperature of the food will quickly fall.
- ii. If the boiler is taken out of the box for any reason before the food is required, it must always be brought to boiling-point before being returned to the box.
- iii. All foods must be placed in the box at boiling-point, 212° Fahr.
- iv. When the temperature drops to 130° Fahr. it will fall quickly, and such food as porridge or stewed meat with vegetables will begin to ferment. Only food at a temperature of 140° Fahr. or over can be described as a hot meal.
- v. The hay box will not cook any foodstuff which requires top heat or rapid boiling all the time ; therefore it will not roast or fry, and will not boil flour puddings or cabbage. Roast and fried meat and boiled puddings must be completely cooked before being placed in the box. If left in the box for a long time, roast meat will become stringy and flavourless, and boiled puddings will become soggy.

Provided the food is boiling when placed in the hay box, and the box properly packed, it will remain hot for 20 hours. In summer time, when the temperature of the atmosphere is

high, the food will remain hot for a longer period. The containers must always be full when placed in the hay box.

Certain food will continue to cook if put in the hay box at boiling-point. It will not cook pastry, which requires the top heat of an oven, or pudding, which requires the contents of a cooking vessel to be kept at boiling-point. It will not cook cabbage or certain vegetables which should boil rapidly. There is a great saving of fuel, and the hay box should invariably be used when cooking for small units, detachments, guards, picquets, etc.

The following Timetable for hay-box cookery has been compiled from experience gained in the treating of various foodstuffs in an ordinary service camp kettle.

Article	Men	Hours Soaking	Boiling on a fire	Minimum time in box
IRISH STEW AND DUMPLINGS.	15	—	Bring to boil and boil for 10 minutes. Add dumplings and boil another 8 minutes.	Hours 3
STEWED STEAK...	30	—	20 mins. after frying	2
BOILED HAM OR BACON	10	12	30 minutes	6
MEAT PUDDINGS	20	—	As for Irish stew ...	3
SEA PIE	15	—	Do.	3
BOILED BEEF AND CARROTS	15	—	30 minutes	3
POTATOES... ..	30	—	5 minutes	1½
GREEN PEAS ...	30	—	Bring to boil only ...	1
BLUE PEAS ...	20	12	30 minutes	3
HARICOT BEANS	20	12	30 minutes	3
BUTTER BEANS...	20	12	30 minutes	3
STEWED PRUNES	30	12	5 minutes	1½
STEWED FIGS ...	30	12	5 minutes	1½
MIXED FRUIT ...	20	12	Bring to boil only ...	1½

The following is a timetable for hay-box cookery, using 6-gallon insulated containers.

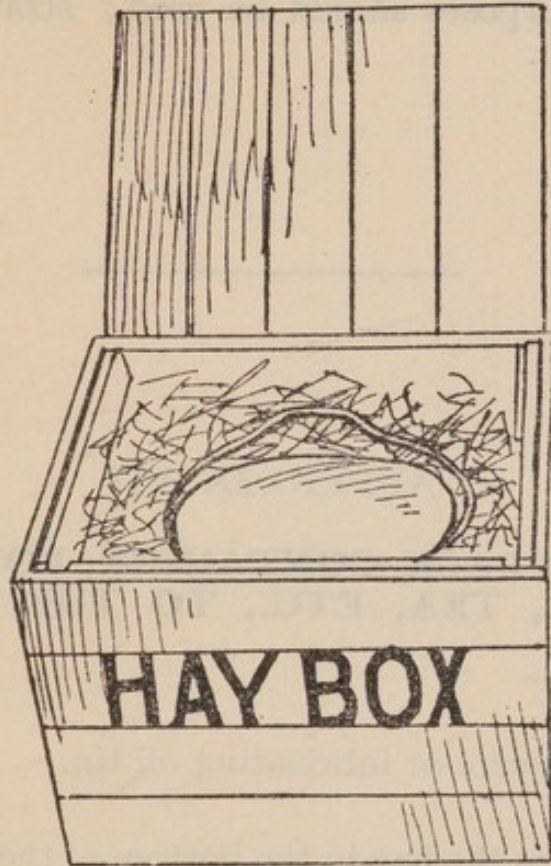
6-GALLON INSULATED CONTAINERS

Article	Men	Soaking Hours	Boiling on a fire	Minimum time in box
IRISH STEW AND DUMPLINGS	30	—	Bring to boil for 10 minutes. Add dumplings and boil another 8 minutes.	Hours 3
BOILED HAM OR BACON.	50	12	30 minutes	6
STEWED STEAKS	75	—	20 mins. after frying	2
MEAT PUDDINGS	50	—	As for Irish stew ...	3
SEA PIE	36	—	As for Irish stew ...	3
BOILED BEEF AND CARROTS.	36	—	30 minutes	3
POTATOES... ..	60	—	5 minutes	1
GREEN PEAS ...	100	—	Bring to boil only ...	1
BLUE PEAS ...	100	12	30 minutes	3
HARICOT BEANS	100	12	30 minutes	3
BUTTER BEANS...	100	12	30 minutes	3
STEWED PRUNES	75	12	5 minutes	1½
STEWED FIGS ...	75	12	5 minutes	1½
MIXED FRUIT ...	75	12	Bring to boil only ...	1½

Points to Notice

- i. Keep the hay as dry as possible.
- ii. The soup or tea must always be poured into the prepared tin boiling hot.
- iii. The tin must be scalded out each time it is used. This can be done without removing it from the pack.
- iv. The same pack and hay will last for weeks.
- v. If hay should get wet it must be dried and repacked before being used again.

PLATE 19.—HAY BOX



- vi. Tea leaves must be carefully strained off and none allowed to get into the tin with the tea.
- vii. Each tin will take 16 pts. Two tins should be sufficient for a platoon.
- viii. Lubricating oil tins are the best for the purpose.
- ix. The pack must not be opened until actually required for use.
- x. The total weight is 28 lb. when full.
- xi. Waste hay which is not quite good enough for feeding purposes should be used; straw or clover will not do.

APPENDIX VII

IMPROVISED PACK CONTAINER, FOR CARRYING HOT SOUP, TEA, ETC., TO THE TRENCHES

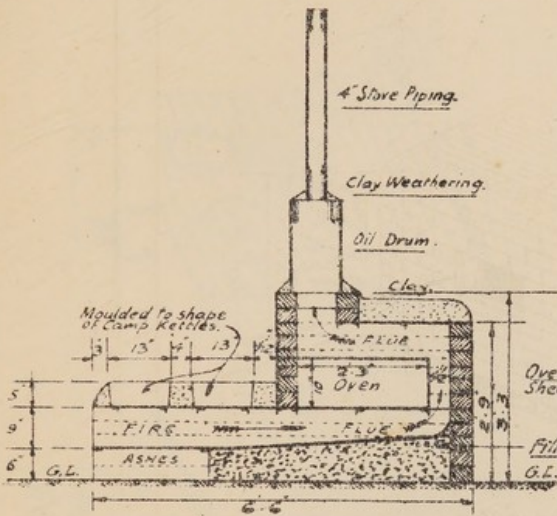
Requirements—

- 1 pack.
- 1 2-gallon petrol or lubricating oil tin.
- 5 lb. hay.

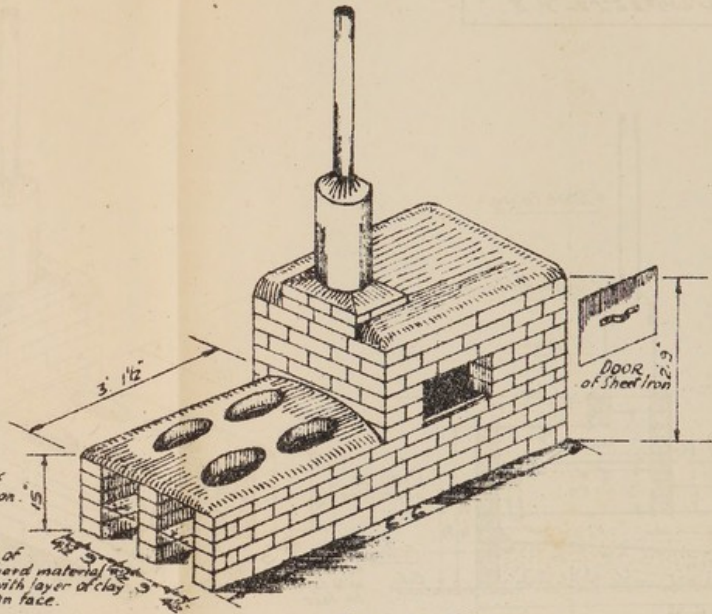
Method.—Place the hay in the bottom of the pack and firmly press in to a depth of 2 inches. Place the empty petrol or oil tin (which has previously been thoroughly burnt out) on the top of the hay, and then proceed to press hay very tightly all round the tin until the pack is full. There should not be less than $2\frac{1}{2}$ inches of hay evenly pressed all round the tin. There should now be sufficient room left to place a good wad of hay on the top of the tin at least 2 inches thick. Pour the *boiling* soup or tea into the tin and screw on the cap. Place the wad of hay on the top and securely strap the pack. The tin is now thoroughly encased in about 2 inches of hay tightly pressed, and is ready to be sent to the men in the front line. It will keep very hot for 12 to 24 hours.

**IMPROVED OVEN
FOR ONE COMPANY.**

IMPROVED FIELD COOKING APPARATUS.

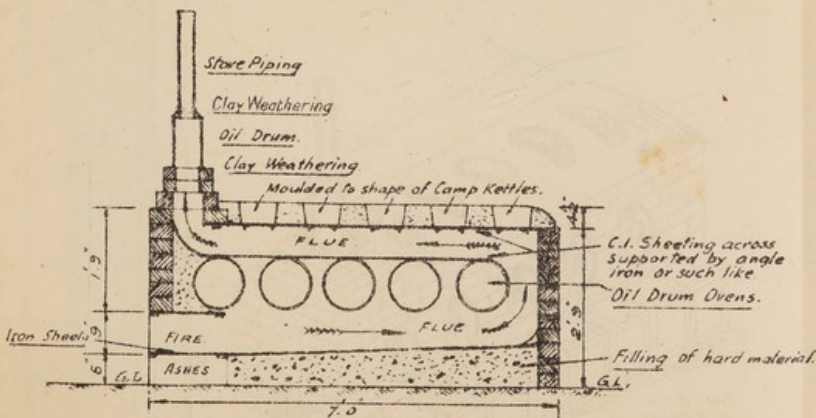


LONGITUDINAL SECTION.

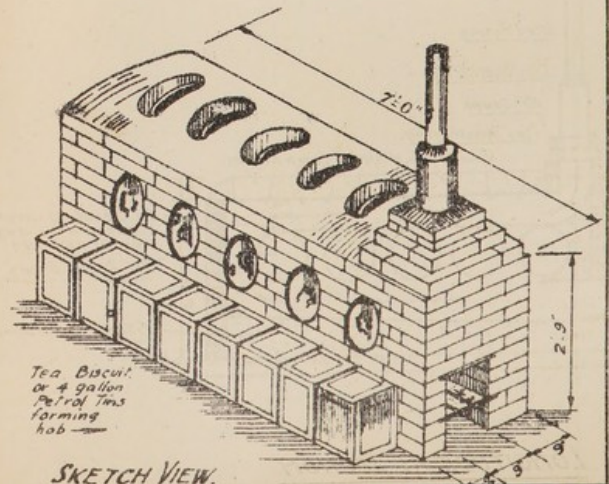


SKETCH VIEW.

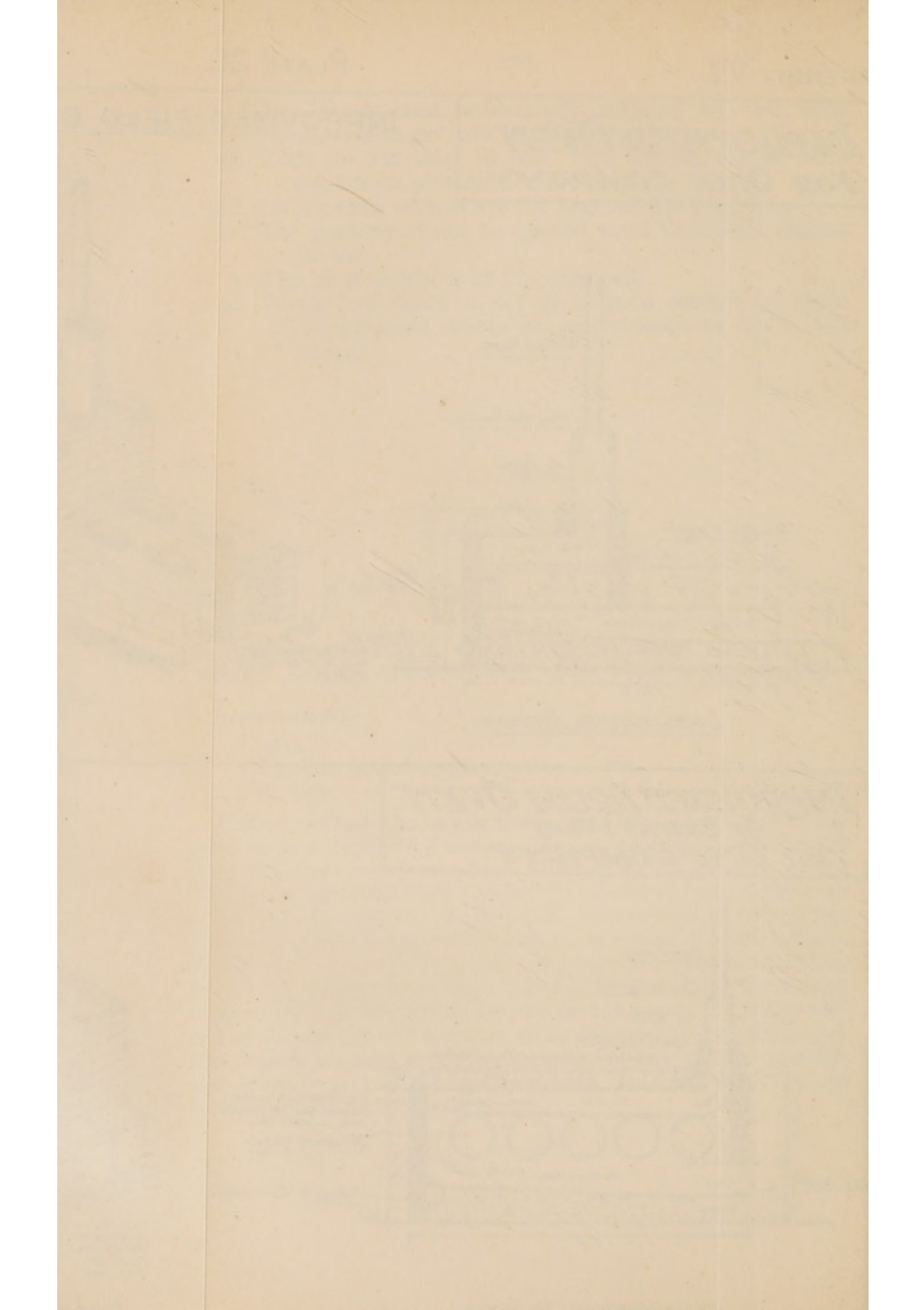
**IMPROVED DRUM OVEN
OF BRICKS & CLAY
FOR ONE COMPANY**



LONGITUDINAL SECTION.

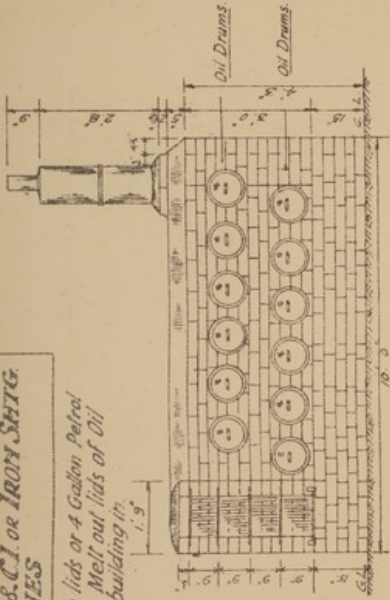


SKETCH VIEW.

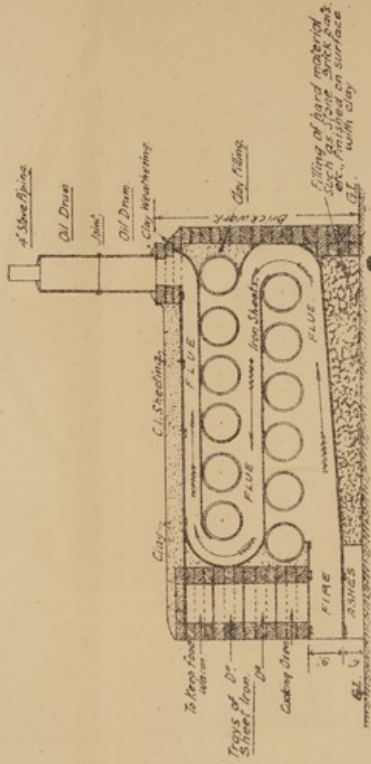


**IMPROVED OIL DRUM OVEN
OF BRICKS, CLAY, & C.I. or IRON SHAG.
FOR 2 COMPARTIES**

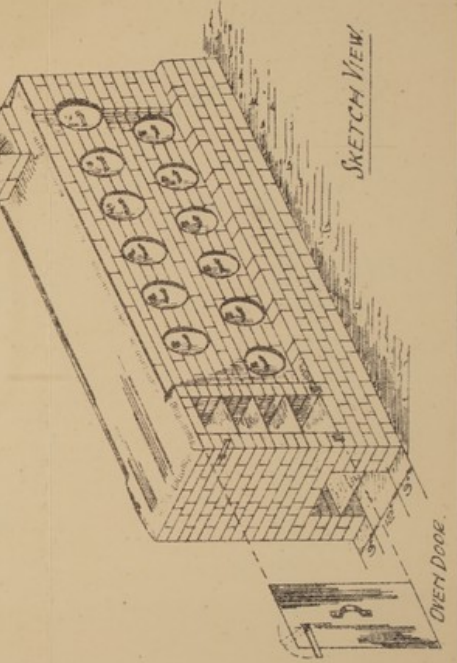
NOTE. Use Camp Kettle lids or 4 Gallon Petrol
Tins as dishes. Melt out lids of Oil
Drums before building in.



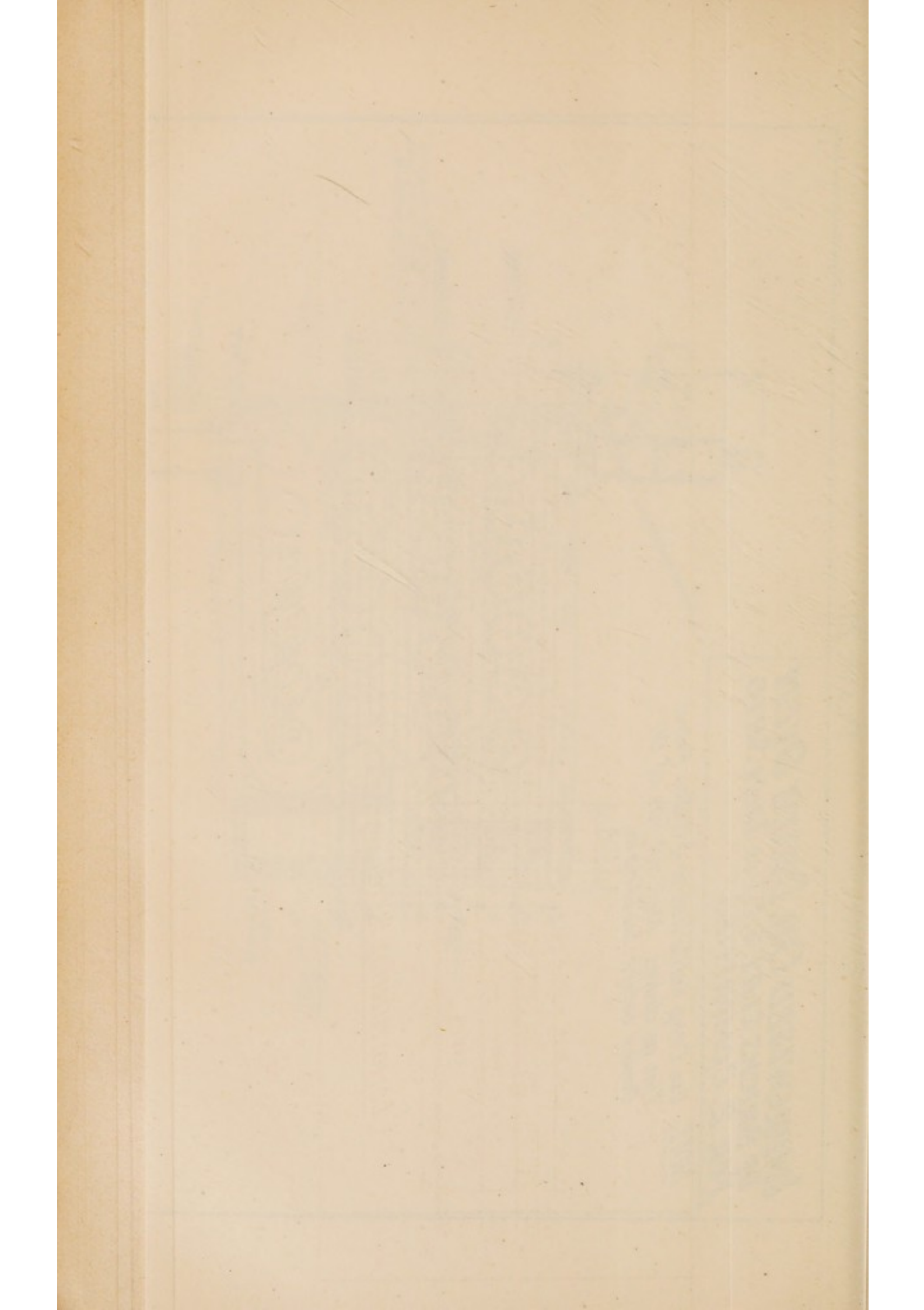
SIDE ELEVATION.



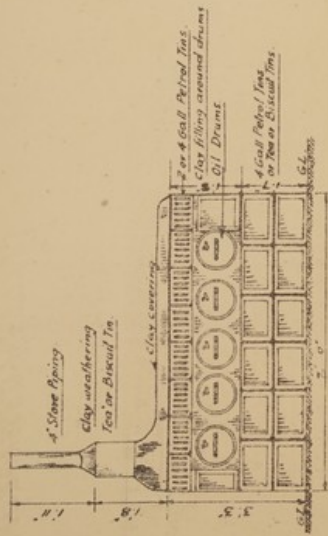
LONGITUDINAL SECTION.



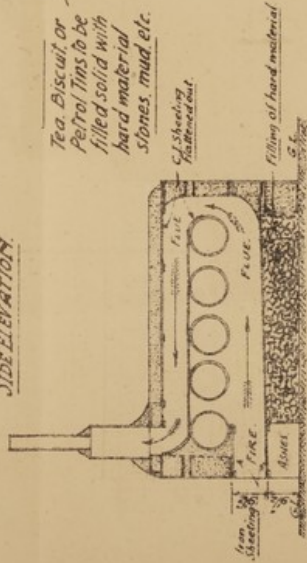
SKETCH VIEW.



**IMPROVED DRUM OVEN
OF TEA OR BISCUIT TINS & CLAY
FOR ONE COMPANY**

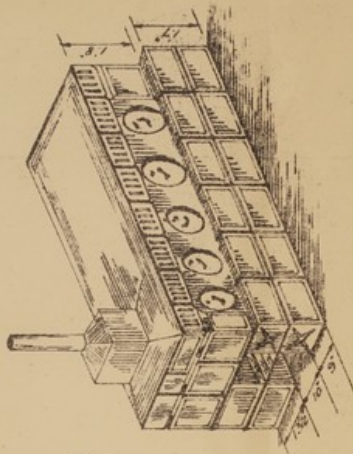


SIDE ELEVATION.



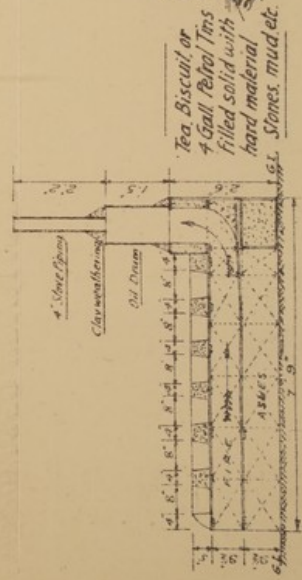
LONGITUDINAL SECT.

Tea, Biscuit, or
Petrol Tins to be
filled solid with
hard material
stones, mud etc.

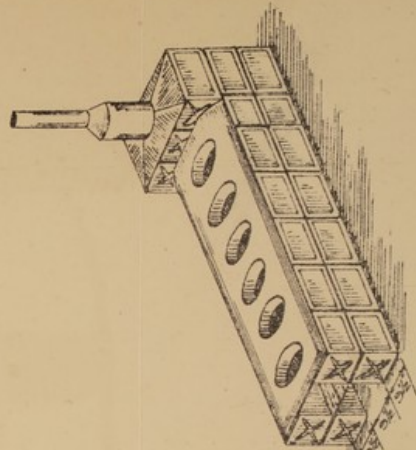


SKETCH VIEW

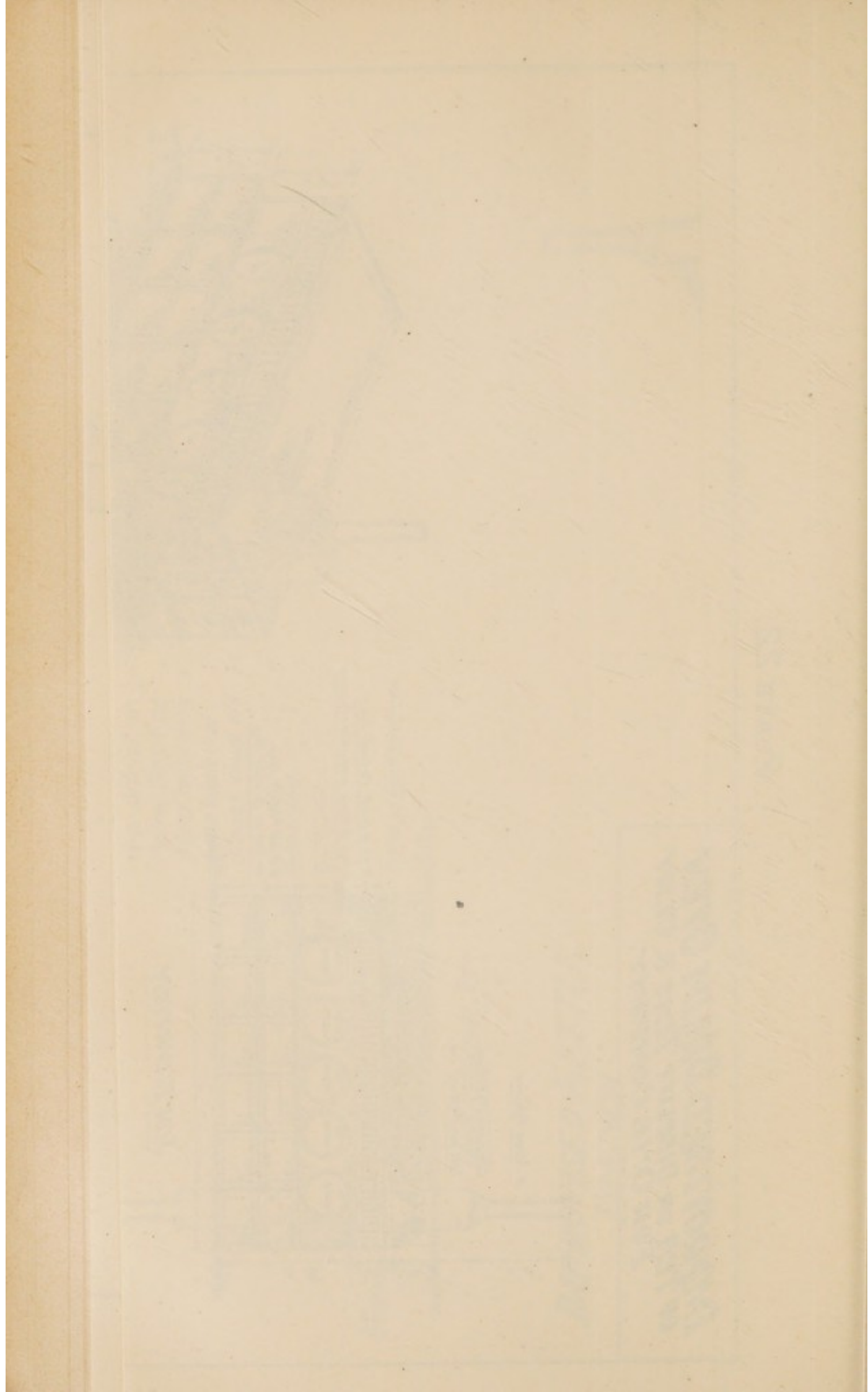
**IMPROVED KETTLE
TRENCH**



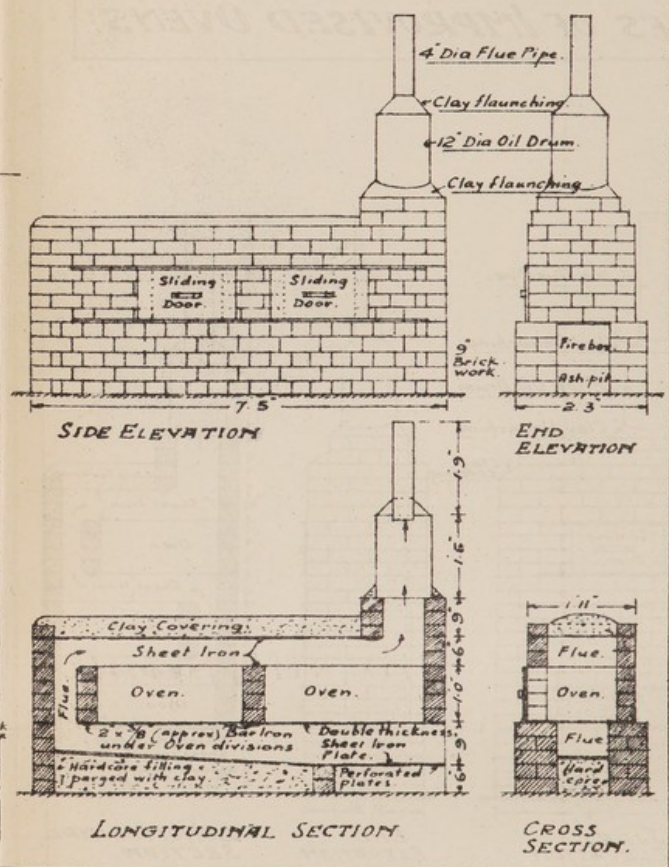
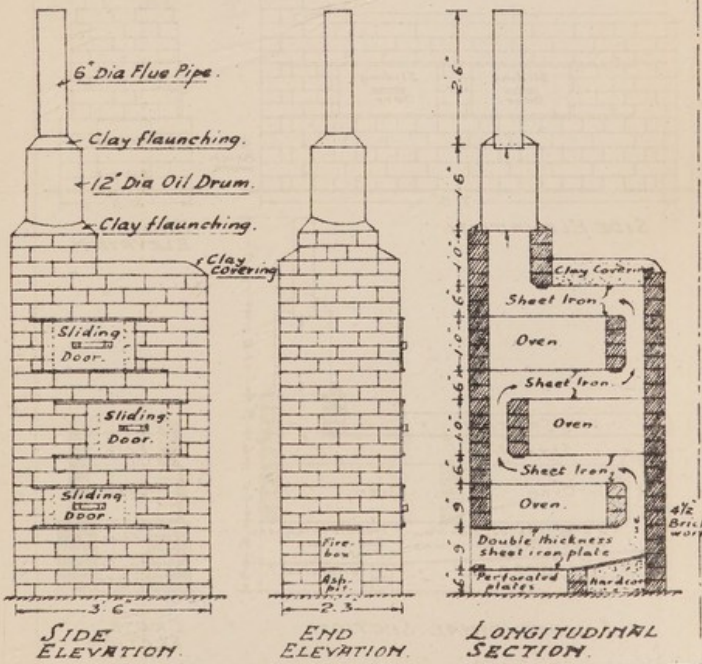
LONGITUDINAL SECT.



SKETCH VIEW



TYPES OF IMPROVISED OVENS.



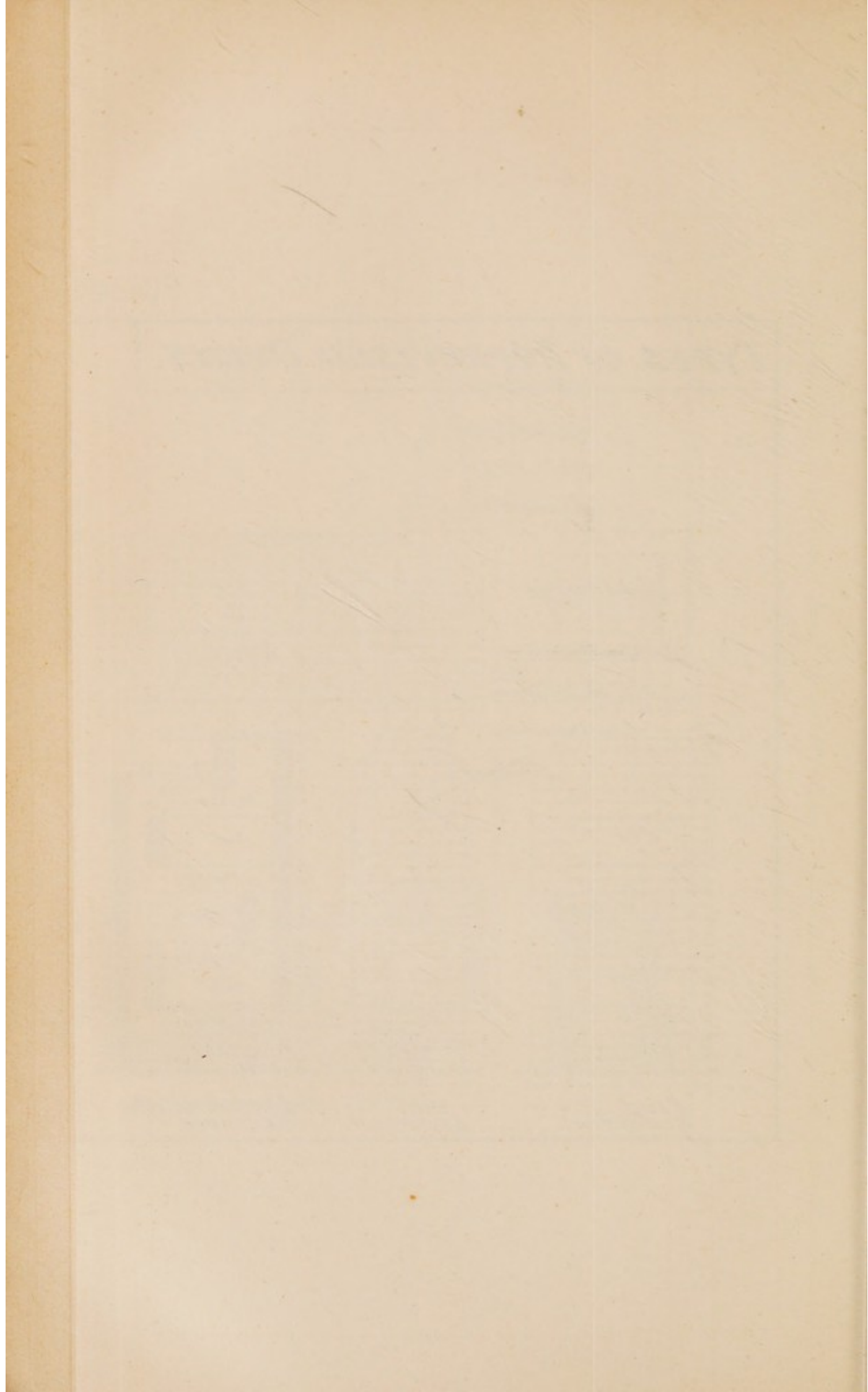
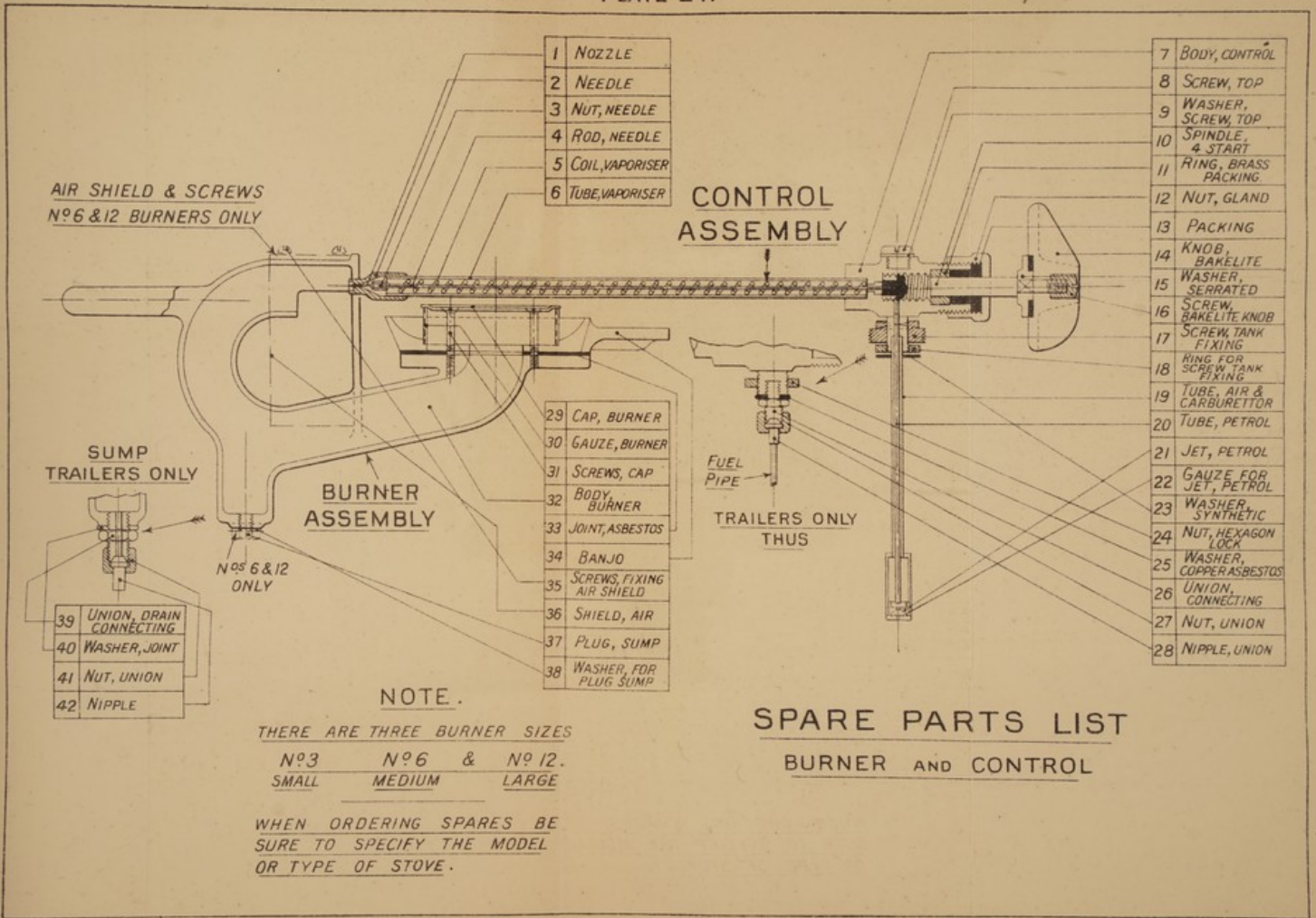


PLATE 24.



- 1 NOZZLE
- 2 NEEDLE
- 3 NUT, NEEDLE
- 4 ROD, NEEDLE
- 5 COIL, VAPORISER
- 6 TUBE, VAPORISER

- 7 BODY, CONTROL
- 8 SCREW, TOP
- 9 WASHER, SCREW, TOP
- 10 SPINDLE, 4 START
- 11 RING, BRASS PACKING
- 12 NUT, GLAND
- 13 PACKING
- 14 KNOB, BAKELITE
- 15 WASHER, SERRATED
- 16 SCREW, BAKELITE KNOB
- 17 SCREW, TANK FIXING
- 18 RING FOR SCREW TANK FIXING
- 19 TUBE, AIR & CARBURETTOR
- 20 TUBE, PETROL
- 21 JET, PETROL
- 22 GAUZE FOR JET, PETROL
- 23 WASHER, SYNTHETIC
- 24 NUT, HEXAGON LOCK
- 25 WASHER, COPPER ASBESTOS
- 26 UNION, CONNECTING
- 27 NUT, UNION
- 28 NIPPLE, UNION

AIR SHIELD & SCREWS
N^{os} 6 & 12 BURNERS ONLY

SUMP
TRAILERS ONLY

BURNER
ASSEMBLY

N^{os} 6 & 12
ONLY

CONTROL
ASSEMBLY

FUEL
PIPE
TRAILERS ONLY
THUS

- 29 CAP, BURNER
- 30 GAUZE, BURNER
- 31 SCREWS, CAP
- 32 BODY, BURNER
- 33 JOINT, ASBESTOS
- 34 BANJO
- 35 SCREWS, FIXING AIR SHIELD
- 36 SHIELD, AIR
- 37 PLUG, SUMP
- 38 WASHER, FOR PLUG SUMP

- 39 UNION, DRAIN CONNECTING
- 40 WASHER, JOINT
- 41 NUT, UNION
- 42 NIPPLE

NOTE.

THERE ARE THREE BURNER SIZES
N^o 3 N^o 6 & N^o 12.
SMALL MEDIUM LARGE

WHEN ORDERING SPARES BE
SURE TO SPECIFY THE MODEL
OR TYPE OF STOVE.

SPARE PARTS LIST
BURNER AND CONTROL

NO. 1000



TRAILERS ONLY

BURNER ASSEMBLY

NOTE

NOTE: THE BURNER ASSEMBLY IS TO BE INSTALLED IN THE TRAILER AS SHOWN IN THE DRAWING. THE BURNER ASSEMBLY IS TO BE INSTALLED IN THE TRAILER AS SHOWN IN THE DRAWING. THE BURNER ASSEMBLY IS TO BE INSTALLED IN THE TRAILER AS SHOWN IN THE DRAWING.

APPENDIX IX

INVALID DIETARY

When soldiers are required to attend their sick or wounded comrades, pending their admission to hospital, the following simple recipes are useful:—

Barley Water

Two ounces of pearl barley boiled in 1 qt. of water for 20 minutes and afterwards allowed to stand until it becomes cold ; it must then be strained through a sieve into a jug, and a small piece of lemon peel added.

Toast and Water

Boil 1 qt. of water and pour it on a good-sized piece of bread which has been well toasted before a clear fire until it becomes nearly crisp and of a dark brown colour ; allow this to steep for $\frac{1}{2}$ hour ; it is then ready.

Sugar Water

To 1 pt. of cold spring water add 1 oz. of lump sugar and 1 tablespoonful of orange or lemon juice ; mix. This is a very refreshing drink in summer.

Arrowroot

To $\frac{1}{2}$ pt. of boiled water add rather more than $\frac{1}{2}$ oz. of arrowroot, previously mixed in a teacup with a small quantity of cold water. Stir this on the fire until it boils for a few minutes ; pour it into a basin ; flavour with a little sugar, and a small spoonful of brandy, a little red or white wine, or with a little piece of orange or lemon peel, which may be boiled with the arrowroot.

Sago or Tapioca

Boil 2 oz. of either in 1 pt. of water for 20 minutes, and flavour as directed for arrowroot ; sago may also be boiled in mutton, chicken or veal broth, or in beef tea.

Gruel

Take 1 teaspoonful of oatmeal and mix with a little water, and having poured this into a stewpan containing 1 pt. of boiling water, stir the gruel on the fire, boil 10 minutes ; pour into a basin, and add salt and butter, or, if more agreeable, rum, brandy, or wine, and sugar.

Oatmeal Porridge

Boil 1 qt. of water in a saucepan ; as soon as it boils sprinkle in slowly a cupful of coarse oatmeal, stirring gently until it is thick and smooth enough, pour it at once on to plates, and serve with milk and syrup.

Calves-foot Jelly

Put an ox-foot into 2 qts. of water and gently simmer all day. The following day remove the fat, strain and cut the foot into four parts. Place altogether in a saucepan with $\frac{3}{4}$ lb. moist sugar, the juice and peel of 2 lemons (or 1 orange if preferred) and 2 eggs (whites, yolks and shells beaten up together). Bring slowly to the boil ; then quickly boil for 5 minutes. Remove the foot, add $\frac{1}{2}$ pt. cold water ; allow to stand for a little, then strain through a sieve or muslin.

Beef Tea

To each pound of beef allow 1 qt. of water. Pare away every particle of fat and cut the meat (which should be cut from the rump or gravy piece) into very small squares. Put this into a clean stewpan, add the water and set on the fire to boil, remembering that as soon as the scum rises to the surface it should be removed with a spoon, a very small quantity of cold water and salt should be poured in at the edge of the stewpan in order to facilitate the rising of the albumen in the form of scum. Unless the skimming is properly done, the broth, instead of becoming clear and bright, becomes thick and muddy, and consequently unappetizing.

When beef tea has boiled gently for about $\frac{1}{2}$ hour and has become reduced to about half its original quantity, strain through a clean sieve or cloth into a basin, and serve with dry toast and salt. The foregoing is intended for patients who may require comparatively weak food ; in cases where food of a more stimulating character is needed in the form of extract of beef, it will be necessary to double the quantity of meat, and when it happens that beef tea is required in a hurry the meat should be chopped as finely as sausage meat, put into a stewpan with boiling water, stirred on the fire for 10 minutes, and then strained through a cloth for use.

Mutton Broth

To each $1\frac{1}{2}$ lb. of stewing mutton allow 1 qt. of water, a little salt, 2 oz. of pearl barley. Chop the mutton into small pieces and place with the water in the stewpan ; set it to boil, skim it well, add a little salt and the barley ; boil gently for 1 hour ;

strain off the broth through a sieve into a basin, and serve with dry toast; a turnip and half a head of celery may be added where vegetables are not objected to.

Chicken Broth

Clean the chicken, scale the legs and remove the cuticle which covers them; cut up into members or joints, leaving the breast whole; put the pieces into a clean stewpan with 1 qt. of water, a little salt, and 2 oz. of washed rice; boil very gently for 1 hour and when done serve the broth with or without the rice according to taste.

Rice Water

Wash 3 oz. of rice in several waters and then put into a clean stewpan with 1 qt. of water and 1 oz. of raisins; boil gently for $\frac{1}{2}$ hour and strain through a coarse hair sieve into a jug.

Onion Porridge

Take a large Spanish onion, peel and split it into quarters, and put these into a small saucepan with 1 pt. of water, a pat of butter and a little salt; boil gently until cooked; add a pinch of pepper; thicken with flour, sago or cornflour and reboil. The porridge should be eaten by the patient just before his retiring for the night. An excellent remedy for colds.

APPENDIX X

Meatless Dietary

The following meatless dietary is given in case it should ever be necessary to cater for troops when meat is unobtainable, but there is at the same time a plentiful supply of other foodstuffs :—

Breakfast.—Porridge with milk ; bread and butter or margarine, baked butter beans.

Dinner.—Vegetable soup ; cheese pudding ; fruit salad.

Tea.—Tea, bread, margarine, cheese and mixed salad.

Supper.—Soup, bread, cheese, cocoa.

APPENDIX XI
DIETARY PREPARED FROM TINNED FOODS

Dish	Ingredients for 100 men	Method
BREAD SOUP.	6 gallons stock. Waste bread. 12 lb. crusts, etc. 12 tins preserved beef. Seasoning.	Boil up the stock and pour over the bread. Let it remain closely covered until the bread is soft, then stir it until it is all well mashed up, add seasoning, a few herbs and minced beef. Let simmer steadily for 30 minutes. If insulators are used, place in when at the boiling-point.
MULLIGATAWNY SOUP.	6 gallons stock. 10 tins preserved meat. 4 lb. onions. 4 lb. carrots and turnips (or soaked dried vegetables). 4 lb. apples. 4 lb. crushed biscuits or dried breadcrumbs. A few mixed herbs. Curry powder and salt.	Cut up the vegetables and apples in small pieces, and fry in a little fat until brown; add the biscuit flour and curry powder to taste. Fry for a few minutes with sufficient fat to soak up the biscuit; then add all to stock with minced preserved meat, and stir all the time until it boils and is fairly thick. Simmer for 2 hours. If insulators are used, place in when at boiling point.
BEAN SOUP.	16 tins pork and beans. 12 gallons stock. 4 lb. onions. Pepper and salt.	Remove contents from tins. Finely chop the onions and boil with the stock, adding the beans. Simmer gently for 1½ hours, adding pepper and salt to taste.
FISH CAKES.	20 tins herring or salmon. 4 lb. breadcrumbs. 4 lb. potatoes. 2 oz. pepper. A little stock.	Pass the herrings (or salmon) through a mincer. Add breadcrumbs, pepper and mashed cooked potatoes, and mix with a little stock. Shape into cakes, roll in breadcrumbs or flour, and fry in hot fat.

Dish	Ingredients	Method
MINCED MEAT.	25 tins preserved beef. 1 oz. pepper. Stock. 3 lb. onions.	Chop the onions, and fry on. Mince the meat, add onions and pepper, cover with stock and heat thoroughly.
RISSOLES.	20 tins preserved beef. 5 lb. biscuits. 1 oz. pepper. 2 lb. onions.	Boil and chop the onions; then fry and allow to cool. Mince the beef, powder and add the biscuit and seasoning. Mix well, make into balls and bake or fry. Serve hot with gravy.
GALANTINE OF BEEF.	18 tins preserved beef. 6 lb. bacon. 8 lb. biscuits. Stock. Mixed herbs. 1 lb. pickled gherkins or walnuts. Pepper.	Put all through mincer and mix with sufficient good stock. Shape into a nice roll, with the pickles put whole into the centre; tie in a greased pudding cloth and boil for 2 hours. Take out, place on a board, and put another board or a piece of tin on the top and a weight. Let stand till cold and set, then take out of cloth and serve cut up in slices.
POTTED MEAT.	16 tins preserved beef. 4-6 oz. pepper. Margarine. Dripping.	Put the meat three times through the mincer; add a little margarine and pepper; press well down into a dish and cover with a little melted margarine or dripping.
PRESERVED MEAT PIE.	35 tins of preserved beef. 6 lb. of biscuits. 2 lb. flour. 4 lb. onions. 2 lb. dripping. Seasoning. 1 gallon stock.	Chop up onions as for stew and fry till brown. Remove meat from tins and cut up into small cubes. Soak the biscuits and pass through mincer; add dripping and make paste. Place a little stock in baking dish; add meat and onions; cover with stock, season, and mix well together. Add paste covering and bake till brown. Time about 40 minutes.

<p>*PRESERVED MEAT ROLLS.</p>	<p>10 lb. preserved meat. 10 lb. prepared and cooked potatoes. Seasoning. 10 lb. flour. Dripping. Salt, 1 oz.</p>	<p>Wash, peel and rewash potatoes and cook them. Remove preserved meat from tins, cut into cubes and pass through mincer. Allow the cooked potatoes to cool and then again pass the preserved meat together with the potatoes through the mincer. Season the mincemeat as required (a little onion may be added if desired). Make an ordinary quarter paste with the flour and dripping, roll out and cut into the required number of squares, place the mincemeat in position, fold the pastry over, making sure the edges are securely joined.</p>
<p>PRESERVED BEEF FRITTERS.</p>	<p>35 tins preserved beef. Flour } As required. Dripping } Water }</p>	<p>Make a smooth batter with the flour and water. Cut the meat into slices. Prepare some breadcrumbs. Dip the meat slices into the batter and roll in the crumbs. Fry in hot fat until brown.</p>
<p>PRESERVED BEEF CURRY.</p>	<p>25 tins preserved beef. 7 lb. rice. 2 lb. biscuit dust or flour. 4 lb. mixed vegetables. 1½ lb. dripping. 2 gallons stock. 3 lb. onions. 10 oz. curry powder. Seasoning.</p>	<p>Cut the beef into cubes. Place dripping in camp kettle and melt; add sufficient biscuit dust to form a stiff paste, stirring over fire all the time. Fry the onions; add to the paste, with sufficient stock to nearly fill the camp kettle. Stir altogether until well mixed, and add curry powder and seasoning. Divide the cubes of meat and chopped vegetables into dishes and cover with prepared mixture. Let simmer gently for 1½ hours. Boil and drain rice in usual way. Place rice round the dishes leaving centre empty. Pour in the curried meat and serve.</p>
<p>COTTAGE PIE.</p>	<p>35 tins M. & V. 15 tins P. & B. 2 gallons stock. Seasoning.</p>	<p>Remove meat from the tins and take away the fat; pass through mincer and place in dish with a little stock added, and seasoning. Remove fat from beans and mince, and make covering; place in a moderate oven and bake till brown. (Mashed potatoes can be used instead of beans.) Time about 40 minutes.</p>

Dish	Ingredients	Method
M. & V. CROQUETTES.	18 tins M. & V. 9 tins P. & B. 4 lb. flour (or 5 lb. biscuits). Seasoning.	Having removed the fat from the M. & V. and P. & B. tins, pass contents through mincer; add pepper, salt, flour (or biscuit dust with a little flour to bind). Mix well together, shape in 2 oz. croquettes, roll them in biscuit dust, and fry in hot fat until brown. Serve two for each man.
PRESERVED MEAT STEW.	30 tins preserved meat. 6 lb. onions. 4 lb. mixed vegetables. Seasoning: stock and fat.	Prepare and cut up the onions and vegetables; fry in fat until brown. Remove the meat from the tins and cut into small cubes. Place the required amount of stock in a vessel, add the meat, onions, vegetables and seasoning, stir well together. Bring the whole to the boil, add a brown roux, bring to the boil again and place immediately in the insulator.
PRESERVED MEAT CURRY.	30 tins preserved meat. 6 lb. onions. 12 oz. curry powder. 2 lb. flour. Seasoning: stock and fat.	Prepare and cut up the onions, fry until brown. Stir in the curry powder, then proceed exactly as for Preserved Meat Stew.
PRESERVED MEAT IRISH STEW.	30 tins preserved meat. 6 lb. onions. 4 lb. mixed vegetables. 50 lb. potatoes. Seasoning: stock and fat.	Proceed as for Preserved Meat Stew, and add prepared potatoes.
M. & V. RATION STEW.	35 tins M. & V. ration. Seasoning: stock as required.	Remove the meat and vegetables from the tins and take away the fat. Place the required amount of stock in the vessel, add the meat and vegetables with seasoning and stir well. Bring to the boil, add a brown roux, bring to the boil again and place immediately in the insulator.

<p>FRIED CHEESE.</p>	<p>10 lb. cheese.</p>	<p>Cut the cheese into slices and fry. Serve hot.</p>
<p>CHEESE SAVOURIES.</p>	<p>8 lb. cheese. 1 lb. dripping. Salt. Pepper. 2 lb. flour. 2 lb. biscuit dust.</p>	<p>Shred the cheese and the dripping. Add the biscuit dust, flour, pepper, and salt, and sufficient water to make into a stiff paste. Cut into squares, and bake in a moderate oven.</p>
<p>WELSH RAREBIT.</p>	<p>8 lb. cheese. 4 lb. biscuits or breadcrumbs. 3 oz. dry mustard. 2 oz. salt. 1 oz. pepper. 1 tin milk.</p>	<p>Grate the cheese and crush the biscuits. Place all the dry ingredients into a mixing bowl and mix well together. Place the mixture in a baking dish, barely cover with milk, and bake for 45 minutes.</p>

* Suitable for teas, suppers or haversack ration.

APPENDIX XII

SUGGESTED CHRISTMAS OR NEW YEAR
MENU FOR 100 MEN

MENU.

Roast turkey, stuffed with sausage meat.
 Roast pork, with apple sauce.
 Baked potatoes.
 Braised parsnips.
 Brussels sprouts.
 Brown gravy.

Christmas pudding, with brandy sauce.
 Blancmange—Jellies.
 Beer, minerals, oranges, apples, nuts.

INGREDIENTS AND COSTING FOR 100 MEN.

Turkey, 60 lb.	Sugar, 6 lb.
Sausage meat.	Jellies, 16.
Pork, 50 lb.	Milk, 4 pt.
Apple rings.	Beer, 9 gallons.
Potatoes, 60 lb.	Minerals, 3 doz.
Parsnips, 50 lb.	Oranges, 50.
Brussels sprouts, 40 lb.	Apples, 50.
Giblets, for gravy.	Nuts, mixed, 14 lb.
Christmas pudding, 25 lb.	Mince pies, 100.
Brandy (cooking), $\frac{1}{4}$ pt.	
Cornflour, 6 lb.	

COST

	£	s.	d.
Turkey, 60 lb., at 2s. 2d. lb.	6	10	0
Sausage meat, 25 lb. beef at 5 $\frac{1}{2}$ d. lb.		11	5 $\frac{1}{2}$
Pork, 50 lb. at 1s. 6d. lb.	3	15	0
Apple rings, 12 lb. at 10d. lb.		10	0
Potatoes, 60 lb. at 1s. 1d. a stone.		4	8
Parsnips, 50 lb. at 1 $\frac{3}{4}$ d. lb.		7	3 $\frac{1}{2}$
Brussels sprouts, 40 lb. at 2 $\frac{3}{4}$ d. lb.		9	2
Christmas pudding, 25 lb. at 5s. 6d. for 4 lb.	1	14	4 $\frac{1}{2}$
Brandy, $\frac{1}{4}$ pt. at 15s. pt.		3	9
Cornflour, 6 lb. at 3 $\frac{1}{2}$ d. lb.		1	9
Sugar, 6 lb. at 3d. 4/5 lb.		1	10 $\frac{1}{2}$
Jellies, 16 at 4 $\frac{1}{2}$ d. each		6	0
Milk, 4 pt. at 3d. pint		1	0
Beer, 9 gall. at 7d. pt.	2	2	0
Minerals, 3 doz. at 2 $\frac{1}{2}$ d. each		7	6
Oranges, 50 at 1d. each... ..		4	2
Apples, 50 at 1d. each		4	2
Nuts, 14 lb. at 10d. lb.		11	8
Mince pies, 100 at 2d. each		16	8
TOTAL	19	2	6

INDEX

A

	PAGE
Aldershot oven	183-186
Allspice	45

B

Bacon	30
Bacon, fat	21
Bacon, cuts	31
Bacon, rashers	51
Bacon, dishes	67-71
Bacon, weights	30
Baking	33
Barley, pearl	42
Bay leaves	45
Beans, haricot	41, 48
Beef	7
Beef, frozen	7
Beef, contract	13, 15
Beef, salting, pressing, cooking	15, 17
Beef, silversides	17, 51
Beef, roasted or baked	51
Beef, boiled	51
Beef, hot-pot	51
Beef, steak fried	51
Beef, steak stewed	52
Beef, briskets	16, 51
Best ends, mutton	55
Bloaters	53
Boiling	34
Boning Meat	29
Braising	35
Bread	22
Brine tub	15
Broiling	36
By-products	20
By-products, recovery and utilization	23, 25

C

Cabbage	57
Cakes	58
Capers	45
Caraway seeds	45
Carving meat	27
Catering, military	49
Celery seed	45
Cereals	58
Cheese, spread	21
Cheese, dishes	74-77
Chervil	45
Chicory	45

	PAGE
Chicken(roast)	52
Chillies	45
Chives	45
Christmas Fare	208
Cinnamon	45
Cloves	45
Cocoa, making	38
Cod	53
Coffee	37
Condensed milk	42
Cooking, various methods	33
Cooking, special points	50
Cooking, in the field	181-186
Cooker, portable, No. 1	177
Cooker, portable, Nos. 2 and 3	178-180
Cracklings	20
Cured haddock	53
Curry powder	45

D

Dripping	50
Dripping recoveries, and by-products diary	26
Dry provisions	41-44

E

Egg dishes	72-74
Eggs, boiled	52
Eggs, fried	52
Eggs, poached	52

F

Fat, residue	21
Fat, bacon	21
Fat, butcher's	20
Fat (suet)	20
Fennel	45
Fish, frozen	32, 53
Fish, dishes	53, 86-92
Flank, beef	51
Food quantities for 100 portions	60-62
Fore hock	53
Fowl (boiled)	52
Frying	36

G

Gammon	53
Garlic	45
Gelatine	46
Germination, pulses	48
Ginger	46
Golden syrup	41
Goose	53
Green vegetables	57

H

	PAGE
Haddock, cured	53
Ham	71
Hare, jugged	54
Hare, roast	54
Hay box cookery	193-198
Hearts, ox	55
Hearts, sheep	56
Herbs, for cooking	45
Herbs, sweet	46
Herrings	53
Horse-radish	46
Hot-Pot, Lancashire	55
Hot-Pot, beef	51

I

Isinglass	46
Invalid dietary	199-201

J

Jam	41
------------	----

K

Kale, scotch	57
Kippers	53

L

Lancashire hot-pot	55
Legs, mutton	55
Lentils	48
Liver, sliced	54
Loins, mutton	55

M

Mace	46
Marmalade	41
Marrowfat peas	43
Meat ration	7
Meat, frozen	10
Meat, issue for troops	10
Meat, jointing and cooking	11
Meat, salting	16
Meat, by-products... ..	17
Meat, carving and boning	27
Meat, pudding	54
Meat, pie	54
Meat, dishes	92-124
Meatless dietary	202
Milk, condensed	42

	PAGE
Rice, for curry	58
Rice, for sweets	58
Roasting	33
Root vegetables	58
Rumps, beef	51

S

Saddles, mutton	55
Saffron	46
Sage... ..	47
Salt	47
Sauces	165-173
Sausages	56
Sausage cake	71
Savoy cabbage	57
Scotch kale... ..	57
Sea pie	54
Serving of meals	50
Sheep's hearts	56
Shoulders, mutton	55
Sirloin, beef	51
Skimmings	20
Small cakes	59
Soyer stove	193
Soups	77-86
Spice	47
Spices for cooking	45
Spinach	58
Spring greens	57
Sprouts	57
Steaming	35
Stewing	35
Stock pot	21, 163
Stock, white	164
Stock, brown	164
Suet	20
Sugar	39
Sultanas	44
Sweets, recipes	136-154
Swill	22
Syrup, golden	41

T

Tarragon	47
Tarts	59
Tea, making of	37, 51
Temperatures for cooking	49
Thyme	47
Time table, for cooking	49
Tinned foods	203, 207
Topside, beef	51
Tripe	56
Truffles	47
Tumeric	47
Turkey	56

V

	PAGE
Various methods of using up spare biscuits	175, 176
Veal	56
Vegetable recipes	129-136
Vegetables	34, 56-58
Vegetables, green	57
Vegetables, root	58

W

Wing ribs, beef	51
------------------------	----

Y

Yorkshire pudding	56
--------------------------	----

