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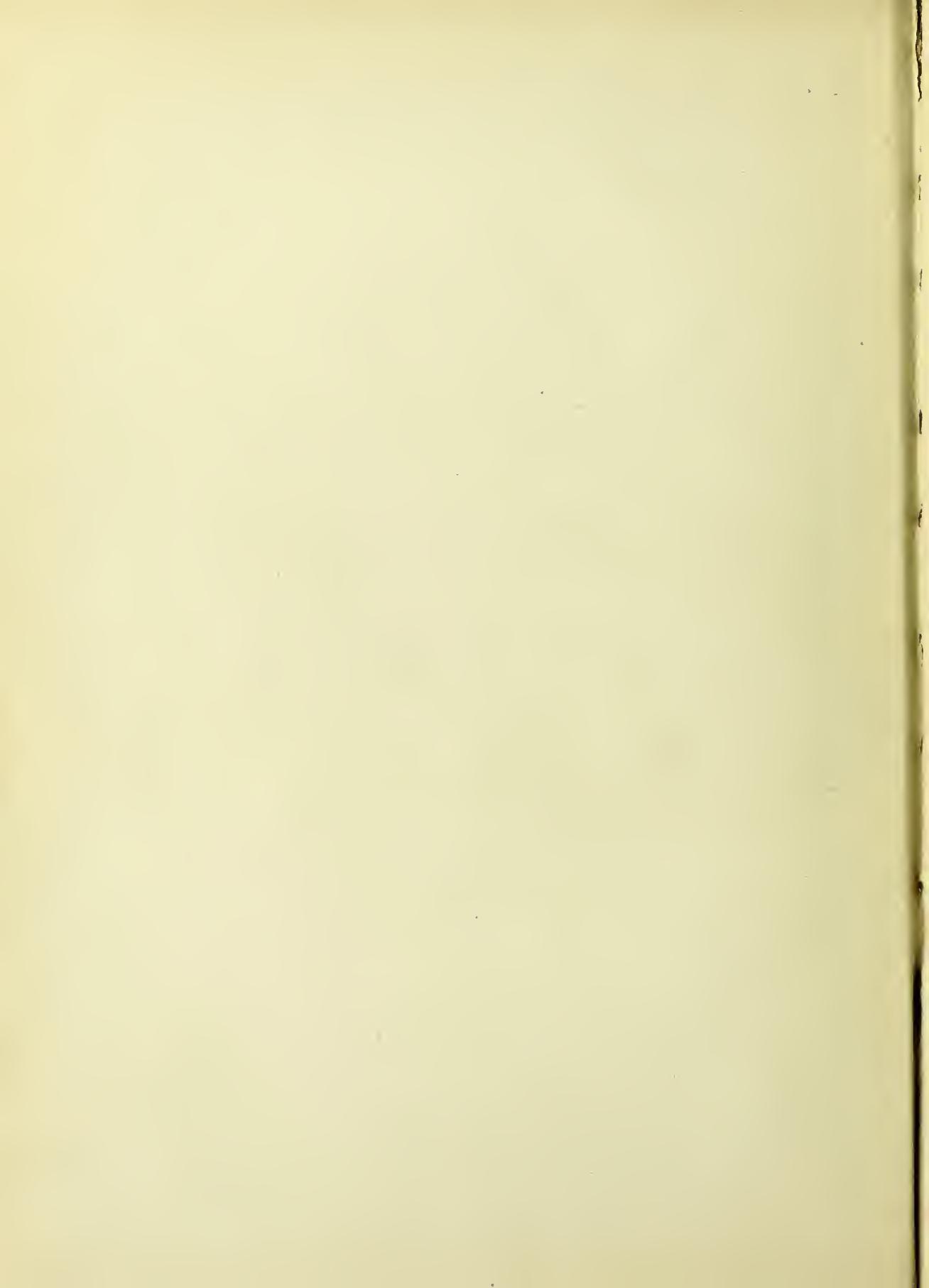
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KATHARINE MELLISH'S
COOKERY
AND DOMESTIC MANAGEMENT

VOLUME I



KATHARINE MELLISH'S
COOKERY

AND
DOMESTIC MANAGEMENT
INCLUDING ECONOMIC & MIDDLE CLASS PRACTICAL COOKERY

BY
KATHARINE MELLISH

*ILLUSTRATED BY FIFTY-SIX BEAUTIFULLY COLOURED PLATES AND
BY FOUR HUNDRED & FORTY-ONE ILLUSTRATIONS IN THE TEXT
FROM PHOTOGRAPHS SPECIALLY TAKEN FOR THIS BOOK, SHOWING
DISHES PREPARED FOR THE TABLE AND THE VARIOUS
PROCESSES OF PREPARATION*

VOLUME I

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P R E F A C E

ALTHOUGH there exist several books on Cookery and Domestic Management, some of which have done good service in the past, customs and requirements have changed so considerably during the past few years that much which has been written is now of little service. The principal reason for this volume, therefore, is to afford information of the most modern kind, avoiding all the old and useless detail of what may be termed the beaten track of cookery books.

A fault so many books have, is the trouble they occasion in using them. Attempts are made to crowd in so much information that a large amount is found to be useless for general requirements, and it is more than difficult to select the useful from the useless, unless the reader has made cooking a study. Then, again, the habit of loading a book with mixed information necessitates the use of small printing, small type and long paragraphs. Now, my personal experience is, that *a cookery book should always be readable when lying open on the table at the side of the cook*, thus saving her the trouble of stooping or of picking it up. When once a cook has used a book

possessing this great convenience, the fault of small printing is found to be unbearable. It is needless to say that I have made it an important feature that this book may be read without the least effort or trouble.

I feel I can rely as much on the information given in this work as upon anything else to make it popular. Every direction has been most carefully tested and prepared. A good proportion of the information is quite new, and what is not new, is a careful selection of the best that is known to be suitable for general domestic purposes. It is not quantity, but suitable and useful quality that is provided, in order that every menu, recipe, or other detail shall be found practical and as simple in preparation as its nature will permit.

On consideration it has been thought best to illustrate by reproducing photographs of the identical dishes or preparations. This, needless to say, affords more practical information to a reader than the best woodcut ever could; and having obtained this result, it may not be out of place to say that it has involved preparing and cooking hundreds of dishes, etc. The difficulty of obtaining ingredients out of season, of photographing on dull and foggy winter days, and details of this kind, is a considerable experience in itself. Some satisfaction can therefore be felt in considering the illustrations as next best to an exhibition of the preparations themselves.

What is really a fault with so many professional cooks is that they put too much cooking into their art, if I may

so express it; the desire to make new and savoury dishes often causing the original flavour of the materials to be lost. But this is not plain cooking. Plain cooking frequently excels all other methods, because many foods and food-stuffs require the greatest care in order that their good qualities and flavour should not be disguised or destroyed. The information given, therefore, is not suited for the chef or for those whose speciality is elaborate dinners. It is only moderate and nice-class domestic requirements that the book is intended to meet; and with this object in view, assuming many readers may not be skilled in cooking, the directions are given in the simplest language and in a manner such as a careful teacher would adopt when giving a practical lesson to a class.

KATHARINE MELLISH.

KATHARINE MELLISH'S COOKERY.

BREAKFAST MENUS.

AN endeavour should always be made to prepare as much as possible overnight for the morning's breakfast. It is a good plan, but more often neglected than it should be. It makes the day begin well without hurry or trouble, and appears to leave plenty of time for the duties which follow. It is, of course, a specially good plan when the breakfast is served at an early hour.

A good supply of dried toast should always be prepared, as it never fails to be an acceptable feature at the breakfast table. It should be made the last thing, and it is a good practice to make and send up a second instalment after the meal has begun. Toast is appetising to nearly every one alike, and is by no means an expensive item, if the trouble is not minded. It can be eaten with so many things, and, with a poor appetite, it helps to make things "go down."

Another detail to be remembered is that even with a small number at table there may be a great difference of appetite, and, while serving a tasty breakfast, those who like more substantial things will be pleased to see a piece of cold meat or cold pie of some kind provided. Usually, however, it is light things that are more suitable for the first meal. Vegetables left from the previous night's dinner can always be turned to good account. Cold potatoes,

for instance, nicely fried with salt and pepper in a little good dripping or butter, well browned, and turned neatly on to the centre of a dish with nicely grilled bacon laid round, make a much more imposing and appetising dish than just bacon by itself. Any cold peas or spinach may be used up with either poached or scrambled eggs; and so on.



BREAKFAST MENU No. 1.

Broiled Herrings	Harengs Grillés.
Stewed Kidneys	Rognons Étouffés.
Scones	Gâteaux Écossais.

Broiled Herrings.

3 fresh herrings. | Salad oil. | Pepper. | Lemon juice. | Salt.

Average cost, 6d.

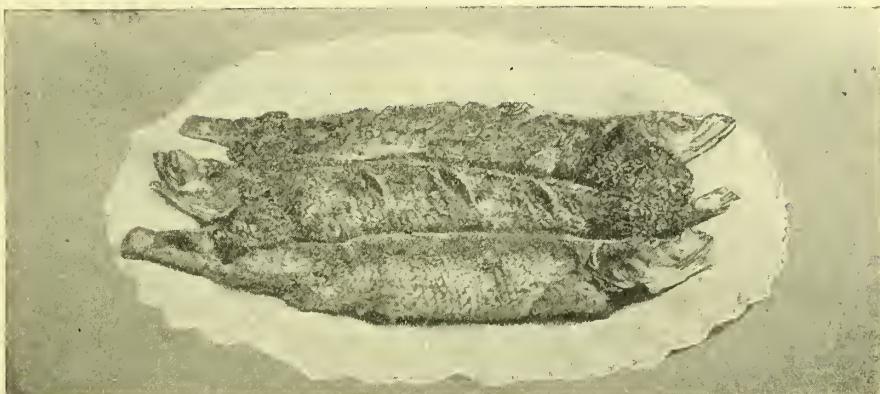
Take three nice large herrings; scale and clean them. To scale a herring, scrape it from the tail towards the head, or it can be done by well wiping the fish in this direction with a cloth. The scales are easily removed, and it is usually found that most of them are already rubbed off. Herrings are cleaned by taking the gills firmly between the finger and thumb, and a gentle pull will remove them, usually bringing the whole of the inside with them. If the inside does not come, it can be easily removed through the space left by the gills.

After washing, dry the fish well in a cloth.

Cut three slits on each side of the herrings, from the back to the front, not deep.

Then brush them over with salad oil, and sprinkle with pepper and salt.

Brush the bars of the gridiron with oil, lay the fish on, see the fire is bright and clear, and grill from seven to twelve minutes according to the size of the fish.



BROILED HERRINGS.

Have a hot dish in readiness, put a fish paper on it, take the herrings off the fire, squeeze a few drops of lemon juice over them, and then lay heads to tails in the dish.

Garnish with a few sprigs of fresh parsley.

The lemon juice may be omitted if not handy.

Stewed Kidneys.

6 sheep's kidneys.
1 teaspoonful of
finely chopped
parsley.

$\frac{1}{2}$ teaspoonful of
pepper.
1 small spoonful of
salt.

2 tablespoonfuls of
flour.
1 oz. of butter.
12 slices of bacon.

Average cost, 1s. 4d.

Frozen (imported) kidneys do perfectly well for this dish, otherwise it is rather expensive. Can be almost wholly prepared the previous day.

When the kidneys are obtained from the butcher see that they are perfectly thawed and soft; if not they must be left in the warm kitchen, but not near the fire. (They may take several hours to thaw.)

When quite soft like an ordinary English kidney, skin them, cut in halves lengthwise, and remove as much of the kernel as possible. Mix the flour, parsley, pepper and salt together on a plate, then roll each half kidney in it.

Melt the butter in a fry-pan, lay kidneys in it with the cut side downwards, only covering the pan with one layer. If the pan will not hold all at once they must be cooked after. Cook very gently at the side of the range for ten minutes. *Be sure not to cook them fast* or they will become hard, which is a very common fault in cooking kidneys. Turn them once only in the frying, and do this when the red gravy is seen to come to the surface of the kidney.

When the kidneys are thus sautéed, put them into a saucepan with a liquid made up as follows.

Pour half a pint of water or weak stock into the fry-pan, and boil up with the gravy left by the kidneys.

Pour this into the saucepan with the kidneys, simmer gently, in fact barely sinmer, for one hour.



STEWED KIDNEYS.

Lay three slices of buttered toast on a dish, put four half kidneys on each slice, and garnish with small rolls of bacon round.

Boil the gravy up, strain through a coarse strainer, and pour round the kidneys.

To prepare the Bacon.

Cut the bacon into twelve thin slices about two and a half inches long.

Roll them and run them on a skewer, and either grill or cook in the oven. If the oven is nice and hot three minutes will be long enough.

Remove them from the skewer and place round the kidneys, and serve at once.

The kidneys can be prepared the day before, and just warmed up thoroughly in the morning. The bacon must, of course, be cooked the last thing before serving.

Scones.

2 large breakfast- cups of flour.	1 small teaspoonful of sugar.	$\frac{1}{2}$ pint of milk.
2 teaspoonfuls of baking powder.	1 small teaspoonful of salt.	Average cost, 4d.

Put the dry ingredients into a basin.

Rub them well together so as to thoroughly mix in the baking powder.

Then mix into a soft light dough with the milk, using a fork or palette knife.

The flour may require a little more or a little less milk, as some kinds take more moisture than others.

Turn the dough out on to a floured board, and with the hand flatten it out to an inch in thickness.

Cut into either squares or rounds.

Put on to a floured baking tin, and bake in a hot oven for ten to fifteen minutes.

Put a folded dinner napkin on a plate, dust the scones from all superfluous flour, and pile them nicely in the napkin, drawing it up round the scones as much as possible to keep them warm.

BREAKFAST MENU No. 2.

Poached Eggs	Œufs Pochés.
Devilled Slices of Mutton.	Mouton en Escalopes à la Diable.
Milk Rolls	Petits Pains au Lait.

Poached Eggs.

4 eggs.	1 teaspoonful of salt.	Coralline pepper.
1 teaspoonful of chopped parsley.	½ teaspoonful of vinegar.	4 rounds of buttered toast. Water.

Average cost, 8d.

Eggs for poaching should be quite fresh, otherwise the yolks may partly separate from the whites.

Take a deep frying-pan, put in sufficient water to well cover the eggs.



POACHED EGGS, ON TOAST.

Add the teaspoonful of salt and the half teaspoonful of vinegar, and when the water begins to bubble stir round quickly with a spoon.

Break in the eggs one by one, being very careful not to break the yolks. Stirring the water rapidly before putting in the eggs prevents them sticking to the bottom of the pan.

Draw the pan to the side of the stove, and poach from four to five minutes, till the whites are just set.

Have ready some slices of buttered toast, about half an inch thick.

Cut out with a plain cutter, about the size of a breakfast cup, as many rounds as you have eggs, and lay them on a dish.

Cut the eggs out with the same cutter, so as to remove all the rough edges of the whites

Lift each egg carefully with a slice on to a round of toast, sprinkle with the parsley, which has been finely chopped and wrung dry in a cloth, and the coralline pepper.*

Eggs done in this way look very dainty and are no trouble to do.

Devilled Slices of Mutton.

6 or 8 slices of underdone mutton.	1 tablespoonful of salad oil or oiled butter.	$\frac{1}{4}$ teaspoonful of sugar.
1 tablespoonful of dry mustard.	$\frac{1}{2}$ teaspoonful of salt.	Worcester or tomato sauce.
1 tablespoonful of chutney.	A small dust of pepper.	Cost, about 1s. 6d.

Can be partially prepared overnight

Cut six or eight slices of underdone mutton, half an inch thick, in as neat pieces as the joint will allow.

Put the mustard, chutney, salad-oil, sugar, salt and pepper into a basin.

Mix into a soft paste with tomato or Worcester sauce. If the latter sauce is used only put a few drops, using water or sherry as well.

* Coralline pepper is prepared by Mrs. A. B. Marshall, at Marshall's School of Cookery, 32 Mortimer Street, Regent Street, London, and can be obtained there, or through any provision stores. It is of the same strength as ordinary white pepper, and, being the same colour as lobster coral, makes a very pretty and simple garnish.

Spread the slices over with the mixture, and let them stand for some hours to absorb the flavour. This can be done overnight.

In the morning grill for about five minutes over a slow fire.

Oil the gridiron before putting on the slices; or, if it is not convenient to grill, put a small piece of butter, about the size of a walnut, into a baking-tin, melt it, lay in the slices, and bake in a hot oven from seven to ten minutes.

Serve very hot for breakfast, or they are very nice served cold for lunch, garnished with water-cress salad.

Milk Rolls.

1 lb. of flour.	$1\frac{1}{2}$ teaspoonfuls of baking powder.	Enough milk to mix into a soft dough.
1 oz. of butter.		
1 small teaspoonful of salt.		Average cost, 4d. to 5d.

Rub the butter thoroughly into the flour.

Add the salt and baking-powder, both of which have been perfectly freed from lumps, and mix all together.

Stir in lightly with a fork sufficient milk to make the dough just stiff enough to handle.

Divide the dough into balls about the size of an egg, handling it as little as possible.

Brush over with whole beaten up egg or milk, put on a buttered tin, and bake immediately in a quick oven for about fifteen minutes.



POINTED WIRE STRAINER.



FLAT WIRE STRAINER.



FANCY BREADS.

BREAKFAST MENU No. 3.

Fried Plaice and Caper Sauce, garnished with fried parsley.	Plie Frite, Sauce Câpres, Persil Frit
Hashed Mutton and Bacon.	Ragoût de Mouton au Lard.
Breakfast Cakes.	Gâteaux.

Fried Plaice.

1 plaice. | 2 eggs. | Flour. | Salt.

Average cost, 1s. 2d.

Take a nice thick plaice, clean and scrape it. Trim the fins, head and tail. Cut the fish right down the centre, from head to tail.



FRIED PLAICE.

Then cut on the slant into slices two inches broad, so that they form almost diamond-shaped pieces. A moderate sized fish will make six pieces, each half making three, or a large fish will cut into eight.

Wash, and let the pieces lie in salt water for ten minutes, then dry well in a cloth.

Have some flour ready on a sheet of paper, put the fish into it, take the four corners of the paper and roll the pieces backwards and forwards in the flour, so that all parts are well coated.

Then dip each piece into the beaten egg.

Put enough clarified fat or lard into a stewpan, so that the fish will be well covered, first making sure that there is no moisture on the fat.

Heat the fat slowly over the fire, and when quite boiling drop in the fish.

When the fat is really boiling it will be quite silent, but a slight blue smoke (vapour) will rise from it.

As soon as the fish is put in draw the pan rather to one side, so that it may not get too brown before being cooked through, but it must boil all the time. It will take about ten minutes.

When nicely browned and cooked take it out and lay it on a sieve to drain.

Keep it hot, either on the plate-rack or in front of the fire.

If properly fried it should be quite dry and free from fat.

Pile up high on a dish paper, and garnish with fried parsley.

Fried Parsley.

Wash the parsley quite clean, pick it free from long stalks, dry thoroughly and put into a frying-basket.

Plunge it into plenty of fat that is just boiling, let it remain for one or two seconds till crisp. Do not keep it in longer than is just necessary to make it crisp, or it will lose its colour.

Caper Sauce.

1 dessert-spoonful of capers.	$\frac{3}{4}$ oz. of flour.	1 tablespoonful of lemon juice or vinegar.
1 oz. of butter.	$\frac{1}{2}$ pint of hot water or milk.	Salt.

Melt the butter in a small saucepan.

Mix in the flour and the salt with a wooden spoon.

Then add by degrees half a pint of hot water or milk, also the vinegar and lemon juice, stirring well all the time.

Boil for five minutes.

Add the capers, finely chopped, and serve in a sauce-boat.

Hashed Mutton with Bacon.

Cold mutton.	Red currant jelly.	1 onion.
Fried bread.	Mushrooms or ketchup.	A bunch of herbs.
Bacon.		6 peppercorns.

Average cost, 1s. 3d.

This dish should be partly prepared overnight.

Take sufficient slices of cold mutton as will suffice for the number of persons being cooked for.

Trim them free from all skin and superfluous fat, and dredge over with flour.

Make a nice rich gravy from the bones and trimmings (but no fat) by putting them into a saucepan with a bunch of herbs, parsley and thyme, half-a-dozen black peppercorns, one small onion, and the trimmings of half-a-dozen mushrooms, if you have them.

Just cover with cold water, boil till all the goodness is out of the bones.

Strain the gravy, return it to the saucepan, and thicken with about one teaspoonful of flour mixed to a smooth paste with cold water, to every half pint of gravy.

Add half-a-dozen mushrooms, which should be cut in half if large, one teaspoonful of red currant jelly, and half a teaspoonful of salt.

Simmer sufficiently long to cook the mushrooms, then add the slices of mutton, and simmer for five minutes.

If you have no fresh mushrooms add a dessert-spoonful of ketchup, in which case omit the half teaspoonful of salt.

Lay the slices of mutton in a pie-dish, pour the sauce over them, and leave till the next morning.

Then re-heat thoroughly, either by standing the pie-dish over a saucepan of boiling water or by turning the meat out into a saucepan. On no account must it boil, therefore the former method of heating is best, although it takes longer.

Serve in a hot dish with tiny rolls of hot bacon and snippets of fried bread.

Breakfast Cakes.

2 large breakfast cups of flour.	2 teaspoonfuls of cream of tartar.	1 small teaspoonful of salt.
1 oz. of butter.	1 egg.	$\frac{1}{2}$ teaspoonful of sugar.
1 teaspoonful of bicar- bonate of soda.	$\frac{1}{2}$ pint of milk.	

Average cost, 6d.

Rub the butter well into the flour.

Add the salt and sugar.

Then add the cream of tartar and soda, after perfectly freeing them from lumps. This can be done by smoothing both on a board with a flat knife.



BREAKFAST CAKES.

Mix the above with part of the milk, then add the whole egg without beating it previously.

Add more milk and mix until it is a stiff batter.

Butter two dozen small patty-pans, put a large teaspoonful of the mixture into each, and bake in a quick oven for ten minutes.

When cooked split open and butter well.

Serve hot.

BREAKFAST MENU No. 4.

Savoury Omelette.	.	Omelettes aux Fines Herbes.
Chicken Croquettes	.	Croquettes de Volaille.
Devilled Sardines .	.	Sardines à la Diable.
French Rolls . .	.	Petits Pains Français.

Savoury Omelette.

4 eggs.	1 teaspoonful of finely chopped chives, or a few drops of onion juice.	$\frac{1}{2}$ teaspoonful of salt. A dust of cayenne pepper. 1 oz. of butter.
1 teaspoonful of finely chopped parsley.		

Average cost, 6d.

The frying-pan for this sized omelette should be six inches across. A pan should always be kept expressly for omelettes ; a stamped steel one is the best kind, failing that an ordinary iron one. Never use enamelled pans, as they burn very easily and the omelette is very apt to stick.

Melt the butter in the pan.

Beat the eggs slightly, just enough to thoroughly mix the whites and yolks.

Add the parsley and chives, finely chopped, or the drops of onion juice, also the pepper and salt.

Mix well together.

Then pour into the butter in the pan, which must be quite boiling. Keep the mixture well stirred from the sides and bottom to prevent it sticking, a broad flat knife being the most convenient thing for the purpose.

Keep raising the mixture from the bottom of the pan, letting that which is uncooked run underneath.

When it is nearly all set (but not quite) tilt the handle of the pan, and let one half of the omelette fold over on to the other half.

See that it is quite free from the pan everywhere, then turn out instantly on to a warm dish. Do not let the dish be too hot so that the omelette has a further cooking.

An omelette should be quickly made and quickly eaten. If it is allowed to wait it becomes hard and leathery.

An excellent reason why omelettes should not be overcooked is, that when they are soft and creamy in the centre they can wait for a few minutes with less injury than if they are very fully cooked.

Let it be noted that the eggs used in making omelettes should not be beaten until the last moment

Garnish with a little fresh parsley.

Chicken Croquettes.

$\frac{1}{2}$ lb. of cooked chicken. Pepper.	Salt. 1 oz. of butter. 1 oz. of flour.	$1\frac{1}{2}$ gills of milk. 2 eggs. Bread-crumbs.
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Average cost, 1s. 6d.

Free the meat from all skin and gristle.

Mince it finely.

If a slice of ham or tongue can be added and minced with it, so much the better.

Season well with pepper and salt and the smallest pinch of powdered mace or a very small grate of nutmeg.

Melt one ounce of butter in a saucepan, mix with it one ounce of flour, and fry together without browning them.

Add one and a half gills of milk gradually, and stir till it all boils.

Put in the mince, and when the ingredients are thoroughly mixed remove from the fire, and then stir in the yolk of an egg.

Turn the preparation out on to a dish, and leave till cold.

To form the croquettes, flour your hands slightly, take a tablespoonful of the mixture, roll it in flour, only using just enough to prevent it sticking.

Form into the shape of a pear.

Roll each in some well beaten egg, then in finely made white bread-crumbs, and lay them in a frying-basket.

Have a stewpan half full of frying fat, and when it is quite boiling (a slight blue smoke rising from it) plunge in the croquettes.

As soon as they are a nice golden colour lift them from the fat and stand on a sieve to drain.



CHICKEN CROQUETTES.

Stick a parsley stalk into the narrow end of each to represent the stalk of a pear.

Dish in a ring round the dish, with the stalk end uppermost.

Fry some parsley, and put in the centre. (For fried parsley see page 10.)

Devilled Sardines.

$\frac{1}{2}$ doz. sardines.	$\frac{1}{2}$ teaspoonful of mustard.	Buttered toast.
$\frac{1}{2}$ teaspoonful of curry powder.	Salt.	Lemon juice. Chopped parsley.

Average cost, 9d.

Take six sardines, scrape off the skins.

Mix half a teaspoonful of curry powder, half a teaspoonful mustard, and a very small pinch of salt into a thin paste with some of the oil from the sardines.

Brush the fish well over with the paste.

Lay them on a buttered baking dish in a hot oven for five minutes. Cut six fingers of buttered toast, lay the sardines on them.

Sprinkle with a few drops of lemon juice and a little finely chopped parsley.

Serve very hot, laying them side by side on a dish paper.

French Rolls.

1 lb. of flour.	1 oz. of butter.	$\frac{1}{2}$ pint of milk
1 oz. of German yeast.	1 saltspoonful of salt.	and water. 1 egg.

Average cost, 6d.

Put one pound of either Vienna or Hungarian flour into a basin, and mix with it one saltspoonful of salt.

In another basin put half a gill of milk and half a gill of hot water. When mixed they must be just tepid.



FRENCH ROLLS.

Mix into the milk and water one ounce of German yeast and one ounce of butter, till both are dissolved.

Add the egg, well beaten.

Now make a well in the centre of the flour, pour in the dissolved yeast, butter, etc., and sprinkle with a little flour.

Lay a cloth over the top of the basin and set in a warm place to rise. It will take about three hours.

When it has worked, add another gill of tepid milk and water, and mix well.

Turn the dough out on to a board or marble slab, and knead well for ten minutes till it becomes nice and light.

Put it back in the basin, cover with a cloth again, and leave it in a warm place for another half hour, or longer if the weather is cold.

Lastly, turn it out again on to the slab and form into fancy shaped rolls, twists, knots, or any shape that is liked. Use as little dry flour as possible in shaping them.

Lay on a floured baking tin, and put again to rise for ten or fifteen minutes before they are put into the oven.

Bake in a moderate oven for about a quarter of an hour.

As these take a long time to prepare they must be made the day before and just warmed through in the morning. To do this properly, they should (before warming them) be brushed over with either milk or water, then have a wetted paper put over them, and be warmed in a moderate oven for about ten minutes. Re-warmed in this manner they become just like new.



FRENCH COOK'S KNIFE AND FORK.

BREAKFAST MENU No. 5.

Calf's Liver and Bacon.	Foie de Veau au Lard.
Egg Cutlets.	Côtelettes aux Œufs.
Grilled Fresh Haddock, with Mustard Sauce.	Églefin Frais Grillé, Sauce Moutarde.
Breakfast Rolls.	Petits Pains.

Calf's Liver and Bacon.

1 lb. of calf's liver.	Flour.	Butter or bacon fat.
$\frac{1}{2}$ lb. of bacon.	Salt.	Pepper.

Average cost, 1s. 2d.

Cut the liver into slices half an inch thick, wash well in warm water with a little salt in it, and dry thoroughly in a cloth.

Put about two large tablespoonfuls of flour on a plate, and season highly with pepper and salt.

Roll each slice of liver in it.

Melt one oz. of butter or bacon fat in a frying-pan.

Lay in the slices of liver, and cook very gently for fifteen minutes.

It is important that liver be fried gently, and the butter should only be kept just bubbling. If liver is fried quickly it becomes hard and indigestible.

Turn it two or three times in the course of cooking.

Cut the bacon into very thin slices.

Lay them in a very hot frying-pan, and fry for about a minute, until the slices curl up.

Take the liver up, put it neatly in the centre of a hot dish, put the bacon in four neat little bunches round it.

Dredge about a teaspoonful of flour into the pan which the liver was fried in, then add a quarter of a pint of weak stock or water.

Boil up, then strain the gravy, and pour it round the liver.

Egg Cutlets.

4 eggs.	1 oz. of butter.	Seasoning of salt and cayenne pepper.
1 oz. of flour.	$\frac{1}{4}$ pint of milk.	
1 tablespoonful of cooked lean ham or tongue, finely chopped.	4 mushrooms.	Frying fat.
	1 teaspoonful of chopped parsley.	A few pieces of macaroni or spa- ghetti.
	Bread-crumbs.	

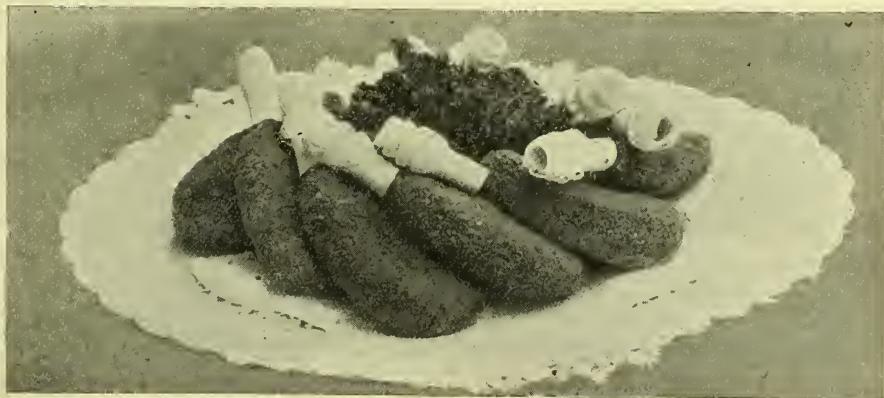
Average cost, 10d.

Boil three eggs for ten minutes in sufficient water to well cover them.

Take them up, and put into cold water to keep them a good colour. When cold, remove the shells, and chop them up rather coarsely. Now melt the butter in a saucepan, add the flour, and fry together for a minute without browning: then add the milk by degrees.

Cook this sauce gently for seven minutes, then add the raw yolk of the fourth egg, and after this the finely chopped ham, parsley, the mushrooms finely chopped, seasoning, and the chopped eggs.

Mix all well together, and put on a plate to cool.

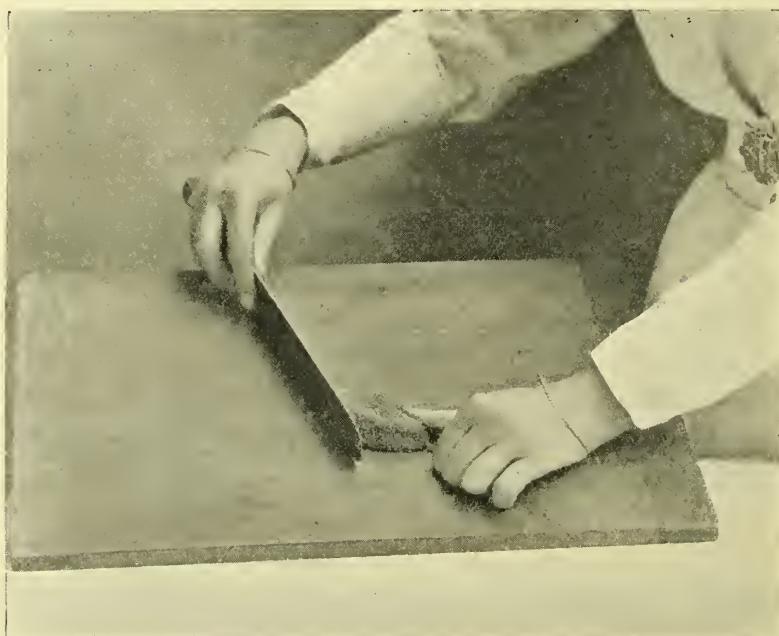


EGG CUTLETS.

When cool, dust some dry flour on a board, put a tablespoonful of the mixture on it, flour your hands, and roll the material into a ball

Flatten the ball slightly and, with the flat side of a broad knife, form into cutlet shape.

Keep the thumb of the left hand at the side of the cutlet and work the mixture down it, so that you make the curve of the cutlet, working the knife with the right hand.



With a little practice the cutlets can be formed perfectly.

Do not make them too flat.

Dip each cutlet into whole beaten up egg, then into finely made white bread-crumbs.

Put in a frying-basket, and fry a nice golden brown.

Stick a piece of macaroni or spaghetti, about one inch and a half long, in the narrow end of each cutlet, and dish on a paper in a circle, resting one on the other.

Put a cutlet frill on each piece of macaroni, and a bunch of parsley should be put in the centre of the dish as a garnish.

(See COLOURED PLATE No. 1.)



EGG CUTLETS.



GALANTINE OF SHEEPS TONGUES.

Grilled Fresh Haddock.

1 fresh haddock. | Butter. | Pepper. | Salt.

Average cost, including Sauce, 10d.

This should be partially prepared overnight.

Take a rather small haddock, split it down the back by the side of the bone.

Clean it, and remove the bone by slipping the point of a knife just underneath and gently working away the flesh.

Cut off the head, tail and fins.

Pepper and salt the haddock inside, and leave hanging in the larder all night.

In the morning brush it well over with dissolved butter.

Butter a fish grid, or, if you have straws, lay the fish on the straws, and grill over a slow fire for ten to fifteen minutes, according to size.

Serve with mustard sauce.

Dish it up on a fish paper, if the sauce is to be served separately, or on the dish without a paper if the sauce is to be poured round.

Garnish with a little parsley.

Mustard Sauce.

1 teaspoonful of English mustard.	1 tablespoonful of flour.	2 tablespoonfuls of cream or milk.
1 teaspoonful of French mustard.	$\frac{1}{2}$ pint of water.	Small seasoning of salt and sugar.
2 oz. of butter.	1 dessert-spoonful of vinegar.	

Melt the butter in a saucepan.

Stir in the flour and the mustards, then the water and vinegar.

Add seasoning of salt and sugar, to taste.

Rub through a fine strainer or sieve.

Put all back into the saucepan again.

Re-warm, and add the cream or milk.

Serve either in a sauce-boat or poured round the fish.

Breakfast Rolls.

1 lb. of flour.	4 oz. of butter.	1 egg.
$\frac{3}{4}$ oz. of German yeast.	$1\frac{1}{2}$ gills of milk and water.	1 teaspoonful of salt.

Average cost, 6d.

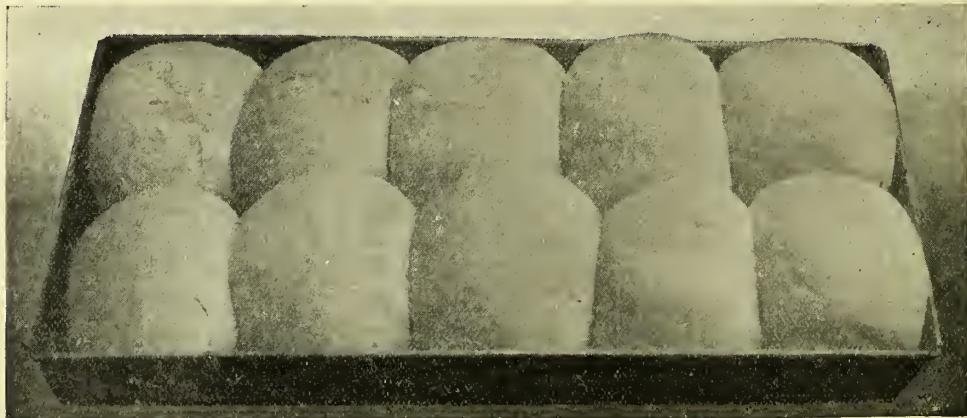
Sift the flour through a fine wire or hair sieve on to a table or slab. Warm the milk and water just a little more than tepid, but not hot, and dissolve the butter and yeast in it.

Well beat the egg, and add the warm milk and water and the dissolved butter, etc., to it.

Mix the salt with the flour, make a well in the centre, pour in the mixture of yeast, egg, etc., and knead into a light dough.

Put this into a basin, cover with a cloth, and set in a warm place to rise.

When it has risen to three times its original size turn it on to the slab and knead up again.



ROLLS READY FOR THE OVEN.

Let it rise once more, then work it up lightly.

Divide it into pieces about three ounces each, and make into oblong shaped rolls.

Place these rather closely together, but not quite touching, on a floured baking-tin.

Put them in the screen, or in front of the fire, to rise for ten minutes.

Brush them over with whole beaten-up egg, and bake in a moderate oven for fifteen to twenty minutes.

BREAKFAST MENU No. 6

Epigrams of Mutton . . .	Epigrammes de Mouton.
Vegetable Curry . . .	Légumes au Currie.
Eggs à la St. James . . .	Œufs à la "St. James."
Girdle Scones . . .	Gâteaux Écossais, "Girdle Scones."

Epigrams of Mutton.

1½ lb. of breast of mutton.	1 onion. Parsley.	1 egg. Bread-crumbs.
1 small carrot.	1 eschalot.	Pepper and salt.
A bunch of herbs.	2 large mushrooms.	Sauce, as described.

Average cost, 1s. 6d.

This dish must be partly prepared the day before.

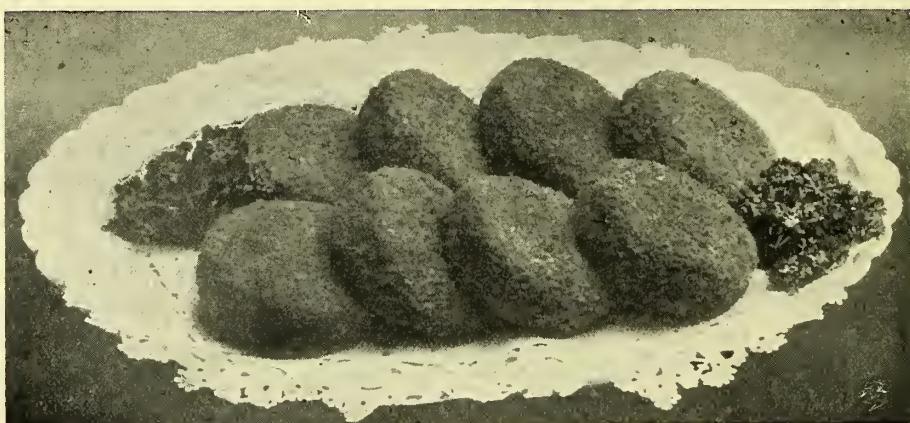
Take one pound and a half of the thin end of a breast of mutton, put it in a stewpan with one small carrot (or half a large one), which must be cut in slices; also one onion, a small bunch of herbs, bay leaf, thyme and parsley, four peppercorns and half a teaspoonful of salt.

Just cover with cold water; bring it to the boil, and then draw the stewpan to the side of the stove to simmer till quite tender. It must not be boiled to rags, but must be done well enough to allow of the bones being drawn out easily.

Lift the meat on to a dish, remove the bones, and season the meat well by sprinkling chopped mushroom, eschalot and parsley, also a dust of cayenne and salt, on the top.

Let the meat lie flat on the dish, then place another dish on top, with a weight on it, so as to press the meat, and then put it away until next morning.

Strain the broth, and when cold remove the fat.



EPIGRAMS OF MUTTON.

Make a sauce, by taking half-a-pint of the gravy. Thicken this with a large teaspoonful of flour mixed with a little of the stock, and add one teaspoonful of red currant jelly, one teaspoonful of mushroom ketchup or Harvey sauce, and one dessert-spoonful of sherry.

This sauce can be omitted, if desired, and just the plain gravy served with the meat, or any other suitable sauce that is more convenient can be used. In any case it should be made a nice rich brown (with a few drops of browning), or it may be coloured with a few drops of liquid carmine.

When the mutton is cold and set, take a plain round cutter, about the size of the top of a tumbler, and cut the meat out into rounds with it.

Dip these into well beaten-up egg, then into finely made white bread-crumbs.

Half fill a stewpan with frying fat, and, when this is quite boiling, put the pieces of mutton in and fry them a nice golden colour. Take up, and lay them on a sieve in front of the fire to drain for a few minutes.

See that the sauce is nice and hot.

Dish the mutton in a circle, resting one piece on the one in front of it.

Strain the sauce, through a pointed strainer, round the meat on the dish.

These can also be used for a hot entrée, and are then dished on a border of mashed potatoes.

The trimmings can be used for rissoles, cold meat curry, shepherd's pie, or many other dishes.

Vegetable Curry.

1 large apple.	$\frac{1}{2}$ lb. of rice.	1 small teaspoonful of curry paste.
2 onions.	1 tablespoonful of cocoa-nut.	1 teaspoonful of salt.
Half a cucumber.	$\frac{1}{2}$ teaspoonful of ground ginger.	2 oz. of butter.
Vegetables, such as French beans, cauliflower, or peas, etc.	1 teaspoonful of curry powder.	$\frac{1}{2}$ pint of milk. Flour.

Average cost, 1s.

Take two large onions, one large apple, half a small cucumber, or a piece of vegetable marrow the same size.

Peel them, and slice the onion and apple thinly.

Cut the cucumber into pieces one inch and a half long by one inch broad.

Melt two ounces of butter in a stewpan.

Dust the vegetables over with flour.

Put the apple and onions into the butter, put on the lid, and fry without browning for twenty minutes.

Then add the cucumber and fry for another fifteen minutes.

Now add one tablespoonful of finely grated cocoa-nut, one teaspoonful of curry powder, one small teaspoonful of curry paste, half a teaspoonful of ground ginger, one teaspoonful of salt and half a pint of milk.

Take, and mix, any plainly boiled vegetables, sufficient to make a large breakfast-cupful together.

These vegetables can be cauliflower, French beans, broad beans, peas, salsify, etc.

If cauliflower be used it must be cut into small pieces the size that is used in pickles.

Broad beans must be skinned.

Cut the beans and salsify into dice shapes.

Add them to the curry, and simmer for half-an-hour.

Prepare some plainly boiled rice; put a border of it down each side of the dish, but not at the ends, with the curry in the centre.

Sprinkle a little grated cocoa-nut over the top, and serve.

Of course it is not necessary to use all of the vegetables named, although the greater the variety of suitable vegetables the better.

The rice may be served on a separate dish (in fact it generally is with curry), but for breakfast it is advisable to have both on the same dish.

To Boil Rice for Curry.

Well wash half-a-pound of Patna rice.

Put it in a saucepan with just enough cold water to cover it.

As soon as it comes to the boil strain it, wash it in cold water, then throw it into plenty of boiling water slightly salted.

Boil for ten or twelve minutes, until the grains are tender, then strain through a sieve.

Pour a quart of boiling water over it, to rinse it well.

Then stand the sieve on a dish, lay a cloth over the rice, and put it to dry, either in the screen or in front of the fire.

Stir it up now and again with a fork.

Rice prepared like this is beautifully white, and all the grains separate.



EGGS À LA ST JAMES



STUFFED TOMATOES.

Eggs à la St. James.

5 eggs.	1 teaspoonful of chopped parsley.	Coralline pepper.
5 croutons of bread.	Pepper.	Salt. Sauce, as described.

Average cost, 8*a.*

Well butter five plain dariole moulds.

Sprinkle them with chopped parsley, coralline, pepper and salt.

Break an egg into each, being careful not to break the yolk.

Stand the moulds on a fold of paper in a stewpan containing enough boiling water to come half-way up the moulds.

Place a lid on the stewpan, watch the water re-boil, and when it does draw the pan to one side and poach (simmer gently) till the eggs are just set, but not hard.

Turn them out on to the croutons of fried bread (or rounds of buttered toast can be used instead), and pour the sauce round.

Sauce for Eggs.

Half-a-pint of milk, boiled with a small blade of mace, half an eschalot and a small dust of cayenne pepper.

Melt half-an-ounce of butter in a saucepan.

Stir in one ounce of flour.

Fry together without browning.

Add the milk, which has been strained from the eschalot, etc.

Stir well till it boils, then add one dessert-spoonful of anchovy sauce.

Pour round the eggs, and serve.

Croutons for Eggs.

Have some slices of stale bread, half-an-inch thick, and cut out some rounds with a plain cutter a little larger than the dariole moulds.

Fry the rounds in boiling fat till a pale golden colour.

(See COLOURED PLATE No. 2.)

Girdle Scones.

1 lb. of flour.	2 level teaspoonfuls of cream of tartar.	A full half pint of buttermilk (or ordinary fresh milk will do).
1 level teaspoonful of bicarbonate of soda.	1 small teaspoonful of salt.	

Average cost, 5d.

Put the flour, salt and cream of tartar into a basin, and mix thoroughly.

Mix the soda with a little of the milk, add it to the flour, and, with the rest of the milk, make into a light dough.

Use a fork, working it as lightly as possible.

Turn it out on to a floured board. Divide it into two parts.



GIRDLE SCONES.

Make each into a ball, and flatten them with the palm of your hand till about half-an-inch thick. Keep them of round shape, mark first into four divisions, then into eight.

Lift carefully on to a slightly greased or floured hot girdle, if you have one, and bake on the top of the stove.

An ordinary baking-sheet from the oven can be used, but it is rather thin, and makes greater care necessary not to burn them.

They can also be baked in the oven, but then they are not girdle scones.

On top of the stove they take longer to cook than in the oven.

Baked on a girdle they take nearly half-an-hour.

LUNCHEON MENUS.

THE word Luncheon has a very variable meaning as to the style and substantial nature of the meal. It may mean a meal that is almost a dinner, or on the other hand, a glass of wine and a biscuit are sometimes considered sufficient. It varies to a considerable extent, of course, in households where there are children and where there are not; and in many middle-class houses the luncheon has to serve for part of the servants' dinner as well. In such cases it is necessary that there be either a joint or a pie of a plain and wholesome kind, also a milk pudding and plenty of vegetables. Where, also, there is the utmost time between breakfast and dinner, the former early, the latter late, the dishes for luncheon must be a little more substantial. As a rule, however, a light meal is preferable.

As with the Breakfasts, it is proposed to keep these Menus as nearly as possible in order of simplicity and economy, commencing with those easiest and cheapest to prepare, and ending with some of a little more important character.

Luncheon is a meal in which so many light dishes, in the way of eggs and dressed vegetables, can be introduced in the place of meat dishes or a joint. Many people would prefer a light meal in the middle of the day in place of a more substantial one, a fact which is often overlooked in English houses. I have therefore tried to introduce savoury dishes of eggs, vegetables, rice, etc., as much as possible, but of course these menus can always be supplemented by a cold joint, pie, galantine or pressed beef, at the discretion of the housekeeper.

Directions for numbers of these supplementary dishes will be found by reference to the Index. They are generally carved from the sideboard when giving a luncheon party.

Avoid as much as possible a lengthy menu, as few people care to spend a long time at a midday meal.

LUNCHEON MENU No. 1.

Baked Haddock . . .	Églefin Rôti.
Haricot of Mutton . . .	Haricot de Mouton.
Soufflé Potatoes . . .	Pommes de Terre Soufflées.
Thorpe Pudding . . .	Pouding de Thorpe.

Baked Haddock.

1 medium sized fresh haddock.	1 tablespoonful of chopped parsley.	Pepper.
$\frac{1}{4}$ lb. of bread-crumbs.	1 teaspoonful of chopped thyme.	2 oz. of butter or dripping.
2 tablespoonfuls of suet.	Salt.	Anchovy sauce, as described.
1 egg, or milk.		

Average cost, 1s. 2d.

Take a medium sized fresh haddock.

Wash and clean it, take out the eyes, cut off the gills, remove the inside, and dry it thoroughly.

Make a forcemeat of a quarter of a pound of fine bread-crumbs, two tablespoonfuls of suet, finely chopped and freed from skin, one tablespoonful of chopped parsley, one teaspoonful of chopped thyme, half a teaspoonful of salt, and a little cayenne or white pepper.

If you have no suet a little butter will do instead, but it is not quite so good.

Mix the dry ingredients well together, then use one well beaten egg to bind, and if not quite enough to do so moisten it with a little milk.

Fill the fish with forcemeat and sew it up.

Butter a baking tin thickly, or grease it with nice dripping, and lay the fish in it.

Sprinkle a handful of white bread-crumbs on the top of the fish.

Cover with a buttered paper, and bake in a moderate oven for twenty to thirty minutes, according to the size of the fish.

Baste it now and again with some of the butter.

When cooked, take the fish up carefully with a slice.

Have a nice hot dish ready, with a fish-paper on it; lay on the fish
Garnish with a few sprigs of parsley round the gills and two pieces
at the tail.

Serve with anchovy sauce in a sauce-boat.

The Anchovy Sauce for above.

1 teaspoonful of anchovy essence.	1 large teaspoonful of flour.
$\frac{1}{2}$ oz. of butter.	$\frac{1}{2}$ pint of milk.

Melt the butter in a saucepan.

Add the flour.

Mix well together, then stir in the milk gradually until it boils.

Add the anchovy essence, and serve.

Haricot of Mutton.

2 lbs. of neck of mutton (best end).	3 tablespoonfuls of boiled green peas.	Chopped parsley.
1 carrot.	3 tablespoonfuls of boiled French beans.	White of one egg.
Half a turnip.	Grated Parmesan cheese.	1 slice of stale bread.
1 onion.		Pepper.
Water, or weak stock.		Salt.
		Castor sugar.

Average cost, 1s. 6d.

Divide the mutton into neat cutlets, cutting off any superfluous fat, roll them in flour, and season with pepper and salt.

Take the trimmings of fat, put them in a frying-pan and fry out a little of the fat.

Lift out the pieces of fat and put them aside; they can be used to lay over meat roasting in the oven, if there is any goodness left in them.

Put the cutlets in the pan, and fry a nice rich brown.

Do them rather quickly, so that the meat does not get cooked through too much.

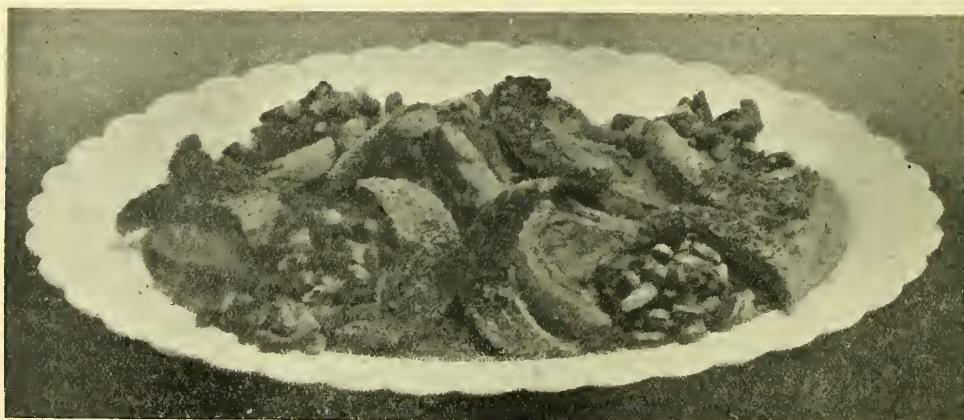
Take out the chops, and lay them in a stewpan.

Wash the raw vegetables, and dry them.

Cut the carrot and turnips into small dice and the onion into slices.

Sprinkle them with flour and fry them also, but not quite so brown as the meat.

If there is not enough of the mutton fat in the pan a little butter or good dripping can be used.



HARICOT OF MUTTON (*AND SEE COLOURED PLATE NO. 5*).

When the vegetables are brown put them in the stewpan with the meat, and add the seasoning of pepper and salt; about a quarter teaspoonful of pepper, a half teaspoonful of salt, and a quarter teaspoonful of castor sugar. Be careful of the sugar, as on no account must the dish taste in the least degree sweet.

Pour in enough water or weak stock to just cover, not more.

Bring to boiling point, but do not let it actually boil or it will make the mutton tough.

Skim off any fat that may rise.

Simmer gently for two hours.

About a quarter of an hour before it is done add three tablespoonfuls of plainly boiled peas and the same of French beans cut into dice shapes, if you have them.

Fry a dozen fingers of bread, two inches long and three-eighths of an inch square, in boiling fat, until of a pale golden colour.

Brush them over with white of egg.

Sprinkle finely chopped parsley half-way down them and grated cheese down the other half.

Lift the meat out carefully on to a rather deep dish.

Put the vegetables neatly round ; then lay the fingers of bread crossed round the meat, two at each end, two at each side, and four on top. The fingers of bread can be omitted if desired.

Soufflé Potatoes.

3 large potatoes.	1 tablespoonful of grated cheese.	Pepper.
1 egg.		Salt.
1 tablespoonful of Béchamel sauce.	$\frac{1}{2}$ oz. of butter.	Sauce, as described.
Average cost, 6d.		

Wash and well scrub three large potatoes, but they must not be peeled.



SOUFFLÉ POTATOES.

Put them on a baking-tin in a moderate oven for about an hour.

When cooked, cut them in half.

Scoop out all the inside and pass it through a fine sieve.

Then mix in one raw yolk of an egg, one tablespoonful of grated cheese, half-an-ounce of butter, one tablespoonful of thick Béchamel sauce, pepper and salt to taste ; lastly, add the white of the egg whipped to a stiff froth, with a pinch of salt.

Fill the half skins again with this mixture.

Sprinkle a few browned bread-crumbs, or grated cheese, on the top surfaces, and bake for a quarter of an hour in a moderate oven. Sprinkle a little chopped parsley on the tops, and serve on a dish paper.

Thick Béchamel Sauce for Soufflé Potatoes.

Put one gill of milk in a saucepan, and boil with a very small piece of mace, a very small onion (pickling size), and a dust of cayenne pepper.

Melt one ounce of butter in a saucepan.

Mix it with one ounce of flour.

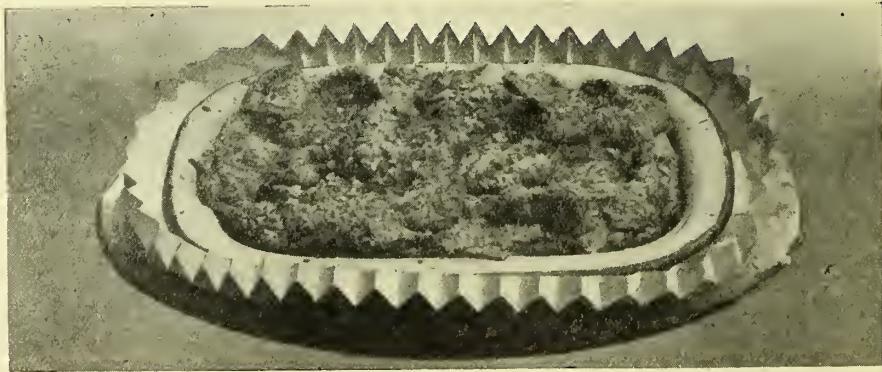
Strain the milk, add it to the flour and butter by degrees.

Stir till it boils.

Add a very small pinch of salt, and use.

Thorpe Pudding.

1 pint of milk.	3 oz. white castor sugar.	2 tablespoonfuls of jam.
2 eggs.	Butter.	A few drops of vanilla.
2 oz. bread-crumbs.	Average cost, 6d.	



THORPE PUDDING.

Soak two ounces of white bread-crumbs in half-a-pint of milk.

Beat the yolks of two eggs with two ounces of white sugar, and add to this the other half pint of milk and the vanilla.

Put this with the soaked bread-crumbs and mix together.

Well butter a pie-dish.

Spread the jam at the bottom and then pour in the mixture.

Put a few small pieces of butter on the top.

Stand the pie-dish in a baking-tin containing some hot water, and bake in a moderate oven till set. This will take about three-quarters of an hour.

Now whip the whites of the eggs to a stiff froth, with a very small pinch of salt, lightly mix in one ounce of castor sugar, pile in a rocky way on top of the pudding, and put back in the oven to set this meringue and give it a pale fawn colour.

Serve either hot or cold.

LUNCHEON MENU No. 2.

Salmon with Béchamel Sauce. Saumon, Sauce Béchamel.

Scotch Eggs Œufs Farcis au Jus.

Rice en Surprise Surprise au Riz.

Salmon with Béchamel Sauce.

1 tin of salmon.	1½ oz. of butter.	Cayenne.
½ pint of milk.	1½ oz. of flour.	Salt.
1 small onion.	A blade of mace.	6 slices of lemon.

Average cost, 1s. 2d.

Open a tin of salmon by cutting it round the edge, just below the top, so that the fish can be slipped out whole.

Leave the top on the tin and stand it in a saucepan containing sufficient hot water to reach half-way up the tin.

Bring to the boil, and steam for three-quarters of an hour.

Remove the tin, turn the salmon out on to a hot dish, and pour the Béchamel sauce round.

Sprinkle a little finely chopped parsley over, and garnish with half-a-dozen thin slices of lemon on top and a few sprigs of parsley round.

Béchamel Sauce for Salmon.

Boil half-a-pint of milk with one small onion, a dust of cayenne pepper and a small blade of mace, for ten minutes.

Melt one ounce and a half of butter in a pan.

Add one ounce and a half of flour, and fry together, without browning, for a minute or two.

Strain the milk, and gradually stir it into the flour and butter.

Bring to the boil, and add salt to taste.

If at all lumpy, strain through a strainer over the fish, but if the milk is slowly added and well stirred the sauce should be perfectly smooth.

Scotch Eggs.

5 eggs.	1 teaspoonful of chopped parsley.	A grate of nutmeg.
6 oz. of cold meat.		$\frac{1}{4}$ teaspoonful of pepper.
2 oz. of stale bread.		Bread-crumbs.
1 teaspoonful of chopped onion.	$\frac{1}{2}$ teaspoonful of salt.	
Average cost, 1s.		

Put three eggs into a saucepan, cover them with cold water, and bring to the boil.

Boil for seven minutes, then pour off the boiling water, put cold water in its place, and leave the eggs standing in it.

Weigh six ounces of any cold meat, without skin or gristle.

If you have it, include slices of ham or bacon in the six ounces.

Soak two ounces of stale bread—crusts will do—in cold water.

Pass the meat through the mincing machine.

Add the finely chopped parsley and onion, a small grate of nutmeg and a quarter teaspoonful of pepper; salt according to taste, not forgetting the saltiness of the bacon.

Wring the bread quite dry in a cloth, break it up well, and add it to the other ingredients, and mix with a whole raw egg.

Take the three hard-boiled eggs, cut them in half lengthways, and remove the shells.

Take a piece of the minced meat mixture, flatten it out, put the half of an egg in the centre, and fold the meat all round it to form an egg shape.

Roll it in flour, then in whole beaten-up egg, then in finely made white bread-crumbs.



SCOTCH EGGS.

Have plenty of boiling fat in a stewpan, drop in the eggs, and fry a nice golden brown.

Drain from fat, and serve either with or without gravy.

If without gravy, dish them neatly in a pile on a dish-paper, and garnish with parsley.

Rice en Surprise.

6 tablespoonfuls of
rice.
 $1\frac{1}{2}$ pints of milk.

A few drops of
vanilla.
Jam.

2 tablespoonfuls
of white castor
sugar.

Average cost, 6d.

Wash the rice well. Put it into a double milk-saucepan with one-and-a-half pint of milk.

If you have not a milk-saucepans stand an ordinary saucepan in a tin of boiling water to prevent the milk burning.

Cook slowly till the rice is quite tender and has absorbed the milk.
This will take two to three hours.

Then add a few drops of vanilla, or any other flavouring essence you prefer, and two tablespoonfuls of white castor sugar.

Fill six dariole moulds, or small cups, with cold water.



RICE EN SURPRISE.

Let them stand a few moments to become cooled, then empty out the water, and fill the cups (while still wet) with some of the rice.

Make a hole in the centre, either with your wetted finger or a tea-spoon, put in a small teaspoonful of jam, and fill up with rice. Set these aside till cold, when they can be turned out on to a glass dish.

A nice decoration for these is a crystallised cherry placed on top of each, with two diamond-shaped pieces of angelica, one on each side of the cherry, to represent leaves.

Custard can be served in the dish around the rice moulds if liked.

LUNCHEON MENU No. 3.

Cod, with Parmesan . . .	Cabillaud au Gratin.
Stuffed Cabbage . . .	Chou Farci.
Baked Apple Dumplings . .	Petits Poudings aux Pommes, Rôties.

Cod, with Parmesan.

2 slices of cod.	1 teaspoonful of chopped parsley.	Coralline pepper.
1 tablespoonful grated Parmesan cheese.	1 oz. of butter.	Salt.
1 lemon.		Sauce, as described.
	Average cost, 1s.	

Butter a small baking-dish, lay the slices of cod in it.

Sprinkle them with the finely chopped parsley, the Parmesan cheese, coralline pepper, a teaspoonful of strained lemon juice, and a little salt.



COD, WITH PARMESAN.

Lay a buttered paper over.

Stand the baking-dish in a larger one containing enough water to prevent the fish getting dry at the bottom, but of course not nearly enough to slop over into the tin containing the fish.

Put it into a moderate oven and cook from fifteen to twenty minutes, according to the thickness of the slices and the heat of the oven. When done, take up and lay the slices on a dish, one slice just resting on the edge of the other.

(See COLOURED PLATE No. 3.)

Sauce for Cod.

$\frac{1}{2}$ pint of milk.	$\frac{1}{4}$ pint of picked shrimps.	A small grate of nutmeg.
2 oz. of butter.	1 teaspoonful of anchovy sauce.	A few drops of carmine.
1 oz. of flour.		

Average cost, 7d.

Melt the butter in a saucepan.

Stir in the flour, and mix well together till free from lumps.

Then add the milk by degrees, stirring all the time.

Add the nutmeg with the milk.

Bring to the boil, and boil for five minutes.

Now add the shrimps, a few drops of carmine (to give a pale pink colour), a large teaspoonful of anchovy sauce, and the liquor from the pan the fish was cooked in.

This sauce can be either poured round the fish or served in a sauceboat.

Stuffed Cabbage.

1 cabbage.	$\frac{1}{2}$ lb. of sausage meat.	Gravy.
1 oz. of butter.		Salt.

Average cost, 6d.

Take a nice firm cabbage, wash it well in salted water, and remove the untidy outside leaves.

Have a saucepan, large enough to hold the cabbage comfortably, three parts full of boiling water, with about a dessert-spoonful of salt to each quart of water.



COD AU PARMESAN.

Put the cabbage in and boil ti'l tender, but be careful it is not overdone. It had better be rather under than overcooked.

Well grease a plain mould with either butter or good dripping.

Take some of the outside leaves of the cooked cabbage and line the mould with them, keeping the stalk ends of the leaves at the mouth of the mould, so that when turned out it resembles a cabbage as much as possible.

Next chop the remainder of the cabbage and fry it in one ounce of butter or dripping, but do not brown it.



STUFFED CABBAGE.

Then fill the mould with a layer of sausage-meat and a layer of cabbage alternately, having the first and last layer of the sausage-meat.

Finish off the top with some of the whole leaves of the cabbage, lay a buttered paper on the top, and bake gently for three-quarters of an hour.

Turn it out, and serve a nice brown gravy round it, slightly thickened with a teaspoonful of flour well mixed in a little cold water.

This is quite a small dish, but a larger cabbage can be cooked, with a pound of sausage-meat.

If sausage-meat is not procurable make a forcemeat of half a pound of minced raw meat, three ounces of bread-crumbs, one dessert-spoonful of finely chopped parsley, half a teaspoonful of mixed herbs, one whole egg, pepper and salt to season. If the egg is small and does not moisten the mixture sufficiently add a little water or weak stock.

Baked Apple Dumplings.

6 apples.	Yolk of one egg.	$\frac{1}{2}$ teaspoonful of baking powder.
$\frac{1}{2}$ lb. of flour.	Castor sugar.	
$\frac{1}{4}$ lb. of butter.		

Average cost, 8d.

Pare the apples, and remove the cores without cutting in halves or breaking them.

Put the flour in a basin.

Rub in the butter until it is quite worked in.

Add the baking powder, then the yolk of the egg, and mix into a stiff paste with a very little cold water.

Roll it out to about a quarter of an inch in thickness, and then cut it into rounds large enough to cover the apples.

Put an apple in the centre of a round of paste, fill the hole made by removing the core with castor sugar and one clove.

Gather the paste up all round the apple, and work it round so that the apple is completely covered.

Put the joined side down, brush over the top of the dumpling with cold water, and sprinkle thickly with roughly pounded loaf sugar.

Bake in a moderate oven for half an hour.

To prevent the sugar becoming too brown, lay a sheet of wetted paper over.

Serve on a fancy paper, or, if preferred, in a glass dish, with a custard sauce poured round.

LUNCHEON MENU No. 4.

Steak and Oyster Pie . Pâté de Rumpsteak aux Huîtres.
 Stuffed Tomatoes . . Tomates Farcies.
 Apples and Sago . . Sagou aux Pommes.

Steak and Oyster Pie.

$1\frac{1}{2}$ lb. of rump steak.	1 large teaspoonful of salt.	Water, or weak stock.
1 dozen oysters.	1 small teaspoonful of white pepper.	Cayenne pepper.
1 oz. of butter.	A blade of mace.	Flour.
3 tablespoonfuls of cream.		Salt.

Average cost, 3s.

Take a pie-dish, large enough to hold the steak and oysters.

Put a layer of steak at the bottom.

Trim the beards and the hard pieces from the oysters.

Lay half the oysters on the layer of steak in the dish, and then
sprinkle with part of the salt and white pepper.

Put in another layer of steak, then the remainder of the oysters,
and the rest of the salt and pepper.

Lastly, add about half a gill of weak stock or water.

The cover of the pie should be puff paste, the receipt for which
will be found under the heading of PASTRY (or see Index).

Put the beards and trimmings, also the liquor of the oysters, on to
boil, with the small blade of mace, a dust of cayenne, and two
tablespoonfuls of water.

Boil till the goodness is out of them (about ten minutes), and strain.

Rub one ounce of butter into sufficient flour, and add to this gravy,
and bring to the boil again.

Add three tablespoonfuls of cream and a very little salt.

Pour it into the pie through the hole in the top, and serve with a
pie-dish collar round the dish.

Stuffed Tomatoes.

5 tomatoes.	1 small eschalot.	Salt.
4 oz. of meat.	1 teaspoonful of	5 croutons of fried
2 oz. of bread-	chopped parsley.	bread.
crumbs.	A little stock.	Some browned
1 oz. of butter.	Pepper.	bread-crumbs.

Average cost, 1s.

Take five nice firm tomatoes, not too large.

Wipe them well, and cut off a slice from the stalk end about the size of a two-shilling piece.

Remove the pulp from the inside with a small teaspoon, but do not make the walls of the tomato too thin; also be careful not to split them.



STUFFED TOMATOES.

Season the insides with pepper and salt.

Take four ounces of meat, and mince or chop it finely. Mixed chicken and ham is best, but tongue, any cold game, or any nice cooked meat will do.

Mix it with two ounces of finely made white bread-crumbs.

Put one ounce of butter in a stewpan, add the small eschalot, finely chopped, and fry without browning for ten minutes.

Then add the meat and bread-crumbs, chopped parsley, pepper and salt, the pulp from the tomatoes (which ought to be rubbed

through a sieve, though it is not absolutely necessary), and enough stock or milk just to moisten the whole, but not to make it sloppy.

Cook gently over the fire, just to swell the bread-crumbs.

Fill the tomatoes with the mixture, sprinkle a few browned bread-crumbs on the top.

Put in a greased baking-tin, and bake in a moderate oven for about fifteen minutes.

Put a buttered paper on top while baking, to prevent the crumbs getting too brown, and it should be noted that the tomatoes must not be filled too full or they will burst in the cooking.

Cut five rounds of stale bread, a little larger than the tomatoes, and fry them a nice golden brown, dish the tomatoes on them, and serve.

(See COLOURED PLATE No. 2.)

Apples and Sago.

1 lb. of cooking apples.

$\frac{1}{2}$ lb. of sugar.

1 pint of water.

2 tablespoonfuls of sago.

Citric acid.

Essence of lemon.

Cochineal.

Average cost, 6d.

First make a syrup with the water and sugar, and colour it with cochineal.

Pare the apples, cut them in four, take out the cores and cut them in four again, each quarter in two lengthways.

Stew gently in the syrup till tender and clear, but not mashy.

When cooked, take them out gently and make a neat pile in a glass dish.

Flavour the syrup with essence of lemon and a very little citric acid to taste, and colour with a few more drops of cochineal if necessary.

Wash the sago well. Cook it in the strained syrup till quite clear.

Pour over the apples and leave till cold.

If desired this dish can be garnished with whipped cream, sweetened and flavoured.

Or a garnish can be made of a couple of whites of eggs beaten to a stiff froth, to which is added a tablespoonful of apricot jam, which should be rubbed through a sieve, and the jam and whites of eggs beaten together till quite smooth.

This would be laid in rocky heaps round the pile of apples, and it can be sprinkled with a few chopped pistachio nuts, or a little coloured sugar, or a little chopped crystallised angelica.

If you have not time to cook the sago the syrup can be thickened with arrowroot.

This is a very simple and inexpensive dish, but can be made quite pretty and appetising.

If garnished with cream etc., it, of course, becomes more expensive.

LUNCHEON MENU No. 5.

Potato Rolls	Croquettes de Pommes de Terre.
Galantine of Sheeps' Tongues	Galantine de Langues de Mouton.
Marie Puddings	Pouding Marie.

Potato Rolls.

Cold meat.	Salt.	Bread-crumbs.
Chopped parsley.	½ lb. of potatoes.	1 oz. of butter.
Onion.	2 oz. of flour.	eggs.
Pepper.	A little stock.	

Average cost, 9d.

Mince about a quarter of a pound of any cold meat, such as mutton, beef, chicken, or even game, or a mixture of meats; in fact, use up any pieces that are too small for other uses.

Season with a little finely chopped parsley, about half a teaspoonful of salt and a quarter teaspoonful of pepper.

Cut an onion in half, and scrape out about a small teaspoonful of the juice.

Mix the seasoning with the meat, and just slightly moisten the meat with stock.

Take half-a-pound of plainly boiled, and well dried, potatoes.

Rub them through a wire sieve, or through a potato-masher.

There must be half-a-pound after they are mashed.

Put them in a basin, with two ounces of flour, one ounce of butter and the yolk of an egg.



POTATO ROLLS.

Mix all together, and roll out to about half-an-inch thick.

Cut into pieces, four inches square, place a portion of the meat in the centre of each, wet the edges with egg, and fold over to form a roll.

Cut the edges, and press them firmly together, also the ends, but keep the roll in a nice compact shape.

Beat one egg, and the white of the other, together, brush the rolls over with this, and roll them in finely made white bread-crumbs.

Have a stewpan three-parts full of boiling fat.

When the fat just begins to smoke, put the rolls in, and fry a nice brown.

If you have no stale bread for crumbs some broken vermicelli will do instead.

Drain the rolls on a wire pastry-rack or white kitchen paper, and dish them, piled one on top of the other, with a few sprigs of fresh green parsley.

Galantine of Sheeps' Tongues.

6 fresh or salt tongues.	1 teaspoonful of chopped parsley.	$\frac{3}{4}$ pint of stock.
3 hard-boiled eggs.	Coralline pepper.	Pepper.
$\frac{1}{2}$ oz. of gelatine.		Salt.

Average cost, 1s. 6d.

If fresh tongues are to be used cook them for about four hours, until the skins come off quite easily.

Skin, and cut them in half lengthways.

Melt half-an-ounce of gelatine in three-quarters of a pint of white stock (either chicken, rabbit or veal stock is the best).

Season it nicely with pepper and salt.

If the stock is very weak use an ounce of gelatine.

Boil the eggs hard.

Wet a mould with cold water, ornament the bottom with a slice of hard-boiled egg, sprinkle a ring of parsley round it, then one of coralline pepper, then put four more rings of hard-boiled eggs, and so on.

Lay in the tongues, cut in halves, and the rest of the egg, sliced.

Lastly, pour over the stock, with the gelatine melted in it.

When quite set turn out, and garnish round the bottom with shredded lettuce and slices of tomato.

If tinned tongues are used they only require to be made warm, then skinned and sliced, and used in the same way.

(See COLOURED PLATE No. 1.)

Marie Puddings.

$\frac{1}{2}$ lb. of flour.	1 egg.	1 lemon.	Milk.
1 oz. of butter.	1 teaspoonful of		Glacé cherries.
3 oz. of sugar.	baking powder.		Sauce, as described.
Average cost, 6d.			

Put the flour in a basin.

Mix in the sugar, half the lemon peel, chopped finely or grated, and the baking powder.

Melt the butter, pour it in.



MARIE PUDDINGS.

Then add the egg, well beaten, and a little milk, to make it a stiff batter.

Have ready four or five well buttered cups.

Ornament the bottoms with a few slices of glacé cherries, and half fill the cups with the mixture.

Lay a sheet of paper in the bottom of a stewpan, pour in sufficient boiling water to come half-way up the cups.

Put in the cups, lay a buttered paper over them, put on the lid, and steam for three-quarters of an hour.

Turn out, and serve with lemon sauce.

Lemon Sauce for Marie Puddings.

Simmer, in about half-a-pint of water, the remainder of the lemon peel, which should not be chopped, for about ten minutes.

Take out the peel.

Add one tablespoonful of white sugar and the strained juice of the lemon.

Mix one dessert-spoonful of arrowroot with a little cold water.

Pour the boiling syrup on it.

Return it to the saucepan with half-an-ounce of butter, boil it up, and pour round the puddings.

LUNCHEON MENU No. 6.

Scalloped Fish . . .	Escalope de Poisson au Gratin
Roast Rabbit . . .	Lapin Rôti.
Rice with Tomatoes . .	Riz au Tomates.
Swedish Pudding . .	Pouding Suédois.

Scalloped Fish.

Any cold cooked fish.	3 oz. of bread-crumbs.	1 oz. of butter. Sauce, as described.
Average cost, 10d.		

Take the remains of any cooked fish, such as cod, plaice, turbot, brill or haddock, and, while warm, free it from skin and bone, and break it into nice flakes.

Butter a shallow pie-dish, or some scallop shells.

Melt an ounce of butter in a saucepan.

Then stir in the bread-crumbs, till they have absorbed all the butter.

Line the dish with the buttered crumbs.

Put a layer of fish in the bottom, then a layer of sauce, then a few bread-crumbs, then another layer of fish, then more sauce, and, lastly, a thick layer of bread-crumbs at the top.

Bake in a moderate oven, until it is a nice golden brown.
 Put a pie-dish collar round the dish, and serve.
 Or it can be done in scallop shells, but the dish is preferable,
 although the shells look prettier.

Sauce for Scalloped Fish.

1 oz. of butter.	$\frac{1}{2}$ pint of milk or fish stock.	Cayenne pepper.
1 oz. of flour.		A few drops of
1 blade of mace.	Half an eschalot.	anchovy sauce.

Put the milk in a pan, with the mace, cayenne and eschalot.
 Bring to the boil, and infuse for fifteen minutes, then strain.
 Melt an ounce of butter in the pan, and add an ounce of flour.
 Mix well together, then, by degrees, add the flavoured milk.
 Bring to the boil, stirring all the time, to keep it free from lumps.
 Boil for four minutes, to cook the flour.
 Add a few drops of anchovy sauce, in place of salt, and use.

Roast Rabbit.

1 rabbit.	Dripping.	1 teaspoonful of salt.
$\frac{1}{4}$ lb. white bread- crumbs.	1 teaspoonful of thyme.	1 tablespoonful of chopped bacon.
2 tablespoonfuls of suet.	$\frac{1}{2}$ teaspoonful of grated lemon peel.	1 egg.
1 tablespoonful of chopped parsley.	$\frac{1}{2}$ teaspoonful of pepper.	1 doz. small rolls of bacon for gar- nishing.

Average cost, 1s. 9d.

Skin and clean a nice young rabbit, saving the liver and the kidneys.

Cut off the feet at the first joint, and cut across the sinews, under the knee-joints.

Put the liver and kidneys into a small saucepan, cover them with cold water.

Just bring to the boil, strain, and then chop them finely.

Put the bread-crums into a basin, with the suet and bacon, finely chopped.

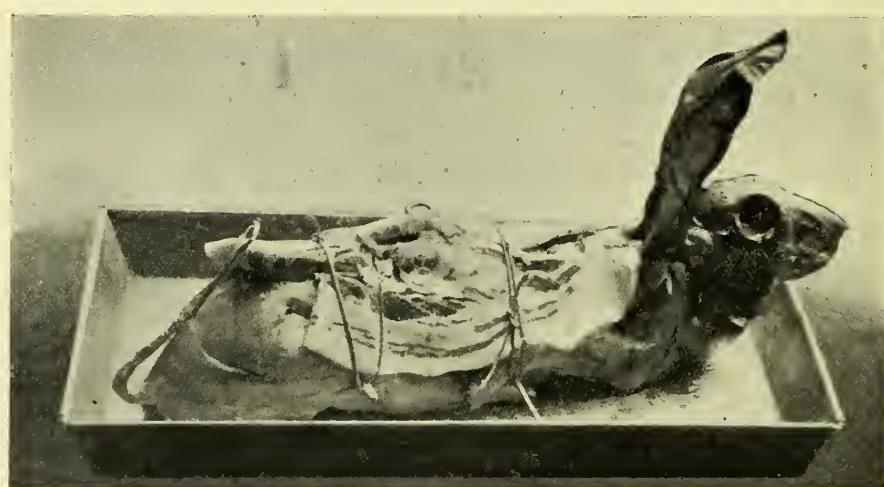
Add the liver and kidney (also finely chopped), the parsley, thyme, salt, pepper and the grated lemon peel.

Bind this forcemeat with one whole egg, adding a little milk, if necessary.

Stuff the body with the forcemeat, and sew it up.

Put the rabbit, face downwards, on the board, draw the front legs back, with the ends where they were cut off pointing towards the tail.

Bring the hind legs forward, in exactly the same way, only the ends of them will point towards the head.



RABBIT TRUSSED FOR ROASTING.

Keep the legs close to the sides, then pass a skewer through both hind and front legs, where they cross one another, then through the body, and out through the crossed legs on the other side.

Take a piece of tape, put it round the head of the skewer, bring it up over the back, pass it round the point of the skewer, bring the other end of the tape over the back, and tie them.

Pass another piece of tape right round the rabbit, just over the shoulders, and tie it on the back; do the same just above the thighs.

Push the head well back, between the shoulders, so that it is looking straight ahead; fix it in place, by putting a skewer down the mouth into the body.

The ears and the tail ought to be left on.

Lay a piece of fat bacon over the back, or a well buttered paper, which may be tied round to keep it in place.

Put the rabbit into a roasting-pan, with plenty of dripping, and roast in the oven for three-quarters of an hour.

Keep it well basted, for if once allowed to get dry it is spoilt.

About ten minutes before taking it out of the oven remove the paper or fat, baste it well, dredge the rabbit with flour, and brown it up nicely.

Have about one dozen nicely fried rolls of bacon ready, to garnish with.

Take the rabbit up, remove the skewers, lay the rolls of bacon round, and serve, with a nice brown gravy.

Rice with Tomatoes.

1 teacupful of rice.	1 heaped tablespoon- ful of grated cheese.	1 egg. Pepper. Salt.
1 oz. of butter.		
2 large tomatoes.	A bunch of chervil.	
A sprig of tarragon.		1 large onion.

Average cost, 6d.

Wash a teacupful of rice in cold water.

Put it into two quarts of fast boiling, slightly salted water, and let it boil hard, until the grains feel tender when taken between the finger and thumb.

Fifteen minutes is about the time, or rather under.

Strain the rice, pour plenty of clean boiling water over it, and dry in a colander or sieve, placed in the screen or before the fire.

It should be stirred now and again with a fork whilst drying, so that every grain is perfectly separate.

Skin two large tomatoes, by dipping them into boiling water for a second or two, when they will peel quite easily.

Mince an onion finely.

Melt an ounce of butter in a pan, and slice the tomatoes into it.

Put in the minced onion with the tomatoes, also the tarragon and chervil, which must be tied together, so that they may be taken out later.

Add the pepper and salt, also a very large tablespoonful of grated cheese.

Put in the rice, mix all well together, and break in one whole egg. Stir lightly, until it becomes quite hot.

Pile it nicely on a dish, and garnish with a few nicely fried rashers of bacon and a little fresh parsley.

If desired, the bacon can be omitted, and parsley only be used for garnish, but then a little chopped parsley should be sprinkled on top, as well as placing a few sprigs round the sides.

Swedish Pudding.

1 oz. of flour.
1½ oz. of sugar.
1 pint of milk.
3 eggs.

1 teaspoonful of
orange-flower
water.
Sponge cake.

1 lemon.
Jam.
1 oz. of shredded
almonds.

Average cost, 1s.

Mix an ounce of flour into a smooth batter with some of the milk. Put the rest of the milk on to boil, with an ounce of sugar and a very thin strip of lemon peel.

Let it boil for a few minutes, then take out the peel, and stir in the flour batter.

Stir well, and boil for five minutes.

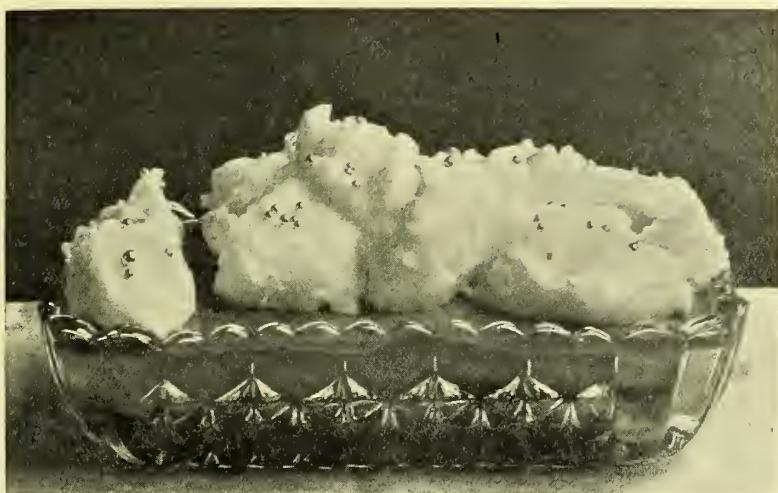
Take it off the fire, and mix in the yolks of the three eggs, well beaten.

Just return to the stove, to cook the eggs, and add the orange-flower water.

Make a syrup with the other half ounce of sugar, quarter of a pint of water and a dessert-spoonful of lemon juice.

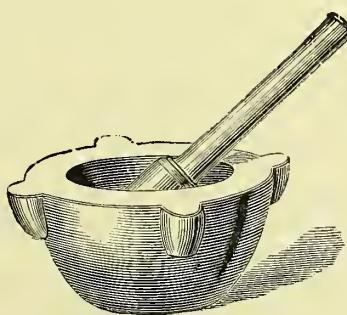
Spread some jam in the bottom of a glass dish.

Put a layer of sliced sponge cake (stale is the best) on the jam. Pour the syrup over, to soak the cake, and sprinkle with the shredded almonds.



SWEDISH PUDDING.

Pour the custard, almost boiling, on the top, and set aside to cool. When cool, it can be garnished, either with the whites of the eggs whipped stiff and sweetened, or with a few crystallised fruits chopped and strewed on the top.



PESTLE AND MORTAR.

LUNCHEON MENU No. 7.

Lobster Patties (Cold) . . .	Pâté de Homard (Froid).
Mayonnaise of Chicken . . .	Mayonnaise de Poulet.
Glazed Shoulder of Lamb and Mint Sauce	Rôti d'Agneau et Sauce à la Menthe.
Potato Croquettes	Croquettes de Pommes de Terre.
Cucumber Salad	Salade au Concombre.
Meringues	Meringues.
Lemon Jelly	Gelée au Citron.

Lobster Patties.

$\frac{4}{3}$ tablespoonfuls of lobster.	$\frac{4}{3}$ tablespoonfuls of sauce.	$\frac{1}{2}$ lb. of puff paste.
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Average cost, 2s. 6d.

For the Sauce.

Put a quarter of a pint of milk on to boil, with a dust of cayenne, a blade of mace and a small strip of lemon peel.

Let this infuse for ten minutes, then strain.

Melt an ounce of butter in a pan, and add an ounce of flour.

Stir well together, and add the flavoured milk by degrees, stirring all the time.

Boil for two or three minutes, and add four tablespoonfuls of chopped lobster and six drops of anchovy sauce, but do not make too salt.

Set aside to cool.

If a little cream can be used with the milk, instead of all plain milk, it is much better.

For the Paste.

Take half-a-pound of flour, half-a-pound of butter, juice of half a lemon and half a teaspoonful of salt.

Put the flour and salt into a basin.

Strain the lemon juice, add a little cold water to it, and stir it lightly into the flour.

Mix with sufficient cold water, about a teacupful in all, to make it into a dough, as near the consistency of the butter as possible.

Turn the dough out, on to a slightly floured marble slab or paste-board, and knead it until air-bubbles can be seen on it, then roll out lightly.

Flour a cloth, put the butter in it, and squeeze as much moisture out as possible.

Press the butter out, to about half the size of the dough, and then put it in the centre of the paste; dust it slightly with flour, fold over the edges, so that the butter is well wrapped in the paste.

Now put it away in a cool place for an hour (on ice if you have it), and when it has stood long enough, roll it out straight and evenly, the lengthways of the paste, not crossways.

Next, turn it right over, and roll the other side, keeping it even.

Fold it into three, and turn it half round, so that three raw edges face you, and roll again; then turn over, as before, and roll again, making four turns in all.

Fold once more, into three, and put away again for half an hour.

If you have no ice, dip a *linen* cloth in the coldest water that can be got, wring it very dry, and lay it over the paste.

When the paste has stood half-an-hour, roll it out four times again in exactly the same manner as at first.

Put it away for another half hour, then roll again four times.

The rolling out is done three times, and there are four turns in each rolling.

Paste made like this is never a failure if the oven is right, but much of the success of the pastry is in the baking. The oven must be hot, but not hot enough to burn it; if too cool the butter melts and runs out of the paste, which makes it heavy and tough.

To make the patties, roll out the pastry to a quarter of an inch thickness.

Take a plain round cutter, two inches and a half across, also one one inch across.

Cut out sixteen rounds, with the large cutter; then, with the small cutter, cut the centres out of eight of the large rounds.

Brush over the eight rings with cold water on one side, and then lay them evenly, wet side down, on the eight large rounds.

Brush them over, with whole beaten-up egg, also the small rounds, which are to form the tops of the patties.

Wet a baking-sheet with cold water, lay the patty cases on the tin, also the little tops, and bake in a moderate oven, opening the door as little as possible.

The tops will be done before the cases.

The best range I know of for pastry is the Gold Medal Eagle Range. It has a reversing damper, by which a perfect bottom-heat can be had, and the oven door has a large glass panel, so that the pastry can be seen while it is baking, without opening the door.

When the pastry is baked sufficiently, take it out, and fill the cases with the lobster mixture. Put the tops on. Dish on a fish-paper, and garnish with fresh parsley.

These patties can also be served hot.

Mayonnaise of Chicken.

1 chicken.	$\frac{1}{2}$ pint of mayonnaise sauce, as described.	Lemon juice.
1 pint of sauce, as described.		1 onion.
$\frac{1}{2}$ pint of Aspic jelly, as described.	1 dessert-spoonful of salt.	2 hard-boiled eggs. Chopped parsley. Salad.

Average cost, 4*s.* 6*d.*

Draw the chicken, and truss it for boiling.

Rub over with lemon juice.

Roll it in a buttered cloth.

Put it into a saucepan, with sufficient boiling water to cover it, to which is added a dessert-spoonful of salt and one onion.



MAYONNAISE OF CHICKEN.

Or, better still, boil it in weak stock.

Let it boil for three-quarters to one hour, according to the size and age.

Take it up, and put aside until cold.

When cold, wipe it free from fat, and divide it into neat joints.

Mask each joint with sauce; allow it to set; then mask again with Aspic jelly, using this jelly just before it sets.

The Aspic jelly when used must be quite melted, or it will be lumpy; yet it must not be warm, or it will melt the mask of sauce.

It is much the best to have ice, to make the sauce and jelly set quick and firmly; without ice it is a rather tedious process.

Arrange a pile of nice salad in the centre of a dish, and a border of it round the pile.

Pour a little mayonnaise sauce over the border, then just sprinkle again with salad, to cover the sauce.

Place the pieces of chicken all round the pile of salad, on the border, one piece overlapping the other.

Garnish the pile of salad, in the centre, with hard-boiled eggs, cut into rounds; also with beetroot, tomato, radishes or celery, cut into pretty shapes.

Sprinkle each alternate piece of chicken with the yolk of a hard boiled egg, rubbed through a sieve, and with finely chopped parsley, which has been wrung dry in a cloth.

If desired, it can be garnished with chopped Aspic jelly, but the dish then becomes somewhat too elaborate for an ordinary luncheon party.

(See COLOURED PLATE No. 7.)

For the Chicken Sauce.

Melt an ounce of butter in a pan, and add an ounce of flour.

Stir in a quarter of a pint of well flavoured chicken stock, made from the giblets of the fowl, which have been boiled with a blade of mace, eight peppercorns, one onion and a small piece of lemon rind.

Stir until the sauce boils, and then add a quarter of a pint of cream or milk, in which has been dissolved four sheets of leaf gelatine. Strain through a fine strainer, or, better still, wring through a tammy cloth.

Re-warm the sauce, and pour it over the joints of the fowl, and set aside to cool.

For the Aspic Jelly.

Take one dessert-spoonful of Liebig's extract of beef, and put it in a pan with one quart of water, one eschalot, one bay leaf, half a carrot, one small onion stuck with cloves, six peppercorns and one dessert-spoonful of salt.

Well simmer these ingredients together, then add two ounces of gelatine (Marshall's for preference), the juice of one lemon, the whites and shells of two eggs, slightly beaten, a few drops of Chili vinegar and a dessert-spoonful of tarragon.

Bring all to the boil.

Have the jelly-bag ready (by pouring two quarts of boiling water through it, to warm and clear it), then pour the jelly through.

Have two basins for it, so that it can be poured through the bag again, until it is quite clear.

Set aside to cool, and use it just before it sets.

For the Mayonnaise Sauce.

Take two eggs, about a gill of salad oil, half a teaspoonful of mustard, a pinch of salt, a pinch of sugar, half a teaspoonful of Chili vinegar, a teaspoonful of tarragon vinegar, a teaspoonful of white vinegar, a small dust of cayenne pepper and a tablespoonful of cream.

Put the raw yolks of the eggs into a basin, being careful not to let in any of the white.

Add the mustard, salt, sugar and cayenne.

Work these ingredients well together with a wooden spoon.

Add the oil, drop by drop, stirring the mixture well all the time, and always one way, until it becomes the consistency of butter.

Be very careful about the oil going in slowly, or it will curdle, and then it is spoilt, though sometimes it can be rectified by putting another yolk into a basin and adding the sauce slowly to it. This, however, makes much trouble, while if care is taken at first, in adding the oil slowly, the sauce is quite simple.

When it is quite stiff, add the vinegar.

Lastly, add the cream.

Keep in a cool place.

Glazed Shoulder of Lamb and Mint Sauce.

A shoulder of lamb. Mint sauce, as de- scribed.	Dripping. Salt.	A tablespoonful of glaze, as described.
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Average cost, 10d. per pound.

Roast the lamb, either in front of a clear brisk fire, or in the oven. If roasted in the oven, use a double roasting-pan, and put water in the lower tin.

Put the lamb on the stand in the upper tin. Sprinkle with a little salt, and spread some dripping over it; or the dripping can be melted, and poured over the joint.

Put into a brisk oven, and roast for about one hour.

Baste it well, to keep it moist.

Turn the joint, to cook both sides evenly.

The basting must on no account be neglected, as a small joint easily spoils.

A small shoulder of lamb will not take one hour, but lamb must always be well cooked.

For the Glaze.

Cut up about a tablespoonful of glaze into very small dice.

Set it to melt, over a slow fire or in the bain-marie, with a little water.

When quite melted, brush the shoulder over with it.

Garnish with water-cress or parsley.

For the Mint Sauce.

Chop two tablespoonfuls of mint very finely.

Melt a dessert-spoonful of sugar with one tablespoonful of boiling water, in the sauce boat.

Add the mint and two tablespoonfuls of brown vinegar.

Potato Croquettes.

$\frac{1}{2}$ lb. of cooked
potatoes.
1 oz. of butter.

$\frac{1}{2}$ teaspoonful of
salt.
Pepper.

2 eggs.
White bread-crumbs.
Frying fat.

Average cost, 6d.

The potatoes should be well cooked and dry.

Rub them through a fine wire sieve, or pass them through a potato masher.



POTATO CROQUETTES.

Melt one ounce of butter in a pan.

Add the mashed potato, the salt and white pepper, to taste.

Well mix the above, with the yolk of one egg.

Turn the paste on to a board, slightly dusted with flour, and the hands should be slightly dusted with flour also, but use as little flour as possible.

Take a piece of paste, the size of an egg, roll it first into a ball, then into a cork shape, and make up the remainder of the paste in this way.

Well beat the remaining white of egg, and the whole egg.

Dip the rolled shapes of potato paste into the beaten egg, then roll them well in finely made white bread-crumbs.

Have ready a stewpan, half full of boiling fat, and when a blue smoke is seen to begin rising from it plunge the croquettes in, and fry a golden colour.

The croquettes are most conveniently fried if they can be put into a frying-basket, but if a basket cannot be used they can be put direct into the fat without. A frying-basket saves trouble, and ensures all the croquettes being the same colour, as they are all lifted out of the fat at once.

Dish neatly, one on top of the other, say, five in the bottom row, four in the next, and three on top, in a hot vegetable dish.

Cucumber Salad.

1 cucumber.	1 tablespoonful of	Pepper.
3 spring onions.	salad oil.	Salt.
2 tablespoonfuls of French vinegar.		Average cost, 7d.

Peel a cucumber, beginning at the point and peeling towards the stalk, otherwise it is liable to be bitter.

Slice the cucumber very thinly, also the onions.

Place them on a dish, and sprinkle with salt.

Cover these with a piece of paper, wetted with cold water, and let them stand for half-an-hour.

Then pour off all the liquid that has been drawn from them.

Make a dressing of the oil and vinegar, mixing the salt and pepper and oil together, then stir in the vinegar gradually, and mix well.

Lay the cucumber neatly on a dish, and pour the dressing over it. Put one or two sprigs of watercress round, and serve.

Meringues.

4 eggs. | $\frac{1}{2}$ lb. of castor sugar. | $\frac{1}{2}$ pint of cream. | Icing sugar.

Average cost, 1s. 6d.

Before commencing to make the meringues, see that the oven is right. It is best to make them after the oven has been used for something else, as it is then of a nice steady moderate heat.



MERINGUES.

Get ready a perfectly clean baking-sheet, and if you have any white wax, warm the tin and rub over with it (an old wax figure does very well). If not, then cover the tin entirely with strips of white paper four inches wide.

Separate the whites from the yolks of the eggs

Put the whites into a basin, or into a whipping-tin, with a pinch of salt, and whip until quite light and stiff.

Do not leave off whipping, when you have once commenced, until they are finished.

With a wooden spoon, mix the sugar in lightly and quickly, but do not beat the eggs after the sugar is added.

Take the mixture up with a tablespoon, and drop it in spoonfuls on the paper or tin, dropping each one as much in the shape of an egg as possible. A little practice is all that is required to shape them nicely.

Sift them over with icing sugar.

Put into a very moderate oven, and bake for two or three hours, but the oven may be allowed to cool down a little the latter part of the time.

The meringues should be a pale fawn colour when they are done, and can be lifted off the tin without sticking.

When removed from the oven, take each one and hollow out the centre a little with a sharp-pointed knife, scraping them gently from the underside.

Put a teaspoonful of stiffly whipped cream into each, then put two together, cream to cream.

Pile prettily on a glass dish, with a dessert paper beneath them, and serve.

The meringue cases—that is, the meringues before the cream is put in—can be made some days before they are wanted, if kept in a tin in a dry place, but the cream must not be put in until the last minute.

Lemon Jelly.

6 lemons.
Cinnamon.
6 cloves.

$\frac{1}{2}$ lb. of loaf
sugar.
3 eggs.

1 $\frac{1}{2}$ oz. of leaf
gelatine.
1 quart of water.

Average cost, 1s.

Peel the lemons, very thinly. There must not be a particle of the white on the peel, or the jelly will be bitter.

Squeeze out the juice, and strain it.

Separate the whites from the yolks of the three eggs, keeping the shells.

Put the whites, the shells, lemon peel, strained juice, a piece of cinnamon about an inch long, cloves and sugar, into a bright or an enamelled pan.

The pan must be perfectly clean, or it will cloud the jelly.

Then, with a whisk, beat all up together.

Put in the gelatine, and one quart of hot water, and keep whisking until it comes to the boil.

Let it boil for five minutes, then remove from the fire, and let it stand for five minutes.

Get the jelly-bag ready, by pouring two quarts of boiling water through it, and have two basins ready to strain the jelly into.

Pour the jelly into the bag, and as soon as a little has run through, take that basin away and put the other under.

Pour the first lot back into the bag.

If the jelly in the second basin is not quite clear and bright pass this through the bag again, until it runs quite clear.

When bright, pour it into a bright tin jelly mould and set aside to cool.

When quite set—which will be the next day, unless ice is used—dip the mould into a large basin of hot water, hot enough to just bear the hand in, and remove it quickly. The warmth of the water almost instantly passes through the tin of the mould and loosens the jelly, so that it will turn out freely. There must be plenty of hot water in the basin, so that it warms the whole of the mould at once, and done in this way there is no fear whatever of the jelly not turning out successfully. It does not matter if the water comes over the top of the jelly, as it is only for a moment, while the mould is dipped in the water and out again.

LUNCHEON MENU No 8.

Oysters, plain	Huîtres au Naturel.
Noisettes of Beef	Noisettes de Bœuf.
Pigeons, with French Beans	Pigeons aux Haricots.
Potato Roses	Pommes de Terre à la Rose.
Chocolate Éclairs	Éclairs au Chocolat.
Cheese Omelet	Omelette au Fromage.

Oysters, plain.

Oysters.	Lemon.	Brown bread and
Pepper.	Coralline pepper.	butter.
Cayenne.	Parsley.	1 egg.

Average cost variable, according to price of oyster.

Open the oysters carefully, just before they are wanted.

Loosen them from the shell, and see that no loose fragments of shell remain.

Allow them to remain on the flat half shells, and arrange them on a fish-paper.

Season them with a little pepper, and a dust of cayenne on each.

Garnish with a few light sprigs of parsley and a lemon, cut into eight pieces.

Take a brown tin-loaf, and cut the outside crust off, all round.

Cut some very thin buttered slices, and roll them.

Chop a tablespoonful of parsley very finely, wring it quite dry in the corner of a cloth, and put it in a saucer.

In another saucer put some coralline pepper.

Beat the white of an egg, and slightly brush the ends of the rolls of bread and butter with it. Dip one end of the roll into the chopped parsley, and the other into the coralline pepper.

Put a lace paper on a plate, and arrange the rolls of bread and butter on it in a circle, resting one on the other, first a red, then a green. Serve with the oysters.

Noisettes of Beef.

1½ lb. fillet of beef.
1 lb. tomatoes.
1 eschalot.

Potato border, as
described.
Pepper.

Tomato butter, as
described.
Salt.

Average cost, 2s. 9d.

Cut the fillet of beef into slices, about half an inch thick, and trim it into neat rounds.

Chop the eschalot very finely, and squeeze out all the moisture.

Season the fillet with the eschalot, the pepper and the salt.

Thickly butter a sauté-pan, or ordinary fry-pan, and lay the fillets in it.

Fry quickly, for five minutes only, turning them once in the cooking.

When cooked, take them up, and arrange on a potato border, placing first a piece of the beef, then a slice of cooked tomato. A slice of tomato should rest half on a piece of beef, then another slice of beef should be placed, resting half on the tomato, and so on, till all are used up.

Pour tomato-butter round, and serve.

For the Cooked Slices of Tomato.

Take three or four nice even tomatoes, and cut them in slices about half-an-inch thick.

Butter a baking-tin thickly, place the tomato slices on it, and sprinkle with pepper and salt.

Cover with a buttered paper, and bake in a moderate oven for ten minutes.

Use these for putting between the fillets, as just described; also a few down the sides.

For the Potato Border.

Take one pound of potatoes, boiled nice and dry and floury, and pass them through a fine wire sieve.

Add half-an-ounce of butter, one tablespoonful of flour, seasoning of pepper and salt, and one egg well beaten.

Mix all well together, and turn it out on to a board.

Form it into a roll, about nine inches long and about two inches and a half thick, using flour to keep the hands from sticking, and smooth the sides, top and ends, with a broad knife.

Place the border on a well greased baking-tin.

Brush it over with well beaten egg, and ornament the top and sides with the back of a knife.

Bake in a moderate oven, until it is a golden brown, then carefully lift it on to a dish, and use as directed.

For the Tomato Butter.

Slice four large tomatoes.

Put them in a pan, with one ounce of butter, three drops of carmine, a teaspoonful of chopped eschalot, and seasoning of salt and pepper.

Cover with a lid, and let them cook gently at the side of the stove, until they become a pulp.

Then rub the pulp through a fine sieve, re-warm, and pour round the fillets.

Pigeons, with French Beans.

3 pigeons.	$\frac{1}{2}$ teaspoonful of chopped thyme and lemon-thyme mixed.	Nutmeg.
3 oz. of bread- crumbs.		Croutons of fried bread.
1 oz. of bacon.	1 egg.	2 lb. of French beans.
1 oz. of liver.	Pepper.	Bread sauce, as described.
1 teaspoonful of chopped parsley.	Salt.	

Average cost, 1s. 6d. each.

Put the bread-crumbs in a basin. Add the bacon and liver finely chopped, also the herbs, a grate of nutmeg and season with pepper and salt.

Mix these with one whole well-beaten egg, and if the egg is not quite sufficient to moisten it, use a little milk.

Fill the pigeons with this stuffing.

Truss them, and tie a piece of fat bacon over the breast of each.

Wrap them in buttered paper, and roast in a quick oven for fifteen to twenty minutes.

About five minutes before they are done, remove the paper and fat bacon, so that they can brown up nicely.

Have six croutons of fried bread, just large enough to hold half a pigeon each.

Cut the bread an inch thick, then hollow out the centre a little the whole length, so as to make a shallow trough.

Get these fried before the pigeons are done, and keep them hot.

Cut the pigeons in half, from neck to tail, and lay each half (cut side downwards) on a crouton, and arrange them neatly on a dish.

Garnish with bunches of watercress, sprinkled with oil, vinegar, pepper and salt.

Serve, with clear gravy and bread sauce.

For the French Beans.

Take two pounds of French beans, cut off the stalks, the tips, and a thin shred from each edge.

Then cut them slanting into dice, half to three-quarters of an inch long.

As they are cut, put them into slightly salted cold water.

Have a saucepan of fast-boiling water, with salt in it in the proportion of one tablespoonful to half a gallon, and add a very small piece of soda.

Strain the sliced beans, put them into the fast-boiling water.

Boil fast for fifteen to twenty minutes, with the lid off.

Strain through a colander.

Mix in a dessert-spoonful of butter, which has just been melted, with a dust of white pepper, in a hot vegetable-dish, and serve.

Bread Sauce.

$\frac{1}{2}$ pint of milk.	1 onion.	Salt.
2 oz. of white bread-crumbs.	1 blade of mace. Cayenne.	1 oz. of butter.

Peel the onion, and put it on to boil, with the milk, mace and a dust of cayenne.

Let them infuse for ten minutes.

Put the bread-crumbs, butter and salt into a basin, and strain the milk on them.

Return all to the saucepan, boil up for a few minutes, and serve.

Potato Roses.

1 lb. of cooked potatoes.	2 oz. of butter. 1 egg.	Salt. Pepper.
Average cost, 5d.		

Put the potatoes, whilst hot, through a sieve.

Add the butter, the egg, well beaten, and the seasoning.

Take a forcing-bag, and a large rose pipe, and put the potato purée into the bag.

Have a greased baking-tin, and force the potato out into roses on it.

Keep the pipe rather close to the tin, and squeeze the bag from the top.

Brush the roses over lightly with well beaten egg.

Brown them in a moderate oven.

Take up carefully, and dish, sprinkling a little finely chopped parsley over, and a little coralline pepper.

Chocolate Éclairs.

4 eggs. 3 oz. of butter. 5 oz. of flour.	1 breakfastcup of boiling water.	Custard, as described. Chocolate icing, as described.
Average cost, 1s. 9d.		

Put the butter and water into a saucepan, and boil up.

When quite boiling, put in all the flour at once.

Stir well and beat, until it leaves the sides of the pan.

Let it cook slowly, at the side of the stove, for ten minutes.

Beat the eggs well, then add them, by degrees, to the mixture, beating all the time.

Beat well, for quite ten minutes.

Then put the mixture into a forcing bag, with a plain pipe, and force out on to a greased baking-sheet, into lengths about as long as a finger.

Bake, in a rather quick steady oven, for about half-an-hour.

The oven should have a good steady heat, because the door should not be opened for the first fifteen minutes.



CHOCOLATE ÉCLAIRS.

When quite done, a pale golden brown, take them out, and set on a sieve to cool.

If taken out before they are properly cooked through they will sulk.

When cool, cut a slit in the side of each with a sharp knife, and fill with pastry custard.

Then mask with chocolate icing.

For the Custard.

2 oz. of flour.	$\frac{1}{2}$ pint of milk.	1 teaspoonful of
2 yolks of eggs.	$\frac{1}{4}$ pint of cream.	vanilla essence.
2 oz. of sugar.	1 oz. of butter.	

Put the flour and sugar into a pan, and mix them together.

Then add the butter, and the yolks of eggs.

Then by degrees, add the milk and cream.

When all are mixed together, put on the stove, and stir till the mixture boils.

Do not leave it, as it burns very readily.

When cool, flavour with a teaspoonful of vanilla essence.

For the Chocolate Icing.

$\frac{3}{4}$ lb. of the best icing sugar.	About 2 tablespoonfuls of grated chocolate.	A few drops of essence of vanilla.
$3\frac{1}{2}$ tablespoonfuls of boiling water.		

Mix all the ingredients together in an enamelled saucepan, and just warm over the fire.

Do not let the mixture get hot, it only wants to be warm.

Mask the éclairs with this, after they have been filled with the custard.

This icing may require a little more water, as some chocolates take more than others.

The best icing sugar must be used, or the icing will be rough.

Dish the éclairs neatly on a lace paper.

Cheese Omelet.

$\frac{3}{4}$ or $\frac{4}{4}$ eggs.	2 tablespoonfuls of grated cheese.	$\frac{1}{2}$ small teaspoonful of salt.
$1\frac{1}{2}$ oz. of butter.	Cayenne.	
Average cost, 6d.		

Melt the butter in an omelet pan, about seven inches in diameter; a steel pan, if possible.

Break the eggs into a basin, and beat them slightly, just enough to thoroughly mix the yolks and whites.

Add to the eggs almost all the cheese, keeping a little to strew over the omelet, and add the cayenne and salt.

When the butter is quite melted and boiling pour in the mixture.

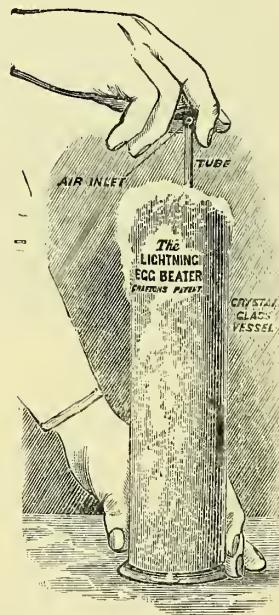
Directly it is poured in the bottom part will set; raise it, and let the uncooked mixture run underneath.

It will not take more than a minute to cook.

Have a dish nicely warm, and while the top of the omelet is barely set turn it out.

To do this, raise the handle, and let the omelet fold over in half; it will do this almost of its own accord if the pan is raised and the edges are free.

Turn it on to the dish, sprinkle the remainder of the cheese over, and serve immediately.



AN EFFECTIVE EGG-BEATER.

Used for beating eggs with milk or other liquids and ingredients. Only a little froth may rise over the top of the glass vessel, as shown in the illustration.

TEA MENUS.

HAVING given a few Menus, and general suggestions, for Breakfasts and Luncheons, it is natural to come to the subject of Afternoon Teas. In towns it is quite easy to obtain tempting cakes and such-like from the pastry-cook, but in the country this may not be possible. And there are many people who prefer to have their cakes, etc., made at home. There is always a charm about home-made things. For tea-parties, home-made confectionery (sweetmeats) is always nice, and receipts for this will be found later in the book.

It is always advisable to have a few dainty sandwiches, either savoury or made with fresh fruit, as an addition to the tea-table, especially in summer. In winter, muffins or crumpets may take their place.

For an afternoon At Home it is usual to have both tea and coffee served. The tea should be constantly fresh made, so that the visitors do not have to drink that which has been stewing and standing some time. Tea is then quite nasty and very unwholesome. The coffee should be strong and good, and have plenty of hot milk and cream served with it. Let the milk be brought just to scalding point, not boiled. Coffee properly made is absolutely clear and free from grains. If possible roast and grind it at home, but if this cannot be managed, then buy it where you know it is roasted and ground on the premises, and can be depended on.

Have the tea table prettily arranged with flowers and fruit, with very small fancy dishes, containing sweetmeats, dotted about. If liked, some small jellies and creams, made in miniature moulds, look very pretty and add greatly to the variety and effect. Whatever is provided, however, must be good, and very small. There should also be brown bread and butter, cut very thin, neatly rolled

and arranged prettily. Everything provided for teas should be dainty.

After one or two suggestions for ordinary tea-parties, which can be easily managed at home, we can proceed to the more substantial "High Tea." This meal is preferred by many in place of a late dinner in the evening, especially where a hot dinner is had in the middle of the day.



TEA MENU No. 1.

Lemon Biscuits . . .	Biscuits au Citron.
Mustard and Cress Sandwiches	Sandwiches au Cresson.
Fairy Cakes . . .	Gâteaux à la Fée.
Scotch Cake . . .	Gâteau Écossais.
Mocha Cake . . .	Gâteau au Café de Moka.

Lemon Biscuits.

$\frac{1}{2}$ lb. of flour.	$\frac{1}{4}$ lb. castor sugar.	Grated rind of one
Half an egg.	$\frac{1}{4}$ lb. of butter.	lemon.
Average cost, 6d.		

Beat the butter and sugar together to a cream, with your hand. Work in the flour and grated lemon-peel.

Then mix in half of a well beaten egg.

Flour a paste-board, or marble slab, turn the dough on to it, and roll it very thin.

Cut out, with either plain round cutters, about the size of a wine-glass, or cut with any fancy cutters.

Take a perfectly clean baking-sheet, and brush it over with butter that has just been melted.

Lay the biscuits on, and bake in a quick oven, till quite crisp.

When cooked, put them to cool on a sieve, and when cold they may be put away in a dry tin, and will keep some time.

Mustard and Cress Sandwiches.

1 tin loaf.	Half a basket of mustard and cress.	Butter. Salt.
Average cost, 4d.		

Take a small tin loaf, one day old, and cut off the crust all round. Then cut up the loaf into very thin slices of bread and butter, using a sharp knife.

Wash the mustard and cress well.

Put it in a cloth, and swing it round very quickly, to dry it.

When perfectly dry, put a layer of it on a piece of buttered bread, sprinkle it slightly with salt, lay another slice of bread and butter on the top, and press well together.

Cut the sandwiches into fingers, about an inch wide, put a small linen d'oyley on a plate, and arrange the sandwiches on it.

Fairy Cakes.

The weight of four eggs in flour.	The weight of the eggs in butter.	Glacé cherries.
3 eggs.		Glacé angelica.
Essence of almonds.	The weight of the eggs in sugar.	$\frac{1}{2}$ teaspoonful of baking powder.

Average cost, 10d.

Beat the butter and sugar to a cream, with the hand.

Then break in one whole egg, and beat well.

Break in another egg, and beat that in well; then add the third, and beat that in.

Mix the baking-powder with the flour, and stir it all lightly into the egg and butter mixture.

Lastly, add a few drops of essence of almonds.

Brush two dozen queen-cake tins over with oiled butter; then dust them over with flour.

Put a teaspoonful of the mixture into each tin.

Cut some glacé cherries into about six pieces each, and some angelica into the same sized pieces.

Sprinkle a few pieces of both over the cakes.



FAIRY CAKES.

Put the cakes into a moderate oven, and bake from fifteen to twenty minutes.

If they appear to be getting too brown, lay a sheet of paper over them, so that the fruit may not discolour.

Scotch Cake.

$1\frac{1}{4}$ lb. of flour.
1 lb. of sugar.
 $\frac{3}{4}$ lb. of butter.

2 tablespoonfuls of
brandy.
12 drops of essence
of lemon.

$\frac{1}{2}$ lb. of raisins.
3 oz. of peel.
9 eggs.

Average cost, 2s. 3d.

Beat the butter and sugar to a cream, with the hand.

Then break in the eggs, one by one, beating well all the time.

Next add the brandy and the essence of lemon.

Then add the flour, which should have been rubbed through a sieve.

Last of all, add the raisins (stoned) and the peel.

Put into either one large cake tin or two medium-sized ones, which have been well buttered.

Bake, in a moderate oven, for about an hour if in two tins, or longer if in one tin.

This is a very good cake, and will keep fresh for some weeks.

Mocha Cake.

4 eggs.
1 small breakfast-
cup of sugar.

1 small breakfast-
cup of flour.
Coffee essence.

$\frac{1}{4}$ pint of cream.
Icing sugar.

Average cost, 1s.

Break the eggs into a basin, and beat them well for ten minutes. Then add the sugar, and beat for another ten minutes.



MOCHA CAKE, CUT UP.

Rub the flour through a sieve, and stir it lightly into the eggs and sugar.

Do not beat after the flour is in, only *stir* it.

Have ready a sandwich tin, brushed over with oiled butter and dusted over with flour.

Put in the mixture, and bake, in a moderate oven, for about fifteen to twenty minutes.

Sift a little sugar over the top of the sandwich.

Then turn it out on to a sieve, or board, to cool.

Sifting the sugar over the sandwich prevents it from sticking to the sieve.

Whip one gill of cream, very stiffly, flavour it with very strong coffee, or with coffee-essence, and sweeten to taste.

When the sandwich is cool, cut it in half, flatways, and spread the cream in between the halves.

Cut into neat little squares, and sift icing sugar thickly over.

Serve, nicely arranged on any fancy cake-plate.

TEA MENU No. 2.

Tea Cake	Gâteau Chaud à l'Anglaise.
Florence Biscuits . . .	Biscuits Florentins.
Chocolate Cakes . . .	Gâteaux au Chocolat.
Orange Cake . . .	Gâteau à l'Orange.
Plum Cake . . .	Gâteau au Raisin.

Tea Cake.

1 oz. of yeast.	2 oz. butter.	$\frac{1}{2}$ pint of milk and water.
1 teaspoonful of sugar.	$\frac{1}{2}$ teaspoonful of salt.	
1 egg.	1 lb. of flour.	
Average cost, 6d.		

Dissolve one ounce of German yeast and one ounce of butter in half-a-pint of warm milk and water.

Add the salt and sugar, also a tablespoonful of flour, and the egg well beaten.

Put the remainder of the flour in a basin, and make a well in the centre of it.

Pour in the dissolved yeast, etc., and sprinkle a little flour on top.

Cover with a cloth, and set in a warm place to work, for about fifteen minutes.

When it has well worked, knead all well up together.

Turn it on to a board, and work it well for ten minutes.

Divide the dough into four parts.

Butter four cake tins, put the dough into them, and set to rise in the screen, or in a warm place.

When the dough has well risen, brush over with whole beaten up egg, or with milk.

Bake in a moderately quick oven, for about twenty minutes.

When wanted for use, split the cakes open, toast and butter them, put them into a hot tea-cake dish, stand the dish over a basin of hot water, and serve.

Florence Biscuits.

$\frac{1}{2}$ lb. of flour.	1 egg.	Icing sugar.
$\frac{1}{4}$ lb. of butter.	$\frac{1}{2}$ teaspoonful of baking powder.	Orange-flower water.
1 oz. of crème-de-riz.	2 oz. of almonds.	Crystallised fruit.
1 oz. of castor sugar.		

Average cost, 1s. 2d.

Rub the flour and butter together, until quite smooth.

Then add the crème-de-riz, the sugar and the baking powder.

Mix into a stiff paste with the yolk of the egg and a little orange-flower water.

Blanch the almonds, by putting them into a saucepan and just covering them with cold water. Bring to the boil, and directly the boiling occurs take them from the fire, and strain. Rub them in a cloth, and the skins will come off without any trouble.

Cut the almonds in halves, and then into thin shreds.

Put the white of the egg into a basin, and add two ounces of the shredded almonds.

Then, with your hand, work in sufficient icing sugar to make it into a stiff paste.

Roll out the paste, made with the flour, butter, etc., to about an eighth of an inch thickness.

With a plain cutter, cut this paste into half moons, diamond shapes, fingers or any fancy patterns.

Then take a piece of the almond paste, and form it into a shape the same as the flour paste is cut, but only about a quarter the size.

Brush one side of it with a little white of egg, and stick on top of the biscuit paste.

When all are finished, put them on to a slightly greased baking tin, and bake in a moderate oven until they are a pale golden colour.

Then take them out of the oven, and ornament the tops by sticking on a quarter of a glacé cherry, a little piece of angelica, or any crystallised fruit.

To do this successfully, just touch the spot where you are going to stick the fruit with raw white of egg.

When the fruit is on, put the biscuits in a warm place to dry.

These biscuits will keep for some time in an air-tight tin.

(See COLOURED PLATE No. 12.)

Chocolate Cakes.

$\frac{1}{4}$ lb. of butter.
 $\frac{1}{4}$ lb. of castor sugar.
 3 eggs.

3 oz. of grated chocolate.
 1 oz. of chopped almonds.

$\frac{1}{2}$ teaspoonful of essence of vanilla.
 3 oz. of flour.

Average cost, 1s.

Beat the butter to a cream.

Add the sugar, and beat well.

Then add the yolks of the three eggs, and beat again well.

Next stir in the flour, the grated chocolate, the chopped almonds and the essence of vanilla.

Lastly, whip the whites of the eggs to a stiff froth, with a pinch of salt, and stir them lightly into the mixture.



FLEUR OF CHERRIES.



FLORENCE BISCUITS.

Brush any little fancy tins over with oiled butter, and then dust them over with fine flour.

Put a large teaspoonful of the mixture into each tin, and bake in a slow oven.

When cool, if liked, they can be ornamented with white and pink royal icing. (See Index for Royal Icing.)

Orange Cake.

1 teacup of sugar.
1 breakfast cup of flour.
2 tablespoonfuls of water.

3 eggs.
 $\frac{1}{2}$ teaspoonful of carbonate of soda.
1 teaspoonful of cream of tartar.

Castor sugar.
Filling mixture, as described.
Orange glace as described.

Average cost, 10d.

Beat the eggs slightly, then add the sugar, and beat together for fifteen minutes.

Next add the water.

Then mix the flour in gradually.

Last of all, stir in the soda and cream of tartar, which have had all the lumps smoothed out with a knife.

Take two sandwich tins, about seven inches diameter each.

Brush the tins over with warmed butter.

Then dust them over with flour and castor sugar, mixed together in equal proportions.

Put half the mixture into each tin.

Bake in a moderate oven from ten to fifteen minutes.

When done, turn out on a sieve to cool.

For the Filling.

1 orange. $\frac{1}{2}$ breakfast-cup of sugar.	$\frac{1}{2}$ breakfast-cup of water. 1 lemon.	1 tablespoonful of arrowroot.
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Grate the peel of the orange and lemon.

Press out and strain the juice from both.

Put the grated peel and the juice on to boil, with the water and sugar.

When boiling, stir in the arrowroot, which has been mixed quite smooth with a little cold water.

Remove from the fire, and, when slightly cool, spread it on one of the cakes, put the other cake on top, and put aside to set.

When set, mask it over with orange glace.



ORANGE CAKE.

For the Orange Glace.

2 tablespoonfuls of orange juice.	<td>$\frac{1}{2}$ lb. of icing sugar.</td> <td> <td>A few drops of saffron colouring</td> </td>	$\frac{1}{2}$ lb. of icing sugar.	<td>A few drops of saffron colouring</td>	A few drops of saffron colouring
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Rub the sugar through a fine sieve, so that it is quite smooth.

Put it into a saucepan with the juice and colouring.

Just warm it thoroughly through—but do not let it get very hot—and then pour it over the cake.

Sprinkle a few silver sweets on the top of the cake, and serve on a lace paper.

Plum Cake.

$\frac{1}{2}$ lb. of butter.	3 oz. of candied peel.	$\frac{1}{4}$ lb. of raisins.
$\frac{1}{2}$ lb. of castor sugar.	3 oz. of almonds.	1 teaspoonful of
$\frac{3}{4}$ lb. of flour.	$\frac{1}{2}$ lb. of sultanas.	baking powder.
4 eggs.		

Average cost, 2s. 3d.

Beat the butter and sugar to a cream.

Then add the yolks of the eggs one by one, and beat for ten minutes.

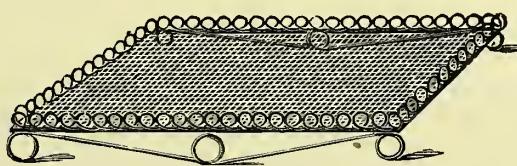
Next, mix in three-fourths of the flour, also the whites of the eggs, which have been beaten to a stiff froth.

Chop the peel and raisins.

Mix the remainder of the flour, and a small teaspoonful of baking powder, with the fruit, and then mix this into the cake.

Put the mixture into a well-buttered tin, and bake for two hours.

The oven should be rather quick at first, but allowed to cool off towards the end.



PASTRY RACK (sometimes called a Pastry Sieve). For placing pastry and cakes upon to cool; and may also be used as a drainer for the different things that are fried in fat, &c.

TEA MENU No. 3.

Cream Scones . . .	Gâteaux Écossais à la Crème.
Shrimp Sandwiches . .	Sandwiches aux Crevettes.
Strawberry Sandwiches . .	Sandwiches aux Fraises.
Neapolitan Cakes . . .	Gâteaux de Naples.
Cocoanut Macaroons . .	Macarons à la Noix de Coco.
Genoa Cake . . .	Gâteau de Gênes.
Sponge Cake . . .	Gâteau Simple.

Cream Scones.

2 breakfast-cups of flour.	1 small teaspoonful of carbonate of soda.	About half-a-pint of thin cream.
1 teaspoonful of salt.	1 small teaspoonful of cream of tartar.	Average cost, 8d.

Mix all the dry ingredients together.

Then mix into a soft dough with thin cream.

Cut into small rounds, and bake on a floured baking-sheet, in a hot oven, for ten to fifteen minutes.

Shrimp Sandwiches.

$\frac{1}{2}$ pint of picked shrimps.	1. tablespoonful of thick Béchamel sauce.	A tin loaf. Butter. Cress.
1 tablespoonful of Mayonnaise sauce.		

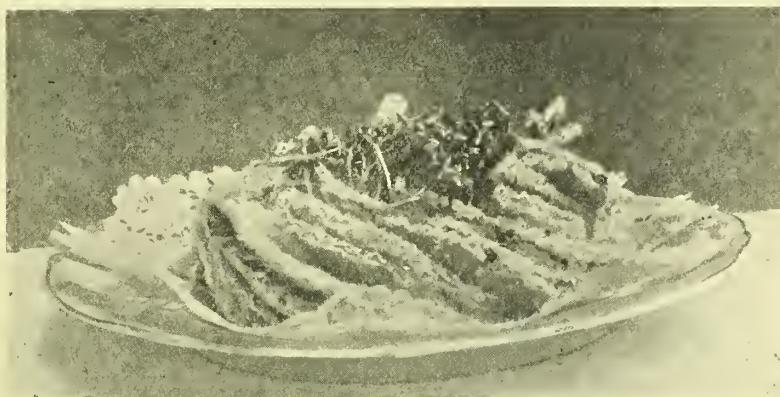
Average cost, 1s. 2d.

Take a tin loaf, two days old, and cut the crusts off.

Cut up the loaf into thin slices of bread and butter.

Pound the shrimps in a mortar, with the Mayonnaise and the thick Béchamel sauces. (Recipes for these two sauces are given on pages 61 and 36.)

Spread a slice of bread and butter with the paste, lay a few sprigs of cress on, and then put another slice of bread and butter on top.



SHRIMP SANDWICHES.

Cut into diamond shapes, and sprinkle with a little lobster-coral or coralline pepper.

Dish prettily on a doyley, and garnish with a few little bunches of cress.

Strawberry Sandwiches.

1 sponge cake.	$\frac{1}{4}$ lb. of Devonshire cream.	Sugar.
$\frac{1}{2}$ lb. of strawberries.		

Average cost, 2s.

The best cakes to make these sandwiches from are those baked in a square tin, the shape of a tin loaf.

Let the cake be stale, and cut it into slices about one-eighth of an inch thick.

Spread the Devonshire cream on the slices, just as you would butter bread, only rather thicker.

Remove the stalks from the strawberries, and cut them into slices with a silver knife.

Put a layer of slices on the slices of cake, sprinkle them over with icing sugar, and then cover with another slice of cake.

Spread over the tops with cream.

Cut them into any fancy shapes, but squares and fingers are best, as there is not so much waste.

Pile the shapes prettily on dessert papers, and garnish with a few whole ripe strawberries here and there.

These sandwiches are better made as late as can be before using, and should be kept in a cool place.

(See COLOURED PLATE No. 15.)

Neapolitan Cake.

$\frac{1}{2}$ lb. of fresh eggs.	1 small teaspoonful of baking powder.	Flavouring.
$\frac{1}{2}$ lb. of castor sugar.		Almond paste and
6 oz. of flour.	Apricot jam.	chocolate glace,
$\frac{1}{4}$ oz. of butter.	Colouring.	as described.

Average cost, 1s. 9d.

Separate the whites from the yolks of the eggs.

Put the yolks into a basin, with half-a-pound of castor sugar, and beat together for ten minutes.

Rub the flour through a sieve.

Just melt the butter, but do not oil it.

Add the butter, when melted, to the other ingredients.

Then add the flour.

Whip the whites to a stiff froth, with a pinch of salt, and stir them into the mixture.

Lastly, add one small teaspoonful of baking powder.

Divide the mixture into two halves.

Colour one half pink, and flavour it with rose-water or vanilla.

Leave the other half plain, and flavour it with half a teaspoonful of finely-chopped lemon peel, or a few drops of lemon essence.

Have two sandwich-tins ready, both the same size, and square, if possible. Brush them over with warm butter, and dust over with flour.

Put the mixtures into the tins, and bake in a moderate oven for about ten minutes.



STRAWBERRY SANDWICHES.



Tho^s Kell & Son, Lith.

STRAWBERRIES AND CREAM.



When done turn them out on to a sieve to cool.

When cool spread them both with apricot jam, put a layer of almond paste on top of the jam of one of them, and then put the two together.

Pour chocolate glace over the cake, and when cool cut up into fingers.

(See COLOURED PLATE No. 6.)

For the Almond Paste.

6 oz. of ground almonds.	The white of one large egg.	1 teaspoonful of orange-flower water.
6 oz. of icing sugar.	4 drops of almond essence.	Sap green.

Beat the white of one large egg, or two small ones.

Mix in the ground almonds, the sugar and the flavouring.

Colour a pale green, with a few drops of sap green.

Work all well together, and then just warm it in an enamelled saucepan.

In applying this to the cake, first spread the cake thinly with apricot jam, then spread on the almond paste. Another thin layer of jam can then be spread over the paste, and the other cake laid on top. Press them well together, and then make the chocolate glace.

For the Chocolate Glace.

$\frac{3}{4}$ lb. of icing sugar.	1 dessert-spoonful of powdered chocolate.	3 or 4 tablespoonfuls of hot water.
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Melt the chocolate in the hot water.

Then mix in the icing sugar (which has been previously freed from lumps).

If it does not seem quite moist enough add a little more water.

Just warm it in the saucepan, and pour it quickly on the cake.

Put the cake aside till it is set, then cut into fingers as directed.

Cocoanut Macaroons.

$\frac{1}{4}$ lb. of icing sugar. | $\frac{1}{4}$ lb. of desiccated cocoanut. | Whites of 2 eggs.

Average cost, 6d.

First see that your oven is a nice moderate heat—not too cool—then take some sheets of white kitchen paper and brush them over with salad oil.

All this must be ready before commencing to make the macaroons, as they cannot be left, or kept waiting.



COCOANUT MACAROONS, READY FOR THE OVEN.

Put the icing sugar through a sieve, or roll it, to ensure its being quite smooth.

Whisk the whites of the eggs to a stiff froth, with a small pinch of salt.

Stir the sugar lightly into the eggs.

Then add the cocoanut.

Drop the mixture, in teaspoonfuls, on the oiled paper.

Bake for five minutes.

Remove them very carefully from the paper, and, when cool, they can be packed in a tin, if not wanted for immediate use.

Genoa Cake.

$\frac{1}{2}$ lb. of butter	$\frac{1}{2}$ lb. of sultanas.	2 oz. of almonds.
$\frac{1}{2}$ lb. of sugar.	2 oz. of mixed peel.	The peel of one
10 oz. of flour.	5 eggs.	lemon.

Average cost, 2s.

Have all the fruit prepared before beginning to make the cake.
Rub the sultanas, with a little flour, on a wire sieve, then all the stalks will rub off and fall through.

Chop the mixed peel finely.

Skin and shred the almonds.

Chop the lemon peel very finely.

Prepare the tins.

Beat the butter to a cream with your hands.

Mix with it, by degrees, the half-pound of sugar, and work it well, until the sugar is dissolved.

Beat the eggs well, and beat them into the butter and sugar by degrees.

Add the flour, fruit and lemon-peel.

Bake at once, in a well buttered cake tin, for about an hour and a half.

Sponge Cake.

4 eggs. | 4 oz. of sugar. | 4 oz. of flour. | The rind of 1 lemon.

Average cost, 6d.

Prepare the tin for this cake before beginning to make it.

Brush the tin over with oiled butter.

Prepare a lining of paper for the bottom and sides, allowing for the side paper to stand two or three inches above the level of the tin.

Brush over the paper with oiled butter and line the tin with it.

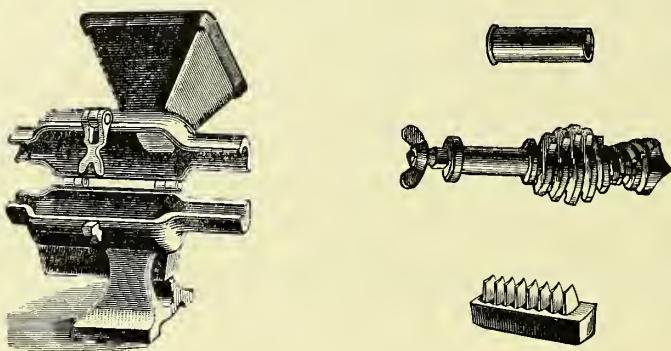
Dust the lining well with castor sugar and flour, mixed in equal parts.

Dissolve the sugar in about two tablespoonfuls of water in a saucepan, and bring it to the boil.

Whisk the yolks of four eggs, and the whites of two, with the grated rind of the lemon, for about five minutes.

Then add the boiling sugar, and beat for twenty minutes.

Stir in the flour gradually, but do not beat it after the flour is in. Pour it into the tin, and bake in a moderate oven for about three-quarters of an hour.



THE DIFFERENT PARTS OF A MINCING OR SAUSAGE MACHINE.

A most useful appliance in a kitchen; but it is important to remember that with many things mincing will not always answer so well as chopping. Where it is stated that materials or ingredients are to be chopped, it is not intended that they should be passed through a mincing machine instead.

HIGH-TEA MENUS.

THIS meal allows of much variation, and may consist of either hot or cold dishes, cakes, fancy breads, preserves, salads, potted meats fruit tarts, with either custard or cream, or fresh fruit may be introduced, and there should be two plates of nicely-cut white or brown bread and butter.

The tea can be either laid on the table itself, or it is very convenient to have it laid on a small afternoon tea-table, at the right-hand side of the lady of the house.



HIGH-TEA MENU No. 1.

Chicken Brawn	Galantine de Poulet.
Family Cake	Gâteau Ordinaire.
Compote of Apples : . .	Compote de Pommes.

Chicken Brawn.

1 fowl.	4 sheets of gelatine.	$\frac{1}{4}$ teaspoonful of
2 eggs.	Mace.	white pepper.
A few slices of lean ham (optional).	Parsley.	Seasoning.
	1 onion.	

Average cost, 2s. 6d.

This is a very good way of using up an old fowl. In fact it is a pity, a waste, to use a young one for it.

Prepare the fowl for cooking, saving all the giblets.

Scald the feet and head, and skin them.

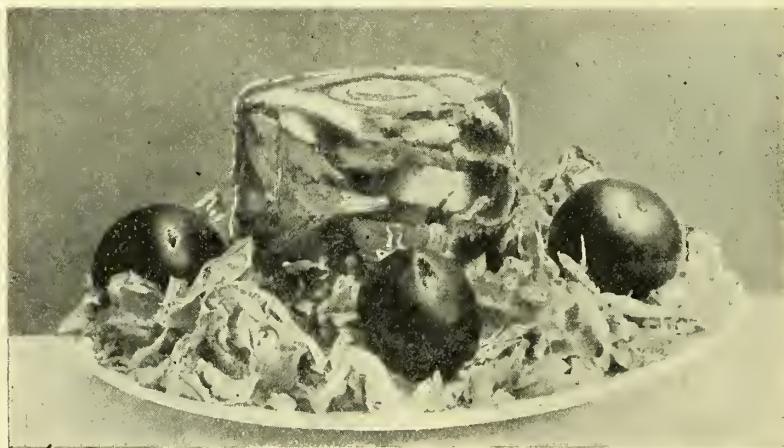
Cut the fowl into joints.

Put them all into a saucepan, with the giblets, one onion, a blade of mace, half-a-dozen peppercorns, a sprig of parsley and a little salt.

Just cover with water, and bring to the boil, taking off the scum as it rises.

Simmer gently for one hour, or longer, if the fowl is very tough.

Take up the pieces of fowl, skin them, and cut all the meat off the bones, into pieces about an inch square.



CHICKEN BRAWN.

Put the skin and bones back into the saucepan, and boil until the gravy is reduced to about three-quarters of a pint.

Boil two eggs hard and cut them in slices.

Cut two or three lean slices of ham into strips, about an inch long.

Chop a dessert-spoonful of parsley very fine.

Take a mould (rather a plain pattern is best), or a pudding basin, a bright cake tin, or a jam jar will do, and rinse it out with a little cold water.

Sprinkle a little parsley on the bottom, and arrange the slices of egg, the chicken and the ham alternately, until all is used up.

Between the layers sprinkle a little more parsley, a very small grate of nutmeg and the pepper.

Strain the gravy and taste it, to try if it is properly flavoured. Take some kitchen paper, and remove all the fat from the top of the gravy.

Dissolve the gelatine in the gravy and then pour it into the mould. This should all be done the day before it is to be used.

When cold turn the brawn out and garnish with some nice fresh salad round it. A light and very pretty addition to the garnish can be made of a few radishes, cut from the root to the stalk into four, then cut, in the same direction, again and again as many times as possible. They must not be cut right through at the stalk end, but left with all the pieces joined there. Let these stand in a basin of cold water for an hour or two, and this will cause the slices to swell a little, so that each radish becomes almost like a tassel. (*See COLOURED PLATE No. 7.*)

The ham may be omitted from the brawn, but it is an improvement.

Family Cake.

$\frac{3}{4}$ lb. of flour.	$\frac{1}{4}$ lb. of sultanas or currants.	$\frac{1}{2}$ a small teaspoonful of cream of tartar.
$\frac{1}{4}$ lb. of sugar.	$\frac{1}{2}$ a large teaspoonful of bicarbonate of soda.	2 oz. of mixed peel. Milk or buttermilk.
2 oz. of butter or clarified beef dripping.		

Average cost, 6d.

Rub the butter or dripping into the flour, until quite fine.

Clean the sultanas or currants, by rubbing them on a wire sieve with a little flour.

Chop the peel finely.

Smooth out all the lumps from the cream of tartar.

Add the fruit, sugar and cream of tartar, to the flour.

Dissolve the soda in a little milk.

Mix the ingredients into a stiff batter with this soda milk, adding more milk as required. Buttermilk is to be preferred.

Put the mixture into a buttered cake tin, and bake in a moderate oven for about an hour.

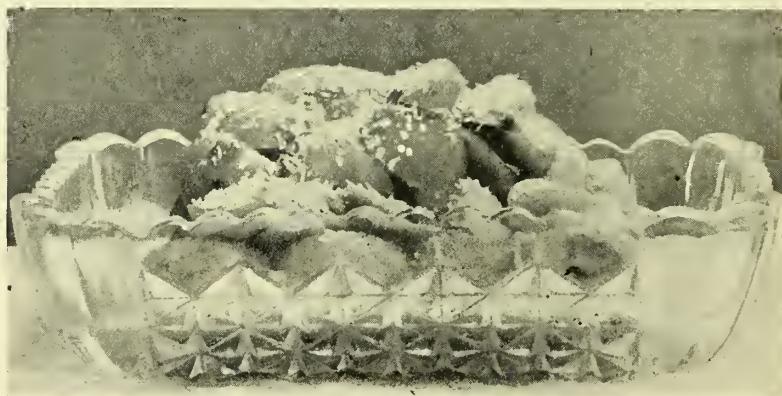
To try if it is done, run a fine skewer down the centre of the cake, and if it comes out quite clean the cake is sufficiently baked. This cake can also be made with caraway seeds instead of fruit, but it then requires three-quarters of a pound of sugar instead of half a pound.

Compote of Apples:

2 lbs. of apples. | $\frac{3}{4}$ lb. of sugar. | $\frac{3}{4}$ pint of water. | 1 lemon.
Average cost, 8d.

Pare the apples thinly, cut them into quarters, and remove the cores.

Make a syrup with the sugar and water, and the lemon rind cut very thinly.



COMPOTE OF APPLES.

Put in the quarters of apple, and simmer very slowly, until they are quite tender and transparent.

It is a not very good cooking apple that is best for this dish, as quarters of the soft and mealy ones do not keep their shape.

Take up the apples carefully with a spoon or slice, and arrange neatly in a pile on a glass dish.

Strain the juice of the lemon and add it to the syrup, and, when coo'ed a little, pour it over the apples.

HIGH-TEA MENU No. 2.

Mutton Pies	Pâtés de Mouton.
Potted Shrimps	Beurre aux Crevettes.
Lemon Sandwich	Sandwich au Citron.

Mutton Pies.

$\frac{1}{2}$ lb. of mutton.	$\frac{1}{2}$ teaspoonful of pepper.	1 dessert-spoonful of flour.
$\frac{1}{2}$ teaspoonful of chopped eschalot.	1 small teaspoonful of salt.	$\frac{1}{4}$ tablespoonfuls of gravy.
1 teaspoonful of parsley.	1 oz. of butter.	Pastry, as described

Average cost, 2d. each.

Melt the butter in a frying-pan.

Cut the meat into small dice shapes.

Fry it gently in the butter, with half a teaspoonful of finely chopped eschalot—or the scraped juice of an onion will do—one teaspoonful of chopped parsley, the pepper and salt, for about ten minutes.

Next, stir in the flour, and then the gravy.

Take it up and put it on a plate to cool, while you make the pastry.

(See COLOURED PLATE No. 16.)

For the Pastry.

$\frac{1}{2}$ lb. of flour.	$\frac{1}{4}$ pint of water.	Salt.
6 oz. of butter.	1 egg.	

Put the flour into a basin with a pinch of salt.

Mix it into a stiff dough with cold water (it may not take quite all the quarter-pint).

Turn it out on to a floured board, and roll it out to about half-an-inch in thickness.

Spread a third of the butter on in small pieces, and sprinkle with a very little flour

Fold all the edges into the centre, fold it into a ball, and put away for half an hour.

Roll it out again, and put half the remaining butter on in the same way.

Fold again, and leave for another half hour.

Repeat the process a third time, putting in the remaining butter and letting it stand for half an hour.

Now roll it out twice, and it is ready for use.

The last time it is rolled it should be made a quarter of an inch in thickness.

Cut out into rounds about the size of a breakfast-cup, and keep these for the top.

Roll out the scraps for the bottoms.

Take six plain patty-pans, not quite so large as the rounds of paste.

Line them with the bottom pieces of paste, and put a large dessert-spoonful of the cooled and seasoned meat into the centre of each patty.

Take a piece of paste for the top, wet the edges all round on one side with cold water, put the wet side downwards, and place on top of the meat.

Press the two edges of paste well together and make a small hole in the centre.

Brush them over with whole beaten-up egg.

Bake in a moderate oven for twenty-five minutes, or until they are a nice golden brown both at the top and bottom.

Arrange them on a dish, and serve either hot or cold, garnished with fresh parsley.

Potted Shrimps.

$\frac{1}{2}$ pint of picked shrimps.
 $2\frac{1}{2}$ oz. of butter.

Mace.
Cayenne.

Salt.
Nutmeg.

Average cost, 7d.

Put the shrimps into a saucepan, with an ounce and a half of butter.

Season, to taste, with a pinch of pounded mace, the same of grated nutmeg and cayenne pepper, also a very little salt, unless the shrimps are very salt.

Just thoroughly warm them through, to melt the butter and blend the seasonings.

Then put them into small jars, or pretty little pots, which can be bought for the purpose, pressing the shrimps firmly down.

Melt the rest of the butter, and pour it over the top to exclude the air.

Lemon Sandwich.

4 eggs.	1 breakfast-cupful of sugar.	Lemon-cheese, as described.
1 breakfast-cupful of flour.	Icing sugar.	
Average cost, 1s.		

First of all prepare the sandwich tin; a tin about 14 inches long by 10 inches broad being about the size for this mixture.

Brush the tin over with oiled butter, then dust it over with flour. Separate the whites from the yolks of the eggs, and beat the whites to a stiff froth, with a pinch of salt.

Then add the sugar by degrees, beating all the time.

Next, add the yolks, and beat for ten minutes.

Lastly, stir in the flour lightly (the flour should be first rubbed through a fine sieve to free it from lumps).

Pour the mixture into the tin, and bake in a moderate oven for about fifteen minutes.

When cooked, sprinkle it over with icing sugar, and turn it out on to a sieve to cool.

For the Lemon-Cheese.

$\frac{1}{2}$ lb. of white sugar.		2 oz. of butter.		2 eggs.		2 lemons.
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Grate the lemon rind, taking care not to grate any of the white skin.

Beat the eggs slightly.

Squeeze out the juice of the lemons, and strain it.

Melt the butter in an enamelled saucepan.

Put in all the ingredients, and stir over the fire until the mixture becomes thick and smooth, like honey.

Do not, on any account, let the mixture boil, or it will be spoilt.

This quantity is more than enough for the sandwich, but it will keep in a covered jar for any length of time.

When the baked sandwich is cold, cut it in half, spread one half with the lemon-cheese and fold the other half over it.

Sprinkle it well with icing sugar and cut it into fingers.

Arrange in cross-bars, in a glass dish ; or, if preferred, it can be served whole on a plate, with a lace dessert-paper under it.

HIGH-TEA MENU No. 3.

Pressed Beef	Bœuf Épicé.
Sardine Eggs	Œufs aux Sardines.
Prune Shape	Gelée aux Pruneaux.
Lemon Buns	Petits Gâteaux au Citron.

Pressed Beef.

4 lbs. of brisket of beef.	1 carrot.	1 clove of garlic.
2 onions.	1 turnip.	12 peppercorns.
	1 stick of celery.	4 cloves.
Average cost, 2s. 6d.		

Of course, the salting of the beef can be done at home, but it is more simple and convenient to order about four pounds of the brisket, already salted, from the butcher's. It should not be too fat.

Wash the meat well, put it into a saucepan with cold water, and remove the scum as it rises.

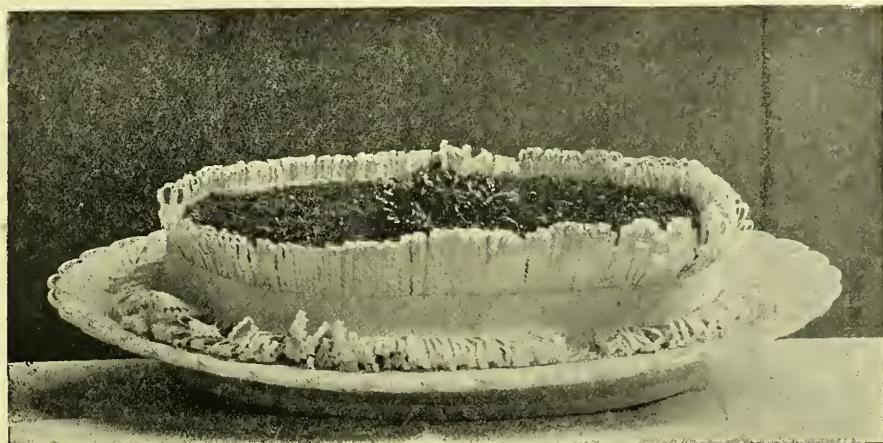
Now wash and cut up the vegetables.

Tie the spices and garlic in a piece of muslin.

Add all to the meat, and simmer gently for about four hours.

Then take up the meat; remove the bones, which will come out quite easily; wrap the meat in a clean cloth and lay it on a flat dish or tin.

Put another tin on the top, and on this place a very heavy weight, and let it press until next day.



PRESSED BEEF.

Then take off the cloth, and wipe the meat quite free from grease, Trim the meat into a nice meat shape, and brush the top over with melted glaze.

If preferred, it can be sprinkled over with fine browned bread-crumbs. Cut a double frill out of some thin white kitchen paper, pin it neatly round, and garnish with a few sprigs of parsley.

Sardine Eggs.

3 eggs.	Salt.	$\frac{1}{2}$ teaspoonful of lemon juice.
2 tomatoes.	1 tablespoonful of salad oil.	2 tablespoonfuls
1 oz. of butter.		of vinegar.
3 sardines.	2 teaspoonsfuls chopped parsley.	
Pepper.		

Average cost, 10d.

Put the eggs on in cold water, bring them to the boil, and boil for ten minutes.

Then put them into cold water until they are cold.

Remove the shells.

With a sharp knife cut the eggs in half, across.

Take out the yolks.

Wash the whites, and leave them in clean cold water till wanted.

Take three large (or four small) sardines, skin them, and take out the bones.

Mix together the yolks of the eggs, the sardines, butter, lemon juice, a dust of cayenne pepper, a very little salt, and half a teaspoonful of finely chopped parsley. (The salt is scarcely needed if salt butter is used.)

Put all these ingredients through a hair sieve, using a wooden spoon for the purpose.

Cut the tomatoes into three slices each.

Mix two tablespoonfuls of vinegar with a seasoning of pepper and salt, a tablespoonful of salad oil, and a teaspoonful of finely chopped parsley.

Dip the slices of tomato into this mixture, and let them remain in it for a few minutes.

Dry the whites of the eggs, and cut a small piece off the bottom of each, so that they will stand upright.

Put a teaspoonful of the sardine mixture into each half white of egg.

Dip a knife into boiling water, and with it smooth over the mixture at the open end of the egg into a neat rounded (convex) shape.

Sprinkle a little finely chopped parsley on top.

Stand each piece of egg on one of the rounds of tomato, and arrange them in two rows on a dish.

If convenient, garnish with finely shredded lettuce, well washed and dried, and mixed with the dressing that the slices of tomato were dipped in. Arrange this neatly down the centre, between the eggs.

If the lettuce is omitted, then the eggs look better served on a dish paper, with a few sprigs of parsley, water-cress, or any small salad.

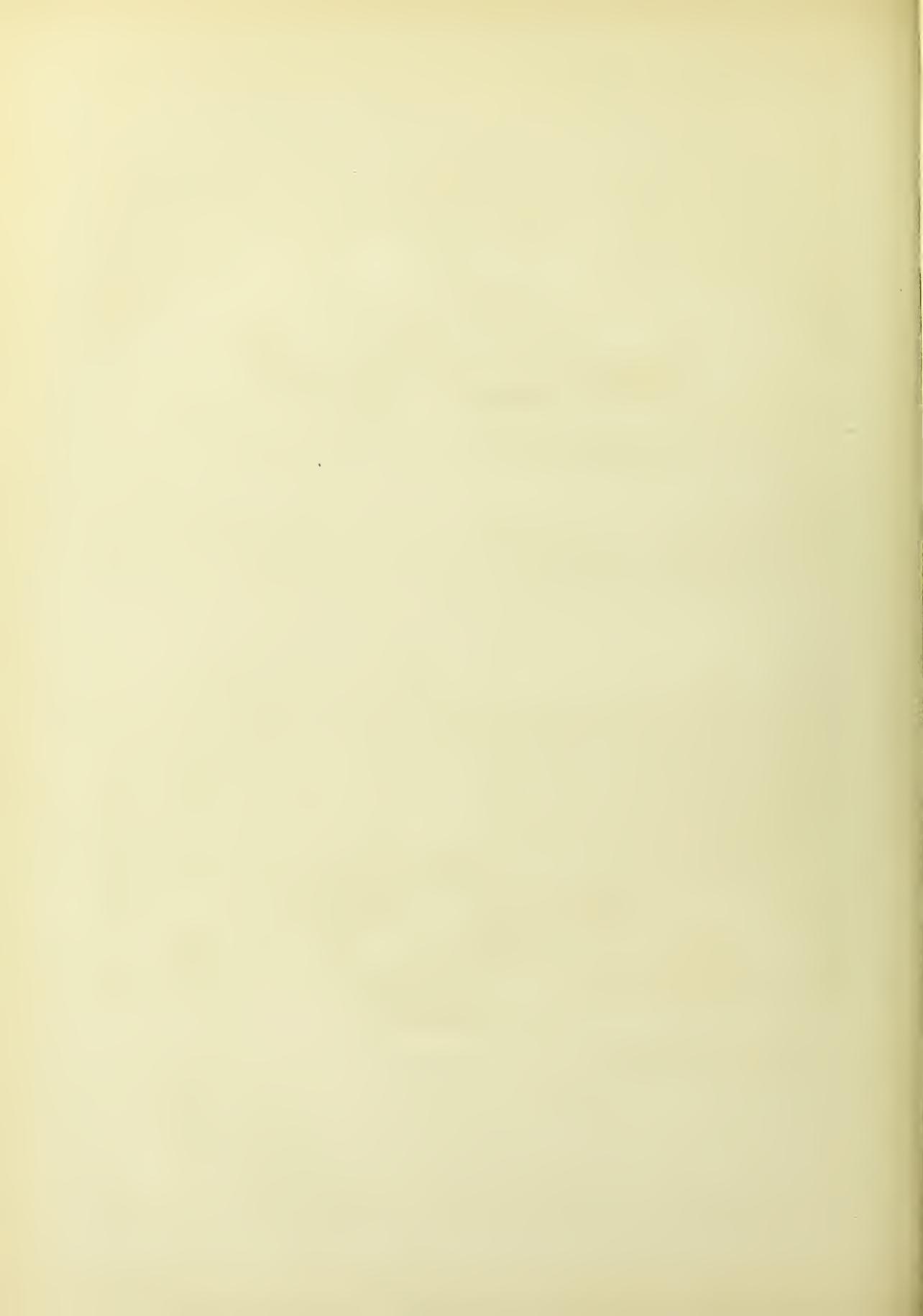
(See COLOURED PLATE No. 5.)



SARDINE EGGS.



HARICOT OF MUTTON.



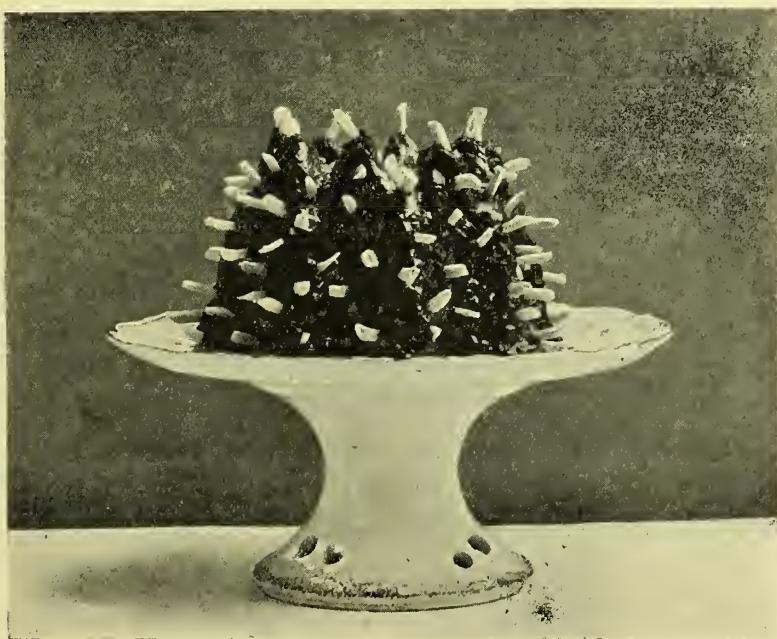
Prune Shape.

1 lb. of prunes (weighed without the stones).	Rind of half a lemon. 3 oz. of sugar. 1 pint of water.	$\frac{1}{2}$ oz. of gelatine. 2 oz. of almonds. Custard, as described.
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Average cost, 1s. 3d.

The prunes must weigh one pound after being stoned.

Put the prunes into a stewpan, with one pint of water, the rind of half a small lemon pared very thinly, and the sugar.



PRUNE SHAPE.

Simmer till tender, stirring occasionally, to prevent the fruit sticking. Dissolve half an ounce of gelatine in some of the liquid, and mix it thoroughly with the prunes.

Just boil up together, and add a few of the almonds, blanched and shredded.

Fill a mould with cold water; let it stand for a minute or two. Then pour out the water, and, while it is still wet and cold, pour in the prunes.

When cold, turn out into a glass dish.

Shred the remainder of the almonds finely, and stick them all over the shape, to represent a hedgehog.

Pour custard round the base of the shape, and serve.

For the Custard.

$\frac{1}{2}$ pint of new milk.	A small piece of lemon rind.	Sugar to taste.
Yolks of 3 eggs.		

Boil the lemon rind in the milk.

As soon as it boils draw it to one side of the stove, and let it infuse for fifteen minutes.

Put the yolks of the eggs in a basin and beat them well.

Add one tablespoonful of sugar to the eggs, and mix thoroughly.

Strain the boiling milk on to the eggs and sugar, stirring briskly all the time.

Pour all back into the saucepan, stand it in a larger saucepan of boiling water, then stir the mixture until the custard thickens, but on no account let it boil.

Pour it out at once, and stir again for a few minutes, to prevent the eggs cooking too much and curdling from the heat of the basin.

Double milk-saucepans are the best for making custard in, but it can be easily done by standing one saucepan in another, or by standing a jug in a saucepan of boiling water.

Lemon Buns.

$\frac{1}{2}$ lb. of flour.	1 egg.	1 piece of candied lemon peel.
2 oz. of butter.	1 teaspoonful of baking powder.	Milk.
3 oz. of sugar.		

Average cost, 6d.

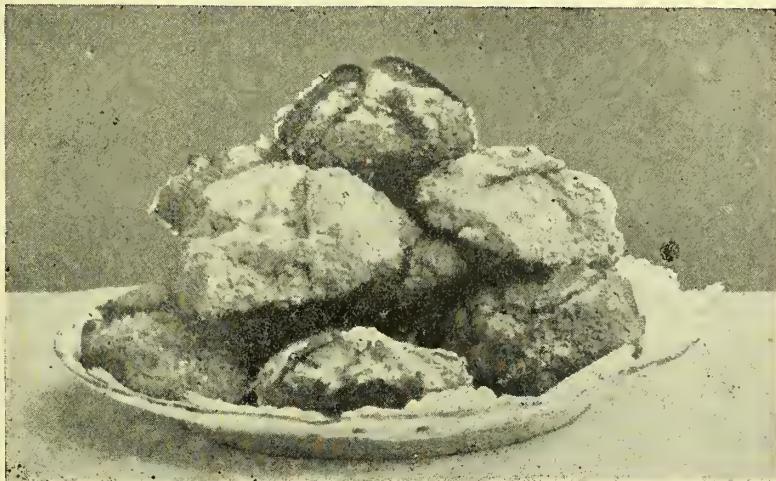
Rub the butter into the flour, until quite fine.

Then add the sugar and baking powder.

Beat one egg well.

Stir it into the flour mixture, and add sufficient milk to make it into a stiff dough.

Brush a baking tin over with warm butter, and dust it over with flour.



LEMON BUNS.

Put the dough on in pieces, about the size of an egg, and stick a slice of candied lemon peel on the top of each.

Pound about two tablespoonfuls of loaf sugar very coarsely, and sprinkle the buns very thickly with it.

Bake in a quick oven for about fifteen minutes.



POINTED WIRE STRAINER.

HIGH-TEA MENU No. 4.

Minced Veal . . .	Hachis de Veau.
Quince Snow . . .	Crème aux Coings.
Boston Teacakes . . .	Gâteaux chauds à la Boston.

Minced Veal.

1 lb. of veal.	Cayenne pepper.	3 or 4 thin rashers of bacon.
1 pint of milk.	Salt.	
1 strip of lemon peel.	1 oz. of flour.	Potato purée, as
1 blade of mace.	1 onion.	described.

Average cost, 2s.

Boil the onion in nearly all the milk, with the lemon peel, mace and a dust of cayenne pepper, for fifteen minutes.

Mix the flour quite smoothly with the rest of the cold milk.

Strain the boiled milk, and return it to the saucepan.



MINCED VEAL.

When it boils again stir in the mixed flour and season with salt, to taste.

If not quite smooth, strain it through a pointed strainer.

Free the veal from all brown skin and gristle, and chop it very finely with a sharp knife.

Do not pass the veal through a mincing machine; no doubt the machine is quicker, but it spoils the veal.

Put the veal into the saucepan with the milk and flour.

Bring it slowly to boiling-point, but do not let it boil.

Then stand it on one side to keep hot; or, better still, stand the saucepan in a small baking dish with boiling water in it, so as to ensure the mince not boiling.

Just before serving add a few drops of lemon juice.

Cut the bacon into very thin rashers, roll them into neat rolls, and run them on a skewer.

Cook them, either in a brisk oven or in front of the fire, for a few minutes.

Make a border of potato purée on a dish, pour the mince in the centre, and serve.

For the border of Potato Purée.

Take one pound of boiled potatoes, and rub them through a sieve whilst hot.

To these add half-an-ounce of butter, two tablespoonfuls of milk, pepper and salt, to taste.

Make all thoroughly hot.

Now take a forcing-bag, with a large rose pipe in it, and put the potato in.

Force it out into roses, to form a border round the dish.

Pour the mince in the centre, and arrange the rolls of bacon neatly on the mince.

On the tops of the potato roses sprinkle a little coralline pepper (see foot of page 7), or a little fine parsley.

Quince Snow.

2 large quinces.
Whites of 2 eggs.

Sponge cake.
Sugar.

Custard, as
described.

Average cost, 9d.

Pare and core two large quinces, and slice them thinly.

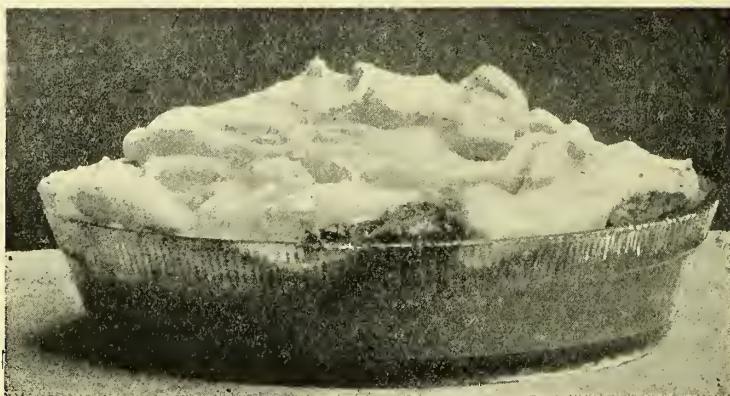
Boil till quite soft, in a very little water.

Then rub them through a hair sieve.

Whip the whites of two eggs to a stiff froth.

Add the quince purée to the eggs, by degrees, and sugar to taste.

Whip all together, till quite smooth.



QUINCE SNOW.

Take two penny sponge cakes, and cut them in half, lengthways.
Lay them in the bottom of a glass dish, and pour one pint of
custard over them.

Drop the quince snow on, in large rocky tablespoonfuls.

For the Custard.

$\frac{3}{4}$ pint of milk.	2 eggs.	1 tablespoonful of
1 large teaspoonful of flour.	A few drops of essence of vanilla.	sugar.

Boil the milk.

Mix the flour and the sugar quite smoothly with a little cold milk.

Stir this into the boiling milk, and just bring to the boil again.

Beat the two eggs well.

When the milk is boiling again pour it on to the beaten eggs.

When slightly cooled flavour with a few drops of vanilla essence.

While still warm pour it over the sponge cake.

This should all be done before you begin to make the snow.

A few slices of stale sponge cake, of any kind, will do for the foundation, if you have it by you.

If a plain custard will do, the yolks of the two eggs left out in making the snow will be sufficient, or the two yolks and one whole egg can be used.

Boston Teacakes.

2 breakfast-cupfuls of flour.	A piece of butter the size of a walnut.	1 teaspoonful of bicarbonate of soda.
$\frac{3}{4}$ cup of sugar. 1 egg.	2 teaspoonfuls of cream of tartar.	Milk.

Average cost, 5d.

Rub the butter into the flour, until it is fine.

Mix in the other dry ingredients, seeing that the soda and cream of tartar are smoothed out free from lumps with a knife.

Break in one whole egg, without beating it.

Then mix all with sufficient milk to make a batter.

Bake in buttered patty-pans for about fifteen minutes.

While still hot, just split open and butter them; or they can be served plain, and butter spread on in the ordinary way as they are eaten.

These cakes are very nice, and quickly made.



CAST IRON SAUCEPAN.

With enamelled interior and bright tin lid.

HIGH-TEA MENU No. 5.

Ox Tongue	Langue de Bœuf.
Pigeon Pie	Pâté de Pigeon.
Salad	Salade.
Apple Cake	Gâteau aux Pommes.
Brioche	Brioche.

Ox Tongue.

1 tongue.		Glaze.		Savoury Herbs.
Average cost, 6s.				

If the tongue is fresh from the pickle, soak it in cold water for two hours; but if dried, it will require at least ten hours' soaking. Choose a tongue with a smooth skin, as that is a sign of its being young.

After soaking, put it into a saucepan of cold water, with a bunch of savoury herbs, and bring it to the boil.

As soon as it comes to the boil remove the scum, and then draw to one side of the stove, and simmer till tender.

A small tongue will take from two hours and a half to three hours simmering.

When it is cooked, take it up, peel off the skin, trim the root neatly, and remove any small bones or hard parts.

Now take a board and two strong steel forks, stand the tongue upright on the board, and fasten the root securely to the board with one of the forks.

Then stretch out the thin end of the tongue, and fasten the tip with the other fork.

Drive a strong skewer through the thickest part of the tongue into the board, to prevent the tongue leaning over, and leave it in this condition until cold.

When cold, trim it neatly, and brush it over with melted glaze.

Stand the tongue on a dish, arrange a frill round the root, and garnish with a few sprigs of fresh parsley.

Or the tongue, after it has been skinned, can be curled round and put into a round cake tin, just large enough to hold it, with a plate and heavy weight on top. It is left to press till cold, and then turned out and arranged with a frill all round it.

It can be either left plain on top or brushed over with a little melted glaze; but when pressed in a cake tin there is usually a certain amount of jelly on it when turned out, so that it really only requires the frill and a piece or two of parsley.

Pigeon Pie.

3 pigeons.	Salt.	Parsley.
1 lb. of rump steak.	Pepper.	Pounded mace.
4 eggs.	Stock.	Puff paste.
2 or 3 slices of bacon.		

Average cost, 5s. 9d.

Clean the pigeons.

Cut off their feet at the first joint, and keep them to ornament the pie with.

Cut the pigeons in half.

Cut the steak into pieces, about three inches square.

Boil the eggs hard.

Take off the shells, remove the whites, and roll the yolks in finely chopped parsley.

Mix one teaspoonful of black pepper, one dessert-spoonful of salt, and as much pounded mace, or grated nutmeg, as will lie on a threepenny-piece.

Mix all these together, and rub the pieces of pigeon well over with it.

Put a layer of steak in the bottom of a pie-dish, then the yolks of eggs rolled in parsley, then the pigeons on top of these.

On top of the pigeons put a layer of bacon, cut into strips about an inch and a half long.

On top of the bacon put another layer of steak, and any of the seasoning that may be left.

Half fill the dish with well-flavoured stock.

Wet the edges of the dish, put an edge of puff paste on it; wet this edge, and put another layer of paste, and wet that also.

Cover the pie with puff paste (*see end of this recipe*).

Make a hole in the centre of the paste cover, then brush over with whole beaten-up egg, and ornament in any way that is liked.

Bake in a tolerably hot oven for about an hour and a half.



PIGEON PIE.

When the paste is done, put the pie at the bottom of the oven to finish cooking the meat, without allowing the crust to get too brown.

About a quarter of an hour before the pie is done, stick the cleansed feet in the hole in the centre, to show what kind of pie it is.

When the pie is taken out of the oven, fill it up with gravy through the hole in the centre, put a pie-dish collar round it, and serve, either hot or cold.

Puff Paste for Pigeon Pie.

$\frac{3}{4}$ lb. of flour.		$\frac{3}{4}$ lb. of butter.		Pinch of Salt.
		Cold water.		

Rub the salt into the flour.

Then, with cold water, make a stiff dough of it, as near the consistency of the butter as possible.

Knead the dough into a nice smooth ball, then roll it out to about the size of a meat-plate.

Flour the corner of a clean cloth, put the butter into it, and wring out as much moisture as possible.

Now, with very little flour, press the butter out to about half the size of the paste.

Fold over all the edges of the paste, so as to wrap the butter up in it.

Put away in a cool place, for an hour, if you can.

Now roll it out, then turn it over, and roll it out in the same way, only on the other side.

Fold it into three, and place it so that it is endways towards you.

Roll it out that way.

Then fold it over, end to end, and roll it out the same way, but on the other side.

Fold it into three again, and put it away in a cool place for half an hour.

Then repeat the rolling, proceeding in exactly the same manner, so that it makes eight rollings; four the first time, and four the second.

Fold it into three again, and let it stand for another half hour.

Roll again, in exactly the same manner as on the two previous occasions, and the same number of times, so that it makes twelve rollings in all.

Now roll out the paste to the required thickness, and it is ready for use.

It is considered better if made the day before, unless ice is used to cool it on.

It will keep for several days with a linen cloth laid over it, the cloth being dipped in cold water and wrung out as dry as possible. If it can be kept in a refrigerator the damp cloth is not necessary.

Mixed Salad.

Lettuce.	Tomato.	Mayonnaise dressing, as described.
Beetroot.	Cucumber.	
Celery.		

Average cost, 1s. 9d.

Wash a large lettuce thoroughly, in two or three waters, also the heart of a stick of celery.

Roll them in a clean cloth, to get quite dry.

Skin a couple of tomatoes, by placing them in boiling water for a minute, when the skins can be taken off them quite easily.

Peel the cucumber, and slice it thinly.

Slice the beetroot (which has, of course, been cooked).

Shred the lettuce and celery.

Put a layer of lettuce in the bottom of a salad bowl, then a layer of the other mixed vegetables.

On this pour three or four tablespoonfuls of Mayonnaise dressing.

Now put more layers of the lettuce and vegetables, and dressing.

Have a layer of the best part of the lettuce, shredded finely, on the top.

Garnish prettily, with beetroot cut into fancy shapes, and some of the celery cut into pieces about two inches long and shredded as finely as possible.

The celery should be cut and shredded some time beforehand, and placed in cold water. This will cause it to curl up.

Some of the slices of cucumber can be used for garnishing also, or a few radishes, or any suitable vegetable that you may have.

But always have by far the largest proportion of lettuce.



MIXED SALAD.

For the Mayonnaise Dressing.

2 yolks of eggs.	$\frac{1}{2}$ teaspoonful of salt.	1 teaspoonful of Tarragon vinegar.
$\frac{1}{2}$ teaspoonful of mustard.	$\frac{1}{2}$ pint of salad oil.	1 small teaspoonful of Chili vinegar.
$\frac{1}{2}$ teaspoonful of sugar.	1 tablespoonful of white vinegar.	1 gill of cream.

Separate the yolks very carefully from the whites of the eggs, and put the yolks into a basin large enough to hold a good pint. With a wooden spoon, work in the oil, drop by drop, being very careful that the oil does not go in faster than this at first, or the sauce will curdle, and be spoilt.

Keep stirring the yolks all the time.

When the mixture is of the consistency of a soft ball, mix in the other ingredients, adding the dry ones first, then the vinegars, and, lastly, the cream.

Sour cream is the best.

If you have no cream, use a little milk and a little more vinegar, but of course cream is much the nicer.

This dressing will keep some time, if put into a bottle and corked down.

(See COLOURED PLATE No. 17.)

Apple Cake.

$\frac{1}{2}$ lb. of flour.	1 teaspoonful of baking powder.	$\frac{1}{2}$ lb. of cooking Jam. [apples.]
$\frac{1}{4}$ lb. of butter.	A grate of nutmeg.	Royal icing, as described.
$\frac{1}{4}$ lb. of sugar.	A little milk.	

Average cost, 1s. 2d.

Pare and core the apples, cutting them into quarters.

Put them in a very little water, just enough to prevent them burning, and cook them until they are tender.

Put the flour in a basin, and rub in the butter, until it is quite fine. Then add the sugar, baking powder and nutmeg.

Beat one egg well, and mix all into a soft dough with a little milk. Butter a medium-sized cake tin.

Divide the dough into two parts.

Press out one half lightly, on a floured board, to a round, a little larger than the cake tin, and line the bottom of the tin with this.

Put the apples, in a layer, on top of this.

Press out the other half of the paste, and put it on top of the apples.

Press the two edges of the paste, the lower and the upper, well together, to prevent the apple bursting through.

Bake in a moderate oven, for about an hour.

You can tell when it is done by running a skewer through the centre; if it comes out clean, it is cooked.

Turn it out very carefully, and serve cold.

It can be served plain, just stood on a lace dessert-paper, with a little coloured sugar sprinkled on the top; or it can be made much prettier by spreading the sides with apricot jam, then sprinkling them thickly with desiccated cocoa-nut.

Ornament round the edge of the top of the cake with white royal icing, using a small rose-pipe for the purpose; then, with the icing, divide the top into four divisions, spreading different coloured jams in each division. Red currant jelly might be put in two opposite divisions, and apricot and greengage in the others.

(See COLOURED PLATE No. 6.)

For the Royal Icing.

White of 1 egg.		$\frac{1}{2}$ lb. of icing sugar.		$\frac{1}{2}$ teaspoonful of lemon juice.
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Have the icing sugar quite free from lumps.

Put the sugar in a basin, with the white of egg and lemon juice.

Work all together with a wooden spoon, till quite smooth and white.



NEAPOLITAN CAKE.



APPLE CAKE.



BRIOCHE.



ROLLED BROWN BREAD AND BUTTER, FOR WHITEBAIT, &c.

To do it properly this will take about fifteen minutes.
 If not wanted for use at once, cover it with a piece of paper just
 dipped in water.

Brioche.

$\frac{1}{2}$ lb. of flour.	1 teaspoonful of sugar.	About $\frac{1}{4}$ pint of milk.
2 ozs. of butter.	$\frac{1}{2}$ teaspoonful of salt.	Average cost, 6d.
1 egg.		
1 oz. of yeast.		

Sift the flour.

Take sufficient milk, so that with boiling water added to make it lukewarm, it makes a quarter-pint together.

In this dissolve the butter and the yeast.

Add the egg, well beaten, and the salt and sugar.

Then stir in the flour, gradually, working it all the time with your hand.

Beat the mixture well with your hand, for ten minutes, till the dough almost stops sticking to your fingers.

Then cover with a cloth, and set in a warm place to rise.

When it has risen to quite four times its original size, and is light and spongy, turn it on to a floured slab, and take it off in pieces about the size of a turkey's egg.

Form these pieces lightly into fancy shapes—twists, knots, rolls, miniature cottage loaves—or any fancy shapes you may like.

Put them on to buttered baking tins, and set to rise again, for about fifteen minutes.

When they have risen, brush them over lightly with whole beaten-up egg.

Bake in a quick oven, for about twenty minutes.

(See COLOURED PLATE No. 10.)

HIGH-TEA MENU No. 6.

Lobster à la Crème . . .	Homard à la Crème.
Mutton Cutlets . . .	Côtelettes de Mouton.
Cold Turkey . . .	Rôti de Dinde froid.
Surprise Pudding . . .	Pudding à la Surprise.
Fruit Salad . . .	Salade aux Fruits.

Lobster à la Crème.

1 lobster.	$\frac{1}{2}$ teaspoonful of salt.	1 oz. of flour.
2 teaspoonfuls of vinegar.	A dust of cayenne.	$\frac{1}{4}$ pint of cream.
1 teaspoonful of sherry.	A little nutmeg. 2 oz. of butter.	A little lobster coral and chopped parsley, to garnish.

Average cost, 3s.

Pick the meat from a freshly-cooked lobster.

Chop it finely.

Put it into an enamelled saucepan, with the salt, vinegar, nutmeg, cayenne and sherry.

When quite hot, add the cream; also the butter, which has been previously rolled in the flour.

Simmer very gently for ten minutes, stirring all the time.

When thoroughly heated, butter some scallop shells (which should first be made thoroughly hot), and put the lobster neatly in them.

Put them into the oven for five minutes, to re-heat.

Then sprinkle with finely chopped parsley and a little lobster coral, or coralline pepper, and arrange neatly on a dish.

Serve at once, before they get cool.

Mutton Cutlets.

2 lbs. best end of
neck of mutton.
Bread-crumbs.
1 egg.

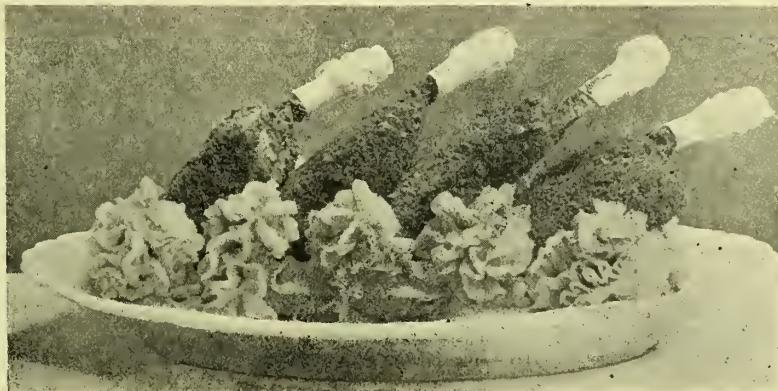
Pepper.
Salt.
Frying fat.

Potato border, as
described.
Tomato butter, as
described.

Average cost, 3s. 3d.

Take two pounds of the best end of neck of mutton, and cut it into well-shaped cutlets.

Flatten them out with a heavy knife or meat chopper, dipped in cold water.



MUTTON CUTLETS.

Trim them into neat shapes, leaving about an inch and a half of bone projecting beyond the meat, and scrape this bone free from any skin or fat.

Brush the cutlets over with warmed butter.

Sprinkle with pepper and salt, but be careful to keep the bone clean.

Dip the cutlets well into whole beaten-up egg, and then into finely made white bread-crumbs, coating them well with the crumbs.

Have ready a stewpan, with plenty of boiling fat.

If you have a frying-basket, put the cutlets into it, and then plunge them into the fat.

Cook for about seven minutes, until they are a nice golden brown.

If you have no frying-basket, put the cutlets into the fat without it, and, when cooked, drain them on a wire sieve.

Dish on a border of mashed potatoes, and pour tomato butter round

For the Potato Border.

$1\frac{1}{2}$ lb. cooked potatoes.	3 tablespoonfuls of milk or cream.	Pepper and salt to taste.
1 oz. of butter.		

Boil the potatoes very dry.

Rub them through a fine sieve.

Melt the butter in a saucepan, and add the potato, milk, pepper and salt.

Make all thoroughly hot, and put it into a forcing-bag with a large rose pipe.



METHOD OF GARNISHING CUTLETS WITH ROSES OF POTATO PURÉE.

Force it out of the pipe, in rows down the centre of the dish, so as to form a border about two inches and a half wide and two inches deep.

Keep some of the potato back in the bag, to finish off the cutlets with.

Put small cutlet-frills on each of the bones of the cutlets, and arrange them all along the centre potato border, one just resting on the other.

Now force out roses of potato between each cutlet, one on each side, to keep them in their place.

Pour tomato butter round, and serve.

All this must be done very quickly, so that the cutlets do not get cold.

For the Tomato Butter.

6 tomatoes.	4 drops of carmine.	A pinch of castor
1 eschalot.	Seasoning of salt	sugar.
1 oz. of butter.	and pepper.	

Chop the eschalot, and put it into a saucepan, with the butter.

Fry gently, without browning, for ten minutes.

Then add the tomatoes, sliced; also the carmine, sugar and seasoning.

Let all cook slowly, at the side of the stove, till tender.

When cooked, rub all through a hair sieve.

Put it back into the saucepan to re-warm, and, when quite hot, pour it down each side of the potato border, and serve.

Cold Turkey.

1 turkey.	2 ozs. of chopped suet.	$\frac{1}{4}$ teaspoonful of
$\frac{1}{2}$ lb. of sausage meat.	1 dessertspoonful of chopped parsley.	pepper.
$\frac{1}{4}$ lb. of white bread-crumbs.	$\frac{1}{2}$ teaspoonful of chopped lemon-peel.	$\frac{1}{2}$ teaspoonful of salt.
1 egg.		

Average cost, 5s.

Draw, singe and truss a medium-sized turkey, for roasting; or, if ordered from the poulters, they will deliver it ready trussed, if asked.

Put the bread-crums into a basin with the suet and seasoning, and well mix with them half a pound of sausage meat.

If sausages are used, the meat must be squeezed out of the skins.

Work all into a soft ball with one large raw egg. If only small eggs are handy, two will be necessary.

Fill the crop of the turkey with this stuffing, draw the skin over, and fasten it at the back of the neck.

Put the bird on a double baking-tin, with water in the lower tin.

Melt half a pint of dripping, and pour it over the breast of the bird.

Tie a buttered paper over the breast.

Roast in a moderate oven for about an hour and a half.

Keep it constantly basted, for if the skin is allowed to get hard it is spoiled.

About half an hour before it is cooked, remove the paper and brown up the bird nicely.

When cooked, put it away to cool, without removing the strings or skewers.

When cold, remove the strings and skewers.

If liked, the breast and legs can be brushed over with liquid glaze, or it can be left quite plain.

Put two little frills round the legs where the feet were cut off, and garnish with some nice fresh parsley.

Surprise Pudding.

1 pint of milk.	1 tablespoonful of jam.	A few glacé cherries.
2 eggs.	$\frac{1}{2}$ oz. of gelatine.	Pineapple flavouring.
1 penny sponge-cake.	Angelica.	
1 oz. of sugar.		

Average cost, 8d.

Dissolve the gelatine in a small quantity of the milk.

Put the rest of the milk on to boil.

Beat the two eggs well, and pour the boiling milk on to them.

Return the milk and egg mixture to the saucepan, and stir till the custard thickens but does not boil.

Add the dissolved gelatine, the sugar and the pineapple flavouring.

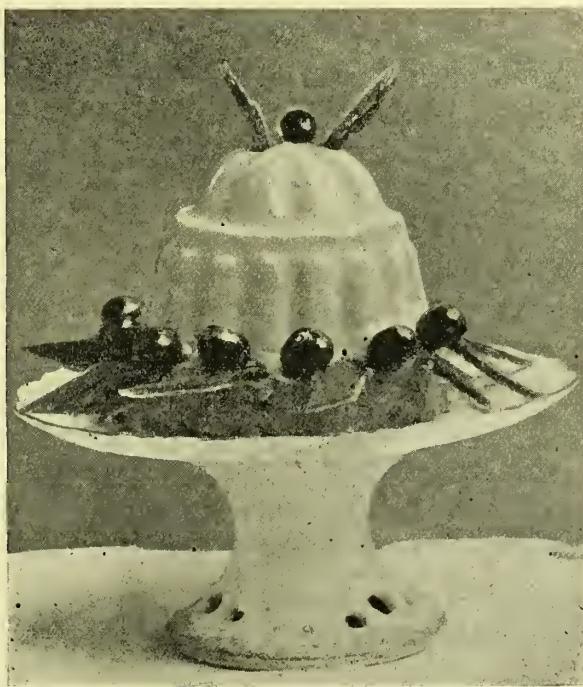
Slice the sponge cake rather thinly.

Spread the slices with jam and then place them together again.

Pour half the custard into a mould, put in the sponge cake, and leave until it is setting.

Then fill up the mould with the remainder of the custard.

When cold and set, turn it out by dipping the mould for a second into hot water. (The water should be of a temperature that you can only just bear your hand in it.)



SURPRISE PUDDING.

Garnish the pudding with rings of, or whole, glacé cherries and a few strips of angelica.

Tin moulds are best, as things turn out of them so much more satisfactorily, and they only require to be dipped into the hot water. Pewter moulds require to stay in the water longer, and earthenware moulds longer still, with the result that greater risk is run of unsatisfactory results.

Fruit Salad.

4 oranges.
3 bananas.
2 pears.

Half a pineapple.
1 lemon.
 $\frac{1}{4}$ lb. of sugar.

$\frac{1}{2}$ pint of water.
2 tablespoonfuls of
brandy.

Average cost, 1s. 8d.

Pare the lemon and one orange very thinly.

Put the rinds on to boil with the water, the sugar, the cores of the pears, and a little of the rind of the pineapple if a fresh one is used.

Boil for about fifteen minutes.

Peel the oranges with a very sharp knife, cutting off all the white skin.

Now cut the oranges into the natural divisions, but cut on the inside of the skin of the divisions, so that just the pulp is cut out and the skin left behind.

Take out the pips, and put the orange pulp into a basin.

Cut up the pears, bananas and pineapple, seeing that all black specks are removed from the pineapple.

Put these in the basin with the orange pulp.

Now strain the boiling syrup on to the fruit, and add the brandy and the strained juice of the lemon.

Leave for about half an hour in a cool place—on ice if possible—stirring occasionally with a silver spoon.

When cold, pile it neatly in a glass dish, and sprinkle a little desiccated cocoa-nut on the top, if you have it.

Tinned pineapple does perfectly well for this dish, and several other kinds of fruit can be used, such as melon, strawberries, raspberries, grapes (but grapes must be skinned) and cherries (which must be stoned), etc.

This is a delicious dish in summer, and a few lumps of ice can be served with it.

Sponge-cake can be handed with it.

(See COLOURED PLATE No. 13.)



FRUIT SALAD.

The? Kell & Son, Lith.



DINNER MENUS.

THIS is, of course, the most important meal of the day, and it may either be of quite a homely character or, on the other hand, an important function. Of whatever kind it may be, however, there are rules which always apply and should be adhered to.

First may be mentioned punctuality. There is nothing so irritating to many people as to be kept waiting for dinner (without considering that it interferes with the general domestic arrangements). On the other hand, it is equally trying to the cook if the dinner, when ready, has to be kept back. There are exceedingly few things which are not more or less spoiled by standing, while many are quite ruined.

Do not attempt too much. It is far better to have fewer dishes and have them the best of their kind, delicately finished and ready to the moment, than to have a greater number hurriedly prepared, receiving less attention in cooking, and being distinctly less appetising when served.

Where there is only one pair of hands in the kitchen to do the work, much may be simplified by a little care and forethought and a judicious selection of the dishes. Arrange, if possible, that some may be more or less prepared beforehand ; and even in large kitchens this advice holds good.

Always see that the plates and dishes are really hot, but they must not be heated to such an extent as to be painful to hold. It is almost as much a fault to have them too hot as too cool, and it is injurious to the china.

The vegetables must be nicely cooked and well strained, for how unpleasant it is to have, say, a dish of cabbage handed to any one and to see two or three tablespoonfuls of water floating around

it; or, again, to have a watery mass of white material to represent mashed turnips.

The gravies are another point needing care. They should be scrupulously free from fat, and served in a thoroughly hot gravy-boat. What could be more disagreeable than to have a liquid poured over one's meat which is no better than coloured water, with, perhaps, a flavouring of salt and pepper. Inexperienced cooks, and sometimes experienced ones, are often weak with their gravies; but this need not be dwelt upon here.

The menus can begin with a few family dinners, and, from these, go on to some of a better kind. It is a mistake, however, to have a dinner, for a dinner party, last too long. The guests only get weary. A well-planned menu, with the dishes well cooked and well served, and with tastefully arranged table decoration, will go much further towards making the dinner party a real success than a lengthy menu



DINNER MENU No. 1.

French Tomato Soup . . .	Soupe aux Tomates.
Boned Shoulder of Mutton	Rôti de Mouton Épicé.
Baked Potatoes . . .	Pommes de terre cuites au four.
Mashed Turnips . . .	Purée de Navets.
Plain Cabinet Pudding .	Pudding au Diplomat.

French Tomato Soup.

3 tablespoonfuls of rice.	1 large onion.	1 teaspoonful of castor sugar.
1 lb. of tomatoes.	3 pints of water.	Pepper. Salt.

Average cost, 7d.

Wash the rice, then put it on in the three pints of water with the onion, sliced, and boil for about one hour.

When the boiling is nearly done, add one pound of sliced tomatoes.

Tomatoes do not take nearly so long to cook as the onions and rice.

Season to taste, with pepper, salt and a teaspoonful of castor sugar.

When quite tender, rub all through a fine wire or hair sieve.

Put it on the fire again to re-boil.

Lastly, stir in the butter.

If you have stock, use it instead of water, then the butter may be left out.

Boned Shoulder of Mutton.

A shoulder of mutton.	1 tablespoonful of chopped parsley.	$\frac{1}{2}$ teaspoonful of grated lemon rind.
$\frac{1}{4}$ lb. of bread-crumbs.		Pepper. Salt.
2 oz. of suet.	1 teaspoonful of thyme.	Gravy, as described.
1 egg.		

Average cost, 4s.

Take a shoulder of mutton weighing about six pounds, and saw off the knuckle just below the joint.

Then, with a sharp knife remove the blade-bone, keeping the point of the knife pressing against the bone, and taking care to cut the meat as little as possible.

Do not bone it beyond the joint of the shoulder-blade; the piece of knuckle-bone must be left in, so that it may still resemble a complete shoulder when finished.

Chop the suet finely, also the parsley, thyme and lemon-peel.

Put these into a basin with the bread-crumbs and seasoning, and bind with one whole beaten-up egg.

Fill the cavity in the mutton, where the bone was removed from, with the stuffing.

Fasten the opening together with a skewer, using it just as if you were darning with a needle.

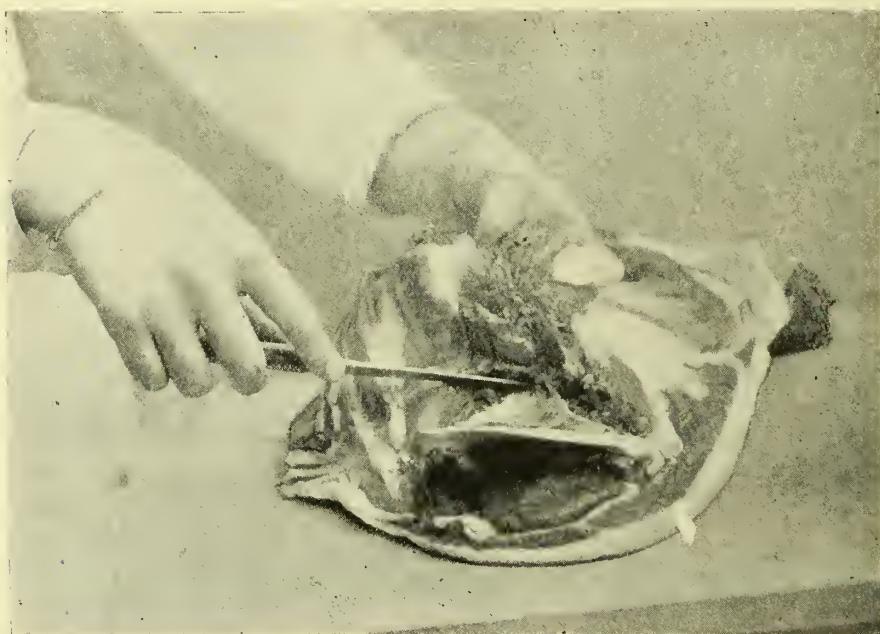
Put it into a double roasting-pan, with water in the lower tin, and spread two or three tablespoonfuls of dripping over the top of the meat.

Roast in a moderate oven for an hour and a half to two hours, keeping it constantly basted.

By basting the meat well it cooks more quickly and more evenly. When it has been in the oven about half an hour, sprinkle with a teaspoonful of salt.

Some people do this before the meat goes into the oven (or before hanging it in front of the fire), but this is a mistake, as salt on raw meat draws out the gravy.

When cooked, dish up the meat and potatoes, and keep them hot while you make the gravy.



BONING A SHOULDER OF MUTTON.

For the Gravy.

Break up the blade-bone and put on to boil, with an onion, a bunch of herbs (bay-leaf, thyme and parsley), three or four peppercorns and a little salt. Do this while the shoulder is roasting.

Pour all the fat out of the baking-tin (after the meat is taken out) and put it aside.

Do not pour out or remove any brown gravy from the tin, but strain the stock made from the blade-bone and pour it into the tin on to the brown gravy.

Add a teaspoonful of red currant jelly, if you have it, boil all up, and pour into the gravy boat.

If there is any fat on top of the gravy, take it off with a piece of kitchen paper.

Baked Potatoes.

2 lbs. of potatoes.		1 teaspoonful of salt.
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Wash and peel the potatoes, and if they are large, cut them in half.

Put them into a saucepan, with enough cold water to cover them, and put in a teaspoonful of salt.

Bring them to the boil, then strain them well, and leave them in the saucepan at the side of the stove for a minute or two to dry off the moisture.

Then put them into the roasting-pan with the meat.

Baste them well.

They will take about an hour to cook, and when cooked they should be a nice golden brown.

Mashed Turnips.

2 lbs. of turnips.		2 tablespoonfuls of milk.		Pepper. Salt.
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Wash and pare the turnips, paring them rather thickly unless very young.

If the turnips are large, cut them into pieces.

Put them into plenty of boiling water, seasoned with salt in proportion of one teaspoonful of salt to a quart of water.

Boil gently from three-quarters to one hour, or until tender, the time depending on the age of the vegetable.

When cooked, strain well in a colander.

Then put them in a clean, strong cloth, and wring them perfectly dry.

Now return them to the saucepan, with the butter, milk and seasoning, and re-heat thoroughly.

Dish neatly in a vegetable dish, and sprinkle a little chopped parsley over.

Plain Cabinet Pudding.

$\frac{1}{4}$ lb. of bread-crusts.	A few raisins.	2 eggs.
$\frac{1}{2}$ pint of milk.	A few drops of vanilla.	Sauce, as described.
Sugar to taste.		

Average cost, 8d.

Butter a basin well.

Stone the raisins, and ornament the basin with them.

Cut the bread-crusts into dice, and put them in the basin.

Beat the eggs, and add to them the milk, sugar and flavouring.

Pour this over the bread in the basin, and let it soak some time before cooking.

Then lay a fold of buttered paper over the top.

Stand the basin on a fold of paper in a saucepan with boiling water, enough to come half-way up the basin or mould.

Put on the lid, and steam for an hour and a quarter.

The fold of paper in the bottom of the saucepan prevents the basin moving about in the boiling.

Serve, with sweet sauce poured over.

For the Sweet Sauce.

Simmer half-a-pint of water, with two cloves, a strip of lemon-peel and a small piece of a stick of cinnamon.

When the water is well flavoured, strain, and put it back into the saucepan.

Add a tablespoonful of sugar and a teaspoonful of lemon-juice.

Mix one dessert-spoonful of arrowroot with a little cold water, and stir it into the syrup when boiling.

Colour with a few drops of cochineal, and pour over the pudding.

DINNER MENU No. 2.

Potato Soup . . .	Soupe aux Pommes de Terre.
Rolled Steak . . .	Rouleau de Bifteck.
Boiled Potatoes . . .	Pommes de Terre à l'eau.
Boiled Cabbage . . .	Choux à l'eau.
Baked Batter Pudding .	Beignet à l'Anglaise.

Potato Soup.

1 lb. of potatoes.	1 teaspoonful of salt.	A dust of cayenne
2 onions.	1 oz. of flour.	pepper.
1 quart of white stock.	A blade of mace.	1 dessert-spoonful
1 stick of celery.	1 pint of milk.	of chopped
	1 oz. of butter.	parsley.

Average cost, 1s.

The potatoes should weigh one pound after they have been pared. Slice thinly, and put them on to boil in one quart of white stock.

(The water that a neck of mutton or a fowl has been boiled in will do.)

Add one onion, and the white part of the celery, finely shredded.

Boil these to death, until the potatoes are quite pulpy.

Put the milk on to boil, with the other onion, a dust of cayenne pepper and a blade of mace.

Let it simmer gently until well flavoured.

Rub the butter well into the flour.

Next strain the milk, return it to the saucepan, and thicken it with the flour and butter.

When the potatoes are well cooked, rub all through a sieve, and mix with the thickened milk.

Season to taste, with about a teaspoonful of salt.

Just bring all to the boil, and, at the last minute, stir in one dessert-spoonful of finely chopped parsley.

Pour into a hot tureen, and serve.

Rolled Steak.

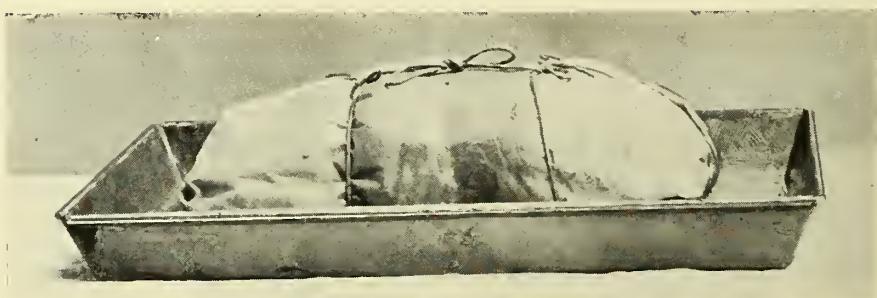
2 lbs. of beef steak.	1 egg.	1 saltspoonful of black pepper.
1 onion.	1 teaspoonful of chopped parsley.	1 small teaspoonful of salt.
4 oz. of bread-crumbs.	1 teaspoonful of chopped thyme.	A dust of cayenne.
2 oz. of chopped suet.		

Average cost, 2s. 9d.

Have the steak cut rather thick. Beat it out with a rolling-pin. Chop the onion very finely.

Sprinkle the steak over with a little black pepper and salt.

Now make a forcemeat, with the bread-crumbs, onion, chopped parsley and thyme, the suet, salt and cayenne, binding into a moist ball with the egg.



ROLLED STEAK, READY FOR THE OVEN.

Spread it over the steak (like you would jam in a roly-poly pudding) Roll up the steak, and tie it with tape to keep it in shape. Butter or grease a paper well, roll the steak up in it, and tie again. Now put it in a baking-tin, with two or three tablespoonfuls of dripping. Roast it in the oven for about an hour, basting it well during cooking. About half-an-hour before it is done take off the paper, and dredge the steak over with flour, and baste it well.

Now brown it up well.

When ready for dishing up, carefully remove all the tapes before sending it to table.

To make a Gravy.

Pour all the dripping out of the roasting-pan, dredge in about a teaspoonful of flour, and add a pinch of salt. Pour in about half-a-pint of gravy stock, boil it upon the top of the stove, and strain through a pointed strainer round the steak.

Boiled Potatoes.

Potatoes.		Water.		Salt.
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Wash the potatoes well, and pare them thinly and as evenly as possible.

If they are of unequal size, cut the large ones in half, lengthwise. As they are pared, put them into clean cold water.

When ready, put all into a saucepan, with just enough cold water to cover them, and add a teaspoonful of salt to every pound of potatoes.

Bring them to the boil.

Boil gently for twenty to thirty minutes, until a skewer will just go through them.

Strain off all the water, put the lid on the saucepan, and stand it at the side of the stove for about ten minutes, to finish cooking.

Lastly, shake them gently, and put the lid half on for a few minutes, giving them an occasional shake during this time. This will make them nice and floury.

Boiled Cabbage.

1 large cabbage.		A piece of soda, the size of a small pea.		2 oz. of butter, or 1 oz. of good beef dripping.
1 gallon of water.		Pepper.		
1 large tablespoonful of salt.				

Cut off all the rough outside leaves of a large cabbage (or two small ones).

Cut it into four, removing any hard parts of the stalk.

Set it to soak in a large basin, or pan, of well salted water, to draw out any insects there may be in it.

Leave it in this water for quite half an hour, or longer.

Then wash it, in fresh cold water.

Have ready a saucepan containing one gallon of fast-boiling water, a tablespoonful of salt and the small piece of soda.

Drain the cabbage, and put it into the boiling water, and boil it with the lid off.

An old cabbage will take nearly three-quarters of an hour, but young ones will cook in about twenty minutes. Try it with a fork in the stalk part, to see if it is quite tender.

When cooked, strain it through a colander, and press out all the moisture with the back of a saucer.

Now chop the cabbage well, and add the butter and pepper.

Butter a mould well—an oval-shaped plain one is best, or a plain basin or a jam jar will do.

Press the cabbage into the mould, and put it into the oven for a few minutes to get thoroughly hot through.

Turn it out of the mould into the vegetable-dish, and, if you have it, sprinkle the top with a little coralline pepper. The latter can, however, be omitted.

Baked Batter Pudding.

$\frac{3}{4}$ lb. of flour.
 $\frac{3}{4}$ pint of milk.
 2 eggs.

1 oz. of castor sugar.
 1 oz. of butter.

A few drops of vanilla essence.
 Icing sugar.

Average cost, 6d.

Mix the flour gradually into a smooth batter with the milk.

Then add the sugar and vanilla essence.

Beat the eggs well, and add them the last thing.

Melt one ounce of butter in a pie-dish, then pour in the mixture.

Bake, for three-quarters of an hour, in a moderate oven.

Sift icing sugar thickly over the pudding, put a pie-dish collar round the dish, and send to table immediately.

DINNER MENU No. 3.

Fried Fillets of Sole . . .	Rouelles de Sole Frites.
Imitation Dutch Sauce . .	Sauce à la Hollandaise.
Roast Ribs of Beef . . .	Rôti de Bœuf (Côte).
Horse-radish Sauce . . .	Sauce au Raifort.
Tomatoes	Tomates.
Caramel Pudding . . .	Pudding au Caramel.
Anchovy Toast	Pain Rôti aux Anchois.

Fried Fillets of Sole.

1 sole.	Flour.	Fried parsley.
1 egg.	Bread-crumbs.	

Average cost, various, the cost of soles being from 1s. to 2s.
per pound.

First wash the parsley and pick off the long stalks. Then put it to dry in a cloth, as it must be thoroughly dry before frying.

Wash the fish, trim off all the fins, and then lay it on a board, the dark side upwards.

Cut the skin all round the edge of the tail, and raise it up with your finger along the fins.

Now take firm hold of the skin at the tail with a cloth, and tear it off towards the head, keeping a finger well pressed down on the backbone to prevent any of the flesh coming away.

The other side can be skinned in the same way, but it is not really necessary.

To fillet the fish, cut the flesh straight down the backbone and then, with a sharp knife, raise the flesh from the bone, working from the head to the tail. The fish is then turned round (not over), and the other fillet is removed by working the knife from the tail to the head.

Keep the blade of the knife pressed firmly against the bone the whole time.

Now turn the fish over, and take off the other two fillets in the same way.

Cut each fillet in halves, or, if large, into three.

Wash them in salt and water, and then dry well in a cloth.

Roll them in flour, then in well-beaten egg, and lastly in finely made white bread-crumbs.

Have ready a stewpan half-full of boiling fat.

When you see a blue vapour beginning to rise from the fat put in the fillets.

The fillets should be in a frying-basket, if you have one.

Fry until they are a nice golden brown, then drain them on a wire pastry rack or wire sieve.

Keep the fillets perfectly hot while you fry the parsley.

To Fry the Parsley.

Having dried the parsley thoroughly, put it into the frying-basket. See that the fat is quite boiling again (with the thin blue smoke coming from it).

Dip in the parsley for a space of about three seconds, then lift it out.

Then, when the fat re-boils (for the parsley cools it considerably), dip the parsley a second time.

It only takes a few seconds to do, and it is crisp and green if properly done.

Put a fish-paper on a hot dish, and arrange the fillets of sole in a circle, and pile the fried parsley high in the centre.

Garnish with a few thin slices of lemon cut in half, and then cut through from the outer edge almost in half again, so that when they are opened out they form a kind of figure eight, as shown in the illustration.

(See COLOURED PLATE No. 18.)



FRIED FILLETS OF SOLE.

Imitation Dutch Sauce.

$\frac{1}{2}$ pint of milk.
 $\frac{3}{4}$ oz. of flour.
1 oz. of butter.

1 teaspoonful of
lemon juice.
1 yolk of egg.

Salt.
Cayenne.

Average cost, 5d.

Boil the milk, with a small dust of cayenne pepper.

Then pour it into a basin.

Melt one ounce of butter in the same saucepan, and stir in with a wooden spoon three-quarters of an ounce of flour.

Add the boiled milk to this by degrees, stirring continuously.

When it comes to the boil let it cook for five minutes, that the flour may be thoroughly done.

Salt, to taste, can now be added.

When it is quite boiling, add the yolk of one egg (or, preferably, two eggs), well beaten.

Remove from the fire immediately, and when off the fire add the lemon juice.

Serve in a sauce-boat with the fillets of sole.

Roast Ribs of Beef and Horse-radish Sauce.

One or two ribs of
beef.

Salt.

Horse-radish.

Horse-radish sauce,
as described.

Average cost, 4s. 6d.

About six pounds of the ribs is a nice sized joint for a small family. If convenient, get the butcher to roll it for you, but if not, then cut out the bone with a sharp knife, cutting away as little of the meat as possible.

Flatten the meat out, then roll it neatly. Secure it well with a couple of wooden skewers, and bind it round firmly with tape.

Put it in a roasting-tin, with a little fat on the top.

Roast in a brisk oven, allowing fifteen minutes to every pound of meat; so that a joint weighing six pounds would take an hour and a half.

Keep it well basted; in fact it is a good plan to keep a buttered paper over it part of the time, to prevent the outside becoming at all dry.

When cooked, remove the tape, and if you have a silver-plated skewer take out the wooden one and substitute this.

Garnish with bunches of scraped horse-radish, and serve with gravy in a gravy-boat, or round the joint, and the horse-radish sauce.

For the Horse-radish Sauce.

$\frac{1}{2}$ teacupful of grated horse-radish.	2 oz. of butter.	Salt.
$\frac{1}{2}$ pint of milk.	1 tablespoonful of flour.	Nutmeg.

Wash and peel a stick of horse-radish.

Then grate it finely.

Put half a teacupful of this on to boil, with just enough water to cook it. This will take about fifteen minutes.

Melt the butter in a saucepan.

Stir the flour into the butter.

Add the milk, and bring to the boil.

Now stir in the horse-radish (which must be quite cooked), also a grate of nutmeg, and boil for five minutes.

Add salt to taste, and serve hot.

Tomatoes.

Tomatoes.	Pepper.	Castor sugar.
Butter.	Salt.	Parsley.

Choose the tomatoes, as far as possible, of moderate and equal size. Dip them into boiling water for about ten seconds, and then skin them.

Take a stewpan, just large enough to contain all the tomatoes lying on the bottom, without putting them one on top of the other.

Melt just sufficient butter in the stewpan to cover the bottom.

Lay in the tomatoes, and sprinkle them with pepper, salt and a dust of castor sugar.

Put the lid on the pan, and let the tomatoes cook very gently for fifteen to twenty minutes, and so that they do not lose their shape at all.

Take them up carefully, and arrange neatly in a vegetable-dish. Sprinkle each one with a little finely chopped parsley.

Caramel Pudding.

For the Filling.

$\frac{1}{4}$ lb. of rice.	3 oz. of sugar.	Boiled custard, as
1 pint of milk.	Vanilla flavouring.	described.

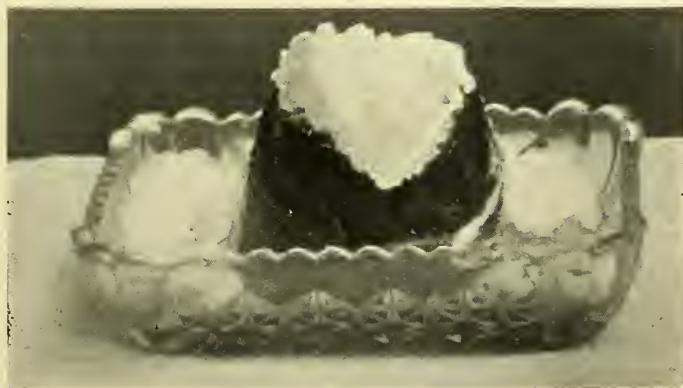
For the Caramel.

2 oz. of loaf sugar.	A few drops of lemon juice.	2 tablespoonfuls of cold water.
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Average cost, 1s.

Put the rice and milk into a saucepan.

Let this be a double milk or porridge saucepan, if you have one; if not, put them into an ordinary enamelled saucepan, and let the rice swell gradually over a gentle fire, until it has absorbed all the milk.



CARAMEL PUDDING.

Then add the sugar and flavouring, and pour all into the prepared mould.

While the rice is cooking make the caramel as follows, and line the mould with it.

Melt two ounces of loaf sugar in a saucepan, with two tablespoonfuls of water and a few drops of lemon juice.

Then let these boil together until it becomes a deep golden colour—which is caramel.

Now pour it all over the inside of the mould, and this must be done very quickly, as the caramel sets at once.

When the rice is ready fill up the mould with it, and set aside to get cold.

Then turn out into a glass dish, and serve with boiled custard poured round it.

For the Boiled Custard.

$\frac{1}{2}$ pint of milk.		Lemon rind.		Sugar, to taste.
3 yolks of eggs.		Cinnamon.		

Put the milk on to boil, with a strip of lemon peel and a small piece of cinnamon.

Let them infuse for about fifteen minutes, then strain.

Beat the yolks of the eggs well with the sugar.

Pour the boiled milk on to these, stirring all the time.

Then return all to the saucepan, and stir over the fire with a wooden spoon till the custard thickens.

Be careful not to let it boil, or the eggs will curdle.

It is best to make it in a double saucepan, or else to stand the saucepan containing the custard in a larger one of boiling water.

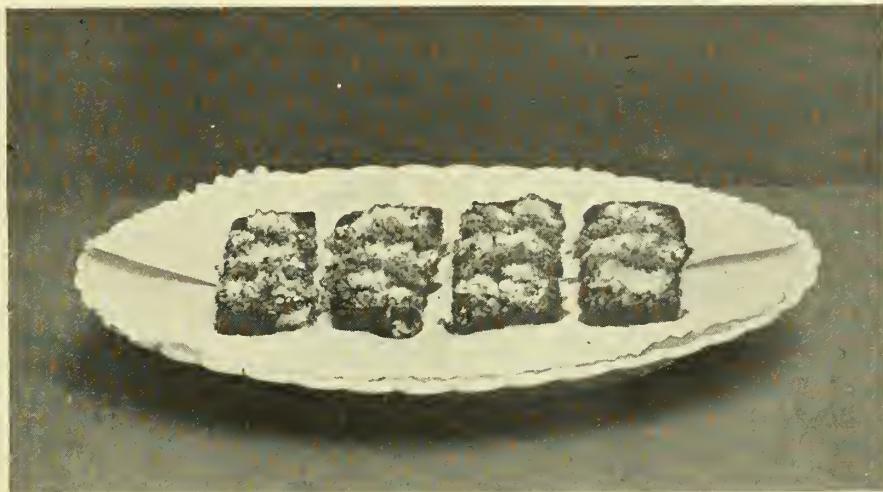
When cool pour it round the pudding.

Anchovy Toast.

3 eggs.		3 tablespoonfuls of milk.		Cayenne.
2 teaspoonfuls of anchovy sauce.		1 oz. of butter.		3 slices of toasted bread.
		Average cost, 6d.		

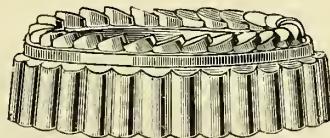
Boil one egg hard, and when cold separate the yolk from the white. Rub the white through a wire sieve, and then the yolk.

Put them aside for ornamenting the toast.
 Cut the slices of bread half an inch thick.
 Toast them on both sides, and spread thickly with butter.



ANCHOVY TOAST.

Cut the slices into fingers, and keep them hot while you make the mixture.
 Beat two eggs well.
 Add the milk, anchovy sauce and cayenne to the eggs.
 Melt the butter in a saucepan.
 Pour in the milk and egg mixture, and stir over a slow fire until it just thickens.
 Pour it quickly over the toast, and sprinkle with the yolk and white of egg which were first prepared. Sprinkle this on in bars of yellow and white alternately.
 Dish up on a dish paper, on a hot dish, and serve immediately.



BORDER MOULD.

DINNER MENU No. 4.

Kidney Soup . . .	Soupe aux Rognons.
Whiting au gratin . . .	Merlan au Gratin.
Escalopes of Veal à la Louise	Escalopes de Veau à la Louise.
Rolled Loin of Mutton . . .	Longe de Mouton enroulée.
Potatoes	Pommes de Terre.
Braised Carrots	Carottes.
Lemon Pudding	Pudding au Citron.
Coffee Cream	Crème au Café.
Cheese Canapés	Canapés de Fromage.

Kidney Soup.

3 lbs. of beef bones.	$\frac{1}{2}$ oz. of butter.	1 blade of mace.
$\frac{1}{4}$ lb. of ox kidney.	$\frac{1}{2}$ oz. of flour.	Pepper and salt.
Bacon bones or rind.	A bunch of herbs (bayleaf, thyme and parsley).	1 dessert-spoonful of red-currant jelly.
1 carrot.	3 cloves.	2 quarts of water.
1 small turnip.	20 black pepper- corns.	Fried croûtons, as described.
1 onion.		
1 leek.		
2 oz. of dripping.		

Average cost, 1s.

Chop the bones small.

Wash, dry and slice the vegetables.

Melt the dripping in a stewpan ; let it get hot, then put in the bones, vegetables and a piece of bacon rind, or a few bacon bones if you have them.

Fry until well browned.

Now add the water, herbs, spice, salt and pepper.

Bring all to the boil, and then skim well.

Let it simmer for four hours.

Remove the core from the kidney, put it to soak in a pint of warm water, with one teaspoonful of vinegar in it, for twenty minutes.

Then wash it in fresh water.

Put it on to boil in half a pint of the stock, and simmer very gently until tender.

Take it out and pound it in a mortar, or chop it finely and rub it through a fine wire sieve.

Add the stock the kidney was boiled in to the other, and if possible let it get cold, so that the fat can be removed easily.

It is best to make it the day before it is required, but if wanted at once, strain it through a hair sieve, skim off as much fat as possible with a spoon, and remove the rest by laying sheets of kitchen paper on it, one after the other.

Melt half an ounce of butter in a stewpan, and stir in half an ounce of flour.

Then, by degrees, add the kidney purée and the stock.

Bring to the boil, and stir in one dessert-spoonful of red-currant jelly.

Pour into a hot soup tureen, and serve with fried croûtons.

For the Croûtons

Take two slices of stale bread, about a quarter of an inch thick.

Stamp them out with a plain round cutter the size of a sixpenny piece.

Fry them in plenty of boiling fat until a pale golden colour.

Drain them on a sieve.

Brush over one side with slightly beaten white of egg, and dip it in finely grated Parmesan or any other dry cheese.

Arrange them neatly in a circle on a plate on a fancy paper, and hand with the soup.

Whiting au Gratin.

3 whiting.	1 egg.	Lemon-juice.
1 oz. of butter.	Bread-crumbs.	Pepper and salt.
Average cost, 1s. 3d.		

Rather small whiting are best for this dish.

Skin the whiting (if not already skinned by the fishmonger), and cut off the heads.

Melt half an ounce of butter in a saucepan, and stir in enough finely made white bread-crumbs to quite absorb all the butter.

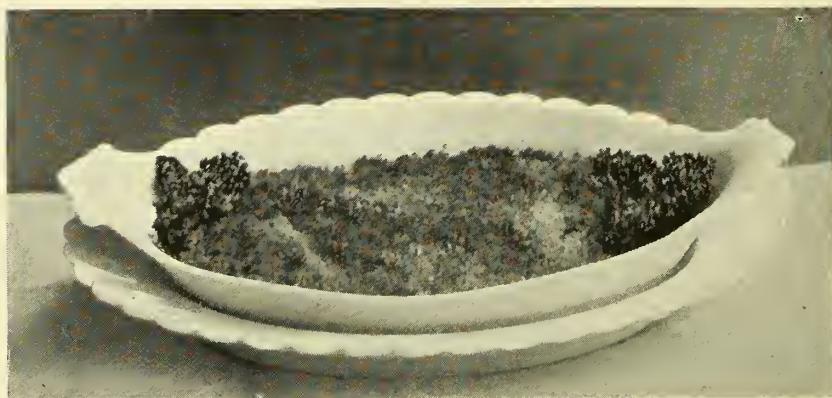
Now butter a gratin, or fireproof dish, large enough to hold the fish at full length.

Brush one side of the fish over with whole beaten-up egg.

Sprinkle first with pepper and salt to season, then with a good tea-spoonful of lemon-juice.

Strew the egged side thickly with the buttered bread-crumbs.

Lay the fish lengthwise in the buttered dish.



BAKED WHITING, AS SERVED.

Bake in a moderate oven for fifteen to twenty minutes, until they are a nice golden colour.

It is best to put them rather high up in the oven, so as to get a good top heat.

Escalopes of Veal.

1 lb. of veal cutlets.	1 cucumber.	Sauce, as described.
1 lemon.	Pepper and salt.	Potato border, as
1 oz. of butter.	A grate of nutmeg.	described.
Rolls of bacon.		

Average cost, 2s. 6d.

Cut the veal into slices half an inch thick.

Then cut them out into cutlets, with a plain round cutter three inches in diameter.



Flatten them out with a heavy knife dipped in cold water.
 Butter a baking dish, and lay the cutlets in it.
 Squeeze over them the juice of half a lemon.
 Grate a very small dust of nutmeg on each—only a suspicion of nutmeg, in fact.
 Also sprinkle with pepper and salt.
 Butter a sheet of paper large enough to cover the cutlets, lay it over the top of them, and put aside until wanted.
 Now make the potato border, to lay the cutlets on.

(See COLOURED PLATE No. 11.)

For the Potato Border.

Take one pound of well cooked floury potatoes, one ounce of butter, one raw yolk of egg, pepper and salt.
 Rub the potatoes, while warm, through a sieve.
 Mix in the butter, seasoning and yolk of egg.
 Work into a smooth ball; then, on a slightly floured board, roll out with your hands until it is about twelve inches long.
 Bring round the ends, lay it on a well-buttered baking-sheet, and join the ends well together so as to form a round border, with a hole in the middle.
 Slightly flatten the top, so that the cutlets will lie there.
 Brush it over with whole beaten-up egg.
 Bake till a nice golden colour.
 Keep it hot in the screen until wanted.
 This border can be made the day before, and just warmed up, if more convenient.

For the Sauce.

Put rather more than half a pint of milk on to boil, with a blade of mace, a dust of cayenne, a thin strip of lemon peel, and a small onion, skinned.
 Let them infuse for ten minutes, then strain.
 Melt one ounce of butter in the saucepan, add one ounce of flour, and stir well until free from lumps.
 Add the seasoned milk to this by degrees, stirring all the time.

Let it boil for five minutes.

Strain the gravy which runs from the cutlets during cooking, into the sauce.

Keep this sauce hot in a bain-marie saucepan, with the lid on, or just stand it in a tin of hot water until the cutlets are ready.

To Prepare the Cucumber.

Next, peel a medium-sized cucumber, cut it into four, lengthwise, and slice off the seeds.

Cut the strips of cucumber, on the slant, into lengths of about an inch and a half.

Put them into a saucepan, with plenty of slightly salted cold water. Bring them to the boil, and cook gently until tender.

To Prepare the Bacon.

Now cut about eighteen very thin slices of bacon, two inches and a half long, roll them up, and run them on skewers.

Cook these in the oven, or in front of the fire, for three or four minutes.

Peel the lemon thinly, and cut the peel into fine shreds.

These are used for garnishing.

To Cook the Cutlets.

Stand the tin they are in in a rather larger one containing hot water. Put into a moderate oven, and cook for ten to fifteen minutes.

While they are cooking put the potato border on a hot dish, and see that the sauce and cucumber are very hot.

Now take up the cutlets and arrange them in a circle on the potato border, one lapping over the other.

Strain the gravy into the sauce, then pour the sauce well over the cutlets, entirely masking them and the border.

Pile the cucumber in the centre.

Lay a very small roll of bacon on top, between each of the cutlets, also arrange a small pile of the cucumber with a roll or two of bacon at each end of the dish ; and bunches of the shredded lemon peel.

Serve at once, and it is important that everything be ready and thoroughly hot, so that there be no delay.

Rolled Loin of Mutton.

6 lbs. of loin of mutton.	Dripping. Red currant jelly.	Forcemeat, as described.
Average cost, 4s. 6d.		

Take a nice loin of mutton, about six pounds in weight, with a good piece of the flap left on.

With a very sharp knife remove the bones.

Then lay the meat out on a board, outside down.



ROLLED LOIN OF MUTTON.

Spread a layer of forcemeat on the inside, and then roll the joint up tightly and neatly.

Bind it firmly with tape, then roll it up in a buttered paper.

Put it in a roasting-tin, with two or three tablespoonfuls of dripping.

Roast for an hour and three-quarters.

If preferred, it can be roasted in front of the fire.

Baste it well.

About half an hour before the joint is done remove the buttered paper, flour the mutton slightly, and return it to the oven to finish cooking.

Serve with good gravy and red currant jelly.

For the Force meat.

2 breakfast-cupfuls of soaked bread.	$\frac{1}{4}$ teaspoonful of chopped thyme.	1 teaspoonful of salt.
1 teaspoonful of chopped parsley.	1 small teaspoonful of white pepper.	1 rather small onion. 1 oz. of butter. 1 egg.

Soak the bread in cold water. Crusts will do if not too brown. Mince the onion finely, then put it on to fry gently in one ounce of butter, until it is tender.

Squeeze out all the moisture from the bread, and break it up quite finely.

Then stir the bread into the onion, and add the parsley, thyme, pepper and salt

Add one whole egg, and well mix it in.

Spread this mixture on the meat, as described.

Potato Snow.

Potatoes.		Salt.		Water.
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Wash the potatoes well, and put them into a basin of clean cold water.

With a vegetable knife peel them as thinly and evenly as possible, cutting out all the black specks or eyes.

If they are large, cut them in half, lengthwise.

As each one is peeled, put it into a basin of fresh water.

Keep them covered with cold water until wanted for boiling.

When they are to be cooked, put them in a saucepan and just cover with cold salted water. To an ordinary vegetable dish of potatoes put one teaspoonful of salt in the water.

Bring them quickly to the boil.

Then draw the saucepan to the side of the stove, and let them cook gently until tender. This will take from twenty-five to thirty minutes, and it should be possible to just stick a fork through them.

Strain off all the water, and put the lid close on again.



BRAISED CARROTS.



Th. Kew & Son, Bath

PEAS À LA BOURGEOISE.

Let them stand at the side of the stove again for five minutes. Now shake them well, put the lid half on, and let them get dry, shaking them gently now and again whilst drying. Have ready a coarse wire sieve and a large dish, both thoroughly heated. Turn the potatoes out into the sieve, and with a wooden spoon rub them quickly through. With a wooden spoon lift them carefully into a vegetable dish, which must be nice and hot.

Braised Carrots.

1 lb. of carrots.	 	1½ oz. of butter.	 	A dust of castor sugar.
1 pint of stock.	 	Salt.	 	

Choose nice red carrots.

Wash and scrape them.

Cut off all the red part as thickly as possible (the core can be used for flavouring soups).

Cut the red pieces into strips two inches long, and trim neatly.

Put them on to boil in cold water with a little salt.

As soon as they boil, strain, and then dry them well in a cloth.

Melt the butter in a pan, put in the carrots, and fry until they are a nice golden brown.

Then add half a pint of stock and a dust of sugar.

Put a buttered paper over the contents of the pan, and allow them to braise gently at the side of the fire for about an hour.

Baste the carrots every now and then with the gravy, and, when the gravy is reduced to some extent, add the remainder of the pint of stock.

When quite tender, dish up the carrots in a nice pile, in the centre of a vegetable dish, and sprinkle over with a little finely-chopped parsley, and serve.

The gravy can be kept, and added to any brown stock.

(See COLOURED PLATE No. 14.)

Lemon Pudding.

1 breakfast-cupful of white sugar.	1 dessert-spoonful of butter.	1 lemon.
2 small tablespoon-fuls of arrowroot.	2 eggs.	1 pint of boiling water.

Average cost, 6d.

Mix the arrowroot with a little cold water.

Add the yolks of the eggs, not beaten, half the sugar, the strained juice of the lemon, and the lemon rind, grated or finely chopped.

Add one pint of boiling water.

Boil for five minutes.

Stir in the butter, and mix well through.

Butter a pie-dish, and put the mixture in.

Beat the whites of the eggs to a stiff froth, with a small pinch of salt.

Stir into this very gently the remainder of the sugar.

Lay it in rocky heaps on the top of the pudding, and sift icing sugar thickly over.

Bake in a moderate oven for fifteen to twenty minutes, until it is a nice light brown.

Coffee Cream.

$\frac{1}{2}$ pint of strong coffee.	1 pint of milk.	Frothed cream, as described.
1 oz. of leaf gelatine.	$\frac{1}{2}$ pint of cream. 3 oz. of castor sugar.	

Average cost, 2s. 9d.

Make half a pint of strong clear coffee.

Melt the gelatine in it.

Boil the milk and cream with the sugar.

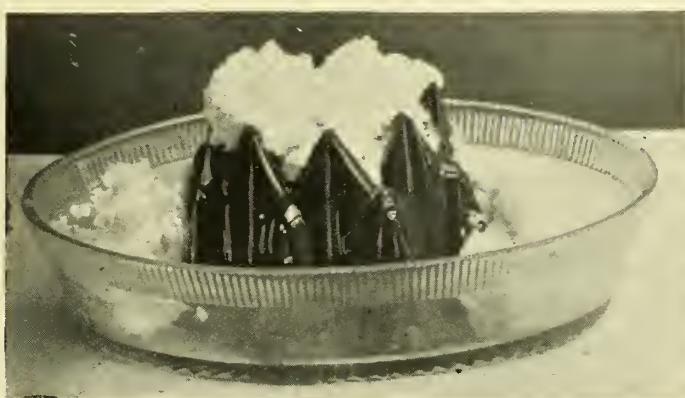
Stir in the coffee with the gelatine in it.

Almost bring the mixture to the boil, then pour it into a mould that has been previously wetted in cold water.

Leave in a cool place until it is set.

Take a pan or basin of hot water, of a temperature that you can only just bear your hand in. Dip the mould in, lift it out very quickly, and turn the shape out—this is with a tin or copper mould. An earthenware mould takes a little longer for the heat to get through.

Garnish with frothed cream.



COFFEE CREAM.

For the Frothed Cream.

Put one quart of cold water in a large basin, with the juice of one large lemon, or two small ones, and four tablespoonfuls of castor sugar.

Mix these well together.

Then add half a pint of very thick cream.

Take a whisk, and work it backwards and forwards briskly, but without taking the whisk off the bottom of the basin.

This will cause the cream to rise in a froth on the top of the water.

As it rises, take the frothed cream off carefully with a slice, and lay it gently on a sieve to drain.

Then continue the whisking until all the cream has risen and the water left almost clear.

When wanted for garnishing, take it up with a spoon or slice, and use.

Cheese Canapés.

Bread.	3 oz. of butter.	Coralline
Cheese.	2 anchovies.	pepper.
Average cost, 7d.		

Cut some slices of bread a quarter of an inch thick.

Cut them out into rounds an inch and a half in diameter.

Melt three ounces of butter in a pan, then pour it off into another pan, leaving all the sediment of buttermilk behind.

Boil up the clarified butter, then put in the rounds of bread (croûtons) and fry them a pale golden colour; then put them to drain.

Chop finely two filleted anchovies.

Spread this on the croûtons, and grate cheese thickly over.

Put high in a hot oven until the cheese is melted.

Take them out, and sprinkle coralline pepper on the top of each.

Place them on a dish paper and serve immediately.



CHEESE CANAPÉS.

They should not be put in the oven until a few minutes before they are wanted, as the cheese gets hard if kept waiting.

DINNER MENU No. 5.

Clear Soup à la Chiffonade .	Consommé Chiffonade.
Turbot with Hollandaise Sauce	Turbot, Sauce Hollandaise.
Mutton Cutlets with Reform Sauce	Côtelettes de mouton, Sauce réforme.
Chicken in the Casserole with Bread Sauce	Poulet sauté, Sauce au pain.
Potato Balls	Boulettes de Pommes de terre.
Strawberry Jelly	Gelée de Fraises.
Beignets au Parmesan	Beignets Parmesan.

Clear Soup à la Chiffonade.

2 lbs. of gravy beef.	A bunch of savoury herbs.	2 cloves.
Rabbit or chicken bones.	$\frac{1}{2}$ stick of celery.	1 teaspoonful of salt.
1 carrot.	Lettuce.	2 quarts of water.
1 small turnip.	Tarragon.	Clarify the soup as described.
2 onions.	6 peppercorns.	

Average cost 1s. 6d.

Wash the vegetables well, and slice them.

Cut the meat up small, and, if convenient, pass it through a mincing machine.

Chop up the bones.

Put the meat and bones into a saucepan large enough to hold all the ingredients easily.

Break up any roast or raw chicken, veal or rabbit bones, but not boiled ones.

Add the vegetables, herbs (bay-leaf, thyme and parsley), and the seasoning.

Pour on two quarts of cold water, and bring to the boil.

As the scum rises, skim it off.

When it comes to the boil, pour in half a cup of cold water to help the scum to rise.

Now add one teaspoonful of salt.
Let it simmer gently for six hours.
Then strain through a hair sieve, and allow to cool.
The stock should always be made the day before it is wanted, so
that the fat may be easily removed.
When cold, skim off every particle of fat.
Clarify, and strain the soup.
Garnish it with stamped out rounds of lettuce and tarragon, which
have been previously blanched.
The blanching is done by putting them on to boil, in cold water,
and as soon as they come to the boil they are strained and
put into cold water until wanted.
When the soup has been clarified and strained, re-heat it and add
a lump of sugar.
Then strain the garnish, and add it to the soup just before sending
it to table.

To Clarify the Soup.

Take nine ounces of lean gravy beef, and mince it very finely.
It can be passed through a mincing machine, if convenient.
Take the whites and shells of two eggs, and beat them slightly.
Put the eggs and the meat into a perfectly clean saucepan, a
bright one if possible.
Add two quarts of the soup, and whisk all up well.
Then bring to the boil, and allow to simmer for half an hour.
Now take it off the fire, and let it stand for a few minutes while
you are getting the basin ready for straining.
See that the basin is quite clean, for the least thing will make the
soup cloudy.
Wring out a soup cloth (an inexpensive dinner napkin does very
well) in very hot water, and stretch it over the top of the basin.
Dip the soup up carefully with a cup, disturbing it as little as
possible, and pour it through the cloth.
When strained, re-heat the soup, add the lump of sugar and the
garnish.
Do not throw away the meat and eggs used for clarifying, as they
can be used for making foundation stock.

Boiled Turbot and Hollandaise Sauce.

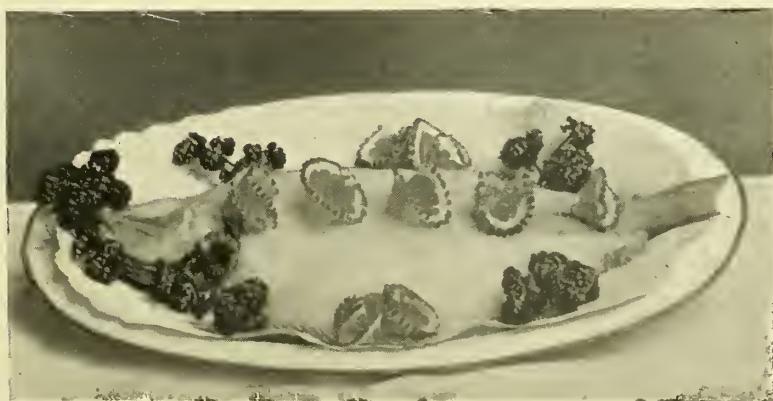
Turbot. | $\frac{1}{4}$ lb. of salt to every gallon of warm water. | lemon.
Average cost, 1s. 6d. per lb.

It is best, if possible, to get a whole, medium-sized fish, as the flesh of the large ones is sometimes tough.

Cleanse the fish thoroughly, but do not cut off the fins.

Let it lie in salt and water for an hour and a half, to take off the slime.

Then rub the fish over with lemon juice.



BOILED TURBOT.

Make an incision in the skin all along the backbone, to prevent it from cracking.

Put the fish into a turbot kettle—if it is a whole fish—and just cover it with warm water, salted in the proportion of a quarter of a pound of salt to each gallon of water.

Bring it gently to the boil, removing any scum that rises, then draw it to one side of the stove.

Keep it simmering gently for twenty minutes, or until the fish comes easily away from the bone.

Do not let it boil fast.

When cooked take it up carefully, so as not to crack the fish, and drain it thoroughly.

Lay it, with the white side upwards, on a fish d'oyly on a hot dish.

Garnish with a few nice sprigs of parsley and some slices of scalloped lemon.

To Scallop Lemon for a Garnish.

Take a lemon and cut thin strips of the peel out, one-sixteenth of an inch wide, down the length of the lemon.

Leave the same amount of peel between the cuts, so that when the lemon is cut all round it appears to be lined white and yellow, the white lines being the incisions where the thin strips have been cut out. A sharp-pointed knife is wanted for this.

It is a tedious task, but it certainly repays one in providing a most dainty garnish.

When the lemon is lined or scored in this way, cut it through the middle crosswise, and then cut it into the thinnest possible slices.

Fold each slice in half, and then in four. Take the two middle outside edges between the thumb and first finger, and stand them on a plate.

They can be done hours before they are wanted, if kept in a cool place with a wetted paper over them.

To garnish the fish, stand two of the slices of lemon back to back, and lay a small sprig of parsley between. Put this in one or two places on the top of the fish, and a few round it.

This garnish is also illustrated on the COLOURED PLATE No. 3.

For the Hollandaise Sauce.

1 teaspoonful of lemon juice.	$\frac{1}{2}$ teaspoonful of tarragon vinegar.	1 oz. of butter.
1 teaspoonful of vinegar.	2 tablespoonfuls of cream.	2 yolks of eggs. Cayenne pepper. Salt.

Put the vinegars, the yolks of eggs and the cream into a basin.

Stand the basin over a saucepan of boiling water.

Stir it constantly with a wooden spoon until the mixture thickens.

Be very careful not to let it boil, or it will curdle and be spoilt.



MUTTON CUTLETS.

Draw it to the side of the stove, and stir in the butter in small pieces, one at a time, not adding a fresh piece until the previous one has quite melted.

Then add the lemon-juice, the cayenne, and salt to taste.

Serve in a sauce-boat.

Mutton Cutlets and Reform Sauce.

About 3 lbs. of the
best end of neck
of mutton.
6 tablespoonfuls of
bread-crumbs.

1 egg.
2 oz. of butter.
Salt.
Pepper.
Frying fat.

Reform sauce, as
described.
Potato border, as
described.
Potato and chestnut
purée, as described.

Average cost, 4s.

Get a well-hung neck of mutton.

Either saw or chop off the thick part of the chine bone, so that the cutlets can be easily divided.

Cut the cutlets of a moderate thickness, and if the end bones are too long, chop them off so that they only project about an inch and a half beyond the meat.

Flatten the cutlets out with a wetted knife and trim them neatly, and scrape the projecting end bones perfectly clean.

When all are trimmed, melt two ounces of butter, and season it highly with pepper and salt.

Dip each cutlet into it, then into whole beaten-up egg, but keep the projecting bones clean.

Have some finely made white bread-crumbs ready, and after egging the cutlets roll them well in the crumbs.

Then fry in plenty of boiling fat until they are a nice golden colour.

They will take about eight to ten minutes to cook.

Take them up, and drain on a sieve.

Dish them on a straight potato border, and pour the Reform Sauce round.

Garnish with potato and chestnut purée.

(See COLOURED PLATE No. 9.)

For the Reform Sauce.

2 oz. of flour.	1 small onion.	2 tablespoonfuls of
1 oz. of butter.	1 pint of stock.	port wine.
2 oz. of tomatoes.	1 tablespoonful of	A few drops of lemon
Pepper and salt to taste.	red-currant jelly.	juice.

Melt the butter in a saucepan.

Add the onion, finely chopped, and fry till a nice golden colour.

Then add the flour, and fry until a rich brown.

Slice the tomatoes, and add them to the above ingredients, together with a pint of brown stock made from meat bones.

Stir all together until it boils.

Let it simmer for three-quarters of an hour.

Then stir in the red-currant jelly, the wine, the lemon juice and the seasoning.

Rub it either through a fine hair sieve or wring it through the tammy.

Re-heat and use.

For the Potato Border.

1 lb. of potatoes.	1 yolk of egg.	Salt.
$\frac{1}{2}$ oz. of butter.	1 whole egg.	

Boil the potatoes very dry.

Then rub them through a fine wire sieve.

Mix in the butter, salt, and the yolk of one egg.

Form it into a roll long enough to easily fit in your entrée dish.

Brush the roll over with whole beaten-up egg.

Mark the sides with a knife, and flatten the top with the knife so that the cutlets can rest on it.

Slide it on to a buttered baking-sheet, and bake in a moderate oven until it is a pale golden colour.

This will take about twenty minutes.

These borders can be made the day before, and just put into the screen to warm when wanted.

For the Purée of Potatoes.

1 lb. of potatoes. $\frac{1}{2}$ oz. of butter.	2 tablespoonfuls of milk.	Pepper. Salt.
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Cook the potatoes dry, and rub them through a sieve.
 Put into a saucepan with the butter, milk and seasoning.
 Mix well, and let it get thoroughly hot.
 Use with the chestnut purée, as described.

For the Chestnut Purée.

2 lbs. of chestnuts. Stock (or water).	$\frac{1}{2}$ oz. of butter. Sugar.	Pepper Salt.
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Cut the tops off the chestnuts.
 Roast them in the oven until the skin will peel off easily.
 Then skin them.
 Now put them in a saucepan to cook, with half-an-ounce of butter,
 a pinch of sugar, a pinch of salt and a little pepper.
 Add enough weak stock, or water, to cover them.
 Cook until quite tender, which will take about one hour.
 Then take out the chestnuts and rub them through a sieve.
 Return them to the saucepan, with enough milk to make them of
 the same consistency as the potato purée.
 Add a few drops of carmine.
 Re-heat, and use with the potato purée, as described.

To prepare the Dish.

Put the potato border in the entrée dish.
 Put frills on the bones of the cutlets, and stand them on the
 border, one resting on the other,
 Take a forcing bag with a large rose pipe, and get someone to
 hold it firmly in a horizontal position.
 Now lay the potato purée along the inside of the bag, and then
 lay the chestnut purée on the top of the potato, so that they
 will force out side by side.

Edge the potato border with this, and also secure the cutlets in their places by forcing out roses of the purée between each.

Pour the sauce round.

The dish is now ready for serving.

See that both the purées, the sauce and the cutlets are thoroughly hot; and do the garnishing as quickly as possible. It is better perhaps, for a beginner, to put the dish into the hot closet for a few minutes after it is garnished, that it may get thoroughly hot again, and then pour the hot sauce round and serve.

Chicken in the Casserole, with Bread Sauce.

1 chicken.	$\frac{1}{2}$ teaspoonful of salt.	Bread sauce, as
2 oz. of butter.	$\frac{1}{2}$ pint of stock.	described.
Average cost, 3s. 9d.		



CASSEROLE.

Draw and singe the fowl, and truss it for roasting.

Melt two ounces of butter in the casserole.

Put in the chicken, and fry quickly for about fifteen minutes to brown it nicely.

Then add half-a-pint of stock, sprinkle the bird with salt, and put the lid tightly on the casserole.

Stand it in a hot oven, and cook from three-quarters of an hour to one hour.

Baste the chicken frequently with some gravy.

When the fowl is quite cooked take it out, remove all strings and skewers, and keep it hot while you take off all the fat from the gravy.

Then put the fowl back in the casserole, and stand it in the oven again for a few minutes.

Serve with bread sauce.

For the Bread Sauce.

$\frac{1}{2}$ pint of milk.	1 oz. of butter.	Cayenne.
1 onion.	2 oz. of white bread- crumbs.	Salt.
1 blade of mace.		

Peel the onion, and put it on to boil in the milk with a blade of mace and a dust of cayenne pepper.

When it boils, draw it to one side, and let it infuse for fifteen minutes.

Put the bread-crumbs into a basin.

Strain the seasoned milk on to them.

Cover over with a plate, and let them soak for another fifteen minutes.

Then put them into the saucepan, with one ounce of butter, and salt to taste.

Boil up and use.

Potato Balls.

1 lb. of potatoes.	2 eggs.	Pepper and Salt.
2 oz. of butter.	White bread-crumbs.	Frying fat.
Average cost, 6d.		

Boil the potatoes, and dry them well.

Rub them through a wire sieve, while hot, or press them through a potato-masher.

Melt the butter, and add it to the potatoes, with one whole raw egg and the seasoning of pepper and salt.

Take a piece of the mixture about the size of an egg.

Flour your hands slightly, and roll the piece of mixture into a round ball.

Use as little flour as possible in doing this—only just enough to prevent the balls sticking to the hands.

When all are made, dip them into whole beaten-up egg.

Then roll them in very finely made white bread crumbs.

Have a stewpan half full of frying fat, and bring it to the boil.

The fat is boiling when it is quite still and silent, and a blue smoke begins to rise from it.

Put three or four of the balls into a frying basket and plunge them into the fat.

It is not a good plan to attempt to fry too many at the time, as they will cool the fat and cause the balls to be greasy. They may also burst.

Fry them a nice golden colour, then drain them on a sieve or on a fold of kitchen paper.

Serve on a dish paper, in a hot vegetable dish.

They should be quite dry and free from fat if properly fried.

Strawberry Jelly.

$\frac{1}{2}$ pint of straw- berries.	$\frac{1}{2}$ lb. of loaf sugar. 2 oz. of gelatine.	A few drops of car- mine.
2 wine-glassfuls of strawberry syrup.	3 whites and shells of eggs.	1 inch of cinnamon stick.
4 lemons.	6 cloves.	1 quart of water.

Average cost, 1s. 9d.

Pare the lemons very thinly.

Squeeze out the juice and strain it.

Put the sugar, lemon peel, lemon juice, whites and shells of eggs, also the cinnamon and cloves, into a clean bright tin or enamelled stewpan large enough to hold three or four quarts.

The jelly cannot then boil over.

Take a wire whisk, and whisk these ingredients up.

Then put in two ounces of leaf gelatine.

Pour on one quart of warm water.

Place it on the fire to boil, whisking all the time, and until it boils.

As soon as it boils stop whisking, and let it boil for ten minutes.

Then take it off the fire and let it stand for five minutes.

In the meanwhile get the jelly-bag ready.

If you have a stand, hang the bag on that; but if not, tie it up between two chairs, and stand a perfectly clean basin underneath.

First pour two quarts of boiling water through the bag, empty the basin, and then pour the jelly through, as follows.

As soon as a little of the jelly has first run through, remove the basin and put another one under in its place to receive the remainder of the jelly, at the same time pouring the first lot into the bag again.

If necessary, run it all through again until it is quite bright and clear.

When it is a little cool, take out about a quarter of a pint to line the jelly mould with.

To the remainder add two wine-glassfuls of strawberry syrup (which can be purchased in bottles), and a few drops of carmine to give it a bright pink colour.

Cut the strawberries into slices.

Take a rather plain jelly mould, and first line it with plain jelly.

Then ornament it at the bottom and sides, in any pretty design, with the outside slices of the strawberries, laying the uncut side towards the mould.

Fix the strawberries to the mould with a little of the jelly just before it begins to set.

Then fill up the mould with the pink jelly, and put away to cool.

To turn it out, dip the mould into hot water that you can just bear your hand in.

If it is a tin mould it only requires to be just dipped in and lifted out.

If any water has got on to the jelly, pass a cloth over it quickly, then turn out as quickly as possible on to a lace dessert paper.

China moulds will need to remain in the water a few seconds longer, consequently they are not good for jellies, as there is an uncertainty as to whether the heat has got through or not, and the china varies a little in thickness in certain parts of the mould. Tin or copper moulds are the best.

(See COLOURED PLATE No. 19.)

Beignets au Parmesan.

2 eggs.	1 oz. Parmesan cheese.	Cayenne.
2½ oz. of flour.	1 gill of water.	¼ teaspoonful of salt.
2 oz. of butter.		

Average cost, 6d.



BEIGNETS AU PARMESAN.

Put the water, the butter and the salt on to boil.

When boiling hard, stir in the flour quickly with a wooden spoon, and beat well until quite smooth and free from lumps.

It will appear lumpy at first, with the dry flour, but the lumps all beat out.



The Kell & Son Ltd.

STRAWBERRY JELLY.

Let it cook gently at the side of the stove for ten minutes, then take it off.

Beat the eggs well.

Then add them to the mixture.

Also add the Parmesan cheese, grated, and as much cayenne as will lie on a threepenny-piece.

Beat well again, for ten minutes, with a wooden spoon.

Have a stewpan three parts full of boiling lard or clarified fat.

Put the mixture into a forcing-bag with a second-sized plain pipe.

Force out, in pieces the size of a marble, into the boiling fat.

Do not put in too many at a time, as they swell very much.

Draw the pan aside so that they do not cook too quickly, or they will be brown enough on the outside and not cooked in the middle.

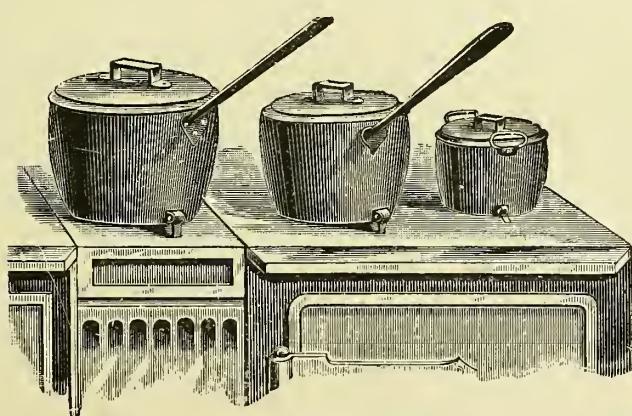
They take about five to seven minutes to cook.

Take them up with a slice or wire spoon—unless you have a frying basket. In that case put it in the pan before beginning to fry them. They can then be all lifted out together.

Drain them on a paper.

Then roll them in grated Parmesan cheese.

Dish them in a pile on a dish paper, and sprinkle with cheese and coralline pepper.



THE EAGLE SAUCEPAN. The loosely hinged foot permits of the saucepan being slightly raised off the hot-plate by just lifting the saucepan handle. This admits of fast boiling being reduced to simmering without shifting the vessel

DINNER MENU No. 6.

Fish Soup . . .	Soupe Poisson.
Timbale of Chicken .	Dôme de Poulet à la Sauce.
Jugged Hare . . .	Lièvre à la Ménagère.
Peas à la Bourgeoise .	Petits Pois à la Bourgeoise.
Nesselrode Pudding .	Pudding Fin de Siècle.
Cheese Toasts . . .	Entremets de Fromage.

Fish Soup.

1 lb. of fish trimmings.	1 stick of celery.	A blade of mace.
3 oz. of butter.	1 dozen pepper-corns.	1 oz. of flour.
½ pint of shrimps.	4 cloves.	1 teaspoonful of sugar.
2 carrots.	1 bunch of herbs (bayleaf, thyme and parsley).	1 teaspoonful of salt.
1 onion.		3 pints of water.
1 small turnip.		

Average cost, 1s. 9d.

Wash, dry and slice the vegetables.

Melt two ounces of butter in a stewpan.

Put in the vegetables, and fry them a deep golden colour.

Then add one pound of fish trimmings, or pieces of fish, such as plaice, flounder, or any white fish.

Put in the seasoning and herbs, and cover with three pints of cold water.

Bring to the boil, then simmer gently for two or three hours until the carrots are tender.

Then strain the soup through a fine wire sieve, and rub through a little of the vegetables and fish, but be careful not to let any of the bones get through.

Rinse out the saucepan, and put the soup back into it.

Add the sugar, and half-a-pint of picked shrimps.

Rub one ounce of butter into one ounce of flour, by working them well together with the blade of a knife.

Stir the flour and butter into the soup.

Bring to the boil, then pour into a hot tureen.

If liked, half a wine-glass of white wine can be added to the soup just before serving.

Timbale of Chicken.

1 lb. of chicken (raw).	2 eggs.	Salt.
2 oz. of butter.	6 oz. of panard, as described.	Chopped parsley.
1 pint of vélouté sauce, as described.	Pepper.	Coralline pepper.

Average cost, 2s.

Remove all the skin and sinews from one pound of the flesh of a fowl.

Chop it finely, or pass it twice through a mincing machine, if you have one



TIMBALE OF CHICKEN.

Pound it in a mortar, and season with a little pepper and salt.

Add two ounces of butter, three tablespoonfuls of vélouté sauce, six ounces of panard and two whole eggs.

Pound all well together, then rub through a fine sieve with a wooden spoon.

Thickly butter a timbale mould, sprinkle the bottom and sides with alternate strips of green parsley and coralline pepper.

The parsley must be finely chopped, and wrung quite dry in a cloth. Fill up the mould with the chicken farce, and knock the mould gently on the table so that the mixture settles well into it.

Stand it on a double fold of paper in a stewpan, with enough boiling water to come three parts of the way up the mould.

Lay a buttered paper over the top of it.

Watch the water boil, then put on the lid, and steam until it is set. This will take about three-quarters of an hour.

Turn it out into a hot entrée dish, and pour véloute round and serve.

For the Véloute Sauce.

1 oz. of butter.		$\frac{1}{2}$ pint of chicken stock, as described.		2 tablespoonfuls of cream.
1 oz. of flour.				

Put the bones and skin of the chicken on to boil, in sufficient cold water to cover them, with a blade of mace, six peppercorns, one onion and a sprig of parsley. This is for the stock.

When it has boiled some time, strain it.

If there is much fat, remove it.

Then melt one ounce of butter in a saucepan, add one ounce of flour, and fry together without browning.

Stir in gradually half-a-pint of the stock until quite smooth.

Re-boil, and stir in two tablespoonfuls of thick cream.

For the Panard.

4 large tablespoonfuls of flour.		1 oz. of butter.		$\frac{1}{2}$ pint of water.
		A pinch of salt.		

Put the water on to boil, with the butter and salt.

When it is boiling hard, stir in quickly four large tablespoonfuls of flour, beating it well with a wooden spoon till all the lumps are out.

Cook at the side of the fire for fifteen minutes.

It is easy to tell if there is enough flour, for when right it leaves the side of the pan quite clean.

This is used in making many entrées, and can be kept ready.

Jugged Hare.

1 hare.	A few slices of bacon.	Salt.
2 oz. of butter.	A bunch of herbs (bayleaf, thyme and parsley).	Cayenne.
$\frac{1}{2}$ pint of claret.		Lemon peel.
1 wine-glass of port wine.	$\frac{1}{2}$ dozen peppercorns.	Forcemeat balls, as described.
$\frac{1}{2}$ pint of gravy.	1 onion.	Fried croûtons
1 tablespoonful of red- currant jelly.	3 cloves.	of bread, as described.
	Flour.	

Average cost, 6s.

Skin and paunch a hare.

Cut it up into convenient sized joints, and dredge them over with flour.

Melt two ounces of butter in a frying pan.

Put in the pieces of hare, and fry until they are a nice brown.

Cut some very thin slices of bacon, and lay them in the bottom of a stewpan.

Pack in the pieces of hare on top of these.

Sprinkle with a seasoning of salt and a very little cayenne pepper.

Now put in the herbs (one bayleaf, and a sprig of thyme and parsley), also a strip of lemon peel, one onion stuck with cloves, and half-a-dozen peppercorns.

Moisten with half-a-pint of claret and half-a-pint of beet gravy.

Cover down tightly with a lid, and simmer very gently until quite tender. This will take from one and a half to two hours.

Then take out the pieces of hare, and stand them in a basin over a saucepan of boiling water to keep hot.

Strain the gravy, thicken it with about a large teaspoonful of flour mixed quite smooth in a little claret, and add the red-currant jelly.

Boil the gravy, stir in the thickening, and add a wine-glass of port wine.

Put the hare back into the gravy, to get thoroughly hot, then dish it up.

Garnish with forcemeat balls and fried croûtons of bread.

For the Force-meat Balls.

1 oz. of lean bacon.	1 teaspoonful of minced parsley.	3 oz. of bread- crumbs.
2 oz. of suet.		1 egg.
$\frac{1}{4}$ teaspoonful of lemon peel.	$\frac{1}{4}$ teaspoonful of minced herbs.	Pepper and salt.

Chop the bacon and suet very finely.

Make three ounces of white bread-crums.

Mix the crumbs with the grated lemon rind, minced herbs, suet, bacon and seasoning.

Then bind all with one raw egg, and roll into balls the size of a marble.

Fry them in butter and use for garnishing.

For the Croûtons.

Take some slices of stale bread a quarter of an inch thick.

Cut them out with a cutlet-shaped cutter about two and a half inches long.

Then take a cutter two sizes smaller, and cut out the centres so that it leaves cutlet-shaped rings.

Fry these rings in plenty of boiling fat until they are a pale golden colour.

Drain them well.

When cold, brush over one side with beaten-up white of egg.

Dip one-half of this side on to finely-chopped parsley, and the other half on to hard boiled yolk of egg, which has been rubbed through a sieve.

Arrange these prettily round the hare, with little piles of forcemeat balls in between.

Peas à la Bourgeoise.

1 quart of shelled peas.	A sprig of parsley.	A pinch of salt.
1 lettuce.	3 oz. of butter.	A dust of pepper.
3 green onions.	2 eggs.	1 teaspoonful of
A sprig of mint.	2 tablespoonfuls of milk or cream.	castor sugar. Coralline pepper.

Average cost, 1s. 10d.

Shell one quart of young peas.

Wash the heart of a nice white lettuce, and shred it finely.

Chop the parsley and the onions very finely.

Melt the butter in a saucepan, and put in the peas, onions, parsley, lettuce, salt, pepper and a small sprig of mint.

Cover down closely, and simmer gently until the peas are tender (this will take about half-an-hour).

Stir them occasionally to prevent their sticking.

When cooked, take out the sprig of mint, and add two tablespoonfuls of cream or milk, and one teaspoonful of castor sugar.

Bring to the boil, and then stir in the well-beaten yolks of two eggs.

Do not let it boil after the eggs are added.

Turn out into a rather deep hot dish.

Poach the whites of the eggs in a buttered cup until they are hard, then rub them through a sieve.

Garnish the peas in the dish with small heaps of the egg at the corners, and then sprinkle with coralline pepper.

(See COLOURED PLATE No. 14.)

Nesselrode Pudding.

40 chestnuts.	4 oz. of castor sugar.	1 wine-glassful of kirsch or maras-
½ pint of milk.		chino syrup.
1 pint of cream.	6 oz. of preserved fruits.	
8 yolks of eggs.		

Average cost, 3s. 9d.

Put half-a-pint of milk and half-a-pint of cream into a milk saucepan.

Sweeten it with four ounces of castor sugar, and bring to the boil.

Beat eight yolks of eggs.

Pour the boiling milk on to the eggs, and then return to the saucepan.

Stir until the custard thickens, but be very careful not to let it boil.

Strain it through a hair sieve or fine strainer.

Peel the outer skins off forty chestnuts.

Boil them for about half-an-hour, then remove the inner skins.

Pound the chestnuts well in a mortar, and rub them through a fine sieve.

Add the custard to this chestnut paste.

When cool, add a wine-glassful of kirsch or maraschino syrup.

Put the mixture into a freezer.

When partly frozen, mix in half-a-pint of stiffly whipped cream, and freeze again.

Before moulding, mix in six ounces of preserved fruits, such as pineapple, citron and cherries, cut up small.

If the fruits are dried, soak them in a little syrup before using.

When the mixture is frozen to the consistency of a thick batter, put it into a dome-shaped mould. Put on the lid, and stand in the ice cave, if you have one, for two hours.

When wanted, dip the mould into cold water, and turn out on to a napkin, or a fold of cotton wool, with a lace paper on it.

Serve at once.

To freeze the pudding, use one of Marshall's patent freezers, as they are very simple.

Take the pan out of the tub, put a layer of pounded ice and freezing salt in the bottom of the tub, to a depth of two inches, in the proportions of one pound of freezing salt to each two pounds of crushed ice.

Mix the salt and the ice well together, then replace the pan on the pivot in the tub.

Pour the mixture which is to be frozen into the pan, shut down the lid, put on the cross-bar and screw on the handle. Hold the freezer firmly and turn the handle, pressing it well down as you turn, so that the blades may touch the bottom of the

pan. If this is not done, the mixture may freeze hard at the bottom and take longer to do. Three or four minutes should be long enough to freeze the pudding, if the machine is worked properly.

When the mixture is partly frozen, add the whipped cream and fruits, and freeze again until it is like a thick batter.

When sufficiently frozen, which can be seen by looking through the trap door in the lid, hold the pan, unscrew the handle and lift off the bar and lid.

Cheese Toasts.

2 eggs.	1 oz. of butter.	Salt.
4 oz. of cheese.	Cayenne.	Slices of toast.
1 gill of milk.		

Average cost, 7d.

Cut four ounces of good stewing cheese into very thin slices.

Put it into a saucepan, with half the milk and a seasoning of salt and cayenne.

Add also one ounce of butter, and stir constantly over the fire until the cheese is melted.

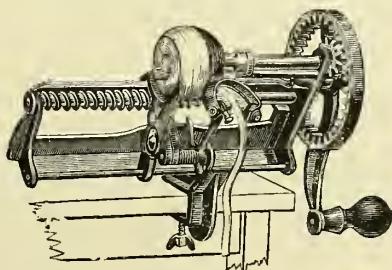
Beat two eggs well, and mix the other half of the milk with them.

Now stir these into the cheese, and cook for one minute.

Have ready as many fingers of toast as you want savouries, the crusts to be cut off the toast.

Spread the cheese mixture over these.

Serve on a dish paper on a hot dish, and sprinkle the toasts with a little coralline pepper if you have it.



MECHANICAL APPLE PARER, CORER AND CUTTER.

DINNER MENU No. 7.

Cream of Rice Soup . . .	Crème Potage au Riz.
Devilled Whitebait . . .	Friture d'Éperlans.
Little Creams of Foie Gras .	Crème de Foie Gras.
Cutlets of Pigeon . . .	Côtelettes de Pigeon.
Roast Saddle of Lamb with Cauliflowers and New Potatoes and Hot Mint Sauce.	Roti d'Agneau aux Légumes
Quail with Cress . . .	Caille aux Herbes.
Chocolate Bavaroise . . .	Chocolat Bavarois.
Strawberry Bombe Ice . . .	Glaces aux Fraises.
Shrimp Canapés . . .	Friture de Crevettes.

Cream of Rice Soup.

1 quart of weak white stock.	1 gill of cream.	Thyme.
2 oz. of crème- de-riz.	1 onion. 1 yolk of egg. 1 bayleaf.	Parsley. Pepper. Salt.

Average cost, 2s.

A weak white stock will do for this, such as the water in which a fowl or rabbit has been boiled.

Peel an onion, and slice it finely.

Put the stock into a saucepan.

Add the onion, a bunch of herbs (one bayleaf, thyme and parsley), and the seasoning of pepper and salt.

Simmer for one hour.

Then strain through a fine sieve.

Rinse out the saucepan, and return the stock to it.

Bring to the boil again.

Mix two ounces of crème-de-riz into a smooth paste with a little milk.

Stir it into the stock, and boil for ten minutes.

Beat the yolk of an egg well, and mix it with a gill of cream.
 Remove the soup from the fire, and when just off the boil stir in
 the yolk and cream mixture.
 Return the soup to the fire to cook the egg, stirring all the time,
 but do not let it boil or the egg will curdle.
 A few cooked green peas may be added as a garnish, if liked.
 Serve in a hot soup tureen.

Whitebait, Plain and Devilled.

Whitebait.	Coralline or cayenne	Brown bread and
Flour.	pepper.	butter, as
Frying fat.	Salt.	described.
Lemon.		

Average cost variable; 1s. to 2s. per pint.

The whitebait should be carefully picked over, and freed from weed, etc. Then put them into a basin of cold water, with a lump of ice, until wanted.

Have ready a deep stewpan, quite half-full of boiling fat.

Put two tablespoonfuls of flour on a dry cloth, then put in a handful of the whitebait drained free from water.

Shake them about in the flour, then put them in a frying-basket.

Shake off all the superfluous flour, then plunge them into the boiling fat for about a minute and a half.

Take them out, and turn on to a wire sieve.

Do another handful of the whitebait in the same way, and so continue until all are cooked.

Now put them all into the frying-basket.

See that there is plenty of fat in the stewpan to well cover all the fish, and see that it quite boils up again (with a slight blue vapour coming from it).

Put the basket containing all the fish back into the fat, and fry for a minute or two until they are quite crisp.

Keep half the fish plain.

Sprinkle the other half with salt and coralline pepper or cayenne.

Dish in two piles on a fish paper, and garnish with slices of lemon and a few little sprigs of fresh green parsley.

Keep very hot and serve quickly, for being so small they soon get cold.

Cut about one dozen very thin slices of brown bread and butter (the bread not more than one day old).

Roll the slices neatly, and trim the ends.

Beat the white of an egg slightly.

Chop about a dessert-spoonful of parsley very finely, and wring it quite dry in the corner of a cloth, and put it into a saucer.



WHITEBAIT, DEVILLED AND PLAIN.

Put about a teaspoonful of coralline pepper in another saucer.

Brush over the ends of the rolls of bread and butter with the white of egg, and dip one end of each into the chopped parsley, and the other ends into the coralline pepper. Do not use cayenne for this, it would be much too hot.

Arrange the rolls on a lace paper on a plate, in a circle; one resting on the other, with alternate colours showing up. Stand a little bunch of parsley in the centre.

(See COLOURED PLATE No. 10.)

Little Creams of Foie Gras.

1 pint of aspic jelly, as described.	2 large tablespoon- fuls of whipped cream.	$\frac{1}{2}$ oz. of gelatine.
1 pint of stock.		1 hard-boiled egg.
1 tin of paté de foie gras.	1 wine-glass of sherry.	Cress or lettuce. Carmine.

Average cost, 7s.

Put one pint of highly flavoured clear stock on to boil.

Keep it well skimmed, and reduce until it is half the quantity.

Colour about a teacupful of aspic jelly, with a few drops of carmine to make it a bright crimson colour.

Then pour it out on a small baking-tin to the thickness of a quarter-of-an-inch.

Stand this on ice to set.

Put some small dariole or baba moulds on ice to cool.

Then line them thinly with liquid aspic jelly. Use it when it is cold, but not setting; if it is too cold, it coats too thickly and unevenly.

Cut out small stars or rounds from the red aspic.

Cut thin slices lengthwise of the white of the hard boiled egg.

Then cut these slices of egg into thin cottons with a cold wetted knife.

Always put anything like this for garnishing, also the shapes of red aspic, on to a paper wetted with cold water, to prevent them sticking or breaking, as they are so very fragile.

Now take up an aspic star on the point of a skewer, and put it into the bottom of a mould. Then, if it is a square mould, put a star in the middle of each side surface, setting each one with a few drops of liquid aspic.

Then between the red garnishes, arrange little twists of the shreds of white of egg, and set these also.

Now line with a few sprigs of cress or finely shredded lettuce, just enough to make a background for the garnishes already in.

Then line with aspic jelly to set it all.

Do each of the little moulds in this way, then fill them with a cream of foie gras.

(See COLOURED PLATE No. 16.)

To Prepare the Cream of Foie Gras.

Take the fat off the contents of the tin of foie gras, then rub the foie gras through a sieve.

Melt half-an-ounce of gelatine in the half-pint of reduced stock.

Mix it gradually with the foie gras.

Add a wine-glassful of sherry, and two tablespoonfuls of stiffly whipped cream.

Mix these all thoroughly together, and stir over ice until the mixture just begins to set.

Then fill it into the little moulds at once, and put away to set.

When cold dip them for an instant into hot water, turn them out and dish on a plain round border of aspic, or just arrange them on an entrée dish.

Garnish with a little fresh salad and some chopped aspic.

For the Aspic Jelly.

2 oz. of gelatine.	1 tablespoonful of ordinary brown vinegar.	Rind and juice of one lemon.
1 quart of weak stock. whites and shells of eggs.	1 carrot.	1 bayleaf.
1 tablespoonful of tarragon vinegar.	1 onion.	4 cloves.
	1 teaspoonful of salt.	6 allspice.
		6 peppercorns.

Squeeze the lemon, and strain the juice.

Beat the whites and the shells of the eggs slightly.

Now put all the ingredients together in a bright tin pan, and whisk them up well.

Place the pan on the fire, and whisk it occasionally until it boils.

When it boils, cease whisking, and allow it to boil for ten minutes.

Draw it to the side of the stove, and let it stand five minutes.

While it stands, get ready the jelly-bag, and fix it on a stand, if you have one, or between two chairs, and let it be in a warm place.



CREAMS OF FOIE GRAS.



Tho' Kell & Son, Lith.

MUTTON PIES (OR VEAL AND HAM).

Pour about two quarts of boiling water through the bag.
 Then pour the jelly through.
 If not quite clear, pass it through a second time. In fact it is best
 to run it through twice always.

Cutlets of Pigeon.

4 pigeons.	Bread-crumbs.	Croûton of bread, as described.
1 egg.	Pepper.	Purée of peas, as described.
Butter.	Salt.	Sauce, as described.
Frying fat.	Potato border, as described.	
1 eschalot.		
Parsley.		

Average cost, 6s.

Take four nice young pigeons.
 Pluck, singe and bone them.
 To bone pigeons, lay them breast downwards on a board, then cut the skin right down the middle of the back.
 With a sharp knife begin to scrape the meat off the bones.
 (The wings can be cut right off, the birds being for cutlets).
 Then scrape round towards the breast bone and down towards the legs.
 Disjoint the legs, but on no account cut them off.
 Scrape gently on until the carcase is left quite bare, and only the leg bones remain in the flesh.
 Divide the pigeon in half right down the centre.
 Now scrape away the meat from the leg bone as far down as the first joint; disjoint the bone at this joint and take it out.
 Scrape the meat off a little further down the leg, but do not remove this bone (which has the foot on it) as it is to act as a support to the cutlet.
 Trim the meat into cutlet shape, and fold the skin over as much as possible.
 Push the bone well into the flesh, so that there is little more than the claws showing, and make into a neat compact cutlet.
 Prepare all the pigeons in the same way.

Sprinkle the underside of the cutlets with finely chopped eschalot, parsley, pepper and salt; also mushroom if you have it.

Lay them in a well buttered sauté pan or frying-pan, and fry gently for about ten minutes.

Then take them up and put them between two plates, with a heavy weight on top, to press until cold.

When cold and set, trim them neatly, brush them over with whole beaten-up egg, and roll them thickly in finely made white bread-crumbs.



CUTLETS OF PIGEON—THE CROÛTON.

Sometimes it is well to egg and crumb them twice over if the crumbs do not stick well.

Then put them in a frying-basket, and plunge into a stewpan of boiling fat.

Fry till they are a nice golden brown.

When putting the egg and crumbs on, do not let either come on the projecting claw. It should be kept quite clean.

Drain them on a wire sieve, and keep hot in the screen.

Make a potato border, and fry a croûton of bread.

Stand the croûton in the centre of the potato border.
 Dish the cutlets on the border, standing up all round the croûton.
 Garnish and keep them in place by a purée of green peas.
 Put the purée into a forcing-bag, with a large rose pipe, and force it out between the cutlets.
 Also put a large rose of the purée on the top of the croûton.
 Pour sauce (as described) round the base.

For the Potato Border.

1 lb. of potatoes.		1 oz. of butter.		Salt.
1 yolk of egg.		Pepper.		

Boil the potatoes until they are just tender, then strain them.
 Now let them stand in the saucepan at the side of the stove, with the lid three parts on, until they are nice and dry and floury.
 The potatoes, to make a border, must be quite dry; for if over-boiled and mashy they do not make up at all nicely.
 When dry, rub them through a fine wire sieve.
 Return them to the saucepan.
 Mix in the seasoning of pepper and salt, one ounce of butter, and the yolk of one egg.
 Turn the paste out on to a slightly floured pasteboard, and make it into a long roll with your hands.
 Then draw the ends round to form a ring, and join the ends together.
 Lift it carefully on to a greased baking-sheet, and flatten the top and sides slightly with a broad knife.
 Brush over with whole beaten-up egg.
 Bake in a moderate oven to a nice golden brown.
 This border can be made some time before it is wanted and kept hot in the screen.

For the Croûton.

1 stale tin loaf.		Frying fat.
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Cut off the crust of a stale tin loaf.
 Then with a sharp knife cut a roll-shaped (cylindrical) croûton, about six inches long and one inch and a half thick.

Trim it quite smooth and round.

Fry it in plenty of boiling fat until it is a pale golden brown.

This also can be done some time before it is required, even a day or two, and it can just be made thoroughly hot when wanted, as it is not intended to be eaten. It is only used as a support for the cutlets.

For the Purée of Peas.

1 pint of shelled peas.	1 tablespoonful of flour.	1 oz. of butter.
1 tablespoonful of milk.	$\frac{1}{2}$ teaspoonful of castor sugar.	Mint. Salt. Apple-green paste.

Put one pint of shelled peas into plenty of fast boiling water which has been salted in the proportion of one dessert-spoonful of salt to every quart of water.

Add also a sprig of mint.

Boil until the peas are quite tender.

Then strain and rub them through a sieve.

Return this purée to a saucepan, and add one ounce of butter, a tablespoonful of milk, a tablespoonful of flour, half a teaspoonful of castor sugar, and a very small piece of apple-green paste if the peas are not a good colour.

Mix all thoroughly well together.

Let it get quite hot, then put it into the forcing-bag with a large rose pipe.

Use as already described.

Sauce for the Cutlets.

Pigeon bones.	1 wine-glassful of sherry.	$\frac{1}{4}$ oz. of arrowroot.
1 teaspoonful o Bovril.	1 onion.	A dust of castor sugar.
2 tomatoes.	Herbs.	Pepper and salt.
$\frac{1}{2}$ oz. of glaze.	4 peppercorns.	Water.

Put the bones of the pigeons into a stewpan with a bunch of herbs (bay-leaf, thyme and parsley), four peppercorns, two tomatoes (sliced), half-an-ounce of glaze cut up small, one teaspoonful of Bovril, one onion (sliced), a dust of castor sugar and a little salt.

Cover with cold water, and bring to the boil.

Skim off any scum that may rise.

Allow it to boil for one hour, or longer if you can.

Then strain it through a hair sieve, and rub as much of the tomato and onion through as possible.

Return it to a clean saucepan.

Now mix a quarter of an ounce of arrowroot with a wine-glass of sherry.

When the stock boils, stir in the arrowroot and sherry mixture, also a little pepper if required, and bring to the boil again.

If liked, add two or three drops of carmine, but this can be omitted if a red sauce is objected to, as it often is.

Roast Saddle of Lamb and Hot Mint Sauce.

Lamb. | Salt. | Dripping. | Mint Sauce, as described.

Average cost, 11*d.* per lb.

This can be cooked either in front of a clear fire or in the roasting oven.

If the joint is to go into the oven, place it on the stand in a double roasting pan, if you have one, and pour about a pint of water into the lower tin.

Melt half-a-pint of good dripping, and pour it well over the joint.

Then lay a well greased sheet of kitchen paper over.

If preferred, the saddle can be rolled up entirely in a well greased paper.

Roast in a moderate oven for one and a half to two hours according to size, keeping it well basted.

About half-an-hour before it is done, remove the paper, so that it can brown up nicely.

Sprinkle it with salt, and baste well.

Serve hot mint sauce with it.

For the Hot Mint Sauce.

2 tablespoonfuls of mint. $\frac{1}{2}$ pint of clear stock.	4 tablespoonfuls of vinegar. Salt.	1 teaspoonful of sugar.
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Put the stock on to boil.

Add the sugar and salt.

Wash the mint well, pick it free from stalks, and chop it very finely.

Add the mint and the vinegar to the boiling stock just before serving.

Serve in a very hot sauce-boat.

Cauliflower with White Sauce.

1 cauliflower. Salt.	1 tablespoonful of vinegar.	White sauce, as described.
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Choose a nice firm white cauliflower, one that is not too much blown. Trim off all the outside leaves, leaving just one layer to protect the flower.

Make two cuts, crosswise, across the bottom of the stalk, so that the water can get in to cook it thoroughly. Otherwise the flower will be cooked before the stalk.

Wash it well, then cover it with cold water, in which put one tablespoonful of vinegar to draw out any insects.

Let it remain in this water about half-an-hour, then rinse it in fresh water.

Have a large saucepan ready with plenty of boiling water in it, salted in proportion of one large teaspoonful to every quart of water.

Plunge the cauliflower in, flower downwards.

Boil fast until the flower is tender, but not broken.

Lift it out carefully with a fish-slice, and drain it well in a colander, standing it over the saucepan of hot water with a lid over it, so that it may keep quite hot.

Send to table in a vegetable dish, and pour white sauce over it.

For the White Sauce.

1 oz. of butter.	$\frac{1}{2}$ saltspoonful of salt.	A few drops of lemon juice.
1 oz. of flour.		
$\frac{1}{2}$ pint of milk.	White pepper.	

Melt three-quarters of an ounce of butter in a small saucepan.
Stir in the flour until it is quite free from lumps.



CAULIFLOWER.

Then draw the saucepan to one side of the stove, and let it cook for a few minutes without browning.

Stir in the milk by degrees, then bring the sauce to the boil, stirring all the time.

Let it cook again for a few minutes that the flour may be done thoroughly.

Now add half a saltspoonful of salt and a dust of white pepper. Just before serving, stir in the remainder of the butter and a few drops of lemon juice.

Strain through a pointed strainer over the cauliflower.

New Potatoes.

Potatoes. | 1 oz. of butter. | Salt. | Chopped parsley.

Wash the potatoes well, rub them in a coarse cloth to remove the skins, and throw them into clean cold water.

When all the skins are rubbed off, or scraped off with a knife, put the potatoes in a saucepan with sufficient warm water to cover them.

Sprinkle with about a teaspoonful of salt, and bring them to the boil.

Let them boil for fifteen to twenty minutes, until they can be easily pierced with a skewer.

Strain well, and lay a damp cloth over them.

Draw the saucepan to the side of the stove to dry the potatoes thoroughly, and then remove the cloth.

Melt one ounce of butter in the saucepan with the potatoes.

Turn them out into a hot vegetable dish, and sprinkle with a little finely chopped parsley.

Quails with Cress.

6 quails.	Watercress,	Brown gravy, as
squares of bacon fat.	seasoned, as described.	described.
6 vine-leaves.	Croûtons of bread,	Browned bread- crumbs, as
3 oz. of butter.	as described.	described.

Average cost variable; 1s. to 2s. each.

If the quails have not already been drawn, cut an opening at the back of the neck, pull off the neck and remove the crop.

If preferred, the trail may be left in; if not, remove it also.

Truss the birds for roasting.

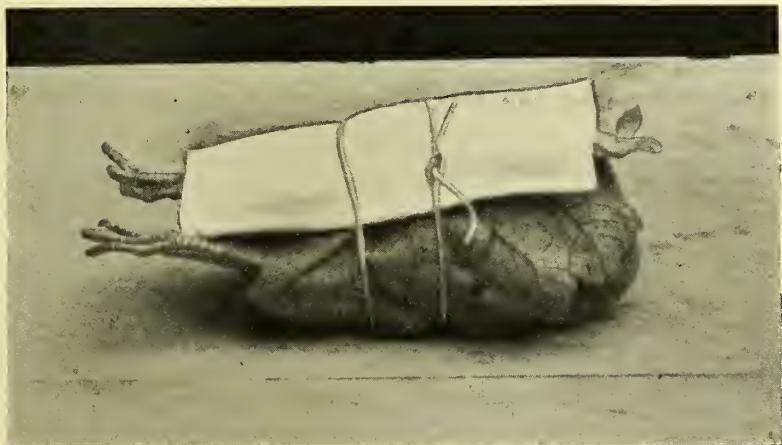
Wrap each one in a fresh vine-leaf.

Cut six thin square slices of fat bacon, lay one on the breast of each bird, and tie round twice to keep them in position.



QUAILS WITH CRESS.

Melt three ounces of butter, and pour it over the birds.
 Put them down to roast in front of a brisk fire for eight or ten minutes.
 Cut six croûtons of stale bread, half an inch thick, and just large enough to hold a quail each.
 Hollow the croûtons slightly on the top where the quails will rest.
 Have ready a stewpan half full of boiling fat.
 Plunge the croûtons in, and fry till they are a nice golden colour.



QUAIL WITH VINE-LEAF, READY FOR ROASTING.

Take up the birds, remove the strings, and lay one on each fried croûton.
 Garnish with watercress which has been well washed and picked free from stalks.
 Season with a little oil, pepper, salt and a few drops of vinegar.
 Arrange the watercress in small bunches between each bird, and a few bunches round.
 Serve with a boat of good brown gravy, and some browned bread crumbs.

(See COLOURED PLATE No. 24.)

For the Brown Gravy.

1 lb. of giblets.	$\frac{1}{2}$ a small carrot.	3 cloves.
1 teaspoonful of good extract of beef.	1 onion. Bayleaf, thyme and parsley.	$\frac{1}{2}$ teaspoonful of salt.
2 oz. of dripping.	6 peppercorns.	1 pint of water.

Wash the giblets well. Let them be two-thirds of poultry, and one-third of game if possible.

Dry them and chop into small pieces.

Skin and slice the onion and carrot.

A piece of carrot about an inch and a half long is sufficient.

Melt two ounces of dripping in a pan.

Put in the giblets and sliced vegetables.

Fry them until they are a light brown.

Add a bunch of herbs (bayleaf, thyme and parsley), the spices and the salt.

Pour in one pint of cold water, and add a teaspoonful of Bovril or other good extract of beef.

Bring to the boil, and simmer for one hour.

Strain into a basin, and when it is cold, remove all the fat.

When the gravy is wanted for use, take up what is needed, but be careful not to disturb the sediment, or the gravy will not be clear.

For the Browned Bread-crumbs.

4 or 5 oz. of bread-crumbs.		2 oz. of butter.
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Rub the crumb of a stale loaf through a wire sieve, until you have about five ounces of crumbs.

Spread these on a baking dish, and dry thoroughly in a cool oven.

Then bake them till they are a golden colour.

Keep them constantly stirred, so that they colour evenly.

When the crumbs are brown, melt two ounces of butter in a saucepan, and stir in the crumbs.

Mix thoroughly until all the butter is absorbed.

Heat them thoroughly, and send to table in a hot sauce-boat.

The crumbs can be browned and kept in a tin for some little time.

They then only require to be heated in the butter when wanted.



Chocolate Bavaroise.

2 oz. of chocolate. 3 oz. of castor sugar. 2 gills of milk.	2 yolks of eggs. $\frac{1}{2}$ a vanilla pod. $\frac{1}{2}$ oz. of Cox's leaf gelatine.	$\frac{1}{2}$ pint of cream. Cream garnish, as described.
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Average cost, 3s.

Put half a vanilla pod into a saucepan with two gills of milk. Let it infuse for ten minutes, then take out the pod.

Mix the grated chocolate with a little of the milk.

Add it to the remainder of the milk, and dissolve it slowly.

Add the gelatine, and stir until it is melted.

Beat two yolks of eggs well with the sugar.

Pour the milk on to these, then return all to the saucepan.

Stir till the mixture thickens, but do not let it boil.

Then take it off the fire and, if possible, stir it over ice until it cools.

If you have no ice, stand it in a basin of cold water, and stir it occasionally until it gets cool, but not setting.

Whip half-a-pint of cream stiffly.

When the mixture is cool and beginning to thicken, add the whipped cream and mix it thoroughly.

Pour it into a mould and put aside to cool.

When quite cold dip the mould quickly into hot water, pass a cloth over the bottom to absorb the moisture, and turn out the bavaroise on to a lace paper.

For a garnish to the bavaroise, whip half-a-pint of cream stiffly.

Sweeten it slightly, and flavour with a few drops of vanilla essence.

Mottle it by sprinkling in a few drops of carmine, and then drawing a fork once or twice through the cream.

Put this into a forcing-bag with a large rose-pipe, and force it out into any pretty design on top of the bavaroise.

Sprinkle the top of the cream with a few finely chopped pistachio nuts.

(See COLOURED PLATE No. 23.)

Strawberry Bombe Ice.

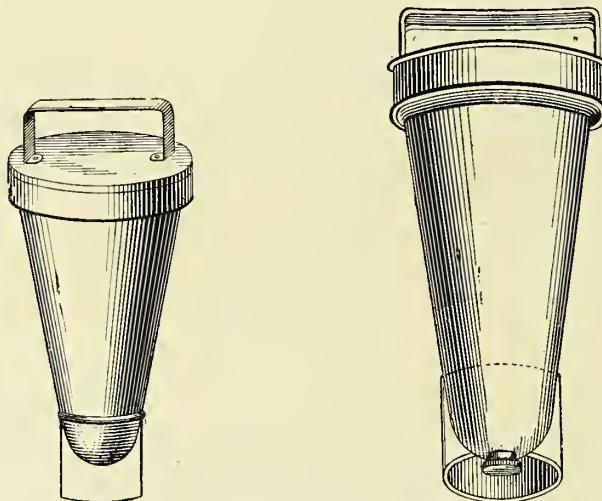
1 lb. of strawberries.	10 oz. of castor sugar.	A few drops of carmine.
1 pint of thin cream.		
$\frac{4}{4}$ yolks of eggs.		

Average cost, 3s. 3d.

Pick the stalks from one pound of strawberries, and beat them to a pulp

Add six ounces of castor sugar.

Rub all through a coarse hair sieve.



THE BOMBE MOULD.

Make a custard with one pint of thin cream.

Put it into a milk saucepan with four ounces of castor sugar, and bring it to the boil.

Beat up the yolks of four eggs well.

Pour the boiling cream on to them, stirring all the time.

Then pour all back into the saucepan, and stir till the custard thickens, but do not let it boil.

Now set it aside to cool.

When cool, add it to the strawberry purée with a few drops of carmine.

- Rub the whole through a tammy or fine hair sieve.
 Put it into the freezing machine, and freeze to the consistency of a thick batter.
 Put it into a bombe mould, and shake the cream well down.
 Put the mould into the ice cave (which has been charged in the proportions of one part salt to two parts broken ice), and freeze for two or three hours, turning the mould round occasionally.
 If you have no cave, pack the mould in ice and salt in the proportions of one part salt to two parts crushed ice.
 If this is done, see that the lid is well secured on to the mould; a little melted mutton fat should be put round the joint to prevent any of the salt from penetrating into the mould.
 A cave is much less trouble and much safer. Ices can be kept in it from one day to the other if the brine is run off from time to time, and the cave recharged with ice and salt.
 When the ice is wanted, lay a fold of cotton wool on a dish.
 Dip the mould quickly into a large basin of cold water, pass a cloth under it to absorb any water on it, then turn the ice out on to the cotton wool.
 Garnish round the base with sprays of maiden-hair fern.
 Send to table immediately, but if it has to wait, put the dish with the ice on it into the ice cave.

Shrimp Canapés.

6 rounds of buttered toast.	1 tablespoonful of cream.	A little salt, if required.
$\frac{1}{2}$ pint of picked shrimps.	A grate of nutmeg. Seasoning of cay- enne.	Garnish of lobster coral, or coralline pepper.
1 yolk of egg.		

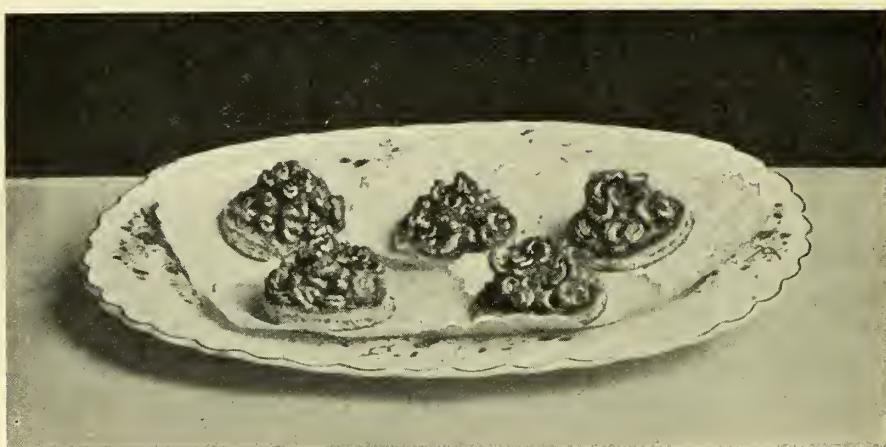
Average cost, 1s.

Put one tablespoonful of cream into a small enamelled saucepan. Add as much cayenne pepper as will just cover a three-penny piece, also a small grate of nutmeg

Add the picked shrimps, and make all thoroughly hot, beating gently so that the shrimps absorb the cream.

Cut out six rounds of toast the size of a five-shilling piece and butter them.

Make these thoroughly hot in the oven.

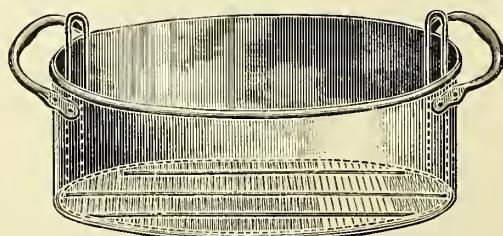


SHRIMP CANAPÉS.

Pile the shrimps on the rounds, and sprinkle each with a little coralline pepper or lobster coral.

Stand each canapé on a small round lace paper, and serve at once while quite hot.

If preferred, croûtons of bread can be cut out and fried a pale golden colour, instead of using the buttered toast.



OVAL FISH FRYER, WITH WIRE DRAINER.

DINNER MENU No. 8.

A high-class dinner, suitable for a party of 14 to 18 persons.

Caviar sur Croûtes	Caviar sur Croûtes.
Clear Mock Turtle Soup . . .	Potage Prétendu.
Queen Soup	Soupe à la Reine.
Fillets of Sole à la Parisienne	Fritures de Sole à la Parisienne.
Boiled Salmon with Crayfish Sauce.	Saumon Nature à la Sauce Écrevisse.
Sweetbreads à la Vigo . . .	Ris de Veau à la Vigo.
Lamb Cutlets with French Beans.	Côtelettes d'Agneau aux Haricots Verts.
Fillet of Beef à la Providence with New Potatoes and Seakale.	Filet de Bœuf à la Providence, Pommes de terre nouvelles, Chou marin.
Green Gooseberry Sorbet . . .	Sorbet de Groseilles.
Roasted Ducklings with Hot Apple Sauce.	Canards Rôties Sauce aux Pommes.
Asparagus with Sauce Hollandaise.	Asperges Sauce Hollandaise.
Jelly à la Fife	Gelée à la Fife.
Rice à la Parisienne . . .	Riz à la Parisienne.
Cheese Biscuits à la Vincent	Entremets de Fromage.

Caviar sur Croûtes.

Caviar.	Bread.	Butter.	Yolk of Egg.
	Average cost, 2d. each.		

Cut some thin slices of stale bread, a quarter of an inch thick.

Cut these out into rounds with a plain biscuit-cutter, an inch and a half in diameter.

Melt four ounces of butter in a saucepan, and when it is quite melted, pour out the clear oiled butter into a frying-pan, leaving behind any sediment there may be.

Bring the butter to the boil.

Put in the croûtons, and fry them a pale golden colour.

Drain them on a paper or sieve.

When cold, spread them thinly with caviar.

Rub the yolk of a hard-boiled egg through a fine sieve, and sprinkle the caviar lightly with it.

Stand each croûton on a small round lace paper about two inches in diameter.



CAVIAR SUR CROÛTES. (The garnish shown consists of shreds of red chili pods.)

Then stand each one on a hors-d'œuvre plate, if you have them, and place one before each guest before the dinner begins.

If hors-d'œuvre plates are not procurable, the croûtes can be arranged on a dish and handed round.

Clear Mock Turtle Soup.

$\frac{1}{2}$ a calf's head.	$\frac{1}{2}$ a turnip.	2 bayleaves.
4 lbs. of shin of beef.	$\frac{1}{2}$ teaspoonful of celery seed.	Lemon juice.
4 oz. of bacon rind and bone.	8 cloves.	Pepper and salt.
2 lbs. of neck of beef.	2 blades of mace.	2 wine-glasses of Marsala.
6 eggs (whites and shells).	20 black peppercorns.	2 wine-glasses of Madeira.
2 large carrots.	A sprig of parsley, thyme and mar- joram.	1 tablespoonful of arrowroot.
4 onions.		

Average cost, 2s. 9d. per quart.

Wash the head well, and set it to soak, for two hours or longer, in plenty of cold water with a handful of salt in it.

Remove the brains and the tongue. These may be used for a separate dish.

Blanch the head as follows: Put it into a saucepan, cover it with cold water, and bring to the boil.

Skim it, pour off the boiling water, and wash the head in fresh cold water.

Take a sharp pointed knife and cut off all the flesh from the bones, keeping it as whole as possible.

Tie up the flesh in a piece of muslin.

Wash and cleanse the vegetables, and slice them into pieces about two inches long.

Tie the herbs in a bundle.

Cut up the shin of beef into small pieces.

Put all into a large saucepan with the bones from the head, the bacon, herbs, spices, one teaspoonful of salt, the flesh of the head tied up in muslin, and six quarts of cold water.

Bring it quickly to the boil.

Then skim well.

Add two wine-glassfuls of Marsala.

Simmer gently for four hours.

Take out the head, which is tied in muslin, and put it aside.

Strain the soup through a hair-sieve into a basin, and leave till cold.

The next day, carefully remove all fat from the top of the stock.

Put two wine-glassfuls of Madeira into a small saucepan, with a bayleaf, a quarter of a teaspoonful of mignonette pepper, a sprig of marjoram, two cloves and a sprig of thyme.

Boil these until the Madeira is reduced to half the quantity.

Next clarify the soup.

To Clarify the Soup.

Put the soup on to boil with two pounds of finely minced lean-neck of beef, and the whites and shells of six eggs.

Whisk all up well together.

The whites of the eggs must first be slightly beaten, and the shells broken up small.

Strain the reduced Madeira into it, and then bring to the boil.

Draw to the side of the stove, and let it simmer for an hour. Then strain it through a clean soup cloth. Return it to a clean saucepan, and bring to the boil. Mix one tablespoonful of arrowroot quite smooth with a little Madeira or water, and thicken the boiling soup with it. Add the strained juice of half a lemon. Let this cook for one or two minutes. Lastly, add the pieces of calf's head, prepared as below, and serve.

To Prepare the Flesh of the Head for Garnishing the Soup.

Remove the flesh from the muslin. Stamp out the glutinous skin, with a plain cutter, into rounds about the size of a shilling. Wash them well in hot water, and scrape off all fat or fleshy pieces. Rinse well in hot water, strain and add to the soup.

Queen Soup.

1 large fowl.	$\frac{1}{2}$ stick of celery.	$\frac{1}{2}$ teaspoonful of pepper.
3 quarts of water.	A blade of mace.	Parsley.
1 pint of cream.	4 cloves.	Fried croûtons of
$\frac{1}{4}$ lb. of butter.	$\frac{1}{4}$ lb. crème de riz.	bread, as described.
2 onions.	1 dessert-spoonful of salt.	
1 carrot.		

Average cost, 2s. per quart.

Draw and cleanse a large fowl; a rather old one will do. Put it into a saucepan with three quarts of water. Boil gently until tender. Then take out the fowl, strain the broth, and skim off all the fat. Wash and prepare the vegetables, and dry them. Melt a quarter of a pound of butter in a stewpan. Slice the vegetables, and put them in with the butter. Put the lid on the pan, draw to the side of the fire, let them fry gently for fifteen minutes, but do not brown them. Add the chicken stock, herbs, spices and seasoning.

Boil gently until the vegetables are tender.
 Take all the meat off the fowl, and free it from skin and bone.
 Pound the meat in a mortar until quite smooth.
 Strain the broth from the vegetables, and pound them also.
 Then rub the fowl, vegetables and stock through a hair-sieve.
 Return the soup to the stewpan, and bring to the boil.
 Mix a quarter of a pound of rice cream quite smooth, with a little
 milk or cold stock.
 Stir it into the boiling soup, and let it cook for ten minutes.
 In another saucepan heat one pint of cream to boiling point.
 Add this to the soup just before serving.
 If desired, a little more seasoning can be added.
 Serve with croûtons of fried bread.

Fried Croûtons for Soup.

2 teaspoonfuls of finely chopped ham or tongue.	Slices of stale bread.	White of 1 egg. Frying fat.
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Cut two or three slices of stale bread a quarter of an inch thick.
 Stamp out with a plain cutter into rounds the size of a shilling or
 rather smaller.
 Fry these in boiling fat until they are a pale golden colour.
 Brush over one side of these croûtons with slightly beaten white of
 egg, or a little melted glaze.
 Then dip them into finely chopped ham or tongue.
 Dish these in a circle on a dish paper on a plate, and hand with
 the soup.

Filletts of Sole à la Parisienne.

2 large soles.	3 oz. of butter.	Pepper and salt.
2 tablespoonfuls of chopped eschalot.	Parsley. 1 lemon.	Italian sauce, as described.

Average cost, 4s. 6d.

Skin and fillet two large soles.
 Divide each fillet in half, thus making eight fillets from each fish.

Chop the eschalot and parsley very finely.

Sprinkle one side of the fillets with these, also with pepper and salt.

Roll the fillets with the seasoned side inwards, and tie with narrow tape.

Thickly butter a baking dish, and lay the fillets in it, side by side.

Put a thickly buttered paper over the fish.

Stand the dish in a larger one containing boiling water.

Put into a moderate oven, and cook.

When done, arrange the fillets neatly on a dish, pour Italian sauce over, and garnish with escalloped lemon, as described on page 156.

(See COLOURED PLATE No. 18.)



ROLLED FILLETS OF FISH.

For the Italian Sauce.

2 oz. of butter.	1 dessert-spoonful of chopped parsley.	1 dessert-spoonful of chopped eschalot.
½ oz. of flour.		
½ pint of white stock.	2 tablespoonfuls of finely chopped mushrooms.	½ teaspoonful of sugar.
½ pint of Chablis.		
2 tablespoonfuls of cream.	1 saltspoonful of salt.	½ saltspoonful of pepper.

Put one ounce of butter in a saucepan with one dessert-spoonful of chopped parsley, two tablespoonfuls of finely chopped mushrooms, one dessert-spoonful of chopped eschalot, and half-a-pint of Chablis.



FILLETS OF SOLE À LA PARISIENNE



Boil these until the wine is reduced to half the quantity.
 In another saucepan melt one ounce of butter, and stir in half-an-ounce of flour.
 Moisten this with half-a-pint of white stock, add the salt and pepper, and bring to the boil.
 Then stir in the reduced wine, eschalot and parsley, and add half a teaspoonful of sugar.
 Let all simmer for fifteen minutes.
 Then pour two tablespoonfuls of cream on the top, and keep hot by standing it in the bain-marie until wanted.
 When wanted, stir in the cream and use.

Boiled Salmon, Crayfish Sauce.

8 lbs. of salmon.	2 tablespoonfuls of salt.	Button mushrooms.
2 onions.	1 gill of white vinegar.	12 prawns.
-12 peppercorns.		Crayfish sauce.
2 bayleaves.		
Average cost, 2s. per lb.		

Lay the salmon on the strainer in a fish-kettle.
 Cover it with boiling water.
 Add the salt, onions (skinned and sliced), twelve peppercorns, and two bayleaves.
 As soon as it boils add the vinegar.
 Then boil the fish gently until cooked, allowing about eight minutes to every pound of fish, and eight minutes over, according to the thickness of the fish.
 When cooked, lift the fish out of the kettle by means of the strainer, and let it drain.
 Then carefully lift the fish on to a hot dish, on which has been laid a folded napkin.
 Garnish with button mushrooms and prawns, or crayfish as follows:—Open a tin or bottle of button mushrooms, and then stand it in a saucepan of boiling water until the mushrooms are thoroughly hot.

Take three silver skewers, stick a mushroom on each, then a prawn or crayfish, then another mushroom.

Stick the three skewers down the centre of the fish.

Then arrange clusters of the mushrooms and prawns or crayfish round the salmon.

If you have no skewers, and do not wish to hire them, the salmon can be prettily garnished with the prawns or crayfish and scalloped cucumber. The latter is done in the same way as scalloped lemon, see page 156.

For the Crayfish Sauce.

2 dozen crayfish.	2 oz. of butter.	A few drops of carmine.
½ a carrot.	½ blade of mace.	
1 onion.	12 peppercorns.	A dust of cayenne.
1 sprig of parsley.	1 gill of cream.	1½ pints of fish stock,
1 bayleaf.	1 teaspoonful of anchovy essence.	as described.
2 oz. of flour.		2 quarts of water.

Wash the live crayfish thoroughly in several waters to get out all the sand. It is good to stand them under a running tap for some time.

Put two quarts of water into a saucepan with half a scraped carrot, one sliced onion, the mace, peppercorns, bayleaf and parsley.

When boiling fast, drop in the crayfish and cover immediately.

Boil for twenty minutes.

Melt two ounces of butter in a saucepan, stir in two ounces of flour, and fry together without browning.

Add a small dust of cayenne pepper.

Pour in a pint and a half of well flavoured fish stock, and stir until it boils.

Boil for five minutes.

Then add one gill of cream, a few drops of carmine, and a teaspoonful of anchovy essence.

Shell the crayfish, put the meat from the claws and tails aside to add to the sauce later.

Scrape out any meat from the heads, and add it to the sauce.

Now pass the sauce through a tammy, or rub it through a very fine hair-sieve.

Re-heat it, add the meat from the crayfish tails and claws, and serve.

For the Fish Stock.

Trimmings and bones of any white fish.	A bunch of herbs (bayleaf, thyme and parsley).	2 teaspoonfuls of lemon juice.
1 onion.		1 teaspoonful of salt.
1 small blade of mace.	6 peppercorns.	1 quart of water.

Take the trimmings and bones of any white fish such as plaice, soles, whiting, etc., and any shells of crayfish or shrimps.

Put them into a saucepan with one sliced onion, a small blade of mace, a bunch of herbs (bayleaf, thyme and parsley), two teaspoonfuls of lemon juice, one teaspoonful of salt, six peppercorns, and about a quart of cold water.

Bring to the boil, and skim it.

Boil gently for one hour.

Strain it, skim off any fat, and then use.

Sweetbreads à la Vigo.

3 lambs' sweetbreads.	1 teaspoonful of salt.	Aspic jelly, as described.
1 pint of white stock, or water.	Lettuce.	
1 small onion.	Truffles. Gravy, as described.	Aspic cream, as described.

Average cost, 5s.

Soak the sweetbreads in luke-warm water, also wash them well. Put them into a saucepan with sufficient cold water to cover them. Bring to the boil, then take out the sweetbreads, and rinse them in cold water.

Now put them on to cook in a pint of weak white stock, or water, with one small skinned onion, and one teaspoonful of salt.

Simmer gently for twenty minutes.

Take them up and put aside to cool.

Embed a dozen little horse-shoe moulds in ice.

Line them thinly with aspic jelly.

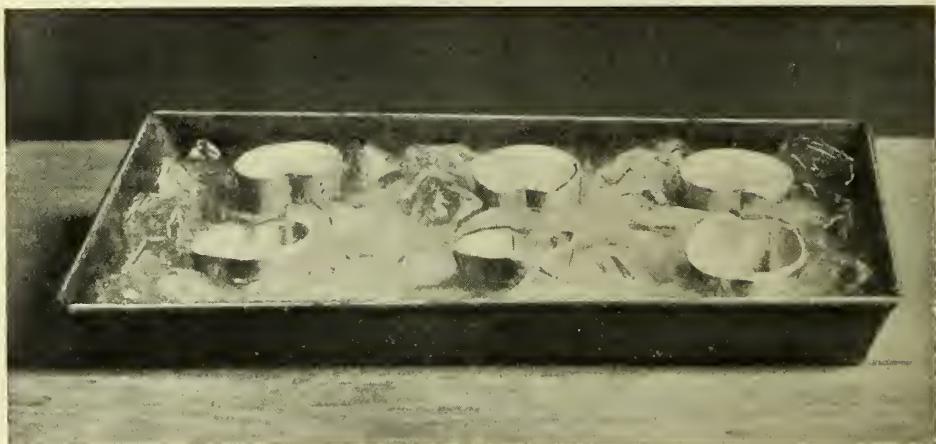
Ornament them with very small squares of truffle to represent the nails.

Set the garnish with more aspic, but use as little as possible so as not to fill the mould too much.

Line them with aspic cream.

Cut the sweetbreads into small dice, and very nearly fill each mould with them.

Then fill up each mould with the prepared gravy.



HORSE-SHOE MOULDS, SET IN ICE.

Put the moulds away on ice to set.

Fill two border moulds with aspic cream, and put these away to set. They are to dish the sweetbreads upon.

When set, dip the moulds for an instant into hot water which you can just bear your hand in, wipe the bottoms of the moulds with a cloth to absorb any moisture, and turn them out.

Arrange the sweetbread horse-shoes on the borders of aspic cream, garnish with finely shredded lettuce and chopped aspic jelly.

To make this dish properly, ice is certainly necessary, so that the garnishes, etc., may set quickly.

(See COLOURED PLATE No. 20.)



SWEETBREADS À LA VIGO.

To prepare the Gravy for Filling.

1 pint of clear soup.	1 teaspoonful of Bovril, or
$\frac{1}{2}$ wine-glass of sherry.	other high-class extract
$\frac{1}{2}$ oz. of gelatine.	of beef.

Take one pint of well-flavoured clear consommé.

Dissolve in this, half an ounce of gelatine, and one teaspoonful of the extract of beef.

Add half a wine-glass of sherry.

Just bring to the boil, then cool.

When quite cool, but not set, fill up the little moulds with it as described, but be sure it is quite cool, or it will melt the aspic lining that the moulds already have.

To prepare the Aspic Jelly.

5 oz. of leaf gelatine.	24 peppercorns.	3 sprigs of tarragon,
	2 onions.	or 2 tablespoon-
4 whites and shells of eggs.	20 allspice.	fuls of tarragon
2 dessert-spoonfuls of salt.	2 small teacupfuls of common brown vinegar.	vinegar.
		2 quarts of warm water.

Break up the shells of the eggs, and beat the whites slightly.

Then put the shells and whites, together with all the other ingredients (except the water), into a large bright stewpan.

Whisk all together, and then add two quarts of warm water.

Give all a good whisk up, then place it on the fire, and whisk it until it boils.

Let it boil for ten minutes.

Then take it off the fire, and let it stand for five minutes.

Have a jelly-bag ready, pour boiling water through it, and then squeeze what water you can out of it.

Pour the jelly through, and that which runs through first must be passed through again, until it is quite bright and clear.

Then use some for lining the moulds and setting the garnish.

Also use some for the aspic cream, and put the rest aside to cool for chopping.

To chop the cold aspic, always use a wetted knife, and chop it on a wetted paper, in order to keep it bright.

Chop some of the aspic very finely, and put it into a wetted forcing-bag, with a second sized plain pipe, and force some round the moulds when they are on the border to keep them in position.

Arrange some finely shredded lettuce along the sides of the borders if they are straight, or if they are round put the lettuce in the hollow in the centre, with a bright radish or two, or a few slices of beetroot to brighten it up.

For the Aspic Cream

1½ pint of aspic jelly.		6 tablespoonfuls of thick cream.
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Dissolve the aspic jelly.

When it is liquid, stir in the cream, which must be very thick.

Wring the mixture through a tammy, or clean cloth, and then use as described.

Lamb Cutlets, French Beans.

14 cutlets.	4 oz. of butter.	Pepper.
2 lbs. of French beans.	1 lb. of mashed potatoes.	Salt.
2 eggs.	1 dessert-spoonful of chopped parsley.	Frying fat.
Bread-crumbs.		Piquant sauce, as described.

Average cost, 7s.

Take two pounds of French beans, cut off the tops and tails, and pare the edges very thinly.

Cut them into diamond shapes.

Wash well in cold water.

Put them into a saucepan with plenty of fast boiling salted water, and boil from twenty to thirty minutes.

Strain the beans, rinse out the saucepan, and return the beans to it. Melt four ounces of butter, and pour it over the beans.

Add a little white pepper.

Shake the saucepan gently, that all the beans may get a proportion of the butter, but do not stir them.

Keep them hot until required.

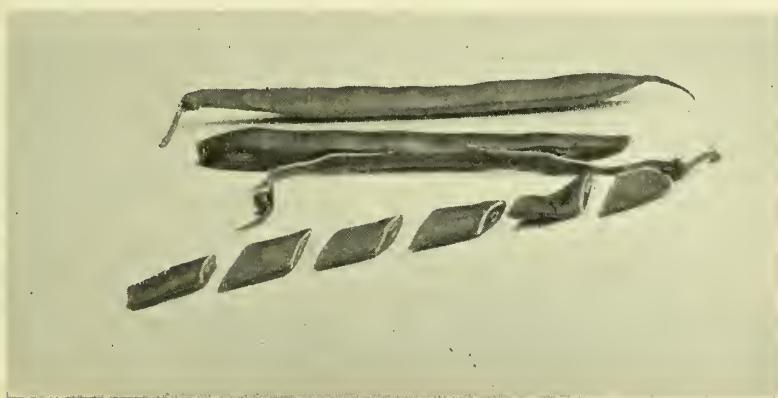
Trim the lamb cutlets neatly.

Season some bread-crumbs lightly with salt and pepper.

Dip the cutlets into well beaten-up egg, and then into the seasoned bread-crumbs.

Let the cutlets dry for about half-an-hour.

Then dip them again into the beaten-up egg, and afterwards into fine bread-crumbs without any seasoning.



TRIMMING AND CUTTING THE BEANS.

Fry them in a stewpan with plenty of boiling fat, until they are a nice golden colour.

Drain on a wire sieve or pastry rack.

Make a ring of mashed potatoes in the centre of each dish, just large enough for half the cutlets to stand up round it.

Arrange the beans in a pile inside the ring, and sprinkle them with finely-chopped parsley.

Put frills on the cutlet bones, and stand the cutlets up all round the outside of the potato.

Put some of the potato in a forcing bag with a large rose pipe, and force roses between the cutlets to keep them in place.

Pour piquant sauce round the base and serve.

For the Piquant Sauce.

1 tablespoonful of Harvey's sauce.	1 oz. of butter.	A dust of castor sugar.
1 oz. of flour.	1 onion.	A few drops of carmine.
2 tablespoonfuls of French vinegar.	1 pint of brown stock. Salt, to taste.	

Peel the onion and chop it.

Melt the butter in a saucepan, and fry the onion in it.

When nicely browned, stir in the flour.

Fry together for a few minutes.

Then stir in by degrees one pint of brown stock, two tablespoonfuls of French vinegar, and one tablespoonful of Harvey's sauce. Add also salt to taste, a dust of castor sugar, and a few drops of carmine to give it a colour.

Boil until the mixture is the consistency of cream.

Then wring through a tammy.

Re-heat in the bain-marie and use.

If liked, a few finely chopped gherkins may be added after it has been wrung through the tammy; also a little finely chopped parsley.

Fillet of Beef à la Providence, New Potatoes and Seakale.

8 to 10 lbs. of fillet of beef.	3 sliced onions.	Larding bacon.
4 oz. of butter.	4 cloves.	Garnishes, as described.
½ pint of sherry.	10 peppercorns.	New potatoes and
1 quart of stock.	1 teaspoonful of salt.	seakale, as
2 sliced carrots.	A bunch of sweet herbs.	described.

Average cost, 15s.

Cut half-a-pound of larding bacon into strips, about two and a half inches long and barely a quarter of an inch square, and place them on ice to harden.

Trim the fillet of beef neatly.

Then lard it all over the top, in rows close together, with thin strips of fat bacon. (See chapter on PROCESSES.)

Trim the lardons neatly with a pair of scissors.

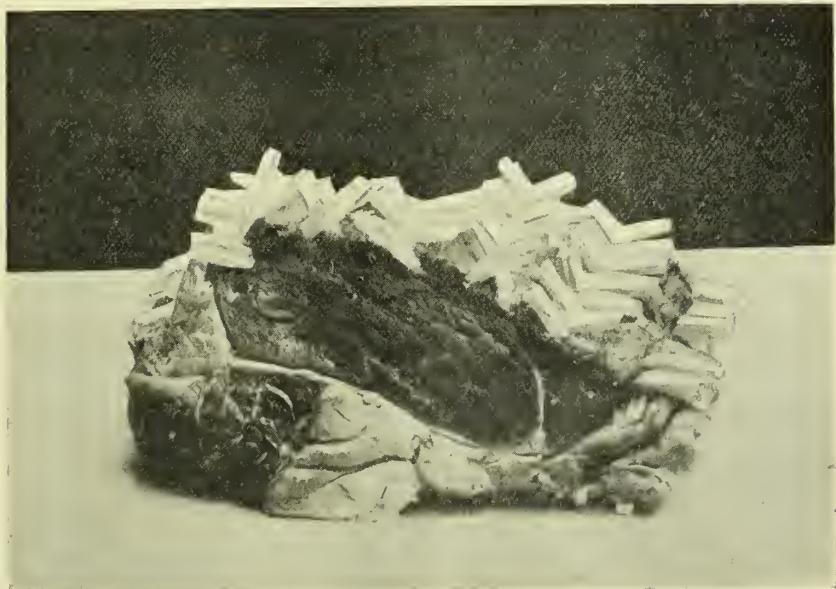
Tie the fillet up with tape to keep it a nice shape.

Melt the butter in a braising-pan.

Put the vegetables, spices and seasoning in a layer at the bottom.

On the top of these place the larded fillet.

Lay a well buttered paper on top.



LARDED FILLET OF BEEF.

Put the lid on the pan, and fry over the fire for twenty minutes.

Then add a quart of stock, and half-a-pint of sherry.

Now stand the pan in a moderately hot oven, and let the fillet braise for two hours.

Baste it frequently with the gravy during the cooking.

As the gravy in the pan reduces, add a little more stock to it.

When cooked, take the fillet up on to a baking-tin, and brush it over with warm glaze.

Put it in a rather hot oven for twenty minutes to crisp the lardons.

Strain up the gravy, skim off all the fat, re-heat it, and pour into a sauce-boat.

Put the fillet on a dish, and garnish it with sprigs of cooked cauliflower, also with pieces of carrot cut out with a vegetable scoop about the size of marbles.

To prepare the Garnishes.

Take a nice white cauliflower, not too full blown.

Divide the flower part into neat little bunches.

Put them into a saucepan of slightly salted fast boiling water, and cook until tender.

Strain, and then leave in cold water until wanted. Re-heat for use.

Take one or two nice large red carrots; wash and scrape them.

Take a vegetable scoop about the size of a marble, hold it in the right hand, and the carrot in the left. Then with the thumb of the left hand press the scoop firmly into the carrot. Twist the scoop round, and the carrot will be cut almost as round as a marble. (See chapter on PROCESSES.)

Take only the red part of the carrot, the core can be used for flavouring stock.

Cook the cut pieces of carrot in the same way as the cauliflower.

To re-heat them for use, put them into a small saucepan with two or three tablespoonfuls of the gravy.

New Potatoes.

8 lbs. of new pota- toes.	$\frac{1}{4}$ lb. of butter.	1 dessert-spoonful of salt to every 2 quarts of water.
A few sprigs of mint.	3 tablespoonfuls of chopped parsley.	

Wash the potatoes well.

Then either scrape them or rub them in a coarse cloth to remove the skins.

As they are done, place them in a basin of cold water.

When all are ready, put the potatoes into a saucepan of boiling water, salted in the proportions of one dessert-spoonful of salt to every two quarts.

Add the sprig of mint, and boil until the potatoes are tender.

Try them with a fork, and when done, pour the water away, and take out the mint.

Now put the lid half on the saucepan, and stand at the side of the stove until the potatoes are thoroughly dry.

Then add the butter and three tablespoonfuls of finely chopped parsley.

Whenever it is possible, have newly dug potatoes, otherwise it is hard to scrape them and get the skin off.

Seakale.

30 heads of seakale.	2 tablespoonfuls of	Melted-butter sauce,
Salt.	vinegar.	as described.

Wash and rinse the seakale thoroughly to remove the grit.

Cut away any brown or discoloured parts.

Tie the heads up into small bundles with tape, and put them into a basin of cold water until wanted.

Have a saucepan of boiling salted water, sufficient to well cover the seakale.

Put two tablespoonfuls of vinegar into the water.

Then put in the seakale, and boil until it is quite tender. This will take about twenty minutes.

Lift out the bundles into a strainer, drain well, and remove the tapes.

Lay the seakale in hot vegetable-dishes, and pour the following sauce over.

For the Melted Butter Sauce.

$\frac{1}{2}$ lb. of butter.	1 teaspoonful of	Salt and white pepper.
$2\frac{1}{2}$ oz. of flour.	lemon juice.	$1\frac{1}{2}$ pints of water.

Melt half the butter in a saucepan.

Add the flour, and mix with a wooden spoon until quite smooth.

Add, by degrees, a pint and a half of boiling water, stirring all the time.

Cook the sauce for a few minutes, then add the strained lemon juice.

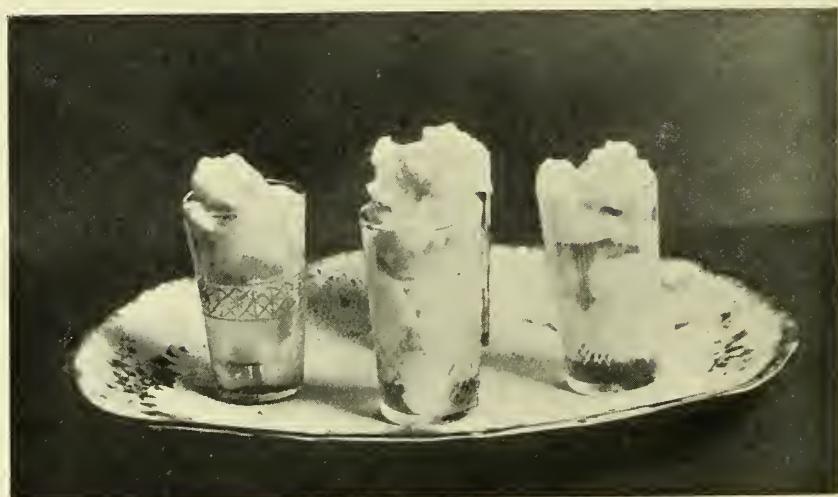
Season to taste, with salt and white pepper.

Lastly, add the remainder of the butter in small pieces.

Pour the sauce over the seakale, and serve.

Green Gooseberry Sorbet.

1 quart of green gooseberries.	4 lemons.	Apple-green colour- ing.
$\frac{3}{4}$ lb. of loaf sugar.	2 wine-glassfuls of brandy.	$1\frac{1}{2}$ pints of water.
Average cost, 2s. 6d.		



GREEN GOOSEBERRY SORBET.

Top and tail the gooseberries, and put them on to boil with the sugar and water.

Cook them until quite soft.

Now add the strained juice of the lemons, and sufficient apple-green colouring to make it a pretty colour.

Rub all through a tammy or fine hair-sieve.

Charge the freezing machine, then pour in the mixture and partly freeze.

When partly frozen, add two glasses of brandy (or maraschino preferred).

Now freeze well until it is in a dry state.

Have ready some glass sorbet cups or small tumblers, which should have been standing in a very cool place to get thoroughly cold.

Divide the sorbet into the glasses, stand them on lace papers on two glass or silver dishes, and serve at once.

Roast Ducklings, Hot Apple Sauce.

3 ducklings.	3 leeks.	Gravy, as described.
6 oz. of butter.	1 tablespoonful of	Apple sauce, as de-
2 bunches of water- cress.	flour. Salt.	scribed.

Average cost, 8s. 6d.

Draw the ducklings, and keep the livers, gizzards, hearts and necks. Singe the birds, and put a washed and cleaned leek inside the body of each.

Twist the legs over the drumsticks, and spread the feet out on the back.

Cut the pinions of the wings off at the first joint, leaving two on. Fold these neatly down by the side of the bird.

Pass a skewer right through the wing, then through the body and out through the wing on the other side.

Take a piece of string and pass it round each end of the skewer, then pass it across the back and round the end of the pinion of the opposite wing.

Do the same with the other end of the string, and then tie the ends firmly.

At the same time, tie in the skin of the neck.

Melt the butter, and pour some over the breasts of the birds.
Then roast them, either in front of the fire or in a brisk oven, for
twenty-five minutes.

Baste the birds continually.



DUCK, PREPARED FOR ROASTING IN THE OVEN.

Just before taking up dredge them over with a little flour and salt.
Dish them up, and garnish with watercress.
Serve with a good gravy and apple sauce, as described.

For the Gravy.

Put the giblets of the ducks into a saucepan, with a pint of stock,
a washed and sliced leek, a bunch of herbs (bayleaf, thyme and
parsley), six peppercorns and a little salt.

Simmer all gently together.

When the ducks are taken up strain off all the fat from the dripping-
pan.

Put a teaspoonful of flour in it, and set it on the fire to brown.
When brown strain the gilet gravy into it, and let it boil up.
Pour through a pointed strainer into gravy-boats.

For the Apple Sauce.

$1\frac{1}{2}$ lbs. of apples.		1 oz. of butter.
$2\frac{1}{2}$ oz. of white sugar.		$\frac{3}{4}$ pint of water.

Pare the apples, then slice them very thinly.
 Put them into a saucepan, with the water and butter.
 Boil until they are a pulp.
 Rub through a coarse hair-sieve.
 Return the pulp to the saucepan, add the sugar, and re-heat thoroughly.
 Pour into sauce-boats, and hand with the ducklings.

Asparagus with Sauce Hollandaise.

150 heads of asparagus.	Salt. Hot buttered toast.	Sauce, as described.
Average cost, 3s. 6d.		

Asparagus should be as fresh as possible when cooked, but, if necessary, it can be kept a day or two by standing it with the cut stalk ends in cold water.

Wash the asparagus, and scrape the white part of the stem from the head towards the root end.

As each piece is done throw it into cold water.

When all are finished, sort them out and make into bundles, the larger heads and the smaller ones separate. They need not be separated if there is only a little difference in size.

Tie them with tape into convenient bundles of about twenty heads each, keeping the heads all the same way; and cut off the stalks evenly.

Put them into a saucepan containing plenty of fast-boiling water, with one tablespoonful of salt to every two quarts.

Boil them gently, with the lid off, until they are tender. They will take from twenty to thirty minutes, according to size.

When the green part is quite tender lift the bundles out of the water at once, and drain them.

Dish them on pieces of hot buttered toast, in hot dishes.

Serve with Hollandaise sauce in a sauce-boat.

For the Hollandaise Sauce.

6 yolks of eggs.	4 tablespoonfuls of white vinegar.	12 peppercorns.
1½ gills of cream.		Cayenne.
3 oz. of butter.	2 teaspoonfuls of	Salt.
3 bayleaves.	tarragon vinegar.	

Put the white vinegar, peppercorns and bayleaves into a saucepan. Boil, until the vinegar is reduced to half the quantity.

In another saucepan, put the yolks of the eggs, butter, cream and a dust of cayenne.

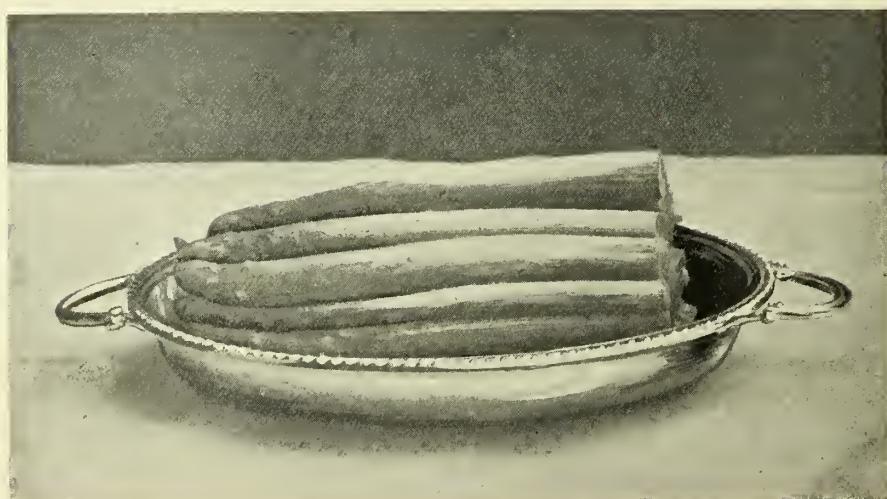
Stand this saucepan in another containing boiling water, and stir until it thickens.

Do not let it boil, or it will curdle.

Take it off the fire and add the tarragon vinegar, and salt to taste.

Strain the reduced white vinegar and add that also.

Serve in a sauce-boat.



ASPARAGUS.

Jelly à la Fife.

6 lemons.	2 wineglassfuls of brandy.	1 oz. of pistachio nuts.
$\frac{1}{2}$ stick of cinnamon.		8 cloves.
1 lb. of loaf sugar.	2 wineglassfuls of sherry.	Carmine.
3 oz. of gelatine.		Gold and silver leaf.
4 whites and shells of eggs.	1 pint of whipped cream.	2 quarts of warm water.

Average cost, 4*s.* 6*d.*

Peel the lemons very thinly; squeeze out and strain the juice.

Put the peels and juice into a bright or enamelled stewpan, amply large enough to hold all the ingredients as it boils up very much.

Add the sugar, cloves, cinnamon, and the four whites and shells of eggs slightly beaten.

Whisk all well up together, then add the gelatine and two quarts of warm water.

Stand the pan over the fire, and continue whisking until it comes to the boil.

Let it simmer for five minutes, then remove it from the fire.

Hang up the jelly-bag (on its stand if you have one, or between two chairs), and pour about two quarts of boiling water through it.

Strain the jelly through the bag, that which runs through first being passed through a second or third time until it is quite clear and bright.

When cool, pour a little of the plain jelly into two pipe moulds, and line them thinly with it.

Divide the remainder of the jelly into two parts.

Into one half put two wineglassfuls of brandy.

Into the other half put two wineglassfuls of sherry, and a few drops of carmine to make it a nice pink colour.

Take three or four tablespoonfuls of the uncoloured jelly, and mix in six sheets of gold leaf.

Only mix it sufficiently to break up the gold leaf, and not to make the jelly at all frothy.

Take the same quantity of the pink jelly, and mix in six sheets of silver leaf in the same manner.

Stir the jelly with the gold leaf into the yellow brandy jelly, and the jelly with the silver leaf into the pink jelly.

Half fill the moulds with yellow jelly (with the gold leaf in it), and set quickly on ice.

Then fill up with the pink jelly (with silver leaf in it), and put away on ice until set.

When wanted, dip the mould for an instant into very hot water, wipe the mould quickly with a cloth, and turn the jelly out on to a dish.

(The quantities in this recipe will fill two moulds, so that there will be two jellies to turn out on to separate dishes.)

Whip one pint of cream stiffly.

Flavour and sweeten it.

Mix one ounce of finely chopped pistachio nuts into it.

Put the cream into a forcing-bag with a large plain pipe, and fill the centres of the jellies with it.

Sprinkle a little chopped pistachio nut on top.

(See COLOURED PLATE No. 21.)

Rice à la Parisienne.

6 oz. of rice.	$\frac{1}{2}$ oz. of gelatine.	Compote of oranges, as described.
6 oz. of sugar.	1 bayleaf.	Whipped cream gar-
1 quart of milk.	1 vanilla bean.	nish, as described.
1 pint of whipped cream.	Rind of half a lemon.	Candied fruits, as described.

Average cost, 6s.

Wash the rice in cold water.

Put it on to boil with the milk, the thinly pared rind of half a lemon, one vanilla bean and a bayleaf.

Use a double milk saucepan, the outer pan containing hot water.







RICE À LA PARISIENNE.

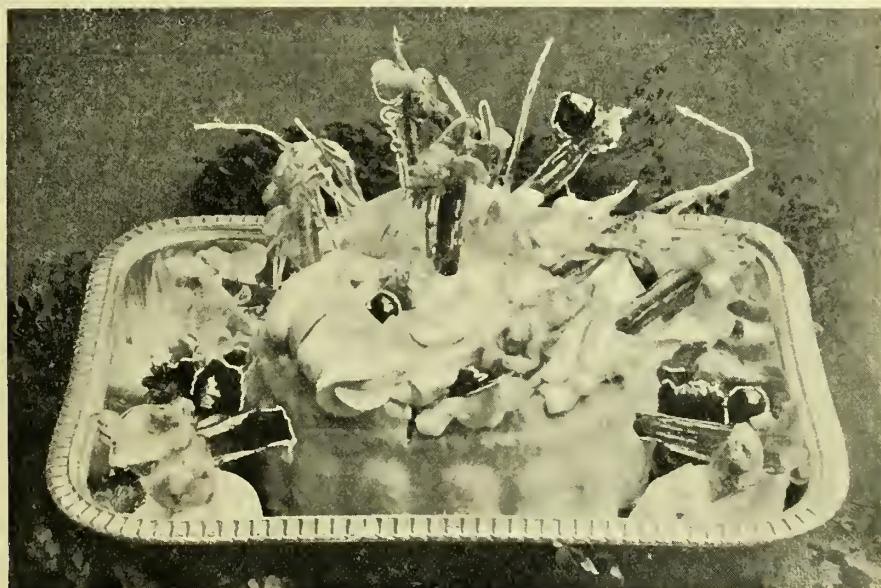
Cook until the rice is quite tender, then remove the vanilla bean, the lemon peel and the bayleaf.

Stir in the sugar and the gelatine.

If leaf gelatine is used it needs no previous soaking. If other gelatinés are used, a little milk must be kept back, and the gelatine soaked in it before being added to the rice.

Stir until the gelatine is quite dissolved.

Now let the mixture cool a little, and then add one pint of stiffly whipped cream.



RICE À LA PARISIENNE.

Pour the mixture into two large plain moulds with pipes in the centre, and stand on ice until set.

When cold, dip the moulds into hot water and turn out.

Fill the centres of the shapes with a compote of oranges (as follows).

Ornament with stiffly whipped cream and fancy candied fruits.

(See COLOURED PLATE No. 8.)

For the Compote of Oranges.

12 large or 18 small oranges.	1 wine-glassful of brandy.	1 lemon. 1 pint of water.
$\frac{1}{2}$ lb. of white sugar.		

Pare the lemon and one orange very thinly.

Put these rinds on to boil with the sugar and water for fifteen minutes. Then pare the other oranges with a sharp knife, like you would pare an apple.

Pare thickly so that the whole skin is removed, even the thin skin next the pulp.

Now cut each orange into its natural divisions, but cut on each side of the thin skin that makes the divisions, so that each piece that comes out is wholly pulp without any skin attached to it whatever.

Take out the pips.

Put all the pulp into a basin, and strain the hot syrup over it.

Add a wineglassful of brandy, and let the fruit steep in this for about an hour.

Drain the fruit from the syrup, and fill in the centres of the puddings.

To prepare the Whipped Cream for Garnishing.

Whip one pint of double cream stiffly.

Flavour it with a few drops of vanilla, and sweeten to taste.

Sprinkle a few drops of carmine on the surface of the cream, then stroke it through once or twice with a fork to give a mottled pink and white effect.

Put the cream into a forcing-bag with a large rose pipe, then force it out on top of the oranges, also in rows of roses round the base of the pudding.

To Candy the Fruits.

$\frac{1}{2}$ lb. cane sugar. $\frac{1}{4}$ pint of water.	Angelica, crystallised violets, cherries, almonds, or any small fancy fruits.
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Put the sugar and water on to boil in a bright saucepan.

Cut the angelica into strips about three inches long, and a quarter of an inch broad.

Cut the cherries in half.

Almonds, if large, can be divided in four.

Pistachio nuts are also pretty.

Stick all the small fruits on the ends of skewers so that each can be separately dipped into the candy.

Boil the syrup to the degree called "crack."

This is when a little taken in a spoon and dropped into cold water sets hard and brittle, sounds quite hard if dropped, and breaks off short.

When at this degree, take the syrup off the fire, dip the angelica and fruits into it, one by one, and lay them out on an oiled marble slab or large dish, but do not let them touch one another.

Dip the angelica first, then to vary it, you can stick a violet, an almond or pistachio nut on to the angelica if they are first dipped into the syrup. Or a cherry or other pretty fruit can be used.

When set, lift them up carefully, as there ought to be long icicles or spears of sugar attached, in fact, this detail should always be obtained as the effect is very light and pretty.

Stick these into the top of the rice and in the cream.

Cheese Biscuits à la Vincent.

$\frac{1}{2}$ lb. of flour.	$\frac{1}{2}$ a small teaspoonful of baking powder.	A few drops of carmine.
$\frac{1}{4}$ lb. of butter.		
1 oz. of grated dry cheese.	A dust of cayenne. A pinch of salt.	Cheese paste garnish, as described.

Average cost, 1s. 9d.

Mix all the ingredients together, including the carmine.

Work into a stiff paste with a little cream.

Roll the paste out to about an eighth of an inch thickness.

Prick it well with a biscuit-pricker or with a fork.

Cut it out into pieces about the size of a crown-piece with a circular fluted cutter.

Put the biscuits on a greased baking-tin.

Bake in a moderate oven, keeping them as pale a colour as possible, so that they do not lose their pink tint.

When cold, force roses of the following paste on as described, and serve.

For the Cheese Paste Garnish.

12 oz. of cheddar cheese.	A large tablespoonful of whipped cream.	Chopped parsley.
1 dessert-spoonful of mustard.	2 tablespoonfuls of French vinegar.	A dust of cayenne pepper. Coralline pepper.

Mix the mustard with the vinegar.

Grate the cheese finely.

Then put all the ingredients into a basin, and mix thoroughly together.

Put the mixture into a forcing-bag with large rose pipe, and force it out into roses on the tops of the cheese biscuits.



CHEESE BISCUITS À LA VINCENT.

Sprinkle a little finely chopped parsley and coralline pepper over each. Stand each biscuit on a small lace paper, and arrange them on dishes.

Before serving it is best to stand them on ice for some time, if possible, but it is not absolutely necessary.

PROCESSES.

FOLLOWING the menus, just completed, it is proposed to give recipes of useful and tasty dishes, under their separate headings, and these will commence with a few Hors-d'œuvres, after which will come Soups, Fish, etc., in the usual way. Previous to treating these, however, a short but very desirable chapter will be given on Processes, as follows :—

FORCING.	FILLETING.
TAMMING.	BONING.
WRINGING.	TRUSSING.
RUBBING A PURÉE.	LARDING.
TURNING VEGETABLES.	ICING.



Method of Using a Forcing Bag, for Éclairs, etc.

Put the paste into a forcing bag having a large plain pipe.
Do not fill the bag full.

Twist the top of the bag round.

Hold it firmly in the right hand, and gently squeeze out the paste
in straight rows on the tin.

With the left hand take a knife, and cut the paste off sharply
when the desired length has been forced out.

The length for éclairs is about three inches and a half.



FORCING ÉCLAIRS.

Tammying.

Lay the tammy-cloth over a dish.

Pour the mixture to be tammied on to the centre of the cloth.

Gather up the two ends firmly, always keeping the edges of the cloth tight.

Insert two large wooden spoons, with the hollow of the bowl of each spoon towards the person holding it.

Then each, at the same moment, rub the spoons backwards and forwards firmly.

Keep pressing the point of one spoon against the other.

As the mixture is rubbed through the cloth, stretch it tight and scrape with a palette knife.



RUBBING SAUCE THROUGH A TAMMY-CLOTH.



METHOD OF SCRAPING SAUCE OFF TAMMY-CLOTH AS IT IS WRUNG THROUGH.

Wringing through a Tammy-Cloth.

Lay the cloth over a basin.

Pour the sauce into the cloth.

Gather up the ends firmly, and twist the ends in opposite directions until the sauce begins to run through.



WRINGING SAUCE THROUGH A TAMMY-CLOTH.

One person must then stop twisting and hold the cloth firmly as near the sauce as possible.

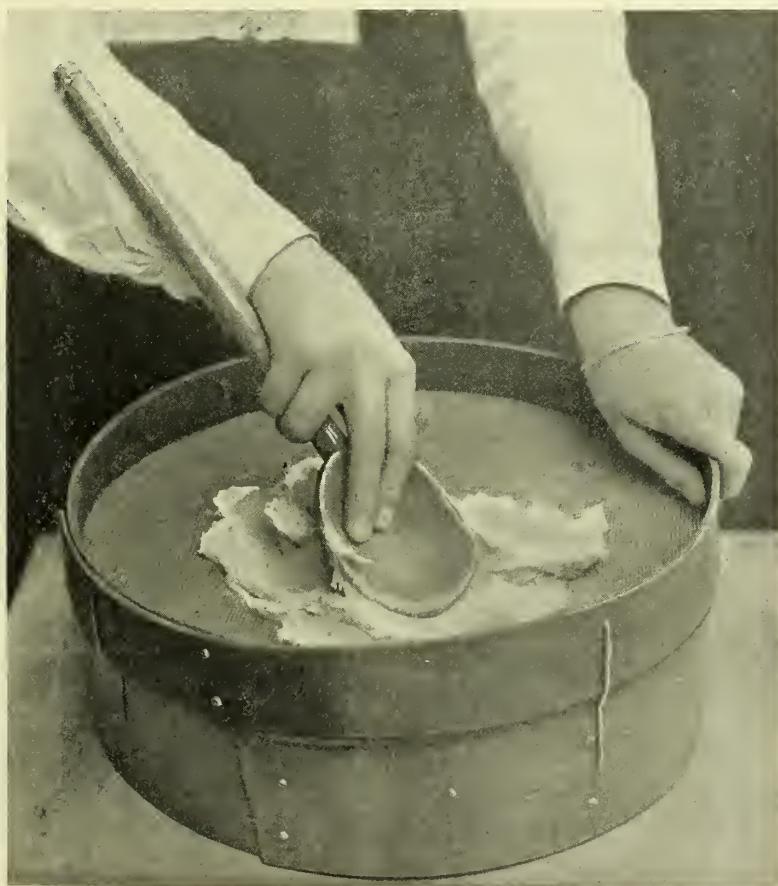
The other goes on twisting, and also pulls hard all the time.

Keep the cloth scraped (with a palette knife) as the sauce wrings through.

Rubbing a Purée through a Sieve.

Stand the sieve upside down over a plate or basin.

Put the mixture, which is to be rubbed, on to the sieve.



RUBBING A PURÉE THROUGH A SIEVE.

Only a little should be done at a time, say a breakfast-cupful.

Take a wooden spoon and hold it firmly just above the bowl.

Put two fingers in the bowl so that pressure can be put on it as required.

Rub the mixture until it goes through.

Keep it scraped off from the underside of the sieve.

It is a mistake to attempt to do too much at once, for a little goes through much easier, and all is more quickly done in the end.

Turning and Shaping Vegetables.

Pare the vegetables, which are to be turned, very evenly. Trim them all to an equal size, for olive-shaped pieces.



TURNING VEGETABLES.

Then, with the fluted part of the knife, make incisions from one end of the vegetable in the direction of the other end, but keep turning the vegetable round as you go on so that the flutings go in a spiral direction.

To use the vegetable scoop, pare the vegetable evenly.

Hold it firmly in the left hand, and take the scoop in the right.



USING VEGETABLE SCOOP.

With the thumb of the left hand press the bowl of the scoop well into the vegetable.

Now twist the scoop right round, and draw it out.

If the scoop is not well pressed in first the piece scooped out will not be round, but will have one flat side.

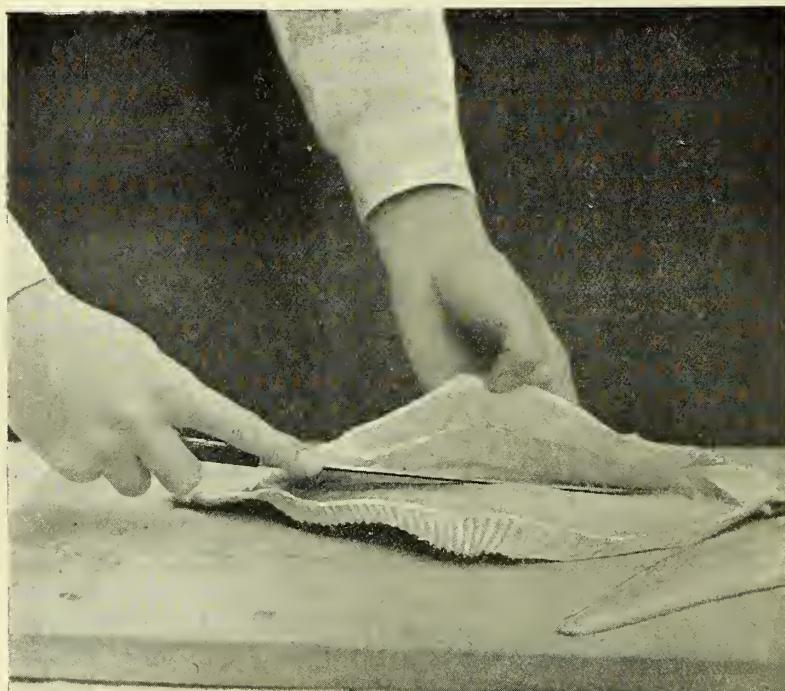
Filleting Fish.

Lay the fish on a slab, with the tail towards you.

Make an incision in the skin all round the outer edge by the fins, also straight down the centre of the fish along each side of the backbone.

Then with a sharp knife commence raising the fillet from the head to the tail, keeping the knife pressed flat on the bones.

Take hold of the fillet with a cloth if it is too slippery to hold firmly with the fingers.



FILLETING FISH.

When the first fillet is removed, turn the fish round and commence raising the other fillet from the tail.

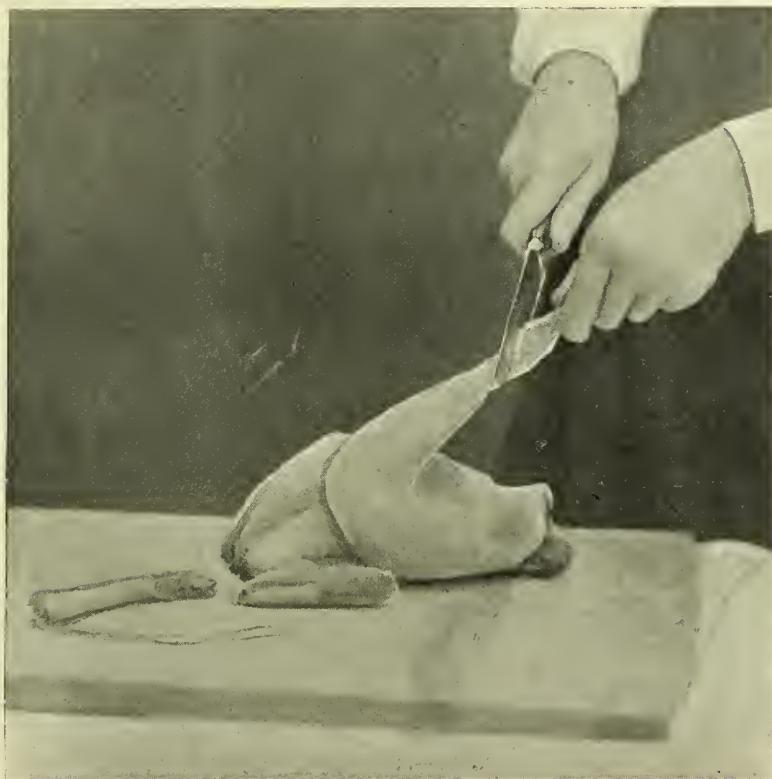
Afterwards turn the fish over and take the third fillet commencing from the head, and the fourth from the tail.

One fish yields four fillets, two from each side, and these can of course be cut into as many pieces as required, and according to the size of the fish.



Boning Birds and Joints.

Break the legs of the bird just above the feet, and cut the skin around where they are broken



BONING FOWL—CUTTING OFF LEGS AT JOINT.

Hold the bird firmly with one hand and with the other twist round one of the feet and pull it off. When it comes away most of the sinews of the legs should come with it.

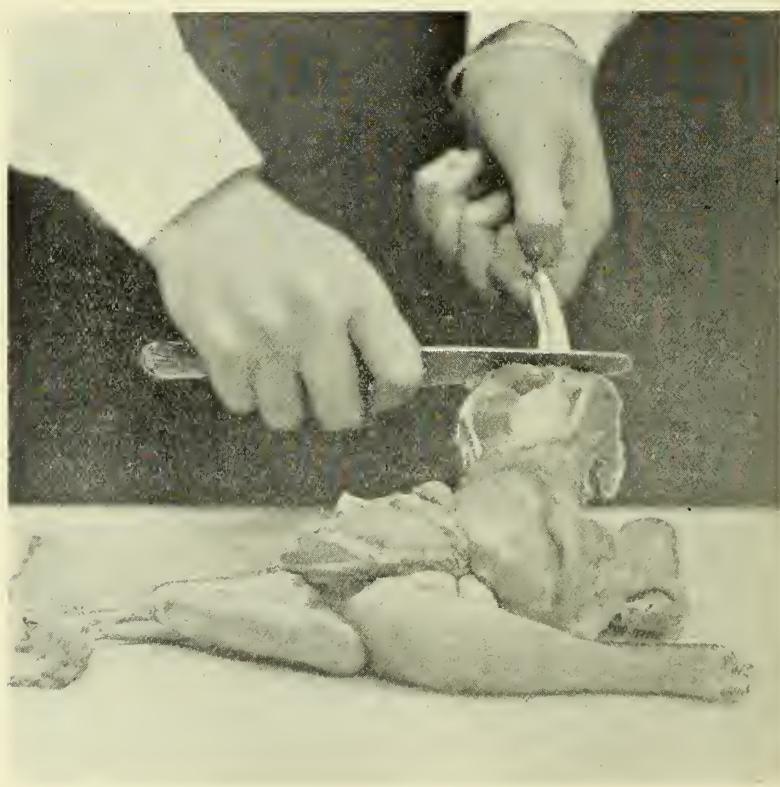
Do the other foot the same.

Now take the legs and twist them right back so as to dislocate the joints, but be careful not to break the skin.

Treat the wings in the same way.

Cut a slit in the skin at the back of the neck, and twist the neck right off quite close to the carcase.

Now begin to separate the flesh from the carcase at the neck end.



BONING FOWL—SCRAPING LEG BONE.

Scrape the bones with a sharp knife as clean as possible, folding back the flesh as you go along.

When the wing bones are reached sever them from the carcase.

Then go on to the breast, but care must be taken not to cut the skin at the breast bone.

Now turn the bird over and proceed with the back.

When the leg bones are reached sever them too.

When all the flesh is off the carcase remove the bones from the legs and wings, scraping the bones with a knife as you go along.

It depends on what it is proposed to do with the bird as to what extent the leg and wing bones are removed.

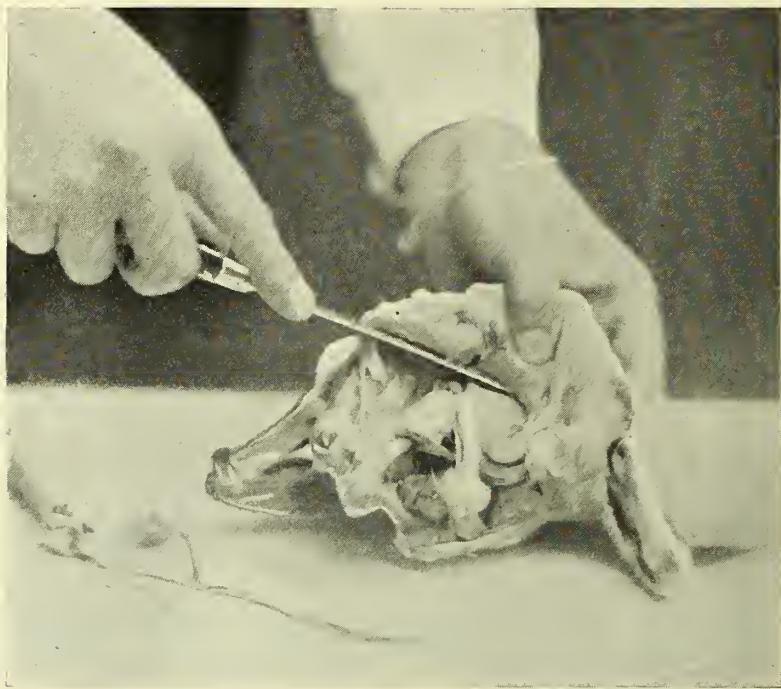
If boning for a galantine the wings are chopped off at the first pinion, then boned and the flesh turned inside the bird.



BONING FOWL—METHOD OF DISLOCATING THE JOINTS.

The legs are boned entirely, the flesh of them also being turned in.

If the boned bird is to be trussed into its natural shape again, bone only to the first joints of both legs and wings, then when the body is filled with forcemeat the trussing can be easily done.

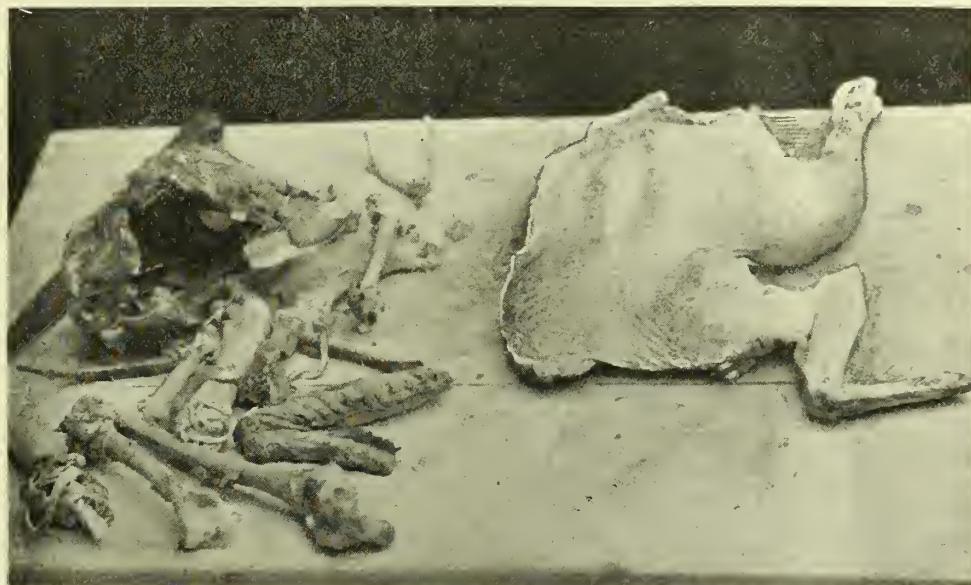


BONING FOWL—PROCESS OF SEPARATING THE FLESH
FROM THE BREAST.



BONING FOWL—REMOVING THE FLESH FROM BACK
OF THE BIRD.

If boning a small bird for cutlets the feet are left on, and only the bones from the thighs removed. The flesh is loosened from the drumsticks, but these bones are left in to give a support to the cutlet.



BONED FOWL.

One side boned entirely, as for galantine, etc. The other side has last joint of wing and leg left in, for retrussing in the ordinary way.

In boning joints the flesh is worked off the bones in the same way, the chief thing to be remembered being not to cut the flesh more than is possible.

Keep the knife very close to the bone and fold the flesh back as the work proceeds, so that you can see what you are doing.



Trussing Fish, Joints, Poultry, Game, etc.

This is a subject which, for country readers, requires copious and minute instruction to be given, with the aid of illustrations, as the birds, etc., seldom come from a poult erer's and the trussing has therefore to be done in the kitchen. In London and large towns the poultry and game is had from the shops from which it is sent out ready dressed, and therefore many cooks do not make quite such a study of the subject of trussing as they should.



PUTTING TAIL OF WHITING IN MOUTH.

Apart from the fact that country houses have to rely on the cook in this respect, there are not a few people who prefer that the process be conducted in the kitchen, for the poult erer's trussing is often done to hide defects and blemishes. Further, there is the fact that the birds are not always drawn as nicely as they might be, and the professional trussing covers this also. On the whole it is decidedly preferable that the work be done at home.

With the aid of photographs and instructions the subject can be made clear and easily understood. It is also hoped that the illustrations will convey the effect that careful trussing gives. A

bird with its legs and wings just skewered or tied together anyhow is no ornament to the table, and is no credit to the cook, whatever her capabilities in other directions may be.



WHITING TRUSSED.

Trussing Fish.

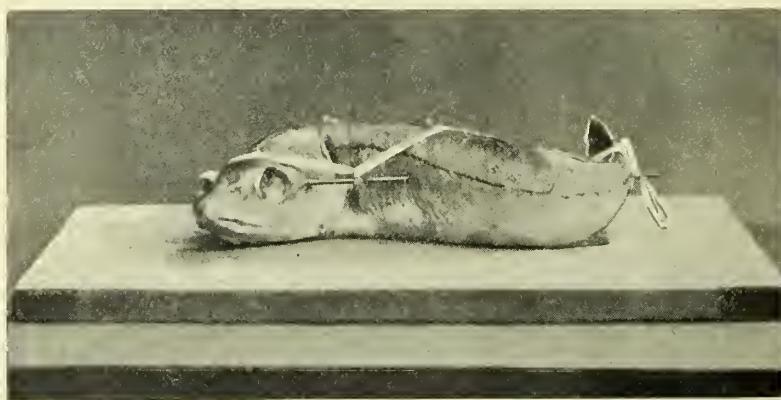
Whiting are first skinned and the tail drawn through the mouth. Pin it in this position by a skewer passed first through the top of the head, then through the tail and out through the lower jaw.



TRUSSING HADDOCK WITH SKEWER FOR BOILING.

After the fish is cooked the skewer may be carefully removed, and the fish will retain its shape.

Gar-fish are also curled round, but the long sword-like bill is run right through the end of the tail as if it were a skewer.



HADDOCK TRUSSED FOR BOILING.

Haddocks for boiling, if large, are trussed in the shape of the letter S by passing a long stout skewer through the side of the head in the centre, then through the middle of the body, then through again just above the tail. Tie a piece of tape round



HADDOCK, SMALL, TRUSSED WITH TAIL THROUGH EYES.

the skewer just above the head, then again at the end of the skewer just below the tail of the fish. This just helps to keep the fish in a good shape.

If it is a small haddock make a hole in the head through the cavities where the eyes were removed from. Draw the tail through this hole. It is hardly necessary to skewer it, but if liked a small skewer can be passed through the head and tail just to keep it firm.



ROLLING IN FLAPS OF SADDLE OF MUTTON.

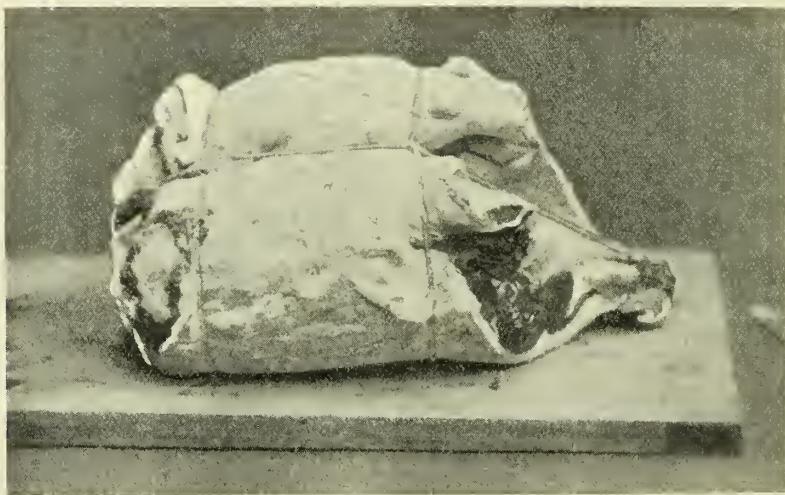
To Prepare Saddle of Mutton, Lamb, etc.

Trim the saddle from any superfluous fat, but leave in the kidneys if possible.

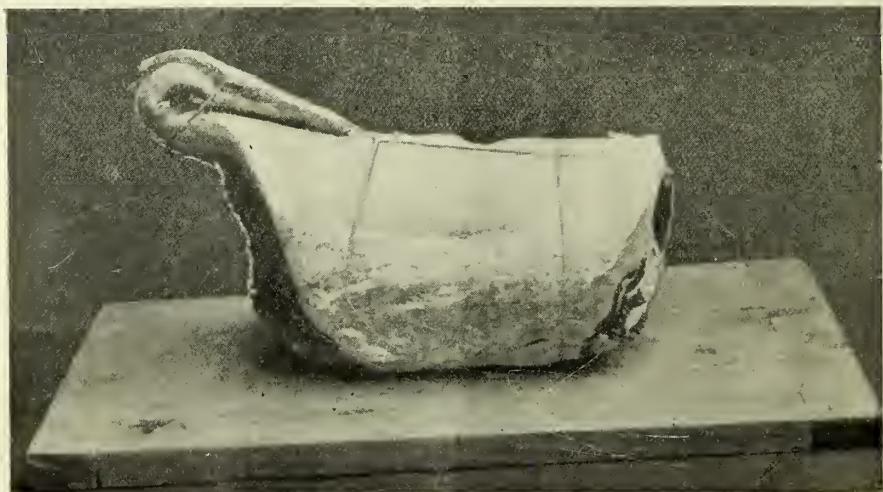
Take off the skin if it has not already been removed.

Turn in the flaps to cover the kidneys and keep them moist in cooking.

Cut four pieces of tape long enough to go round the saddle. Bind the saddle round with the tapes and tie them on the top. Curl the tail round on to the top of the joint and fix it with a small skewer.

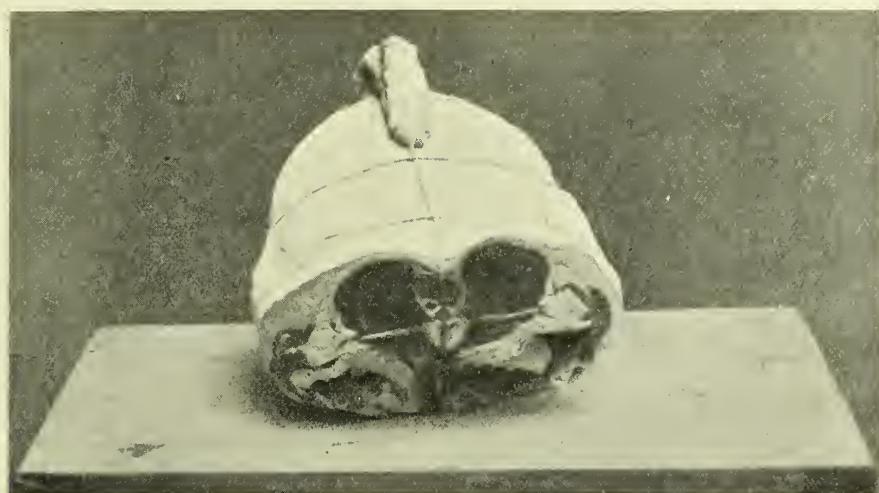


SADDLE OF MUTTON, SHOWING FLAPS ROLLED UNDER AND TIED.

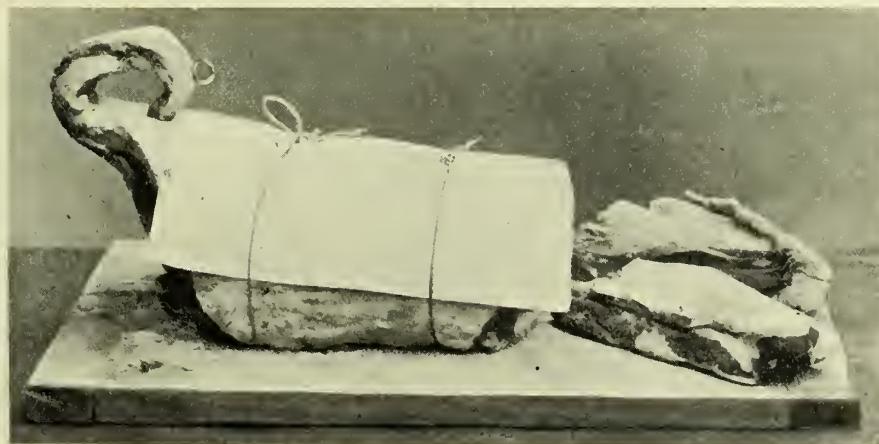


SADDLE READY FOR ROASTING.

If desired the flaps can be cut off. It is more economical, as they are not usually eaten when cooked on. If cut off before roasting they can be used for various dishes. The saddle has a handsomer appearance with the flaps left on.



SADDLE OF MUTTON READY FOR ROASTING.



SADDLE OF MUTTON, TRUSSED FOR ROASTING, WITH FLAPS CUT OFF.

To Roll Ribs of Beef.

Take out the bones carefully, keeping the meat as whole as possible. Lay the meat out flat on a board, trim neatly, then roll it up tightly. Pass a long skewer right through the roll.



BONING RIB OF BEEF.

Take a piece of broad tape and bind it round twice to keep it nice and firm.



BONE REMOVED, AND THE MEAT ROLLED.

After the joint is cooked and the tapes removed ready for table, the wood skewer should, if possible, be replaced by a silver one.



SKEWERING ROLLED BEEF.

Trussing Poultry and Game.

Drawing and Trussing a Fowl.

First pluck the fowl.

Then hold it by the neck in the left hand, and in the right hand have a piece of lighted paper.

Singe the fowl all over quickly.

Take care to singe those parts that will be covered up in trussing as they will not be reached in the second singeing.

Be careful not to scorch the bird in any way, and previous to singeing it should be looked over to see that it is well plucked.

People are not particular in this respect, imagining that a feather here and there can be singed off. This is a mistake and it gives the bird a flavour of burned feathers.

Singeing is only resorted to for removing any down or hairs that it is impossible to pull out.

Next lay the bird on its back on the table.

Cut a slit in the skin at the back of the neck and draw the skinned neck out through it.

Chop off the neck at the base, close to the body.

Cut off the skin of the neck, leaving about two inches to fold under.

Turn back the skin and insert the fingers through the opening to loosen the entrails as much as possible.

Cut a small slit just above the vent; insert two fingers and as carefully as possible draw out the entrails.



FOWL READY FOR TRUSSING (FOR ROASTING).

Be particularly careful not to break the gall-bladder, as this would probably spoil the bird, making it bitter.

When all the entrails are removed, cut off the vent, carefully wipe out the inside of the fowl with a clean cloth, also the flap of the neck.

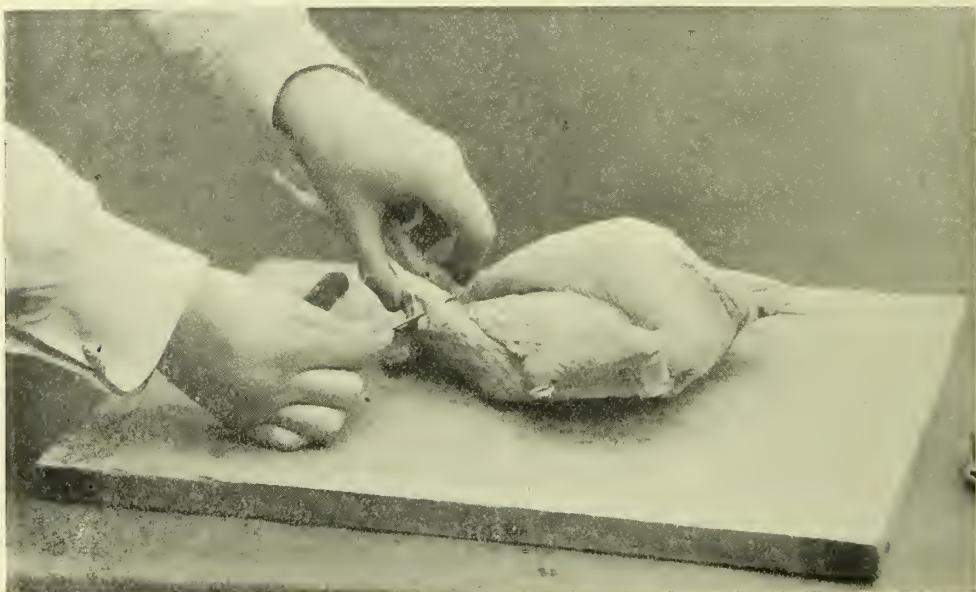
Do not wash the inside of the bird unless you have broken any part of the entrail when cleaning it. If, unfortunately, you have done so, then it may be washed inside but must be thoroughly dried afterwards.



SKEWERING WINGS AND LEGS OF FOWL FOR ROASTING.

- Chop off the ends of the claws and the points of the pinions.
Having cleaned the fowl thoroughly it is now ready for trussing.
Have ready some suitable skewers and string, or if it is not intended to use skewers, have the trussing needle at hand.
Lay the fowl on the table with the tail towards you, and twist the ends of the wings under the back.
Take a skewer long enough to go through the bird, in your right hand, and secure the pinions by passing it through the first joint of the one on the right side.
Push the leg well up close to the side, then pass the skewer through it also.
Now let the skewer go through the body, and as it comes out on the other side, let it pass through the leg and pinion on the left side.

Next, to fasten the legs, pass a skewer through a piece of the loose skin of the back, then through the first joints of the legs, then through a piece of the loose skin on the other side.



SKEWERING LEGS OF FOWL FOR ROASTING.

Fold the loose skin of the neck neatly over the back, and fasten with a small skewer.

Now take a lighted taper and give the bird a final singeing so that there may be no stray hairs left.

Some people like the liver and gizzard put in the wings, but nowadays it is not usual to do so, as the liver is so useful for making up into many savoury dishes.

If the liver and gizzard are required with the fowl, cleanse them thoroughly and split the gizzard in half.

Make a slit in the skin on the inside of the wings and put the liver in one and the gizzard in the other. This is done before twisting the pinions under the back.

The Trussing Needle.

The trussing needle is used instead of skewers.

Fold the wings under the bird as for trussing with skewers.

Thread the needle with strong white twine.

Take hold of both the thighs firmly with one hand and push the needle through the thighs and body as in the illustration.

Draw the string through, and then arrange the legs straight by the sides of the fowl.

Pass the needle under the joint of the wing nearest to where it came out of the leg, then through the thick part of the wing.

Draw the flap of the neck tightly down and put a stitch through to secure it to the back.



FOWL READY FOR ROASTING.

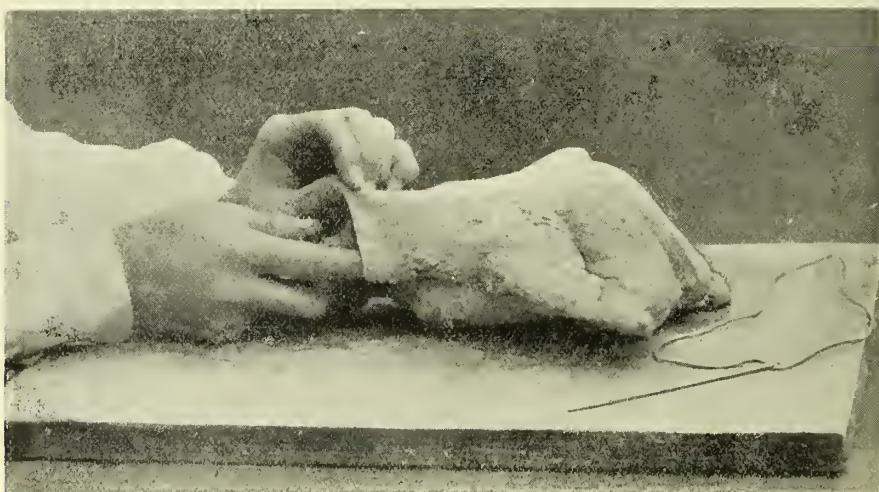
Then pass the needle through the thick part of the other wing and out through the joint.

Press all the joints down neatly into their places and draw the string tight. Tie the two ends firmly together.

Fix the legs in position by passing the needle through a leg, just below the first joint (the joint where the claw joins the leg), then through the loose skin just above the vent, then through the loose skin on the other side, and through the other leg. Finally pass it through the back, bringing the needle out and then into the back again.

Draw the string tight, tie the ends firmly and see that both the bows are on the same side of the fowl as that makes it so much easier when they come to be removed.

Fowls for boiling, also pigeons, are trussed with needle and string.



TRUSSING FOWL FOR BOILING—LOOSENING THE SKIN OF THE LEGS.

Trussing a Fowl for Boiling.

Twist the wings under the back in the same way as for roasting. Cut the legs off at the knee, and, with the finger, loosen the skin from the legs thoroughly.

When the skin is quite free push the legs right back into the body, and tuck the ends quite out of sight under the skin apron. Make a slit in the flap, and pass the tail through.



DRAWING SKIN OVER THE LEGS OF FOWL.

Secure the wings in their place by passing a trussing needle and string through the wing and leg on one side, then out at the other. Then pass it back again through to the other side, the strings about one inch apart. Tie the two ends of the string firmly. Fasten the flap of the neck on the back with a stitch, and tie it. Livers and gizzards are never put into the wings of poultry for boiling.



SHOWING POSITION OF PINIONS.

Make the bird look as plump and smooth as possible.
Always try to get a white fleshed fowl for boiling, as the darker
coloured ones do not look nearly so nice.



FOWL TRUSSED FOR BOILING.

Trussing a Turkey.

This is done in the same way as with fowls, only that the legs are broken just above the feet, and the sinews must be drawn, otherwise the legs will be uneatable.



TURKEY READY FOR SKEWERING.

To draw the sinews, pass a hook through the leg (where it is broken), between the sinews and the bone, then pull the bird firmly with all your strength.



TURKEY WITH WINGS SKEWERED.

It is best to choose a hook rather high up on the wall, as the sinews are sometimes very hard to draw, and it comes easier if you can bring your weight to bear as well.

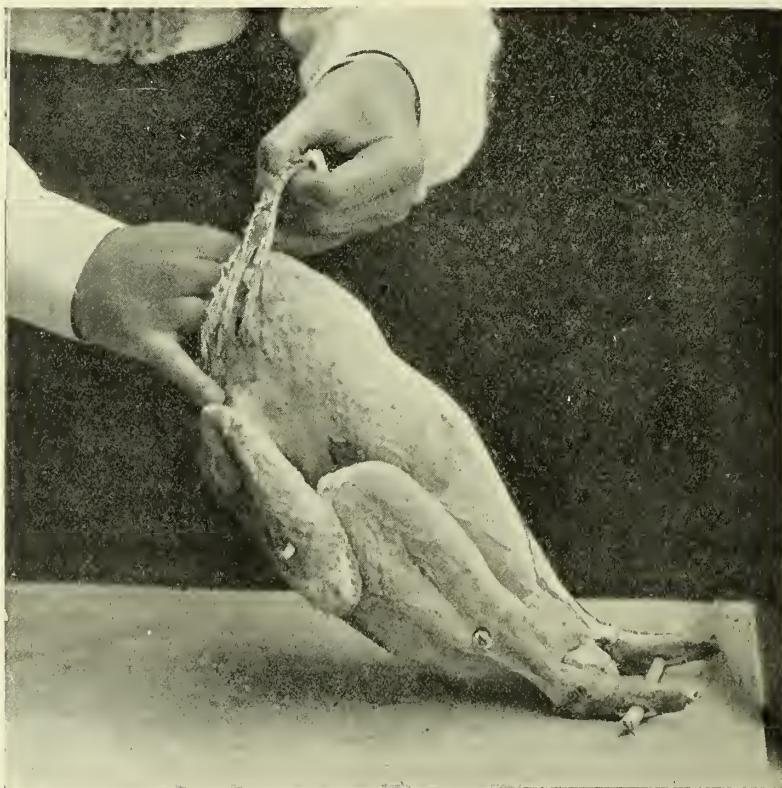


TURKEY SKEWERED READY FOR STUFFING.

Chop off the feet, leaving about two inches and a half of the dark part of the leg on.

Scald and skin the latter.

Clean the liver and gizzard, cut a slit in the skin of the wings, and put them in.



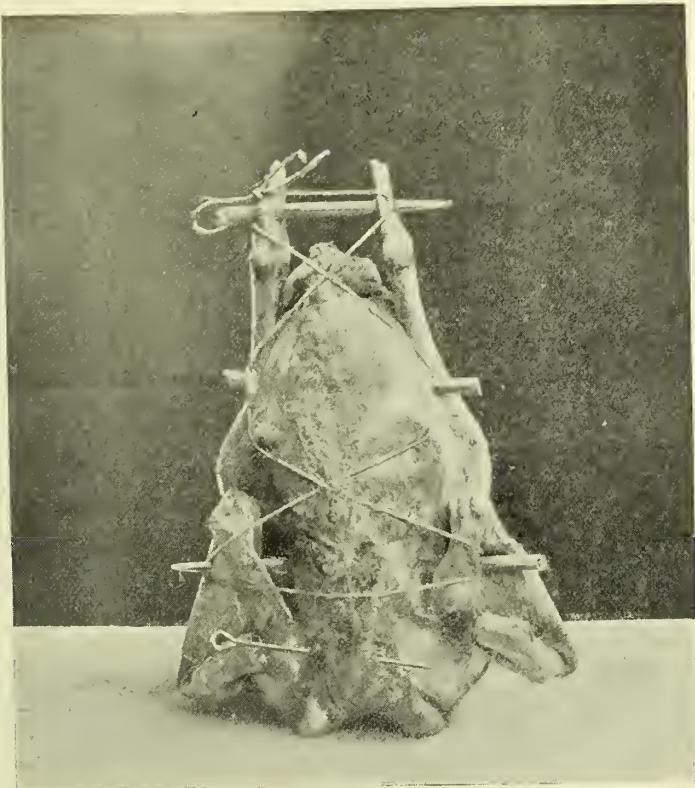
STUFFING TURKEY.

Twist the wings under the back of the bird, press them well in, and skewer firmly.

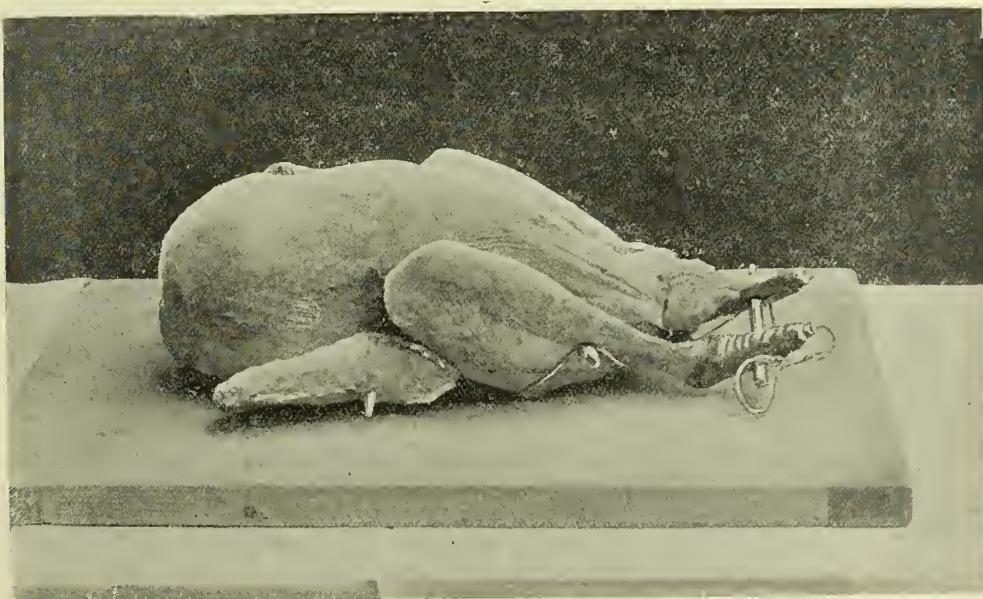
Press the legs firmly in also, and skewer these through at the first joint, right through the body.

Skewer the legs again at the last joint.

Three large and strong skewers are required for the foregoing.



TURKEY, SHOWING METHOD OF STRINGING.



TURKEY TRUSSED READY FOR ROASTING.

Now put the stuffing in the breast (through the neck opening), and afterwards draw the skin over on to the back, and fasten it with a small skewer.

Take a long piece of stout string, and wind it across the back, from skewer to skewer, as shown in the illustration, so as to keep the trussing thoroughly firm.

Trussing a Goose.

Pluck, singe and draw the goose.

Chop off the neck close to the body, leaving a good piece of skin to fold under.



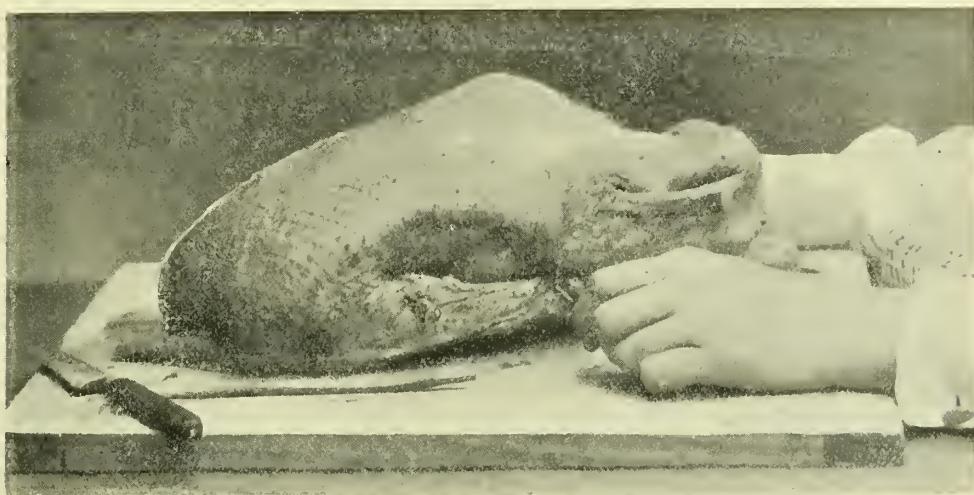
SKEWERING PINIONS OF GOOSE.

Chop off the two end pinions of the wings, so that there is only one joint left on each.

Cut off the legs at the first joint.

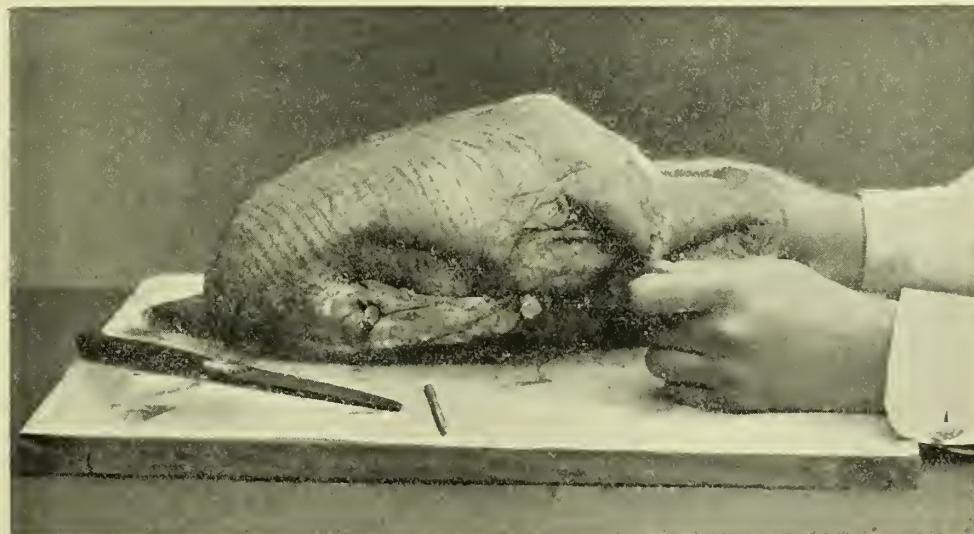
Pass a skewer through one wing, then through the body, and out through the other wing.

Pass a second skewer through the end of the wing joint, through the thick part of the leg, and out on the other side in the same way.



SKEWERING PINIONS AND LEG OF GOOSE.

To fasten the legs, pass a skewer through a piece of the loose flap of skin, then under the first joint of the leg, through the body, under the other leg, lastly, through the flap skin of the other side.

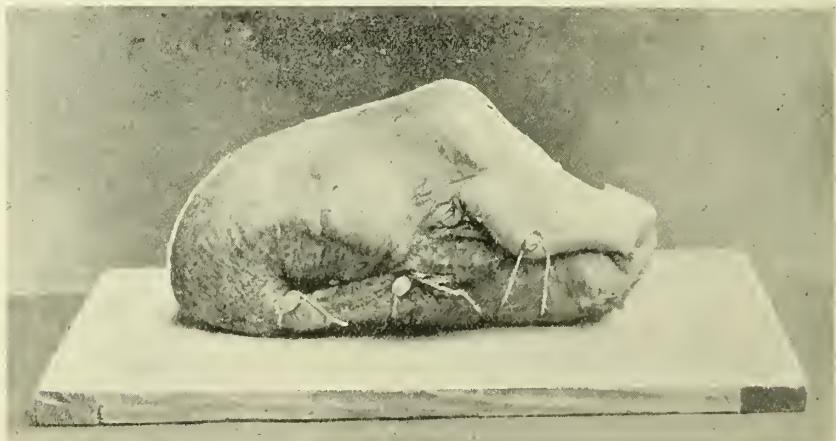


SKEWERING FLAP OVER LEGS.

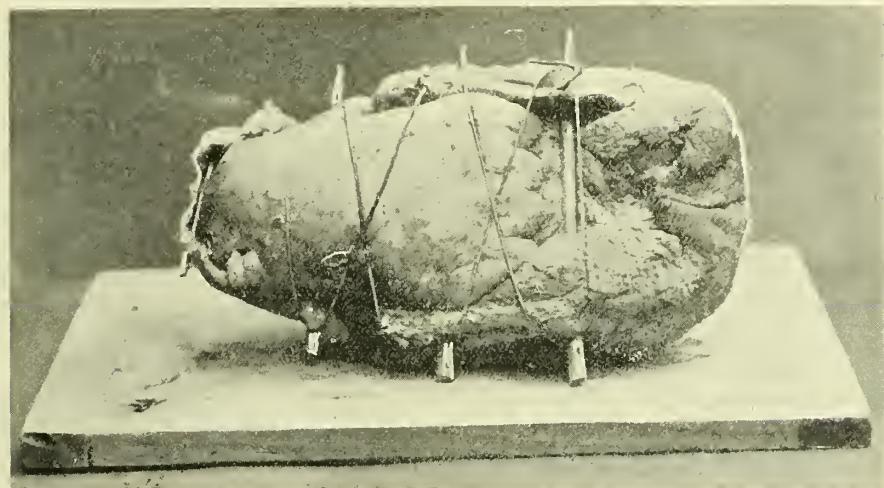


GOOSE READY FOR STUFFING.

Cut off the end of the vent, and make a hole in the skin large enough for the tail to be passed through, and fasten with a small skewer. This latter is done after the seasoning is put in. Then string the bird as shown in the illustration to keep all secure.



GOOSE READY FOR ROASTING.



GOOSE, SHOWING METHOD OF STRINGING.

Trussing a Duck.

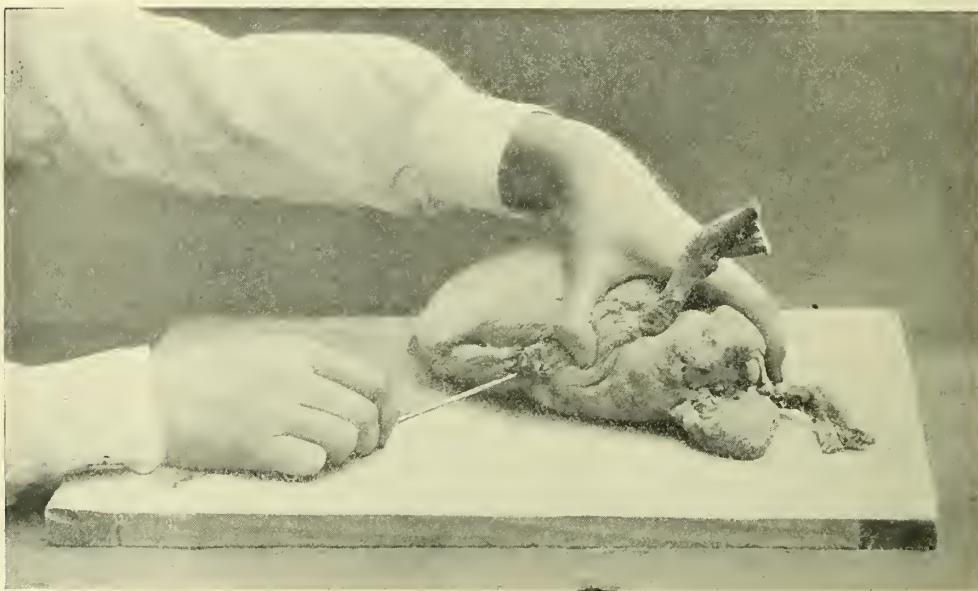
Cut off the two joints of the wings, and skewer the wings the same as described with geese.

Scald and skin the feet.

Press the legs close into the sides, and fasten them with a skewer.



DUCK READY FOR TRUSSING.



SKEWERING LEG AND PINION OF DUCK.



TWISTING LEGS OF DUCK.



DUCK READY FOR ROASTING.

Twist the feet round, and spread them out over the back.
Stuff the duck, and finish off as described with geese, but only one string is required to keep the pinions secure.



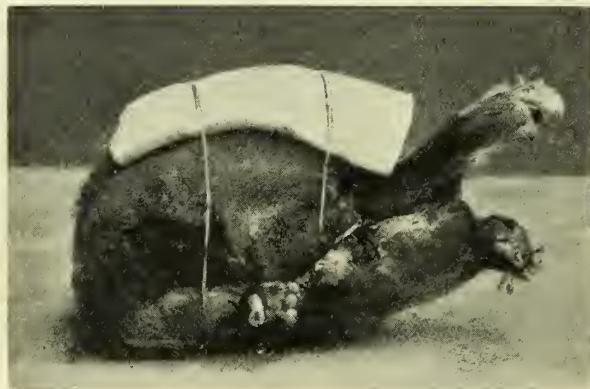
DUCK, SHOWING LEGS TWISTED UNDER.

Trussing Grouse.

Pluck the birds, and draw them.
Cut off the first two joints of the wings, leaving but one joint on each.

Press the legs down firmly to the sides, between the side bone and the breast.

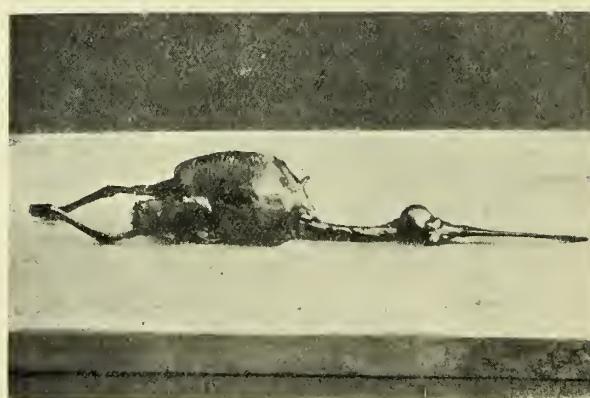
Pass a skewer through the wing, then through the thigh, through the body, and through the other thigh and wing.



GROUSE TRUSSED READY FOR ROASTING.

Pass a piece of string round each end of the skewer, cross it over the back, bring it up, and tie the two legs together with it.

Tie a piece of bacon or buttered paper over the breast.



SNIPE READY FOR TRUSSING.

Trussing Snipe.

Pluck the birds as gently as possible, that the skin may not be broken.

Do not draw them.

Skin the neck and head, and wipe the bird well with a damp cloth.



TWISTING LEGS OF SNIPE.

Twist the legs right round, so that the feet come close in to the body.

Bring the head round, and tuck the beak under a wing.

Skewer the wings, and be very careful to truss the heads all one way.

Woodcock are trussed in the same way, though, if preferred, the beaks may be passed through the thighs, right through the body.



SNIPE, SHOWING BILL PASSED UNDER WING.

Lay them on slices of well-buttered toast before roasting, so that the trail may drip on to it.

It is also best to tie a strip of fat bacon over the breast to keep it moist.

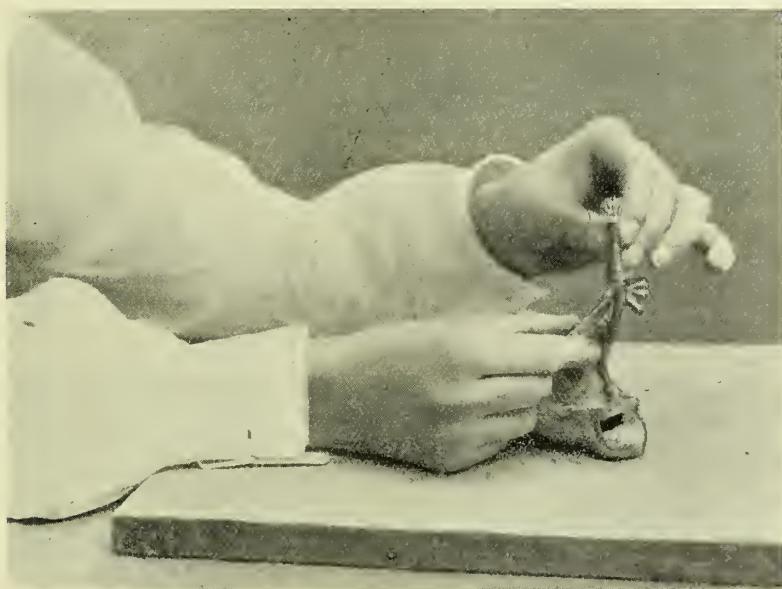


SNIPE READY FOR ROASTING.

Trussing Pigeons.

Pigeons should, if possible, be plucked and drawn as soon as they are killed. Then wash them thoroughly, and wipe perfectly dry.

Cut off the head and neck close to the body, and chop off the toes at the first joint.



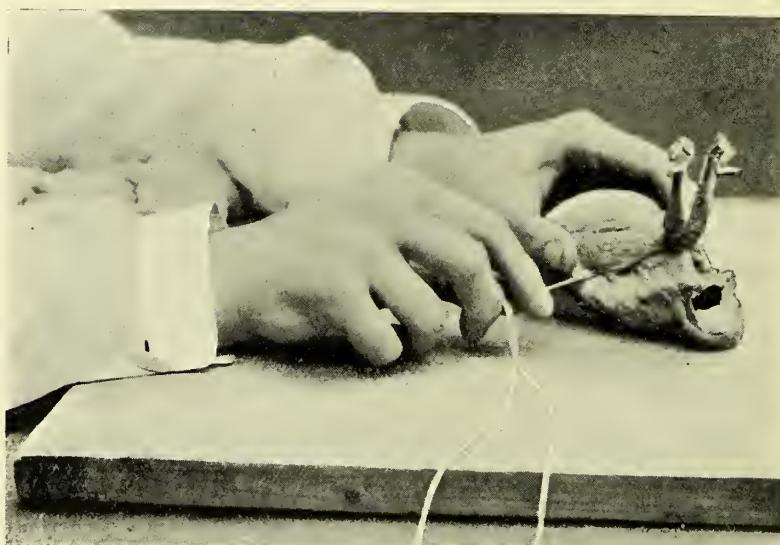
TRUSSING PIGEON—PASSING ONE LEG THROUGH THE OTHER.

Cross the legs by cutting a slit in the skin of one and passing the other through it.

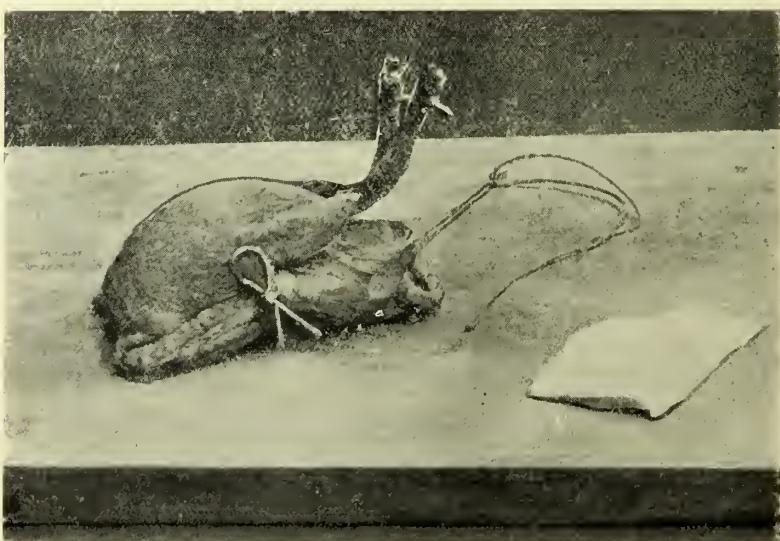
Pass a trussing needle and string through the pinions and legs, and bring it out at the other side.

Pass it back again, and bring it out near where it first entered.

Tie the two ends of the string firmly.



TRUSSING LEGS OF PIGEON.



PIGEON TRUSSED FOR ROASTING.

Put buttered paper or bacon on the breast. This should be done with most small birds to keep them moist.



PIGEON READY FOR ROASTING.

Trussing a Partridge.

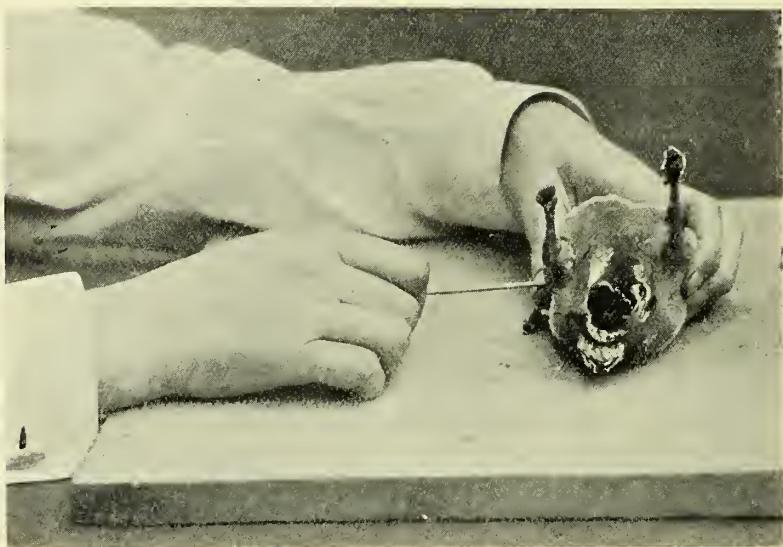
Pluck and singe the bird, and draw it. Then wipe it well, inside and out.

Press the legs as much as possible in under the breast, between it and the side bones, in order to make a nice plump breast.



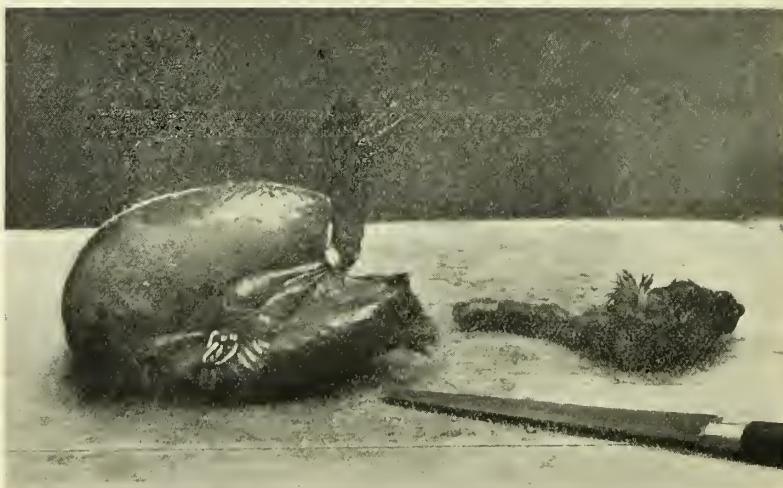
PARTRIDGE READY FOR TRUSSING.

Pass a skewer through the pinions and legs, to keep them in place. Tie the legs together, but do not cross them.



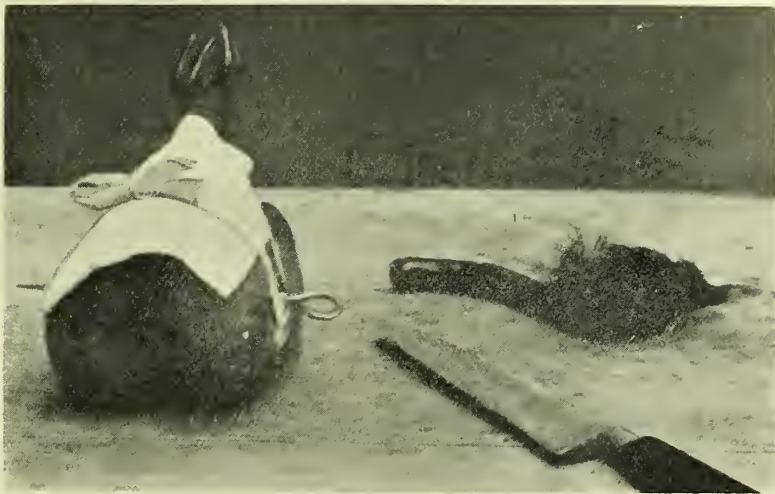
SKEWERING LEGS OF PARTRIDGE.

Cut a square of fat bacon large enough to cover the breast of the bird.



PARTRIDGE TRUSSED FOR ROASTING.

Lay it on the breast; take a piece of tape, pass it round the point and the head of the skewer, bring both ends up on top of the bacon, and tie them firmly to keep the bacon in place. Melt about three tablespoonfuls of dripping and pour it over. This will prevent the bird getting too dry in the cooking.



PARTRIDGE READY FOR ROASTING.

Trussing a Hare.

Cut a small slit in one of the hind legs, just above the foot, then hang the hare on a nail by it.

Cut the skin round the leg, by the foot, and begin to pull it off gently, easing it with a sharp knife where necessary.

Do the other leg the same.

As the skin comes off be careful not to pull the tail off also. The tail is to be skinned, and left on.

Now pull the skin gently down, until it leaves the body, down to the forelegs.

Draw the fore legs out, and continue skinning until you come to the head.

Care must be used in skinning the head, and the skin may be eased off with a sharp knife.

Be sure not to cut the ears off, but skin them, and leave them on the head.



HARE BEING SKINNED.

When the skin is all off take down the hare, chop off the feet, and remove the eyes.

Next lay it on the table, cut a slit in the flap, paunch it, and wash the body thoroughly in luke-warm water. Dry it in a clean cloth.

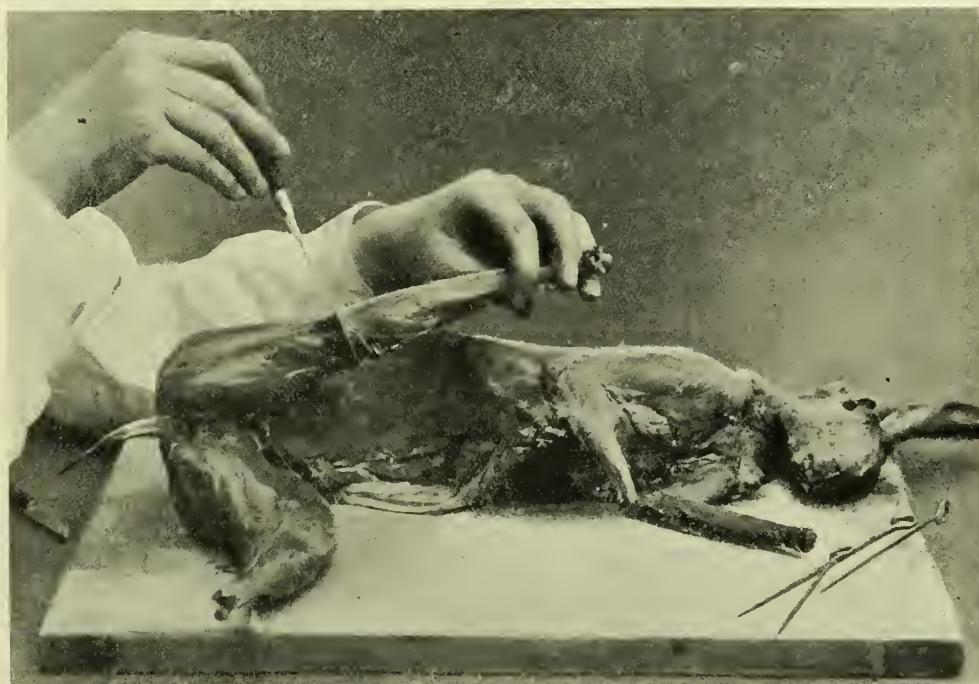
Now stuff it, and sew up the flap.

Cut the sinews of the hind legs.

Bring the fore legs towards the back, flat against the sides, and skewer them.

Now bring the hind legs forward flat against the front ones, and skewer them.

Take the head, press it well back between the shoulders, and run a skewer down the mouth and into the back, to keep the head in position.

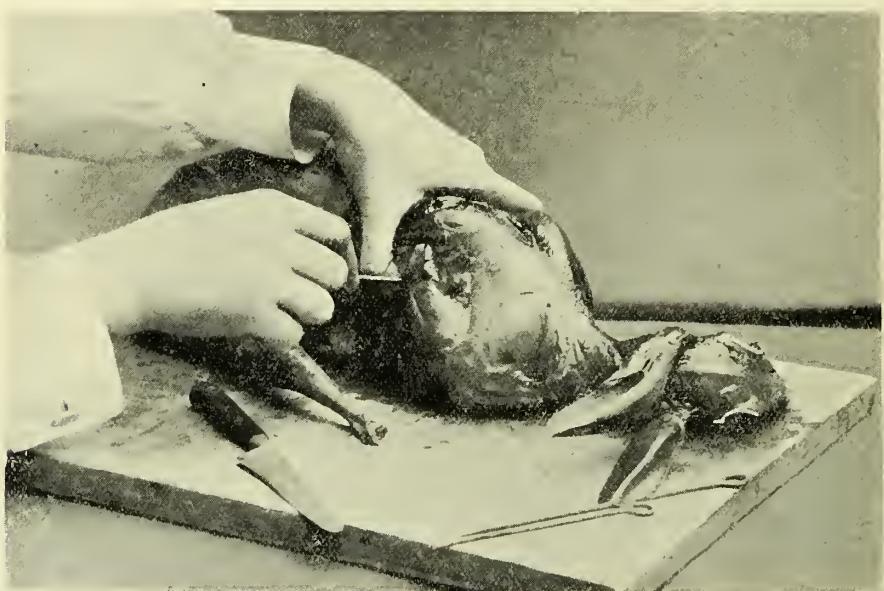


CUTTING SINEWS OF LEGS OF HARE.

Take a small skewer, curl the tail up on to the back of the hare, and fasten it there.

Pass a piece of string round the end of each skewer, and tie on top of the back, so as to keep the legs well pressed to the body.

Butter a piece of paper and tie it over the head of the hare, like a hood, to protect the ears from burning.



SKEWERING FORE LEGS OF HARE.



SKEWERING HIND LEGS OF HARE.



SKEWERING HEAD OF HARE BACK.



HARE TRUSSED FOR ROASTING.

Trussing a Rabbit.

Rabbits should be paunched as soon as they are killed. Skin them in the same way as a hare, and wash well in several waters.



RABBIT READY FOR TRUSSING.

If for roasting, a rabbit is trussed in the same way as a hare, only, if preferred, the ears may be cut off.



SKEWERING LEGS OF RABBIT.

For Boiling, cut the first joints off the legs.

Then split the rabbit on the inside by the tail, so that it opens out flat.

Bring the hind legs forward and the fore legs back.



RABBIT TRUSSED FOR BOILING.

Bring the head round to one side.

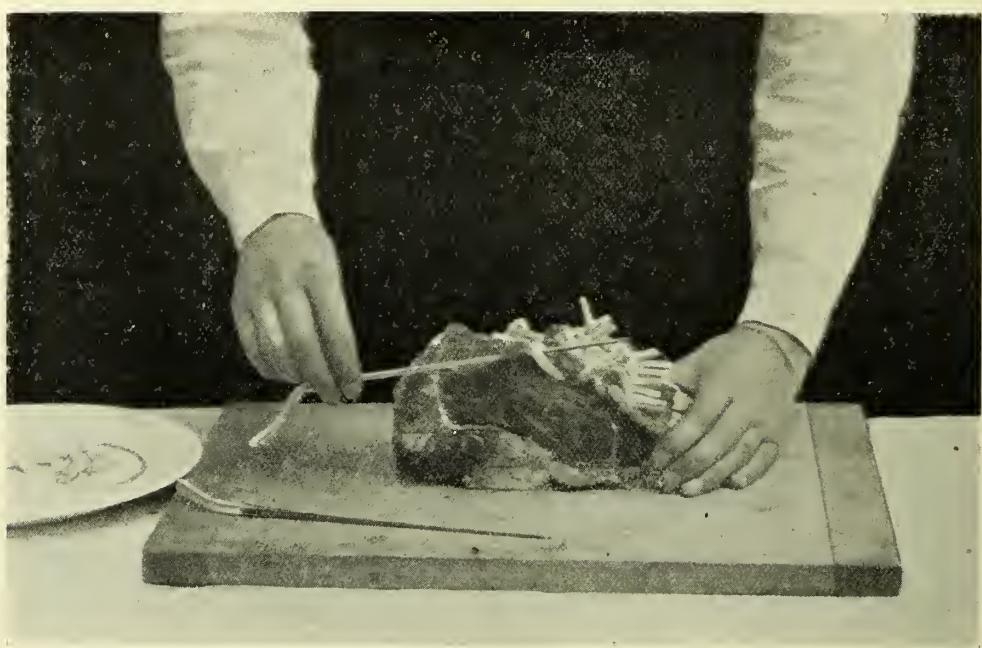
Run a skewer through the head, through a fore leg and a hind leg (one laid over the other), through the body, and out through the two legs on the other side.

Larding.

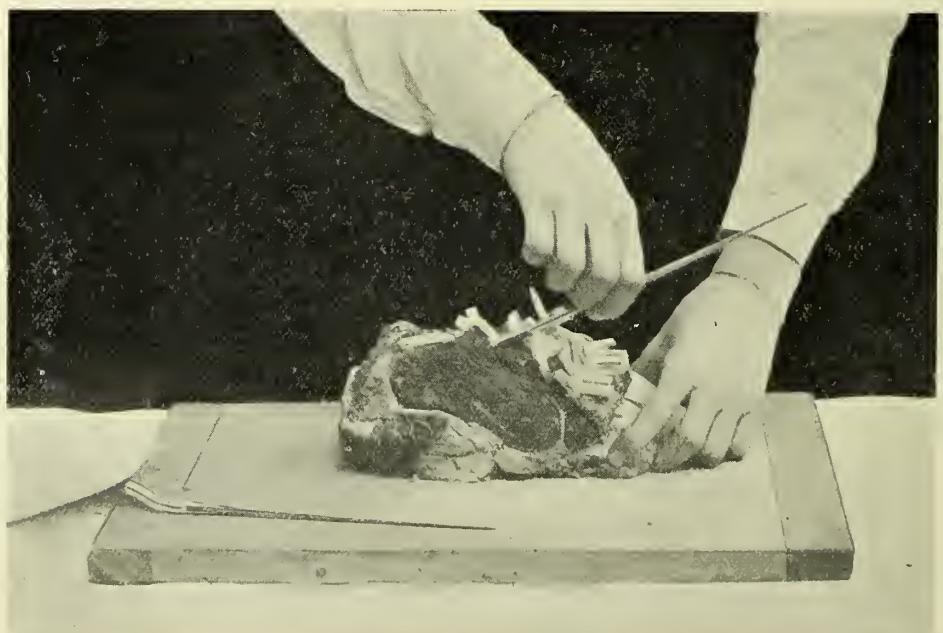
All that is required for this is a larding-needle and some fat bacon. The bacon should have been cured without saltpetre, as this reddens the meat. And it should be quite firm.

Lay it on the table, rind downward, and cut it in slices, parallel with the rind, rather more than one-eighth of an inch thick.

Then cut the slices again, so as to form strips rather more than one-eighth of an inch thick both ways. These strips can be cut into pieces a little over two inches long.



LARDING.



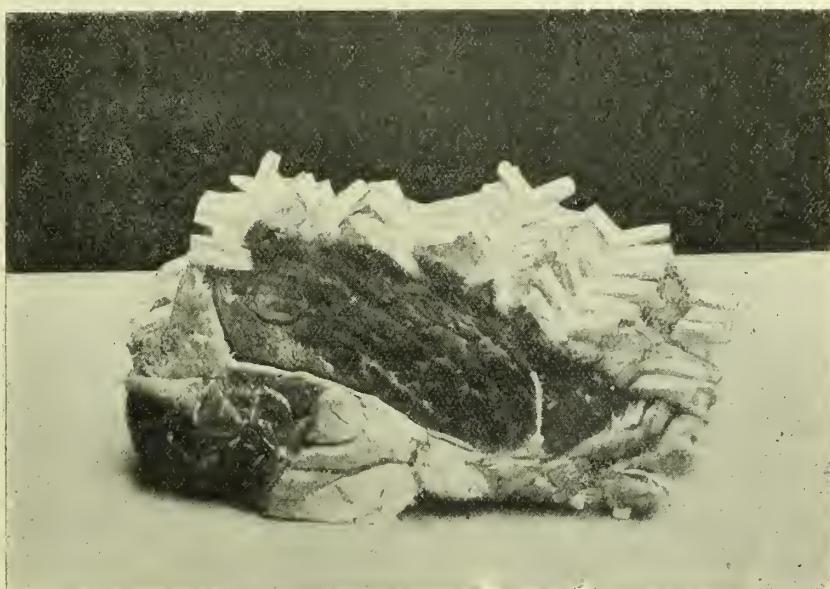
LARDING.

This is the general size for larding fillets or sweetbreads. Larger joints, or large birds, should have rather larger lardons, while smaller ones should be used for small birds.

If the bacon is not firm lay the lardons on ice to stiffen.

Take the fillet, or whatever is to be larded, and hold it in a cloth.

Put a piece of the bacon fat (a lardon) into the larding-needle, as far as it will go.



LARDED FILLET OF BEEF.

With a skewer, draw a line across the top of the fillet.

Insert the needle into the meat about a quarter of an inch on one side of the line and push it out again a quarter of an inch on the other side of the line.

Draw the needle through, and the lardon which follows it, until there is about half an inch of bacon exposed on each side of the line, then release the lardon from the needle.

Put in the next lardon half an inch further on, and so continue until right across the meat.

When that line is finished draw another, leaving an inch between the lines, and lard this in the same way, only that the lardons must be brought out just at the side of where the others go in.

Keep the lines as neat and as even as possible.

After all is finished, trim the ends of the lardons neatly with a pair of scissors, so that all are the same length.

It is not necessary to always use only bacon fat. Sometimes strips of lean ham or tongue are used as well.

If the larding is to go right through the meat larger needles and longer strips of bacon must be used.

Never have the bacon too large for the needle, as it may break or pull out before it is through the meat.

Icing a Cake.



ICING A CAKE. NO. I.

See that the cake is free from crumbs.

Stand it on a reversed plate, so that the bottom edge of the cake can easily be got at.



ICING A CAKE. NO. 2.

Spread it over with a thin layer of royal icing (see Index for Royal Icing), smoothing it with a broad flat palette knife, which must be frequently dipped into boiling water.

When all the cake is covered let the icing set quite hard.

Then spread it with another layer in the same way, and let this harden also.

Have ready two or three icing-bags, with different designs of pipes in them, and different coloured icings.

Mark the centre of the cake, and arrange the icing in any design you may like.

Let the icings set quite hard before the cake is touched.

The bottle shown in the following illustrations contains carmine, with which the icing in one of the bags has been coloured.



ICING A CAKE. NO. 3.

This illustration shows the arms resting on the table. This position is not correct: a dull day and a long exposure for the photograph made it necessary. The correct position is shown in the next illustration.



ICING A CAKE. NO. 4.



ICING A CAKE. NO. 5. THE FINISHED CAKE.



ICING A CAKE. ANOTHER FINISHED CAKE.

RECIPES OF SEPARATE DISHES.

As mentioned at the conclusion of the menus, it is now necessary that a variety of the most useful and tasty dishes be given under separate headings, and these will commence with a few hors-d'œuvres. It is not intended to let these dishes or preparations be a mere repetition of those already given in the menus. They will be found to consist of fresh information, and repetition will only be seen to occur where certain recognised or well-known dishes must be included to make the information complete.



Hors-d'œuvres.

Only a few of these are given, as it is only at larger or more ceremonious dinners than this book treats of that they are generally provided. However a few suggestions and recipes may not be out of place.

The simplest hors-d'œuvre that can be served is oysters. These are served on the flat half shell, three or four on a plate to each person.

Accompanying these should be a quarter of a lemon on each plate; whilst thin brown bread and butter is placed handily down the table.

Smoked sausage of several kinds, cut in thin slices and prettily garnished, can also be used.



PRAWNS & WATERCRESS.



FRIED FILLETS OF PLAICE.

Smoked sardines, or the ordinary sardines in oil serve the purpose.

Olives also figure amongst appetising or palate stimulating trifles.

All these are arranged in pretty little china dishes, with small French radishes.

Several of the recipes given under the heading of Savouries (later in this book) can be used as hors-d'œuvres.

Prawns and Watercress.

Order a sufficient number of prawns, allowing about six to each person.

Remove the shells from the body only, leaving on the heads and tails.

Arrange them round the edges of finger-bowls, the tails hanging over the outside and the heads on the inside.

Wash some watercress and arrange a bunch neatly in the centre of each bowl.

Stand a bowl in front of each person.

(See COLOURED PLATE No. 25.)

Caviar on Toasts.

Cut some slices of stale bread a quarter of an inch thick.

Toast them evenly.

When cold spread them over thinly with fresh butter.

Then spread over a layer of caviar.

Cut the slices into neat squares about two inches each way, and sprinkle over the top with a little coralline pepper.

Serve each on a small square dish paper, rather larger than the square of toast, and arrange on a dish side by side.

Olives Farced with Anchovies.

12 olives.

12 croûtons of bread,
as described.

6 anchovies.

Butter.

Lemon juice.

Cayenne pepper.

Sprigs of tarragon.

Montpelier butter, as
described.

Wash and bone the anchovies.

Pound the flesh in a mortar with a few drops of lemon juice and a dust of cayenne pepper.

When pounded quite smooth rub the paste through a fine hair sieve.



OLIVES FARCED WITH ANCHOVIES.

Cut three or four slices from a stale tin loaf, about one-eighth of an inch thick.

Cut them out into rounds with a plain cutter one and a half inches across.

Fry these a very pale golden colour in clarified butter.

Turn the olives.

Put the anchovy purée into a small forcing bag, with a small rose pipe, and force it out into the centres of the turned olives.

Stand a farced olive in the centre of each croûton.

Fill a small icing bag, having a small rose pipe, with Montpelier butter.

Force out small roses of this round the base of each olive, to keep it in place, and force out a small rose on top of each.

Stick a very small sprig of tarragon in the centre of each olive.

Place these on small glass, silver, or china hors-d'œuvre plates, the olive standing on a very small round lace paper.

Serve one to each person.

For the Montpelier Butter.

1 sprig of tarragon.	1 hard-boiled yolk	1 anchovy.
1 sprig of chervil.	of egg.	Coralline pepper.
2 sprigs of watercress.	3 oz. of butter.	

Blanch the tarragon, chervil and watercress.

Strain and dry them thoroughly.

Put all into a mortar with the other ingredients, including the anchovy, which should be filleted first.

Pound all well together, seasoning it with coralline pepper.

Rub through a hair sieve.

Then set in a cool place until required for use.

If it is not a good green colour add a very little of Marshall's apple-green during the pounding.

Croûtes à la Campagne.

4 oz. of tongue.	1 hard-boiled yolk	A few drops of carmine.
1½ oz. of butter.	of egg.	
1 gill of cream.	A dust of cayenne.	Croûtons of bread.

Chop the tongue finely.

Keep back half an ounce of this for garnishing.

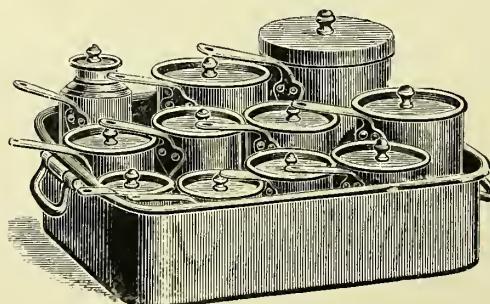
Put the remainder into a mortar with the hard boiled yolk of egg, a dust of cayenne pepper, a few drops of carmine and the butter.

Pound them well and then rub through a fine hair sieve.
 Fry about eight croûtons of bread, one inch and a half in diameter.
 When cool spread them with the tongue purée.
 Whip the cream stiffly and put it into a forcing bag with a second
 size rose pipe.



CROÛTES À LA CAMPAGNE.

Force a rose out on the top of each croûton.
 Sprinkle with a little of the finely chopped tongue.
 Arrange on small lace papers, then either on hors-d'œuvre plates or
 on one dish.
 Keep on ice, if possible, until required, or in the coolest place
 available.



BAIN-MARIE PAN WITH GRAVY AND GLAZE POT COMPLETE.

STOCKS AND SOUPS.

IT is very desirable that a dinner commence with soup, however modest the meal may otherwise be.

Soup is food of a distinctly nutritious character and, what is very important, it stimulates digestion. With many this becomes desirable from the fact that, the digestive organs being weak, a heavier or more substantial food should be led up to, so to speak, and not be taken first. Of course soup is an essential feature in a party dinner, and if the meal be of an elaborate character it may have hors-d'œuvres to precede the soup.

It is not at all necessary to obtain special materials to make soup for an everyday dinner. There are many parts of meat, vegetables, etc., that it can be prepared from, and which would be otherwise useless, therefore soup may be made a very economical detail in the meal.

Trimmings of cold meat, a knuckle bone, the carcase of a roast fowl and the like are all suitable; but, failing these, excellent soups can be made from vegetables, without meat, such as artichoke soup, pea-soup (both green and dried) and many others.

First we may take soups made from meat. For all good clear soup, suitable for a dinner party, keep a special cloth to strain them through; an inexpensive dinner napkin is a good thing, but for ordinary soups a fine hair sieve answers very well.

The foundation of meat soups is Stock, either brown or white; also a fish stock, which is white, and forms the basis of all fish soups.

Always strain any stock overnight. Never leave it in a saucepan at night, firstly because it makes it unwholesome, and secondly because it spoils the taste of the soup.

The trimmings and parings of vegetables such as carrots, parsnips, celery, leeks, mushrooms, tomatoes, etc., all serve perfectly well for flavouring, but they must first be washed thoroughly in slightly salted water.

General Rules on Making Stock.

Break the bones up quite small and remove any fat.

Always put the meat or bones on in cold water, rainwater if possible, to draw out the goodness.

Bring to the boil gently, removing all the scum as soon as it rises. To facilitate this a cup of cold water can be added when it has come to the boil. This will cause the scum to rise quickly.



STOCK-POT.

When the scum is removed allow it to just boil again, then add the vegetables and seasoning. Draw to the side of the stove and simmer gently for five or six hours.

Always strain the stock, through a fine sieve, as soon as it is done.

In most houses good cooks will rarely have to buy meat for stock. There are generally plenty of bones and scraps or trimmings



EARTHENWARE STOCK-POT FOR MARMITE SOUP.

of meat which do perfectly well for soups for every-day dinner. Of course care must be taken that the bones, etc., are not tainted or sour.

The exact quantities of seasoning cannot well be given, but it is always better to underseason than to overdo it. It is decidedly easier to add than to take away, and soup overdone with either pepper or salt is quite uneatable.

The fat from the top of stock can always be clarified and used for frying.

If the meat intended for stock is fat it is well to boil it first, just in plain water, then the fat that is taken off when cold is excellent for pastry or plain cakes. When the fat has been removed, vegetables and seasoning can be added and all boiled up in the usual way.

Never throw away the water that poultry, meat, bacon, onions,

carrots or parsnips have been boiled in. They all come in for flavouring stocks. Even the water that fish has been boiled in can be used for any kind of fish soup.

As previously stated a hair sieve answers quite well for straining every-day dinner soups, but for clear soups for a dinner party a special cloth should be kept, an inexpensive dinner napkin being a very good thing.

Never leave stock in a saucepan at night. Strain it up, otherwise it will be unwholesome and of bad flavour.

There are practically four kinds of stock.

Clear stock, which is generally made from beef and veal.

White stock, which is usually made from veal, chicken or rabbit bones.

Brown stock, made from cooked meat bones.

Fish stock, made from the trimmings and bones of fish.

Then there are meat boilings and second stocks which do very well for any soups where there are plenty of good vegetables, etc., pea, potato, or artichoke soup being excellent made with this.



Good Stock for Clear Soups.

(The basis of all Consommés.)

6 lbs. of shin of beef.	5 quarts of water.	1 dessert-spoonful of salt.
2 carrots.	4 cloves.	Any roast game or poultry bones.
1 turnip.	10 peppercorns.	A piece of bacon rind.
1 stick of celery.	A bunch of herbs (bay leaf, thyme and parsley).	
3 onions.		
2 tomatoes.		

Average cost, 1*s.* 6*d.* per quart.

Wash the vegetables well.

Peel the onions, carrots and turnip,

Cut them all up into pieces about one inch and a half square.

Tie the herbs and spices in a piece of muslin.

Cut the meat up into quite small pieces, keeping back any of the fat.

Put the meat into a large stewpan, with the cold water.

If possible let it stand for half an hour.

Then add the bones, bacon rind, vegetables, herbs, seasoning, etc.

Put the stewpan on the stove and bring it to the boil.

Directly it comes to the boil add half a cup of cold water to make the scum rise.

Skim well and then simmer gently for five or six hours.



INGREDIENTS FOR CLEAR STOCK.

Remove the scum as it rises while simmering.

When done strain through a hair sieve and leave until the next day.

When quite cold remove every particle of fat, and clarify.

This is the basis of all Consommés.

If preferred the shin of beef may be 4 lbs. with 2 lbs. of knuckle of veal added.

The method of clarifying this stock is described on page 290.

White Stock.

(The basis of White Soups.)

4 lbs. of white meat (such as veal, rabbit or chicken).	2 blades of mace. 6 white peppercorns. 1 teaspoonful of salt.	A small strip of lemon peel, pared very thinly.
3 onions. $\frac{1}{2}$ stick of celery.	A sprig of lemon thyme.	A pinch of cayenne pepper.

Average cost 10d. per quart.

An old fowl does very well for this stock.

Cut the meat up in small pieces.

Also cut the vegetables up small.

Put all the ingredients into a saucepan and cover well with cold water.

Bring to the boil and skim well.

Draw to the side of range and simmer gently for several hours,
not omitting to skim as required.

Then strain, and when cold remove the fat.

This is the basis of white soups.

Brown Stock, from cooked meat.

(May be used as the basis of thick Brown Soups.)

4 lbs. of cooked meat bones or trimmings.	2 oz. of clarified fat.	1 dessert-spoonful of salt.
1 large carrot.	1 stick of celery.	2 blades of mace.
2 onions.	$\frac{1}{2}$ lb. of mushrooms.	1 bunch of savoury
1 leek.	6 cloves.	herbs (parsley, bay-leaf and thyme).
1 turnip.	12 black peppercorns.	

Average cost, 9d. per quart.

Wash and dry the vegetables well.

Slice them and put all into a stewpan with the clarified fat and
any trimmings of meat, and fry till a nice brown.

Add the bones (which must have been broken up quite small), also
the mushrooms (stalks and skins only will do equally well if
washed in slightly salted water), the herbs, salt and spices.

Cover with cold water and bring to the boil.
 Skim well and simmer gently for several hours.
 Strain through a hair sieve.
 When cold remove every particle of fat.

Fish Stock.

(The basis of Fish Soups.)

2 lbs. of raw fish bones or trimmings.	A blade of mace.	2 quarts of water.
1 onion.	A small strip of lemon peel, very thinly pared.	A bunch of herbs. A pinch of cayenne.
6 white peppercorns.		1 teaspoonful of salt.
		Average cost, 6d. per quart.

The lemon peel must be pared very thinly. If there is any white left on the peel it will give the stock a bitter taste.

Chop up the fish bones and skin and put them with all the other ingredients into a stewpan, with the cold water, and bring to the boil.

Skim well and simmer gently for several hours.

Strain and set aside till wanted.

Economical Stock, for general purposes.

Any meat bones and trimmings.	1 stick of celery. A bunch of parsley and thyme.	3 cloves. A blade of mace.
2 onions.		1 dessert-spoonful of salt.
1 carrot.	1 teaspoonful of black pepper.	Cold water.
1 leek.		

Average cost 4d. per quart.

Chop up the bones and put them with any trimmings of meat, either raw or roast, into a saucepan, together with the vegetables, herbs, etc.

A leg of mutton bone, or the bone of any joint, the trimmings of cutlets, a bone from bacon or a piece of bacon rind, all give a nice flavour to the soup.

Add the water that any soup vegetables have been boiled in, such as carrots, onions, celery, potatoes, etc., if you have it.
Cover the bones well with water and simmer for several hours.
Strain through a hair sieve.
When cold remove the fat.
Do not use potato water if the stock will be required for clear soup.

Second Stock, a foundation for Vegetable Soups.

This is made by reboiling the materials which the previous stocks have been made from. The materials are not quite exhausted of their goodness and nourishing qualities in making the first stock, although it is not intended to leave much goodness in them. They should have a little pepper and salt added and then be reboiled for some hours. Second stock is also used for gravies and sauces.

To Clarify the Stock for Clear Soups.

$\frac{1}{2}$ lb. of raw lean beef and 2 whites and shells of eggs to each quart of stock.

To every quart of stock allow half-a-pound of raw lean beef and the whites and shells of two eggs.

Mince the meat very finely.

Slightly beat up the whites and shells of the eggs.

Put the meat and the eggs into a perfectly clean stewpan.

Add the stock and mix up well together.

Bring to the boil gently, giving the mixture an occasional stir to prevent it sticking.

Simmer gently for a quarter of an hour.

Stand the stewpan at the side of the stove and then strain the contents through a perfectly clean soup cloth which has been dipped in scalding water and wrung dry.

This clarified stock is now ready for use and should be a pale straw colour. It is used as a foundation for all clear soups or consommés.

The soup cloth mentioned can be an inexpensive table napkin, which answers admirably. It should be kept entirely for soup and perfectly clean, otherwise the soup will be cloudy.



CLEARING AND STRAINING SOUP.

SOUPS.

There are three distinct classes of Soups viz. Clear, Thick, and a Purée.

The term Consommé always applies to clear soups, and these have various names according to the different garnishes used.

Thick soups are those that are thickened in some artificial way, either with yolks of eggs, rice-flour or such like.

A Purée is a soup which is thickened by rubbing the vegetables, such as peas, artichokes, etc., through a sieve. A purée

can also be thickened in this way with meat, hare soup being an example, and there are many others.

It will be seen that the following recipes commence with soups of an inexpensive character, suited for every-day dinners.

Carrot Soup.

2 quarts of weak stock.	$\frac{1}{2}$ a turnip. $\frac{1}{2}$ oz. of butter.	Salt Pepper } if required.
3 large carrots.	$\frac{1}{2}$ oz. of flour.	A saltspoonful of
1 onion.		castor sugar.

Average cost, 3d. per quart.

Wash and scrape the carrots and pare the turnip.

Cut the carrots, turnip and onion into thin slices.

For the stock the liquor that a leg of mutton or any piece of fresh meat has been boiled in, will do.

Put the cut vegetables into this and bring to the boil.

Simmer for two and a half to three hours or until the carrots are quite tender. (Old carrots take much longer than young ones.)

Then rub all through a hair sieve.

Mix the flour and butter together on a plate, with a knife, until they are quite smooth.

Put the soup on to reboil and add the flour and butter, and seasoning, if required.

Just before sending to table stir in a saltspoonful of castor sugar.

Pea Soup.

1 quart of weak stock. $\frac{1}{2}$ pint of split peas. 1 onion.	1 carrot. A crust of bread, about 2 oz.	Croûtons of fried bread. Dried mint.
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Average cost, 3d. per quart.

Put the split peas to soak in enough cold water to cover them, and let them remain all night.

Put the soaked peas on to boil in one quart of stock, with one onion, a carrot and the crust of bread.

For the stock the liquor that salt pork or salt beef has been boiled in, is suitable (if not too salt), in fact it is best. If you have no liquor of this kind then use ordinary weak stock and add some bacon bones or a ham bone, as pea soup is always improved by the flavour of salted pork.

Bring to the boil, and keep it well stirred, as it is very apt to stick. Simmer gently for two or three hours until the peas are quite tender. Then rub all through a hair sieve.

Re-heat and serve with croûtons of fried bread.

For the Croûtons.

Cut some crumb of bread into small squares about the size of dice. Fry them in butter or boiling dripping until they are a pale golden colour.

Drain them on a piece of paper so that they are quite free from fat.



FRIED CROÛTONS OF BREAD, FOR HANDING WITH SOUP.

Put a dish paper on a small plate, pile the croûtons in the centre and sprinkle well with dried mint which has been rubbed through a sieve to free it from stalks.

Potato Soup.

1 lb. of potatoes.	3 pints of weak stock.	Pepper. Salt.
1 large onion.	.	1 dessert-spoonful of
1 oz. of butter.	A teacupful of milk	finely chopped
1 oz. of flour.	or cream.	parsley.

Average cost, 6d. per quart.

Take one large onion, slice it finely and put it into a saucepan with one ounce of butter.

Cover and fry without browning for fifteen minutes, stirring constantly.

Add to this one pound of potatoes, pared and cut into slices, also three pints of weak stock.

Stir well until it boils, skim well and continue boiling till tender.

Rub all through a sieve.

Add pepper and salt to taste.

Put back into the saucepan and reboil.

Mix one ounce of flour with a teacupful of milk or cream.

Stir this into the soup.

Just before serving add one dessert-spoonful of finely chopped parsley.

Brussels Sprout Soup.

1 lb. of Brussels sprouts.	1 quart of white stock.	$\frac{1}{2}$ teaspoonful of castor sugar.
3 oz. of butter.	$\frac{1}{2}$ pint of milk.	Salt.
1 oz. of flour.	White pepper.	Soda.

Average cost, 5d. per quart.

Trim off all the outside or discoloured leaves of the sprouts.

Wash them well, and let them stand in a basin of cold salted water for about an hour; then drain them.

Have ready a saucepan three parts full of fast boiling water.

Put in a small dessert-spoonful of salt to each quart of water.

Add a very small piece of washing soda, not larger than a pea. Throw in the sprouts and boil fast for fifteen to twenty minutes. Be careful not to overcook them or their colour will be spoiled. Drain well and squeeze out as much moisture as possible. Now put the sprouts into a mortar, and pound them until they are quite smooth; then rub them through a hair sieve. Put this purée into a clean saucepan, stir in the stock gradually and season to taste with white pepper, salt, and half a teaspoonful of castor sugar. Bring it to the boil. Rub the butter well into the flour. Stir it into the soup until quite dissolved. Boil half a pint of milk in a separate saucepan. Just before serving the soup add the boiling milk to it. Serve with small croûtons of toasted bread. If it is not convenient to pound the sprouts, they can be merely rubbed through a sieve, but it adds to the smoothness of the soup if they are pounded first.

Spring Soup.

1 quart of stock.	1 tablespoonful each of	1 tablespoonful of rice.
$\frac{1}{2}$ teaspoonful of castor sugar.	shredded lettuce, carrot and turnip.	Pepper } if required. Salt

Average cost 6d. per quart.

The economical stock described will do perfectly well for this, but any better can be used if liked.

Wash the vegetables well.

Pare the turnip and scrape the carrot.

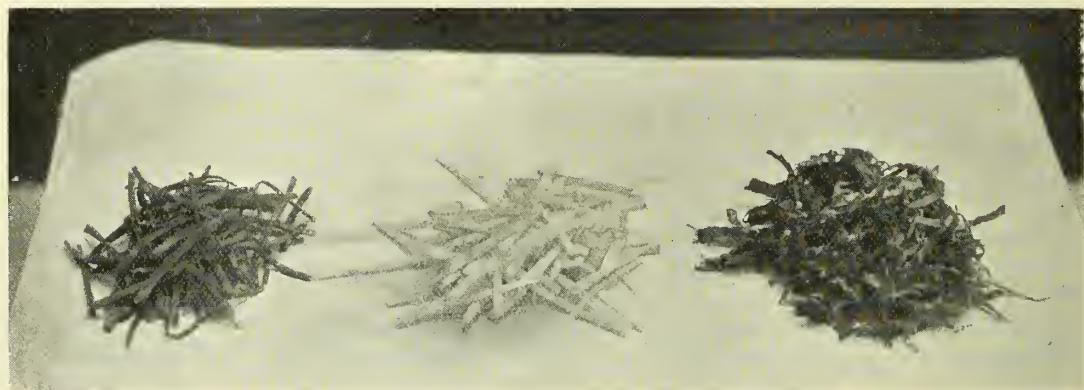
Then pare the turnip into thin ribands, like an apple is pared, only keep paring round and round until you have sufficient.

The carrot can be cut lengthways into thin slices.

Then cut both these into two-inch lengths, and then lengthways again into fine shreds about as thick as worsted.

Cut the lettuce into shreds the same length.

Add the rice and carrots to the stock and boil for fifteen minutes. Then add the lettuce, the turnip, the sugar, and the flavouring if required, and simmer till tender.



SHREDDED VEGETABLES.

Artichoke Soup.

2 lbs. of Jerusalem artichokes.
1 oz. of butter.
1 pint of second stock.

1½ oz. of flour.
2 tablespoonfuls of cream (optional).
1 small onion.
1 pint of milk.

1 blade of mace.
¼ teaspoonful of cayenne.
1 teaspoonful of salt.

Average cost, 6d. per quart.

Wash and pare the artichokes, keeping them under the water as much as possible while being pared.

As each one is done throw it into a basin of fresh cold water.

When all are pared, put them into a saucepan with sufficient cold water to just cover them, and add a little salt, also the onion, sliced.

Bring to the boil, then strain them.

Put on again in cold water and reboil; and let them cook until tender.

Now strain, and rub the artichokes through a fine sieve, using a wooden spoon for the purpose.

Boil the milk with a blade of mace and a quarter-teaspoonful of cayenne pepper.

Melt one ounce of butter in a saucepan large enough to contain all the soup.

Mix the flour in with the butter until quite smooth.

Then add, by degrees, the stock, milk and seasoning, and lastly, the artichoke purée.

Bring to the boil, and it is then ready to serve.

If a richer soup is required, add two tablespoonfuls of cream after it is taken off the fire. This is not absolutely necessary.

Small croûtons of fried bread, about the size of dice, should be handed with this soup.

Vegetable Marrow Soup.

1 vegetable marrow.	1 teaspoonful of salt.	1 pint of white stock.
1 small onion.		1 small tablespoon-
2 oz. of butter.	1 pint of milk.	ful of crème-de-
$\frac{1}{2}$ small teaspoonful of white pepper.	A blade of mace. A dust of cayenne.	riz.

Average cost, 6d. per quart.

Scrape a nice young vegetable marrow, and remove the seeds.

Cut it into pieces about three inches square.

Peel one small onion and slice it thinly.

Melt two ounces of butter in a stewpan, put in the vegetable marrow, onion, half a small teaspoonful of white pepper, and one teaspoonful of salt.

Put the lid on the stewpan, and let the contents cook gently at the side of the stove until quite tender.

Do not let them brown at all.

When quite cooked rub through a hair sieve.

Put one pint of milk on to boil with a blade of mace and a dust of cayenne pepper, then let it infuse for ten minutes.

Put the marrow purée back into a saucepan, add one pint of white stock to it, and bring to the boil.

Strain the milk into it, stirring all the time.

Mix a small tablespoonful of rice flour in a little cold milk or stock, and stir it into the boiling soup.

If too thick reduce it with a little more milk or stock.

The stock can be omitted altogether, and only milk used, if preferred.

Add a little more salt if necessary.

Serve with croûtons of fried bread.

Pumpkin Soup.

3 lbs. of pumpkin.	Pepper.	1 tablespoonful of
2 oz. of butter.	A grate of nutmeg.	flour.
Salt.	Milk.	

Average cost, 6d. per quart.

Peel the pumpkin and cut it into small squares.

Throw it into plenty of boiling salted water and boil until it is quite tender.

Strain, and rub the pumpkin through a hair sieve.

Boil about a quart of milk.

Melt two ounces of butter in a saucepan, and stir in the flour until smooth.

Add a very little grated nutmeg and a small teaspoonful of white pepper.

Pour in half the boiling milk by degrees, stirring all the time.

Add the pumpkin pulp and mix well.

Then add sufficient milk to make all the consistency of single cream.

Lastly add salt to taste, and more seasoning if required.

Cabbage Soup.

1 large cabbage.	2 large potatoes.	Pepper.
2 oz. of butter.	1 quart of milk.	Salt.

Average cost, 6d. per quart.

Wash a nice white cabbage well and let it remain in salted water for an hour.

Then rinse it, and afterwards shred it finely.

Melt two ounces of butter in the stewpan, put in the cabbage and stir until the cabbage has absorbed all the butter.

Add enough water to cook it, and stew till done.

Pare two large potatoes, and slice them thinly.

Add them to the soup.

When they are done smash them up in the soup to thicken it.

Season to taste with pepper and salt.

Add one quart of milk, boil up and serve.

Rice Soup.

$\frac{1}{2}$ teacupful of Patna rice.	$\frac{1}{2}$ pint of milk.	2 shallots.
1 $\frac{1}{2}$ pints of chicken or rabbit stock.	1 yolk of egg.	1 dessert-spoonful of chopped parsley.
	A small blade of mace.	Pepper. Salt.

Average cost, 6d. per quart.

Wash the rice and put it in a saucepan with sufficient cold water to cover it, and bring it to the boil.

Strain it and then wash it well in cold water.

Put it back into the saucepan.

Add the stock, sliced shallots, a little salt and pepper.

Boil until the rice is tender.

Rub all through a hair sieve.

Boil the milk with the blade of mace in it.

Rinse out the saucepan that the rice was boiled in, and put the rice purée back into it.

Take out the blade of mace from the boiling milk, and pour the milk on the rice purée.

Beat up the yolk of egg with a little cold milk.

Stir it into the soup just before sending it to table, and at the same time add the finely chopped parsley.

On no account let the soup boil after the egg is in, or the egg will curdle.

Mutton Broth.

6 mutton shank bones.	1 tablespoonful of rice.	2 quarts of water. Salt.
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Average cost, 8d. per quart.

Wash the shank bones in cold water.

Put them into a saucepan with cold water.

Just bring to the boil, strain them and wash well in cold water.

Now put them into a saucepan, with two quarts of cold water, one teaspoonful of salt, and, if liked, one tablespoonful of rice.

Bring to the boil, and simmer gently for five or six hours.

Strain through a coarse strainer, and skim off all the fat.

Pepper may be added, if liked, but it should be seasoned lightly.

It is very good for delicate children.

Scotch Broth.

2 lbs. of neck of mutton.	$\frac{1}{2}$ a turnip.	About a $\frac{1}{4}$ teaspoonful of pepper.
1 quart of water.	1 tablespoonful of pearl barley.	1 teaspoonful of salt.
1 onion.	$\frac{1}{2}$ tablespoonful of	
1 carrot.	chopped parsley.	

Average cost, 9d. per quart.

The scrag end of the neck of mutton will do if it is first soaked in warm water to draw out the blood.

Cut the meat into pieces about two inches square.

If the butcher has not jointed it in small joints chop them in half. Put the pieces into a clean saucepan with a quart of cold water. Well wash the carrot, onion and half turnip, and cut them into small dice about the size of a pea.

Put these into the saucepan with the stock, also the pearl-barley, the pepper and the salt.

Bring very gently to the boil and skim well.

Draw to the side of the stove and simmer very gently for two and a half hours.

On no account let it boil hard or the meat will be tough.

About a quarter of an hour before sending to table, add half a tablespoonful of finely chopped parsley.

The soup goes to table with the meat in it.

Mulligatawny Soup.

1 onion.	1 large tablespoonful of crème-de-riz.	1 saltspoonful of salt.
1½ oz. of butter.		
1 large cooking apple.	1 small tablespoonful of curry powder.	1 tablespoonful of chutney.
1 tablespoonful of desiccated cocoa- nut.	1 teaspoonful of curry paste.	1½ pints of stock.

Average cost, 9d. per quart.

Peel the onion and the apple, and chop them finely.

Put one and a half ounces of butter in a saucepan.

Add the chopped onion and apple, and fry until they are a golden brown.

Mix the crème-de-riz, the curry powder and curry paste with a little cold stock.

Add these to the onion and apple, and cook together for another ten minutes.

Then add the remainder of the stock, also the chutney, the desiccated cocoanut and the salt.

Bring to the boil, and continue boiling for half an hour.

Then rub it all through a fine hair sieve.

Rinse out the saucepan, pour the soup back into it, and return to the fire until it boils.

It is then ready to serve.

Plainly boiled rice, dished on a lace paper on a plate, and sprinkled with coralline pepper, can be handed with the soup.

Barley Cream Soup.

1 large teacupful of pearl barley.	3 pints of white stock.	2 yolks of eggs.
1 large onion.	2 oz. of butter.	Pepper.
$\frac{3}{4}$ pint of milk.	$\frac{1}{2}$ blade of mace.	Salt.

Average cost, 10*d.* per quart.

Well wash one large teacupful of pearl barley.

Put it into a saucepan with sufficient cold water to cover it.

Just bring to the boil, then strain it and wash well in cold water.

Put it back into the saucepan with the peeled onion, mace and white stock.

When it boils draw the saucepan to one side of the stove, and let it simmer gently for about five hours.

Then rub all through a hair sieve.

Rinse out the saucepan and put the soup back into it (after it has been passed through the sieve).

Boil half a pint of milk separately and dissolve the butter in it.

Add this to the scup, and season with salt and pepper to taste.

It is impossible to say the amount of seasoning that should be used, as there is probably more or less seasoning already in the stock that is used.

Beat the yolks of eggs with the remaining quarter pint of milk.

Stir this into the soup, which must be nearly boiling.

Stir it at the side of the fire for a minute or two, just to cook the eggs, but do not let it boil or the eggs will curdle.

Pour into the soup tureen and serve.

Hand with it dice-shaped pieces of bread, fried a pale golden colour in clarified butter.

Gravy Soup.

2 lbs. of gravy beef.	A blade of mace.	A bunch of herbs (bay-leaf, thyme and parsley).
1 tablespoonful of flour.	Half a stick of celery.	
$\frac{1}{2}$ oz. of butter.	3 pints of warm water.	6 peppercorns.
1 carrot.		1 teaspoonful of salt.

Average cost, 10d. per quart.

Cut two pounds of gravy beef into small pieces.

Add one tablespoonful of flour.

Melt half an ounce of butter in a stewpan.

Put in the beef and flour and fry till a nice brown.

Now add one sliced carrot, a blade of mace, six peppercorns, a teaspoonful of salt, half a stick of celery, and the bunch of herbs.

Pour over these three pints of warm water.

Bring to the boil, and simmer gently for four hours.

Strain, and it is ready for use.

This soup is excellent.

Rosalind Soup.

2 quarts of brown stock.	16 brussels sprouts.	A bunch of herbs (bay-leaf, thyme and parsley).
8 spring carrots.	8 button onions.	
8 spring turnips.	Salt. Pepper.	

Average cost, 10d. per quart.

Take eight nice little French carrots about one inch long. Wash and scrape them well.

Take also eight turnips, about the size of large marbles, and wash them. They should not be peeled, and about half an inch of the green leaf stalks should be left on them.

Skin the onions and trim the brussels sprouts neatly.

Put two quarts of good brown, well seasoned stock into a saucepan.

Add the vegetables and herbs, and simmer until the carrots, onion and turnips are quite tender.

The sprouts will have been boiled to pieces by this time.

Lift the vegetables out carefully into the soup-tureen, which must have been previously heated.

Boil up the soup, and if necessary add a little salt or pepper.

Lift out the bunch of herbs, then pour the soup over the vegetables in the tureen.

Hand little croûtons of fried bread, garnished with grated cheese, with this soup, if liked, but it is not necessary.

Fish Soup.

2 lbs. of white fish.	2 carrots.	A blade of mace.
$\frac{1}{2}$ pint of shrimps.	1 leek.	1 tablespoonful of
2 oz. of butter.	$\frac{1}{2}$ stick of celery.	chopped parsley.
1 pint of milk.	A bunch of herbs	Pepper.
2 oz. of flour.	(bay-leaf, thyme	Salt.
3 pints of water.	and parsley).	

Average cost, 10d. per quart.

Any white fish answers for this soup, such as haddock, whiting, plaice, cod, etc.

Take two pounds in all, but half of this may be trimmings.

Wash them well, cut into small pieces, and chop the bones.

Put all into a saucepan with three pints of cold water.

Add the vegetables, which must be well washed, and thinly sliced.

Pick the shrimps, tie the shells in a piece of muslin and put them into the soup. The shrimps are kept for garnishing.

Also put in the herbs and mace, but not the chopped parsley.

Bring to the boil and skim well.

Add the seasoning, and boil for two hours, until the vegetables are quite tender.

Strain the soup through a fine wire sieve into a basin.
 Remove the two muslin bags containing the herbs and shrimp shells.
 With a wooden spoon rub as much of the fish and vegetables as possible through the sieve, but be careful no bones go through.
 Melt the butter in a saucepan.
 Mix in the flour, then gradually stir in the milk.
 Stir all the time until it boils.
 Rinse out the soup saucepan, return the soup to it, and add the thickened milk, stirring until it almost boils.
 Just before serving add the finely chopped parsley, and the picked shrimps.
 If required add a little more seasoning.

Tomato Soup.

2 lbs. of tomatoes.	2 oz. of lean cooked ham.	Salt.
1 large onion.		Pepper.
$\frac{1}{2}$ oz. of butter.	1 tablespoonful of sago.	$\frac{1}{2}$ teaspoonful of sugar.
1 quart of stock.		

Average cost, 1s. per quart.

Take two pounds of tomatoes, one large onion, and two ounces of finely chopped lean cooked ham.
 Slice the tomatoes and onion and fry them with the ham in half an ounce of butter for twenty minutes.
 Then rub all through a hair sieve.
 Add to this purée one quart of weak stock (or even water will do), also one tablespoonful of sago, half a teaspoonful of sugar, and the salt and pepper to taste.
 Bring to the boil and simmer until the sago is quite clear.

Chestnut Soup.

1 lb. of chestnuts.	1 oz. of butter.	$\frac{1}{2}$ teaspoonful of castor sugar.
1 quart of white stock.	$\frac{1}{4}$ teaspoonful of white pepper.	A blade of mace.
4 tablespoonfuls of cream.	$\frac{1}{2}$ teaspoonful of salt.	Toasted bread.

Average cost, 1s. per quart.

Cut the ends off a pound of chestnuts, and roast them in a moderate oven for about twenty minutes, until the outer and inner skins will peel off easily.

Remove all the skins and then put the chestnuts in a saucepan with one quart of white stock, one ounce of butter, a quarter teaspoonful of white pepper, half a teaspoonful of salt, and half a teaspoonful of castor sugar.

Part of the seasoning can be reduced or omitted if the stock is already highly seasoned.

Simmer all together for one hour or longer, until the chestnuts are quite tender.

When they are cooked take out the blade of mace, and rub the chestnuts through a fine wire sieve, moistening them with a little of the stock.

Rinse out the saucepan, and return the chestnut purée and stock to it.

Add four tablespoonfuls of cream, and stir well until it boils.

Add more seasoning if required.

Simmer gently for twenty minutes until it is quite smooth, and it should then be of the consistency of thin cream.

If too thick add a little milk or stock.

If cream is not procurable, milk can be used in the place of it, but cream is much the best.

Cut two slices of thin bread from a stale tin loaf.

Toast them quickly, and cut into strips one inch and a half long and half an inch broad.

Arrange these prettily on a plate, and hand them with the soup.

Pot-au-Feu.

2 lbs. of lean beef.	1 small cabbage.	15 cloves.
2 carrots.	A bunch of herbs (bay-leaf, thyme and parsley).	1 large teaspoonful of salt.
2 leeks.		3 quarts of water.
1 turnip.		1 stale French roll.
1 parsnip.		
1 onion.		
	20 black pepper- corns.	

Average cost, 1s. per quart.

Tie the beef in shape with a piece of tape.

Put it into an earthenware stock pot, with three quarts of water.

Cleanse the vegetables well.



EARTHENWARE STOCK-POT.

Cut them into convenient sized pieces, with the exception of the cabbage.

The cabbage is just cut into four.

Tie the seasoning of spices up in a piece of muslin, and the herbs into a bundle.

Put all into the pot with the salt, and let it simmer gently for about four hours.

Take out the bunch of herbs and the bag of spice.

Cut a stale French roll into slices, and put it into the soup tureen.

Lift the vegetables out carefully, and lay them on the bread.

Put the meat on to a separate dish.

Pour the soup into the tureen, and serve.

The meat should be dished up separately, and, if liked, tomato sauce may be poured round it.

Imitation Mock-Turtle Soup.

1 quart of good cooked meat stock.	$\frac{1}{2}$ teaspoonful of tarragon vinegar.	1 teaspoonful of castor sugar.
1½ oz. of butter.	1 tablespoonful of chopped parsley	A pinch of salt.
1 oz. of flour.	and lemon thyme	A dust of coralline pepper.
2 oz. of bread-crumbs.	mixed.	
1 tablespoonful of sherry.	1 egg.	Frying fat.

Average cost, 1s. 2d. per quart.

Fry together in a saucepan, half an ounce of butter, and one ounce of flour, until they are a nice rich brown.

Then stir in one quart of good cooked-meat stock, one tablespoonful of sherry, half a teaspoonful of tarragon vinegar and one teaspoonful of castor sugar.

Bring to the boil and keep it boiling for ten minutes.

Make some forcemeat balls with two ounces of bread-crumbs, one ounce of butter, one tablespoonful of chopped parsley and lemon thyme mixed, a pinch of salt and a dust of coralline pepper.

Rub all these ingredients together, and mix well with one whole beaten up egg.

Make into balls about the size of small marbles.

Fry in boiling fat for about a minute, then drain well on paper.

Put these forcemeat balls into the soup tureen and pour the soup on to them just before sending to table.

Chicken Broth.

1 fowl.	1 onion.	12 peppercorns.
2 quarts of water.	1 blade of mace.	1 teaspoonful of salt.

Average cost, 1*s.* 2*d.* per quart.

Draw the fowl and save all the giblets.

Chop the fowl up into small joints.

Scald and skin the feet, and well clean the giblets.

Put them all into a saucepan with the joints of fowl, and sufficient cold water to just cover them.

Bring to the boil.

Strain off that water, then add two quarts of cold water, the peeled and sliced onion and the seasoning.

Simmer gently for four hours, skimming well whenever necessary.

Strain and let it cool before removing the fat.

Skim off all the fat and reheat.

If any particles of fat remain take them off with a piece of white paper.

Kidney Soup.

1 lb. of ox kidney.	1 shalot.	1 teaspoonful of Worcester sauce.
4 pints of brown stock.	2 small sticks of celery.	1 wineglass of sherry.
1 teaspoonful of peppercorns.	1½ oz. of flour.	1 teaspoonful of vinegar.
1 sprig of thyme.	3 oz. of butter.	Croûtons of fried bread, as described.
1 onion.	1 small blade of mace.	

Average cost, 1*s.* 2*d.* per quart.

Wash the kidney well in cold water with one teaspoonful of common brown vinegar in it.

Dry it thoroughly, then cut it into small squares.

Melt the butter in a saucepan.

Roll the pieces of kidney in a little flour, then fry them in the butter for a few minutes.

Wash and dry the vegetables, and cut them into small pieces.

Sprinkle the remainder of the flour on to these, add them to the kidney, and fry all together until they are a nice brown.

Pour in the stock, and stir well for a few minutes.

Then add the thyme, spices and seasoning.

Continue stirring the soup until it is boiling, then draw aside and simmer gently for three or four hours.

Skim well during the cooking.

When the kidney is quite tender strain the soup through a fine wire sieve.

Take out about half of the pieces of kidney, and put them into the tureen.

Skim off any fat that there may be on the soup.

Rub the remaining pieces of kidney, and the vegetables, through a sieve.

Add this purée to the soup in the saucepan, and bring it almost to the boil.

Add the wine and more seasoning if required.

Pour the soup on to the pieces of kidney in the tureen, and serve with croûtons of fried bread.

For the Croûtons.

Cut two or three slices from a stale tin loaf.

Stamp them out into rounds with a small cutter about the size of a sixpence.

Fry in plenty of boiling fat, until they are a very pale golden colour.

Drain, and then brush them over on one side with either thin glaze or slightly beaten white of egg.

Have ready two hard-boiled yolks of eggs, rubbed through a fine wire sieve.

Dip the brushed sides of the croûtons into this, and arrange them on a plate with a fancy paper.

Hand them with the soup.

Green-Pea Soup.

$1\frac{1}{2}$ pint of shelled green peas.	1 quart of white stock.	A small teaspoonful of castor sugar.
2 oz. of butter.	A few leaves of spinach.	$\frac{1}{2}$ oz. of flour.
A small sprig of mint.		

Average cost, 1s. 3d. per quart.

Put one and a quarter pints of green peas into a stewpan with one ounce of butter, a small sprig of mint and a few leaves of spinach.

Cover down and let them steam well without browning, at the side of the stove, for fifteen minutes.

Then add one quart of white stock and a small teaspoonful of castor sugar.

Bring to the boil, and simmer until the peas are quite tender.

Now rub all through a hair sieve.

Melt the remaining ounce of butter in a saucepan and add half an ounce of flour and mix well together.

Stir into this the purée of peas by degrees, and bring to the boil.

Just before serving add the remaining quarter-pint of peas which have first been plainly boiled.

Italian Cauliflower Soup (Clear). Consommé aux Choufleurs à l'Italienne.

2 quarts of clear stock.	1 small cauliflower. Parmesan cheese.	Coralline pepper. Chopped parsley.
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Average cost, 1s. 3d. per quart.

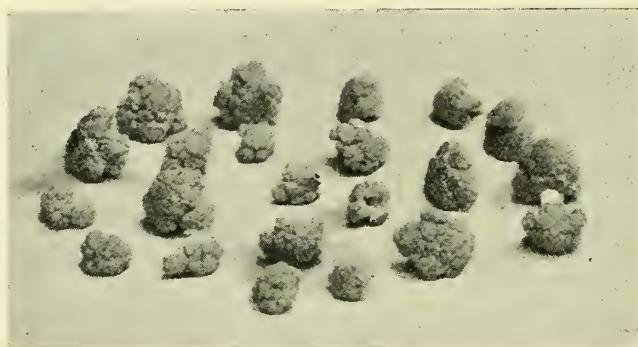
Take a small young cauliflower.

Pour about a quart of boiling water over it, then plunge it into cold water.

Cut it up into small pieces.

Boil in salted water till tender.

When done strain and put it into the soup tureen.



THE PREPARED CAULIFLOWER.

Bring about two quarts of well flavoured clear stock to the boil and pour it over the cauliflower in the tureen.

Serve with grated Parmesan cheese (on a plate separately) sprinkled over with coralline pepper and finely chopped parsley.

Alexandra Soup. Potage à l'Alexandre.

1 quart of veal stock.	1 oz. of crême-de-riz.	Seasoning to taste.
1 oz. of butter.	A bunch of herbs	A little milk or cream.
2 onions or leeks.	(bay-leaf, thyme	Squares of bread, as
2 lettuces.	and parsley).	described.

Average cost, 1s. 3d. per quart.

Melt the butter in a stewpan.

Shred the hearts of the lettuces finely, also the onions or leeks.

Add these to the butter, put on the lid and cook gently at the side of the stove for about twenty minutes without browning.

Add the stock to the vegetables, and put in the herbs, tied in muslin.

Then cook all together gently for about half an hour, until the vegetables are quite tender.

Remove the herbs, and add seasoning to taste.

Mix the rice flour with a little milk or cream, pour it into the soup and stir until it reboils.

Serve with small squares of fried bread.

For the Squares of Fried Bread.

Cut some crumb of bread into three-quarter inch squares.

Put them in a frying basket and fry in plenty of boiling fat until they are a pale golden colour.

When cold brush over with beaten up egg, and dip one side in grated parmesan cheese and the other side in finely chopped parsley; the parsley having been first wrung quite dry in a cloth.

Gamekeeper's Soup.

The remains of any cold game.	6 cloves.	2 oz. of finely chopped liver or raw beef.
1 large onion.	A blade of mace.	A wineglass of sherry and a teaspoonful of arrowroot to every quart of stock.
1 carrot.	A dozen peppercorns.	
A bunch of herbs (bay-leaf, thyme and parsley).	A dust of sugar. Veal or poultry stock. 2 eggs.	

Average cost, 1s. 4d. per quart.

Take the remains of any cold game that is not high.

Put into a saucepan with one large onion, one carrot, the bunch of herbs, six cloves, a blade of mace, a dozen peppercorns, and a dust of sugar.

Cover with veal or poultry stock and bring to the boil.

Simmer for three or four hours, then strain.

When cold add the whites and shells of two eggs slightly beaten, also two ounces of finely chopped liver or raw beef, and nearly a wineglass of sherry to every quart of stock.

Whisk all well, place it on the stove and bring to the boil.

Let it stand for a few minutes, then strain through a soup-cloth which has been dipped in hot water and wrung out.

Put back into a clean saucepan.

Thicken with a teaspoonful of arrowroot mixed in a tablespoonful of the sherry to every quart of soup.

A few of the best pieces of the game should be saved to be shredded and added to the soup just before serving.

Clear Sévigné Soup. Consommé Sévigné.

2 quarts of good clear stock (clarified).	1 Lettuce. Tarragon. Chervil.	Savoury custard, as described.
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Average cost, 1*s.* 4*d.* per quart.

Stamp the lettuce into rounds with a plain cutter about the size of a sixpenny-piece.

Put it into a small saucepan of cold water with a very small pinch of soda.



VEGETABLE GARNISH, SÉVIGNÉ SOUP.

Bring to the boil, and let it stand for a few minutes.

Then strain and put into cold water till wanted.

Pick the chervil into very small sprigs, and the tarragon into very small leaves, and treat each separately in the same way as the lettuce.

Take two quarts of good clear stock which has been clarified, and bring to the boil.

Garnish with the prepared lettuce, chervil, and tarragon, also with savoury custard in small rounds about the size of a pea.

For the Savoury Custard.

1 whole raw egg.	A dust of cayenne pepper.
1 tablespoonful of milk.	A pinch of salt.

Beat the egg slightly, not enough to make it frothy.

Add the milk and seasoning.

Then strain into a well buttered cup.

Stand the cup on a fold of paper in a saucepan, with water reaching half-way up the cup.

Place a buttered paper on the top of the cup.

Steam till firm, but on no account allow the water to boil, or the custard will be perforated.

Turn the custard out, and allow it to cool.

When cold cut it in thin slices and stamp out with a very small round cutter.

Wash well in several warm waters, until the water remains quite clear.

Then strain and put into cold water till wanted.

If the custard is not well washed, as described, the soup will be clouded. ¶

Clear Toledo Soup. Consommé à la Toledo.

1 quart of clear brown stock.		1 tablespoonful of yellow and white egg garnish, as described.
1 cooked carrot.		

Average cost, 1s. 4d. per quart.

Take one quart of clear brown stock and bring it to the boil.

Garnish with cooked carrot cut into small stars, and with small half-moons of yellow and white garnish.

The garnishes must be well washed, first in hot then in cold water, and then left standing in cold water till required.

For Yellow Garnish.

2 yolks of eggs. A pinch of salt.	1 dessert-spoonful of milk.	A dust of coralline pepper.
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Beat the yolks of eggs.

Add the milk and seasoning, and pour into a well buttered cup.

Stand on a fold of paper in a saucepan with water reaching half way up the cup.

Lay a piece of buttered paper on the top.

Bring the water just to the boil, then draw the saucepan to one side and poach until the egg mixture is firm.

Then turn out and allow the shape to cool.

When cold cut into thin slices with a wet knife on a wetted paper.

Stamp into small half moons or other fancy shapes (with suitable cutters).

Wash well in several hot waters, then put in cold water until wanted.

The cooked vegetable garnish is cut into thin slices and stamped out in the same way.

For White Garnish.

Whites of 2 eggs. A pinch of salt.	1 tablespoonful of cream or milk.
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Beat the whites of eggs slightly.

Add the cream and a pinch of salt.

Mix well together, then pour into a buttered cup.

Place the cup on a fold of paper in a saucepan, with water to reach half-way up the cup.

Lay a piece of buttered paper on the top.

Bring to the boil, then poach and finish in the same way as with yellow garnish just described.

Clear Brunoise Soup. Consommé Brunoise.

2 quarts of clear stock.	$\frac{1}{2}$ teacupful of each, celery, leek,
$\frac{1}{2}$ teacupful of Italian paste.	onion, turnip and carrot.

Average cost, 1s. 4d. per quart.

Wash the vegetables, and cut them into dice shapes, using only the red part of the carrot.

Put them into a saucepan with cold water and a little salt, and bring them to the boil.

Strain them, and then wash all in cold water.

Put them on again in slightly salted cold water, and cook till tender.

Treat the Italian paste in the same way in a separate saucepan.

Put on the clear stock in another saucepan and bring to the boil.

Just before serving strain the garnishes, and add to the soup.

Ox-tail Soup.

1 ox tail.	6 cloves.	3 oz. of butter.
2 quarts of weak stock.	20 peppercorns.	Salt.
1 stick of celery.	1 tablespoonful of ketchup.	A bunch of herbs (bay-leaf, thyme and parsley).
1 onion.	$\frac{1}{2}$ glass of port wine.	
1 carrot.	2 oz. of flour.	

Average cost, 1s. 6d. per quart.

Divide the ox-tail into small joints and wash them well.

Trim them from any superfluous fat.

Put them into a stewpan with cold water, and bring to the boil.

Then strain, and rinse the pieces in cold water.

This blanches the meat, and prevents such a quantity of scum rising on the soup.

Wash and dry the vegetables, also dry the pieces of tail.

Rinse out the saucepan, and dry this as well.

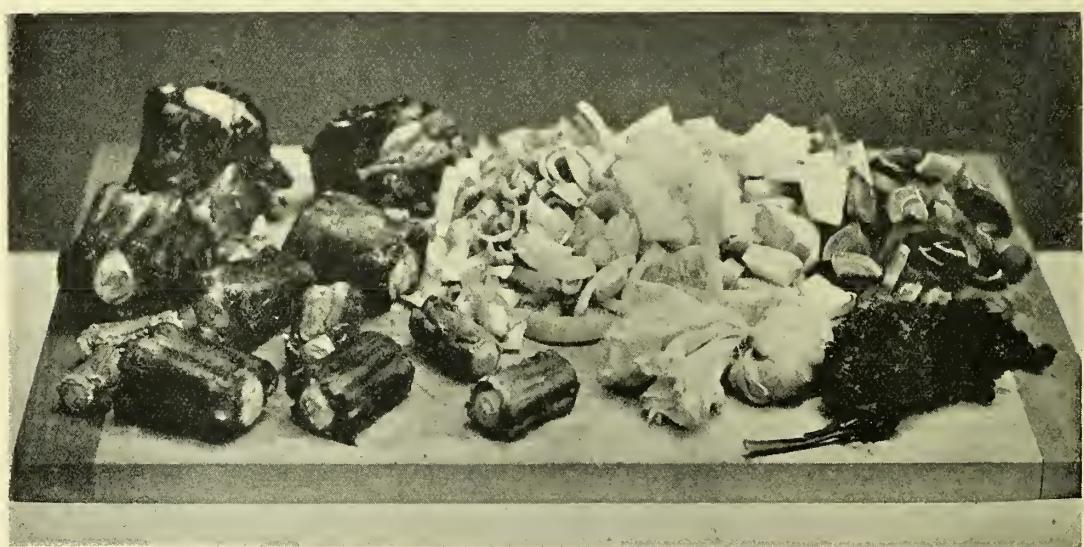
Melt the butter in the saucepan.

Roll the pieces of tail in the flour, and when the butter is smoking put them in and fry a deep brown.

Add two quarts of weak stock and bring it to the boil, removing all scum as it rises.

Now put in the vegetables (sliced up small), the seasoning, spices and herbs.

Simmer gently for about four hours, until the pieces of tail are quite tender.



PREPARED INGREDIENTS FOR OX-TAIL SOUP.

Then take the pieces of tail out of the soup and keep them hot.

Strain the soup through a fine hair sieve into a basin.

Skim off all the fat, then return the soup to the saucepan.

Put the pieces of tail into it again, and almost bring to the boil.

Add the wine, also more seasoning if needed.

A few of the best pieces of carrot, turnip and onion must be taken out as soon as they are cooked, and cut into fancy shapes. These are added to the soup, with the wine, the last thing.

Cream of Celery. Crème au Céleri.

2 or 3 sticks of celery. Well flavoured light stock.	1 small onion. $\frac{1}{2}$ pint of cream or milk.	2 eggs. A teaspoonful of lemon juice.
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Average cost, 1s. 6d. per quart.

Well wash two large or three small sticks of celery, and cut off all the green.

Prepare one small onion.

Boil these together until quite tender in slightly salted water with a teaspoonful of lemon juice.

When cooked, drain well, and then rub them through a fine hair sieve.

Put these back in the saucepan, and add sufficient well flavoured light stock to make it rather thin.

Boil up quickly.

Just before serving add two well beaten yolks of eggs and half a pint of boiling cream or milk.

When finished this soup ought to be of the consistency of thin cream.

Mushroom Soup.

2 pints of white stock. 1 lb. of mushrooms. 2 eggs. 1 Spanish onion.	1 dessert-spoonful of flour. A little milk. A little cream.	Salt. Pepper. Croûtons of fried bread, as described.
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Average cost, 1s. 9d. per quart.

Wash the mushrooms, and chop them up.

Chop up the onion finely.

Bring the stock to the boil, and add the mushrooms and onion.

Boil for half an hour.

Next pass all through a tammy or a fine hair sieve.

Add a dessert-spoonful of flour which has been mixed into a smooth paste with a little milk.

Also add the seasoning of salt and pepper.

Boil up again, and just before serving remove the soup from the fire and add the yolks of two eggs beaten up in a little cream. Do not let it boil after adding the eggs. They only want to be cooked just enough to thicken the soup.

Serve with small round croûtons of fried bread about the size of a sixpence.

For the Croûtons.

Cut out some small rounds of bread about the size of a sixpence.

Fry these and brush them over with white of egg.

Dip one side in finely chopped tongue or truffles.

Dish the croûtons in a circle on a round dish paper.

Shrimp Soup.

1½ pints of shrimps.	1 gill of cream.	½ saltspoonful of cayenne.
4 oz. of butter.	1 teaspoonful of lemon juice.	Salt.
1 penny roll.		
2 yolks of eggs.	A grate of nutmeg.	1 quart of fish stock.

Average cost, 1s. 9d. per quart.

Shell the shrimps.

Put the shells on to boil in a breakfast-cupful of water and the lemon juice.

Pound the picked shrimps in a mortar, with four ounces of butter, until they are a smooth paste.

Soak a penny roll in some of the cold stock, and then pound it with the shrimps.

Put the paste into a saucepan, and add the remainder of the quart of stock.

Strain the shells and add the liquor to the soup, also the seasoning of nutmeg, cayenne and salt.

Stir well, and let it simmer gently at the side of the stove for one hour.

Then rub the soup through either a tammy or a fine hair sieve.

Return it to the saucepan, and bring it to boiling point.

Then beat up the yolks of eggs in the cream, take the soup off the fire, and stir the beaten yolks and cream in.

Pour it into the tureen and serve with small pieces of toasted bread floating on the top.

Hare Soup.

1 hare.	1 leek.	$\frac{1}{4}$ teaspoonful of cayenne pepper.
1 lb. of gravy beef.	A bunch of herbs (bay-leaf, thyme and parsley).	2 tablespoonfuls of flour.
$\frac{1}{4}$ lb. of lean ham.		Seasoning of salt.
$\frac{1}{4}$ pint of port wine.	12 black pepper-corns.	Forcemeat balls, as described.
2 oz. of dripping.		
1 carrot.	1 blade of mace.	
1 onion.		

Average cost, 2s. per quart.

Skin and paunch the hare.

Save the liver.

Wash the hare, dry it, and cut it up into small joints.

Wash and prepare the vegetables, and dry them thoroughly in a cloth.

Cut the beef and ham into small pieces.

Slice the vegetables finely.

Then sift the flour over the ham, beef, hare and vegetables.

Melt the dripping in a stewpan, and put the hare, ham, and vegetables in.

Fry until they are a nice rich golden brown, which will take about fifteen minutes.

Add sufficient water to cover the ingredients, bring to the boil, then skim off all the fat.

Tie the herbs and spices in a muslin bag, and put them in the soup.

Add the cayenne and a little salt and simmer gently for four to five hours, skimming off all the fat as it rises.

When cooked strain the soup through a hair sieve.

Take the best pieces of the hare, pound it in a mortar, then rub it through a very fine wire or hair sieve.

Moisten it with a little stock during the process, as it will then rub through more easily.

Return the stock to the saucepan, add the hare purée, and stir until boiling.

It should be of the consistency of single cream, but if not it can be thickened with a little crème-de-riz, mixed with a little cold stock. Or a little plain flour will do if smoothly mixed.

Just before serving add the port wine, and small forcemeat balls.

Small croûtons of bread, garnished with finely chopped ham, can also be served with it, but they must be arranged prettily on a plate with a d'oyly under them. They would be handed round with the soup.

For the Force-meat Balls.

1 oz. of suet.	$\frac{1}{4}$ teaspoonful of finely chopped lemon peel.	$\frac{1}{2}$ teaspoonful of salt.
2 oz. of bread- crumbs.	$\frac{1}{4}$ teaspoonful of mixed herbs.	1 saltspoonful of pepper.
1 egg.	Flour.	The liver of the hare.
1 teaspoonful of finely chopped parsley.		

Chop the suet very finely.

Put it in a basin with the parsley, lemon peel, seasoning, etc., also the liver of the hare.

The liver must be previously cooked in a little stock and finely chopped.

Add enough whole beaten-up egg to bind the forcemeat.

Take small portions of the forcemeat, and form it into balls the size of marbles, using a little flour, just enough to prevent the mixture sticking to your hands.

Poach the balls in salted water for about seven minutes, or else fry them a pale golden brown in clarified butter.

Add them to the soup just before serving.

Clear Tomato Soup. Consommé de Tomates.

2 quarts of clear stock.	4 eggs to each quart of stock.	A teaspoonful of strained lemon juice.
8 large ripe tomatoes (or tinned ones will do).	$\frac{1}{2}$ gill of white wine to each quart of stock.	A teaspoonful of Bovril.
1 teaspoonful of sugar.	A few drops of carmine.	Arrowroot.
A strip of bacon rind or bone.	A few drops of tarragon vinegar.	Tomato custard, as described.

Average cost, 2s. per quart.

Take two quarts of clear stock, eight large ripe tomatoes (or tinned tomatoes will do), a teaspoonful of sugar, a strip of bacon rind or bone, a few drops of carmine, a few drops of tarragon vinegar, a teaspoonful of strained lemon juice, and a teaspoonful of Bovril, or other high-class extract of beef.

Put all in a stewpan together, bring to the boil and simmer for one hour.

Strain and remove the fat.

Then to each quart of soup add the whites and shells of four eggs, slightly beaten, a few drops of carmine, and half a gill of white wine.

Bring to the boil and simmer gently for fifteen minutes.

Strain through a soup cloth, previously dipped in hot water and wrung out.

Put back into a clean saucepan, and add to each quart of soup a teaspoonful of arrowroot mixed with a little cold water.

Garnish with tomato custard cut into fancy shapes.

For the Tomato Custard.

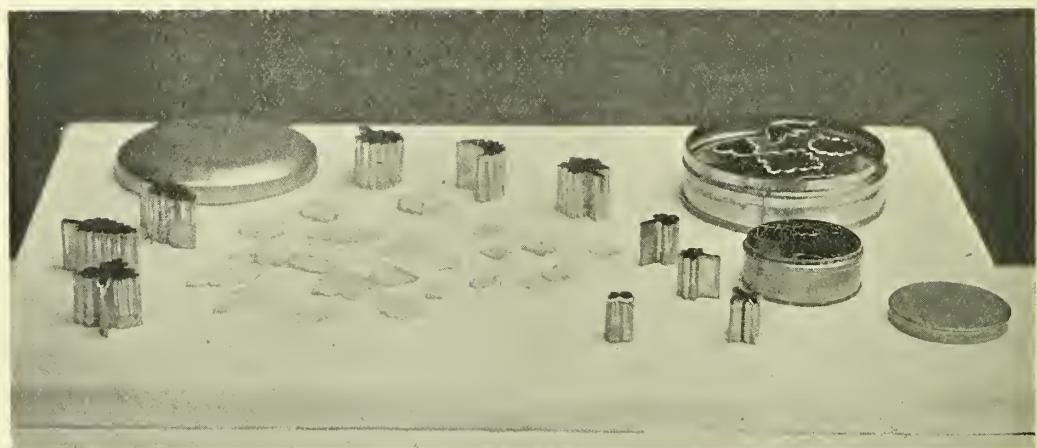
The pulp of one medium-sized tomato.	2 eggs. A few drops of carmine.	A pinch of salt. A pinch of coralline pepper.
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Beat the eggs slightly, just sufficient to mix the whites and yolks.

Add the other ingredients to them.

Rub all through a hair sieve.

Then pour into a well buttered cup, and poach till firm.



CUTTERS AND GARNISH, FOR SOUP.

When cold turn out, wash well, and cut into any fancy shapes. Leave them in cold water until the soup is ready; then heat them in hot water, strain and add to the soup just before serving.

Bisque of Lobster.

1 lobster.	A bunch of herbs (bay-leaf, thyme and parsley).	1 quart of milk.
1 onion.		2 oz. of butter.
1 small stick of celery.		2 oz. of flour.
1 carrot.	1 quart of water.	Salt to taste.
1 leek.	$\frac{1}{2}$ saltspoonful of cayenne.	Lobster coral or carmine.

Average cost, 2s. per quart.

Pick the meat from the lobster.

Break up the shells and put them into a saucepan with the vegetables (cleaned and sliced), the herbs, salt, cayenne and lobster coral.

The lobster coral must be previously pounded in a mortar, or if the coral is not procurable, use a few drops of liquid carmine instead.

Add the water, and simmer gently for three-quarters of an hour.

Pound the flesh of the lobster in a mortar to a smooth paste.

Strain the stock.

Take out the best of the vegetables and pound these also.

Put the pounded lobster and vegetables into a clean saucepan with the stock, and bring them to the boil.

Add the butter.

Boil nearly all the milk.

Mix the flour with the remainder of the milk, and thicken the boiling milk with it.

Then turn all into the soup.

Stir well, then rub the whole through a tammy or very fine sieve.

Reheat, and, if required, add a little more seasoning, and enough colouring to make it a pale pink.

Stand the saucepan containing the soup either in a bain-marie or in a tin of boiling water to keep hot, but so that it does not boil.

If wanted richer, then instead of the boiling milk use a pint of warm single cream.

Hand with the soup small croûtons of fried bread, brushed over one side with warmed glaze, and dipped into grated Parmesan cheese.

Arrange the croûtons on a plate with a fancy paper.

Beef Tea.

1 lb. of rump steak. | 1 pint of water. | Pepper. | Salt.

Average cost, 1s. 2d. per pint.

Trim off every particle of fat from the steak.

Lay the steak on a board and with a very sharp knife shred it down as finely as possible.

Put the meat into an earthenware jar.

Add the cold water, stir well, and let it stand for three-quarters of an hour.

Tie a buttered paper lightly over the top of the jar.

Stand the jar in a baking tin containing water.

Put it in the oven, and cook gently for four hours.

When done strain and press out all the moisture from the meat.

Remove every particle of fat with a piece of kitchen paper.

Season very lightly with pepper and salt; it is then ready for use.

Sometimes the pepper and salt are not allowed and have to be omitted, so that, if in doubt, it is best to make it quite plain and add the seasoning afterwards.

Always use a china or earthenware vessel to make it in, and stir with a wooden spoon.

Oyster Soup.

1 quart of white stock.	$\frac{1}{2}$ pint of cream. 1 oz. of butter.	A strip of lemon peel.
$1\frac{1}{2}$ dozen of oysters.	1 oz. of flour.	A dust of cayenne
1 pint of milk.	A blade of mace.	pepper.

Average cost, 2s. 6d. per quart.

Put the stock on to boil.

Put the milk into a saucepan with the mace, pepper, and lemon peel (very thinly pared), and bring them to the boil.

Draw to one side and let it infuse for fifteen minutes.

Beard the oysters and wash them free from grit in their own liquor.

Put the beards in the stock to boil.

When the stock boils strain it, and put it on to reboil.

Then add the milk which must also first be strained.

Rub the flour well into the butter and add this to the soup.

Stir till it thickens, but do not let it boil.

Lastly add the cream.

The oysters are put in the soup just before serving, and if large can be cut in two or even into three pieces.

FISH.

IT is scarcely necessary to say that care must be taken to see that the fish is quite fresh. It is also best to select fish that are in season.

There are several things that go to prove freshness of fish; or, at least, by which the freshness can be fairly judged. If the flesh is firm and the fish stiff it is a sure indication of its being fresh, for fish soon lose their stiffness. The eyes should also be bright and not sunken. The gills should be red, though some fish, particularly herrings, have the gills artificially coloured if they are dull on arriving at the market. When stale the gills become liver-coloured. If the fish is well covered with scales it is a favourable sign, as it proves, at least, that they have not had much handling.

Nearly all fish are best cleaned as soon as they are caught, and also cooked and eaten as soon as possible. Fish freshly taken from the sea (as at a seaside town) cannot be fried nicely for a few hours, but can be boiled at once. Some authorities say that salmon and turbot improve with keeping, but there is an early limit to the time that fish can be kept sweet, and it would be best to know when the fish was caught, and then the length of time it would keep must depend on the weather unless ice is used.

It is a mistake to think that the largest fish is the best. It is the thickest through in proportion to its size that proves the nicest, and it is much better to have a slice from a small thick fish than from a larger thin one.



To Clean Fish.

Insert scissors or a sharp knife at the gills and cut the fish open down to the vent. Scrape out all the inside, being careful that no blood is left on the backbone. Remove the gills and, if required, take out the eyes by pushing the point of a skewer under and lifting them out.

If the fish requires to be scaled, scrape it with a knife, beginning at the tail and working towards the head.

Cut off the fins and tail quite close. In cutting off the fins cut towards the head, otherwise the fins will lie close to the body.

Wash the fish well in fresh water, then put it into salted water for a few minutes. Dry it thoroughly and stand it in as cool and airy a place as possible until required for use. Turbot should be hung up by the tail, if a whole fish.

Oily fish, such as herrings and mackerel, should certainly be cooked as fresh as possible. White-fleshed fish may be kept for a day or two, in cold weather, if a little salt is rubbed on the inside along the backbone after they have been thoroughly dried.

Fish that have a muddy flavour are much improved by being soaked for some time in salt and water, prior to cooking.

General Rules for Cooking Fish, etc.

Boiling.

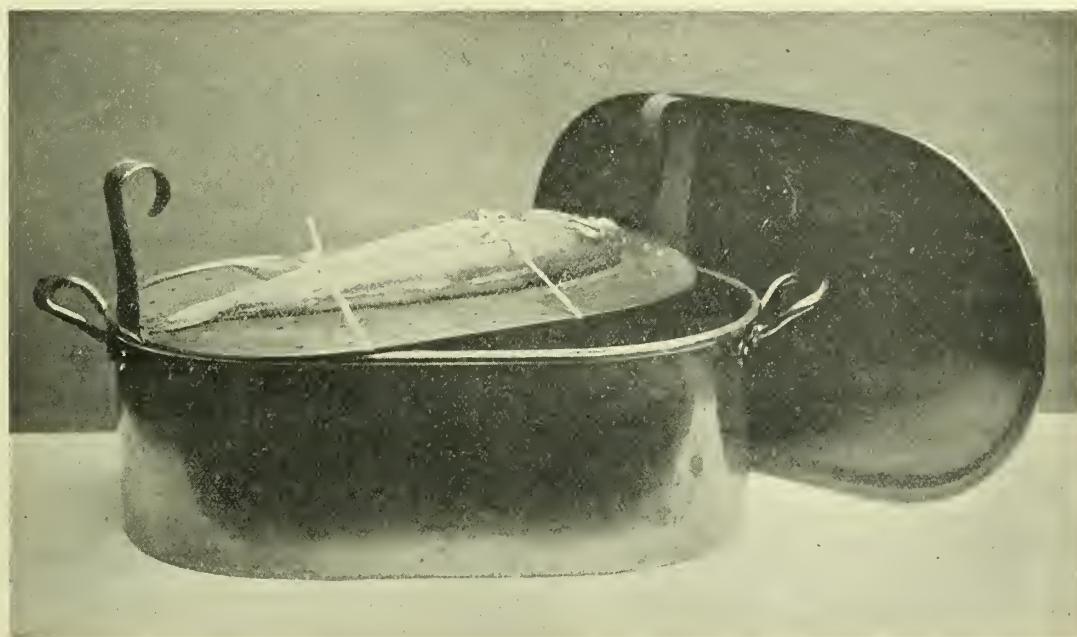
A large fish should be tied to the strainer to keep it in position and to prevent its getting broken.

Put the fish on in cold water having a dessert-spoonful of salt, a dessert-spoonful of vinegar and a dessert-spoonful of lemon juice added to each quart of water. The vinegar and lemon juice help to keep the fish white and firm.

Fish that is cut, or small fish, should be put on in boiling water, plunged in, as by this means the cut surfaces are hardened, the pores closed, and the juices do not escape.

Do not have more water in the fish kettle than is necessary to cover the fish, or the skin may crack, and the fish lose much of its flavour.

Remove all scum as it rises, or it will spoil the appearance of the fish.



FISH TIED ON THE STRAINER FOR BOILING.

When the fish is cooked the flesh will easily leave the bone and it will have lost its watery appearance. It will be firm and white. Be sure it is well cooked, for underdone fish is quite uneatable and most unwholesome. On the other hand, if it is overdone it will be soft and flabby.

The time usually allowed for boiling fish is eight minutes to the pound, and eight minutes over, for fish put into boiling water, but this may be varied according to whether the fish is thick or thin. Fish put into cold water will take longer to cook, but will only need to actually boil a short time.

If a fish kettle with a strainer is not available, the fish must be tied up in a thin cloth. It is a good plan to stand the fish on an enamelled plate or dish, and then tie both fish and plate in the cloth. Lower it gently into a saucepan, large enough to hold it, but not larger than necessary.

Always take fish up as soon as it is cooked, for it readily spoils if left standing in the water.

To keep boiled fish hot, stand the strainer, with the fish upon it, across the kettle, lay a clean cloth over, then cover with the lid. Dish the fish on a folded napkin, and, if possible, on a strainer. Garnish according to taste.



TURBOT KETTLE.

Frying.

The fish are cleaned in the same manner as for boiling, but may afterwards be cut in slices, filleted, or left whole. They may also be either dipped in batter or egged and bread-crumbed.

Have a pan two-thirds full of boiling fat, and plunge the fish in. The fat is at a proper temperature when a light blue vapour—blue smoke it is generally called—is rising from it. The fat is quite still then, not bubbling.

If the fish or the pieces are small they should be put in a basket, as it is then easier to lift them out. Whitebait would be put in a frying basket.

If large, the fish is generally fried in a fish-fryer. This is a deep oval pan, which has a wire strainer in it to lay the fish on. These pans are not used in the ordinary way, as large fish are generally filleted or cut. If not too large they can be cooked in an ordinary frying-pan, but in this case a broad fish-slice must be used to lift them out.

When the fish is lifted out of the fat, place it on a wire pastry rack to drain, or if a rack is not handy lay the fish on kitchen paper.

Steaming.

Some fish are much improved by being steamed instead of boiled.

This is the case with rather tasteless watery fish, such as small haddock and whiting. They then retain their flavour more than they do if boiled.

Sprinkle the fish with a little salt, both on the inside and outside. Have plenty of fast boiling water in the saucepan or pot, place the fish in the steamer, cover it down tightly, then place the steamer on top of the saucepan.

Fish cooked in this manner takes longer to cook than boiling—about half as long again.

Broiling.

Fish is broiled by means of a gridiron which is placed either in front or on top of a clear fire.

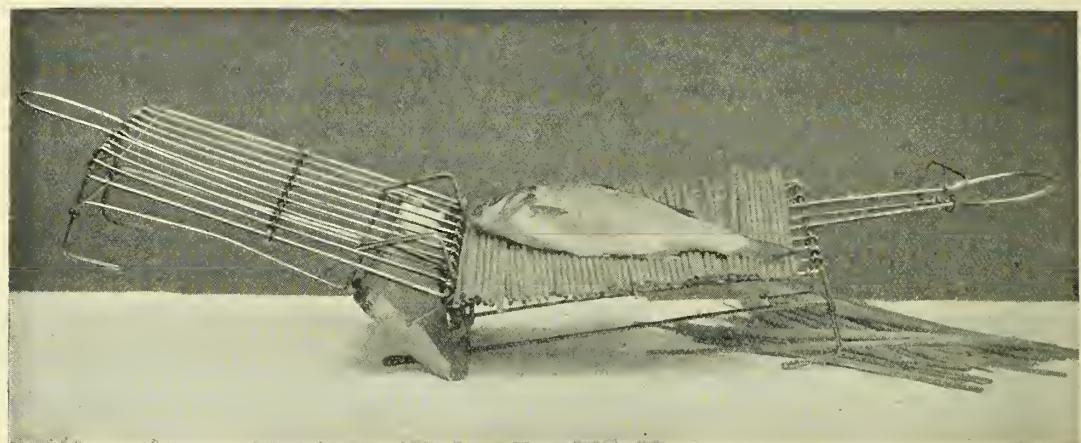
Wipe the fish quite dry after cleaning.

When thoroughly dried roll them in flour, and shake off the loose flour afterwards.

Or, instead of rolling in flour, brush them over with salad oil.

Oil the bars of the grid (a double one is best for fish), then spread it thickly with straws which have also been oiled.

Lay the fish on, put more straws on top, and close the gridiron. Hang in front of a bright fire, putting it close to the fire first, then drawing it away, so that it finishes cooking more slowly.



FISH ON GRID WITH STRAWS.

Turn the gridiron over frequently while cooking.

If straws are not procurable, the fish can be wrapped in oiled paper; or the fish can be well oiled, and the grid well oiled and heated before the fish is laid on. But straws are quite the easiest method, and can, of course, be used over and over again, provided care is taken not to scorch them too much.

Boning Fish.

First of all clean and well wash the fish, then lay it flat on the table.

Cut through the skin along the back from the tail to the head.

Scrape the flesh carefully from the bone on one side, keeping the blade of the knife as flat against the bone as possible.

When one side is done begin on the other, without turning it over, passing the knife under the bone, and raising it off the fish.

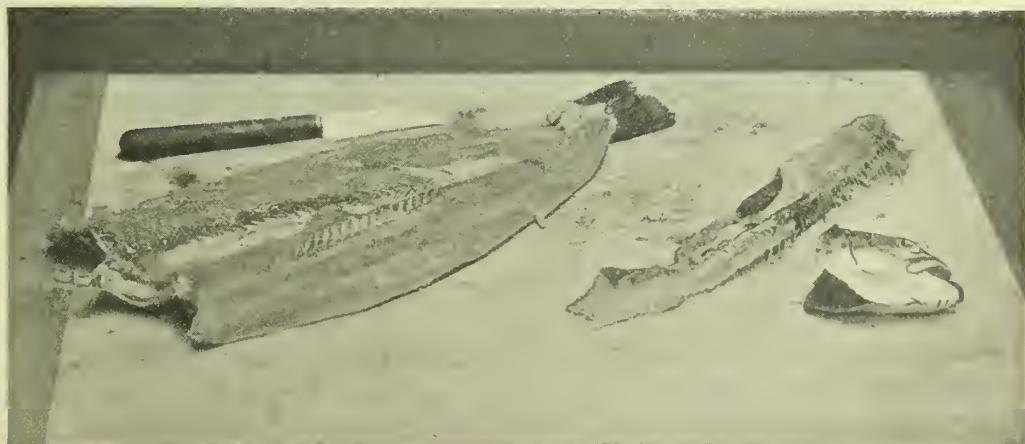
This leaves the flesh of the fish lying on the table.



BONING FISH.

Pull out any small bones that you can feel.

It is a mistake to try to bone small fish, or any that have very small bones, for it is impossible to get them all out, and it is much easier to remove them when the fish is cooked.



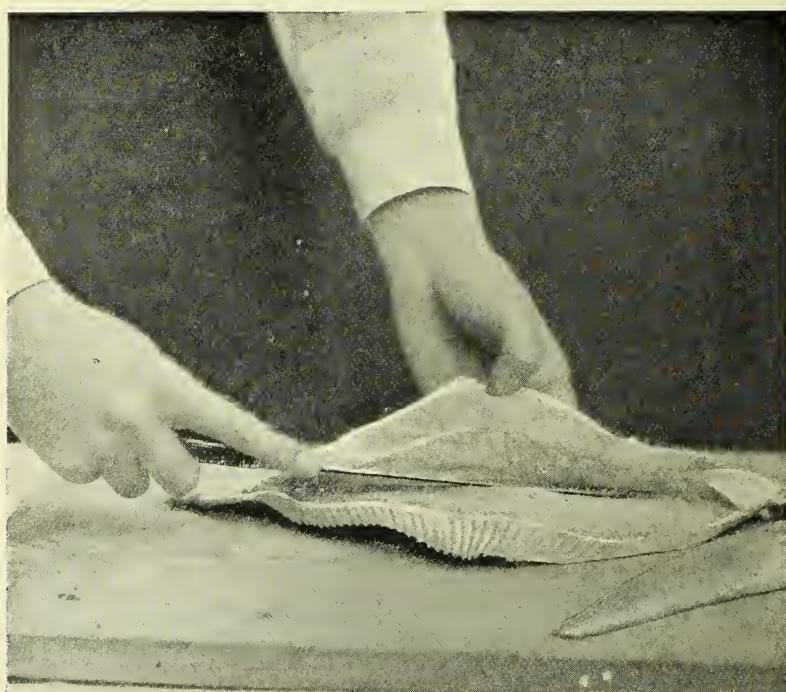
FISH BONED.

To Fillet a Sole.

Lay the fish on the board with the dark side upwards.

With a sharp-pointed knife cut along the edge, just by the fins, and round the tail.

Raise the skin at the tail with the point of the knife, then put your thumb underneath, and loosen the skin all along the edge on the right-hand side, then the left-hand side.



FILLETING FISH.

Now, with a cloth, take a firm hold of the skin at the tail end, and with the other hand hold the tail down firmly on the table. Then draw the skin off sharply towards the head.

The other side may be done in the same way, but, as a rule, the white skin is left on.

Cut down the backbone straight from head to tail.

Then with a sharp knife begin to raise the flesh off the bone, keeping the blade of the knife flat against the bone and working from the backbone to the right-hand edge.

Turn the fish round, and take off the other fillet.

Turn the fish over and repeat the process.

A fish thus yields four fillets, and they are ready for use. If very large they can be cut in two or even three pieces.

FISH RECIPES.



Boiled Fresh Haddock.

1 haddock.	1 egg.	Salt.
1 oz. of butter.	Parsley.	Water.

Average cost, 1s.

Scrape the fish; remove the inside and the eyes, and trim the fins and tail.

Put sufficient cold water into the fish-kettle or saucepan to just cover the fish.

Add a large dessert-spoonful of salt and a teaspoonful of vinegar to every quart of water.

Put the fish in, and if it is a medium sized one it will be done by the time the water comes to the boil.

If it is a large fish it should be allowed to boil a few minutes.

When done lift the strainer out with the fish on it and let it rest across the top of the kettle to drain off the water.

Take out the skewer from the head, then slide the fish carefully on to a dish which has a folded napkin laid on it.

Brush the fish over with oiled butter, then decorate it with alternate lines of hard-boiled yolk of egg (previously rubbed through a sieve), and finely chopped parsley which has been wrung dry in a cloth.

Garnish with a bunch of fresh green parsley.

Serve with either anchovy, shrimp, tomato or mushroom sauce.

(For SAUCES see Index.)

(See COLOURED PLATE No. 26.)



BOILED FRESH HADDOCK

Stuffed Fillets of Fresh Haddock.

2 small haddocks.	$\frac{1}{4}$ teaspoonful of chopped lemon peel.	Lemon juice.
3 oz. of bread-crumbs.		Pepper.
3 oz. of butter.	1 tablespoonful of finely chopped suet.	Salt.
1 egg, or milk.	$\frac{1}{4}$ teaspoonful of mixed herbs.	Tomato sauce, as described.
1 teaspoonful of finely chopped parsley.		

Average cost, 2s. 6d.

First make the stuffing.

Chop the suet finely, also the parsley, mixed herbs, and lemon peel. Put three large tablespoonfuls of bread into a basin.

Add the suet, herbs, parsley, lemon peel, half a teaspoonful of salt, a quarter teaspoonful of pepper.

Mix these dry ingredients together, then moisten with either a well beaten egg or a little milk.

Skin and fillet the haddock.

Lay the fillets on the board, with the skinned side downwards.

Sprinkle with a few drops of lemon juice.

Then spread each fillet with some of the forcemeat.

Roll them up, beginning at the broad part, rolling towards the tail.

Have ready some strips of buttered paper a little broader than the fillets; roll each fillet in a strip and tie round with strong cotton.

Lay them in a well buttered baking tin, and cook in a moderate oven for about ten minutes.

Melt two ounces of butter in a saucepan, and stir in the remainder of the crumbs.

Take the fillets up, remove the papers, and roll each one in the buttered crumbs.

Slightly butter the bottom of a fireproof dish, and stand the rolled fillets in it.

Put into a quick oven, and when the crumbs are a nice brown take them out.

Serve with tomato sauce poured round.

For the Tomato Sauce.

1 lb. of tomatoes.	1 dessert-spoonful of chopped onion.	1 teaspoonful of lemon juice.
$\frac{3}{4}$ oz. of butter.		Pepper.
1 oz. of rice flour.		Salt.
$\frac{1}{2}$ pint of well- flavoured stock.	$\frac{1}{2}$ teaspoonful of castor sugar.	

Melt the butter in a saucepan.

Wipe the tomatoes and remove the stalks.

Slice them and put all into the pan with the butter.

Add the finely chopped onion.

Fry gently for ten minutes.

Then add the sugar, and half the stock.

Mix the remainder of the stock with the rice flour, and stir this into the pan also.

Add the lemon juice, also pepper and salt to taste.

Let all simmer gently for thirty minutes, or a little longer.

Then rub all through a tammy, or a fine hair sieve.

Put it back into a saucepan to reheat, then use.

Tinned tomatoes do quite well for this; they need not be cut up, but put in whole.

Fried Fillets of Haddock.

2 haddocks.	Flour.	Frying fat.
1 egg.	White bread-crumbs.	Pepper. Salt.
Average cost, 1s. 3d.		

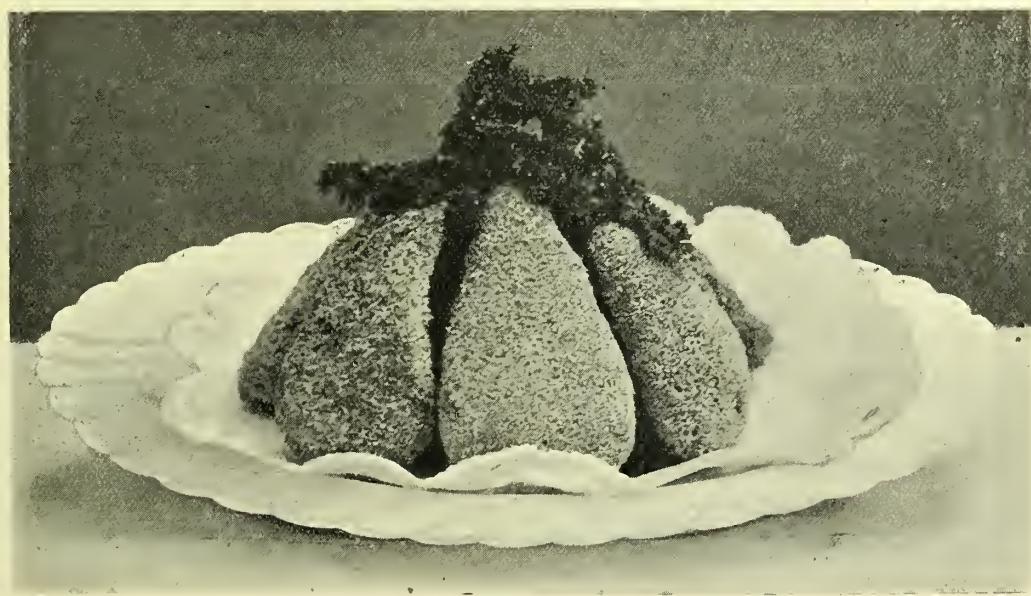
Trim the fillets neatly.

Wash them thoroughly, then roll them in a cloth to dry.

Season some flour with white pepper and salt, and roll the fillets in this, afterwards shaking off as much of the loose flour as possible.

Dip them into whole beaten-up egg, then into finely made white bread-crumbs.

Plunge these prepared fillets into a pan three-parts full of boiling fat or lard, and fry a nice golden colour.
Five minutes will be sufficient time for these.



FRIED FILLETS OF HADDOCK.

Take them up and drain on a wire sieve, or piece of kitchen paper. Arrange neatly on a dish, with a fish-paper under them, and garnish with a little parsley.

Serve with anchovy sauce. (For SAUCES, see Index.)

Haddock à la Marta.

1 fresh haddock.	1 oz. of butter.	Salt.
1 lemon.	Coralline pepper.	Sauce, as described.

Average cost, 2s.

Wash and clean a nice large haddock, and fillet it.

Butter a baking dish, and lay the fillets in it side by side.

Melt one ounce of butter, and pour over them.

Sprinkle with a very little salt, some coralline pepper and the strained juice of one lemon.

Lay a well buttered paper over the fish.

Stand the tin containing the fish in another tin containing hot water.

Cook in a moderate oven for ten or twelve minutes.

Take the fillets up, and lay them on a hot dish.

Save the liquor from the fish to add to the sauce.

For the Sauce.

1 oz. of butter.	1 teaspoonful of anchovy sauce.	2 tablespoonfuls of cream.
$\frac{3}{4}$ oz. of flour.		
$\frac{1}{2}$ pint of milk.	2 drops of carmine.	$\frac{1}{2}$ pint of picked shrimps.
Liquor from the fish.	1 tablespoonful of capers.	

Melt one ounce of butter in a saucepan.

Stir in three-quarters of an ounce of flour.

Mix well together, then stir in by degrees half a pint of milk and the liquor from the fish.

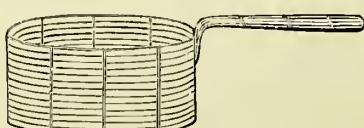
Add one teaspoonful of anchovy sauce, two drops of carmine, two tablespoonfuls of cream, and three-fourths of the picked shrimps well chopped.

The remainder of the shrimps must be fried very gently in a little butter, just for a minute or two to become warmed through, and used for garnishing the fish.

When the sauce is ready, pour it over the fillets, then garnish with the capers and sautéed shrimps in alternate little heaps.

The cream may be omitted if desired, but, of course, its presence is a great improvement.

HAKE may be cooked in most of the ways described for haddock.



WIRE FRYING-BASKET.

Boiled Dried Haddock.

1 dried haddock.	Butter.	Pepper.
Milk.	Salt.	Chopped parsley.
Average cost, 10d.		

Cut off the fins of the haddock, then skin it. The skin can be pulled off quite easily if the skin side of the haddock is first held to the front of the fire for a minute.

Divide the fish into neat pieces about two inches square.

Put these into a stewpan, with enough cold milk and water (in equal parts) to well cover them, allowing for their curling up a little in cooking.

Bring to the boil, and let them simmer gently for five minutes or less, according to the thickness, and the extent to which the fish is cured.

Take up the pieces and arrange them neatly on a hot dish.

Have ready about two tablespoonfuls of butter, just melted, and seasoned with white pepper.

Pour this over the fish, and sprinkle with a little finely chopped parsley on the top.

Serve very hot.

Grilled Dried Haddock.

1 haddock.		3 oz. of butter.		Pepper.
Average cost, 9d.				

Trim off the fins and tail of the haddock, and lay it on a dish.

Melt two ounces of butter.

Brush this over the haddock, then sprinkle it with white pepper.

Let the fish stand for half-an-hour, or longer.

Grease the bars of a fish gridiron, and lay the fish on it.

Broil over a clear fire for ten or twelve minutes according to size.

Melt the remainder of the butter, and when the fish is done, lay it on a hot dish, and pour this melted butter over it.

Sprinkle it with a little coralline pepper.

Now lay the fish on another hot dish with a fish-paper under it,
and garnish with a few sprigs of parsley.

Serve very hot.

Fried Fresh Herrings.

3 herrings. Flour.		Frying fat. Pepper.		Salt.
Average cost, 8d.				

Well wash the herrings in salt and water, and dry them thoroughly
in a clean cloth.

Cut off the heads, tails and fins.

Make three incisions (cut with a knife, but not deep) down each
side of the fish.

Sprinkle them with pepper and salt, seeing that it goes well into
the cuts.

Then roll them in flour so that they get well coated with it.

Put them into boiling fat, but draw the pan to one side so that it
just continues to boil, but not fast. This will prevent their
getting too brown before they have finished cooking.

Fry for ten minutes, or rather less according to size, and take up
when they are a nice golden brown.

Dish on a dish paper, and garnish with fresh green parsley.

Send to table at once, while they are very hot.

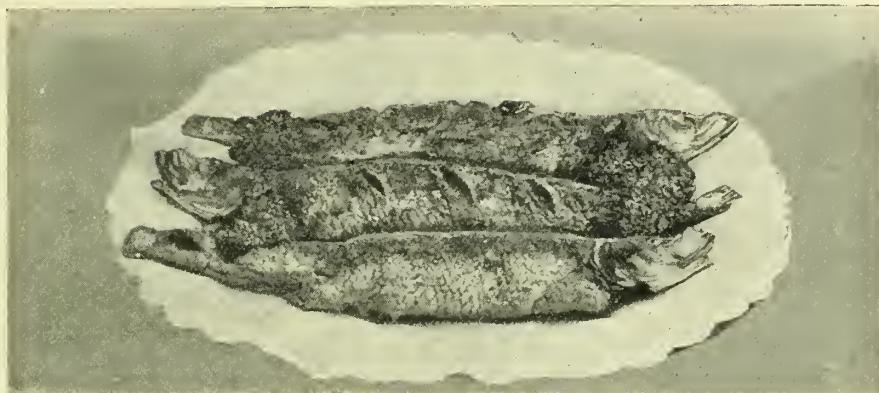
Grilled Fresh Herrings.

3 fresh herrings. 2 tablespoonfuls of salad oil.		1 teaspoonful of eschalot. Pepper.		1 teaspoonful of parsley. Salt.
Average cost, 9d.				

Scale and clean the herrings thoroughly, but do not cut them open.
Cut off the heads and tails, and well wipe the fish, but do not wash
them.

Pour the salad oil into a plate, and mix in with it the parsley and eschalot (finely chopped), and seasoning of pepper (coralline if you have it) and salt.

Lay the herrings in this for an hour, turning them frequently that every part may get seasoned.



GRILLED FRESH HERRINGS.

Heat the gridiron, brush the bars over with oil, and lay the fish on. Broil from ten to fifteen minutes over a clear fire.

When done on one side raise the fish, re-oil the grid, and turn the fish over.

Serve quickly on a hot dish, with either mustard or maitre-d'hôtel sauce. (For SAUCES, see Index.)

Soused Fillets of Herring.

6 fresh herrings.	2 bay leaves.	Vinegar.
2 teaspoonfuls of chopped chives.	12 peppercorns.	Salad oil.
2 teaspoonfuls of chopped parsley.	6 allspice. Pepper. Salt. Boiling water.	Garnish of shredded celery and water- cress.

Average cost, 1s. 6d.

Fillet the herrings.

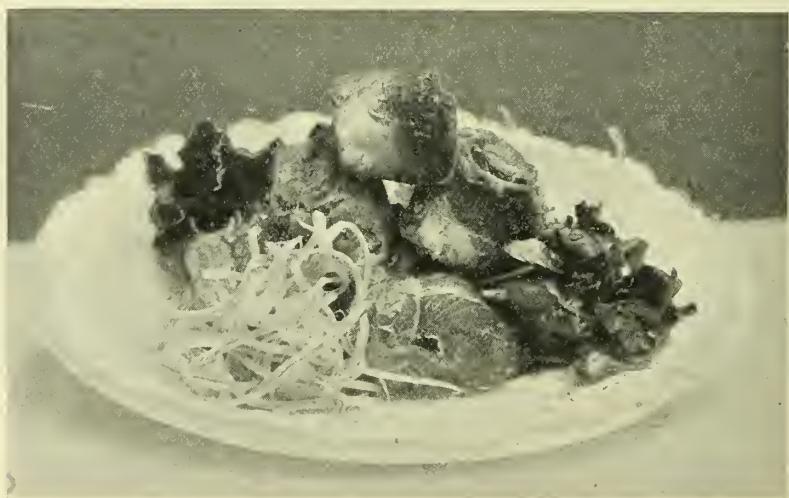
Wash and dry the fillets, and lay them on a board with the skin side down.

Sprinkle with chopped chives, parsley, pepper and salt.

Roll up the fillets, and bind each one round firmly with tape.

Put them in an earthenware pie-dish, and sprinkle the spices, bay-leaves and a teaspoonful of salt on the top.

Fill the dish with vinegar and water mixed in the proportions of three parts of vinegar to one of water, and cover with an old plate.



SOUSED FILLETS OF HERRING.

Bake slowly in a very moderate oven for one hour.

When cold remove the tapes and wipe off any spices that may be adhering to the fish.

Arrange the fillets on a dish, and garnish them with shredded celery and bunches of watercress.

Season with vinegar, salad oil, a little pepper and salt.

Boiled Cod.

A piece of cod.	Lemon.	Parsley.	Salt.
Vinegar.	Horse-radish.	Sauce.	
Average cost, 3s. 6d.			

Choose a nice thick middle cut, or the head and shoulders, as these are the best parts for boiling. (The tail is rather insipid if boiled, but can be satisfactorily fried in slices.)

Wash and cleanse the fish thoroughly.

Rub the inside well with salt; this will harden the flesh, which is otherwise rather soft when quite fresh.

Let it stand for an hour before boiling.

After this lay the fish on the strainer of the fish-kettle, and tie it in position with broad tape.

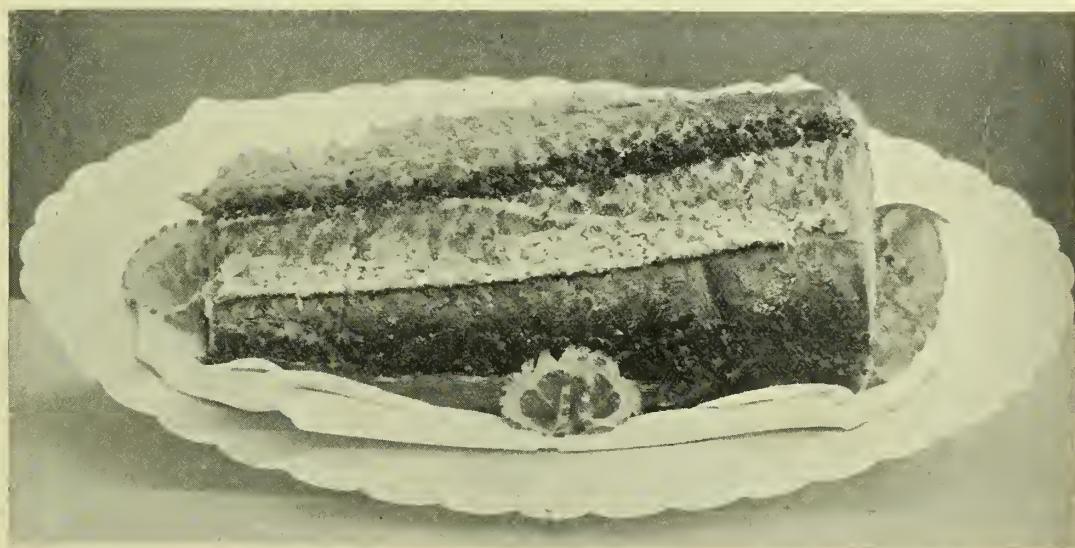
Have sufficient cold water in the fish-kettle to cover the fish, with a quarter of a pound of salt and one tablespoonful of vinegar to every gallon.

Lower the fish gently into the water, and bring to the boil.

Simmer gently until done.

When done skim off any scum that may have risen, then lift the strainer out and stand it crosswise on top of the fish-kettle.

Lay a cloth over all just for a few minutes while it thoroughly drains.



BOILED COD.

Place the fish on a dish with a fish paper under, and brush it over with oiled butter.

Garnish with scalloped lemon (see page 156), grated horse-radish and chopped parsley.

Serve with it either oyster, shrimp, anchovy or lobster sauce. (For SAUCES, see Index.)

(See COLOURED PLATE No. 27.)

Boiled Cod with Anchovies.

Crimped cod.	Parsley.	Potato balls.
12 anchovies.	Salt.	Dutch sauce.

Average cost, 4s.

Place a nice piece of crimped cod on a dish, and sprinkle it liberally all over with salt.

Then place it on the strainer in a fish-kettle, with sufficient water to cover.



BOILED COD WITH ANCHOVIES.

Bring to the boil, and allow it to boil fast for three or four minutes.

Draw to one side of the stove, and cook gently until done.

Lift the strainer and fish out, and let it drain.

Lay the fish on a folded napkin on a dish.

Garnish with potato balls (see Index), fresh parsley and filleted anchovies.

Serve with Dutch sauce. (For SAUCES, see Index.)



BOILED COD.

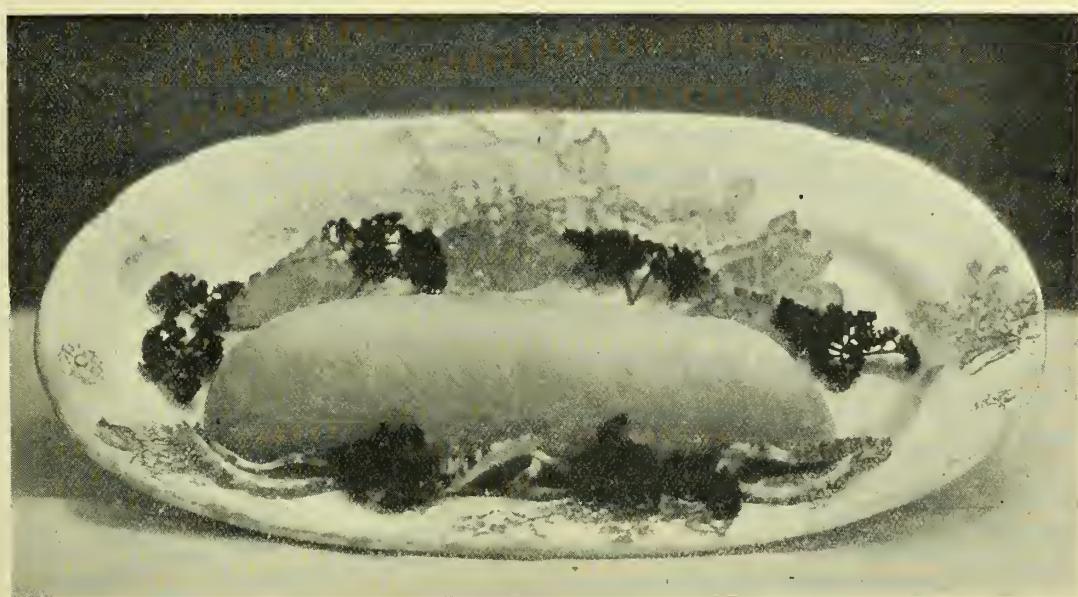
Boiled Cod's Roe.

1 cod's roe. | Vinegar. | Salt. | Peppercorns. | Sauce.
Average cost, 1s. 3d.

Wash the roe well in cold water.

Tie it up in a piece of muslin.

Put about a pint of water into a saucepan with one tablespoonful of vinegar, one teaspoonful of salt, and twelve peppercorns.



BOILED COD'S ROE.

(The roe should be in the centre of the dish.)

Bring this to the boil, and then put the roe in.

Boil for fifteen minutes, then lift the roe out and let it drain.

Place it on a hot dish, and pour parsley sauce or melted butter sauce over, with lemon juice, and a little cayenne added.

The sauce can be either poured over, or the roe can be dished on a napkin, garnished with parsley and scalloped lemon, and the sauce served separately in a sauce-boat.

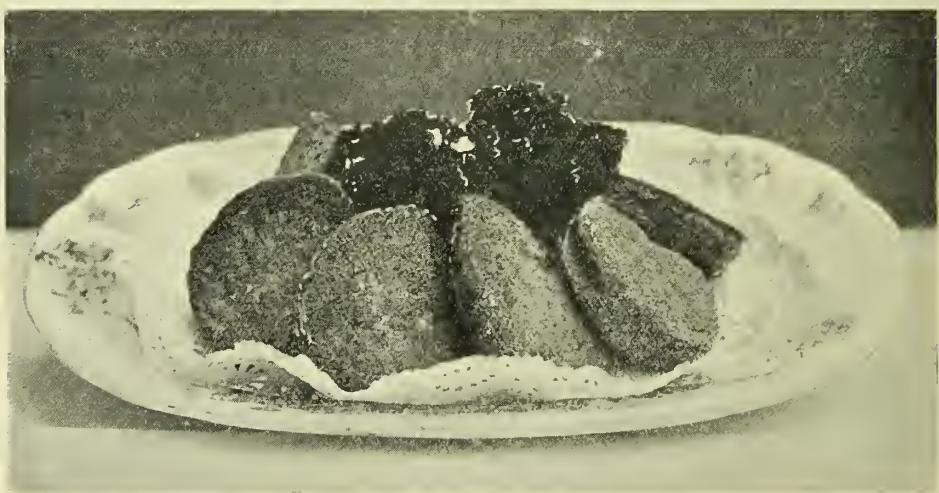
Fried Cod's Roe.

1 cod's roe.	White bread- crumbs.	2 oz. of butter.
1 egg.		Parsley.

Average cost, 1s. 4d.

Boil the roe as in the foregoing recipe, and let it get quite cold. Cut it into slices about half-an-inch thick.

Dip the pieces into well-beaten egg, and then into fine white bread-crumb.



FRIED COD'S ROE.

Melt two ounces of butter in a frying-pan, and when boiling put in the slices of roe.

Fry them a nice golden brown on one side, then turn them and fry the other.

Lay them on a wire strainer to drain.

Arrange them in a circle on a dish with a fish-paper under, and place a bunch of parsley in the centre.

Cod Steaks.

3 cod steaks.	Bread-crumbs.	Pepper.	Salt.
1 egg.	Flour.	Frying fat.	
Average cost, 1s. 6d.			

Cut three nice steaks from the tail end of the cod.

Dip them into flour highly seasoned with salt and pepper.

Then dip them into whole beaten-up egg.

Lastly coat them well with fine white bread-crumbs.

Have ready plenty of boiling fat, lay in the steaks, and fry a nice golden colour.

Lift them out, and let them drain on a wire pastry rack.

Arrange the steaks on a hot dish, with a fish-paper under, and garnish with parsley.

Serve with anchovy sauce. (For SAUCES, see Index.)

Baked Plaice.

1 plaice.	1 teaspoonful of chopped parsley.	Bread-crumbs.
3 oz. of butter.		Pepper. Salt.
Average cost, 2s.		

Select a nice thick plaice.

Wash and cleanse it thoroughly, trim off the fins and tail, then dry it.

Butter a baking dish thickly, and lay the plaice in it.

Brush it over with oiled butter.

Mix together one teaspoonful of finely chopped parsley, four tablespoonfuls of finely made white bread-crumbs, a small teaspoonful of salt, and a quarter of a teaspoonful of white pepper.

Sprinkle over the top of the fish thickly with this.

Put small pieces of butter thickly over the top.

Bake in a brisk oven, basting it once or twice with a little of the butter.

This will take from twenty to thirty minutes according to the size of the fish.

When cooked lift the fish out carefully with a fish-slice, and lay it on a dish.

Garnish with fried parsley and lemon. (For FRIED PARSLEY, see Index.)

Serve anchovy sauce with it. (For SAUCES, see Index.)

Stewed Plaice.

1 or 2 plaice.

2 eggs.

2 onions.

1 oz. of butter.

$\frac{1}{2}$ blade of mace.

1 lemon.

Cayenne. Salt.

$\frac{1}{2}$ pint of water.

Garnish, as described.

Average cost, 2s. 3d.

Cut the fish into pieces about two inches wide.

Lay them on a dish, and sprinkle well over with salt.



STEWED PLAICE.

Let them remain half an hour.

Peel the onions, and slice them thinly.

Fry them in a stewpan with one ounce of butter, until they are a nice golden brown.

Scrape as much of the salt off the fish as possible, but do not wash it.

Lay the pieces in the stewpan, on the top of the onions. Add the mace and the half-pint of water.

Cook gently for about twenty minutes, until the fish is done.

Do not let it boil fast or the fish will break.

Take the pieces out carefully, lay them on a hot dish, and keep them hot.

Beat the yolks of two eggs well.

When the fish liquor has cooled a little, stir in the beaten eggs with the juice of half a lemon and a dust of cayenne pepper.

Return it to the fire until it thickens, but do not let it boil.

Now pour it all over the fish.

Garnish with parsley and forcemeat balls; or with button onions which have been boiled, then stewed in brown gravy.

Fried Fillets of Plaice.

1 large plaice.	Bread-crumbs.	Chip potatoes.
1 egg.	Oil or lard. Salt.	Garnish, as described.
Average cost, 1s. 9d.		

Skin the fish, cut it down the backbone, remove the fillets and cut them into convenient sized pieces.

Sprinkle a little salt on each.

Dip them in a well-beaten egg and then in finely made white bread-crumbs.

Have ready plenty of boiling oil or lard, put the fish in and fry a golden brown.

Lift the pieces out, and drain them well.

Dish them round a pile of chip potatoes.

Garnish between each fillet with fresh parsley, and slices of lemon.

(See COLOURED PLATE No. 28.)

Broiled Whitings.

2 whitings.		Butter.		Oil.		Pepper.		Salt.
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Average cost, 1s.

Wash the whiting in salt and water; dry them well.

Split each fish open all down the backbone, and cut off the heads.

Brush them over with salad oil, and sprinkle with pepper and salt.

Oil the bars of the gridiron, and lay the fish on.

Broil for five minutes, turning once during the cooking.

If the fish are very thick they will take a few minutes longer.

Take them off the fire, and lay on a hot dish.

Pour about a tablespoonful of oiled butter over each fish, and serve very hot.

Garnish with a little fresh parsley.

Baked Whitings.

3 or 4 whiting.		1 gill of white wine.		Carmine.
A bunch of sweet herbs.		1 gill of fish stock.		Salt.
2 oz. of butter.		$\frac{1}{2}$ oz. of flour.		Pepper.
				Garnish, as described.

Average cost, 2s.

Clean and skin the fish.

Lay them in a well buttered baking-tin.

Finely chop the herbs.

Sprinkle the fish with the chopped herbs, also pepper and salt.

Pour the wine round the fish.

Lay a buttered paper over, and stand the tin in another one containing water.

Bake in a moderate oven from ten to fifteen minutes, basting them frequently with the wine.

Lift the fish out, and lay them on a hot dish.

Add a gill of fish stock to the liquor in the baking-tin.

Melt half-an-ounce of butter in a small saucepan, stir in half-an-ounce of flour, then pour in the stock etc., from the baking tin. There should be a half-pint altogether.

Stir this until it boils, and add salt and pepper if required, and two or three drops of carmine.

Pour this sauce through a pointed strainer round the fish.

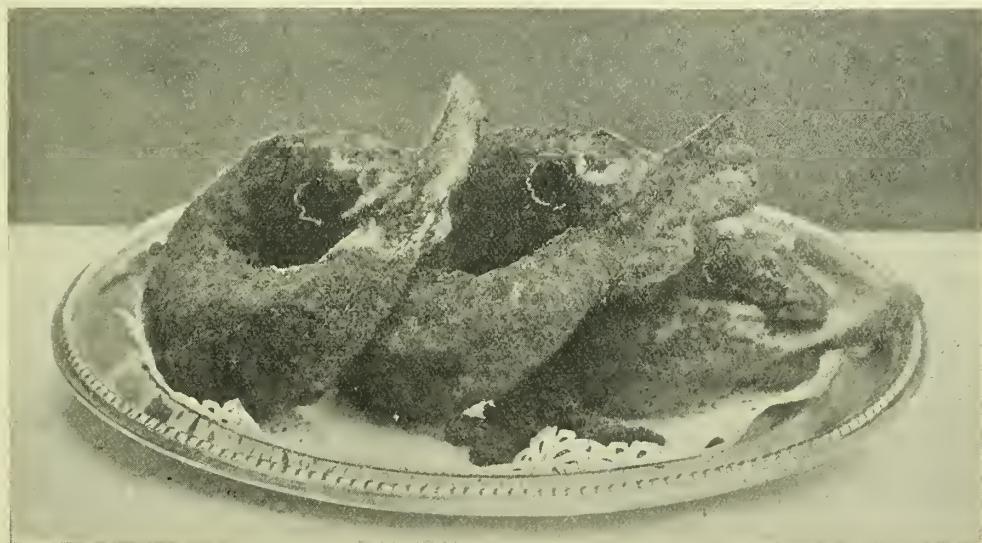
Garnish with button mushrooms (which have been warmed in a little stock) and scalloped lemon. Or a garnish of plain parsley will suffice.

Fried Whiting.

3 whiting.		1 egg.		Bread-crumbs.		Flour.
Average cost, 1s. 3d.						

Skin and clean the whiting, and truss them with their tails through their mouths.

Flour them; next dip them into whole beaten-up egg, and then in white bread-crumbs.



FRIED WHITING.

Fry in plenty of boiling fat until they are nicely browned all over.

Take them up, and drain on a sheet of kitchen paper.

Dish them on an ornamental fish-paper on a hot dish.

Serve with Dutch sauce. (For SAUCES, see Index.)

Soufflé of Whiting.

9 oz. of whiting, free from skin and bone.	Flour.	Browned bread- crumbs.
1 gill of fish stock.	4 eggs.	Pepper. Salt.
3 oz. of butter.	2 gills of milk. Parsley.	Cayenne.

Average cost, 2s.

Put the meat from the whiting into a mortar, and pound it well. Melt the butter in a saucepan.

Add to it the flour, and fry together without browning.

Add to this the fish stock and milk.

(The fish stock can be made from the bones and skins of the whiting.)

Cook at the side of the stove for ten minutes.

Take the saucepan off the fire, and beat in the yolks of the eggs one by one.

Then add the pounded whiting.

Add seasoning of pepper, salt and cayenne.

Beat all well together; then, lastly, add the whites of the eggs beaten to a stiff froth, with a tiny pinch of salt.

Tie a well-buttered band of stiff paper round the outside of a well-buttered soufflé tin, so that the paper stands about two inches above the tin.

Pour in the mixture immediately the whites of eggs are added.

Sprinkle the top with browned bread-crumbs.

Bake in a moderate oven for three-quarters of an hour.

Remove the paper, fasten a folded napkin, or fancy paper, round the tin.

Sprinkle the soufflé with finely chopped parsley.

Send to table at once, or it will sink.

Almost any white fish may be treated in the same way.

Baked Gurnet.

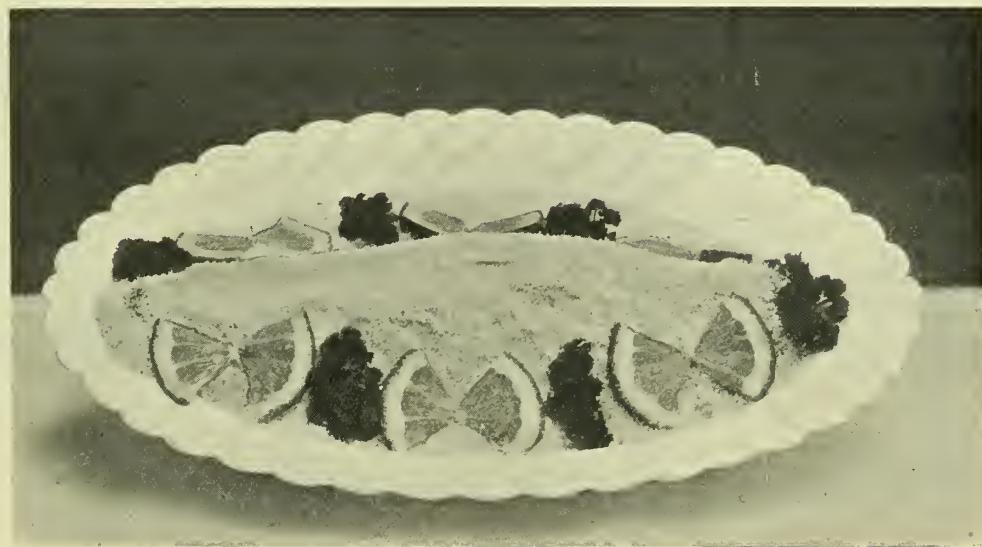
2 gurnets.	Eschalot.	3 tablespoonfuls of white wine.
1 oz. of butter.	2 tablespoonfuls of browned bread-crumbs.	Pepper.
2 tablespoonfuls of chopped mushrooms.	Lemon juice.	Salt.
		Garnish, as described.

Average cost, 2s. 6d.

Clean and skin the gurnets; cut off the heads and fins.

Score them across three times on each side.

Sprinkle them with two teaspoonfuls of finely chopped eschalot, two tablespoonfuls of finely chopped mushrooms, a little pepper and salt and lemon juice.



BAKED GURNET.

Lay them in a well-buttered, deep fire-proof dish.

Pour the wine over the fish, and put one ounce of butter, in small pieces, over the top.

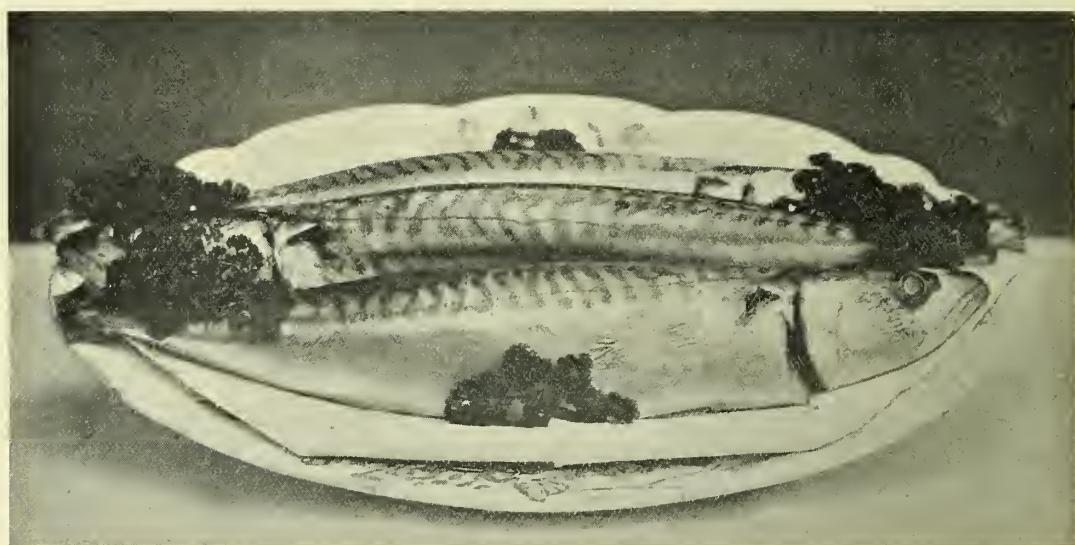
Lay a thickly buttered paper over them, and bake in a quick oven until they are cooked, basting them frequently with the wine.

About five minutes before they are done sprinkle the browned bread-crumbs on top so that they get thoroughly hot through. Wipe the edges of the dish, and serve the fish in it, standing it on another.

Garnish with fresh parsley and lemon.

If preferred the wine may be omitted, and milk or fish stock be substituted.

Gurnet may also be plainly fried, or boiled, or filleted and dressed in several different ways.



BOILED MACKEREL.

Boiled Mackerel.

3 mackerel.		Salted water.		Sauce.
Average cost, 9d.				

These fish ought, properly speaking, to be cooked and eaten almost immediately after being caught. They do not keep at all well; and a mackerel wanting in freshness is most unwholesome.

Clean three good sized mackerel, well scrubbing them with a brush to get off the gelatinous outer skin which they have instead of scales.

Put them into boiling salted water, and boil gently until done.

This will take about ten to fifteen minutes.

When cooked drain the fish, and lay them on a hot dish, on a folded napkin.

Serve with Fennel Sauce. (For SAUCES, see Index.)

Mackerel may also be pickled in the same way as herrings; or broiled, and served with black butter.

Baked Red Mullet.

4 red mullet.
2 oz. of butter.
Tomato sauce.

1 dessert-spoonful of
chopped parsley.
Pepper.

3 tablespoonfuls of
bread-crumbs.
Salt.

Average cost, 4s.

Clean the fish and lay them in a well-buttered gratin dish.

(In cleaning these some prefer to leave the trails and liver in the fish, and only remove the gills, but this is optional.)

Season with a sprinkling of pepper and salt.

Pour three or four tablespoonfuls of tomato sauce over them.

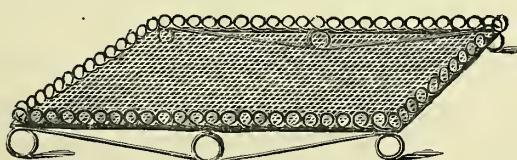
Mix the finely chopped parsley with the bread-crumbs.

Melt two ounces of butter, and stir it into the crumbs and parsley.

Mix these well together, then sprinkle them over the fish.

Put the dish in the oven, and bake till the fish are done (about fifteen to twenty minutes), frequently basting the fish with their own liquor.

When cooked stand the gratin dish in another, and serve very hot.



RACK FOR DRAINING FRIED FISH (ALSO USED FOR PASTRY).

Baked Red Mullet in paper cases.

3 red mullet.
Salad oil.
2 tablespoonfuls of sherry.

1 teaspoonful of anchovy sauce.
1 teaspoonful of lemon juice.

$\frac{1}{2}$ oz. of flour.
 $\frac{1}{2}$ oz. of butter.
Salt.
Cayenne.

Average cost, 3s. 6d.

Sprinkle each mullet with a little salt.

Cut three pieces of kitchen paper large enough to roll the fish in, and oil the paper well.

Roll each fish up in a piece of the paper, tie the ends firmly, and twist the string once or twice round to keep the paper together.



RED MULLET READY FOR COOKING, IN PAPER CASE.

Lay them in a baking tin, and bake in a moderate oven.

Medium sized fish will take twenty minutes, large ones a little longer.

When cooked keep them thoroughly hot.

Melt the butter in a saucepan, add the flour, then the gravy which has run from the fish, the anchovy sauce, the lemon juice, a dust of cayenne pepper, and lastly, the sherry.

Bring to the boil, strain and pour into a sauce-boat, ready to be served with the fish.

Remove the strings from the fish carefully, but let the fish remain in the papers.

Lay them on a very hot dish, and send to table garnished with parsley.

Halibut Steaks with Maître-d'Hôtel Sauce.

$1\frac{1}{2}$ lb. of halibut.	Lemon juice.	Sauce.
$1\frac{1}{2}$ oz. of butter.	Pepper. Salt.	Garnish, as described.
Average cost, 2s. 9d.		

Wash the fish; cut it in slices half-an-inch thick.

Butter a baking-tin, and lay the slices of fish in it.

Squeeze over them the juice of half a lemon.

Sprinkle with pepper and salt.

Lay a well-buttered paper on the top of the fish.

Bake in a moderate oven for ten to fifteen minutes.

Lift out the slices of fish, and lay them on a hot dish.

Pour the maître-d'hôtel sauce over, so as to well coat the fish.

Garnish with fresh parsley, and sprinkle with coralline pepper.

For the Maître-d'Hôtel Sauce.

$\frac{1}{2}$ oz. of flour.	1 dessert-spoonful of chopped parsley.	1 teaspoonful of lemon juice.
$\frac{1}{2}$ oz. of butter.		Pepper.
$\frac{1}{4}$ pint of milk.	$\frac{1}{2}$ teaspoonful of eschalot.	Salt.
$\frac{1}{4}$ pint of stock.		

Melt the butter in a saucepan.

Add the eschalot, which should be very finely chopped.

Cook gently at the side of the stove for ten minutes.

Mix in the flour, then gradually stir in the stock and milk.

Add pepper and salt to taste, then the finely chopped parsley, and, last of all, when it is off the fire, add the lemon juice.

Pour in the gravy which has run from the fish in cooking, and then pour the whole over the fish and serve.

Boiled Halibut.

3 lbs. of halibut.
 1 carrot.
 1 onion.
 1 leek.
 $\frac{1}{2}$ head of celery.

A bunch of herbs
 (bay-leaf, thyme
 and parsley).
 2 tablespoonfuls of
 vinegar.

6 peppercorns.
 2 large tablespoon-
 fuls of salt.
 Garnish, as described.

Average cost, 4s.

Put the piece of halibut into a saucepan, and cover it with fresh cold water.

Add the carrot, onion, leek and celery, all sliced. Add also the herbs, peppercorns, salt and vinegar.



BOILED HALIBUT.

Put the lid on the saucepan, and bring it to the boil.

When it boils draw to one side, and let it simmer gently until the fish is cooked. It will take about ten minutes after coming to the boil.

Lift out the fish, drain, then lay it on a hot dish.

Spread anchovy butter over all the fish.

Garnish with hard-boiled yolk of egg, and filleted anchovies.

Boiled Brill.

1 brill.	Lemon.	Lobster coral.
Butter.	Parsley.	Garnish, as described.
Vinegar.	Salt.	

Average cost, 4s.

Clean the fish, and trim off the fins.

Rub the fish over with lemon juice.

Lay it in a fish-kettle with sufficient water to cover it, adding salt and vinegar in the proper proportions. (For BOILING FISH, see Index, also page 328.)

Bring it to the boil, then draw the fish-kettle to one side, and let it simmer gently until the fish is done.

If it is a rather small fish it will take about ten minutes after it comes to the boil.

Lift it out, drain, then brush it over with oiled butter.

Lay it on a very hot dish, and garnish with chopped parsley and lobster coral laid in alternate bars across the fish.

Arrange bunches of parsley, and scalloped lemon around the fish.

Serve with Lobster, Shrimp, Hollandaise, or any suitable sauce. (For SAUCES, see Index.)

Baked Brill, with Crayfish.

1 brill.	1 gill of gravy.	Bread-crumbs.
2 tablespoonfuls of finely chopped eschalot.	1 gill of madeira. 2 oz. of butter.	Pepper.
$\frac{1}{4}$ lb. of mushrooms.	1 teaspoonful of finely minced herbs.	Salt.
		6 crayfish, and gar- nish, as described.

Average cost, 5s.

Choose a good sized fish, and clean it well.

Score it across the back.

Chop the eschalot and mushrooms very finely.

Butter a baking-dish with one ounce of the butter.

Spread the minced eschalot and mushrooms over the inside of the dish.

Pour in the gravy and madeira.

Now lay the fish in with the back downwards.

Melt the remaining ounce of butter in a saucepan, and stir in as many finely made white bread-crumbs as will absorb it.

Season the crumbs with pepper, salt and the finely minced herbs, then spread them over the fish.

Put the dish in the oven, and bake for half an hour, frequently basting with gravy.

When done lift the fish carefully on to a dish.

Strain the gravy and pour it gently round.

Garnish with half a dozen crayfish, some sprigs of fresh parsley and slices of scalloped cucumber.

(See COLOURED PLATE No. 29.)

Brill à la Tyrol.

$\frac{3}{4}$ lb. of boiled brill.	2 oz. of grated Parmesan cheese.	1 oz. of grated Cheddar cheese.
$\frac{1}{2}$ pint of thick Veloute sauce.	Parsley.	Coralline pepper.
Average cost, 2s.		

Take half-a-pint of thick Veloute sauce (for SAUCES, see Index), and stir into this two ounces of grated Parmesan cheese, a teaspoonful of finely chopped parsley, and a dust of coralline pepper.

Cut the brill into dice shapes, and mix this in also.

Thickly butter a gratin dish.

Pour in the fish mixture.

Sprinkle one ounce of grated Cheddar cheese on the top.

Stand the dish in a tin containing boiling water, and bake in a quick oven for ten to fifteen minutes.

When cooked take out the dish, stand it on another, and sprinkle the top with finely chopped parsley, and coralline pepper.

Serve immediately.



BAKED BRILL WITH CRAYFISH.

J O H N D O R Y.

Tao Kell & Son, Ltd.



John Dory.

Average cost, 2s. to 5s.

This fish is best boiled.

Clean the fish thoroughly, trim off the fins, but do not remove the head.

Put it into a fish-kettle, and cook as described in the directions for boiling fish (page 328).

Garnish with parsley, cut lemon, prawns or any suitable garnish.

Serve with anchovy, shrimp, lobster, or Genoese sauce. (For SAUCES, see Index.)

(See COLOURED PLATE No. 30.)

Boiled Skate.

$1\frac{1}{2}$ lb. of crimped skate.	1 onion.	Salt.
A bunch of herbs.	$\frac{1}{2}$ a stick of celery.	Black butter, or sauce.
$\frac{1}{2}$ a carrot.	12 peppercorns. French vinegar.	

Average cost, 1s. 6d.

Roll up the pieces of skate either in rounds or like the letter S.

Secure them in shape with a trussing needle and string.

Lay them in well salted cold water for about an hour, then wash and rinse well.

Put the pieces into a stewpan, with sufficient water to cover.

Slice one onion, half a carrot, and half a stick of celery.

Tie them all up in a piece of muslin with the herbs and peppercorns.

Put them in with the fish, and add two dessert-spoonfuls of salt, and one tablespoonful of French vinegar to every quart of water.

Put the pan on the stove, bring to the boil, and skim well.

Let it simmer for five minutes, until the fish is cooked.

Lift the fish out carefully, arrange it prettily on a hot dish, cut the strings and pull them gently out.

Pour black butter over the fish, and serve immediately. (For BLACK BUTTER, see Index.)



CRIMPED SKATE, READY FOR COOKING.

Or a garnish of parsley can be used and Tartare sauce can be handed (in a sauce-boat) with it. (For TARTARE SAUCE, see Index.)

Boiled Smelts.

12 smelts.	Chopped parsley.	Croûtons of fried
Fish stock.	Lemon juice.	bread.
Melted butter.	Coralline pepper.	

Average cost, 3s.

Clean the smelts by drawing them through the gills.

Wash and wipe them well.

Arrange them on their stomachs on the fish-drainer.

Place them in the stewpan, and cover with fish stock.

Bring almost to the boil, then draw them to the side of the stove for five minutes. Do not let them boil.



BOILED SMELTS.

Lift the fish out carefully, drain well, and arrange them on a hot dish. Make half a pint of melted butter, add one teaspoonful of strained lemon juice, and pour this over the fish. (For MELTED BUTTER, see Index.)

Sprinkle finely chopped parsley, and coralline pepper on each alternate fish.

Arrange fried croûtons of bread round the fish, garnishing the croûtons with chopped parsley and coralline pepper.

(See COLOURED PLATE No. 31.)

Fried Smelts.

12 smelts.		Egg.		Bread-crumbs.		Frying fat.
Average cost, 2s.						

Smelts should be very fresh, and must not be washed more than is absolutely necessary.



FRIED SMELOTS.

Dry them in a cloth, then roll them in a little flour, afterwards shaking off as much as possible.

Dip them in whole beaten-up egg, then into finely made white bread-crumbs.

Fry them in plenty of boiling fat, until they are a pale golden colour.

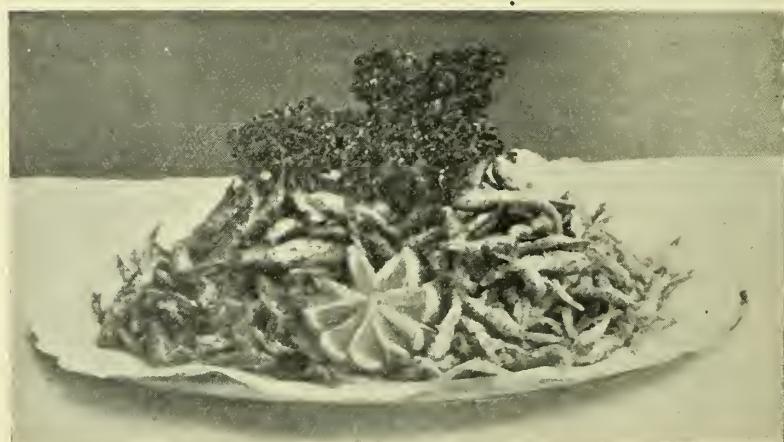
Drain them, arrange on a dish-paper, and garnish with fresh parsley.

Fried Whitebait, Plain and Devilled.

Whitebait.	Coralline or cayenne pepper.	Brown bread and butter, as described.
Flour.		
Frying fat.	Salt.	
Lemon.		

Average cost variable; 1s. to 2s. per pint.

The whitebait should be carefully picked over, and freed from weed, etc. Then put them into a basin of cold water, with a lump of ice, until wanted.



WHITEBAIT, DEVILLED AND PLAIN.

Have ready a deep stewpan, quite half-full of boiling fat.

Put two tablespoonfuls of flour on a dry cloth, then put in a handful of the whitebait drained free from water.

Shake them about in the flour, then put them in a frying basket.

Shake off all the superfluous flour, and plunge them into the boiling fat for about a minute and a half.

Take them out, and turn on to a wire sieve.

Do another handful of the whitebait in the same way, and so continue until all are cooked.

Now put them all into the frying basket.

See that there is plenty of fat in the stewpan to well cover all the fish, and see that it quite boils up again (with a slight blue vapour coming from it).

Put the basket containing all the fish back into the fat, and fry for a minute or two until they are quite crisp.

Keep half the fish plain.

Sprinkle the other half with salt and coralline pepper or cayenne.

Dish in two piles on a fish-paper, and garnish with slices of lemon and a few little sprigs of fresh green parsley.

Keep very hot and serve quickly, for being so small they soon get cold.

Cut about one dozen very thin slices of brown bread and butter (the bread not more than one day old).

Roll the slices neatly, and trim the ends.

Beat the white of an egg slightly.

Chop about a dessert-spoonful of parsley very finely, and wring it quite dry in the corner of a cloth, and put it into a saucer.

Put about a teaspoonful of coralline pepper in another saucer.

Brush over the ends of the rolls of bread and butter with the white of egg, and dip one end of each into the chopped parsley, and the other ends into the coralline pepper. Do not use cayenne for this, it would be much too hot.

Arrange the rolls on a lace paper on a plate, in a circle; one resting on the other, with alternate colours showing up. Stand a little bunch of parsley in the centre.

(*See COLOURED PLATE No. 10.*)

Boiled Trout.

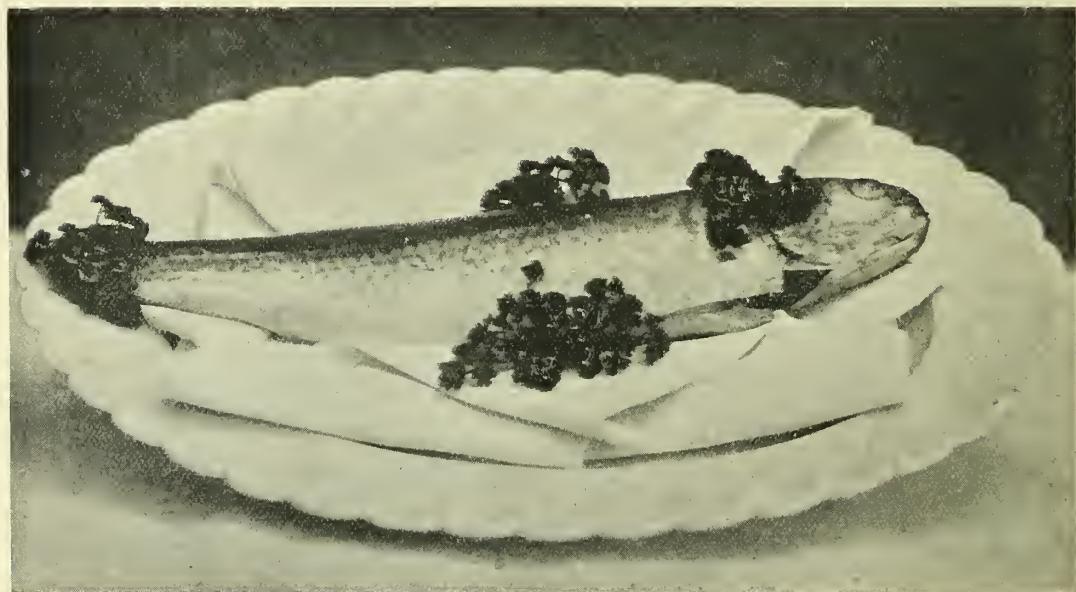
1 or 2 trout.
2 tablespoonfuls of
vinegar.
 $\frac{1}{2}$ a carrot.

1 onion.
Butter.
Parsley.
4 cloves.

A bunch of herbs.
1 tablespoonful of
salt.
Sauce.

Average cost, 3s.

Scale, clean and draw the trout, wipe them dry in a cloth. Put them in a fish-kettle or saucepan, and pour in sufficient water to cover the fish.



BOILED TROUT.

Add the vinegar, salt, carrot, onion, cloves and herbs. Set the fish-kettle on the fire, and gently bring to the boil. Let it continue boiling gently for ten to fifteen minutes, according to the size of the fish. If the water boils hard the skins may break. Take the fish out, drain well, and lay them on a folded napkin on a hot dish.

Rub a little butter over them.

Garnish lightly with fresh parsley.

Serve with Hollandaise sauce. (For SAUCES, see Index.)

Broiled Trout.

1 good sized trout.	Pepper.	Maître-d'hôtel butter.
Salad oil.	Salt.	

Average cost, 3s.

Choose a nice fresh trout.

Scrape off the scales, trim the fins, wash it well in cold salt and water, then dry it thoroughly in a cloth.

Score it three times on each side, and lay it on a dish.

Season three tablespoonfuls of salad oil with salt and pepper.

Pour it over the fish, and let the fish soak in it for half-an-hour or longer before grilling, turning it now and again on the dish.

Oil the bars of the gridiron, and if possible lay the fish on straws (see page 332).

Broil it over or in front of a clear fire, for about fifteen minutes.

Take it up carefully, and lay it on a hot dish.

Put two or three lumps of maître-d'hôtel butter on it, and serve immediately. (For MAÎTRE-D'HÔTEL BUTTER, see Index.)

Mayonnaise of Trout.

1 good sized trout.	Aspic jelly.	Mayonnaise aspic.
Court bouillon, as described.	Lettuce. Mayonnaise sauce.	Beetroot and other garnish.

Average cost, 5s.

Clean a good sized trout, draw it by the gills, and wipe it thoroughly inside and out.

Put it into a fish-kettle with sufficient boiling court bouillon to cover it.

Boil gently until the fish is done. This will take about twenty minutes.

Lift it carefully out on to a sieve, and leave until cold.

Have ready a block of aspic jelly the length and breadth of the fish, and one-and-a-half inches deep.

Or, cut a croûton of bread from a stale tin loaf the same size.

Fry it a pale golden colour, and let it get quite cold.

When the fish is quite cold, mask it with mayonnaise aspic, and let it set.

Stand the border (aspic or bread) on a dish, and sprinkle it thickly with shredded lettuce.

Lay the trout carefully on it.

Garnish down the centre of the fish with shredded chillies, gherkins, beetroot, or any pretty garnish.

Arrange prettily round the croûton the hearts of three or four small lettuce, cut in halves or quarters, quarters of hard-boiled egg, slices of beetroot and chopped aspic jelly.

Serve mayonnaise sauce in a sauce-boat. (For SAUCES, see Index.)

For the Court Bouillon.

$\frac{1}{4}$ of a carrot.	1 teaspoonful of	1 teaspoonful of
$\frac{1}{4}$ of an onion.	thyme.	basil.
2 large sprigs of parsley.	1 tablespoonful of salt.	1 oz. of butter. $\frac{1}{2}$ pint of vinegar.

Slice the carrot and onion.

Put these, with the parsley thyme, salt, basil and butter, into a saucepan.

Stand them on the stove for ten minutes.

Now add two quarts of water and half a pint of vinegar.

Simmer all together gently for about an hour.

Then strain and use.

White wine, such as chablis or sauterne, may be used instead of vinegar, but in that case more wine must be used than vinegar, say half wine and half water.

(See COLOURED PLATE No. 32.)



MAYONNAISE OF TROUT.

Fried Sole.

1 sole.
1 egg.
Flour.

Bread-crumbs.
Pepper.
Salt.

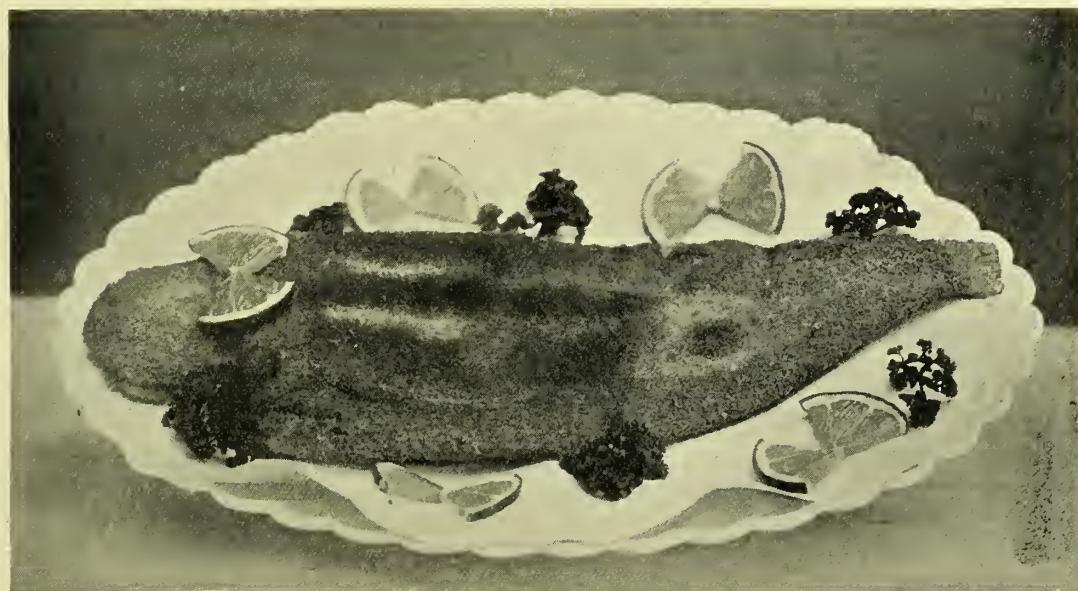
Frying fat.
Garnish.
Maître-d'hôtel butter.

Average cost, 2s. 6d.

Skin and clean a sole, trim off the fins with a pair of scissors.

Wash it, and dry in a clean cloth.

Sprinkle it over both sides with flour, seasoned with pepper and salt.



FRIED SOLE.

Shake off all superfluous flour, then dip the fish into whole beaten-up egg, then into fine white bread-crumbs.

Have ready a pan with plenty of boiling lard sufficient to well cover the fish.

Plunge the fish in, and fry until it is a nice golden brown.

Take up the fish and place it on a wire rack, or kitchen paper, that it may drain perfectly free from fat.

Lay it on a hot dish, either on a d'oyley or fish-paper.

Garnish with cut lemon and parsley.

Hand small blocks of maître-d'hôtel butter with it. (For MAÎTRE-D'HÔTEL BUTTER, see Index.)

Great care should be taken to have the fat boiling (with blue vapour or smoke rising from it), and also to drain the fish thoroughly. Nothing is more disagreeable than a greasy fish.

Fried Filleted Sole.

After filleting the fish, and trimming the fillets neatly, fry them in the manner described in the foregoing recipe. Instead of the butter serve anchovy sauce, or some other suitable sauce, with it. (For SAUCES, see Index.)

Sole à la Béchamel.

1 large sole.	Butter.	Parsley.
1 egg.	Lemon.	échamel sauce.
Average cost, 2s. 6d.		

Skin and fillet a large sole, or two small ones.

Cut the fillets into neat pieces of about the same size.

Well butter a baking-tin.

Lay the fillets in it, folding one-third of each fillet back underneath, so that the fillet is double the thickness at the broad end.

Squeeze over them the juice of half a lemon, and sprinkle with pepper and salt.

Lay a buttered paper over, and stand the tin in another containing hot water.

Cook in a moderate oven for ten minutes.

Boil one egg hard.

Rub the yolk through a sieve.



SOLE À LA BÉCHAMET.

Lift the fillets carefully out, and dish them in two rows down a hot dish, with the thick end of one fillet resting on the thin end of the next one.

Pour about half-a-pint of creamy Béchamel sauce over them. (For SAUCES, see Index.)

Next sprinkle each alternate fillet with the rubbed yolk of egg and finely chopped parsley.

Garnish round the edges with slices of hard-boiled egg and sprigs of fresh parsley.

This is a good way of cooking fish for an invalid, but you must then be careful with the pepper and salt.

(See COLOURED PLATE No. 33.)

Soles with White Wine.

2 soles.	A bunch of herbs.	1 teaspoonful of rice flour.
$\frac{1}{2}$ lb. of button mushrooms.	Parsley.	$\frac{1}{2}$ pint of white wine.
3 oz. of butter.	Chives.	Fish cuttings. Salt.

Average cost, 3s. 6d.

Choose two moderate sized soles.

Skin and clean them.

Cut off the heads, and with a sharp pair of scissors cut off the fins running down each side-edge of the fish, also cut about one inch off the tail.

Put the trimmings into a saucepan with the stalks and peelings of the mushrooms, a bunch of herbs, parsley, three-pennyworth of fish cuttings, half a dozen peppercorns, one gill of white cooking wine (chablis or sauterne), three-quarters of a pint of water and half a teaspoonful of salt.

Bring these to the boil, and simmer for three-quarters of an hour.

Thickly butter a pie-dish large enough to hold the soles side by side.

Sprinkle it thickly over the bottom with the mushrooms, finely chopped, and a teaspoonful of finely chopped chives.

Lay in the fish, and strain the stock round them.

Lay a buttered paper over the top, and bake in a moderate oven for twenty minutes.

Take out the dish, and pour the stock carefully from it into a clean saucepan.

Skim it, and reduce until it is half the quantity.

Add one gill of fish stock, and one gill of white wine.

Bring to the boil, then thicken with a teaspoonful of rice-flour mixed in a little cold water.

Lastly, add a piece of fresh butter the size of a pigeon's egg.

Lay the fish on a hot dish, and pour the sauce over them, through a pointed strainer, so that they are well masked with it.

Garnish with a few of the button mushrooms kept whole, and cooked in a little of the stock.

On the top of each mushroom sprinkle a pinch of coralline pepper, and serve.

Boiled Turbot.

1 turbot.		3 large lemons.		Parsley.		Salt.		Sauce.
Average cost, from 4s. upwards.								

For boiling a whole turbot it is necessary to have a turbot-kettle, a fish-kettle of special shape, to allow this broad fish to lie conveniently in.

After thoroughly cleaning the fish let it lie in salt and water for an hour, then rinse it in fresh cold water.

Do not cut off the fins.

Rub the fish all over with lemon-juice. This whitens the flesh and keeps it firm.

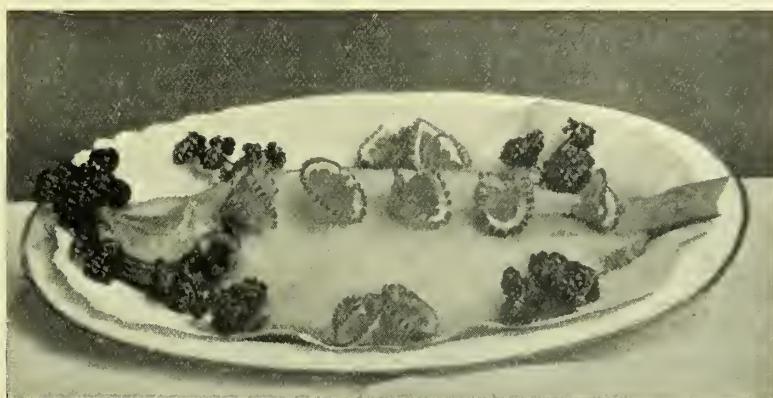
Make two or three incisions or notches in the dark side of the skin to prevent it cracking.

Lay the fish in the kettle with a bunch of parsley and the juice of two large lemons.

Cover the fish with water salted in the proportion of a quarter-pound of salt to each gallon of water.

When the water begins to boil draw the kettle to the side of the fire, and let it simmer until the fish is tender.

When cooked drain it carefully.



BOILED TURBOT.

Lay it on a folded napkin, or a fish-paper, on a hot dish.

Garnish with a border of fresh parsley round the fish, and slices or quarters of lemon.

Serve lobster, tartare, shrimp, prawn, or white sauce with it. (For SAUCES, see Index.)

If liked the fish may be garnished with lobster coral, when lobster sauce is served with it.

Baked Fillets of Turbot.

Cold turbot.	Lemon.	Parsley.	Salt.
1 egg.	Bread-crumbs.		Lobster or shrimp
$\frac{1}{4}$ lb. of butter.	Coralline pepper.		sauce.

Average cost, 2s. 6d.

This is a very good way of re-heating boiled turbot.

Remove all the bones and skin from the cold turbot.

If possible do this while the fish is still warm.

When cold cut it into neat squares.

Dip them into whole beaten-up egg, then into finely made white bread-crumbs which have been seasoned with pepper and salt.

Thickly butter a fire-proof dish, and lay in the fillets.

Put them into a moderate oven, and keep constantly basted with the butter.

Bake a nice golden brown which will take about fifteen minutes.

Lift out the fillets, and drain well.



BAKED TURBOT.

Arrange them on a hot dish, and sprinkle over with finely chopped parsley and coralline pepper.

Pour the sauce round.

Garnish with a few bunches of parsley.

For the Sauce.

Take the remains of any shrimp or lobster sauce that was served with the boiled turbot; half a pint will be sufficient.

Re-heat thoroughly, add a few drops of lemon-juice, and serve.

Turbot with Cream Sauce.

Remains of turbot.	4 tablespoonfuls of cream.	Cayenne pepper.
1½ oz. of flour.		Salt.
1½ oz. of butter.	Yolk of egg.	Potato border, as
1 small onion.	Parsley.	described.
½ pint of milk.	1 blade of mace.	

Average cost, 2s. 6d.

Put the milk, onion, mace, and a dust of cayenne pepper in a saucepan, and boil for fifteen minutes.

Melt the butter in another saucepan, and stir in the flour.

Strain the seasoned milk into this, and stir until it re-boils.

Season to taste with pepper and salt.

Remove the bones and skin from the fish (while warm if possible).

Cut the fish into dice shapes, and put these into the saucepan with the milk, etc.

Add the cream, and just bring all to boiling point.

Put a potato border (prepared as follows) on to a dish.

Pour the contents of the saucepan into it.

Sprinkle with hard-boiled yolk of egg (which has been rubbed through a sieve) and a little finely chopped parsley, and serve.

This turbot mixture may also be scalloped, but then there must not be too much sauce. Or it may be put in a vol-au-vent.

For the Potato Border.

Prepare some potato purée as for potato border. (For POTATO BORDER, see Index.)

Well butter a flat baking-sheet, and form an oval border on it two inches high and large enough to contain the fish in the middle.

Brush it over with well-beaten egg.

Prepare some buttered bread-crumbs, by putting fresh white crumbs in a saucepan, and heating them with just as much butter as they will absorb.

Strew these thickly on top of the border after it is brushed over with the egg.

Put the border into a moderate oven, and bake until it is a golden brown.

Keep it thoroughly hot until it is required for use.

Grilled Salmon in paper.

3 slices of salmon.	Pepper. Salt.	Parsley.
Salad oil.	White paper.	Sauce.

Average cost, 3s.

The slices of salmon should be an inch and a half thick.

Brush them over with salad oil, and season with pepper and salt.

Wrap each slice in a well-oiled piece of white paper, and twist the ends of the paper well to keep it firm.



SALMON CUTLETS, IN PAPER CASE.

Oil the bars of the gridiron, and use oiled straws as well if you have them. (See BROILING FISH, page 332.)

Make the grill thoroughly hot, then lay the fish on.

Broil over a clear fire for about fifteen minutes, turning once in the cooking.

When done, carefully remove the papers, and quickly lay the slices on a hot dish.

Garnish with a little fresh parsley.

Serve with cold green sauce, in a sauce-boat; or any other suitable sauce.

Boiled Salmon.

1 salmon.	A sprig of thyme.	Water.
$\frac{1}{2}$ teacupful of French vinegar.	A blade of mace.	Cucumber.
1 onion.	12 peppercorns.	Garnish.
Butter.	3 cloves.	Sauce.
	Salt.	

Cost, according to size.

Cleanse and scald the salmon.

Butter a piece of muslin, and roll the fish in it.

Lay it in a fish-kettle with sufficient slightly salted water to cover.

Add half a teacupful of French vinegar, one onion, sliced, three cloves, a sprig of thyme, a blade of mace, and twelve peppercorns.

Boil the salmon with these, and allow ten minutes' boiling to each pound weight of fish. A little less time can be allowed if the fish is very thin.

When done, take it up and remove the muslin.

Lay the fish carefully on a folded napkin.

Garnish with cut lemon and sprigs of parsley.

Serve with Hollandaise, lobster, or any suitable sauce.

Hand sliced cucumber with the fish, as well as the sauce.

Boiled Salmon Cutlets.

3 slices of salmon.	Potatoes.	Garnish.
Fish stock.	Sauce.	

Average cost, 4s.

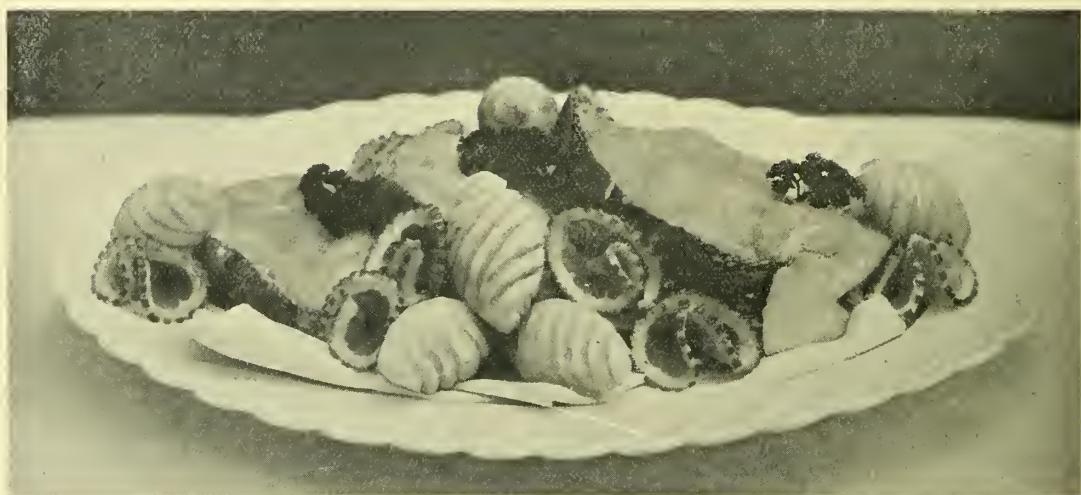
The slices of salmon should be about one inch thick.

After being washed and dried put them into a saucepan with sufficient boiling fish stock to cover.

Watch the stock re-boil, then draw to one side and simmer gently until cooked, which will take about ten minutes.

Take up the cutlets and drain well.

Arrange them on a folded napkin on a hot dish, one cutlet resting on the other.



SALMON CUTLETS, BOILED.

Garnish with plainly boiled potato olives (see page 226) and scalloped cucumber.

Serve with piquant sauce in a sauce-boat. (For SAUCES, see Index.)

Cold Salmon, with Montpelier Butter.

Salmon.
Aspic jelly.

| Fried croûtons.
Montpelier butter.
Average cost, from 8s.

Sauce.

Boil either a whole salmon, or a piece of one, according to the recipe given for boiling salmon, and let it get cold.

Coat it thinly with aspic jelly, and let it set.

Fry a croûton of bread large enough to hold the salmon (or two of the same size if the fish is large enough to require them).



COLD SALMON WITH MONTPELLIER BUTTER.

When cold stand the croûton on a dish, and coat it with montpelier butter.

Lay the salmon carefully on it.

Garnish with narrow strips of aspic jelly laid right across the fish.

Between the strips of jelly force out roses of montpelier butter, using a forcing-bag and rose pipe.

Garnish round the croûton with blocks of aspic jelly and montpelier butter.

This is only suited for a large cold luncheon or supper. It can be made very elaborate by garnishing with small moulds of aspic in which are set prawns, pea-cut cucumber, etc.

Mayonnaise or any suitable cold sauce can be served with it.

(For ASPIC JELLY, MONTPELIER BUTTER and MAYONNAISE SAUCE, see Index.)

(See COLOURED PLATE No. 34.)

Mayonnaise of Salmon.

Cold salmon.	4 small lettuces.	Cucumber. Beetroot.
4 hard-boiled eggs.	Mixed salad.	Mayonnaise sauce.

Average cost, 6s.

Thoroughly wash and dry the lettuces, and cut them in quarters.

Take out the hearts and lay the other leaves on the dish which the salmon is to be served upon.

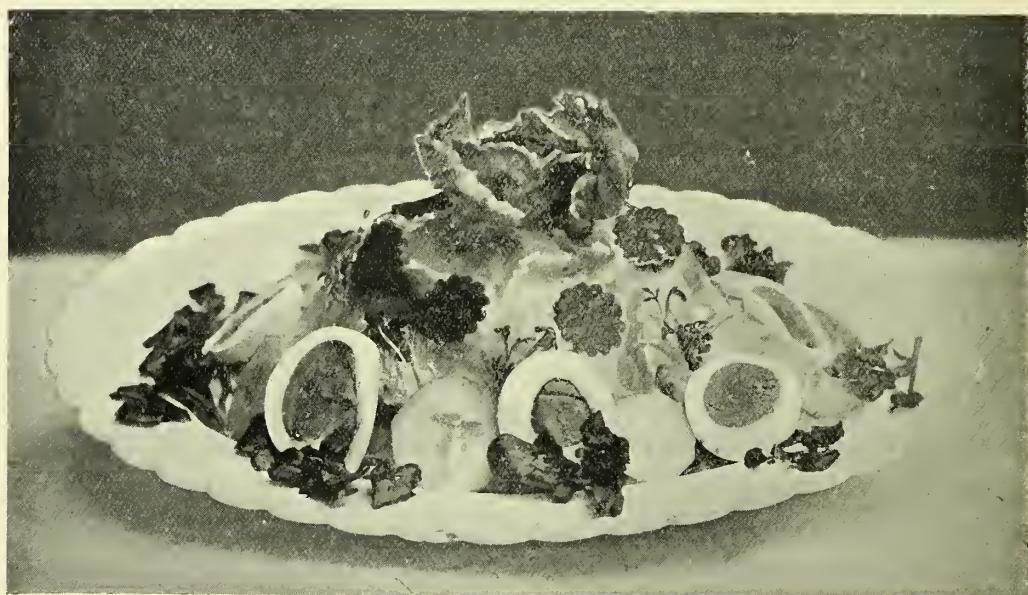
Cut the salmon into neat pieces about two inches square.

Lay some of the pieces in a circle in the centre of the lettuce leaves.

Coat them thickly with mayonnaise sauce. (For SAUCE, see Index.)

Then lay some more pieces on top in a smaller ring and coat these with sauce.

Lay still more on top in the same way, until all the fish is used up.



MAYONNAISE OF SALMON.

On the top of the pyramid the very small whole heart of one of the lettuces.

Arrange the other pieces round the base alternately with groups of small salad, sliced cucumber, hard-boiled egg and beetroot.

Turbot, lobster and many other fish may be done in the same way.

Stewed Eels.

2 large eels.
1 pint of brown gravy.
1 oz. of butter.
1 oz. of flour.
1 onion.

A bunch of herbs
(bay-leaf, thyme
and parsley).
3 cloves.
6 peppercorns.
A blade of mace.

1 dessert-spoonful
of ketchup.
A strip of lemon
peel, 2 in. long.
Vinegar.
Salt.

Average cost, 4s.

Skin and clean the eels, and cut them into pieces about three inches long.

Put them into salted vinegar for a short time.

Put the butter, the flour and the sliced onion into a stewpan.
Fry together until they are a light brown.

Dry the pieces of eel, and put them in the stewpan with the fried onion, etc.

Add gently one pint of brown gravy, the herbs, mace, cloves, peppercorns, ketchup, lemon peel and (if liked) a little wine.

Stew gently until tender, but do not cook until the pieces of eel break, about thirty-five minutes is the time.

Take out the pieces of eel, and pile them on a hot dish.

Strain the gravy, add a few drops of lemon-juice, and re-heat.

If required, add a little more thickening.

Pour it over the fish, and serve very hot.

Garnish with button onions, which may be cooked with the fish.

Put these in heaps round the fish, and sprinkle with a little finely chopped parsley.



STEWED EELS.

Fried Eels, with Tartare Sauce.

2 lb. of eels.	Flour.	Pepper.
1 egg.	Frying fat.	Tartare sauce.
Bread-crumbs.	Salt.	

Average cost, 3s.

Skin and clean the eels, then cut them into pieces three inches long.

Put them into a saucepan with cold water, bring to the boil, and boil for five minutes.

Strain, then wash them in cold water.

Dry them thoroughly in a cloth.

Roll the pieces in flour highly seasoned with salt and pepper.

Next dip them into whole beaten-up egg, then into finely made white bread-crumbs.

Fry them in plenty of boiling fat for six to ten minutes, according to the thickness of the pieces.

Drain well, and dish the pieces in a pile on a dish-paper.

Garnish with fried parsley.

Serve with tartare sauce in a sauce-boat. (For SAUCES, see Index.)

To Boil a Crab.

Crabs, like lobsters, should be chosen for their weight, and the medium sized ones are best.

Having selected the crab tie the large claws firmly closed.

Have ready a saucepan with plenty of fast boiling water, salted in the proportion of one tablespoonful of salt to each quart of water.

Plunge the crab quickly in, and boil fast from twenty to thirty minutes, according to size.

Lobsters are cooked in the same way.

Some authorities contend that with crabs it is best to start cooking them in cold water, but this seems so particularly cruel that few would care to do it. It is understood of course that both crabs and lobsters are alive when they go into the saucepan. They die *instantly* on being dropped into boiling water.

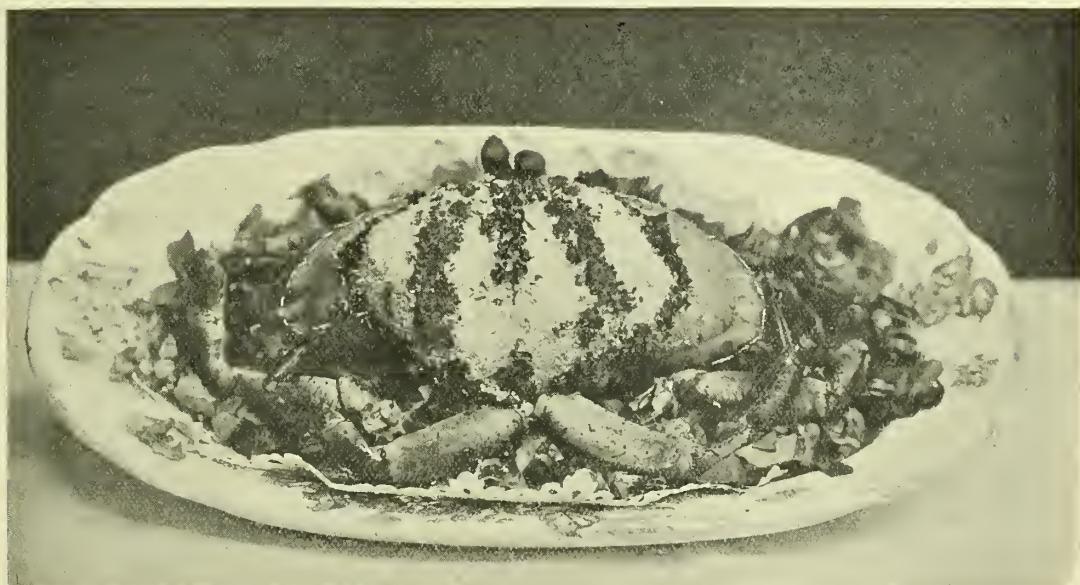
Dressed Crab.

1 boiled crab.
2 tablespoonfuls of
bread-crumbs.
1 hard-boiled egg.

1 tablespoonful of
French vinegar.
2 tablespoonfuls of
salad oil.

1 small teaspoonful
of mustard.
Parsley.
Pepper.

Average cost, 2s. 6d.



DRESSED CRAB.

Open the crab, and carefully remove the small stomach bag and uneatable parts.

Pick out the white meat from the body portion (which is pulled out of the shell in opening the crab) and chop it finely.

Mix with it the oil, vinegar, bread-crumbs, mustard and pepper. Remove the contents of the back shell, and mix with the above. Wash the shell out clean, then put the mixture back into it. Garnish with finely chopped parsley and hard boiled yolk of egg (which has been rubbed through a sieve) in alternate stripes, all leading towards the tail of the crab. Stand it on a bed of shredded lettuce, or else just garnish round with sprigs of parsley.

Buttered Crab.

1 boiled crab.	1 teaspoonful of chopped parsley.	A grate of nutmeg.
2 oz. of bread- crumbs.	1 tablespoonful of vinegar.	Seasoning of salt, cayenne and white pepper, to taste.
1½ oz. of butter.		

Average cost, 2s. 6d.

Take out the meat from a large boiled crab.

Chop it finely, removing any small pieces of shell.

Weigh the meat, then mix with it a third of its weight of seasoned bread-crumbs, etc., as follows :

To every two ounces of bread-crumbs take one ounce and a half of butter, one tablespoonful of vinegar, one teaspoonful of chopped parsley, a grate of nutmeg, and a seasoning of salt, cayenne and white pepper.

Melt the butter, and add it to the bread-crumbs (which must be fresh and finely made).

Mix in the other ingredients, then mix all in with the meat of the crab.

Pack it back into the shell, and cover with a thick layer of buttered bread-crumbs.

Set the finished crab in a rather slow oven until done, then take it out, and serve very hot. It will take about twenty minutes in the oven.

This mixture may also be baked in small china cases, or in scallop shells, either for a savoury or for luncheon.



BUTTERED CRAB.

Boiled Crayfish (fresh-water and sea).

12 fresh-water crayfish.	1 teaspoonful of vinegar.	1 tablespoonful of salt.
$\frac{1}{2}$ a carrot.	A sprig of parsley.	A bunch of herbs.
1 small onion.		

Average cost, 3s.

Wash fresh-water crayfish thoroughly. It is a good plan to stand them in a basket under a running tap.

Put sufficient water to cover the crayfish into a saucepan, and add to this the vegetables and other ingredients given above.

Bring this to the boil, then quickly plunge the crayfish in.

Boil fast for a quarter of an hour.

When done take them out, and drain thoroughly.

Fresh-water crayfish are often used for garnishing, for which purpose they are particularly well adapted. They are delicious when curried or in a vol-au-vent or in patties.

Sea crayfish (similar to a large lobster, with a mottled shell) are boiled in the manner just described, but are allowed more time in cooking as required by their much larger size.

Sea Crayfish Curry.

1 sea crayfish.	1 tablespoonful of cocoa nut.	1 teaspoonful of curry paste.
2 onions.	1 teaspoonful of curry powder.	1 oz. of flour. Salt.
1 apple.		2 oz. of butter.
$\frac{1}{2}$ pint of milk.		

Average cost, 3s. 6d.

Split open a boiled sea crayfish, remove the uneatable parts, then pick out all the meat from the body and claws, also the creamy parts from the head.

Cut the flesh up into dice.

Peel and chop two onions finely, also the apple.

Melt two ounces of butter in a stewpan.

Add the onion and apple, and cook together for fifteen minutes without browning.

Then add the curry powder and paste mixed in a little milk.

When the vegetables are thoroughly cooked add the crayfish to them.

Soak the grated cocoanut in the remainder of the milk for half an hour.

Strain the milk from the cocoanut, and mix the flour into a smooth paste with the flavoured milk.

Stir this flour paste into the curry, then bring to the boil.

Add salt to taste.

Stand the curry saucepan in a tin containing boiling water so that the curry cannot boil hard.

Let it simmer gently for half-an-hour.

Have ready a very hot dish, and put the curry in it.

Garnish with slices of cut lemon and parsley.

Serve plain boiled rice with it.

Some prefer having the rice served on the same dish. In this case make a border of rice down each side of the dish, and put the curry in the middle. A little coralline pepper can then be sprinkled on the rice, and a little chopped parsley on the curry. It is best, however, not to serve the rice on the same dish.

Scalloped Oysters.

2 dozen oysters.	2 tablespoonfuls of milk.	Nutmeg.
2 oz. of butter.		Cayenne pepper.
$\frac{1}{2}$ oz. of flour.	2 tablespoonfuls of cream.	Salt.
Bread-crumbs.		

Average cost, 4s.



SCALLOPED OYSTERS.

Open the oysters, and save all the liquor.
 Rinse them in the liquor, then strain the latter.
 Put the oysters in a saucepan with the strained liquor.
 Bring them almost to boiling point. They must be carefully watched to ensure their being removed before boiling actually occurs.

Take them off the fire, and drain away the liquor.

Remove the beards and the hard pieces of gristle from the oysters.

Melt one ounce of butter in a saucepan.

Stir in the flour, then add the milk and liquor from the oysters, and lastly the cream.

Season with cayenne, salt, and a very little grated nutmeg.

Bring this mixture to the boil, then remove from the fire, and add the oysters.

Butter some scallop shells, and sprinkle with white bread-crumbs.

Put some of the oysters and sauce into each shell, and cover with a layer of buttered bread-crumbs.

Put them at the top of a quick oven to brown; or brown them with a salamander.

Serve quickly and very hot.

Arrange them on a folded napkin, or on an ornamental dish-paper, or a dish.

Oyster Fritters.

2 dozen oysters.

1 small onion.

1 lemon.

Parsley.

Mace.

Peppercorns.

Salt.

Cayenne.

Frying batter.

Frying fat.

Average cost, 2s. 6d.

Open the oysters, drain them from the liquor, and beard them.

Make a broth with the liquor, the beards, half a small onion, half a blade of mace, three or four peppercorns, a sprig of parsley, half a teaspoonful of salt, and sufficient water to make three-quarters of a pint in all.

Reduce this one fourth part, then strain.

When cool put it into a small saucepan, and add the oysters.

Stand the saucepan over the fire until the first indications of boiling are seen, then take them off at once.

Let them stand for three minutes.

Strain the oysters, and lay them in a soup-plate.

Pour over them the strained juice of a lemon, and add a small sprinkling of cayenne.

Let the oysters remain thus for one hour, turning them two or three times.

Remove the oysters from the plate, and drain them thoroughly on a cloth.

Stick a skewer into one, dip it into frying batter, then drop it into plenty of boiling fat. Do them all like this.

Fry until they are a pale golden brown.

Take them up and drain well on a sieve.

Dish them in a pile on an ornamental paper, and serve immediately.

Garnish with a few slices of lemon and fresh parsley.

These oyster fritters make a good hot hors-d'œuvre.



OYSTER FRITTERS.

To Boil a Lobster.

See that the lobster is alive when purchased.

In selecting lobsters choose those that are heaviest for their size ; and let them be as active as possible, which shows that they have not been out of the sea very long,



DRESSED LOBSTER.

Lobsters which are light in weight for their size are in poor condition and watery. The heavier the lobster the better its condition.

Medium sized lobsters are best.

Have ready a saucepan quite large enough to hold the lobster, and put in sufficient water to well cover it.

Salt the water with one ounce of salt to each quart.

When the water is quite boiling, drop the lobster in and boil quickly from twenty to forty minutes according to size.

Skim well during the boiling.

When cooked take it up at once or the flesh will become stringy.

Rub the shell over with a little salad oil or butter, then wipe it.

This brightens the colour of the shell.

To Dress a Lobster.

Break off the two large claws, and crack them well.

Separate the body from the tail.

Split the tail in half right down the middle, and remove any uneatable parts.

Stand the head upright on a dish and arrange the cracked claws and split tail round it.

Garnish with either fresh parsley or salad.

Devilled Lobster.

1 large lobster.	$\frac{1}{2}$ teaspoonful of mustard.	3 tablespoonfuls of white sauce.
1 teaspoonful of chutney.	1 teaspoonful of Worcester sauce.	A dust of cayenne.
1 oz. of butter.		Bread-crumbs. Salt.

Average cost, 4s. 6d.

Take all the meat from a large lobster (which has been boiled).

Cut the meat up into small dice.

Pound the coral in a mortar with the mustard, butter and other flavourings.

Put the sauce into a saucepan, and add the pounded coral, etc., to it.

Let it get thoroughly hot, then stir in the fish.

Bring all to smoking point.

Have ready buttered some fire-proof shells on a dish.

Put the mixture into these, and sprinkle over the top with brown bread-crumbs.

Stand them in the oven for a few minutes; or brown them with a salamander.

Arrange on a dish with a folded napkin beneath them.

Garnish with fresh green parsley.

Lobster Toast.

1 small lobster. Pounded mace.	1 tablespoonful of cream.	Cayenne. Salt. Buttered toast.
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Average cost, 2s. 6d.

Remove all the meat from a small boiled lobster, and chop it finely.

Put it into a saucepan with a tablespoonful of cream, a seasoning of salt and cayenne to taste, and the smallest possible pinch of pounded mace.

Have ready some rounds of hot buttered toast the size of crown pieces.

Spread the lobster on these.

Now arrange them on a hot dish, with a fancy paper, and serve.

If the lobster has any coral, rub it through a sieve, and sprinkle it over the toasts before serving.

Lobster Soufflé.

1 large lobster. $\frac{1}{2}$ lb. of cod fish. 3 eggs.	2 oz. of flour. 1 gill of cream. 2 oz. of butter.	1 gill of fish stock. Salt. Cayenne.
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Average cost 6s. 6d.

Cut sufficient meat off a cod to weigh half a pound, and put it in a mortar with the coral of the lobster.

Pound them well, then rub through a wire sieve.

Put the butter and flour into a saucepan, and fry together without browning.

Add the fish stock gradually, also the cream.

Add a small quantity of salt and cayenne.

Draw the pan to one side of the stove, and cook the contents gently for ten minutes.

Take the pan off the fire, and drop in the yolks of three eggs one by one, beating the mixture well between each yolk.

Now add the pounded cod-fish and the meat from the lobster, finely chopped.



SOUFFLÉ TIN—THE PLAIN TIN FITS INSIDE THE OTHER.

Well butter a soufflé tin and tie a well-buttered paper round the outside of it with the edge standing up two-and-a-half inches above the top of the tin.

Whip the whites of the eggs to a stiff froth with a small pinch of salt, and lastly add these to the fish mixture.

Pour it all into the inner lining of the soufflé tin, and bake in a moderate oven for three-quarters of an hour.

Quickly remove the paper, and put the tin into the soufflé case, or tie a folded napkin round it. Send to table immediately, or it will sink.

Crayfish may be done this way.

Lobster Salad.

1 nice sized lobster.	1 hard-boiled egg.	Small salad.
2 lettuces.	1 small beetroot.	Mayonnaise sauce.
1 small cucumber.		

Average cost, 4s. 9d.

Pick the meat from the body of a nice sized hen lobster, and cut it up into dice shapes.

Save the head intact, and the shell, for garnishing.

Wash the lettuces thoroughly, and dry by shaking them in a cloth. Keep the small hearts of the lettuces for garnishing, and shred the remainder finely.

Put a layer of the shredded lettuce in a salad bowl.

Mix about a gill of mayonnaise sauce with the lobster.

Put a layer of the lobster on top of the lettuce in the bowl.

Put a little more sauce over it, then put another layer of the salad, lobster and sauce.

Have a layer of finely shredded lettuce on top, stand the head of the lobster in the centre, and garnish round it with the claws, boiled beetroot cut into fancy shapes, and hard-boiled egg cut into quarters lengthways.

Sprinkle over with lobster coral, which has been previously rubbed through a sieve.

Add sliced cucumber, small salad (cress, etc.), or any suitable garnish that may be procurable.

If wanted a little more elaborate, a few prawns have a pretty effect.

The chief things to remember are, to see that the lettuce is thoroughly clean and dry, that there is plenty of good mayonnaise sauce, and that it is not prepared long before it is wanted. It will soon lose its freshness.

Fricassee of Fish.

1 lb. of any white fish.	1 oz. of butter.	A strip of lemon-peel, 1 inch long.
1 eschalot or small onion.	1 oz. of flour.	6 drops of lemon-juice.
1 pint of milk.	Parsley.	Salt.
2 hard-boiled eggs.	A blade of mace.	
	A dust of cayenne.	

Average cost, 2s.

Put the milk into a stewpan with the eschalot, mace, cayenne and lemon-peel; bring to the boil.

Be careful not to put too much cayenne.

Skin and bone the fish, and cut it up into pieces, one-and-a-half inches square.

When the milk boils, carefully lay in the fish, and let it simmer until it is done. This will be from ten to fifteen minutes.

Lift out the fish into a basin, cover it over, and stand the basin over a saucepan of boiling water to keep thoroughly hot, while you make the sauce.

Put the butter in a saucepan.

When melted add the flour, and fry together without browning.

Strain the milk on to this, and stir well.

Boil for two or three minutes, and add salt to taste.

Arrange the fish neatly in the centre of a very hot dish.

Take the sauce off the fire, add the lemon-juice, then pour it over the fish.

Cut the eggs each into eight pieces lengthways.

Put two pieces on the top of the fish, with a sprig of parsley between, then with the others form a border round the dish, placing a sprig of parsley between each piece of egg.

Fish Cutlets.

1 lb. of cooked fish.	White bread-crumbs.	Frying fat.
1 oz. of butter.	1 teaspoonful of chopped parsley.	Pepper.
1 oz. of flour.		Salt.
$\frac{1}{2}$ pint of milk.	1 teaspoonful of anchovy essence.	Cayenne.
2 eggs.		

Average cost, 2s.

The remains of any cold boiled fish may be used for making fish cutlets.

Free the fish from skin and bone, and flake it. Weigh it after the bone and skin are removed.



FISH CUTLETS.

Put the flaked fish into a basin with one ounce of bread-crumbs and the parsley.

Melt one ounce of butter in a saucepan, and add one ounce of flour.

Stir the milk into this.

Season it with pepper, salt, a very little cayenne, and the anchovy essence.

Bring it to the boil, then stir in the yolk of the egg.

Pour this sauce on to the fish in the basin, and mix it all thoroughly together.

Allow it to get quite cold.

When cold take a piece of the mixture the size of an egg, and place it on a slightly floured board.

Form it into the shape of a cutlet.

Dip it into well-beaten egg, and then into fine white bread-crumbs.

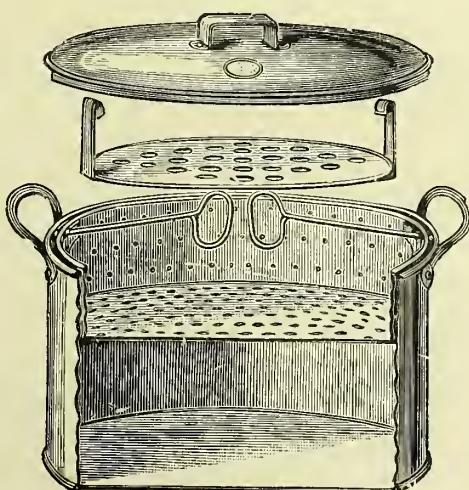
Fry in plenty of boiling fat.

Arrange the cutlets on a dish-paper.

Put a miniature cutlet frill in the end of each, a bunch of either fried or fresh parsley in the centre, then serve.

The frills used are very little larger than wooden matches and can be purchased in boxes ready to stick into the cutlets. They are very dainty and easy to arrange.

If cutlet shapes are not desired the mixture can be formed into balls or cakes, and cooked in the same way.



BOWER'S PATENT FISH-KETTLE.

The perforated false bottom can be raised when desired so that the fish is lifted from the water to the steam space.

GRAVIES, STUFFINGS, FORCEMEATS, PURÉES, GARNISHES AND SAUCES.

GRAVIES are not usually required in any great variety or quantity, and a careful cook in a moderate sized household can generally contrive to keep herself supplied with gravies made from the trimmings of meat, giblets, bones of fowls, game, etc.

In whatever quantity they are made be sure that their quality is good, and the flavour suitable to the dishes for which they are intended. Some dishes too require a much more highly flavoured gravy than others.

The trimmings and peelings of mushrooms (well washed in salt and water) a slice of uncooked ham, a bacon bone (un-smoked), or tomato skins, when suitable, are all good additions to the gravy stock-pot.

Two important points to make sure of are that gravies must always be free from fat, and must always be sent to table very hot.

Gravies should, if possible, be re-heated in a bain-marie, or in a saucepan standing in another containing hot water.

Always save the gravy from roast meat, as a good gravy for the table can be quickly made from it, and it also greatly improves hashes, ragoûts, etc.

Heat the gravy tureen thoroughly, and, even after the gravy is poured into it, it should be stood in the screen, or in an oven with the door open, until required to be served.



Gravy Stock.

3 lbs. of cooked or raw meat bones; also the necks, skinned feet, gizzards and livers of poultry, if you have them.	2 onions. 1 leek. 1 carrot. 1 turnip, or a stick of fresh celery. 1 teaspoonful of celery seed.	1 slice of raw ham, or bacon, or bones of either. A bunch of savoury herbs (bayleaf, thyme and parsley). Salt.
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Chop up the bones, and slice the vegetables.

Put a tablespoonful of dripping into a stewpan, and melt it.

Then put in all the ingredients except the salt.

Put on the lid, and let the contents fry until they are brown.

Now add sufficient cold water to cover, and bring to the boil.

Skim well and add salt.

Simmer gently for two or three hours, but do not let it boil hard.

When done, strain the gravy, let it get cold, then skim off all the fat.

This gravy should always be kept ready, and in summer time must be boiled up every day.

Brown Gravy for Game.

1 lb. of giblets. ½ lb. of gravy beef. 1 oz. of good dripping or butter. 1 small carrot.	3 peppercorns. 2 cloves. ½ an onion. A sprig of thyme. 1 bayleaf.	A dust of mignonette pepper. 1 small teaspoonful of salt.
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Wash, scald, and dry chicken giblets, also the giblets of the game that the gravy is to be served with.

Chop them up into small pieces.

Cut up the beef into dice-shapes.

Slice the onion and carrot.

Put the onion, carrot and herbs into the bottom of a stewpan, with one ounce of butter, or clarified dripping.

On top of these lay the giblets and raw beef.

Add the spices and salt.

Cover the pan down, and let these ingredients fry gently for about twenty minutes, until they are a light brown.

Add rather less than a quarter of a pint of cold water.

Cook this very gently until it forms a light glaze at the bottom of the pan, then add a pint of water.

Bring to the boil, draw to the side of the stove, and simmer gently for one hour.

Strain carefully, and put on one side until the fat is cold, and the sediment has settled.

Take off the fat, pour the gravy gently off the sediment, and it is ready for use.

It only requires to be heated when wanted for use.

Gravy for Inexpensive Dishes.

Bones and trimmings of a cooked joint.	1 onion. A bunch of savoury herbs.	$\frac{1}{4}$ teaspoonful of pepper.
1 oz. of dripping. Flour.	1 teaspoonful of mushroom ketchup or sauce.	$\frac{1}{4}$ teaspoonful of salt.
$\frac{1}{2}$ head of celery.		$\frac{1}{4}$ teaspoonful of allspice.

Chop the bones and trimmings of the joint which is to be hashed, into small pieces.

Put them into a saucepan with the celery (cleaned and cut up small), the herbs, spices, pepper and salt, and cover with cold water.

Bring to the boil, then draw to one side and simmer for an hour or longer.

Strain this stock.

In another stewpan melt the dripping, and put in the onion, cut into small dice.

Fry until the onion is a golden brown.

Then add flour to this, in the proportion of one teaspoonful to every half-pint of stock that you are going to add.

Add the stock and simmer all together for twenty minutes.

Flavour with ketchup, walnut pickle, or any sauce that may be suitable and convenient.

Strain, and the gravy is ready for use.

Veal Gravy, for White Sauce, Fricassees, etc.

1 lb. of giblets of fowl.	1 onion.	A pinch of cayenne.
1 lb. of lean veal.	1 blade of mace.	Salt to taste.
1 slice of lean ham.	A small sprig of parsley.	1 quart of water.

Cut up the giblets and meat into small pieces.

Put them into a stewpan with the water and bring to the boil.

Skim well, then add the onion, parsley and other ingredients.

Re-boil, draw to the side and simmer very slowly for two or three hours, keeping it constantly skimmed.

Now strain off the gravy, and when cold remove all fat.

This gravy may be used for veloute and many other white sauces.



STUFFINGS.

THE success of these much depends on the careful preparation of the ingredients. The bread-crumbs should be fine. The parsley should be washed, scalded, then thoroughly dried before chopping. It should be chopped finely. All herbs should be very finely chopped. The suet too must be very finely minced and freed from skin. All ingredients should be fresh. They must all be thoroughly well incorporated.

The stuffing if properly made will cut perfectly clean when cooked, and be nice either hot or cold.

If you have from necessity (never from choice) to use dried herbs, you must first powder, then well sift them to get rid of all stalks.

Stuffings are often improved by the addition of chopped ham, bacon, cooked mushrooms, liver, tongue, an oyster or two, and if possible a truffle. Sausage meat is a valuable addition for turkeys or galantines.

It is a good practice to put a leek, or a lump of butter, inside a fowl or chicken before roasting. It much improves the flavour. Some recommend an onion for this, but a leek is undoubtedly the best.

Stuffing for Turkey, Veal, Hare, Rabbit, etc.

6 oz. of bread-crumbs.	1 dessert-spoonful of chopped marjoram.	2 oz. of lean ham. Peel of half a lemon.
3 oz. of beef suet.	2 dessert-spoonfuls of chopped parsley.	Salt and cayenne to taste.
1 dessert-spoonful of chopped thyme.	2 eggs.	

Rub the bread-crumbs through a fine wire sieve.

Shred and mince the ham and suet finely.

Chop the herbs and lemon peel very carefully.

Mix all with the bread-crumbs.

Add cayenne and salt to taste.

Beat two eggs well, and mix them into the dry ingredients.

Work all up well, and the stuffing is then ready for use.

If a very delicate stuffing or forcemeat is required the ingredients should be pounded before they are moistened with the egg; but this is quite unnecessary for ordinary cookery.

For hares the liver is sometimes added, but in that case the liver must be boiled for five minutes before mincing. It is however better reserved for making liver sauce to serve with the hare.

Stuffing for Duck, Goose, or Pork.

4 onions.	2 oz. of butter.	Pepper and salt to taste.
6 oz. of bread-crumbs.	1 egg. 10 sage leaves.	

Blanch the onions in scalding water for five minutes, then strain and rinse them in cold water.

Refill the saucepan with boiling water, then put in the onions and cook till tender.

While the onions are cooking pull the stalks off ten sage leaves, then dip them in scalding water for five minutes.

Dry the leaves and chop them very finely.

Drain the onions, squeezing out all the moisture.

Turn them on to a board, and mince finely.

Add the minced sage, and put both into a basin.

Add the bread-crumbs, the butter and the seasoning, mix well until all the ingredients are thoroughly incorporated.

Now add the egg, work all well together and it is ready for use.

The great mistakes many cooks make with this stuffing are omitting to blanch the onions, also boiling them insufficiently, and not scalding the sage leaves. The stuffing then has a strong and raw taste which is most unpleasant.

Chestnut Stuffing for Boiled Turkey.

1 lb. of chestnuts.	1 oz. of butter.	Lemon peel.
3 oz. of boiled bacon.	White stock.	Pepper. Salt.

Cut the ends off one pound of chestnuts, and roast them in the oven for fifteen minutes.

Peel off both the outer and inner skins.

Put the peeled chestnuts into a saucepan, with one ounce of butter and enough white stock to cover them.

Cover them down tightly, and cook gently for about one hour, until they are quite tender and all the moisture is absorbed.

Now rub them through a hair sieve.

Put this purée into a basin, and season with pepper and salt.

Add three ounces of cold boiled fat bacon, very finely minced, and a quarter-teaspoonful of grated lemon rind.

Work all well together, and if required moisten with a little more stock.

The stuffing is then ready for use.

Stuffing for Rabbit.

1 large onion.	$\frac{1}{4}$ lb. of cooked pickled pork.	1 teaspoonful of mixed herbs.
1 breakfast-cupful of bread-crumbs.	1 egg.	Pepper. Salt.

Blanch the onion in scalding water for five minutes, then strain and rinse it in cold water.

Then put it in boiling water, and cook till tender.

Mince the onion finely, also a quarter of a pound of cooked pickled pork, and one teaspoonful of mixed herbs.

Put all into a basin with a breakfast-cupful of fine white bread-crumbs.

Season with pepper and a very little salt.

Mix all the ingredients well together, and bind the whole with one well beaten egg.



FORCEMEATS.

Of these there is considerable variety and they are used for many purposes, but the chief things to note with regard to their preparation are (1) that all meat used for them must be perfectly

fresh; (2) that it must be chopped very fine, or passed once or twice through a mincing machine; (3) that all the ingredients must be thoroughly pounded together, and sometimes, afterwards rubbed through a fine wire sieve when required particularly smooth.

They must be kept in a very cool place, and used as soon as possible.

Forcemeats are often used in making galantines, quenelles, for garnishing soups, large dishes, etc. They are also used in the making of entrées of various kinds.

Panard.

(The basis of most Forcemeats.)

4 large tablespoon- fuls of flour.		$\frac{1}{2}$ pint of water.		A pinch of salt.
		1 oz. of butter.		

Put the water on to boil with the butter and salt in it.

When boiling hard stir in the flour quickly, beating well all the time.

Beat until it leaves the sides of the pan quite clean, then cook gently for ten minutes.

Allow it to cool, and it is ready for use.

Bread Panard.

(Also used in Forcemeats.)

Stale bread.		Stock or milk.		Water.
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Soak the required quantity of stale crumb of bread in cold water.

When thoroughly soaked turn it into a clean cloth and wring it thoroughly dry.

Put it into a saucepan and gradually moisten it, over a moderate heat, with either stock, milk, or water, working it well with a wooden spoon until it leaves the sides of the saucepan.

When cool it is ready for use.

Veal or Rabbit Force-meat.

5 oz. of veal or rabbit.	2½ yolks of eggs. A pinch of pounded mace.	Pepper. Salt.
5 oz. of panard.		

First entirely free the meat from skin and gristle.

Pass it once or twice through a mincing machine if you have one, then pound it well in a mortar.

The meat must weigh five ounces after being pounded.

When the meat is well pounded add the panard and pound both thoroughly well together.

Add the yolks of eggs, mace and seasoning.

Work all thoroughly together, then pass all through a sieve.

Now add a tablespoonful of veloute sauce if necessary.

It is best, if for quenelles, to test the farce by poaching a small quantity to ascertain if it is the right consistency. It should be just firm to the touch when cooked; if too stiff a little sauce may be added.

Oyster Force-meat.

1 dozen oysters.	A pinch of pounded mace.	1 yolk of egg.
2 oz. of butter.		4 oz. of bread panard.
¼ teaspoonful of grated lemon peel.	A pinch of cayenne. Seasoning of salt.	1 teaspoonful of chopped parsley.

Open the oysters and save the liquor.

Trim off the beards, rinse the oysters in the liquor.

Make four ounces of bread panard, using the strained liquor of the oysters instead of stock or milk.

Mince the oysters.

Mix them with the panard and all the other ingredients.

Pound all well together in a mortar till quite smooth..

This forcemeat may now be formed into quenelles and poached for garnishing soups; or fried into balls for garnishing various dishes; or used for masking fillets of fowl, etc. It can also be used for stuffing a boiled turkey.

Forcemeat for Boned Fowl.

6 oz. of raw ham.	2 oz. of bread-crumbs.	1 chopped eschalot.
1 lb. of fresh pork.		$\frac{1}{2}$ teaspoonful of pepper.
$\frac{1}{2}$ lb. of veal.	2 teaspoonfuls of chopped parsley.	1 small teaspoonful of salt.
2 whole raw eggs.	A pinch of chopped thyme.	
5 hard-boiled yolks of eggs.		

Pass the veal, pork and ham twice through the mincing machine, then rub it through a wire sieve.

If the time can be spared, put it into a mortar with the hard-boiled yolks of eggs (which have been previously rubbed through a sieve), the finely chopped parsley, thyme, eschalot, seasoning, bread-crumbs and two whole raw eggs, and pound all well together.

The forcemeat will then be ready for use.

If there is not time to pound the mixture then thoroughly mix the minced meats with the other ingredients, but pounding greatly improves the forcemeat.



PURÉES.

THIS is a short description of purées for garnishing purposes, such as peas, potatoes, turnips, spinach, etc., but which can also be served as vegetables to accompany meats, etc.

Potato Purée.

1½ lb. of potatoes.	2 tablespoonfuls of cream or milk.	Pepper. Salt.
1 oz. of butter.		

Peel and plainly boil the potatoes.

When cooked and thoroughly dry rub them through a wire sieve.

Put the rubbed potatoes into a clean saucepan, an enamelled one if possible, and mix in the butter, pepper, salt and cream.

Make thoroughly hot and use.

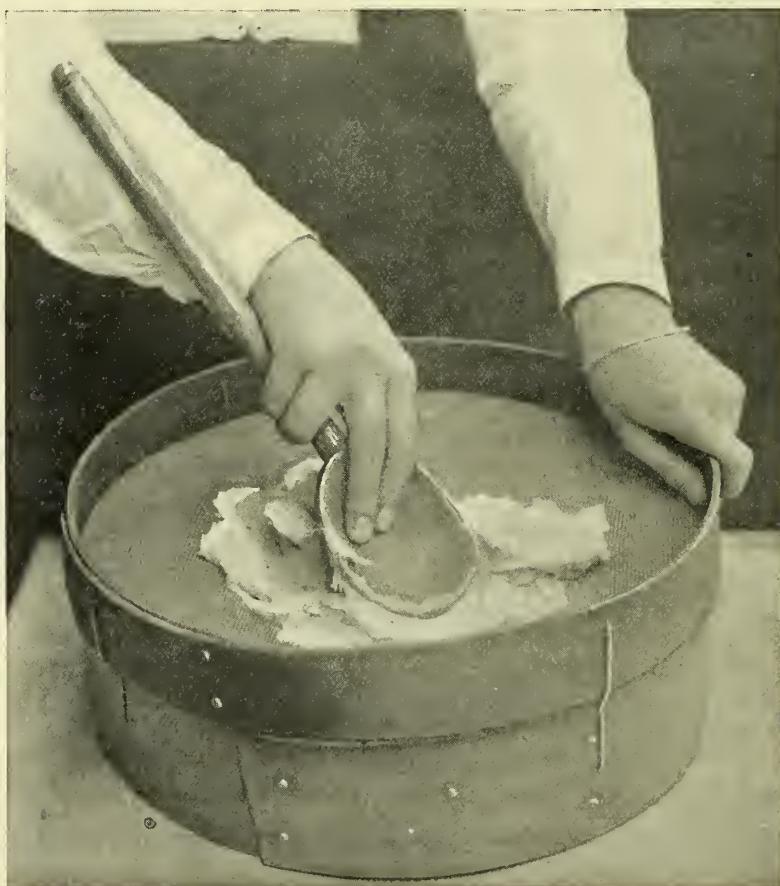
Purée of Peas.

$\frac{1}{2}$ lb. of cooked peas.	$\frac{1}{2}$ oz. of butter.	1 teaspoonful of
1 tablespoonful of flour.	1 tablespoonful of cream.	castor sugar. Pepper. Salt.

Old peas do quite well for this purée.

Boil the peas till tender with a dessert-spoonful of salt, and one teaspoonful of castor sugar.

When cooked drain thoroughly, and rub them through a hair sieve.



RUBBING A PURÉE THROUGH A SIEVE.

Weigh half a pound of the pulp, and put it into a saucepan with half an ounce of butter, the cream, flour, and seasoning of salt and pepper as required.

Add a very little apple-green paste to give a good colour if desired, and it is ready for use.

These paste colourings can be obtained from the Army and Navy Stores, Marshall's, or any good grocers.

Purée of Turnips.

3 lbs. of turnips.	1 oz. of butter.	White pepper.
1 tablespoonful of flour.	2 tablespoonfuls of thick cream.	Salt.

Wash and peel three pounds of turnips.

Cut each one into eight pieces.

Put them into a saucepan with cold water and a pinch of salt.

Bring to the boil, then remove the turnips, and rinse them in cold water.

Now put them on in boiling salted water, and cook until tender.

Drain well, then put them in a clean strong cloth and wring out all the moisture.

Rub them through a fine wire sieve, and put the pulp back into a saucepan with the cream, butter, flour and seasoning.

Bring to the boil, stirring all the time, and it is then ready for use. This purée is nice served with cutlets, and with many meat dishes.

Purée of Spinach.

2 lbs. of spinach leaves.	2 oz. of butter.	A pinch of sugar.
¾ oz. of flour.	2 tablespoonfuls of cream or milk.	Pepper. Salt.

Take sufficient fresh young spinach to make two pounds of leaves after carefully removing all stalks.

Wash the leaves well.

Blanch them by putting the leaves into an enamelled saucepan with sufficient cold water to cover them, adding half a teaspoonful of salt and a very small piece of soda, then bringing them quickly to the boil.

The leaves should be carefully pushed down under the water with a wooden spoon while the water is coming to the boil.

Directly the water boils strain off the leaves and rinse them thoroughly in cold water.

Press out every drop of moisture, then turn them out on to a board and chop very finely.

Put one ounce of butter, the flour, a pinch of salt, a pinch of pepper, and a pinch of castor sugar into a stewpan.

Melt together, then add the chopped spinach and stir well.

Add the cream or milk; stir till the mixture boils.

Then add the remainder of the butter, and it is ready for use.

If the spinach is old it is best to rub it through a sieve before adding it to the butter, etc., in the stewpan.

Purée of Chestnuts.

2 lb. of chestnuts.	White stock.	Castor sugar.
2 oz. of butter.	A few drops of carmine.	Pepper.
$\frac{1}{2}$ gill of milk.		Salt.

Cut the tops off two pounds of chestnuts.

Roast them in the oven for twenty minutes.

Remove the outer and inner skins, then put the chestnuts into a stewpan with one ounce of butter and enough white stock to cover them.

Lay a buttered paper over the top, put on the lid and cook gently for three-quarters of an hour or longer, until the chestnuts are quite tender.

The chestnuts should absorb all the stock in the cooking.

When cooked rub all through a fine wire sieve. Thoroughly mix this purée with the remaining ounce of butter and the milk.

They may not require all the milk, depending on how the stock has been absorbed.

Season with pepper, a very little salt, and a pinch of castor sugar. Colour with a few drops of liquid carmine so as to give the purée a pale salmon tint.

Re-warm and use for garnishing.



SAUCES.

If a cook is successful and clever at sauces she may, as a rule, be safely considered as skilled generally. The preparation of sauces is a branch of a cook's work which certainly requires knowledge and care, but, given these two requisites, the art of sauce making then becomes simple. It is, however, of the highest importance in making successful dishes, also in making a variety. Almost all dishes, whether of fish, flesh or fowl, and even vegetables, may be improved by a well made and suitable sauce, whilst for reheated cold meat, fish, etc., good sauces are invaluable.

Sauces must first be divided into two classes, white and brown, and of these are produced many kinds. In addition there are sweet sauces for puddings, etc.

The ingredients which go to make the foundation of nearly all Savoury Sauces are stock (white or brown), butter, milk, eggs, flour, water, seasonings, etc. The utensils required are a pointed strainer, a wooden spoon, a saucepan with a rounded bottom edge if possible, a bain-marie or suitable tin for standing the sauces in, and, for the better class of sauces, a tammy-cloth to wring them through.

A common mistake that is made is in preparing too much sauce for the number of people to be served. Half-a-pint for six persons is a fair allowance, and it is best to have just sufficient and of good quality.

It is a great mistake to add flour after the liquid is added.

First of all make a roux, or thickening, by melting the butter,

adding the flour and frying them together either with or without browning. This would depend on whether the sauce is intended to be a white or brown one.

If the sauce has to be thickened afterwards it is better to either reduce it by fast boiling, or (for a yellow sauce) add the yolk of an egg, but the latter must be done after it is taken off the fire.

Crème-de-riz, potato flour, or arrowroot are all good thickening for sauces, and may all be added after the sauce boils, provided they are first slaked in a little cold liquid.



BAIN-MARIE PAN.

(Showing simple method of labelling the saucepans to indicate what they contain.)

Another point is to have sauces of the right consistency, neither too thick nor too thin. They should just nicely coat the spoon if required for masking anything; or be a little thinner if for pouring round or serving in a sauce-boat.

As a rule one ounce of butter and one ounce of flour to a pint of liquid is the proper quantity, but flours vary much, and it is sometimes necessary to use a little more, or a little less.

It is quite a mistake to think that white sauces must be made

with milk. A white stock made from veal, rabbit or chicken, or even vegetables, is often preferable. It is best to avoid using plain water. Use stock or even the water that peas, onions, celery or any other suitable vegetable has been boiled in.

There are two standard Sauces, such as Béchamel Veloute (white) and Espagnol (brown) which are used as the foundations of many more elaborate sauces; but in ordinary kitchens elaborate sauces are only required on special occasions.

The first thing is to manage the simple sauces which lend themselves to many variations.

Melted butter sauce is one of the commonest we have, yet this requires to be properly made, otherwise it will resemble thin flour and water paste.

The secret of making sauces of the melted butter class is to melt part of the butter first, then add the flour; cook both together, then add the liquid; lastly, add the remainder of the butter just before serving.

Cooking the flour and butter first, before adding the liquid, prevents that raw floury taste appearing in the sauce; whilst adding some of the butter at the finish gives that delicious fresh butter flavour which is so desirable, and which quite obviates the suggestion of thin paste that the sauce, when badly made, has.

*The next following are Preparations of Butter,
after which will come Sauces for Meat Dishes,
then Sweet Sauces, in alphabetical order.*

Melted Butter Sauce.

1 oz. of butter.		$\frac{1}{2}$ pint of warm water.		Salt to taste.
$\frac{1}{2}$ oz. of flour.				

Melt half the butter in a small saucepan.

Add the flour, mixing it thoroughly with a wooden spoon until it is quite a smooth paste.

Reduce the heat under the saucepan, and cook the flour and butter together for two or three minutes, but without letting it turn colour.

Now stir in the warm water very gently, with a seasoning of salt. Increase the heat until it boils, stirring all the time.

It should now be soft and creamy.

Pour it through a pointed strainer into a hot sauce-boat.

Just before serving add the remainder of the butter cut up into small pieces.

A few drops of lemon juice is a great improvement.

Flours differ so greatly in their thickening qualities that it may be necessary to reduce the sauce by fast boiling; or to add a little more liquid if too thick.

Melted Butter.

$\frac{1}{4}$ lb. of butter. | Salt. | Pepper. | 1 teaspoonful of lemon juice.

Put the butter into an enamelled saucepan, with a pinch of salt and pepper.

Melt it slowly over the fire, but do not let it burn or even turn colour.

Add the lemon juice and serve in a hot sauce-boat.

This is often served with asparagus, etc., in place of melted butter sauce.

Clarified Butter.

To clarify butter, put the required quantity into a basin and stand it in the plate-rack, or in front of the fire, until it is quite melted.

Stir it round once or twice, then let it stand so as to allow the butter-milk to settle.

Pour the butter gently off into jars, leaving the sediment behind.

The clear butter is used for pouring over potted meats, shrimps, etc., to exclude the air.

Black Butter.

4 oz. of butter. Coralline pepper.	2 tablespoonfuls of French vinegar.	2 tablespoonfuls of parsley.
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Put the butter into a frying pan, and let it gradually become a nice pale brown.

When it smokes throw in the parsley which has been picked quite small, well washed and thoroughly dried.

Shake the pan, and directly the parsley is crisp take it off the fire. Pour it all into a hot sauce-boat, or over the dish it is required for. Pour the vinegar into the pan, boil it up, then pour it over the butter.

Sprinkle with pepper, coralline preferred as it looks prettier.

This butter is very good for serving with skate.

Montpelier Butter.

2 sprigs of tarragon. 2 sprigs of parsley. 2 sprigs of chervil. 2 eggs. $\frac{1}{2}$ lb. of butter.	6 chives, or 1 tea-spoonful of eschalot. 4 anchovies. 2 gherkins.	2 teaspoonfuls of capers. Apple green. Cayenne.
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Blanch the tarragon, parsley, chervil and chives (in the manner described with Green Sauce, page 434).

Press all the moisture out, then pound them in a mortar with the anchovies (previously filleted), half-a-pound of butter, two hard-boiled yolks of eggs, two chopped gherkins, the capers, a dust of cayenne and sufficient apple green colouring to make the whole a pale green.

When all is thoroughly pounded, rub it through a fine hair sieve. This is used for garnishing cold salmon, trout, etc.

Anchovy Butter.

2 oz. of butter.	Lemon juice.	A few drops of carmine or cochineal.
1 teaspoonful of anchovy sauce.	Cayenne.	

Put the butter into a small basin.

Work it up with a wooden spoon.

Add the anchovy sauce, carmine or cochineal, a few drops of lemon juice, and a small pinch of cayenne pepper.

Mix all thoroughly well together.

Keep in a cool place until wanted.

Maître d'Hôtel Butter.

2 oz. of fresh butter.	1 tablespoonful of chopped parsley.	White pepper. Salt.
Juice of 1 lemon.		

Mix two ounces of firm fresh butter with a tablespoonful of very finely chopped parsley.

Wring it quite free from moisture.

Add the strained juice of a small lemon, a dust of white pepper and a little salt.

Work together until thoroughly well mixed.

Make into a nice shape with butter pats.

If possible stand on ice until required: if not, keep it in a very cool place.

This can be used as a garnish, or can be served in small lumps with meat or fish. In the latter case the dish must be served quickly, if it is warm, so that the butter does not melt.

Brandy Butter.

$\frac{4}{4}$ oz. of fresh butter. 2 oz. of icing sugar.	 1 tablespoonful of brandy.
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Work the butter and sugar to a cream.
 Then add the brandy and mix well.



BRANDY BUTTER.

Form it into a block with the pats.
 Stand it on ice until required; or keep it in a very cool place.
 Cut it into any desired shapes just before serving.

Rum Butter

Is made as brandy butter, just described, but rum is substituted for the brandy.

SAUCES (in Alphabetical Order).

Anchovy Sauce, No. 1.

1 oz. of butter.	A few drops of carmine.	$\frac{1}{2}$ pint of fish stock, or milk and water.
$\frac{4}{5}$ anchovies.		
$\frac{1}{2}$ oz. of flour.	Cayenne.	

Melt half-an-ounce of butter in a saucepan.

Add the flour, and fry together without browning.

Stir in gradually the stock, or milk and water, and bring to the boil.

Take four boned anchovies and pound them in a mortar until quite smooth.

Add a very small dust of cayenne.

Mix this paste thoroughly in with the melted butter.

Colour with a few drops of carmine.

Simmer for three or four minutes, add the remaining butter, and it is ready for use.

Some consider a few drops of lemon juice should be added.

A quicker way of making this sauce is to use a teaspoonful of Anchovy Essence in place of anchovies (as described with No. 2, which follows), in which case it is better to make the sauce entirely with milk in place of stock or water.

Anchovy Sauce, No. 2.

1 teaspoonful of anchovy essence.		1 large teaspoonful of flour.
$\frac{1}{2}$ oz. of butter.		$\frac{1}{4}$ pint of milk.

Melt the butter in a saucepan.

Add the flour.

Mix well together, then stir in the milk gradually until it boils.

Add the anchovy essence, and serve.

Apple Sauce.

1 lb. of apples. $\frac{1}{2}$ oz. of butter.	2 tablespoonfuls of water.	1 teaspoonful of sugar, if required.
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Good cooking apples are required for this.

Pare the apples, take out the cores and slice them thinly.

Put them into a saucepan with two tablespoonfuls of water, and cover close with a lid.

Cook gently until they are quite a pulp.

Beat the pulp with a wooden spoon, and add the butter and sugar.

Omit the sugar if the apples are found to be sweet enough. With some apples the sugar is not only best omitted, but a few drops of lemon juice are an improvement.

Serve in a sauce-boat.

Aspic Jelly.

1 dessert-spoonful of bovril.	1 eschalot.	6 peppercorns.
2 oz. of gelatine.	1 bayleaf.	1 dessert-spoonful of salt.
1 lemon.	$\frac{1}{2}$ a carrot.	Chili vinegar.
2 eggs.	1 small onion stuck with cloves.	Tarragon vinegar.

Take one dessert-spoonful of bovril, and put it in a pan with one quart of water, one eschalot, one bay-leaf, half a carrot, one small onion stuck with cloves, six peppercorns and one dessert-spoonful of salt.

Well simmer these ingredients together, then add two ounces of gelatine, the juice of one lemon, the whites and shells of two eggs, slightly beaten, a few drops of Chili vinegar and a dessert-spoonful of tarragon vinegar.

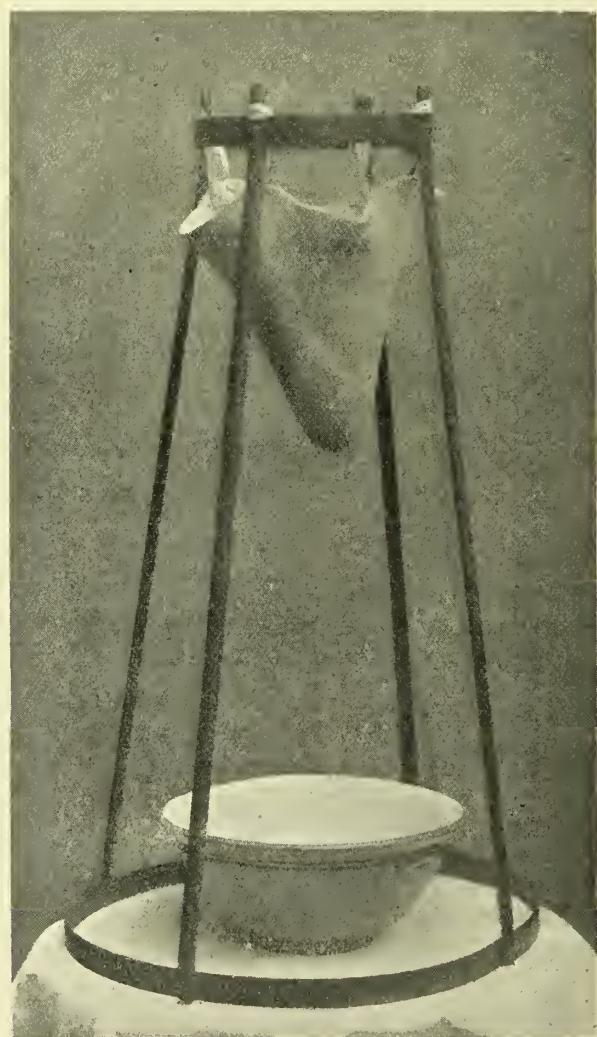
Bring all to the boil.

Have the jelly-bag ready (by pouring two quarts of boiling water through it, to warm and clear it), then pour the jelly through.

Have two basins for it, so that it can be poured through the bag again, until it is quite clear.

Set aside to cool, and use it just before it sets.

(See also MAYONNAISE ASPIC, page 440.)



JELLY-BAG AND STAND.

Béchamel Sauce (Creamy).

1 oz. of flour.	$\frac{3}{4}$ pint of milk.	A blade of mace.
1½ oz. of butter.	2 tablespoonfuls of Cayenne.	
1 eschalot.	thick cream.	Salt.

Boil the milk with the eschalot, mace and cayenne.

Melt the butter in a saucepan, and stir in the flour.

Strain the milk, add it by degrees to the butter and flour.

Bring to the boil, and add salt to taste.

Wring through a tammy.

Re-heat, add two tablespoonfuls of thick cream, and use.

If preferred, half white stock may be used instead of all milk.

Béchamel Sauce (Thick).

1 gill of milk.	1 oz. of butter.	Mace.
1 small onion.	1 oz. of flour.	Cayenne. Salt.

Put one gill of milk in a saucepan, and boil with a very small piece of mace, a small onion and a dust of cayenne pepper

Melt one ounce of butter in a saucepan.

Mix with it one ounce of flour.

Strain the seasoned milk, add it to the flour and butter by degrees

Stir till it boils.

Add a pinch of salt, and use.

Bread Sauce.

$\frac{1}{2}$ pint of milk.	2 cloves.	Salt.
2 oz. of white bread-crumbs.	6 peppercorns.	1 tablespoonful of
1 oz. of butter.	A small blade of mace.	cream, if procurable.
3 oz. of onion.	Cayenne pepper.	

First of all season the milk as follows:—

Put it into a saucepan with the onion (cut in half), the cloves, peppercorns, mace and a very little cayenne.

Bring it almost to the boil, then draw the pan to one side, and let the ingredients infuse for fifteen minutes.

If the milk boils away add sufficient to make up half-a-pint.

See that the bread-crumbs are very fine and thoroughly dry. They can be dried in the plate rack or in a cool oven.

Strain the milk on to the crumbs and add the butter.

Bring the sauce to the boil, and season with salt to taste.

Lastly add a tablespoonful of cream if procurable.

Brown Sauce.

2 oz. of butter or good dripping.	$\frac{1}{2}$ a carrot. $\frac{1}{2}$ a turnip.	$\frac{1}{4}$ teaspoonful of celery seed.
2 oz. of flour.	A bunch of herbs (bay-leaf, thyme and parsley).	1 teaspoonful of bovril.
1 quart of brown stock.		Pepper.
4 oz. of onion.		Salt.

Melt the butter or dripping in a saucepan.

Add the onion, finely chopped.

Fry together gently until the onion is a nice rich brown.

Then add the flour and brown that also.

Draw the pan to one side and gradually stir in one quart of brown stock.

Return the pan to the fire and stir until its contents are quite boiling.

Remove all the scum as it rises.

Add the remainder of the vegetables, thinly sliced, also pepper and salt to taste.

Tie the herbs and celery seed in a piece of muslin, and put them in.

Also add the bovril.

Bring to the boil and simmer gently for three-quarters of an hour, keep it skimmed while boiling, also stir occasionally.

Strain through a fine strainer, or wring through a tammy cloth.

Re-heat and use.

It is an improvement to add one or two mushrooms, chopped, with the other vegetables.

Caper Sauce, No. 1.

$\frac{1}{2}$ pint of melted butter sauce.	3 tablespoonfuls of capers.	1 tablespoonful of vinegar.
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Make half-a-pint of melted butter sauce, as in the recipe given, but instead of using water use the broth from the mutton.

Chop the capers slightly.

Add the capers and vinegar to the sauce, bring to the boil and serve.

If the sauce is required for fish make it with fish stock and add a teaspoonful of anchovy essence.

Pickled nasturtiums make an excellent substitute for capers.

Caper Sauce, No. 2.

1 dessert-spoonful of capers.	$\frac{3}{4}$ oz. of flour.	1 tablespoonful of lemon juice or vinegar.
1 oz. of butter.	$\frac{1}{2}$ pint of hot water or milk.	Salt.

Melt the butter in a small saucepan.

Mix in the flour and the salt, with a wooden spoon.

Then add by degrees half-a-pint of hot water or milk, also the vinegar or lemon juice, stirring well all the time.

Boil for five minutes.

Add the capers, finely chopped, and serve in a sauce-boat.

Celery Sauce.

4 small heads of celery.	1 oz. of flour.	A blade of mace.
2 oz. of butter.	$\frac{1}{2}$ pint of white stock. $\frac{1}{2}$ pint of milk.	White pepper. Salt.

Clean and nicely trim four heads of celery, washing them thoroughly.

Use only the white parts, shred these finely.

Put all into a saucepan and cover with cold water.

Add a teaspoonful of salt and boil till tender.

Boil the milk with the mace, then remove the mace from it.

Melt the butter in a saucepan.

Stir in the flour, add the stock, then the milk, and bring to the boil.

Season with white pepper and salt.

Add the boiled celery and serve.

This sauce is used with boiled fowl, turkey, etc.

Celery Sauce (Brown).

3 heads of celery.	1 pint of brown stock or gravy.	Pepper.
2 oz. of butter.		Salt.
1 oz. of flour.		

Cut the young white parts of the celery into pieces one inch long. Wash thoroughly, and put them into a stewpan with one ounce of butter.

Let them cook gently at the side of the stove for half-an-hour.

Melt one ounce of butter in a saucepan.

Add one ounce of flour and fry together until a nice golden brown.

Add one pint of brown stock or gravy to this.

Season with pepper and salt to taste, and bring to the boil.

Put in the cooked celery and simmer gently until the celery is quite tender, skimming off any scum that may rise.

Rub all through a hair sieve, re-heat and use.

Chestnut Sauce (Brown).

$\frac{1}{2}$ lb. of chestnuts.	$\frac{4}{3}$ tablespoonfuls of Espagnol sauce.	Pepper.
$\frac{1}{2}$ pint of good brown stock.		Salt.

Proceed for this sauce in exactly the same way as for White Chestnut Sauce, next described, but substitute brown stock for white, and heighten the seasoning. And instead of the cream add four tablespoonfuls of Espagnol sauce.

Chestnut Sauce (White).

$\frac{1}{2}$ lb. of chestnuts.	$\frac{1}{4}$ pint of cream.	Salt.
$\frac{3}{4}$ pint of white stock.	1 oz. of butter.	Cayenne.

Cut off the tops of half-a-pound of chestnuts. Roast them in the oven for twenty minutes, or, if necessary, a little longer, until the skins will come off easily.

Then peel off the outer and inner skins.

Put the chestnuts into a saucepan with the white stock and the butter.

Cook them gently for about one hour and a half, until they are quite tender.

Rub the whole through a hair sieve, and return to the saucepan.

Add the cream and seasoning.

Stir until it almost comes to the boil, then serve.

Milk may be used instead of cream, then it may be necessary to add a little thickening.

Chutney Sauce.

$\frac{1}{2}$ pint of brown stock or gravy.	2 tablespoonfuls of chutney.	$\frac{1}{2}$ oz. of flour.
1 small onion.	1 oz. of butter.	Salt to taste.

Chop the onion finely.

Melt the butter in a saucepan, and put in the onion.

Fry gently for ten or fifteen minutes.

Then stir in the flour.

Add, by degrees, the stock, and stir until it boils.

Now add the chutney, and salt to taste, and simmer gently for another fifteen minutes.

Strain through a fine strainer, or rub through a tammy.

If a very sweet chutney is used a few drops of lemon-juice should be added.

Crayfish Sauce.

2 dozen crayfish.	2 oz. of butter.	A few drops of carmine.
½ a carrot.	½ blade of mace.	1½ pints of fish stock, as described.
1 onion.	12 peppercorns.	2 quarts of water.
1 sprig of parsley.	1 gill of cream.	Cayenne.
1 bayleaf.	1 teaspoonful of anchovy essence.	
2 oz. of flour.		

Wash the live crayfish thoroughly in several waters to get out all the sand. It is good to stand them under a running tap for some time.

Put two quarts of water into a saucepan with half a scraped carrot, one sliced onion, the mace, peppercorns, bayleaf and parsley.

When boiling fast, drop in the crayfish and cover immediately.

Boil for twenty minutes.

Melt two ounces of butter in a saucepan, stir in two ounces of flour, and fry together without browning.

Add a small dust of cayenne pepper.

Pour in a pint and a half of well flavoured fish stock, and stir until it boils.

Boil for five minutes.

Then add one gill of cream, a few drops of carmine, and a teaspoonful of anchovy essence.

Shell the crayfish, put the meat from the claws and tails aside to add to the sauce later.

Scrape out any meat from the heads, and add it to the sauce.

Now pass the sauce through a tammy, or rub it through a very fine hair sieve.

Re-heat it, add the meat from the crayfish tails and claws, and serve.

For the Fish Stock.

Three-pennyworth of trimmings and bones of any white fish.	1 small blade of mace. A bunch of herbs (bayleaf, thyme and parsley).	6 peppercorns. 2 teaspoonfuls of lemon juice. 1 teaspoonful of salt.
1 onion.		

Take the trimmings and bones of any white fish such as plaice, soles, whiting, etc., and any shells of crayfish or shrimps.

Put them into a saucepan with one sliced onion, a small blade of mace, a bunch of herbs (bayleaf, thyme and parsley), two teaspoonfuls of lemon juice, one teaspoonful of salt, six peppercorns, and about a pint of cold water.

Bring to the boil, and skim it.

Boil gently for one hour.

Strain, skim off any fat, and then use.

Cucumber Sauce.

3 medium-sized cucumbers.	1 oz. of flour.	A few drops of lemon juice.
2 oz. of butter.	$\frac{1}{2}$ pint of white stock. Cayenne.	Salt.

Peel the cucumbers, and take out the seeds.

Cut the cucumber into small pieces.

Put the pieces into a stewpan with one ounce of butter, and cover closely with a lid.

Draw to the side of the stove, and cook gently until quite tender.

Melt the remaining ounce of butter in a saucepan; stir in the flour.

Add to this the white stock (or milk, if stock is not available).

Season with cayenne pepper and salt.

Add this to the cucumber and then rub the whole through a hair sieve.

Re-warm and just before serving add a few drops of lemon juice.

The same saucepan that the cucumbers are cooked in will do for making the sauce, provided it is not too large, as it can be made after the cucumbers are cooked.

Curry Sauce.

1 pint of stock.	$\frac{1}{2}$ teaspoonful of bovril.	1 small apple.
1 oz. of butter or fresh dripping.	1 small dessert- spoonful of best ground rice.	2 teaspoonfuls of curry powder.
2 tablespoonfuls of desiccated cocoa- nut.	1 onion.	1 teaspoonful of curry paste.
		1 saltspoonful of salt.

Peel the onion and the apple, and mince them quite finely.
Melt the butter or dripping in a stewpan.
Add the onion and apple, and fry very gently over a low fire until
the onion turns a pale brown.
Now stir in the curry powder and paste. (If paste is not procurable,
put double the quantity of powder.)
Fry very gently for five minutes.
Next add the rice flour, and cook gently for another five minutes.
Now stir in the stock by degrees, also add the cocoanut, bovril,
and salt.
Simmer all gently for half-an-hour, or until the onion and apple are
quite soft.
Rub the whole through a hair sieve, and return it to the saucepan
to re-heat before using.
If a perfectly smooth sauce is not required, it need not be rubbed
through the sieve, but in that case cocoanut milk must be
added instead of the nut itself. For cocoanut milk put two
tablespoonfuls of the desiccated cocoanut into a basin and pour
on it half a pint of boiling water. Let it infuse for some time,
then strain off the liquid and use. If this is used, then half-a-
pint of the stock must be omitted.
If liked, a few drops of lemon juice may be added, and a table-
spoonful of cream improves the sauce greatly.

Dutch Sauce.

(See HOLLANDAISE SAUCE, page 434.)

Egg Sauce.

$\frac{1}{2}$ pint of White sauce. | 4 eggs.

Make half-a-pint of white sauce, but season the milk as for bread
sauce.

Put four eggs into cold water, bring them to the boil and continue boiling for ten minutes.

Then put them into cold water to get cold.

Remove the shells and chop the eggs rather coarsely.

When the sauce boils stir in the chopped eggs and serve.

Espagnol Sauce.

1 carrot.	2 oz. of clarified dripping.	2 or 3 tablespoonfuls of sherry or madeira.
1 large onion.	A pinch of castor sugar.	1 pint of brown stock.
1 turnip.	A teaspoonful of lemon-juice.	1 tablespoonful of flour.
2 tomatoes.		
3 or 4 mushrooms.		
A bunch of herbs.		
2 oz. of lean ham.	12 peppercorns.	

Wash and scrape one small carrot and one turnip, slice one large onion and three or four mushrooms.

Cut up the ham into dice shapes.

Melt two ounces of good dripping in a saucepan, put the vegetables in this, and fry gently until nicely coloured.

Add the flour, then the tomatoes (sliced), the herbs, peppercorns, castor sugar and stock.

Stir continually until boiling, then allow it to simmer gently for about an hour, until the sauce coats the spoon nicely.

Rub through a fine sieve or tammy.

Return to the saucepan to re-heat, and add the wine and lemon-juice.

Put a little piece of butter on the top, and stir this into the sauce just before using.

Fennel Sauce.

Is made in the same way as tarragon sauce (see page 450), except that there should be three teaspoonsfuls of chopped or pounded fennel.

Genoa Sauce.

$\frac{1}{2}$ pint of brown sauce.	$\frac{1}{2}$ oz. of good butter.	1 teaspoonful of anchovy sauce.
$\frac{1}{2}$ wineglassful of red wine.	1 dessert-spoonful of mushroom ketchup. Castor sugar.	$\frac{1}{2}$ teaspoonful of pepper.

Put half-a-pint of brown sauce into a saucepan with half a wine-glassful of claret or other light red wine, half a small teaspoonful of pepper, one teaspoonful of mushroom ketchup, and a pinch of castor sugar.

Boil for ten minutes.

Strain through a sieve or wring through a tammy.

Then work well into it half an ounce of good butter, and a teaspoonful of anchovy sauce.

It is then ready to be served.

Genoese Sauce.

1 pint of brown sauce.	1 eschalot.	2 teaspoonfuls of chopped parsley.
1 tablespoonful of mushroom ketchup.	1 teaspoonful of anchovy essence. 1 wineglass of claret.	2 oz. of butter. Cayenne pepper.

Chop the eschalot finely.

Put it into a saucepan with one pint of brown sauce.

Add the ketchup, anchovy essence, claret and a dust of cayenne pepper.

Boil all together gently for twenty minutes.

Rub it through a very fine hair sieve; or, better still, through a tammy.

Re-heat, then add the finely chopped parsley.

Work the butter well in, by degrees, in small pieces.

The butter must not on any account be added in the whole lump, or the sauce will become oily and be spoiled.

German Sauce.

2 oz. of flour.	3 yolks of eggs.	1 pint of white stock.
2 oz. of butter.	Lemon juice.	

- Melt one ounce and a half of butter in a saucepan.
 Stir in the flour and cook together for two or three minutes.
 Then gradually stir in one pint of well flavoured white stock.
 Stir until it boils, then let it cook for ten minutes.
 Beat the yolks of the eggs well in a basin.
 Pour the boiling sauce on to them, stirring all the time.
 Add a few drops of lemon juice, the remainder of the butter, and serve.
 If liked, two tablespoonfuls of shredded button mushrooms may be added. They must be heated in the sauce before adding it to the eggs.
 Do not let the sauce boil after adding the eggs, or it will curdle.
 If it is to be kept hot stand it either in the bain-marie, or in another saucepan, or any vessel containing hot water.

Gooseberry Sauce.

$\frac{1}{2}$ pint of green gooseberries.	$\frac{1}{2}$ oz. of flour.	Spinach or apple-green colouring.
$\frac{1}{2}$ oz. of butter.	2 lumps of sugar.	
	$\frac{1}{2}$ pint of water.	

- Top and tail the gooseberries.
 Put them to cook in an enamelled saucepan with two tablespoonfuls of water.
 When quite soft rub them through a fine hair sieve.
 Melt the butter in a saucepan.
 Stir in the flour, then half-a-pint of boiling water.
 Add the gooseberry pulp, the sugar, and sufficient spinach-green or apple-green colouring to give the sauce a good colour.
 Bring to the boil and serve.

Green Sauce.

2 sprigs of parsley.	1 teaspoonful of capers.	2 gherkins.
2 sprigs of tarragon.		$\frac{1}{2}$ pint of Mayonnaise
2 sprigs of fennel.	1 tablespoonful of salad oil.	sauce.
6 chives.		Apple green.
1 hard-boiled egg.		

Take the parsley, tarragon, fennel and the green part of the chives and wash them.

Put all into a saucepan, with cold water sufficient to cover, and add a very small piece of soda.

Bring all to the boil quickly.

Then strain, rinse them in cold water, and drain as dry as possible.

Press all the moisture out, then put them into a mortar with two chopped gherkins, a teaspoonful of capers, the yolk of a hard-boiled egg, a tablespoonful of salad oil, and a very little apple green colouring to give a good colour.

Pound all until quite smooth.

Mix in half-a-pint of Mayonnaise sauce.

Rub all through a tammy, and keep in a cool place until required.

Hollandaise Sauce (or Dutch Sauce).

1 teaspoonful of lemon juice.	$\frac{1}{2}$ teaspoonful of tarragon vinegar.	1 oz. of butter.
1 teaspoonful of vinegar.	2 tablespoonfuls of cream.	2 yolks of eggs. Cayenne pepper. Salt.

Put the vinegars, the yolks of eggs and the cream into a basin.

Stand the basin over a saucepan of boiling water.

Stir it constantly with a wooden spoon until the mixture thickens.

Be very careful not to let it boil, or it will curdle and be spoilt.

Draw it to the side of the stove, and stir in the butter in small pieces, one at a time, not adding a fresh piece until the previous one has quite melted.

Then add the lemon juice, the cayenne, and salt to taste.
Serve in a sauce-boat.

Horse-radish Sauce (Cold).

1 teacupful of grated horse-radish.	1 teaspoonful of castor sugar.	1 gill of cream.
1 teaspoonful of mustard.	2 tablespoonfuls of French vinegar.	$\frac{1}{2}$ teaspoonful of salt.

Wash and scrape the stick of horse-radish.

Grate finely a teacupful.

Mix it thoroughly with the mustard, sugar, cream and salt.

Lastly, mix in the vinegar, and serve.

Horse-radish Sauce (Hot), No. 1.

$\frac{1}{2}$ teacupful of grated horse-radish.	2 oz. of butter.	Salt.
$\frac{1}{2}$ pint of milk.	1 tablespoonful of flour.	Nutmeg.

Wash and peel a stick of horse-radish.

Then grate it finely.

Put half a teacupful of this on to boil, with just enough water to cook it. This will take about fifteen minutes.

Melt the butter in a saucepan.

Stir the flour into the butter.

Add the milk, and bring to the boil.

Now stir in the horse-radish (which must be quite cooked), also a grate of nutmeg, and boil for five minutes.

Add salt to taste, and serve hot.

Horse-radish Sauce (Hot), No. 2.

4 tablespoonfuls of grated horse- radish.	$\frac{1}{2}$ teaspoonful of sugar.	2 yolks of eggs. A dust of cayenne pepper.
$\frac{1}{2}$ pint of common white stock or broth.	1 teaspoonful of tarragon vinegar. 1 teaspoonful of French vinegar.	$\frac{1}{2}$ teaspoonful of salt.

Well wash a stick of horseradish and scrape off the outer skin.

Now grate four tablespoonfuls very finely.

Put this into a saucepan with half-a-pint of stock, and simmer until cooked. This will take about thirty minutes.

Take it off the fire.

Beat the yolks of two eggs well and add them to the sauce, stirring well all the time.

Return the saucepan to the side of the stove until the sauce thickens like custard, but be most careful not to boil it.

Take the saucepan off the stove, and add the vinegars and seasoning. Serve in a hot sauce-boat.

The tarragon vinegar may be omitted, and all French vinegar used, if more convenient.

Imitation Dutch Sauce.

$\frac{1}{2}$ pint of milk.	1 teaspoonful of lemon juice.	Salt.
$\frac{3}{4}$ oz. of flour.		Cayenne.
1 oz. of butter.	1 yolk of egg.	

Boil the milk, with a small dust of cayenne pepper.

Then pour it into a basin.

Melt one ounce of butter in the same saucepan, and stir in with a wooden spoon three-quarters of an ounce of flour.

Add the boiled milk to this by degrees, stirring continuously.

When it comes to the boil let it cook for five minutes, that the flour may be thoroughly done.

Salt, to taste, can now be added.

When it is quite boiling, add the yolk of one egg (or, preferably, two eggs), well beaten.

Remove from the fire immediately, and when off the fire add the lemon juice.

Serve in a sauce-boat.

Italian Sauce.

2 oz. of butter.	1 dessert-spoonful of chopped parsley.	1 dessert-spoonful of chopped eschalot.
$\frac{1}{2}$ oz. of flour.		
$\frac{1}{2}$ pint of white stock.	2 tablespoonfuls of finely chopped mushrooms.	$\frac{1}{2}$ teaspoonful of sugar.
1 gill of chablis.		$\frac{1}{2}$ saltspoonful of pepper.
2 tablespoonfuls of cream.	1 saltspoonful of salt.	

Put one ounce of butter in a saucepan with one dessert-spoonful of chopped parsley, two tablespoonfuls of finely chopped mushrooms, one dessert-spoonful of chopped eschalot, and one gill of chablis.

Boil these until the wine is reduced to half the quantity.

In another saucepan melt one ounce of butter, and stir in half-an-ounce of flour.

Moisten this with half-a-pint of white stock, and bring to the boil.

Then stir in the reduced wine, eschalot and parsley, and add half a teaspoonful of sugar, the salt and the pepper.

Let it simmer for fifteen minutes.

Then pour two tablespoonfuls of cream on the top, and keep hot by standing it in the bain-marie until wanted.

When wanted, stir in the cream and use.

Liver Sauce for Hare.

Liver from the hare.	1 oz. of flour.	A bunch of herbs (bayleaf, thyme and parsley).
1 chicken's liver.	1 shallot.	
1 pint of good stock, made from game trimmings.	1 wineglass of port wine.	2 cloves.
2 oz. of butter.	2 teaspoonfuls of red-currant jelly.	6 peppercorns.
1 dessert-spoonful of mushroom ketchup.	1 teaspoonful of lemon-juice.	Black pepper. Salt.

Cut the liver into dice.

Melt one ounce of butter in a small saucepan.

Add the shallot, finely chopped, and fry gently until it begins to colour.

Then add the liver and stir it in the pan for a minute.

Now add the stock by degrees, also add the peppercorns, cloves and herbs, and simmer until the liver is tender.

Strain the broth, pound the liver, and rub it through a sieve.

Melt one ounce of butter in a saucepan, add one ounce of flour and fry together without browning.

Stir in a little of the broth, then mix in the pounded liver and shallot.

Add the remainder of the broth, then the red-currant jelly, wine, ketchup, lemon juice, salt and pepper to taste.

Bring almost to the boil, then serve.

Lobster Sauce.

1 middle-sized hen lobster.	$\frac{1}{2}$ pint of milk.	1 or 2 tablespoonfuls of cream.
1 $\frac{1}{4}$ oz. of butter.	1 teaspoonful of anchovy sauce.	Cayenne.
$\frac{3}{4}$ oz. of flour.	A little lemon juice.	Salt to taste.

Choose a hen lobster.

Pick the meat from the shells, cut it into very small square pieces.

Take out the coral which will be found under the tail; wash and drain it well.

Put this into a mortar with half an ounce of butter, pound it quite smooth and rub through a hair sieve.

Cover it and put by till wanted.

Melt three-quarters of an ounce of butter in a small saucepan.

Add the flour and mix well.

Cook together without browning for a minute or two.

Then add the milk by degrees, and bring to the boil, stirring constantly.

Add the seasoning and cream.

Boil for a few minutes longer, then add the lobster butter and the cut up lobster meat.

Do not let it boil after this, but allow it to get thoroughly hot again.

Lastly, when it is off the fire, add a few drops of lemon juice.

If preferred white stock can be used instead of milk, and tinned lobster instead of fresh. The latter is not so nice nor so wholesome. If it is used, a drop or two of carmine must be added to afford the necessary colouring.

Maître d'Hôtel Sauce.

$\frac{1}{2}$ oz. of flour.	1 dessert-spoonful of chopped parsley.	1 teaspoonful of lemon juice.
$\frac{1}{2}$ oz. of butter.		Pepper. Salt.
$\frac{1}{4}$ pint of milk.	$\frac{1}{2}$ teaspoonful of eschalot.	Thyme.
$\frac{1}{4}$ pint of stock.		

Melt the butter in a saucepan.

Add the eschalot and thyme, which should be very finely chopped.

Cook them together gently at the side of the stove for ten minutes.

Mix in the flour, then gradually stir in the stock and milk.

Add pepper and salt to taste, then the finely chopped parsley, and last of all, when it is off the fire, add the lemon juice.

If for fish add the gravy which has run from the fish in cooking, and then pour the whole over the fish and serve.

Mayonnaise Sauce.

2 eggs.	$\frac{1}{2}$ teaspoonful of chili vinegar.	1 teaspoonful of white vinegar.
$\frac{1}{2}$ pint of salad oil.	1 teaspoonful of tarragon vinegar.	1 tablespoonful of cream.
$\frac{1}{2}$ teaspoonful of mustard. A dust of cayenne.	A pinch of salt.	A pinch of sugar.

Put the raw yolks of the eggs into a basin, being careful not to let in any of the white.

Add the mustard, salt, sugar and cayenne.

Work these ingredients well together with a wooden spoon.

Add the oil, drop by drop, stirring the mixture well all the time and always one way, until it becomes the consistency of butter.

Be very careful about the oil going in slowly, or it will curdle, and then it is spoilt, though sometimes it can be rectified by putting another yolk into a basin and adding the sauce slowly to it. This, however, makes much trouble, while if care is taken at first, in adding the oil slowly, the sauce is quite simple.

When it is quite stiff, add the vinegars.

Lastly, add the cream.

Keep in a cool place.

Mayonnaise Aspic.

$\frac{1}{2}$ pint of aspic jelly. | 3 tablespoonfuls of mayonnaise sauce.

Let the jelly be cool, yet just in a liquid state.

Mix the mayonnaise sauce well into it, and stir until it just begins to thicken.

Melted Butter Sauce.

(See page 415.)

Mint Sauce (Cold).

2 tablespoonfuls of chopped mint. Water.	1 dessert-spoonful of sugar.	2 tablespoonfuls of brown vinegar.
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Chop two tablespoonfuls of mint very finely.

Melt a dessert-spoonful of sugar with one tablespoonful of boiling water, in the sauce-boat.

Add the mint and two tablespoonfuls of brown vinegar.

Mint Sauce (Hot).

2 tablespoonfuls of mint. $\frac{1}{2}$ pint of clear stock.	4 tablespoonfuls of vinegar. Salt.	1 teaspoonful of sugar.
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Put the stock on to boil.

Add the sugar and salt.

Wash the mint well, pick it free from stalks, and chop it very finely.

Add the mint and the vinegar to the boiling stock just before serving.

Serve in a very hot sauce-boat.

Mushroom Sauce.

$\frac{3}{4}$ pint of button mushrooms.	1 oz. of butter. Lemon-juice.	$\frac{1}{2}$ pint of creamy Béchamel sauce.
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Take three-quarters of a pint of button mushrooms, trim off the stalks, and rub them with a coarse cloth to get them perfectly clean and free from grit.

Put them to soak for about ten minutes, in cold water with about a tablespoonful of lemon juice in it.

Drain well, then shred them finely.

Put them into a stewpan with one ounce of butter, and cover down closely with a lid.

Cook gently until tender.

Do not let them cook longer than is just necessary to get the required tenderness, or they will lose colour and flavour.

Now add the Béchamel sauce, and simmer for ten minutes.

Rub all through a tammy if required smooth; or it may be used as it is.

Add a little salt if required.

Mustard Sauce.

1 teaspoonful of English mustard.	1 tablespoonful of flour.	2 tablespoonfuls of cream or milk.
1 teaspoonful of French mustard.	$\frac{1}{2}$ pint of water.	Small seasoning of salt and sugar.
2 oz. of butter.	1 dessert-spoonful of vinegar.	

Melt the butter in a saucepan.

Stir in the flour and the mustards, then the water and vinegar.

Add seasoning of salt and sugar to taste.

Rub through a fine strainer or sieve.

Put all back into the saucepan again.

Re-warm, and add the cream or milk.

Serve either in a sauce-boat, or it can be poured round fish, pork, etc.

Onion Sauce.

6 oz. of onions.	Salt.	$\frac{1}{2}$ pint of White
Milk.	Pepper.	sauce.

Peel the onions and throw them (as they are peeled) into slightly salted water to preserve their colour.

Put the onions into a saucepan with sufficient cold water to cover them.

Bring to the boil, then strain.

Put the onions back into the saucepan with milk and water in equal parts.

Simmer until the onions are tender.
 Drain well and press out all the water.
 Rub them through a sieve.
 Make half-a-pint of good White sauce, with milk.
 When it boils add the onion pulp, and stir it until it almost boils again.
 Season with salt and a little white pepper, and serve.

Onion Sauce (Brown).

3 large onions.	 $\frac{3}{4}$ oz. of flour.	Pepper.	Salt.
2 oz. of butter.	 $\frac{3}{4}$ pint of good gravy.	Lemon juice, if liked.	

Peel and slice finely three large onions.
 Put them into a stewpan with the butter.
 Stir them gently over the fire until they are a light brown.
 Sift the flour over them and mix it well in.
 Now add the gravy, and let it simmer gently until the onions are quite tender.
 Rub all through a fine sieve, and return to the saucepan.
 Add seasoning to taste.
 If it should not be quite thick enough reduce it by boiling quickly.
 A few drops of lemon juice may be added just before serving.

Orange Sauce.

2 Seville oranges.	 1 tablespoonful of	1 small breakfast-	
1 lemon.	 red-currant jelly.	cup of gravy.	
1 glass of port wine.	 Cayenne.	Salt.	

Grate the rinds of two oranges.
 Put this into a saucepan with the gravy, the strained juice of the oranges, the juice of the lemon, a tablespoonful of red-currant jelly, and the port wine.
 Season with a dust of cayenne, and salt to taste.
 Simmer for five minutes.
 Pass the sauce through a pointed strainer, and serve.

Oyster Sauce.

1 oz. of butter.	9 oysters.	A pinch of salt.
$\frac{1}{2}$ pint of fish stock.	$\frac{1}{2}$ oz. of flour.	Cayenne.

First prepare the oysters for the sauce; this must be very carefully done.

Open the oysters, and save all the liquor.

Put them into a small saucepan, or sauté pan, with the liquor and enough fish stock to just cover them.

Put the pan on the fire, and watch carefully until you see the first signs of boiling.

On no account let them actually boil, or the oysters will be leathery.

Directly there are signs of the liquor being about to boil, draw the pan to the side of the stove, and let it stand there two minutes.

Take it up, strain off the liquor into a basin, and stand the saucepan with the oysters on one side until wanted.

Melt half an ounce of butter in a small saucepan, stir in half an ounce of flour, and fry together for one or two minutes without browning.

Stir the liquor (which has been strained from the oysters) into this saucepan with the fried flour and butter.

Add half-a-pint of well-flavoured fish stock, a dust of cayenne pepper, and a little salt, if required.

Stir until it boils.

If not quite thick enough mix a little more flour quite smooth with a little cold water, and pour it through a pointed strainer into the sauce until it is the required thickness. A very little will do, and it should not need any extra thickening, only that flours vary very much in this respect.

When it is the required thickness add the remaining half ounce of butter and the oysters.

Do not let the sauce remain on the fire after the oysters and butter are added.

Pour into a heated sauce-boat, and serve.

Parsley Sauce.

2 oz. of butter.	$\frac{1}{2}$ pint of boiling water, milk or stock.	1 tablespoonful of finely chopped parsley.
1 oz. of flour.		
White pepper.		
Salt.	Lemon juice.	

Put one ounce of butter into a saucepan and melt it.

Stir in one ounce of fine flour, and fry together without browning. Then pour in gradually half-a-pint of boiling water, milk, milk and water, or stock.

Stir it over the fire until it re-boils.

Move the saucepan to the side of the fire, and add the parsley, which must have been thoroughly washed, dried and very finely chopped.

Add the second ounce of butter, and season to taste with salt and white pepper.

Boil two or three minutes longer.

Squeeze in a few drops of lemon juice just before serving; or it may be omitted if preferred.

If making the sauce for boiled mutton, fowls or fish, it is best to partly use the liquor they were cooked in.

Piquant Sauce.

1 tablespoonful of Worcester sauce.	1 oz. of butter.	1 onion.
2 tablespoonfuls of French vinegar.	1 oz. of flour.	Castor sugar.

1 pint of brown stock.

A few drops of carmine.

Peel the onion and chop it.

Melt the butter in a saucepan, and fry the onion in it.

When nicely browned, stir in the flour.

Fry together for a few minutes.

Then stir in by degrees one pint of brown stock, two tablespoonfuls of French vinegar, and one tablespoonful of Worcester sauce. Add also salt to taste, a dust of castor sugar, and a few drops of carmine to give it a colour.

Boil until the mixture is the consistency of cream.

Then wring through a tammy.

Re-heat in the bain-marie and use.

If liked, a few finely chopped gherkins may be added after it has been wrung through the tammy; also a little finely chopped parsley.

Poivrade Sauce.

1 oz. of butter.	3 oz. of onion.	1 bunch of herbs (bayleaf, thyme and parsley).
1 oz. of flour.	1 oz. of carrot.	
$\frac{3}{4}$ pint of brown stock.	1 tomato.	
1 oz. of lean ham.	1 gill of vinegar.	12 peppercorns.
	Salt.	4 cloves.

Melt the butter in a stewpan.

Cut up the vegetables into dice, also the ham, and add them to the butter.

Fry gently until they are slightly brown.

Add the herbs, cloves and peppercorns, and cook again for a few minutes.

Then add the vinegar, and boil until reduced to half the quantity. Mix in the flour smoothly.

Add the stock by degrees and simmer for half-an-hour, skimming when required.

Season to taste with salt, and add a few drops of browning if required to make it a good colour; but if a nice brown stock is used the colouring can be omitted.

Strain and serve.

Prawn Sauce.

1 dozen prawns.	2 tablespoonfuls of cream.	A few drops of carmine.
$\frac{3}{4}$ pint of fish stock.	Cayenne.	Salt to taste.
$\frac{3}{4}$ oz. of butter.		
$\frac{1}{2}$ oz. of flour.		

Remove the shells from the prawns.

Put the shells on to boil in three-quarters of a pint of well-flavoured fish stock.

When reduced to half-a-pint, strain it.

Melt three-quarters of an ounce of butter in a saucepan, and stir in half-an-ounce of fine flour.

Then gradually mix in the fish stock.

Bring to the boil, let it simmer gently for ten minutes, then add the cream.

Cut up the meat of the prawns into small pieces, and add them to the sauce.

Add cayenne and salt to taste, also one or two drops of carmine to give it a pale pink colour.

If liked add a few drops of lemon-juice, but this must not be added until just before serving.

Reform Sauce.

2 oz. of flour.	1 small onion.	2 tablespoonfuls of port wine.
1 oz. of butter.	1 pint of brown stock.	A few drops of lemon juice.
2 oz. of tomatoes.	1 tablespoonful of red-currant jelly.	
Pepper and salt to taste.		

Melt the butter in a saucepan.

Add the onion, finely chopped, and fry till a nice golden colour.

Then add the flour, and fry until a rich brown.

Slice the tomatoes and add them to the above ingredients, together with a pint of brown stock made from meat bones.

Stir all together until it boils.

Let it simmer for three-quarters of an hour.

Then stir in the red-currant jelly, the wine, the lemon juice and the seasoning.

Rub it either through a fine hair sieve or wring it through a tammy.

Re-heat and use.

Rémoulade Sauce.

$\frac{1}{2}$ pint of mayonnaise	1 dessert-spoonful of sauce.	chopped capers.	1 chopped anchovy.
1 dessert-spoonful of chopped gherkins.	1 dessert-spoonful of chopped tarragon.		1 teaspoonful of French mustard.

Make half-a-pint of mayonnaise sauce, as described on page 440.

Well chop all the above ingredients, add them to the mayonnaise and mix well.

Robert Sauce.

2 oz. of onion.	1 teaspoonful of made mustard.	Castor sugar.
2 oz. of butter.		1 teaspoonful of
$\frac{1}{2}$ pint of stock.	1 teaspoonful of vinegar.	lemon juice.
1 oz. of flour.		Pepper. Salt.

Chop the onion finely.

Melt the butter in a saucepan.

Put in the minced onion and fry together until the onion turns a pale brown.

Add the flour and mix well together.

Stir in the stock by degrees.

Add seasoning of salt and pepper, also a pinch of castor sugar.

Mix thoroughly, and simmer for twenty minutes.

Pour through a strainer.

Lastly stir in the vinegar, lemon juice and mustard.

This sauce is very good with roast pork, goose, cutlets or a grill.

Salad Dressing, No. 1.

$\frac{4}{3}$ tablespoonfuls of salad oil.	$\frac{1}{2}$ teaspoonful of mustard.	$\frac{1}{2}$ teaspoonful of salt.
2 tablespoonfuls of vinegar.	$\frac{1}{4}$ teaspoonful of sugar.	White pepper.

Mix the salt, pepper, sugar and mustard with the oil.
Then slowly add the vinegar, stirring all the time.
If liked, a little tarragon vinegar may be added.

Salad Dressing, No. 2.

2 hard-boiled eggs.	2 tablespoonfuls of cream.	2 teaspoonfuls of tarragon vinegar.
$\frac{1}{2}$ teaspoonful of mixed mustard.	1 tablespoonful of vinegar.	Cayenne. White pepper. Salt.

Boil the eggs thoroughly hard, and afterwards let them get quite cold (in cold water).

Rub the yolks through a fine sieve.

Put the yolks and all the other ingredients together, except the vinegars, and mix them thoroughly well together.

Then add the vinegars by degrees, mixing well all the time.

The sauce should be of the consistency of thick cream when finished.

If cream is not procurable, salad oil may be used in its place.

Shrimp Sauce.

$\frac{1}{4}$ pint of picked shrimps.	$\frac{3}{4}$ oz. of butter.	Cayenne.
$\frac{1}{2}$ oz. of flour.	$\frac{1}{2}$ pint of milk.	Salt.

Melt the butter in a small saucepan.

Stir in the flour and cook together for a few minutes.

Then gradually stir in the milk.

If preferred the same quantity of fish stock can be substituted for the milk.

Stir continuously until it boils.

Add seasoning of cayenne pepper and salt to taste.

Now stir in the picked shrimps, bring to the boil, and use.

A few drops of anchovy essence may be added if liked.

Tarragon Sauce.

1 yolk of egg. ½ oz. of butter.	½ pint of White sauce.	1 teaspoonful of blanched tarragon.
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First blanch the tarragon.

To do this, first wash a few sprigs in cold water. Then pick off all the leaves. Put these into a saucepan with sufficient cold water to cover them, add a piece of salt the size of a small pea, and a very small piece of soda. Bring the water to the boil, then strain and press all the moisture from the leaves.

Rub the leaves through a sieve, or chop them finely.

Mix with them half-an-ounce of butter, then add them to half-a-pint of white sauce, and bring to the boil.

Beat the yolk of an egg and pour the sauce over it.

Do not put the sauce near the fire after the egg is in, or it will curdle.

The egg may be omitted if preferred, but its presence makes the sauce much richer.

Tartare Sauce.

½ pint of mayonnaise sauce.	1 teaspoonful of tarragon, finely chopped.	1 teaspoonful of parsley, finely chopped.
1 teaspoonful of chives, finely chopped.	1 teaspoonful of gherkins, finely chopped.	1 teaspoonful of capers, finely chopped.

The chives, tarragon, gherkins, parsley and capers must be very finely chopped.

Mix them thoroughly into half-a-pint of mayonnaise sauce.
 If chives and tarragon are not procurable they may be left out.
 When finished the sauce should have a nice finely speckled green
 appearance.

Tomato Sauce, No. 1.

1 lb. of tomatoes.	1 dessert-spoonful of chopped onion.	1 teaspoonful of lemon juice.
$\frac{3}{4}$ oz. of butter.		Pepper.
1 oz. of rice flour.		Salt.
$\frac{1}{2}$ pint of well- flavoured stock.	$\frac{1}{4}$ teaspoonful of castor sugar.	

Melt the butter in a saucepan.
 Wipe the tomatoes and remove the stalks.
 Slice them and put all into the saucepan with the butter.
 Add the finely chopped onion.
 Fry gently for ten minutes.
 Then add the sugar, and half the stock.
 Mix the remainder of the stock with the rice flour, and stir this
 into the pan also.
 Add the lemon juice, also pepper and salt to taste.
 Let all simmer gently for thirty minutes, or a little longer.
 Then rub all through a tammy, or a fine hair sieve.
 Put it back into a saucepan to re-heat, then use.
 Tinned tomatoes do quite well for this, and if used they need not
 be cut up, but put in whole.

Tomato Sauce, No. 2.

2 lbs. of tomatoes.	2 oz. of onion.	6 peppercorns.
1 oz. of butter.	$\frac{1}{4}$ teaspoonful of castor sugar.	$\frac{1}{2}$ teaspoonful of salt.
$\frac{1}{2}$ oz. of flour.		White pepper.

Wipe the tomatoes and pull off their stalks.
 Melt one ounce of butter in a saucepan.

Finely chop the onion, add it to the butter, and fry together without browning for about ten minutes.

Then add the flour, and stir well together.

Now add the tomatoes, sliced, also the peppercorns, salt and sugar. Simmer until the tomatoes are quite tender.

Rub all through a hair sieve, using a wooden spoon.

Re-heat, and if liked add a little pepper.

Tomato Butter (Sauce).

$\frac{4}{5}$ large tomatoes.	1 teaspoonful of chopped eschalot.	Carmine. Pepper.	Salt.
1 oz. of butter.			

Slice four large tomatoes.

Put them in a pan, with one ounce of butter, three drops of carmine, a teaspoonful of chopped eschalot, and seasoning of salt and pepper.

Cover with a lid, and let them cook gently at the side of the stove, until they become a pulp.

Rub the pulp through a fine sieve, re-warm and serve.

Veloute Sauce.

$1\frac{1}{2}$ oz. of butter.	1 pint of well- flavoured stock.	Salt.
$1\frac{1}{2}$ oz. of flour.		

Melt the butter gently over a low fire, and when melted add the flour by degrees.

Stir and cook gently for five minutes.

Then add the stock by degrees. (Stock made from either veal, rabbit, or chicken bones.)

Stir till boiling, and afterwards allow the sauce to simmer gently for half-an-hour.

Add salt to taste.

Veloute, without meat.

4 oz. of onion.	1 oz. of butter.	$\frac{1}{2}$ pint of milk.
1 stick of celery.	1 oz. of flour.	$\frac{1}{2}$ pint of water.
$\frac{1}{2}$ a carrot.	A bunch of herbs.	Salt.

Wash the celery well, cut off the green ends, and slice the white part finely.

Peel and slice the onion and carrot.

Melt the butter in a saucepan, and stir in the vegetables and herbs.

Cover the saucepan tightly, and let the vegetables cook gently for five minutes.

Stir in the flour and fry all together gently for two or three minutes.

Stir in the milk and water by degrees.

Bring to the boil, then allow it to simmer for about three-quarters of an hour.

Add salt to taste.

Strain through a fine strainer, or, better still, wring through a tammy, and use as required.

White Sauce, without meat.

(For cauliflower and other vegetables.)

1 oz. of butter.	$\frac{1}{2}$ saltspoonful of salt.	A few drops of lemon juice.
$\frac{1}{2}$ oz. of flour.		
$\frac{1}{2}$ pint of milk.	White pepper.	

Melt half an ounce of butter in a small saucepan.

Stir in the flour, mixing it thoroughly with a wooden spoon until it is quite free from lumps.

Then draw the saucepan to one side of the stove, and let it cook for a few minutes without letting it colour.

Stir in the milk by degrees, then bring the sauce to the boil, stirring all the time.

Let it cook for a few minutes that the flour may be done thoroughly.

Now add salt to taste.

Just before serving, add the remainder of the butter in small pieces. The sauce should be quite smooth, and not require straining if it has been kept properly stirred; but, if necessary, strain it through a fine pointed strainer.

SWEET SAUCES (in Alphabetical Order).

Almond Sauce.

3 oz. of ground almonds.	1 dessert-spoonful of flour.	3 drops of essence of almonds, or 2 bitter almonds.
2 oz. of castor sugar.	Yolks of 2 eggs.	
1 pint of milk.		

Put the ground almonds, and the bitter ones, finely pounded, into a saucepan with half-a-pint of milk.

Bring them to the boil.

Then keep the saucepan over a moderate heat for fifteen minutes.

Strain off all the milk, leaving the almonds as dry as possible.

Remove the almonds, and pour the almond-milk back into the saucepan.

Mix the flour smoothly with the remaining cold milk.

Add this to the milk in the saucepan; also add the sugar.

Stir constantly until boiling.

Let it boil for five minutes.

Beat the two yolks of eggs well.

Mix a little of the sauce with them, then add them to the sauce in the saucepan.

Do not let it boil after the egg is added.

Lastly, if it is used, add the essence of almonds, but it is much better to use the bitter ones. In fact it is preferable to use fresh almonds for it all, but then they require to be blanched and finely chopped.

To blanch almonds, put them into a saucepan with cold water to cover them. Bring to the boil, and, as soon as boiling, rinse them in cold water and rub them in a coarse cloth to remove the skins.

Apricot Sauce.

1 lb. of apricot jam. | 1 wineglass of sherry. | 1 gill of water.

Melt the jam slowly in the sherry and water.

Let it boil for ten minutes.

Rub it through a hair sieve or tammy.

Re-heat and use.

Chocolate Sauce.

oz. of Fry's vanilla chocolate.		$\frac{1}{2}$ pint of milk. 2 eggs.		3 oz. of castor sugar.
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Grate the chocolate.

Mix it with the milk and two ounces of sugar.

Bring to the boil.

Well beat the yolks of two eggs, and pour the boiling milk on to them.

Return all to the saucepan, and whisk well until it thickens, but do not let it boil.

Beat the whites of the eggs to a stiff froth, and add the remainder of the sugar.

Pour the sauce on to them, and stir gently until partly mixed. Do not dissolve all the white of eggs as the sauce should have a frothy appearance.

Cream can be added, a quarter or half pint, and make a great improvement.

This sauce is nice with almost all puddings.

Custard Sauce.

2 eggs.		1 teaspoonful of vanilla essence, or 1 tablespoonful of brandy.
$\frac{1}{2}$ pint of milk.		
1½ oz. of castor sugar.		

Put the milk on to boil in a very clean saucepan.
 Beat the eggs and the sugar together in a basin.
 Pour the boiling milk on to them and whisk well.
 Return it to the saucepan, and continue whisking until the custard thickens.
 Do not let it boil, or it will curdle.
 Add the flavouring after the custard is taken off the fire.

Lemon Sauce.

Half the rind of a lemon.	1 tablespoonful of white sugar.	1 dessert-spoonful of arrowroot.
Juice of the lemon.	$\frac{1}{2}$ oz. of butter.	

Simmer, in about half-a-pint of water, half the rind of a lemon (which should not be chopped) for about ten minutes.
 Take out the peel.
 Add to the flavoured water one tablespoonful of white sugar and the strained juice of the lemon.
 Mix one dessert-spoonful of arrowroot with a little cold water.
 Pour the boiling syrup on it.
 Return it to the saucepan, with half-an-ounce of butter, boil it up and pour round puddings.
 Sherry can be added if desired.
 This sauce is suited for puddings.

Punch Sauce.

2 oz. of sugar.	$\frac{1}{2}$ wineglass of rum.	$\frac{1}{2}$ wineglass of brandy.
1 oz. of butter.		Lemon. Orange.
1 teaspoonful of rice flour.	$\frac{1}{2}$ wineglass of marsala.	1 gill of water.

Put two ounces of sugar on to boil with one gill of water, the rind of half a small lemon (pared very thinly) and a rather smaller quantity of orange peel.

Let them simmer for fifteen minutes, then take out the peel.

Mix the rice flour quite smoothly with a little cold water.

Stir it into the boiling syrup.

Add the butter in small pieces.

Add the strained juice of half the orange, also a teaspoonful of the lemon juice.

Boil for ten minutes, then add the rum, marsala and brandy, but do not let the sauce boil after they are added.

Raspberry Sauce.

$\frac{1}{4}$ lb. of raspberry jam.	1 tablespoonful of arrowroot.	Sugar to taste.
Juice of 1 lemon.	$\frac{1}{2}$ pint of water.	A few drops of carmine.

Dissolve the jam in nearly all the water.

Bring it to the boil and let it boil for five minutes.

Strain, and rub it through a fine sieve.

Mix the arrowroot with a little of the cold water.

Re-boil the sauce, stir in the mixed arrowroot, also the strained juice of a lemon.

Add sugar to taste, and a few drops of carmine to make it a good colour.

Boil for a few minutes longer, then serve.

Sweet Sauce, No. 1.

$\frac{1}{2}$ pint of milk.	1 oz. of castor	A small stick of
2 oz. of butter.	sugar.	cinnamon.
$\frac{3}{4}$ oz. of flour.	A strip of lemon peel.	

Boil a strip of lemon peel and a piece of cinnamon in the milk for ten minutes, then strain it.

Melt one ounce of butter in the saucepan, stir in the flour and cook together for a minute or two.

Then gradually stir in the flavoured milk.

Add the sugar, and the remainder of the butter in small pieces.

If liked, a little grated nutmeg may be added as well.

Sweet Sauce, No. 2.

1 tablespoonful of sugar.	1 dessert-spoonful of arrowroot.	A strip of lemon peel.
1 teaspoonful of lemon juice.	2 cloves. A piece of cinnamon.	A few drops of cochineal.

Simmer half-a-pint of water, with two cloves, a strip of lemon peel and a small piece of a stick of cinnamon.

When the water is well flavoured, strain, and put it back into the saucepan.

Add a tablespoonful of sugar and a teaspoonful of lemon juice.

Mix one dessert-spoonful of arrowroot with a little cold water, and stir it into the syrup when boiling.

Colour with a few drops of cochineal, and pour over the pudding.

Wine Sauce, No. 1.

gill of sherry.	2 oz. of castor	1 teaspoonful of
1 tablespoonful of apricot jam.	sugar. 1 gill of cold water.	lemon juice.

Put the jam and sugar into a small saucepan with the cold water.

Stir over the fire until the sugar has quite dissolved.

Bring to the boil.

Add the lemon juice and sherry, and bring to the boil again.

Strain the sauce, and it is ready for use.

Wine Sauce, No. 2.

1 glass of sherry.	$1\frac{1}{2}$ oz. of sugar.	1 strip of lemon peel.
1 glass of brandy.	1 teaspoonful of arrowroot.	1 gill of water.
1 oz. of butter.		

The lemon peel must be very thin.

Put the peel on to boil for five minutes in the water.

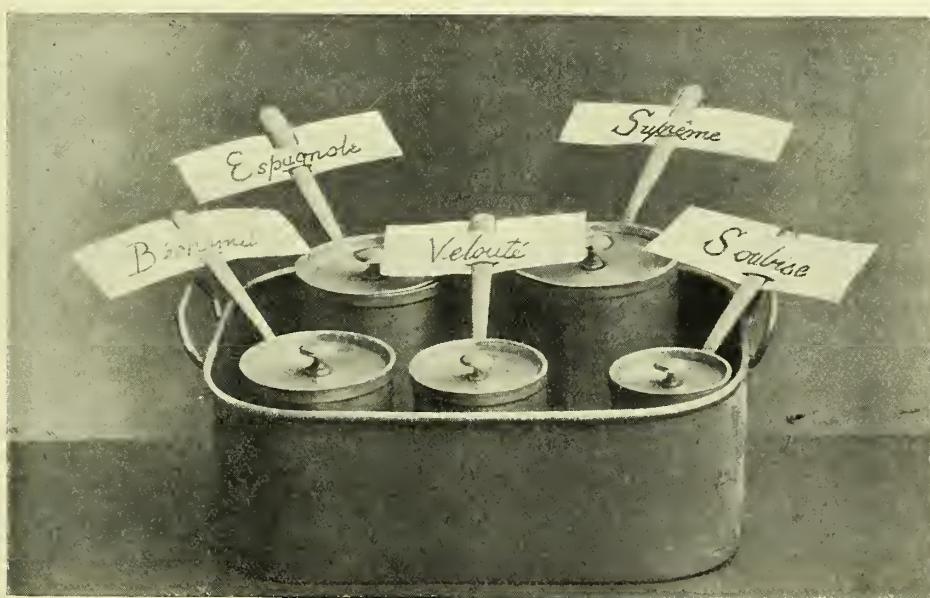
Take out the peel and add the sugar.

Mix the arrowroot with a tablespoonful of cold water.

Stir this into the boiling syrup.

Add the butter in small pieces.

Lastly, add the sherry and brandy.



BAIN-MARIE PAN.

(Showing simple method of labelling the saucepans to indicate what they contain.)

ENTRÉES.

IN ordering entrées, if two are required, it is always best to think them well over beforehand, for it is a decided tax on a cook's capabilities to get two ready at the same time.

It is never necessary to have more than two entrées even at a very large dinner party. Two, carefully selected, are ample for any occasion, while one is quite sufficient for an ordinary good dinner. As previously remarked, it is decidedly better to have one dish really well done than to have two which are inferior by haste and in attempting too much.

Of course there are a great number of entrées, and they cover a wide range in variety, but a selection of the simple ones with a few of a moderately elaborate kind will be found most useful for ordinary purposes.

It is in these that the taste of the cook can be displayed to advantage, for a great feature can be made of the manner in which they are served.

A thing to be specially remembered is that everything must be kept quite HOT. Whatever the garnish may be for a hot entrée, be sure that it is kept hot until the last moment. If possible it should be put in the screen or oven for a minute before sending to table.

Sauces for entrées must be particularly good of their kind, and should be stood in the bain-marie, being poured round at the last minute, and not before.

In summer it is very nice to have a cold entrée, and when convenient an iced entrée may be prepared, and prove very acceptable.

Many little pieces of meat, vegetables, poultry, game, etc., can

be turned to good account, and be made dainty and appetising, using material that would not be sufficient perhaps for a more substantial class of dish. Entrées are therefore often a very economical item in the hands of a careful cook.

With more elaborate kinds a pestle and mortar, and a sieve, play very important parts. To use these means time and trouble, the former of which is difficult to spare, if a kitchen-maid is not kept. However, the choice has to be left to the discretion of the mistress.



To Prepare Frying Batter.

$\frac{1}{4}$ lb. of flour. 2 eggs.		1 tablespoonful of salad oil.		Salt. 1 gill of tepid water.
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Sift the flour, and put it into a basin.

Mix it gradually into a paste with rather more than a gill of tepid water. The water must only be just tepid, not warm.

Add the yolks of the eggs and the salad oil.

Beat the mixture well, use a wooden spoon for this if possible.

Let it stand for an hour or two before using.

When you are ready to use it whip the whites of the eggs to a stiff froth, with a pinch of salt.

Stir this into the batter, and it can then be used.

This batter is excellent for fritters and kromeskies of all kinds.

Always have plenty of fat for frying anything in that has been dipped in batter.

The fat is boiling when the blue smoke rises from it, but for thick fritters the fat should not be quite smoking or the fritters will be cooked on the outside before being sufficiently cooked in the middle.

To Trim Mutton Cutlets.

This is one of the several things by which a cook's skill and experience can be judged to some extent, for if she can trim a cutlet properly it is in all probability a reliable indication that her ability in other things is good.

The best end of the neck of mutton is used; and it is best if small, provided it is prime meat.

Get the butcher to saw off the chine bone, then the cutlets can be easily dealt with.



CUTLETS, TRIMMED AND UNTRIMMED.

Take a sharp knife and divide the meat into cutlets by cutting down between each bone. If this makes them too thick then cut down close to the bone on each side. This will leave a cutlet between without a bone, which can be used; but as a rule one cut between each bone makes them of the right thickness. The thickness can be judged by the illustration.

When all are cut, lay them on a wetted board and "bat" them out with a cutlet bat or with the side of a heavy chopping knife or a wetted rolling-pin. To bat out a cutlet simply means to flatten it out to an even thickness, not to pound it into an unsightly mass.

After flattening the cutlets out commence to trim them. To do this neatly the knife *must* be sharp. Cut off all the superfluous fat and skin, leaving an edge of fat rather more than a quarter of an inch thick. When this is done place the knife just above where the round piece of lean ends, and make a straight cut through to the bone, and then remove the meat from the thin end.

Scrape the bone perfectly clean. Then chop off the little piece at the other end of the bone if there is any that projects beyond the end of the meat. There may be, if the chine bone has not been sawn off quite close enough. Even if it has, there may still remain a piece to be cut off when trimming the cutlet.

To make the base of the cutlet a nice shape, some people prefer to round off the top end of the meat, instead of leaving it cut off straight and square, but that is a matter of taste.

Keep them all the same size as much as possible, and do not let the scraped projecting bone be too long.

The cutlets are now ready for broiling, egg and crumbing, or for using in any way that may be wished. If they are egged and crumbed, be careful not to get the egg and crumbs on the scraped bone as that must be kept perfectly clean. If not, the general effect will be quite spoiled.

Some cutlets may be improved by being marinaded, particularly if the meat is of inferior quality. It is, however, a mistake to try improving prime meat, for its natural flavour wants no additions. A nice juicy cutlet, properly grilled, with a nice crisp, slightly burnt taste; and with a few crisply fried chip potatoes and a delicate purée of vegetables, is a dish thoroughly appreciated by all. It is a far better way of serving them than the many fancy styles with high-sounding titles.

Cutlets which are marinaded have been laid in a seasoning of salad oil, herbs and spices, for some time before cooking. It is largely done on the Continent.

Mutton Cutlets, with Tomatoes.

6 mutton cutlets.
8 medium-sized
tomatoes.

Pepper.
Salt.

Salad oil or butter.
Mashed potato.

Average cost, 3s.

Cut six cutlets from the best end of a neck of mutton.
Trim them neatly and scrape the end bone.
Put a little salad oil or butter in a plate, and season it highly with
pepper and salt.



MUTTON CUTLETS AND TOMATOES.

Dip the cutlets in it; let them remain in it for an hour or two if convenient.

Scald and skin the tomatoes. (For SKINNING TOMATOES, see Index.) Put them into a buttered baking dish.

Season with pepper, salt, and a pinch of castor sugar.

Lay a buttered paper over them, then cook in a moderate oven for fifteen to twenty minutes.

Lay the cutlets on a gridiron, and broil quickly over a clear fire.

Prepare some mashed potato, and arrange a straight border neatly down the centre of a dish.

Quickly place the cutlets down the centre of the border, letting one cutlet overlap another.

Arrange a border or row of tomatoes down each side.

Put a frill on the bone of each cutlet, and serve at once.

If liked, this dish can be improved by pouring a sauce round: say tomato-butter or a nice sharp sauce. (For SAUCES, see Index.)

Mutton Pancakes.

1 lb. of breast of mutton.	$\frac{1}{2}$ stick of celery. 1 large onion.	A bunch of herbs (bayleaf, thyme and parsley).
1 carrot.	Frying batter.	Pepper. Salt.
1 turnip.	Frying fat.	

Average cost, 2s.

Trim off all the superfluous fat from the thin end of a breast of mutton.

Put the meat into a saucepan.

Clean and slice the vegetables, and put them into the saucepan with the meat.

Add the herbs and seasoning, and cover all with cold water.

Bring to the boil, and remove all scum as it rises.

As soon as it boils, draw the pan to the side of the stove, and let it simmer gently until the meat is tender.

When tender lift it from the saucepan, and take out the bones.

Lay the boned meat on a flat dish, and sprinkle it well with very finely chopped parsley, a little very finely chopped onion or eschalot, also pepper and salt.

Put another flat dish on top of the meat, with a heavy weight on it, and let it stand until cold.

When cold cut the meat into fingers about two inches long by one-and-a-half inches wide.

Dip them into frying batter.

Have ready a pan of boiling fat, and fry the fingers until the batter on them is a golden brown.

Arrange neatly on a hot dish and sprinkle a little finely chopped parsley on the top.

Pour Reform sauce round, and serve at once. (For SAUCES, see Index.)

Cutlets of Breast of Mutton.

$1\frac{1}{2}$ lb. of breast of mutton.	$\frac{1}{2}$ pint of milk.	Frying fat.
$\frac{1}{2}$ lb. of onions.	$\frac{1}{2}$ oz. of butter.	Green peas or French beans.
$\frac{3}{4}$ oz. of flour.	1 egg.	Pepper. Salt.
	Bread-crumbs.	

Average cost, 2s. 6d.

Boil the mutton as in the recipe just given for breast of mutton pancakes, and put it away to press as described.

Boil the onions in salted water until they are tender.



CUTLETS OF BREAST OF MUTTON.

Squeeze them perfectly dry.

Make a white sauce with the milk, flour and butter.

Finely chop the onions and add them to the white sauce, also add salt and pepper to taste.

When the meat is cold, stamp it out into shapes with a cutlet cutter, or, failing this, cut into neat cutlet or other shapes with a knife.

Well mask each cutlet with the sauce, and set them aside to get quite firm.

Then dip each one into whole beaten-up egg and then into finely made white bread-crumbs.

Fry in plenty of boiling fat until they are a nice golden colour.

Make a pile of freshly boiled green peas, or French beans, in the centre of a dish.

Arrange the cutlets *en couronne* round the vegetables.

Pour Espagnol sauce round the base, and serve.

Mutton Ragoût.

1 lb. of mutton.	6 or 8 button onions.	1 pint of weak
1 oz. of flour.	2 small young carrots.	stock, or
Spaghetti or macaroni.	1 small turnip.	water.
1 oz. of butter.	1 tomato.	Pepper.
	Herbs.	Salt.

Average cost, 1s. 6d.

Cut up one pound of mutton into small pieces.

Melt one ounce of butter in a stewpan.

Put in the meat and the vegetables. The onions may be whole if very small (about the size of marbles), if large use a less number, and cut them into slices. Slice the carrots and turnip.

Fry all until they are a nice golden colour.

Then stir in the flour.

Add one pint of weak stock or water, pepper and salt to taste, and a bunch of savoury herbs tied up in muslin.

Bring to the boil, and skim well.

Draw to one side of the stove, and simmer gently for one hour or rather longer.

Boil some spaghetti, or macaroni, in salted water with an onion.
 Make a border of this round the dish.
 Pour the ragoût in the centre.
 Arrange a twist of the spaghetti on the top, and serve.

Kromeskies, No. 1.

$\frac{1}{2}$ lb. of cold meat.	Bacon.	Nutmeg.
$1\frac{1}{2}$ gills of milk.	Lemon rind.	Frying batter.
1 oz. or butter.	1 teaspoonful of	Frying fat.
1 oz. of flour.	parsley.	Pepper. Salt.

Average cost, 1s. 3d.

Take the remains of any cold white meat such as veal, rabbit, chicken, or even lamb.

Free it from skin and bone, and remove any dry parts.

Add a few slices of ham, but only making half-a-pound in all.

Mince it very finely.

Add pepper and salt to taste, a grate of nutmeg, a very little finely chopped or grated lemon peel, and the chopped parsley.

Melt the butter in a saucepan.

Stir in the flour and cook it for a few minutes without browning.

Add the milk by degrees and bring to the boil.

When it comes to the boil draw it to one side, and let it stand for five minutes to thoroughly cook the flour.

Stir in the seasoned meat, then turn it all out on to a dish, and let it get cold.

When cold divide the meat into portions about the size of a hen's egg, and roll them into long shaped rissoles.

Cut as many very thin slices of fat bacon as you have rissoles.

Wrap a slice of bacon round each, then dip them one by one into frying batter.

Drop them quickly into a stewpan of boiling fat, and fry them until the batter is a nice crisp golden brown.

Drain them well on a pastry rack or folded paper.

Arrange in a pile on a dish-paper. Garnish with fried parsley, or a little fresh parsley, and serve.



KROMESKIES.

Kromeskies, No. 2.

$\frac{1}{2}$ lb. of cold game or chicken.	Flour.	Frying batter.
$\frac{1}{4}$ lb. of bacon.	Garlic.	Frying fat.
White of 1 egg.	Pounded mace.	Pepper.
	Parsley.	Salt.

Average cost, 1s. 9d.

Take half a pound of any cold game or white meat, and pick it free of skin and bone.

Mince it finely.

Season it well with pepper, salt, a very small pinch of pounded mace, and a very little of the juice of a clove of garlic.

Mix all well together, and bind with the beaten white of an egg.

Form into small rolls and flour them slightly.

Cut a thin slice of rather fat bacon for each roll, and wrap it up in this.

Now dip each roll separately into frying batter, and at once drop them into plenty of boiling fat.

Fry until they are a nice golden colour.

Dish up prettily on a fancy paper, and garnish with fried parsley.

Mutton Mould.

1 lb. cold mutton.	1 teaspoonful of finely chopped parsley.	1 teaspoonful of chutney.
1 egg.		$\frac{1}{2}$ oz. of butter or dripping.
2 oz. of bread- crumb.	$\frac{1}{2}$ teaspoonful of finely chopped thyme.	1 tablespoonful of gravy.
1 dessert-spoonful of finely chopped onion.	Pepper. Salt.	

Average cost, 1s. 6d.

Take the remains of any cold cooked mutton, and free it from skin, bone, and any hard pieces.

Mince the meat very finely.

Soak two ounces of bread in cold water.

When thoroughly soaked wring it quite dry in a clean cloth.

Mix the bread well with the meat.

Add the chopped onion, thyme, parsley, chutney, pepper and salt.

Beat the egg well.

Mix the dry ingredients with the egg thoroughly, then add the gravy.

Grease a mould thickly and put the mixture in.

Lay a greased paper over the top.

Steam for one hour in a saucepan with the water reaching three-fourths the way up the mould.

Keep the lid tightly on the saucepan all the time.

When cooked turn the mould out, and pour a good rich gravy round.

Garnish with a border of plainly boiled macaroni or spaghetti twisted round the base of the shape.

Or it is very nice served with a curry sauce.



MUTTON MOULD.

Mutton and Chutney Sauce.

1 lb. of cold mutton,
cut in slices.
1 oz. of butter.
 $\frac{1}{2}$ oz. of flour.

3 tablespoonfuls of
chutney.
 $\frac{1}{2}$ pint of stock.

Mashed potato.
Parsley.
Salt.

Average cost, 1s. 9d.

Cut one pound of cold cooked mutton into neat slices, all about the same size and shape.

Melt one ounce of butter in a frying-pan.

Lay in the slices of mutton, and fry them slightly.

When thoroughly heated, and slightly browned, lift them out, and place them somewhere to keep hot.

Stir half an ounce of flour into the pan.

Mix in the chutney with it. If there are any pieces in the chutney chop them finely.

Add the stock, and stir until it boils.

Add salt to taste; and if a sweet chutney is used add a few drops of lemon juice.

Make a straight border of mashed potato down the middle of a dish.

Let the border be about five inches wide and hollowed out slightly in the middle. The hollow part should be about three inches wide, leaving one inch margin of the full height on each side.

Lay the slices of mutton neatly down the hollow, one slice overlapping the other.

Coat them thickly with the sauce, but be careful not to pour it over the edges of the potato border.

Sprinkle down the edges of the potato with finely chopped parsley.

Pour the remainder of the sauce down each side of the dish, and serve.

German Cutlets.

1 lb. of cold lamb.	2 oz. of butter.	A bunch of herbs.
2 oz. of lean ham.	1 oz. of flour.	Pepper.
1 teaspoonful of parsley.	$\frac{3}{4}$ pint of weak stock.	Salt.
1 teaspoonful of bovril or other meat extract.	1 eschalot, or small onion.	Cayenne.
$\frac{1}{8}$ oz. of gelatine.	2 cloves.	1 egg.
	4 peppercorns.	Bread-crumbs.
		Frying fat.
		Mashed potato.

Average cost, 2s. 6d.

Mince one pound of cold cooked lamb, and two ounces of lean cooked ham very finely.

Put three-quarters of a pint of weak stock into a saucepan, with a bunch of herbs (bay-leaf, thyme and parsley), a teaspoonful of the meat extract, one eschalot, or a small onion, two cloves, and four peppercorns.

Boil until the stock is reduced to half-a-pint.

Strain off the stock and dissolve one-eighth of an ounce of gelatine in it.

Melt two ounces of butter in a saucepan.



GERMAN CUTLETS.

Stir in one ounce of flour.
 Add the stock to this by degrees.
 Now thoroughly mix in the minced ham and lamb, also the parsley,
 and seasoning of cayenne and salt to taste.
 Then turn it out on to a flat dish to cool.
 When it has set take pieces the size of an egg, roll them in flour,
 and form them into cutlet shape.
 When formed, dip them into whole beaten-up egg, then into fine
 white bread-crumbs.
 Dip them into the egg and crumbs a second time that they may
 be well coated.
 The cutlets should not be flattened out too much, but kept nice
 and thick.
 When all are crumbed lay them in a frying-basket, and fry in
 plenty of boiling fat until they are a nice brown.
 Stick one of the dainty little cutlet frills in the thin end of each;
 or, failing these, a piece of macaroni with a frill on it.
 Dish them on a round potato border, and fill the middle of the
 border with boiled French beans.
 Pour tomato sauce round, and serve.
 Or, the cutlets may be arranged standing up round a pyramid of
 mashed potatoes, and a good gravy poured round. In this
 case a few sprigs of parsley may be placed on top of the
 potato.

(See COLOURED PLATE No. 35.)

Mutton and Tomato Pie.

1 lb. of cold mutton.
 6 tomatoes.
 $\frac{1}{4}$ pint of gravy.

1 clove of garlic.
 1 oz. of butter.
 Bread-crumbs.

Pepper.
 Salt.

Average cost, 1s. 9d.

Cut one pound of cold cooked mutton into nice slices, not too thin.
 Cut the tomatoes into slices.

Grease a pie-dish.

Put a layer of tomatoes at the bottom of the dish, sprinkle them with pepper and salt.

Cut a clove of garlic and scrape out a few drops of the juice on to the tomatoes.

Then put in the meat and season this with pepper and salt.

Put a layer of tomatoes on top of the meat, and season them in the same way as with the bottom layer.

Pour in a quarter of a pint of gravy.

Melt one ounce of butter and mix in it a breakfast-cupful of white bread-crumbs.

Spread these buttered crumbs over the top layer of tomatoes, and bake in a moderate oven for three-quarters of an hour.

Rissoles.

$\frac{1}{2}$ lb. of veal.
2 oz. of bacon.
1 teaspoonful of
chopped parsley.
 $\frac{1}{2}$ oz. of butter.
 $\frac{1}{2}$ oz. of flour.

4 tablespoonfuls of
milk.
2 eggs.
 $\frac{1}{2}$ teaspoonful of
chopped eschalot.
White bread-crumbs.

$\frac{1}{4}$ lb. of puff paste.
Nutmeg.
Lemon peel.
Frying fat.
Cayenne.
Salt.

Average cost, 2s. 3d.

Chop the veal very finely, also the bacon, but do not pass either through a mincing machine.

Melt the butter in a saucepan, and mix in the flour.

Stir in the milk by degrees, and continue stirring until it thickens.

Season well with cayenne pepper, a little nutmeg, salt, a grate of lemon peel, a teaspoonful of finely chopped parsley, and the chopped eschalot.

Mix all these ingredients well together, then mix in the finely chopped meat thoroughly.

Turn all out on a plate and leave till cold.

Roll out a quarter of a pound of puff paste thinly.

Stamp it out into rounds with a plain cutter about two inches across.

Put a good teaspoonful of the meat mixture into the centres of half of them, and wet the edges of the paste with cold water. Lay a round of paste on the top of each one.

Take a cutter two sizes smaller than the one the rounds were cut with, and with the blunt edge (the cutter turned upside down) press gently on the top piece of paste so that it is well pressed on to the lower one. Be careful not to press so hard as to cut through the paste.

Pinch the edges all round.



RISSOLES—THE PROCESS OF MAKING.

Dip these rissoles into well beaten-up egg, then into fine white bread-crumbs.

Fry in fat that is very hot but not quite smoking, until the rissoles are a nice golden brown colour.

If the fat is quite smoking (boiling), the rissoles will be browned before the paste is properly cooked.

Any cold meat is nice done in this way.

Sometimes stock may be used instead of the sauce made of butter, flour and milk, described above. In this case the stock is stiffened by melting a very little gelatine in it, so that when

cold the mixture is firm. When the rissoles are fried the gelatine melts, and this forms a gravy inside the coating of egg and bread-crumbs. The result is very nice.



RISSOLES—FINISHED.

Bouchées of Veal.

For the Cases.

2 lb. of potatoes.	2 yolks of eggs.	Pepper.
3 oz. of butter.	1 whole egg.	Salt.

For the Filling.

$\frac{1}{2}$ lb. of cooked veal.	1 oz. of butter.	1 blade of mace.
2 oz. of cooked lean ham.	1 oz. of flour. $\frac{1}{2}$ pint of milk. 1 onion.	Cayenne. Salt. Lemon peel.

Average cost, 2s.

To prepare the cases, take two pounds of boiled potatoes, as dry and floury as possible, and rub them through a wire sieve, or pass them through a potato masher.

While they are hot mix in two ounces of butter, the yolks of two eggs, pepper and salt to taste.

When well mixed put this into a forcing-bag with a medium-sized rose pipe.

Thickly butter a baking sheet.

Force out the potato mixture, working the bag round and round so as to form several small patty cases.

Brush these cases over with well beaten whole egg.

Bake them in a moderate oven until a nice golden brown colour.

These cases may be made a little time before being required, and kept hot in the screen.

To prepare the filling ; boil the onion, the mace, a small strip of lemon peel, and a dust of cayenne with half-a-pint of milk for five minutes, then strain the milk.

Melt the butter in the saucepan, and stir in the flour.



BOUCHÉES OF VEAL.

Fry together for a few minutes to cook the flour, but without browning.

Pour in the boiled milk by degrees, stirring all the time.

When it comes to the boil cook for five minutes.

Then stir in the veal and ham, which have been cut into very small dice.

Bring all to the boil again, and season with salt to taste.

If too thick add a little more milk, for some flours thicken more than others.

Fill the cases with the mixture.

A little coralline pepper and finely chopped parsley can be sprinkled on the top of each; or, a little hard-boiled yolk of egg and parsley.

Arrange them prettily on a dish-paper, and serve.

These cases may be filled with any kind of mince, or even with vegetables. They make a pretty little entrée out of comparatively nothing.

Bouchées à la Reine.

$\frac{3}{4}$ lb. puff paste.	$\frac{1}{2}$ pint Béchamel or Veloute sauce.
$\frac{1}{2}$ pint of chicken, tongue and mushroom.	1 egg.

Average cost, 2s. 6d.

Roll the puff paste to a quarter of an inch thickness.

Take two round cutters, one three inches and the other two inches across.

Cut out rounds with the largest cutter, then place the smaller cutter in the centre of these and nearly cut through them.

Dip the cutters in hot water before using, that they may cut clean.

Brush over the rounds of paste with whole beaten-up egg, lay them on a wetted baking-sheet, and bake in a quick oven.

When cooked remove the centre tops carefully.

Cut up into dice shapes sufficient chicken, ham and button mushrooms to fill a half-pint measure.

Make these thoroughly hot in the sauce, then fill the cases with the mixture.

Put the tops on again, arrange on a dish-paper and serve.

Little Fillets of Beef.

$1\frac{1}{2}$ lb. of fillet of beef.	2 tablespoonfuls of salad oil.	Salt.
2 gherkins.	Grated horse-radish.	Potato border.
2 teaspoonfuls of chopped chives.	Pepper.	Garnish, as described. Horse-radish sauce.

Average cost, 3s.

Cut one-and-a-half pounds of fillet of beef into slices three-quarters of an inch thick.

Bat them out with a heavy knife dipped in cold water.



LITTLE FILLETS OF BEEF.

Then stamp out the slices into rounds two-and-a-half inches in diameter.

Put two tablespoonfuls of salad oil in a dish.

Season the oil highly with pepper and salt, the gherkins and chives finely chopped.

Dip the fillets in this so that both sides are well covered, and let them lie in it for an hour or longer.

Make a round potato border.

Lift the fillets out of the oil, and place them on an oiled gridiron. Grill over a clear fire for about six minutes, turning them only once during cooking.

Lay them round on the top of the potato border.

Sprinkle a little grated horse-radish on the top of each.

Pour horse-radish sauce round, and fill the centre of the border with either cooked mushrooms, braised button onions, or any suitable vegetable. (For HORSE-RADISH SAUCE and for POTATO BORDER, see Index.)

Little Fillets of Beef, with Mushrooms.

1 lb. of fillet of beef.	2 oz. butter.	Pepper.
$\frac{1}{2}$ lb. of mushrooms.	Potato purée. Tomato sauce.	Salt.

Average cost, 2s. 3d.

Cut the fillets into slices about half-an-inch thick.

Flatten them out with a cold wetted heavy knife.

Trim neatly into rounds from two to two-and-a-half inches diameter.

Sprinkle each with pepper and salt.

Melt one ounce of butter in a sauté pan or frying-pan.

When melted and hot lay in the fillets.

Cook for eight minutes, turning them once or twice during the cooking.

In another pan melt the remaining ounce of butter.

Peel and trim off the stalks of as many nice large mushrooms as you have fillets, and of about the same size.

Season them with pepper and salt, and fry them in the second pan.

Make a potato purée, and put it into a forcing bag with a large rose pipe.

Force out six or eight rounds of the purée on to a hot dish (as many rounds as fillets), and, if possible, keep the rounds quite separate.

On top of each round lay one of the cooked mushrooms, the stalk side uppermost.



LITTLE FILLETS OF BEEF WITH MUSHROOMS.

On top of the mushroom lay a fillet.
 In the centre of each fillet force out a rose of potato purée.
 Pour tomato sauce round, and serve very hot.
 (For TOMATO SAUCE and POTATO PURÉE, see Index.)

(See COLOURED PLATE No. 36.)

Fillets of Beef, with Oysters.

$1\frac{1}{2}$ lb. of fillet of beef.	Cayenne.	Potato straws.
12 oysters.	Pepper.	$\frac{1}{2}$ pint of Béchamel
Lemon juice.	Salt.	sauce.
	Salad oil.	

Average cost, 3s. 9d.

Trim the fillets in the same way as for fillets with mushrooms, but let them be nearly an inch thick. Make eight fillets.

Cut the fillets in half, flat-ways (the same as you would cut a scone for buttering), but do not cut them right through. Cut through the centre part as much as possible, leaving as much of the edge uncut as you can. This will make a sort of pocket or purse of the fillet.

Season each oyster with a few drops of lemon juice, and a small dust of cayenne pepper.

Put one seasoned oyster into the pocket of each fillet, and then close up the open edge of the fillet with a very small skewer.

Brush the fillets over with salad oil.

Season them with pepper and salt.

Oil the bars of a gridiron, and lay the fillets on.

Broil them over a clear fire from eight to ten minutes.

Take them off the fire, and remove the small skewers.

Make a pile of potato straws in the centre of a hot dish.

Arrange the fillets in a circle round the pile, with the cut edges uppermost, so as to retain the gravy in the pockets.

Make half-a-pint of creamy Béchamel sauce. (For BÉCHAMEL SAUCE, see Index.)

Strain the liquor from the oysters into this sauce.

Cut up the four remaining oysters quite small, and put them in also. Make the sauce almost boil, then pour it round the fillets on the dish, and serve at once.

Mutton Cutlets, with Macedoine of Vegetables.

8 cutlets. ¾ pint of white sauce.	Larding bacon. Butter or salad oil. Glaze. Salt.	Macedoine of vege- tables. Potato border.
Average cost, 4s.		

Trim eight cutlets neatly, and flatten them.

Prepare some strips of bacon for larding, but do not have them too thick as cutlets are not large.

With a larding needle commence to lard the cutlets on one side at the top, say two lardons in the first row, if the cutlets are very small, or three if they are of a usual size.

Put three or four lardons in the second row, and two or three in the third.

Trim the ends of the lardons.

Brush over the cutlets with either salad oil or dissolved butter.

Grease the bars of a very clean gridiron, and grill the cutlets over a clear fire for five minutes.

Take them up quickly, lay them on a baking dish, sprinkle lightly with salt, and put them in a quick oven for four minutes longer to crisp up the lardons.

Have ready a potato border.

Just slightly brush over the larded side of the cutlets with liquid glaze.

Arrange them in a circle on the border.

Make three-quarters of a pint of good white sauce. (For SAUCES, see Index.)

Into half of this sauce put equal portions of any four suitable vegetables, say two tablespoonfuls of each.

Suitable vegetables would be, carrots, asparagus points, peas, French beans, or young turnip cut into small dice (not chopped).

Each vegetable must be cooked separately, and be quite distinct, so as not to give the sauce a mashy appearance.

Keep four or five tablespoonfuls of the vegetables to garnish the dish with.

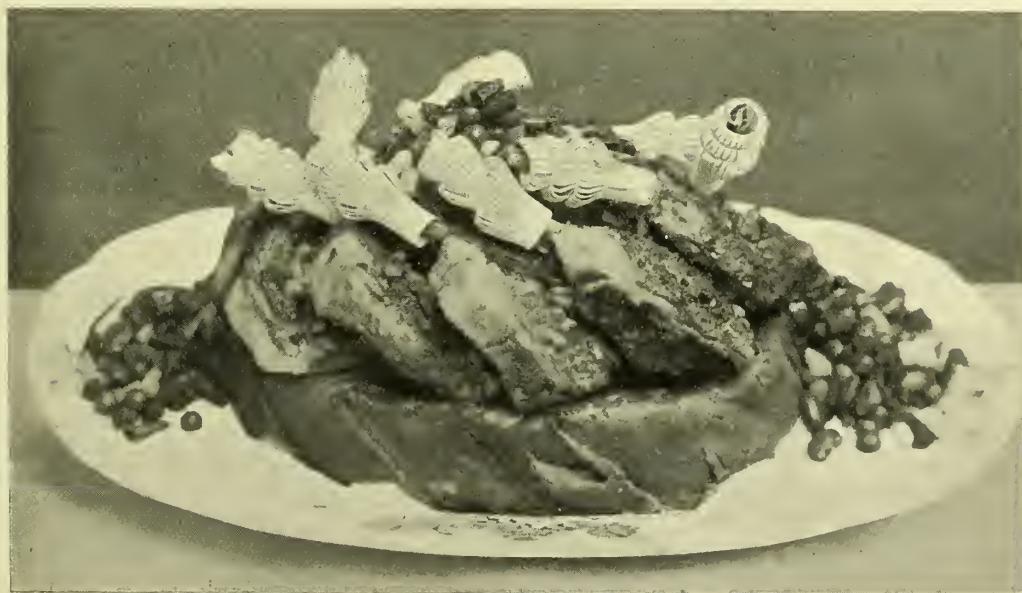
Put the macedoine (the vegetables in the sauce) into the centre of the cutlets.

Pour the remaining sauce round the cutlets.

Put the remaining vegetables in little heaps at each end of the dish.

The macedoine of vegetables must be prepared before the cutlets are cooked, and be kept hot in the bain-marie.

If fresh vegetables cannot be obtained, then bottled vegetables may be used. They can be purchased already prepared for use. It is only necessary to scald them in boiling water, strain, then cook them for a little in the sauce.



MUTTON CUTLETS, WITH MACEDOINE OF VEGETABLES.

Cannelon of Beef.

2 lbs. of beef.	$\frac{1}{2}$ teaspoonful of nutmeg.	Thyme. Parsley.
1 lb. of bacon.		Brown gravy.
Rind of 1 lemon.	Pepper.	Garnish of fried
Yolks of 2 eggs.	Salt.	potato balls.

Average cost, 3s.

Chop two pounds of lean beef very fine.

Pass the bacon twice through the mincing machine.

Mix both thoroughly together.

Thinly pare the rind off a small lemon, and chop it finely.

Mix the chopped rind with a teaspoonful of finely chopped parsley and thyme.

Add to these the grated nutmeg, pepper and salt to taste.

The quantity of salt must be according to the saltiness of the bacon.

Add all these ingredients to the chopped meat, and mix them thoroughly well together with the yolks of two eggs.

Form the mixture into a roll and wrap it round with a well-buttered paper.

Bind round the paper with tape to keep it together and in shape.

Put it into a well-greased baking-tin, and bake in a moderate oven for an hour or rather longer.

When cooked remove the binding and paper.

Place the roll on a dish and pour a rich brown gravy round it.

Garnish with some fried potato balls arranged to form a border round.

Veal is delicious cooked in this way, but instead of the gravy serve a purée of cucumber or vegetable marrow.

Braized Steak (Joint).

$1\frac{1}{2}$ lb. of beefsteak.	A bunch of savoury herbs.	A few pieces of celery.
1 carrot.	6 peppercorns.	1 pint of brown gravy or stock.
1 onion.	2 cloves.	
2 oz. of dripping.		

Average cost, 2s.

Thickly grease the bottom of a stewpan.

Prepare the vegetables, and slice them roughly.

Lay the sliced vegetables in the bottom of the stewpan with the herbs and spice.

Place the piece of meat on top of them.

Put the lid on the pan, and fry the contents for ten minutes, until the vegetables are a nice golden brown.

Pour in half-a-pint of the stock, and cover down closely with the lid.

Stand the stewpan either in a moderate oven, or cook gently on the stove, for one-and-a-half to two hours.

Baste the steak frequently with the stock gravy, and add more as that in the pan reduces.

When cooked take up the steak, lay it on the dish on which it is to be served, and keep it hot.

Lift out the best of the vegetables, trim a few into neat pieces to garnish the steak with.

Strain the gravy, and skim off all the fat.

Put the trimmed vegetables round the meat, pour the gravy over, and serve.

If liked, this dish may be made more elaborate by being garnished with potato olives, plainly boiled, dipped in a little dissolved butter, and having a sprinkling of finely chopped parsley.

Miroton of Veal.

$1\frac{1}{2}$ lb. of cold cooked veal.	2 onions. 1 egg.	Milk. Nutmeg.
$\frac{1}{2}$ lb. of cold cooked ham or bacon.	Butter. A thick slice of bread.	Pepper. Salt. Sauce.
		Average cost, 3s. 6d.

Take a pound and a half of cold cooked veal, and half-a-pound of cold cooked ham, and chop them very finely.

Soak the slice of bread in some milk.

Peel the onions and chop them finely.

Melt a little butter in a stewpan, and fry the onions in it until slightly browned.

Now mix in the meat and the bread, well pounded up.

Add about a saltspoonful of grated nutmeg, also pepper and salt to taste.

Stir all over the fire until thoroughly well mixed and heated.

Take the pan off the fire, and then stir in a well beaten egg thoroughly.

Butter a mould thickly.

Put in the mixture, press it firmly in, and bake in a moderate oven for one hour.

Turn it out, pour German sauce round, and serve. (For SAUCES, see Index.)

Little Creams of Veal.

$\frac{3}{4}$ lb. of raw veal.	Tongue.	Thyme.
$\frac{4}{5}$ oz. of panard.	Spaghetti.	Lemon peel.
1 oz. of butter.	$\frac{4}{5}$ tablespoonfuls of Béchamel sauce.	Pepper. Salt.
2 eggs.	Onion.	Cayenne.
6 sauce oysters.		$\frac{1}{4}$ pint Italian sauce.

Average cost, 3s. 9d.

Take some fillet of veal, trim it quite free from skin and bone.

Mince three-quarters of a pound of it very finely, passing it twice through the mincing machine.

Put it into a mortar with four ounces of panard (for PANARD, see Index), one ounce of butter, four tablespoonfuls of Béchamel sauce, a saltspoonful of very finely chopped lemon peel, a tea-spoonful of salt, a quarter-teaspoonful of white pepper, a very little cayenne, one teaspoonful of finely chopped onion and a little thyme.

Pound all thoroughly in the mortar until quite smooth.

Add the eggs, and mix them in thoroughly also.

If time will allow, the mixture ought now to be rubbed through a sieve, but this is not always practicable.



LITTLE CREAMS OF VEAL.

Butter very thickly, six dariole moulds.

Cut out six stars, or any fancy shapes, from a slice of boiled tongue or ham.

Lay one in the bottom of each mould, in the centre; and if you have them, put a ring of plainly cooked peas round the shapes.

Take some plainly boiled spaghetti in long pieces. Begin at the bottom of each mould and wind it round and round the sides, keeping each row close together, and pressing it well to the sides, so that the sides of the mould are entirely lined with it.

When all the moulds are done, fill in the centres with the veal farce.

Make a hole in the centre of the farce in each with the end of a teaspoon dipped in cold water.

Put an oyster in each hole, first removing the beards and hard pieces. Cover the oysters well over with the farce.

Knock the bottoms of the moulds well on the table, so that the mixture sinks into the shape.

Smooth over the open end of each mould with a wetted knife, then stand them in a stewpan on a fold of paper.

Lay a buttered paper over them, and put sufficient boiling water in the pan to reach about three-fourths of the way up the moulds.

Watch the water re-boil, then put the lid on the pan and poach for about twenty-five minutes.

Make six cones of mashed potato, the size of these timbales, on a hot entrée dish.

Flatten the tops so that the timbales will stand securely on them.

Take the timbales up, turn them out gently and stand one on each potato cone, these cones being high enough to raise the timbales above the level of the entrée dish.

Pour Italian sauce round, and serve.

All small entrées are best dished on a border of some kind, either an artichoke bottom, croûton of bread, border of vegetables, or anything suitable that will go with them. If this is not done they do not show to advantage at all.

Little Timbales of Beef.

$\frac{3}{4}$ lb. of fillet of beef. 1 oz. of butter.	3 eggs. $\frac{4}{oz}$ of panard. Pepper.	Salt. Brown sauce, as described.
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Average cost, 3s. 6d.

Free the fillet of beef from all skin.

Pass it twice through a mincing machine.

Take ten ounces of it (the other two ounces being probably lost in the trimmings, which can of course go in the stock-pot).

Put the ten ounces into a mortar with four ounces of panard (for PANARD, see Index), the butter and seasoning, and pound all well together.

Then mix in the eggs and two tablespoonfuls of brown sauce thoroughly.

Pound again for a little, then rub all the mixture through a coarse wire sieve.

Take some small timbale or dariole moulds, any small plain moulds will do, and well butter them.

Put a star of plainly boiled carrot in the bottom of each, and three or four round the sides.

Put the beef farce into a forcing bag with a plain pipe.

Fill the moulds carefully with the farce.

Knock them on the table to make the mixture settle down well.

Place the moulds on a folded paper in a stewpan.

Pour boiling water into the pan sufficient to reach three-fourths of the way up the moulds, then lay a buttered paper over them.

Watch the water re-boil, then draw the pan carefully to one side and steam for twenty to twenty-five minutes.

Turn the timbales out of the moulds, dish them on a potato border, and pour Brown sauce round.

For the Brown Sauce.

1 oz. of butter.	2 tomatoes.	1 pint of brown stock.
1½ oz. of flour.	1 teaspoonful of bovril.	Pepper. Salt.
1 onion.		

Slice the onion and put it, with the butter and flour, into a pan.

Fry these together until they are a rich brown.

Then add one pint of brown stock, one teaspoonful of bovril, or other high class meat extract, the tomatoes (sliced), the pepper and salt.

Simmer these together for half-an-hour.

Rub all through a fine sieve.

Two tablespoonfuls of this sauce is used in making the beef farce as already described; the remainder is kept hot and poured round the timbales on the dish.

Escalops of Chicken.

2 legs and the liver of a chicken.	2 oz. of butter.	$\frac{1}{2}$ teaspoonful of salt.
$\frac{1}{2}$ lb. of veal.	1 onion.	Bacon rind.
$\frac{1}{4}$ lb. of fresh pork.	1 carrot.	Potato border.
1 tablespoonful of chopped ham.	Celery.	Purée of peas.
3 mushrooms.	A bunch of herbs.	1 pint of white stock.
2 yolks of eggs.	6 peppercorns. $\frac{1}{4}$ teaspoonful of pepper.	

Average cost, 4s. 6d.

Cut the legs off a chicken, keeping the skin as whole as possible, and remove the bones entirely.

Trim half-a-pound of veal free from skin and fat.

Pass the veal, together with a quarter pound of fresh pork, twice through a sausage machine; then put it into a basin.

Sauté the liver of the chicken, and the mushrooms in a little butter for about seven minutes.

Then chop them, and the ham, finely.

Add these to the minced veal and pork.

Season with pepper and salt.

Add two raw yolks of eggs and mix all well together.

Put this mixture, or farce, into a forcing bag having a plain pipe.

Fill the chicken legs with the mixture, but not too full or the skin may burst in cooking.

With a needle and cotton sew up both ends of the legs, then wrap them in buttered papers.

Put one ounce of butter in the bottom of a stewpan with one sliced onion, one sliced carrot, half a stick of celery, a piece of bacon rind, a bunch of herbs (bay-leaf, thyme, and parsley) and six peppercorns.

Lay the farced legs, in their papers, on the top, cover the pan and put it on the stove.

Let all fry gently for a quarter of an hour.

Then add half-a-pint of white stock and let the legs cook gently for three-quarters of an hour, basting them frequently with the stock, and adding more as that in the pan diminishes.



ESCALOPES OF CHICKEN.

When cooked take the legs up ; remove the papers and the cottons. Make a straight border of mashed potato on a dish.

Have ready a purée of green peas in a forcing-bag with a plain pipe.

Cut the legs into slices rather less than half-an-inch thick.

Arrange them on the potato border, one slice lapping on the next. Fix the slices in place by forcing out the purée of peas around them, making a rose of the purée on each side and at the bottom of the escalops.

Pour Genoa sauce round, and serve. (For SAUCES, see Index.)

(See COLOURED PLATE No. 37.)

Miroton of Beef, with Tomatoes.

$1\frac{1}{2}$ lb. of cooked beef.	1 oz. of butter.	$\frac{1}{2}$ pint of gravy.
2 lb. of tomatoes.	3 tablespoonfuls of sherry.	Pepper. Salt.

Average cost, 3s. 6d.

Cut some underdone beef into rather thick wedge-shaped slices.

Lay them in a buttered baking tin.

Sprinkle with three tablespoonfuls of sherry, also a little pepper and salt.

Lay a buttered paper over, and stand the tin in another containing boiling water.

Bake in a moderate oven for ten minutes.

Take two pounds of tomatoes, slightly scald them in boiling water, and peel off the skins.

Put the tomatoes in a well buttered tin, and season them with pepper and salt.

Lay a buttered paper over and cook them in a moderate oven.

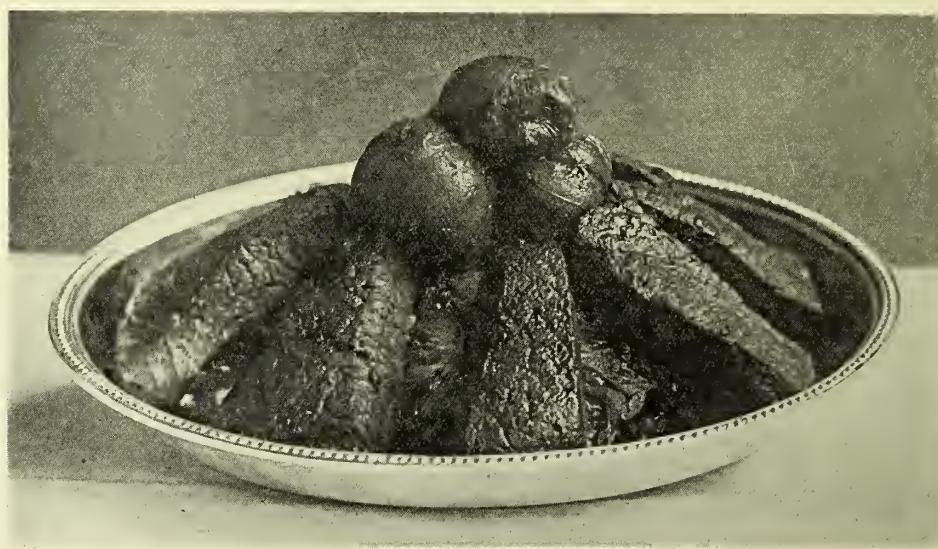
When cooked arrange the tomatoes in a pile in the centre of a dish, and lay the meat round.

Pour the liquors, both from the meat and from the tomatoes, into one pan.

Add half-a-pint of gravy.

Thicken with a teaspoonful of rice-flour.

Boil up, then strain; pour it round the miroton, and serve.



MIROTON OF BEEF.

Fricassée of Chicken.

1 fowl.
2 onions.
2 oz. of butter.
2 yolks of eggs.
 $\frac{3}{4}$ pint of milk.
 $\frac{1}{2}$ teaspoonful of
lemon juice.
 $1\frac{1}{2}$ oz. of flour.

$\frac{1}{2}$ pint of button
mushrooms.
2 blades of mace.
4 cloves.
6 peppercorns.
Cayenne pepper.
Salt.

A bunch of herbs
(bay-leaf, thyme
and parsley).
Garnish of croûtons
and rolls of
bacon.
Rice border, as
described.

Average cost, 4s.

Prepare a nice large fowl, cut it into neat pieces, and trim off the skin.

Put the pieces of fowl into a saucepan with sufficient cold water to cover them.

Bring just to the boil, then strain.

Wash the pieces of fowl in cold water.

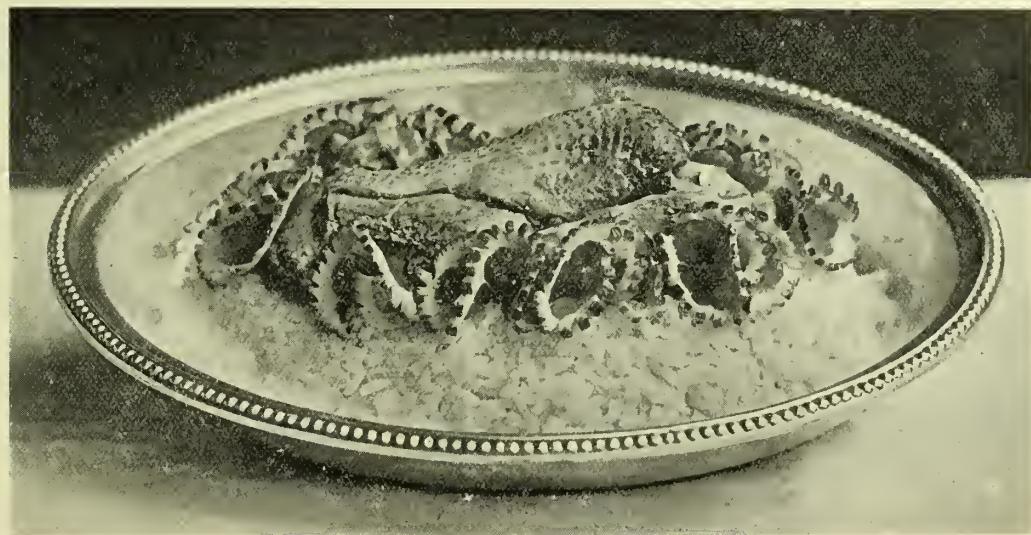
Put them on again with fresh water to cover; with one large onion stuck with four cloves, a blade of mace, six peppercorns, a bunch of herbs (bay-leaf, thyme and parsley), and a tea-spoonful of salt.

Simmer gently until the pieces are tender. This will take about half-an-hour.

Take them out of the stock. (Strain the latter and save it for white soup, etc.).

Pour some hot water over the pieces of fowl to cleanse them thoroughly from any scum, or pieces of herb, that may be adhering.

Put three-quarters of a pint of milk on to boil with one onion, a blade of mace, a very small thin strip of lemon peel, and a dust of cayenne pepper.



FRICASSÉE OF CHICKEN.

As soon as it boils draw to one side and let it infuse for fifteen minutes.

Now strain this.

Melt two ounces of butter in a saucepan.

Stir in one-and-a-half ounces of flour.

Fry together without browning.

Stir into this, by degrees, the boiled flavoured milk; also the same quantity of the strained stock.

Stir continually until it boils, add the mushrooms, sliced, and season with a little salt if required.

Lay the pieces of fowl in, and let them get thoroughly hot.

Lift them out, and arrange them neatly in the centre of a rice border.

Beat the yolks of two eggs.

Stir them into the sauce off the fire.

Add half-a-teaspoonful of lemon juice, then pour all over the chicken.

Garnish with croûtons of bread fried a pale golden colour and with small rolls of bacon.

The croûtons may be brushed over on one side with white of egg and dipped in finely chopped parsley and tongue.

To Prepare the Rice for the Border.

1 breakfast-cupful of rice.	1 teaspoonful of salt.	3 breakfast-cupfuls of water or white stock.
2½ oz. of butter.	½ teaspoonful of white pepper.	
2 eggs.		

Thoroughly wash a breakfast-cupful of Carolina rice, in two or three waters.

Put it into a saucepan with three breakfast-cupfuls of water or white stock.

Boil it gently for three-quarters of an hour, stirring frequently to prevent it sticking.

When cooked add one-and-a-half ounces of butter, one teaspoonful of salt, and half a teaspoonful of white pepper.

Beat all up together with a wooden spoon until quite smooth.

Then add two eggs, previously well beaten, and mix well.

Thickly butter a border mould and put the mixture in.

Knock the mould well, to settle the rice closely into the shape.

Put it in a moderate oven for fifteen minutes.

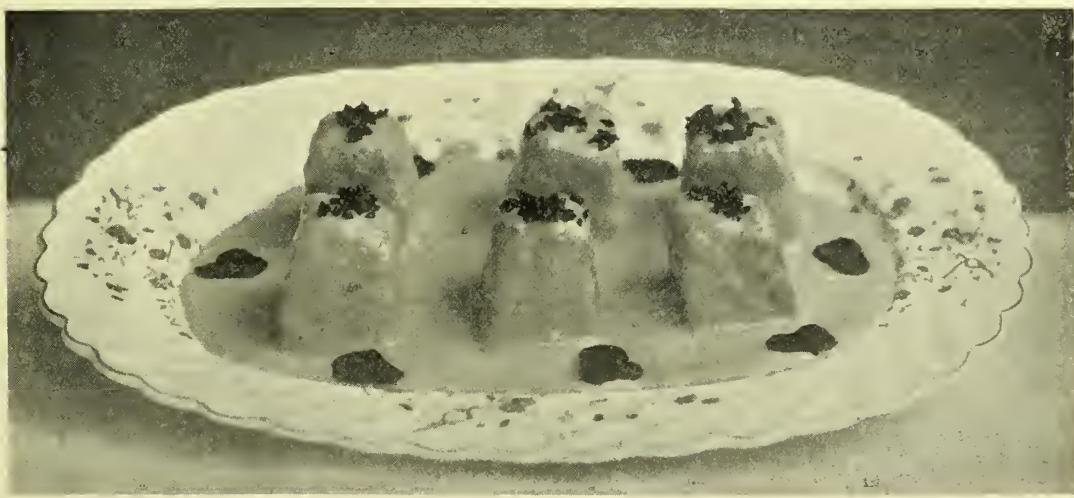
Turn out the rice border on to a hot dish, and fill the centre with the fricassée, as described.

This rice border is also very nice for filling with mince, curry, or any kind of ragoût.

Little Creams of Chicken.

1 chicken.	2 tablespoonfuls of cream.	6 oz. of panard.
3 eggs.		Sauce suprême, as
1 oz. of butter.		described.
1 tin of artichoke bottoms.	2 tablespoonfuls of thick Béchamel sauce.	Salt.
		White pepper.

Average cost, 4s. 6d.



LITTLE CREAMS OF CHICKEN.

Cut all the meat from a raw chicken; free it from skin and bone.

Pass the meat twice through a sausage machine.

Take twelve ounces of the meat, and mix with it six ounces of panard, two tablespoonfuls of thick Béchamel sauce, one ounce of butter, three whole raw eggs, one teaspoonful of salt and half a teaspoonful of white pepper.

Pound all quite smooth in a mortar.

Then mix in two tablespoonfuls of thick cream.

Rub all the mixture through a fine wire sieve.

Thickly butter some small bombe moulds, or any small plain mould will do.

Put the chicken cream into a forcing-bag having a plain pipe, then fill the moulds with it.

Knock the mixture well down by striking the bottoms of the moulds on the table. If this is not properly done there will be cracks in the cream when turned out.

When the moulds are filled, smooth over the open tops with a knife that has been wetted by dipping it in boiling water.

Lay a fold of paper in the bottom of a stewpan, and stand the moulds on it.

Pour sufficient boiling water in the pan to reach three-fourths of the way up the moulds.

Cover the pan closely with a lid, watch the water re-boil, then let them poach for thirty minutes.

Turn the creams out, and stand each one on an artichoke bottom.

Pour Suprême sauce over; sprinkle a little chopped truffle on each, and serve.

For the Suprême Sauce.

Chicken bones and trimmings.	$\frac{1}{2}$ a small carrot. A bunch of herbs.	2 oz. of flour. A pinch of mignon-
2 onions.	2 tablespoonfuls of	ette pepper.
1 small stick of celery.	mushroom essence. $\frac{3}{4}$ oz. of butter.	$\frac{1}{2}$ teaspoonful of salt. Water.

Slice up the onions.

Melt one ounce of butter in a stewpan.

Add the onion, the chicken bone, and trimmings cut up small, a small bunch of herbs, the carrot and celery, both cut up, the mignonette pepper, and salt.

Cover the ingredients with cold water, bring to the boil, skim, simmer for one hour, then strain.

Melt two ounces of butter in a saucepan, add the flour, and fry together without browning.

Add to this by degrees three-quarters of a pint of the stock, and stir till boiling.

Add two tablespoonfuls of mushroom essence.

Season to taste with salt.

Wring the sauce through a tammy.

Add a gill of cream, then re-heat and use when almost boiling.

Chicken in Shells.

1 chicken.	2 oz. of butter.	$\frac{1}{2}$ pint of German sauce.
1 gill of button mushrooms.	2 tablespoonfuls of cooked tongue.	Buttered bread-crumbs.

Average cost, 3s. 6d.

Remove the fillets from a nice large chicken, and cut them into dice shapes.

Melt one ounce of butter in a sauté pan.

Put in the pieces of chicken, and fry them gently without browning.

When cooked stir them into half-a-pint (or rather more) of German sauce.

Add one gill of button mushrooms cut in slices, and two tablespoonfuls of cooked tongue cut into the same sized pieces as the chicken.

Heat all together until almost boiling.

Butter some scallop shells, and fill them with the mixture.

Sprinkle buttered bread-crumbs thickly on the top.

Put them into a moderately quick oven for a few minutes, until the crumbs get a nice golden brown.

Arrange the shells on a folded napkin, or on an ornamental dish-paper, on a hot dish.

Garnish with either fried or fresh parsley, and serve.

Fillets of Fowl, Sautés.

1 fowl.	1 oz. butter.	Salt.
1 pint of Veloute sauce.	Truffle.	Coralline pepper.
Peas.	Tongue. Lemon juice.	Border of chicken farce, or potato.

Average cost, 5s.

Remove the fillets from a good sized fowl.

With a very sharp knife cut them into as many smaller fillets as possible. One fowl should make nine fillets or more.

Butter a sauté pan.

Lay in the fillets, and sprinkle them with lemon juice, salt and coralline pepper.

Lay a thickly buttered paper over, and cook them in a moderate oven for six or eight minutes.

Make a plain round or oval border, either of chicken or veal farce; or, if these are considered too expensive, a potato border will do.

Turn out the border on to a hot dish.

Lift the fillets with a broad flat knife, and arrange them on the border, one overlapping the other.

Pour Veloute sauce over them and the border, seeing that they are masked with it.

In the centre of every other fillet place a round thin slice of cooked tongue about the size of a shilling.

On the other fillets place a similar sized slice of truffle.

Fill the centre with plainly boiled green peas which have been tossed in a little warmed butter.

(See COLOURED PLATE No. 38.)



FILLETS OF FOWL SAUTÉS.

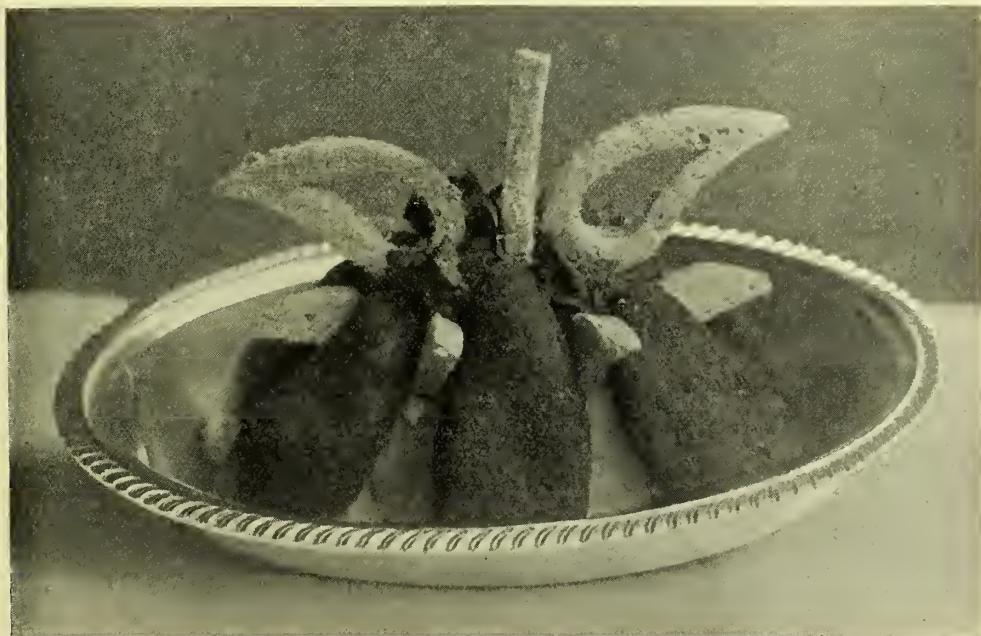
Chicken Cutlets.

1 chicken.	1 egg.	Bread-crumbs.	Ground mace.
1 oz. butter.		Mushroom purée.	Cayenne pepper.
Frying fat.		Espagnol sauce.	Salt.

Average cost, 4s. 6d.

Bone a chicken, then divide the meat into neat pieces to make cutlets.

Mix together one teaspoonful of salt, a quarter-teaspoonful of ground mace, and a little less of cayenne pepper.



CHICKEN CUTLETS.

Season the cutlets with this, rubbing it well in.

When all are seasoned put them into a well-buttered sauté pan, and sauté them over a quick fire for seven minutes.

Take the pan off the fire, put the cutlets on a dish with another dish on top (the same way up) and place a heavy weight on this.

Put them away until cold.

When cold trim them neatly if required.

Dip each one into whole beaten-up egg, then into finely made white bread-crumbs.

Have ready plenty of boiling fat.

Plunge the cutlets in, fry until they are a nice golden colour, then drain them on paper or a sieve.

Make a purée of mushrooms.

Put this in the centre of the dish, and arrange the cutlets round it.

Pour Espagnol sauce round the cutlets.

Garnish with heart-shaped croûtons brushed over with glaze, and sprinkled with grated parmesan cheese and chopped tongue.

Devilled Fowl.

1 cold cooked fowl.	2 oz. of butter.	A dust of cayenne.
1 teaspoonful of French mustard.	1 dessert-spoonful of chutney.	$\frac{1}{2}$ teaspoonful of salt.
1 teaspoonful of English mustard.	1 teaspoonful of Worcester sauce.	$\frac{1}{2}$ pint of gravy. 1 teaspoonful of flour.

Average cost, 3s. 6d.

Cut the fowl into neat joints.

Score them well, making deep cuts in the meat, so that the sauce can soak right in.

Mix together the mustards, chutney, sauce, cayenne and salt. The chutney must be chopped fine.

Melt half of the butter, stir it into the mustard mixture, and mix well together.

Spread the fowl with this, rubbing it well into the cuts.

Butter the bottom of a sauté pan.

Put the pieces of fowl in, and lay a buttered paper on top.

Stand the pan in a moderate oven for ten minutes.

Take it out, remove the paper, place the pan on the top of the stove, and sauté briskly for five minutes.

Take up the pieces of fowl, and arrange them on a hot dish.

Pour half-a-pint of gravy into the pan.

Mix one teaspoonful of rice flour, or ordinary flour, with a little cold gravy, and pour it into the pan.

Bring all to the boil.

Strain this sauce round the fowl, sprinkle a little finely chopped parsley over, and serve.

SWEETBREADS (to blanch).

Before cooking sweetbreads in the various ways that they can be done, they should always be blanched first.

To do this, trim the sweetbreads, and remove all fibrous skin.

Soak them in luke-warm water, having a pinch of salt in it, for a couple of hours or longer, changing the water two or three times during the soaking.

Drain them, then prepare a stewpan of cold water, place them in and just bring to the boil.

Then drain them again, and put in fresh cold water to cool.

When cold, dry the sweetbreads in a cloth and use in any way required.

Both lambs' and calves' sweetbreads are treated in this way.

Baked Sweetbreads.

1 calf's sweetbread.		Egg.		1 oz. butter.
Gravy.		Bread-crumbs.		Salt.

Average cost, 2s. 9d.

Boil the sweetbread for fifteen minutes in slightly salted water.

Dry it, then cut in half lengthwise.

Dip each half into whole beaten-up egg, then into finely made white bread-crumbs.

Butter a baking tin, lay the pieces in, and place a buttered paper over the top.

Bake in a moderate oven for twenty minutes, basting them constantly with the butter.

When done lay the pieces side by side on a hot dish.



BAKED SWEETBREADS.

Pour a nice brown gravy round, garnish with fried parsley, and serve.

They may also be roasted in a dutch oven in front of the fire, and must then be well basted with the butter during cooking.

Fricandeau of Sweetbreads.

1 large sweetbread.	$\frac{1}{2}$ a turnip.	A bunch of herbs.
Fat bacon.	$\frac{1}{2}$ a stick of celery.	Stock. Sauce.
2 oz. of butter.	1 leek.	Croûton of bread.
$\frac{1}{2}$ a carrot.	6 peppercorns.	Purée of peas.

Average cost, 4s.

Blanch a nice large sweetbread.

Trim it neatly, then put it to press between two plates, with a weight on top, until it is cold.

Cut about three dozen strips of fat bacon for larding.

Lard the top of the sweetbread, holding it in a cloth whilst doing it. (For LARDING, see p. 271.)

Keep the larding even. If liked, alternate rows of tongue may be used instead of all bacon.

When larded wrap the sweetbread up in buttered paper.

Put two ounces of butter in a stewpan.

Add the cleansed and sliced carrot, turnip, leek, celery, peppercorns and herbs.

Lay the sweetbread on these, and cover the pan.

Put it on the stove and fry for fifteen minutes.

Now add half-a-pint of white stock.



FRICANDEAU OF SWEETBREADS.

Put the pan in a moderate oven for an hour, basting the sweetbread continually with the stock.

As the stock reduces, add more if required.

When cooked take up the sweetbread, put it in a baking dish, and return it to the oven for five minutes to crisp the lardons.

If convenient, brush over the top of the sweetbread lightly with liquid glaze or a little of the reduced stock from the pan.

Lay the sweetbread on a croûton of fried bread the same size as the sweetbread.

Fill a forcing-bag, having a rose-pipe, with either pea or chestnut purée.

Force roses out all round the edge and sides of the sweetbread.

Pour Veloute sauce round the dish. (For SAUCES, see Index.)

Garnish with bunches of tongue cut into Julienne shreds, and thoroughly warmed in a little white stock.

Creamed Sweetbreads.

1 lb. lambs' sweet- breads.	$\frac{1}{2}$ pint of creamy Béchamel sauce.	1 lemon.
2 French rolls.	Butter.	Parsley.

Average cost, 3s.

Blanch and trim one pound of lambs' sweetbreads.

Put them into a pan with two ounces of butter and the strained juice of a lemon.

Cover them with a buttered paper.

Put the lid on the pan and cook gently for half-an-hour, basting continually.

When cooked take the sweetbreads up, and cut into slices about half-an-inch thick.

Have ready half-a-pint of creamy Béchamel sauce, and make the sweetbreads thoroughly hot in this.

Cut eight slices, about a quarter of an inch thick, from two French rolls.

Toast and butter them, and lay them on a hot dish.

Put some of the sweetbreads on each.

If possible sprinkle a little finely chopped truffle on the top of each.

Garnish with a little fresh parsley, and serve.

Failing the truffle use finely chopped parsley instead, but the other looks better.

Cutlets of Pigeon.

3 pigeons.	1 tablespoonful of chopped chives.	Pepper. Salt.
2 or 3 mushrooms.	Egg and bread- crumbs.	Purée of peas.
1 eschalot, or chives.		Purée of potato.
Butter.		Sauce.

Average cost, 6s.

Prepare three small pigeons as described on page 179, leaving enough of the leg to form the bone of the cutlet. Do not remove the claw.

Bat them out with a heavy wetted knife, and trim them neatly into shape.

Chop the mushrooms, chives, eschalot and herbs, very finely.

Season them highly with pepper and salt.

Sprinkle the undersides of the cutlets with these ingredients.

Thickly butter a sauté-pan and lay the cutlets in.

Sauté them briskly for seven to eight minutes, turning them once during the cooking.

Take up the cutlets and lay them on a dish or plate.

Put another dish or plate on top, and weight it so as to press the cutlets.

Set aside until they are cold.

When cold trim them again into neat shapes if they require it.

Brush them over with well-beaten whole egg, being careful not to egg the leg bone or claw, for these must be kept perfectly clean.

After egging dip them into finely made white bread-crumbs.

Have ready plenty of boiling fat, plunge in the cutlets, and fry them until they are a nice golden colour.

When done, drain them on a wire sieve, or on two or three folds of kitchen paper.

Put a purée of peas and of potato into a forcing-bag with a large rose-pipe.

Force out a straight border down the centre of the dish.

Arrange the cutlets down the centre and keep them in place by forcing a rose of purée on each side of them.

Pour Veloute sauce round, and serve.

It is best for two persons to put the purée into the forcing-bag.

One holds the bag, the other puts the purée in. The rose-pipe must be held firmly in the left hand while, with the right hand, the mouth of the bag is held out in a horizontal position tightly and firmly. The purée is then put in, one kind being laid along the bottom side of the bag almost extending from the pipe to the mouth, the other being laid evenly on top of this. The mouth is then gathered up and the bag used in the ordinary way. As the contents are forced out they come together beautifully blended, yet the two colours are distinct. It is essential that the bag be held horizontally, or laid on a table, when filled, otherwise the two purées cannot be laid evenly, and they will not come out together in equal quantities.

(See COLOURED PLATE No. 39.)

Cutlets of Pigeon à la Hagel.

2 or 3 pigeons.	1 wineglass of sherry.	$\frac{1}{2}$ teacupful of gravy.
1 teaspoonful of bovril.	1 wineglass of white wine.	Parsley.
Butter.	1 teaspoonful of arrowroot.	A few drops of carmine.
A stick of celery.		Pepper. Salt.
Eschalot.		Sauce, as described.

Average cost, 6s.

Bone the pigeons. (See page 179.)

Season the flesh sides with chopped eschalot, parsley, salt and pepper. Put them into a buttered sauté pan and fry briskly for seven minutes. Take them up and press between two plates, with a weight on top, until they are cold.

Now put them into a stewpan with a wine-glass of sherry, a wine-glass of white wine, a teaspoonful of bovril, or other good extract of meat, and a few drops of carmine.



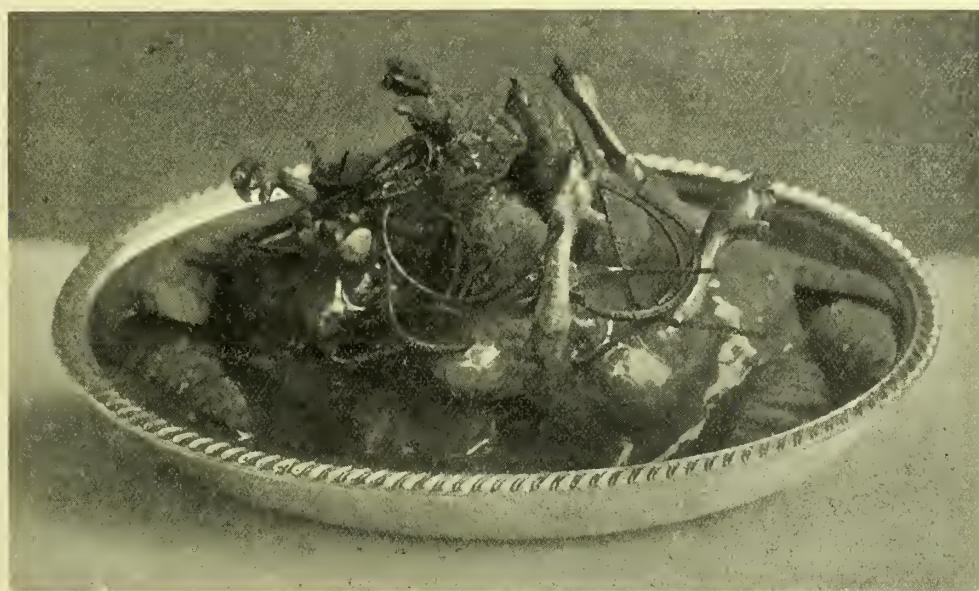
CUTLETTES OF PIGEON.

Simmer the cutlets in this for fifteen minutes, then add one tea-spoonful of arrowroot which has been slaked in half a teacupful of good clear gravy.

Bring all to the boil.

Mask the birds thickly with this sauce.

Dish them up on a round potato border.



CUTLETS OF PIGEON À LA HAGEL.

Put a little shredded and blanched celery on each cutlet (or shredded cucumber will do).

Fill the centre with braized carrots and pour the following sauce round.

For the Sauce.

1 tomato.	1 wine-glass of white wine.	$\frac{1}{2}$ pint of gravy.
1 onion.		1 dessert-spoonful of chutney.
A bunch of herbs.	1 teaspoonful of bovril.	1 teaspoonful of lemon juice.
2 oz. of butter.	The bones and trim- mings of the	A pinch of mignon- ette pepper.
1 oz. of flour.		
1 wine-glass of sherry.		

Put one ounce of butter into a stewpan and add the sliced tomato, onion, a strip of celery, the herbs, mignonette pepper, and the trimmings and bones of the birds.

Fry all together for fifteen minutes, then add the wines, bovril, chutney and gravy.

Simmer all together for half-an-hour, then strain.

Melt one ounce of butter in the pan.

Stir in one ounce of flour.

Fry together without browning.

Pour in the strained gravy and lemon juice, and stir until it boils.

Wring through a tammy, and use.

Salmis of Pigeons.

2 or 3 cold cooked pigeons.	1 teaspoonful of bovril.	Parsley.
Bones of any roast or raw birds.	1 pint of second or brown stock.	Thyme.
1 wine-glass of port wine.	1 onion.	A pinch of mignonette pepper or 12 peppercorns.
1½ oz. of butter.	2 mushrooms.	Pepper. Salt.
	1 oz. flour.	Garnish.

Average cost, 5s. 6d.

Melt the butter in a saucepan.

Slice the onions and mushrooms. Add these, also the bones, parsley, thyme and mignonette pepper, and fry together for about twenty minutes with the lid on the pan.

Now dredge in one ounce of flour.

Add a wine-glassful of port wine, one teaspoonful of bovril, one pint of second or brown stock, a quarter teaspoonful of pepper and a little salt.

Boil all up together for half-an-hour, keeping it skimmed during this time.

Remove the bones, then either rub through a fine hair sieve or wring through a tammy.

It will do, of course if only strained in the ordinary way, but it will not be so smooth.

Cut the cold pigeons into nice pieces.

Lay them in a stewpan and cover well with the sauce.

Bring almost to the boil, then simmer for ten minutes that the pigeon may get thoroughly hot.

Arrange the pieces of pigeon neatly on a dish ; garnish with button mushrooms and croûtons of bread.

The croûtons of bread should be fried in the usual way, then brushed over with white of egg and dipped one side in finely chopped parsley, the other side in grated parmesan cheese.



SALMIS OF PIGEONS.

If mushrooms are not procurable a few drops of mushroom ketchup may be used instead. In this case be careful not to overdo the salt.

It is only necessary to thoroughly heat the meat in the sauce, not to cook it, as it is supposed to be quite cooked before being put in.

SALMIS OF DUCK, and SALMIS OF GAME, are prepared in the same way as Salmis of Pigeons just described.

Aspic of Chicken.

Cold chicken.
Tongue.
Oysters.
 $\frac{1}{2}$ oz. of gelatine.

1 pint of creamy
Béchamel sauce.
Mayonnaise sauce.
Aspic jelly.

Hard-boiled egg.
Truffle, or small
salad.

Average cost, 5s. 6d.

Take a plain charlotte mould and line it evenly with aspic jelly. Cut thin slices off the white of a hard boiled egg and out of these cut diamond shapes.

Cut the yolk in slices with a wetted knife.

Put a round of the yolk in the centre of the mould, and set it with a few drops of jelly.

Then arrange the white diamonds round it, so as to form the petals of a flower, and set these with plain jelly.

Put a similar design in two or three places round the sides, and in between these arrange sprigs of cress, mustard, chervil, or any small salad. Or use stars of truffle.

Be careful to set each garnish firmly to the mould with more of the plain jelly. It is a rather tedious process unless you have ice to stand it in.

When the mould is garnished line it with white Béchamel sauce (half-a-pint will be sufficient) in which has been dissolved a quarter of an ounce of good gelatine.

Use the sauce when it is quite cool and just before it begins to set. If used at all warm it will melt the aspic and spoil the effect of the garnish.

Take a quarter of the white meat of a boiled chicken, also two ounces of tongue and cut these into dice shapes.

Scald one dozen oysters in their own liquor until they are nice and plump, then drain and let them get cold.

Prepare some mayonnaise aspic, made by mixing a gill of mayonnaise sauce (from which the plain vinegar has been omitted, and only the tarragon vinegar put in) with half-a-pint of aspic

jelly. Mix both in a cool liquid state, and it is best to wring the mixture through a tammy.

Mix the chicken, tongue and oysters thoroughly with this mayonnaise aspic, and, when the lining of Béchamel sauce in the mould has set, fill the mould with the mixture and put it away to become cold.

When cold and set, dip the mould for an instant into very hot water, pass a cloth quickly over the bottom to remove any moisture, then turn the aspic of chicken out on to a cold dish.

Garnish with a few crisp hearts of lettuce, prawns or radishes.

If preferred several small moulds may be used, and the garnish may be of chopped aspic jelly. The cook can use whatever is easiest to get for the garnish.

Prawns in Aspic.

2 dozen prawns.		Lobster coral.		Ice.
Aspic jelly.		Gherkins.		
Average cost, 4s.				

Line some small square moulds thinly with aspic jelly.

Decorate the bottoms with a little bunch of lobster coral in the centre of each.

Round the coral arrange a ring of chopped gherkins.

Set these with some of the plain jelly.

Arrange a layer of prawns neatly, cover them with jelly and let them set.

Then arrange another layer, and so on.

It takes about six prawns to each mould according to the size of the moulds.

When set turn the moulds out and stand them on a block of aspic jelly.

Garnish round the base with small finely shredded lettuce tossed in mayonnaise sauce, and surmount this with prawns in their shells. This can be made in one large mould if preferred.



PRAWNS IN ASPIC.

Stewed Duck.

1 duck.	2 teaspoonfuls of crême-de-riz.	Potato border.
1½ pint of gravy.		Olives.
1 wine-glass of port wine.	1 bitter orange.	Orange compote,
1 onion.	Cayenne. Salt.	as described.

Average cost, 6s.

Clean and draw a duck.

Put the giblets on to boil with one onion, a very little salt, a dust of cayenne and a pint and a half of good gravy or stock. Economical stock will do if it has a teaspoonful of bovril or other high class meat extract added.

Put the duck in a roasting-pan, and cover it well with melted dripping.

Roast it in a brisk oven, keeping it constantly basted, until half done.

When half done take it up and cut into neat joints.

Strain the boiled gravy in the saucepan, return it to the saucepan and thicken with the crème-de-riz which has been slaked in a wineglassful of port wine.

Put the pieces of duck into the sauce and cook gently for ten to fifteen minutes.



STEWED DUCK.

Have a round potato border ready on a dish.

Arrange the pieces of duck neatly on it.

Squeeze the juice of a bitter orange into the sauce.

Pour the sauce well over the duck.

Fill the centre with compote of oranges.

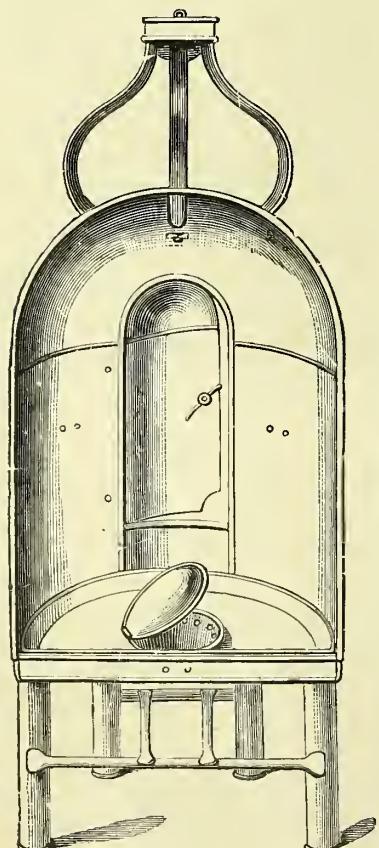
Garnish round the outside of the border with alternate bunches of turned olives, which have been heated, and bunches of the orange.

To Prepare the Orange Compote.

Pare the oranges almost like an apple so that all the white skin is cut off. Then cut them into natural divisions, but down each side of the dividing skins, so that all the pulp comes out in divisions without any skin adhering to it. Remove the pips.

Place the pulp divisions in a basin, stand it over a saucepan of boiling water, and cover them over. When they are quite hot they can have a little sugar added if they are very acid. The compote is then ready for use.

If wanted very nice, two ducks should be roasted, and only the breast fillets used. The joints can be saved for another dish.



The next subject to be treated is that of joints, and for those who prefer meat roasted in front of the fire a properly made roasting screen is very necessary.

By the use of a screen like the illustration roasting can be done in front of the fire of a close-fire range or kitchener, and the large plate-warming screen is quite unnecessary. The joint is hung on to the bottle-jack as usual, and the jack is suspended from the top of this screen (not from the mantle-shelf), so that screen and joint all go together. Basting is done through the door at back, and the small piece cut out of the lower part of the door is to accommodate the handle of the basting-ladle.

Cut the bacon over medium
heat so and as early as
possible to render out the
fatty goodness and add the
cold bacon fat to slow and
simmer until a rich
brown color.

RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 4357

Microfilm No:

Date	Particulars
JULY 01	Chemical Treatment
	Fumigation
	Deacidification
	Lamination <i>Done once by hand</i>
	Solvents
	Leather Treatment
	Adhesives
	Remarks

