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RICHMOND (27)
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COOKERY RECIPES,

With Special Hints
on Gas Cooking -

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PREFACE TO THE FIRST EDITION.

In compiling this book on Cookery, I have endeavoured to suit the tastes and requirements of all classes, and earnestly hope it will meet with the approbation of the public generally.

Its simplicity should make it a useful volume in
every household.

7072139
LILLIE RICHMOND.

HARVEY
LEEDS

DECEMBER, 1897.

*THIRTIETH
THOUSAND.*

PREFACE TO THE SECOND EDITION.

The success which attended the first edition of this Cookery Book—and the appreciation of the recipes therein—has encouraged us to re-issue the same, with many additional recipes. The former edition has been thoroughly revised and brought up-to-date.

THE PUBLISHERS.

LONDON, MARCH, 1903.

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COOKERY RECIPES

WITH

Special Hints on Gas Cooking.

HORS-D'ŒUVRES & SAVOURIES.

PETITES CROÛTES, À LA RICHMOND.

INGREDIENTS.

1 oz. butter	
2 oz. bread-crumbs	
1 teaspoonful anchovy essence	
Bread	

Pepper, salt, and cayenne, a little
Yolk of hard-boiled egg
Cochineal, if required
Chopped parsley

METHOD.

Melt the butter, add to it the bread-crumbs, seasoning, essence, and yolk of hard-boiled egg. Mix all into a smooth paste, which should be a pretty salmon tint. If not a good colour add a few drops of cochineal.

Cut a round of bread about a $\frac{1}{4}$ of an inch in thickness, and stamp it out into small rounds. Fry these for $1\frac{1}{2}$ minutes in hot fat. Drain them upon kitchen paper. Place a teaspoonful of the anchovy mixture upon the centre of each round. Upon the top of mixture place two thin strips of the hard-boiled white of egg, crosswise. Upon centre of cross place a tiny sprig of fresh parsley. Sprinkle finely-chopped parsley round base of each croûte. Put small lace doyleys upon hors-d'œuvre plates, and serve the croûtes upon them.

Hors-d'œuvres and Savouries so nearly resemble each other, in some instances, that one might very readily be served for the other.

ANCHOVY CROÛTES.

INGREDIENTS.

2

Anchovy fillets	Pepper, salt, and cayenne
2 hard-boiled eggs	Coral butter
Some small fried croûtes of bread	

MÉTHOD.

Cut the croûtes of bread into oval shapes a little larger than the slices of hard-boiled eggs, which should be cut thinly, lengthwise. Place a slice of egg upon each croûte. Remove the bones from the anchovies, and roll each fillet. Place two rolled fillets upon each croûte, then decorate nicely with coral, or anchovy butter, passed through a fancy forcing pipe.

CAVIAR SUR CROÛTES.

INGREDIENTS.

3

Small rounds of fried or toasted bread	Caviar
---	--------

METHOD.

Warm the caviar in the oven, spread the bread with it, and sprinkle over a little dried and powdered lobster coral, or coraline pepper. Dust with pepper, if using lobster coral, and serve.

CAVIAR CANASSÉS.

4 Proceed as in preceding recipe, using cold caviar, and cold fried croûtes of bread.

Decorate with coraline pepper, and the hard-boiled yolk and white of an egg, rubbed through a sieve.

**OLIVES FARCIÉS
AUX ANCHOIS.**

5 Take some olive farcies, serve them in little glass dishes, or in the following manner :—

Spread some croûtons of fried bread, the size of a crown piece, with Montpellier butter, put an olive in the centre of each, and border them round with capers.

**FOIES DE VOLAILLE
À LA DIABLE.**

INGREDIENTS.

6	Some chickens' livers	Some rounds of fried bread about the size of a crown piece
	Some very thin slices of bacon	Pepper, salt, and cayenne

METHOD.

Season the liver with pepper, salt, and cayenne. Divide them in two and roll a very thin piece of bacon round each. Place on the fried bread, and cook in a sharp oven.

HADDOCK ON TOAST.

INGREDIENTS.

7 1 egg Slices of bread One teaspoonful of finely-chopped parsley	$\frac{1}{2}$ lb. of smoked haddock 2 oz. of butter Pepper and salt
--	---

METHOD.

Scald the haddock, place it on a baking sheet with one ounce of butter spread over it, and cook it in the oven for 10 or 15 minutes. Remove the flesh from the bones and skin ; chop it up finely, add the pepper and salt if it requires it ; melt the remaining ounce of butter in a stewpan and fry the fish slightly in it ; cut the slices of bread into shapes and fry them ; pile a little of the haddock on each piece of bread, decorate with the egg (boiled hard and chopped) and the chopped parsley.

ANCHOVY TOAST.

INGREDIENTS.

8 4 boned anchovies 4 pieces toast Finely-chopped parsley	1 hard-boiled egg Dried lobster coral
--	--

METHOD.

Cut the toast into rounds with a fluted cutter, spread a little butter on each round ; wash the anchovies and wipe dry, fold them round, and place one on each round of toast ; chop the white of the egg, rub the yolk through a wire sieve ; next the anchovy place a little of the white of the egg, then a little of the yolk ; sprinkle over all a bit of chopped parsley and lobster coral. Serve cold.

SARDINES ON TOAST.

INGREDIENTS.

9 3 sardines 3 pieces toast	1 oz. butter Salt and pepper. Parsley
-------------------------------------	--

METHOD.

Scrape the skin off the sardines, put them on a dripping pan with the butter, salt, and pepper, cover with a greased paper, and bake about seven minutes; place on strips of buttered toast, and garnish with fresh green parsley.



CROQUETTES OF MACARONI CHEESE.

INGREDIENTS.

10

The remains of macaroni cheese	1 oz. butter
$\frac{1}{2}$ pint milk	Grated Parmesan to taste
$\frac{3}{4}$ oz. flour	1 egg
	Pepper and salt to taste

METHOD.

Take the cold remains of macaroni cheese; chop finely. Make a sauce of the butter, flour, and milk, mix with the chopped macaroni, add grated Parmesan and seasoning to taste, mix in the egg, let it get cold. Make into balls, egg and bread-crumb, and fry. Serve piled high in a dish, with a little grated Parmesan scattered over.

TOMATO CHEESE.

INGREDIENTS.

II

3 tablespoonsful grated cheese	1 oz. butter
1 tablespoonful tomato sauce	Pepper, salt, and cayenne to taste

METHOD.

Melt the butter in a saucepan, add the tomato sauce, and then the cheese. Mix well, and add seasoning. When very hot pour upon croûtons, or pieces of toast. Serve at once.

CAULIFLOWER AU GRATIN.

INGREDIENTS.

12

Boiled cauliflower	Bread-crumbs
White sauce (<i>see Sauces</i>)	1 oz. butter
Cheese (grated)	Pepper and salt

METHOD.

Butter a shallow pie-dish *well*, put in a layer of sauce, then cauliflower, sprinkle the cauliflower thickly with cheese, and season well; then add more sauce, cauliflower, and cheese till the dish is full; the top layer must be of sauce. Sprinkle this well with cheese and a few bread-crumbs, and put on plenty of small pieces of butter. Let it brown in the oven.

CHEESE AIGRETTES.

INGREDIENTS.

13

1 oz. of butter	2 whole eggs and 1 yolk
3 oz. of fine flour	Pepper, salt, and a little
2 oz. of grated Parmesan cheese	cayenne

$\frac{1}{2}$ pint of water

METHOD.

Put the butter and water in a saucepan on the fire to boil. Rub the flour through a sieve, shake it quickly into the water when boiling. Stir and cook thoroughly. Then add, off the gas, the eggs, beating them in one by one. Add the seasoning and the cheese. Drop teaspoonsful of the mixture into hot fat and fry a golden brown. They will take about 10 minutes to cook. After they are dropped in the fat the pan must be drawn to the side of the fire, that they do not take a dark colour before they are cooked. Drain on kitchen paper and serve at once, piled high on a serviette.

CHEESE STRAWS.

INGREDIENTS.

14

2 oz. of butter	2 oz. of grated cheese
3 oz. of flour	Salt and cayenne
1 yolk of egg	

METHOD.

Rub the butter into the flour; add the cheese and seasoning; rub the cheese well into the flour, and mix all together with the yolk of an egg; roll the pastry out on a well-floured board and cut it into straws and rings; bake in a very moderate oven on a slightly-greased baking sheet till they are a very light brown. Allow them to cool a little on the baking sheet before removing them. Serve three or four straws in each ring.

CROQUETTES DE VERMICELLE AU PARMESAN.

15

Boil two ounces of vermicelli in three-quarters of a pint of milk until quite tender. Mix in one ounce of butter, a teaspoonful of French mustard, two ounces of grated cheese (Parmesan is the best), cayenne, season to taste. When the mixture has become quite cool, roll it out on a board (using a few bread-crumbs) about half-an-inch thick; cut into small crescents and any fancy shapes. Dip them into egg and then into crushed vermicelli; fry a pretty golden colour in hot fat. Dish in a circle.

This makes a very pretty savoury.

MACARONI CHEESE.

INGREDIENTS.

16

$\frac{1}{4}$ lb. macaroni	$\frac{1}{2}$ teaspoonful made mustard
$\frac{1}{2}$ oz. flour	Cayenne } to taste
3 oz. grated cheese	Salt }
1 oz. butter	$\frac{1}{2}$ pint milk

METHOD.

Break the macaroni into small pieces, put it into boiling water (slightly salted), boil till tender, 15 or 20 minutes. Drain, melt half-an-ounce of butter, stir in the flour, add milk, boil well, stirring all the time; add cayenne, salt, and mustard, also half the cheese, and the macaroni. Butter a pie-dish or French baking dish, put in the macaroni, sprinkle the rest of the cheese on the top, and put also half-an-ounce of butter in small pieces. Put it in a quick oven for about 10 minutes.

CHEESE FINGERS.

INGREDIENTS.

17	2 oz. grated cheese Puff pastry	Pepper, salt and cayenne to taste
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METHOD.

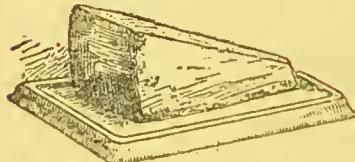
Roll out half the paste thinly, strew over it nearly all the cheese mixed with the seasoning. Then roll out the remainder of the paste, put it on the cheese, cut into small fingers. Bake in a quick oven; a few minutes before it is done scatter the remainder of the cheese over the fingers. Serve very hot.

ROASTED CHEESE

INGREDIENTS.

18	½ lb. cheese 2 yolks of eggs 4 oz. bread-crumbs	2 oz. butter 1 dessert-spoonful mustard Salt and pepper. Toast
----	---	--

METHOD.



Pound all the ingredients together, put on slices of toast, place in a hot oven, and bake for 10 minutes.

KIDNEYS À LA BROCHETTE.

- 19 Take two sheeps' kidneys, cut them nearly through lengthwise, remove the core; brush over with oiled butter, cover with bread-crumbs, shake off loose crumbs, season with pepper and salt. Place them upon a skewer, and grill for eight minutes. Serve upon hot buttered toast.
-

CHEESE RISSOLES.

INGREDIENTS.

20	$\frac{1}{2}$ lb. flour	3 oz. grated cheese
	4 oz. butter	Bread-crumbs
	2 eggs	Salt and pepper
	A little milk	Frying fat

METHOD.

Put flour, salt, and pepper into a basin, rub the butter well into it, add the cheese, beat the eggs, add to them the milk, pour to the dry ingredients, and mix into a smooth paste, not too stiff. Form into balls, brush over with beaten egg, cover with bread-crumbs, and fry in boiling fat; when nicely browned, remove from the fat, drain on kitchen paper, arrange on a hot dish, sprinkle on them a little grated cheese, and serve hot.

SCOTCH EGGS.

INGREDIENTS.

21	2 hard-boiled eggs	$\frac{1}{2}$ lb. sausage meat
	4 small rounds toast	1 raw egg
	Bread-crumbs	Frying fat

METHOD.

The eggs should be boiled 12 minutes, and put into cold water until quite cold, then take off the shells. Divide the sausage meat into two equal portions, and cover each egg with it, being careful that every part of the egg is covered over and without any cracks, brush over with

beaten egg, cover with bread-crumbs and fry in boiling fat. Then cut the eggs through the centre, and put each half on a round of toast, garnish with fried parsley, and serve hot or cold.

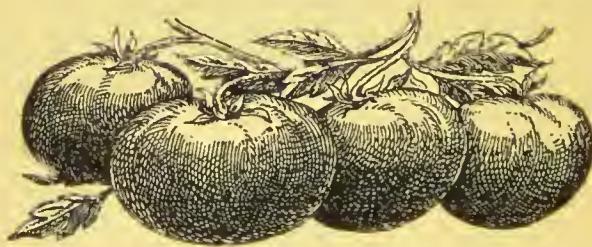
GERMAN EGGS.

INGREDIENTS.

22	2 eggs Chopped parsley	2 small rounds of toasts Salt and pepper
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METHOD.

Grease two dariole moulds with butter, sprinkle the inside with chopped parsley, salt and pepper, put an egg into each mould without breaking the yolk, place in a saucepan containing enough water to reach half-way up the moulds, steam very gently about 10 minutes, turn out on the pieces of toast, serve hot.



STEWED TOMATOES.

INGREDIENTS.

23	4 tomatoes 1 oz. butter	2 tablespoonsful vinegar Salt and pepper
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METHOD.

Put the tomatoes in a jar with the butter, salt, pepper, and vinegar. Cook in the oven 20 to 25 minutes.

Stewed in stock the tomatoes are excellent.

BUTTERED EGGS.

INGREDIENTS.

2 eggs	2 oz. butter
Salt	Pepper
Chopped parsley	4 pieces toast

METHOD.

Melt the butter in a saucepan, break in the eggs, add the salt and pepper, stir over the stove quickly until it thickens like honey, then pile on the pieces of toast. Sprinkle over them a little chopped parsley.

STEWED KIDNEYS.

INGREDIENTS.

4 sheep's kidneys	$\frac{1}{2}$ teaspoonful chopped parsley
1 oz. butter	Salt and pepper
1 oz. flour	$\frac{1}{2}$ teaspoonful Worcester sauce
$\frac{1}{2}$ pint stock	

METHOD.

Halve the kidneys, melt the butter, add the flour and fry brown, pour in the stock, parsley, sauce, salt and pepper, boil up, put in the kidneys, and stew slowly one hour. Arrange kidney on a hot dish and pour the gravy over.

MUSHROOM SAVOURY.

INGREDIENTS.

Small rounds of buttered toast	Mushrooms
Slices of tomato	Pepper, salt, and cayenne

METHOD.

Place a slice of tomato upon each round of toast, then a small mushroom (stalk and peel removed). Put a small piece of butter upon the centre of mushroom, and bake in moderate oven until the mushrooms are tender. Serve hot, with finely-chopped parsley sprinkled over.

BISCUIT SAVOURY.

- 27** Butter some cheese biscuits upon both sides, sprinkle on one side some grated Parmesan cheese, seasoned nicely with pepper, salt, and cayenne. Place in a moderate oven for about five minutes, and then serve.
-

DEVILLED ROES.

- 28** The soft roes of fresh herrings, fried in butter, cayenne and salt to taste. Serve very hot on croûtons of fried bread, or small pieces of buttered toast.
-

CURRIED CHEESE.

INGREDIENTS.

29	2 oz. butter 2 oz. flour Juice of 1 lemon $\frac{1}{2}$ oz. dess. cocoanut Milk	1 oz. curry powder $\frac{1}{2}$ lb. grated cheese 1 Spanish onion Salt, a little Cayenne pepper, a little
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METHOD.

Cut the onion into thin slices, and fry a light brown in the butter, then add the flour and curry powder, with sufficient milk to form a thin batter. Stir until it boils. Add the cheese, juice of lemon, salt, and cayenne. Keep stirring until the mixture thickens. If for immediate use, serve upon strips of buttered toast. If not, pour, while hot, into a jar.

INDIAN CIGARETTES.

INGREDIENTS.

30	1 pint shrimps, or $\frac{1}{2}$ pint picked ones 1 dessert-spoonful curry paste	Butter, salt, pastry Fat for frying
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METHOD.

Soak shrimps for six hours to remove saltiness. Mince them small, mix with clarified butter the curry paste, and salt. Roll out the pastry into strips, length and breadth of a cigar. Place some of the mixture on and roll up. Fry a golden colour and serve.

BLOATER FAGGOTS**À LA CRÊME.****INGREDIENTS.**

31
2 oz. bloater paste
½ lb. fine flour
¼ lb. butter

Cayenne pepper, parsley,
double cream

METHOD.

Mix paste with flour, add seasoning and rub well in; mix to paste with water, roll out, and proceed as for puff pastry. When ready for use, cut into strips $2\frac{1}{2}$ in. long, $1\frac{1}{2}$ in. wide. Put on a damp baking sheet, and bake in a moderate oven 15 to 20 minutes. Allow to cool, then spread a little bloater paste on each faggot, and pipe some whipped cream seasoned with salt and pepper. Sprinkle chopped parsley on top of cream.

DEVILLED SHRIMPS.

32 Shell the shrimps, make them hot in butter, add cayenne to taste. Serve on croûtons or buttered toast.





HIGH-CLASS SOUPS.

FIRST STOCK FOR CLEAR SOUP.

INGREDIENTS.

33

4 lbs. shin of beef, or
2 lbs. " " and
2 lbs. knuckle of veal
5 pints of cold water
2 carrots
1 onion
 $\frac{1}{2}$ head of celery

The white part of a leek
1 dozen peppercorns
1 sprig of parsley, thyme, and
marjoram
1 bay leaf
Pepper and salt

METHOD.

Cut the meat into small pieces, break up the bone and remove the marrow; put the bones and meat into the stock-pot with the cold water, add a little salt, and gently simmer the contents for half-an-hour; then put in the vegetables, herbs, and peppercorns. Simmer for five hours. Strain into a clean pan, and put away until cold.

NOTE.—First stock *must not* be allowed to boil. Sometimes a fowl is used in addition in making this stock.

WHITE STOCK.

34 This may be made according to the directions in preceding recipe, using white meat instead of beef, knuckle of veal, a rabbit or fowl make excellent white stock.

A good white stock may be made by using bones and no meat; a ham bone with the others flavours this stock nicely.

SECOND STOCK.

35 Use any scraps of cooked or uncooked meat with any bones. Allow one quart of water to every pound of meat and bones, and use vegetables in the same proportion as for first stock. Boil the meat and bones gently for one hour, then put in the vegetables and boil for four-and-a-half to five hours longer; strain; bones may be put on again with fresh stock material, as they require long boiling to extract all the gelatine; when cold, second stock should be a strong jelly.

To flavour the stock more fully, the vegetables should be fried in a little dripping before they are added to the meat.

FISH STOCK.

INGREDIENTS.

4 lbs. of fish, or fish bones and trimmings	Half a head of celery
4 quarts of water	1 sprig of parsley, thyme, and a bay leaf
2 carrots	1 dozen peppercorns
2 turnips	3 cloves
2 onions	A little salt

METHOD.

Put the fish, or fish bones, into a saucepan with the water and a little salt, and boil gently for half-an-hour.

Then put in the vegetables, well cleansed and cut up, the

herbs, peppercorns, &c., and boil gently for four-and-a-half to five hours. Strain.

Tomatoes are a very nice addition to this stock.

This stock may serve as a basis for all fish soups.

CONSOMMÉ, OR CLEAR SOUP.

INGREDIENTS.

37	2 quarts of first stock $\frac{3}{4}$ lb. gravy beef	The white and shell of 1 egg
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METHOD.

Remove *all* the fat from the stock. If it is in a jelly, take off as much as possible with an iron spoon, and remove the remainder by washing the top of the stock with a cloth dipped in very hot water.

Scrape the beef finely, and soak it in two tablespoonsful of cold water, to draw out the juices. Put the stock in a stew-pan, and add the beef to it, the white and shell of the egg, and a small piece of each kind of vegetable, except turnip, used in making the stock.

Whisk over the gas until the stock begins to simmer ; then leave off stirring, and let it boil up well ; take it off the gas, and put it aside for a crust to form.

Tie a clean cloth to a soup-strainer, or to the four legs of a chair turned upside down ; pour some boiling water through it into a basin to ensure it being perfectly clean ; then put a clean basin underneath and pour all the contents of the stew-pan on to the cloth.

The first time the soup runs through it will be cloudy, because the filter made by the beef and egg will not settle at the bottom of the cloth. Take the soup away, put a clean basin under the cloth, and pour the soup slowly through a second time. If this is carefully done the soup will be quite brilliant the second time of straining and need not go through the cloth again.

38 CONSOMMÉ À LA JULIENNE
(Julienne Soup).



This is a clear soup with Julienne garnish.

(See Garnishes.)

CONSOMMÉ ROYAL.

- 39** This is a clear soup with a savoury custard in it. (For Custard, see Garnishes.)

CONSOMMÉ À LA PRINCESSE.

- 40** Serve small quenelles (see Quenelles) made in teaspoons, and nicely poached in the clear soup.

CONSOMMÉ À LA BRUNOISE
(Brunoise Soup).

- 41** This is a clear soup, with Brunoise garnish in it. (See Garnishes.) Use half-a-pint to two quarts of soup.

CONSOMMÉ À LA JARDINIÈRE
(Jardinière Soup).

- 42** Trim some turnips and the red part of carrots into the shape of peas.
 Cook them until tender in a little stock.
 Cook also some green peas, and some asparagus peas, the

white part of a cauliflower cut into sprigs, the white leaves of a cabbage stamped into rounds with a cutter the size of a shilling, and a few sprigs of tarragon and chervil.

These must all be cooked with care.

To two quarts of soup allow half-a-pint of these vegetables measured together.

GARNISHES.

Savoury Custard.—*For Consommé à la Royal.*

INGREDIENTS.

43

2 whole eggs		1 gill stock
2 yolks		Pepper and salt

METHOD.

Beat the eggs and stock together, and season with pepper and salt.

Cover with buttered paper, and steam carefully about 15 minutes.

Let it cool before turning it out.

Then cut into slices, and stamp these into fancy shapes or cut into diamonds or dice.

44



CROUTONS OF BREAD.

Cut the bread into crescents, kites, heart-shapes, squares, &c., according to the purpose required, and fry them in clarified butter until a golden colour. Drain them on kitchen paper.

45

CROUTONS OF BREAD FOR SOUP.

Cut stale bread into small dice, and fry a golden brown in clarified butter.

Fried Parsley.

- 46** Wash and dry the parsley and pick off the stalks.
 Fry it in hot fat until crisp, then remove it instantly.
 Drain on kitchen paper and sprinkle with a little salt.
 Care should be taken not to use parsley that has been
 frosted, as it will blacken in frying.
-

Julienne Garnish.

INGREDIENTS.

The red part of 2 large carrots 2 turnips	The white of half-a-head of celery 6 leeks
---	--

METHOD.

Cut them into shreds and cook separately until tender,
 taking care not to over-cook them. Shredded lettuce may
 be cooked and added to the other vegetables when possible.

When cooked drain them well.

They are sometimes tossed in a little butter.

Brunoise Garnish.

- 48** Take the vegetables mentioned in foregoing recipe, and
 cut into small dice.
 Cook separately until tender, and finish as for Julienne.
-

Cocks' Combs.

- 49** Put the combs into cold water and cook until the skin
 begins to rise, then immediately pour in some cold water,
 take out the combs and skin them.
 If they are allowed to cook after the skins rise they will
 not whiten.
 Trim them, and put them in water with a little salt in it
 for eight hours; then put them in fresh cold water, changing

it frequently until they are quite white ; put them in a stew-pan, cover with water, add a little butter, lemon juice, pepper and salt, and boil gently until tender.

Quenelles.

50 Use for these veal or chicken quenelle meat, shaping it in a teaspoon.

Poach according to the directions given under the heading Quenelle Meat.



HOUSEHOLD AND FAMILY SOUPS.

WHITE LENTIL SOUP.

INGREDIENTS.

½ pint lentils
 2 pints water
 1 onion
 2 stalks celery
 2 sprigs parsley
 4 white peppercorns

1 blade mace
 1 tablespoonful flour
 1 oz. butter or dripping
 ½ pint milk
 Pepper and salt to taste

51

METHOD.

Wash the lentils thoroughly ; put into a saucepan with the water, sliced onion, celery, and parsley ; bring to the boil, skim well, add peppercorns and mace ; simmer till tender ; rub through a sieve or colander into a basin. Put butter, milk, and flour into the saucepan, stir with a wooden spoon until it boils, pour the soup on to it, make thoroughly hot. Season to taste.

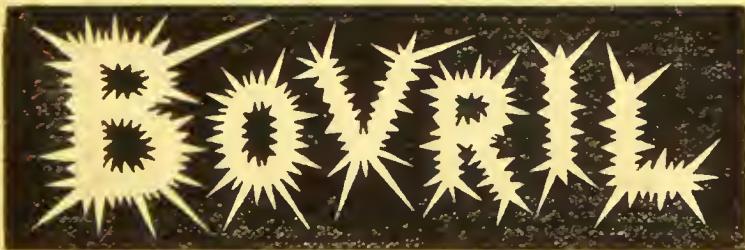
Bovril

I S

splendid for cooking.

A little added to soups, hashes, stews, &c., makes them richer and stronger, more palatable and more nourishing. It is both a kitchen economy and a kitchen excellence.

And a cup of hot Bovril is almost a lunch in itself; just the thing for a refresher before going to bed.



makes contented cooks.

A MESSAGE FROM MARS



USE RICHMOND'S STOVES

BROWN LENTIL SOUP.

INGREDIENTS.

52

1 pint lentils	4 pints stock or water
1 onion	1 oz. butter or dripping
1 carrot	Pepper and salt to taste
2 stalks celery	1 teaspoonful Bovril

METHOD.

Wash the lentils well; prepare and slice the vegetables and fry them in the hot dripping; pour over water, add lentils, and simmer till tender—about $1\frac{1}{2}$ hours. Rub through a sieve or colander, boil up, add Bovril, and season to taste.

BROWN SOUP.

INGREDIENTS.

53

1 oz. beef dripping	1 large onion
1 small carrot	1 small turnip
2 stalks celery	Bunch of herbs
12 peppercorns	3 or 4 cloves
1 quart stock	Pepper and salt to season
1 tablespoonful catsup	Browning to colour
Flour to thicken	

METHOD.

Melt the dripping, and when hot fry the vegetables brown, moving them about well to prevent burning, add the hot stock and simmer till tender. Rub through a sieve, add catsup, browning and seasoning. Thicken with a little flour, boil up and serve with toast or fried bread.

PEA SOUP.

INGREDIENTS.

54

$\frac{1}{2}$ pint split peas	3 pints stock or water
1 carrot	Pepper and salt to taste
1 turnip	
1 onion	2 teaspoonsful dried mint

METHOD.

Soak the peas all night in cold water; put into a clean pan with the stock, which must not be salt, and if the water be very hard, add a small piece of soda. Bring to the boil slowly, when boiling add the vegetables sliced; simmer at least three hours, rub through a sieve or colander, re-heat, add seasoning and dried mint.

OYSTER SOUP.

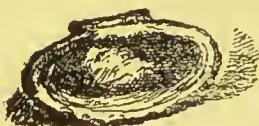
INGREDIENTS.

55

1 lb. knuckle of veal	$\frac{1}{2}$ pint cream
2 lbs. plaice	2 oz. butter
1 onion (stuck with 3 cloves)	1 tablespoonful cornflour
1 bay leaf	18 oysters
$\frac{1}{2}$ pint milk	1 teaspoonful anchovy sauce

METHOD.

Cut up the veal and put it with the onion, the bay leaf, and a little salt into one quart of cold water; let it simmer



for four hours, then strain it, and when cold take off the fat. Put the plaice in one quart of cold water, let it simmer till the flesh is in rags, then strain it and press the plaice

through a sieve. When both the fish and veal stock are cold, mix them together and add the liquor from the oysters, the milk and anchovy sauce; when these have come to the boil, add the thickening of flour and butter, and seasoning of pepper, salt, and cayenne; let the soup simmer for two or three minutes. Cut the oysters in halves, add them to the boiling soup, then draw it off the fire *directly*; add the cream and serve.

Simmer the oyster beards in a little water, strain them, and add the liquor from them to the soup at the same time that you add the oyster liquor.

OX-TAIL SOUP.

56

INGREDIENTS.



- | |
|----------------------|
| 1 ox tail |
| 2 oz. flour |
| 2 onions |
| 1 shallot |
| 14 peppercorns |
| 1 bunch herbs |
| 2 quarts water |
| 2 oz. butter |
| 1 carrot |
| 1 small turnip |
| 1/2 head celery |
| 4 cloves |
| 1 teaspoonful salt |
| 1 teaspoonful Bovril |

METHOD.

Cut the tail in pieces, fry in the butter ; when brown, add the vegetables, cleaned and cut in pieces ; add the spice and salt, the water and Bovril. Allow the soup to boil for three hours.

Put in a clean saucepan two ounces of butter and the two ounces of flour, which should be fried brown ; add this to the soup, boil up and strain.

KIDNEY SOUP.

57

INGREDIENTS.

1 ox kidney	1 turnip
1 oz. butter	1 onion
1 oz. flour	1 piece celery
1 quart water or second stock	Bunch herbs
1 carrot	Salt and pepper

METHOD.

Cut the kidney in small pieces, and fry it in the butter, when brown remove from the pan, add the flour, the

vegetables, herbs, the pieces of kidney, water, and seasoning, let all simmer for two hours with the lid on the pan, strain and serve. Some of the kidney may be served in the soup.

GRAVY SOUP.

INGREDIENTS.

58

1 lb. cooked or uncooked bones	1 carrot, turnip, and onion
2 pints water	Bunch of herbs, salt, & pepper
	1 dessert-spoonful Bovril

METHOD.

Chop the bones and put them into a saucepan with the water ; when boiling remove the scum, add the vegetables cut in pieces, the herbs and seasoning to taste, boil two hours. When nearly done add the Bovril. Strain and serve.

POTATO SOUP.

INGREDIENTS.

59

2 lbs. potatoes	1 pint milk
2 onions	2 sticks celery
2 oz. butter or dripping	2 tablespoonsful sago
2 quarts stock or water	Seasoning

METHOD.

Wash, peel and slice the potatoes and onions, wash and slice the celery, put the butter in a saucepan, add the vegetables, and cook over the gas for five minutes ; add the stock, boil up and simmer till tender ; rub through a sieve or colander, put back in the saucepan, add milk and sago and simmer till clear. Season to taste.

GREEN PEA SOUP.

INGREDIENTS.

60

1½ pints green peas (shelled)	A sprig mint
2 or 3 lettuces (cut in small pieces)	2 oz. butter
A few leaves spinach	½ oz. flour
	1 pint water
	Pepper and salt

METHOD.

Put one pint of the peas into a stew-pan with one ounce of butter, the mint, spinach, and half the lettuces. Stir these about well so that the vegetables may steam in the butter for about 10 minutes, but do not let them brown; then add the cold water and simmer till tender. Pass through a *hair* sieve, rub through as much as possible of the peas, &c.

Melt one ounce of butter in a pan, stir in the flour, add the purée; just boil. Have ready-boiled a quarter of a pint of peas and the remainder of the lettuce; add these to the boiling soup. Let all boil for five minutes altogether. Serve with croûtons of fried bread. If liked thinner more water may be used.

VBLVBT SOUP.

INGREDIENTS.

61

1½ oz. finely-crushed tapioca	1 pint water
1 oz. fresh butter	2 cloves
1 yolk new laid egg	Seasoning of pepper and salt
	½ pint milk

METHOD.

Wash the tapioca well in clean water; put the water on to boil, when boiling sprinkle in the tapioca, and put in the cloves; cook for about 20 minutes until the tapioca is quite clear; then add the milk, and when the soup again boils stir in the butter, and season. Draw the soup off the gas for a few minutes and then pour it upon the beaten yolk of the egg, stirring carefully all the time to prevent the yolk from curdling.

FISH SOUP.

INGREDIENTS.

62

2 lbs. of fish	3 cloves
2 quarts of water	1 bay leaf
3 onions	20 peppercorns
1 bunch of parsley	1 blade of mace
1 head of celery	Salt

METHOD.



Boil the fish in the water with the vegetables until cooked. Then remove it, cut off the flesh, and put the bones and trimmings back into the saucepan, and simmer gently for $1\frac{1}{4}$ hours.

Strain, and put the fish cut into neat pieces into the soup and make it hot.

This soup may be thickened with flour and a wineglass of sherry added.

MUTTON BROTH.

63

INGREDIENTS.

2 lbs. neck of mutton	2 oz. rice
1 carrot	3 pints water
$\frac{1}{2}$ turnip	2 onions
1 teaspoonful salt	$\frac{1}{2}$ teaspoonful pepper

METHOD.

Cut the mutton into small pieces, put it into a saucepan with the water and salt, allow it to boil, remove the scum, add the vegetables, cut into small dice, let it simmer for $1\frac{1}{2}$ hours, then add the rice and pepper, and boil for 15 minutes, pour into a tureen and add a teaspoonful of chopped parsley.

CHICKEN BROTH.

64

INGREDIENTS.

1 fowl	1 lb. veal
Salt and pepper	1 onion
3 pints water	

METHOD.

Cut the fowl in pieces, place it in the saucepan with the

veal, onion, salt, and pepper, and three pints of water, simmer slowly for three hours, strain, and serve.

HARE SOUP.

INGREDIENTS.

1 hare	Thyme and marjoram
2 oz. butter	8 cloves
1 sprig parsley	1 tablespoonful salt
1 blade mace	$\frac{1}{2}$ pint port wine
1 teaspoonful pepper	1 onion
1 carrot	5 pints water
1 oz. flour	1 piece celery

65

METHOD.

Cut the hare into small pieces, put it into a saucepan with the vegetables cut into pieces, herbs, spice, salt, pepper, and water ; simmer these gently, three hours. Pass through a wire sieve, picking out the best pieces of meat. Cut them in small pieces, add to the soup with the wine and flour mixed. Boil five minutes, and serve.

MULLIGATAWNY SOUP.

INGREDIENTS.

1 lb. lean ham	2 oz. curry powder
1 carrot	Juice of half a lemon
1 oz. flour	3 onions
1 teaspoonful sugar	2 oz. butter
$\frac{1}{2}$ lb. cold chicken, or mutton	1 tablespoonful curry paste
4 apples	2 teaspoonsful salt
$\frac{1}{2}$ head celery	2 quarts stock

66

METHOD.

Clean the vegetables, and cut in pieces, chop the apples, cut the ham into small dice, fry all these in the butter, add the flour, curry powder, paste, and all the ingredients. Stir until it boils, then simmer until the vegetables are

quite tender, rub through a fine sieve, serve with boiled rice in a separate dish.

N.B.—A quarter of a pint of cream is a great improvement to this soup.

VEGETABLE SOUP.

INGREDIENTS.

67

2 onions	3 pints stock
1 turnip	½ pint milk
2 carrots	2 oz. butter or dripping
4 potatoes	1 tablespoonful chopped
2 or 3 stalks celery	parsley
2 sprigs parsley	Pepper and salt to season
1 tablespoonful sago	

METHOD.

Prepare the vegetables and cut them into small thick pieces; put the butter into a saucepan, add vegetables, and shake over the gas for 10 minutes; add stock and simmer till tender about $1\frac{1}{2}$ hours. Rub through a sieve or colander, put back into the saucepan, add milk, sprinkle in the sago, and cook gently for a quarter of an hour. Season to taste.

Add chopped parsley; serve with toasted bread, or squares of bread fried in dripping.

TOMATO SOUP.

INGREDIENTS.

68

1 lb. fresh tomatoes	4 cloves
1 oz. butter	Small blade of mace
1 oz. flour	1 teaspoonful salt
2 oz. ham or lean bacon	½ teaspoonful pepper
Small piece of carrot	1 quart water
Small piece of turnip	1 teaspoonful Bovril
1 onion	

METHOD.

Put the butter into a saucepan and melt it, add the vegetables, cleaned and cut in pieces, fry about five minutes,

add the flour, spice, and seasoning, the tomatoes cut in slices, also the ham ; lastly add the Bovril dissolved in a quart of warm water, stir until the soup boils, then allow it to simmer one hour, rub through a wire sieve, boil up again, season, and serve with fried bread.

HARICOT BEAN SOUP.

INGREDIENTS.

69	1 pint of haricot beans	1 quart or cold water
	2 onions	1 blade of mace
	2 cloves	1 pint of milk
	½ teaspoonful parsley	Seasoning
	1 carrot	

METHOD.

Wash and pick the beans, let them soak all night in cold water, strain and put into a clean pan with the vegetables, mace, cloves, and cold water. Bring to the boil slowly, and simmer *very* gently till tender for two or three hours ; as the water reduces, add a little more cold water. Rub through a sieve, add milk, seasoning, and chopped parsley. Re-heat and serve.

CHICKEN SOUP.

INGREDIENTS.

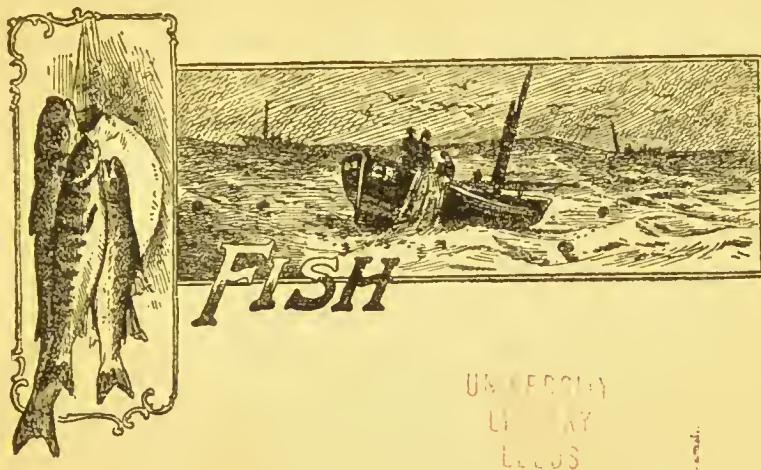
70	2 young chickens	1 blade mace, 1 teaspoonful salt, $\frac{1}{2}$ ditto pepper
	2 quarts white stock	1 sprig parsley, piece of lemon rind
	3 oz. bread-crumbs	
	½ pint cream	

METHOD.

Wash the chickens well, and cut them in pieces, put them into a saucepan with the stock, salt and pepper, mace, parsley, and lemon rind. Cover the saucepan, and simmer for one hour ; then take all the meat from the bones, put the bones back into the pan, and let them simmer another hour. Take the best pieces of meat and cut into slices.

The remainder must be pounded in a mortar with the bread-crumbs, which have been soaked with a little of the boiling stock, it must be pounded to a smooth paste. Strain the stock, add to it the paste and the pieces of chicken, allow it to boil up, then add the cream, and serve.





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TO BOIL FISH.

71 All white fish should be put into water nearly boiling, and as the water boils remove the scum. To every two quarts of water allow a dessert-spoonful of salt and a table-spoonful of vinegar. The vinegar makes the fish firmer and whiter.

See that the fish is fresh, remove the scales, take out the inside and the eyes, and cut off the fins. Wash it well, but do not soak it; place it on a drainer, and place the drainer in the boiling water. Cook gently. Average time for boiling fish, 7 minutes to the lb., and a little longer if a very thick piece.

TO STEAM FISH.

72 Wash the fish well, place in a steamer over a saucepan of boiling water, keep the lid on, and steam 10 minutes to the lb., according to the thickness and size of the fish.

Steamed food is far preferable to boiled, as it does not lose so much of its goodness; it takes rather longer to cook.

FRIED FISH.

73 Fish for frying must be carefully prepared, well cleaned, washed, dried, and cut into conveniently sized pieces ; dip into batter, flour, or oatmeal, or brush over with egg and roll in fine bread-crumbs. Put at least 3 or 4 oz. of lard or dripping into a saucepan, and when hot enough put in the fish and fry a golden brown, first one side and then the other. Drain on soft paper, which readily absorbs the grease.

Put the white side of the fish downwards and brown it first, then the dark side. It is a good plan to have a deep pan which will hold sufficient fat to cover the article cooked. When cool the fat must be strained. It may be used for the same purpose many times.

N.B.—Hugon's Refined Beef Suet is unequalled for frying purposes.

BATTER FOR FRYING FISH.

74 Mix four tablespoonsful of flour with $\frac{1}{4}$ pint milk, add pepper and salt ; beat well.

TO EGG AND CRUMB FISH.

75 Beat up the egg on a plate, add salt and pepper ; put the bread-crumbs on a sheet of paper. Dip the fish in the egg, being careful to cover every part, then into the crumbs ; when well covered shake off the loose crumbs.

TO BAKE FISH.

76 Place the fish in a baking tin, greased with butter, sprinkle over a little pepper, salt, and a few drops of lemon juice, then cover with a greased paper. Bake in a moderate oven 10 to 15 minutes, according to the size of the fish.

FRIED SOLE.

77 Cover the sole with beaten egg, and fine bread-crumbs, flatten these on with a knife and fry in a deep frying pan. Moderate the heat when brown, that the sole may cook well in the centre without taking too deep a colour. A sole will take from three to six minutes to fry. When done, drain well on soft kitchen paper, and dish on a serviette or paper. Garnish with fried parsley.

SOLE AU GRATIN.

INGREDIENTS.

1 sole	1 shallot finely chopped
1 dessert-spoonful of finely-chopped parsley	Lemon juice
6 button mushrooms finely chopped	Pepper and salt
	½ oz. butter
	1 oz. of good glaze
A few brown bread-crumbs	

METHOD.

Butter a gratin-dish, and sprinkle on it half of the parsley, shallot, and mushrooms, with a little lemon juice, pepper, and salt. Lay the sole in the tin, with the white skin downwards, and notched here and there to prevent it contracting while cooking. The dark skin must be removed. Sprinkle the remainder of the parsley, &c., over it, also a few pieces of butter. Bake from 10 to 15 minutes, and serve on the dish in which it was cooked, with the glaze poured over it. The dish should be placed upon another one.

FILLETS OF SOLE, À LA SUPRÈME.

INGREDIENTS.

Fillets of 2 or more soles	½ pint of suprême sauce
Lemon juice	

METHOD.

Roll or fold the fillets with the side from which the skin was taken inside.

Place them on a buttered baking-sheet, sprinkle lemon juice over, and cover with buttered paper.

Cook in a moderate oven as directed for sole à la Rouennaise.

Dish in a circle, and cover with the sauce.

Maitre-d'hôtel, Italian, Genoese, Cardinal, and many other sauces, may be used with fillets of sole in the same manner, and the sauce will give its name to the dish.

FILLETED SOLE.

À LA ROUEN.

INGREDIENTS.

80

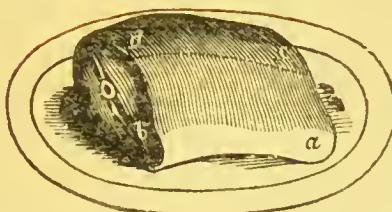
1 sole	Salt, pepper, lemon juice
1 tablespoonful mixture as for shrimp cutlets. (See p. 41)	$\frac{1}{2}$ oz. flour. 1 oz. butter $\frac{1}{2}$ pint milk 2 dozen picked shrimps

METHOD.

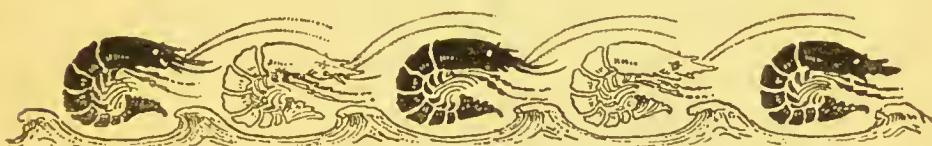
Fillet the sole by cutting it down the centre of the back, and carefully lifting the fillets with a sharp knife, which must be kept firmly pressed on the bone. When the four fillets are removed, place on each half a little of the shrimp mixture, fold the other half over, place on a buttered tin with a little salt, pepper, and lemon juice on each, cover with buttered paper; bake six to 10 minutes. Put on a hot dish, and pour over the sauce made by melting the butter, adding the flour and milk gradually; boil well, stirring to keep it smooth, add salt and pepper. Garnish the dish with the shrimps, which have been warmed in a little butter.

BOILED SALMON.

81



Put a large fish kettle of water on the stove, allowing one tablespoonful of salt to every two quarts of water, and a little vinegar. Wash the salmon well and clean it thoroughly; lay it on a strainer; stop the water boiling, put in the salmon, and let it simmer gently. Allow eight minutes to the pound. When done, place on a serviette on a hot dish; garnish with fennel and cut lemon; serve with parsley, lobster, or Tartare sauce.



SHRIMP CUTLETS.

82

INGREDIENTS.

$\frac{1}{2}$ pint picked shrimps
 $\frac{1}{2}$ oz. flour
1 oz. butter
 $\frac{1}{2}$ gill of milk

Salt, pepper
Bread-crumbs
Frying fat
1 egg

METHOD.

Make as for salmon cutlets.

SOLE À LA COLBERT.

83

Fry the sole according to the directions given for fried sole.

When cooked carefully remove the bone without breaking the fish.

Put some maitre-d'hôtel butter in the cavity, and serve before it melts.

Garnish with fried parsley and cut lemon.

PILLETS OF SOLE À LA ROUENNAISE.

INGREDIENTS.

84

2 or more soles	$\frac{1}{2}$ pint or more of velouté sauce
Lemon juice	(prepared if possible with
Lobster cutlet mixture	stock made from the bones
Finely-chopped truffle	and trimmings of the soles)

METHOD.

Remove both skins from the soles and fillet them.

Spread some of the lobster cutlet mixture on the one half of each fillet and fold it over.

Place them on a greased baking-sheet and sprinkle with lemon juice. Cover with buttered paper, and bake in a moderate oven from seven to 12 minutes, according to the thickness of the fillet.

Dish the fillets in a circle, and pour over the sauce mixed with chopped truffle.

Decorate the fillets by placing on them alternately a pinch of chopped truffle and prepared lobster coral.

The fillets may be dished, if liked, on a border of lobster cutlet mixture.

NOTE.—In preparing any fillets of sole for cooking, roll or fold them with the side from which the skin has been removed inside. There is still on this an under-skin which contracts in cooking, and unless they are folded in this way the fillets will not keep in shape.

GRILLED SALMON.

85 Cut the salmon in slices about one inch in thickness, rub them over with the best salad oil, if very thick wrap in buttered paper and grill gently, turning every few minutes. They will probably take about 15 minutes to cook. When done the fish will easily leave the bone on being pressed. Tartare, caper, horse-radish, poivrede, Italian, brown and many other sauces may be served with it.

CROUSTADES OF FISH.

INGREDIENTS.

86

6 or 8 croustades	2 tablespoonsful cream
$\frac{1}{2}$ lb. cooked fish	1 dessert-spoonful anchovy sauce
1 oz. butter	Cayenne and salt to taste
$\frac{1}{2}$ oz. flour	Lemon juice, a few drops
$\frac{1}{2}$ pint milk	

METHOD.

Make 6 or 8 croustades in the following manner : Cut slices about two inches thick from a stale loaf of bread, and out of the slices cut rounds about $3\frac{1}{4}$ inches in diameter. Scoop out the centre, leaving sides and bottom about $\frac{1}{4}$ of an inch in thickness.

Soak the croustades in thin cream. Drain them, and fry in hot fat, and while quite hot fill them with the fish mixture, made as follows : Melt the butter in a pan, add the flour and milk, boil well. Stir in the fish, cream, seasoning, and, last of all, the lemon juice.

Fill high in the croustades, and serve while they are hot.

SOUFFLE OF DRIED HADDOCK.

87

INGREDIENTS.

$\frac{1}{2}$ pint milk	6 oysters (cut up)
1 oz. butter	3 eggs, whites (beaten stiffly)
1 oz. fine flour	2 eggs, yolks
4 oz. dried haddock (chopped finely)	Brown crumbs

METHOD.



15 minutes in a moderate oven.

Make a sauce as follows : Melt the butter, stir in the flour, add the milk, and boil the mixture well ; stir in the yolks and fish, and season to taste. Lastly, add the whites ; mix them in lightly but thoroughly. Bake the mixture in small "ramakins" (oiled and dried previously), put a few brown crumbs on the top and a little butter. They will take about

TIMBALES OF WHITING.

88

INGREDIENTS.

2 whiting	2 eggs
1 oz. butter	1 oz. flour
$\frac{1}{2}$ pint milk	$\frac{1}{2}$ teaspoonful salt
A few drops of lemon juice	$\frac{1}{4}$ teaspoonful white pepper

METHOD.

Take all the fish from the bones, and rub it through a wire sieve. Melt the butter, add it to the flour, stir until smooth, add the milk, and cook well ; add to it the whiting, the eggs, salt, pepper, and lemon juice, mix all thoroughly (a little cream is a great improvement) ; pour into well-greased dariole moulds, cover with greased paper, and steam 20 minutes ; turn out, and serve with white sauce.

FRIED WHITING.

INGREDIENTS.

89 2 whiting
 1 egg
 Flour

Bread-crumbs
Frying fat

METHOD.

The whiting should have their tails put in their mouths, cover with flour to dry them. Brush over with beaten egg, cover with bread-crumbs, and fry in boiling fat.

FISH FRIED IN BATTER.

INGREDIENTS.

90 1 plaice
 2 oz. flour
 Salt
 1 oz. butter

White of 1 egg
½ gill warm water
Frying fat

METHOD.

Fillet the plaice and cut it into convenient sized pieces. Put the flour and salt into a basin, add the butter melted and sufficient warm water to make a thick batter, beat until quite smooth, then add the white of the egg beaten to a stiff froth; mix lightly, cover the pieces of fish with the batter, and fry in the hot fat until a nice golden brown. Drain on soft kitchen paper. Arrange in a circle on a hot dish, and serve with fried parsley in the centre.

KROMESKIES OF FISH.

INGREDIENTS.

91 $\frac{1}{2}$ lb. cold fish (chopped finely)
 $\frac{1}{2}$ oz. butter
 $\frac{1}{2}$ oz. flour
 $\frac{1}{4}$ pint milk

1 tablespoonful cream
A few drops of lemon juice
Cayenne and salt to taste
Some thin slices of fat bacon
Kromesky batter (see 91a)

METHOD.

Chop the fish finely, make a sauce of the butter, flour, and milk, boil it well, add the cream and seasoning, and boil again. Remove the sauce from the gas and add the fish, and let the mixture cool. Make it up into cork shapes, roll each piece into a thin slice of bacon, fasten it with a skewer, dip into batter and fry a nice pale brown.

Dish up in a pyramid and garnish with fried parsley.

Kromesky Batter.

INGREDIENTS.

91a	$\frac{1}{2}$ lb. flour $\frac{1}{4}$ pint tepid water 1 tablespoonful salad oil	$\frac{2}{3}$ whites of eggs (beaten stiffly) Seasoning
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METHOD.

Make a batter in the usual way, beat it well, and just before using stir in the whites of eggs.

CROUTES OF DRIED HADDOCK.

INGREDIENTS.

92	$\frac{1}{2}$ lb. cooked dried haddock 1 oz. butter 1 tablespoonful tomato sauce	1 hard-boiled egg 8 or 10 croûtes of bread Fried parsley Pepper, salt, and cayenne
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METHOD.

Chop the fish finely, add the tomato sauce and the seasoning. Melt the butter in a saucepan, add the fish mixture, make quite hot. Pile high on fried croûtes. Garnish with white and yolk of egg and with fried parsley.

SALMON MAYONNAISE.

METHOD.

93



Boil the salmon according to the directions for Boiling Fish, cool it, and when cold coat it with mayonnaise sauce, to which some liquid aspic jelly has been added, in the proportion of half a gill to every half-pint of mayonnaise.

Decorate prettily with anything suitable, such as lobster coral, truffle, parsley, cucumber, olives, anchovies, capers, Indian pickles, and gherkins.

A border of chopped aspic makes a nice finish to the dish.

FRIED FILLETS OF MACKEREL.

METHOD.

94 Split the mackerel in two, removing all bone, trim into pear-like shapes, egg and bread-crumb them and fry in hot fat.

Dish in a circle and serve with brown, caper, browned butter, gooseberry, Hollandaise, or Tartare sauce.

A more economical dish may be made by frying the halves of mackerel entire or simply cut in half. The roes should be carefully washed, cooked in the oven, and put in the centre of the dish.

SALMON CUTLETS.

INGREDIENTS.

95

$\frac{1}{2}$ lb. cooked salmon
1 oz. butter
1 oz. flour
$\frac{1}{4}$ pint milk
1 teaspoonful salt

Grated nutmeg
$\frac{1}{2}$ teaspoonful pepper
1 egg
Bread-crumbs
Frying fat

METHOD.

Chop the salmon very finely, melt the butter in a saucepan, add the flour, stir until smooth, then add the milk, stir and boil until the panada leaves the bottom and sides of the pan quite clean ; then add the salmon, salt, pepper, and a little grated nutmeg, mix all together, turn out on to a plate to cool. When cold, form in the shape of cutlets, brush over with beaten egg, cover with bread-crumbs, fry in boiling fat, drain and serve with a piece of parsley stalk in the end of each to imitate a cutlet bone, or small pieces of macaroni.

Lobster may be cooked in the same way.

TO COOK WHITEBAIT.

96 Whitebait should be as fresh as possible and firm. They are generally fried in very hot fat 400 degrees Fr., and served with brown bread and butter, and lemons cut lengthwise in quarters.

Before frying them, they should be allowed to remain in iced water, until ready for use, then put a handful of flour upon a cloth, throw in a few whitebait, shake them quickly in the cloth to cover them with flour, shake them slightly in the frying basket to shake off loose flour, and at once fry them in the hot fat. When properly fried each fish will be quite separate and crisp.

TO COOK SMELETS AND SPRATS.

97 Smelts are generally dipped in beaten egg rolled in bread-crumbs and fried ; though they may be boiled, broiled, or baked. When quite fresh they should be very silvery, and smell like freshly-cut cucumber. Serve,

piquant, anchovy, tomato, Hollandaise, or any suitable sauce.

SPRATS

May be cooked like smelts or whitebait.

TO COOK TROUT.

- 98** Trout may be either grilled, baked, or fried, and may be served with any of the sauces suitable for smelts. Hollandaise and Tartare are the general favourites, with trout.

PLAICE.

- 99** This fish may be boiled, baked, or fried. It is, however, very flavourless when boiled, and should be either baked or fried in preference.

FILLETS OF PLAICE.

(*À la Maitre-d'Hôtel.*)

METHOD.

Trim the fillets neatly, and fold them in a fichu shape, with the flesh *outside*. Place them on a greased baking-tin and cover them with a buttered paper, and cook them gently in a moderate oven.

Dish them in a circle, one leaning on the other, and pour maître-d'hôtel sauce over.

Garnish each fillet alternately with a pinch of finely-chopped parsley and the yolk of a hard-boiled egg rubbed through a sieve.

FRIED PLAICE.

INGREDIENTS.

101	1 plaice	3 tablespoonsful of bread-crumbs
	1 tablespoonful of flour	Sufficient hot fat to cover the
	1 egg	fish

METHOD.

Wash the fish and cut off the fillets ; remove the skin from the fillets with a sharp knife, and cut each into two pieces. Roll the fish in the flour, then cover with beaten egg, and roll in bread-crumbs. Fry in the hot fat three or four minutes. Drain on kitchen paper. The skin and bones of the fish may be used for fish soup or fish sauce.

N.B.—Before frying the fish see that the fat is hot enough. It should be perfectly still, and a distinct blue smoke should rise from the centre of the pan.

FISH IN MILK.

102 Take a small plaice, clean it, take out the eyes, trim the fins and tail, put into a baking-tin, white side uppermost, pour round about $\frac{3}{4}$ pint of milk, put a few pieces of butter or dripping on the top, and bake in a moderate oven about three-quarters of an hour, basting occasionally. When cooked thicken the milk with a large tablespoonful of flour, season and pour over the fish.

A tablespoonful of finely-chopped parsley may be added to the sauce, if liked.

SCALLOPED FISH.

INGREDIENTS.

103	Cold fish	Bread-crumbs
	Cold sauce	Seasoning

METHOD.

Remove skin and bones, break the fish into flakes, put a layer at the bottom of a well-buttered pie-dish, moisten with a little of the sauce and add seasoning ; continue this until the dish is full. Finish with a few layers of crumbs, put a few pieces of butter on the top, and heat thoroughly in a moderate oven about 15 minutes. Brown crumbs may be used.

OYSTER CUTLETS.

- 104** Make as for shrimp cutlets; instead of the shrimps put one dozen oysters, bearded and blanched, also their liquors.
-

FISH SANDWICHES.

INGREDIENTS.

- 105** Remains of cooked fish
Slices of thin bread and butter | Lettuce or mustard and cress
A little salt and pepper

METHOD.

Place on a slice of bread and butter some cold fish (salmon is the best), sprinkle on it a little salt and pepper, and some finely-cut lettuce or cress, and cover with bread and butter. Serve cut in three-cornered pieces, and garnished with parsley.

KEDGEREE.

INGREDIENTS.

- 106** $\frac{1}{2}$ lb. cold fish | 2 eggs
1 teacupful rice | $1\frac{1}{2}$ oz. butter
Salt, pepper, and cayenne to taste

METHOD.

Boil one egg hard. Boil the rice till tender. Break the fish into flakes. Melt the butter in a saucepan, add the rice, fish, white of hard-boiled egg (cut into dice), the other egg (well beaten), and seasoning. Make all very hot. Dish in a pyramid, and sprinkle over it the hard-boiled yolk of egg (rubbed through a wire sieve). Dried haddock makes excellent kedgeree.

TOMATO KEDGEREE is made in the same manner as the above, with the addition of two tomatoes. The tomatoes are freed from skin and seeds, and put into the saucepan with the fish, rice, &c.

FISH CAKES.

107



INGREDIENTS.

$\frac{1}{2}$ lb. cold fish
 6 oz. mashed potatoes
 Cold sauce to moisten
 Anchovy sauce, pepper, salt, cayenne,
 to taste

METHOD.

Mix well and form into small flat cakes, egg and bread-crumb, and fry.

Or, Brush them over with a little milk, roll them in brown crumbs, and bake with a buttered paper over them for about 10 minutes.

ROLLED HERRINGS.

108

INGREDIENTS.

Forcemeat	5 or 6 white herrings $\frac{1}{2}$ oz. bread-crumbs 1 tablespoonful suet (Hugon's) $\frac{1}{2}$ tablespoonful parsley $\frac{1}{2}$ tablespoonful thyme Pepper and salt to taste Egg or milk to moisten Brown crumbs
-----------	---

METHOD.

Wash and scale the fish, take off the fins and head, cut down the front to the tail, remove the inside, being careful to take out the "silver line," and scrape off all the black skin. Place the herring flat on the board (open side down), press all along to loosen the backbone. Take out the backbone beginning near the head, and any bones you may see. Smooth over with a knife dipped in water. Spread on a little forcemeat, roll up from the head end and fasten with a skewer. Dip into milk, cover with brown crumbs, put into greased tin with a small piece of dripping on each fish, and bake in a moderate oven about 20 minutes.

BAKED STUFFED HADDOCK.

INGREDIENTS.

109

- 1 fresh haddock
2 oz. forcemeat (*see previous Recipe*)
Brown crumbs

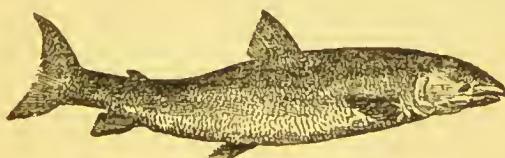
METHOD.

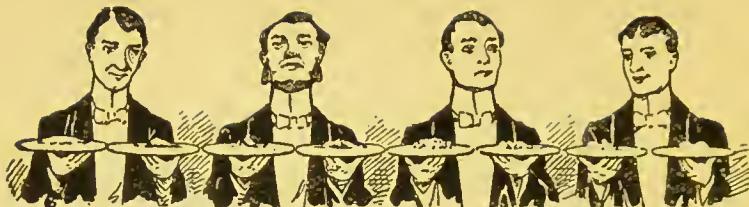
Wash and clean the fish, take out the eyes and gills, remove the inside, fill with forcemeat, sew up, put the tail through the eyes and fasten with a skewer, brush over with milk and sprinkle with brown crumbs, put a few pieces of dripping on the top and bake in a moderate oven half-an-hour; baste once or twice. Serve melted butter with it. Use rather more suet than for herring, as this fish contains very little oil.

FISH PUDDING.

110

Prepare a mixture as for Fish Cakes. Put it on a dish that will stand the heat of the oven; shape it like a fish. Brush over with beaten egg, and bake for half-an-hour.





ENTRÉES.

CHICKEN CUTLETS.

INGREDIENTS.

III

1 lb. cooked chicken
1½ oz. butter
¼ pint stock
½ teaspoonful pepper
½ teaspoonful chopped
parsley
Frying fat

½ lb. cooked ham
1½ oz. flour
1 teaspoonful salt
1 egg
Bread-crumbs
2 tablespoonsful cream

METHOD.

Chop the chicken and ham very finely. Melt the butter in a saucepan, add the flour, stir until smooth, then add the stock; boil until it thickens, add salt, pepper, chopped parsley, cream, lastly, add the chicken and ham, mix all well together, and turn out on a plate to cool. When cold, shape into cutlets, brush over with beaten egg, cover well with bread-crumbs, and fry in boiling fat. Serve with fried parsley.

QUENELLES DE VOLAILLE SAUCE SUPRÈME.

Quenelles of Chicken, with Supreme Sauce.

II2

Chicken quenelle meat
1 pint suprême sauce
Mashed potatoes

Some nicely cooked mushrooms, asparagus, peas, or green peas

INGREDIENTS.

METHOD.

Prepare the quantity of quenelle meat mentioned in the recipe (*see Quenelle Mixture*) ; shape and poach them as directed. Dish on a border of mashed potatoes. Pour the sauce over, and put the vegetables in the centre.

GRENADINES DE VEAU**À LA MACÉDOINE.****Grenadines of Veal.**

INGREDIENTS.

2 lbs. of fillet of veal	1 sprig of parsley, thyme, and marjoram
Some larding bacon	
Some good second stock	2 tomatoes
1 piece of carrot, turnip, and onion	A macedoine

METHOD.

Cut the fillet into slices, beat them with a wet cutlet-bat, and trim into neat little fillets ; lard them nicely.

Put the vegetables, cut in small pieces, at the bottom of a stew-pan ; lay the cutlets on these, and pour in sufficient stock to come half-way up the cutlets ; cover them with buttered paper, and put them in a moderate oven till cooked.

Then remove the paper and let them brown.

Strain the stock and boil it with half-a-pint more to a strong glaze.

Dish the grenadines in two straight lines down the middle of the dish, the one overlapping the other ; pour a little glaze on each, and put a macedoine of vegetables down the middle of the dish.

CÔTELETTES DE VEAU

À LA TALLEYRAND.

Veal Cutlets à la Talleyrand.

INGREDIENTS.

114

7 or 8 veal cutlets
 1½ oz. of clarified butter
 6 button mushrooms
 chopped
 1 small shallot chopped
 1 teaspoonful of finely-
 chopped parsley

The yolks of 2 eggs
 A few drops of lemon juice.
 1 gill of velouté sauce
 Some mashed potatoes
 Some well-cooked green peas
 2 tablespoonsful of cream

METHOD.

Fry the cutlets in the butter, sprinkling the mushrooms, shallot, and parsley over and under them.

When the cutlets are cooked remove them from the pan and pour in the sauce and cream; stir briskly over the fire, then add the yolks of the eggs, let them thicken in the sauce, but be careful not to curdle them.

Take the pan off the gas, and add lemon juice and seasoning as required. Dish the cutlets on a border of mashed potatoes, pour the sauce over them, and put a few nicely-cooked peas or other vegetables in the centre.

QUENELLE MIXTURE.

115

Take $\frac{1}{2}$ lb. of finely-minced chicken, or potted beef, pound well, and mix with it a thick sauce, made of 1 oz. of butter, 1 oz. of flour, $\frac{1}{2}$ gill of stock, and 1 egg; season to taste, and pass through a sieve. Chicken would require about 1 tablespoonful of cream added to it, being of rather a dry nature.

LAMBS' SWEETBREADS.

116

INGREDIENTS.

Lambs' sweetbreads	A few drops lemon juice
1½ oz. butter	A small bunch parsley, thyme, marjoram
½ to ¾ pint white stock	Pepper and salt to taste
3 or 4 tablespoonsful cream	1 dessert-spoonful flour
A small piece lemon rind	

METHOD.

Blanch the sweetbreads by putting them for two or three minutes into boiling water. Drain them well. Melt the butter in a stew-pan, put in the sweetbreads and let them become a *very* light golden brown ; be very careful not to overfry them. Add the lemon rind, herbs, and stock (warm), and let the sweetbreads stew very gently till quite tender, about three-quarters of an hour. Take them out and keep them hot. Strain the stock, thicken it with the flour, add the cream, pepper and salt, and lemon juice.

Dish the sweetbreads in a circle, pour over the sauce. Garnish with a little truffle, tomato, or parsley.

No 252.

DEVILLED DUCK.

117



hot oven about 45 minutes.
over it the chutney sauce.

INGREDIENTS.

1 duck
Chutney sauce
Mixture as for devilled chicken

METHOD.

Cut the duck down the centre of the back, and score it all over, then cover with the mixture. Grill under grilling burner, or roast in a Place on a hot dish and pour

GALANTINE OF FOWL.

118

INGREDIENTS.

1 fowl	$\frac{1}{2}$ pint stock
1 hard-boiled egg	$\frac{1}{2}$ teaspoonful pepper
1 teaspoonful salt	$\frac{1}{2}$ oz. gelatine
$\frac{1}{2}$ teaspoonful grated nutmeg	$\frac{1}{2}$ lb. ham or lean bacon
$\frac{1}{2}$ lb. sausage meat	1 teaspoonful Bovril

METHOD.

Bone the fowl. Place it on a board with the skin downwards, cut the ham into dice, the egg into slices, spread half the sausage meat over the fowl, lay on it half the ham and egg, sprinkle over it salt and pepper and a little nutmeg, cover with remainder of the sausage meat, put rest of the ham on the top, also the salt, pepper, and nutmeg. Roll the fowl up tightly, place it in a cloth which must be sewn very securely, tie both ends with string; put the galantine into the stock-pot and simmer gently for an hour to one-and-a-half hours, take out of the pot, and when slightly cooled, tighten the cloth; place between two tins with heavy weight on top, set aside until quite cold.

GLAZE.—Put the half-pint of stock, the Bovril and gelatine in a saucepan, boil quickly till reduced to one tablespoonful, taking off the scum as it rises.

Take the cloth off the galantine and paint it quickly with the glaze. Garnish with chopped aspic jelly and parsley.

BOUDINETTES DE BOEUF.

119

Pass three-quarters of a pound of steak through a mincing machine four times, then rub through a wire sieve to remove any skin. Make a panada with one ounce of butter, one gill of water, and two-and-a-half ounces of fine flour, and a little salt thus:—Let the butter and water boil, then stir in the flour and salt, and boil the mixture well. Pound the meat and panada, thoroughly mixing one

ounce of butter (melted) and two eggs. Pepper and salt to taste.

Butter some small moulds, fill them with the mixture, and steam or poach them for about 20 minutes. Serve with them a good brown sauce, to which has been added two or three tablespoonsful of tomato purée.

Two or three mushrooms or truffles, chopped finely, and added to the meat mixture, are a great improvement

PETITS POULETS

À L'ESPANIOL.

Little Chickens, with Espaniol Sauce.

INGREDIENTS.

120

Some quenelle meat	Glaze
Some well-cooked French beans	Butter
Espaniol sauce	Mushrooms Border of quenelle meat

METHOD.

Sauté some little mushrooms. Well butter some chicken moulds, and fill them with quenelle meat, putting in the centre of each a mushroom. Poach them in the usual way, and then brush them over with glaze. Dish them upon a poached quenelle border, heap the cooked beans in the centre, and pour espaniol sauce round the base.

OYSTER PATTIES.

INGREDIENTS.

121

Puff pastry	4 tablespoonsful cream
4 button mushrooms	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ oz. butter	Grated nutmeg
1 dozen oysters	Pepper and cayenne
$\frac{1}{2}$ oz. flour	Lemon juice

METHOD.

Roll the pastry out half-an-inch in thickness, cut in rounds with a paste cutter ; take a cutter two sizes smaller and press the centre of each round to the depth of a quarter of an inch. Put the rounds on a tin, and bake 7-10 minutes in a hot oven until nicely browned. Then take out the patties, remove the small centre piece, and scoop out a little of the inside. Fry the mushrooms in the butter eight or 10 minutes, take them out, put in the flour, cream, oyster liquor, salt, pepper, cayenne, and nutmeg. Stir and boil well, then add the oysters (bearded and cut in halves), also the lemon juice ; mix well. Fill each of the patty cases, and place the little piece of pastry on the top. Pile high on a dish, and serve.

LOBSTER CREAMS.

INGREDIENTS.

122

1 lobster (with coral, if possible)	$\frac{1}{2}$ pint cream
$\frac{1}{2}$ oz. butter	A few drops lemon juice Cayenne and salt to taste

METHOD.

Remove the flesh from the lobster, pound it in a mortar with the butter, then pass through a sieve. Pound the coral separately, and pass it through a sieve, and dry it slightly in a very cool oven. Whip the cream, adding a *very* little lemon juice drop by drop ; let the cream be quite stiff, but *take care not to over-beat it* ; then add the lobster and half the coral. Season with cayenne and salt. Pile the lobster cream in little soufflé cases, and decorate with the remainder of the coral.

MUTTON CUTLETS.

INGREDIENTS.

123

Neck of mutton, best end	1 egg
Bread-crumbs	2 oz. butter

METHOD.

Saw off the chine bone, and (if the neck is cut in a manner that requires it) the end of the rib-bones. Cut the cutlets, giving a bone to each cutlet. If the appearance of the dish is not of great importance, the cutlets can be cut more economically by forming more cutlets out of two bones of the neck. In this manner two cutlets will have bones, while one will be without. Trim away the greater part of the fat, leaving only a very small piece round the lean part of each cutlet. Scrape the bones.

Have ready some bread-crumbs. Beat an egg on a plate, add a small saltspoonful of salt, and a pinch of pepper. Dip the cutlets into the egg and turn into the bread-crumbs, which should lie on a piece of soft paper, so that they may be easily tossed over the cutlet. After taking up the cutlet from the crumbs, toss it lightly from one hand to the other, so that all loose bread-crumbs may fall off.

Heat the butter in a frying pan, or sauté pan. When quite hot, lay in the cutlets and let them cook for about 10 minutes, turning them carefully when the underside is brown.

Serve round a centre of mashed potatoes, Brussels sprouts, green peas, or round a purée of haricot beans.

Brown sauce or tomato sauce may be served round the cutlets.

MUTTON CUTLETS

(à la Russe).

INGREDIENTS.

1½ lb. best end neck of mutton
 $\frac{1}{2}$ lb. lard
 1 egg

Bread-crumbs
 Mashed potatoes
 Tinned peas

METHOD.

Divide the mutton into cutlets, shape and trim neatly, brush over with beaten egg, cover with bread-crumbs. Make the lard hot in a frying pan ; fry the cutlets brown ; place the mashed potatoes on a hot dish, stand the cutlets upon the potatoes ; warm the peas in one ounce of butter, with salt and pepper, place in the centre of cutlets. Serve with brown sauce poured round.

BEEF OLIVES.

INGREDIENTS.

125

1 lb. fillet of beef	Lemon rind (grated), a little
2 oz. bread-crumbs	Egg or milk, to bind
1 oz. suet (chopped)	Pepper and salt to taste
1 dessert-spoonful parsley (chopped)	1 oz. butter
$\frac{1}{2}$ teaspoonful thyme	$\frac{3}{4}$ pint stock (warm)
1 dessert-spoonful catsup	1 dessert-spoonful flour

METHOD.

Cut the fillet of beef into strips very thinly, 2 inches wide, 4 inches long. Flatten the pieces of meat with the cutlet-bat, spread a portion of the forcemeat on each piece, roll up, and tie with string or fasten with a small skewer. Melt the butter in a stew-pan ; when quite hot put in the olives, fry them a nice brown. Pour over them one pint of good flavoured stock. Let them simmer gently for three-quarters of an hour. Thicken with the flour, add catsup, and season with pepper and salt. Serve round a pyramid of mashed potatoes, with the gravy poured round.

CÔTELETTES DE VEAU.**Veal Cutlets.**

INGREDIENTS.

126

2 lbs. of veal cutlet	Some mashed potatoes or
Egg and bread-crumbs	well-cooked spinach
3 oz. of clarified butter	Some slices of bacon

METHOD.

Cut the cutlet into slices, and then beat with a wet cutlet-bat to break the fibre of the meat. Trim into nice oval-shaped cutlets, brush with egg and cover them with bread-crumbs, flattening this on with the bat or knife. Fry them in the butter.

Dish in a circle, the one overlapping the other, on a border of mashed potatoes or spinach, and put nicely-cooked little rolls of bacon in the centre of the dish.

To cook the bacon, roll thin slices of streaky bacon, run a skewer through them, and either toast or bake them.

Tomato, piquant, or any other suitable sauce may be poured round the base of the dish, or handed in a boat.

VEAL RISSOLES.

INGREDIENTS.

$\frac{1}{2}$ lb. cooked veal	pint of stock or cream
2 oz. lean ham	Salt and pepper
1 oz. of butter	1 egg
$\frac{1}{2}$ oz. of flour	Grated nutmeg
Frying fat	Bread-crumbs

METHOD.

Chop the veal and ham very finely, melt the butter in a stew-pan, add the flour, stir until quite smooth, add the stock, and let it boil well for five minutes. Then add the chopped meat, seasoning, and mix well. When quite cold form into balls, brush with beaten egg, cover with bread-crumbs, and fry in hot fat. Serve with fried parsley.

JUGGED HARE.

128

INGREDIENTS.

1 hare	$\frac{1}{2}$ lb. lean ham
2 large onions	$\frac{1}{2}$ pint port wine
1 carrot	3 heaped tablespoonsful of flour
1 head celery	2 tablespoonsful mushroom catsup
$\frac{1}{2}$ nutmeg	2 tablespoonsful Worcester sauce
1 blade of mace	1 tablespoonful sugar
16 cloves	Salt, pepper, and cayenne
Bunch of parsley	
,, thyme	
,, marjoram	
Stock or water	

METHOD.

Skin the hare and cut it into neat pieces ; peel the onions, stick cloves in one and chop the other finely ; scrape the carrot and chop it, also the celery ; wash the herbs and put in a piece of muslin, with the onion stuck with cloves and the mace, tie these securely with string. Cut the ham into slices. Place some pieces of hare in a stew-jar, add a little ham, carrot, onion, celery, salt, pepper, cayenne, and grated nutmeg, put in layers until the jar is full, then cover with stock or water, add catsup, Worcester sauce, and sugar ; place the lid on, and stew gently for three hours. Boil the liver from the hare and chop it very finely. Mix the flour with the wine into a smooth batter, add the liver, pour the contents of the stew-jar half-an-hour before dishing, and let it boil well to cook the flour.

DEVILLED CHICKEN.

129

INGREDIENTS.

Remains of cold chicken	1 tablespoonful mushroom catsup
1 tablespoonful mustard	$\frac{1}{2}$ teaspoonful salt
1 tablespoonful Worcester sauce	$\frac{1}{4}$ teaspoonful pepper

A little cayenne pepper.

METHOD.

The legs of the chicken are the best to use. They should be scored all over with a knife close to the bone. Make a thick sauce with the above ingredients. If not sufficient moisture use a little water. Cover the legs of chicken with the sauce, pressing it in where it has been cut ; place the chicken under a gas grill, and cook about 10 minutes.

CALVES' BRAINS*(à la Francalise).*

Wash the brains and remove the fibres, put them in a saucepan with water to cover, adding a little salt, boil gently for 20 minutes. Drain quite dry, divide into equal size pieces and place on rounds of buttered toast ; pour over them sauce made as follows :—

INGREDIENTS.

130
 $\frac{1}{2}$ oz. butter
 $\frac{1}{2}$ oz. flour
 $\frac{1}{2}$ pint stock

$\frac{1}{2}$ pint sherry Salt and pepper $\frac{1}{2}$ teaspoonful chopped parsley

METHOD.

Melt the butter, add the flour and stock, boil well, then add the parsley, seasoning, and sherry.

LARKS*(à la Comtesse).*

131
 Bone the larks and stuff with sausage meat, tie in a cloth and boil gently in stock-pot for 20 minutes, take them up, remove the cloth, and brown the larks in the oven for a few minutes. Make a bed of mashed potatoes on a dish, with a column in the centre, place the larks round the column with the feet upwards. Put the heads in boiling water to loosen the feathers, pick quite clean,

cover the heads with a little glaze, and place on the top of each a small round piece of orange peel ; place the heads on the top of the larks, and pour a rich brown sauce round the dish.

CUCUMBER ENTREE.

INGREDIENTS.

1 cucumber, cut into nice pieces (2 ins. long), leaving on the rind.

METHOD.

Place in a pan of boiling water, adding salt and soda. Cook gently for half-an-hour, drain, and place neatly on entrée dish, and pour following sauce over :—

132

INGREDIENTS.

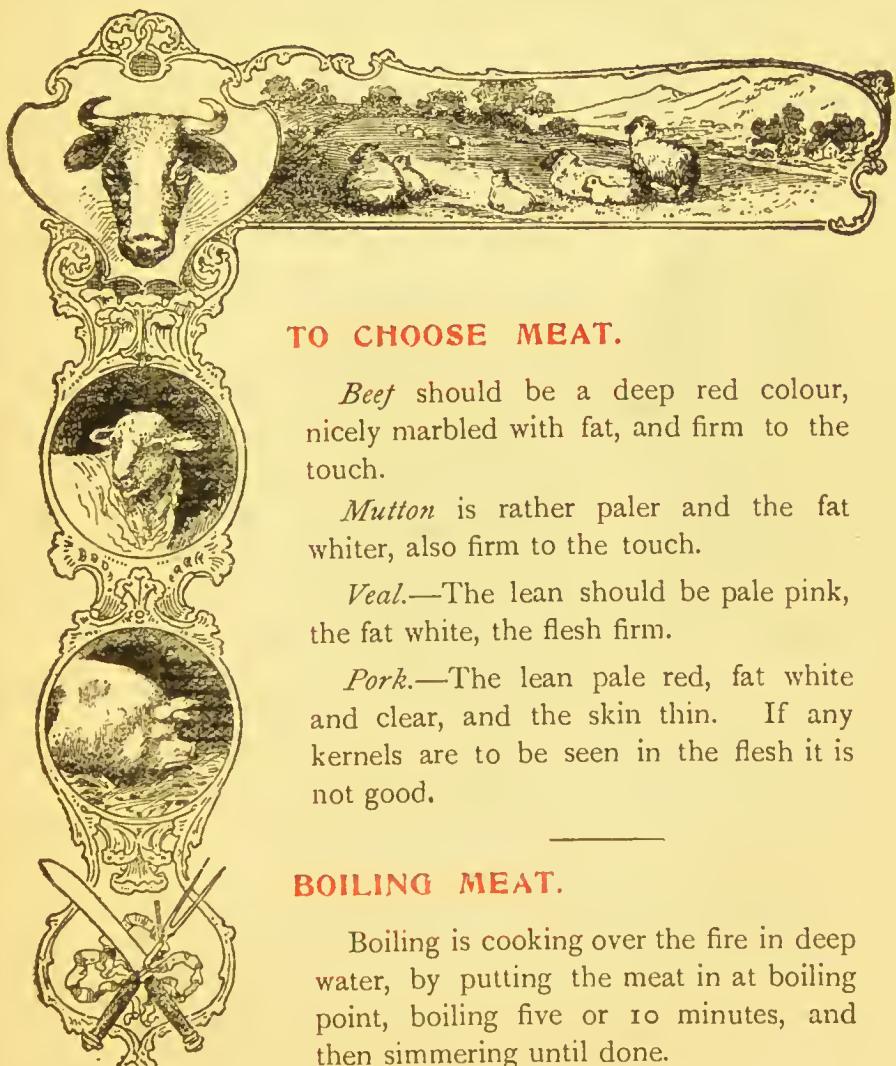
$\frac{2}{3}$ oz. butter	1 teaspoonful vinegar
$\frac{1}{2}$ pint milk (nearly)	Lemon juice, cayenne, and
Yolks of 2 eggs	salt

METHOD.

Melt butter, add flour, cook. Then drop in separately yolks. Add vinegar and seasoning.



Methods for Cooking Various Joints of Beef, Mutton, Lamb, Veal, &c.



TO CHOOSE MEAT.

Beef should be a deep red colour, nicely marbled with fat, and firm to the touch.

Mutton is rather paler and the fat whiter, also firm to the touch.

Veal.—The lean should be pale pink, the fat white, the flesh firm.

Pork.—The lean pale red, fat white and clear, and the skin thin. If any kernels are to be seen in the flesh it is not good.

BOILING MEAT.

Boiling is cooking over the fire in deep water, by putting the meat in at boiling point, boiling five or 10 minutes, and then simmering until done.

Put *salt meat* into *warm* and *fresh meat* into *boiling water*.

133

N.B.—*Fresh meat* needs salt in the water.

Boil five to 10 minutes to close the pores, then *simmer*. Skim well. Keep on the lid. Time, 20 minutes to 1 lb. and 20 minutes over.

ROASTING AND BAKING MEAT

134



Are practically the same in a gas oven. Light the gas and turn it on full for 10 minutes before putting in the joint; then allow the gas to remain on full for 10 minutes afterwards to coagulate the surface albumen of the meat, and keep in the juices. Then lower the gas and cook more slowly until the meat is done, according to the following rules :—

Time in a gas oven—

Beef and Mutton—Every lb. 10 min. and 15 min. over.

If a thick piece	ditto	15	,	15	,
------------------	-------	----	---	----	---

<i>Veal and Pork</i>	ditto	20	,	15	,
----------------------	-------	----	---	----	---

If a thick piece	ditto	25	,	15	,
------------------	-------	----	---	----	---

When the meat is cooked, place on a hot dish, pour the dripping out of the tin and some boiling water over the brown sediment left; dredge in a little flour, if liked, cook over the fire a few minutes—add one teaspoonful Bovril, season, strain, and pour round meat.

RICHMONDS

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'I am using a
RICHMOND
Sir' she said



FIVE REASONS WHY

**You should use a
“RICHMOND” Gas Cooker.**

- 1. SERVANTS WILL STAY LONGER WHERE GAS STOVES ARE USED.**
- 2. WHERE NO SERVANTS ARE KEPT THE WORK IS MUCH LIGHTER FOR THE LADIES OF THE HOUSE.**
- 3. COST OF GAS IS LESS THAN HALF THAT OF COAL.**
- 4. ECONOMY IN MEAT IS VERY CONSIDERABLE.** 10 lbs. OF MEAT COOKED BY COAL WEIGHS 6 lbs. WHEN DONE. 10 lbs. OF MEAT COOKED BY GAS WEIGHS 7½ lbs. WHEN DONE.
- 5. CLEANLINESS AND CONVENIENCE** KEEPS THE KITCHEN AS WELL AS THE COOK COOL.

STEAMING MEAT.

Steamed meat is much more economical and much more palatable than boiled meat, and also more nourishing. Boiled meat loses a great deal of its goodness in the liquid in which it is cooked, and unless this liquid be afterwards used as stock for soups, &c., it is very wasteful. Meat for steaming should be placed in a steamer over a stew-pan of boiling water and steamed according to the size of the joint, allowing a little over 20 minutes to the lb., and 15 minutes extra for the whole joint.

GRILLING MEAT.

Light the grilling burner for three minutes before using with the gas turned on full, then lower the gas a little and allow from three to five minutes for each side of the meat—
136 a little longer if a very thick piece. Steaks and chops are most suitable for grilling, and are very delicious when cooked in this manner.

STEWING MEAT.

Meat for stewing should be placed in a stew-pan with enough hot water to cover it, and allowed to *simmer gently* until tender, and as soon as it is tender it should be removed from the pan or the pan drawn off the gas, and the meat re-heated before serving, or it will become tough, flavourless, and very indigestible. Time allowed for stewing meat depends upon the kind of meat to be stewed. Very tough meat will sometimes take over four hours before it is tender.

BRAISING MEAT.

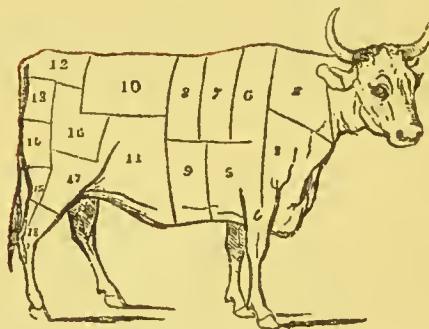
When a braising pan is not used, meat may be braised in an ordinary stew-pan in the following manner :—

138

Place a layer of sliced vegetables, carrots, turnips, onions, tomatoes, and celery, using a small proportion of each, and a sprig of parsley, thyme, and marjoram, and two bay leaves at the bottom of the stew-pan. Over these place the meat, and add sufficient good stock to come half-way up the meat, then simmer very gently until the meat is tender. Then place the meat in the oven upon a baking sheet and let it brown nicely. Strain the stock and reduce it to a glaze, by boiling it rapidly. Wine may be added to the stock if liked. Serve the meat upon a hot dish with the glaze poured over.

BEEF. (Joints of an Ox.)

138a



An ox is generally divided into the following joints :—

- | | |
|---------------------------|----------------------|
| 1. Head or cheeks | 10. Sirloin |
| 2. Neck | 11. Thin flank |
| 3. Clod | 12. Rump |
| 4. Shin | 13. Aitch bone |
| 5. Leg of mutton piece | 14. Buttock or round |
| 6. Chuck rib (three ribs) | 15. Mouse round |
| 7. Middle rib (four ribs) | 16. Veiny piece |
| 8. Fore rib (five ribs) | 17. Thick flank |
| 9. Brisket | 18. Leg |

SIRLOIN AND RIBS.

- 139** The sirloin and ribs are generally roasted and served with Yorkshire pudding and finely-grated horse-radish.
-

RUMP OF BEEF

- 140** May be cooked and served like sirloin, or it may be salted and boiled and served with carrots, turnips, or parsnips, nicely mashed or plain ; and also suet dumplings. Sometimes it is stewed, and it may also be braised.
-

AITCH BONE AND ROUND OF BEEF

- 141** May be salted and boiled, and served with same accompaniments as for boiled rump of beef, or they may be roasted.
-

BRISKET, SHIN, CLOD, AND SHOULDER OF BEEF.

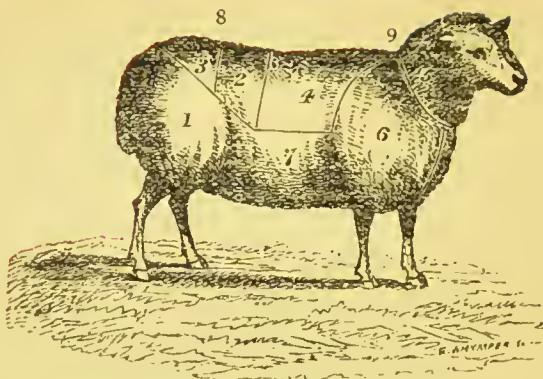
- 142** These joints are all most suitable for stewing.
-

THICK AND THIN FLANK OF BEEF.

- 143** These are generally salted and boiled, and served with vegetables, &c., as for round and aitch bone.

MUTTON. (Joints of a Sheep.)

143a



A sheep is usually divided into the following joints :—

- | | |
|----------------------------|---|
| 1. Leg | 7. Breast |
| 2. Best end of loin | 8. Saddle (the two loins
undivided) |
| 3. Chump end of loin | 9. Chine (two sides of neck
undivided) |
| 4. Best end of neck | |
| 5. Scrag end of neck | |
| 6. Shoulder and blade bone | |

LEG OF MUTTON

144



May be roasted, baked, or boiled. When roasted it should be served with red currant jelly, tomato, mushroom, or piquant sauce, also potatoes, and any green vegetables. Sometimes it is served with cooked

macaroni, prepared as for macaroni cheese, or plainly boiled with milk. Boiled leg of mutton is served with caper sauce, potatoes, carrots, and turnips. The carrots and turnips

should be cooked with the meat, and may afterwards be mashed with a little pepper, salt, and butter, or served plainly round the dish.

HAUNCH, LOIN, AND SADDLE OF MUTTON

145 Should be roasted or baked, and served with the same accompaniments as for roast leg of mutton.

SHOULDER OF MUTTON

146 Should be roasted or baked. Served with onion sauce, and any of the vegetables suitable for roasted leg of mutton.

BREAST OF MUTTON

147 May be braised or stewed, or boned and stuffed with veal forcemeat, rolled and tied with broad tape and roasted. Served with potatoes and any green vegetables.

CHINE AND BEST END OF NECK OF MUTTON.

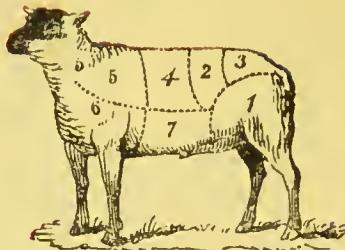
148 Cook and serve like roast leg of mutton.

SCRAG END OF NECK

149 Should be gently stewed until tender, and may be served in the same manner as boiled leg of mutton. It is very good stewed with a little rice.

LAMB. (Joints of a Lamb.)

149a



A lamb is generally divided as follows :—Hind quarter : 1, leg ; 2, 3, 4, loin. Fore quarter : 5, neck ; 6, shoulder ; 7, breast.

SHOULDER OF LAMB

150 Should be roasted or baked, and served with potatoes, green peas, and spinach, though many other vegetables are very suitable.

BREAST AND NECK OF LAMB.

151 These are sometimes cooked in one joint, termed a target, and roasted and served with vegetables as for shoulder of lamb.

The breast may be braised or stewed with green peas, or other suitable vegetables.

LEG OF LAMB

152 May be roasted, baked, or boiled. When roasted serve in same manner as roast shoulder of lamb. When boiled serve with béchamel, or maître-d'hôtel sauce. Carrots, turnips, and potatoes are suitable vegetables to serve with it.

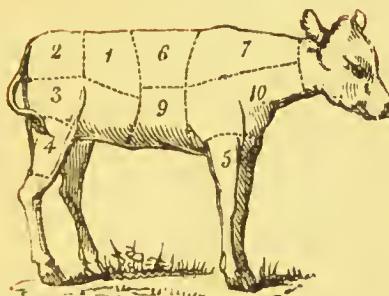
FORE QUARTER AND HIND QUARTER

Are either roasted or baked, and served with same accompaniments as for roast shoulder of lamb. Divide the shoulder from the ribs of the fore quarter, and place between them a little lemon juice, butter, pepper, and salt, just before serving.

SADDLE AND LOIN OF LAMB.

Cook as directed in foregoing recipe.

VEAL. (Joints of a Calf.)



A calf is divided as follows:—

- | | |
|-------------------|---------------------|
| 1. Loin, best end | 6. Neck, best end |
| 2. " chump end | 7. " scrag end |
| 3. Fillet | 9. Breast, best end |
| 4. Hind knuckle | 10. Blade bone |
| 5. Fore " | 11. Head |

FILLET OF VEAL

May be either roasted, baked, or boiled.

155 Remove the bone, and fill the space with veal forcemeat, skewer the fillet into a round shape, and cook according to directions for boiling, baking, or roasting meat.

Serve with nice thick gravy, made with melted butter instead of water; lemons quartered, lengthwise, potatoes, and any green vegetables. Send boiled ham or bacon to table with it.

LOIN OF VEAL.

156 Is generally roasted, though it may also be either boiled or braised. It is very good stuffed with veal forcemeat, roasted, and served with the accompaniments as directed for roast fillet of veal.

BREAST OF VEAL.

157 Before roasting breast of veal, fasten the caul over the joint, and about half-an-hour before the joint is done remove the caul and allow the meat to brown nicely.

Serve as directed for fillet of veal.

NECK OF VEAL.

158 Cook and serve like fillet of veal.

CALF'S HEAD.

159 Clean the calf's head thoroughly in salt and water, then bone it, and cut the meat neatly into eight pieces. Let it simmer gently for about $4\frac{1}{2}$ hours until quite tender, in white stock, if possible. The tongue should also be boiled, skinned, and cut into slices, and placed nicely round the dish as a garnish. Serve with brain sauce.

Boiled bacon or pickled pork should be sent to table with it.

CALF'S FEET.

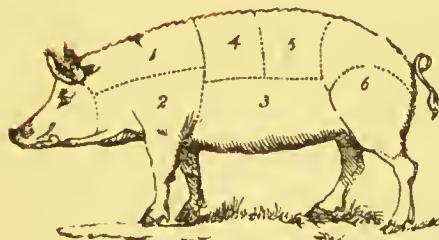
160 They should be scalded and scraped until all the hairs are removed, and blanched before cooking. Then simmer them gently in stock until they are tender, for about three or four hours.

Serve with tomato or any nicely-flavoured sauce. They are sometimes fried in batter, and are also very good curried.

KNUCKLE OF VEAL.

161 Is generally boiled gently in stock until quite tender, and served with either parsley, or maître-d'hôtel sauce. Boiled ham or bacon should also be sent to table with it.

PORK. (Joints of a Pig.)



161a

The young pig is divided into :—

- | | |
|-------------------------------------|--|
| 1. Spare rib
2. Hand
3. Belly | 4. Fore loin
5. Hind loin
6. Leg |
|-------------------------------------|--|

N.B.—All pork should be *thoroughly* cooked, as the pig is subject to many diseases, which are frequently transmitted to man through eating pork under-done.

CHINE OF PORK.

- 162** Is generally roasted or baked, and served with apple, gooseberry, Robert, or tomato sauce. Potatoes and any green vegetables may be served with it.
-

LEG OF PORK.

- 163** Roast and serve as directed for chine of pork. Or, it may be boiled and served with peas pudding, carrots, turnips, or parsnips, and potatoes. The carrots and turnips should be cooked with the leg to flavour it, and afterwards served round the dish as a garnish.
-

HAND OF PORK

- 164** May be cooked and served as directed for boiled leg. It should be allowed to soak in cold water for two or three hours before it is cooked.
-

SPARE RIB OF PORK.

- 165** Cook and serve as directed for chine of pork.
-

LOIN OF PORK.

- 166** After the skin has been scored, brush it over with a little oiled butter and salad oil, and it may be either roasted or baked. Serve with potatoes and green vegetables, and apple or tomato sauce.
-

PICKLED PORK.

- 167** Cook and serve as directed for boiled leg of pork.

CRISKIN OF PORK.

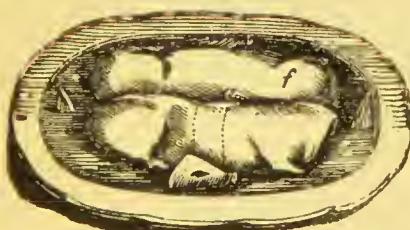
Put it into cold water, and when the water boils remove it from the pan, dry it well, and then roast it. By par-boiling it before roasting the meat is rendered much more tender. It should be well basted while roasting, to prevent it becoming dry and hard.

BACON

Should be soaked for an hour or more before cooking, put into lukewarm water, and simmered gently until tender.

- 169** Allow 25 minutes to the lb. When done allow it to cool a little, then remove the skin and cover with raspings, or brown crumbs.
-

ROAST SUCKING PIG.



Stuff the belly of the pig with sage and onion forcemeat, then truss it like a hare. Brush it over with salad oil, and bake or roast for about two hours, according to the size and

- 170** age of the pig. Baste very frequently.

When done, remove the trussing string, cut the pig down the middle, from head to tail, place back to back upon the dish, with half the head and an ear at each side.

Serve bread sauce with currants in it ; apple and tomato ; or any good flavoured sauce would be suitable.

Instead of sage and onion stuffing, chestnut forcemeat mixed with sausage meat is sometimes used in preference.

HAM

Should be allowed to soak for 12 hours, and longer when possible. Put it on in lukewarm water, with a bunch of herbs, and some people add one pint of old ale to the water. Let it simmer very gently until quite tender,
171 allowing a little over 25 minutes to each lb. of ham.

Remove the skin, when done, and cover with raspings, as for boiled bacon.

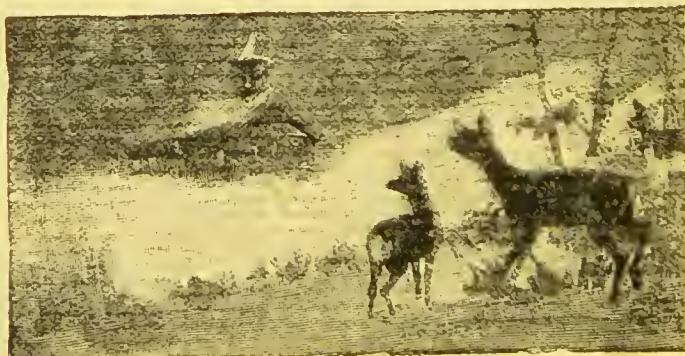
Sometimes the ham is removed from the pan when partly cooked, the skin removed, covered with raspings, and finished cooking in a moderate oven.

VENISON.**Haunch of Venison.**

The fat of the haunch should be covered with greased paper, and over that place a cold-water paste about half-an-inch in thickness. Then cover the haunch with well-greased paper. Roast the haunch, and about 30 minutes before serving remove the paste and paper, dredge it over with flour, and return it to the oven to brown nicely. Allow quite 20 minutes to the lb., and if it be a very large haunch it will take nearly five hours to cook. Serve it with brown gravy and red currant jelly.

Neck, Breast, and Shoulder of Venison.

173 Cook and serve as directed in foregoing recipe.





VEGETABLES.

TO BOIL OLD POTATOES.

Wash and pare the potatoes thinly, put them on in boiling water with a little salt (proportion of salt to water in boiling potatoes and greens, half-an-ounce of salt to two quarts of water). Allow the potatoes to boil gently until tender, strain away the water, cover the potatoes with a clean cloth or stiff clean paper, return the saucepan to the burner, with the gas out for a few minutes. Shake the saucepan slightly before turning out the potatoes into a hot vegetable dish. This gives the potatoes a nice white, floury appearance.

New potatoes may be cooked in the same manner, adding a sprig of mint to the water as they are boiling, and omitting the shaking process when turning them out of the saucepan.

TO BAKE POTATOES.

Prepare the potatoes as for boiling, then parboil them, before baking. This prevents them from becoming too hard. Place them upon the bars of the gridiron, in the gas oven, as close as possible to a roasting joint of meat, and bake until they are tender.

174

175

TO ROAST POTATOES.

- 176** Well scrub the skins of the potatoes, and dry the potatoes upon a clean cloth, then place them upon the bars of the grid, directly underneath a roasting joint. The fat from the joint bastes the potatoes nicely as they are cooking, and prevents the skins from bursting. The gravy from the meat also flavours the potatoes nicely.
-

TO MASH POTATOES.



177

- After the water has been strained away from well-cooked potatoes, add to them, while in the saucepan, a little butter or dripping, pepper and salt, and beat them up lightly and quickly with a fork.

Serve in a pyramid shape in a hot vegetable dish.

Cream, or milk, may be used in place of butter or dripping, and the potatoes may first be rubbed through a wire sieve or potato masher.

POTATO BALLS.

- 178** Form well-mashed potatoes into small balls, brush them over with beaten egg, and cover with bread-crumbs, and fry in deep fat until a nice golden colour.

Or, they may be brushed over with beaten egg, and baked in a quick oven until brown.

POTATO CHIPS.

- 179** Pare the potatoes thinly, and then cut them into *very* thin slices. Rinse them in cold water to remove the outside starch; dry them *well* in a clean cloth, and plunge in hot fat, and fry until crisp and brown.

Drain upon soft kitchen paper, sprinkled over with pepper and salt, and garnish with fried parsley.

POTATO RIBBONS.

180 After the potatoes are pared, cut them through into slices about half-an-inch in thickness, then pare as thinly as possible round and round the slices, twist into knots, throw into cold water, dry, and fry as for potato chips.

Potatoes may be cut into straws, crescents, or any fancy shapes, and fried as above.

N.B.—As soon as a distinct blue smoke arises from the centre of the pan containing the fat the potatoes should be thrown in, the pan should then be removed to a simmering burner, and the potatoes allowed to cook without discolouring for two or three minutes. Then remove them from the pan and allow the fat to get quite hot again, and as soon as the blue smoke again rises plunge in the potatoes and fry them until crisp, and of a golden brown colour.

POTATO CROQUETTES.

INGREDIENTS.

181	1 lb. potatoes	1 oz. butter	1 egg	½ teaspoonful pepper	1 „ „ salt	Bread-crumbs, a few
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METHOD.

Mash the potatoes well with the butter, pepper, and salt, and a little of the beaten egg.

Flour the hands, and form the mixture into any fancy shapes preferred. Apples, pears, plums, and many kinds of fruit may very easily be imitated.

Brush them over with beaten egg, and cover with bread-crumbs. They should be re-moulded after the crumbs are on them, placed in the frying basket, and fried as for potato chips.

**TO COOK CAULIFLOWER, BROCOLI,
CABBAGE, BRUSSELS SPROUTS,
SAVOYS, AND LETTUCES.**

182



They should be washed well, and allowed to remain in cold water, with a little salt, an hour or so before cooking. The salt helps to draw out the insects, &c. The outside leaves should be removed and the thick stalks cut crossways. Put the vegetables into boiling water, allowing half-an-ounce of salt to two quarts of water, and boil gently, *with the lid off the saucepan*, until tender.

Cauliflower should be placed in the saucepan with the head downwards, and when served, white sauce should be poured over.

SPINACH

183

Should be well washed in several waters to remove the grit, and placed in a saucepan with no other moisture than that which adheres to the leaves after washing.

Cook with the lid off the saucepan until tender. It may then be finely chopped, or rubbed through a wire sieve, returned to the saucepan, and re-heated with a little pepper, salt, and butter, and served in a hot dish garnished with fried croûtons of bread.

GREEN PEAS.

184

Put them into boiling water with a little sugar and a sprig of mint, and cook very gently until tender, lid *off* the saucepan. Drain through a colander, add a little castor sugar, butter, also pepper and salt. Shake them carefully, and serve in a hot dish.

FRENCH BEANS.

- 185** Remove the strings and cut the beans into nice thin slices. Put them into boiling water with salt, and boil gently until tender. Drain well, then return them to the saucepan with a little butter, pepper, and salt. Shake over the gas for a minute or two, and serve in a hot dish.
-

BROAD BEANS.

- 186** After the shells are removed put them into boiling water with salt, and cook gently until they are tender.

Time allowed depends upon the age and size of the beans.

They may be served with parsley sauce poured over, or in the same manner as French beans.

VEGETABLE MARROWS

Are much nicer steamed than boiled, as they retain their flavour so much better.

- 187** Peel the marrows thinly, remove the seeds, and cut the marrows into convenient sized pieces. Place them in a steamer and steam for 20 minutes, or until the marrows are tender. Pour over white sauce and serve.
-

ASPARAGUS.

- 188** Scrape the white part slightly, and cut the asparagus all the same length. Tie it in a bundle and put it into boiling water, with salt, and half-an-ounce of butter. Cook gently, lid off the saucepan, until the green part is tender (about half-an-hour). Hand oiled butter with it.

N.B.—In salting water for cooking vegetables, allow the proportion of half-an-ounce of salt to two quarts of water.

BEETROOT.

Wash the roots well, being careful not to scrape them.

- 189** Put them into quickly boiling water and cook them from one to two hours, according to their age and size. Rub off the skin when cooked, and cut into thin slices.

Beetroot may be served with vinegar poured over or mixed with other salad. It retains its flavour much better if baked in a slow oven.

CARROTS

- Should be thoroughly scraped, cut lengthways, put into boiling water, with salt, and boiled gently until tender. Old carrots will take about an hour, new ones about 20 minutes. They may be mashed with a little butter, pepper, and salt, or, nicely drained and served with white or parsley sauce poured over.
-

TURNIPS

191



Are about the only vegetable which should be *thickly* pared, the outside part being woody and unwholesome. Cook and serve like carrots.

PARSNIPS.

- 192** Cook and serve like carrots.
-

SEA-KALE.

- 193** Tie it in bundles, and put into boiling water with salt. Boil gently, with lid off the saucepan until tender.

Drain well, and hand French or white sauce with it.

Sea-kale is very good boiled in milk, the milk afterwards being used for the sauce.

CELERY.

- 194** Cook as in previous recipe. Brown or white saucc may be poured over when served.
-

GLOBE ARTICHOKES.

- 195** These should be thoroughly washed, the stems and lower leaves cut off, and all the points.

Put the artichokes *whole* into boiling water with a little salt, and cook gently, until the beans will come out readily. Time allowed for cooking depends upon the age and size of the artichokes, from half-an-hour to two hours. Serve oiled butter, French melted butter, or Hollandaise saucc in a boat.

BOILED LEEKS.

- 196** Remove the coarser leaves and tie in bundles, cook and serve like celery.
-

JERUSALEM ARTICHOKES.

- 197** Directly they are peeled put them into cold water, with salt and a little lemon juice to keep them a good colour.

Throw them into boiling water, with salt, and boil gently for about 20 minutes or half-an-hour, until they are tender, with the lid on the saucepan. Drain well, and serve at once, as they soon become discoloured.

French or white sauce may be poured over them.

WHITE BEETROOT

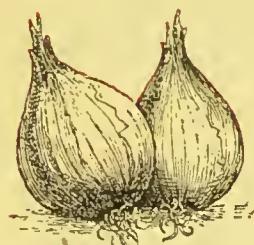
- 198** Should be cooked just like red beetroot.
-

HARICOT BEANS

- 199** Should be soaked over night in cold water. Put them into boiling water with a little salt, fat bacon, or dripping, and a small onion. Boil gently for three or four hours until quite tender. Drain well, and add a little pepper and salt, and a small piece of butter, and shake over the gas for a minute or two. Finely-chopped parsley may be sprinkled over before serving.
-

STEWED ONIONS.

200



Peel the onions and place them in a stew-jar, pour over them three-quarters of a pint of stock, made with three-quarters of a pint of water, and one dessert-spoonful of Bovril. Stew gently until tender.

Before serving, stir in a little butter, pepper and salt.

LENTILS.

- 201** Wash the lentils in several waters, until all the mud is removed.

Boil them in plenty of water, and let them cook gently for at least two hours. A little dripping and salt should be put into the water with them. They should be nicely seasoned before serving, and stirred frequently whilst cooking.

SALSIFY

Wash and scrape the roots thoroughly, and put them into
202 cold water, with a little lemon juice and salt, to preserve their colour.

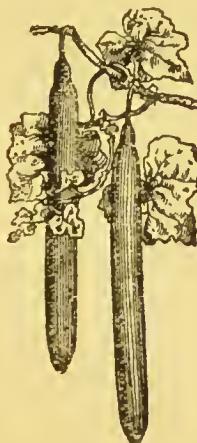
Cook gently for about an hour in boiling water, or second stock, adding a little butter, lemon juice, and salt to the boiling water. They should be well drained, and dished upon a serviette, and white or brown sauce handed with it.

ENDIVE.

Prepare, and cook as directed for green vegetables. Dish
203 and serve like spinach.

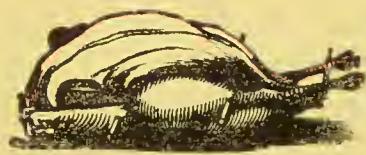
CUCUMBER

Should be cooked whole, after being thinly pared, and
204 may be either boiled or steamed. White sauce should be handed with it.



Poultry and Game.

TO TRUSS A FOWL FOR ROASTING.



It is almost an impossibility to explain the art of trussing; experience teaches more than can be obtained from any book.

Anyone desiring to become proficient in the art should take a few practical lessons from a poult erer, or someone equally competent. However, full directions are given below for trussing a fowl for roasting and boiling, and these methods only vary slightly in larger birds and game.

205

After the fowl has been carefully plucked and singed, cut a slit about an inch long three inches below the head, loosen the skins round the neck with the fingers, and with a sharp knife cut off the neck close to the body, then cut the skin, leaving about two inches to fold over the back under the pinions. Take out the crop and loosen the liver, etc., at the breast-end of the bird. Cut a small opening at the vent and draw out all the interior of the fowl, being careful not to break the gall bladder in the liver. Then wipe the inside of the fowl well with a damp cloth. Scald the scaly part of the legs and feet, skin them and cut off the claws. Place the fowl upon its breast, pull the loose skin from the neck well over the back, and fold the pinions across it. Press the thighs well into the sides of the bird to give it a nice plump appearance. Pass the trussing needle and string through the wing at the second joint, then through the upper part of the thigh, right

through the body, securing the wing and thigh in the same manner upon the other side. Pass the string through the skin under the pinions and fasten off where it commenced. Turn the fowl upon its back, and pass the string over one leg through the bottom of the breast-bone, over the other leg and secure it at the back.

Choose fowls with dark legs for roasting.

TO TRUSS A FOWL FOR BOILING.



Cut the skin round the legs at the knee joint, and pull the legs off, bringing with them the sinews. Loosen all the outside skin of the thighs with the

fingers, passing them through the hole made for drawing.

- 206** Then truss as for roasting, except that the thighs are pushed well inside the fowl. The skin must be pulled down well over the breast-bone, and the ends of the legs tucked in. Pass the trussing string through the skin, then underneath at the back and tie it securely.

Choose fowls with white legs for boiling.

TO BONE A FOWL.

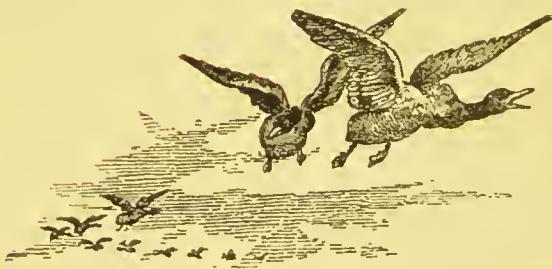
- It must be nicely plucked and singed, but not drawn. Then cut off the neck close to the body, leaving sufficient skin to fold nicely over the back. Divide the joints between the wings and the body, and take out the merry-thought. Cut off the legs at the knee joints and draw out the sinews. Then with a sharp knife commence working the flesh off the bones, taking care that the interior of the bird does not break through. The wings are left on to

give the fowl a more natural appearance, and are not boned. Care must be taken, whilst boning, not to cut through the skin. It should be drawn literally inside out, and when nicely done the carcase of the bird will look quite clear, with no flesh adhering to the bones. After the boning is done the fowl should be stuffed and replaced in form, to look as natural as possible, the thigh part being left inside.

Game and small birds may be boned according to these directions. In boning large turkeys it is better to cut the skin down the back and work the flesh off sideways.

ROAST FOWL.

208



Truss the fowl nicely, and place a slice of fat bacon over the breast; this must be removed about 10 minutes

before the fowl is done, to allow it to brown nicely. A fowl will take from three-quarters to one hour to roast ; a chicken about half-an-hour. Veal forcemeat is seldom used now for stuffing fowls, and the liver and the gizzard are used in making the gravy and not placed in the wings.

The fowl should be served with small rolls of bacon placed round the dish.

Potatoes and any green vegetables in season are suitable to accompany roast fowl.

Bread sauce should always be handed.

Roast fowl is excellent stuffed with mushrooms and served with mushroom sauce.

BOILED FOWL.

After the fowl is trussed, rub it over with a little lemon juice, and then wrap it in a buttered paper, and boil it gently, according to its age, from half-an-hour to an hour-and-a-half. Serve with maître-d'hôtel, celery, or white mushroom sauce. Garnish with slices of lemon, and small rolls of fat bacon, and pour over the fowl a little of the sauce, the remainder should be handed in a tureen.

For Vegetables, see roast fowl.

ROAST TURKEY.



Fill the breast of the turkey with veal forcemeat and truss it, cover the breast with

buttered paper or fat bacon, which must be removed about 20 minutes before it is finished. It should be well basted and will take according to its size, from $1\frac{3}{4}$ hours to

210 $2\frac{1}{4}$ hours to roast.

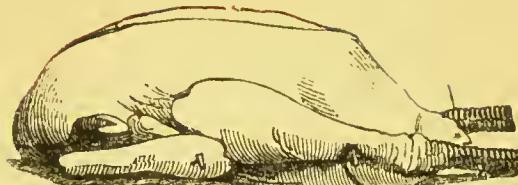
Garnish with nicely baked sausages, and send boiled ham or tongue to table with it. Oyster, tomato, celery, chestnut, or mushroom sauce may be served with it.

Turkeys are excellent stuffed with chestnut forcemeat, or mushrooms.

If stuffed with mushrooms, then mushroom sauce should accompany it, and chestnut sauce if chestnut forcemeat be used.

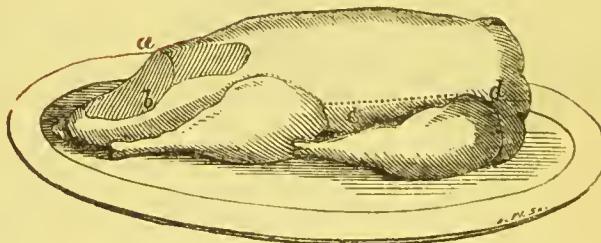
In cold weather a turkey may be kept for a fortnight, without becoming tainted.

Almost any kind of vegetables may be served.

BOILED TURKEY.**211**

A young turkey may be boiled and served in the same manner as boiled fowl.

A boiled ham or tongue should be sent to table with it, and if desired, it may be stuffed with sausage meat.

ROAST GOOSE.**212**

Stuff the breast with sage and onion stuffing, and roast for about $1\frac{1}{2}$ to 2 hours. Gooseberry, apple, or tomato sauce are suitable accompaniments for goose, and tomatoes and almost any vegetable may be served with it.

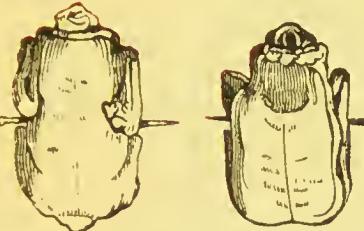
Sometimes cider is used instead of water in making the gravy.

GREEN GEES.**213**

Cook like geese, but do not stuff them.

ROAST DUCK.

214



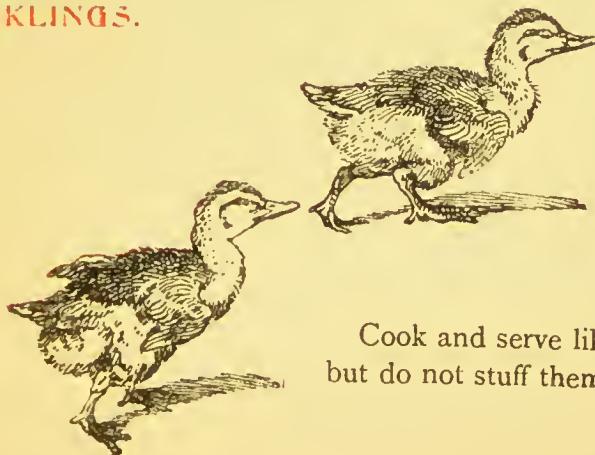
Stuff with sage and onion
forcemeat, and truss it nicely.
Allow $\frac{3}{4}$ to $1\frac{1}{4}$ hours for
roasting according to its size.

Serve with same accom-
paniments as for roast goose.

A glass of port wine may
be added to the gravy, which should be nicely thickened.
Ducks are much nicer if stuffed over night.

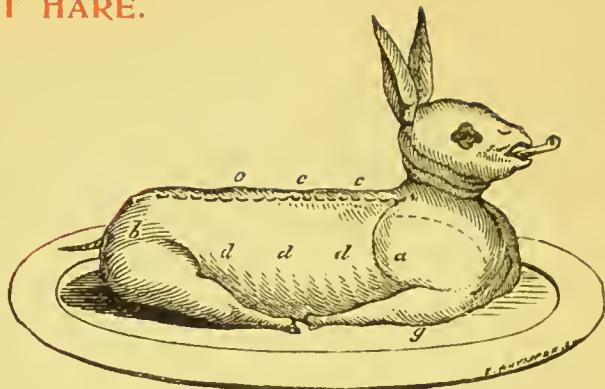
DUCKLINGS.

215



Cook and serve like ducks,
but do not stuff them.

ROAST HARE.



216 Skin and draw the hare, and wipe the inside thoroughly with a damp cloth. Remove the eyes, and skin the ears and tail carefully. Cut off the feet at the first joint, and cut the sinews under the second joint. Fill the body with veal forcemeat and sew it up. Truss the hare "in a sitting position," by pulling the shoulders backwards and the legs forward, then pass a skewer through the leg and shoulder, right through the centre of the body, and out upon the other side through the other leg and shoulder. The head should be fastened with a skewer between the shoulders. Place a piece of fat bacon over the back of the hare, and baste it well with milk. Roast it from 1 to $1\frac{1}{2}$ hours.

Make one pint of good brown gravy and add to it a glass of port.

Garnish with small fried forcemeat balls, and hand red currant jelly with it.

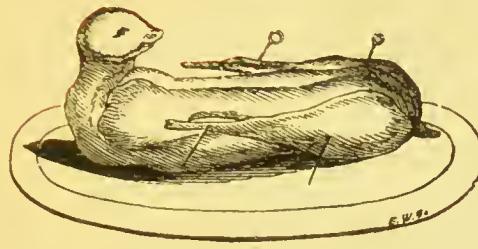
Liver sauce is much liked with hare.

LEVERETS.

217 Roast and serve like hare.

ROAST RABBIT

218



Should be stuffed and trussed like hare, and served with red currant jelly and good gravy. Time for roasting about an hour; if very large a little longer.

BOILED RABBIT.

Truss as for roasting, except the head, which is fastened at the side instead of between the shoulders.

219 Boil gently, with a little salt in the water and a few slices of carrot, turnip, and onion, for about an hour, according to its size.

Pour over the rabbit a little onion or maître-d'hôtel sauce, and garnish with small rolls of fat bacon. Or, cook pickled pork with the rabbit, and send to table with it.

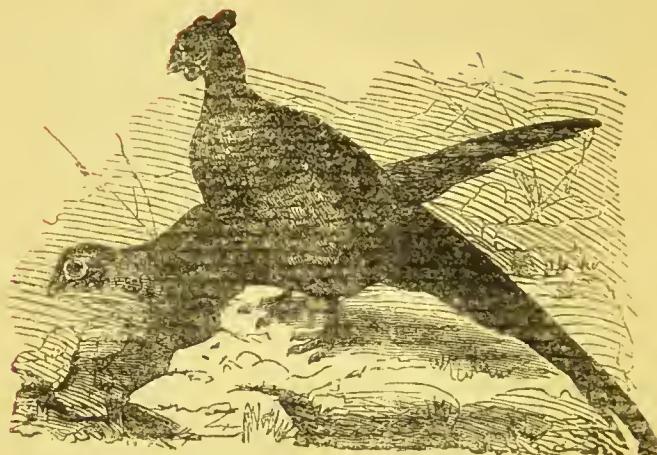
STEWED RABBIT.

Cut the rabbit into neat joints, flour them, and fry nicely in a little butter or dripping, with two onions sliced and a bunch of herbs. Add about $1\frac{1}{2}$ pints of good warm stock or water, and simmer gently about two hours, until tender.

220 Thicken the gravy with flour, and season it nicely, and add a little catsup or port.

Pour the gravy over the rabbit, which should be dished in a pile, and garnish with small rolls of bacon.

Savoury balls may be cooked and served with the rabbit, also pickled pork and sliced tomatoes.

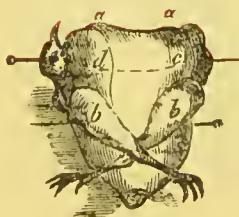
JUGGED RABBIT.**221***See "Jugged Hare" in Entrées.***ROAST PHEASANT****222**

Should be hung for some time ; in cold weather for three weeks, if liked "high." Truss like a fowl, and roast from 30 to 40 minutes, basting frequently.

Serve with good gravy, browned crumbs and bread sauce. It may be larded or braised, or garnished with watercress.

BOILED PHEASANT.**223**

Cook and serve like boiled fowl.

PARTRIDGES**224**

May be either roasted or boiled, according to directions for pheasants.

They do not take quite so long to cook as pheasants.

GROUSE.

- 225** Cook and serve like pheasants. Dish the grouse upon thickly buttered toast or fried croûtes of bread, and garnish with watercress.
-

PTARMIGAN AND BLACK GAME.

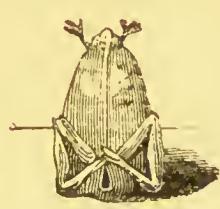
- 226** Cook and serve like grouse.
-

PIGEONS.

227



BREAST.



BACK.

Roast about 15 or 20 minutes, serve in the same manner as roast fowl.

They may be boiled for about 25 minutes.

See "Boiled Fowl."

GUINEA FOWLS

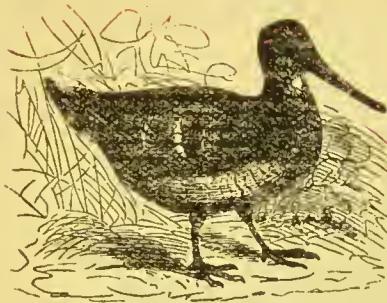
- 228** May be cooked like pheasants, and are a good substitute for game in the late spring.
-

ROOKS

- 229** Should only be used for pies, and then only the breasts, as the flesh upon either side of the spine has a very bitter taste.

WOODCOCKS AND SNIPES

230



Should be carefully trussed with their own beaks, but *not drawn*. Place them upon buttered toast to catch the trail as it drops while they are cooking ; this is considered a delicacy. Serve the birds upon the toast, and garnish with watercress.

ORTOLANS.

231 Truss, but do not draw them, tie a vine leaf over the breast of each, also a piece of bacon. They will take about 15 minutes to roast, and should be well basted with butter. Dish and serve like woodcocks. Browned crumbs should always accompany them.

PLOVERS

232 Are not drawn, and are cooked and served like woodcock and snipe.

QUAILS.

233 Roast and serve like ortolans. They may be drawn, if desired.

PINTAIL.

234 Cook and serve like roast pheasant.

ROAST LARKS.

Truss them, after the heads, legs, and gizzard have been removed, and pass a long skewer through their bodies. Pour over them a little oiled butter, and roast, basting them frequently. A small piece of fat bacon should be placed over the breasts. Cook them upon small rounds of buttered toast, and serve them upon these, arranged in rows, or a circle, and browned crumbs heaped in the centre.

235

Larks may be egged and rolled in brown crumbs, and fried, if preferred.





Sauces (High-class).

VELOUTE SAUCE.

INGREDIENTS.

236	1½ oz. butter	A few drops of lemon juice
	¾ oz. flour	Pepper and salt to taste
	½ pint white stock	

METHOD.

Melt the butter, mix in the flour smoothly, add the stock and seasoning ; cook gently for 10 minutes, skimming carefully.

Strain through a tammy cloth, and before serving add the lemon juice.

N.B.—High-class sauces are simmered for some time after they are made, and the butter in them is skimmed off as it rises. They are then wrung through a tammy cloth to make them very smooth and creamy.

ESPAÑOL, OR BROWN SAUCE.

INGREDIENTS.

237

2 oz. butter	1 pint nicely-flavoured stock
1½ oz. flour	1 slice onion, carrot, & turnip
2 mushrooms	1 tomato
A little lemon juice	Pepper and salt to taste

METHOD.

Melt the butter and fry the vegetables in it, being careful not to burn them. Mix in the flour, and fry that without burning it. Add the stock and seasoning, stir and cook well. Then remove the sauce to a simmering burner and cook gently for 20 minutes.

Skim off the butter as it rises. Add the lemon juice and tammy.

For ordinary purposes the sauce may be passed through a gravy strainer instead of the tammy.

MAYONNAISE SAUCE.

INGREDIENTS.

238

2 raw yolks of eggs, perfectly freed from the germs	2 tablespoonsful of tarragon, French, or plain vinegar
½ pint of best salad oil	Pepper and salt

METHOD.

Put the yolks into a basin with a little salt, and stir them quickly with a whisk, or wooden spoon, dropping the oil on them drop by drop, until the sauce is as thick as butter in the warm weather, then add the vinegar and remainder of seasoning.

NOTE.—Success in making this sauce will depend on adding the oil very gradually to the yolks. It should also be made in a very cool place to prevent the sauce curdling. If this does occur, put a yolk into another basin and pour the curdled sauce slowly on it. This will bring it smooth

again. When the sauce is made it is well to mix a tablespoonful of warm water with it ; this will effectually prevent it curdling.

This sauce, when properly made, should be of the consistency of very thick cream.

When it is intended for coating cold entrées, &c., mix with it, before using, half-a-gill of liquid, but quite cold, aspic jelly.

Some people mix oil and vinegar together in making this sauce, using a teaspoonful of vinegar to every seven of oil ; but I think the plan mentioned in this recipe is the best.

TARTARE SAUCE.

239 Make like mayonnaise, adding to every half-pint one tablespoonful of chopped parsley, one tablespoonful of chopped capers and gherkins, and a teaspoonful of mixed mustard.

EGG SAUCE.

240 To one pint of velouté, or béchamel sauce, add the whites of four hard-boiled eggs, cut into small dice.

BÉCHAMEL SAUCE.

241 Make like velouté, using milk in which a few button mushrooms have been simmered to flavour it.

ROBERT SAUCE.

INGREDIENTS.

242



- 2 small onions
- 1 oz. of butter
- 1 gill of French white wine
- $\frac{1}{2}$ pint of brown sauce
- 2 teaspoonsful of French mustard
- 1 teaspoonful of anchovy sauce
- $\frac{1}{2}$ oz. of glaze

METHOD.

Cut the onions into small dice, and fry in the butter for 15 minutes. Add the wine, and boil gently for four minutes.

Add the sauce and glaze. Boil gently for 20 minutes, skimming the butter off as it rises.

Just before serving, stir in the mustard. Pepper and salt are added to taste.

If liked, tarragon or plain vinegar may be substituted for the wine. It makes a sharper-tasting sauce.

PIQUANT SAUCE.

INGREDIENTS.

243

1 pint of brown sauce	1 dessert-spoonful of very finely-chopped shallot
2 tablespoonsful of capers	$\frac{1}{2}$ pint of vinegar
2 tablespoonsful of chopped gherkin	Pepper and salt to taste

METHOD.

Put the capers, shallot, and gherkin in the vinegar, and simmer until the shallot is quite soft. Pour in the sauce and let it boil up. Add pepper and salt to taste.

HOLLANDAISE SAUCE.

INGREDIENTS.

244	4 tablespoonsful of vinegar	4 oz. of butter
	1 tablespoonful of water	Pepper and salt
	5 eggs, yolks of	

METHOD.

Put the vinegar into a saucepan and reduce it three-fourths.

Add the water and yolks, and stir until the sauce thickens.

This is best done in a double saucepan.

Now add in small pieces (off the fire) the butter.

Flavour with pepper and salt.

NOTE.—If allowed to get too hot the sauce will curdle.

MAITRE-D'HÔTEL SAUCE.

To one pint of velouté or suprême sauce, add two tablespoonsful of finely-chopped parsley.

245 If used for new potatoes, this sauce should be very thin.

PORT WINE SAUCE.

INGREDIENTS.

246	2 wine-glasses of port wine	Juice of half a lemon
		1 finely-chopped shallot

METHOD.

Boil together, and strain before serving.

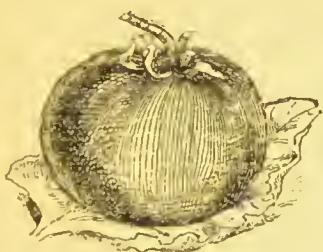
TOMATO SAUCE.

INGREDIENTS.

1 lb. tomatoes (sliced)	Herbs (a small bunch)
1 shallot (sliced)	1 tablespoonful vinegar
2 oz. lean ham or bacon (cut into dice)	1 oz. butter
16 peppercorns	1 blade of mace

METHOD.

Put all these ingredients into a saucepan, put on the lid ; simmer gently until quite tender. Rub through a sieve. Add a little cochineal to improve the colour if necessary. Remove any fat from the sauce. Re-heat and it is ready for use. If using tinned tomatoes, the purée must be reduced until the right consistency.



MINT SAUCE.

INGREDIENTS.

248	2 tablespoonsful of mint ½ pint of vinegar	2 tablespoonsful of Demerara sugar
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METHOD.

Mix together, and let it stand for a little time before serving.

LOBSTER SAUCE.



INGREDIENTS.

1 lobster 1 oz. spawn or coral butter	1 pint velouté, or suprême sauce
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METHOD.

Boil the sauce with the spawn, or coral butter, till it is bright red, and add the best part of the lobster meat cut into small pieces.

OYSTER SAUCE.

INGREDIENTS.

250	$\frac{2}{3}$ oz. of butter	$\frac{1}{2}$ gill of cream
	2 oz. of flour	2 doz. of oysters
	$\frac{3}{4}$ pint of milk or white stock	

METHOD.

Remove the beards and hard white part, and cut each oyster in two pieces.

Put the beards in the milk or stock, and simmer to extract the flavour.

Melt the butter in a stew-pan, mix in the flour smoothly ; strain in the stock or milk and oyster liquor, and stir until the sauce boils.

Let it stand by the side of the fire until all the butter is thrown up ; remove it carefully as it rises.

Then tammy, make hot again with the cream, and add the oysters and lemon juice.

When for fish, fish stock may be used to make this sauce.

When there is much liquor from the oysters, less stock or milk should be used. The sauce should be the consistency of a mayonnaise.

HORSE-RADISH SAUCE.

INGREDIENTS.

251	$\frac{1}{2}$ pint of beaten cream	Pepper and salt
	2 tablespoonsful of vinegar	1 teaspoonful of castor sugar
	2 teaspoonsful of mixed mustard	1 stick of horse-radish

METHOD.

Scrape the horse-radish and grate it finely, then mix with the other ingredients.

SUPRÈME SAUCE.

INGREDIENTS.

252

2 oz. butter
1½ oz. flour
½ pint chicken stock
½ pint cream

Juice of half a lemon
1 doz. white button mushrooms
Pepper to taste
Salt to taste

METHOD.

Melt the butter and mix in the flour smoothly. Add the stock and mushrooms. Cook the sauce well, then add the cream. The sauce should not boil after the cream is added. Strain, add lemon juice, and season to taste.

BEARNAISE SAUCE.

INGREDIENTS.

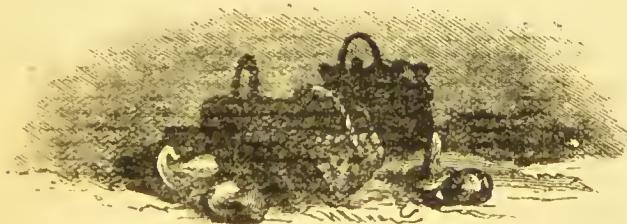
253

3 shallots
3 tablespoonsful tarragon
vinegar
4 oz. butter

3 tablespoonsful malt vinegar
1 gill white sauce
Yolks of 2 eggs

METHOD.

Chop the shallots, and boil them in the vinegar for half-an-hour, then add the white sauce, put the eggs in one at a time, beating after each until quite smooth ; add the butter in small pieces, and still keep stirring ; do not let it boil.



Plain Sauces.

ENGLISH MELTED BUTTER.

INGREDIENTS.

254	2 oz. butter ½ oz. flour		½ pint water Pepper and salt
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METHOD.

Melt half the butter, and mix in the flour smoothly, off the gas, add the water gradually and boil the sauce for five minutes, stirring all the time. Just before serving, season and add the remainder of the butter, cut into small pieces, off the gas.

MELTED BUTTER.

Put the butter required into a stew-pan and dissolve it very gently, so that it does not lose its creamy appearance. Season with a little pepper and salt.

FAMILY SAUCE.

INGREDIENTS.

256	3 oz. of flour 1 pint of milk		1 pint of water 1½ oz. of butter
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METHOD.



Mix the flour very smoothly with a little water. Put the rest of the water with the milk into a saucepan on the fire to boil.

When it boils put in the flour, stirring until the sauce is cooked.

Add pepper and salt to taste; if liked a few drops of lemon juice or vinegar may be added. Just before serving add the butter cut in small pieces. This should be stirred in off the gas. This sauce will form the basis of many other plain sauces.

To use with fish, put in a tablespoonful of anchovy sauce. Onion sauce is made by adding cooked and chopped onions when the sauce is ready; caper sauce by adding capers, or, as a substitute, chopped gherkin.

This sauce may be made still more economically by using water only instead of milk.

BROWN SAUCE (Plain).

INGREDIENTS.

2 oz. butter

1½ oz. flour

Onion, a small piece

Carrot, „

Turnip, „

1 mushroom

1 pint good stock

Lemon juice, a few drops

Pepper and salt to taste

METHOD.

Fry the vegetables, cut into small pieces in the butter, then mix in the flour, and fry that without burning it. Add the stock, stir and cook well. Add the seasoning and lemon juice. Strain and serve.

WHITE SAUCE

INGREDIENTS.

258

2 oz. of butter
1½ oz. of flour
1 pint of milk

A few drops of lemon juice
Pepper and salt

METHOD.

Melt the butter in a small stew-pan ; mix in the flour smoothly. Add the milk. Stir and cook well. Then add the lemon juice and seasoning. A little cream may be added if desired.

PARSLEY SAUCE.

INGREDIENTS.

259

2 oz. of butter
1½ oz. of flour
1 pint of milk or water
A few drops of lemon juice

Pepper and salt
2 dessert-spoonsful of finely-chopped parsley

METHOD.

Melt the butter in a small stew-pan ; mix in the flour smoothly.

Add the milk ; stir and cook well. Then add the lemon juice, seasoning, and chopped parsley.

PLAIN EGG SAUCE

INGREDIENTS.

260

2 oz. of butter
1½ oz. of flour
1 pint of milk

Lemon juice
Pepper and salt
3 hard-boiled eggs

METHOD.

Melt the butter in a small stew-pan ; mix in the flour smoothly.

Add the milk, stir, and cook well. Then add the lemon juice, seasoning, and the chopped whites of the eggs.

If a very thick sauce is required, take 2 oz. of flour.

Cream may be added if desired.

CURRY SAUCE.

INGREDIENTS.

261	2 oz. of butter or dripping	2 dessert-spoonsful of curry powder
	1 onion	1 pint of stock
	1 apple	Salt to taste
	Juice of half a lemon	

METHOD.

Peel and slice the onion and apple, put them in a stew-pan with the butter or dripping and curry powder, and fry without discolouring for 20 minutes.

Mix in the flour smoothly, and add the stock and salt. Stir until it boils, and let it simmer for 20 minutes before serving. Last of all add the lemon juice.

Chutney and red currant jelly may be added if liked.

Milk may be used instead of stock, if the sauce is for curried eggs, but stock is better.

NOTE.—If the sauce be liked smooth, it may be rubbed through a sieve.

CUCUMBER SAUCE.

INGREDIENTS.

262	2 young cucumbers	Pepper and salt
	3 oz. of butter	A little flour
	½ pint of good vinegar	

METHOD.

Pare and slice the cucumbers and gently stew in the butter for about half-an-hour. Put in about a teaspoonful of flour. Add the vinegar, bring it to the boil, and the sauce is ready.

SHRIMP SAUCE.

263



Remove the heads, tails, and skin from half-pint of shrimps; prepare a sauce as directed for lobster sauce, substituting the shrimps for the lobster.

ONION SAUCE.

INGREDIENTS.

264	4 or 5 fair-sized onions		$\frac{1}{2}$ pint of plain white sauce or melted butter (1st recipe)
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METHOD.

First blanch the onions by putting them in cold water and bringing it to the boil. Throw the water away.

Put the onions in fresh water and boil for an hour or an hour-and-a-half, until quite tender.

Chop them finely and add them to the sauce or melted butter.

BREAD SAUCE.

INGREDIENTS.

265	$\frac{1}{2}$ pint milk 1 onion 2 oz. bread-crumbs		2 tablespoonsful cream 3 peppercorns Salt to taste.
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METHOD.

Boil the onion and peppercorns for 20 minutes in the milk. Strain over the bread-crumbs. Stir over the fire till thickened, add the cream and salt, and serve. If no cream can be had, half-an-ounce of butter may be stirred in at last.

BROWN GRAVY FOR POULTRY OR GAME.

266 Take the neck, gizzard, heart, and (if not otherwise wanted) the livers of the poultry or game, wash well in salt and water, put them into a saucepan with three-quarters of a pint of cold water or weak stock, three peppercorns, a small piece of onion. Put on the lid and stew gently for at least two hours. Strain away the stock, which should be now about half-a-pint. Heat one ounce of butter in a pan, when it bubbles put in a very little sliced onion, and when this is brown, but not burnt, one teaspoonful of flour; let this brown, then add the stock; let it boil. Stir all the time, add pepper, salt, and (if liked) catsup or Harvey's sauce to taste. Strain and serve in a tureen.

This gravy must be slightly thickened, but *not thick*.

LIVER SAUCE FOR HARES OR RABBITS.

INGREDIENTS.

267 $\frac{1}{2}$ pint white sauce
The liver of one hare or two rabbits

METHOD.

Wash the liver in salt and water, put it into boiling water and boil it till quite done. Drain it well, then pound it in a mortar and mix it thoroughly with the white sauce. Re-heat and serve.

CAPER SAUCE.

To half-a-pint of melted butter sauce add one tablespoonful (or more) of capers. The capers must not be added till the sauce is ready to serve.

APPLE SAUCE.

INGREDIENTS.

269	1 lb. apples Sugar to taste	Water, if the fruit be dry or old
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METHOD.

Peel, core, and slice the apples, put into a clean pan, add sugar, and a little water if needed. Keep on the lid, and cook gently till quite tender.

FENNEL SAUCE.

270 Pick the fennel from the stalks, put into boiling water and boil till tender. Drain, chop, and add to melted butter sauce, allowing two tablespoonsful of chopped fennel to half-pint of sauce.

ANCHOVY SAUCE.

INGREDIENTS.

271	$\frac{1}{2}$ pint English melted butter 2 tablespoonsful cream	1 dessert-spoonful anchovy sauce.
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METHOD.

Add the anchovy and cream after the melted butter has boiled.

GOOSEBERRY SAUCE.

INGREDIENTS.

272	1 lb. green gooseberries $\frac{1}{2}$ pint melted butter	Sugar to taste
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METHOD.

Stew the gooseberries until they are quite tender, but not overdone. Rub them through a sieve, then add them to the melted butter and sugar.

This is an old-fashioned sauce, which is sometimes served with mackerel, boiled lamb, and roast goose.

CRAB SAUCE

INGREDIENTS.

273

1 moderate-sized crab	1 dessert-spoonful anchovy sauce
1 oz. butter	Milk, rather more than $\frac{1}{2}$ pint
$\frac{2}{3}$ oz. flour	Lemon juice, a few drops
2 tablespoonsful cream	Cayenne

METHOD.

This may sometimes be used as a substitute for lobster sauce, and is less expensive.

Take the flesh from the body and claw of the crab, cut it into small pieces, stew the shell of the crab in milk till it is reduced to half-a-pint. Work the flour into the butter, add the milk (strained). Put it into a saucepan and stir over the gas till it has boiled three or four minutes. Add the cream, crab, anchovy sauce, and cayenne, heat thoroughly, last of all stir in the lemon juice.

TOMATO SAUCE

(for keeping).

INGREDIENTS.

274

1 dozen tomatoes	1 head garlic
1 teaspoonful ground ginger	1 tablespoonful vinegar
$\frac{1}{2}$ oz. salt.	A small quantity cayenne

METHOD.

Put the tomatoes in a stew-jar and stew in the oven (which must not be too hot) until tender; rub through a fine sieve, add the other ingredients (the garlic finely chopped), and boil half-an-hour. Put into well-sealed bottles, and if put in a dry place will keep for years.

SALAD DRESSING

(Very Good).

INGREDIENTS.

$\frac{1}{2}$ pint of thick cream	1 tablespoonful tarragon vinegar
2 hard-boiled eggs	3 tablespoonsful malt vinegar
1 dessert-spoonful salt	1 teaspoonful of pepper
1 tablespoonful brown sugar	A little cayenne pepper
1 teaspoonful mustard	

275

METHOD.

Put the salt, sugar, mustard, pepper, and cayenne into a mortar, and pound it well, then add the yolks of the eggs, and pound these ; add the cream and the vinegar gradually ; mix thoroughly, and strain into a salad bottle.

CHUTNEY SAUCE.

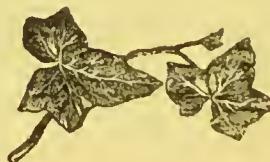
INGREDIENTS.

$\frac{3}{4}$ tablespoonsful chutney	1 onion
$\frac{1}{2}$ pint thick gravy	1 oz. butter

276

METHOD.

Chop the onion finely, and fry it in the butter, add the chutney and gravy. Boil five minutes.



Sweet Sauces.

SABAYON SAUCE.

INGREDIENTS.

277	2 eggs	1½ oz. castor sugar
	½ pint sherry	

METHOD.

Beat the eggs in a stew-pan, then beat in the sugar and sherry. Put the sauce upon the simmering burner, and whisk until the eggs are cooked, but not curdled.

MARMALADE SAUCE.

INGREDIENTS.

278	½ pint water	1 teaspoonful lemon juice
	2 tablespoonsful marmalade	1 wineglassful sherry
		Sugar to taste

METHOD.

Stir the marmalade, water, and lemon juice in a pan until it boils. Add the sugar and then the sherry.

MARMALADE SAUCE (No. 2).

INGREDIENTS.

279	½ tablespoonful cornflour	2 tablespoonsful marmalade
	½ pint water	Rind of half a lemon
	1 tablespoonful sugar	

METHOD.

Boil the water and lemon rind together ; mix the cornflour with a little cold water, strain to it the boiling water, return to the saucepan with the marmalade and sugar, and let it boil well.

GERMAN SAUCE.

INGREDIENTS.

280	Yolks of 3 eggs ½ pint of sherry		1 oz. castor sugar
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METHOD.

Put the yolks of the eggs, sugar, and sherry into a saucepan, and whisk over a very cool stove until it thickens. On no account allow it to boil. Very good with plum pudding.

LEMON SAUCE.

INGREDIENTS.

281	1 oz. lump sugar 1 lemon Water (boiling) rather more than ½ pint		2 tablespoonsful water (cold) Arrowroot, a small dessert- spoonful
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METHOD.

Rub the sugar on the lemon rind, till all the outer rind has been removed. Put it into the boiling water. Mix the arrowroot with the cold water, pour in the boiling water, return to the saucepan and boil for one minute, add the lemon juice. If the lemon is a very large one more sugar will be required.

WINE SAUCE.

INGREDIENTS.

282	½ pint water (boiling) 2 tablespoonsful water (cold) ½ pint sherry		Sugar to taste Arrowroot, a small dessert- spoonful
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METHOD.

Mix the arrowroot to a smooth paste with the cold water. Pour on the boiling water gradually, stirring well. Put it into a saucepan, add the wine, boil one minute, sweeten and serve.

This sauce may be coloured with a few drops of cochineal.

EGG AND WINE SAUCE.

INGREDIENTS.

283	$\frac{1}{2}$ pint milk (boiling)		1 wineglassful sherry
	1 egg		Sugar to taste

METHOD.

Beat the egg well, beat in the sherry. Pour on the milk, which must be *almost* boiling, and while doing so whisk the sauce quickly till it froths. It must be served immediately.

JAM SAUCE.

INGREDIENTS.

284	3 tablespoonsful jam		3 tablespoonsful sugar
	$\frac{1}{2}$ pint sherry		

METHOD.

Boil quickly for 20 minutes. Strain and serve.

WHITE SAUCE.

INGREDIENTS.

285	1 oz. butter		1 pint milk
	1 oz. flour		2 tablespoonsful sugar

METHOD.

Melt the butter, add the flour with the saucepan off the gas, stir in the milk gradually, return to the gas, and boil well for five minutes. Sweeten with the sugar.

BRANDY SAUCE.

INGREDIENTS.

286	1½ oz. butter 1 oz. flour ¾ pint water	½ pint brandy 2 tablespoonsful sugar
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METHOD.

Make as in preceding recipe, adding the brandy and sugar last of all.

ARROWROOT SAUCE.

INGREDIENTS.

287	½ oz. arrowroot 1 oz. sugar	½ pint water A little vanilla essence
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METHOD.

Put the water on to boil, then add the arrowroot, which has been mixed to the consistency of thick cream, with a little cold water. Boil for a few minutes, then add the sugar and flavouring.

N.B.—Cornflour sauce may be made in the same manner.

PLUM PUDDING SAUCE.

INGREDIENTS.

288	1 gill sherry ½ gill brandy ½ oz. castor sugar	A little grated lemon peel ½ pint thick melted butter A little grated nutmeg
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METHOD.

Mix altogether and boil.

APPLE SAUCE (No. 2).

INGREDIENTS.

289	2 lb. apples ½ lb. brown sugar 1 oz. butter	Grated nutmeg 2 tablespoonsful water
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METHOD.

Peel and core the apples, cut in slices, put into a saucepan with all the other ingredients, and boil until the apples are quite soft, then rub through a fine sieve.

CHOCOLATE SAUCE.

INGREDIENTS.

3 oz. grated chocolate	$\frac{1}{2}$ pint milk
Castor sugar to taste	1 well-beaten egg
Essence of vanilla to taste	

METHOD.

Dissolve the chocolate in the milk. Let it boil, then add vanilla and sugar to taste. When quite hot pour it on the egg, whisk all the time. Return to the pan and whisk over the gas till the egg is cooked but not curdled. Serve at once.

The egg may be omitted, in which case the sauce should be thickened with a small teaspoonful of cornflour. The cornflour is mixed with a little cold milk, the boiling chocolate is poured on it, it is then stirred over the gas till it has boiled for two or three minutes. In this case the vanilla must not be added till last of all.

VANILLA SAUCE.

To half-a-pint of plain white sauce, add a few drops of vanilla, half a wineglass of brandy, and castor sugar to taste.

Almond Sauce is made in the same manner, using almond essence instead of vanilla.

FLAKE SAUCE à la Camps.

INGREDIENTS.

292

2 oz. castor sugar
2 oz. butter

| $\frac{1}{2}$ wineglassful sherry
1 wineglassful brandy

METHOD.

Cream the sugar and butter *well* together. Add the brandy first, very gradually, stirring all the time, then a little sherry. The sherry must be very carefully added or it will curdle the sauce. Sometimes only one tablespoonful of sherry will be necessary. It must at once be poured into the tureen in which it is to be served, and put away in a cool place until required. If disturbed after it has once been put into the dish, it will curdle and be quite spoiled.

This sauce is very good indeed for Christmas puddings.





Pastry.

PUFF PASTRY.

INGREDIENTS

$\frac{1}{2}$ lb. fine flour	A pinch of salt
$\frac{1}{2}$ lb. butter	1 yolk of egg
1 teaspoonful lemon juice	Cold water to mix

METHOD.

Rub the flour through a sieve to remove any lumps; place the butter in a clean cloth and squeeze out all the moisture. Put the flour into a basin, or upon a marble slab, make a well in the centre, and drop in the salt, lemon juice, and yolk, add the cold water very gradually, and with the fingers work into a soft elastic paste, then knead until quite smooth. Roll out until about quarter of an inch in thickness. The butter should be of the same consistency as the dough, then press it out to half the size of the rolled out pastry, place it upon the pastry about a quarter of an inch from the edge, fold the pastry over it, and press the edges of the pastry lightly together. Roll out, being careful not to

allow the butter to work to the surface, fold equally into three, allow it to stand in a cool place for 15 minutes. Place the open edges towards you upon the board, roll out again, fold into three as before, and allow to cool for 15 minutes after the friction of the rolling pin. Repeat this until the pastry has been rolled out seven times after the addition of the butter, and it is then ready for use.

GENOESE PASTRY.

INGREDIENTS.

294	3 oz. flour	3 eggs
	3 oz. butter	3 oz. castor sugar

METHOD.

Beat the eggs and sugar together for about 20 minutes, until they are of the consistency of cream. Rub the butter lightly into the flour, then stir the flour quickly and very lightly into the beaten eggs. If the flour be *beaten* in the pastry will be spoiled. Pour the pastry into a shallow cake-tin lined with greased paper, and bake in a moderately hot oven about an hour.

FRENCH PASTRY.

INGREDIENTS.

295	5 oz. flour	3 eggs
	2 oz. butter	$\frac{1}{2}$ pint cold water.
	3 oz. castor sugar	

METHOD.

Put the butter and water on to boil, when boiling stir in the flour and sugar, and cook over the gas, stirring all the time, until the mixture leaves the sides of the saucepan clearly. Draw the saucepan off the gas and beat in each egg separately.

Dip a knife and two dessert-spoons into hot water, and

shape the mixture like eggs, place them upon a greased baking-sheet, not too near together, and bake for an hour in a moderate oven. The pastry, when done, may be opened at the sides and filled with preserve or whipped cream.

ROUGH PUFF PASTRY.

INGREDIENTS.

296

$\frac{1}{2}$ lb. flour	$\frac{1}{2}$ teaspoonful of lemon juice
5 oz. butter or lard	Cold water to mix
A pinch of salt	

METHOD.

Put the flour and salt into a basin, cut the butter or lard into small pieces and add to the flour, squeeze in the lemon juice, and with the cold water mix into a rather stiff paste. Turn out on to a floured board, roll into a long strip, fold equally into three, turn open edges towards you, and roll out as before. Repeat this until the pastry has been rolled out four times, when it is ready for use.

N.B.—Instead of using all butter or lard, the quantities may be equally divided, and if the crust be required for meat pies good beef dripping may be used.

RICH SHORT PASTRY.

INGREDIENTS.

297

6 oz. Coombs' Flour	1 teaspoonful castor sugar
4 oz. butter	A pinch of salt
1 egg, beaten (yolk)	A little cold water

METHOD.

Put flour, salt, and sugar into a basin, rub the butter into the flour with the tips of the fingers, until it has the appearance of fine bread-crumbs, then mix into a stiff paste

with the beaten egg, to which a little cold water has been added. This pastry only requires rolling out once.

ARTISAN SHORT PASTRY.

INGREDIENTS.

298	1 lb. Coombs' Flour 6 oz. dripping	Cold water to mix A little salt
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METHOD.

Put flour and salt into a basin, and rub in the dripping until it looks like fine bread-crumbs. Mix into a stiff paste with the cold water, roll out to required size, and it is ready for use.

ANOTHER SHORT PASTRY.

INGREDIENTS.

299	1 lb. flour $\frac{1}{2}$ lb. lard A pinch of salt	1 teaspoonful baking powder Cold water to mix
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METHOD.

Make according to directions for artisan short pastry.

N.B.—Baking powder should be well mixed into the flour just before the cold water is added, and the pastry should be put into the oven as soon as possible afterwards, otherwise the baking powder will lose its effect. *All* pastry should be placed in a hot oven for the first 10 or 15 minutes to throw it up, and make it nice and light, afterwards it should be cooked more slowly, the gas being lowered until about half-full. If the pastry be ever so well prepared, and then placed in a cool oven, it will be spoiled.

FLAKY PASTRY.

INGREDIENTS.

300	1 lb. fine flour 4 oz. of butter or lard	A pinch of salt Cold water to mix
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METHOD.

Divide the butter or lard into four equal portions, rub one portion into the flour and salt as for short pastry. Mix into a stiff but smooth paste with cold water. Turn out upon a floured board, roll into a long strip, place one of the three remaining portions of butter or lard in small lumps along the strips, fold the pastry into three, turn the open edges towards you, press them lightly together at each end with the rolling pin, to keep in the air, roll out again into a long strip, and proceed in the same manner until all the butter has been used, and the pastry rolled out altogether four times.

If possible, allow the pastry to stand in a cool place for 15 minutes after each rolling.

HUGON'S PASTRY.

INGREDIENTS.

301	1 lb. flour 4 oz. Hugon's Suet	A pinch of salt Cold water to mix
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METHOD.

Chop the suet finely, and rub it lightly into the flour and salt. Mix into a stiff paste with cold water, roll out, and use.

N.B.—This pastry is very good indeed for all kinds of boiled fruit, or meat puddings and meat pies.

RAISED PIE CRUST.—(Hot).

INGREDIENTS.

302	1 lb. household flour 6 oz. butter or lard	$\frac{1}{2}$ pint hot milk or water $\frac{1}{4}$ oz. salt
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METHOD.



Put the milk and butter on to boil. Mix the flour and salt together in a basin, and pour upon it the boiling milk and butter, stir in quickly with a wooden spoon, and as soon as the dough is sufficiently cool, knead it well with the hands until quite smooth and elastic. It must be moulded while warm, but allowed to get quite cool afterwards before being filled.

RAISED PIE CRUST.—(Cold).

INGREDIENTS.

303

1 lb. flour
4 oz. butter
1 egg

Cold water to mix
1 teaspoonful salt

METHOD.

Rub the butter lightly into the flour and salt, and mix into a smooth, firm paste with the beaten egg and cold water. The egg may be omitted, and milk used instead of water if desired. This crust must be rather less firm than ordinary short crust, or it will break when moulding.

BEATEN PASTRY.

INGREDIENTS.

304

$\frac{1}{2}$ lb. flour
1 egg, beaten
1 teaspoonful castor sugar

A pinch of salt
6 ozs. of butter or lard
Cold water to mix

METHOD.

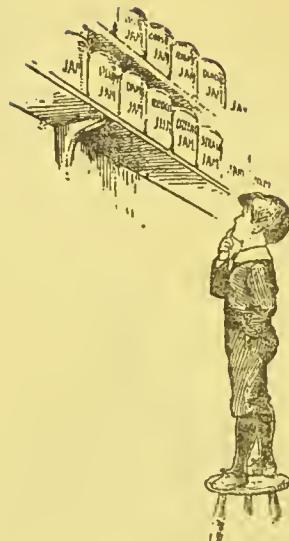
Beat the butter or lard to a cream, stir in the sugar and salt, then add the flour gradually, moistening with the beaten

egg and a little cold water until the paste leaves the sides of the basin clearly. Turn out upon a floured board, and roll out to the required size.

One teaspoonful of lemon juice may be added to this pastry if desired.

N.B.—This is an excellent recipe for pastry during the hot weather of summer, as it requires scarcely any handling.





Various Pies and Tarts.

RAISED PORK PIE.

INGREDIENTS.

305

$1\frac{1}{2}$ lb. pork	1 $\frac{1}{2}$ teaspoonsful salt
1 teaspoonful sage	1 teaspoonful pepper
Hot crust (for raised pies)	

METHOD.

Cut the pork up into small pieces, season it nicely with the pepper, salt, and sage. Mould the crust either with the hands or upon a pie-mould, while it is quite warm. Set aside until quite cold, then fill with the meat; the meat should be packed in tightly. Wet round the edges of the pie and put on the lid. A quarter of a pound of the crust should be weighed off for the lid, and kept warm. Trim

the edges neatly with a pair of scissors, make a hole in the centre of the lid, and decorate the lid as fancy dictates with the trimmings of the paste. Tie a band of paper round the pie, place it upon a baking-sheet and bake for about two hours. The oven should be nice and hot for the first 10 or 15 minutes, and then the pie should cook slowly until done.

It is most essential that *pork* be thoroughly cooked.

Fill the pie when done with good gravy made from the bones.

When cold serve the pie garnished with parsley. The appearance of the pie is very much improved if brushed over with beaten egg about 10 minutes before it is done.

GAME PIE.

INGREDIENTS.

1 hare

Pepper and salt to taste

Aspic jelly to garnish

1 pint good flavoured stock

1 pheasant, fowl, or partridge

306

METHOD.



Stew the hare and pheasant, fowl, or partridge until the flesh easily leaves the bones. Remove the meat in as large pieces as possible from the bones, pack it in a game pie-dish, and season well. The bones should be stewed in the stock from the game, seasoned, and poured hot over the game. Serve cold, and garnish nicely with aspic jelly.

PIGEON PIE.

INGREDIENTS.

307	4 pigeons 1 lb. rump steak 4 yolks of hard-boiled eggs	$\frac{1}{2}$ pint good stock Pepper and salt to season Puff or flaky pastry.
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METHOD.

Draw the pigeons and cut them in halves. Cut the steak into thin strips, season it and the pigeons nicely. Place half of the steak at the bottom of a pie-dish, half of the pigeons and hard-boiled yolks, repeat this, and then pour over the stock. Cover with pastry, and finish as directed for steak pie. Bake in a moderate oven about $1\frac{3}{4}$ hours.

The legs of two of the pigeons should be washed and cleaned, and placed, claws uppermost, in the hole in the centre of the crust.

VEAL AND HAM PIE.

INGREDIENTS.

308	1½ lbs. of veal $\frac{1}{2}$ lb. of ham $\frac{3}{4}$ lb. of pastry 2 teaspoonsful of lemon juice 2 hard-boiled eggs	1 tablespoonful of flour 1 teaspoonful of salt $\frac{1}{2}$ " pepper 1 dessert-spoonful chopped parsley $\frac{1}{2}$ pint cold water
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METHOD.

Cut the veal into stripes, the ham (which should be rather fat) into small pieces ; season and roll the veal as directed for "Steak and Kidney Pie." Cut the eggs into quarters, lengthways. Half fill the pie-dish with the rolls of veal and ham, then sprinkle over half of the chopped parsley and lemon juice, and put here and there pieces of the hard-boiled eggs. Fill the dish with the remainder of the meat, and sprinkle over the rest of the parsley and lemon juice.

Place the egg amongst the meat as before, and pour in the water. Cover the pie with either rough puff, flaky, or short pastry in the same manner as directed for steak pie.

Bake for about $1\frac{1}{4}$ hours in a moderately hot oven.

RAISED VEAL AND HAM PIE.

Make with the above ingredients, leaving out the flour
309 and water, according to directions for "Raised Pork Pie."

Small forcemeat balls placed between the layers of veal
are a very nice addition to this pie.

BEEF STEAK AND KIDNEY PIE.

INGREDIENTS.

310	$1\frac{1}{2}$ lbs. best steak	$\frac{1}{2}$ teaspoonful of salt
	$\frac{1}{2}$ lb. ox kidney	$\frac{1}{2}$ teaspoonful of pepper
	$\frac{1}{2}$ lb. flaky pastry	$\frac{1}{2}$ pint of cold water (about)
	1 tablespoonful of flour	1 teaspoonful Bovril

METHOD.

Beat the steak well to make it nice and tender. Cut it into strips about one inch wide and three or four inches long. Mix the flour, salt, and pepper together upon a plate, dip each piece of meat into this and roll a small piece of the kidney inside each strip. Place the rolls of meat in a pie-dish—they should not be packed in too tightly, pour in the water, and add the Bovril. Wet the edges of the pie-dish and cover them with strips of pastry, then put on the lid, decorate this with fancy leaves cut from the pastry trimmings. The edges of the pie should be worked up nicely with the back of a knife. Brush the lid over with beaten egg, but not the edges of the crust.

Bake for about one hour. Fill the pie up with good hot gravy, and serve hot, garnished with parsley.

ROOK PIE.

INGREDIENTS.

311

8 young rooks	2 oz. butter
1 lb. beef steak	1 lb. good pastry
$\frac{1}{2}$ pint stock	Pepper and salt

METHOD.

The rooks should be carefully skinned without plucking. Remove the spines and the flesh upon either side of them, as it has a very bitter taste, and use only the breasts of the birds. Place the meat, cut into small strips, and the rooks, nicely seasoned, in a pie-dish, with small pieces of butter placed among them, and proceed as for pigeon pie. Bake about $2\frac{1}{2}$ hours.

This will be much nicer if the rooks are stewed in good stock for about three-quarters of an hour before being put into the pie.

RABBIT PIE.

INGREDIENTS.

312

1 rabbit	2 hard-boiled eggs
$\frac{1}{4}$ lb. salt pork or ham	$\frac{1}{2}$ pint of stock or water
1 lb. pastry, short or flaky	1 tablespoonful of flour
1 teaspoonful of salt	$\frac{1}{2}$ teaspoonful of pepper

METHOD.

Cut the rabbit into small joints, mix the flour, salt, and pepper upon a plate, and dip the joints into this seasoning. Place the joints, pork, or ham, and eggs, cut into quarters, alternately in the pie-dish. Pour in the stock, cover with pastry, and finish as for beef steak pie.

This pie will take about an hour to bake, and is very good if $\frac{1}{2}$ lb. of pork sausages be placed in among the meat.

RAISED PHEASANT PIE.

INGREDIENTS.

313

1 pheasant	1 lb. hot or cold raised crust
½ pint good gravy	1 teaspoonful of pepper
½ lb. fat bacon	1½ teaspoonsful of salt

FORCEMEAT FOR SAME.

2 lb. veal	6 or 7 truffles, or
½ lb. fat bacon	4 small mushrooms
6 oz. bread-crumbs	1 teaspoonful of salt
2 eggs (nearly)	½ , , , , , pepper

METHOD FOR FORCEMEAT.

Mince the veal and bacon, cut the truffles in small pieces, mix all the ingredients well together, and bind with the beaten eggs.

METHOD FOR THE PIE.

Carefully bone a well-hung pheasant, stuff it with half of the forcemeat, and half roast it, basting well with butter.

Mould the pastry according to directions for "Raised Pork Pie." Lay slices of the bacon at the bottom of the crust, and over these the pheasant, then the remainder of the forcemeat, and above that more slices of fat bacon. Put on the lid, decorate tastefully, finish as for "Pork Pie."

Bake about three hours. Use the bones for making the gravy to fill the pie with afterwards.

N.B.—A fancy raised pie-mould is very nice to use for this pie, lined with the pastry.

Raised chicken pie may be made in exactly the same manner.

LOBSTER PATTIES.

INGREDIENTS.

314

½ lb. flaky or rough puff pastry	1 tablespoonful of butter or cream
1 lb. tinned lobster	Pepper, salt, and cayenne to season

METHOD.

Chop the lobster finely, season it nicely with a little pepper, salt, and cayenne, and mix in the butter, oiled, or the cream. Line some patty-pans with pastry, fill with the mixture, cover with lids of pastry, make a hole in the centre of the lids, and decorate with small fancy leaves. Brush over with beaten egg, and bake in a quick oven about 20 minutes.

SALMON PATTIES.

- 315** For these use either tinned or cold cooked salmon, and prepare and cook like "Lobster Patties."
-

MACKEREL PATTIES.

- 316** Make like "Lobster Patties," leaving out the butter or cream, and adding one teaspoonful of anchovy essence.
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SAUSAGE ROLLS.

INGREDIENTS.

317	$\frac{1}{2}$ lb. flaky or short pastry	$\frac{3}{4}$ lb. sausage meat or sausages	1 egg, beaten
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METHOD.

Cut the pastry into six squares, place half of a sausage upon one end of a square, wet the edge of the pastry, roll over carefully, leaving the ends open, and mark across the top three or four times with the back of a knife. Brush over with beaten egg. Place the rolls upon a baking-sheet and bake in a quick oven for about 20 minutes.

To remove the skins from the sausages, place them in a basin of cold water, cut the skin at one end, take hold of the

sausage at the opposite end, and work the meat out at the opening. The meat comes out very easily, leaving the skins quite clean. This method does not destroy the flavour so much as parboiling them to remove the skins.

CORNISH PASTIES.

INGREDIENTS.

$\frac{1}{2}$ lb. plain short pastry	Small onion, finely chopped
$\frac{1}{2}$ lb. beef steak	$\frac{1}{2}$ teaspoonful of salt
$\frac{1}{2}$ lb. potatoes	$\frac{1}{4}$ " pepper

METHOD.

Roll out the pastry quarter of an inch in thickness, stamp into rather large rounds with a plain round cutter.

Cut the meat and potatoes into small dice, season nicely with the pepper and salt, and mix with the finely-chopped onion.

Place equal quantities of the mixture upon the centre of each round of pastry. Wet round the edges of the pastry, double the pastry, bringing the edges to the top, goffer the edges nicely to form a frill with the fingers. Brush the pasties over with beaten egg, and place them upon a greased baking-sheet, and bake in a moderate oven about 30 minutes.

N.B.—Very nice variations may be made by using chicken and ham, lamb, sausage meat, game, &c., for these pasties, leaving out the vegetables.

FRUIT TARTS.

Half fill a pie-dish with fruit, apples, pared and sliced, or any fruit that may be in season, then sprinkle the fruit over with moist sugar, allowing 3 oz. of sugar to 2 lbs. of fruit. Pour over the fruit about $\frac{1}{2}$ pint of water. Cover

the fruit with a lid of nice pastry, brush over with white of egg and dust with castor sugar; or, brush over with sugar and milk, or sugar and water, one teaspoonful of sugar dissolved in two teaspoonsful of either milk or water. Bake in a quick oven at first for about 10 minutes, then lower the gas and bake moderately for another 20 or 30 minutes, according to the nature of the fruit.

OPEN TARTS.

320 Line a tin-plate, or open tart-mould, with pastry about a quarter of an inch in thickness. Cover the bottom of the pastry with preserve, or with stoned cherries, or apricots, placed close together. Sprinkle well with sugar, and bake in a quick oven from 20 to 30 minutes.

Apples, peeled, cored and sliced, may be used in this manner, and almost any fruit is suitable.

MINCE PIES.

INGREDIENTS.

Puff or other pastry	Mincemeat
Castor sugar	White of egg

METHOD.

Roll out the pastry to a quarter of an inch in thickness, and stamp out into rounds with a fluted cutter. The cutter should be a size larger than the patty-pans. Place half of the rounds upon patty-pans, and put a little mincemeat in the centre of each round. Wet round the edges of the pastry, and cover with the remaining rounds, pressing the edges lightly together. Glaze with white of egg, and dust with castor sugar.

Bake in a quick oven about 20 minutes.

MINCEMEAT.

322



INGREDIENTS.

- 1 lb. apples, peeled, cored, & chopped
- 1 lb. raisins, stoned and chopped
- $\frac{3}{4}$ lb. of currants, washed, dried, & picked
- $\frac{1}{2}$ lb. of suet, *very* finely chopped
- 1 lb. of moist sugar
- $\frac{1}{2}$ lb. of candied peel, finely shredded & chopped
- 2 lemons, grated rind and juice

METHOD.

Mix all the prepared ingredients *well*, tie down in jars, and keep in a dry place.





Puddings & Various Sweets.

THORNTON PUDDINGS.

INGREDIENTS.

323

2 eggs	2 tablespoonsful of strawberry jam
1½ oz. of butter	
3 oz. of flour	
½ teaspoonful of carbonate of soda, dissolved in a little luke-warm milk	

METHOD.

Rub the butter lightly into the flour, add the sugar, beat in the eggs, stir in the jam, and lastly add the dissolved carbonate of soda. Well grease some small dariole moulds with a little of Hugon's Refined Beef Suet, and three parts fill them with the mixture, allowing plenty of room in the moulds for the puddings to rise. Steam for three-quarters of an hour, and serve with a good pudding sauce.

If desired, this pudding may be steamed in a one-pint pudding mould, and will then take about one hour to steam.

SHERLOCK, OR MYSTERIOUS PUDDING.

May be made as in foregoing recipe, using marmalade instead of jam, and adding $1\frac{1}{2}$ oz. of dried cherries, cut in halves. Also use "Coombs' Flour," and no soda.

GENOESE FLOWER BASKETS.

INGREDIENTS.

Stale sponge or Genoese cake	Strips of angelica, 4 in. long and $\frac{1}{2}$ in. wide
Apricot and raspberry preserve	$\frac{1}{2}$ pint whipped cream A few crystallised violets
	„ „ rose leaves

METHOD.

Stamp the cake into six rounds, about $1\frac{1}{2}$ inches in thickness, with a medium sized plain cutter, then with a cutter three sizes smaller, remove a small portion of the interior from each round, being careful not to allow the small cutter to go right through them. Coat three of the rounds with apricot preserve, rubbed through a sieve, and sprinkle with finely-chopped pistachio kernels. Coat the other three with the raspberry preserve and sprinkle with desiccated cocoanut. Fill each basket with whipped cream, passed through a vegetable rose forcer. Dip the angelica into boiling water to make it pliable, and then place a small handle upon each basket. Decorate the cream with crystallised violets and rose leaves.

SEA SHELLS.

INGREDIENTS.

7 oz. of castor sugar	A little cochineal
7 oz. of ground almonds	„ sap. green.
1 egg & 1 white of an egg	

METHOD.

Mix the sugar and almonds well together, and add sufficient egg to form into a stiff paste. Colour half of the mixture a pretty green, and the remainder a pretty pink. Roll out to a quarter of an inch in thickness, and then line well oiled small tin shell-moulds with the mixture. Bake in a moderate oven about 10 minutes. When quite cold, carefully remove from the moulds, and fill each shell with sliced strawberries, bananas, or any suitable fruit in season, and over the fruit pile a little whipped cream.

CHANTILLY BASKETS.

INGREDIENTS.

327

Some macaroons and caramel.

METHOD.

Boil 5 oz. of sugar to caramel, and then line small plain moulds with the biscuits, dipping the sides in the caramel to make them adhere.

Remove from the moulds, when set, and fill with whipped cream, decorate the cream with crystallised fruit of various colours; cut into slices.

RICHMOND GEMS.

INGREDIENTS.

328

6 oz. of ground almonds	A few drops of cochineal
6 oz. of castor sugar	„ sap. green
1 egg	

METHOD.

Mix the almonds and sugar together, and make into a stiff paste with the egg, slightly beaten. Divide the paste into three equal portions, leave one portion the natural colour, and colour the remaining portions respectively a

pretty pink and green. Turn out upon a floured board, and roll to about quarter of an inch in thickness. Stamp into fancy shapes with cutters, and bake in a moderate oven about 10 minutes.

LITTLE NOUGAT PAILS.

INGREDIENTS.

329 6 oz. of sweet almonds, blanched and shredded
 6 oz. of castor sugar, boiled until a golden colour
 Whipped cream
 Angelica

METHOD.

Bake the almonds until a golden brown, then mix them while hot with the boiled sugar. Turn out upon an oiled slab, press the mixture out flat with an oiled lemon, then quickly line six small, plain dariole moulds, which have been previously *well* oiled. When set carefully remove from moulds and fill with whipped cream. Cut small strips of angelica for handles.

MERINGUES.

INGREDIENTS.

330 The whites of four eggs | Flavouring essence
 8 oz. of castor sugar

METHOD.

Beat the whites to a very firm froth.

Sift the sugar, and mix lightly and quickly with them.

Add any flavouring essence. This should be put into it with the sugar.

Cover meringue boards with stout paper, and oil it.

Put the meringue mixture on it with a spoon, or forcing bag and pipe, in the shape of half an egg.

Dust them with sifted sugar.

With a small bellows blow off the waste sugar, and bake the meringues in a *very* moderately-heated oven for two or three hours.

Do not let them take more than a pale fawn colour.

Then detach the meringues from the paper.

With a spoon scoop out all the soft inside, and put them into the oven for a few minutes to dry the insides.

They must be filled only just before serving, or they will become soft.

The meringues may be filled with preserve or beaten cream sweetened and flavoured, and must be joined two together with white of egg, to take the shape of eggs.

ITALIAN MERINGUES.

INGREDIENTS.

331	4 eggs (white)	3 oz. of almonds
	8 oz. of castor sugar	Some orange flowers

METHOD.

Blanch the almonds and cut them into strips.

Mix the sugar and whites of eggs as in foregoing recipe, and mix the almonds and orange flowers with it.

Bake in square cases in a gentle oven.

CROCUS PUDDING.

INGREDIENTS.

332	1 pint of good milk or cream	4 teaspoonsful of fine flour
	6 oz. of castor sugar	$\frac{1}{2}$ lb. of small macaroons
	2 lemons	1 teaspoonful of comfits 6 or 8 pistachio kernels

METHOD.

Put the milk into a saucepan to boil, when boiling add to it the flour which has been mixed with a little cold milk, boil three minutes, move from the stove, add the juice and grated rind of the lemons, also the sugar, allow this to cool;

arrange half the macaroons in a deep dish, cover with the cream, put in the remainder of the macaroons, and fill up with the cream. Stand aside to get cold. Blanch the pistachio kernels and cut them in slices. Stick these in the top of the cream and sprinkle over it the comfits.

QUEEN PUDDING.

INGREDIENTS.

333

$\frac{1}{2}$ pint of bread-crumbs	1 dessert-spoonful of sugar
1 pint of milk	A little jam
1 oz. of butter	Grated rind of half a lemon
2 eggs	

METHOD.

Put the milk on to boil. Place the bread-crumbs in a basin, grate over them the lemon rind, add the butter, then pour over the boiling milk. Allow to stand a few minutes to cool, beat in the yolks of the eggs, add the sugar, and put the pudding into a greased pie-dish, and bake in a moderate oven until set. Remove the dish from the oven, spread the jam over the top, and pile the stiffly-beaten whites of the eggs upon the jam. Return the pudding to the oven for a few minutes to set the meringue. Sift over castor sugar, and serve.

IMPERIAL PUDDING.

INGREDIENTS.

334

$\frac{1}{2}$ lb. of flour (Coombs')	1 tablespoonful of milk
2 oz. of butter	1 egg
2 oz. of sugar	Jam

METHOD.

Rub the butter well into the flour, add the other dry ingredients, then beat the egg well and add the milk; mix well together, pour all into a well-greased basin, having first placed some jam at the bottom of the basin. Steam for one hour.

PRINCESS PUDDING à la Camps.

335

INGREDIENTS.

6 oz. of butter	6 oz. of flour
6 oz. of castor sugar	6 oz. of raisins
6 eggs	6 oz. of currants
4 oz. of mixed peel	

METHOD.

Cream the butter and sugar. Separate the eggs, and beat the whites to a stiff froth. Add the yolks and beat well for 10 minutes, and then the whites. Then add the flour gradually and stir in lightly. The raisins must be stoned and finely chopped, the currants well washed, dried, and picked, and the lemon peel very finely chopped. Mix all well together.

Well butter a mould, and sprinkle it with some of the finely-chopped lemon peel, fill with the mixture, allowing plenty of room for the pudding to rise. Steam for four hours. Serve hot with cold flake sauce. (*See Sauces.*)

SLICE PUDDING.

336

INGREDIENTS.

Slices of bread and butter	$\frac{1}{4}$ lb. of currants
2 oz. of sugar	$\frac{1}{2}$ pint of milk
1 egg	

METHOD.

Well grease a dish, and place in layers the bread and butter, sugar, and currants, beat the egg and milk well together, and pour over all. Bake in moderate gas oven for about an hour.

APPLE AMBER PUDDING.

INGREDIENTS.

337	8 apples 2½ oz. of butter 3 oz. of moist sugar	Rind and juice of one lemon 3 eggs A little pastry
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METHOD.

Wash the apples (they need not be peeled or cored), and cut them into small pieces.

Put them into a stew-pan with the butter, sugar, lemon rind and juice, and stew until tender.

Then rub through a hair-sieve ; the sieve keeps back the peel and pips.

Beat the three yolks into the mixture, and put it into a pint pie-dish lined with a little pastry.

Bake in a moderate oven until set.

Then beat the whites of the eggs to a stiff froth, with a dessert-spoonful of castor sugar, and heap on the top.

Put it again into a cool oven until the whites are set.

This pudding may be served either hot or cold.

MANCHESTER PUDDING.

INGREDIENTS.

338	½ pint of fine bread-crumbs 1 pint of boiling milk 2 eggs 2 oz. of butter	½ lb. of castor sugar 1 lemon A little lemon curd
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METHOD.

Pour the boiling milk over the bread-crumbs ; when cool mix with it the yolks of two eggs, the butter, 1 oz. of sugar, and rind of the lemon, and pour into a pie-dish. Bake lightly ; let it cool. Whip the whites of the eggs with 3 oz. sugar, add gradually the juice of the lemon, spread a layer of lemon curd over the pudding, pour the whip over, and bake lightly. This pudding is best eaten cold.

CHOCOLATE PUDDING.

INGREDIENTS.

339	4 oz. of cocoa 7 oz. of bread-crumbs 3 oz. of sugar	3 oz. of butter $\frac{1}{2}$ pint of milk or cream 3 eggs. Vanilla flavouring
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METHOD.

Melt the cocoa in the milk over the stove, then melt the butter ; add the sugar ; pour this over the bread-crumbs, add the yolks of eggs separately, then mix in the melted cocoa and milk. Beat the whites to a stiff froth, stir them in lightly, and steam in a well-buttered mould for one hour.

LEICESTER PUDDING.

INGREDIENTS.

340	1 gill of milk or cream 1 oz. of butter, 2 eggs 1 oz. of flour (Coombs' aerated)	1 tablespoonful of cake-crumbs 1 tablespoonful of castor sugar
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METHOD.

Melt the butter, mix all the ingredients together, the eggs being well beaten, it will make a rich batter. Put into one large greased mould, or several small moulds ; steam until quite set. If in a large mould, when cold, cut in slices, cover with egg and bread-crumbs, fry in boiling fat. Serve with jam sauce. (*See Sauces.*)

LEMON CREAM PIE.

INGREDIENTS.

341	Pastry 6 oz. of castor sugar 2 tablespoonsful of corn-flour (Brown & Polson's)	2 oz. of butter 2 eggs 2 lemons $\frac{1}{2}$ pint of cold water
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METHOD.

Put the water into a saucepan to boil, then add the corn-flour which has been mixed with a little cold water, stir

until it boils and thickens, move from the stove, add the butter, grated rind and juice of the two lemons, lastly the eggs, which have been well beaten. Line a pie-dish with puff paste, decorate the edges ; pour in the mixture, and bake 20 to 30 minutes.

LEMON PUDDING (Boiled).

INGREDIENTS.

342

$\frac{1}{2}$ lb. of bread-crumbs	2 eggs, well beaten
$\frac{1}{2}$ lb. of finely-chopped suet	2 oz. of flour
The rind of 2 lemons, juice of 1	$\frac{1}{2}$ lb. of sifted sugar

METHOD.

Mix all together, and boil three-quarters of an hour.

APRICOT PUDDING.

INGREDIENTS.

343

Slices of thin bread and butter	3 eggs
Apricot jam	1 tablespoonful of sugar
1 pint of milk	4 drops of essence of almonds

METHOD.

Spread the jam on one slice of bread and butter, place another slice on the top ; line the inside of a greased basin with the slices of bread and butter and jam, and fill up the basin. Cover with the custard mixture. Serve with sauce made with apricot jam, sherry, and sugar.

APPLE MERINGUE TART.

INGREDIENTS.

344

Rich short paste	Rind of half a lemon
1 lb. of apples	2 eggs
$\frac{1}{2}$ lb. of sugar	1 teaspoonful of pink sugar

METHOD.

Line a tart-dish with the pastry, and decorate the edge. Peel, core, and cut the apples into slices, boil with the sugar and lemon rind until quite tender, pass through a fine sieve, add the yolks of the eggs, mix thoroughly; put into the lined dish, bake 20 to 30 minutes. Whip the whites of the eggs to a stiff froth and mix with it the pink sugar: place this on the top of the apples, put into a hot oven to brown slightly.

ROSS PUDDING.

INGREDIENTS.

345

$\frac{1}{2}$ lb. of castor sugar	2 lemons
3 oz. of cake-crumbs	$\frac{1}{2}$ pint of milk or cream
4 eggs	Puff pastry

METHOD.

Line a pie-dish with the pastry, and decorate the edge. Put the cake-crumbs, sugar, yolks of eggs, cream, and the grated rind and juice of the lemons into a basin; mix these all together, pour into the lined pie-dish, and bake 20 minutes. Whip the whites of the eggs to a stiff froth; place on top of the pudding, with a little castor sugar; decorate with pistachio kernels, finely chopped. Serve cold.

MARMALADE PUDDING.

INGREDIENTS.

346

6 oz. of bread-crumbs	6 oz. of sugar
6 oz. of suet	4 eggs
6 oz. of marmalade	

METHOD.

Chop the suet finely, and mix with the bread-crumbs sugar, and marmalade.

Beat and strain the eggs, and mix them thoroughly with the other ingredients.

Boil for two hours.

For a plainer pudding use two eggs and a little milk.

BOILED JAM PUDDING.

- 347** Make like marmalade pudding, using any suitable jam in place of the marmalade.

CHILDREN'S PLUM PUDDING.

INGREDIENTS.

348	$\frac{1}{2}$ lb. of flour	$\frac{1}{2}$ lb. of moist sugar
	$\frac{1}{2}$ lb. of bread-crumbs	A little grated lemon peel
	$\frac{1}{2}$ lb. of currants	A little milk
	$\frac{1}{2}$ lb. suet	

METHOD.

Prepare all the ingredients.

Then mix with a little milk, and boil for three hours.

APPLE SNOWBALLS.

INGREDIENTS.

349	Large cooking apples	Sugar
	$\frac{1}{2}$ lb. of rice	

METHOD.

Well wash the rice, and boil it for 10 minutes.

Well drain it, and spread on small floured pudding cloths.

Peel and core the apples and fill the centre with sugar.

Place them on the rice and tie them in the cloths.
Boil for 20 minutes.

GRAVESEND PUDDING.

INGREDIENTS.

350	Stale sponge cake 1 pint of Bird's Custard		Stewed fruit
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METHOD.

Dip a pudding basin, or mould, into cold water, then line it carefully with sponge cake, about half-an-inch in thickness. Then fill the mould with hot stewed fruit nicely sweetened, and juicy (red fruit is most suitable for this pudding). Cover the fruit with a thick round of cake, and put a plate with a heavy weight upon it over the cake. Then let it stand until perfectly cold. Turn out and serve with one pint of Bird's Custard, or half-pint of whipped cream round it.

It is a summer pudding, and should be made the day before it is required. Stale bread may be substituted for the cake.

CANARY PUDDINGS.

INGREDIENTS.

351	2 oz. of Coombs' Flour 2 oz. of butter		2 oz. of castor sugar 2 eggs
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METHOD.

Beat the butter to a cream, add the sugar and flour, beat in each egg separately. Steam for about 20 minutes in well greased dariole moulds.

Serve with jam sauce.

These little puddings may be also baked in a quick oven about 10 minutes.

COVENTRY PUDDING.

INGREDIENTS.

Stale cake ; or, bread-crumbs	Whites of 2 eggs, beaten stiffly ; or, $\frac{1}{4}$ pint of whipped cream
A few tinned apricots	
$\frac{1}{2}$ pint of custard	

METHOD.

Put a layer of cake-crumbs at the bottom of a greased pie-dish, over these place a layer of apricots, cut side downwards, and continue this until the dish is three-parts full. Then make a thick custard with one of Bird's Custard Powders, and pour over the pudding, place a layer of apricots over the custard, and bake for about 10 minutes in a moderate oven. Remove the pudding from the oven, pile the stiffly-beaten whites upon the top, and return to the oven for about five minutes to set the meringue. Serve either hot or cold.

PUNCTUAL PUDDING.

INGREDIENTS.

2 oz. of butter	2 oz. of Coombs' Flour
2 oz. of castor sugar	2 eggs
$\frac{1}{2}$ pint of milk	A little flavouring

METHOD.

Beat the butter and sugar to a cream, beat in the eggs. Stir in the flour, and gradually add the milk. Add the flavouring, beat thoroughly, pour into a greased pie-dish, and bake in a quick oven 45 minutes.

VIENNOISE PUDDING.

354

INGREDIENTS.

5 oz. of stale bread cut into dice	Grated rind of a lemon
3 oz. of sultanas	1 wineglass of sherry
½ lb. of castor sugar	½ pint of milk
2 oz. of candied peel	2 whole eggs

1 oz. of lump sugar

METHOD.

Put the one ounce of lump sugar into an old saucepan, and burn it to a dark brown.

Pour in the milk, and stir until it is well coloured, and the sugar dissolved.

Beat the eggs well, strain the coloured milk on to them, and add the sherry.

Put all the dry ingredients into a basin, and pour the eggs, milk, and sherry over them.

Let the pudding soak for half-an-hour.

Then put it into a well-greased pint mould.

Cover with buttered paper, and steam for one hour and a half.

This pudding should be served with German sauce.

SIMPLE PLUM PUDDING.

355

INGREDIENTS.

½ lb. of finely-chopped suet	6 oz. of candied peel
½ lb. of currants	3 oz. of sugar
½ lb. of raisins, stoned and chopped	1 gill of milk
6 oz. of flour	2 eggs
6 oz. of bread-crumbs	½ teaspoonful of baking powder

METHOD.

Put the dry ingredients into a basin, and mix with the eggs and milk, well beaten together.

Boil in a cloth or basin for four hours.



CARAMEL PUDDING.

356

INGREDIENTS.

6 oz. of lump sugar
A little lemon juice
1 pint of milk

5 yolks and 3 whole eggs
1 tablespoonful of castor sugar
A little vanilla

ie: 3 whole eggs
2 beaten eggs

METHOD.

Put the lump sugar, crushed, into a plain round mould with the lemon juice.

Let it stand over the fire, stirring carefully until it takes a golden-brown tinge. Then turn the mould round and round until it is well-covered, and dip the outside into cold water to set the caramel.

Beat the eggs well.

Put the milk on to boil, when nearly boiling, pour on to the eggs, stirring them quickly, add the sugar and vanilla, and strain into the mould.

Then steam it for an hour.

ALBANY PUDDING.

357

INGREDIENTS.

3 tablespoonsfuls of rice
1 pint of milk
 $\frac{1}{2}$ pint of rich custard
 $\frac{1}{2}$ pint of cream

$\frac{1}{2}$ oz. of gelatine
 $\frac{1}{2}$ lb. of sugar
Flavouring essence
Preserved fruit

METHOD.

Wash the rice and boil it in the milk with the sugar and flavouring essence until quite soft. Dissolve the gelatine in hot milk, add it to the rice with the cream whipped to a stiff froth; mix all thoroughly, and pour into a mould. When cold, turn out and serve with custard and preserved fruit.

SIR WATKIN'S PUDDINGS

INGREDIENTS.

358

$\frac{1}{2}$ lb. of Hugon's Suet, chopped finely	4 oz. of ground rice
$\frac{1}{2}$ lb. of bread-crumbs	4 oz. of orange marmalade
$\frac{1}{2}$ lb. of loaf sugar	3 eggs

METHOD.

Put all the ingredients into a basin, and mix together. Pour into a greased mould, and steam four hours. Serve with sweet sauce.

CREAM SLIPPERS.

INGREDIENTS.

359

Puff pastry	6 pistachio nuts
$\frac{1}{2}$ pint of thick cream	Apricot or strawberry jam
1 oz. of castor sugar	Red sugar. 1 egg.

METHOD.

Roll the pastry out quarter of an inch in thickness, and cut into lengths about one inch wide, wet one side of each strip of pastry and carefully fold it round a cornet or slipper mould (that has been well greased), letting the edges join well; brush over with beaten egg; when all the pastry is used place the slippers on a greased tin and bake about 10 minutes. Take out the moulds, and when the pastry is cold half fill each slipper with jam, fill up with the cream whipped and sweetened, and garnish with the red sugar, pistachio kernels, blanched and chopped.

ECONOMICAL CHRISTMAS PUDDING (à la Camps).

INGREDIENTS.

360

1 lb. of Demerara sugar	1 tumblerful of old ale
1 lb. of raisins	2 lbs. of bread-crumbs
1 lb. of currants	$\frac{1}{2}$ lb. of mixed peel
1 lb. of Hugon's Suet	1 oz. of sweet almonds
2 nutmegs	3 or 4 bitter almonds
2 tablespoonsful of flour	$\frac{1}{2}$ teaspoonful of salt

METHOD.

Shred the peel finely, stone the raisins and put them in whole, clean and dry the currants. Blanch and shred the almonds. Chop the suet finely. Put the bread-crumbs and flour into a basin, add all the other ingredients, grate in the nutmeg. Stir all well together. Grease the moulds, and fill them *quite* full. Put foolscap paper covers over the moulds, before tying on the cloths, which must be tightly secured. Boil gently for seven hours. When done, allow them to cool and dry, without untying the cloths. If hung up in a cool place these puddings will keep beautifully for several years. When required for table, re-boil for three hours, and serve with cold flake sauce, à la Camps. (*See Sauces.*)

PLUM PUDDINGS.

INGREDIENTS.

4 lbs. of beef suet	1 lb. of sultanas
3½ lbs. of flour	2 lbs. of currants
1½ lbs. of bread-crumbs	6 oz. of almonds
1½ lbs. moist sugar	2 lemons
½ lb. of mixed peel	¾ pint of milk
1½ dozen eggs	½ pint of brandy
3 lbs. of raisins	

METHOD.

Chop the suet, peel, and almonds, and clean and chop the currants (this darkens the pudding); stone the raisins, and clean the sultanas; grate the rind of the lemons and squeeze the juice. Put all the dry ingredients together into a basin and mix well with the eggs, brandy, and milk. Add the milk by degrees, because the pudding must not be too wet.

Put the mixture into greased basins; cover the top with a little greased paper; tie a cloth tightly over the top and boil for six hours.

SWISS ROLL.

INGREDIENTS.

362

3 eggs
3 tablespoonsful of Coombs'
Flour

3 tablespoonsful castor sugar
Jam, and half-an-ounce of fat
for greasing paper

METHOD.

Beat the eggs and sugar to a cream. Add the flour by degrees. *Mix lightly*—pour into a baking-tin lined with well-greased paper, and bake in a rather quick oven for about 10 minutes. Turn it out quickly on to a piece of paper with sugar sprinkled on it; spread the jam and roll it up.

APPLE YORKSHIRE.

INGREDIENTS.

363

$\frac{1}{2}$ lb. of flour
1 pint of milk

2 eggs
 $\frac{1}{2}$ teaspoonful of salt

METHOD.

Put the flour into a basin, mix to a smooth paste with the milk, then add the remainder of milk and eggs, well beaten; pour this batter into small round tins, well greased, and bake for half-an-hour; when done, turn out into a dish and spread over the apple, which must previously be stewed with the sugar and a little water; serve very hot.

CUP PUDDINGS.

INGREDIENTS.

364

$\frac{1}{2}$ lb. Coombs' Flour
1 oz. of sugar
1 oz. of butter

1 tablespoonful of milk
1 egg

METHOD.

Rub the butter in flour, add the other dry ingredients; mix the egg and milk together, and add to the other ingredients, mixing all thoroughly. Bake in small cups or fancy moulds, and serve with sweet sauce.

EASTER TOKENS.

INGREDIENTS.

6 oz. of butter	6 oz. of flour
4 oz. of castor sugar	1 egg
2 oz. of currants	

METHOD.

Cream the butter and sugar together, add the flour and currants (cleaned) gradually, and the egg; roll it out to one-eighth of an inch in thickness, and cut it with a round cutter; place the rounds on a well-greased baking-sheet, and bake in a moderate oven for 20 minutes.

HUNT PUDDING.

INGREDIENTS.

$\frac{1}{2}$ lb. of flour	1 teacupful of raspberry jam
3 or 4 oz. of suet	1 teaspoonful of carbonate of
1 tablespoonful of sugar	soda
1 teaspoonful of ginger	Milk, about $\frac{1}{2}$ pint

METHOD.

Shred and chop the suet, mix with the flour, add all the dry ingredients, then the jam. Mix well. Stir in the soda dissolved in a little *sour* milk or buttermilk to form a stiff batter. Steam three hours.

STEAMED LEMON PUDDING.

INGREDIENTS.

6 oz. of bread-crumbs	4 oz. of suet, Hugon's
4 oz. of flour	Rind and juice of a large
4 oz. of moist sugar	lemon
1 teaspoonful of baking powder	1 egg
	Milk or water

METHOD.

Mix the dry ingredients first, add lemon rind and juice, egg and milk to form a stiff batter. Steam three hours.

FIVE MINUTES' PUDDING.

368

2 oz. of Coombs' Flour	2 eggs
1½ oz. of sugar	Raspberry jam, flavouring

METHOD.

Put the flour and sugar into a basin, make a hole in the flour, break in the eggs, beat well, add flavouring, and pour at once into a tin lined with greased paper, and bake in a hot oven about five minutes. Try with a skewer. Turn on to a sugared board, spread jam on *quickly* and roll up at once. Sift sugar over.

BLANC-MANGE.

369

1 pint of milk	2 tablespoonsful of white
2 tablespoonsful of corn-flour	sugar
	1 inch stick of cinnamon

METHOD.



Put the milk into a saucepan to boil with the sugar and cinnamon, then add the cornflour which has been mixed with a little cold milk; stir and boil for five minutes. Take out the cinnamon and pour into a mould that has been rinsed with cold water, set aside to get cold,

turn out and serve with stewed fruit or preserves.

BLANC-MANGE WITH STEWED FRUIT.

Place in a mould or dish some preserved or baked fruit, well sweetened, and pour the above preparation over it while hot. Let it stand until quite set, and turn out into a glass dish.

370 ADDITIONAL RICHNESS.—By gradually stirring into rather less than a pint of milk four dessert-spoonsful of Milkmaid Brand Condensed Milk, and perfectly mixing it before it is used, blanc-mange almost equal in richness to that made with cream may be produced at the most trifling cost. When thus prepared, only three or four lumps of sugar should be used instead of 2 oz. If unsweetened Condensed Milk be used, then the 2 oz. of sugar must be added.

ANOTHER MINCE MEAT RECIPE.

INGREDIENTS.

2 lbs. of chopped suet	$\frac{1}{2}$ lb. of citron peel
2 lbs. of chopped apples	$\frac{1}{2}$ lb. of candied lemon peel
2 lbs. of chopped Valencia raisins	$\frac{1}{2}$ lb. of candied orange peel
2 lbs. of chopped sultana raisins	1 nutmeg
2 lbs. of brown sugar	1 teaspoonful of salt
2 lbs. of currants	4 oz. of sweet almonds
3 lemons	2 teaspoonsful of mixed spice
	$\frac{1}{2}$ pint of brandy
	$\frac{1}{2}$ pint of sherry

METHOD.

Mix well together, and tie down in jars.

BAKED LEMON PUDDING.

INGREDIENTS.

Yolks of 4 eggs	$\frac{1}{2}$ lb. of butter
2 oz. of castor sugar	Some pastry
1 large lemon	

METHOD.

Cream the butter, and add the sugar and the eggs one by one.

Then mix in the grated rind of the lemon and strained juice.

Line a small pie-dish with pastry, and pour in the mixture; bake half-an-hour.

ROLY POLY.

INGREDIENTS.

373	$\frac{1}{2}$ lb. of Coombs' Aerated Flour		$\frac{1}{2}$ lb. of jam
	$\frac{1}{4}$ lb. of Hugon's Suet		Pinch of salt

METHOD.

Put the flour and salt into a basin, add to it the suet finely chopped, mix these together. Add the water gradually and mix into a stiff paste, turn on to the floured board, and roll out into a long piece, spread the jam over, not too near the edge, roll it up very carefully, join the ends securely. Take a pudding cloth and sprinkle it with flour, place the pudding in the centre, fasten the ends of the cloth with string and the middle with pins. Place in a saucepan of boiling water and boil two hours.

GOOSEBERRY PUDDING.

INGREDIENTS.

374	$\frac{1}{2}$ lb. of flour		Cold water
	$\frac{1}{4}$ lb. of suet		1 pint of gooseberries
	Salt		3 oz. of sugar

METHOD.

Put flour and salt into a basin, add suet finely chopped, mix together, pour in the water, and mix to a stiff paste.

Take three parts of the paste and line a greased basin, pick the gooseberries, put into the basin with the sugar and

two tablespoonsful water. Roll out the remainder of the paste, place it on the top of the basin, press the edges well together, cover with a floured cloth, place in a saucepan of boiling water, and boil two-and-a-half hours, keeping the pudding well covered with water.

This pudding may be steamed for three hours.

FIG PUDDING.

INGREDIENTS.

2 oz. of chopped suet	2 oz. of flour
3 oz. of chopped figs	1 egg
3 oz. of bread-crumbs	$\frac{1}{2}$ gill of milk
2 oz. of sugar	Nutmeg

METHOD.

Put all the dry ingredients into a basin and mix ; beat the egg in a separate basin, add to it the milk, pour to other ingredients and beat well, put into a greased mould and steam for two hours. Turn out and serve with custard sauce.

ANOTHER FIG PUDDING.

INGREDIENTS.

$\frac{1}{4}$ lb. of dried figs	2 oz. of suet
2 oz. of moist sugar	3 oz. of bread-crumbs
2 oz. of flour	2 eggs. Salt
A little milk	Nutmeg

METHOD.

Chop the figs and suet very finely, and put into a basin with the bread-crumbs, sugar, flour, a little grated nutmeg, and a pinch of salt. Mix the pudding with the eggs and about a tablespoonful of milk. Pour this into a well-greased basin, and steam for three hours.

This pudding may be put into small well-greased moulds or very small basins, when they will only take one hour to steam.

In steaming them stand them in a saucepan with sufficient water to come half-way up the basin or mould. Place a piece of greased paper over the top, and be careful that the cover of the saucepan fits well. The water must boil all the time.

GROUND RICE CREAM.

INGREDIENTS.

377

4 tablespoonsful ground rice	1 pint of new milk
Yolks of eggs	2 oz. of loaf sugar
Whites of eggs	Essence of almonds

METHOD.

Mix the rice to a smooth paste with a little of the milk, add yolks of eggs well beaten, then the whites and sugar; boil milk and pour over the mixture; place all again in the pan and boil for three minutes, stirring well all the time; when done, pour into a mould to cool, and serve with custard or preserve.

LUTTERWORTH PUDDING

(For Eating Cold).

378

Pare, slice, and core four or five good cooking apples, add a little water to them, and cook until they will beat up smoothly; sweeten well and flavour. Put them into a well-buttered pie-dish, and carefully pour on the top half-a-pint of custard, made from half-a-packet of custard powder (sweetened); grate a little nutmeg over, and let the pudding stand in a cool place until set.

HUGON'S SUET PUDDING.

INGREDIENTS.

379	$\frac{1}{2}$ lb. Coombs' Aerated Flour $\frac{1}{4}$ lb. Hugon's Suet	$\frac{2}{3}$ oz. candied peel Pinch of salt Cold water
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METHOD.

Put the flour into a basin, add the salt, the suet chopped finely, and the peel cut into small pieces ; mix these dry ingredients, add the water gradually, and mix to a smooth paste. Form into a long shape, put into a floured cloth, tie securely. Steam $1\frac{1}{2}$ hours.

FLORADOR PUDDING.

INGREDIENTS.

380	$1\frac{1}{2}$ pints of milk $2\frac{1}{2}$ oz. Florador 2 eggs	3 oz. sugar 1 oz. butter
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METHOD.

Boil the milk, and sprinkle in the Florador ; stir over the fire until the Florador is cooked—five to 10 minutes ; take it off the fire, add the sugar and the yolks of eggs ; whip the whites up stiffly, and lightly stir them into the pudding. Pour the whole into a well-greased pie-dish, and bake a light brown.

N.B.—A very nice pudding for children.

MILK PUDDING.

INGREDIENTS.

381	2 tablespoonsful of rice or sago	1 pint of milk Sugar to taste
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METHOD.

Wash the rice, put in a greased pie-dish, add milk, sweeten to taste, and bake slowly after having first placed

the pudding in a hot part of the oven to let the rice swell. Rice requires longer than sago. If skimmed milk be used put in half-teaspoonful finely-chopped suet.

CUSTARD WITH CONDENSED MILK.

Milkmaid Brand Condensed Milk may be used with great success in place of fresh milk in making custard with Bird's Custard Powder.

382 To five dessert-spoonsful of the Condensed Milk add a good three-quarter pint of hot water, which should be gradually stirred in until a complete and perfect mixture is made. The custard should then be prepared in the usual manner, but omitting the sugar. If unsweetened Condensed Milk is used then 2 oz. of sugar must be added.

In making Bird's Custard with Condensed Milk care should be taken to use only the best brands of pure full-cream milk. The Milkmaid Brand may be relied upon to contain all the cream of the original milk, and to be of the finest quality.

PLAIN CABINET PUDDING.

INGREDIENTS.

383	$\frac{1}{2}$ lb. or 1 pint of bread-crusts	Sugar to taste
	$\frac{1}{2}$ pint of milk	A few raisins
		1 egg

METHOD.

Grease a basin well, decorate with the stoned raisins, fill with the crusts cut into dice. Beat the egg, add milk and sugar to taste. Pour over the bread and let it soak for some time before cooking. Steam half-an-hour. Serve with sweet sauce, raspberry, or lemon. This pudding may be baked if liked, and a little candied peel added.

CARAMEL CUSTARD PUDDINGS.

INGREDIENTS.

For the Caramel :—

384

2 oz. of lump sugar		2 tablespoonsful cold water
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METHOD.

Melt the sugar in a pan, let it brown, then add the water; boil till it is a nice brown, then pour into six small tin dariole moulds. Be careful that the caramel coats every part. Fill them with custard made as follows :—

$\frac{1}{2}$ pint of milk		Essence of vanilla to taste
Yolks of 4 eggs (beaten)		Sugar
Whites of 2 eggs , ,		

Boil the milk, add the sugar, flavour with vanilla. When cool, pour on to the eggs, then fill the moulds.

These little puddings should be steamed for 15 or 20 minutes, and then turned out. They may be served hot or cold.

BAKEWELL PUDDING.

INGREDIENTS.

385

Puff pastry 1 egg		$1\frac{1}{2}$ oz. castor sugar
$1\frac{1}{2}$ oz. of butter		$\frac{1}{4}$ lb. of raspberry jam

METHOD.

Line a tart-dish with the paste, decorate the edges, cover the centre of the dish with the jam. Put the egg, which has been well beaten, into a saucepan with the butter and sugar; stir it over the stove until it thickens, and then pour over the jam, and bake about 20 minutes.

PANCAKES.

INGREDIENTS.

386

$\frac{1}{2}$ lb. of flour		Some lard or dripping for
2 eggs		frying
1 pint of milk		

METHOD.

Put the flour into a basin, add to it a pinch of salt.

Make a well in the middle, and put the two eggs into it ; mix them smoothly with the flour, and add the milk very gradually.

Melt the lard or dripping.

Well season a small frying pan, about the size of a cheese plate.

Put into it a teaspoonful of the melted fat, and let it run well over the pan.

Then pour in enough batter to cover the pan thinly, and fry it brown, shaking the pan occasionally to keep it from burning.

Then toss it on to the other side, and when that is fried turn it on to kitchen paper.

Sprinkle with sugar and lemon juice and roll it up. Keep it hot while the remainder of the batter is fried in the same way.

If the maker cannot toss the pancakes well, they may be turned with a broad-bladed knife. If they are fried in a large pan, more fat must be used.

FRENCH PANCAKES.

INGREDIENTS.

2 oz. of flour
2 oz. of butter
2 oz. of sugar

½ pint of milk
2 eggs, well beaten

METHOD.

Rub the butter into flour and sugar, beat in the eggs, and add the milk. Beat well, and let it stand two hours before cooking. Bake for 20 minutes in well-greased saucers. Place the puddings one on the top of the other so as to make one pudding. Spread apricot or other jam between, or serve with one of the pudding sauces.

Or, serve the pancakes separately, spreading half of each pancake with preserve and folding the other half over, in the shape of an omelet.

ALMOND CHEESE CAKES.

INGREDIENTS.

Puff or flaky pastry	2 oz. castor sugar
2 oz. sweet almonds	Yolks of 2 and white of 1 egg
2 or 3 bitter ones	1 teaspoonful orange-flower water
1 oz. butter	

388

METHOD.

Blanch and pound the almonds with the sugar. Beat butter to a cream. Beat the eggs, add all ingredients to the butter. Line small tins with pastry, add teaspoonful of mixture, and bake about 20 to 30 minutes.

PARMA PUDDING.

INGREDIENTS.

4 oz. vermicelli.	2 eggs (whites and yolks separate).
½ pint of milk.	½ oz. butter.
2 oz. sugar.	
1 stick of cinnamon.	2 oz. bread-crumbs.

389

METHOD.

Boil milk with sugar and cinnamon, pour in vermicelli, and stir until it thickens. Take out cinnamon and allow to cool. Stir in the beaten yolks, fold in the whites. Grease a dish or basin, sprinkle with fine bread-crumbs, pour in the mixture, and bake 20 minutes. Turn out and serve with custard sauce.

N.B.—It may be made a savoury by adding grated cheese instead of sugar and sprinkling cheese on dish instead of bread-crumbs.

MINCEMEAT, No. 3.**390**

INGREDIENTS.

$\frac{3}{4}$ lb. chopped suet	$\frac{1}{2}$ oz. mixed spice
1 $\frac{1}{2}$ lbs. " apples	Grated rind of 1 lemon
1 lb. " raisins	Juice of 1 lemon
1 lb. currants	1 glass (wine) brandy
1 lb. moist sugar	2 glasses " sherry
$\frac{1}{2}$ lb. mixed candied peel	2 " raisin wine

METHOD.

All mixed well, adding moist ingredients last.

LEMON CHEESE CAKES.**391**

INGREDIENTS.

Grated rind and juice of 2 lemons	2 oz. butter
$\frac{1}{2}$ lb. sugar	2 or 3 eggs

METHOD.

Simmer the sugar, butter, lemon rind, and juice in a bright saucepan until the butter and sugar are dissolved. Add gradually to the beaten eggs, stirring all the time. Return to the saucepan and stir gently until the mixture becomes thick and creamy. *It must not boil.* Line patty-pans with short pastry, fill with the lemon mixture, and bake about 30 minutes.

SCOTCH MIST.**392**

INGREDIENTS.

2 oz. macaroons	1 pint cream
1 dozen 1d. sponge cakes	1 oz. castor sugar
1 glass sherry	

METHOD.

Pound the macaroons finely, grate the sponge cakes. Pour on the sherry and three parts of the cream. Mix together into rather a dry paste. Pile up high in centre of glass dish. Whip up the rest of the cream, colour one half pink and the other green. Ornament through fancy forcers.

SNOW EGGS.

INGREDIENTS.

393

1 pint milk	A little flavouring
3 eggs	

METHOD.

Separate the yolks from the whites of the eggs, and beat the whites to a firm froth. Drop spoonfuls of the whites into the hot milk, and poach about $2\frac{1}{2}$ minutes. Make a custard with the milk and yolks. Decorate the top of custard with the "snow eggs."

POTATO CHEESE CAKES.

INGREDIENTS.

394

6 oz. mealy potatoes (mashed)	1 oz. candied peel (shredded)
2 oz. butter (melted)	2 oz. sugar
2 eggs (beaten)	3 oz. currants
	1 Lemon (rind and juice)

METHOD.

Add the butter, sugar, lemon and eggs to the mashed potatoes. Beat *well* and then mix in the currants. Bake about 30 minutes in patty-pans, lined with short pastry.

CUSTARD PUDDING.

INGREDIENTS.

395

1 pint milk	2 tablespoonsful castor sugar
2 eggs	$\frac{1}{4}$ lb. short pastry

METHOD.

Boil the milk, beat the eggs well, and pour the milk, almost boiling, upon them, stirring quickly all the time. Pour into a greased dish, add sugar and flavouring, if desired. Bake in a moderately hot oven about an hour. Or, line the dish with pastry before pouring in the custard.

If a richer custard be desired use five yolks and one whole egg.

GOOSEBERRY FOOL.

INGREDIENTS.

396

1 quart gooseberries		$\frac{1}{2}$ pint water
$\frac{3}{4}$ lb. moist sugar		1 pint milk or cream

METHOD.

Remove the stalks and tops from the gooseberries. Boil them with the sugar and water until quite soft. Rub them through a hair-sieve. Add the cream or milk gradually, and serve in a glass dish.

GROUND RICE PUDDING.

INGREDIENTS.

397

1 tablespoonful of ground rice		1 or 2 eggs (these may be omitted, if liked)
1 pint of milk		A little grated lemon rind, or
2 oz. of sugar		flavouring essence

METHOD.

Boil the milk with the sugar. Mix the rice smoothly with a little cold milk. Pour it into the boiling milk, and stir until it thickens. Add the eggs well beaten, and the flavouring. Pour into a pie-dish, and bake for about 30 minutes.

A lighter pudding may be made by dividing the yolks and whites and adding them separately—the white beaten stiffly.

PEAS PUDDING.

INGREDIENTS.

398

1 oz. butter		1 yolk egg
1 pint split peas		1 teaspoonful salt

METHOD.

Soak the peas all night in cold water. Dry thoroughly. Tie them loosely in a cloth, put them into warm water and boil for two hours, or until tender. Turn out into a basin, beat

well, add the yolk, butter, and salt. Tie again in a cloth, and boil for another hour. This pudding is highly nourishing.

AMERICAN WAFFLES.

INGREDIENTS.

399

1 lb. flour	1 small teaspoonful bi-carbon-
2 tablespoonsful castor sugar	ate soda
	1 pinch of salt
	1 egg

METHOD.

Beat the egg well and mix with milk, add to the dry ingredients, which must have been well mixed, then mix to a thick batter. Put some lard or dripping in a frying pan. When very hot put a tablespoonful of the batter for each waffle a little distance apart, and fry a light brown. Only a few minutes to cook.



Soufflés and Omelets.

RULES FOR SOUFFLÉS.

Rules for Soufflés

The whites and yolks of the eggs must be beaten separately.

The whites must be beaten to a firm froth, which will cut with a knife. To do this the whites must be most carefully separated from the yolks—a small portion of yolk left in will prevent the whites becoming stiff. The whites must be put on to a large plate, a pinch of salt should be added, and they should be beaten up with a clean knife in a cool place.

Soufflés are *not* to be beaten after the whites are added.

They must be baked in a rather hot oven, the door of which should be kept shut. They must be served directly they are cooked.

RULES FOR OMELETS.

Rules for Omelets

The eggs and butter must be fresh. The omelet pan should be kept very clean and used for omelets only, and must not be too large.

The mixture must be put into the pan as soon as the butter bubbles, and *before it browns*. It must not be allowed to become too brown, nor to stick to the pan.

The omelet must be served the moment it is ready.

VANILLA SOUFFLÉ.

INGREDIENTS.

400	$\frac{1}{2}$ pint of milk 4 eggs 1 oz. of butter	$\frac{1}{2}$ oz. of flour Vanilla essence 2 tablespoonsful castor sugar
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METHOD.

Make a sauce of the butter, flour, and milk ; boil well, cool a little, then beat in each yolk (three) separately ; mix in the sugar, add the vanilla essence. Beat the four whites of the eggs to a stiff froth and stir lightly but well into the mixture.

Have ready a well-buttered soufflé tin and tie a band of buttered paper round outside the tin, allowing it to come quite three inches above the top. Pour in the soufflé, and put a greased paper over the top to prevent the condensed steam from saucepan lid falling into it. Steam for half-an-hour. Turn out and serve immediately with vanilla sauce poured round, or raspberry. Baked soufflés are served in the tin in which they are cooked, with folded napkin round, or the tin may be slipped into silver soufflé case.

COFFEE SOUFFLÉ.

INGREDIENTS.

401	1 oz. of butter 1 oz. of flour $\frac{1}{2}$ pint of milk	$\frac{1}{2}$ pint of strong coffee 1 oz. castor sugar 4 eggs
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METHOD.

Melt the butter in a saucepan, draw the pan off the gas and stir in the flour ; add the milk gradually, then the coffee and sugar, cook well, stirring all the time. Allow it to cool a little, then stir in the yolks of three eggs. Beat the whites of four eggs to a firm froth, and stir them in lightly and quickly. Pour into a soufflé tin and bake in a rather quick oven for about 25 minutes.

Chocolate Soufflé may be made in the same manner.

LOBSTER SOUFFLÉ.



INGREDIENTS.

402

2 whiting	2 oz. of butter
1 hen lobster	2 oz. of flour
$\frac{1}{2}$ pint of cream	Juice of half a lemon
$\frac{1}{2}$ pint of milk	Pepper, salt, and cayenne
3 eggs	

METHOD.

Pound the flesh of the whiting and the lobster coral together in a mortar, and rub them through a wire sieve.

Melt the butter in a stew-pan.

Mix in the flour and add the milk, stir and cook well.

Cut up the lobster finely, and pound it in a mortar with the panada, whiting, eggs, lemon juice, pepper, salt, and a little cayenne.

Rub through a hair-sieve.

Beat the cream stiffly, mix it lightly in and pour into a prepared soufflé tin.

Covered with buttered paper and steam for half-an-hour.

Serve with a suprême sauce poured over.

The soufflé tin should be decorated with lobster coral and truffle.

SWEET OMELET SOUFFLÉ.

INGREDIENTS.

403

4 eggs	1 tablespoonful of castor sugar
1 oz. of butter	Pinch of salt
1 teaspoonful of rice flour	

METHOD.

Put the rice flour and sugar with the yolks of eggs into a basin, and beat till they are stiff; whip the whites upon a plate with a pinch of salt till they will stand, stir them lightly to the yolks; melt the butter in a small omelet pan; pour in the eggs, and as soon as the omelet is setting (about three minutes), place it in the oven for three or four minutes to cook the top; turn it out on a warm plate, put a tablespoonful of hot jam in the centre and fold it over; serve immediately.

CHICKEN SOUFFLÉ.

INGREDIENTS.

404

$\frac{1}{2}$ pint of milk	3 eggs
2 oz. of butter	Pounded mace
2 oz. of fine flour	Pepper
6 oz. of cold chicken	Salt } to taste

METHOD.

Mince and pound the chicken *well*. Season it with pepper, salt, and a very little mace. Make a sauce of the butter, flour, and milk. After it has boiled add the pounded chicken. Take care that the mixture is sufficiently seasoned. When cool add the beaten yolks of the eggs. Whip the whites to a firm froth, stir in lightly last of all. Butter a soufflé tin well, and, if liked, ornament it with ham, hard-boiled eggs, and truffles. Put in the mixture, steam for three-quarters of an hour. Turn out and serve with well-flavoured béchamel, mushroom, oyster, or celery sauce.

APRICOT SOUFFLÉ.

INGREDIENTS.

405

6 oz. of castor sugar	$\frac{1}{2}$ pint of milk or cream
2 oz. of butter	6 eggs
3 oz. of potato flour	10 ripe apricots

METHOD.

Peel and stone the apricots, and cut them in pieces, put them with the sugar into a stew-pan, stir and cook to a marmalade.

Melt the butter in a stew-pan.

Mix in the flour smoothly.

Add the milk or cream, and cook well.

Then add the apricots, and, off the fire, the yolks of five eggs, beating them well in.

Then stir in lightly the whites, beaten to a firm froth.

Pour into the prepared tin and bake in a quick oven (*see* remarks at the beginning of this Chapter).

STRAWBERRY SOUFFLÉ.

406 Cook half-a-pound of strawberries to a jam, with 6 oz. of powdered sugar, and finish like apricot soufflé.

APPLE SOUFFLÉ.

407 Make like apricot soufflé, cooking with the apples a little thin lemon rind, which must afterwards be removed.

SAVOURY OMELET.

INGREDIENTS.

2 eggs	½ teaspoonful chopped shallot
1 oz. butter	½ " of thyme
1 teaspoonful of parsley	A little pepper and salt

METHOD.

Season the omelet pan, rub it nice and clean with kitchen paper, put in the butter. Beat the eggs lightly in a basin, add the parsley, thyme, and shallot, finely chopped. Add pepper and salt. When the butter bubbles, pour in the egg mixture, stir the butter well with the egg, and as soon as the mixture commences to set at the bottom tilt the pan, let it

lightly brown underneath, tilt the pan the opposite way, to set the other side. When done the omelet will be crescent-shaped, and if properly done the mixture in the centre will be thick and creamy, but not raw. Ham, mushrooms, tomatoes, chicken, fish, etc., may be used instead of parsley, thyme, etc., in making savoury omelets. Ham, chicken, and fish should be finely minced, and one tablespoonful of either would be right proportion for two eggs. Mushrooms and tomatoes should be also minced, and previously sautéed in a little butter. Same proportion as for ham, etc.

FISH OMELET.

409 Take the remains of any cold fish, free it from skin and bone, chop it, season with cayenne and salt, warm it in butter, and, when quite hot, put it in just before the omelet is folded.

VEGETABLE OMELET.

410 Almost any cold vegetables except potatoes, artichokes, cabbages, and turnips may be served in an omelet, but they should be warmed in butter and seasoned with pepper and salt before they are added.

MUSHROOM OMELET.

INGREDIENTS.

411	$\frac{1}{2}$ lb. mushrooms (peeled and cut into dice)	$\frac{1}{2}$ oz. butter Pepper and salt to taste
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METHOD.

Strew the mushrooms in the butter till tender, season. The mushrooms may be added to the omelet either before or after it is cooked.



CHEESE OMELET.

- 412** Is made by adding two tablespoonsful of grated cheese to the egg mixture, with pepper and salt to taste.
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KIDNEY OMELET.

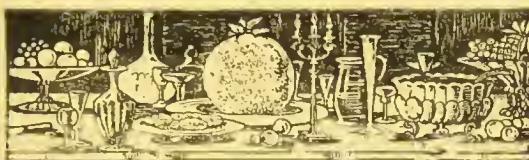
- Skin two sheep's kidneys, cut them into small dice, fry for five minutes in one ounce of butter. When the omelet
413 is cooked, place these pieces of kidney on it, season with pepper and salt, fold the omelet over the kidney, and serve.

This is a good way of using up any remains of stewed or fried kidney.

HAM OR TONGUE OMELET.

- 414** May be made by adding about two tablespoonsful of grated ham or tongue to the egg mixture, before it is cooked.





Jellies and Creams.

CITRON CREAMS

INGREDIENTS.

415

4 oz. of loaf sugar	2 lemons
$\frac{1}{4}$ oz. of gelatine (leaf)	4 eggs
$\frac{1}{2}$ pint of water	

METHOD.

Rub off the yellow rind of the lemon upon the loaf sugar. Put a quarter of a pint of water, the gelatine, rind and juice of the lemons, and the sugar into a large saucepan. Cook slowly over the gas until the gelatine has thoroughly dissolved, but do not let the mixture boil. Add the remainder of the water and the beaten yolks of the eggs. Stir until the mixture thickens. Remove the saucepan from the gas, and stir in well, though lightly and quickly, the stiffly beaten whites of the eggs.

Pile the mixture high into wet moulds.

This quantity will fill two pint moulds.

When cold turn them out by dipping the moulds very quickly into hot water.

SNOW CREAM.**416**

1 gill of cream $\frac{1}{2}$ pint of custard	1 pint of water
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INGREDIENTS.**METHOD.**

Line a glass dish with sponge cake, cover with tinned apricots, pour over the custard, and then pile up the whisked cream, and decorate with fancy pieces of cake dipped in coloured sugar.

LEMON CREAM.**417**

Gelatine, $\frac{2}{3}$ oz. Cream, $\frac{1}{2}$ pint Castor sugar, $\frac{1}{2}$ lb.	
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INGREDIENTS.

Lemons, juice of 3 , rind of 2 only Cold water, 1 breakfast cup	
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METHOD.

Put the sugar to lemon juice and rind. Whip the cream very slightly, add to the other ingredients. Put in melted gelatine last, and beat the mixture until quite thick. Pour into mould. When set, turn out. Decorate mould with plain jelly and chipped pistachio nuts.

APRICOT CREAM.**418**

$\frac{1}{2}$ pint of cream $\frac{1}{2}$ pint (or more) apricot purée $\frac{1}{2}$ oz. of gelatine	
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INGREDIENTS.

$\frac{1}{2}$ gill of water, or syrup from apricots Lemon juice to taste Castor sugar ..,	
--	--

METHOD.

Decorate the bottom of the mould with a little coloured jelly.

Rub the apricots through a hair-sieve, whip the cream stiffly, add the apricot purée, sweeten to taste, and add lemon juice. Dissolve leaf gelatine in half-gill of water,

and when sufficiently cool, but not too cold, add to the cream and stir well, then pour into mould and leave to set in a cool place.

N.B.—All Fruit Creams may be made in the same manner.

RASPBERRY CREAM.

INGREDIENTS.

419	1 pint of fresh raspberries ½ pint of thick cream	½ lb. of castor sugar ¼ oz. gelatine
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METHOD.

Put the raspberries and half the sugar into a basin and let them stand about one hour, then rub through a hair-sieve. Dissolve the gelatine in a little water with the remainder of the sugar. Whip the cream until stiff, add the fruit to the gelatine, and allow it to get warm, pour it to the cream through a strainer, mix thoroughly ; pour into a mould and set in a cool place until firm.

ORANGE CREAM.

INGREDIENTS.

420	6 oranges Yolks of 3 eggs 1 gill of milk	3 oz. of sugar 1 oz. gelatine ½ pint of double cream
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METHOD.

Boil the milk with the rind of two oranges and the sugar ; when slightly cool add it to the eggs, return to the saucepan, stir over the stove until it thickens, pour into a basin, add the juice of the oranges, the cream whipped to a froth, and the gelatine dissolved in a little boiling water. Mix all thoroughly, and pour into a wet mould. Serve with slices of orange, coloured with cochineal.

APPLE SNOW.

INGREDIENTS.

421

3 apples
The whites of 3 eggs
Rind of 1 lemon

3 oz. castor sugar
2 tablespoonsful water

METHOD.

Peel, core, and cut the apples in slices, put them into a saucepan with the water and lemon rind, boil until tender, beat quite smoothly, and let them cool; whip the eggs to a stiff paste, add to the apple, and continue whipping until the mixture becomes quite stiff. Pile it high on a fancy dish, and garnish with coloured sugar.

APPLE TRIFLE.

INGREDIENTS.

422

5 good-sized apples
3 oz. castor sugar
 $\frac{1}{2}$ pint of milk

$\frac{1}{2}$ pint of cream
2 eggs
Rind of half a lemon

METHOD.

Peel, core, and cut the apple in slices, boil until quite soft, with two tablespoonsfuls of water and the sugar, rub through a fine sieve. Make a custard with the eggs and milk, put the apple into a glass dish, pour the custard over.

RICE CREAM.

INGREDIENTS.

423

2 oz. of Carolina rice
1 pint of milk
 $\frac{1}{2}$ pint of thick cream

3 oz. of sugar
 $\frac{1}{4}$ oz. of gelatine
Flavouring

METHOD.

Wash the rice well in cold water, put it into a saucepan with the milk, and boil until quite soft. Dissolve the gelatine in a little water, add to it the sugar, pour to the

rice, also the cream, whipped stiffly; mix all thoroughly, add a few drops of flavouring essence, and pour into a mould. When set turn out and serve with fruit or preserve.

TAPIOCA CREAM.

424

Make as for Rice Cream.

TRIFLE.

425

INGREDIENTS.

$\frac{1}{2}$ lb. of macaroons	Apricot jam
$\frac{1}{2}$ lb. of ratafias	3 oz. of sweet almonds
$\frac{1}{2}$ pint of sherry	Coloured sugar
$\frac{1}{2}$ pint of thick cream	2 oz. pistachio kernels

METHOD.

Put the macaroons and ratafias into a trifle dish, pour over them the sherry, and let it stand until the liquor is all absorbed, then spread over the biscuits some apricot jam. Whip the cream until stiff and lay it on the top of the jam, garnish with the pistachios, and almonds blanched and cut in strips, and sprinkle over all some red sugar or comfits.

A rich custard may also be used with the cream for this dish, and it may be garnished with jelly or candied fruit.

FRUIT SET IN JELLY.

426

Any fruit may be used; in the summer fresh fruit, as raspberries, strawberries, currants, &c., in the winter, grapes, dried fruits of any kind, preserved peaches, apricots, together with almonds, &c. Rinse a mould out in cold water; stand it in cold water or on ice, or in a cool place, and pour in a tablespoonful of jelly (clear wine jelly);

place in this a little of the fruit, not too closely, or the clearness of the jelly will not show to advantage. When this layer has set, pour in a little more jelly and some more fruit, and allow that to set, and so on till the mould is full.

VANILLA CREAM.

427 Boil two gills of milk or cream, sweeten with sugar or saccharin, flavour with extract of vanilla, stir in a quarter of an ounce of Nelson's Leaf or Nelson's Brilliant Gelatine, and when dissolved take off the gas. Beat occasionally until on the point of setting, then stir in the white of an egg beaten to a strong froth, and mould the cream.

PRUNE JELLY.

428 Wash the fruit, and to half-a-pound of it allow a quarter of a pound of sugar and half-a-pint of water. Boil the sugar and water together for 10 minutes, then put in the fruit and stew gently until perfectly tender, so that it will break up easily. Drain the syrup from the prunes, and boil it until it becomes thick. Meanwhile take out the stones and rub the prunes through a sieve to a fine pulp, add to the syrup. When this is on the point of boiling stir in a quarter of an ounce of Nelson's Leaf Gelatine or Nelson's Brilliant Gelatine, to each half-pint. Cream may be served with this jelly.

ORANGE JELLY.

429 One gill water, one gill orange juice. Boil a few shreds of the peel in the water, add the orange juice and three saccharin tabloids. When at boiling point stir in a quarter of an ounce of Nelson's Leaf Gelatine, and when thoroughly

melted take the saucepan off the stove. Have ready the yolk of an egg well beaten and pour the hot jelly on it by degrees. Pour the mixture back into the saucepan and stir over the gas for five minutes. A teaspoonful of curaçoa gives flavour and richness to this jelly, and if it is desired to make the dish particularly attractive, an orange carefully peeled, divided into sections, with the pips extracted, and steeped in a little brandy, can be placed round the jelly when turned out.

WINE JELLY.

INGREDIENTS.

430

1 pint of water	Whites and shells of 2 eggs
½ pint of sherry or port	Rind of 3 lemons
6 oz. of loaf sugar	Juice of 3 lemons
1 oz. of French gelatine	6 cloves
1½ inch stick of cinnamon	

METHOD.



Cut the rind of the lemons very thinly, not taking any of the white skin, squeeze the juice and strain it ; whip the egg to a froth, wash and crush the shells. Put all the ingredients into a large saucepan, and whisk until it commences to boil, then take out the whisk and let the jelly boil up thoroughly ; move from the stove, and let it stand about five minutes, or until you see the scum crack on the surface. The jelly should be strained through a fine kitchen cloth, or jelly bag.

PINE APPLE JELLY.

INGREDIENTS.

431

2 lbs. fresh or tinned pine apple	4 oz. of loaf sugar
1 pint of water	2 lemons
1 oz. of leaf gelatine	Whites and shells of 2 eggs

METHOD.



Pound the pine apple, and put it in a saucepan with the liquor, rind and juice of lemons, water, and sugar ; simmer for half-an-hour ; put the gelatine into a saucepan with a little water, and stir over the stove until dissolved.

When the pine apple is cool, add the gelatine, whites of the eggs whipped and shells crushed ; whisk over the stove until it boils up, then strain.

CALF'S-FOOT JELLY.

INGREDIENTS.

432

2 calves' feet	5 pints of water
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Clean the feet thoroughly and cut them in pieces ; put in a very clean saucepan with five pints of water, let it come to the boil, then allow it to simmer for five hours, until reduced to one quart. All scum should be taken off as it rises. Strain into a basin, and when quite cold should be a stiff jelly. Take off all the fat, and wipe the top of the jelly with a cloth dipped in hot water. Put it in a saucepan with the following ingredients :—

6 oz. of loaf sugar Rind and juice of 3 lemons	½ pint of sherry Whites of 3 eggs
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METHOD.

The juice of the lemons must be strained, the rind very thinly peeled, and the whites of the eggs whipped to a froth. Whisk all over the stove until it commences to boil, then take out the whisk, and let the jelly boil right to the top of the saucepan, lower the gas, and allow the jelly to simmer for 20 minutes, move it from the stove and let it stand five minutes, and then pour it through the jelly bag two or three times until quite clear; pour into a wet mould, and when cold, to turn it out, pass the mould quickly through a basin of hot water; this loosens the jelly from the sides.

GINGER JELLY.

Boil a little root ginger in half-pint of water of which the jelly is to be made. Having flavoured the water to taste, boil, and sweeten with sugar or saccharin, then stir in a quarter of an ounce of Nelson's Leaf or Nelson's Brilliant Gelatine. If liked, small pieces of preserved ginger can be put into the jelly mould, or be placed with a little syrup round the jelly when turned out.

ASPIC JELLY (Plain).

INGREDIENTS.

433	1 quart of water	4 cloves
	1½ oz. of gelatine	Rind and juice of 1 lemon
	1 teaspoonful Bovril	1 teaspoonful of salt
	1 onion, carrot, and turnip	12 white peppercorns
	1 sprig of parsley	Whites and shells of 2 eggs
	1 blade of mace	2 tablespoonsful of vinegar

METHOD.

Thoroughly clean all the vegetables and cut them in small pieces, peel the lemon thinly, whip the whites of the eggs, not too stiffly, wash and crush the shells, put all the

ingredients into a large saucepan, place on the stove, and whisk until it commences to boil, then take out the whisk and allow the jelly to boil right to the top of the saucepan, draw the pan from stove and let it stand about five minutes, then pour through a kitchen cloth or jelly bag two or three times until quite clear.

ASPIC JELLY (Good).

INGREDIENTS.

435

1 quart of good stock (see p. 18)	1 tablespoonful of tarragon vinegar
½ pint of sherry	2 tablespoonsful of malt vinegar
A small piece of carrot, turnip, and onion	1 tablespoonful of chili vinegar
1 sprig of parsley and chervil	1 teaspoonful salt
4 cloves, small blade of mace	12 peppercorns
	Whites and shells of 3 eggs
	Peel and juice of 1 lemon

METHOD.

Making as in previous recipe, only allow this to boil 10 minutes before straining it.

This jelly is used for decorating savoury dishes.

CHARLOTTE RUSSE.

INGREDIENTS.

436

Savoy biscuits	1 teaspoonful of brandy
½ pint of cream	Castor sugar to taste
½ oz. of gelatine	Glacé cherries or lemon jelly coloured red to ornament mould
4 tablespoonsful of milk	
1 teaspoonful of lemon juice	

METHOD.

Take a plain round tin mould which has stood in cold water; line it with savoy biscuits, which must be trimmed and placed closely together—they must be long enough to reach quite the depth of the mould.

Ornament the bottom of the mould with glacé cherries, or jelly, which must be quite set before the cream is put in. Put two tablespoonsful of castor sugar in the basin with the lemon juice and brandy; on this pour the cream, add more sugar if required, then whisk, and last of all stir in the gelatine, which must be dissolved in the milk.

Nearly fill the mould, cover it with sponge cake and set in a cold place till ready to turn out.

LEMON JELLY.

INGREDIENTS.

437

Rind of 4 lemons, peeled thinly	$\frac{1}{2}$ lb. of lump sugar, or to taste
$\frac{1}{2}$ pint of lemon juice	$1\frac{1}{2}$ pints of water
$\frac{1}{2}$ pint of sherry	$1\frac{1}{2}$ oz. of gelatine (Nelson's)
	Whites and shells of 2 eggs

METHOD.

Put the water with the lemon rind and juice, sugar, and gelatine into a large bright saucepan. Let it cook slowly until the gelatine is dissolved. Add the whites and shells of the eggs beaten together. Bring all slowly to boiling point, and while it is heating whisk and stir it, but do not whisk or stir after it boils. Let it boil up well for at least five minutes. Set it aside to settle for a few minutes, then strain it through a hot jelly bag once or twice till quite clear. The wine must be added after the jelly has been strained. When cool put the jelly into a mould.



CLARET JELLY.

INGREDIENTS.

438

1 pint of claret	$\frac{1}{2}$ lb. of lump sugar, or to taste
1 pint of water	$1\frac{1}{2}$ oz. gelatine
2 lemons	2 eggs
	Cochineal to colour

METHOD.

Put the water, with the lemon rind and juice, and the sugar and gelatine into a bright saucepan, and proceed as for lemon jelly. A few drops of cochineal are added to colour the jelly, which should be moulded in a china mould to keep it a good colour.

INVALID JELLY.

INGREDIENTS.

439

$\frac{3}{4}$ oz. of gelatine	1 lemon
1 pint of sherry	Yolks of 4 eggs (well beaten)
$\frac{1}{2}$ pint of water	Lump sugar to taste

METHOD.

Dissolve the gelatine in the water, add to it the juice and thinly-peeled rind of the lemon, and sweeten to taste. When the sugar has melted, add the wine. Pour this on the eggs, stirring all the time. Return to the pan and simmer till the eggs are cooked but not curdled, stir all the time. Strain, and when it has cooked, pour it into a mould. Stir often while it is cooling.

APPLE JELLY*(Very Good).***440**

Fill the pan with apples cut in quarters, then add as much cold water as it will hold. Boil the apples to a pulp, strain through a jelly bag, or coarse cloth, and to every pint of juice allow 1 lb. of loaf sugar. Boil quickly for one hour. Tie down at once with two papers.

N.B.—Keswick apples are very good for this jelly ; or, any good cooking apples may be used.





RULES FOR ICES.

Too much sugar will cause the ices not to freeze properly.

Too little sugar will cause them to become hard and rocky.

If ices are to be moulded freeze them in the freezer until they are of the consistency of thick batter.

If served unmoulded, freeze them drier and firmer.

Rough ice and salt form a freezing mixture.

Allow $\frac{1}{2}$ lb. of salt to 1 lb. of ice.

Dip ices into cold water to turn them out.

When dishing ices, place a serviette upon the dish, as that will not conduct the heat to them so quickly as the dish alone would.

COFFEE ICE.

INGREDIENTS.

441

Yolks of 8 eggs
1 pint of cream
6 oz. of castor sugar

| $\frac{1}{2}$ lb. Mocha coffee (roasted,
but not ground)

METHOD.

Make a custard of eggs and cream, add the coffee berries and allow it to stand long enough for the berries to well flavour the custard. Strain it, then add the sugar, and when the custard is quite cold, freeze. Dip the mould quickly in cold water and turn out.

LEMON WATER ICE.

One pint of boiling water poured upon the peel of eight lemons, $\frac{1}{2}$ lb. of loaf sugar; when cool, mix with the juice of six lemons; add six drops of lemon essence, strain through hair-sieve and freeze.

442

Orange Water Ice is made in same manner, using oranges instead of lemons.

RASPBERRY CREAM ICE.

INGREDIENTS.

443

$\frac{3}{4}$ lb. of raspberries	Juice of half a lemon
1 pint of double cream	A little cochineal
8 oz. of castor sugar	

METHOD.

Pick all stalks from the berries and rub them through a hair-sieve with the castor sugar sprinkled over them.

Add the raspberry purée to the whipped cream, then the lemon juice. Colour with cochineal and freeze.

ICE PUDDING.

INGREDIENTS.

444

Yolks of 6 eggs, 1 white	$\frac{1}{2}$ oz. of pistachio nuts
4 oz. of sugar	1 pint of milk
6 oz. of dried or fresh fruit, such as apricots, angelica, strawberries, pine apple.	$\frac{1}{2}$ pint of thick cream
	3 oz. of sweet almonds
	$\frac{1}{2}$ pint of brandy or champagne

METHOD.

Make a custard with the eggs, milk and sugar, allow it to cool, prepare the fruit by cutting it in pieces not too small. Blanch the almonds and pistachios, whip the cream, add to it the brandy. Freeze the custard until of the consistency

of butter; while freezing, decorate the top of an ice mould with some of the fruit. Put the cream and fruit to the custard, and mix it together; fill the mould, pressing it in well, place the lid on, and cover the join with lard to prevent the salt and water getting inside. Bury the mould in ice and salt for two hours or longer, covering with sawdust or a clean sack. When ready to take out wipe the mould with a warm dish-cloth. Turn out and serve at once.

APRICOT CREAM ICE.

INGREDIENTS.

445	$\frac{1}{2}$ pint of apricot purée $\frac{1}{2}$ pint of cream	$\frac{4}{5}$ oz. of castor sugar Juice of 1 lemon
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METHOD.

To make the apricot purée the apricots must be rubbed through a fine sieve; whip the cream, add to it the purée, sugar and lemon juice, mix all together. Freeze, and serve in glasses.

STRAWBERRY CREAM ICE.

446	Make as for Apricot Cream Ice.
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CHOCOLATE CREAM ICE.

INGREDIENTS.

447	$\frac{1}{2}$ pint of good custard $\frac{1}{2}$ pint of cream	$\frac{3}{5}$ oz. of Cadbury's cocoa Essence of vanilla
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METHOD.

Boil the cocoa in the cream, add to it the custard and a few drops of vanilla; mix well. Freeze and serve in glasses.

ICE CREAM (Plain).

INGREDIENTS.

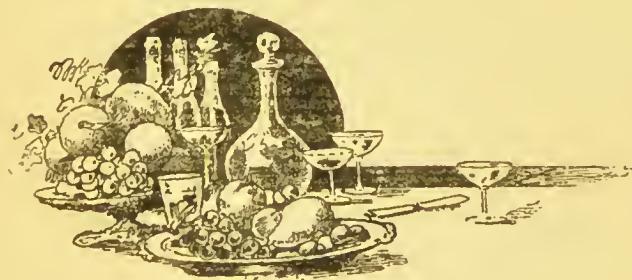
448

1 quart of milk	Yolks of 2 eggs
1 oz. of cornflour	Flavouring essence
2 oz. of castor sugar	

METHOD.

Mix the cornflour with a little milk quite smoothly, put the remainder into a saucepan to boil with the sugar, when boiling add the cornflour, stir well, and let it boil two or three minutes; let it cool a little, then add the yolks of the eggs and some flavouring essence; when quite cold freeze in the usual way. A few drops of cochineal may be added.

N.B.—When making ices always let the custard, etc., be quite cold before freezing.





Bread, Cakes, Buns, etc.

BREAD (Household).

INGREDIENTS.

449	3½ lbs. of flour	1 teaspoonful sugar
	1 oz. of yeast	About 1¼ pints of water
	2 teaspoonsful of salt	

METHOD.

Beat the yeast to a cream with the sugar, put the flour and salt into a basin. Add a little lukewarm water to the creamed yeast, make a hole in the flour and pour in the yeast, stir into the yeast sufficient flour from the sides to form a thick batter, sprinkle a little over the top, cover the basin with a clean cloth and let it stand in a warm place for 10 minutes "to sponge." Add sufficient lukewarm water to make the flour into a smooth elastic dough, knead *well*, cut a X on the top of dough, and let it "rise" in a warm place for one hour. Divide the dough into three equal portions and put into slightly-greased bread-tins; let the loaves "prove" on the top of the stove for 20 minutes. Bake for three-quarters of an hour, in a hot oven at first, then lower the gas and bake more slowly. Try with a skewer.

N.B.—This recipe will also be useful in making whole-meal, or brown bread, with the addition of a little more yeast. To make tepid water for bread, add one part boiling to two parts cold.

VIENNA BREAD.

INGREDIENTS.

450

2 lbs. of Vienna flour
2 oz. of butter
1 oz. of German yeast

1 pint of lukewarm milk
1 teaspoonful of salt

METHOD.

Rub the butter into the flour, well and lightly, with the tips of the fingers, add the salt. Mix the yeast smoothly with the milk, make a well in the centre of the flour, and pour it in. Knead lightly and stand in a warm place for two hours "to rise."

Then make into fancy twists, dinner, or breakfast rolls. Bake, according to size, for 10 or 20 minutes in a quick oven. Glaze when nearly done with a little milk or white of egg. The dinner or breakfast rolls should be rasped instead of glazed.

BAKING POWDER BREAD.

451

INGREDIENTS.

2 large teaspoonsful of Bird's Baking Powder
1 lb. of flour; salt, very little
Enough cold water to mix into firm dough.

METHOD.

Put the flour in a basin, add the baking powder, a pinch of salt, and mix with the water. Make it quickly into small loaves, and bake in a quick oven about 30 minutes.

This bread requires *very* little kneading, and should be handled as little as possible.

MILK ROLLS.**INGREDIENTS.**

452 1 lb. of flour 2 oz. of butter About $\frac{1}{2}$ pint of milk	2 large teaspoonsful of baking powder
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METHOD.

Rub the butter into the flour, add the baking powder and a little salt, and mix into a smooth dough with the milk. Knead as little as possible and form into small rolls. Put them in flour-tins and bake in a quick oven about 20 minutes. When nearly done brush them over with a little milk.

STEAMED BREAD.

453 Make the dough in the usual way (see Household Bread). Place the tins in a pan of boiling water, allowing the water only to reach three parts of the way up the tins. Place a greased paper over the loaves to prevent the condensed steam from the saucepan lid falling upon them. Keep the water boiling gently until the bread is done. Steamed bread is far lighter than baked bread, and, if desired a nice brown place the loaves in a quick oven for about 10 minutes after removing them from the saucepan.

DOUGH CAKE.

454 Add to $1\frac{1}{2}$ lbs. of dough a little salt, 4 oz. of moist sugar, 4 oz. of sultanas or currants, and 4 oz. of good dripping. Work all these ingredients *well* into the dough and bake in a greased tin for about $1\frac{1}{2}$ hours, in a moderate oven.

LONDON MUFFINS.

INGREDIENTS.

$1\frac{1}{2}$ oz. of German yeast	$\frac{1}{2}$ teaspoonful of salt
1 quart of warm milk	About $2\frac{1}{2}$ lbs. of flour

METHOD.

Mix the yeast with the warm milk and salt, then add sufficient flour to form a soft dough. Cover with a cloth and set in a warm place to "rise" for about an hour. Turn out upon a floured board, divide the dough into equal portions, and form into rounds with the hands, slightly floured. Set the board in a warm place and allow the muffins to "prove" for half-an-hour. Bake them in a quick oven until they are lightly coloured, turning them once. When done, *pull*, do not cut, them open, butter them, place them upon a very hot plate, cut across, and serve at once.

Muffins retain their shape better when baked in muffin rings.

ENGLISH CRUMPETS.

INGREDIENTS.

$1\frac{1}{2}$ lbs. of flour	$\frac{1}{2}$ teaspoonful of salt
1 egg	1 teaspoonful of white sugar
1 pint of milk and cream together	2 teaspoonsful of baking powder

METHOD.

Mix the flour, salt, sugar, and baking powder well together, add the beaten egg, milk, and cream. Half fill well-greased muffin rings with the batter. The rings should be placed upon a greased baking-sheet. Bake in hot oven, on one side only. When done, toast upon both sides, butter nicely, and serve very hot.

SALLY LUNNS

457

INGREDIENTS.

1 lb. of fine flour	About $\frac{1}{2}$ pint of lukewarm milk
2 oz. of butter	1 egg, well beaten
$\frac{1}{2}$ oz. or rather more German yeast	1 teaspoonful of castor sugar
	1 teaspoonful of salt

METHOD.

Melt the butter in a saucepan, add the milk, put part of this to the creamed yeast and pour into the centre of the flour. Add the salt and make into a smooth dough with the beaten egg and the remainder of the milk. Knead well, then set to rise for one hour in three round greased tins and cover with a cloth. Bake in a moderate oven about 30 minutes, glaze with sugar and milk (one dessert-spoonful of white sugar dissolved in two dessert-spoonsful of milk).

CREAM CAKES

(Very Good).

458

INGREDIENTS.

$\frac{1}{2}$ lb. of flour	3 oz. of butter
A pinch of salt	Cream to mix

METHOD.

Put the flour on a paste board, add the salt, cut the butter into small pieces and mix well with the flour. Use sufficient cream to make a stiff paste, roll out to about quarter of an inch in thickness, cut into small rounds, and bake in a quick oven about 15 minutes. Serve hot for afternoon tea.

AUCHENCAIRN SCONES.

INGREDIENTS.

1 lb. of flour	$\frac{1}{2}$ teaspoonful of salt
1 teaspoonful cream of tartar	1 teaspoonful of sugar
$\frac{1}{2}$ teaspoonful of carbonate of soda	1 oz. of butter or lard A little milk

METHOD.

Mix all the dry ingredients *well* together, then make into a stiff paste with the milk. Roll out to about half-an-inch in thickness, cut into small rounds and bake in a moderate oven about 20 minutes.

N.B.—In Scotland these are cooked *over* the fire upon a girdle.

BUTTERMILK CAKES.

INGREDIENTS.

1 quart of buttermilk	1 teaspoonful of carbonate of
6 oz. of flour	soda A pinch of salt

METHOD.

Put the flour and salt into a basin, add the soda to the buttermilk and mix into the flour, gradually, beat well, until quite smooth. Fry like pancakes and serve hot, with plenty of butter on them.

COCOANUT BISCUITS.

INGREDIENTS.

10 oz. of castor sugar	Desiccated cocoanut
3 whites of eggs	

METHOD.

Whip the whites to a firm froth, stir in the sugar, and sufficient cocoanut to form a stiff paste. Drop in rough heaps upon a well-oiled baking-tin, and bake in moderate oven about 30 minutes.

SCOTCH SHORT BREAD.

INGREDIENTS.

462

4 oz. of flour
4 oz. of butter
2 oz. of ground rice

2 oz. of castor sugar
A very little lemon peel

METHOD.

Put all the ingredients into a basin, except the candied peel, and knead into a smooth elastic paste. Roll out to about a quarter of an inch in thickness, and cut into ovals or rounds. Place a small piece of the peel upon each cake, and bake in a slow oven about 20 minutes.

BRANDY SNAP CREAMS.

INGREDIENTS.

463

2 oz. of butter
2 oz. of cane sugar
2 oz. of golden syrup

2 oz. of flour
 $\frac{1}{4}$ teaspoonful of ground ginger
 $\frac{1}{4}$ pint double cream

METHOD.

Put butter, sugar, and syrup into a saucepan, and allow mixture to cook slowly until the sugar is quite dissolved. Stir in the flour and ginger, cook slowly for five minutes, stirring all the time. Drop teaspoonful of the mixture upon a *well-oiled* baking-sheet, and cook in a slow oven until a nice golden brown. While hot, quickly mould them round oiled cornet moulds, or the oiled handle of a wooden spoon. When cool fill with whipped cream, sweetened and flavoured, passed through a vegetable rose forcing. The crinkled side of the brandy snaps should be *outside* when moulding them.

TENNIS CAKE.

464

INGREDIENTS.

4 oz. of butter	5 oz. of castor sugar
5 oz. of Coombs' Flour	2 oz. of cornflour
2 oz. of candied peel	4 oz. of sultanas
2 oz. of dried cherries	3 or 4 small eggs

METHOD.

Cream the butter, add the sugar, then the flour, gradually moistening with the yolks and stiffly beaten whites of the eggs. Stir in the cornflour and lastly add the fruit. Pour into a cake-tin lined with thick paper, or foolscap, but *not* greased. Bake in a hot oven for about 10 minutes, then lower the gas and cook slowly until done. Try with a skewer, and as soon as it leaves the cake without any of the mixture adhering to it, the cake may be removed from the oven.

The sultanas should be well cleaned and dried, the cherries cut in halves, and the peel finely minced before being added to the cake. When the cake is cool put on a layer of almond icing, made as follows :—Mix 6 oz. of ground almonds and 8 oz. of castor sugar into a stiff paste, with one whole egg and one white. Also add a few drops of almond essence. Place the cake in a warm oven until the paste has set, then sprinkle over the top a little green sugar, or 1 oz. of pistachio kernels, very finely chopped. Decorate with white royal icing, using different fancy forcing pipes.

For Royal Icing, see "Icing for Cakes."

LEICESTER CAKE.

465

INGREDIENTS.

$\frac{1}{2}$ lb. of butter	$\frac{1}{2}$ lb. of castor sugar
10 oz. of flour	4 oz. of Valencia almonds
5 eggs	1 or 2 oz. of candied peel
$\frac{1}{2}$ lb. of sultanas	

METHOD.

Cream the butter, add the sugar. Separate the yolks from the whites of the eggs, and beat the whites to a firm froth. Stir in the flour gradually, moistening with the yolks and whites of the eggs. Thoroughly clean and dry the sultanas, blanch and chop the almonds, not too finely, also the peel. Stir the fruit well into the cake, but do not beat the cake after adding fruit. Pour into a cake-tin lined with thick kitchen paper, but *not* greased, and bake in a moderate oven $1\frac{1}{4}$ hours.

BRAZIL CAKES.

INGREDIENTS.

466

2 oz. of preserved ginger, cut small	2 oz. of castor sugar
2 oz. of Brazil nuts, chopped	1 oz. of ground rice
4 oz. of Coombs' Flour	2 oz. of butter

2 or 3 small eggs

METHOD.

Rub the butter into the flour and sugar, beat in each egg separately, stir in the rice, and lastly add the prepared fruit. Put the mixture into fancy cake-tins, greased with Hugon's Suet, and bake in a quick oven for 15 minutes.

MORTON SANDWICH.

INGREDIENTS.

467

2 oz. of ground rice	2 oz. of flour
2 oz. of butter	2 oz. castor sugar
2 eggs	A little preserve

METHOD.

Beat the butter to a cream, add the sugar, stir in the flour, and beat in the eggs, then add the rice. Pour in two round tins, lined with greased paper, and bake about seven

minutes in a quick oven. Spread a little preserve, or lemon curd, over one of the rounds, place the other one over it, sift over castor sugar, and serve.

N.B.—If eaten while quite fresh, this sandwich is exceedingly good, made with 4 oz. of ground rice, and *no* butter.

HOVIS SCONES.

INGREDIENTS.

$\frac{1}{2}$ lb. of Hovis Flour	$\frac{1}{2}$ oz. of carbonate of soda
3 oz. of lard	1 egg
1 oz. of sugar	1 teacupful of milk
$\frac{1}{2}$ oz. of cream of tartar	

METHOD.

Mix dry ingredients well together, add the eggs, and sufficient milk to make into firm paste. Roll out upon a floured board to about half-an-inch in thickness, divide into three equal parts, and cut each three into four. Brush over with beaten egg, and bake in moderate oven about 10 minutes.

MOTHER'S CAKE

(Very Good).

INGREDIENTS.

1 lb. of flour (Coombs' aerated)	2 oz. of candied peel
6 oz. of lard	2 eggs
$\frac{1}{2}$ oz. of sugar	Salt
4 oz. of Valencia raisins	$\frac{1}{2}$ pint of milk Grated nutmeg

METHOD.

Put the flour into a basin with a pinch of salt, rub the lard well into it, add the raisins stoned, the peel cut small, the sugar and grated nutmeg; stir together, beat the eggs in a separate basin, add the milk, pour to dry ingredients and mix all thoroughly. Bake $1\frac{1}{2}$ hours in a slow oven.

FATHER'S CAKE.

INGREDIENTS.

470

3 lbs. of flour (Coombs')	$\frac{1}{2}$ lb. of mixed peel
3 lbs. of currants	6 eggs
1 $\frac{1}{2}$ lbs. of sugar	1 quart or less of buttermilk
1 $\frac{1}{2}$ lbs. of dripping	Pinch of salt

METHOD.

Place all the dry ingredients in a large basin or bowl, well mix, make a hole in the centre, then add the eggs well beaten with the salt, now pour in the dripping, which must be melted, and last of all add buttermilk ; mix very well indeed, and bake in slow oven three or four hours.

LILLIE'S CAKE.

INGREDIENTS.

471

2 lbs. of flour	$\frac{1}{2}$ lb. of sultanas and currants
1 lb. of ground rice	2 oz. candied peel
1 lb. of sugar	3 eggs
$\frac{3}{4}$ lb. of dripping or lard	Nutmeg $\frac{3}{4}$ pint of milk

METHOD.

Put the flour and ground rice into a basin, rub in the dripping, add peel cut up, the fruit well cleaned, and grated nutmeg ; mix these all together, beat the eggs, add the milk to them, pour to the dry ingredients, and mix thoroughly ; pour into a cake-tin lined with greased paper, and bake about two hours in a slow oven.

BIRTHDAY CAKE.

INGREDIENTS.

472

$\frac{3}{4}$ lb. of Coombs' Flour	$\frac{1}{2}$ lb. of Valencia raisins, stoned and cut in quarters
$\frac{1}{2}$ lb. of butter	$\frac{1}{4}$ lb. of mixed peel, chopped
$\frac{1}{2}$ lb. castor sugar	$\frac{1}{4}$ lb. of sweet almonds, chopped
$\frac{1}{2}$ lb. of currants, washed, dried, and picked	Grated rind of 2 lemons
$\frac{1}{2}$ lb. of sultanas, washed, dried, and picked	$\frac{1}{2}$ teaspoonful of ground mace
	$\frac{1}{2}$ nutmeg, grated
	6 eggs

METHOD.

Cream the butter and sugar together, add the flour and yolks of the eggs, beat the whites to a firm froth, then stir them lightly in with a metal spoon. Add all the other ingredients, mix well. Pour into a cake-tin lined with foolscap, not greased, and bake in a moderate oven nearly two hours.

LEAMINGTON BUNS.

INGREDIENTS.

473

3 oz. of sugar	2 oz. of dried cherries
3 oz. of butter	1 oz. of citron peel, chopped
5 oz. of flour	1 oz. of angelica, chopped
2 eggs	A few drops of orange essence

METHOD.

Rub the butter into the flour, add the sugar, and beat in the eggs. Mix in all the other ingredients and the essence. Bake in small greased tins about 15 minutes in a moderate oven.

GOOD SIMNEL CAKE.

INGREDIENTS.

474

$\frac{1}{2}$ lb. sultanas	$\frac{1}{2}$ lb. flour
6 oz. castor sugar	$\frac{1}{4}$ lb. candied peel
1 lb. currants	$\frac{1}{2}$ pint milk, lukewarm
$\frac{1}{2}$ nutmeg	$\frac{1}{2}$ oz. yeast
1 teaspoonful spiced cinnamon	4 eggs, yolks
	$\frac{1}{4}$ lb. butter

METHOD.

Rub the butter into the flour, add all the dry ingredients, mix well together. Cream the yeast, add to it the milk and yolks, make a well in the centre of the cake, and pour in the milk, etc., mix into a soft paste, set to rise in a warm place for two hours.

Line a good sized round tin with thick paper, pour in half of the cake mixture, place a layer of almond paste in the centre, pour in remainder of cake mixture, bake two hours in a moderate oven.

ALMOND PASTE FOR SIMNEL CAKE.

INGREDIENTS.

475	$\frac{1}{2}$ lb. ground almonds	$\frac{1}{2}$ lb. castor sugar	$\frac{2}{3}$ eggs, yolks, and one white Flavouring essence
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METHOD.

Put the sugar and almonds into a basin, add the essence, mix well, then make into a stiff paste with the yolks and white of one egg.

VICTORIA SANDWICH.

INGREDIENTS.

476	3 oz. castor sugar	$\frac{2}{3}$ oz. ground rice
	3 eggs	3 oz. jam
	2 oz. flour	

METHOD.

Beat the eggs and sugar until thick, add the flour and ground rice, mix thoroughly; pour into two tins of the same size, which have been lined with greased paper. Bake seven to ten minutes; turn out on to a piece of paper sprinkled with castor sugar; when cold, spread the jam on one piece and lay the other on the top.

WEDDING CAKE

(Very Good).

INGREDIENTS.

477

3 lbs. flour	1½ lbs. castor sugar
3 lbs. butter	1 oz. spice (mixed)
2½ lbs. mixed peel	½ nutmeg (grated)
3 lbs. currants	½ pint brandy
1 lb. sweet almonds	½ pint sherry
16 eggs	Rind of 3 lemons. Salt

METHOD.

Beat the butter to a cream, add the sugar, eggs, and flour, mix well; add all the other ingredients, the currants being cleaned, and the peel cut into small pieces, and the almonds blanched and finely chopped. Beat all together for one hour. Line a large cake-tin with double paper, well greased, pour in the mixture, which should not fill the tin, and bake in a moderate oven five or six hours.

SEED CAKE (Rich).

478

INGREDIENTS.

½ lb. butter	½ lb. sugar
1 lb. flour	½ pint cream
4 eggs	1½ oz. caraway seeds
½ lb. candied peel	

METHOD.

Rub the butter into the flour, add the sugar, caraway seeds, and the peel cut in slices, mix all together. Beat the eggs, add to them the cream, pour to the dry ingredients, and mix very thoroughly. Pour into a lined tin and bake 1½ hours in a moderate oven.

SEED CAKE (Plain).

INGREDIENTS.

479

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

1 teaspoonful caraway seeds
2 eggs
$\frac{1}{2}$ pint of milk

METHOD.

Make as for the previous cake. Bake about one hour.

SPONGE CAKE.

INGREDIENTS.

480

6 large eggs
6 oz. flour

10 oz. castor sugar
1 rind of lemon

METHOD.

Put the yolks of the eggs and sugar into a basin and beat until thick, whip the whites to a stiff froth and stir in very lightly with the flour and flavouring. Grease a cake-tin well, and dust it with equal quantities of castor sugar and flour; the tin should be filled about two-thirds full, and baked in a moderate oven one hour.

MADEIRA CAKE.

INGREDIENTS.

481

$\frac{1}{2}$ lb. Coombs' Aerated Flour
$\frac{1}{4}$ lb. castor sugar
$\frac{1}{4}$ lb. butter

3 eggs
$\frac{1}{4}$ pint cream
10 drops essence almond

METHOD.

Rub the butter into the flour, add the sugar. Beat the eggs well, add to them the cream and flavouring essence, pour to the dry ingredients and mix all thoroughly. Pour into a cake-tin lined with greased paper, and bake $1\frac{1}{2}$ hours in a moderate oven.

CORNFLOUR CAKES.

INGREDIENTS.

482

2 oz. of butter	2 oz. sugar
2 oz. flour (Coombs' aerated)	4 oz. cornflour
	2 eggs

METHOD.

Cream the butter and sugar; add the eggs, flour, and cornflour. Beat all well together. Bake in small greased tins, about 15 minutes.

ARROWROOT BISCUITS.

INGREDIENTS.

483

2 oz. sugar	4 oz. arrowroot
2 oz. butter	3 oz. flour (Coombs' aerated)
1 egg	

METHOD.

Cream the butter and sugar, add the egg, stir well, add the flour and arrowroot by degrees, roll out very thinly on to a well floured board, cut in rounds, bake in a greased tin, 10 to 15 minutes, in a moderate oven.

GENEVA BUNS.

INGREDIENTS.

484

1 lb. flour	3 oz. sugar
1 oz. yeast	5 oz. butter
½ pint milk	2 oz. peel. Salt

METHOD.

Put the flour, salt, sugar, and candied peel, cut up into a basin, and mix well, put the milk and butter into a saucepan and warm it, cream the yeast, add the warm milk to it, pour to the dry ingredients, and mix thoroughly, put in a warm place to rise; form into buns, put on a greased tin, set to prove again quarter of an hour, bake 20 minutes.

BERLIN PANCAKES.

485

INGREDIENTS.

$\frac{3}{4}$ lb. of flour.	1 egg	2 oz. of castor sugar
$\frac{1}{2}$ lb. of Florador or ground rice		Jam
$\frac{1}{2}$ lb. of butter		Milk

Frying fat

METHOD.

Put flour, sugar, and ground rice into a basin, rub in the butter, beat the egg well, pour in a little milk, add to the dry ingredients, and form into a stiff paste. Roll out as thinly as possible on a floured board, cut into rounds, with a fancy cutter, put a little jam upon the centre of a round of paste, wet the edges, put another round on the top; press the edges well together, and fry in hot fat until a light brown.

QUEEN CAKES.

486

INGREDIENTS.

4 oz. of flour	2 eggs
4 oz. of butter	A few currants
4 oz. of sugar	$\frac{1}{2}$ grated rind of lemon
A pinch of salt	

METHOD.

Cream the butter, add the sugar and flour, beat in the eggs. Add the grated rind, and half fill well-greased queen cake-tins with the mixture. Sprinkle a few currants upon the top of each little cake. Bake in a quick oven about 10 minutes.

DOROTHY'S CAKE.

487

INGREDIENTS.

8 oz. of flour	1 oz. of candied peel
4 oz. of butter	3 oz. of currants
4 oz. of castor sugar	$\frac{1}{2}$ pint of milk (about)
1 egg	$\frac{1}{2}$ of grated lemon rind
A pinch of salt	

METHOD.

Rub the butter into the flour as for short pastry. Beat the whites of the eggs to a firm froth. Add the milk to the yolks, which must be well beaten. Add to all the dry ingredients, and mix well together. Line a cake-tin with thick paper, and pour in the mixture. Bake in a moderate oven about $1\frac{1}{2}$ hours.

ITALIAN FRITTERS.

INGREDIENTS.

488

2 French rolls		1 glass of wine
2 oz. of butter		$\frac{1}{2}$ lb. of apricot jam

METHOD.

Cut the bread into slices quarter of an inch in thickness, then into rounds, put the butter into a frying pan ; when hot, fry bread a golden brown. Arrange in a circle on a plate, put the jam and wine into a saucepan, and when boiling pour over fritters ; sprinkle over them finely-chopped almonds. Serve hot or cold.

RUSKS.

INGREDIENTS.

489

1 lb. of flour (Coombs' aerated)		1 egg
2 oz. of butter		Pinch of salt Milk

METHOD.

Mix all the ingredients together with enough milk to form a paste, roll out thinly and cut with paste cutters ; put into a hot oven and bake 10 to 15 minutes.

GINGERBREAD BISCUITS.

INGREDIENTS.

490 1 lb. of flour 1 lb. of syrup $\frac{3}{4}$ lb. of sugar	$\frac{1}{2}$ lb. of butter 2 oz. of candied peel 3 teaspoonsful ground ginger
--	--

METHOD.

Cut the candied peel into small pieces and mix with the other ingredients, roll out very thinly and cut with a round cutter; put on a well-greased tin, and bake in a moderate oven.

TEA CAKES.

INGREDIENTS.

491 1 lb. of flour (Coombs' aerated) 3 oz. of lard	1 egg $\frac{1}{2}$ pint of milk $\frac{1}{2}$ teaspoonful of salt
---	--

METHOD.

Put flour and salt into a basin, rub the lard well into it; beat the egg in a separate basin, add to it the milk, pour to the dry ingredients and mix thoroughly. Form into round cakes; bake in a quick oven 10 to 15 minutes.

ROCK CAKES (Plain).

INGREDIENTS.

492 1 lb. of flour $\frac{1}{2}$ lb. of sugar $\frac{1}{4}$ lb. of butter $\frac{1}{2}$ lb. of currants	3 oz. of candied peel 3 eggs A little milk Grated nutmeg
--	---

METHOD.

Mix all together as in previous recipe, drop in lumps, on greased tins, and bake about 10 minutes in a hot oven.

POUND CAKE.

INGREDIENTS.

10 oz. of flour	1 grated rind of lemon
½ lb. of butter	A pinch of salt
½ lb. of castor sugar	3 oz. of candied peel
¼ lb. of sultanas	4 oz. currants
4 eggs	A few drops of vanilla essence

METHOD.

Beat the butter to a cream, add the sugar and flour gradually, beating in each egg separately. Add flour and eggs in this manner until flour, sugar, and eggs are all well mixed, then add the other ingredients. Pour into a cake-tin lined with paper, and bake about two hours in a moderate oven.

BESSIE'S CAKE.

INGREDIENTS.

½ lb. of castor sugar	4 eggs
½ lb. of ground rice	Lemon rind, to flavour
½ lb. of Coombs' flour	Royal icing, to decorate

METHOD.

Beat the eggs and sugar together until thick and creamy. Stir in all the flour, add the grated lemon rind. Put the mixture into an oiled and sugared mould, and bake about one hour in a moderate oven. When cold, decorate with crystallised fruit and coloured royal icing. Or, the cake may be plainly coated with lemon water icing, see "Icing for cakes."

POTATO CAKES.

INGREDIENTS.

1 lb. of mashed potatoes	4 oz. of butter
1 lb. of Coombs' flour	4 oz. of sultanas
4 oz. of castor sugar	2 eggs

METHOD.

Rub the butter into the flour, add the sugar, potatoes, and sultanas, well cleaned. Mix together, then beat in the eggs. Turn out upon a floured board and roll to about quarter of an inch in thickness. Cut into round cakes and bake in a quick oven about 15 minutes. Serve hot, well buttered.

GENOESE CAKE.**496**

INGREDIENTS.

6 oz. of Coombs' flour	5 oz. of castor sugar
4 oz. of butter	3 eggs
A few drops of flavouring essence	A pinch of salt

METHOD.

Beat the butter to a cream, add the sugar and flour gradually, moistening with the yolks, and stiffly beaten whites of the eggs. Stir in the salt and flavouring. Pour in a cake-tin lined with paper, *not* greased, and bake in a moderate oven about 45 minutes. When cold, coat with chocolate icing, and sprinkle over half-an-ounce of pistachio nuts, blanched and very finely chopped.

FRANK'S CAKE.**497**

INGREDIENTS.

8 oz. of Coombs' flour	3 eggs
4 oz. of butter	1 grated rind of lemon
6 oz. of castor sugar	

METHOD.

Rub the butter into the flour, add the sugar and lemon rind; beat the eggs separately, add to the dry ingredients and mix well. Bake in a lined cake-tin about 45 minutes. When cold, put on a layer of almond icing, and stick sweet almonds, blanched and cut lengthways, over the top.

ROBIN REDBREAST CAKES.

METHOD.

Colour half the quantity of Genoese cake mixture with cochineal and leave the other its natural colour. Bake in separate tins. When cold, cut into small rounds or fancy shapes, an equal number of shapes in each colour. Spread jam upon the plain pieces, cover with the pink ones. Cover the surface of each little cake with coffee icing, or chocolate.

BIRDS' NESTS.

METHOD.

Cut some rounds of Genoese pastry about two inches high and two inches across. Remove the centre with a small cutter, leaving a narrow rim of cake at the edge. Ice with royal icing, dip in chopped pistachios, put in the centre some nice jam or stewed fruit, and ornament (through a rose forcer) with whipped cream slightly streaked with carmine; or, if there is no forcer finish with whipped cream, put in carefully with a spoon, or, place three sugar almonds into each little nest.

PETIT CHOUX.

INGREDIENTS.

5 oz. of flour	3 eggs
2 oz. of butter	$\frac{1}{2}$ pint of water
3 oz. of castor sugar	

METHOD.

Put the butter and water on to boil; when boiling stir in the flour and sugar. Cook well over the gas and stir until the mixture leaves the sides of the saucepan clearly. Remove the saucepan from the gas and beat in the eggs. Pass the mixture through a forcing bag and vegetable rose

forcer upon a greased baking-sheet, and bake in a moderate oven about one hour. When done, open the cakes at the sides and insert a little preserve or whipped cream. Coat with glacé icing.

ECLAIRS.

INGREDIENTS.

501	Petit choux mixture	Chocolate icing, or caramel
	Whipped cream	

METHOD.

Pass the petit choux mixture through a forcing bag and plain vegetable forcer upon a greased baking-sheet, in lengths of about three inches and one inch in width. Bake about 45 minutes in a moderate oven. When done coat with chocolate icing. When the icing has set, open the eclairs at the sides and fill with whipped cream sweetened and flavoured with vanilla.

TIPSY CAKE.

INGREDIENTS.

502	1 moulded sponge cake (a few days old if possible)	2 oz. of sweet almonds, blanched
	A little sherry or raisin wine	1 packet of Bird's Custard Powder
	4 tablespoonsful of brandy	$\frac{1}{2}$ pint of cream
	2 oz. of white sugar	$\frac{3}{4}$ pint of new milk

METHOD.

To make the cake stand firmly in the glass dish, cut the bottom level. Make a small hole in the top and pour into it and over it sufficient wine, mixed with the brandy, to soak it nicely. Let it soak for two hours, and then stick all over with the blanched almonds, cut in strips. Make the custard with the sugar, cream, and milk, and pour when a little cool into the dish round the cake.

HOT CROSS BUNS.

INGREDIENTS.

1 lb. of flour	$\frac{1}{2}$ pint of milk
1 oz. of sugar	A pinch of salt
2 oz. of currants	2 teaspoonsful of Bird's Baking
2 oz. of butter	Powder

METHOD.

503 Mix the flour, baking powder, currants, and salt. Dissolve the sugar and melt the butter in the milk by the aid of a little gentle heat, lightly mixing the whole, handling as little as possible. Form it into round cakes, place on a greased tin, and *at once* bake in a hot oven for about half-an-hour. Brush over with the white of an egg, directly after taking the buns out of the oven, in order to give the requisite glaze. When preferred, a few caraway seeds may be substituted for the currants.

RICE BUNS.

INGREDIENTS.

$\frac{1}{2}$ lb. of finely-ground rice	A small teacupful of milk
$\frac{1}{4}$ lb. of powdered white sugar	A piled-up teaspoonful of Bird's Concentrated Egg Powder
$\frac{1}{4}$ lb. of butter	
3 tablespoonsful of flour	

METHOD.

504 Thoroughly mix the ground rice, sugar, flour, and egg powder. Soften the butter and well rub it in. Moisten the whole with the milk, and bake in a moderately quick oven, in well-greased small patty-pans, not too full, or else tin rings with paper round them.

YORKSHIRE TEA CAKES.

INGREDIENTS.

1 lb. Coombs' Flour	1 egg
$\frac{1}{2}$ pint milk	1 teaspoonful castor sugar
1 oz. lard	$\frac{1}{2}$ oz. German yeast

METHOD.

Cream the sugar and yeast, melt the lard in a saucepan, pour the milk on to it and make it lukewarm, pour this on to the yeast and sugar. Pour the yeast and milk through a strainer into the flour, add the beaten egg and mix well together.

Flour a board and turn the dough on to it, beat it and cut it into cakes. This quantity will make four small cakes.

Grease the rings and put in the cakes, and stand to rise for one hour, then bake for 15 minutes.

GLAZE FOR TEA CAKES.

INGREDIENTS.

506

1 dessert-spoonful castor sugar		1 white of egg 1 tablespoonful of milk
------------------------------------	--	---

METHOD.

Mix together and brush over the cakes.

RASPBERRY BUNS.

INGREDIENTS.

507

$\frac{1}{2}$ lb. of flour		2 oz. of lard
2 oz. of sugar		A little milk
1 egg		A little preserve

METHOD.

Rub the lard into the flour, add the dry ingredients, mix well, add the egg well beaten and sufficient milk to form a firm paste. Roll out to about quarter of an inch in thickness, cut into rounds, put a teaspoonful of preserve upon each, wet the edges, join them together in the centre. Turn the joined side downwards on to a greased baking-tin, cut across the top, not too deeply, sprinkle over a little crystallised sugar and bake in a quick oven about 10 minutes.

ECCLES CAKES.

METHOD.

Melt one ounce of butter in a saucepan, add two ounces of brown sugar, one ounce of mixed peel, shredded finely, a little nutmeg and four ounces of currants. Let the butter and sugar melt, but do not cook them. Roll out some flaky pastry thinly, cut into rounds, put a little of the Eccles mixture in the centre of each round, wet the edges, press them together in the centre to form a ball. Turn over and roll round until the currants show through. Mark the top across several times with a knife, not to cut right through, sprinkle over with sugar and bake about 10 minutes in quick oven.

STRAWBERRY CAKES.

INGREDIENTS.

1 packet Bird's Strawberry Blanc-mange Powder	2 oz. butter A few drops of strawberry essence
3 oz. Coombs' Flour	2 or 3 small eggs
3 oz. castor sugar	

METHOD.

Cream the butter, add the sugar and Coombs' Flour, gradually moistening with the yolks and stiffly beaten whites of the eggs. Add the flavouring essence, and lastly, stir in lightly the blanc-mange powder. Bake in small greased tins for about 10 minutes in a quick oven.

N.B.—Raspberry, pine apple, apricot, and many other different flavoured cakes may be made in the same manner.

GINGERBREAD.

510

INGREDIENTS.

$\frac{1}{2}$ lb. of flour	1 oz. ground ginger
1 lb. of treacle	1 good teaspoonful of car-
$\frac{1}{2}$ lb. of brown sugar	bonate of soda dissolved
$\frac{1}{4}$ lb. of dripping	in a little lukewarm milk

METHOD.

Rub the dripping into the flour, add the sugar and ginger; then add the treacle, and last of all the carbonate of soda, and sufficient milk to make a rather stiff paste. Bake in a greased Yorkshire pudding tin.

WARRINGTON CAKES.

511

INGREDIENTS.

$\frac{1}{2}$ lb. of flour	2 oz. of lard
1 oz. of candied peel	2 oz. of sultanas
1 egg	1 teaspoonful of baking powder
2 oz. of sugar	Milk

METHOD.

Beat the lard to a cream, or rub in with the fingers, add the other dry ingredients, the egg well beaten, and the milk, sufficient to make a stiff paste. Place in heaps on a greased tin, brush over with egg, and sift sugar on the top. Bake in a quick oven about 15 minutes.

RICHMOND BUNS (No. 1.)

512

INGREDIENTS.

1 lb. of flour	2 oz. of sugar
2 oz. of butter	$\frac{1}{2}$ oz. of candied peel
1 egg	$\frac{1}{2}$ pint of milk
3 oz. of currants	$\frac{1}{2}$ oz. of German yeast
3 oz. of sultanas	A pinch of salt

METHOD.

Put the flour into a basin with the currants, sultanas, candied peel, sugar, and salt. Dissolve the yeast in three tablespoonsful of water (lukewarm). Melt the butter in the milk in the saucepan ; do not let it get too hot. Beat the egg, add to it the warm butter and milk. Now mix the milk, butter, and egg with the flour, then add the yeast. *Beat well* with a wooden spoon. On the good beating the excellence of the buns chiefly depends. Let the dough rise for two hours, then make it into buns and let them rise for one hour near the fire. Bake in a moderate oven.

RICHMOND BUNS (No. 2.)

INGREDIENTS.

513

1 lb. of flour		1 rind of grated lemon
1 oz. of lard		1 egg
1 oz. castor sugar		½ pint of milk (about)

METHOD.

Rub the lard into flour and sugar, add the grated lemon rind. Beat the egg and mix it with the milk. Add sufficient egg and milk to form a soft paste. Flour the hands slightly, and roll the mixture into small balls. Dust them with castor sugar, place in ungreased patty-pans, and bake about 20 minutes. Serve either hot or cold.

ETHEL'S RICE CAKES.

INGREDIENTS.

514

3 oz. of butter		2 oz. of flour
4 oz. of castor sugar		4 oz. of rice flour
3 eggs		Essence of lemon

METHOD.

Beat the butter and sugar to a cream, add one egg and half the flour and rice flour, mix together, add the other two eggs and the remainder of the flour and rice flour; lastly, add flavouring essence; beat thoroughly. Grease some small fancy moulds with dripping or lard, and fill them about half full. Bake from 10 to 15 minutes in a moderate oven.

RICE BUNS (Another Way).

INGREDIENTS.

515

2 oz. of butter	3 oz. of ground rice
2 oz. of castor sugar	2 eggs
2 oz. of flour	

METHOD.

Beat butter and sugar together with wooden spoon, add one egg and half the flour and ground rice, stir these together, add other egg and remainder of ground rice and flour, mix thoroughly, and bake in small greased moulds about 15 minutes.

N.B.—If the butter be at all hard the basin should be slightly warmed, then the butter and sugar will soon become creamy.

ORANGE CAKE.

INGREDIENTS.

516

6 eggs	Rind of 3 oranges
6 oz. of flour	$\frac{1}{2}$ gill of orange juice
10 oz. of castor sugar	

METHOD.

Put the yolks of the eggs into a basin, and stir with the sugar until quite thick, add the grated rind of the oranges, warm the orange juice and put it to the mixture. Whip the whites stiffly, add the flour to the yolks; lastly, add the whites of the eggs, and mix very lightly. Pour into a well-greased cake-tin, and bake from 20 to 30 minutes.

APRICOTS EN SURPRISE.

INGREDIENTS.

517

Sponge cake	A few drops of vanilla essence
$\frac{1}{2}$ tin of apricots	A little sugar
$\frac{1}{2}$ pint of cream	

METHOD.

Cut the sponge cake into small rounds about half-an-inch thick. Whip up the cream till stiff, add the essence and sugar; sprinkle each slice of sponge cake with a little of the apricot syrup, place half an apricot on each piece of cake, cut side downwards, and put a ring of the cream round the edge of the fruit. This is to represent poached eggs.

CHERRY CAKES.

INGREDIENTS.

518

4 oz. of butter	Grated rind of half a lemon
4 oz. castor sugar	4 oz. candied cherries
3 eggs	8 oz. flour

METHOD.

Beat butter and sugar to a cream, add the eggs well beaten, also the flour and lemon rind, beat 10 minutes, add the cherries and baking powder, pour into a mould lined with buttered paper, and bake in a slow oven $1\frac{1}{2}$ hours.

N.B.—The mixture should be sufficiently stiff to prevent the cherries sinking to the bottom in baking. If eggs not enough, add a little milk.

SWISS ROLL (No. 2)

INGREDIENTS.

519

4 oz. flour		1 tablespoonful boiling water
4 oz. castor sugar		A little flavouring

METHOD.

Cream the yolks and sugar well together, add the flour, then the hot water, and fold in the stiffly-beaten whites. Pour in square sandwich tin lined with greased paper. Bake $8\frac{1}{2}$ minutes. Spread with jam immediately after removing from the oven, and roll.

**AMERICAN
DOUGH NUTS.**

INGREDIENTS.

520

2 eggs		1 teaspoonful lemon essence
4 or 5 oz. castor sugar		Flour, sufficient to make into
$\frac{1}{2}$ pint milk		light dough
2 oz. butter		

METHOD.

Beat the eggs and sugar together until creamy, add the butter (melted) and the milk. Flavour, and stir in flour enough to make a light dough. Turn out upon floured board, roll out thinly, cut into rings, and fry in hot fat until a golden brown.

MOCHA CAKE.

INGREDIENTS.

521

4 oz. Coombs' Flour		4 eggs
4 oz. castor sugar		

METHOD.

Whip the whites of the eggs to a firm froth; beat the yolks and the castor sugar together until thick and creamy. Add the flour, gradually moistening with the stiffly-beaten

whites. Bake in a shallow tin lined with a greased paper for about 20 minutes. Cut the cake through the centre, and spread a thick layer of Mocha icing upon the lower half, place the other half on the top, and then decorate nicely with Mocha icing. (For Mocha icing see "Icing for Cakes.")

HARTISMERE CAKE.

INGREDIENTS.

522

1 lb. Coombs' Flour	2 oz. candied peel, finely shredded
½ lb. butter	½ lb. citron peel, finely shredded
½ lb. castor sugar	A little grated nutmeg
½ lb. sultanas	
½ lb. currants	3 eggs
	Boiling milk, to mix

METHOD.

Rub the butter into the flour, add the sugar, beat in the eggs, stir in sufficient milk, just off the boil, to mix into a light dough. Add the other ingredients, mix all well together and bake in a moderate oven about $1\frac{1}{2}$ hours.

MERINGUE BIRDS AND ROSES.

INGREDIENTS.

523

14 oz. castor sugar	Pinch of alum
Whites of 7 eggs	

METHOD.

Whip the whites to a very firm froth, then add a little of the sugar gradually. Add the remainder of the sugar, stir it well in, but do not beat. Pass through a plain forcing in the form of birds, and through the "slit" forcing into roses. Allow to dry all night in a warm place. Bake next morning in a moderate oven until a light brown.

RUSTIC TREE CAKE.

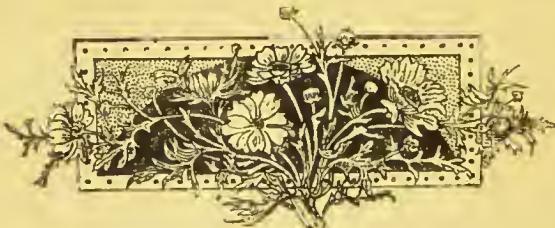
INGREDIENTS.

524

1 Swiss roll (omitting jam)	Angelica, cut into leaves
Mocha icing (<i>see Icing for Cakes</i>)	Pistachio nuts, finely chopped

METHOD.

Cut off each end of the roll, which must be cold. Brush over with white of egg. Pass the Mocha icing through a bag and large "rose" pipe lengthwise across the roll. Dip a knife into cold water, and smooth a little of the icing over the ends of the roll. Decorate prettily with the angelica leaves and pistachio nuts. This cake has the appearance of the fallen trunk of a tree.



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HOVIS RECIPES.

BAKING INSTRUCTIONS.

INGREDIENTS.

525

14 lbs. of Hovis Flour		1 gallon of water
4 oz. French or German yeast		No salt

METHOD.

Dissolve the yeast in about 4 oz. of water (which should not exceed 90° Fahr.) and strain through muslin. Take the temperature of the Hovis Flour, and if, for example, it is 60° Fahr., make the water 120° Fahr., the two added always making 180° Fahr. as per table next page. The dough should be from 90° to 95° Fahr. ; mix about 10 lbs. or say two-thirds of the Hovis Flour with the gallon of water until it is an absolutely smooth batter, stir in the dissolved yeast, then complete the mixing with the remaining 4 lbs. of flour, weigh off and tin immediately.

It will require from 26 to 40 minutes' proof (according to the temperature of the bakehouse), and should be thoroughly well baked, say 10 minutes more than white bread.

N.B.—It is preferable to use a mixing pan or a special small trough for mixing the Hovis in order to avoid, if possible, all foreign substances being scraped up with the dough, as sometimes happens when mixing is done on the ordinary board. It is also advised that the hands should not be rubbed out into the Hovis dough. This will prevent the close lumps that are sometimes to be detected when the loaf is cut through.

No other flour should be used with the Hovis Flour, not even for dusting.

If Hovis Flour is	Hot Water should be	Total
50°	130°	= 180°
55°	125°	= 180°
60°	120°	= 180°
65°	115°	= 180°
70°	110°	= 180°

PLEASE GIVE THESE INSTRUCTIONS A TRIAL.

HOVIS SCONES.

INGREDIENTS.

526	4 lbs. of Hovis Flour	½ oz. of soda
	8 oz. of lard or butter	1 oz. cream of tartar
	6 oz. of sugar	1 qt. of milk or 1 qt. buttermilk

HOVIS RICE CAKES.

INGREDIENTS.

527	3 lbs. of Hovis Flour	½ oz. of cream of tartar
	1 lb. of sugar	¼ oz. of soda
	¾ lb. of butter or lard	1 pint of milk
	5 eggs	

HOVIS NEWMARKET SANDWICH.

INGREDIENTS.

528	2½ lbs. of Hovis Flour	½ oz. of cream of tartar
	1 lb. of butter	¼ oz. of soda
	1½ lbs. of sugar	Few drops of essence of
	6 eggs	lemon

METHOD.

Cream the butter and sugar, add one egg at a time, and mix with milk. Make a paste with one pound of Hovis Flour and half-a-pound of butter, and line a flat tin with it. Sprinkle currants over, and spread the mixture on. Bake, and decorate with icing sugar on the top.

HOVIS WELSH BUNS.

INGREDIENTS.

229	4 lbs. of Hovis Flour	1 oz. of yeast
	8 oz. of butter	1 quart of warm milk
	10 oz. of sugar	

METHOD.

Make and bake the same as ordinary buns. Wash over and dip in rough sugar. Eggs may be added if desired.

HOVIS SPONGE CAKE.

INGREDIENTS.

12 eggs	16 oz. of Hovis Flour
14 oz. of sugar	

METHOD.

This mixture requires to be thoroughly beaten.

HOVIS ROCK CAKES.

INGREDIENTS.

3 lbs. of Hovis Flour	1 oz. of cream of tartar
2 lb. of lard	½ oz. of soda
1 lb. of sugar	Few currants
3 eggs	Mix with milk

HOVIS SHORTBREAD.

INGREDIENTS.

532	2½ lbs. of Hovis Flour	2 eggs
	1½ lbs. of butter	½ oz. of soda
	10 oz. of sugar	½ oz. of cream of tartar

HOVIS LUNCH CAKE.

INGREDIENTS.

533	4 lbs. of Hovis Flour	½ oz. of soda
	1½ lbs. of butter	1½ pints of buttermilk
	2 lbs. of sugar	Fruit and peel may be used if desired
	6 eggs	
	1 oz. of cream of tartar	

HOVIS MADEIRA CAKE.

INGREDIENTS.

534	1 lb. of butter	8 eggs
	1 lb. of fine sugar	1½ lbs. of Hovis Flour

METHOD.

Cream the butter and sugar, and add eggs one at a time, previously warmed. The success of the cake depends entirely on the amount of work put into it.

HOVIS EMPRESS CAKE.

INGREDIENTS.

535	3 lbs. of Hovis Flour	1 lb. of cherries
	2 lbs. of sugar	1 lb. of sultanas
	2 lbs. of butter	¼ lb. of ground almonds
	18 eggs	

METHOD.

Mix well together, and bake in a slow oven.

HOVIS DIETETIC CAKE.

INGREDIENTS.

536	3 lbs. of Hovis Flour	5 eggs
	1 lb. of lard	½ oz. of cream of tartar
	1½ lbs. of sugar	¼ oz. of soda
	2 lbs. of currants	1 quart of milk (or less)
	3 caps peel	Few drops of essence of lemon

HOVIS DIGESTIVE CAKE.

INGREDIENTS.

537	1¾ lbs. of Hovis Flour	Few drops of essence of lemon
	1 lb. of sugar	A little nutmeg
	1 lb. of butter	Pinch of baking powder
	8 eggs	

HOVIS WINE BISCUITS.

INGREDIENTS.

4 lbs. of Hovis Flour	$\frac{1}{2}$ oz. of soda
3 lbs. of sugar	3 eggs
2 lbs. of butter	A little milk
$\frac{1}{2}$ oz. of cream of tartar	

38

HOVIS TEA BISCUITS.

INGREDIENTS.

4 lbs. of Hovis Flour	$\frac{1}{2}$ oz. of soda
6 oz. of butter	$1\frac{1}{2}$ pints of milk
$\frac{1}{2}$ oz. of cream of tartar	

39

METHOD.

Cut in any size, and make thin and crisp.

HOVIS CREAM CAKES.

INGREDIENTS.

2 lbs. of Hovis Flour	$\frac{1}{2}$ oz. of soda
$\frac{1}{2}$ lb. of lard	1 pint of milk
$\frac{1}{2}$ oz. of cream of tartar	

540

METHOD.

Make the same as scones. Bake on an iron plate, and when half cooked turn over. Makes a good tea cake, especially for toasting.

HOVIS ROUT BISCUITS.

INGREDIENTS.

4 lbs. of Hovis Flour	$\frac{1}{2}$ oz. of cream of tartar
2 lbs. of sugar	$\frac{1}{4}$ oz. of soda
1 lb. of butter	A few drops of essence of
6 eggs	lemon

541

METHOD.

Mix as for wine biscuits, and decorate with sugar.

HOVIS DIETETIC GINGERBREAD.

INGREDIENTS.

542

4 lbs. of Hovis Flour	$\frac{1}{2}$ oz. of soda
1 $\frac{1}{2}$ lbs. of sugar	3 caps of peel
1 $\frac{1}{2}$ lbs. of butter	1 $\frac{1}{2}$ pints of syrup
$\frac{1}{2}$ oz. of ginger	1 gill of milk
$\frac{1}{2}$ oz. of cream of tartar	

METHOD.

Mix well and leave overnight in dough. Bake in blocks.

HOVIS NURSERY BISCUITS.

INGREDIENTS.

543

1 pint of milk	2 eggs
1 pint of water	2 oz. of yeast
$\frac{1}{2}$ lb. of sugar	4 to 4 $\frac{1}{2}$ lbs. of Hovis Flour
8 oz. of butter	

METHOD.

Warm milk and water to 90° Fahr., then add the yeast, eggs, a little of the sugar, and half-a-pound of flour. Mix well, and ferment. When this is ready, make the dough, and prove for one hour before scaling. Prove and bake as ordinary confectionery, and when cold, cut in two, and dry thoroughly in a slow oven.

HOVIS PARKIN.

INGREDIENTS.

544

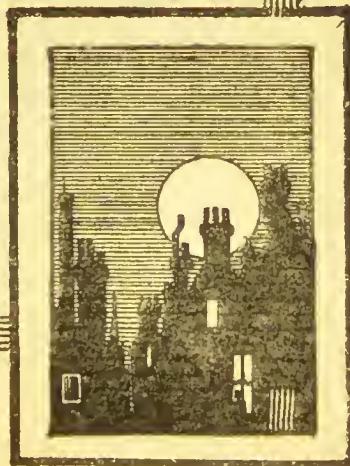
1 lb. of Hovis Flour	$\frac{1}{2}$ lb. of golden syrup
6 oz. of butter	2 oz. of candied peel
$\frac{1}{2}$ lb. of brown sugar	1 $\frac{1}{2}$ teaspoonsful ground ginger
2 eggs	1 $\frac{1}{2}$ teaspoonsful baking powder
$\frac{1}{2}$ pint of milk	

METHOD.

Mix all the ingredients well together. Pour into a greased baking-tin, and bake in a slow oven one hour.



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ICING FOR CAKES.

ROYAL ICING.

INGREDIENTS.

545 1 lb. of icing sugar
Whites of 2 eggs

 | Juice of 2 small lemons

METHOD.

Sift the icing sugar to remove all the lumps. Put the sugar into a basin, and add to it the lemon juice and the whites of the eggs, slightly beaten. Beat it well with a wooden spoon until it is very white and smooth. The more it is beaten the whiter it will become. For decorating cakes, put this icing into a forcing bag with fancy forcing pipe attached. The icing may be coloured with a few drops of cochineal, or any of the numerous vegetable colourings which may be purchased very cheaply from the grocers, or Italian warehousemen.

TO COAT A CAKE WITH ROYAL ICING.

546

The cake must be quite level upon the top. If necessary to cut off a small portion, brush the cut part over with white of egg, and place the cake in the oven for a few minutes to set the egg. To cover the cake with the icing, place the whole of the icing upon the top of the cake and with a broad knife dipped into cold water proceed to work the icing gradually down the sides of the cake. Place the cake in a cool oven for the icing to set, and leave it until the next day before decorating it.

ALMOND ICING.

INGREDIENTS.

547

$\frac{1}{2}$ lb. of ground almonds	10 oz. of castor sugar
Yolk of 1 egg	Almond flavouring
Whites of 2 eggs	

METHOD.

Mix the almonds and sugar well together, then beat into a stiff paste with the yolk and whites of the eggs. Add the flavouring. Dip a broad knife into hot water to make the icing smooth upon the top of the cake. Place the cake in a cool oven until the icing is firm and dry. A layer of almond icing is usually put under the "Royal Icing" for wedding cakes, etc.

LEMON WATER ICING.

INGREDIENTS.

548

$\frac{1}{2}$ lb. of icing sugar	$1\frac{1}{2}$ tablespoonsful of water
Juice of half a lemon	A few drops of saffron

METHOD.

Put these ingredients into a small saucepan, and stir over the gas until the consistency of thick cream. It *must not* boil, or it will not have a nice clear appearance when set. It must be poured over the cake directly it is removed from the gas, and the remains that fall from the cake may be re-heated and used again.

CHOCOLATE ICING.

INGREDIENTS.

549	8 oz. of icing sugar 3 oz. grated chocolate		2 tablespoonsful of water A few drops of vanilla essence
------------	--	--	---

METHOD.

Mix the sugar and chocolate well together and put them into a saucepan with the other ingredients. Stir over the gas until the consistency of thick cream, then pour over the cake. It *must not* boil.

ORANGE ICING.

INGREDIENTS.

550	$\frac{1}{2}$ lb. of icing sugar A little orange colouring		2 tablespoonsful of orange juice
------------	---	--	----------------------------------

METHOD.

Proceed as for "Lemon Water Icing."

COFFEE ICING.

Use one tablespoonful of coffee essence and one tablespoonful of water to dissolve the sugar, and make like Lemon Icing, without the lemon juice.

551 N.B.—"Lemon Water Icing" may be taken as a standard for almost any water icing, using different colouring and flavouring essences.

CHOCOLATE ICING**(Good).**

INGREDIENTS.

552	$\frac{1}{2}$ lb. icing sugar, sifted	$\frac{1}{2}$ pint of water
	3 oz. grated chocolate	A little flavouring

METHOD.

Boil the chocolate and water together for two minutes, then add the sugar and flavouring. Re-heat, but do not boil again, and pour over the cake.

VIENNA ICING.

INGREDIENTS.

553	4 oz. of butter	1 small wineglass of sherry
	10 oz. of icing sugar	or brandy

METHOD.

Work these ingredients well together with a wooden spoon until quite smooth. The icing is then ready for use.

MOCHA ICING.

554	Make like "Vienna Icing," substituting coffee essence instead of sherry or brandy.
------------	--

GLACÉ ICING.

555	Put one pound of loaf sugar into a saucepan, just cover it with water, and boil to the thread. Let it cool, and then work it with a wooden spoon until it becomes creamy and white. Re-heat it and use.
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This glacé may be coloured and flavoured as desired.

PASTRY ICING.

INGREDIENTS.

556

Whites of 2 eggs

| 2 oz. castor sugar

METHOD.

Whip the whites of the eggs to a firm froth, and stir in lightly the castor sugar. Spread over the pastry and place in a cool oven to set.



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Twelve Golden Rules in Preparing Food for Invalids.

- 1.—Let everything for an invalid be made to look as dainty as possible.
- 2.—Use the freshest materials in cooking for them, and the cleanest utensils.
- 3.—Serve food in very small quantities.
- 4.—Do not consult the patient beforehand as to what he will eat.
- 5.—Leave no food about in the sick room.
- 6.—Vary the food as much as possible.
- 7.—Do not cook anything in the sick room.
- 8.—Make the food as pleasing to the eye as possible.
- 9.—Never season the food too highly.
- 10.—Do not keep patients waiting too long without food.
- 11.—Never wake patients to give food.
- 12.—Obey the doctor's orders implicitly.

SIMPLE INVALID COOKERY.

BEEF TEA.

INGREDIENTS.

557 $\frac{1}{2}$ lb. of gravy beef | 1 pint of water

METHOD.

Remove all the fat and skin from the beef and mince it very finely. Place it in a jar with a pinch of salt and the cold water. Allow it to stand for an hour or longer. Then cover the jar closely and place it in a saucepan of boiling water, allowing the water only to come half-way up the jar. Let it simmer gently for one hour.

Beef tea is not nearly so nourishing when over-cooked. Strain the tea from the meat through a coarse strainer and carefully remove any fat.

558 ESSENCE OF BEEF

Is prepared by cooking the meat in its own juice.

RAW BEEF TEA.

INGREDIENTS.

559 $\frac{1}{2}$ lb. of gravy beef | $\frac{1}{2}$ pint (or less) of cold water

METHOD.

Take away all skin and fat from the beef and scrape it instead of cutting it up into small pieces. Add the water to it and allow it to stand for two or three hours. Stir well and strain. Add a pinch of salt.

This beef tea should be served in a crimson claret glass, to make it appear more palatable. It is frequently given in cases of extreme exhaustion.

QUICKLY-MADE**BEEF TEA.**

Put $\frac{1}{2}$ lb. of finely-chopped beef into a saucepan with half-a-pint of cold water. Bring to the boil, add a little salt. Stir well, strain, and serve.

N.B.—Beef tea should always be made fresh each day.

MUTTON BROTH

(Strong).

Method is now added : when fat rises it simmers with the mutton.

INGREDIENTS.

1 lb. scrag end of neck of mutton		1 pint of cold water 1 teaspoonful chopped parsley
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METHOD.

Cut the meat into small pieces, break the bones. Put meat and bones into a saucepan with the water. As soon as it boils remove the scum, cover closely, and simmer for nearly three hours. Strain the broth into a basin, place the basin in cold water; this will cause the fat to quickly rise. Remove the fat carefully, re-heat the broth, add the parsley and a little salt. Serve immediately.

This is a strong broth, it is made by mixing with little cold water.

MUTTON TEA.

INGREDIENTS.

1 lb. of lean mutton		Salt to taste
1 pint of cold water		

METHOD.

Remove all skin and fat, and chop the meat finely. Place it in a jar, pour over the water, and let it stand for quite two hours. Cover closely, place the jar in a saucepan of cold water, and bring to the boil. Remove at once, strain the tea, take off all fat, add the salt, and serve.

INVALID MOCK TURTLE SOUP.

INGREDIENTS.

563

1 calf's foot	1 small onion
2 oz. of lean ham cut up	1 quart of cold water
small	Bunch of thyme and parsley
$\frac{1}{2}$ small carrot	1 clove
$\frac{1}{2}$ small turnip	

METHOD.

Divide the foot, which must have been previously well cleaned and scalded, and put in a pan with the above ingredients and the water. Bring it to the boil, remove the scum carefully, and let it simmer for four hours. Keep the cover on the pan. Then strain the stock, and lay the foot on a dish. When the stock is quite cold remove the fat.

Cut the meat from the foot in small pieces, put it in a pan with the stock, let this now simmer gently for one hour; then thicken with a dessert-spoonful of cornflour, which must be mixed smoothly with two tablespoonsful of cold stock or water. Let it boil up, stirring all the time, then just before serving add half-a-glass of sherry, and colour it with a few drops of Champion's browning. Season to taste with pepper and salt.

The browning may be omitted.

INVALID GRAVY SOUP.

INGREDIENTS.

564

1 lb. of gravy beef	1 small carrot
1 oz. of butter	A small bunch of parsley and
1½ pints of water	thyme
$\frac{2}{3}$ tablespoonful of cornflour	A wineglassful of port
1 small onion	

METHOD.

Cut the beef in small pieces, slice the onion and carrot. Flour the bits of beef. Heat the butter and brown in it the beef and sliced vegetables. Add the water and herbs and simmer gently for $2\frac{1}{2}$ hours. Strain and thicken it with the cornflour, which must be mixed smoothly with three tablespoonsful of cold stock or water. Boil up again, add the port, and serve.

CALF'S FOOT SAVORY JELLY.

INGREDIENTS.

2 calves' feet	Water
$\frac{3}{4}$ lb. of veal or the bones of a fowl	Lemon rind
1 onion	Salt
Eggs	A few peppercorns Bovril

METHOD.

Divide and wash the feet thoroughly and remove all the fat, weigh them with the veal, put them into a pan, allowing one pint cold water to each pound, bring slowly to the boil, skim well, add the onion, peppercorns, and salt, simmer slowly six hours, adding a little more water to make up loss, occasionally ; strain, and, when quite cold, remove all the fat. To clear the jelly put the stock into a saucepan, add the whites and shells of eggs, in the proportion of three to each quart, and rind of quarter of a lemon ; stir till it boils, cover, draw the pan aside, allow to stand quarter of an hour, then strain through a linen towel or a jelly bag, now add one teaspoonful Bovril to each quart, and a little more salt if necessary.

STEAMED FISH WITH SAUCE.

566

INGREDIENTS.

1 sole or small plaice	$\frac{1}{2}$ oz. of butter
$\frac{1}{2}$ pint of milk	$\frac{1}{2}$ oz. of flour
$\frac{1}{4}$ teaspoonful of Bovril	A few drops of lemon juice
Salt	

METHOD.

Fillet the fish and skin it, lay the fillets on a buttered plate, cover with another plate, set over a pan of boiling water, and cook 5 to 15 minutes, or until the fillets are white and firm. Break up the bones, put these, with the skin, into a pan, add the milk and simmer 10 minutes; melt the butter, add the flour, stir till smooth, add enough of the liquid from the bones to make a nice thick sauce, a few drops of lemon juice, the Bovril and the salt; boil gently two or three minutes, strain over the fillets and serve.

MILK JELLY.

567

INGREDIENTS.

1 calf's foot	1 tablespoonful of white sugar
1 pint of water	The rind of half a lemon thinly
1 pint of milk	pared

METHOD.

The foot must be thoroughly cleaned and washed, cut it in half and let it simmer in the water for two hours, the cover being kept on the saucepan. Then add the milk and lemon rind, keep the cover on the pan and simmer gently for two hours more. Strain, sweeten, stir, and when it is a little cool pour it into a mould that has been previously wetted with cold water.

IRISH MOSS.

INGREDIENTS.

568

$\frac{1}{2}$ oz. of Irish moss		Sugar to taste
1 pint of new milk		

METHOD.

Soak the moss in cold water for 10 or 12 hours, change the water several times to take away any unpleasant taste, then drain the moss and pick away any impurities or discoloured pieces. Put it into a small saucepan with a pint of milk ; let it come to the boil, then simmer it for a quarter of an hour till the moss is quite dissolved in the milk, stirring it all the time. Sweeten it to taste. This moss may be eaten hot, or it may be put into a mould (which has previously been wetted with cold water) and turned out when it is cold. To flavour the moss, boil a piece of lemon rind with it ; this should be taken out when the moss is taken off the gas.

**SAGO PUDDING.**

INGREDIENTS.

569

1 oz. of sago		1 oz. of sugar
$\frac{1}{2}$ pint of milk		

METHOD.

Grease a small pudding dish with butter, put in the sago, sugar and milk ; bake half-an-hour.

Rice may be used in the same way.

CHOP FOR AN INVALID.

570



Remove the bone, skin, and fat from a loin chop. Mince the meat finely, season it with a little salt and pepper; make it into a compact little cake. Put into a small pan two tablespoonsful of strong beef tea. When it boils place in the cake of meat. Cook gently for about 10 minutes, turning the cake once or twice. Serve upon a hot plate with the beef tea poured round.

BEEF TEA PUDDING.

571

$\frac{1}{2}$ pint of beef tea
2 eggs

INGREDIENTS.

1 tablespoonful bread-crumbs

METHOD.

Beat the eggs, add to them the beef tea and beat well, season with salt; pour it on the bread-crumbs and let it stand half-an-hour. Butter a pie-dish, pour in the mixture, and bake slowly for half-an-hour. This mixture may also be steamed in the same manner as steamed custard, but it will require a longer time to cook.

STRENGTHENING JELLY.

572

$\frac{1}{2}$ oz. of gelatine
 $\frac{1}{2}$ pint of sherry
The yolks of 3 eggs

INGREDIENTS.

$\frac{1}{2}$ pint of water
Sugar to taste

METHOD.

Soak the gelatine in the water for two hours, then stir it over the gas till melted ; add the wine and sugar. Beat the yolks of the eggs, and add them to the jelly, stirring all the time. Return the saucepan to the gas, and stir the jelly till it has thickened, but *do not let it boil*. Strain it into a basin. Stir it occasionally till it is lukewarm, then put it into a mould which has been thoroughly wetted with cold water. Make it at least 12 hours before it is required.

ARROWROOT SOUFFLÉ. ✓

INGREDIENTS.

573

$\frac{1}{2}$ pint of milk	2 eggs
1 dessert-spoonful of arrowroot	A small piece of lemon peel
	Sugar

METHOD.

Boil the milk with the lemon peel. Mix the arrowroot with a little cold milk till it is as thick as cream. Pour the boiling milk on the arrowroot ; return it to the saucepan and stir it over the fire till it thickens. Pour it into a basin ; when it is cold add the beaten yolks of the eggs, and sugar to taste. Whip the whites of the eggs to a firm froth, and stir them lightly into the mixture. Pour the mixture into a buttered pie-dish, and bake it 30 minutes in a moderate oven.

A CUP OF ARROWROOT. ✓

INGREDIENTS.

574

1 dessert-spoonful of arrowroot	1 dessert-spoonful of sherry
2 teaspoonsful of sugar	Boiling water

METHOD.

Mix the arrowroot in a cup into a smooth paste with the sherry, add the sugar, pour on it boiling water, stirring all the time until the consistency of thick cream.

CUSTARD PUDDING.

INGREDIENTS.

575	$\frac{1}{2}$ pint of milk 1 egg		1 oz. of sugar $\frac{1}{2}$ oz. of butter
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METHOD.

Pour the milk into a small dish, add the sugar with the egg well beaten and the butter; bake in a slow oven 15 to 20 minutes.

LEMON CUSTARDS.

INGREDIENTS.

576	$\frac{1}{2}$ pint of water 3 eggs		2 lemons, the peel of one grated White sugar to taste
------------	---------------------------------------	--	--

METHOD.

Beat the eggs; add to them the sugar, water, and grated lemon rind, stir well together, then add the lemon juice gradually. Put the mixture in a pan and stir it over the gas with a wooden spoon till it is as thick as custard. Strain it into glasses or into a glass dish.

OATMEAL GRUEL.

INGREDIENTS.

577	1 tablespoonful of Keen, Robinson's Medium Oatmeal		1 pint of boiling water 2 tablespoonsful of cold water Sugar or salt
------------	--	--	--

METHOD.

Mix the oatmeal smoothly with the cold water, then pour on the boiling water gradually, stirring it all the time; put it into a small saucepan, bring it to the boil and let it simmer 10 minutes till it is a smooth jelly. Stir it very often to make it smooth and to keep it from burning. Strain it into a basin and add sugar or salt.

The oatmeal should be as fresh as possible.

RICE WATER.

INGREDIENTS.

578

1 oz. of rice	1 pint of cold water
$\frac{1}{2}$ inch of cinnamon, if liked	White sugar to taste

METHOD.

Wash the rice well in cold water; drain away the water and put the rice into a small saucepan with one pint of fresh cold water and the cinnamon; bring it to the boil and let it simmer for an hour; strain the rice water into a jug, add sugar to taste and leave it to cool.

This drink is often recommended in cases of diarrhoea and must be taken cold.

BARLEY WATER.

INGREDIENTS.

579

1 tablespoonful of Keen, Robinson's Patent Barley	1 pint of water A little lemon juice and sugar to taste
---	---

METHOD.

Prepare in the same way as for "Oatmeal Gruel."

N.B.—Keen, Robinson's Oatmeal and Barley are perfectly cooked in 10 minutes.

CUSTARD CREAM**(Very Good).**

INGREDIENTS.

580

$\frac{1}{2}$ pints of new milk
 $\frac{1}{2}$ oz. of gelatine
 The yolks of 5 eggs

A small piece of lemon rind,
 cut thin
 White sugar to taste



METHOD.

Heat the milk with the lemon rind, pour it on the gelatine, let it stand for a short time, then stir it over the fire till dissolved, but it must not boil, add the sugar. Beat the yolks of five eggs, pour to them gradually the milk, stirring all the time. Return all to the pan and stir over the gas till it is as thick as good custard. Strain into a jug, stir occasionally, and when nearly cold, but before it sets, pour it into a mould that has been previously wetted with cold water. Turn out next day.

LEMON WATER DRINK.

INGREDIENTS.

581

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

1 pint of boiling water

METHOD.

Grate the rind of the lemon and squeeze the juice into a jug, add the sugar and the boiling water ; let it stand until cool, then strain off.

SUET AND MILK.

582 Add to half-a-pint of milk one tablespoonful of finely chopped beef suet. Cook slowly until the suet has become thoroughly dissolved. Skim well. Pour into a warm cup, and serve before it gets cool.

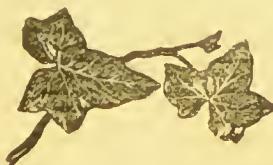
TREACLE POSSET.

INGREDIENTS.

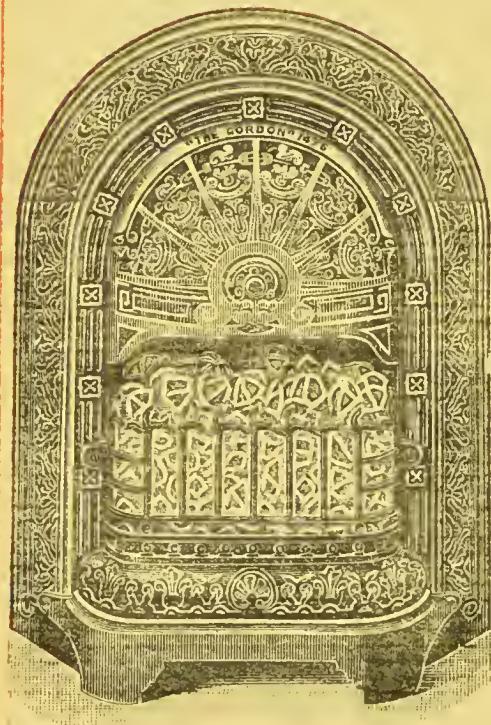
583	$\frac{1}{2}$ pint of milk		2 tablespoonsful of treacle
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METHOD.

Put the milk into a saucepan, bring it to the boil, then add the treacle; re-heat it, then draw it to the side of the gas and let it stand there for a minute or two, then strain it and serve it very hot. This is an excellent drink for colds and should be taken in bed.



**Richmond's
"Gordon"
Gas Fire.**



**FOR DRAWING
AND
DINING
ROOMS.**

Cold Meat Cookery.

CURRY.

INGREDIENTS.

584

1 lb. of cold meat	2 small onions
1 tablespoonful of curry powder	1 dessert-spoonful of cocoanut (unsweetened)
1 tablespoonful of flour	A little pepper and salt.
$\frac{1}{2}$ pint of stock	$\frac{1}{2}$ lb. of rice
2 oz. of butter	

METHOD.

Melt the butter, and fry the onions slightly, add curry powder and flour, then stir in the stock gradually, let it thicken, add seasoning and cocoanut, let all simmer slowly for half-an-hour.

Put in the meat, cut into dice, and when it is thoroughly heated (it must not boil) serve upon centre of hot dish, with border of boiled rice.

N.B.—The rice for curry should be thrown into plenty of fast boiling water, with a little salt, and boiled fast for 12 or 15 minutes, then strained through a hair sieve, and allowed plenty of time to dry in a warm place before serving.



HOT-POT

INGREDIENTS.

585

1 lb. of beef and mutton	2 teaspoonsful of flour
2 lbs. of potatoes	1 ,,, of salt
2 onions	½ ,,, of pepper
½ pint of water	

METHOD.

Cut the meat into nice sized pieces, mix the seasoning, dip each piece of meat into it. Put half the meat at the bottom of a pie-dish, then half the onions sliced, and half the potatoes peeled, parboiled and quartered. Repeat this, pour over the water, cover, as this keeps it moist, and bake in a *slow* oven two or three hours.

N.B.—If the potatoes be not parboiled, they get very dry and hard.

RISSOLES.

INGREDIENTS.

586

½ lb. cold meat (chopped finely)	½ gill of stock
½ small onion (chopped finely)	½ oz. of dripping
½ tablespoonful of parsley (chopped finely)	½ oz. of flour
½ tablespoonful of sauce or catsup	Seasoning
	Egg
	Bread-crumbs

METHOD.

Melt the dripping in a small saucepan ; when hot put in the onion and fry till tender ; add flour and stock, stirring all time, boil *well* ; add catsup and parsley. Mix well with the meat and spread out to get cold ; divide into small pieces, make into balls (flour the hands). Dip each one into egg and cover with bread-crumbs. Fry a nice brown in deep hot fat. Drain on soft paper. Dish in a pile and garnish with parsley.

N.B.—Instead of making sauce to bind the rissoles, an egg may be used, and quarter of a pound of mashed potatoes added.

MINCED VEAL.

INGREDIENTS.

$\frac{1}{2}$ lb. of bacon	1 pint of stock
1 small blade of mace	1 oz. of flour
1 teaspoonful of salt	1 oz. of butter
1 lb. cooked veal	$\frac{1}{2}$ teaspoonful of pepper

METHOD.

Cut the veal in very small pieces, put the butter into a saucepan, add the flour, stock, mace, salt and pepper ; simmer about half-an-hour, take out the mace, and put in the veal ; let it hot through, but do not allow it to boil ; roll the bacon and cook it, pour the veal on to a dish and place the rolls of bacon round it.

THATCH PIE.

INGREDIENTS.

2 lbs. of cooked potatoes	1 teaspoonful of salt
1 lb. cooked veal, with stuffing	$\frac{1}{2}$ teaspoonful of pepper
$\frac{1}{2}$ pint of gravy	1 oz. of butter

METHOD.

Mash the potatoes thoroughly, add the butter and milk which have been warmed, mix well. Cut the veal into small pieces, put half the potatoes into a pie-dish, then put in the veal, stuffing, salt, pepper, and gravy, place remainder of the potatoes on the top, make them smooth with a knife dipped in hot water, bake in a hot oven 30 minutes.

MINCE.

INGREDIENTS.

1 lb. of cold meat	$\frac{1}{2}$ pint of stock or water
1 small onion	Pepper and salt to taste
$\frac{1}{2}$ tablespoonful of flour	

METHOD.

Mince, or cut the meat into dice, fry the onion in a little dripping, add flour, brown it slightly, then add the stock ; let it boil and thicken. Now put in the meat and let it get thoroughly hot, but do not let it boil. Serve with sippets of toast or a border of mashed potatoes.

HASHED MEAT.

INGREDIENTS.

590

Cold meat	Salt and pepper
1 onion	Small piece of carrot
1 oz. of dripping	Nutmeg
1 oz. of flour	Water, bones

METHOD.

Put the bones into a saucepan, cover with cold water, and boil $1\frac{1}{2}$ hours. Take out the bones and remove the fat from the stock. Fry the onion (cut in slices) in the dripping, with the flour, when brown, add the stock from the bones, the carrot cut in very small pieces, the salt and pepper ; boil these half-an-hour, then add the meat cut in slices. Let it simmer gently for one hour, place on a hot dish, and garnish with sippets of toasted bread.

COTTAGE PIE.

INGREDIENTS.

591

$\frac{1}{2}$ lb. of cold meat	Stock or water
$\frac{1}{2}$ small onion	Sauce or catsup
$\frac{1}{2}$ tablespoonful of parsley	Cold potatoes
Seasoning to taste	

METHOD.

Chop the onion finely and fry in a little dripping till tender; mince the meat and parsley. Mix all well, add seasoning and sauce, put into a pie-dish, add water. Cover with a thick layer of mashed potatoes; smooth over with a knife dipped in hot water, and mark into squares with a fork. Put a few pieces of dripping on the top and put into a moderate oven to get thoroughly hot through—about half-an-hour.

N.B.—This pie looks very pretty if a little of the mashed potatoes be made up into small balls, and the top of the pie nicely decorated with them.

POTTED VEAL.

INGREDIENTS.

$1\frac{1}{2}$ lbs. cooked veal, with stuffing	3 oz. of butter
$\frac{1}{2}$ lb. of boiled ham	Grated nutmeg
1 teaspoonful of salt	2 tablespoonfuls of good
$\frac{1}{2}$ teaspoonful of pepper	gravy Powdered mace

METHOD.

Put the veal, ham, and stuffing through the mincing machine twice, then add to it two ounces of butter, salt, pepper, a little grated nutmeg and pounded mace, and the gravy. Mix all thoroughly and press firmly into small pots; cover with melted butter.

MEAT PATTIES.

INGREDIENTS.

$\frac{1}{2}$ lb. of cooked meat	1 tablespoonful of gravy
$\frac{1}{2}$ teaspoonful of salt	A little chopped parsley
$\frac{1}{2}$ teaspoonful of pepper	Short pastry

METHOD.

Chop the meat finely, add to it the parsley, salt, pepper, and gravy ; mix thoroughly. Roll the pastry out thinly, cut it in rounds having an equal number ; on a round of pastry put a spoonful of the meat, wet the edges, place another round of pastry on the top, pressing the edges well together, make a small hole on the top, place on a greased tin, and bake about 15 minutes.

A MOULD OF COLD MEAT

594

May be made with rissole mixture, using an egg instead of the sauce for binding. Line a well-greased basin with brown crumbs, fill with the mixture, cover with a greased paper, and bake for about 30 minutes in a moderate oven. Serve with good gravy poured round, also a few sippets of toasted bread.

FRITTERS OF COLD MEAT.

595

INGREDIENTS.

Slices of cold meat	A little parsley
Kromesky batter	A little onion
Juice of 1 lemon	Pepper and salt

METHOD.

Sprinkle the lemon juice, parsley, onion, pepper and salt over the slices of meat. Allow them to marinade for an hour and a half. Then dip them into Kromesky batter, and fry until a light brown, in hot fat.

Dish upon a serviette, garnish with fried parsley.

CASOLETTES OF POTATOES.

INGREDIENTS.

596

As for "cottage pie"		Hot fat
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METHOD.

Roll the mashed potatoes to about one-and-a-half inches in thickness, stamp out into rounds with a small round cutter. With a cutter three sizes smaller mark the centre of each round, being careful not to cut right through. Egg and bread crumb, and fry in hot fat. Drain on soft paper, then remove the centre carefully from each round, and fill with the meat mixture. Put the soft potato removed from the centres into a forcing bag, with a vegetable rose forcer attached, and force a rose upon the top of each casolette.





Look down the List

Richmond's

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WORKS:

WARRINGTON
STRATFORD
CHELSEA
OLDHAM.

—o—

SHOWROOMS:

MANCHESTER
LEEDS
BOURNEMOUTH
BOSCOMBE
DUBLIN
PLYMOUTH.

Marmalade, Jam, etc.

ORANGE MARMALADE.

INGREDIENTS.

597

12 Seville oranges	White sugar
2 lemons	Water

METHOD.

 Slice the oranges and lemons as finely as possible. To each lb. of fruit add three pints of cold water. Allow it to stand for three days, then boil until the fruit is perfectly tender. Weigh again and add 1 lb. of sugar to every lb. of fruit. Boil for about an hour, or until the marmalade will set when a spoonful is tried upon a cold plate.

Tie down closely in jars and keep in a cool place.

LEMON MARMALADE

(Very Good).

METHOD.

598

To every lb. of lemons allow one pint of water. Boil for two hours. Change the water and add the same quantity of boiling water. Slice the lemons *very* thinly, extract all the pips. Then allow to every lb. of fruit 2 lbs. of loaf sugar. Put the sugar on to boil with half-a-pint of water to each lb. When the sugar has thoroughly dissolved add the fruit, and boil for about half-an-hour, until it is nice and clear.

ANOTHER ORANGE MARMALADE.

INGREDIENTS.

599

24 Seville oranges Rind and juice or 6 lemons	3 sweet oranges Loaf sugar Water
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METHOD.

Put the Seville oranges in a pan, cover them with water, and boil gently for three hours. Take the oranges out of the water, and when a little cool cut in very thin strips, being careful to remove the pips. To every lb. of fruit put 2 lbs. of sugar and half-a-pint of the water the oranges were boiled in; dissolve the sugar in the water, add the fruit, the rind and juice of the lemons and the juice of the sweet oranges, boil three-quarters of an hour until quite clear.

CARROT JAM.

INGREDIENTS.

600

3 lbs. of carrots 6 lemons	3 lbs. loaf sugar 2 oz. sweet almonds
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METHOD.

Bake the carrots in an earthenware vessel with sufficient water to cover until they are quite tender. Rub them through a sieve, add the sugar, crushed, the lemon juice and rind, grated, and the almonds, cut finely, lengthways. Boil all together for about an hour.

This jam will keep a long time.

APPLE MARMALADE.**METHOD.**

- 601** Quarter and remove the cores from one peck of apples of any kind. Do not peel them. Put them into a preserving pan with one gallon of water. Cook gently until the apple pulp is soft enough to be rubbed through a sieve. After the pulp has been sieved, add to every 2 lbs. of pulp 1 lb. of loaf sugar. Boil all together for 45 minutes, stirring frequently. Tie down in large jars, as it keeps much better in large quantities.
-

STRAWBERRY JAM.**METHOD.**

- 602** To each lb. of fruit allow 1 lb. of white sugar. Boil the fruit for 10 minutes in a bright preserving pan. Make the sugar nice and hot in the oven, but be careful not to let it become discoloured. Add it gradually to the fruit, stir well, and boil together for 15 minutes. When cold cover each jar with thin rounds of paper dipped in vinegar or brandy. Cover these over with thick paper and tie securely.
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RASPBERRY JAM.**METHOD.**

- 603** Proceed in same manner as for Strawberry Jam.
-

GOOSEBERRY JAM.**METHOD.**

- 604** Allow three-quarters of a lb. of sugar to each lb. of fruit, and proceed as directed for Strawberry.

PLUM AND Currant Jam.

METHOD.

These are made like Strawberry, but the fruit should be boiled a little longer before adding the sugar, *i.e.*, for about 30 minutes.

605 N.B.—In making preserves be careful that the jars are perfectly dry before being used. The fruit should also be nice and dry when gathered, if not, the jam will not keep.

APRICOT JAM.

INGREDIENTS.

606	2 lbs. of apricots		2 lbs. of best loaf sugar
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METHOD.

Halve the apricots, take out the stones, lay the fruit in a deep dish, cover with the sugar, and let stand all night. Boil very gently for half-an-hour, adding the kernels, blanched and cut small. Pour into dry jars.

DAMSON JAM.

INGREDIENTS.

607	3 quarts of damsons		3 lbs. Demerara sugar
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METHOD.

Put into pan and boil about one hour, not less. Pour into dry jars.

RHUBARB JAM.

INGREDIENTS.

608

6 lbs. of rhubarb		$\frac{1}{4}$ lb. of candied peel
6 lbs. of Demerara sugar		1 oz. of ginger

METHOD.

Wipe the rhubarb and peel it, cut into pieces about an inch long, put into the pan with the candied peel (chopped), ginger and sugar. Boil one hour and a half; take out the ginger and pour into jars.

GREENGAGE JAM.

INGREDIENTS.

To every pound of greengages allow 1 $\frac{1}{4}$ lbs. of sugar.

609

METHOD.

Peel and stone the greengages, and boil them gently together with the sugar, stirring and skimming until they will set.

Add a quarter of the kernels, blanched, when the jam is ready.

RED Currant JELLY.

METHOD.

610

Take red currants and some white ones (as they improve the colour of the jelly), bake in an earthenware jar till all the juice is extracted, strain, and to each pint of juice add one pound of lump sugar. Stir till it boils, then when it boils, put in half a cup of cold water. Boil for about 20 minutes, *not more*, and take off the scum as it rises. Try the jelly from time to time by running a little on a cold

plate to see whether it will set. As soon as it is quite clear and will set, put it into small moulds. If jelly be over-boiled it becomes like treacle, and will never set.

GOOSEBERRY JELLY.

INGREDIENTS.

611	1 gallon of gooseberries (gathered when just beginning to turn colour)	2 quarts of water Lump sugar
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METHOD.

Boil the gooseberries in the water to a pulp. Strain through a jelly bag. To every pint of juice put one pound of sugar. Boil till it will set and is quite clear. This is a good substitute for red currant jelly.

BLACK CurrANT JELLY.

- 612** Make the same as Red Currant.
-

CRAB APPLE JELLY.

INGREDIENTS.

613	Apples Water	Loaf sugar
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METHOD.

Fill a preserving pan with crab apples, cover with cold water; let them boil slowly until soft, and the apples crack. Strain through a jelly bag; to every pint of juice add one pound of loaf sugar. Boil one hour or until it will thicken on a plate.

APPLE JELLY.

METHOD.

Choose bright red apples.

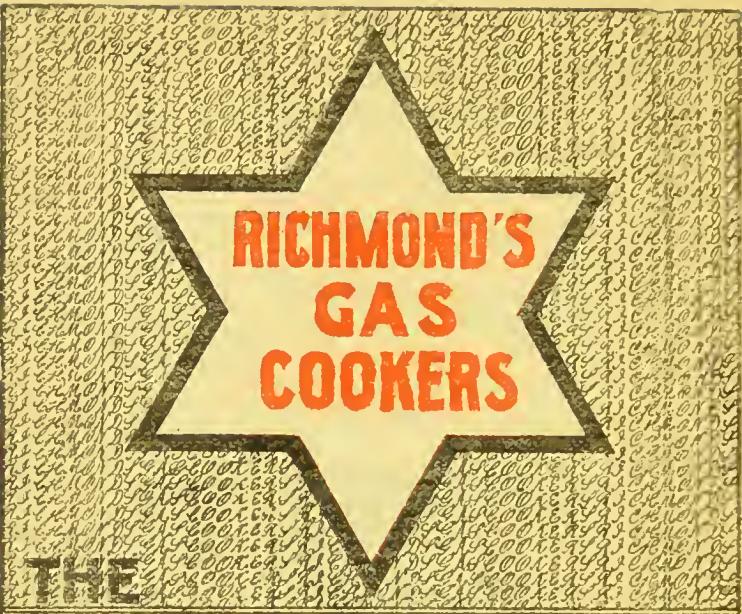
Put them in a preserving-pan, cover with water, and cook
614 for an hour or longer.

Then strain away the juice.

Allow three-quarters of a pound of sugar to every pint
of juice.

Boil until the jelly will set.



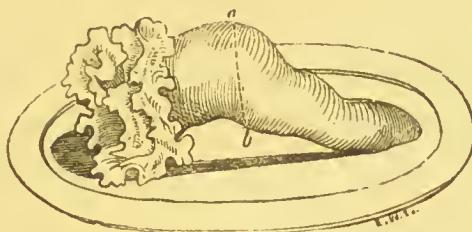


**RICHMOND'S
GAS
COOKERS**

**THE
HOUSEWIFE'S
GUIDING STAR**

**ON HIRE
FROM MOST
GAS DEPARTMENTS.**

A few Recipes for Pickles.



PICKLED MUSHROOMS.

INGREDIENTS.

615 Button mushrooms | Salt, mace, pepper, vinegar (Date)

METHOD.

Rub the mushrooms with flannel and salt to clean them.

Cook them slowly in a saucepan, with a little salt sprinkled over, until the liquor is extracted. Shake them well, and cook again until the liquor is absorbed. Then add sufficient vinegar to cover them, boil up and put away in glass jars. Do not tie the jars down until the mushrooms are cold.

PICKLED BEETROOT.

METHOD.

Slice the cooked beetroot thinly and put it in a jar. Boil one quart of vinegar with a little salt, and one dessert-spoonful of peppercorns. Pour this, when cold, over the beetroot. This pickle may be used in three days.

White Beetroot may be pickled in the same manner, using white peppercorns.

PICKLE FOR TONGUES.

INGREDIENTS.

617

$\frac{1}{2}$ oz. saltpetre	$\frac{3}{4}$ oz. bay salt
$\frac{1}{2}$ lb. brown sugar, or	$\frac{1}{4}$ lb. common salt
treacle	$\frac{1}{4}$ oz. black pepper

METHOD.

Lay the tongue on a deep dish, and rub it each day with the mixture for three weeks, also turn it; if you wish to keep it longer, hang it up to dry.

FRENCH PICKLE.

INGREDIENTS.

618

6 cucumbers	$\frac{1}{2}$ wineglassful Indian soy
3 onions	$\frac{1}{2}$ wineglassful sherry
1 quart vinegar (Date)	$\frac{1}{4}$ lb. salt
$\frac{1}{2}$ teaspoonful cayenne	

METHOD.

Peel and slice the cucumbers about half an inch thick, taking out the seeds. Slice the onions, put these on a dish and sprinkle the salt over them, let them stand 12 hours. Drain them well, and put into a jar with the vinegar, sherry, soy, and cayenne. Tie up with a bladder, and keep a month before using.

PICKLED WALNUTS.

INGREDIENTS.

619

Walnuts		Brine vinegar		Pickling spice
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METHOD.

Wipe the walnuts and put them into an earthen pan, cover with brine that will float a fresh egg, allow them to remain in it five or six days; take them out, place them in the sun for a day or two until they become black. Put

into bottles. Boil the spice with the vinegar, and when cool, pour over the walnuts, filling the bottles quite full. Cover with parchment, and tie securely with string. Ready for use in three or four months.

TO PICKLE CAULIFLOWERS.

INGREDIENTS.

620

1 oz. mustard seed	1 oz. ginger
3 oz. coriander seed	3 quarts vinegar (Date)
$\frac{1}{2}$ oz. mace	Cauliflowers
$\frac{1}{2}$ oz. nutmeg	

METHOD.

Choose the whitest and closest cauliflowers, and they should be cut upon a dry day. Break them into small bunches and scald them in salt and water. Do not allow them to boil, or it will destroy their whiteness. Cover them over and allow them to cool. Strain them in a colander, sprinkle over them a little salt, and allow them to drain for a day and a half. Place the bunches in a jar, pour over them boiling salt and water; let them stand all night. Drain through a hair-sieve and put into glass jars. Boil the vinegar with the mustard, nutmeg, ginger, mace, and coriander seed. When cold pour over the cauliflowers. Keep them closely covered. They may be used at once, but are much nicer if allowed to stand for a few weeks.

TO PICKLE BARBERRIES.

METHOD.

621

Take a quantity of unripe barberries. Pick off the leaves and stalks. Put them into jars and cover with strong salt and water. Tie them down with a bladder. When a scum rises upon the barberries, put them into fresh salt and water. Cover closely, and put away for use.

CHUTNEY.

INGREDIENTS.

622

$\frac{1}{2}$ lb. sultana raisins	$\frac{1}{4}$ oz. cayenne
$\frac{1}{2}$ lb. valencia raisins	3 oz. mustard seed
3 lbs. sour apples	3 pints vinegar (Date)
1 lb. coarse brown sugar	3 oz. garlic
$\frac{1}{4}$ lb. salt	

METHOD.

Peel, core, and cut the apples in slices, boil in half the vinegar ($1\frac{1}{2}$ pints) until in a pulp. Boil the sugar in the remainder of vinegar until in a clear syrup; allow all to become quite cold, then mix all together, the garlic being chopped very fine, the valencias stoned and chopped, the sultanas cleaned and picked; boil 20 minutes, stirring with a wooden spoon. Pour into wide-necked bottles, cover with paper securely tied with string. Ready for use in three weeks, but improves with keeping.

PICKLED ONIONS.

INGREDIENTS.

623

7 lbs. silver-skinned onions	Malt vinegar
4 oz. pickling spice	

METHOD.

Peel the onions very carefully and throw them into salt and water until all are finished; drain off all the water, and put the onions into dry, wide-mouthed bottles. Boil the spice in some vinegar; when nearly cold put a little into each bottle, filling the bottles with vinegar; cover with paper, and keep air-tight. Ready for use in one month.

COLD PICKLE FOR BEEF OR TONGUE.

INGREDIENTS.

6 lbs. common salt	2 oz. salprunella
1½ oz. bay salt	2 oz. peppercorns
2 oz. saltpetre	

METHOD.

Mix all together with six quarts cold water. This pickle keeps 12 months.

PICKLED EGGS.

INGREDIENTS.

20 eggs	2 oz. mustard seed
3 pints best vinegar	¼ oz. cloves
1 oz. bruised ginger	1 teaspoonful salt
3 oz. whole black pepper	

METHOD.

Boil the eggs hard, then remove the shells carefully, not to break the whites. Bring the other ingredients *nearly* to boiling point, and pour over the eggs. Cover closely, and they will be ready for use in about four weeks.

PICKLED FISH.

INGREDIENTS.

6 fresh herrings	A little parsley, thyme, fennel
1 teaspoonful peppercorns	1 pint best vinegar (Date)
3 or 4 bay leaves	4 cloves

METHOD.

Fillet the herrings, wash and dry the fillets well. Sprinkle them with the fennel, thyme, and parsley, chopped finely, and a little salt. Bake in a pie-dish with a little butter over for about 10 minutes. Boil the vinegar, bay leaves, cloves and peppercorns together for about 15 minutes. Allow the fish and vinegar to stand until

624

625

626

cold, then strain the vinegar over the fish. Keep them closely covered for three or four hours, then use.

N.B.—Haddock and mackerel may be pickled in the same manner.

INDIAN PICKLE.

INGREDIENTS.

627

1 lb. ginger (raw)	$\frac{1}{2}$ lb. made mustard
2 oz. pepper (long)	1 gallon best vinegar (Date or Champions)
1 lb. garlic	
$\frac{1}{4}$ lb. mustard seed	$\frac{1}{2}$ oz. cayenne pepper
$\frac{1}{2}$ oz. tumeric	

METHOD.

Soak the ginger in water overnight, then cut it into thin slices. Drain it upon a sieve. Cut the pepper in the same manner. Lay the garlic in strong salt and water for three or four days, then drain it well. Mash it well or slice it thinly. Put all the mustard, tumeric, and cayenne into a mortar, and pound them well together.

Put the whole of the prepared ingredients into a large stone jar with the vinegar. Stir it frequently for a fortnight. Tie it over closely. This pickle will keep good for about 10 years, but requires replenishing with vinegar.

Any kind of vegetables may be put into this pickle, taking care that they are previously *well* dried. It may be kept filled up with vegetables as they come in season.





Miscellaneous Recipes.

TO RENDER FAT.

628



Take pieces of cooked or uncooked fat, beef and mutton mixed, cut into small pieces, put into a saucepan with a little cold water. Boil quickly until all the water is evaporated and the pieces of fat are quite crisp ; strain into a basin, and, when cold, this does for making plain pastry.

TO CLARIFY DRIPPING.

629

Put the dripping into an old iron saucepan, cover with boiling water and boil fast for 20 minutes with the saucepan lid off. Let it cool a little ; pour into a jar or basin. When firm scrape all impurities from the bottom of the cake of fat and pour away the water.

FAT FOR FRYING.

For frying there should be about three pounds of fat, either dripping or lard. There should be sufficient fat to cover whatever is being fried. Dripping answers the purpose just as well as lard, and is more economical.

When the fat boils it should be perfectly still, and a distinct blue smoke arising from it. It does not bubble like water does when it boils.

630

If the fat is used every day it should be clarified at least once a week by straining it into a basin containing half-a-pint of cold water. When cold the fat will form a cake on the top of water; remove this cake of fat and scrape off the sediment at the bottom, wipe the fat, put it back into the pan.

N.B.—Hugon's Refined Beef Suet is excellent for frying purposes.

TO CURE TONGUES.

INGREDIENTS.

631

$\frac{1}{2}$ oz. of saltpetre	$\frac{3}{4}$ oz. of salt
1 teaspoonful of black pepper	2 teaspoonsful Jamaica pepper (pimento)

METHOD.

Trim and clean the tongue, rub it well with salt, let it lie till next day, then clean it thoroughly, and rub it quite dry with a cloth. Then rub on the saltpetre and half of the salt, let it lie for two days, rub on the black pepper, Jamaica pepper, and the remainder of the salt. Turn it and rub it in the brine every day for three weeks, when it will be ready to cook. The same pickle will do for beef.

TO CURE HAMS.

Hams should be cured in cold weather, and should hang a few days before they are salted. For a ham of 12 pounds weight the following ingredients are required :—

INGREDIENTS.

632	2 oz. saltpetre ½ lb. of bay salt 1 lb. of common salt	½ lb. of very coarse sugar ½ oz. Jamaica pepper (pimento) ½ oz. black pepper
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METHOD.

Rub the ham with the saltpetre, let it lie till next day, then rub in the bay salt and common salt, let it lie for three or four days. Mix together the sugar, black pepper and Jamaica pepper, spread this over the ham. When the salt has quite melted and there is plenty of brine, baste the ham two or three times a day, and turn and rub it well in the liquor two or three times a week ; do this for three weeks, then drain the ham well, and hang it in a dry place. Very large hams require the addition of half-a-pound more salt to the brine after the first 10 days, and should lie in the pickle for a month before they are hung up.

GOOD GLAZE FOR MEAT.

INGREDIENTS.

633	4 teaspoonsful of Bovril 10 sheets Nelson's leaf gelatine	½ pint of cold water Pepper and salt
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METHOD.

Dissolve the gelatine in the water, then add the meat extract, the pepper and salt. Boil until reduced to a quarter pint ; stir well.

WHITE ROUX.

- Clarify 8 oz. of butter and pour it into a frying pan.
634 Add very gradually 7 oz. of flour. Stir over the gas until it forms a thick paste, but do not let it brown.
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BROWN ROUX.

- As for White Roux, only the flour must be cooked until a light brown colour.
635

N.B.—Roux will keep good for a week. It should be kept in a cool place, and portions cut off as required. Roux is used for thickening gravies and stocks for sauces, etc.

WALNUT TOFFEE.

INGREDIENTS.

- | | | |
|------------|------------------------|--------------------------------|
| 636 | 4 oz. of butter | 1 lb. Demerara sugar |
| | 3 oz. of dried walnuts | $\frac{1}{2}$ lb. golden syrup |

METHOD.

Boil the butter, sugar, and syrup together for 15 minutes, then add the walnuts. As soon as the toffee will set when a teaspoonful is dropped into cold water, it is sufficiently cooked. Dried walnuts may be purchased from the grocers, or from Italian warehousemen.

Or, fresh walnuts may be shelled, quartered, and used instead.

ALMOND TOFFEE.

- 637** Make like walnut toffee. Blanch the almonds, and cut each almond into four pieces, lengthwise.

TO CLARIFY BUTTER.

638 Melt the butter slowly in a saucepan. Skim it well as soon as it commences to simmer. Let it stand by the side of the fire until the buttermilk sinks to the bottom of the pan. Pour off the top very carefully, leaving all the sediment below.

VANILLA TOFFEE.

INGREDIENTS.

639	1 lb. moist sugar ½ lb. syrup	A few drops of vanilla essence ½ lb. of butter
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METHOD.

Put all into a saucepan and boil 20 minutes, stirring frequently ; pour into a dripping pan greased well with butter.

TOFFEE (Another Way).

INGREDIENTS.

640	1 lb. of syrup 1 tablespoonful of vinegar	½ lb. of butter
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METHOD.

Put all into a saucepan and boil very quickly from 20 to 30 minutes ; pour into a dripping pan, greased well with butter.

WHITE ALMOND TOFFEE.

INGREDIENTS.

641	1 lb. sugar loaf 2 oz. butter	5 tablespoonsful cold water 2 oz. blanched almonds
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METHOD.

Boil sugar, butter, and water for about 15 minutes, then stir in the blanched almonds.

EVERTON TOFFEE.

INGREDIENTS.

642

2 lbs. of moist sugar	10 drops of essence of lemon
$\frac{1}{2}$ lb. of butter	A teacupful of cold water

METHOD.

Put the sugar, butter, and water into a saucepan, boil well for two hours, not stirring the mixture; when just done add 10 drops of essence of lemon, pour it on to a well-buttered dripping pan to cool.

TO MAKE BROWNING.

INGREDIENTS.

643

1 lb. sugar	2 tablespoonsful of salt
$\frac{3}{4}$ pint of boiling water	

METHOD.

Boil the sugar and salt until a nice *dark* brown, being careful not to let them burn. Add the water, boil all well. When cold, bottle for use.

BAKING POWDER.

INGREDIENTS.

644

4 oz. of carbonate of soda	4 oz. of ground rice
3 oz. of tartaric acid	

METHOD.

Mix *well* together, pass through a sieve, and keep in airtight tin.

GINGERBEER.

645

INGREDIENTS.

2 gallons of boiling water		2 oz. of cream of tartar
2 lbs. of sugar		4 lemons
1½ oz. of ground ginger		2 tablespoonsful of barm

METHOD.

Put the sugar, ginger, cream of tartar, and the lemons sliced into a large bowl, pour over them the water, when nearly cold add the barm, and let it stand all night, then strain and bottle. Ready for use in two or three days.

ORANGEADE.

646

INGREDIENTS.

1 lb. of lump sugar		Rind of 1 lemon
1 oz. of tartaric acid		5 gills of boiling water
1 oz. of tincture of orange		

METHOD.

Sprinkle the acid upon the sugar, pour the boiling water over it, add the rind of the lemon, and when cold add the tincture of orange ; pour into a bottle. Use with water.

HERB BEER.

647

INGREDIENTS.

Bird's herb beer extract		Good barm or German yeast
Moist sugar		Boiling water

METHOD.

Add two tablespoonsful of this extract to one-and-a-half pounds of clean moist sugar, and pour over them a gallon of boiling water ; stir up until perfectly dissolved, and add one gallon of cold water. Ferment for six hours in a warm place, with three or four tablespoonsful of good barm

spread upon a piece of toast, and allowed to float on the surface of the mixture, or else 1 oz. of German yeast. Strain out any bits from the sugar, and bottle off, being careful to use good corks previously soaked in water. When tied down, lay the bottles on their sides; the corks are thus kept moist, and the full strength of the beer retained. Price 6d., sufficient for six gallons.

LEMONADE.

INGREDIENTS.

648	1 lemon ½ pint of boiling water	Sugar to taste
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METHOD.

Rub the lemon with a cloth to make it quite clean, pare it *very thinly* so as to take none of the white part, which is bitter and unwholesome. Remove the white part and throw it away, cut the remainder of the lemon into slices and put it with the peel into a jug, pour on it the boiling water, add white sugar to taste and cover it till cold.

CHEAP BEVERAGE.

INGREDIENTS.

649	6 lbs. raw sugar 5 oz. hops 4 oz. ginger 2 tablespoonsful yeast	¼ oz. gelatine 9 gallons water caramel (if desired) to colour
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METHOD.

Boil sugar, hops, and ginger for two hours in nine gallons of water. Ginger and hops to be enclosed in muslin bags. Then place in pan to cool. While still warm add the

yeast. Next morning skim off the yeast and put into a barrel. Allow "to work" for two days and nights. Then add the gelatine and caramel and close up the barrel. After standing three days it is fit for use.

COCOANUT ICE.

INGREDIENTS.

650

$\frac{1}{2}$ lb. water
 $\frac{1}{2}$ lb. loaf sugar

$\frac{1}{2}$ lb. dess. cocoanut

METHOD.

Allow sugar and water to boil for 15 minutes, or until it will set in cold water. Stir in the cocoanut, pour half of the mixture into a square tin, well buttered. Colour the remainder pink with a few drops of cochineal, and pour quickly over the white cocoanut. Mark into squares, and when cold turn out.

LEMON CURD (Quickly Made).

INGREDIENTS.

651

2 lemons
4 oz. castor sugar

2 oz. butter
2 or 3 eggs

METHOD.

Put the lemons, grated rind and juice, and the other ingredients into a bright pan and stir over the gas for about 10 minutes, until the mixture becomes the consistency of honey.

N.B.—This will keep for a long time.

WALNUT SALAD.**652**

INGREDIENTS.

$\frac{1}{2}$ head celery
 $\frac{1}{2}$ lb. shelled walnuts
 1 small onion
 1 bay leaf

6 peppercorns
 1 blade of mace
 A few lettuce leaves

METHOD.

Boil the walnuts for about 10 minutes in salted water, with the onion (sliced), peppercorns, bay leaf, and mace. After boiling plunge the walnuts into cold water and skin them. Cut the celery, which should be very crisp, into small pieces. Mix the walnuts with the celery, moisten well with mayonnaise. Serve in small portions upon young lettuce leaves.

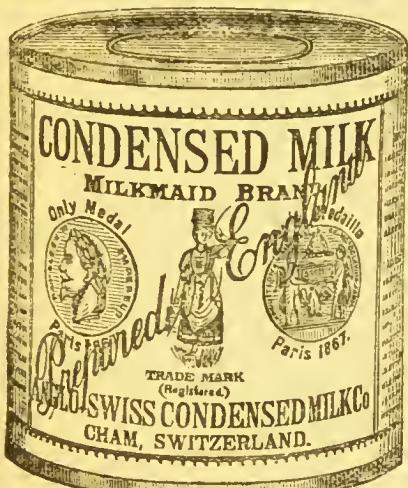


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SOUP TABLETS,

POTTED MEATS,

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JAMS, JELLIES,

AND

MARMALADE.

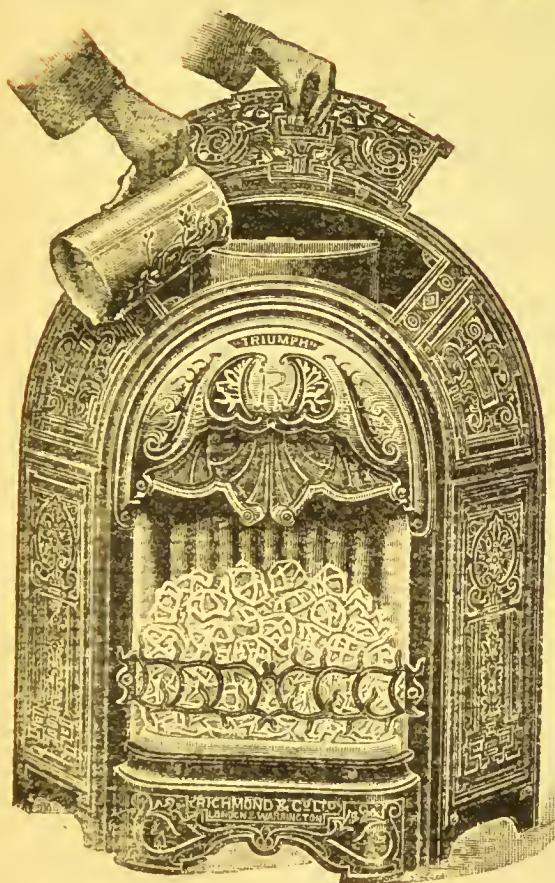
Sold by all Grocers, &c.

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The "Triumph."



THE LATEST
DEVELOPMENT IN
GAS HEATING.

WATER CHAMBER IN TOP
KEEPS ROOMS MOIST.

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Infants' Food, &c.

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prepared under highest medical supervision in laboratories specially equipped for the purpose. It contains the albumen and fibrine of beef, the only parts which give sustenance and strength, vigor and muscle ; these parts are absent from meat extract and home-made beef tea.



is liquid life.

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"An honest tale speeds best, being plainly told."—*Shakespeare*.



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that saves labour, cleanses
quickly, easily and thoroughly,
without injury to the
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Easily and
Thoroughly . . .**

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Injure Fabric.
or Skin. . . .**

Used in the Royal Laundries.

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FOR GRUEL,

USE

Robinson's

PATENT

Groats;

AND FOR

BARLEY WATER,

Robinson's

PATENT

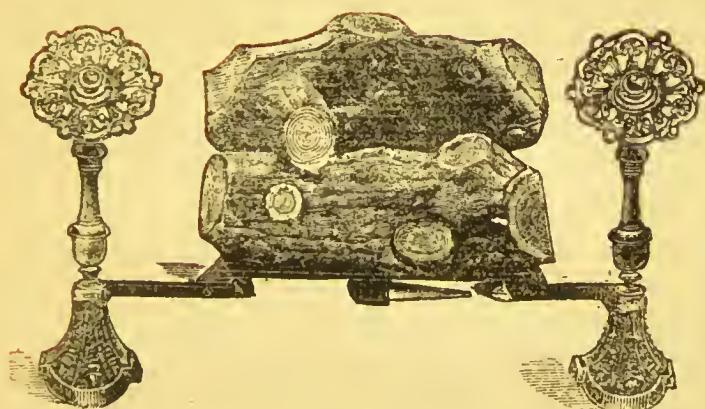
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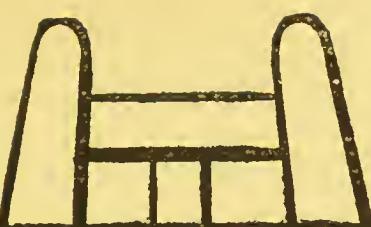


**ALL SIZES IN STOCK
FROM
12IN. UPWARDS.**

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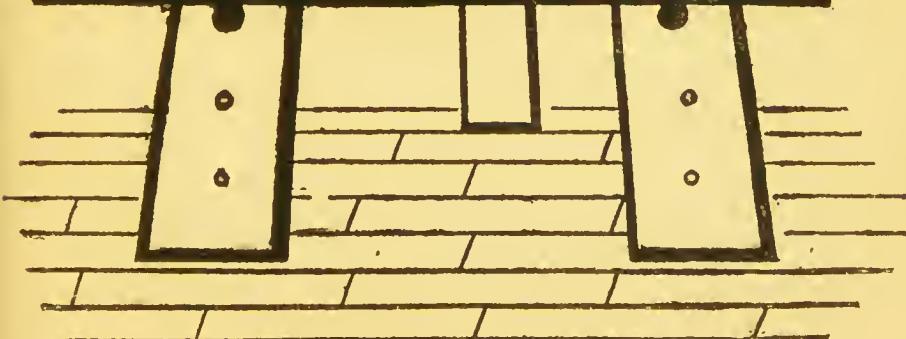
A

"RICHMOND" GAS COOKER

FROM

YOUR

GAS DEPARTMENT.



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“Gas as a . . .

Domestic Servant.”

WE are often told that if servants were more careful Gas Stoves would be in greater demand, and it is with a view of dealing with this aspect of Gas Consumption that we are venturing to point out the fallacy of this contention.

GOOD SERVANTS

are becoming each year more difficult to find and keep, and ladies who are wise will seek for, and adopt, every contrivance which can be shown to be both economical and labour saving.

EXTRAVAGANCE AND IGNORANCE

are the two standard complaints with which we have to deal, and it is only fair to point out that these faults are at least equally felt in the use of Coal, Wood, Oil, and Provisions, as well as in the use of Gas.

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THERE IS NO MORE NEED TO KEEP A BOILING OR OVEN BURNER LIGHTED, WHEN NOT IN USE, THAN THERE IS TO KEEP THE GAS BRACKET BURNING IN THE DAYLIGHT.

LADIES

who, when a Stove is first fixed, will take the trouble to explain to their servants the uses of the various burners, and insist upon the "Card of Directions" (which should accompany every Cooker) being hung in a convenient position over the Stove, should have, after a week's superintendence, no cause to complain. Extravagance can also be readily checked by the use of a special meter for the Stove, and like the Dublin Gas Company, by the use of a special Tap, which can be locked so as to supply only a given quantity of Gas, sufficient, say, for the oven and one boiling burner. This Tap might be used to shut Gas off altogether, and not delivered to servants until the time when breakfast should be prepared, and thus prevent the waste so often caused by the boiling up and away of the kettle, two and sometimes three times before wanted.

ANOTHER

distinct advantage gained by the Loose Boiling Burners, is the opportunity afforded for taking away, and locking up, any number of the Boiling Burners which may not

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be needed, but which the Mistress finds, are being used unnecessarily. This is a simple and certain method of curing extravagance.

We do not hear so much of the waste of Coal, Provisions, etc., by servants, because the waste is difficult to trace—these articles being used in other parts of the house and by other inmates ; but let anyone compare the absolute cost of cooking by Gas against Coal, and it will be found that with Gas at, say 3s. 6d. per thousand, and coal at 17s. 6d. per ton, to be 50 per cent. cheaper. This is attained by a Stove being turned out when finished with, whereas a coal range has to be KEPT BURNING READY for use. Price for price, Gas at, 7s. per thousand and coal at 17s. 6d. per ton are equal.

COLLIERS' STRIKES

have also to be reckoned with. The difficulty in obtaining supplies of coal fuel, and the exorbitant advances frequently made during these regrettable strikes, render the use of Gas as a fuel the more reliable and economical. Large stocks of coal are kept at all Gas Works, which prevent any failure of Gas supply.

This is but one side of the question : we have not yet touched upon the

SAVING OF MEAT, CLEANLINESS, WEAR AND TEAR OF FURNITURE, &c.

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It was stated by Mr. R. E. Crompton, in a paper read before the Society of Arts, that by using Gas for all purposes in a house, cooking and heating, the total saving under ALL heads in a house with a rent of £40 a year, would be nearly or quite £40 a year—an equivalent to the rent.—(See *Gas Journal*, May 29th, 1888, p. 959.)

CONVENIENCE AND SUPERIORITY OF COOKING.

The difficulty of the ignorance of servants will also be readily removed by the week's supervision suggested, for any servant who cannot manage the dampers of an ordinary coal range, can be made to understand and regulate the burners of a Gas Range.

GAS COMPANIES AND CORPORATIONS

are now so alive to the advance of the Electric Light that they are everywhere seeking to obtain an increased consumption from the use of Gas Stoves.

This has been of immense advantage to the general public, having led to the adoption of the system of letting Gas Ranges, etc., on hire in the same manner as Gas Meters. Nearly all Gas Companies and Corporations owning Gas Works now let Cookers on Hire, and a large and increasing number let out Gas Fires.

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By this means Stoves which, to purchase, would cost, say £5 to £7, can be rented at 2s. 6d. per quarter, and are superintended and kept in repair for that charge. Larger and smaller sizes in proportion.

LECTURES ON COOKERY AND GAS EXHIBITIONS

are becoming so frequent—indeed in some districts of London and the larger provincial towns they are held annually—that any difficulties in the working of a Stove can be at once explained at these Educational Exhibitions.

It is not our intention here to deal exhaustively with the whole range of the advantages of Cooking by Gas. This has already been so well done by Alfred Colson, Esq., C.E. (Engineer to the Leicester Gas Department) in his little standard work, “Economy and other Advantages of Cooking by Gas.”

We would, however, briefly state that—

- 1st. SERVANTS WILL STAY LONGER where Gas Stoves are used.
- 2nd. WHERE NO SERVANTS ARE KEPT the work is much lighter for the ladies of the house.
- 3rd. COST OF GAS IS LESS THAN HALF THAT OF COAL. A family of eight can do all their cooking for 2½d. to 3d. per day.

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The following may be taken as the AVERAGE DAILY CONSUMPTION of Gas in a "Model" Range for a family of six persons:—

Breakfast—consisting of coffee, ham and eggs, or fish, toast, and also including water for washing-up	$14\frac{1}{2}$ feet
Dinner—consisting of five pounds of joint, pie, and milk pudding, fish and vegetables..	24 , ,
Hot water for washing-up.....	$11\frac{1}{2}\text{ , , }$
Tea—consisting of hot water and toast (both done with the same burner)	<u>9 , , </u>
Total.....	59 feet

Reckoning Gas at the rate of 3s. 6d. per 1,000 feet, this would COST UNDER 2d. PER DAY.

If our CARD OF INSTRUCTIONS is properly followed, a family of TEN PERSONS can do all their daily cooking at a daily cost of LESS THAN 3d.

4th. ECONOMY IN MEAT IS VERY CONSIDERABLE. 10 lbs. of meat cooked by Coal weighs 6 lbs. when done. 10 lbs. of meat cooked by Gas weighs $7\frac{1}{2}$ lbs. when done. Taking this $1\frac{1}{2}$ lbs. of meat at 10d. per lb., a saving of 1s. 3d. is effected, and the saving in meat will more than pay for all the Gas consumed and the rental of the Stove.

RECIPE
No.
..... 426

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Snow Cream	416
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Wine Jelly	430

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Lemon Water Ice	442
Raspberry Cream Ice	443
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Strawberry Cream Ice	446

- 5th. CLEANLINESS. A taper or match instead of paper, coal, and wood. No smoke, soot, cinders, ashes or dust. No soiled hands or spoiled dresses.
- 6th. WEAR AND TEAR OF FURNITURE is reduced to a remarkable degree.
- 7th. CONVENIENCE. The handiness of a Gas Stove is not to be over-estimated. No waiting for fire to burn up. No "doing without" tasty dishes for any meal. No irregular heat in the oven—"too fast" or "too slow."
- 8th. SUPERIORITY OF COOKING. "Cookery and Cleanliness are next to Godliness," the Americans say, and the perfection of both are attained by Richmond's "Model" Gas Cooker.

GAS WASHING AND IRONING

are also much easier and more effectually performed by means of Gas than by Coal. The whole of the weekly family wash of say eight persons can be readily done in two or three hours, at a consumption of from 30 to 50 feet of Gas, which at 3s. 6d. per 1,000 feet, costs from 1 $\frac{1}{4}$ d. to 2d.

BREAD, CAKES, BUNS ETC.

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A lmond Paste for Simnel Cake	475
American Dough Nuts	520
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Cream Cakes	458
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Dough Cakes	454
 E ccles Cakes	508
Eclairs	501
English Crumpets	456
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 F ather's Cake.....	470
Frank's Cake	497
 G eneva Buns	484
Genoese Cake.....	496
Gingerbread Biscuits	490
Gingerbread	510
Good Simnel Cake	474

By means of the "Rapid Washer," which we have just brought out, a day's washing is reduced at least one-third. The clothes are more thoroughly cleansed, and are not worn out by constant rubbing.

The contents of a medium sized clothes basket can be washed at one time, and merely require well soaking for about an hour and a half in warm water, the gas being lit when the clothes are put in ; then take out and soap all over, put into the drum and turn round slowly for about 15 minutes.

The result will be really surprising. The clothes, after being well rinsed, will be found, no matter how dirty when first soaped, to be beautifully clean.

They can be dried, if fine, out of doors ; or, if wet, in a special Gas Stove Dryer which we are now making, and put ready for gas ironing.

GAS IRONING possesses many distinct advantages over the old process. Our Gas Irons are heated by an atmospheric flame, which plays right INSIDE the iron, and keeps it always ready for use at a uniform temperature, and without the possibility of any dirt collecting on the face of the iron, and thus defacing the linen.

	RECIPE No.
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Seed Cake (Plain)	479
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They are easily fixed, a special double tap being fixed to the kitchen bracket or pendant, which provides a special tap for the iron, without interfering with the lighting burner. From this tap a length of india-rubber tubing should be run up to the ceiling, and suspended from there direct to the Gas Iron. This arrangement prevents the tubing from kinking, and keeps it out of the way. (We are now supplying a wire coil to prevent kinking with each iron—6d. extra).

GAS HEATING.—We have now shown how gas can be a most effective DOMESTIC SERVANT AS A COOKER, WASHER, AND IRONER; but there still remains one most important field—that of GAS HEATING, in which gas fires and stoves save quite as much labour as in these other directions. It is only right, however, to preface our remarks by stating that gas is not so cheap as coal, cost for cost, in living or sitting rooms; in these cases it depends upon its adoption solely on its convenience and cleanliness.

BEDROOMS are now so generally heated by gas, it does not seem necessary to advocate the advantages of a fire here; BUT IT IS AS WELL TO REMIND OUR FRIENDS THAT THE LATE SIR W. B. RICHARDSON TELLS US THAT MORE COLDS ARE CAUGHT BY LEAVING WARM

	RECIPE No.
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SITTING-ROOMS—FREQUENTLY 70 OR 80 DEGREES, FAHT., FOR COLD BEDROOMS WITH THE THERMOMETER AT 35 TO 48 DEGREES—THAN FROM ANY OTHER CAUSE.

A gas fire at the cost of $\frac{3}{4}$ d. per hour will prevent all this.

AGAIN, IT SHOULD NOT BE FORGOTTEN THAT THE INCONVENIENCE AND DISCOMFORT OF DRESSING IN A COLD BEDROOM ARE AT ONCE OVERCOME, AS A GAS FIRE LIGHTED 15 MINUTES BEFORE GETTING UP WILL MAKE THE ROOM COMFORTABLE. THIS IS NOT POSSIBLE WITH A COAL FIRE IN A BEDROOM, WHICH HAS TO BE EITHER KEPT IN ALL NIGHT OR RE-LIT IN THE MORNING.

It is frequently urged by doctors and scientists that gas fires give off a dry heat. We have successfully dealt with this complaint, having introduced a water-pan underneath our hot air series of fires, which now deliver a quantity of pure, moist, warmed air into the apartment, and are most agreeable.

The makers and varieties of stoves are increasing daily, but we are proud to say that, in face of the keenest competition, the merits of our goods are still running up our sales to quite an unprecedented extent

ICING FOR CAKES.

RECIPE
No.
547

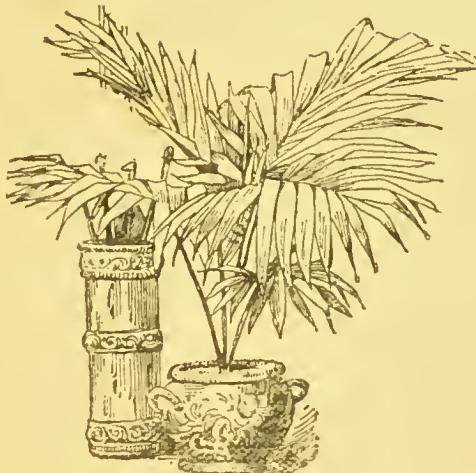
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Our experience, gained with leading manufacturers of the day, has enabled us to offer advantages in design, construction, and duty obtained for gas consumed, which will repay a trial of our manufactures.

Sufficient has now been shown to at least prove that this age of invention and development in labour-saving appliances has not overlooked our homes.



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AND WHOLESAOME*

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*IS ABSOLUTELY
PURE.
P. A. ESTCOURT,
Analyst.*

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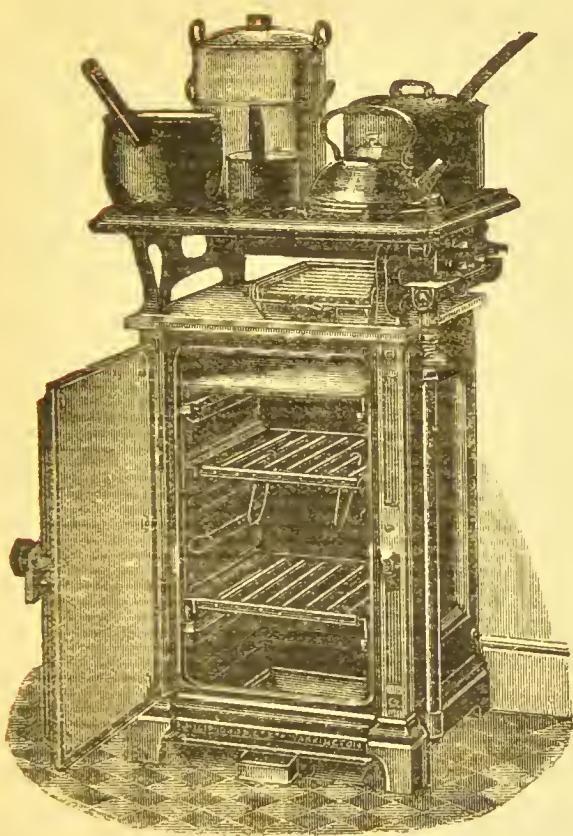
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Richmond's Gas Cookers.



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