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KATHARINE MELLISH'S

COOKERY

AND

DOMESTIC MANAGEMENT

INCLUDING ECONOMIC & MIDDLE CLASS PRACTICAL COOKERY

BY

KATHARINE MELLISH

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

VOLUME II

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JOINTS.

THIS is the substantial course of the dinner, and many people would not consider the meal complete without it. There are however, many dishes which can be served in place of an actual joint, for this course, as will be seen.

The chief thing to be remembered in regard to a joint is that it must be well basted during the cooking, and this applies whether roasting it in front of the fire or in the oven. If the cooking is done in an oven the meat must be turned, unless the oven happens to have an exceptionally even heat on all sides. But the basting is the chief thing, and most inexperienced and frequently experienced cooks fail in this. It should be done certainly every ten to fifteen minutes.

It is not sufficient to just put the meat in the oven, or in front of the fire, and leave it to cook. Of course, it will cook, but the results will be nothing like what they should be. The skin will be hard, the meat will be much wasted, and this will be found to spoil the flavour also.

The oven roasting-pan should be of the double kind, one tin resting in the other. The bottom tin is partially filled with water so that the fat which drips from the meat does not fall on to an intensely hot surface to burn and make a powerful odour. While there is sufficient water in the lower pan the fat cannot boil in the upper pan, and does not become discoloured. In the upper pan there is a stand on which the joint is placed so that it does not soak in the fat.

When the meat is placed on its stand ready for the oven pour some melted dripping thickly over it. It can then be placed in the oven to roast. To obtain the proper roasted flavour the

ventilators of the oven must be opened so that the vapours escape freely into the flues. The oven must also be very clean.

When it is proposed to roast a joint in front of the range the fire must be made up a proper time beforehand, so that it is burning clear and bright when wanted.

Cover the meat well with melted dripping and hang it close to the fire at first in order to seal up the pores and so prevent the juices escaping. It is the same as when grilling a steak, if the meat is subjected to a good heat for a short time at first the outer surface is made to resemble a thin skin or envelope which retains the juices and the succulent qualities of the meat. After the joint has been close to the fire for a little time it must be drawn further away. Keep it constantly basted whilst cooking.



Roast Leg of Mutton.

A leg of mutton. | Gravy. | Dripping. | Flour. | Salt.

Average cost, 6s. to 8s.

Choose a plump leg of mutton, which has been well hung, and weighing about six to seven pounds.

Wipe it quite dry, remove all thick skin and trim it neatly. Cut off any thin flap and chop off the knuckle bone. Place it on the stand of a double roasting-pan.

Have some dripping melted, and pour this well over.

Place all in a brisk oven.

When the joint has been cooking about half-an-hour, sprinkle it with a dessert-spoonful of salt.

Baste regularly about every ten to fifteen minutes.

About half-an-hour before the leg is cooked dredge it liberally with flour and then baste again.

When cooked take up the joint and put it on a hot dish.

Strain the gravy and remove every particle of fat.

Re-heat the gravy with sufficient other gravy added to make it three-quarters of a pint, and pour this round the joint.

Put a frill round the bone.

The dish and the gravy must be thoroughly hot, and the joint should also be kept hot while the gravy is being made.

Red currant jelly can be served with this joint in a separate small fancy dish.

If liked, the leg may be garnished with a few baked potatoes and braised carrots placed alternately round the dish.

Allow about twenty minutes to every pound of mutton, unless required rather underdone, for which fifteen minutes to the pound will be sufficient.

A leg weighing about six pounds will therefore take about an hour and three-quarters.

Boned Leg of Mutton.

A leg of mutton. 1 cucumber.		Forcemeat, as described.		6 stuffed tomatoes. Salt.
Average cost, 8s. to 9s.				

Take a leg of mutton weighing about seven pounds, and bone it.

To do this, begin on the under side of the joint at the thick end.

Have a very sharp knife and pass it under the skin until it is over the bone, then cut right down to the bone and loose the meat from it.

Keep the knife close to the bone all the time.

Continue this until you get to the joint, then cut the skin, fold the flesh back and remove the bone.

When the principal bone is got out take out the knuckle, but this must be done from the other end as it comes out that way more easily.

Fill the cavity in the leg with forcemeat.

Replace the knuckle bone and tie the skin round to keep it in place.

Fasten up the opening at the other end, either by darning in a skewer, which can be drawn out afterwards, or with a needle and thread.

Cover the leg well with melted dripping, sprinkle lightly with salt, and put it to roast either in the oven or in front of the fire.

When cooked place it on a hot dish and garnish round with stuffed tomatoes and cucumber.

Pour a good gravy round, and serve.

Allow twenty minutes to the pound for roasting.



BONED LEG OF MUTTON.

For the Force-meat.

$\frac{1}{2}$ lb. of cold boiled bacon or ham.

1 egg.

$\frac{1}{4}$ lb. of white bread-crumbs.

$\frac{1}{4}$ teaspoonful of grated nutmeg.

$\frac{1}{4}$ teaspoonful of powdered thyme.

Rind of half a lemon chopped finely.

1 teaspoonful of salt.

$\frac{1}{2}$ teaspoonful of pepper.

Mince the bacon finely.

Mix it with the bread-crumbs, nutmeg, thyme, lemon-peel, salt and pepper.

Work these thoroughly well together, then bind them with one whole raw egg.

Fill the leg with this as directed.

To Cook the Cucumber.

Peel the cucumber and cut it in four, lengthways.
 Remove the seeds, then cut it into pieces two inches long.
 Melt two ounces of butter in a stewpan.
 Lay in the cucumber and season it well with pepper and salt.
 Cook gently until tender; this will take about fifteen minutes.
 Arrange it alternately with the stuffed tomatoes as described. (For
 STUFFED TOMATOES, see page 44.)

Boiled Leg of Mutton.

A leg of mutton.	2 onions.	2 dessert-spoonfuls
1 carrot.	A bunch of herbs.	of salt.
1 turnip.	A pint of caper sauce.	

Average cost, 8s. to 9s.

To prepare a leg of mutton for boiling, cut off the shank bone, trim the leg and make an incision at the first joint. This cuts the sinews and keeps the leg a better shape.

Tie the leg up in a cloth.

Put it into a saucepan with sufficient cold water, slightly salted, to cover.

Add the herbs and vegetables washed and cleaned.

Bring to the boil and cook for about an hour and a half, or according to size. This time is suited for a leg weighing six pounds (fifteen minutes to the pound).

When it comes to the boil draw to one side so that it only simmers gently for the remainder of the time.

When cooked take out the leg, remove the cloth, put the leg on a dish, lay the cloth over it and place the dish over the saucepan to keep hot.

Lift out the vegetables, trim and cut them into neat fancy shapes.

Pour caper sauce thickly over the leg of mutton and garnish round the dish with the trimmed vegetables.

The broth is kept for making mutton broth or any white soup. If preferred, parsley sauce may be used instead of the caper sauce poured on the leg.

Braised Boned Leg of Mutton.

A leg of mutton.	$\frac{1}{4}$ lb. of mushrooms.	1 turnip.
$\frac{1}{4}$ lb. of bacon.	2 oz. of dripping.	1 bunch of herbs.
1 egg.	1 carrot.	Peppercorns.
$\frac{1}{4}$ lb. of bread- crumbs.	2 onions.	1 eschalot.
	Celery.	Pepper. Salt.

Average cost, 8s. to 9s.

Bone a leg of mutton as described with Boned Leg of Mutton, page 517, but remove the knuckle entirely.

Fill the cavity in the leg with the following stuffing.

Turn in the meat at the knuckle end, then sew up both openings so that the stuffing will not come out.

Make the leg into as compact a shape as possible, resembling a rolly-polly pudding.

Bind it well into shape with broad tape.

Put two ounces of dripping in the bottom of a stewpan, with one large sliced carrot, two sliced onions, a few pieces of celery cut up, a sliced turnip, a bunch of herbs (bay-leaf, thyme and parsley), and about ten black and white peppercorns.

Put the leg on these and fry it for about twenty minutes.

Lay a well-buttered paper over the meat, then add about half-a-pint of stock.

Put the pan into the oven and braise for about an hour and a half, keeping it constantly basted over the paper, adding more stock as that in the pan reduces.

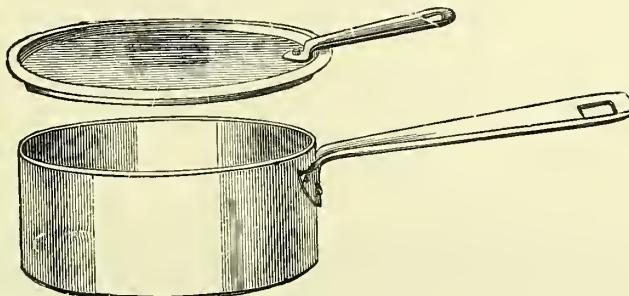
When cooked, take up the leg, remove the tapes and brush it over with liquid glaze; or with a little of the gravy in the pan, boiled down quickly to a glaze state.

Dish up the leg, strain the gravy from the braise and remove all the fat.

Put this gravy into a saucepan with half-a-pint of ordinary gravy or stock, and one teaspoonful of red-currant jelly.

Bring to the boil, pour some of it round the meat, and serve the remainder in a sauce-boat.

Garnish round the meat with alternate piles of potato balls and plainly boiled brussels sprouts.



STEW PAN (AS USED FOR BRAISED LEG OF MUTTON).

Roast Shoulder of Mutton.

A shoulder of mutton. Dripping	Gravy. Salt.	Pepper. Onion sauce.
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Average cost, 4s.

Trim the shoulder neatly.

Place it on the stand in a roasting-pan with the cut side upwards.

Melt about half-a-pint of dripping and pour it over.

Place it in the oven; or it can be roasted in front of the fire; the dripping is poured over in either case.

Baste it constantly, at least every fifteen minutes.

When it has been in about half-an-hour sprinkle it well with salt and pepper.

When cooked, take it up and stand it on a hot dish.

Put a frill on the knuckle, pour a good clear gravy round, and serve.

Onion sauce or Soubise sauce should always accompany roast shoulder of mutton.

Allow fifteen minutes to the pound for roasting.

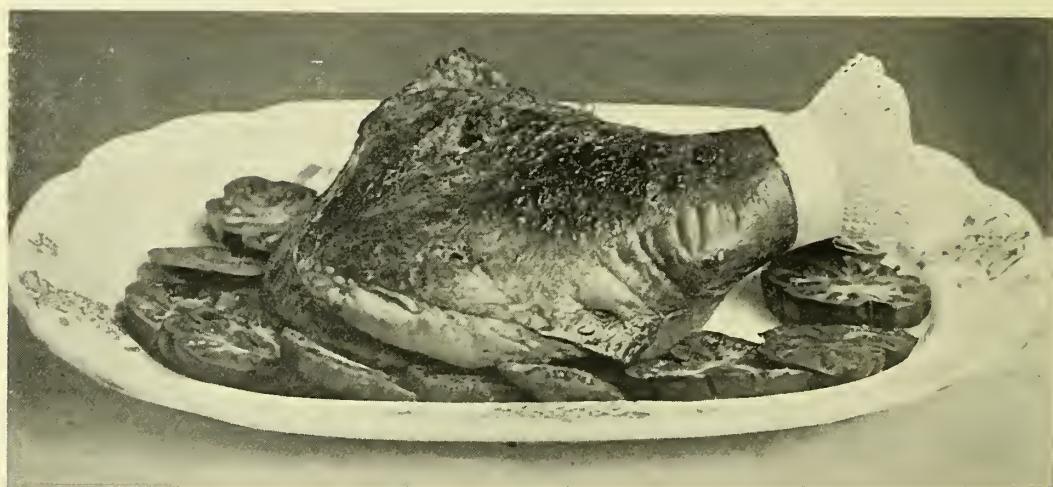
Boned Shoulder of Mutton.

A shoulder of mutton.	$\frac{1}{4}$ lb. of bread-crumbs.	Butter.
4 sheep's kidneys.		Pepper.
$\frac{1}{2}$ lb. of bacon.	12 mushrooms.	Salt.
2 eggs.	3 tomatoes.	Gravy, as described.
Onion.	Dripping.	

Average cost, 5s.

Bone a shoulder of mutton as described on page 127. Trim off some of the fat.

Put a quarter of a pound of fine white bread-crumbs into a basin.



BONED SHOULDER OF MUTTON.

Skin the kidneys, remove the cores and chop them finely.

Chop the bacon and a teaspoonful of onion.

Mix these ingredients and the crumbs well together, and season with pepper and salt.

Bind the whole with two well-beaten raw eggs.

Fill the cavity in the shoulder with this stuffing.

Roll and tie the shoulder (the meat) into a nice shape.

Place it on the stand in an oven pan, and pour about half-a-pint of melted dripping over it.

Place it in the oven to roast and baste it frequently, at least every fifteen minutes.

Peel the mushrooms, remove the stalks and wash them in salted water.

Melt about two ounces of butter in a stewpan.

Lay in the mushrooms, the dark sides upwards, and dust them over with pepper and salt.

Put on the lid, stand the pan on a moderately hot part of the stove, and cook until tender.

Have three good sized tomatoes, remove the stalks and slice them.

Cook the tomatoes in the same manner as the mushrooms.

For the gravy melt half-an-ounce of butter in a small saucepan.

Add half-an-ounce of flour, and fry together without browning.

Add half-a-pint of stock by degrees, and the liquor from the mushrooms and tomatoes.

When the shoulder is cooked take it up, strain the gravy and pour some round the joint.

Garnish with the mushrooms and sliced tomatoes, putting them alternately and resting one slightly on the other.

Allow fifteen minutes to the pound for roasting.

Farced Loin of Mutton.

Loin of mutton.	Red currant jelly.	Veal forcemeat.
Dripping.	Onions, cooked as described.	Pepper.
Flour.		Salt.

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

Take a loin of mutton with the flap left on, and not jointed.

Remove the outside skin.

Cut out the fillet (which is the piece that is called the under-cut of a sirloin of beef). This comes in so usefully for noisettes of mutton and many small dishes, either as an entrée or a luncheon dish.

Cut out all the bones from the loin.

Lay it out flat on a board with the cut side upwards.

Spread it all over with forcemeat as made for veal (for VEAL FORCEMEAT, see Index), then roll the loin up tightly, beginning from the thick side.

Bind it round firmly with tape.

Place it on the stand in a roasting pan, pour melted dripping over it, and sprinkle well with pepper and salt.

Put it into a moderate oven to roast, and baste it frequently.

About half-an-hour before it is cooked dredge it over with flour, then baste again.

When done place it on a hot dish, and pour gravy round.

Garnish with onions, and hand red-currant jelly with the loin.

Allow fifteen minutes to the pound for roasting.

To Cook the Onions.

Choose Spanish onions, rather small, and skin them.

Put them into a stewpan with two ounces of butter, or good dripping, and fry them until browning.

Then dredge in three-quarters of an ounce of flour.

Add one pint of brown stock and cook until the onions are tender.

Arrange them round the meat.

Roast Neck of Mutton.

4 lbs. best end of the neck of mutton.	Dripping. Flour.	Salt. Potato purée.
Average cost, 2s. 9d.		

Take about four pounds of the best end of a neck of mutton.

Chop off the bones evenly, and scrape off all the meat for about two inches up, just the same as if it was divided into cutlets.

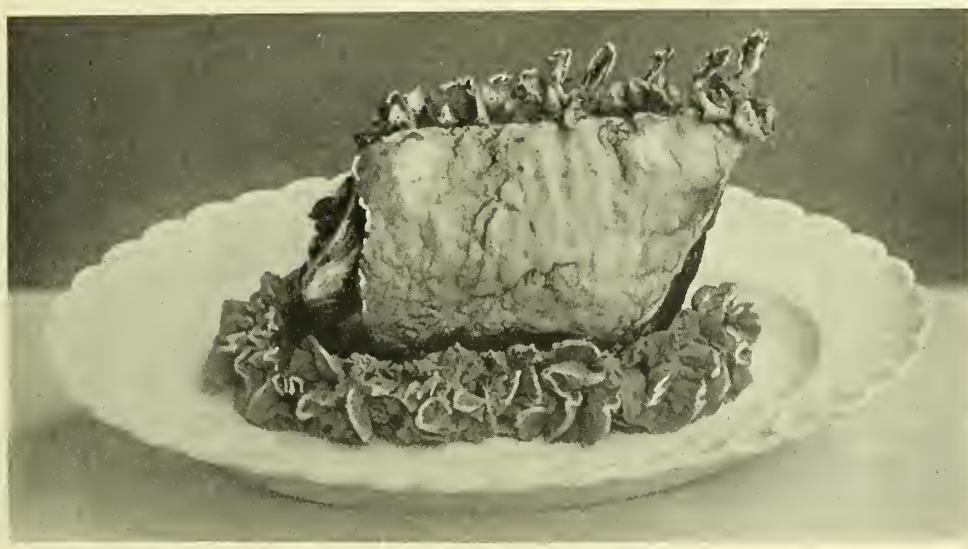
Now joint the meat.

Dust it over with salt, then with flour.

Pour melted dripping over and place it in a brisk oven to roast.

When cooked, fill a forcing-bag, having a large rose-pipe, with a purée of potato.

Force out two rows close together down the centre of the dish. Stand the neck of mutton on this with the thick end of the joint downwards.



ROAST NECK OF MUTTON.

Then between each bone force out a rose of purée.

Pour plenty of nice gravy round, in which may be dissolved a teaspoonful of red-currant jelly.

Allow fifteen minutes to the pound for the roasting.

Roast Hind-quarter of Lamb.

A hind-quarter of lamb.	Buttered bread-crumbs.	Salt.
Dripping.	Watercress.	Gravy. Mint sauce.

Average cost, 5s.

Take a hind quarter of lamb, saw off the knuckle bone, then fix the joint on a spit, or put it on the stand in a roasting-pan. Cover it well with melted dripping and, if cooked in an oven, lay a greased paper over.

Baste it regularly about every quarter of an hour or rather less. About half-an-hour before the cooking is finished remove the paper and cover the top of the joint thickly with buttered bread-crumbs.



HIND-QUARTER OF LAMB.

Put it back in the oven to get nicely browned.

Garnish the joint with watercress which has been nicely picked over and seasoned with pepper, salt, salad oil and vinegar.

Send to table with a clear gravy and mint sauce served in separate sauce-boats.

Allow fifteen minutes to the pound for the roasting.

Roast Fore-quarter of Lamb.

A fore-quarter of
lamb.

Dripping.	Maître d'hôtel butter.
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Garnish of peas.	Hot mint sauce.
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Average cost, 5s. 6d.

Cut all the discoloured veiny parts from underneath the neck portion of a fore-quarter of lamb.

Cover the joint well with melted dripping, and if there are any pieces of fat sent with the joint lay these on top.

Roast in a moderate oven, or in front of a clear fire.

Baste it regularly every ten to fifteen minutes.

When cooked, take it up, cut round the shoulder, partly raise it from the neck part, and put in about two ounces of maître d'hôtel butter.

Place it quickly on a hot dish, garnish with four little heaps of green peas round the dish.

Serve with hot mint sauce, and a gravy may also be served with it if liked. (For SAUCES, see Index.)

Allow fifteen minutes to the pound for the roasting.

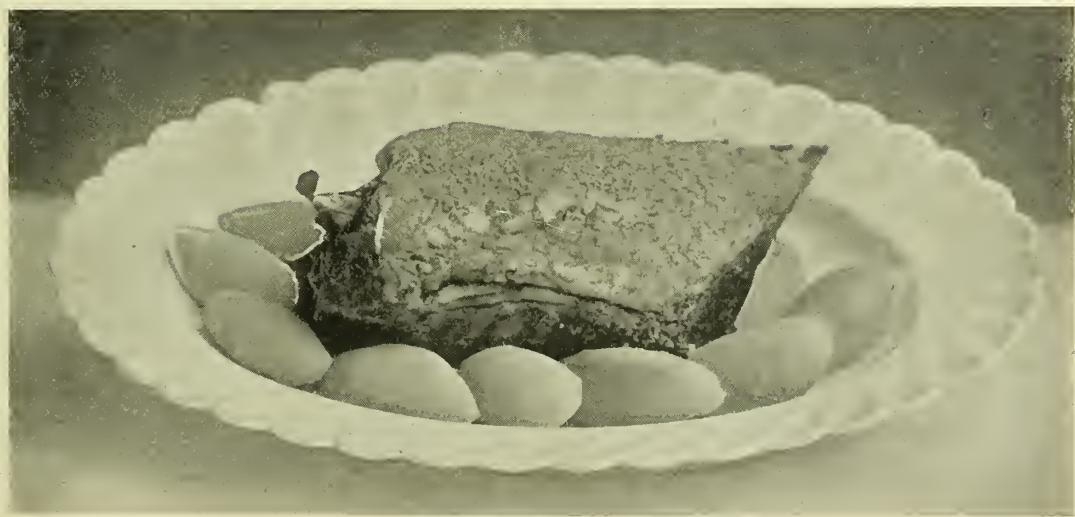
Roast Neck of Lamb.

A neck of lamb.
Butter.

Parsley.
Stewed cucumber.

Maître d'hôtel sauce.

Average cost, 2s. 9d.



ROAST NECK OF LAMB.

Trim the neck neatly, then wrap it up in a well-buttered paper. Roast it in a brisk oven.

When cooked remove the paper, lay it on a hot dish and sprinkle a little finely chopped parsley on the top.

Pour maître d'hôtel sauce round. (For SAUCES, see Index.)

Garnish with stewed cucumber arranged round the dish.

Allow fifteen minutes to the pound for the roasting.

Stewed Breast of Lamb.

A breast of lamb.	$1\frac{1}{2}$ pint of green peas.	$\frac{1}{2}$ teaspoonful of white pepper.
White stock.	Potato olives.	Salt.
2 oz. of butter.		
$\frac{3}{4}$ oz. of flour.	1 blade of mace.	

Average cost, 2s. 6d.

Cut a breast of lamb into pieces and remove the skin.

Lay the pieces in a stewpan, with a blade of mace, and sprinkle with a teaspoonful of salt, and half a teaspoonful of white pepper.



STEWED BREAST OF LAMB.

Add sufficient white stock to cover.

Place the lid on the pan and simmer very gently for three-quarters of an hour.

Skim well and remove the mace.

Add one pint of the peas, and simmer again for half-an-hour. Work the butter and the flour together, then stir them into the gravy in small lumps so that all dissolves. Simmer again for ten minutes. Take the meat out carefully; arrange the pieces prettily on a dish. Pour the sauce over them. Garnish the dish with potato olives, and the remaining half-pint of peas which have been plainly boiled.

Roast Saddle of Lamb.

A saddle of lamb.		Dripping.		Salt.
Average cost, 6s. 6d.				

If the saddle is to be roasted in the oven wrap it in a well buttered paper. If to be roasted in front of the fire, pour melted dripping well over it.



ROAST SADDLE OF LAMB.

Sprinkle salt on the joint. Put it to roast either in front of a brisk fire or in a moderately hot oven.

Baste it frequently, at least every ten to fifteen minutes.

About half-an-hour before it is cooked remove the paper so that it may brown up nicely.

When done place it on a hot dish and pour a rich gravy round.

Serve mint sauce with this joint.

If liked it can be garnished with water-cress and fresh salad handed with it.

Allow fifteen minutes to the pound for roasting.

Irish Stew.

3 lbs. neck of mutton.	$\frac{1}{2}$ lb. of suet paste.	1 dessert-spoonful
5 lbs. of potatoes.	1 teaspoonful of	of salt.
3 large onions.	pepper.	1½ pint of water.

Average cost, 2s. 6d.



IRISH STEW.

Cut three pounds of neck of mutton into neat pieces and trim off some of the fat.

Pare the potatoes, and if large cut them in half lengthways.

Peel the onions and slice them.

Put a layer of the potatoes at the bottom of a stewpan, then a layer of the meat, then a layer of the onions.

Sprinkle with part of the salt and pepper.

Put another layer of the potatoes, meat and onions, but finish with a layer of potatoes on the top.

Pour in the water gently.

Put the lid closely on the pan and stew the contents very slowly for about two hours or rather longer.

Do not let it cook fast.

About half-an-hour before it is done make half-a-pound of suet paste into balls the size of a pigeon's egg and put them into the stew.

When cooked, lift out the meat carefully and arrange it in the centre of a hot dish.

Garnish round the meat with the potatoes and suet dumplings, and serve.

Roast Sirloin of Beef.

A piece of sirloin of beef. | Flour. | Salt. | Horse-radish.

Average cost, 10d. per pound.

Choose a sirloin with a good undercut, but it should not exceed 16 lbs. in weight. If larger they are difficult to roast, the outside being apt to become overcooked by the time the middle is sufficiently done.

Sprinkle it with flour.

To roast this joint in front of the fire, hang it on the spit and have a dripping-pan beneath.

Let the fire be clear.

As this joint takes some time to cook, the fire must be properly attended to before putting the meat to it, and must be well kept up afterwards.

Baste the meat carefully at about ten to fifteen minutes' intervals.

When done, sprinkle a small quantity of salt over it, and stand the joint on a hot dish.

Empty the dripping-pan of all the dripping, and add about a quarter-pint of boiling water to the gravy in the pan.

Remove every particle of fat, then strain the gravy round the meat, not over it.

Garnish the joint with tufts of grated horse-radish.

Serve horse-radish sauce with it, and Yorkshire pudding.



ROAST SIRLOIN OF BEEF.

To roast this joint in the oven, it is necessary to watch it carefully while cooking.

It must be well basted at ten to fifteen minutes' intervals.

The oven must not be allowed to overheat, neither must the joint be overdone, or it will prove to be most extravagant.

Beef dripping should always be kept separate, as, when clarified, it is excellent for making cakes and pastry.

Allow fifteen minutes to the pound for the roasting.

Joints should never be roasted in an oven without using a double pan. The water in the lower pan prevents the gravy or dripping boiling, as fat does not boil at the temperature of boiling water. Consequently the dripping does not waste, nor does it bubble and spit on to the hot oven plates, and the smell of burnt fat is absent.

Boiled Round of Beef.

13 lbs. of silver-side of round of beef.	6 carrots. 6 turnips.	Suet dumplings.
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Average cost, 9s.

The whole round of beef is usually too large for a moderate sized family, and it is therefore best to have a piece of the silver-side.

After taking the meat out of the pickle (in which it should have been lying for about ten days) wash off the salt, skewer it up into a nice round shape and bind it round firmly with tape.

As this is not a very fat part of the beef, it is best to skewer a piece of fat in as well.

When the meat is well bound up, put it into a saucepan with cold water to cover, and bring to the boil.

Remove the scum as it rises. The skimming should be carefully attended to, as the appearance of the joint will be much spoiled if it is neglected.

When the meat comes to the boil, draw the pan to one side and let it simmer gently for three hours.

Two hours before it is done put in the carrots and turnips, previously scraped and peeled and cut into convenient pieces.

If the vegetables are young they will not require so long a time to cook.

About half an hour before all is done, add about six suet dumplings the size of hens' eggs.

When the meat is done take it up, remove the tape and skewers, and, if possible, replace the skewers with silver ones.

Stand the meat on a hot dish and arrange the vegetables and dumplings neatly round.

Pour a little of the liquor from the saucepan over the beef and serve.

The remainder of the liquor should be kept, as it is excellent for making pea-soup.

Roast Fillet of Beef.

4 lbs. fillet of beef.	1 dozen olives.	Pepper.
$\frac{1}{2}$ pint of button mushrooms.	$\frac{1}{2}$ pint of tomato sauce.	Salt.

Average cost, 5s.

Trim off all unnecessary fat and skin from the meat.

Season it with pepper and salt.

Tie it up, across the fillet, with two or three pieces of tape to keep the meat in a nice compact form.

Roll it in a well buttered paper, and place it in a double roasting-pan.

Pour some melted dripping over, and put it into a quick oven to roast.

Baste it constantly.

Turn a dozen olives, and heat these with half-a-pint of button mushrooms, in a little stock.

When the meat is half cooked, remove the paper and dredge the fillet over with flour.

Return it to the oven to brown up nicely.

When cooked, place it on a hot dish, and pour half-a-pint of tomato sauce round. (For TOMATO SAUCE, see page 451.)

Garnish with the button mushrooms and turned olives.

Allow fifteen minutes to the pound for the roasting.

(See COLOURED PLATE, No. 40.)

Braised Fillet of Beef.

3 lbs. fillet of beef.	A bunch of herbs (bayleaf, thyme, and parsley).	1 wineglass of sherry.
1 carrot.		3 oz. of butter or good dripping.
2 onions.		Slices of fat bacon.
1 small turnip.	6 peppercorns.	$\frac{1}{2}$ pint stock or gravy.
$\frac{1}{2}$ stick of celery.	1 tablespoonful of mushroom ketchup.	Garnish.
12 allspice.		

Average cost, 4s. 6d.



ROAST FILLET OF BEEF.

Melt three ounces of butter or dripping in a stewpan.
Slice the carrot, onions, celery and turnip, and add these to the butter.

Add also the herbs, sherry, ketchup and spices.
Trim the fillet neatly, and free it from skin and unnecessary fat.

Tie it up neatly with tape and lay it on top of the vegetables.
On top of the meat place two or three slices of fat bacon.

Put the lid close down on the pan, and let all fry together for about fifteen minutes.

Now pour into the pan, by the side of the beef, about half-a-pint of stock or gravy.

Let the meat braise gently for about two-and-a-half hours, and keep it well basted with the liquor, adding more as it reduces.

When cooked, take out the fillet, remove the tapes, then lay it on a hot dish.

Lift the vegetables out of the pan.

Boil the gravy rapidly until reduced to a glazy state.

Brush the meat over with this, and pour a rich gravy round.

Garnish with fried potato-olives and mushrooms in alternate heaps.



FILLET OF BEEF.

Stewed Steak and Oysters.

$1\frac{1}{2}$ lb. of steak.	$\frac{1}{2}$ a wineglass of port wine.	1 teaspoonful of flour.
$1\frac{1}{2}$ dozen oysters.	1 onion.	$\frac{1}{2}$ pint of water.
2 oz. of butter.		Pepper. Salt.

Average cost, 3s. 6d.

Melt two ounces of butter in a stewpan.

Slice the onion, put it in with the butter, and fry until it is a golden brown.



STEWED STEAK AND OYSTERS.

Then lay in the steak, cut into thick pieces.

Fry for about fifteen minutes, then add half-a-pint of water.

Season with pepper and salt to taste.

Add the liquor from the oysters, cover the pan closely, and let it simmer gently for an hour.

Then mix the flour quite smooth with the port wine, and thicken the gravy with this.

Draw the pan from the fire, add the oysters and stir until they are plump.

Do not let it boil after the oysters are in or they will be leathery. Dish up the steak, put the oysters round and pour the gravy over. Garnish with croûtons of fried bread which have been brushed over with white of egg, and dipped in grated parmesan cheese.

Beefsteak and Kidney Pudding.

2 lbs. of steak.	1 eschalot.	Salt.
1½ lb. of suet crust.	1 teaspoonful of parsley.	Pepper.
1 ox kidney.		Vinegar.

Average cost, 3s.

Take about two pounds of beefsteak and beat it well with a wetted rolling-pin.

Cut it into pieces about two ounces each.

Put the kidney in sufficient cold water to cover it, with about a tablespoonful of vinegar added, and soak it for ten minutes.

Take out the kidney, rinse it in fresh cold water, and dry it thoroughly.

Remove the core, and cut the kidney into slices.

Well butter a pudding-basin and line it with suet paste, leaving a good margin of paste hanging over the edge.

Put in a layer of the steak and kidney, sprinkle it with a little of the chopped parsley, eschalot (or onion), pepper and salt. If liked, a mushroom or two can be used.

Put another layer of the steak, kidney and seasoning, and so on until the basin is full.

Pour in about a gill and a half of cold water.

Cut out a piece of paste the size of the basin and lay it on top.

Wet the edges, then fold over the margin of paste lining and press down firmly so that gravy may not escape.

Lay a buttered paper over the top, then a pudding cloth.

Tie the cloth firmly on.

Have ready a saucepan three-parts full of boiling water, and put the pudding in.

Boil for at least four hours.

If the water boils away, add more that is boiling. The pudding must be kept well covered with boiling water.

When cooked take off the cloth and the paper; cut out a small piece of the paste, about the size of a shilling, from the centre of the pudding. This will prevent the pudding breaking when it is afterwards turned out.

Turn the pudding out on to a hot dish, sprinkle a little chopped parsley on top, then serve.

Beefsteak and Oyster Pie.

2 lbs. fillet steak.	White stock.	White pepper.
2 dozen oysters.	Cayenne.	Salt.
½ lb. of puff paste.		

Average cost, 4s.

Cut two pounds of fillet steak into thin slices.

Flatten them out, then wrap up an oyster in each slice.

Put a layer of this in a pie-dish; season with white pepper, salt, and a dust of cayenne.

Then put another layer and season, and so on, until the dish is full, then pour in white stock until the dish is nearly filled with it.

Wet the edge of the dish, and line the edge with a strip of puff paste rolled out to about a quarter of an inch thickness and cut to the width of the dish edge.

Wet this rim of paste, then put a cover of paste of the same thickness over the pie.

Make a hole in the centre of the cover to let the steam escape.

Ornament the edge of the paste, cut four leaves from the trimmings of paste and arrange them round the centre hole.

Brush the pie over with whole beaten-up egg, then stand the pie-dish in a tin containing boiling water.

Place this in a moderately quick oven, and bake until the paste has well risen.

After that put the pie down at the bottom of the oven, still keeping it in water, until the meat is cooked.



STEAK & OYSTER PIE.

The pie will take about an hour-and-a-half altogether.
 When cooked take the pie out of the oven and whilst still hot fill
 it quite up with more of the gravy by pouring it through the
 hole in the centre of the top crust.
 Be sure to add the liquor from the oysters.

(See COLOURED PLATE, No. 41.)

Broiled Steak.

1½ lb. rump-steak.	Pepper.
Salad oil.	Maître d'hôtel butter.

Average cost, 2s.

Have a prime rump-steak, not cut too thin.
 Wipe it, also trim off any superfluous fat.
 Rub it over with salad oil, and sprinkle it with pepper only.
 Rub the bars of the gridiron over with a piece of suet.
 Make the grid quite hot, then lay the steak on it.
 Have a very clear fire. One made partly with coke or charcoal
 is best.
 Stand the gridiron over it, and grill the steak from eight to ten
 minutes according to whether it is required underdone or
 moderately well done.
 When the steak is to be turned use steak tongs (which are made
 for the purpose) if you have them, if not then arrange to turn
 the steak some other way, but on no account should a fork be
 stuck into it.
 Only turn steak once whilst grilling. It is a mistake to think it
 requires frequent turning.
 Have ready a very hot dish, cover and plates.
 Take the steak up, lay one or two pieces of maître-d'hôtel butter
 on top and serve quickly.
 Steak should never be kept waiting after it leaves the fire.
 It may also be served with tomato or horse-radish sauce. (For
 SAUCES, see Index.)

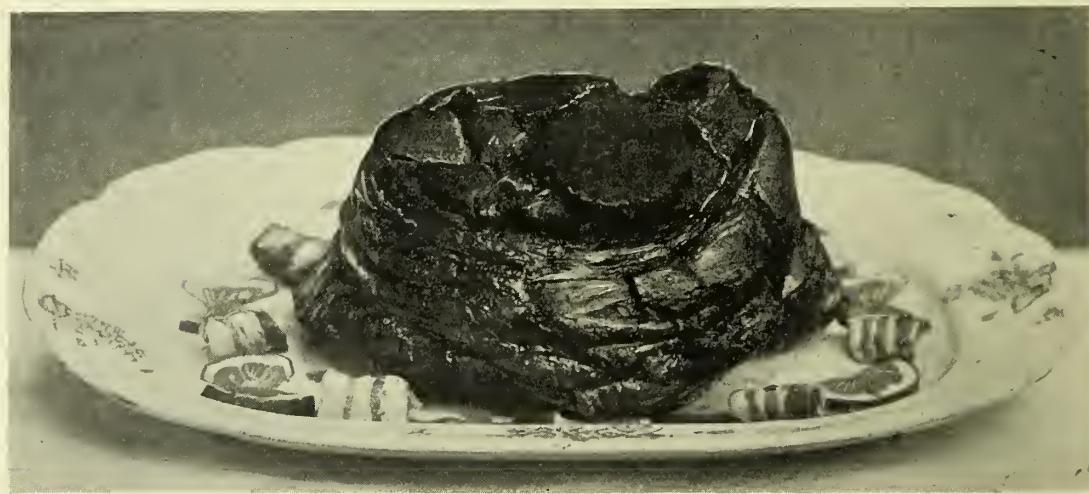
Some people like a piece of butter melted in the dish, and a teaspoonful or two of Worcester sauce or ketchup heated with it. The gravy which runs from the meat is, however, generally sufficient.

Roast Fillet of Veal.

8 or 10 lbs. of fillet of veal.	$\frac{1}{4}$ lb. of fat bacon. Dripping.	Flour.
1 lb. of veal forcemeat.	Pepper. Salt.	Garnish of bacon and lemon.

Average cost, 9s.

Cut out the centre bone of the fillet and fill the cavity that this leaves with forcemeat.



ROAST FILLET OF VEAL.

Cut the bacon into thin slices, tie it round the meat and skewer it firmly.

Put the joint on the stand of a double roasting-pan, and pour half-a-pint of melted dripping over it.

Half fill the lower pan with water.

Put it all into a moderate oven and baste frequently, at least every ten or fifteen minutes.

When the meat has been in the oven two hours remove the bacon, sprinkle the veal with pepper and salt, and dredge it over with flour.

Baste frequently and roast for one hour longer.

When cooked, place the veal on a hot dish, and garnish round with small rolls of thin bacon and slices of lemon.

Strain the gravy from the pan, put it into a saucepan.

Skim all the fat off, then add sufficient gravy stock or boiling water to it to make up half-a-pint.

Stir well, and when boiling pour it round the joint.

Veal should be cooked slowly, and constantly basted, for, like lamb, it requires to be thoroughly well cooked.

Some prefer to have bread sauce served with the veal, but it is by no means necessary.

Roast Loin of Veal.

5 or 6 lbs. of loin of veal.	Pepper. Salt.	Macaroni sauce. $\frac{1}{2}$ pint of single cream.
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Average cost, 6s.

Bone the loin of veal, remove any unnecessary fat, but leave the kidney.

Season with pepper and salt.

Fold the flap under so as to cover the kidney entirely, then tie the joint round with string to keep it in place.

Wrap it in a sheet of well buttered paper and roast in a moderate oven for about an hour-and-a-half.

Keep it well basted.

After two hours' roasting remove the paper, and put the veal into a baking-tin with the cream.

Cook it for half-an-hour longer and baste it with the cream.

When cooked put the joint on to a hot dish.

Mix the cream which was used for basting, with half-a-pint of macaroni sauce. Pour this round the joint, and serve.

Braised Breast of Veal.

3 lbs. of breast of veal.	$\frac{1}{2}$ a stick of celery.	6 peppercorns.
Veal forcemeat.	A bunch of herbs (bayleaf, thyme and parsley).	1 teaspoonful of salt.
Stock.		Cucumber sauce.
1 onion.		
1 carrot.	1 oz. of butter.	

Average cost, 4s.

Bone the breast of veal.

Lay the meat out flat on a board, with the skin side downwards. Spread a layer of forcemeat over, then roll, and tie it up into a neat shape. ¶

Make a few slight cuts in the skin.

Put one ounce of butter into a stewpan with the carrot, onion and celery (all sliced), and the bunch of herbs, the peppercorns and salt.

Lay the meat on top, put lid on closely and fry for about fifteen minutes.

Now lay a buttered paper on top of the meat, pour about half-a-pint of stock into the pan and baste the meat with it.

Put lid on closely again, stand the pan in a moderate oven, and cook gently for about two hours.

Baste it frequently, adding more stock as that in the pan reduces.

When cooked take it up, remove the strings and brush it over with liquid glaze.

Stand the joint on a hot dish, pour cucumber sauce round, and serve.

Calf's Head.

Half a calf's head.	1 leek.	$\frac{1}{2}$ stick of celery.
1 large onion.	1 tablespoonful of salt.	1 pint of parsley sauce.
1 carrot.		

Average cost, 2s. 6d.

Put half a calf's head to soak in well salted cold water for two or three hours, during which time the water should be changed once or twice.

Then take it out and rinse well in cold water.

Remove the brains and tongue.

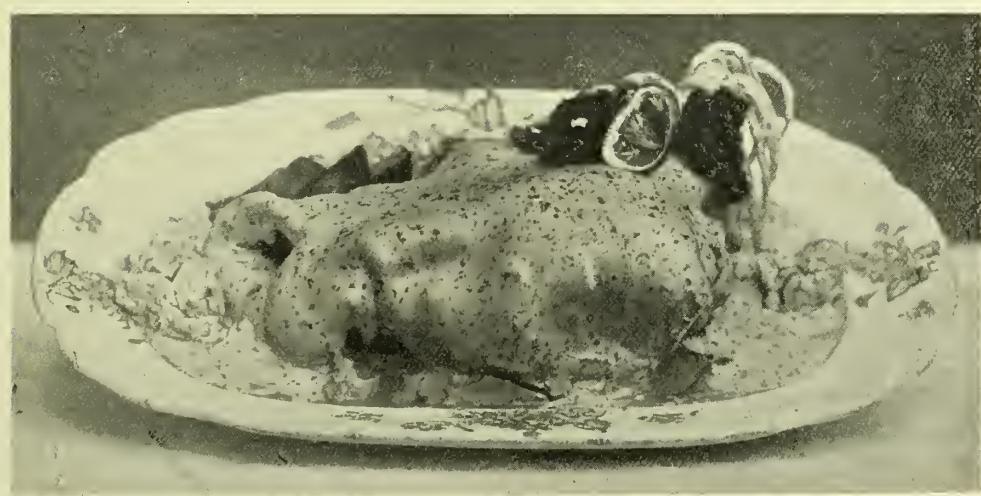
Soak and wash the brains; blanch them, then boil for fifteen minutes.

Take a small pointed knife and bone the head, leaving on the ear.

When the bone is removed, roll up the flesh lengthways, put it into a well buttered cloth, and bind firmly with tape to keep it in a good shape.

Put it into a stewpan with cold water to cover.

Wash and pare the vegetables, cut them into pieces about an inch-and-a-half long, put them in with the head and add the bones.



CALF'S HEAD, BOILED.

Bring to the boil.

Skim well, being careful to remove the scum as it rises.

Add salt, also put the tongue in, which must be tied in a piece of muslin.

Boil for two-and-a-half to three hours, or even longer, according to size.

Take it up, and remove the cloths.

Lay the head on a hot dish, and cut the ear into strips with a pair of scissors.

Make a pint of good parsley sauce.

Chop the brains, and put these into the parsley sauce.

Pour the sauce over the head.

Skin the tongue, lay it by the side of the head, and serve very hot.

The whole head may be cooked and served in the same way.

If liked, tomato sauce may be poured over the head instead of parsley sauce.

Garnish with fresh parsley and lemon.

Chump of Veal.

4 or 5 lbs. of the chump end of a loin of veal.	1 oz. of butter. 1 quart of stock. $\frac{1}{2}$ oz. of glaze. 1 onion. 1 carrot.	$\frac{1}{2}$ stick of celery. $\frac{1}{2}$ a turnip. Salt. Pepper. Stuffing, as described.
3 oz. of bacon trim- mings.		Average cost, 5s.

Take four or five pounds of the chump end of a loin of veal, and bone it.

Then stuff it with the stuffing described below.

Chop up the bones and trimmings.

Prepare and slice the vegetables.

Put the vegetables, chopped bones, bacon trimmings and one ounce of butter into a stewpan.

After stuffing the veal, tie it up firmly into a good shape with tape and lay it in the pan with the vegetables.

Put the pan over a moderate fire, and fry gently until the veal is a pale brown all over.

Turn the veal frequently, and baste it with the butter.

When it is a good colour, add a quart of stock, season with pepper and salt, put the lid on the pan, and let it simmer gently for about one-and-a-half to one and three-quarter hours.

When cooked take out the meat and keep it hot.

Strain the gravy, take off the fat, add half an ounce of glaze, and boil until it reduces about a third.

Pour this over the veal, and garnish round the dish with potato balls.

For the Stuffing.

6 oz. of bread-crumbs.	1 tablespoonful of chopped parsley.	2 eggs.
1 dessert-spoonful of chopped thyme.	1 teaspoonful of lemon peel, chopped.	1 teaspoonful of salt.
1 teaspoonful of chopped marjoram.	3 oz. of beef suet.	$\frac{1}{2}$ teaspoonful of pepper.

The bread-crumbs must be made very finely.

Wash the parsley, thyme and marjoram and dry them well in a cloth.

Then mince them, and the lemon peel, very finely. Chop the suet finely, too.

Put all the ingredients into a basin, add salt and pepper, and mix thoroughly whilst in a dry state.

When thoroughly mixed, bind the whole with two well-beaten eggs, then use it for stuffing the veal.

Dried herbs may be used if fresh ones are not procurable, but they must be thoroughly well powdered and sifted, so that they are quite fine and free from stalks. A few drops of apple or spinach green colouring should then be used to give the stuffing a good colour.

Remove the strings from the meat before putting it on the dish.

If glaze is not procurable, use a teaspoonful of bovril instead, but then the gravy should be thickened with a little potato flour.

Boiled Knuckle of Veal.

4 to 6 lb. of knuckle of veal.	2 onions.	A blade of mace.
1 oz. of butter.	$\frac{1}{4}$ lb. of rice.	Salt.
$\frac{3}{4}$ oz. of flour.	1 table-spoonful of chopped parsley.	Pepper.

Average cost, 4s. 6d.

Break the shank-bone of the knuckle, and wash it clean.

Put this into a stewpan, with sufficient water to cover.

Let it gradually come to the boil, and remove the scum.

After well skimming add the rice, onions, blade of mace, pepper and salt.

Simmer the whole gently for about two hours and a half.

When cooked, take up the meat, put it on a dish, and keep hot while the sauce is being made.

Melt the butter in a saucepan, add the flour, and fry together for five minutes, without browning.

Mix in gradually one pint, or rather more, of the stock and rice in which the knuckle has boiled.

Add one table-spoonful of finely chopped parsley.

Pour this over the knuckle.

Garnish round with plainly boiled olive potatoes.

If liked, a piece of pickled pork may be boiled separately and served with the veal.

Roast Ox Heart.

1 ox heart. | Veal forcemeat. | Dripping. | Tomato sauce.

Average cost, 2s. 9d.

Take an ox heart that has hung for two or three days.

Wash and soak it very thoroughly, to remove the blood.

Cut away the pipes, and fill the cavities with veal forcemeat, securing it well with needle and twine.

Pour half-a-pint of melted dripping over the heart.

Wrap it in a well-buttered paper, and put it in a roasting-tin.

Roast it in a moderate oven, for two hours and a half.

About half-an-hour before it is done, remove the paper, baste the heart well with dripping, sprinkle it over with salt and pepper, then dredge it thoroughly with flour.

Put it back into the oven for the remaining half hour, to brown nicely.

When cooked, lay the heart on a very hot dish, pour tomato sauce round, and serve immediately.

Ox heart is spoiled if not sent to table directly it is cooked; and very hot plates should accompany it.

If liked, a good brown gravy may be poured round the heart on the dish instead of tomato sauce. In this case red currant jelly should be served with it.

ROAST SHEEPS' HEARTS are served in the same way as just explained with ox heart, but they only require one hour to cook.



THE ROASTING OVEN.

In concluding this section of the book, which describes the roasting of joints, some few words should be devoted to the oven in which joints are so often cooked. Quite a number of people prefer their joints roasted in front of the fire, and this preference is due, of course, to an opinion that the flavour of the meat and its general qualities are superior when cooked in this way. This is correct if the oven is not clean and proper care is not taken.

If an oven is absolutely clean and has proper ventilation (with an inlet and an outlet ventilator) the meat is cooked under the same conditions as when roasted outside, provided the basting is attended to equally in both cases. The neglect of basting when the joint is in an oven makes a difference, but the want of cleanliness in many ovens makes a greater difference still.

Ovens should be scrubbed out if they get dirty, and where there is a gardener or house-boy it is a good plan to have the interiors of ovens whitened (with ordinary whitewash). This makes ovens light, and it can be easily seen when they are soiled or dirty.

PLAIN AND DRESSED VEGETABLES.

THERE are two details in the preparation of vegetables that should have the best attention always. Firstly, the vegetables should be quite fresh; secondly, they must be thoroughly well cleaned.

Stale flabby vegetables never repay one for the trouble of cooking, and are quite the dearest in the end, however cheaply they may have been purchased in the first place.

If they are not quite fresh, the colour of green vegetables may be improved by putting a very small piece of washing soda into the water in which they are boiled. This is also a desirable thing to do if the water is hard, but the cook must be particularly careful not to overdo it. If too much soda is used, most vegetables are injured; peas, for instance, boil to pieces, and asparagus heads come off.

Practically all vegetables, with the exception of old potatoes and dried (haricot) beans, require to be put into boiling water (unless otherwise directed) and be kept boiling all the time. If allowed to go off the boil they get watery. They must also be taken out of the water directly they are cooked, never allowed to stand in the water.

Cabbage, cauliflower, lettuce, or any vegetable that may contain insects, should be soaked in strongly salted water for a little time, and then be well rinsed in fresh water.

All tuber or root vegetables should be well scrubbed before peeling.

As the vegetables are prepared for cooking, they should be put into cold water and allowed to remain in it until required.

Boiled Potatoes.

Choose potatoes of as nearly the same size as possible.

Wash and brush them in cold water to remove the earth, then throw them into a basin of clean cold water.

Peel as thinly as possible, cutting out the black spots (eyes).

As they are peeled throw them into cold water, and if very large cut them in half lengthways.

Put them into a saucepan with just enough water to cover, and bring quickly to the boil.

Draw the pan to one side and allow it to boil gently for twenty to thirty minutes, or until a skewer can be rather easily run through them.

The time varies with the age and the kind of potato.

When cooked as much as this, pour off every drop of water, holding the lid against the pan to prevent the contents falling out.

When strained, cover the potatoes with a clean cloth, and put the lid close on the pan for ten minutes to finish cooking, shaking the pan occasionally during this time.

Then put the lid half on, and leave for another five or ten minutes, and the potatoes should then be quite dry and floury.

Do not boil potatoes too long, as they will finish cooking in their own steam when the water is drained off.

Baked Potatoes.

Choose potatoes that are perfectly sound.

Wash and brush them in cold water, and rinse them in fresh cold water.

Put them into a baking-tin without drying them, and bake in a moderate oven for about one hour.

Fold a serviette, put it in a hot vegetable dish, arrange the potatoes and draw the serviette well up over them.



BAKED POTATOES.

Roasted Potatoes.

Prepare the potatoes as for boiling, page 549.

Put them into a saucepan with cold salted water, and bring to the boil.

Then strain and dry them well in a cloth.

Either put them into the dripping-tin beneath the joint with which they are to be served; or, put them into a baking-tin with three or four tablespoonfuls of dripping.

Sprinkle them with salt and bake in a quick oven for three-quarters of an hour to one hour, or until they are soft and nicely brown.

New Potatoes.

Wash and brush the potatoes, then put them into clean cold water. Either scrape off the skins with a knife; or, if they are very fresh, it is easier to rub the skins off with a coarse cloth.

As they are skinned throw them into cold water. They turn brown quickly if left out of water.

Put them into a saucepan with boiling water, salted in the proportion of a teaspoonful of salt to every quart of water.

Put in a sprig of mint.

Boil from fifteen to twenty minutes according to size.

When soft, pour off the water, lay a cloth over the potatoes, and let them steam for ten minutes, then remove the mint.

Put one ounce of butter on the top of the potatoes, and when it is quite melted turn them out into a hot vegetable dish.

Sprinkle with a little finely chopped parsley, and serve.

Potatoes, Sautéed.

1 lb. boiled potatoes.	1 teaspoonful of finely chopped parsley.	Salt.
2 oz. butter.		

Average cost, 4d.

Cut the boiled potatoes into slices about a quarter of an inch thick. Melt the butter in a sauté pan.

Lay in the slices of potato, only putting in sufficient at one time to cover the bottom of the pan.

Fry until they are a nice golden colour, moving them constantly.

When nicely coloured turn them on to a hot dish.

Keep these hot while frying the others in the same manner.

When all are done and on the dish, pour the butter that is left in the pan over them.

Sprinkle with chopped parsley and salt, then serve.

Potatoes à la Française.

2 lbs. of potatoes.
Frying fat.

Chopped parsley.
Coralline pepper.

Average cost, 8d.

Let the potatoes be of uniform size, and pare them evenly.

Trim the sides until they are quite smooth.

Now cut the potatoes into even slices an eighth of an inch thick.



POTATO À LA FRANÇAISE.

Wash the slices well in cold water, then dry them thoroughly in a cloth.

Have ready a stewpan half full of frying fat, hot enough to frizzle a piece of bread dropped into it, but not smoking.

Lay the slices of potato in a wire basket, only putting enough to cover the bottom, and not overlapping one another.

Plunge the basket into the fat and cook till tender, but do not brown them. They should only be a pale gold colour.

When cooked, drain on a wire sieve, and repeat this process until all the slices are done.

This part of the cooking can be done some time before they are wanted.

The following completes the cooking when the potatoes are required. Have ready a pan of clarified boiling fat. This must be quite boiling (with blue smoke coming from it).

Put the partially cooked potatoes into the basket, plunge them into the fat, and move them about. The slices will then swell out, if the potatoes are good.

Pick out those that are swelled, drain them quite dry, and arrange prettily on a dish-paper.

Sprinkle with chopped parsley and coralline pepper.

In the second frying it is not necessary to do only one layer at the time, a larger quantity can be done at once.

The important things to be remembered are—firstly, that the slices must all be of the same thickness; secondly, the second lot of frying fat must be quite boiling.

The slices which have not swelled out with the second frying may be tried again in the boiling fat, but success is doubtful.

Potatoes à la Maître d'Hôtel.

$1\frac{1}{2}$ lb. potatoes.	1 tablespoonful of chopped parsley.	1 teaspoonful of strained lemon juice.
1 oz. butter.		
$\frac{1}{2}$ oz. flour.	1 yolk of egg.	
$\frac{1}{2}$ pint white stock.	Salt.	Pepper.

Average cost, 10d.

Peel the potatoes.

Put them into a saucepan, with sufficient cold water to cover.

Bring to the boil, strain, then wash them in cold water.

Put them on again, with sufficient cold water to cover, and add one teaspoonful of salt.

Boil until the potatoes are barely tender, strain, and let them dry thoroughly.

When cold, cut into thick slices.

Melt the butter in a saucepan, dredge in the flour, and stir until smooth.

Add, by degrees, half-a-pint of white stock, and stir until it boils.

Put in the potatoes, the finely chopped parsley, and a little seasoning of salt and pepper (unless the stock is already highly seasoned).

Simmer the potatoes in this for five minutes.

Beat the yolk of an egg, add about a teaspoonful of cold stock or water, also the lemon juice.

Draw the saucepan to the side of the stove, stir in the beaten-up egg and lemon juice.

When the stock thickens turn all out into a dish, and serve.



CHIP POTATOES.

Chip Potatoes.

Potatoes.		Frying fat.		Salt.
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Wash the potatoes well, and peel them.

Slice very thinly, keeping the slices as nearly as possible of the same thickness.

As they are sliced, put them into a basin of cold water, and leave them in this for about fifteen minutes.

Rinse, and dry them thoroughly in a cloth.

Have ready a stewpan, half full of good clarified fat quite boiling, and put the slices in this.

Stir constantly, so that they colour evenly.

When they feel quite crisp, and are of a pale golden colour, lift them out quickly, and drain thoroughly.

Do not let them get too brown, as they darken slightly after being taken out of the fat.

When quite dry, turn them into a very hot dish, sprinkle with salt, and serve.

Mashed Potatoes.

1 lb. cooked potatoes.	3 tablespoonfuls of milk or cream.	White pepper. Salt.
2 oz. butter.		

The potatoes should be plainly boiled, and floury.

Rub them through a wire sieve.

Melt the butter in a saucepan, put the potato in, and season with pepper and salt to taste.

Add the milk or cream, and mix with a wooden spoon until quite white and smooth.

Put them into a hot dish, and mould into any form preferred.

Green Peas.

1 quart shelled green peas.	1 teaspoonful of sugar.	A sprig of mint. 2 quarts of water.
2 teaspoonfuls of salt.	1½ oz. butter.	Pepper.

Average cost, 1s.

When the water is boiling fast, season it with the salt and sugar, put in the peas (which have been washed) and the sprig of mint.

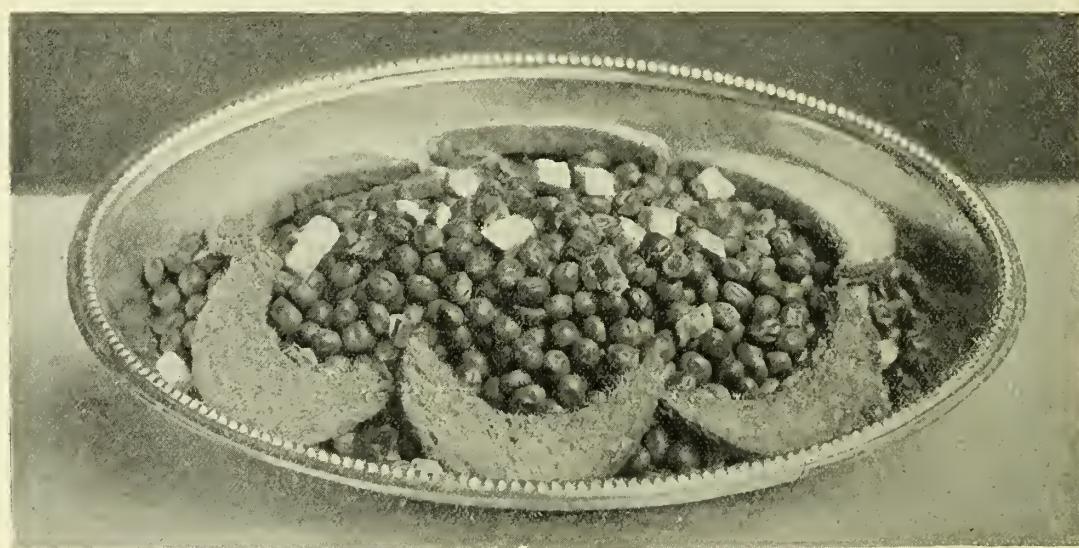
Boil rapidly, with the lid off the pan, for fifteen to twenty-five minutes, according to the age of the peas.

When cooked drain the peas in a colander, remove the mint, then return them to the saucepan.

Add the butter and sprinkle with a little salt, pepper, and castor sugar, shake the peas gently until the seasonings are thoroughly mixed.

Turn them into a hot dish and serve.

Peas should never be boiled in a tin saucepan if they are to be of a good colour.



PEAS AND BACON.

Peas with Bacon.

1 quart shelled peas.	1 small onion.	1 oz. flour.
1 sprig of mint.	3 oz. streaky bacon.	1 teaspoonful of salt.
1 small lettuce.	1 oz. butter.	1 quart of water.

Average cost, 1s. 6d.

Wash the shells or pods of the peas and put them on to boil in one quart of water with the sprig of mint, the lettuce, salt and onion, and let these boil together for twenty minutes.

Strain the liquor from the above into a stewpan, and when it boils put in the shelled peas. Boil until the peas are tender.

When the peas are cooked, work up one ounce of butter with one ounce of flour, and stir this into the peas by degrees.

Cut the bacon into small dice, and fry them crisp.

Mix the bacon in with the peas, place all in a hot dish.

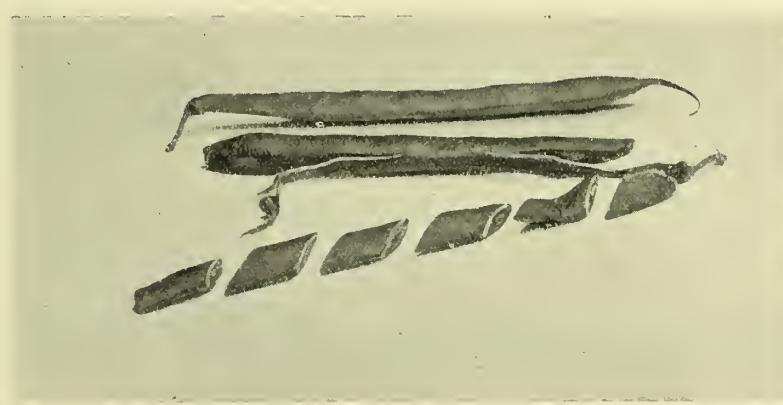
Garnish with fried croûtons of bread.

French Beans.

Choose fresh young beans. Rinse them in cold water.

Cut off the heads and tails, also the thin strip of fibre down each edge of the bean.

If the beans are very young there will be nothing to trim off the edges, in which case only the ends need be cut off.



TRIMMING AND CUTTING THE BEANS.

Then cut the bean either into thin slices, or across in a slanting direction, as illustrated.

When prepared plunge them into fast-boiling salted water.

They will take about twenty minutes to cook, during which time the pan should be left uncovered to keep the beans a good colour.

When on the point of being finished cooking the beans will sink to the bottom of the pan. They must then be taken off at once and drained in a colander.

Return them to the saucepan; put some pieces of butter on top, add pepper and salt, and shake the saucepan until the butter is melted.

Turn all out into a hot dish, and serve.

Broad Beans.

Shell the beans, and, if old, skin them.

To skin the beans, throw them into a basin of boiling water, and let them remain in it for a few minutes. Strain them off, and they can be skinned quite easily.

To cook the beans, put them into a saucepan of fast-boiling salted water, and boil for about fifteen to twenty minutes, until tender.

Remove any scum that may rise.

When cooked drain in a colander, then return them to the saucepan, with a piece of butter and seasoning of pepper and salt.

Toss them about while the butter melts and the beans get thoroughly hot, then serve.

Cabbage.

Cut off the outer leaves of the cabbage and the hard part of the stalk. Put it to soak, for about half-an-hour, in sufficient water to cover, to which must be added two teaspoonfuls of vinegar. This is to draw out any insects there may be in it.

Have ready a saucepan of boiling salted water.

Take the cabbage out of the vinegar and water, rinse it in fresh water, then plunge it into the saucepan of boiling salted water.

Boil rapidly, with the lid off the pan, until the cabbage is quite tender. This will take from twenty minutes to half-an-hour, or even longer.

Drain thoroughly in a colander, and, with the under side of a saucer or plate, press out all the moisture.

If the cabbages are young cut them across once or twice with a knife, put a small piece of butter in each, then turn them into a hot dish, and serve.

If older, chop the cabbage up well, and put into a saucepan with an ounce of butter and seasoning of pepper and salt.

Make it thoroughly hot, then put it into a well-buttered plain mould or pudding basin.

Press the cabbage in firmly, turn it out into a hot dish, sprinkle the top with coralline pepper, and serve.

Potato Salad.

10 potatoes.	2 tablespoonfuls of cream.	1 teaspoonful of chopped parsley.
2 tablespoonfuls of mayonnaise sauce.	1 teaspoonful of tarragon vinegar.	Salt.
Cayenne pepper.		Celery garnish.

Average cost, 8d.

Take ten cold boiled potatoes, which should be waxy ones, or, at least, not very mealy.

Mix together in a basin two large tablespoonfuls of mayonnaise sauce, two tablespoonfuls of cream, one teaspoonful of tarragon vinegar, half a small teaspoonful of salt, a dust of cayenne pepper, and a teaspoonful of chopped parsley.

Cut the potatoes into dice shapes, and put a layer in a salad bowl, then a layer of the sauce, then another layer of potato and sauce, finishing off with potato.

Garnish with celery, which has been cut into julienne shreds, and stood in a basin of cold water for about an hour before it is required. This makes the shreds curl up.



POTATO SALAD.

Potato and Tomato Salad.

6 cold potatoes.	1 teaspoonful of tarragon vinegar.	A dust of castor sugar.
6 large tomatoes.	1 teaspoonful of chopped eschalot.	$\frac{1}{2}$ small teaspoonful of salt.
6 teaspoonfuls of salad oil.		Watercress.
2 teaspoonfuls of French vinegar.		

Average cost, 8d.

Trim the cold cooked potatoes, all to the same size.

Cut them into slices, a quarter of an inch thick.

Skin the tomatoes (for TOMATOES, to skin, see Index), and cut them into slices, the same thickness as the potatoes.

Chop the eschalot very finely, and put it into a basin with the salad oil, vinegars, sugar, pepper and salt, and mix them thoroughly well together.

Arrange slices of potato, in a salad basin, alternately with slices of tomato.

Pour some of the dressing over them.

Arrange another layer of potato and tomato, and put more dressing, and so on.

On top of all put a bunch of well-picked watercress, which has been seasoned with the dressing.

If liked, filleted anchovies, olives or pickles may be chopped up and added.

(See COLOURED PLATE No. 42.)

Peas à la Française.

1 quart of shelled peas.	1 teaspoonful of cream.	Mint.
1 onion. 1 lettuce. 2 eggs.	½ teaspoonful of castor sugar.	2 oz. of butter. Pepper and salt to taste.

Average cost, 1s. 3d.

Peel the onion.

Cut the heart of a well-washed lettuce into fine shreds.

Put two ounces of butter into a clean stewpan, add the peas, pepper, salt, lettuce, onion and a sprig of mint, but no water except that which hangs upon the lettuce.

Cover up the pan, and let its contents cook gently from twenty to thirty minutes.

When the peas are tender remove the mint and onion from the pan.

Well beat the raw yolks of eggs with one teaspoonful of cream.

Stir this into the peas, with about half a teaspoonful of castor sugar.

Shake the pan until the peas are nicely thickened, but on no account allow it to boil after the eggs are added.

Boiled Turnips.

First wash and brush the turnips well.

Pare them rather thickly, as the outer skin is very often bitter, and, unless the turnips are very young, the outside is generally stringy. If large, cut them in halves, or in quarters.

Put them into a saucepan, with plenty of boiling water, salted in proportion of one large teaspoonful of salt to every quart of water.

Boil about three-quarters of an hour, until they can be easily pierced with a fork.

Drain well in a colander, place them in a vegetable dish, pour half-a-pint of white sauce over, and serve.



PURÉE OF TURNIPS.

Purée of Turnips.

3 lbs. of turnips.	1 oz. of butter.	4 eggs.
4 tablespoonfuls of cream.	2 tablespoonfuls of sifted flour.	Parsley. Salt. Pepper.

Average cost, 10*d.*

Pare and slice the turnips.

Put them into a saucepan of cold water, with half a teaspoonful of salt.

Bring to the boil, then strain, and rinse them in cold water. Now put the slices into fast-boiling salted water, and boil until tender.

When cooked, drain well, then wring them perfectly dry in a strong cloth.

Rub the whole through a wire sieve.

Put this purée into a saucepan, with the butter, cream, white pepper and salt, then sift in two tablespoonfuls of fine flour.

Stir with a wooden spoon, until boiling.

Well butter a deep fireproof dish, and put the purée into it.

Pour over the purée two tablespoonfuls of cream.

Whip the whites of four eggs stiffly, with a pinch of salt.

Put these into a forcing-bag with a large rose-pipe, and ornament the top of the turnips with it.

Stand the dish in a tin of boiling water, and place it in a moderate oven until the egg is a nice gold colour.

Sprinkle the top with finely chopped parsley, stand the dish on another, and serve.

Turnips à la Béchamel.

1 bunch of turnips. Water. Salt.		$\frac{1}{2}$ pint of creamy Béchamel sauce.
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Average cost, 9d.

Wash and pare the turnips, and cut them in quarters.

Put into a saucepan of cold water, with a pinch of salt, and bring to the boil.

As soon as they boil strain them, and rinse in cold water.

Now put them into a saucepan of boiling salted water, and boil until tender.

Drain thoroughly, and arrange the turnips in a hot vegetable dish.

Pour half-a-pint of creamy Béchamel sauce over, and serve.

Chicory.

1 lb. of chicory.		Salt.		Water.		Melted butter.
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It is, of course, the bleached tops of chicory that are used.
 Wash the chicory well in salted water, then put it into a saucepan
 of cold water.

Just bring to the boil, then strain, and rinse it in cold water.

Now put it in boiling salted water, and boil until tender.

When cooked, drain thoroughly.

Put a slice of well-buttered toast in a vegetable dish; lay the
 chicory on it.

Pour plain melted butter sauce over, and serve.

Chicory also makes excellent salad in its raw state, with a dressing
 of oil and vinegar. It is also very nice stewed in a good brown
 gravy.

Cauliflower au Gratin.

1 cauliflower.		2 oz. of butter.		4 oz. of grated cheese.
$\frac{3}{4}$ pint of Béchamel sauce.		2 oz. of buttered bread-crumbs.		Cayenne. Salt.

Average cost, 1s. 2d.

Trim the cauliflower neatly.

Blanch it, then plainly boil it.

When cooked, drain it well.

Thickly butter a gratin dish, and lay the cauliflower in it.

Make three-quarters of a pint of Béchamel sauce (for SAUCES, see
 Index).

Grate four ounces of a dry cooking cheese.

Stir the cheese into the sauce, and season well with salt and
 cayenne.

Pour this over the cauliflower, then sprinkle the top with buttered
 bread-crumbs.

Stand the dish in another one, containing boiling water, and place it in a moderately hot oven for fifteen to twenty minutes, until it is a nice golden brown.

Stand the gratin dish on another, and serve as hot as possible (in the dish it is cooked in).



CAULIFLOWER AU GRATIN.

Vegetable Marrow.

2 young vegetable marrows. | 2 oz. of butter. | Pepper. | Salt.

The following recipe is for very young marrows.

Scrape the outsides, then cut them into quarters, and remove the seeds.

Rinse the quarters in cold water.

Melt two ounces of butter in a saucepan.

Put in the pieces of marrow, and sprinkle with pepper and salt.

Cover down closely with the lid of the saucepan, and cook gently on the side of the stove until tender. This will take about half-an-hour.

Lift out the marrows, and put them into a hot vegetable dish. Make half-a-pint of white sauce, add the liquor from the saucepan to it, and pour over the marrow in the dish. To cook marrows when not so young, they have simply to be pared and quartered, then boiled in plenty of boiling salted water.

(For WHITE SAUCE, see Index.)

Tomatoes au Gratin.

1 lb. of tomatoes.	1 small teaspoonful of pepper.	$\frac{1}{2}$ teaspoonful of castor sugar.
4 oz. of bread- crumbs.	1 teaspoonful of salt.	1 teaspoonful of chopped eschalot.
2 oz. of butter.		

Average cost, 9d.

Scald and skin the tomatoes, then cut them in slices. Well butter a pie-dish, and line it thickly with buttered bread-crumbs. Put in a layer of tomatoes, sprinkle with pepper, salt, sugar and a little finely chopped eschalot. Then put a layer of bread-crumbs, and on this another layer of tomatoes and seasoning, and so on, until the dish is full. Finish with a layer of well-buttered bread-crumbs on top. Wipe round the edge of the dish, then bake in a quick oven for about half-an-hour.

Baked Tomatoes.

Choose tomatoes nearly about the same size as possible. Cut out the stalks. Well butter a baking dish, and stand the tomatoes in, stalk side upwards. In the holes left by the stalks being cut out put a small piece of butter, also seasoning of pepper and salt. Lay a well-buttered paper on the top, and bake in a moderate oven from ten to fifteen minutes.

Asparagus.

Asparagus should always be fresh, but it may be kept for a day or two if stood with the cut ends in a soup-plate of cold water.

To prepare asparagus for cooking, trim all the pieces to the same length, then scrape the white part lightly with a knife.

Wash thoroughly in cold water.

Tie it into bundles, of about a dozen heads each, with tape, keeping the heads all the same way, and as near the same thickness as possible.

When ready, let them lie in cold water for half-an-hour, then drain, and put them into a saucepan with plenty of fast-boiling water, salted in the proportion of one dessert-spoonful of salt to every quart of water.

Boil gently from twenty-five to thirty minutes, according to the size of the heads.

When the green part is tender take the asparagus out, drain it thoroughly, and remove the tapes.

Lay it gently in a hot vegetable or asparagus dish.

Serve with either plain melted butter, or Hollandaise sauce, or green sauce, in a sauceboat.

Iced Asparagus.

Prepare and cook the asparagus, in the manner just described.

When cold, stand it on ice, or in an ice-cave, for some time.

When ready to serve lay a piece of cotton wool on the dish, and on this make a bed of small blocks of ice.

Lay the asparagus on top, and serve.

Prepare a quarter-pint of cream, slightly whipped, and stood on ice until thoroughly cold. Serve this with the asparagus.

Asparagus Points.

1 bundle of asparagus.	1 onion.	1 dessert-spoonful of
2 oz. of butter.	1 yolk of egg.	lemon juice.
1 tablespoonful of flour.	1 small teaspoonful of castor sugar.	2 tablespoonfuls of cream. Salt.

Average cost, 1s. 6d.

Take some nice fresh asparagus, wash it well, and cut off the green parts into pieces one inch long.

Put these into a saucepan, with plenty of boiling salted water, cook for ten minutes, then strain.

Put them back into the saucepan, with one ounce of butter, half-a-pint of water, one peeled onion, and the sugar.

Place the saucepan at the side of the fire, and simmer gently for about twenty minutes.

Rub the remaining ounce of butter well into the flour, and when the asparagus is cooked stir this in, in small pieces.

Beat the yolk of egg and the cream together, and when the butter has quite dissolved stir this mixture in also.

Stir until it thickens, then take it off the fire.

Add the lemon juice, and serve in a hot dish.

Globe Artichokes.

2 or 3 artichokes.		Salt.		Water.		Sauce.
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Average cost, 8d.

Cut off the tips of the leaves, remove a few of the smallest outside bottom leaves, and trim off the stalks evenly.

Soak for half-an-hour in salted water, then wash them well.

Put them into a saucepan of fast-boiling salted water, and boil until quite tender. This can be ascertained by pulling one of the leaves off, and if it comes off easily they are cooked.

When cooked take them out, and stand upside down (stalk side up) on a cloth to drain.

Then cut them right through in halves, or even quarters, if large.

Take a teaspoon and scoop out the choke, or fluffy part, which grows in the bottom.

Keep the parts hot whilst you are doing this, then arrange them neatly on a dish.

Serve with either melted butter sauce, Béchamel sauce, or Hollandaise sauce.

They can be eaten cold, with pepper, oil and vinegar.

(For SAUCES, see Index.)



GLOBE ARTICHOKES.

Artichoke Bottoms, with Parmesan Cheese.

6 or 8 artichoke bottoms.	$\frac{1}{2}$ pint of Béchamel or veloute sauce.	Salt.
2 oz. of grated parmesan cheese.	Cayenne.	6 or 8 croûtons of fried bread.
Average cost, 1s. 9d.		

If using fresh artichokes, remove the leaves and chokes, and trim the bottoms into good shapes.

Put them into boiling salted water, boil until tender, then drain them. Tinned artichoke bottoms answer the purpose just as well.

Cut the required number of croûtons of bread, and fry them a pale golden colour.

Butter a fireproof dish, and lay the croûtons in, side by side.

When the artichokes are ready stand each one on a croûton.



ARTICHOKE BOTTOMS.

Take half-a-pint of veloute or Béchamel sauce, stir into it two ounces of grated parmesan cheese, season with cayenne, and pour this over the artichokes.

Sprinkle the top thickly with grated cheese, then stand the dish in another one, containing water.

Put both into a quick oven, near the top, and when the cheese has melted and browned a little take it out. This will take ten to fifteen minutes.

Sprinkle with a little finely chopped parsley, and serve at once in the dish in which it was cooked.

If liked, artichoke bottoms may be plainly cooked, and served with any of the sauces that are used for the whole artichokes.

Jerusalem Artichokes.

2 lbs. of artichokes. | Salt. | Milk. | Water. | Sauce.
Average cost, 5d.

Thoroughly wash and brush the artichokes, and put them into clean cold water before beginning to peel them.

Peel carefully, and as they are done throw them into fresh cold water.

They should not be left out of water longer than necessary after they are peeled, as they turn black very quickly. The water should also be changed if it becomes dirty while the artichokes are being peeled.

Have ready, boiling on the fire, sufficient milk and water, mixed in equal proportions, to cover the artichokes, and slightly salted.

Drain the artichokes, and throw them into the boiling milk and water.

Boil gently, with the lid on, for fifteen to twenty minutes, until they are tender.

Strain, and put them into a hot vegetable dish.

Serve with either melted butter sauce, white sauce, or any suitable sauce, poured over them.

The liquor the artichokes are boiled in can be used as a foundation for white soups.

Artichoke Fritters.

6 Jerusalem artichokes.	Frying batter. Frying fat.	Cayenne. Anchovy sauce.
Average cost, 6d.		

Boil the artichokes plainly.

When cold, cut them into rather thick slices.

Season with a little cayenne and a few drops of anchovy sauce.

Dip the slices of artichoke into frying batter, then plunge them into a stewpan half full of boiling fat.

Fry, until they are a pale gold colour.

Take them up, and drain thoroughly.

Arrange the fritters prettily on a dish, with a fancy paper beneath them, and serve.

These fritters are suited for luncheon, or can be served as a dressed vegetable.

If liked, the slices may be rolled in flour, dipped in egg, then in bread-crumbs, and fried. This would be instead of using frying batter.

Baked Artichokes.

2 lbs. of Jerusalem artichokes.	 2 oz. of butter.	 Pepper. Salt.
Average cost, 6d.		

Peel and trim the artichokes neatly, then dry them thoroughly.

Melt two ounces of butter in a baking dish.

Put the artichokes in, and season with pepper and salt.

Stand the dish in a moderately hot oven and bake for about half-an-hour, basting them frequently.

They should be a nice brown, and quite tender when cooked.

Scalloped Artichokes.

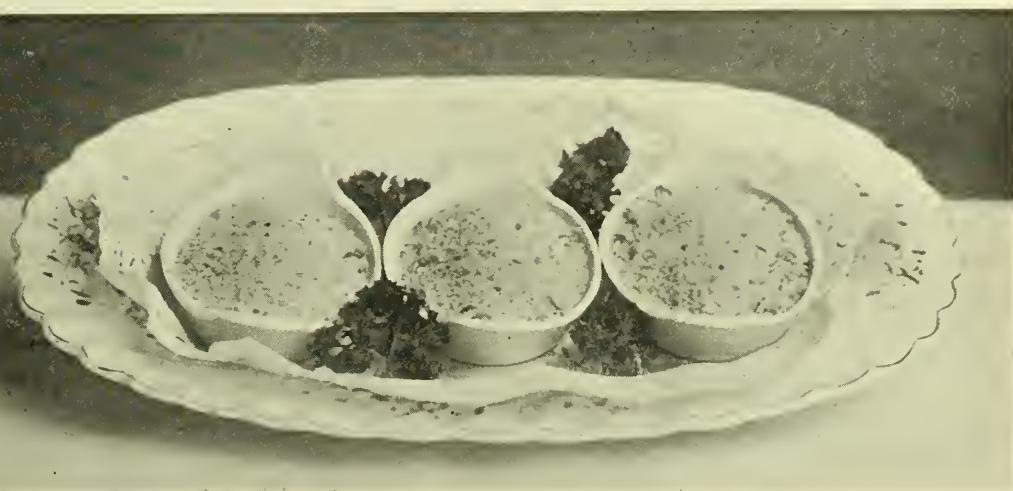
6 Jerusalem artichokes. White sauce.	2 oz. of butter. Bread-crumbs.	Anchovy essence. Cayenne.
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Average cost, 8d.

Peel the artichokes, boil them plainly, and cut into slices as nearly the same size as possible, and not too large.

Butter three or four scallop shells with one ounce of butter.

Melt the remaining ounce of butter, and stir in sufficient fine white bread-crumbs to absorb it.



SCALLOPED ARTICHOKEs.

Line the shells with a layer of these buttered crumbs.

Put the slices of artichoke into a basin, and season them with a few drops of anchovy essence, cayenne, and three tablespoonfuls of white sauce.

Put a layer of the artichokes and sauce in the shells, then cover with buttered crumbs.

Stand them in a moderate oven until they become a nice golden brown.

Arrange the shells on a dish, with a fancy paper beneath them; garnish with a few sprigs of parsley, and serve.

Haricot Beans.

1 pint of beans. 1 onion.	1 teaspoonful of chopped parsley.	$\frac{1}{2}$ oz. of butter. Pepper. Salt.
Average cost, 4d.		

Wash the beans, then put them in cold water to soak all night, or at least twelve hours.

When soaked put them into a saucepan with sufficient cold water to cover, and salted in the proportion of one tablespoonful of salt to every two quarts of water.

Add the onion, then bring to the boil.

Simmer very slowly until the beans are tender, which will take about two hours and a half.

When cooked remove the onion, strain the beans thoroughly, then let them stand in the saucepan by the side of the fire, with the lid partially off, that they may dry.

Then add the butter, parsley, and seasoning of pepper and salt.

Shake the beans about for a minute or two, then turn them into a hot dish, and serve.

Do not stir the beans with anything, as they break so easily.

If liked, parsley-butter may be poured over, instead of putting the chopped parsley in with them.

Beetroot.

Beetroot.		Salt.		Water.
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Beetroots must be washed very carefully, and the skin must not be broken. It is also important that the top should not be cut off too closely. If either is done the root will "bleed" when being cooked, and lose its colour.

Put the beetroots into a saucepan of fast-boiling salted water, keep the saucepan well covered, and boil gently until cooked.

They take two to three hours' boiling, according to size.
To see if they are cooked, lift them out of the saucepan gently
and press with the fingers. If done they will be quite soft.
On no account try them with a fork, or injure them in any
way.

When cooked peel quickly, and then slice them.

Lay the slices evenly in a vegetable dish, pour white sauce over,
and serve.



BEEFROOT SALAD.

Beetroot Salad.

1 Beetroot. | Celery. | Vinegar. | Salad oil. | Salt and Pepper.
Average cost, 4d.

Take one large or two small beets, cooked and cold, and cut into
slices.

Lay the slices in either a glass or vegetable dish.

Make a dressing of two tablespoonfuls of salad oil, four of brown vinegar, a little salt and white pepper.

Pour this over the slices, then garnish with small bunches of shredded celery.

Brussels Sprouts.

1 lb. of sprouts. | 1 oz. of butter. | Vinegar. | Pepper. | Salt.

Average cost, 4d.

Wash the sprouts, carefully trimming off all the outside and dis-coloured leaves.

As they are done throw them into a basin of cold water, in which has been put one teaspoonful of vinegar. This is to draw out any insects that may be in them.

Let them soak in this for half-an-hour, then strain, and rinse them in fresh cold water.

Have ready a saucepan containing plenty of fast-boiling water, salted with one dessert-spoonful of salt to every quart of water, and put the sprouts in this.

Keep them boiling rapidly, with the lid off, until cooked. This will be about twenty to twenty-five minutes.

Try them with a fork, and if the stalk ends are quite tender they are done.

Do not cook them longer than is necessary, or they will lose their colour.

Drain thoroughly in a colander, then return them to the saucepan, with the butter and a sprinkling of pepper, and toss them about in the melted butter for a few minutes.

Turn them out into a hot dish, in as much a pyramid shape as possible.

If liked, they may be served with either a few tablespoonfuls of maître d'hôtel sauce poured over them, or some cream stirred in with them. It is a great improvement.

Carrots.

4 or 6 carrots.	1 teaspoonful of chopped parsley.	Salt.
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Average cost, 3d.

Cut off the green tops, well wash the carrots, then scrape them and remove all the black specks.

If large, they may be cut in halves or quarters, lengthways, then into convenient sized pieces.

Keep in cold water until wanted.

To cook them, have ready a saucepan of fast-boiling water, salted with one dessert-spoonful of salt to every quart of water, and throw the carrots in this.

Let them boil until tender, which will take an hour, or rather less if the carrots are young.

Try if they are done by running a fork or skewer into them; if quite tender take them up.

Drain well, then return them to the saucepan, with one ounce of butter.

Shake them about gently for a minute or two.

Arrange them prettily on a dish, sprinkle a little finely chopped parsley over, and serve.

If liked, carrots may be mashed, as directed for turnips (see INDEX).

New Carrots and Cream.

1 bundle of new carrots.	1 oz. of butter. 1 yolk of egg.	$\frac{1}{2}$ gill of cream. Pepper. Salt.
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Average cost, 9d.

Trim off the green tops, and wash the carrots thoroughly.

Throw them into plenty of boiling salted water, and boil for twenty to thirty minutes, until tender.

Drain well, then take them in a coarse cloth and rub very gently, to remove the skins.

When skinned return them to the saucepan, with the butter and the seasoning of pepper and salt.

Beat up the yolk of one egg slightly with the cream, and stir this mixture into the carrots until it thickens.

Then dish them up neatly in a dish, pour the sauce from the pan over, and serve.

Celery.

1 or 2 heads of celery. | Salt. | Milk. | White Sauce.

Average cost, 8d.

Strip off the very coarse outside leaves from the heads of celery (these leaves can be used for flavouring soups, etc.), then thoroughly wash them.

Trim neatly, and cut the heads into lengths, four inches long.

Tie each piece round with a piece of string or tape, and throw them into cold water, until wanted.

When required, put them into a saucepan, with sufficient cold water to cover.

Bring to the boil; then strain, and rinse them in cold water.

After this, put them into a saucepan of boiling milk and water, slightly salted, and boil gently till tender. This will take three-quarters to one hour.

When cooked, take up, drain thoroughly, and remove the tapes.

Lay the celery on a slice of buttered toast in a vegetable dish.

Pour white sauce over, and serve.

The liquor which the celery is boiled in is nice for white soups.

Celery may also be stewed in brown gravy instead of milk and water, but it should first be blanched in the same way; then, instead of pouring white, pour a brown sauce over.

Cucumber, Stewed.

1 large cucumber.	1 oz. of butter.	Pepper.
$\frac{3}{4}$ pint of brown stock.	$\frac{1}{2}$ oz. of flour.	Salt.

Average cost, 9d.

Pare the cucumber, cut it into pieces about three inches long, then cut these in halves, lengthways, and take out the seeds.

Dry the pieces well, in a cloth.

Melt the butter in a stewpan, and lay the cucumber in.

Fry, until it is a pale golden colour, then lift the pieces out.

Stir the flour into the butter, fry together for a minute or two, then gradually stir in the stock.

When boiling, put in the pieces of cucumber, and simmer until they are tender.

If the stock is not flavoured enough add a little pepper and salt.

When done, lift the cucumber out carefully, and lay it on a hot vegetable dish.

Pour gravy over, and serve.

Cucumber, au Gratin.

1 cucumber.	2 oz. of grated cheese.	Bread-crumbs.
$1\frac{1}{2}$ gills of Béchamel sauce.	$\frac{3}{4}$ oz. of butter.	Cayenne. Salt.

Average cost, 1s.

Pare the cucumber, cut it into two-inch lengths, then cut these in halves, lengthways, and scoop out the seeds.

Put these pieces into a saucepan of slightly salted boiling water.

Boil slowly, until tender, than drain thoroughly.

Well butter a fireproof gratin-dish; or an ordinary shallow pie-dish will do.

Lay the pieces of cucumber in it neatly.

Stir two ounces of grated cheese into a gill and a half of Béchamel sauce, and add a very small dust of cayenne pepper.

Pour the sauce over the cucumber, then spread the top thickly with bread-crumbs.

Stand the dish in another, containing water, and bake in a moderate oven until the crumbs are a golden brown.

Take the dish out of the one containing water, stand it on another dish, with a fancy paper under, and serve.

Cucumber Salad.

1 cucumber.	1 tablespoonful of salad oil.	Pepper. Salt.
2 tablespoonfuls of vinegar.		

Average cost, 6d.

Pare the cucumber, then slice it thinly.

Arrange the slices neatly in a glass, or other suitable dish.

Sprinkle half a teaspoonful of salt over, and a little pepper.

Just before serving, mix the oil and vinegar together and pour it over, then serve.

Cucumbers should be quite fresh and stiff. If a trifle limp, stand them in a jug containing a little water, with the stalk ends downwards.

They should always be pared from the point, towards the stalk.

Stuffed Cucumbers.

1 cucumber.	Butter.	Tomato sauce.
4 or 5 croûtons of bread.	Buttered bread- crumbs.	Forcemeat, as described.

Average cost, 1s.

Cut the cucumber into two-inch lengths, and pare them.

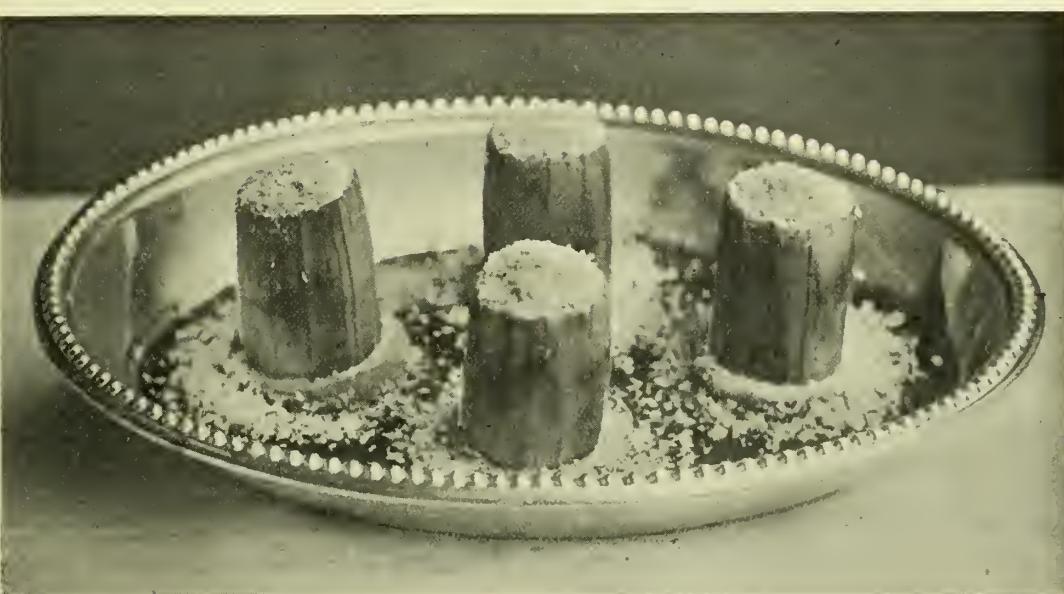
Scoop out the seeds, without spoiling the shape of the cucumber.

This is best done with a plain round cutter.

Fill the holes with forcemeat.

Stand these stuffed pieces of cucumber on their ends in a well-buttered baking-dish.

Sprinkle a few buttered bread-crumbs on the top of each. Lay a well-buttered paper over, then stand the tin in another, containing water. Bake in a moderate oven, until the cucumber is tender. This will take about fifteen to twenty minutes. Cut as many round croûtons of bread as you have pieces of cucumber. Let the croûtons be a little larger than the cucumber. Fry them a pale golden brown, then drain thoroughly. Lift the pieces of cucumber with a palette knife, or slice, and stand one on the centre of each croûton. Arrange neatly on a dish, pour tomato sauce round, and serve.



STUFFED CUCUMBERS.

For the Force-meat.

2 tablespoonfuls of any nice cold meat or game, minced.	$\frac{1}{2}$ teaspoonful of finely chopped parsley.	1 egg. Pepper. Salt.
$\frac{1}{4}$ teaspoonful of finely chopped onion.	1 teaspoonful of bread-crumbs.	

Well mix the dry ingredients together, and bind the whole with a well-beaten egg.

Do not press the forcemeat too tightly into the cucumber, or they will crack in the cooking. A little mound can be made in the centre.

Smooth the mound of forcemeat at the upper end, with a wetted knife, before putting the bread-crumbs on.

Egg-Plant Fruit Fritters (Aubergines).

1 egg-plant fruit.		Salt.		Frying batter.		Frying fat.
Average cost, 9d.						

Peel a medium sized egg-plant fruit, and cut it in slices, about half-an-inch thick.

Soak these in salt and water for half-an-hour, then drain thoroughly. Dip them into frying batter, then fry in boiling fat for five or six minutes.

Drain on a wire pastry rack, or fold of kitchen paper, then dish them neatly in a pile on a hot dish.

Sprinkle a little coralline pepper over, if liked, and serve.

The slices may also be egged and crumbed, and fried in fat.

When young and quite small, these fruits may be boiled until tender, and served with white sauce.

Egg-Plant Fruit Stuffed.

2 egg-plant fruits.		2 filleted anchovies.		1 large mushroom.
4 tablespoonfuls of bread-crumbs.		$\frac{1}{2}$ teaspoonful of chopped parsley.		1 oz. of butter.
				1 egg. Pepper.

Average cost, 1s.

Take two egg-plant fruits, remove the stems, and split them in halves, lengthways.

Scoop out the insides, leaving the rind about half-an-inch thick.

Melt the butter in a saucepan.

Chop the insides of the fruits (which have been removed) finely, and put this in with the butter, with two tablespoonfuls of bread-crumbs, the chopped anchovies, parsley, mushroom, and seasoning of pepper.

Cook all together for a few minutes.

Remove the mixture from the saucepan, and add sufficient well beaten egg to bind all together.

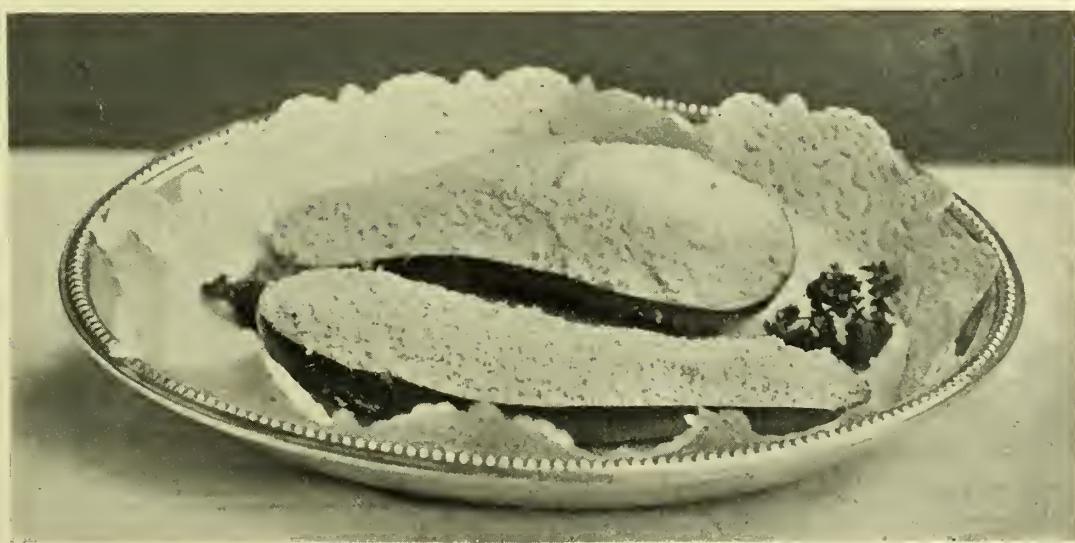
Fill the centres of the egg-fruits with this, and sprinkle buttered bread-crumbs on the tops.

Place them in a well-greased baking-tin, and lay a buttered paper over.

Bake in a moderate oven, for about thirty minutes.

Serve on a hot dish, with a fancy paper underneath, and garnish with a few sprigs of fresh parsley.

Let them be served very hot.



STUFFED EGG-PLANT FRUITS (AUBERGINES).

(The small shrub that goes by the name of the Egg-plant in England does not bear this fruit. This is known as the long variety of egg-plant fruit, and is a deep purple colour outside.)

Greens, to Boil.

Greens. | Butter. | Vinegar. | Pepper. | Salt.

Wash the greens thoroughly, cut off the thick stalks, and any decayed or blemished leaves.

As they are washed throw them into a pan of cold water, with a little vinegar in it, and let them remain in this about half-an-hour.

Rinse well, and put them into a saucepan of fast-boiling water, salted with one dessert-spoonful of salt to every quart of water.

Have the lid on the pan until the water boils again, then remove it and let the greens boil rapidly, with the lid off, until they are tender, which will take about half-an-hour.

Be careful to remove any scum that may rise.

When cooked, drain in a colander, take a small plate or saucer, lay it on the greens, and press out every drop of moisture that you can.

Now turn the greens on to a clean board, and chop them up finely.

Return them to the saucepan, with a piece of butter, about the size of a walnut, and a seasoning of pepper and salt.

Let them thoroughly re-heat, then turn them neatly into a hot vegetable dish.

If liked, a basin may be well greased with either butter or dripping, and the greens (after being chopped and seasoned) pressed into this, after which they are turned out on to a dish, so that they keep the shape of the basin.

Leeks.

4 leeks. | White sauce. | A slice of buttered toast.

Average cost, 6d.

Trim off the outsides of the leeks, and cut away most of the green part. Also, cut them straight off at the roots.

Slit the leaves down a little way at the top, so that they can be easily washed.

Wash them thoroughly. It is a good plan to hold them under a running tap.

When ready, throw them into a saucepan of boiling salted water.

Boil until tender, which will take half-an-hour, or longer. Then drain well.

Place a slice of buttered toast in a vegetable dish; cut the leeks in half, and lay them on the toast.

Pour a good white sauce over, and serve.

They may also be stewed in a brown gravy.

If leeks are well cooked they do not taint the breath.

Spring onions can be cooked in this manner, and will be found very palatable.

Lettuce, Boiled.

1 large white cos lettuce.
Melted butter.

Buttered toast.
Salt.

Average cost, 4d.

Trim off the green outside leaves from a large lettuce.

Wash the heart well, then tie round with a piece of tape.

Put it into a saucepan of boiling salted water (one dessert-spoonful of salt to each quart of water).

Boil quickly, until tender. This will take from twenty to thirty minutes.

Lift it carefully out, drain well, and remove the tapes.

Cut it in halves, lengthways, then across, and lay it on a slice of buttered toast, in a hot vegetable dish.

Pour melted butter sauce over, and serve.

Lettuces are really excellent served in this way, but only the bleached hearts must be used.

Lettuce may also be stewed and served with a brown gravy.

Mushrooms, Baked.

12 or 14 mushrooms. | 2 oz. of butter. | Pepper. | Salt.

Average cost, 10d.

Choose large flat mushrooms for this, if possible.

Wipe them with a clean cloth, peel them, and cut off the stalks close up to the crowns.

Do not wash them, unless absolutely necessary, but if they must be washed let it be done lightly, in a basin of salted water, and drain them well.

When ready, well butter a baking-tin, and lay the mushrooms in, edge to edge, dark sides upwards.

Put a small piece of butter on each, and sprinkle with pepper and salt.

Lay a well-buttered paper over, then stand them in a moderate oven to cook, for about twenty minutes, or a little longer if very large or thick.

Have ready a hot dish, pile the mushrooms up in the centre, pour round the gravy which has run from them, and serve.

Stewed Mushrooms.

1 lb. of mushrooms.	2 tablespoonfuls of	1 teaspoonful of
2 oz. of butter.	cream.	flour.
$\frac{1}{2}$ pint of milk.	Pepper.	Salt.

Average cost, 1s. 2d.

Peel and trim the mushrooms.

Melt the butter in a stewpan, then put in the mushrooms.

Season with pepper and salt, and add nearly all the milk.

Cover down tightly, and simmer gently until done (about twenty-five minutes).

When cooked, pour in the cream.

Mix the flour smoothly with the remainder of the milk, and thicken the mushrooms with this.

Let it all boil for a minute or two, then turn into a hot dish.

Garnish with croûtons of bread, and serve very hot.

If liked, the stewed mushrooms may be served on rounds of buttered toast for breakfast. They are then garnished with small rolls of bacon and a little parsley.

The peelings and stalks of mushrooms should be washed in salt and water, and used for flavouring gravies, etc.

Grilled Mushrooms.

8 or 10 large mushrooms.
Butter.

Lemon juice.
Pepper. Salt.

Average cost, 9d.

Choose large mushrooms for this. Peel and trim them.

Rinse in salted water, then dry well in a cloth.

Lay them on a dish; melt some butter and pour over them.

Season with pepper and salt, and let them remain thus for half-an-hour, or longer.

Grease the bars of a gridiron, a double one, if possible; lay the mushrooms on, white sides downwards.

Broil over a clear fire, from eight to ten minutes, turning them once during cooking.

When cooked, squeeze a few drops of lemon juice on each, arrange neatly on a very hot dish, and serve at once.

If liked, a little chopped onion can be used as seasoning, as well as pepper and salt, but I consider that this somewhat spoils the flavour of the mushroom.

Spanish Onions, Braised.

4 or 5 Spanish onions.

| 1 pint of brown gravy.

Average cost, 4d.

Peel the onions, and put them in a saucepan, with cold water to cover. Bring to the boil, then strain.

Pour a pint of brown gravy into the saucepan, and stew gently for one and a half to two hours.

Lift out the onions, on to a hot dish.

Thicken the gravy slightly, pour it round the onions, and serve.

Spanish Onions, Boiled.

4 Spanish onions. | Salt. | White sauce. | Parsley.

Average cost, 8d.

Peel the onions.

Put them into a saucepan, large enough to hold them side by side, and cover with cold water.

Bring to the boil, then strain, and rinse them in cold water.

Now put them into a saucepan of boiling salted water (one dessert-spoonful of salt to each quart).

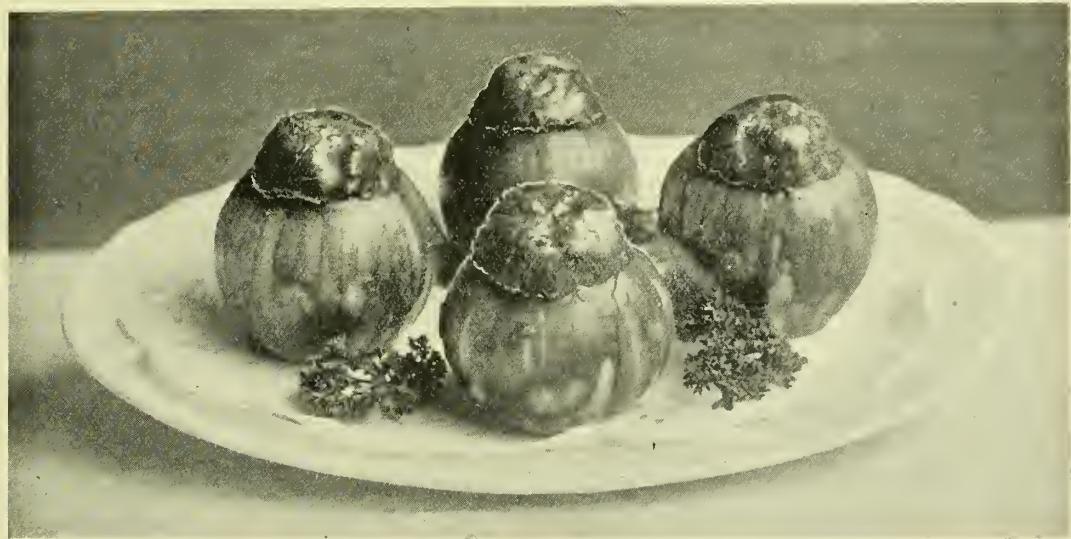
Boil gently, until tender. This will be one and a half to two hours.

Drain well, and put them into a hot vegetable dish.

Pour half-a-pint of white sauce over, then sprinkle a little chopped parsley on top, and serve.



BOILED SPANISH ONIONS.



STUFFED ONIONS.

Onions, Stuffed.

4 onions. | 3 oz. of butter. | $\frac{1}{2}$ lb. sausage-meat. | Salt.

Average cost, 8d.

Choose the onions as much the same size as possible.

Peel them, then blanch in the manner described in the two previous recipes.

Put them into boiling salted water, and boil for fifteen minutes.

Take them up, and drain well, standing them, upside down, on a cloth.

Scoop out the centres of the onions with a spoon.

Fill the cavities with sausage-meat.

Melt the butter in a baking-dish, and stand the onions in, side by side.

Bake in a quick oven, until nicely browned, basting occasionally with some of the butter.

When cooked, brush over the tops with a little liquid glaze, if you have it.

Stand the onions on a hot dish, with a fancy paper beneath, garnish with a few sprigs of parsley, and serve.

Onions are also excellent stuffed with mushroom purée, and baked in the same way.

Fried Onions.

1 or 2 large onions.		Flour.		Frying fat.		Salt.
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Peel and blanch the onions, in the manner described with previous recipes (pages 587 and 588).

Put into boiling salted water, and boil for fifteen minutes.

Dry thoroughly, then cut them into rings.

Dry these well in a cloth, and roll them in flour.

Shake off as much of the flour as possible, then fry in boiling fat, until they are a pale golden brown.

Drain well, and use them as a garnish. They should be quite crisp.

Seakale.

This is cooked in exactly the same way as celery (page 578). It is generally plainly boiled, but it may also be parboiled, and then stewed in brown gravy.

Salsify.

1 bundle of salsify.		Vinegar.		Melted butter sauce,
1 oz. of butter.				or white sauce.

Average cost, 9d.

Trim the salsify, and wash well in cold water.

Prepare a saucepan of boiling water, in which is put one teaspoonful of vinegar and one teaspoonful of salt to every quart.

Put the salsify in this, and boil gently until tender. This will take about half-an-hour.

Strain, then rub it with a clean coarse cloth, and the skin will easily come off.

Cut the salsify into pieces, two inches and a half long, and return them to the saucepan, with one ounce of butter.

Shake over the fire, until they get thoroughly hot again.

Arrange neatly in a vegetable dish, and pour either white sauce, or melted butter sauce, over, and serve.

If liked, after boiling, the salsify can be egged and crumbed, or dipped into batter and fried. Or it is excellent if scalloped, in the same way as oysters, but with a few drops of anchovy sauce added.

Scorzonera may be cooked in exactly the same way.

Spinach.

2 lbs. of spinach.		Croûtons of fried bread.		Pepper. Salt.
1 oz. of butter.				

Average cost, 6d.

Spinach is, of all vegetables, one which requires the most careful washing.

First strip the leaves off the stalks, then wash them thoroughly in several waters, handling as lightly as possible.

Have ready a large saucepan, empty; lift the spinach out of the water, and put it straight into the saucepan.

If requires no more water than that which adheres to the leaves.

Cover the lid down closely, and cook very gently for about half-an-hour, stirring frequently, to prevent its adhering to the saucepan.

When ready, turn it out into a wire sieve, put a plate on it, and squeeze as much moisture out as possible.

If there is time, the spinach can be rubbed through the sieve into a clean basin, using a wooden spoon for the purpose. If not, turn it on to a board and chop it finely.

Return it to the saucepan with one ounce of butter, and seasoning of pepper and salt.

When thoroughly hot, dish it up in a pyramid, in a hot dish, and garnish it round with fried croûtons of bread.

Do not use a tin saucepan for cooking spinach in.



SPINACH, WITH CREAM.

Spinach, with Cream.

2 lbs. of spinach.
4 tablespoonfuls of
cream.

2 oz. of butter.
1 oz. of flour.
Castor sugar.

Pepper.
Salt.

Average cost, 9d.

Boil the spinach, as in the last recipe, then rub it through a wire sieve.

Melt the butter in a stewpan, stir in the flour, and fry together, without browning.

Put in the spinach purée, and mix it well with the butter and flour.

Add the cream, and seasoning of white pepper, salt, and a dust of castor sugar.

Dish up on a hot dish, and garnish with either leaves of puff paste, baked a golden brown; or with heart-shaped croûtons of bread, brushed over with white of egg, and sprinkled with grated parmesan cheese and finely chopped parsley.

Indian Corn (Maize).

2 heads of corn. | 1 oz. of butter. | Pepper. | Salt.

The heads must be quite young.

Strip the husks off, and wash the heads in cold water.



INDIAN CORN.

Put them into a saucepan of boiling salted water, and boil about three-quarters of an hour, until they are tender.

Drain, then with a sharp knife, slice off the corn from the hard green cob or core.

Return the corn to the saucepan, with the butter, and season it with pepper and salt.

Toss, in the saucepan over the fire, until quite hot, then turn all into a hot dish, and serve.

Salad of Mixed Vegetables.

1 teacupful of cooked French beans.	1 teacupful of cooked asparagus points.	1 teaspoonful of finely chopped chives, or the green of spring onions.
1 teacupful of cooked peas.	1 teacupful of young cooked carrots.	
Salad dressing, as described.		

Average cost, 1s. 3d.

Cook these vegetables separately.

Do not shred the French beans finely, only trim off the ends and a thin strip from each edge.

Cut the carrots into thin round slices.

When the vegetables are quite cold arrange them prettily in layers, in a bowl or glass.

Pour the salad dressing over, sprinkle with the finely chopped chives, and serve.

Any suitable vegetable may be used in the same way.

For the Dressing.

2 hard-boiled yolks of eggs.	$\frac{1}{4}$ teaspoonful of French mustard.	1 small teaspoonful of tarragon vinegar.
4 tablespoonfuls of cream.	A few drops of Chili vinegar.	1 saltspoonful of salt.

Rub the hard-boiled yolks through a hair sieve, put them into a basin with the seasonings, and mix well together.

Next, add the cream, by degrees, stirring all the while.

Lastly, add the vinegars, a little at a time.

If liked, more vinegar can be used, but do not overdo it. It is a common fault to be too lavish with vinegar, and then to attempt to correct it by adding sugar.

Salad oil may be used instead of cream, but many people strongly object to the former.

After the dressing is mixed strain it through a fine strainer, to remove any lumps in the egg.

If required more elaborate, the salad may be garnished with shredded celery or chopped aspic jelly.

Rice, to Boil.

Wash the rice.

Put it into a saucepan, with a little salt, and sufficient cold water to cover.

Bring just to the boil, then strain it.

Now wash the rice well in cold water, then put it into a saucepan three-fourths full of fast-boiling water.

Boil rapidly for fifteen minutes, or rather less, until the rice is tender.

Strain through a colander, then pour about a quart of hot water over it.

Let it remain in the colander, lay a cloth over, and dry it in front of the fire, or in the screen.

Cooked in this way each grain will be quite separate, and beautifully white.

Parsnip Balls.

1 pint of mashed
boiled parsnips.
2 tablespoonfuls of
butter.

1 tablespoonful of
milk.
2 eggs.
Bread-crumbs.

Frying fat.
 $\frac{1}{2}$ teaspoonful of
pepper.
1 teaspoonful of salt.

Average cost, 6d.

Melt the butter in a saucepan.

Add the cold mashed parsnip, pepper, salt and milk.

Stir this over the fire, until it begins to bubble.

Take it off, and add one beaten egg, to bind it.

When cool, form into balls, about half the size of an egg. Roll these in egg and bread-crumbs, and fry in boiling fat. Drain them neatly in a vegetable dish, with a paper under them, and serve.

Parsnips may also be plainly boiled, or mashed, like turnips. This vegetable is much improved when the frost has been on them.

Seakale, with Melted Butter Sauce.

15 heads of seakale. Salt.	1 tablespoonful of vinegar.	Melted butter sauce, as described.
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Wash and rinse the seakale thoroughly to remove the grit.

Cut away any brown or discoloured parts.

Tie the heads up into small bundles with tape, and put them into a basin of cold water until wanted.

Have a saucepan of boiling salted water, sufficient to well cover the seakale.

Put two tablespoonfuls of vinegar into the water.

Then put in the seakale, and boil until it is quite tender. This will take about twenty minutes.

Lift out the bundles into a strainer, drain well, and remove the tapes.

Lay the seakale in hot vegetable-dishes, and pour the following sauce over.

For the Sauce.

$\frac{1}{4}$ lb. of butter. 1 oz. of flour.	$\frac{1}{2}$ teaspoonful of lemon juice.	Salt and white pepper. $\frac{3}{4}$ pint of water.
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Melt half the butter in a saucepan.

Add the flour, and mix with a wooden spoon until quite smooth.

Add, by degrees, three-quarters of a pint of boiling water, stirring all the time.

Cook the sauce for a few minutes, then add the strained lemon juice.

Season to taste, with salt and white pepper.

Lastly, add the remainder of the butter in small pieces.

Pour the sauce over the seakale, and serve.

BREAKFAST, LUNCHEON AND SAVOURY DISHES.



Broiled Bacon.

Bacon.		Toast.
Average cost, 10 <i>d.</i> per pound.		

Choose nice firm streaky bacon for grilling.

With a sharp knife cut off the rind, and any bones there may be. Then cut the bacon into very thin slices, but not too small. They require to be longer slices for broiling than for frying.

When the required number are cut, lay them on a double gridiron, or hang them in a dutch oven.

Broil over, or in front of, a clear fire, turning them once during the cooking.

The cooking will only take a minute or two.

Have ready two slices of hot toast, on a hot dish. Arrange the bacon neatly on them, and serve at once.

Bacon, with Tomatoes.

12 rashers of bacon.		6 croûtons of bread.		Pepper.
3 large tomatoes.		Butter.		Salt.

Average cost, 1*s.* 9*d.*

Cut the bacon very thinly.

Cut the tomatoes into slices.

Lay the tomatoes in a buttered baking-tin, put a small piece of butter on top of each, and a sprinkling of pepper and salt.

Lay a buttered paper over, and cook in a moderate oven for eight to ten minutes.

Cut six rounds of bread, the size of the tomatoes.

Heat a frying-pan, and lay in the slices of bacon, and fry until the edges curl up, turning them once during cooking.

When cooked, lift the bacon out, drain it on a piece of kitchen paper, and keep hot.

Dip the bread quickly into cold water, and let it stand on a cloth while the bacon is being cooked.

Add a little more bacon fat, or good dripping, to that in the pan, and fry the bread in this.

Take out the tomatoes, arrange them alternately with the fried bread down the centre of a very hot dish, put the rashers at the sides, and serve very hot.

(See COLOURED PLATE No. 42.)

Egg and Tomato Toast.

3 eggs.	$\frac{1}{2}$ teaspoonful of eschalot, or onion.	2 oz. butter.
2 medium-sized tomatoes.		Pepper. Salt.

Average cost, 8d.

Skin the tomatoes, and slice them, after removing the seeds.

(TOMATOES, TO SKIN, see Index.)

Melt one ounce of butter in a saucepan, put in the eschalots, finely chopped (or onion will do), and the slices of tomato, and cook these gently for ten minutes.

Beat the eggs, and season with pepper and salt.

Stir them into the saucepan, with the tomato, and keep constantly stirred until the mixture thickens.

Have ready some neat squares of buttered toast, and spread the mixture thickly on these.

Arrange them on a hot dish, with a paper beneath, garnish with sprigs of parsley, and serve.



BACON AND TOMATOES.



Theo^s Kell & Son, Lith.

POTATO AND TOMATO SALAD.

Eggs on the Dish.

6 eggs.	3 tablespoonfuls of	Pepper.
1 oz. of butter.	cream.	Salt.

Average cost, 10*d.*

Butter a shallow fireproof china dish.

Break the eggs carefully into it, one by one, being careful not to break the yolks.



EGGS ON THE DISH.

Sprinkle a little salt and white pepper over the eggs, pour the cream on them, and put in the remainder of the butter.

Stand the dish in another, containing water, and put into a moderate oven for four or five minutes.

Take the dish out, and, if you have a salamander, brown the top of its contents with this. If not, just garnish with one or two small sprigs of parsley.

Serve in the dish which the eggs were cooked in, placed in another.



EGGS IN CASES.

Eggs in Cases.

5 eggs.
1 oz. of butter.
2 tablespoonfuls of
chopped ham.

3 tablespoonfuls of
Béchamel sauce.
2 tablespoonfuls of
grated cheese.

1 teaspoonful of
chopped parsley.
Pepper.
Salt.

Average cost, 1s. 2d.

Take five little china cases, and butter them well.
Sprinkle chopped ham in the bottom of each.
Then break an egg into each one.
Mix the grated cheese with the sauce.
Sprinkle pepper and salt on the eggs, then put a tablespoonful of
the sauce on top of each one.
Stand the china cases in a tin of water, the water reaching three-
fourths the way up the cases.
Stand them in a moderate oven, near the top, so that they may
brown when cooking.

They will cook in eight to ten minutes.

Take them out, stand the cases on a dish, with a fancy dish-paper beneath.

Sprinkle a little finely chopped parsley on each, and serve.

Curried Eggs.

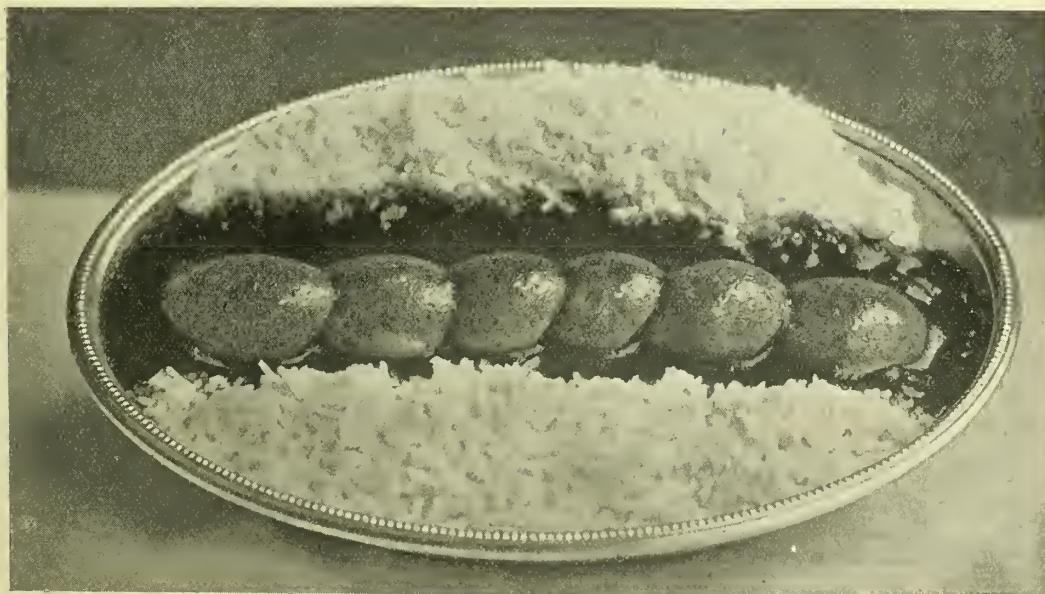
4 eggs.	1 teaspoonful of curry paste.	$\frac{3}{4}$ pint of milk.
1 oz. of butter.	1 dessert-spoonful of flour.	1 dessert-spoonful of desiccated cocoa-nut.
1 onion.	Rice.	Salt.
1 dessert-spoonful of curry powder.		

Average cost, 1s.

Peel the onion, and chop it finely.

Melt the butter in a stewpan, add the onion, and fry together gently for ten minutes, without browning.

Then mix in the curry powder and paste, and cook them together gently for another five minutes.



CURRIED EGGS.

Now stir in the flour, and add the milk by degrees, stirring all the time.

Next, add the cocoanut.

Let all simmer gently for half-an-hour, then strain, and add salt to taste.

Boil four eggs quite hard, and cut them in halves, lengthways.

Lay them in the curry sauce, and let them remain in it for an hour or two.

Then gently heat them thoroughly in the sauce.

Make a border of rice down each side of a hot dish, lay the eggs carefully down the centre, pour the sauce over them, and serve.

If liked, the yolk of a hard-boiled egg can be rubbed through a sieve, and the rice sprinkled with this.

Omelet, with Mushrooms.

4 eggs.	1½ oz. of butter.	Salt.
¼ lb. of mushrooms.	A dust of cayenne.	
Average cost, 10d.		

The frying-pan for this number of eggs should be six inches across.

Peel the mushrooms, and chop them rather finely.

Melt half-an-ounce of butter in a frying-pan, put in the mushrooms, season slightly with pepper and salt, and fry gently.

In another pan (the omelet pan) melt one ounce of butter.

Beat the eggs slightly, and season them with cayenne pepper and salt.

Mix well together, and, when the butter is boiling in the pan, pour the eggs in.

Keep the egg well stirred from the sides and bottom of the pan, to prevent it sticking; a broad palette knife being the most convenient for this purpose.

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

When it is nearly all set put the fried mushrooms on one half of it, tilt the pan, so that the other half folds over the mushrooms. See it is quite free from the pan everywhere, then turn it quickly on to a hot dish, and serve at once.

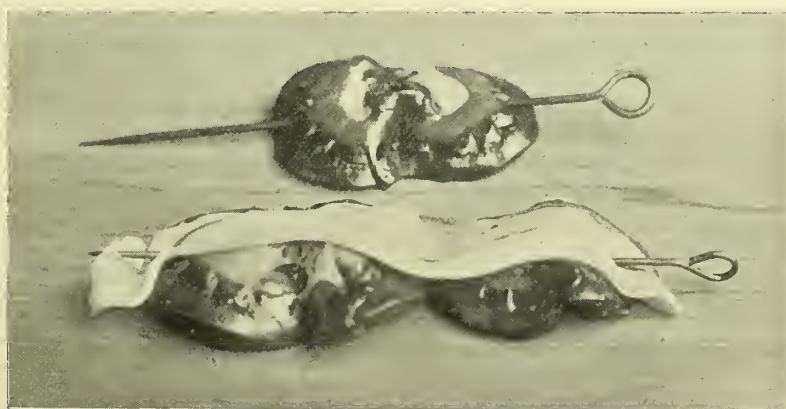
Many kinds of cooked vegetables, such as asparagus points, peas, tomatoes, etc., or minced kidneys, prawns warmed in white sauce, lobster, and various other things, may be used in place of the mushrooms.

Grilled Kidneys.

6 kidneys.	Buttered toast.	Pepper.
6 slices of bacon.	Maître d'hôtel butter.	Salt.

Average cost, 2s.

Take six kidneys, and split them nearly in halves, lengthways. Skin them, then thread them on skewers.



KIDNEYS SKEWERED FOR GRILLING, WITH BACON
AND WITHOUT.

Pass the skewer first through one end of a piece of bacon, then through one edge of a kidney, with the cut side of the kidney towards the bacon. Then through the other edge of the kidney, then the other end of the bacon.

Do all in the same manner.

Lay the skewered kidneys and bacon on a hot gridiron, with the bacon side next the fire.

Cook on this side for three or four minutes, then turn them.

Cook the other side the same time, then sprinkle with pepper and salt.

Have ready three slices of hot buttered toast.

Slip the kidneys off the skewers on to the toast, two on each.

Put a small piece of maître d'hôtel butter quickly into each one.

If the bacon is not cooked too much serve it with the kidneys.

Send to table at once, very hot.

Strasbourg Toast and Poached Egg.

5 eggs.
Parsley.

| 5 squares of buttered
toast.

Strasbourg potted
meat.

Average cost, 1s. 2d.

Make some nice buttered toast, and spread it rather thickly with Strasbourg potted meat.

Cut it into five neat squares, large enough to hold one egg each, and keep them hot.

Have ready a stewpan of slightly salted boiling water.

Break the eggs, one at a time, into a cup, and slide them gently into the water.

Draw the pan to one side of the stove, and poach until the eggs are firm.

Lift them out carefully, trim neatly, and place one on each piece of toast.

Sprinkle a little finely chopped parsley on top of each.

Arrange neatly on a dish, with a fancy paper beneath, garnish with parsley, and serve.

Kidney Toast.

2 sheeps' kidneys.	1 small teaspoonful of flour.	1 oz. butter (or salad oil).
1 tablespoonful of chopped bacon.	3 tablespoonfuls of milk, or cream.	Nutmeg.
$\frac{1}{4}$ teaspoonful of chopped parsley.	A dust of cayenne.	Toast. Salt.

Average cost, 10d.

Skin the kidneys, and chop them finely.

Melt half an ounce of butter in a pan.

Put in the chopped kidney, bacon, and parsley, and cook together gently for ten minutes.

Then sift in the flour, a dust of cayenne, a small pinch of grated nutmeg, and salt to taste.

Lastly, stir in the milk or cream, gradually.

After it thickens let it cook very gently for five minutes.

Butter the toast well, and stamp it out into four or five rounds, the size of a small teacup.

Spread the kidney on the rounds of toast, arrange neatly on a fancy dish-paper, garnish with fresh parsley, and serve very hot.

Devilled Kidneys.

6 kidneys.	1 dessert-spoonful of Worcester sauce.	$\frac{1}{2}$ teaspoonful of black pepper.
1 oz. butter. 2 teaspoonfuls of mustard.	1 small teaspoonful of salt.	Maître d'hôtel butter.

Average cost, 1s. 3d.

Skin the kidneys, split them open, and take out the cores.

Thread them on skewers, as given for GRILLED KIDNEYS (page 603), but without the bacon.

Dip them into oiled butter, or salad oil.

Broil over a clear fire, for a minute.

Have ready, well mixed on a plate, the mustard, Worcester sauce, pepper, and salt.

Roll the kidneys in this, then again in the oiled butter or salad oil. Finish broiling them, giving three or four minutes on each side. Slip them off the skewers, on to a very hot dish, put a small piece of maître d'hôtel butter on each, and serve quickly.

Anchovy Toast.

3 yolks of eggs.	2 teaspoonfuls of anchovy sauce.	2 slices of bread.
3 tablespoonfuls of cream or milk.	1½ oz. butter.	Cayenne.

Average cost, 9d.

Cut two slices of bread from a tin loaf, and trim off the crusts.

Cut each slice into three, and fry them a pale golden brown.

Arrange them on a dish, and keep them hot.

Melt the butter, but do not boil it.

Mix well together the yolks of eggs, the anchovy sauce, a dust of cayenne, and the cream, or milk.

Stir these into the butter, and continue to stir, over a moderate heat, until the mixture thickens, like custard.

It should not be lumpy, if carefully done.

Then pour the sauce quickly over the toast, garnish with a little parsley, and serve at once.

Brains on Toast.

2 sets of brains.	8 rolled slices of bacon.	Bread-crumbs.
White stock.		Parsley.
Vinegar.	4 croûtons of fried bread.	Lemon.
Egg.		Frying fat.

Average cost, 1s. 9d.

Always be careful that the brains are quite fresh.

Let them lie for an hour in a basin of cold water, to which a tea-spoonful of vinegar has been added.

Remove the skins, and put the brains into a saucepan, with sufficient well-flavoured cold white stock to cover.

Bring to the boil, then simmer gently for ten minutes.

Lift the brains out, and let them get cold.

Cut four croûtons of bread, the same size round as the brains, and fry them a pale gold colour.

Cut the bacon very thinly, roll the slices, and thread them on skewers.

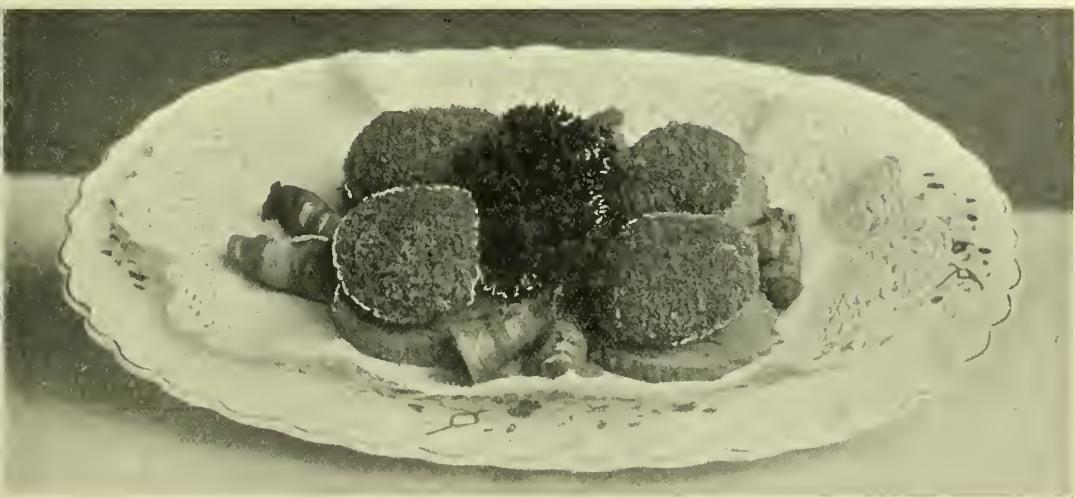
When the brains are cold, dip them into whole beaten-up egg, and then into fine white bread-crumbs.

Fry them a nice brown.

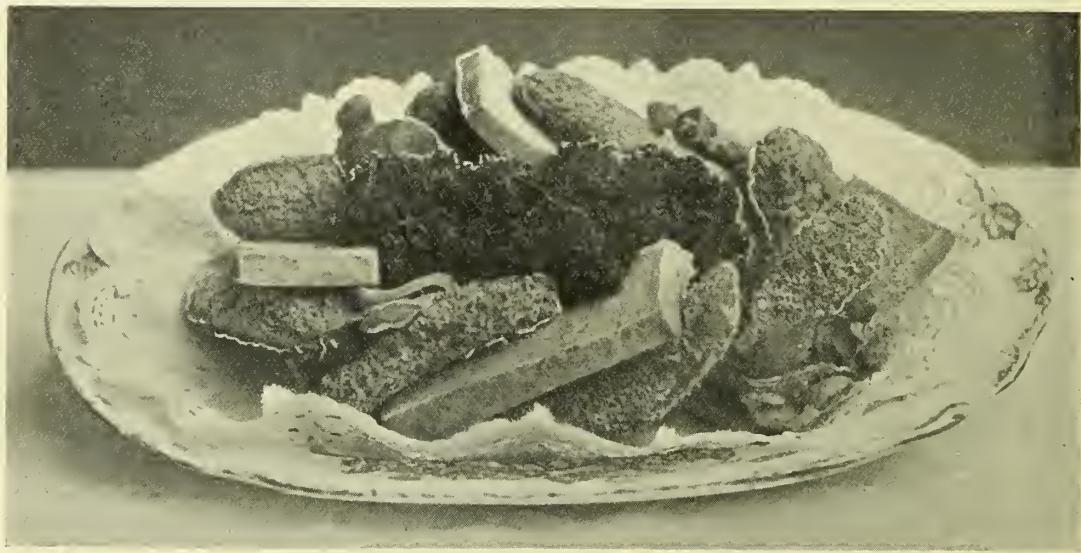
Roll and thread the bacon on skewers, and while the brains are frying, put it in a tin, into a hot oven, and cook for two or three minutes.

Drain the brains, and stand each one on a croûton of bread, on a dish.

Put the rolled bacon in the centre, and garnish with a few sprigs of either fried or fresh parsley and slices of lemon.



FRIED BRAINS ON TOAST.



FRIED SAUSAGES.

Fried Sausages.

$\frac{1}{2}$ lb. pork sausages. 6 slices of bacon.		Egg and bread- crumbs.		2 slices of bread.
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Average cost, 1s. 3d.

Prick the sausages with a fork.

Put them into a pan of boiling water, boil for three or four minutes, then drain.

When cool, slit the skins, and peel them off.

Cut the sausages into halves, lengthways.

Dip them into whole beaten-up egg, then into fine white bread-crumbs.

Fry in boiling fat, for five minutes, then take them up, and drain well.

Trim the crust off the slices of bread, then cut into six strips (each slice into three).

Fry these a pale golden colour, and drain them.

Cut six very thin slices of bacon, put them into a hot frying-pan, and turn them continually until cooked. The edges of the slices will then curl up, if they are cut very thin.

When the bacon is done, arrange the slices alternately with the sausages and fried bread, round a hot dish.

Garnish with a bunch of parsley in the centre.

Sausage Rolls.

$\frac{1}{2}$ lb. sausages. | $\frac{1}{2}$ lb. puff paste. | 1 egg.

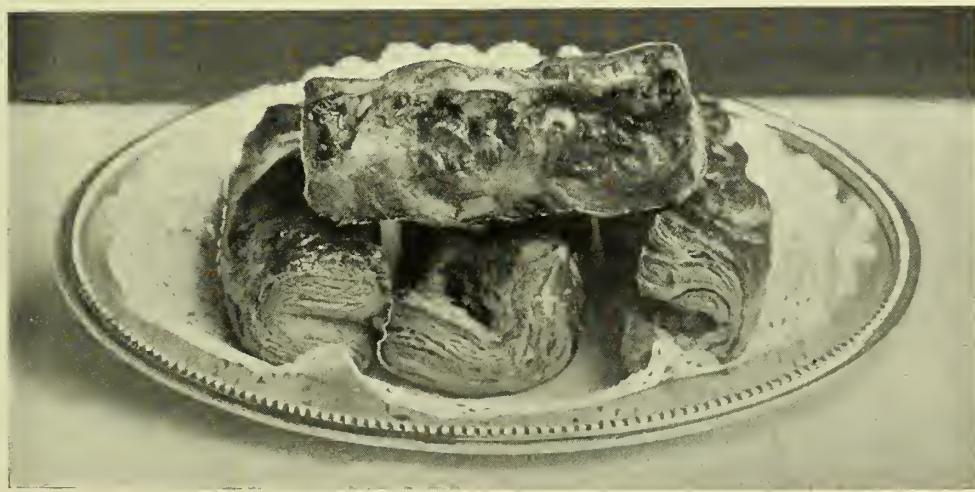
Average cost, 2d. each.

Boil the sausages for five minutes, then skin them.

When cold, cut them in half, lengthways.

Prepare half-a-pound of puff paste, and roll it out to about an eighth of an inch in thickness. (For PUFF PASTE, see Index.)

Cut it into squares, about four inches and a half across.



SAUSAGE ROLLS.

Brush along the two side edges of these with cold water.

Lay a piece of sausage on the side nearest you, seeing that the paste reaches half-an-inch beyond each end of the sausage.

Now roll it over, until the far edge of the paste is reached, and brush this edge over with cold water, to make it stick.

Press the ends of the paste gently together.

Brush the tops of the rolls over with whole beaten-up egg.

Lay them on a wetted baking-sheet, and bake in a moderately quick oven for twenty to thirty minutes.

Stand them on a fold of paper to drain when taken from the oven.

Arrange them on a fancy dish-paper, garnish with fresh parsley, and serve, either hot or cold.

It is best to boil the sausages before making them into rolls, in order to extract some of the fat. If this is not done the puff paste is apt to be sodden.

Home-made forcemeats can be used instead of sausage-meat, if liked ; either raw or cooked meat, moistened with a little sauce, and seasoned.

Baked Sausages.

1 lb. sausages.	Potato purée.	Tomato sauce or gravy.
1 oz. bacon fat or dripping.	Grated cheese.	

Average cost, 1s. 3d.

Separate and prick one pound of pork sausages.

Put them in a greased baking-dish, and bake for twelve to fifteen minutes, in a moderate oven, until nicely browned, basting them occasionally with their own liquor.

Make about one pound of potato purée.

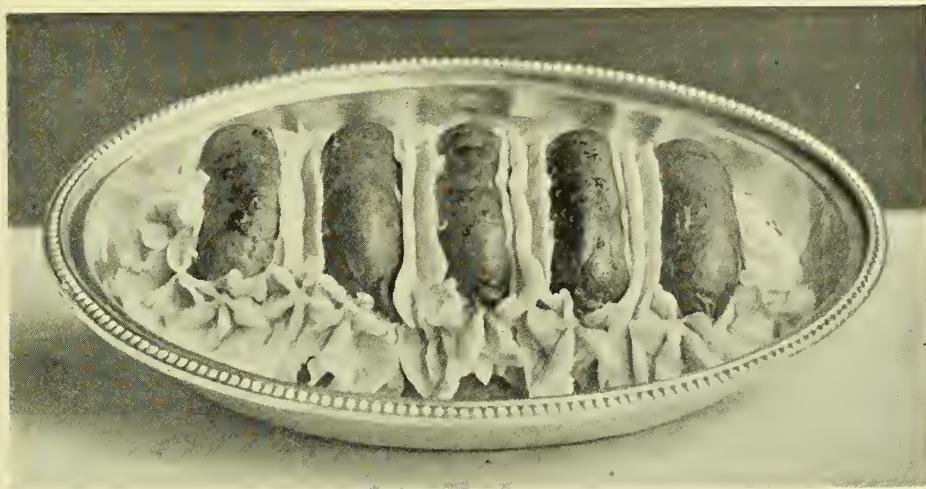
Mix into it two ounces of grated cheese.

Put this into a forcing-bag with large rose-pipe.

Force it into two rows, down the centre of a dish.

Lay the sausages, side by side, across the rows of purée, forcing out a strip of potato between each.

Pour tomato sauce, or a good brown gravy, round, and serve



BAKED SAUSAGES.

Rice Pilau.

$\frac{3}{4}$ lb. rice.	1 onion stuck with 4 or 5 cloves.	$\frac{1}{2}$ small teaspoonful of ground cinnamon.
$\frac{1}{4}$ lb. butter.		Salt.
1 quart white stock.	1 teaspoonful of white pepper.	Garnish of fried onion.
$\frac{4}{5}$ oz. sultana raisins.		

Average cost, 1s.

Put the rice into a saucepan, with sufficient cold water to cover it. Bring to the boil, then strain, and rinse it in cold water.

Put it into a saucepan, with a quarter pound of butter, a quart of white stock, made from chicken bones, the onion stuck with cloves, the sultanas, cleaned and freed from stalks, the cinnamon, pepper, and a little salt.

Cook this over a moderate heat, until the rice is quite tender and has absorbed all the stock, stirring it constantly during this time with a wooden spoon, to prevent it sticking.

When cooked, remove the onion and cloves, turn the rice on to a hot dish, garnish with fried onion rings, and serve.

If a meat dish is desired, cut the meat from a cold boiled fowl, say half a pound, cut into dice shapes. Also cut two ounces of bacon into dice shapes.

Fry these for a few minutes in a little butter, until they get thoroughly hot.

Season with pepper, and a little salt.

Make a circle of the rice, pile the fowl and bacon in the centre, and serve.



RICE PILAU (WITH MEAT).

Chicken Curry.

1 small chicken.	1 tablespoonful of curry paste.	$\frac{1}{2}$ lb. of plainly boiled rice.
2½ oz. of butter, or good beef dripping.	3 oz. of shallots or onion.	2 teaspoonfuls of crème de riz.
1 pint of white stock.	2 tablespoonfuls of desiccated cocoa-nut.	1 tablespoonful of chopped chutney. Lemon juice. Salt.
1 tablespoonful of curry powder.		

Average cost, 3s.

Choose a nice young chicken, and cut it into neat joints.

Wash these well, then dry them in a clean cloth.

Chop the onion, or shallot, quite finely.

Put the cocoa-nut into a breakfast-cup, pour boiling water on it, and let it infuse while making the curry.

Melt an ounce and a half of butter in a stewpan.

Put in the minced onion, or shallot, and fry gently over a slow fire, until it is a pale gold colour.

Now add the curry powder and paste, and cook for another ten minutes.

Stir in the crème de riz, and gently moisten the whole with one pint of white stock. This stock, or broth, can be made from the trimmings of the chicken.

Bring to the boil gently, then simmer slowly.

Now take the pieces of chicken, and flour them.

Melt the remainder of the butter in a pan, put in the chicken, and fry until lightly coloured.

Then put the chicken into the curry sauce, and let it all stand by the side of the stove for half-an-hour.

Strain the liquid from the cocoa-nut, squeezing out as much moisture as possible.

Add this, also the chutney, to the curry.

Bring all to the boil, then let it simmer very gently for half-an-hour.

By this time the chicken, if young, should be quite cooked; if not, it must cook longer.

Lastly, add about a teaspoonful of strained lemon-juice.

Arrange the pieces of chicken in the centre of a dish, pour the sauce round, and if liked, garnish with a few slices of lemon.

Put the plainly-boiled rice in a separate dish, and serve.

Or the rice may be dished round the curry, but this is not considered best, although it adds to the appearance of the dish.

Veal or rabbit may be cooked in the same way.

Curry powders vary considerably, as there are no less than nine different recipes, chiefly of Oriental origin. The following are ingredients most commonly used in the preparation of the curry powders usually met with: turmeric, coriander seeds, cumin, ginger, cardamoms, caraway seeds, black pepper, cayenne, cinnamon, mace, pimento, mustard, and fenugreek. The ingredients are ground to fine powder and put into stoppered bottles.

Brown Curry.

1 lb. of fresh meat.	6 oz. of onion.	$\frac{1}{2}$ pint of cocoa-nut milk.
1 teaspoonful of bovril.	2 oz. of butter, or clarified dripping.	1 apple.
$\frac{1}{2}$ pint of brown stock.	1 large tablespoonful of curry powder.	1 tablespoonful of sweet chutney.
$\frac{1}{2}$ lb. of plainly boiled rice.	1 dessert-spoonful of curry paste.	Flour. Salt.

Average cost, 1s. 8d.

Cut the meat into dice shapes, and flour it well.

Chop the onions finely.

Let the apple be suitable for cooking, and slice it thinly.

Melt two ounces of butter in a stewpan, fry the meat in it until it is a nice gold colour, then take it out.

Next fry the vegetables, adding a little more butter or dripping, if necessary.

Mix the curry powder and paste in with the vegetables, and fry these as well.

When the vegetables are nicely browned, put the meat back again.

Add half-a-pint of brown stock, by degrees, also a teaspoonful of bovril, and salt to taste.

Simmer all gently for three-quarters of an hour, adding more stock, if necessary.

Now add the chutney and the cocoa-nut milk, and simmer for another three-quarters of an hour.

It must simmer very gently indeed.

When cooked, turn the curry out into a very hot dish, and sprinkle a little cocoa-nut over the top.

Put the rice in a separate dish, sprinkle a little coralline pepper, or hard-boiled yolk of egg, over it, and serve.

This curry can also be made with cooked meat, but in that case cook the sauce first, and only put the meat in about twenty minutes before it is ready. If possible, it is even better to let the cooked meat stand in the sauce off the fire for half-an-hour or so, in order to get it thoroughly seasoned with the curry.

Stewed Ox-Tail.

1 ox-tail.	$\frac{1}{2}$ a turnip.	3 allspice.
1 pint of stock.	1 tablespoonful of mushroom ketchup.	A bunch of herbs (bayleaf, thyme and parsley).
1 oz. of dripping.	6 peppercorns.	
Flour.	3 cloves.	
1 onion. 1 carrot.		Garnish of croûtons.

Average cost, 2s.

Divide the ox-tail at the joints.

Put it into a stewpan, with sufficient cold water to cover.

Bring to the boil, then strain.



STEWED OX-TAIL.

Wash it well in cold water, and dry it in a cloth.

Wash and prepare the vegetables, cutting them into slices. If the carrot and turnip are large, split them down the centre before slicing.

Dredge the pieces of tail with flour.

Melt the dripping in a stewpan, and fry the tail in it, until it is a nice golden brown.

Take out the tail, flour the vegetables, and put them in. Fry these also, using a little more dripping, if necessary.

Tie the spices and herbs in a piece of muslin.

Now put the fried tail, vegetables, and bag of herbs and spices, into a stewpan, with a pint of stock.

Add the ketchup, then bring to the boil.

Cover the pan closely, and simmer very gently until tender. This will take about two hours.

Add a little salt, if needed, but do not overdo it, as the ketchup is in it. If ketchup is not procurable it can be omitted, and more salt used.

When all is cooked, remove the bag of herbs, arrange the pieces of tail neatly on a hot dish, and pour the gravy and vegetables round.

Garnish with fried croûtons of bread, and serve.

Tripe.

2 lbs. of tripe.	1 pint of onion or tomato sauce.	Milk and water. Garnish of croûtons.
Average cost, 1s. 6d.		

Choose freshly prepared thick tripe.

Trim off the coarsest fat, and cut the tripe into neat pieces.

Put it into a stewpan, with two onions, peeled, and well cover with equal proportions of milk and water.

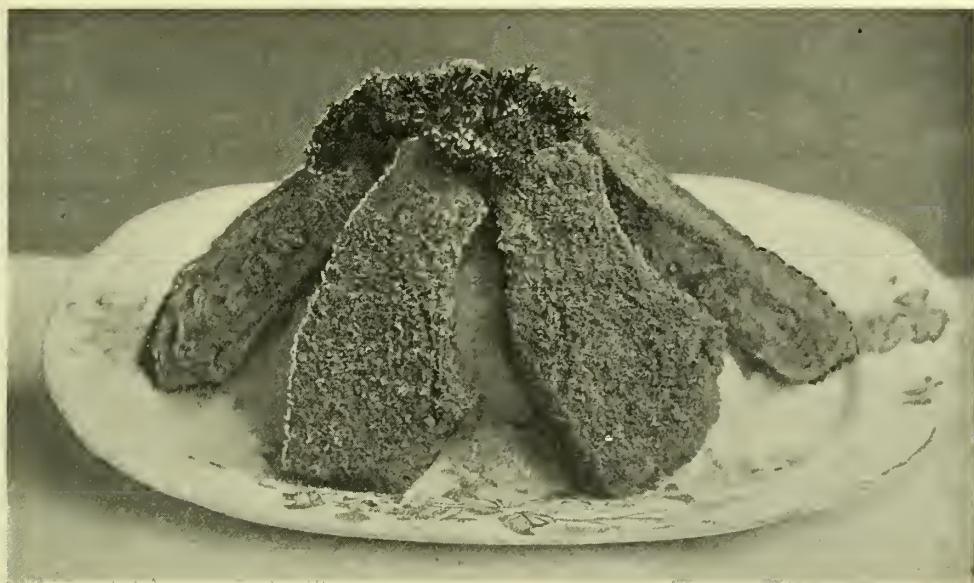
Bring to the boil, and simmer gently for quite an hour, or a little longer if the tripe is under-dressed.

When cooked, strain the tripe, and rinse it in hot water.

Drain it thoroughly, then put it into a saucepan with a pint of onion or tomato sauce. (For these SAUCES, see pages 442 and 451.)

Bring to the boil, then turn it out into a hot deep dish.

Garnish with heart-shaped croûtons of bread, which have been fried a pale golden brown, brushed over with white of egg, and sprinkled with coralline pepper and finely chopped parsiey.



PORK CUTLETS.

Pork Cutlets.

$2\frac{1}{2}$ lbs. of loin of pork.	Egg and bread-crumbs.	Mashed potato.
2 teaspoonfuls of finely minced sage.	Pepper. Salt.	Tomato sauce, or sauce Robert.

Average cost, 2s. 6d.

Choose a nice loin of young pork.

Cut it into neat chops, pare off part of the fat, if necessary, and trim neatly.

Season the bread-crumbs highly with pepper, salt, and the minced sage leaves.

Dip the cutlets into whole beaten-up egg, then into the crumbs.

Put the cutlets into a frying-pan, with plenty of boiling lard, or good dripping.

Fry for fifteen minutes, turning them once or twice during cooking.
(Pork must always be thoroughly well cooked.)

Have ready a pyramid of mashed potato, on a hot dish, and stand the cutlets up round it.

Put a bunch of parsley in the centre, pour either tomato sauce or Robert sauce, or any suitable sharp sauce, round, and serve.
(For SAUCES, see Index.)

Ham, to Boil.

Ham. | Browned bread-crumbs.

Average cost, 8d. to 1s. per pound.

The length of time a ham should be soaked before boiling depends on its age and the manner in which it has been cured. Some require no soaking whatever, while, on the other hand, if old and highly salted, they may require to be soaked a whole day and night, or even longer. The usual time, however, for ordinary highly salted ham is twelve hours.



BOILED HAM.

Before boiling, trim the ham lightly of any discoloured parts, then wash it well.

Put the ham in a boiler, or ham-kettle, large enough to hold it easily, and cover with cold water.

Bring very slowly to the boil, and carefully skim off any scum that may rise.

As soon as the water comes to the boil, draw the pan slowly to one side, so that it may simmer gently until cooked.

Be careful not to let it boil fast.

When done, take the ham out of the pot.

Take hold of the skin with a cloth, and strip it off.

Sprinkle the top of the skinned ham freely with browned bread-crums.

Put a ham-frill round the knuckle, garnish with parsley, and serve.

A ham weighing ten pounds will take four hours.

Ham Toast.

8 tablespoonfuls of lean ham.	6 tablespoonfuls of cream or milk.	Cayenne.
2 yolks of eggs.	Butter.	Squares of toast.
Average cost, 10 <i>d.</i>		

Take the lean part of the remains of a ham, and chop it finely.

To eight tablespoonfuls of this add the yolks of two eggs well beaten, six tablespoonfuls of cream or milk, a piece of butter about the size of an egg, and a seasoning of cayenne pepper.

Stir over a moderate heat until it begins to thicken.

Spread it on squares of toast, and serve very hot.

Potted Beef.

Remains of cold beef.	$\frac{1}{2}$ teaspoonful of pepper.	$\frac{1}{2}$ teaspoonful of nutmeg.
1 teaspoonful of salt.	A blade of mace.	Butter.
Average cost, 1 <i>s.</i> per pound.		

The cold beef can have been either roasted or boiled.

Mince finely, then pound in a mortar with the pepper, salt, mace (pounded), nutmeg and a piece of butter about the size of an egg.

This is a good way of using up the remains of a large joint.

Dutch Beef.

A round of beef, weighing about 25 lbs. 2 oz. of saltpetre.	$\frac{1}{2}$ lb. of coarse brown sugar. 1 lb. of common salt. 2 oz. of bay salt.	2 oz. of salt prunella. 1 oz. of cloves, or a nutmeg. $\frac{1}{2}$ oz. of allspice.
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Average cost, 10*d.* per pound.

Pound the salts, sugar and spices, and mix all together.

Well rub the beef with this pickle.

Let it stand two or three weeks, turning it every day, and well rubbing it with the pickle.

When required for cooking, let it be bound round and well skewered together.

Put it in a boiler, and just cover with cold water.

When it boils, take it out of the water and put it in a baking-pan.

Pour some melted dripping on the joint, then cover the top over with a coarse paste made of flour and cold water.

Put it in the oven, and cook from four to five hours.

When done remove the paste, but do not cut the joint until it is cold.

This is an excellent dish for a large luncheon or supper party.

If a smaller piece is sufficient, then for a twelve or fourteen pound joint use half the ingredients given, and cook for three to four hours.

Fricassee of Rabbit.

1 rabbit.	1 dessert-spoonful of flour.	1 small onion.
1 oz. of butter.	1 teaspoonful of salt.	A bunch of herbs (parsley, thyme and marjoram).
1 pint of white stock or water.	$\frac{1}{2}$ teaspoonful of pepper.	Garnish of rolls of bacon and lemon.
1 yolk of egg.	Lemon peel.	
1 gill of cream.		
$\frac{1}{2}$ blade of mace.		

Average cost, 2*s.*

Take a young rabbit, cut it into neat joints, and wash these well in warm water.

Put the head and trimmings into a pint of stock made from mutton, veal or chicken. Or water will do, if no stock is available.

Add the onion, mace, a strip of lemon peel, salt, pepper and bunch of herbs.

Simmer gently for one hour, then strain.

Return the stock to the saucepan, add the joints of rabbit, and simmer very gently for three-quarters to one hour.

Lift out the pieces of rabbit, and strain the broth into a basin.

Rinse out the saucepan, put in the butter and melt it.

Stir in the flour and mix smoothly together.

Add the stock by degrees, stirring all the time, and bring to the boil.

Put the rabbit in, and when it again boils remove the saucepan and stir in the yolk of an egg, well beaten in a gill of cream.

Do not let this sauce boil after the egg is added, or it will curdle.

Add a little more salt if needed.

Place the joints of rabbit on a very hot dish, pour the sauce over and garnish with thin slices of rolled bacon and slices of lemon.



FRICASSEE OF RABBIT.

Rabbit Pie.

2 rabbits.	3 hard-boiled eggs.	Pepper.
3 or 4 slices of boiled pickled pork.	Parsley.	Salt.
	Nutmeg.	Puff paste.

Average cost, 3s. 9d.

Choose young rabbits.

Soak them in warm water for an hour, then rinse well.

Put them into a saucepan with sufficient cold water to cover.

Bring to the boil, then take them out and rinse in cold water.

Put them into a saucepan again, with sufficient cold water to cover,
and seasoned with pepper and salt.

If liked, an onion may be added.

Bring to the boil, and simmer for half-an-hour.

Take the rabbits out, cut all the meat from the bones, and put the
bones back into the liquor in the saucepan.

Cut up the boiled pork into small pieces.

Slice the hard-boiled eggs.

Put the liquor with the bones in it to boil.

While this stock is boiling make some good puff paste.

Place a layer of the rabbit meat in the bottom of a pie-dish, then
a layer of the bacon and egg.

Season with finely chopped parsley, pepper, salt and a grate of nutmeg.

Then put more layers of rabbit, bacon, egg and seasoning until the
dish is filled.

Add a half-pint of the stock, or rather more.

Roll the pastry out to about a quarter of an inch thickness.

Wet the edges of the pie-dish, cut a strip of the paste, and put it
round the edge.

Wet the top of this edging of paste, then put a cover of paste on
the pie.

Trim the edges, make a hole in the centre, then brush over the
top with whole beaten-up egg.

Ornament round the centre hole with a few leaves of paste, and
make an ornamental pattern round the edge.

Stand the pie in a moderate oven, and bake for three-quarters of an hour.

When the puff-paste has well risen, put the pie in the bottom of the oven.

When cooked, fill the pie with the stock through the hole in the centre of the crust, stand it on a dish, put a frill round, garnish with parsley, and serve.

Hot-Pot.

Neck of mutton.		Onion.		Potatoes.		Pepper.		Salt.
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Average cost, 2s.

Cut some chops from the best end of a neck of mutton; trim them neatly, removing most of the fat.

Lay them at the bottom of a deep dish or pot, and season with pepper and salt.

Lay a few slices of onion on the chops (if the flavour is liked), then a layer of sliced potatoes on top of these.

Now lay more chops in and season these, then cover with a layer of potatoes.

Pour half-a-pint of water over, and place in a moderate oven to bake for an hour-and-a-half to two hours, according to the size of the dish.

French fireproof-ware dishes, made specially for hot-pot, can be procured.

Macaroni à l'Italienne.

$\frac{1}{4}$ lb. of macaroni.		$\frac{1}{2}$ pint of tomato purée.		2 oz. of grated cheese.
2 oz. of butter.				Pepper. Salt.

Average cost, 10d.

Put the macaroni into a stewpan of fast-boiling slightly salted water (or white stock).

Boil rapidly, until tender. This will be about twenty minutes.

Drain thoroughly, and return it to the saucepan, which must be quite dry.

Put in half the cheese, and well mix it, then stir in the other half.



MACARONI À L'ITALIENNE.

Now stir in the butter and seasoning of pepper and salt.

Stir in half-a-pint of tomato purée (tinned tomatoes will do), and let all get thoroughly hot together.

Turn it on to a hot dish, and serve.

Rice is excellent done in the same way.

Macaroni à la Reine.

$\frac{1}{4}$ lb. of macaroni.	$\frac{1}{2}$ pint of new milk.	1 blade of mace.
4 tablespoonfuls of grated cheese.	1½ oz. of butter. 2 eggs.	1 teaspoonful of salt. Cayenne.
Average cost, 1s.		

This is a delicious way of preparing macaroni, but it requires care. Put the macaroni into plenty of fast-boiling water, to well cover it, with half-an-ounce of butter, the mace and salt, and boil until tender.

Some kinds of macaroni take but twenty minutes, others an hour, so the time taken is uncertain.

If the water boils away add more.

When the macaroni is quite tender, drain thoroughly, then put it gently into a well-warmed double saucepan, in the underneath part of which is boiling water.

Stir into the macaroni the grated cheese, the remaining ounce of butter, a dust of cayenne, a bare half pint of warmed milk, and the yolks of two eggs.

Stir all gently together, and simmer for half-an-hour. It must nearly boil, but not quite. If allowed to boil it will be spoiled.

Turn it into a hot dish, and serve.

Macaroni Soufflé.

$\frac{1}{4}$ lb. of macaroni.	3 eggs.	1 onion.
$\frac{1}{2}$ pint of milk.	1 oz. of flour.	A blade of mace.
White stock.	2 oz. of grated	White pepper.
$\frac{1}{2}$ oz. of butter.	cheese.	Cayenne. Salt.

Average cost, 1s.

Put the macaroni into plenty of fast-boiling slightly salted water.

Boil fast for five minutes, then strain.

Now put it on to boil in white stock (made from veal, rabbit or chicken bones), with the onion and mace.

Boil until the macaroni is tender.

Strain as dry as possible, then cut the macaroni up into small pieces.

Melt half-an-ounce of butter in a saucepan, and stir in the flour.

Add the milk, by degrees, stir until it boils, then boil for ten minutes.

Remove the saucepan from the fire, add the yolks of three eggs and grated cheese, also salt, cayenne, and white pepper, to taste, and beat well.

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

Fix a well-buttered paper round a buttered mould, or soufflé case, and put the mixture in.

Bake for half-an-hour in a moderate oven, and sprinkle a few browned bread-crumbs on top.

Remove the paper quickly, and, if it is a tin, pin a napkin neatly round, stand it on a dish, and serve quickly (or it will soon fall). This may also be baked in small soufflé cases, if liked, but then they would only require fifteen to twenty minutes in the oven.

Macaroni au Gratin.

$\frac{1}{4}$ lb. of macaroni.	$2\frac{1}{2}$ oz. of cheese.	2 tablespoonfuls of buttered crumbs.
$\frac{1}{2}$ pint of Béchamel sauce.	$\frac{1}{2}$ oz. of butter.	Pepper. Salt.
Average cost, 1s.		

Well boil the macaroni.

Thickly butter a fireproof gratin dish with half-an-ounce of butter.
Or a shallow pie-dish will do.

Make half-a-pint of Béchamel sauce.

Stir into the sauce two ounces of grated cheese (one ounce of Parmesan and one ounce of Gruyere preferred), and season with pepper and salt.

Lay the macaroni in the buttered dish, pour the sauce over, and sprinkle with the remaining half ounce of cheese and the buttered crumbs on the top.

Stand the dish in a pan containing water, and put both into a quick oven, near the top.

When the macaroni is quite hot, and nicely browned on top, take it out.

Stand the dish of macaroni on another dish, with fancy paper beneath, and serve quickly.

Kedgeree.

1 teacupful of boiled rice.	2 teacupfuls of boiled fish.	2 tablespoonfuls of milk.
1 oz. of butter.	2 hard-boiled eggs.	Cayenne. Salt.
Average cost, 1s.		

Almost any boiled fish will do for this dish.
Before the fish is quite cold free it from skin and bone, and divide it into flakes.



KEDGEREE.

Melt the butter, in a saucepan.
Add the milk, and a seasoning of cayenne, then boil up.
When boiling, stir in the flaked fish, and mix well.
Now add the boiled rice, eggs (coarsely chopped), and salt to taste.
Let all get thoroughly hot, then turn it out on to a hot dish, in a neat pile.
Garnish with slices of hard-boiled egg and sprigs of parsley.
If liked, a tablespoonful of chutney may be added.

Cheese Straws.

$\frac{1}{4}$ lb. of puff paste. | 2 oz. of grated cheese. | Cayenne.
Average cost, 6d.

Roll out the puff paste on a slightly floured board, or slab.
Sprinkle the cheese over it, and a dust of cayenne, and roll these in, as if they were flour.

When quite rolled in, cut the paste into thin strips, a quarter of an inch wide and five inches long.

Lay these side by side, on a wetted baking sheet.

Cut three or four strips, about seven inches long, and tie these into loose knots, so as to form rings for the straws to stand in. Put these on the baking sheet also.

Bake in a moderate oven until cooked, keeping them a very pale golden colour.

When cooked, lay them on a wire pastry-rack, and, as soon as they are cold, put the straws into the paste rings, to form bundles. Or they can be tied with narrow riband.

Arrange the bundles on a dish, with a fancy lace paper under, and serve.

They may be kept in a tin, if desired, and either warmed when wanted or served cold.

Cheese straws can also be made by mixing together equal weights of butter, flour, bread-crumbs and grated cheese, with a little salt and cayenne. These ingredients are made into a paste, then cut into strips and baked, as described above. Straws made in this manner will not keep so well.



CHEESE STRAWS.

Savoury Colebrook Sandwiches.

3 oz. of boiled beef. ½ teaspoonful of pepper.	½ lb. of butter. 1 tin loaf of bread.	1 oz. of pickled cabbage.
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Average cost, 1s.

Let the beef be about half fat and half lean, and mince it finely. Pound the minced meat in a mortar, adding by degrees the pepper and butter, and incorporate these thoroughly well together.

Cut the loaf into thin slices, and butter them.

Spread the slices of bread and butter with the mixture.

Cut some wafer slices of boiled beef, cut them into strips, and lay some on the pounded meat.

Then cut some thin short strips of pickled cabbage, and lay these on top.

Cover with a second slice of the spread bread and butter, press down, and trim off the crusts.

Cut the sandwiches into squares, and arrange on a fancy lace paper, or d'oyley.

Garnish with parsley, and serve.

Potted Salmon Sandwiches.

1 lb. of salmon. ½ lb. of butter. ½ teaspoonful of pounded cloves.	2 teaspoonfuls of anchovy sauce. ½ a cucumber. 1 tin loaf.	1 teaspoonful of lemon juice. Cayenne pepper. Black pepper.
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Average cost, 1s. 9d.

Pound the salmon in a mortar, with two ounces of best butter, half a teaspoonful of pounded cloves, two teaspoonfuls of anchovy sauce, a seasoning of cayenne, half a teaspoonful of black pepper, and a teaspoonful of lemon juice.

When well incorporated, spread this mixture on thin slices of bread and butter.

On one half the slices lay some thinly cut slices of cucumber, then cover with the other slices, and press firmly down.

Trim, and cut into small fingers.

Serve on a folded napkin, and garnish with watercress.

Tinned salmon may be used for this, which will make the recipe cheaper.

Mustard and Cress Sandwiches.

Hovis bread, or other brown bread.	Potted meat (any kind).	Salt. $\frac{1}{4}$ lb. of butter.
Mustard and cress.	Cayenne.	

Average cost, 1s.

Cut some thin slices of hovis, or brown bread.

Butter well, and season with cayenne and a little salt.

Spread with potted meat, then with minced mustard and cress.

Cover these with slices of bread, spread first with butter, then with potted meat.

Press firmly down, then trim, and cut into diamonds and triangles.

Dish them "en couronne" (lying in a circle, and lapping over one another), on a folded napkin. Garnish with a bunch of mustard and cress in the centre.

Egg and Anchovy Sandwiches.

3 yolks of hard-boiled eggs.	Whites of the boiled eggs.	2 teaspoonfuls of anchovy sauce.
$\frac{1}{4}$ lb. of butter.	Bread and butter.	Cayenne pepper.

Average cost, 9d.

Pound the yolks in a mortar, adding, by degrees, the butter (slightly warmed), two teaspoonfuls of anchovy sauce, and a rather high seasoning of cayenne.

Spread the mixture on slices of bread and butter.

Chop the whites of the eggs finely, and sprinkle half the slices with this.

Place the other slices on top, press down firmly, and cut into oblong shapes.

Garnish with parsley.

Cheese Fondue.

3 eggs.	$1\frac{1}{2}$ oz. of butter.	Cayenne.
1 tablespoonful of cream.	1 oz. of grated cheese.	Salt. Fried croûtons

Average cost, 10*d.*

Break the eggs into a basin.

Season with cayenne and salt, then beat them until they run easily through the fork or whisk.

Put three-quarters of an ounce of butter into a small saucepan, and, when melted, stir in the eggs.

Stand the saucepan over a moderate heat, and continue whisking until the mixture begins to thicken.

Then take a wooden spoon and stir in the remaining three-quarters of an ounce of butter, a small piece at the time, stirring continuously.

Now stir in one ounce of grated cheese and one tablespoonful of cream.

Keep the mixture constantly moving, until it is lightly set, then turn it out quickly into a hot china or silver dish.

Have ready some dainty croûtons of bread, fried a pale golden brown, in clarified butter, and garnish with these.

Serve quickly.

If liked, crescents of puff pastry may be served instead of the bread croûtons.

Cheese Soufflé.

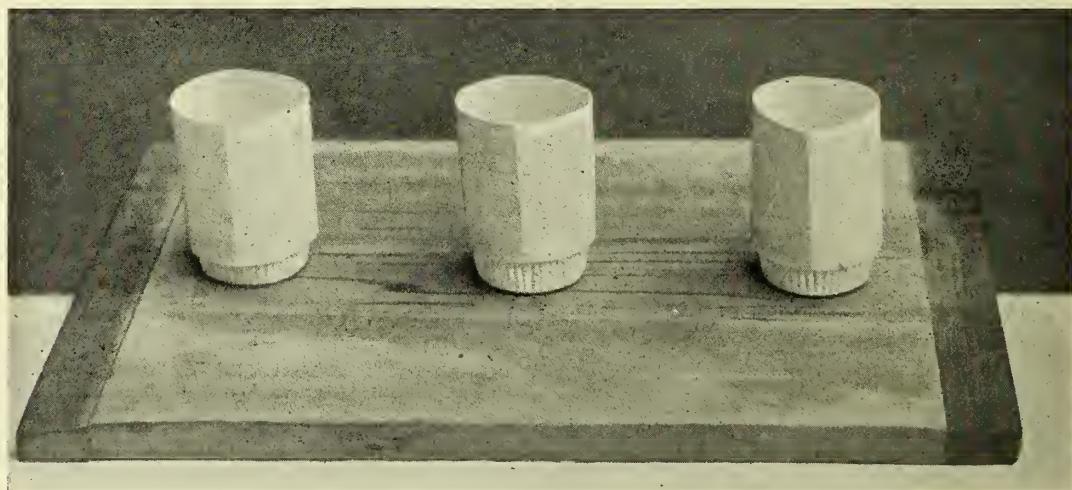
3 oz. of grated Parmesan cheese.	1 oz. of butter. 1 oz. of flour.	4 eggs.	1 gill of milk. Cayenne pepper.
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Average cost, 1s. 3d.

Melt an ounce of butter in a saucepan.

Stir in one ounce of flour, without browning it.

Then gradually mix in one gill of milk, and season with a pinch of cayenne pepper.



SOUFFLÉ CASES—PAPERED READY FOR THE MIXTURE.

Stir constantly, until it boils, then let it cook for ten minutes.

Take the mixture off the fire, drop in the yolks of three eggs, one by one, beating the mixture well between each yolk.

Then beat in the grated cheese.

Whisk the whites of four eggs to a stiff froth, with a pinch of salt.

Stir these lightly into the mixture at the last moment.

Have ready some small soufflé cases, with buttered papers fastened round them, standing an inch and a half above the tops of the cases.

Pour the mixture into these.

Bake for ten to fifteen minutes, in a quick oven.

Take them out, quickly remove the papers, arrange the soufflés on a hot dish, and serve immediately.

If preferred, the whole can be baked in one large soufflé case, and will then have to be twenty to thirty minutes in the oven.

Vol-au-vent of Veal.

6 tablespoonfuls of cold veal, cut into dice.	2 tablespoonfuls of tongue.	$\frac{1}{2}$ lb. of puff paste. $\frac{3}{4}$ pint of veloute sauce.
2 tablespoonfuls of ham.	2 tablespoonfuls of button mushrooms.	1 egg.

Average cost, 1s. 8d.

Roll the paste out, three-quarters of an inch thick.

Stamp or cut it out, oval shape, about eight inches long.

With another cutter, about five inches long, cut the centre of the paste oval, but only about two-thirds through it.

Brush the paste over with whole beaten-up egg.

Lay it on a wetted baking sheet, and bake until it is done.

Take it from the oven, lift out the centre piece (which was marked out with the five-inch cutter), and lay it carefully on one side.

Scoop out the soft middle of the paste, then fill this centre space with the mixture described below.

For the mixture, make three-quarters of a pint of veloute sauce.

Stir into it two tablespoonfuls of sliced button mushrooms, the same amount of lean cooked ham, cut into dice shapes, and the same of tongue, cut into dice.

Add also, six tablespoonfuls of cold cooked veal, cut into dice.

Heat all thoroughly in a bain-marie, or double saucepan.

Have the pastry case quite hot, and fill the centre with the mixture.

Lay the lid gently on, stand it on a hot dish, with dish-paper beneath, and garnish with a few sprigs of parsley.

Serve at once.

Almost any good meat can be used if veal is not liked. The pastry case can also be filled with lobster and sauce, oysters, sweet-breads, etc.

If the case is to be decorated, whip the whites of four eggs to a stiff froth, with a pinch of salt, and put this into a forcing-bag with large rose-pipe. Force it out up the sides and round the top; set it in a cool oven, and bake until tinged with a pale golden colour.

The pastry case can also be filled with a compôte of fruits, but in this case the paste lid, or centre piece, is left off, and whipped cream used instead.

Galantine of Sheeps' Tongues.

6 fresh or salt tongues.	1 teaspoonful of chopped parsley.	Pepper.
3 hard-boiled eggs.	Coralline pepper.	Salt.
½ oz. of gelatine.	¾ pint of stock.	Garnish.

Average cost, 1s. 6d.

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

Skin, and cut them in half lengthways.

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

Season it nicely with pepper and salt.

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

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

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

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

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

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

POULTRY AND GAME.

IT is only necessary to give directions for cooking here, as full particulars of trussing, boning, etc., are given in the chapter on PROCESSES, pages 221 to 277.



Roast Chickens.

2 chickens.	Dripping.	Watercress.
12 slices of bacon.	Gravy.	Bread sauce.

Average cost, 3s. 6d. each.

- Truss the fowls for roasting, and stand them in a roasting-tin. Melt half-a-pint of good dripping, and pour it over the chickens. Put a well-greased paper on top. Roast in a moderate oven, basting frequently. Fairly large fowls take one hour, small ones about three-quarters of an hour. When cooked, and nicely browned, take them out, and remove the skewers and strings. Stand the fowls on a hot dish, with the feet towards one another and the breasts pointing to the ends of the dish. Well wash and pick over a bunch of watercress, and arrange it between the two fowls. Have ready the slices of bacon, rolled and cooked, and arrange them round the fowls. Pour a very little gravy round the fowls, serving the remainder in a gravy-boat.

Hand bread sauce also with the fowls. (For BREAD SAUCE, see page 423.)

If liked, fowls may be stuffed with the same forcemeat as used for veal. (For VEAL FORCEMEAT, see page 408.)



ROAST CHICKENS.

Boiled Fowl.

1 fowl.
1 onion.
6 peppercorns.
1 teaspoonful of salt.

A bunch of herbs.
Lemon juice.
1 pint of creamy Béchamel or veloute sauce.

A blade of mace.
Chopped parsley.
1 hard-boiled yolk of egg.
Tongue or bacon.

Average cost, 4s.

Truss a nice plump fowl for boiling, and rub it over with lemon juice.

Wrap it in buttered muslin.

Put it into a stewpan, with one sliced onion, the herbs (bayleaf, thyme and parsley), salt, peppercorns, mace, and sufficient boiling water to cover.

Watch the water re-boil, then draw the pan to one side.

Simmer very gently for one to one-and-a-quarter hours, according to size and age of the fowl.

When done, take it up, remove the cloth, stand the fowl on a hot dish, and remove the skewers and trussing strings.

Pour one pint of sauce over the bird, or rather more if the bird is very large.

Rub the hard-boiled yolk of egg through a sieve.

Sprinkle finely chopped parsley down the centre of the breast, and the yolk of egg down the two sides.

Garnish round the dish with rolled bacon and sprigs of fresh parsley.

Or slices of tongue (warmed between two plates placed over a saucepan of boiling water) may be used instead of the bacon.



BOILED FOWL.

If a fowl is boiled without the muslin wrapper great care must be used in removing the scum as it rises, so that it may not adhere to the bird. If more convenient, a buttered paper, then a floured cloth, can be used instead of the muslin. Another important detail is the simmering, which must be very slow and gentle, to make the bird plump and white when cooked.

Chicken à la Cannes.

1 fowl.	1 dozen oysters.	1 teaspoonful of
6 oz. of ham or tongue.	2 oz. of bread-crumbs.	chopped onion or eschalot.
1 lb. of veal or rabbit.	1 pint of Béchamel sauce.	1 onion.
½ lb. of fresh pork.	2 teaspoonfuls of chopped parsley.	1 bunch of herbs.
3 hard-boiled yolks of eggs.	¼ teaspoonful of chopped thyme.	1 blade of mace.
2 raw eggs.		1 teaspoonful of pepper.
		Salt.

Average cost, 7s.

Bone a fowl. (See page 229.)

Mince the ham or tongue, the veal or rabbit, and the pork, passing them twice through a mincing machine.

Rub the hard-boiled yolks of eggs through a sieve.

Put the minced meat, the egg-yolk, bread-crumbs, chopped parsley, pepper, a teaspoonful of salt (or rather less if the ham is salt), onion and thyme, into a basin.

Mix all thoroughly well together.

Cut the oysters into small pieces, and add them to the ingredients in the basin, also the two whole raw eggs, and mix well together.

Put the mixture into a forcing-bag with a large plain pipe.

Fill the fowl with the mixture, commencing first with the wings and legs, then the body.

Do not fill it too full, or the skin will crack in the boiling.

When filled, press the fowl into the shape for boiling, as near as possible, and sew up the ends.

Rub the breast with lemon juice, and wrap up the fowl in a well-buttered cloth.

Put it into a stewpan, with boiling water to cover it, and add the bones from the fowl, one onion, one teaspoonful of salt, a bunch of herbs, and a blade of mace.

Watch the water re-boil, then simmer very gently for one hour; or longer, if the fowl is large.

When cooked, remove the cloth, stand the bird on a dish, pour the sauce over it, and garnish in the same manner as boiled fowl.

If liked, coralline pepper can be used instead of yolk of egg (for the garnish), and slices of lemon may be used.

If wanted for a cold luncheon, mask the fowl with Béchamel sauce, let it get quite cold, then pour liquid aspic jelly over it. Garnish with pieces of aspic jelly and fresh salad or tomatoes.

(See COLOURED PLATE No. 43.)

Chicken, Bread-crumbed.

1 chicken.	A slice of fat bacon.	Bread-crumbs.
1 egg.	Dripping.	Espagnol sauce.
Average cost, 4s.		

Truss a chicken for roasting, and pour half-a-pint of melted dripping over it.

Lay a slice of fat bacon on the breast.

Roast it, either in the oven or in front of a nice brisk fire, for thirty minutes, basting it well frequently.

Take it out of the oven, and brush the chicken over with whole beaten-up egg.

Sprinkle it thickly with lightly browned bread-crumbs.

Put it back into the oven, and roast for twenty minutes longer.

Take it out, carefully remove the skewers, and replace them with silver ones, if you have them.

Stand the chicken on a dish, pour espagnol sauce round, and serve.

(For ESPAGNOL SAUCE, see page 431.)

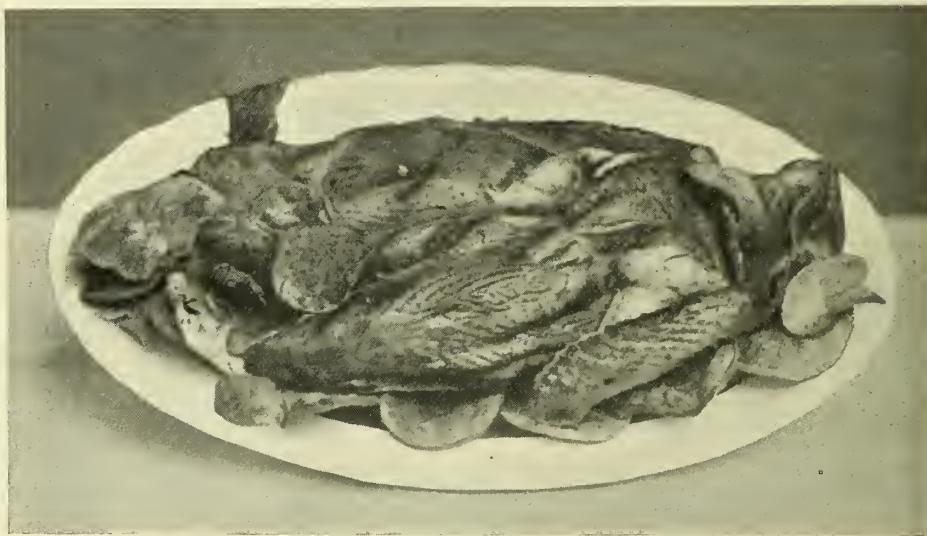
Broiled Fowl.

1 young fowl.		1½ oz. of butter.		Pepper.		Salt.
Average cost, 3s.						

Pluck, draw and singe a young fowl, then split it right down the back.

Take out the breast-bone, and chop off the legs, just above the joint.

Melt the butter, dip the fowl in it, and sprinkle well with pepper and salt.



BROILED FOWL.

Grease the bars of a hot gridiron.

Lay the fowl on it, with its back next to the fire.

Broil it over a clear fire for twenty minutes, turning it frequently during this time.

Brush it over again with the butter, just before it is finished cooking.

When cooked, lay it on a very hot dish, garnish with fried chip potatoes, pour tomato or mushroom sauce round, and serve.

Boiled Turkey.

1 turkey.	Vegetables.	Lemon juice.
1 lb. of sausage meat.	Herbs.	Salt.
1 lb. of chestnut purée.	Peppercorns.	Celery, oyster or chestnut sauce.

Average cost, 8s. 6d.

Clean, singe and truss a turkey for boiling. (See page 248.)

Fill the crop with alternate layers of sausage meat and chestnut purée (see Illustration, page 250), and fasten the skin down.

Rub the breast with lemon juice.

Wrap the bird in a buttered cloth, and secure it with string.

Put it into a saucepan, or boiler, with plenty of boiling water, to cover.

Put in also a good plateful of cleansed vegetables, a leek, a carrot and a head of celery. Also, put in a bunch of herbs, twelve peppercorns, two blades of mace, a teaspoonful of salt, and the turkey's giblets.

Bring to the boil, then draw to one side, and let it simmer very gently for an hour to an hour and a half, according to size.

Remove all scum, as it rises.



BOILED TURKEY.

When cooked, take it out of the saucepan, remove the cloth, and stand the bird on a hot dish.

Pour celery, oyster, or chestnut sauce over it. (For SAUCES, see Index.)

Put about half a pound of chestnut purée into a forcing bag with a large rose pipe.

Force out roses of the purée round the turkey, alternately with balls of sausage meat placed round it also.

The balls of sausage meat are first egged and crumbed, and fried in boiling fat.

Tongue, ham or pork, is always nice served with turkey.

If oyster sauce is used to pour over the bird, a few oysters should be introduced into the stuffing.

The broth that the turkey is boiled in can be saved for stock for any white soups.

Roast Turkey.

Directions for this have already been given, under the heading of COLD ROAST TURKEY (page 121). The only difference is, that when served hot it may be garnished with sausage-meat balls, and a good gravy and bread-sauce served with it.

A hot boiled Bath chap, or ham, should accompany it.

Turkeys may also be boned, in the same manner as fowls (pages 229 and 638), but then the oysters are put in whole, with large pieces of tongue, etc.

Cold turkey can be glazed, if desired.

Trussing and Stuffing Turkeys is described on pages 248-252.

Devilled Turkey.

2 turkey legs (raw).	1 tablespoonful of dry mustard.	$\frac{1}{2}$ teaspoonful of salt.
1 tablespoonful of salad oil, or oiled butter.	1 tablespoonful of chutney.	$\frac{1}{2}$ teaspoonful of pepper. Worcester sauce.

Average cost, 2s.

Put the mustard, chutney, salad oil, salt and pepper, into a basin; make them into a soft paste with Worcester sauce, mixed with a little gravy or water.

Divide the legs of the turkey; score them well and deeply. Spread the legs over with the paste mixture, rubbing it well in, and let them stand for some hours, to absorb the flavour.



DEVILLED TURKEY.

Oil the bars of a gridiron, lay the legs on it, and broil, either over or in front of a nice clear fire, for ten to twelve minutes. Take them up, arrange on a hot dish, put one or two small pieces of fresh butter on them, and serve at once. A little fresh parsley can be used as a garnish.

Roast Ducks.

2 ducks.
Dripping.

Sage and onion
stuffing.

Gravy.
Apple compote.

Average cost, 8s. 6d.

Cleanse, draw and truss the ducks (page 255), but before fastening up the flap at the tails partly fill the insides with the stuffing.

They are never stuffed at the crop end, like fowls and turkeys. The stuffing of ducks and geese is always inside the body or frame. Fasten up the flaps, then pour half-a-pint of melted dripping over the birds.

Roast, either in front of the fire or in a brisk oven, for about an hour. If quite young they will take a little less.

When cooked, put the ducks on a hot dish, and remove the skewers. Pour on a good brown gravy, garnish with a compote of apples round the dish, and serve.

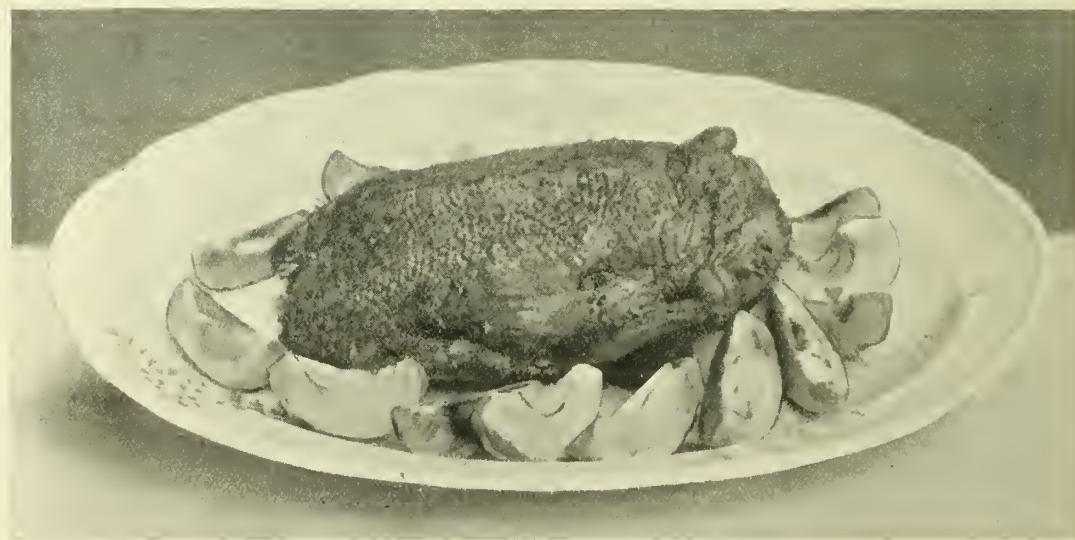
Apple sauce, in a sauce-boat, may be handed with the duck instead of garnishing with the compote, if liked, but the latter is preferable.

Green peas should always accompany ducks, if possible.

Ducklings are prepared and cooked in the same manner, and served with gravy and compote.

Ducks should not be dressed and cooked too soon after being killed. They should be kept a day, or longer if in a cold place.

If it is thought that the flavour of the sage and onion may be objectionable to some, then one bird may be cooked without the stuffing.



ROAST DUCK.

Roast Wild Duck.

1 wild duck.		Watercress.
1 slice of fat bacon.		Port wine sauce.

Average cost, 2s. 6d.

Prepare and truss a wild duck (see page 255).

Tie a slice of fat bacon over the breast.

Roast the duck in front of a brisk fire for twenty minutes.

When it has been cooking ten minutes remove the bacon, baste well, then dredge the bird over with flour.

When cooked, arrange a bed of watercress on a hot dish, remove the strings, and lay the duck on the cress.

Serve port wine sauce, in a sauce-boat.

Salmi of Wild Duck.

2 wild ducks.		A bunch of herbs (bay-leaf, thyme and parsley).	$\frac{1}{2}$ pint of claret.
2 large onions.			1 pint of brown sauce.
4 cloves.			3 or 4 oranges.

Average cost, 6s. 6d.

Cut the flesh neatly off two rather undercooked wild ducks.

Put the bones and trimmings into a saucepan, with two large onions, four cloves, the herbs, half-a-pint of claret, and a pint of brown sauce.

Boil these together, until reduced about a fourth part, or until the sauce coats the spoon.

Only let it boil gently, and skim well.

When reduced enough, strain through a pointed strainer; or, better still, rub it through a tammy.

Put the strained sauce into a saucepan, and lay in the pieces of duck.

Let all get thoroughly hot, and, if necessary, add a little salt.

When hot, squeeze the juice of a small Seville orange into the sauce.

Take out the pieces of duck, arrange them neatly in the centre of a hot dish, then pour the sauce over.

Arrange bunches of orange salad round, and bunches of the peel, cut into thin shreds.

For the Orange Salad.

Pare three oranges with a knife, so that all the outside white skin is cut off with the peel.

Then cut down each side of the natural divisions of the oranges, so that the pulp comes away without any skin. Remove the pips.

Season the pulp with brandy, and serve.

Roast Goose.

1 goose.	$\frac{1}{2}$ lb. of Brussels sprouts.	Gravy.
Sage and onion stuffing.	Salt.	Apple or gooseberry sauce.
Average cost, 7s.		

Pluck, singe and draw the goose.

Make three-quarters of a pound of sage and onion stuffing (see page 405), and put inside the body of the bird, through the opening at the tail end.

Truss the bird (see page 252).

Sprinkle the breast with salt, then lay the fat taken from the inside of the bird on top of the breast.

Overlay this fat with a well-buttered paper, then stand the goose in a roasting-pan.

Roast in a moderate oven, and baste frequently, also turn it several times.

About half-an-hour before it is cooked remove the paper, and brown it up nicely.

Make a gravy from the giblets, with onion, herbs, seasoning, etc.

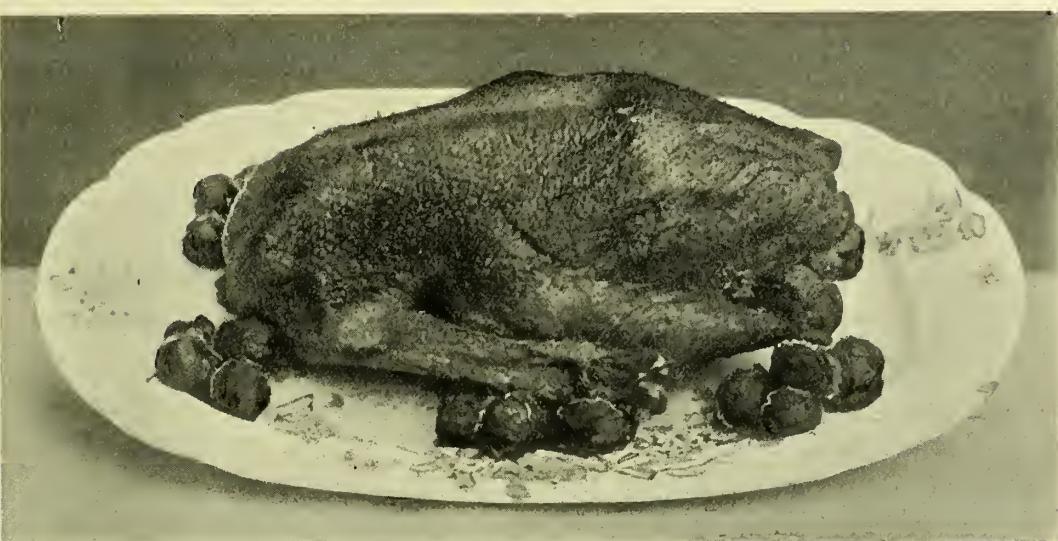
Stand the goose on a hot dish, garnish round with plainly-boiled Brussels sprouts, pour a little gravy round the bird, and serve.

The remainder of the gravy can be served in a sauce-boat.

Serve also apple or gooseberry sauce, in another sauce-boat.

Do not pour much gravy on to the dish, as the goose is a rather difficult bird to carve.

Young geese are not stuffed; the insides are just seasoned with pepper and salt, and watercress is used as a garnish, instead of sprouts.



ROAST GOOSE.

Chicken Pie.

1 large chicken.
 $\frac{4}{4}$ hard-boiled eggs.
 $\frac{1}{4}$ lb. of cooked ham.
 $\frac{1}{2}$ lb. of puff paste.
 White stock.

1 tablespoonful of
 finely chopped
 parsley.
 1 onion.
 1 teaspoonful of salt.

1 small
 teaspoonful
 of white pepper.
 6 peppercorns.
 Mace.

Average cost, 4s. 6d.

Pluck, singe and draw a large chicken, and cut it into neat joints. Put all into a saucepan, with the trimmings and giblets, also one onion, six peppercorns, and a small blade of mace.

Cover with cold water, bring to the boil, and simmer for half-an-hour.

Lift out the best pieces of chicken, and put them aside to cool.

Boil the trimmings and giblets for gravy, until reduced to about three-quarters of a pint.

- Allow the pieces of chicken to get cool.
 Cut the ham into very thin slices.
 Remove the whites from the yolks of the eggs, and roll the yolks in finely chopped parsley.
 Put a layer of chicken in the bottom of a pie-dish, then a layer of ham, and season with pepper and salt.
 Put the yolks of eggs on the ham, then add another layer of chicken, ham and seasoning.
 Pour in about half-a-pint of white stock.
 Roll the paste out to about a quarter-inch thickness.
 Wet the edge of the pie-dish, cut a strip of the paste, and lay it on the edge.
 Wet this paste edge, then cover the whole pie with paste.
 Trim the edges neatly, press them down, and make a hole in the centre of the cover.
 Cut leaves, or any suitable designs, out of the trimmings of paste, and ornament the top of the pie with them.
 Brush the whole over with beaten-up egg.
 Put the pie into a quick oven, bake until the paste has well risen, then reduce the heat, and finish cooking. This will take from three-quarters to one hour.
 Strain the gravy made from the giblets, and fill the pie up with it, through the hole in the centre.
 Stand it on a dish, put a pie-dish collar round, garnish with parsley, and serve.

Raised Game Pie.

1 lb. of paste (for RAISED PIE PASTE, see Index).	$\frac{1}{2}$ lb. of calf's liver. $\frac{1}{4}$ lb. of ham. $\frac{1}{2}$ lb. of fresh pork. $\frac{1}{2}$ lb. of bacon, cut thin. $\frac{1}{4}$ lb. of panard. 2 eggs.	1 calf's foot. A bunch of herbs. 12 peppercorns. 1 onion. Mushroom ketchup. 1 small eschalot. Black pepper. Salt.
Grouse.		
Pheasant.		
Hare (or other suitable game).		

Average cost, 4s.

Make a forcemeat of the calf's liver, ham, fresh pork and eschalot, passing them twice through a mincing machine, then pounding them in a mortar.

When well pounded add four ounces of panard, one whole egg, and seasoning of black pepper and salt.

Pound thoroughly together, then rub all through a wire sieve, moistening it, if required, with a little sherry, and then put aside until wanted.

Cut sufficient meat from the game mentioned (or other suitable game) to make a pound weight, and cut this into neat pieces.

Break up small all the bones and inferior parts.

Put these into a stewpan with a calf's foot, a bunch of herbs, a dozen peppercorns, one onion, a saltspoonful of mignonette pepper, a teaspoonful of salt, a dessert-spoonful of mushroom ketchup, and cover with cold water.

Bring to the boil, skim well, then boil until a good strong gravy is made from it, say two or three hours.

Strain the gravy through a hair sieve, and set aside to cool.
Remove any fat there may be on the top.

If, when it cools, it is not a stiff jelly, reduce still more by rapid boiling.

Butter a raised pie mould; line it with the paste rolled out to one-third of an inch thickness.

Spread a layer of the forcemeat on the bottom and sides.

Pack the remaining space tightly with slices of ham or bacon, the pieces of grouse, hare, pheasant, or any kind of game, and season all with salt and pepper.

If a more expensive or elaborate kind of pie is required, then truffles, pistachio nuts and mushrooms, also a tin of pâté de foie gras, may be added.

When the pie is filled right up, and high in the centre, cover the top with thin slices of bacon, and over this spread a layer of forcemeat.

Cut a piece of paste large enough to cover the top, lay it on, and wet the edges.

Fold the other edges well up over it, being careful that the paste does not bulge over the mould.

Make a hole in the centre, and ornament round it with leaves cut out of paste.

Brush it over with whole beaten up egg.

Fix a buttered band of paper round, standing up two or three inches above the pie.

Put it into a moderate oven for two hours and a half to three hours. They take some time to cook through.

When cooked and almost cold, just liquefy the gravy, which should be a stiff jelly. Do not make it hot.

Pour half-a-pint of it into the pie through the hole at top, seeing that it is quite free of fat.

Place the pie in a cool place until wanted, but just before it gets quite cold remove the mould.

Garnish with a few sprigs of parsley or a little chopped aspic jelly, and serve.

The pies may also be made with mutton and pork. The important thing is to season them well and to have the gravy good.

The bones for the gravy should be put on some time before the pie is commenced.

Galantine of Veal.

A breast of veal.	$\frac{1}{2}$ lb. of ham.	3 eggs.
2 lbs. of sausage meat.	$\frac{1}{4}$ lb. of tongue.	Pepper. Salt.

Average cost, 6s.

Bone a breast of veal, and beat it flat.

Lay it on a board, and sprinkle the inside with pepper and salt.

Cut off a little of the meat at each side and the end furthest from you, so that the skin projects a little.

Spread the breast with a layer of sausage meat.

Boil the eggs hard, remove the whites, and lay the three yolks along the centre of the sausage meat, alternately with the ham (cut into strips about the thickness of dice) and the tongue.



GALANTINE OF VEAL.



Theo. Kell & Son, Lith.

CHICKEN Á LA CANNES.

Roll the breast up carefully, fold the skin over the ends, and wrap it tightly in a cloth.

Tie the ends of the cloth firmly, then bind the whole round with broad tape, to keep it firm.

Put it into a stewpan, with sufficient stock to cover, and boil very gently for three hours to three hours and a half.

When cooked, take the galantine out, drain it, place it on a flat dish with another on top, and some heavy weights on top of that.

When cold, cut the tape, take off the cloth, and wipe the meat quite free from fat. It is a good plan to pour a little hot water quickly over, and then wipe it.

Brush over with liquid glaze, and, if liked, a thin coat of aspic jelly can be poured over that, when it is cold.

Stand it on a dish, garnish with either aspic jelly, cut into fancy shapes, or sprigs of fresh parsley, then serve.

(See COLOURED PLATE No. 43.)

Stewed Duck.

1 duck.	1 pint of brown gravy.	1 dessert-spoonful of rice flour.
3 oz. of fat bacon.	1 teaspoonful of bovril.	Cayenne. Salt.
1 onion.	A bunch of herbs.	Olives, or green peas.
2 oz. of butter.		
1 gill of port wine.		

Average cost, 5s.

Draw and prepare a duck, as for roasting. (See page 255.)

Melt the butter in a stewpan.

Chop the bacon finely, and add it to the butter.

Lay the duck in the pan, breast downwards.

Fry gently, until the breast is a pale brown, then turn it over, and brown the back and sides in the same way.

Now add a bunch of herbs, one onion, seasoning of cayenne and salt, one pint of brown stock, or gravy, and a teaspoonful of bovril.

Bring to the boil, and let it stew gently for about three-quarters of an hour, according to size.

Take up the duck, and keep it hot.

Strain the liquor, put it on again, and bring to the boil.

Mix the rice flour thoroughly with the port wine, then stir it into the gravy.

Stir till it boils, then pour it round the duck.

Garnish, with either turned olives or green peas.

If liked, cold duck may be used up in the same way, but then, if it is not a whole one, it should be cut up into neat joints. As it has been thoroughly well cooked it only needs to be warmed through in the gravy.

Chicken, with Savoury Rice.

1 chicken.	4 oz. of butter.	Larding bacon.
$\frac{1}{2}$ lb. of rice.	$\frac{1}{2}$ pint of white stock.	Pepper.
1 gill of tomato pulp.	stock.	Salt.

Average cost, 4s. 6d.

Truss the chicken, as for roasting.

Lard the breast.

Melt two ounces of butter in a stewpan, put in the chicken, with its breast upwards, and sprinkle with a little salt and pepper.

Lay a buttered paper over the fowl, and cover down closely.

Draw the pan to a moderately hot part of the range, and let the bird cook gently for about an hour and a quarter, or rather less if small.

Baste the fowl frequently, with the gravy which runs from it, but be careful to cover the pan closely again each time the lid is replaced.

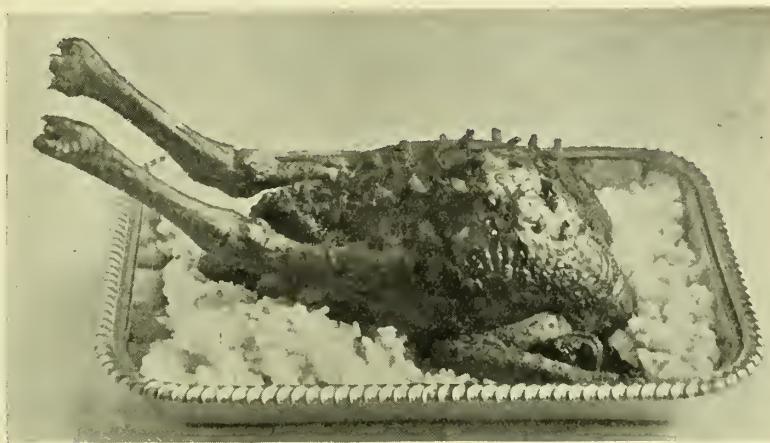
While the fowl is cooking, prepare the rice.

Blanch half a pound of Patna rice, strain it, rinse in cold water, and drain it.

Put it back into a saucepan, with two ounces of butter, a quarter-pint of tomato pulp, and half-a-pint of white stock, which has been coloured with a few drops of carmine.

When the stock boils, cover the rice with a buttered paper, and put the lid closely on the pan.

Let the rice cook gently, for half to three-quarters of an hour.



CHICKEN, WITH SAVOURY RICE.

If required, add a little more stock during the cooking, but, when done, the grains of rice should be quite separate, and all the stock absorbed.

Put the fowl into a quick oven for a few minutes, to crisp the lardons.

Make a border of the rice, remove the skewers and strings from the chicken, stand it in the centre of the dish, and serve.

Roast Guinea Fowl.

1 guinea fowl. Larding bacon.	Flour. Gravy. Dripping.	Bread sauce. Watercress.
Average cost, 4 <i>s.</i> 6 <i>d.</i>		

Pluck, singe and draw a guinea fowl.

Truss it like a pheasant, and lard the breast.

Pour about half-a-pint of melted dripping over the bird.

Roast, in front of a brisk fire, for an hour, basting it frequently.

About ten minutes before it is done, baste it well, then sprinkle it with flour.

Let it hang in front of the fire a few minutes longer, to froth up well.

Place the bird on a hot dish, remove the skewers, etc., and garnish with bunches of watercress.

Serve, with a good gravy and bread sauce, in separate sauce-boats.

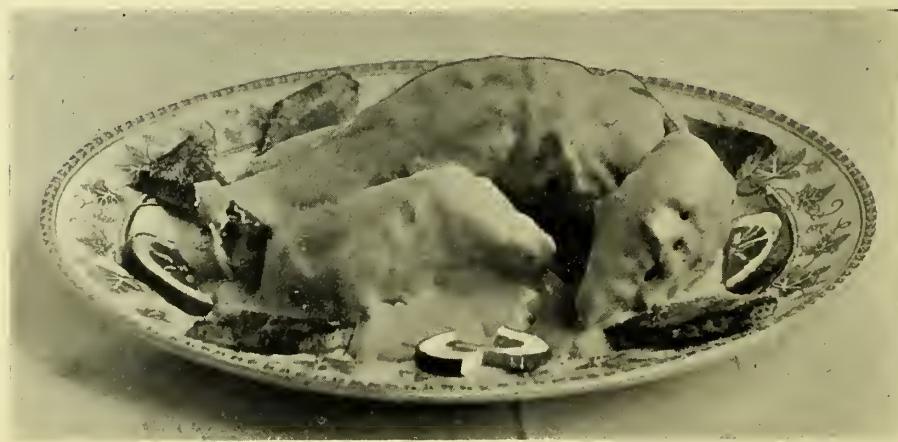
Boiled Rabbit.

1 rabbit.	1 onion.	Salt.
Pickled pork, or bacon.	6 peppercorns. Milk.	1 pint of soubise sauce.

Average cost, 2s.

Choose a young rabbit.

If the claws are on, see that they are smooth and sharp. If the claws have been chopped off, see that the inside fat is white. If this fat is yellow the rabbit is old, though occasionally old rabbits have white fat.



BOILED RABBIT.

After cleaning and skinning the rabbit, soak it well in warm water for half-an-hour.



BOILED RABBIT.

Thoroughly cleanse it by the tail, rinse it well, then truss it for boiling. (See page 271.)

Put it into a saucepan, with cold water to cover.

When it comes to the boil strain it, and rinse again.

Then put the rabbit on, with sufficient milk and water to cover (in the proportions of one part milk to two parts water), and add one onion, six peppercorns and one teaspoonful of salt.

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

Take out the rabbit, place it on a dish, and remove the skewers.

Pour a pint of soubise sauce over, and garnish with croûtons of fried bread and slices of lemon, placed alternately.

Rolled slices of bacon can also be served on the same dish; or else a piece of boiled pork on a separate dish.

If liked, parsley, mushroom, or plain onion sauce, may be served instead. (For SAUCES, see Index.)

Ragoût of Rabbit.

1 rabbit.	1 large onion.	A thin slice of lemon peel.
1 wineglassful of port wine.	6 cloves.	Pepper. Salt.
2 oz. of butter.	12 peppercorns.	Garnish of forcemeat balls and potato olives.
1 pint of brown gravy or stock.	A bunch of herbs (bay-leaf, thyme and parsley).	

Average cost, 2s. 3d.

Cleanse the rabbit thoroughly, and cut it into neat joints.

Blanch these, then dry them well in a cloth.

(To blanch the pieces of rabbit, put them into a saucepan with sufficient cold water to cover. Bring to the boil, then rinse the pieces in cold water.)

When quite dry, roll the pieces in flour.

Melt the butter in a saucepan, put in the pieces of rabbit, and fry a rich golden colour.

Now add a pint of brown gravy or stock, one whole onion, the herbs, peppercorns, cloves and lemon peel (the herbs and spices tied in a piece of muslin), and a seasoning of pepper and salt.

Bring gently to the boil, then draw the pan to one side, and let it simmer gently from half to three-quarters of an hour.

Take out the onion, bag of herbs and spices, and the lemon peel, then put in the glass of port wine.

If required, thicken the gravy with a little rice flour, mixed in a little cold stock or wine.

Bring all just to the boil again.

Arrange the pieces of rabbit in a dish, pour the gravy over, and garnish with forcemeat balls and potato olives.

Roast Pigeons.

3 pigeons.	Pepper.	Salt.	Gravy.
3 slices of fat bacon.	3 slices of buttered		Garnish of fried
3 oz. of butter.	toast.		parsley.

Average cost, 3s. 6d.

Singe and draw the three pigeons.

Put about three-quarters of an ounce of butter inside each pigeon, and season them with pepper and salt.



ROAST PIGEONS.

Then truss them for roasting, with a slice of fat bacon tied over the breast of each. (See page 261.)

Toast the slices of bread, butter them, and stand one pigeon on each.

Roast them, in front of a brisk fire, for twenty minutes, basting them continually with butter.

When the pigeons are cooked, remove the strings and the bacon; or, if liked, the bacon can be left on the breasts.

Place the pigeons and toasts on a hot dish, and garnish with bunches of fried parsley.

Serve, with a good gravy, which has been flavoured with a little port wine.

Braised Pigeons.

3 pigeons.	1 onion.	Sauce, as described.
$\frac{1}{2}$ lb. of bread-crumbs.	$\frac{1}{2}$ a carrot.	A pinch of grated nutmeg.
3 oz. of butter.	$\frac{1}{2}$ a turnip.	Pepper.
2 oz. of bacon.	A bunch of herbs.	Salt.
3 oz. of mushrooms.	A slice of bacon.	
	$\frac{1}{2}$ pint of stock.	

Average cost, 3s. 9d.

Draw and wash three young pigeons.

Make half-a-pound of fine white bread-crumbs.

Chop the bacon and the mushrooms finely.

Melt one ounce of butter, and mix the bread-crumbs into it thoroughly.

Then add the chopped bacon and mushrooms, pepper, salt, and grated nutmeg.

Stuff the pigeons with this mixture, and truss them. (See page 261.)

Melt two ounces of butter, or good dripping, in a stewpan.

Put in with the butter, one onion, half a carrot, half a turnip (cleaned and sliced), a bunch of herbs, and a slice of bacon.

Lay the pigeons on top of these ingredients, put the lid on the pan, and fry for ten minutes.

Now add half-a-pint of stock, lay a buttered paper over the birds, and cover down closely with the lid.

Stand the pan in a moderate oven, and braise for three-quarters of an hour, basting the birds frequently with the stock, and adding more as that in the pan reduces.

When cooked, take the pigeons up and brush them over with a little liquid glaze; or the gravy in the pan can be reduced by rapid boiling and used in place of the glaze.

Stand the birds on a hot dish, and garnish round with turned olives, or olive potatoes or turnips.

Strain the liquor from the pan, skim off all the fat, add a little more stock and salt to taste; thicken it with a little flour, mixed quite smooth with a small quantity of sherry.

Bring to the boil, pour it round the pigeons, and serve.

Pigeons, to be good, should be quite fresh, and, if possible, they should be drawn directly they are killed.

Stewed Pigeons.

3 pigeons.	2 oz. of butter.	A bunch of herbs (bay-leaf, thyme and parsley).
$\frac{1}{4}$ lb. of lean ham.	2 tablespoonfuls of flour.	Pepper. Salt.
$\frac{1}{2}$ pint of button mushrooms.	1 dessert-spoonful of lemon juice.	Garnish, as described.

Average cost, 4s.

Draw and truss the pigeons. (See page 261.)

Cut the ham into dice shapes.

Melt the butter in a stewpan, put in the ham and the pigeons, and fry together, until they are a nice golden colour.

Take out the pigeons and the ham.

Stir two tablespoonfuls of flour into the saucepan.

When well mixed, pour in, by degrees, a pint and a half of brown stock.

Stir until it boils, then put in the pigeons, ham, lemon juice, herbs (tied in muslin), mushrooms, pepper and salt, to taste.

Simmer all gently for half-an-hour.

Take out the pigeons, and stand them on a hot dish.

Remove the herbs.

Arrange the mushrooms round the birds, alternately with slices of cooked tomato and croûtons of fried bread.

Roast Larks.

6 or 8 larks.

6 or 8 slices of bacon.

Butter, or dripping.

Brown bread-crumbs.

Watercress.

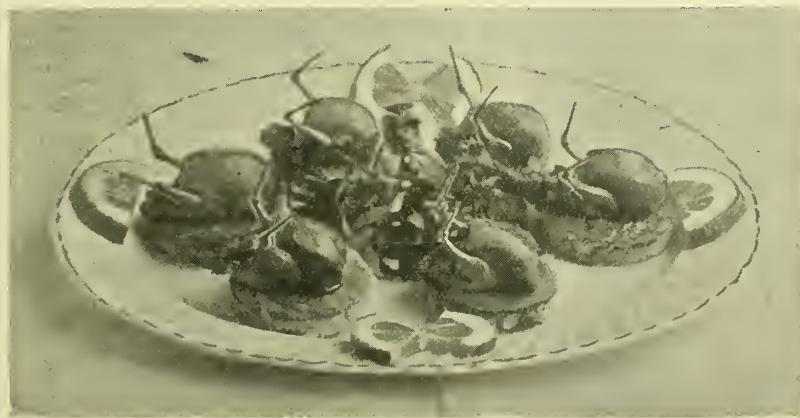
6 or 8 pieces of toast.

Average cost, 2s. 3d.

Pick, singe and clean the larks, and truss them.

Roll each one in a slice of bacon.

Run them on a couple of skewers, three or four on each, and put to roast, in front of a bright fire, for ten minutes.



ROAST LARKS.

Cut sufficient rounds of buttered toast, large enough to hold one lark each.

Stand these under the birds while cooking, to catch the drippings.

When cooked, take the larks off the skewers, and remove the bacon.

Stand each lark on one of the rounds of toast, then arrange in a circle on a dish, and put a bunch of watercress in the centre.

Garnish round the outside with browned bread-crumbs and slices of cut lemon.

If liked, a good gravy may be served with them.

Larks may also be egged and crumbed, and then roasted; or they may be wrapped in a vine leaf, or stewed like pigeons.

Roast Blackcock.

2 blackcock.	3 oz. of butter.	Watercress.
2 slices of fat bacon.	Gravy.	

Average cost, 4s. 6d.

Blackcock should be hung for a few days, the time varying according to the weather.

Pluck and draw the birds, wipe them inside and out, and truss like fowls. (See page 241.)

Lay a slice of fat bacon on the breasts.

Melt three ounces of butter, and pour it over them.

Hang in front of a brisk fire, or put them into a moderate oven, and roast for about three-quarters of an hour.

About ten minutes before they are done, remove the bacon, so that the breasts may brown, and baste them continually.

When finished cooking, remove the skewers and strings, stand them on a hot dish, and garnish with a few sprigs of watercress.

Serve with a sauceboat of rich gravy, and, if liked, one of bread-sauce as well.

Roast Wild Ducks.

(See INDEX.)

Salmi of Wild Ducks.

(See INDEX.)

Roast Grouse.

2 grouse. Butter. Gravy.	Buttered bread- crumbs. Watercress.	2 croûtons of fried bread. Bread sauce. Average cost, 4s.
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Pluck, singe and truss the grouse. (See page 257.) Wipe them with a clean cloth.

Put a piece of butter, about the size of a pigeon's-egg, inside each bird.

Roast them, either in front of a quick fire or in the oven, for half-an-hour, and baste constantly.

When cooked, remove the strings.

Have ready the croûtons of bread, which should be cut large enough to stand the birds on nicely, scooped out a little in the centre, and fried a golden brown.

Stand the birds on these, placed on a dish, and garnish with watercress.

Hand a rich gravy, made from game-bones, with these; also bread-sauce and buttered bread-crumbs, which have been nicely browned in the oven.

Larded Grouse.

1 grouse. $\frac{1}{4}$ lb. of larding bacon.	Fried parsley. Browned bread- crumbs.	Croûton of fried bread. Bread sauce. Average cost, 3s.
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Prepare a nice young grouse; lard the breast and legs, trimming the lardons neatly.

Roast it for thirty minutes, basting continually.

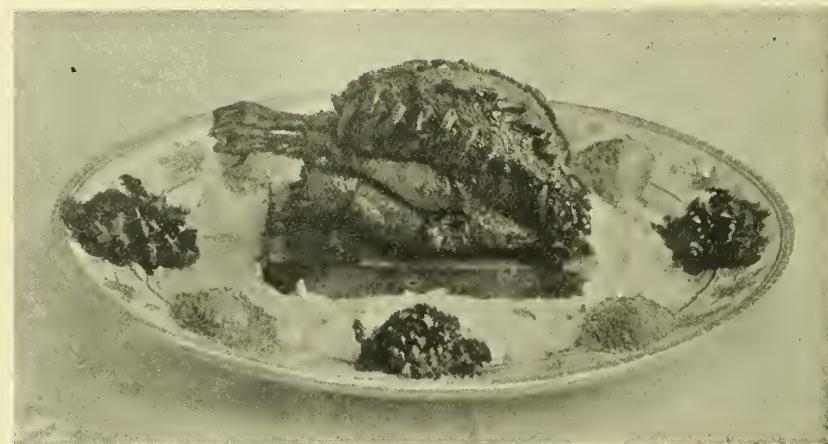
When cooked, remove the skewers, and stand the bird on a croûton of fried bread on a hot dish.

Pour bread-sauce all round.

Around the edge of the dish arrange a border of bunches of fried parsley alternately with little heaps of browned bread-crumbs.

Garnish round the croûton in the same manner.

Grouse also makes an excellent Salmi, as directed for pigeons, page 508.



LARDED GROUSE.

Roast Partridge.

2 partridges.	Browned bread-	Butter, or dripping.
Fat bacon.	crumbs.	Chip potatoes.

Average cost, 4s.

Prepare the partridges for roasting. (See page 263.)

Pour some butter, or good dripping, over them.

Roast in front of a brisk fire for fifteen minutes.

Now remove the fat bacon, sprinkle with flour, baste well, and put them to the fire again.

Roast for another ten minutes.

Take them up, and remove the strings, etc.

Place the birds on a hot dish, and garnish with chip potatoes.

Hand a sauce-boat of gravy with them, also either bread-sauce or browned bread-crumbs.

Boiled Partridges.

2 partridges. | 1 pint of creamy Béchamel sauce. | Parsley.

Average cost, 4s.

Truss the partridges for boiling, with the legs inside.

Put them into a saucepan, with sufficient boiling water to cover, and a teaspoonful of salt.

Watch the water re-boil, then draw to one side, and simmer gently for twenty minutes.

Lift the birds out, drain well, then remove the strings.

Arrange on a hot dish, and pour creamy Béchamel sauce over them.

(For BÉCHAMEL SAUCE, see page 423).

Garnish with a few sprigs of fresh parsley, and serve.

Broiled Partridge.

1 partridge.	Cayenne.	Fried parsley.
Salad oil, or butter.	Salt.	Lemon juice.

Average cost, 2s.

Truss the partridge for roasting. (See page 263.)

Then split it right down the back in halves.

Put about two tablespoonfuls of salad oil, or oiled butter, in a soup-plate, and season it well with salt, cayenne, and a teaspoonful of very finely minced parsley.

Lay the two halves of the bird in this, and let them season well, turning once or twice. They should remain in it for a quarter of an hour.

When ready, oil the bars of a hot gridiron and lay the birds on it, cut side to the fire.

Broil them over a clear, but not very fierce, fire for fifteen minutes, turning them frequently.

When cooked, brush them over with oiled butter, and squeeze a few drops of lemon juice on.

Arrange a bunch of fried parsley in the centre of a dish.
Lay the pieces of partridge, one on each side of it, and serve at once.

If liked, a good game-gravy may be handed with this dish.



BROILED PARTRIDGE.

Roast Hare.

1 hare.	1 large slice of fat bacon.	4 oz. of butter.
6 thin slices of bacon.		Red currant jelly.
1 lb. of forcemeat.	$\frac{1}{2}$ pint of milk.	Gravy.

Average cost, 5s.

Choose a young hare, and soak it in warm water for an hour.
Rinse it well, dry it, and lay it on a board.
Line the inside of the hare with thin slices of bacon.
Make about one pound of forcemeat, the same as for veal. (See page 408.)
Cook the liver and kidneys of the hare in a little butter.
Chop them finely, and mix in with the forcemeat.
Fill the inside of the hare with this, reserving sufficient to make about a dozen balls for garnishing.
Sew the hare up, and truss it for roasting. (See page 265.)

Tie a slice of fat bacon over the back, or lard it.

Lay a well-buttered paper over, and stand it in a double roasting-pan.

Pour the butter and half-a-pint of milk over (cream is better than milk if obtainable).

Put to roast, in a moderate oven, for about an hour and a quarter; or, better still, hang it in front of a brisk fire for this time.

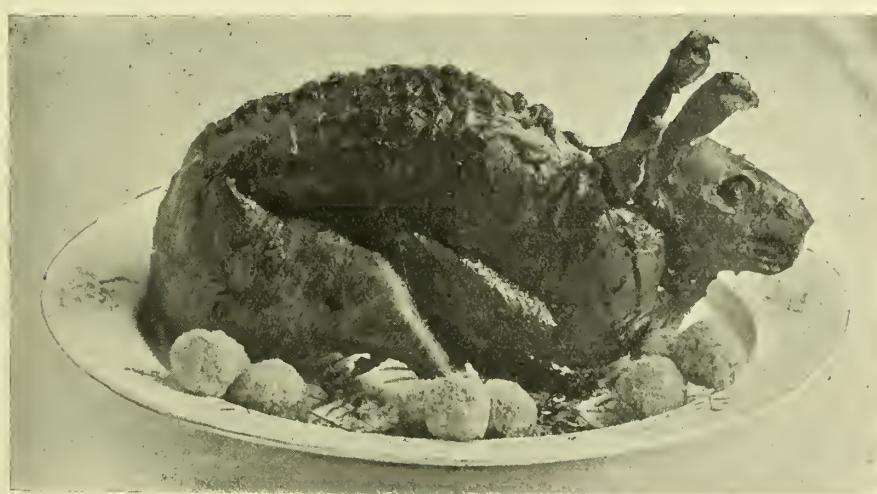
Baste frequently, adding more milk as that in the pan reduces.

If cooked in front of the fire, put it quite near at first, then reduce the heat by drawing the hare further away.

About a quarter of an hour before it is cooked, take off the paper and bacon fat.

Baste and flour it well, then put it back into the oven to froth up.

When ready, remove the skewers, stand the hare on a hot dish, and garnish with the forcemeat balls which have been fried in a little butter.



ROAST HARE.

Hand red currant jelly and a good gravy with it.

Hares should be well hung before being cooked, and the basting during cookery should be well done.

Liver-sauce is very good handed with roast hare. (See page 438.)

Civet of Hare.

1 hare.	2 onions.	12 peppercorns.
2 oz. of butter.	2 teaspoonfuls of bovril.	Flour.
4 oz. of bacon.	1 gill of button mushrooms.	Salt.
1 quart of stock.		Croûtons of fried bread.
$\frac{3}{4}$ pint of claret.		
A bunch of herbs.	3 cloves.	

Average cost, 5s. 6d.

Skin and cleanse the hare.

Chop off the legs, and divide them into neat joints.

Now divide the body of the hare up the back.

Cut the bacon into dice shapes.

Melt the butter in an earthenware or enamelled pan.

Put the bacon in, fry for a minute or two, then lift it out.

Dry the pieces of hare, put them into the butter, and fry until they take colour.

Then sift in about two tablespoonfuls of flour, and fry together for five minutes longer.

Now add, gradually, the stock and claret.

Bring to the boil, and skim well.

When it boils, put in the onions, the herbs and spices (tied up in a muslin bag), the bovril and salt to taste.

Simmer all very gently for one hour.

Lift out the pieces of hare, and keep them hot.

Take out the bag of herbs, etc., then rub the sauce through a hair sieve.

Put the sauce into a clean saucepan, and if it is not thick enough to mask the hare, reduce it by boiling rapidly.

When thick enough, put in the pieces of hare, and let them simmer gently for fifteen minutes.

Lift out the hare, and arrange the pieces on a hot dish.

Garnish round with button mushrooms, which have been made thoroughly hot, and croûtons of fried bread.

If liked, the blood of the hare may be saved and added to the sauce, after it has been through the sieve, and the bovril can then be omitted. If this is done, the sauce must not be allowed to boil after the blood is added, or it will curdle. Never use a tinned saucepan for this if it can be avoided.

Roast Leverets.

2 leverets.	Gravy.	Lemon juice.
Larding bacon.	Flour.	Salt.
4 oz. of butter.	Red currant jelly.	

Average cost, 4s.

Truss the leverets in the same manner as hare (see page 265).

It is not necessary to stuff them.

Lard the backs.

Melt a quarter of a pound of butter, pour it over them, then place a well-buttered paper over their backs.

Roast in front of a clear fire, basting very frequently.

About ten minutes before they finish cooking, sprinkle with a little salt, then sift flour over them.

When done, remove the skewers and string, and place the leverets on a hot dish.

Make a good gravy, dissolve a large tablespoonful of red currant jelly in it, and add a few drops of lemon juice.

Pour a little of this round the leverets, put the remainder in a sauceboat, and serve.

Roast Pheasant.

1 pheasant.	Croûton of fried bread.	Brown bread-crumbs.
1 slice of fat bacon.		
½ pint of dripping.	Bread sauce.	Watercress.
Gravy.		

Average cost, 4s.

When the pheasant has been properly hung, pluck, singe, draw and truss it.

Pheasant is trussed like grouse. (See page 257.)

Cut a slice of fat bacon, large enough to cover the breast.

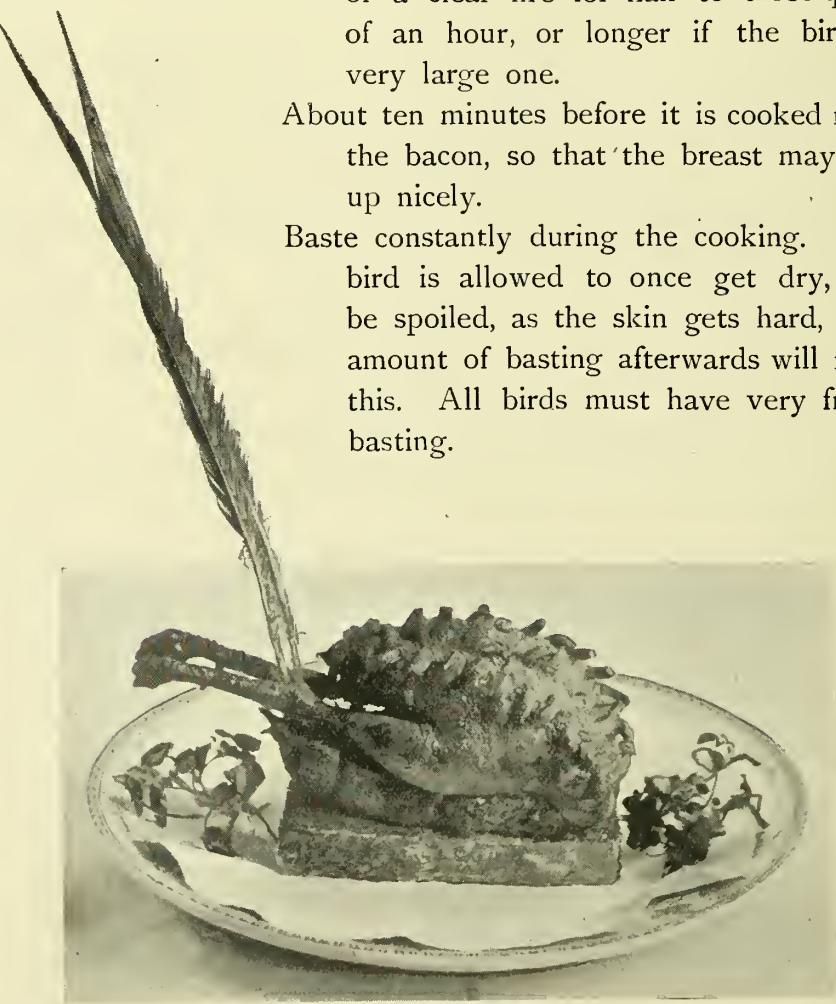
Slit the bacon in five or six places, then fasten it on the breast of the bird. Or the breast can be larded.

Pour half-a-pint of good clarified dripping over it.

Roast the bird either in the oven or in front of a clear fire for half to three-quarters of an hour, or longer if the bird is a very large one.

About ten minutes before it is cooked remove the bacon, so that the breast may brown up nicely.

Baste constantly during the cooking. If the bird is allowed to once get dry, it will be spoiled, as the skin gets hard, and no amount of basting afterwards will remedy this. All birds must have very frequent basting.



ROAST PHEASANT.

(Pheasant may be sent to table with or without the tail feathers.)

When cooked, place the pheasant on a croûton of fried bread, which has been slightly hollowed out in the centre.

Garnish with a few sprigs of watercress at each end.

Serve with a sauce-boat of rich gravy, made from game bones, a sauce-boat of bread sauce, and some browned bread-crumbs.

It is necessary for pheasant to be hung several days, otherwise it will be wanting in the excellent flavour associated with this bird. Pheasant newly killed tastes little different to chicken. From six to seven days is the period they are usually hung, at which time blood appears at the bird's beak. The cock bird is generally considered best, while there are some who think the hens more delicate and better eating, particularly if they are laying. The age of the bird can be judged by its spurs; they are short and blunt with young birds.

Stewed Pheasants, with Rice.

2 pheasants.	2 oz. of butter.	Salt.	Flour.
4 oz. of lean ham.	A bunch of herbs.	Rice border, as de-	
2 onions.	Pepper.	scribed.	

Average cost, 6s. 6d.

Singe and draw two young pheasants, then cut them into neat joints.

Put the giblets on to boil with an onion, a bunch of herbs, pepper and salt, and sufficient water to cover.

Bring all to the boil, then skim and boil gently.

Melt two ounces of butter in a stewpan, and put in the pieces of pheasant, the other onion (sliced), the ham cut into dice shapes, a little pepper and salt.

Cover down tightly, and draw the pan to where its contents will cook gently in their own juices.

Turn the pieces two or three times during the cooking, which will take about three-quarters of an hour.

Take the pieces up, put them in a soup-plate, cover with a basin, and stand the plate over a saucepan of boiling water to keep hot while the gravy is being made.

Sift one large tablespoonful of flour into the pan in which the pheasants were cooked, and stir it well.

Then strain a pint of the gravy, made from the giblets, into it.

Bring all to the boil for five minutes, then strain.

Rinse out the stewpan, and put the pieces of pheasant in it with the sauce, and boil up again.

Prepare the rice border, arrange the pieces of pheasant in the centre, pour the sauce over, and serve.

For the Rice Border.

$\frac{3}{4}$ lb. of rice.	3 pints of white stock.	Cayenne.
5 oz. of butter.	4 oz. of parmesan	Salt.
2 onions.	cheese.	

Blanch the rice.

Melt four ounces of butter in a stewpan.

Peel and chop the onions, and put them in with the butter.

Cook gently, without browning, for a quarter of an hour.

Now add the rice, and a quart of well-flavoured white stock.

Watch this come to the boil. Then lay a well-buttered paper on the top.

Cover the pan down, and let the contents simmer gently at the side of the stove for three-quarters of an hour.

Add about three-quarters of a pint more stock by degrees, stirring occasionally to prevent the rice sticking.

When all the stock is absorbed by the rice, remove the paper, and season with salt and cayenne pepper.

Add four ounces of grated parmesan cheese, and one ounce of butter.

Stir these well in, and let the pan remain on the stove until the cheese is melted.

Turn all out on to a dish, form it into a border, and sprinkle with finely-chopped parsley.

Fill in the centre with the pheasant as already described.
 This preparation of rice is also very nice served by itself at luncheon, or as a dressed vegetable.

Quails, in Cases.

3 quails.	Butter.	Nutmeg.
4 oz. of fat bacon.	Sprinkling of sherry.	Herbs.
½ lb. of calf's liver.	Salad oil.	Pepper.
4 eggs.	1 eschalot.	Salt.

Average cost, 4s.

Bone the quails, with the exception of the leg bones.

The boning is done the same as with chicken (see page 229).

Cut the bacon into small dice, and fry it for a few minutes.

Then add half a pound of calf's liver (cut small), one eschalot (finely chopped), a bunch of herbs, tied up so that they can be removed, a small quarter-teaspoonful of grated nutmeg, and seasoning of pepper and salt.

Fry these together gently, stirring often.

When thoroughly well cooked, remove the herbs, and pound all the rest in a mortar until quite smooth.

Allow the mixture to get cold, then put it in a forcing-bag with plain pipe.

Fill the quails with this, and truss them.

Cut three bands of stout paper, about two inches and a half wide and eight or nine inches long, and butter them well.

Bind these round the sides of the birds to keep them in good shape.

Well butter a baking-dish, and stand the quails in it.

Sprinkle a little sherry on the top of each, and lay a well-buttered paper over them.

Cook in a moderate oven for fifteen minutes, then take them out and remove the papers.

Brush three oval fire-proof china cases with salad oil.

Put a layer of the pounded force-meat in the bottom of each.

Put a quail in each one, and sprinkle a little more sherry over them.

Beat the whites of four eggs to a stiff froth, with a pinch of salt.

Put this into a forcing-bag with a plain rose pipe, and garnish the tops of the quails with it. Be sure to leave the feet of the birds showing through this garnish.

Stand the cases on a clean baking-pan, placed in another containing boiling water.

Put them in a moderate oven, until the white of the egg is a pale gold colour.

Take them out, sprinkle a few browned bread-crumbs on top, and serve.

If liked, the egg can be omitted, and a few browned bread-crumbs sprinkled over instead.

Arrange the cases, with the birds in them, on a dish ; garnish with a few sprigs of watercress, and serve.

Roast Quail, with Cress.

(See page 186.)

Ptarmigan.

Average cost, 2s.

This is a kind of grouse, and can be cooked in the same manner.

(For GROUSE, see page 661.)

Snipe.

4 snipes.		Butter.		Toast.		Gravy.		Watercress.
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Average cost, 1s. 6d. each.

Truss the snipes (see page 259), and thread the four of them on a skewer.

Prepare two slices of buttered toast, to place beneath the birds while they are roasting, to catch the dripping from the trail.

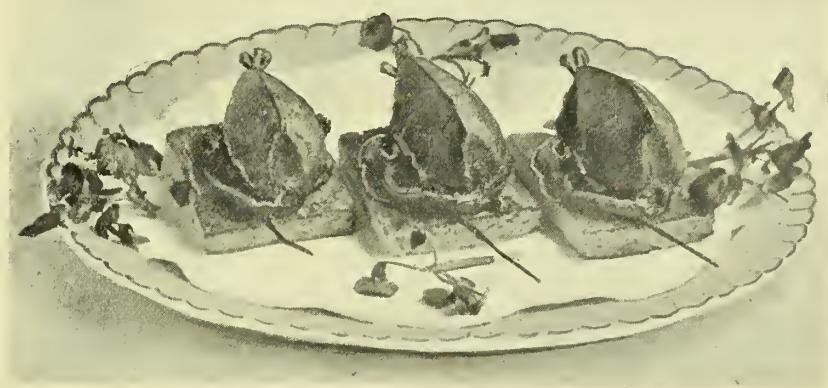
Roast in front of a brisk fire for about twelve minutes.

Baste continually with butter while roasting.

When cooked, remove the skewer, cut the pieces of toast in half, and put a bird on each.

Stand them on a dish, and garnish with a few sprigs of watercress.

Have good brown game gravy, and serve very hot. They are spoiled if allowed to get cool.



ROAST SNIPE.

Woodcock.

Average cost, 2s.

These are cooked in the same manner as snipe, but must be allowed fifteen to twenty minutes roasting, unless required very underdone. They should never be cooked very much.

Roast Teal.

Average cost, 1s. 6d.

This is prepared and roasted in the same manner as wild duck.

Garnish with cut lemon and watercress.

It is also very good made into a Salmi.

Potted Game.

The remains of any cold game.	Powdered mace. Allspice.	White pepper. Salt.
The same weight of finely chopped fat ham.	Castor sugar. Cayenne.	Clarified butter.

Average cost, 2s. per lb.

Free the remains of the cold game from skin, bone, and any hard parts.

Pass it twice through a mincing machine.

Pass the ham twice through also.

Then put all into a mortar, and season highly with the spices, cayenne, white pepper, salt, and a small quantity of castor sugar, and pound thoroughly.

When well pounded, press the mixture into small earthenware or china pots, pour clarified butter over the tops, and put away in a dry place.

If ham is not procurable, butter may be used instead.

When required for use, stand the pots on a d'oyley; garnish with a sprig or two of fresh parsley, and serve.

PASTRY, PUDDINGS AND SWEET DISHES.



Puff Paste, No. I.

$\frac{1}{2}$ lb. of flour. | $\frac{1}{2}$ lb. of butter. | Lemon juice. | Salt.
Average cost, 9d.

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

Sift the flour and salt, and put these into a basin.

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

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

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

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

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

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

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

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

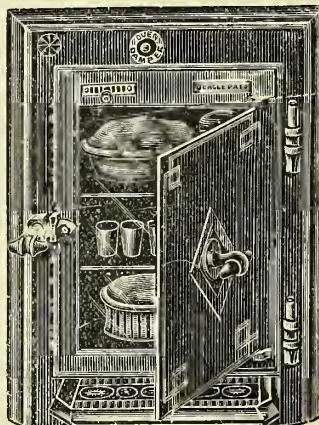
Fold once more, into three, and put away again for half-an-hour.

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

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

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

The rolling out is done three times, and there are four rollings each time.



OVEN OF GOLD MEDAL EAGLE RANGE, SHOWING THE GLASS-PANELLED DOOR.

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

To make patties, roll out the pastry to a quarter of an inch thickness. Take a plain round cutter, two inches and a half across, also one one inch across.

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

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

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

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

The tops will be done before the cases.

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

When the pastry is baked sufficiently, take it out, fill the cases, and put the tops on.

Puff Paste, No. 2.

1 lb. of flour.		Lemon juice.
$\frac{3}{4}$ lb. of butter.		A pinch of salt.

Average cost, 1s. 2d.

Sift the flour and salt through a fine sieve.

Divide the butter into three parts.

Squeeze the juice of a lemon into half-a-pint of very cold water.

Put the sifted flour and salt into a basin, and mix it lightly into a dough with the lemon-water.

Sprinkle a pastry board, or preferably a marble slab, with a little flour, only just sufficient to prevent the paste sticking.

Puff paste can be made heavy by using too much flour in the rolling-out process.

Roll the paste out, then divide one of the three portions of butter into small pieces, and dot them lightly and evenly about the paste.

Sprinkle over with a little more flour.

Fold all the edges of the paste into the centre, then set aside, in a cool place, for fifteen minutes.

Roll it out, and put the second portion of butter, divided into small pieces, on it in the manner first described.

Fold all the edges of the paste into the centre again, and leave for another fifteen minutes.

Repeat the process with the third portion of butter, and leave for fifteen minutes again.

Now roll out three times, and use.

Short Paste, for Fruit Tarts.

$\frac{1}{2}$ lb. of flour. 1 oz. of rice flour.	$\frac{4}{5}$ oz. of butter. 1 yolk of egg.	1 teaspoonful of baking powder.
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Average cost, 8d.

Sift the flour and the rice-flour through a fine sieve.

Put them into a basin, or on to a marble slab.

Rub in the butter until quite smooth.

Now mix in the baking powder.

Make into a stiff dough, with the yolk of an egg and a little cold water.

Roll out to the required thickness, and use.

Dripping Paste.

6 oz. of good beef dripping.	6 oz. of flour. Pinch of salt.	1 teaspoonful of baking powder.
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Average cost, 6d.

Work up the dripping into a creamy state.

Add a pinch of salt and the baking powder to the flour, then rub it into the dripping.

Add sufficient cold water to make it into a stiff dough.

Roll out, and use.

Suet Paste, for Boiling.

1 lb. of flour.		6 oz. of beef suet.		Pinch of salt.
Average cost, 5d.				

Free the suet from all skin and shreds, and chop it very finely.
Put the flour, and a pinch of salt, into a basin, and rub the
chopped suet well into it.

Mix into a smooth dough, with about half-a-pint of cold water.
Roll out, and use.

Less suet may be used for a very plain paste, or for a very rich
one use a little more. The quantities first given are for a
good ordinary paste for boiled fruit or meat puddings, or suet
dumplings.

The most important thing necessary to obtain a successful paste is
chopping the suet very finely.

Raised Pie Paste.

1 lb. of flour.		$\frac{1}{4}$ lb. of butter.		1 egg.		Pinch of salt.
Average cost, 7d.						

Rub the butter with the flour and salt.

Mix with one whole egg, and sufficient cold water to make a stiff
dough.

Roll out, and use.

Choux Paste (as used for Chocolate Éclairs, etc.).

4 eggs.		1 breakfast-cupful of boiling water.		5 oz. of flour.
3 oz. of butter.				
Average cost, 8d.				

Put the butter and water into a saucepan, and boil up.
When quite boiling, put in all the flour at once.

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

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

Beat the eggs well.

Add them, by degrees, to the mixture, beating all the time.

Beat well, for quite ten minutes.

Then put the mixture into a forcing-bag, with a plain pipe, and

force out in the required shapes on to a greased baking-sheet.

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

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

Neither must they be taken out before they are properly cooked through, or they will sulk.

To Ice Pastry.

Eggs.		Icing or Castor Sugar.
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Beat the whites of one or two eggs to a stiff froth.

Spread this over the pastry when it is cool.

Sift icing or castor sugar thickly over.

Put the pastry back into the oven, and let the icing become a pale golden brown.

To Ice Cakes.

This process is fully described and illustrated on pages 274-277.

Apple Tart (Pie).

2 lbs. of cooking apples.	4 oz. of moist sugar. 4 cloves.	1 teaspoonful of chopped lemon peel.
$\frac{3}{4}$ lb. of short paste.	Crushed loaf sugar.	

Average cost, 1s. 6d.

Make three-quarters of a pound of short paste (see page 678).

Pare and core the apples, and slice them into thin slices.

Put a layer of the apple in the bottom of a pie-dish.

Sprinkle some of the moist sugar over, some of the chopped lemon-peel, and one or two of the cloves.

Now put another layer of apple, etc., and fill the dish in this way, piling up the apple high in the centre.

Pour in about a teacupful of cold water.

Roll out the paste to about a quarter of an inch thickness.

Cut a strip, and lay it round the edge of the dish, first wetting the edge it lies on.

Now wet the paste edging, and put the paste cover over the whole pie.

Press the edges gently, then trim them neatly.

Brush the top paste over with cold water, stand the dish on a paper, then sprinkle the top thickly with finely-crushed loaf sugar.

Put the pie into a moderate oven to bake, and when the loaf sugar begins to colour, lay a wetted sheet of paper over the top.



APPLE TART.

If the apples are of a good cooking kind, the pie will be baked in half to three-quarters of an hour.

All fruit tarts may be made in this way, only that cloves are not used except with apples.

Fruit tarts may have a cover of puff paste if desired, but then the crushed loaf sugar is not put on top. Powdered sugar is sifted over instead, after the pie is cooked.



APPLE PUFFS.

Apple Puffs.

1 lb. of good cooking apples.	$\frac{1}{2}$ lb. of puff paste. Sugar.	A small piece of stick cinnamon.
Average cost, 9d.		

Pare and core the apples, then slice them.

Put the slices into a saucepan, with two tablespoonfuls of cold water, and the piece of cinnamon.

Stew until the apples are quite pulpy.

Remove the cinnamon, sweeten to taste, and put the pulp away to cool.

When the apple is cold, roll out the puff paste to an eighth of an inch thickness.

Cut strips four inches wide, then cut these across to make four-inch squares.

Brush the edges of the squares over with cold water.

Put a tablespoonful of the apple pulp on one half of a square, then fold the other half over, corner to corner, so as to form a triangle. Press the edges firmly together.



SPANISH PUDDING.



OPEN APRICOT TART.

Brush the puffs over with beaten-up white of egg, and sift icing-sugar thickly over the top.

Wet a clean baking-sheet with cold water, lay the puffs on it.

Bake in a fairly quick oven for fifteen minutes, opening the door as little as possible.

Opening the oven door too much whilst baking puff paste pastry spoils it completely, and the cold draught makes it rise unevenly, more on one side than the other.

Apricot Tart, Open.

$1\frac{1}{2}$ lb. of apricots.		3 oz. of sugar.
$\frac{3}{4}$ lb. of short paste.		1 pint of water.

Average cost, 1s. 6d.

Cut the apricots in halves, and remove the stones.

Make a syrup of the sugar and water, and cook the apricots gently in it.



OPEN APRICOT TART.

Well butter a tin pastry-ring, or a tin cake-ring will do.

Stand it on a buttered baking-sheet, then line the sides and bottom with short paste, all in one piece.

The sides should be about two inches deep, not more.

Butter a sheet of paper, and line the paste with it, butter side downwards, then fill it with raw rice. This is to prevent the paste rising out of shape.

Bake in a moderate oven for about twenty minutes.

Then take out the rice and the paper, remove the ring, and put the pastry back in the oven to finish cooking the inside.

When done, lift it gently on to a pastry-rack, and fill the centre with the cooked apricots.

Ornament the edges with royal icing (see Index for this).

Or omit the icing, and put a wreath of green leaves, cut out of angelica, round.

If liked, whipped cream may be put on the top of the apricots.

Roly-Poly Pudding.

1 lb. of suet paste | Jam, or treacle.

Average cost, 5d.

Make one pound of good suet paste, as described on page 679, and roll it out a quarter of an inch in thickness.



ROLY-POLY PUDDING.

Spread it evenly over with any kind of jam (or treacle may be used) to within an inch of the edges.

Roll it up carefully.

Wet the paste and press firmly together at the ends.
 Fold a well-buttered cloth round, tie at the ends, and tightly pin in the centre.
 Boil the pudding for an hour and a half.
 When cooked, remove the cloth carefully.
 A nice sweet sauce can be poured over and around it; and, if liked, the top can be sprinkled with coarsely pounded loaf sugar and shredded pistachio nuts.

Christmas Pudding.

3 oz. of flour.	6 oz. of currants.	$\frac{1}{2}$ teaspoonful of spice.
3 oz. of bread-crumbs.	4 oz. of minced apple.	A small wineglassful of brandy.
6 oz. of suet.	5 oz. of sugar.	3 eggs.
6 oz. of stoned raisins.	2 oz. of candied peel.	A pinch of salt.

Average cost, 2s.

Mix together three ounces of flour, three ounces of finely-made white bread-crumbs, six ounces of finely-chopped beef kidney suet, six ounces of stoned raisins (weighed after they are stoned), six ounces of well-cleaned currants, four ounces of minced apples, five ounces of sugar, two ounces of mixed peel minced small, half a teaspoonful of nutmeg mixed with pounded mace, a pinch of salt, a small glass of brandy, and three whole eggs.

Mix and beat these ingredients well together.

Pour them into a well-buttered mould or basin, spread a buttered paper over, then tie a cloth firmly over the top.

Boil for four hours, keeping the pudding well covered with boiling water.

Turn it out, and sift icing sugar thickly over the top.

Pour two or three tablespoonfuls of brandy round, and, just before tending to table, set this alight.

At Christmas-time a piece of holly can be stuck in the centre.

This pudding may be served with wine or punch sauce; or with rum or brandy butter.

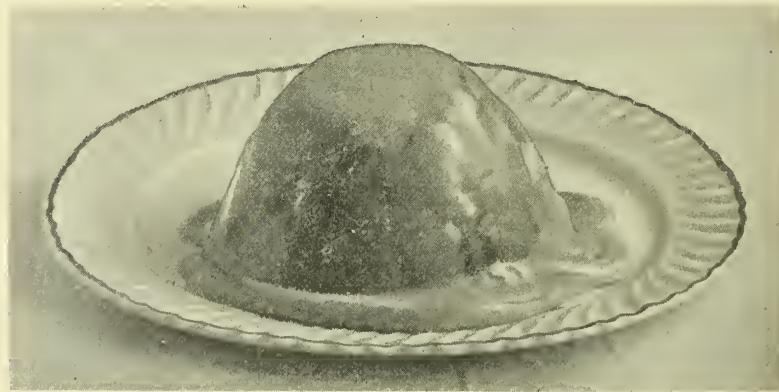
Emperor William Pudding.

$1\frac{1}{4}$ pint of milk.	3 oz. of sugar.	6 oz. of sultana
3 oz. of rice.	1 oz. of mixed peel.	raisins.
3 oz. of suet.	3 eggs.	Sauce, as described.

Average cost, 2s.

Stew three ounces of rice in a pint and a quarter of milk, until it is very tender and has absorbed all the milk.

When it has cooled a little, mix with it three ounces of very fresh and finely-chopped beef suet, three ounces of sugar, one ounce of finely-chopped mixed candied orange and lemon-peel, six ounces of sultana raisins, and three eggs well beaten and strained.



EMPEROR WILLIAM PUDDING.

Put the mixture into a well buttered mould or basin. Lay a buttered paper over the top.

Stand it in a saucepan with sufficient boiling water to reach three-fourths the way up the mould, and boil for three hours.

More boiling water will require to be added to that in the saucepan as it boils away.

When done, turn the pudding out on to a dish, and pour the following sauce over.

For the Sauce.

$1\frac{1}{2}$ oz. of loaf sugar.	$1\frac{1}{2}$ gills of sherry, or other white wine.	Lemon juice.
3 yolks of eggs.		

Dissolve an ounce and a half of loaf sugar in the wine made hot. While quite hot, stir in the beaten yolks of three eggs.

Put this sauce in a double saucepan, and stir until it thickens, like custard, but do not let it boil, or it will instantly curdle.

Pour this over the pudding; or, if preferred, serve in a sauce-boat. A teaspoonful of lemon juice added is an improvement.

If wine is not liked, a plain custard sauce, flavoured with lemon peel or vanilla, may be substituted.

Empress Augusta Pudding.

$\frac{1}{4}$ lb. of rice.	$\frac{1}{4}$ lb. of minced dried fruits, such as cherries, angelica, citron (if liked), ginger, apricots, etc.	Vanilla or ratafia flavouring.
$1\frac{1}{2}$ pint of milk.		1 tablespoonful of rum or liqueur.
$\frac{1}{4}$ pint of cream.		
6 oz. of sugar.		
6 yolks of eggs.		1 oz. of gelatine.

Average cost, 2s. 3d.

Put a quarter of a pound of rice into boiling water, and boil until about half done.

Then drain, and put it into a stew-pan, with a pint and a half of boiling milk, six ounces of sugar, and flavouring of vanilla, ratafia, or lemon.

Stir well, and simmer at the side of range until the rice is quite tender. Let it get cold.

Mince the assortment of dried fruits, four ounces in all, and moisten with a tablespoonful of liqueur. Or rum will do. Put this away on a plate.

Strain the milk from the rice, and if this milk is not sufficient to three-parts fill the size of mould that is chosen, add a little more to it.

Stir the yolks of six eggs into this milk, and heat it until a custard is formed, stirring in also an ounce of dissolved gelatine.

Put the custard into a bowl, and beat to a froth.

Blend with it a breakfast-cupful of whipped cream.

When the mixture begins to set, work into it, by degrees, the rice and the fruit.

Fill the mould with the mixture, and put it into a cool place until next day.

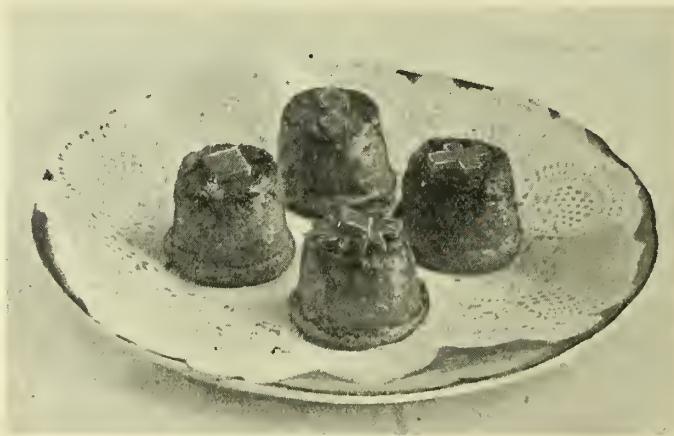
Small Baked Rice Puddings.

2 tablespoonfuls of rice.	2 oz. of butter.	Sugar, to taste.
$\frac{3}{4}$ pint of milk.	4 eggs. $\frac{1}{4}$ pint of thick cream.	Nutmeg. Lemon.

Average cost, 1s. 3d.

Wash two large tablespoonfuls of rice.

Put it to simmer, with half-a-pint of milk, until thick and tender.



SMALL BAKED RICE PUDDINGS.

Add a piece of butter, the size of an egg, the quarter-pint of cream, and quarter-pint of milk.

Just bring to the boil, and then allow it to get cold.

When cold, mix in four well-beaten eggs, sugar to taste, and a little nutmeg and grated lemon peel (if liked).

Butter little cups or tins, put some slices of citron at the bottom, then fill them three-parts full of the rice mixture.

Bake in a rather slow oven for three-quarters of an hour.

Serve with a sweet sauce.

Alma Pudding.

$\frac{1}{2}$ lb. of bread-crumbs.	2 oz. of sago.	6 eggs.
6 oz. of finely chopped suet.	5 oz. of sugar.	$\frac{1}{2}$ a gill of rum.
	4 oz. of sultana raisins.	1 tablespoonful of apricot jam.

Average cost, 1s. 8d.

Make half-a-pound of fine white bread-crumbs.

Put these into a bowl, with two ounces of sago, six ounces of finely chopped suet, five ounces of sugar, a quarter-pound of well-picked sultana raisins, and one tablespoonful of apricot jam.



ALMA PUDDING.

Well beat six eggs, and add a gill of rum to them.

Put these in with the other ingredients, and mill all well together.

Well butter a basin or mould, and put in the mixture.

Tie a buttered paper over the top.

Stand in a saucepan, with boiling water reaching a little more than half-way up the mould.

Steam gently for two hours, gently adding more boiling water as that in the saucepan boils away.

Winter Pudding.

$\frac{1}{2}$ lb. of flour.	$\frac{1}{4}$ lb. of sugar.	2 eggs.
1 teaspoonful of carbonate of soda.	2 tablespoonfuls of jam.	2 tablespoonfuls of butter.

Average cost, 9d.

Mix together the sugar, butter, eggs, and carbonate of soda, for about five minutes.

Then add the flour, and mix again.

Lastly, add the jam.

Fill a buttered mould three-parts full with this, and lay a buttered paper over the top.

Stand the mould on a fold of paper, in a saucepan, with sufficient boiling water to come three-fourths the way up the mould.

Watch the water re-boil, and then let the pudding steam for two hours.

Turn it out on to a hot dish, and pour any sweet sauce—a custard or wine sauce—over, and serve.

(For SWEET SAUCES, see pages 454 to 459.)

Imperial Pudding.

6 eggs.	The weight of the eggs in butter.
The weight of the eggs in flour.	The weight of the eggs in currants.
The weight of the eggs in castor sugar.	Candied peel, to taste.

Average cost, 1s. 6d.

Beat the butter to a cream.

Add the castor sugar, and beat again.

Thoroughly beat the eggs, then add them, by degrees, to the butter and sugar.

Add the flour, and beat again.

Lastly, add the currants and peel.

The important detail, in making this pudding, is to beat it thoroughly after adding the different ingredients.

Put the mixture into a well-buttered basin, or mould, and lay a buttered paper over the top.

Stand the basin on a fold of paper in a saucepan, with boiling water reaching three-fourths the way up the basin.

Steam for six or seven hours, gently adding more boiling water as that in the saucepan boils away.

Turn the pudding out on to a hot dish, pour wine sauce over, and serve. (For WINE SAUCE, see page 458.)

Lemon Pudding, Baked.

1 lemon.	2 small tablespoon-	1 dessert-spoonful of
1 breakfast-cupful of white sugar.	fuls of arrow- root.	butter. 2 eggs.

Average cost, 6d.

Mix the arrowroot smoothly with a little cold water.

Add the yolks of eggs, not beaten, half the sugar, the strained juice of the lemon, and the grated rind.

Add one pint of boiling water, and boil for five minutes.

Mix the butter well with the other ingredients, then put the mixture into a buttered dish.

Beat the whites of the eggs to a stiff froth, and add the remainder of the sugar to them.

Spread this on top of the pudding, and bake in a moderate oven until it is a light brown.

Plain Rice Pudding, Baked.

$\frac{4}{5}$ oz. of rice.	2 oz. of sugar.	Grated rind of half a lemon.
$1\frac{1}{2}$ pint of milk.	2 eggs.	
2 oz. of butter.		

Average cost, 9d.

Wash four ounces of rice, and about half cook it in boiling water. Drain off the water, and put the rice into a stewpan, with a pint and a half of milk.

Stew slowly until the rice is quite tender.

Before it is taken from the fire, stir in two ounces of butter and two ounces of sugar.

Remove it from the fire, and when it has cooled a little add two well-whisked eggs and the grated rind of half a lemon.

Grated nutmeg can be used instead of the lemon if preferred.

Pour into a well-buttered pie-dish, and bake in a slow oven for thirty to forty minutes.

Snowdon Pudding.

$\frac{1}{2}$ lb. of bread-crumbs.	6 oz. of sugar.	5 oz. of orange marmalade.
$\frac{1}{2}$ lb. of suet.	4 eggs.	
$1\frac{1}{2}$ oz. of rice flour.	A few split raisins.	A pinch of salt.

Average cost, 1s. 3d.

Ornament a well-buttered basin with some split raisins (or they may be omitted, if preferred).

Mix together half-a-pound of finely-minced beef kidney suet, half-a-pound of bread-crumbs, an ounce and a half of rice flour, a pinch of salt, five ounces of orange marmalade, six ounces of sugar, and four well-whisked eggs.

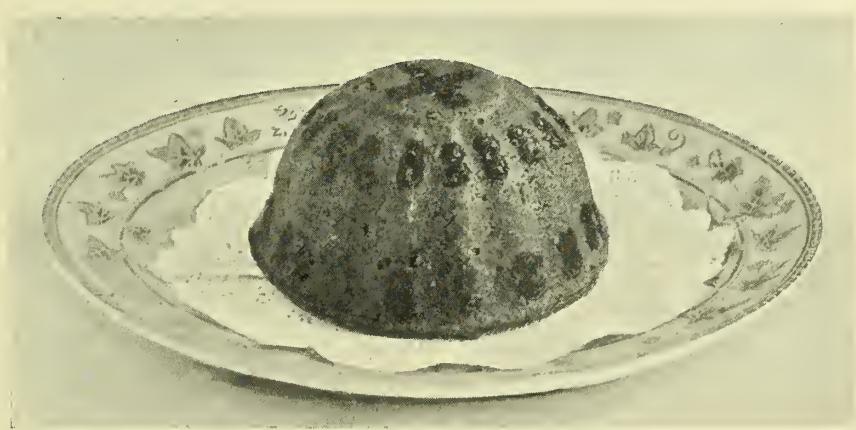
Beat the whole until all the ingredients are thoroughly well mixed.

Pour the mixture gently into a mould, cover it with a buttered paper and a floured cloth.

Boil gently for an hour and a half.

When turning out, if the ornamentation of split raisins sticks to the mould it will show that the mould was not buttered well.

Serve with wine sauce or arrowroot sauce. (For ARROWROOT SAUCE, see page 701. WINE SAUCE, page 458.)



SNOWDON PUDDING.

Bread and Butter Pudding.

Slices of bread and butter.	$\frac{1}{4}$ lb. of currants, or sultana raisins.	3 eggs.
2 oz. of sugar.	1½ pints of milk.	A grate of nutmeg or lemon.
Average cost, 10d.		

Have some thickly-buttered slices of bread, and put a layer in the bottom of a pie-dish.

Sprinkle a few currants or raisins over.

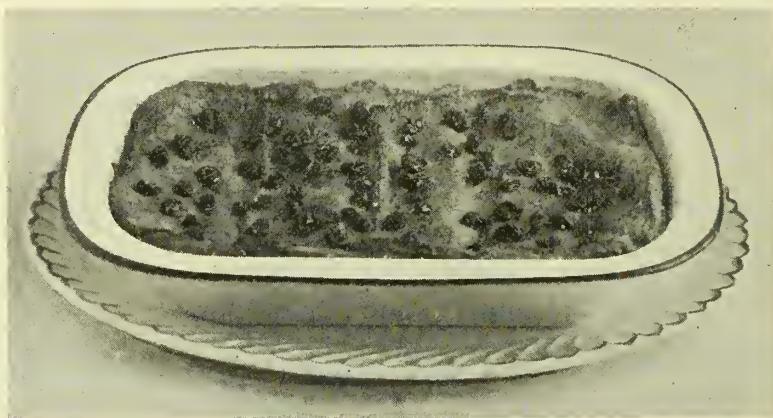
Lay more slices of bread and butter, and sprinkle again, and repeat until the dish is filled.

Boil a pint and a half of milk.

Pour it hot on to three well-beaten eggs.

Add to this the sugar and spice, then pour it over the bread and butter in the dish.

Bake slowly for one hour.



BREAD AND BUTTER PUDDING.

Apple Charlotte.

3 lb. of apples.	3 oz. of butter for marmalade.	$\frac{1}{2}$ teaspoonful of powdered cinnamon.
3 oz. of butter, clarified.	$\frac{3}{4}$ lb. of sugar.	
Slices of bread.	1 lemon.	

Average cost, 1s.

Butter a round cake-tin, or a deep pie-dish will do.

Cut some thin oblong slices of stale bread suitable for lining the tin or dish.

Dip these in clarified butter.

Line the tin with the slices, either with the ends coming together exactly, or with the ends lapping on one another. This is to prevent the escape of the fruit.

Pare, quarter and core three pounds of apples.

Put them into a stewpan with three ounces of fresh butter, three-quarters of a pound of sugar, half a teaspoonful of powdered cinnamon, and the strained juice of a lemon.

Let these stew gently until they form a smooth and dry marmalade, stirring often to prevent burning.

Let this mixture cool, then put it into the lined mould, filling it to the brim.

Cover the top with slices of bread, dipped in clarified butter, and let these slices fit exactly together also.

Put a tin plate on top, with a weight on it.

Bake in a brisk oven for three-quarters to one hour.

When cooked, and before removing the charlotte from the mould, drain the butter from it.

Turn out gently on to a dish, and sift sugar over.

Banana Charlotte.

6 or 8 ripe bananas.	Slices of bread.	$\frac{1}{4}$ lb. of fresh
A small jar of apricot jam.	1 lemon. 2 oz. of castor sugar.	butter. Liqueur or rum.

Average cost, 2s.

Butter a plain mould or deep pie-dish thickly.

Cut a thin piece of bread to cover the bottom of the mould, butter both sides of the bread and fit it in.

Cut oblong slices of bread, buttered on both sides, and line the sides of the mould with them, the edges fitting closely together, or lapping over one another, to prevent the fruit and jam escaping.

Cut the bananas in half lengthways, divide them across, then cut in half again lengthways.

Place the pieces in a dish, pour a wineglass of rum or liqueur over, also the juice of a lemon, and let them soak in this for some time. Sprinkle with sugar.

When ready, place a layer of the pieces of banana into the prepared mould.

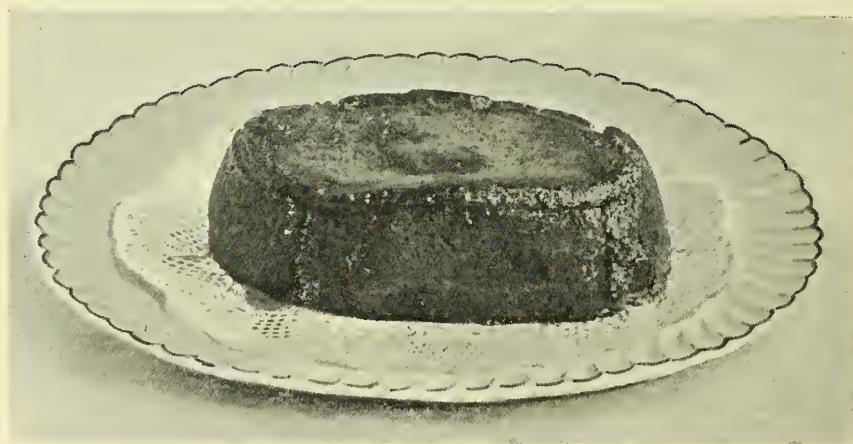
Spread a layer of apricot jam on top, then put more banana and jam until the mould is full.

Pour the rum liquor (which the bananas were soaked in) over the fruit in the mould.

Cover with more slices of buttered bread, with the edges fitting exactly.

Bake in a brisk oven until a nice brown, which will take about an hour.

Turn out on to a hot dish, and serve with custard or cream.



BANANA CHARLOTTE.

Tapioca Pudding.

2 tablespoonfuls of tapioca.	$\frac{1}{2}$ teaspoonful of vanilla flavouring, or a few drops of lemon and ratafia.
1½ pint of milk.	
2 oz. of sugar. 3 eggs.	

Average cost, 8d.

Simmer the tapioca in the milk until it is swelled.

Pour it into a bowl and let it cool a little.

Add the sugar and flavouring, and beat in three eggs.

Take a pie-dish holding a quart, and butter it.

Pour in the tapioca, and bake slowly in a moderate oven for an hour.

All milk puddings should be cooked slowly, and it is then best to stand the dish in a baking-pan containing water.

Sago Pudding

Is made in the same manner as the Tapioca Pudding described in the last recipe.

Vermicelli Pudding.

$\frac{4}{3}$ oz. of vermicelli.	$\frac{4}{3}$ eggs.	$\frac{1}{2}$ teaspoonful of vanilla flavouring, or 1 dessert-spoonful of orange-flower water.
1 quart of milk.	2 oz. of butter.	
$\frac{1}{4}$ lb. of pounded sugar.		

Average cost, 9d.

Put the milk on to boil in a stewpan.

When boiling drop the vermicelli in, little by little, slightly crushing it in the hand.

Keep stirring, to prevent the vermicelli forming into lumps.

Boil gently until tender and thick, stirring frequently. This will take about twenty-five minutes.

Now add two ounces of butter, a quarter-pound of castor sugar and the flavouring.

Turn the mixture into a bowl and let it cool.

Beat in four eggs, and whisk all well together.

Butter a pie-dish (three-pint size), and pour in the mixture.

Bake slowly in a moderate oven for one hour, standing the dish in a tin containing a little water.

The pudding should be a nice pale brown.

Semolina Pudding

Is made in the same manner as in the foregoing recipe for Vermicelli Pudding.

Rustic Pudding.

1 quart of ripe greengages (or currants and raspberries, mixed, can be used; or cherries, or any juicy fruit).	Bread-crumbs, or thin slices of bread. ½ lb. of castor sugar. Lemon juice.
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Average cost, 10d.

Stone the fruit.

If slices of bread are used, cut off the crust.

Take a deep pie-dish and fill it with alternate layers of fruit, well sprinkled with sugar, and the slices or crumbs of bread. The last layer to be bread-crumbs and sugar.

A dessert-spoonful of lemon juice sprinkled over the last layer of fruit is an improvement.

Put the pudding into a rather brisk oven to bake for half to three-quarters of an hour.

Ground Rice Pudding.

2 pints of milk.	4 eggs.	Lemon peel, or bay-leaf.
3 tablespoonfuls of ground rice.	2 oz. of sugar.	

Average cost, 10d.

Put one pint and a half of milk into a stewpan, with a strip of lemon-peel or a bay-leaf.

Bring to the boil.

Mix the ground rice into a smooth batter with the remaining half-pint of milk.

Strain the boiling milk on to this, and stir over the fire until the mixture thickens.

Sweeten with two ounces of castor sugar.

When it is nearly cold add four well-beaten eggs and a pinch of salt.

Butter a pie-dish, and pour in the mixture.

Bake in a slow oven for one hour.

Yorkshire Pudding.

$1\frac{1}{2}$ pint of milk. 3 eggs. Dripping.	6 tablespoonfuls of flour.	1 saltspoonful of salt.
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Average cost, 7d.

Put the flour into a basin, and mix to a smooth batter with the milk; but the milk must be added very gradually for this.

Rub down all lumps and make perfectly smooth.

Now add three well-beaten eggs and the salt.

Melt about two tablespoonfuls of dripping, and put into a shallow tin.

Beat the batter for a minute, then pour it into the tin.

Bake for about an hour.

If liked, the joint of beef can be placed on a stand in the tin, and the pudding cooked beneath it.

Cut the pudding into small squares, and serve with roast beef.

Boiled Batter Pudding.

$\frac{1}{2}$ lb. of flour. $\frac{4}{4}$ eggs.	1 oz. of butter. 1 pint of milk.	$\frac{1}{2}$ teaspoonful of salt.
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Average cost, 8d.

Mix the yolks of four eggs smoothly with the flour.

Thin this with a pint of milk.

Melt the butter and stir it in, and add the salt.

Whisk the whites of the eggs to a froth, and stir these in gently also.

Butter a basin, pour the mixture in, and tie a buttered and floured cloth over.

Boil the pudding for an hour and ten minutes.

The pudding should cut smoothly. If it sticks to the knife it is not done sufficiently.

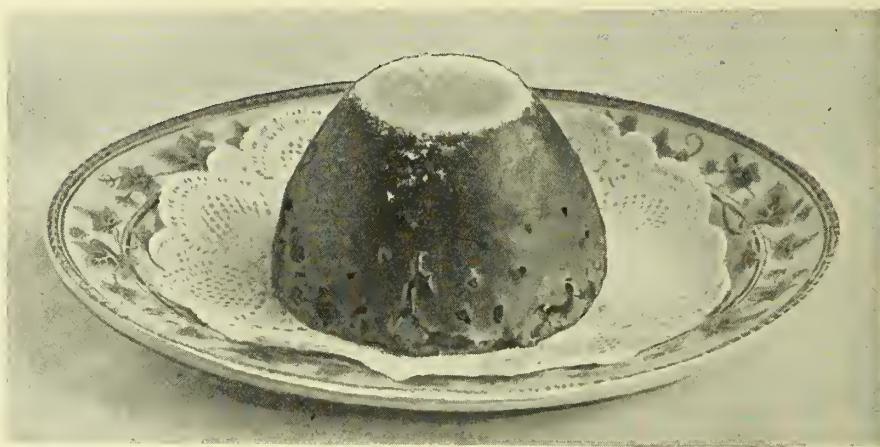
Serve with plain butter and sugar, or with sweet sauce.

Batter and Fruit Pudding.

$\frac{1}{2}$ lb. of apples.		4 large tablespoonfuls of flour.		$\frac{1}{2}$ pint of milk.
3 eggs.				

Average cost, 8d.

Mix the flour smoothly with a small portion of the milk.
 Add the rest of the milk by degrees, also three well-beaten eggs.
 Butter a basin thickly, and fill nearly to the brim with apples which
 have been pared, cut in quarters, and cored.



BATTER AND FRUIT PUDDING (MADE WITH CHERRIES).

Pour the batter into the fruit, and fill up the basin quite full.
 Tie a buttered and floured cloth tightly over the top.
 Boil for an hour and a quarter.
 Turn out on to a hot dish, and strew thickly with sugar.
 If sugar is added in the making, it will make the pudding heavy.
 This pudding is equally good made and baked in a pie-dish.
 Cherries, gooseberries, and plums may be used instead of apples.

Sir Watkin Pudding.

3 oz. of suet.	1 tablespoonful of flour.	Lemon juice.
2 eggs.		Brandy or rum.
2 oz. of sugar.	2 tablespoonfuls of orange or lemon marmalade.	Arrowroot sauce, as described.
4 oz. of bread-crumbs.		

Average cost, 1s. 6d.

Chop the suet finely.

Mix together the suet, bread-crumbs, flour, sugar, marmalade, a small liqueur glass of rum or brandy, the juice of half a lemon, and two well-beaten eggs.



SIR WATKIN PUDDING.

When thoroughly mixed, put all into a buttered mould or basin.
Boil for three hours.

Serve with arrowroot sauce, as follows:—

For the Arrowroot Sauce.

2 teaspoonfuls of arrowroot.	2 oz. of loaf sugar. 1 lemon.	A large wineglass of sherry or other wine.
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Put the thin rind of half a lemon, and two ounces of loaf-sugar, into half-a-pint of water, and boil gently for ten minutes.

Mix the arrowroot very smoothly with the strained juice of the lemon.

Take out the rind of the lemon from the sugar-water in the pan, and then stir in the arrowroot.

Take the sauce from the fire, and add a large wineglass of sherry, marsala, or similar light wine. If preferred, a small glass of brandy can be substituted for the wine.

Boiled Bread Pudding.

4 oz. of stale bread-crumbs.	4 oz. of dry finely minced suet.	A few drops of ratafia essence, or a strip of lemon peel boiled in the milk.
½ pint of boiling milk.	A pinch of salt.	
3 eggs.	A few ratafias.	
2 oz. of sugar.		

Average cost, 1s.

Put the bread-crumbs into a basin.

Prepare half-a-pint of boiling milk, flavoured with a few drops of ratafia essence, or with a strip of lemon peel boiled in it.

Pour this over the crumbs in the basin.

Cover with a plate, and let the crumbs absorb the milk, and get cold.

Now stir in four ounces of dry, finely minced suet, a pinch of salt, and about six or eight crushed ratafias.

Whisk three eggs with two ounces of castor sugar, and continue to whisk them until the sugar is dissolved.

Pour this into the basin, with the other ingredients, and mix together thoroughly.

Turn all into a buttered basin.

Put a buttered paper over the top, then a cloth, and tie securely.

Boil for two hours.

Serve with raspberry sauce, or custard sauce flavoured with ratafia, or bay-leaf.

A Simple Charlotte Russe.

9 penny sponge cakes, or 18 savoy fingers.	1 pint of cream. 2 oz. of castor sugar. 1 lemon.	1 egg. 1 oz. of gelatine. Garnish.
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Average cost, 3s.

Take a round mould and brush it over inside with salad oil. Cut off the outsides of the cakes and line the mould with them. Let the pieces of cake be arranged to join neatly together. Brush over the inner surfaces of the cakes with white of egg, to join them together, but do not let any of the egg touch the mould.

Take a pint of cream and flavour it with the strained juice and grated rind of a lemon and the castor sugar.

Whip the cream for twenty minutes.

Dissolve one ounce of gelatine in a little boiling milk.

When cool, add this to the cream, whisking all the time until it thickens.

Pour it into the mould, and lay slices of cake on the top.

When quite cold and firm, turn out on to a glass dish.

Garnish the top prettily with leaves of angelica and dried cherries.

Spanish Pudding.

1 quart of new milk. 3 tablespoonfuls of arrowroot.	$\frac{1}{2}$ oz. of gelatine. 3 oz. of castor sugar.	A few drops of almond flavouring. Garnish of fruits.
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Average cost, 1s.

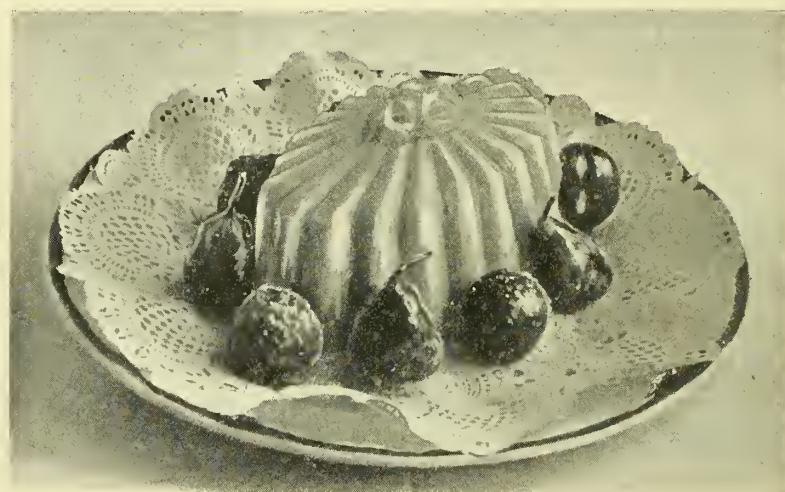
Soak the gelatine in half-a-pint of the milk.

Mix the arrowroot with a little of the milk.

Put the remainder of the milk to boil.

When it boils add the sugar, stir in the slaked arrowroot, and almond flavouring to taste. Add also the soaked gelatine.

Set the milk on the fire again, and stir until it boils.
 Pour it into a wetted mould and allow it to get cold.
 Turn out, and garnish with any stewed or crystallised fruits.



SPANISH PUDDING.

Princess Pudding.

2 tablespoonfuls of arrowroot.	$\frac{1}{2}$ a cupful of white sugar.	Compote of fruits.
1 large lemon.	2 yolks of eggs.	1 pint of boiling water.

Average cost, 7d.

Blend the arrowroot with a little water.
 Add the sugar and the grated rind, and the juice of the lemon.
 Mix all well together, then pour a pint of *boiling* water on to it.
 Beat the yolks of the eggs slightly, then stir them in.
 Pour the mixture into a mould having a pipe in the centre.
 When cold and quite set, turn it on to a dish which has been
 wetted with cold water.
 Fill the centre of the pudding with a compote of fruits, arrange
 some of the fruits round outside, and serve.



If wanted plainer, the fruits may be omitted, and the whites of the eggs whipped to a stiff froth, sweetened and flavoured, and used instead of the fruits.

(See COLOURED PLATE No. 44.)

Cornflour Pudding.

4 tablespoonfuls of cornflour.	1 oz. of castor sugar.	1 oz. of butter.
1 quart of milk.	2 eggs.	Vanilla flavouring.

Average cost, 9d.

Mix the cornflour smoothly with a little of the milk.

Put the remainder of the milk on to boil.

When the milk boils, pour it on to the slaked cornflour.

Add half-an-ounce of butter, and return all to the saucepan.

Bring to the boil again, stirring all the time.

Beat two eggs well, with the sugar.

Take the boiling cornflour from the fire and pour it on to the eggs and sugar.

Add flavouring to taste and mix well.

Butter a pie-dish, pour the mixture in, and bake in a moderate oven for twenty minutes.

Sift castor sugar over the top, and serve.

Cornflour Meringue.

1 tablespoonful of cornflour.	4 eggs.	6 drops of essence of lemon.
1 quart of milk.	4 tablespoonfuls of castor sugar.	

Average cost, 10d.

Mix the cornflour to a smooth paste with a little cold milk.

Boil a quart of milk and pour it on to the slaked cornflour.

Return this to the saucepan and boil for twenty minutes, stirring all the time.

Remove the pan from the fire, and let its contents cool slightly.

Separate the yolks from the whites of the eggs, and beat the yolks well with two tablespoonfuls of the sugar and the lemon flavouring.

Stir this by degrees into the boiled cornflour.

Butter a pie-dish, and pour the mixture into it.

Bake for fifteen minutes.

Beat the whites of the eggs to a stiff froth, with a pinch of salt.

Stir the remaining two tablespoonfuls of sugar lightly into the whites.

When the pudding is cooked, heap the whites of the eggs lightly on, and set it in the oven to brown slightly.

Ornament with a few little patches of red-currant jelly, and serve either hot or cold.

Cornflour Blancmange.

3 tablespoonfuls of cornflour.		$\frac{1}{4}$ oz. of butter.		2 breakfast-cupfuls of new milk.
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Average cost, 3d.

Take three level tablespoonfuls of Brown and Polson's cornflour, and mix it quite smoothly with a little of the milk.

Bring the remainder of the milk to boil.

When it boils, remove the saucepan from the fire, and pour it on to the blended cornflour slowly, stirring all the time.

Then add the butter, and return it to the fire.

Boil the mixture for ten minutes, stirring continually.

If liked, sugar and flavouring may be added to it, but it is quite nice without.

When sufficiently boiled, pour into one large or several small moulds.

The moulds must be previously wetted in cold water.

When the blancmange is cold, turn it out and serve, either plain or with fruit or jam.

If other cornflours are used, a little more may be needed. That mentioned has been found best, and requires very little sweetening, if any.

The important point is to pour the boiling milk on to the slaked cornflour, then to return it to the saucepan and boil it well.



CORNFLOUR BLANCMANGE.

Orange Caramel.

6 large oranges.	$\frac{1}{2}$ a pint of whipped cream.	Brandy or liqueur.
$\frac{1}{2}$ lb. of cane sugar.	Angelica.	Castor sugar.

Average cost, 1s. 3d.

Peel the oranges, thoroughly free them from all white skin, remove the pips, then put the pieces into a basin.

Sprinkle a little castor sugar and some brandy or liqueur over them.

Let the orange steep in this for twenty minutes.

Arrange the pieces neatly on top of one another in a circle on a dish.

Put half-a-pound of cane sugar on to boil with two tablespoonfuls of cold water.

Boil until it turns to caramel ; that is, just after it has boiled to the crack and is a pale golden colour ; and when dropped into cold water it will harden immediately.

When the sugar is boiled to this point pour it over the oranges.

Cut a dozen pieces of angelica to represent leaves.

Dip the ends of these into the caramel, and arrange them between the pieces of orange.

The angelica must be got ready and placed handily for use, as the caramel sets very quickly.

When the caramel is cold, whip the cream, sweeten it very slightly, and put it into a forcing bag with large rose-pipe.

Fill the centre of the oranges with it, then serve.

If liked, the brandy may be omitted, and the oranges just steeped in sugar water.

(See COLOURED PLATE No. 53.)

Orange Custard.

2 oranges.	$\frac{3}{4}$ oz. of gelatine.	2 eggs.
$1\frac{1}{4}$ pints of milk.	2 oz. of castor sugar.	$\frac{3}{4}$ gill of cold water.

Average cost, 8d.

Soak the gelatine in the water for about ten minutes.

Simmer the milk, with the thin rind of one orange, for ten minutes, then remove the rind.

Well beat the yolks of the eggs, and stir them into the milk, over the fire, until it thickens. Do not let it boil.

Now add the sugar and the gelatine, and stir until these are dissolved.

Whip the whites of the eggs to a stiff froth.

Allow the custard to become cool, and just before it begins to set stir in the whipped whites.

Pour the mixture into a wetted mould having a pipe in the centre.

Peel the oranges, divide them in their natural divisions, and sweeten with castor sugar.

When the custard has set, turn it out into a glass dish.

Fill the centre with the pieces of orange, and serve.



ORANGE CARMEL.

Devonshire Junket.

2 quarts of milk.	1 tablespoonful of castor sugar.	Clotted or thick cream.
2 tablespoonfuls of rum or brandy.	2 tablespoonfuls of rennet.	Nutmeg.

Average cost, 1s. 8d.

Take two quarts of milk warm from the cow.

Put two tablespoonfuls of rum or brandy into a bowl, add a tablespoonful of castor sugar, and mix the two together.

Pour the milk on to this, and stir.

Now put in two good tablespoonfuls of rennet, and give another stir.

At once place the bowl where it will not be disturbed until required for the table.

Just before serving, lay some clotted cream gently on the top, or pour a third-of-a-pint of very thick cream over.

Finally, grate a little nutmeg over.

If milk cannot be had warm from the cow, then warm some very new milk to the same temperature, taking care not to make it too hot.

Junket must always be made in a deep bowl, not in a shallow glass dish.

Apricot Meringue.

1 small tin of apricots.	1 pint of milk.	1 oz. of icing sugar.
1 breakfast-cup of white bread- crumbs.	3 eggs. 2 oz. of castor sugar.	1 teaspoonful of orange-flower water.

Average cost, 1s. 2d.

Boil the milk.

Pour it on to the bread-crumbs.

Return both to the saucepan and bring to the boil.

Beat the yolks of the eggs with the castor sugar.

Stir them into the bread-crumbs and milk.

Slice the apricots, and lay them in the bottom of a fire-proof dish.

Mix a quarter of a pint of the syrup from the apricots with the milk mixture; also add a teaspoonful of orange-flower water.

Pour these over the apricots in the dish.

Bake in a moderate oven until the mixture sets, then remove it from the oven.

Whip the whites of the eggs to a stiff froth, and put them into a forcing bag with large rose-pipe.

Ornament all the top of the pudding with this, then sprinkle with icing sugar.

Bake in a moderate oven until it is a pale golden colour.

If there is no syrup with the apricots, this quantity of liquid can be made up with milk.

When cooked, stand the dish on a paper. Put a pie-dish collar round it (unless the dish is a pretty one) and serve either hot or cold.

Pancakes.

4 eggs.	2 oz. of butter.	4 tablespoonfuls of
1 pint of milk.	A pinch of salt.	flour.

Average cost, 9d.

Sift the flour.

Separate the whites and yolks of the eggs.

Mix the flour into a smooth batter with the milk and the yolks of the eggs, adding a pinch of salt.

It is best to make this batter some time before it is wanted for use.

When ready to cook the pancakes, whip the whites of the eggs to a stiff froth, with a pinch of salt.

Stir these well into the batter.

Melt the butter, and pour sufficient into a small frying-pan to grease it well.

When the butter boils in the pan, pour in sufficient batter to thinly cover the bottom.

When quite set and lightly browned, turn it with a broad flat knife; or better still, toss it over: but this requires a little practice.

Lightly brown the other side, then roll it up, lay it on a hot dish, and proceed with the next one.

When all are done, pile them neatly on a hot dish with a fancy paper.

Sprinkle icing sugar over, and serve with cut lemon and sugar.

Pancakes should be served quickly after made, and be eaten at once.



PANCAKES.

Trifle.

1 pint of cream.
1 pint of custard.
6 penny sponge cakes.

12 macaroons.
 $\frac{1}{4}$ lb. ratafias.
Strawberry jam.

$\frac{1}{2}$ pint of sherry.
 $\frac{1}{4}$ pint of brandy.
 $\frac{1}{4}$ pint of water.

Average cost, 6s. 6d.

The sponge cakes should be stale.

Mix the sherry, brandy and water together.

Spread a layer of jam on the bottom of a glass dish.

Cut the cakes in half, dip them into the wine and water, and put a layer of them on the jam.

Dip some macaroons and ratafias in the wine, and put them with the layer of sponge cake.

Pour some good thick custard over.

Now put more jam, soaked cakes and custard, letting the cakes pile high in the centre.

Whip and flavour the cream, put it into a forcing-bag, having a large rose-pipe, and force this out on top of all.

The top of the cream can be ornamented with crystallised fruits, sweets or anything that may be suitable and convenient.

The trifle should be prepared some hours before it is to be served, except the cream which goes on at the last minute.

(See COLOURED PLATE No. 47.)

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Surprise Pudding 123	





Russian Jelly.

6 lemons.	1 lb. of loaf sugar.	2 wineglasses of sherry.
6 cloves.	4 whites and shells of eggs.	Carmine.
$\frac{1}{2}$ stick of cinnamon.	2 wineglasses of brandy.	2 quarts of water.
$\frac{4}{5}$ oz. of gelatine.		

Average cost, 2s. 3d.

Pare the lemons very thinly.

Squeeze out the juice and strain it.

Put the peel and juice into a bright or an enamelled saucepan, which must be amply large enough to hold all the ingredients as it boils up very much.

Add the sugar, cloves, cinnamon, and the whites and shells of eggs. Whisk all well up together, then add the gelatine and two quarts of warm water.

Stand the pan over the fire, and continue whisking until it comes to the boil.

Simmer for five minutes, then remove it from the fire.

Hang up the jelly bag, and pour about two quarts of boiling water through it.

When the jelly has stood off the fire for ten minutes, strain it through the bag.

When it is through, put it back into the bag and strain again, and do this a third time, to get the jelly quite bright and clear.

Put aside to cool a little, but not to set.

Line two moulds with this clear jelly.

Divide the remaining jelly into two parts; add two wineglasses of brandy to one half, two wineglasses of sherry and a few drops of carmine to the other.

Whip these separate jellies over ice until they are quite frothy and spongy.

Just before they commence to set, pour them into the moulds, first a layer of the white; then, as soon as that sets, a layer of the pink, followed with another layer of white, and ending with a layer of pink.

Let the moulds stand on ice until the jelly sets.

When ready to serve, dip the moulds, just for an instant, into a large basin of very hot water.

Only just dip them, then dry off any water on the bottom of the jelly and turn out on to the dish.

Italian Jelly.

4 lemons.	3 whites and shells of eggs.	1 wineglass of noyeau syrup.
2 oz. of gelatine.		Candied fruits.
$\frac{1}{2}$ lb. of loaf sugar.	1 inch of cinnamon stick.	Oranges.
6 cloves.	1 quart of water.	

Average cost, 1s. 3d.

Pare the lemons very thinly, squeeze out the juice and strain it.

Soak the gelatine in half-a-pint of the water for fifteen minutes.

Put the sugar, lemon peel, lemon juice, whites and shells of eggs, the cinnamon and cloves into a clean bright tin or enamelled stewpan.

Let the stewpan be large enough to hold three or four quarts, the jelly will not then boil over.

Whisk these ingredients together with a wire whisk, then put in the soaked gelatine and the remaining water.

Place the stewpan on the fire to boil, whisking all the time and until it is about to boil.

Just before it boils, cease whisking, then let it boil for ten minutes.

Then take the pan off the fire, and let it stand for five minutes.

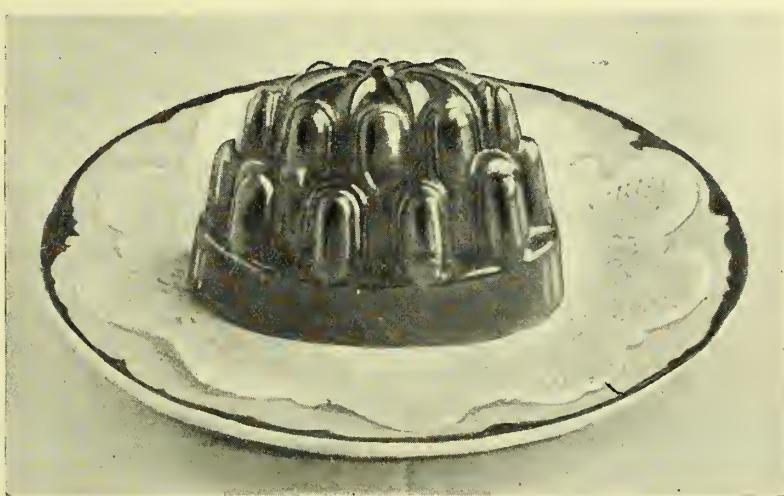
While it is standing, get the jelly bag ready. If you have a stand, then hang the bag on it; if not, it can be tied up between two chairs. Stand a perfectly clean basin beneath it.

First pour two quarts of boiling water through the bag, then empty this away.

When the bag is clear, pour a little of the jelly in, and when this has run through, remove the basin and put another one in its place to receive the remainder. Pour the first jelly into the bag again. If necessary, put all the jelly through the bag a second and a third time, to get it quite bright and clear.

When cool, but not set, add the syrup.

Take a bright tin mould and line it with jelly, letting the jelly be half-an-inch thick at the bottom.



ITALIAN JELLY.

On this bottom layer arrange some crystallised fruits and pieces of orange.

Set these with jelly, then pour in another layer of jelly half-an-inch thick.

Put more fruits and jelly until the mould is filled.

If possible stand it on ice to set.

When quite set, dip the mould for an instant into water which is of a heat that you can only just bear your hand in.

Pass a cloth quickly over the top to absorb any moisture there may be, then turn the jelly out into a pretty glass or silver dish.

Garnish round the base with a few more of the crystallised fruits, and serve.

If preferred, all fresh fruits may be used.

Jelly à la Monaco.

1 quart of lemon jelly.	1 wineglass of Kirsch syrup.	A few drops of apple green.
1 wineglass of sherry.	A few drops of carmine.	$\frac{1}{2}$ pint of whipped cream.

Average cost, 1s. 6d.

Make a quart of plain lemon jelly.

Flavour half of this with sherry (or brandy), and colour it pink.

Flavour the other half with Kirsch syrup, and colour it a pale green.

Fill some small fancy jelly moulds with the different jellies, and set them aside to cool.

Turn them out on to a pretty dish.

Whip the cream stiffly, and put it into a forcing-bag with large rose-pipe.

Force a rose out in the centre of each jelly, then serve.

If preferred, other flavourings can be used.

(See COLOURED PLATE No. 52.)

Rhubarb and Cornflour Jelly.

2 $\frac{1}{4}$ oz. (4 $\frac{1}{2}$ tablespoons filled level) of Brown & Polson's cornflour.	1 lb. of fresh rhubarb. $\frac{1}{2}$ lb. of castor sugar.
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Average cost, 4d.

Clean the stalks of rhubarb, and cut them into pieces.

Put these into a saucepan with the sugar and enough water to cover the rhubarb.

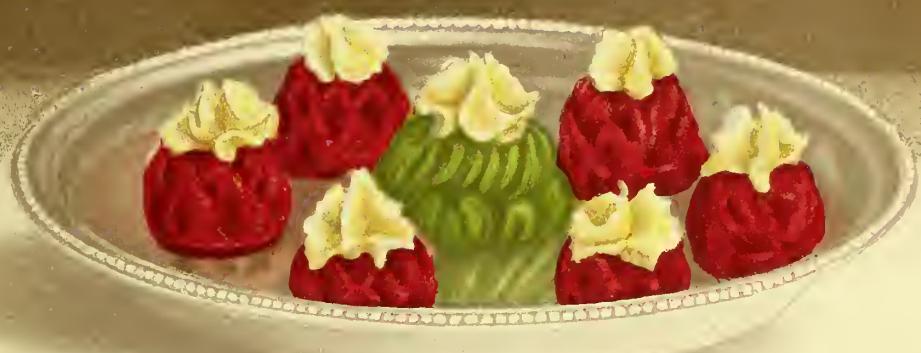
Stew until soft. This will take from eight to ten minutes.

Strain through a cloth

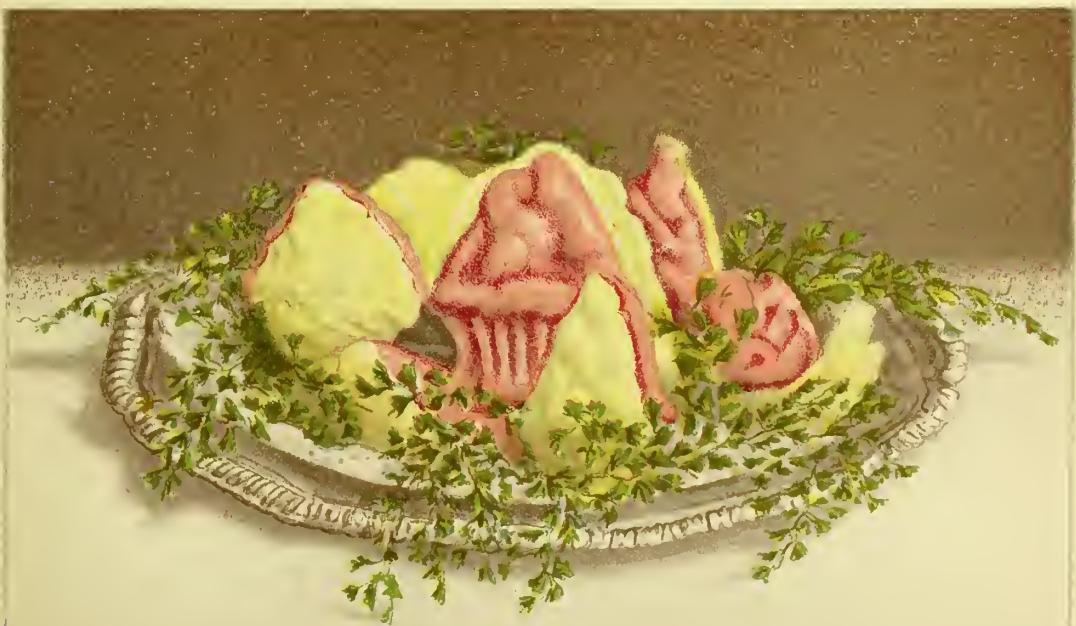
There should be a pint and a half of juice, but if not quite this amount, add a little water to make it up.

Mix the cornflour to a smooth cream with a little of the juice.

Bring the rest of the juice to the boil, and pour it into the mixed cornflour, stirring well all the time.



JELLY À LA MONACO.



Return to the saucepan, bring to the boil again and boil for three minutes.

Pour into a mould and allow to cool.

When cold turn it out, and serve with custard or cream.

Fruits such as cherries, currants, raspberries, etc., may be used instead of rhubarb.



ORANGE AND CORNFLOUR JELLY.

Orange and Cornflour Jelly.

$\frac{1}{2}$ oz. of Brown & Polson's cornflour.	2 oranges. 1 lemon. 2 oz. of loaf sugar.	5 oz. of castor sugar. $1\frac{1}{2}$ pints of water.
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Average cost 5d.

Rub down the rinds of the oranges with the loaf sugar, and scrape off the pieces of sugar that adhere to the rind.

Put this sugar into a saucepan with the castor sugar.

Pour the remainder of the water into the saucepan with the sugar, and bring to the boil.

Mix the cornflour to a smooth cream with a little of the quantity of water given.

Remove the saucepan from the fire, pour the mixed cornflour slowly in, stirring well all the time.

Squeeze into it the juice of the two oranges and one lemon.

Bring to the boil again, and boil for three minutes.

Pour into a wetted mould and let it get cold.

When cold, turn out and serve with cream.

If preferred, all lemons may be used and no oranges.

The following Jellies appear in other parts of this book.

	PAGE		PAGE
Lemon Jelly	65	Strawberry Jelly	162
Prune Shape	103	Jelly à la Fife	215
Coffee Jelly	151		

Gooseberry Fool.

2 quarts of unripe gooseberries.		4 oz. of sugar.		½ pint of new milk.
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Average cost, 1s. 6d.

Wash two quarts of green gooseberries, and put them on to boil in half a pint of water.

When the gooseberries turn yellow and are quite soft, turn them out into a coarse sieve placed over a bowl.



GOOSEBERRY FOOL.

Press the pulp through the sieve, occasionally scraping the pulp off the underside of the sieve, as this quickens the process.

When all is through, stir in a quarter-pound of moist sugar (or more if liked very sweet), and allow it to get cold.

When cold, add the milk and cream, and mix thoroughly.

Serve in a glass dish.



STEWED PEARS.

Stewed Pears.

12 cooking pears.	$\frac{3}{4}$ lb. of loaf sugar.	Cochineal, if desired.
1 lemon.	6 cloves.	

Average cost, 1s. 6d.

Pare, cut in halves and core twelve pears.

Put them into a stewpan (having a close-fitting lid) with the thinly pared rind and the juice of a lemon, the cloves, three-quarters of a pound of loaf sugar, and as much water as will just cover them. If required a bright colour, add a teaspoonful of essence of cochineal. Stew the fruit as gently as possible for four or five hours, or longer if it is not then perfectly tender.

When the pears are tender, lift them out, then reduce the liquid by rapid boiling.

Strain the syrup over the pears, and when cool serve in a glass dish.

CAKES, BISCUITS, ETC.



Ginger Biscuits.

1 lb. of flour.		$\frac{1}{2}$ lb. of castor sugar.		1 tablespoonful of
$\frac{1}{2}$ lb. of butter.		2 eggs.		ground ginger.

Average cost, 11d.

Put the flour into a basin and rub the butter into it.
Mix in the sugar and ginger.



GINGER BISCUITS.

Beat two eggs well and work these well in.
Roll the dough out thinly, and cut into biscuits or any fancy shapes.
Place on a buttered baking-tin, and bake in a moderate oven.

Yarmouth Biscuits.

$\frac{1}{2}$ lb. of currants. $\frac{3}{4}$ lb. of flour.	$\frac{1}{2}$ lb. of castor [sugar.	$\frac{1}{2}$ lb. of fresh butter. 3 eggs.
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Average cost, 1s.

Put the flour into a basin, and well rub the butter into it.
Well beat the three eggs.



YARMOUTH BISCUITS.

Add the eggs and other ingredients to the flour and mix well.
Drop in rough pieces on to a baking-tin.
Bake in a fairly quick oven.

French Biscuits.

3 eggs. Castor sugar.	The weight of the eggs in flour.	1 oz. of candied peel.
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Average cost, 5d.

Beat the whites of the eggs to a stiff froth, then stir in one ounce of candied peel cut very small.

Beat well, then add by degrees the weight of three eggs in flour,
also the same weight of castor sugar.

Well beat the yolks of the eggs, add these and mix all well together.

Drop spoonfuls of the mixture on to a buttered paper, and shape them as neatly as possible with the spoon.

Sift powdered sugar over them, then bake in a moderate oven until they are a pale gold colour.

Remove them from the paper before they cool.



FRENCH BISCUITS.

Rice Biscuits.

7 oz. of castor sugar. 7 oz. of butter.		8 oz. of ground rice.		7 oz. of flour. 2 eggs.
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Average cost, 1s. 2d.

Rub all the dry ingredients thoroughly well together.

Beat the eggs well.

Mix the dry ingredients into a dough with the eggs.

Drop the mixture in little lumps on to clean buttered baking sheets, and bake in a moderate oven from ten to fifteen minutes.



RICE BISCUITS.

Genoese Baskets.

3 eggs.

The weight of the
eggs in butter.
The weight of the
eggs in sugar.

The weight of four
eggs in flour.

$\frac{1}{2}$ teaspoonful of
baking powder.
Lemon peel.

$\frac{1}{4}$ lb. of Vienna
icing.
Compote of fruits.
Angelica.

Average cost, 1s.

Beat the butter and sugar to a cream.

Whip the eggs well.

Add the eggs and the flour alternately to the butter and sugar.

Mix in half a teaspoonful of finely chopped lemon peel.

Lastly, add the baking powder.

Well butter some castle pudding tins, and sift them over with
flour and sugar mixed in equal parts.

Half fill the tins with the mixture.

Bake them in a moderate oven for fifteen to twenty minutes.

When cooled, turn them out on to a wire sieve to cool.

It is best to make these the day before they are required.

When cold, cut the tops off flat and straight, then hollow out the centres.

Make a quarter of a pound of Vienna icing, and colour it half pink and half green.

Put it into two small forcing-bags with a rose and a leaf-pipe.

Ornament the sides and edges of the baskets with this.

Fill the centres with any nice fruit stewed in syrup.

Cut six or eight strips of angelica on the slant, so as to form handles, and stick these on.

Arrange the baskets on a pretty dish with fancy lace paper, and serve.

(See COLOURED PLATE No. 49.)

Nougat Baskets.

$\frac{1}{2}$ lb. of almonds.	2 tablespoonfuls of lemon juice.	Glazed fruits.
$\frac{1}{2}$ lb. of castor sugar.	Royal icing. Pistachio nuts.	Whipped cream. Salad oil.

Average cost, 2s. 6d.

Put half-a-pound of almonds into a saucepan with sufficient cold water to cover them, and bring just to the boil.

Strain, then rub them in a cloth to remove the skins.

Split the almonds in halves, shred them very finely, and put to dry.

When dry, bake the shreds a very pale golden colour.

Put half-a-pound of castor sugar into a saucepan with the strained lemon juice.

Boil until it is a pale yellow, stirring all the time.

Then add the almonds, mixing them in gently, and just let it boil up.

Have ready a marble slab or large dish, well rubbed over with salad oil.

Well oil six little basket-moulds, also oil your fingers.



GENOISE BASKETS.



NOUGAT BASKETS WITH FRUITS.

Take a small piece of the nougat and turn it on to the slab or dish.

Flatten it quickly with a well-oiled palette knife, lay it in the mould, press it to the shape and trim the edges.

Line the mould as thinly as possible, and let it be done quickly.

The small moulds to form the pedestals are filled entirely with the nougat, and when filled they are rubbed on the slab to ensure the bottom being quite smooth. A little practice is needed to mould nougat well.

When the baskets are set, loosen them from the moulds and stand them on a pastry-rack until quite cold.

When cold, the baskets and pedestals can be joined. To do this, boil some sugar to the crack (the same as for glazing fruits), dip the bottoms of the baskets in this, and then stick them on to the pedestals.

Only sufficient nougat for one basket must be taken from the saucepan at the time, the remainder being kept warm.

To ornament the baskets, fill a small forcing-bag, having a small rose or leaf-pipe, with royal icing.

Force this out round the edges of the baskets.

Shred some blanched pistachio nuts very finely.

Stick these all round in the icing.

Fill a large forcing-bag having a rose-pipe with stiffly whipped and flavoured cream.

Fill the baskets with this, and stick glazed fresh fruits in it, such as grapes, cherries, strawberries, etc.

Stand the baskets on a dish with fancy paper beneath, garnish with a few sprigs of maidenhair fern, then serve.

The baskets may also be filled with ices, or broken jelly and cream, differently flavoured and coloured.

(See COLOURED PLATE No. 48.)

Gâteau à la Victoria.

1 breakfast-cup of
castor sugar.
1 breakfast-cup of
flour.
Macedoine of fruits.

A small quarter-cup
of water.
 $\frac{1}{2}$ pint of whipped
cream.

6 eggs.
 $\frac{3}{4}$ lb. of Vienna
icing.
Brandy or liqueur
syrups.

Average cost 2s. 9d

Take a good sized basin, and break the eggs into it.

Sift the flour, and set it to warm.

Put the sugar on to boil with the water.

Beat the eggs for about five minutes, then pour the sugar on
(when it boils), beating well all the time.

Keep the mixture warm, and whisk it for twenty minutes.

Now stop whisking, and with a wooden spoon, gradually stir in the
sifted flour.

Pour the mixture into a deep cake mould or tin, which has been
well buttered and dusted over with equal parts of flour and
castor sugar.

Bake in a moderate oven.

This is best made a day or two before it is required.

When wanted, hollow out the centre of the cake, leaving a wall
about one inch thick all round.

Stand it on the dish on which it is to be served.

Soak the cake with brandy or liqueur syrups. (These can be
purchased quite inexpensively.)

Fill a forcing-bag having a medium sized rose-pipe, with two-
coloured Vienna icings (a white and a pink), and ornament
the edge and sides of the cake with it.

Fill the centre with a macedoine of fruits, prepared as for a fruit
salad (see p. 124).

Put the whipped cream into a bag with a large rose-pipe; ornament
the tops of the fruits with this, and serve.

(See COLOURED PLATE No. 46.)



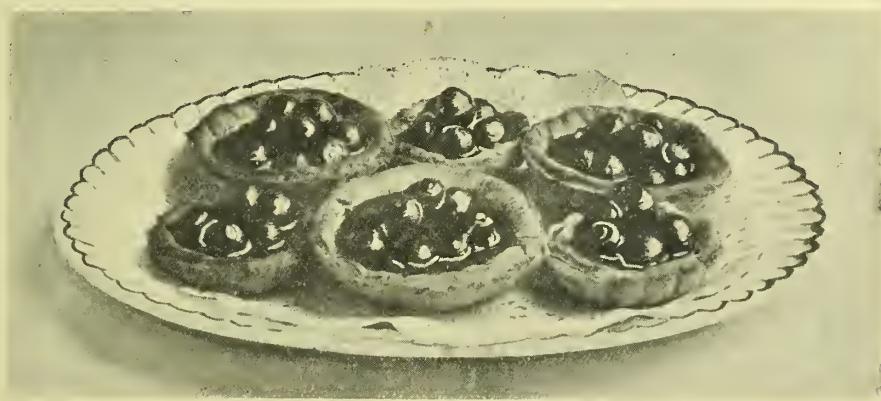
Fruit Tartlets.

$\frac{1}{2}$ lb. of short paste. Fruit.	Castor sugar. $\frac{1}{4}$ pint of whipped cream.
Average cost, 1s.	

Make half-a-pound of short paste, as described on p. 678.

Butter some small tartlet-tins.

Line these with paste, a quarter of an inch thick.



OPEN FRUIT TARTLETS—CHERRY.

Now put buttered papers over the paste, and fill in these with raw rice.

Bake in a moderate oven for fifteen minutes.

Remove the rice and papers, then return the tins to the oven for the paste to dry in the centres.

When this is done, turn them out of the tins and put them aside to cool.

Make a syrup with a cup of castor sugar and a cup of water.

Stew any suitable fruit in this, such as cherries, apricots, gooseberries, etc.

When cooked, fill the tartlets with the fruit.

Reduce the syrup by rapid boiling, then pour a little over the fruits to glaze them.

When quite cold, ornament the tops with a little whipped cream. Arrange on a fancy dish-paper, and serve.

(See COLOURED PLATE No. 50.)

Lemon Cheesecakes.

$\frac{1}{4}$ lb. of butter. Puff paste.	1 lb. of crushed loaf sugar.	3 lemons. 6 eggs.
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Average cost, 2d. each.

Dissolve the butter in a stewpan.

Add the sugar, the grated rinds of two lemons and the strained juice of three.

Beat the eggs and add these.

Stir without ceasing until the sugar is dissolved and it begins to thicken.

When of the consistency of honey the mixture is ready for use.

It will keep good for three months if put in a jar and covered down.

Line some patty-pans with good puff paste (see pages 675 and 677), mix a few crushed biscuits or ratafias with some of the mixture, and fill the patty-pans half full.

Bake for thirty minutes.



LEMON CHEESECAKES.

BABA RINGS.
FRUIT TARTLETS WITH CREAM.



American Doughnuts.

1 breakfastcup of new milk.	$1\frac{1}{2}$ teaspoonful of carbonate of soda.	Flour.
1 breakfastcup of castor sugar.	$1\frac{1}{2}$ teaspoonful of cream of tartar.	$\frac{1}{2}$ teaspoonful of salt.
	2 eggs.	2 nutmegs.

Average cost, 8d.

Beat the eggs well.

Add the sugar, the grated nutmegs, salt, carbonate of soda (freed from lumps), and cream of tartar, and mix.

Add the milk, and beat all well together.

Then, by degrees, mix in enough flour to make a soft dough.

Roll into balls the size of a small egg.

Have ready a stewpan of boiling lard, and when it is quite boiling (with the blue smoke coming from it) drop in the balls.

Fry from eight to ten minutes, until they are a nice golden brown, then lift them out with a wire spoon or skimmer.

Roll them, while they are hot, in sifted sugar, and serve either hot or cold.

The lard can be used over and over again if properly strained.

Baba Rings.

$\frac{1}{2}$ lb. of flour.	3 large eggs.	$\frac{1}{2}$ gill of tepid milk and water.
$\frac{1}{2}$ oz. of German yeast.	1 oz. of castor sugar.	Syrup, as described.
5 oz. of butter.	Pinch of salt.	

Average cost, 1s. 3d.

Rub the flour through a fine sieve.

Put a quarter part of the flour into a basin.

Dissolve the yeast and a pinch of salt in the tepid milk and water.

Mix this well into the portion of the flour in the basin.

Work it into a round ball, and cut a cross on the top.

Put the remaining flour into a basin, make a well in the centre, put the ball of dough into it, and draw the flour up round it. Cover the basin with a cloth, and stand it in a warm place for the dough to work.

When it has well risen up through the flour (which will be in about twenty minutes if the yeast is good) turn it all out on to a pastry slab or board.

Break the eggs into it, and add the butter and sugar.

Now mix the paste thoroughly well with the hands, drawing it well through the fingers, and lifting it up well in order to work in as much air as possible.

Continue working and beating this well, but lightly, for twenty minutes.

By this time it will leave the hands perfectly clean.

Well butter some ring moulds, and dust them over with fine flour.

Half fill the moulds with the mixture.

Stand them on a baking sheet, lay a cloth over, and place them in a warm place to rise.

When the mixture has well risen in the moulds, and looks very light, put them into a rather quick oven and bake until they are a pale golden brown.

When cooked, turn them out and stand on a pastry-rack over a dish.

Pour boiling syrup over them once or twice.

Ornament the tops with a few pieces of candied fruits, and serve either hot or cold.

For the Syrup.

6 oz. of white sugar. | $\frac{3}{4}$ pint of water. | $\frac{1}{2}$ gill of rum, or flavouring.

Put the sugar and water into a saucepan, and boil until reduced to half the quantity.

Now add the rum or any flavouring that may be preferred.

Pour over the rings as described.

The baba mixture may be baked in one large mould, and a few crystallised fruits, raisins or almonds chopped up and worked into it.

(See COLOURED PLATE No. 50.)

Assorted Cakes, in paper cases.

6 oz. of flour.	$\frac{1}{2}$ lb. of fresh eggs.	Flavourings.
$\frac{1}{4}$ oz. of butter.	1 small teaspoonful of baking powder.	Icing, as described.
$\frac{1}{2}$ lb. of castor sugar.	1 lemon.	Crystallised fruits.

Average cost, 2s.

Separate the whites from the yolks of the eggs.

Put the yolks into a basin with the castor sugar, and well beat together for ten minutes.



ASSORTED CAKES, IN PAPER CASES—THE CAKES CUT READY FOR ICING.

Rub the flour through a sieve.

Just melt the butter, but do not oil it.

Add this to the other ingredients, then add the flour.

Whip the whites of the eggs to a stiff froth with a pinch of salt.
then stir them into the mixture.

Divide the mixture in half, flavour one half with a teaspoonful of finely chopped lemon peel, and the other with either almond or vanilla.

Brush two sandwich-tins over with warm butter, and dust them over with flour.

Put the mixtures into the tins, and bake in a moderate oven from ten to fifteen minutes.

Turn them out on to a sieve to cool, and when cool, cut up into small fancy shapes.

Take one pound of best icing sugar, and divide it into four parts.

Add to each part two tablespoonfuls of liquid, a different liquid to each, so as to get four distinct icings. The liquids may be water with a few drops of essence, equal parts of rum and water, liqueur syrup and water, etc.; and they may be coloured with a few drops of different colourings.

Warm the icings thoroughly, and mix each one well.

Stand one-fourth of the little cakes on a pastry-rack over a dish.

Pour one of the icings over these, then ornament with crystallised fruit.

Do another fourth with another icing, and so on.

When the icings are set, put the cakes into small paper cases (which can be purchased very cheaply), arrange them on a fancy plate, and serve.

(See COLOURED PLATE No. 51.)

Gingerbread.

$1\frac{1}{4}$ lb. of flour.	$\frac{1}{4}$ oz. of powdered cinnamon.	1 lb. of treacle.
$\frac{1}{4}$ lb. of butter.		$\frac{1}{2}$ oz. of ground ginger.
$\frac{1}{4}$ lb. of moist sugar.	1 oz. of candied peel or orange peel, cut small.	Milk.
$\frac{1}{2}$ oz. of powdered allspice.		

Average cost, 7d.

Rub the butter into the flour.

Add the other ingredients, and mix well.



ASSORTED CAKES IN PAPER CASES.

Make into a dough with the treacle and a little warm milk.
 Put this into a buttered tin and bake in a moderate oven for three-quarters to one hour.
 Two eggs can be added to the ingredients if desired.

Queen's Gingerbread.

1 lb. of honey.	$\frac{1}{4}$ lb. of preserved orange peel, cut in thin slips.	$\frac{1}{2}$ oz. of cinnamon.
1 lb. of moist sugar.		$\frac{1}{4}$ oz. each of cloves, mace and cardamons, powdered.
$\frac{1}{2}$ lb. of flour.		
$\frac{1}{4}$ lb. of blanched sweet almonds.	The grated rind of a lemon.	

Average cost, 1s. 10d.

Put the honey into a pan, mix in a wineglassful of water, and make it quite hot.
 Mix the other ingredients together.
 Make a hollow space, pour in the honey, and mix all into a dough.
 It is best to let it stand thus for a day.
 Put the dough into a buttered tin, and bake for three-quarters to one hour.
 The top can be glazed with clarified sugar, if liked.

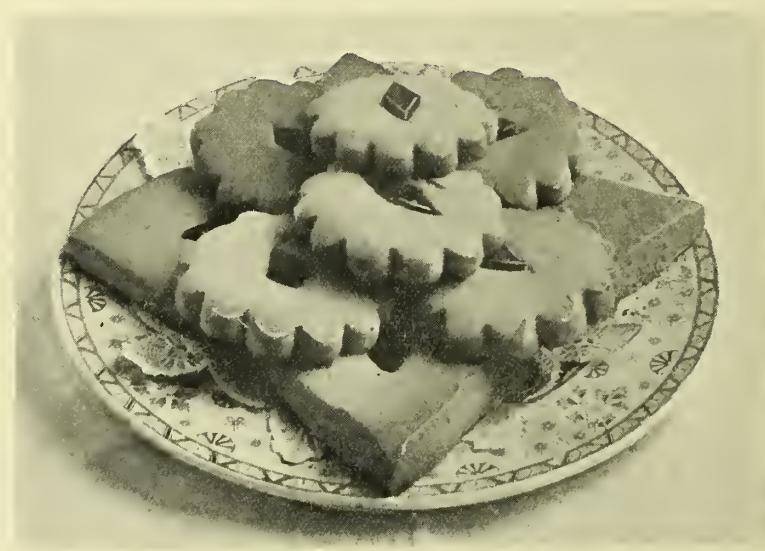
Shortbread.

$\frac{3}{4}$ lb. of flour. | $\frac{1}{4}$ lb. of sugar. | $\frac{1}{2}$ lb. of butter.

Average cost, 8d.

Beat the butter and sugar to a cream.
 Then, by degrees, work in the flour.
 Turn this dough on to a lightly floured board, and roll it out to half-an-inch thickness.
 Stamp out any fancy shapes; and, if liked, put a small piece of candied peel on top of each.

Place them on a greased baking-sheet, and bake in a moderate oven. Do not let them get too brown; they should be quite pale when cooked.



SHORTBREAD.

Jelly Cake.

1 egg.
4 oz. of sifted sugar.
5 oz. of flour.
1 small cup of milk.

1 dessert-spoonful of
butter, melted.
Jelly.

1 small teaspoonful of
carbonate of soda.
2 small teaspoonfuls
of cream of tartar.

Average cost, 9d.

Beat the egg thoroughly.

Add the sugar, and beat again.

Pour in the butter, which has been melted but not hot.

Sift the flour and stir it in, also a little milk.

Add the carbonate of soda, and last of all, dissolve the cream of tartar in the remaining milk, and add this.

Mix all well together, then pour into a well-buttered shallow sandwich tin.

Bake in a quick oven.

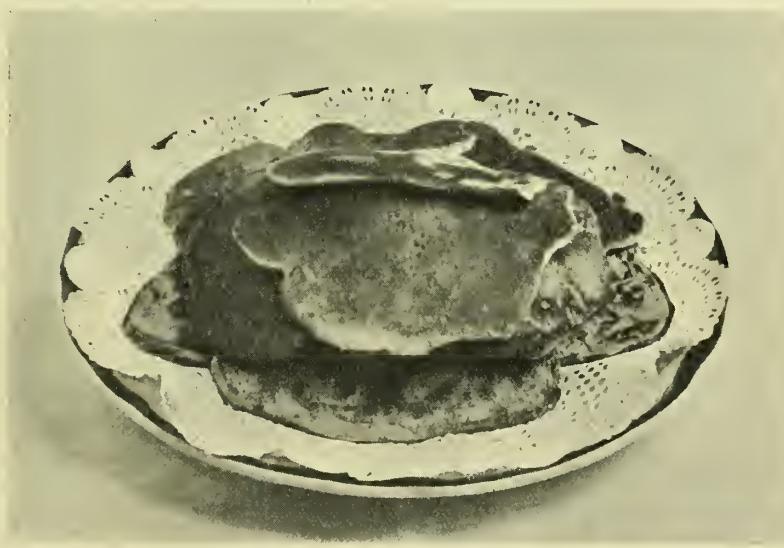
When cooked, turn it out on to a pastry-rack to cool.
 As soon as it is cool, spread it with either apple, quince, or any
 suitable jelly.
 Cut into fingers, and serve.

Pikelets.

$1\frac{1}{2}$ cup of flour.	1 oz. of sugar.	1 teaspoonful of
1 cup of milk.	$\frac{1}{2}$ teaspoonful of	cream of tartar.
1 egg.	carbonate of soda.	

Average cost, 5d.

Put the flour into a basin.
 Mix in nearly all the milk, then add a well-beaten egg and the
 sugar.
 Dissolve the soda in the remainder of the milk, and add this to
 the batter.



PIKELETS.

Lastly, add the cream of tartar.
 Grease a girdle with mutton suet; or failing a girdle, lay an over-
 sheet on top of the stove and grease it.

Put the mixture on in spoonfuls.

When well risen, turn them and cook on the other side.

When cooked, butter them, and serve either hot or cold.

Coffee Cake.

5 cups of flour.	2 cups of sultanas.	2 cupfuls of boiling coffee.
1 egg.	1 cupful of butter.	
2 cups of currants (or 1½ cup of stoned and chopped raisins).	1 cupful of treacle. 1 cup of brown sugar. 1 small cup of lemon peel.	2 teaspoonfuls of carbonate of soda. 1 dessert-spoonful of ginger.

Average cost, 1s. 8d.

Mix the butter with the flour.

Then add the fruit, egg, sugar, lemon peel, ginger and treacle.

Mix the soda into the boiling coffee; then stir the coffee, still
boiling, into the mixture.

Stir quickly and thoroughly.

Pour into buttered tins, and bake in a quick oven for about two
hours.

As this mixture rises very much, it is better to only half fill the
tins.

Plain Seed Cake.

1 lb. of flour.	6 oz. of dripping.	1 breakfast-cupful of milk.
¼ lb. of sugar.	1 oz. of caraway seeds.	1 teaspoonful of baking powder.
1 egg.		

Average cost, 8d.

Mix the baking-powder and the flour together, then rub the dripping
into it.

Then mix in the other dry ingredients.

Beat the egg well, and add it with the milk.

Mix all well together, quickly.

Put into a buttered tin, and bake in a hot oven for about two hours.

Cherry Cake.

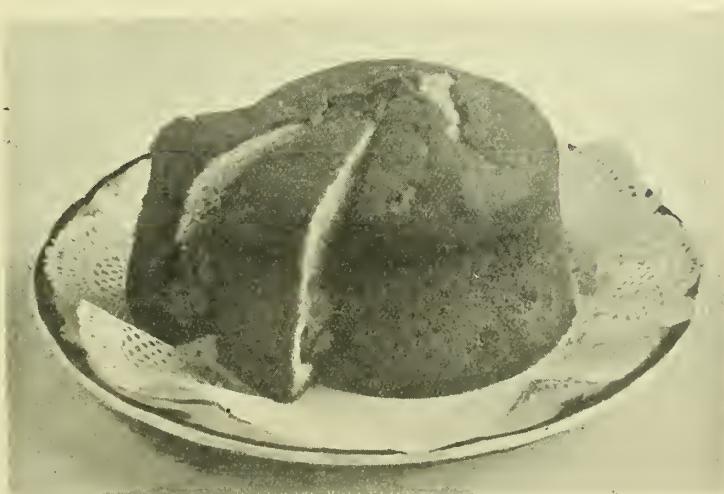
3 eggs.

The weight of 3 eggs
in butter.The weight of 3 eggs
in sugar.The weight of 4 eggs
in flour.3 oz. of glacé
cherries.1 small teaspoonful
of baking powder.

Average cost, 1s.

Beat the butter and sugar to a cream.

Then add the eggs well beaten.

Next add the flour, then the cherries cut into slices, and lastly
the baking-powder.

CHERRY CAKE.

Beat all up together.

Butter and flour a tin, put the mixture in, and bake in a moderate
oven.

Christmas Cake.

1¾ lb. of flour.

12 eggs.

1 lb. of butter.

1 lb. of sugar.

1 lb. of raisins.

½ lb. of currants.

½ lb. of sultanas.

½ lb. of mixed peel.

½ lb. of glacé
cherries.1 teaspoonful of
baking powder.

Average cost, 4s. 6d.

Prepare all the ingredients before making the cake. Stone the raisins and chop them roughly ; rub the flour through a fine sieve ; clean the currants and sultanas ; chop the cherries and peel.

Beat the butter and sugar to a cream.

Break in two eggs, and beat well.

Put in a handful of flour, and beat again.

Continue so, until all the eggs and nearly all the flour are used up.

Then mix in the rest of the flour with the fruits and almonds, and work all into a cake-mixture, by degrees, beating it well.

Lastly, add the baking-powder.

Well butter a tin, and line it with well-buttered papers.

Dust it with equal parts of flour and sugar, then put the mixture in.

Bake in a moderate oven for three to four hours.

Turn it out on to a pastry-rack or sieve to cool.

When cool, brush the cake over with white of egg slightly beaten.

Spread a layer of almond paste on the top and sides, then put it to set.

When set, spread over a thin coating of royal icing, and let this set.

Lastly, ornament the cake with different coloured icings (from different forcing-bags), in any fancy designs, as described on pages 275 to 277.

Rock Cakes.

1 lb. of flour.	2 eggs.	$\frac{1}{2}$ lb. of currants.
6 oz. of butter.	$\frac{1}{2}$ lb. of moist sugar.	Essence of lemon.
Average cost, 1s. 2d.		

Put the flour into a basin.

Rub the butter well into it.

Mix in the sugar thoroughly.

Well wash and dry the currants, then add these.

Add a few drops of essence of lemon.

Beat two eggs well, stir them in, and mix all well together with a wooden spoon.

Drop the mixture in lumps on a buttered baking-sheet, and bake in a moderate oven.

If liked, seeds may be used instead of currants.



ROCK CAKES.

Paisley Jam Sandwich.

6 oz. of flour. 1 oz. of Brown and Polson's Paisley flour.	2 oz. of butter. 4 oz. of castor sugar. 1 gill of milk.	1 egg. Jam. Essence of lemon. Pinch of salt.
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Average cost, 7d.

Measure out all the ingredients ready before beginning to mix them.

Butter and flour two round shallow sandwich-tins.

Mix the Paisley flour, the ordinary flour and the salt well together, dry, in a bowl.

Beat the sugar and butter to a cream.

Beat the egg separately, then add it to the sugar and butter.

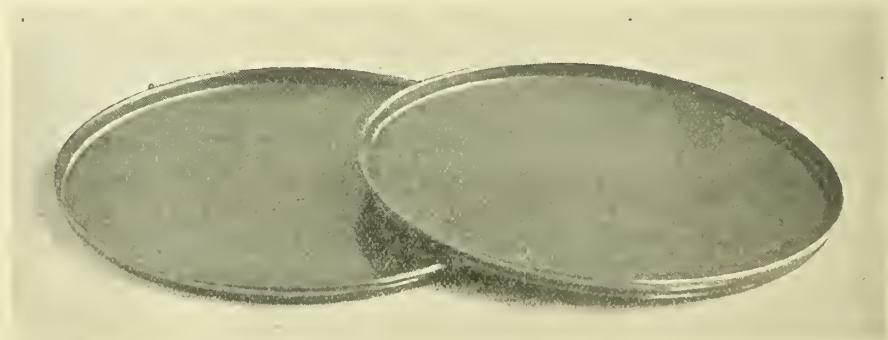
Work into this the mixed flours, and add the milk and lemon flavouring.



PAISLEY JAM SANDWICH.

Pour this mixture at once into the two tins, half in each, and put into a hot oven.

Bake for about ten minutes.



SHALLOW JAM SANDWICH TINS.

When done, turn the two out; spread jam on one, place the other on top, sift icing sugar over, and serve.

Hovis Scones.

2 oz. of Brown and
Polson's Paisley
flour.
1 lb. of Hovis flour.

1 oz. of butter.
2 oz. of sugar.
 $\frac{1}{2}$ pint of sweet
milk.

1 egg.
1 small teaspoonful
of salt.

Average cost, 7d.



HOVIS SCONES.

Mix the Paisley flour, Hovis flour, salt and sugar well together, dry, in a bowl.

Rub in the butter.

Beat the egg well, and mix with the other ingredients.

Make into a dough quickly with the milk, adding it by degrees until a moderately soft dough is made.

Do not knead more than is necessary.

Roll out flat on a floured board, to half or three-quarter inch thickness.

Cut into three-cornered pieces, and put into a hot oven at once; or they can be cooked on a girdle or hot plate (which must be sprinkled with flour).

They will take about ten minutes to bake in an oven, but longer on the girdle or hot plate.

Rice Buns.

$\frac{4}{3}$ oz. of butter.	$\frac{4}{3}$ oz. of castor sugar.	2 eggs.
$\frac{4}{3}$ oz. of ground rice.	2 lbs. of sifted flour.	Milk.

Average cost, 10d.

Beat the butter to a cream.

Add the sugar, and beat again.

Now mix in slowly the ground rice, then the flour.

Well beat the eggs, and mix them in, adding sufficient milk to make the whole into a stiff batter.

Butter a clean baking-sheet, and drop the mixture on in pieces the size of a walnut.

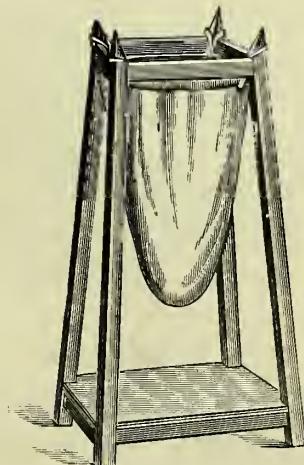
Bake in a brisk oven until they are a nice golden colour.



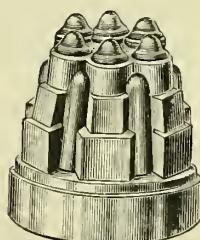
RICE BUNS.

*The following Cakes, Biscuits, etc., appear in other parts
of this book.*

PAGE		PAGE	
5	Scones	Orange Cake	83
8	Milk Rolls	Plum Cake	85
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JELLY BAG AND STAND.



JELLY MOULD.

OMELETS.

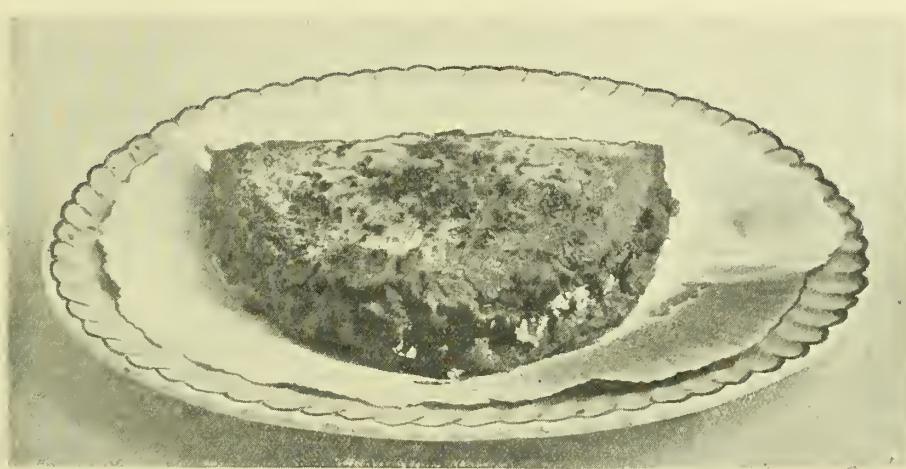
IN making an omelet the essential features are, to have the proper quantity of butter first put in the pan, and heated until it begins to bubble. The eggs are whisked before going into the pan. When the egg mixture is poured in it is stirred at once, and the stirring is continued until the egg sets. It is best to stir in one direction. As soon as the mixture sets it is folded, but is not removed from the pan until the under side next the pan is nicely browned. As soon as this is done, and the whole is firm, the pan is removed from the fire. It is then usual to give the upper part—the top—a little more



OMELET PAN.

cooking, and this is done by holding a salamander over it for about a minute. Failing a salamander, a hot shovel will do. Always use a moderate sized pan, otherwise the mixture spreads out too thin,

and the omelet is not nearly so nice then. Finally, do not cook omelets until just prior to the moment they are needed. They must be served quickly, and eaten at once.



APRICOT (OR ANY JAM) OMELET.

Apricot Omelet.

6 eggs.		1 oz. of butter.		Apricot jam.
Average cost, 8d.				

Beat up the whites of four and the yolks of six eggs, with a very small pinch of salt.

Put one ounce of fresh butter in the omelet pan, and when it bubbles pour in the eggs.

Stir until they set, then fold the omelet, inserting within the fold as much apricot jam as will lie in it.

Let it remain in the pan until it is nicely browned on the under side.

Lift out the omelet neatly on to its dish, sprinkle with powdered sugar, and glaze it with a red-hot salamander or shovel.

Other suitable jams may be used.

Brussels Sprouts Omelet.

25 Brussels sprouts.	1 oz. of butter.	Pepper.
6 eggs.	Sauce.	Salt.

Average cost, 1s.

Boil twenty-five young Brussels sprouts until they are tender. Divide each sprout into four or more portions, according to size, and dry on a cloth.

Beat up six eggs, yolks and whites; mix the sprouts with them, adding pepper and salt to taste.

Melt one ounce of fresh butter in the pan.

When hot, put in the mixture, sprinkle with pepper and salt, and fry until of a nice brown colour.

Serve quickly, sending butter sauce, sharpened with a dash of lime juice, to table with it.

Cheese Omelet, No. 1.

3 or 4 eggs.	1 oz. of butter.	Parmesan cheese.
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Average cost, 7d.

Beat up three or four eggs with one or two tablespoonfuls of grated parmesan cheese, and pepper and salt to taste.

Put a piece of butter, the size of an egg, into a frying-pan.

As soon as it is melted, pour in the omelet mixture, and, holding the pan with one hand, stir the omelet with the other by means of a spoon.

The moment it begins to set, cease stirring, but keep on shaking the pan for a minute or so.

Then with the spoon double up the omelet, and keep shaking the pan until the under side of the omelet has become of a golden colour.

Turn it out on a hot dish and serve with plenty of grated parmesan cheese strewn over it.

The cheese must be of good quality, and grated at the time—not the musty powder which so often does duty for parmesan.

Cheese Omelet, No. 2.

6 eggs. 1 oz. of butter.	4 oz. of cooking cheese.	$\frac{1}{2}$ pint of cream. Pepper. Salt.
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Average cost, 1s. 10d.

Grate four ounces of good cooking cheese.

Beat up the yolks of six eggs and the whites of four.

Add the grated cheese to them, and, by degrees, half-a-pint of cream.

Season well with pepper and salt, using cayenne pepper if liked.

Fry with butter in the ordinary way.

Serve as quickly as possible when ready.

Ham Omelet.

2 tablespoonfuls of ham, minced.	6 eggs.	Butter.	Pepper.
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Average cost, 10d.

Mince two tablespoonfuls of lean ham finely.

Fry this in a little butter for a few minutes.

Whisk up the yolks of six eggs and the whites of four together, with seasoning of pepper, and a very small pinch of salt.

Stir in the cooked ham.

Put a piece of butter, about the size of an egg, into the pan, and when it bubbles pour in the mixture.

Proceed as for CHEESE OMELET, No. 1 (see opposite page).

Tongue can be used instead of ham, if preferred.

Haricot Beans Omelet.

$\frac{1}{2}$ pint of haricot beans.	2 tablespoonfuls of bread-crumbs.	2 oz. of butter. Pepper. Salt.
$\frac{1}{2}$ teacupful of milk.	$\frac{1}{2}$ oz. of finely chopped parsley.	
$\frac{4}{3}$ eggs.		

Average cost, 8d.

This makes a very nourishing omelet, but requires to be prepared beforehand.

The beans should steep at least six hours in cold, slightly salted, water. It is a good plan to set them to steep overnight, especially if they are required for luncheon or early dinner.

When steeped, boil in fresh water until perfectly soft, and then mash them in milk. For half-a-pint of beans half a teacupful of milk will be required.

When mashed, rub through a sieve or fine colander.

Then add two tablespoonfuls of finely grated bread-crumbs, half-an-ounce of finely chopped parsley, four eggs, yolks and whites, well beaten, a tablespoonful of melted butter, or olive oil, and salt and pepper to taste.

Mix the whole thoroughly, and pour into a buttered pan or enamelled dish.

Bake from three-quarters of an hour to one hour in the oven, which should not be too hot.

Send a sharp brown sauce to table with it.

Jam Omelet

Is made with any suitable jam, as described with APRICOT OMELET, on page 745.

Macaroni Omelet.

2 oz. of macaroni.	$\frac{1}{2}$ pint of new milk.	$\frac{1}{2}$ oz. of parsley.
2 tablespoonfuls of flour.	4 eggs.	Pepper. Salt.

Average cost, 7d.

Boil two ounces of macaroni until it is perfectly tender; then drain it.

Rub two tablespoonfuls of flour into a smooth paste with a little cold water.

Boil, in a lined saucepan, half-a-pint of new milk.

When boiling, pour it on the flour paste, and stir well until it thickens.

Add the macaroni, which should be cut up into small pieces.

I have ready four eggs, well beaten, and half-an-ounce of parsley, chopped fine.

Add these to the milk, at the same time as the macaroni, and season with white pepper and salt.

Pour the mixture, while hot, into an enamelled pie-dish, which should be well buttered.

Bake in a moderately hot oven, until browned over, then turn out.

Serve with onion sauce, if liked; or with brown sauce.

Plain Omelet.

3 or 4 eggs.		Parsley.		Butter.		Pepper.		Salt.
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Average cost, 5d.

Beat up three or four eggs, with one dessert-spoonful of parsley, very finely minced, and pepper and salt to taste.

Put a piece of butter, the size of an egg, into a frying-pan; as soon as it is melted pour in the omelet mixture.

Hold the handle of the pan with one hand, stir the omelet with the other, by means of a spoon. The moment it begins to set, cease stirring, but keep on shaking the pan for a minute or so.

Then, with the spoon, double up the omelet, and keep shaking the pan until the under side of the omelet has become of a golden colour.

Turn it out on a hot dish, and serve.

Another method.

Break three eggs, yolks and white, into a basin, add salt and pepper to taste, and beat them with a whisk, till thoroughly blended. Have the frying-pan previously on the fire, with a lump of butter the size of a walnut in it.

Pour in the beaten eggs just before the butter boils.

Let them set, and then fold up the omelet, and serve on a hot dish. A few chopped herbs and parsley may be added to the eggs before frying.

Plain Sweet Omelet.

3 eggs.		2 oz. of butter.		1 oz. of castor sugar.
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Average cost, 6d.

Beat up well three eggs (whites and yolks).

Add to them one ounce of butter, broken up into small pieces, and one ounce of sifted sugar. Stir well together.

Put one ounce of fresh butter into the omelet pan.

When it fritters pour in the mixture, and continue stirring until it begins to set.

Then turn the edges over until the omelet is of an oval shape.

Lift it on to a dish, brown it with a salamander, sift sugar over, and serve at once.

This will only make a small omelet; if a larger is required, double the proportions of the ingredients.

Potato Omelet.

6 potatoes.
1½ oz. of butter.

6 eggs.
Bread-crumbs.

Pepper.
Salt.

Average cost, 9d.

Boil six mealy potatoes.

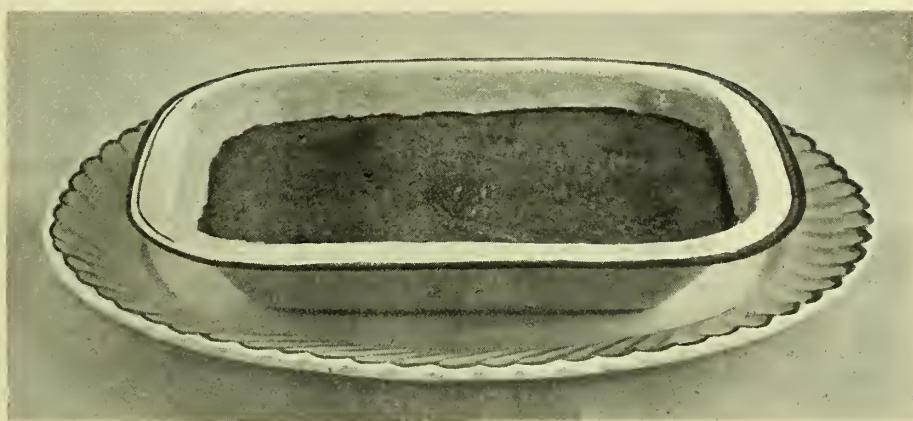
Dry them well, and mash with half-an-ounce of butter.

Add one ounce of bread-crumbs, very finely grated, the yolks of six eggs and the whites of four, seasoning with white pepper and salt.

Melt one ounce of butter in the omelet pan, and when it is quite hot pour in the mixture.

Fry a nice golden brown colour, over a not too fierce fire.

For omelet making a gas-boiling-burner is far preferable to a stove; the heat can be so nicely regulated.



RICE OMELET.

Rice (Savoury) Omelet.

3 oz. of rice.

3 eggs.

Parsley.

Average cost, 4d.

Wash three ounces of rice well in two or three waters.

Boil it in one pint of water, until the water is entirely absorbed.

When it is nearly cold add to it three well-beaten eggs and a quarter of an ounce of chopped parsley.

Butter an enamelled pie-dish, pour in the omelet, and bake in a moderate oven.

Serve with fine herbs sauce.

Rice (Sweet) Omelet.

Follow the above recipe, but use, instead of chopped parsley, one ounce of sifted white sugar, and omit the sauce.

Rum Omelet.

6 eggs.	2 oz. of castor sugar.	1 wineglassful of rum.
3 oz. of butter.		

Average cost, 1s.



RUM OMELET.

Make a plain sweet omelet, with four whites and six yolks of eggs. When cooked, strew sugar over, and, instead of glazing it, pour a wineglassful of hot rum over it.

Set it alight as it is being put upon the table.

Savoury Omelet.

4 eggs.
1 oz. of butter.

Parsley.
Shallot.

Pepper.
Salt.

Average cost, 6d.

Beat up three or four eggs with one dessert-spoonful of parsley, very finely minced, half a clove of shallot, also finely minced, pepper and salt to taste.

Put a piece of butter, the size of an egg, into a frying-pan.

As soon as it is melted pour in the omelet mixture, and, holding the handle of the pan with one hand, stir the omelet with the other by means of a spoon.

The moment it begins to set, cease stirring, but keep shaking the pan for a minute or so.

Then, with the spoon, double up the omelet, and keep shaking the pan until one side of the omelet has become a golden colour.

It is now ready to serve.

Another method.

Beat two eggs in a basin, and season with cayenne and salt.

Mix with it one teaspoonful each of finely chopped onion and parsley.

Melt half-an-ounce of butter in an omelet pan, pour the mixture into this, and keep stirring it over the fire until it sets.

Then roll, and serve.

About three minutes will serve to cook this omelet, which should be of a delicate brown when done.

Another method.

Besides parsley, add a very few fresh sweet herbs and a few chives, all very finely minced.

Powdered sweet herbs may be used, but in either case great care should be taken not to put in too many.

. Shallot Omelet (Francatelli's recipe).

3 eggs.	3 oz. of butter.	Pepper.
1 tablespoonful of cream.	Parsley. Shallot.	Salt.

Average cost, 10*d.*

Break three eggs into a basin.

Add one spoonful of cream, a small pat of butter, broken into pieces, a little chopped parsley, some shallot, well chopped, and some pepper and salt.

Put two ounces of butter into the omelet pan.

While the butter is melting whip the eggs and other ingredients well together, until they become frothy.

As soon as the butter begins to fritter pour the eggs into the pan, and stir the omelet.

As the eggs appear to set, roll the omelet into the form of an oval cushion.

Allow it to acquire a golden brown colour on one side over the fire, and then turn it out on its dish. Pour a thin sauce, or gravy, under it, and serve.

Soufflé Omelet.

6 eggs.	2 tablespoonfuls of castor sugar.	2 oz. of butter.
Lemon juice.		

Average cost, 9*d.*

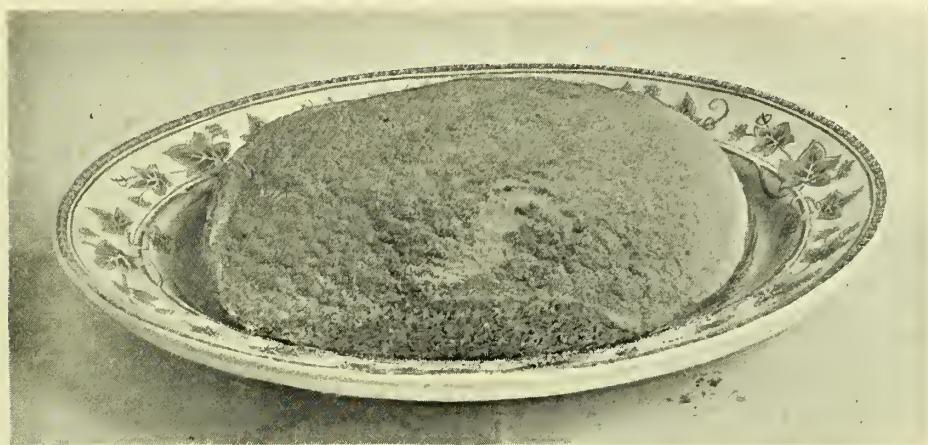
Break carefully six eggs, separating the yolks and whites.

Strain the yolks, and add to them two tablespoonfuls of powdered sugar and a little lemon juice or orange-flower water, and stir well together.

Whip the whites into a stiff froth, and then mix lightly with the rest.

Melt two ounces of fresh butter in the pan, and pour in the mixture.

When cooked sprinkle over with sugar, and either put into the oven for a few minutes to rise, or else hold a salamander over it.



OMELET SOUFFLÉ.

Spinach Omelet.

$\frac{1}{4}$ lb. of spinach.	$\frac{1}{4}$ oz. of lemon thyme.	$\frac{4}{5}$ tablespoonfuls of milk.
$\frac{1}{4}$ lb. of beetroot.	1 large tablespoonful of flour.	2 oz. of butter.
$\frac{1}{2}$ oz. of parsley.		Pepper. Salt.
$\frac{1}{4}$ oz. of leeks.	4 eggs.	

Average cost, 10*d.*

Chop up, together, a quarter of a pound of spinach (it should be young and tender), a quarter of a pound of beets, half-an-ounce of parsley, and half-an-ounce of leeks and lemon thyme mixed. Season the mixture with salt and pepper.

Then add, by degrees, a heaped-up tablespoonful of well-dried flour, four spoonfuls of milk, four eggs, well beaten, and two ounces of butter, melted.

Mix the whole well together, put into an enamelled pie-dish, and bake twenty minutes in the oven.

This is rather more solid food than the ordinary fried omelet, but when well made it is an appetising dish.

If beet is not liked, Brussels sprouts can be used instead.

Sweet Omelet, with Jam.

6 eggs.		1 oz. of butter.		Apricot jam.		Castor sugar.
Average cost, 9d.						

Beat up the whites of four and the yolks of six eggs, with a very small pinch of salt.

Put a piece of fresh butter in the omelet pan, and directly it is melted pour in the eggs.

As soon as they are set, fold up the omelet, inserting within the fold as much apricot jam as will lie in it.

Turn out the omelet neatly on its dish, sprinkle thickly with powdered sugar, and glaze with a red-hot salamander.

(See also APRICOT OMELET, page 745.)

Swiss Omelet.

2 oz. of parmesan cheese.		$\frac{1}{2}$ oz. of parsley.		$\frac{1}{4}$ pint of milk.
3 oz. of butter.		1 oz. of bread- crumbs.		$\frac{4}{4}$ eggs.

Average cost, 1s.

Made with grated cheese, in the following manner.

Grate two ounces of parmesan cheese.

Melt two ounces of butter. Add this to the cheese, also half-an-ounce of finely chopped parsley, one ounce of bread-crumbs, finely grated, a quarter of a pint of new milk, and four eggs well beaten.

Fry in the usual way, with a little butter in the pan, which must be properly heated before the mixture is put in.

Tomato Omelet.

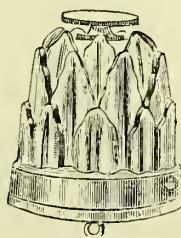
6 tomatoes.
2 oz. of bread-
 crumbs.

4 eggs.
 Milk.
 Salt.

Pepper.
 Sauce.

Average cost, 1s.

Scald six ripe tomatoes, skin them, and remove the seeds.
 Stew until tender, then mash, and rub through a sieve.
 Add two ounces of finely grated bread-crumbs, four well-beaten
 eggs, four tablespoonfuls of milk, and salt and pepper to taste.
 Mix all thoroughly, pour into a buttered dish, and bake in a
 moderately hot oven.
 Serve with vinegar or brown sauce, not made with stock, as is
 ordinary brown sauce, but merely browned butter thickening,
 thinned with vinegar.



ICE PUDDING MOULD, WITH COVER AND FOOT.

ICES.

ICES may be roughly divided into three kinds, viz. Dessert Ices, in which cream is the chief ingredient; the common Ice Cream, which, however, is misnamed, as cream is seldom used, whilst milk and eggs are the chief ingredients; lastly, Water Ices, consisting chiefly of syrup and fruit juice.

The Neapolitan is not a distinct kind of ice. It is made up by placing layers of different ices in a mould, and then freezing the whole firm enough to bear cutting into blocks.

Whether good or cheap, ices can be served in a variety of forms by means of the many fancy moulds now to be obtained. If the mould is a large one, its contents, when turned out, are generally designated an Ice Pudding, and portions are served from this. The Dessert Ices are made in smaller moulds. All mould ices have to be frozen firm enough to keep their shape when turned out. The method of moulding ices is described a little further on.

To make Ice Creams in Freezing-pots:—Ices can be made in plain freezing-pots, or there are several machines that can be had which are operated by a handle. The actual process is the same in all, but the machines save labour, and admit of good results with less skill than the plain freezing-pots will.

The process can be most easily and clearly described with the plain freezing-pot. These pots are of pewter, of a shape as here illustrated. The mixture to be frozen is put into this; and if a full size of pot is used, so that it need not be more than half filled, it is best. It is essential that the mixture be cold before it is put into the pot, and those kinds which are heated in a saucepan first can be prepared over-night with advantage.

The freezing-pot is placed in a tub of suitable size, and the

space around the pot is packed with broken ice and salt. If a flat piece of ice can be put at the bottom of the tub for the pot to turn on, it will improve the working. The tub goes with the pot in the purchase of a freezing outfit; but should it be obtained separately, see that it is the right size. It should be quite as high as the pot, and the space around should be about half the diameter of the pot. If too small or too large, it wastes ice. There must be a hole and plug at the bottom, to let off water when necessary.

The ice to go in the tub around the freezer or pot should be broken into pieces about one inch in size, not much larger, and to this is added about one-fifth to one-fourth part of freezing-salt (or a little more in hot weather). The ice can be easily broken if placed in a coarse cloth or sack, and beaten with a mallet. The ice and salt are well shaken down, and the tub filled up to well above the level of the mixture inside; the ice should not, however, reach quite up to the lid.

The object of mixing salt with the ice is to make the temperature still lower. Salt has a melting effect on ice, and this is accompanied by a rapid and considerable lowering of the temperature. If it were not for this, it would be a difficult matter to freeze the contents of the pot, some ingredients not freezing at ordinary ice temperature. The use of suitable salt puts this right.

Having put the cold mixture in the freezing-pot, and this being packed round with ice and salt in the tub, the pot must then be turned round to keep the contents agitated until it begins to congeal. After the first ten minutes' turning take the lid off the pot, and, with a spatula, scrape any cream that is frozen on



FREEZING POT.

the sides to the centre; then turn the freezer again for a few minutes, and mix again.

The turning and agitation are to prevent some of the mixture, the sugar for instance, sinking to the bottom; also to ensure all parts being frozen equally, and so prevent lumps. It is important that the stirring be properly done until the whole begins to congeal. When all is frozen ice can be heaped on top of the pot, and allowed to remain so until its contents are wanted.

To make Ice Creams in Freezing Machines.—These machines are now in considerable variety, but all work on the same principle. They consist of some sort of freezing-pot or vessel which contains the mixture, and in nearly every case there is some form of spindle with blade or arms, which revolve inside the pot as the handle is turned, and this keeps the mixture stirred more evenly than by using a spatula. It also prevents the mixture splashing up on the sides of the pot, which happens when the pot is turned by hand.

In some machines the freezing vessel is of just the same shape as that last illustrated. In this case, the revolving spindle inside has the blades or arms so arranged that the mixture is not only stirred, but that at the bottom is being continually brought to the top. This quite prevents the heavier ingredients collecting at the bottom. Most of the freezing-machines, however, especially those for domestic use, have the pot or vessel of a broad flat shape. It is stated by the makers of these, that this shape admits of better mixing, and that less ice is needed outside. There is a revolving spindle with blades in this kind as well. Whichever shape is used, the freezing-vessel stands in a tub of some kind, and the spaces beneath the vessel and all round the sides are filled with broken ice and freezing-salt, as already described.

There is no doubt that the quality of the ice-cream is greatly improved by using a machine, for the smoothness and nice eating largely depend on the mixture being frozen regularly at all parts and the different ingredients being kept intimately mixed. The machines do this by their stirring spindle, which not only keeps moving the bottom of the mixture towards the top, but at the

same time it keeps delivering the middle of the mixture to the sides, so that all is kept of a uniform coldness.

It should be noted that those machines needing it, have an arrangement for lifting the gear away from the pot when the ice cream is ready for serving. This enables the pot to be emptied without the least difficulty.

Freezing Powders.—Ice, in combination with salt, is the best material for making ices; but when travelling, or in remote districts where ice is difficult to procure, freezing powders are of the greatest service, and those of the best makers are perfectly satisfactory in their action. Indeed, there is no doubt freezing powders would be more largely used than they are at present, were it not that they are more expensive than ice. For cooling water and other liquids, and for refrigerating food in the sick chamber, where it is sometimes impossible either to keep or manage ice for this purpose, freezing powders are invaluable. They are useful, also, when a very rapid and strong freezing mixture is required, being used instead of salt with the ice. In choosing a freezing machine, it is desirable to ascertain if it is as well adapted for the use of powders as of ice, as some of them lined with metal are corroded by the action of the powders.

Some little care is required in determining the amount of sugar or syrup that should be used to sweeten the mixtures. There should be sufficient, of course, but an excess of sugar greatly retards the freezing process, or may even prevent it. The correct amount can be judged with practice, but it is better to use a Saccharometer. This instrument is quite inexpensive, and admits of precise results being obtained. If the instrument sinks too low in the mixture, the sweetening—sugar or syrup—may be increased, but if it does not sink to the mark, then the sweetening is already too great. To decrease the sweetening and make the instrument sink, milk must be added to a cream ice, or water to a water ice.



Ice Cream (common, made with custard).

4 eggs.	½ lb. of loaf sugar.	Flavouring.
1 quart of milk.	1 oz. of butter.	Colouring.

Average cost, 1s.

The basis of this is a custard.

Beat up four fresh eggs.

Add these to one quart of new milk, with half-a-pound of loaf sugar and one ounce of fresh butter.

Put the mixture into a saucepan and place it over the fire.

Keep it well stirred until it thickens; but on no account let it boil, or it will be spoiled.

Strain through a fine hair sieve or through muslin, and put aside to get quite cold.

When about to freeze this mixture, it may be coloured and flavoured according to the nature of the ice required.

Only vegetable colourings should be used. These are obtainable at all good provision merchants and stores.

For vanilla, the essence can be used with a small quantity of saffron colouring to give it a rich appearance.

For raspberry the essence can be used, and a little carmine for colouring.

Strawberry essence can also be used, and carmine for colouring, but the latter would be used more sparingly to give a lighter tint than with raspberry.

Many other flavourings are available, and the suitable colouring can be as simply arranged.

Having the mixture quite cold, flavoured and coloured, put it in the pot, and freeze, as described on pages 758 and 760.

Ice Cream (common, made with gelatine).

2 eggs.	$\frac{1}{2}$ lb. of loaf sugar.	Flavouring.
1 quart of milk.	$\frac{1}{2}$ oz. of gelatine.	Colouring.

Average cost, 10d.

This ice eats a little smoother, and has a rather better substance than the preceding.

Whisk two eggs.

Mix these into one quart of new milk, and add half-a-pound of loaf sugar.

Put the mixture into a saucepan, and place it on the stove.

Stir well until it thickens, but on no account let it boil or it will be spoiled.

Remove from the fire, and add half-an-ounce of fine gelatine.

Stir until the gelatine dissolves.

Strain through a fine hair sieve, and allow it to get quite cold.

When quite cold, add flavouring and colouring; then freeze, as described in the last recipe.

Dessert Ices (made with cream custard).

The basis of these is a cream custard.

Whisk four large or five small eggs.

Mix these into one quart of fresh cream, and add half-a-pound of castor sugar.

Put these into a saucepan, and place it over a moderate fire.

Stir well until it thickens, but on no account let it boil, or it will curdle and spoil.

Strain through a fine hair sieve, and allow it to get quite cold.

When quite cold, add the fruit pulp or flavouring and colouring (as follows), then freeze.

Raspberry Ice Cream.

1 quart of cream custard (as described on page 763).	1 pint of pulp of fresh raspberries. Carmine.
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Average cost, 5s.

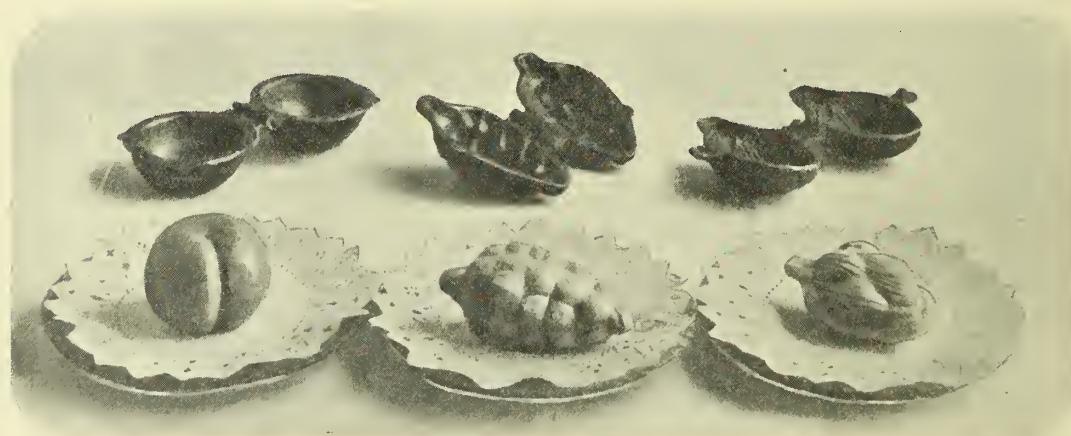
Make one quart of cream custard, as described on page 763.

Rub sufficient fresh raspberries through a sieve to make a pint of pulp.

Add the pulp to the custard, and colour with carmine.

A little lemon juice may be added, if liked.

Freeze as described.



DESSERT ICES AND THEIR MOULDS.

Strawberry Ice Cream.

This is made in exactly the same way as raspberry, just described.

A bright coloured strawberry is best; but even then some colouring must be used.

Lemon juice may be added, if liked.

Pine-apple Ice Cream.

1 quart of cream custard (as described on page 763).	1 small pine-apple. Saffron colouring.	2 lemons.
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Average cost, 5s. 6d.

Make one quart of cream custard, as described on page 763.

Peel and bruise a small pine-apple, and rub it through a wire sieve.

Or the pine-apple may be cut up and boiled for ten minutes in a gill of water, and then rubbed through the sieve.

Squeeze the juice from two lemons.

Add the fruit pulp and lemon juice to the custard, and mix well.

Colour with a little saffron colouring.

Freeze as described.

Vanilla Ice Cream.

1 quart of cream custard (as described on page 763).	Vanilla extract, or 2 vanilla pods. Saffron colouring.
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Average cost, 4s. 9d.

If vanilla pods are used they must be put into the saucepan when the custard is made. If extract is used, this is added to the unflavoured custard just before freezing.

A desirably pure extract can be made at home, by cutting up a few vanilla pods, and putting them into a small bottle, with a tablespoonful of brandy to each pod. This is ready for use in a week or longer, shaking the bottle occasionally.

Do not use too much extract. Let the flavouring be delicate.

Vanilla ices require a good custard, and it is better to increase the eggs given in the recipe on page 763 from four to six.

Water ices cannot be satisfactorily flavoured with vanilla.

Ginger Ice Cream.

1 quart of cream custard (as described on page 763).		4 oz. of preserved ginger. Flavouring of ground ginger.
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Average cost, 5s.

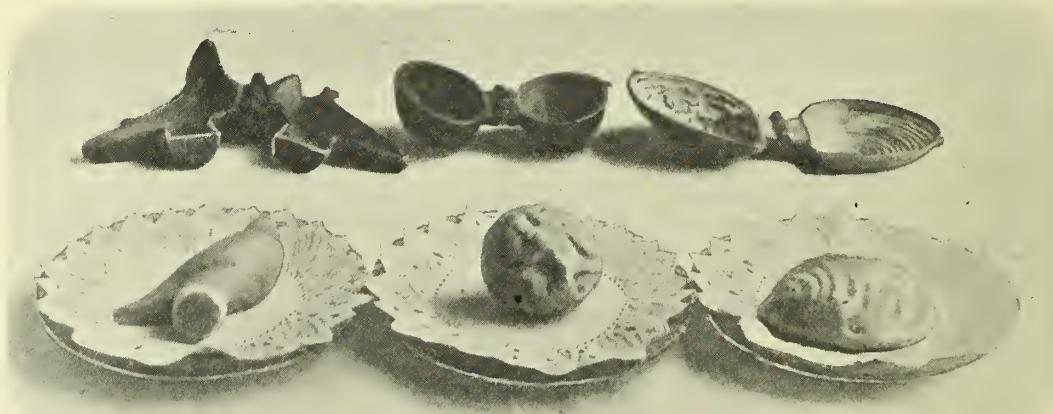
Make one quart of cream custard, as described on page 763.

Mix in with the custard, during the making, four ounces of preserved ginger cut up finely.

Add a little ground ginger to flavour the whole well.

Allow it to get quite cold, then freeze as directed.

The ground ginger should be very good and fresh, or it may impart a mouldy flavour.



DESSERT ICES AND THEIR MOULDS.

Noyeau Ice Cream.

1 quart of cream custard (as described on page 763).		1 glass of noyeau. 1 glass of sherry.
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Average cost, 5s.

Make one quart of cream custard, as described on page 763.

When quite cold, mix in one glass of noyeau and one glass of sherry. Freeze as directed.

Chocolate Ice Cream.

1 quart of cream custard (as described on page 763).	4 oz. of Van Houten's cocoa, or best chocolate paste.	Vanilla flavouring, if liked.
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Average cost, 4s. 9d.

Make one quart of cream custard, as described on page 763.

Stir into it four ounces of Van Houten's cocoa, or an equal weight of good chocolate paste. These ingredients should be made of proper consistency with milk before being added.

Flavour with vanilla, if liked.

Freeze as described.

Almond Ice Cream.

1 quart of cream custard (as described on page 763).	4 oz. of Jordan almonds. 8 oz. of bitter almonds.
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Average cost, 5s. 3d.

Make one quart of cream custard, as described on page 763.

Blanch the almonds; then grate them finely.

Add these to the custard just as it is finished making.

When the custard is cooked, allow it to stand a time, then strain through a fine sieve, and allow to get quite cold.

When quite cold, freeze as described.

WALNUT, COCOANUT, BRAZIL-NUT and PISTACHIO-NUT ICE CREAMS may be made in the same manner as ALMOND, just described.

Coffee Ice Cream, No. 1.

1 quart of cream custard (as described on page 763).	$\frac{1}{2}$ pint of strong coffee. 3 oz. of castor sugar.
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Average cost, 4s. 9d.

Make one quart of cream custard, as described on page 763.
 Add to this half-a-pint of strong infusion of Mocha coffee, sweetened
 with three ounces of castor sugar.
 Branson's or other coffee extract may be used, if liked.
 When quite cold, freeze as described.

Coffee Ice Cream, No. 2.

1 quart of cream custard (as described on page 763), but made with 6 eggs.	½ lb. of freshly roasted Mocha coffee berries.
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Average cost, 5s. 3d.

Make one quart of cream custard, as described on page 763.
 When made, and just removed from the fire, put half-a-pound of
 coffee-berries in it.
 The berries must be freshly roasted, and, if possible, hot, to ensure
 obtaining the delicate flavour and aroma.
 Cover down the pan closely, and put a cloth over to keep in the
 steam.
 Let it infuse for one hour, then strain.
 When quite cold, freeze as described.
 The colour of the custard is not altered by this method. If carefully
 made, it is very delicate and nice.

Strawberry Bombe Ice.

1 lb. of strawberries.	4 yolks of eggs.	A few drops of car-
1 pint of thin cream.	10 oz. of castor sugar.	mine.

Average cost, 3s.

Pull the stalks from one pound of strawberries, then beat them to
 a pulp.
 Add six ounces of castor sugar.
 Rub all through a coarse hair sieve.

Put one pint of thin cream into a milk saucepan with four ounces of castor sugar, and bring it to the boil.

Beat up the yolks of four eggs well.

Pour the boiling cream on to them, stirring all the time.

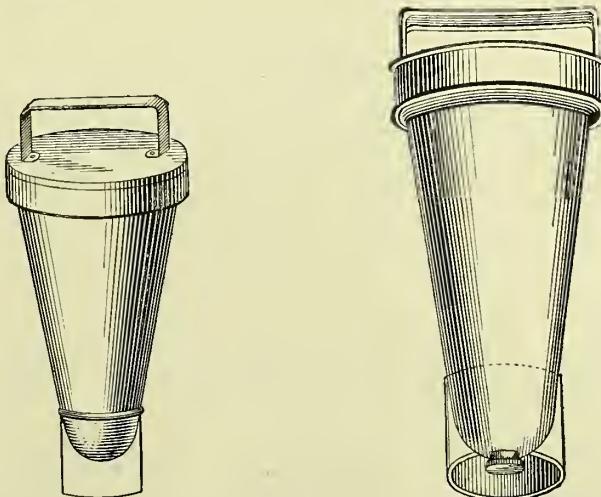
Then pour all back into the saucepan, and stir till the custard thickens, but do not let it boil.

Now set it aside to cool.

When cool, add it to the strawberry purée with a few drops of carmine.

Rub the whole through a tammy or fine hair sieve.

Put it into the freezing machine, and freeze to the consistency of a thick batter.



THE BOMBE MOULD.

Put it into a bombe mould, and shake the cream well down.

Put the mould into the ice cave (which has been charged in the proportions of one part salt to two parts broken ice), and freeze for two or three hours, turning the mould round occasionally.

If you have no cave, pack the mould in ice and salt in the proportions of one part salt to two parts crushed ice.

If this is done, see that the lid is well secured on to the mould; a little melted mutton fat should be put round the joint to prevent any of the salt from penetrating into the mould.

A cave is much less trouble and much safer. Ices can be kept in it from one day to the other if the brine is run off from time to time, and the cave recharged with ice and salt.

When the ice is wanted, lay a fold of cotton wool on a dish.

Dip the mould quickly into a large basin of cold water, pass a cloth under it to absorb any water on it, then turn the ice out on to the cotton wool.

Garnish round the base with sprays of maiden hair fern.

Send to table immediately, but if it has to wait, put the dish with the ice on it into the ice cave.

Ice Pudding.

1 pint of milk.	4 oz. of castor	Lemon peel.
$\frac{1}{2}$ pint of whipped	sugar.	A wineglass of kirsch
cream.	$\frac{1}{2}$ lb. of crystallised	or noyeau syrup.
8 eggs.	fruit.	

Average cost, 3s.



ICE PUDDING MOULD (PINEAPPLE SHAPE).

Put one pint of new milk into a stewpan, with four ounces of castor sugar and the thinly peeled rind of half a lemon.

Bring to the boil, and simmer for five minutes.



ICE PUDDING (PINEAPPLE SHAPE).

Strain it on to the beaten yolks of eight raw eggs.

Return the mixture to the stove, and stir until it thickens; but on no account let it boil.

Rub it through a fine hair sieve or tammy, and put aside until quite cold.

Freeze, as directed, but when of the consistency of batter, add half-a-pint of whipped cream, also half-a-pound of any nice crystallised fruits cut up small, and a wineglass of kirsch or noyeau syrup.

Mix well, and continue freezing.

Fill a fancy mould with the frozen mixture, and put it in an ice cave, or pile round with ice until wanted.

This pudding is a pale yellow, from the yolks of the eggs, and there are coloured specks on the surface where the pieces of crystallised fruits show.

(See COLOURED PLATE NO. 45.)

Nesselrode Ice Pudding.

40 chestnuts.	4 oz. of castor sugar.	1 wineglassful of kirsch or maraschino syrup.
$\frac{1}{2}$ pint of milk.		
1 pint of cream.	6 oz. of preserved fruits.	
8 yolks of eggs.		

Average cost, 3s. 9d.

Put half-a-pint of milk and half-a-pint of cream into a milk saucepan. Sweeten it with four ounces of castor sugar, and bring to the boil. Beat eight yolks of eggs.

Pour the boiling milk on to the eggs, and then return to the saucepan.

Stir until the custard thickens, but be very careful not to let it boil. Strain it through a hair sieve or fine strainer.

Peel the outer skins off forty chestnuts.

Boil them for about half-an-hour, then remove the inner skins.

Pound the chestnuts well in a mortar, and rub them through a fine sieve.

Add the custard to this chestnut paste.

When cool, add a wineglassful of kirsch or maraschino syrup.

Put the mixture into a freezer.

When partly frozen, mix in half-a-pint of stiffly whipped cream, and freeze again.

Before moulding, mix in six ounces of preserved fruits, such as pineapple, citron and cherries, cut up small.

If the fruits are dried, soak them in a little syrup before using.

When the mixture is frozen to the consistency of a thick batter, put it into a dome-shaped mould. Put on the lid, and stand in the ice cave, if you have one, for two hours.

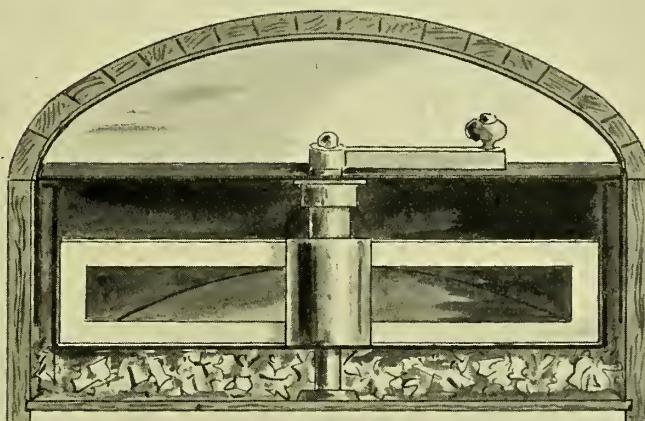


When wanted, dip the mould into tepid water, and turn out on to a napkin, or a fold of cotton wool, with a lace paper on it.

Serve at once.

To freeze the pudding, use one of Marshall's patent freezers, as they are very simple.

Take the pan out of the tub, put a layer of pounded ice and freezing salt in the bottom of the tub to a depth of two inches, in the proportions of one pound of freezing salt to each two pounds of crushed ice.



SECTIONAL ILLUSTRATION OF MARSHALL'S FREEZER.

Ice and salt are required at the bottom only.

Mix the salt and the ice well together, then replace the pan on the pivot in the tub.

Pour the mixture which is to be frozen into the pan, shut down the lid, put on the cross-bar and screw on the handle. Hold the freezer firmly and turn the handle, pressing it well down as you turn, so that the blades may touch the bottom of the pan. If this is not done the mixture may freeze hard at the bottom and take longer to do. Three or four minutes should be long enough to freeze the pudding if the machine is worked properly.

When the mixture is partly frozen, add the whipped cream and fruits, and freeze again until it is like a thick batter.

When sufficiently frozen, which can be seen by looking through the trap door in the lid, hold the pan, unscrew the handle and lift off the bar and lid.

DESSERT ICES.

(Made with Cream, uncooked, without eggs.)

These are made without eggs, and require no cooking. Just two example recipes are given, from which it will be seen that the ices described in the previous pages can all be made in this manner, it being merely necessary to substitute sweetened cream for the custard.

Chocolate Ice Cream (without eggs).

1 quart of cream.	1/4 lb. of castor sugar.
1 pint of milk.	8 oz. of chocolate.

Average cost, 5s.

Scrape and reduce the chocolate to powder.

Mix it into the milk thoroughly.

Add the cream and sugar, then strain.

Freeze as directed.

Raspberry Ice Cream (without eggs).

1 quart of cream.	1 1/2 lb. of raspberry pulp or raspberry jam.	1/4 lb. of castor sugar.
1 pint of milk.		Carmine.

Average cost, 5s. 3d.

Sweeten the pulp with the sugar, and add this to the milk and cream.

If jam is used, the sugar can be omitted. The jam requires to be beaten up in the milk and cream.

Add the colouring, then strain.

Lemon juice may be added if liked.

Freeze as directed.

WATER ICES.

The basis of these is a syrup, which is made as follows. It can be kept a considerable time if bottled.

Syrup for Water Ices.

3 lbs. of loaf sugar. | 1 quart of water. | $\frac{1}{2}$ the white of an egg.

Melt the sugar in the water.

Place it over a gentle fire and bring to the boil.

Add the white of egg, well beaten.

Boil for ten minutes, then skim and strain.

When cool, it is ready for use, or can be bottled.

If a saccharometer is handy, the syrup can be tested. It should register 30 to 36 on the scale.

Lemon Water Ice.

1 pint of syrup (as last described). | 5 lemons.

Average cost, 9d.

Squeeze the juice from the lemons, and strain it.

Stir this into the syrup, and freeze as directed.

This ice can be greatly improved if the sugar with which the syrup is made can be rubbed on to the rinds of two or three of the lemons.

Orange Water Ice

Can be made in the same manner as Lemon Ice, just described.

Raspberry Water Ice.

1 pint of syrup (as described on page 775).	 	$\frac{1}{2}$ pint of water.
		5 oz. of raspberry pulp.

Average cost, 7d.

Rub sufficient raspberries through a fine sieve to make five ounces of pulp.

Mix this in with the syrup and water.

Freeze as directed.

Strawberry Water Ice

Is made in the same manner as Raspberry Ice, just described.

Melon Water Ice.

1 pint of syrup (as de- scribed on page 775).	 	$\frac{1}{2}$ pint of water.	 	Juice of 2 lemons.
		$\frac{1}{2}$ lb. of ripe melon.	 	1 glass of noyeau.

Average cost, 1s. 3d.

Take half-a-pound of ripe melon, with the pips, and bruise it in a mortar.

Add the juice of two lemons, the syrup and water and a glass of noyeau.

Mix well together, then strain.

Freeze as described.

If liked, this ice can have a little colouring added before freezing.

Pine-apple Water Ice.

1 pint of syrup (as described on page 775).	$\frac{1}{2}$ a pint of water. $\frac{1}{2}$ a small pineapple.	Juice of half a lemon.
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Average cost, 1*s.* 3*d.*

Put the pineapple in a mortar and well bruise it.

Add the lemon juice, the syrup and water.

Mix well together, then strain.

Freeze as directed.

Cherry Water Ice.

1 pint of syrup (as described on page 775).	$\frac{1}{2}$ pint of water. 1 lb. of black cherries.	Juice of a lemon. 1 glass of noyeau.
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Average cost, 1*s.*

Bruise the cherries in a mortar, with their stones.

The flavour of the stones (kernels) should come out well in this ice, and if preferred, a few drops of extract of bitter almonds may be used.

Add the juice of a lemon, a glass of noyeau, the syrup and water.

Mix well together, then rub through a sieve or strain.

Freeze as described.

This ice can be coloured just before freezing, if necessary.

Green Gooseberry Sorbet.

1 quart of green gooseberries. $\frac{3}{4}$ lb. of loaf sugar.	4 lemons. 2 wineglassfuls of brandy.	Apple-green colouring. 1 <i>½</i> pint of water.
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Average cost, 1*s.* 9*d.*

Top and tail the gooseberries, and put them on to boil with the sugar and water.

Cook them until quite soft.

Now add the strained juice of the lemons, and sufficient apple-green colouring to make it a pretty colour.

Rub all through a tammy or fine hair sieve.

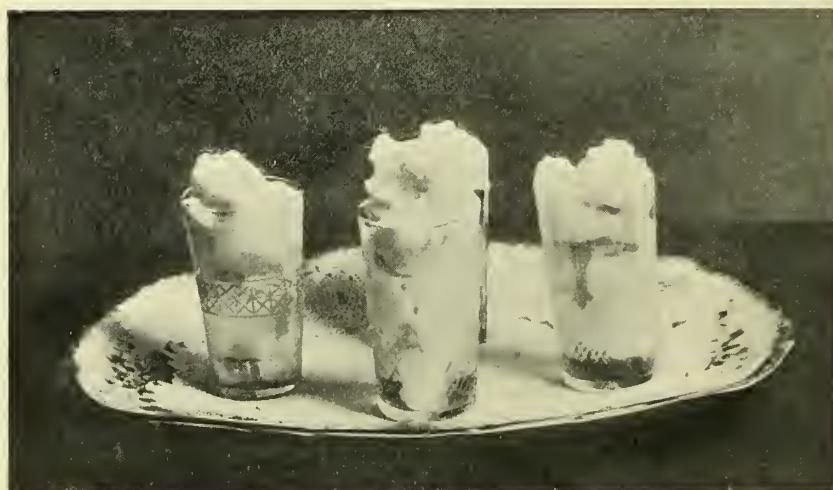
Prepare the freezing machine, then pour in the mixture and partly freeze.

When partly frozen, add two glasses of brandy (or maraschino if preferred).

Now freeze well until it is in a dry state.

Have ready some glass sorbet cups or small tumblers, which should have been standing in a very cool place to get thoroughly cold.

Divide the sorbet into the glasses, stand them on lace papers on two glass or silver dishes, and serve at once.



GREEN GOOSEBERRY SORBET.

ICES FROM JAMS, OR FRUIT SYRUPS.

If fresh fruit is not obtainable, cream ices can be made with jams or fruit syrups. The flavour is inferior to fresh fruit, yet most people consider it preferable to using essences or some of the doubtful flavouring preparations.

A single example is given here to show the method employed.

As a rule ices are most needed when fresh fruit is easily obtainable, but as the ice is such a welcome refreshment at winter dances and festivities, recourse must then be had to preserves or extracts.

The next subject after this is Confectionery and Syrups, and in the recipes of the latter will be seen many suited for flavouring ices; and as they are easily prepared, keep well and give no trouble when the time comes for using them, they can be strongly recommended for the purpose. The syrup must not be too heavy with sugar.

Raspberry Ice Cream (made with raspberry jam, no eggs).

1 pint of cream. $\frac{1}{2}$ pint of milk.	1 lb. of raspberry jam.	1 lemon. Carmine.
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Average cost, 2s. 9d.

Squeeze the juice from the lemon, add it to the jam.

Add the cream and milk, and beat up in a basin.

Press through a sieve, or strain.

Add carmine colouring to give the required pink shade.

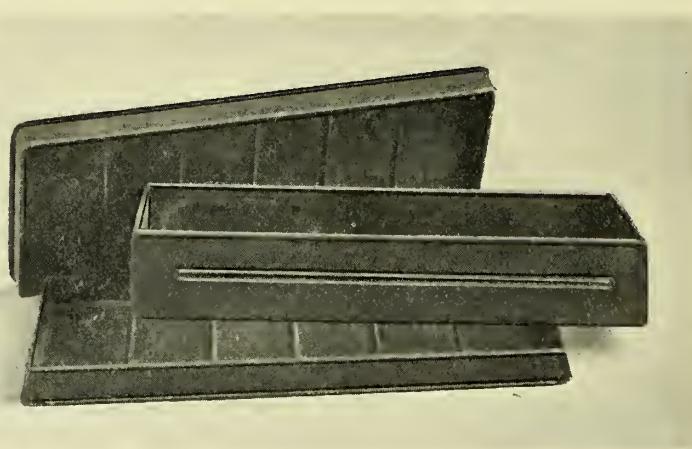
Freeze as directed.

If preferred, the jam can be dissolved in a little boiling water, then strained before adding the other ingredients.

No sugar is needed.

Neapolitan Ices.

The Neapolitan ice consists of three or four different ordinary ices placed in layers, then frozen hard enough to permit of the mass being cut into blocks and served on a plate or paper.



NEAPOLITAN ICE MOULD.

For this purpose a pewter mould is needed, and those constructed for the purpose have every convenience for arranging the layers of ice.

Supposing it is decided to have a Neapolitan of four colours, the four different ices are first prepared in separate freezers. These may be raspberry, lemon, chocolate and plain cream; and this might be the order in which they are put in the mould. A suitable ice-spoon is supplied with the mould, this being requisite for the levelling of the layers. The mould is filled up and the cover pressed down to make the ice solid and firm.

If you have an ice cave this will suffice to complete the freezing so that the block when turned out is firm. If no cave is available, the mould is surrounded and covered with ice and salt; but before doing this, the joints in the mould must be made water-tight; melted mutton fat is generally used for this, but some consider that

an oiled paper wrapped round the mould is sufficient. Whatever is done, the object to be attained is the exclusion of salt water from the ice in the mould. If it enters it will spoil the whole ice.

To remove the ice, dip the mould for a moment in luke-warm water, wipe off the drops, then turn out the contents. Or a cloth, wrung out in warm water and wrapped round the mould for a moment, may be preferred.

Turn the block on to a board, cut it into oblong pieces, and serve.

The cut pieces must be put into a cave or freezer if they cannot be served at once.

To Mould Ices.

Dessert ices are not usually served in glasses now. They may be served in small fluted porcelain cups or servers, or in stamped paper holders; but it is more the rule to mould them, if time and



ICE CREAM SERVERS, ETC.

circumstances will allow. The patterns and shapes of moulds are almost numberless, but they may be simply divided into two kinds, viz. those that are hinged, and those that are not. The design of the moulds is a matter of choice.

Ices that are moulded, whether in one large mould, or in the

small dessert moulds just referred to, have to be put in before they are frozen firm.

Press the semi-frozen mixture into the design of the mould, so that it is filled. The mixture will not run into the design. When this is done, see that the remaining space is quite full, then close the mould firmly.

If the mould is one of the kind that takes into several pieces, it can be easily arranged to have the moulded ices in two or more colours; different colours in the cover, body and base for instance.



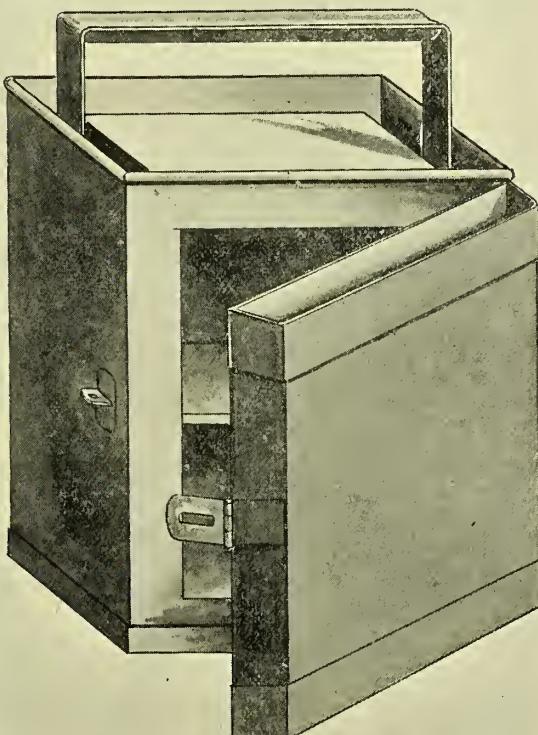
FANCY ICE CREAM SERVERS.

If the mould is of pudding-size, and does not open or take apart, then one or two thin pieces of cardboard can be stood down inside the mould to make divisions, and the spaces filled with different ices. The cards are then withdrawn before the ice is frozen firm.

When the mould is ready, place it in an ice cave to freeze firm. If a cave is not available, then bury it in ice and salt; but in this case, the joints of the mould must be made water-tight with melted mutton fat. Some consider it sufficient to wrap the mould in oiled paper. In any case it will not do for salt water to get inside the mould.

To turn the ice out, dip the mould in luke-warm water for a moment, wipe off the drops, and turn out at once. If preferred, a cloth wrung out in warm water and wrapped round the mould for a moment will serve the purpose.

If an elaborate effect is required, the moulded ice can be coloured (with vegetable colourings) after it is turned out. These are laid on with a brush, and ices moulded as flowers and fruit can be given a pretty effect. It requires to be done very quickly.



THE ICE CAVE.

The Ice Cave.

There are contrivances called ice caves which do not suit this purpose at all; nor is an ordinary refrigerator suitable, as it is not cold enough. The interior of an ice cave must be as cold as a freezer, or nearly; below freezing point, in any case.

The illustration given here illustrates an ice cave, and, although

there are several designs, they all amount to being a metal cupboard which can have ice and salt all round it. It is a freezer, in fact, but with a fixed chamber and having accommodation for putting ice and salt on top.

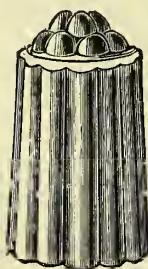
Cream and other ices, and iced preparations, can be kept any time in a cave without deterioration, so long as ice and salt are around it. The brine-water must be occasionally drawn from the bottom.

To Keep Ice.

A refrigerator is the best thing to keep ice in, but, failing this, much can be done with paper and woollen cloths.

Wrap the ice in paper first (newspaper will do), then cover as thickly as possible with woollen or other cloths (woollen blanket is best), and keep it out of draughts. Each time the packet is opened renew the paper.

If ice is kept in a vessel of any kind it is best not to let it lie in its water. It melts much quicker when it does. It can be stood on a stand of some kind, or on crossed sticks—anything to keep it from resting in water.



ICE PUDDING SHAPE.



PLAIN CREAMS.



CREAM ALMONDS.



CHERRY CREAMS.

NUT CREAMS.



NEAPOLITAN CREAMS.

PEPPERMINT.

CONFECTIONERY AND SYRUPS.



CONFECTIONERY REQUIRING NO COOKING.

VERY excellent table confectionery can be readily and quite easily made at home without cooking, most of the examples illustrated in the following pages having been quickly and inexpensively made in this way.

The success of making this confectionery lies in the sugar used. It has to be the finest icing sugar, which, however, can be purchased quite cheaply.

The confectionery has for its basis a dough made of this sugar moistened with the white of an egg, and an equal quantity of water; and this dough is rolled out and cut or otherwise formed into fancy shapes, as the illustrations show.

It will be found that the sugar forms an excellent manageable dough as readily as good flour does. The finished sweets only take a few hours to dry ready for use, and they then eat about the same as a fondant or the white filling of an ordinary chocolate cream does. Flavouring and colouring are necessary, particularly the former.

Confectionery made in this way will be found satisfactory, particularly those examples with chocolate and nuts in their composition, but it cannot be said to have the delicious smoothness of the cooked sugar-cream. This latter is described after the uncooked recipes, but it requires a little practice before good results can be depended on—even then there must be occasional failures. It is worth mastering, however, as a very superior sweetmeat is obtained by this method.

To make the Sugar-Cream Basis for Uncooked Confectionery.

Put the white of an egg and an equal quantity of cold water into a basin.

Add sufficient finest icing sugar, gradually, until the whole becomes a stiff dough.

The white of one egg and the water will take up about a pound and a half of sugar, so that, if the whole of this is not wanted of one colour or flavour, it can be separated into parts when the dough is quite soft, and each given its distinctive flavour or colour before stiffening it with more sugar.

Vanilla or any of the usual flavourings answer perfectly, and dry powdered chocolate can be worked in the same as the dry sugar.

Chocolate gives an attractive brown shade; carmine can be used for pink; and other vegetable colourings serve equally well.

When the flavouring and colouring are done, and more sugar worked in to stiffen the mass, use at once.

The finished sweets seem to improve with one or two days' keeping, but are eatable if required in about six hours.



PLAIN CREAM SQUARES.

CHOCOLATE FLAVOURED CREAM SQUARES.

Plain Cream Squares.

Make some plain sugar cream, as described, and flavour with a few drops of vanilla essence, raspberry, almond, or other flavouring. Dust a paste board over with icing sugar, and rub the rolling-pin with the latter.

Put the cream on the board, roll out to three-quarters of an inch thickness, and cut into square or oblong pieces with a knife.

Dust over a smooth metal sheet or tray with icing sugar, and place the squares on to dry.

Chocolate-flavoured Cream Squares.

Make some sugar cream, as described on page 786, but when a quite soft dough has been made, cease to add sugar, and finish it with chocolate powder instead.

Add vanilla or almond extract.

Roll out the mass and cut into squares, as described in the last recipe.

Neapolitan Squares.

Make some plain sugar cream, as described on page 786, and separate it into three or more parts.

Flavour one part with vanilla, and leave this white.

Flavour a second part with raspberry or rose, and colour this pink with two or three drops of carmine.

Add powdered chocolate to a third part, and mix it thoroughly in, adding a few spots of water if necessary.

Roll each out on a board, previously dusted over with icing sugar, and rubbing this sugar on the rolling-pin.

When a quarter of an inch thick, place the layers on top of one another, the white one in the middle, and lightly press together.

Cut into squares, and place them on a smooth tin or tray, which has been dusted over with sugar.

Peppermint Creams.

Make some plain sugar cream, as described on page 786.

Leave this white, and flavour it with peppermint.

Roll out to a quarter of an inch thickness, then cut into small rounds.

Place to dry, as described with the last recipe.

Nut Cream Squares.

Make some plain sugar cream, as described on page 786.

Flavour this with vanilla or almond. Or it is very nice if a small quantity of chocolate is mixed in, as the flavour of this latter goes very well with nuts.

Chop up, not finely, some mixed nuts such as almonds, walnuts and filberts, in quantity nearly equal to the cream.



NEAPOLITAN SQUARES.

PEPPERMINT CREAMS.

While the cream is moderately soft, add the nuts and gently knead them in.



FRUIT CREAM BARS.

NUT CREAM SQUARES.

Roll or flatten out the mass to about three-quarters of an inch thickness, then cut into square or oblong pieces with a sharp knife.

Place these to dry on a smooth surface or tray, which has been dusted over with icing sugar.

Cream Almonds (or other Nuts).

These are simply made by wrapping the almond or other nut in a casing of flavoured sugar cream, made as previously described.

Fruit Cream Bars.

Make some plain sugar cream, as described on page 786, and flavour it if desired, though it is not very necessary with this sweet.

Chop up some assorted preserved fruits as glacé cherries, figs, raisins (previously stoned), and a little peel.

Work this into the sugar cream, then roll or flatten out to three-quarters of an inch thickness.

Cut into bars, and place to dry on a smooth surface which has been dusted over with icing sugar.

Almond Creams.

Make some plain sugar cream, as described on page 786, and flavour it with almond or vanilla essence.

Colour it with a few drops of carmine for a pale pink; or with sufficient chocolate to give it a pale fawn colour.

Make into balls; insert the point of a knife to make an opening, and insert a bleached almond in each.

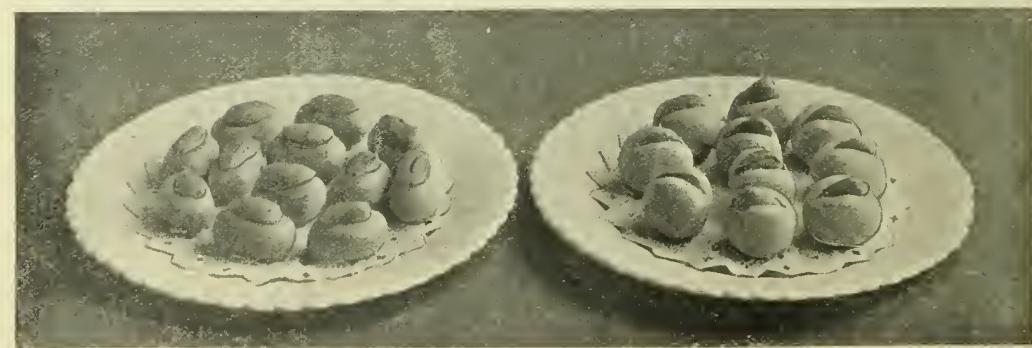
Or make small egg-shaped balls, and press an almond on top of each, as shown.

Place away to dry, as described in the last recipe.

Walnut Creams.

Take some plain sugar cream, as described on page 786.

Add powdered chocolate to this, and knead up together to make a firm dough, using a spot or two of water if necessary. The chocolate should be about one-fifth or one-sixth the whole amount, say one ounce to five ounces of sugar cream.

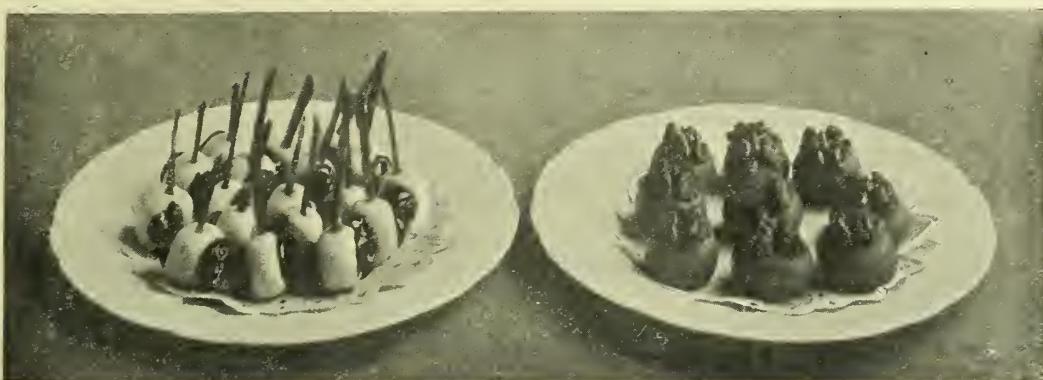


ALMOND CREAMS.

Flavour slightly with almond or vanilla.

Make into balls, and press half a walnut on top of each.

Place away to dry.



CREAM CHERRIES.

WALNUT CREAMS.

Coffee Creams.

Are made in the same way as Walnut Creams just described ; but instead of using chocolate, the sugar cream is flavoured with coffee extract. Half walnuts are pressed on just the same.

Cream Cherries.

Take some plain sugar cream, as described on page 786, and flavour with a few drops of vanilla.

Form into balls the size of small cherries.

Take some glacé cherries, and cut them in halves.

Press a half cherry on each side of the ball. This will slightly flatten the ball, which is rather desirable.

Cut some strips of angelica to form the stalks, and insert them as shown.

Place away to dry.

Cocoanut Cream Drops.

Make some plain sugar cream, as described on page 786. Before it becomes a firm dough, cease adding sugar, and finish it with desiccated cocoanut, kneading it well in. The quantity of cocoanut is best if about one-third the whole. Flavour with a few drops of vanilla, or the flavouring can be omitted with this sweet. Form into balls, and either leave them plain, or lightly brush over with syrup or white of egg, and roll them in some dry cocoanut. (See illustration, page 799.) Place away to dry.

Chocolate Creams.

Make some plain sugar cream, as described on page 786. Flavour with vanilla, rose, lemon, or any essence preferred. Form into balls or pyramids, and put aside to dry for about four hours or longer. Melt some chocolate in a double saucepan, or in any vessel over steam. When the creams are dry, dip one in the melted chocolate, letting it rest on the end of a narrow fork. With a knife scrape off the chocolate beneath the fork, then slip the cream on to buttered paper to cool and set. Do all like this; see illustration. The chocolate should not be too hot, it must be thick enough to well coat the creams, and not run thin at the tops.

Dominoes.

Make some plain sugar cream, as described on page 786, and flavour with vanilla. Roll this out to a little less than a quarter-inch thickness.

Cut into oblong domino-shaped pieces, and set aside to dry for about four hours.

Melt some chocolate, as described in the last recipe; and with a camel-hair or any small pointed brush, draw lines across the centres of the squares, then make chocolate dots as shown in the illustration.

Put them aside again for the chocolate to set hard.



CHOCOLATE CREAMS.

DOMINOES.

Another Method.

This is perhaps the method to be preferred for children's eating. Make a thin layer of sponge or light cake, and cut this into domino shapes.

Ice the top and sides with Royal Icing.

When this is dry, put the chocolate lines and spots on, as just described.

Royal icing is made by mixing the white of an egg, half a tea-spoonful of lemon juice, and half-a-pound of finest icing sugar thoroughly well together, until they are of the consistency of thick batter.

The mixing should be done with a wooden spoon, and take not less than fifteen minutes.

Spread it on the cake with a palette knife, and set aside to dry.

Marzipan.

Take half-a-pound of blanched almonds, three-quarters of a pound of finest icing sugar, the white of one egg and the juice of half a lemon.

Pound the almonds to a paste in a mortar, then add the other ingredients, and pound all well together.

This confection can be eaten alone, cut into small squares, or serves excellently as a filling for chocolate sweets. One layer of this could be used with advantage in making the Neapolitan squares described on page 787. It is very delicate eating.

Assorted Creams, made with fresh cream, uncooked.

(These do not keep more than a day or two.)

Take some finest icing sugar and free it perfectly from lumps.

Put it into a basin, and work in sufficient thick sweet cream to make into a ball or dough which can be cut or worked into shapes.

Divide into three or four parts and flavour them differently.

Any of the shapes described in the preceding pages can be made with this sugar cream.

These creams are delicious flavoured with any fresh fruit juice, but, if this is done, either more sugar or less cream must be used.



CONFECTIONERY REQUIRING COOKING.

Cooked Sugar Cream.

The Basis of Cooked Cream Confectionery and Fondants, similar to the uncooked described in preceding pages.

In appearance there is little distinction between the uncooked and the cooked sugar cream sweetmeats, but the latter are superior in smoothness and delicate eating. It would be better always to make cooked sugar cream, only that it takes longer and there are many failures at first. It costs no more.

Care and some experience are needed in all sugar-boiling processes, as a little too much cooking, stirring, or even shaking at the wrong time, and quite small things, make a failure, which necessitates commencing again. If the following directions are carefully adhered to the novice will soon find how to get a successful ending.

Put a pound of best loaf sugar into an enamelled saucepan with a small cupful (a tea-cup) of cold water.

See that the sugar melts, and when it begins to boil do not stir or touch it in any way for ten minutes. It will not burn.

Dip an ivory bodkin or wooden skewer gently in and lift it out, and take a small drop from the end of the skewer between the finger and thumb. The fingers should be previously wetted to save burning them.

Open the finger and thumb, and if the sugar threads it is done.

The boiling may vary from eight to eleven minutes, depending how fast it is. It is better to boil gently.

Up to now the boiling sugar has not been stirred or shaken, and the pan should be lifted gently from the stove without shaking it, and placed somewhere to cool until the sugar can be just touched with the fingers without being burned.

This will be in about fifteen minutes in a cool kitchen, depending on whether the sugar is spread out in a large pan or more in bulk in a small one, and also depending on the quantity cooked at one time.

When cooled to this extent pour it into a bowl and beat well with a wooden spoon until it becomes a thick white and glossy cream.

When stiff enough take it out into the hands and knead well. It then becomes a soft, manageable dough, very smooth and not in the least grainy in the mouth like uncooked sugar cream.

The important points are correct boiling, no disturbance or shaking before it is cool enough, yet it must not be allowed to get too cool.

If it goes hard or grainy it shows too much boiling, disturbance of some kind, or allowing it to get too cold.

If this should happen the sugar can be used up again for the same purpose quite satisfactorily by adding a proper proportion of water.

When the dough is ready it can be divided and used for any of the cream sweetmeats described on pages 787 to 794, or fashioned into any other shapes; in fact, there is scarcely a limit to the exercise of one's ingenuity.

Any suitable flavouring and any vegetable colouring may be used.

Candied Fruits.

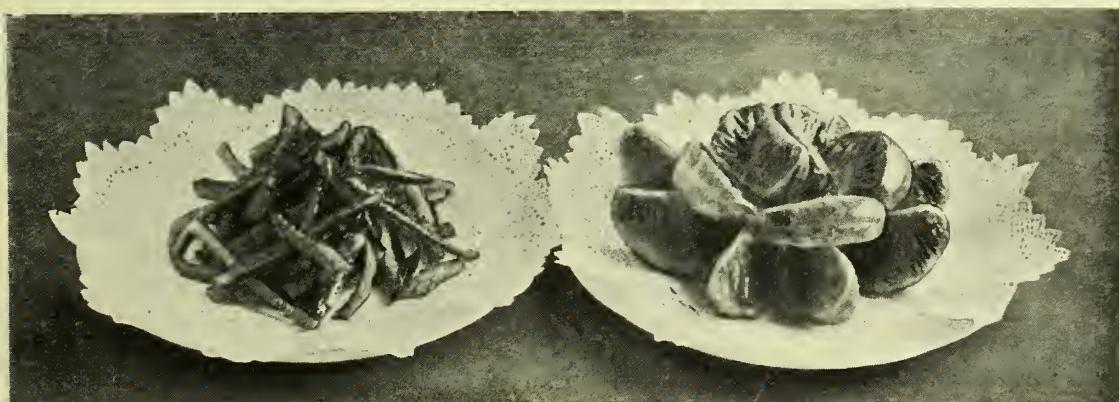
Put half-a-pound of cane sugar on to boil with a quarter-pint of water, in a bright saucepan.

Boil the sugar to the "crack." This is when a little taken in a spoon and dropped into cold water, immediately sets hard and brittle, so that it will break short.

When the syrup has boiled to this degree, remove it from the fire. Dip the fruits in carefully, immediately remove any sugar hanging beneath, then lay them on a dish or marble slab.

Tangerine orange, nuts and other fresh fruits are excellent treated in this way.

Preserved confections such as glacé cherries, angelica, crystallised violets and such like, can be candied in this way, and make a very pretty ornamentation for sweet dishes. For this purpose, the fruit is first stuck on a skewer; then, when dipped, a long string of the syrup is allowed to hang from it, and this is laid on the dish. When set, the fruit is found to have a long candy spike attached, and this is stuck into the pudding mixture, as shown on page 217, and coloured plate, No. 8.



ORANGE STRAWS.

CANDIED ORANGE.

Candied Chestnuts.

Take some large chestnuts, and remove the outer skins.

Put the nuts into boiling water and boil for five minutes. Remove the inner or second skins, which should then come off quite easily. Be careful to reject decayed or unsound nuts.

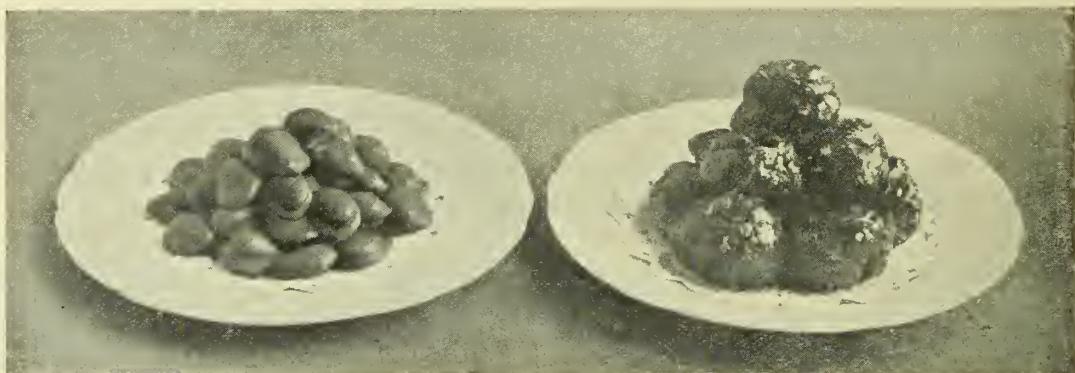
Now throw them into some fresh boiling water, and boil until tender.

Take the nuts carefully from the pan, and put them into a basin of tepid water which has the juice of a lemon in it.

When cool, dry carefully, but leaving them moist and soft, then put all into a basin and pour boiling hot syrup over them.

After remaining in a little while, lift the nuts out, drain them, and lay on a dish to dry.

The syrup for this purpose is boiled to the degree when it threads, as described on page 799.



CHOCOLATE ALMONDS.

CANDIED CHESTNUTS.

Orange Straws.

Boil some orange peel for about two hours, changing the water once or twice during this time, as it becomes very bitter.

After boiling, drain the peel, and when cool cut it into narrow strips about two inches long.

Make a syrup of a pound of sugar with one pint of water.

Put the cut peel into this and boil for twenty-five minutes.

Remove the strips and lay them out on plates.

Dry in a slow oven or other somewhat hot place. If required for keeping, they may take twenty-four hours drying.

Salted Almonds.

Blanch and dry some sweet almonds.

Put a piece of butter in a pan, and when melted stir in a little salt.

Be careful not to overdo the salt.

Put the almonds into this, and keep stirring until they are all coated with the salted butter and have become a pale brown colour. They are then done.

The cooking can be done either over a very gentle fire, or in an oven. The frequent stirring is necessary in either case, particularly when over the fire.

Sugared Almonds.

Blanch and dry some sweet almonds.

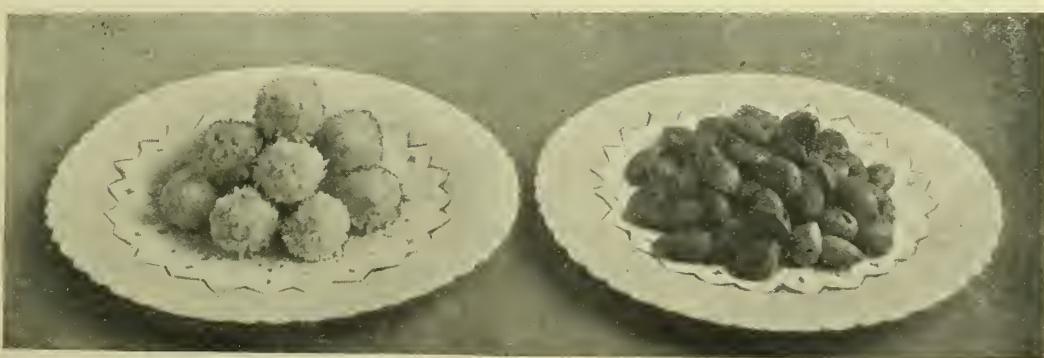
Put a cup of white sugar and a quarter-cup of water into a saucepan.

Boil until it threads.

To ascertain when sugar is at this degree, dip the thumb and forefinger in cold water. Dip a spoon into the sugar, and then take a spot of it between the finger and thumb. Immediately open them, and a thread will appear if the sugar is cooked sufficiently. This will take eight to ten minutes, according to how fast it boils.

Put the almonds into this to cook, and stir them occasionally.

When the almonds turn a pale brown, remove the pan from the fire and stir until its contents cool. The syrup will then turn to powdered sugar, some of which clings to the almonds.



COCOANUT CREAM DROPS.

SALTED ALMONDS.

Chocolate Almonds, or Filberts.

Blanch some sweet almonds.

Melt some chocolate, and coat the nuts as described with chocolate creams.

Chocolate Creams.

Make some cooked sugar cream as described on page 795.

Flavour with vanilla, almond, raspberry, or any essence preferred.

Form into balls or pyramids, and put aside to dry for about six hours.

Melt some chocolate, and when the balls are dry enough dip one in, letting it rest on the end of a narrow fork. With a knife scrape off the chocolate beneath the fork, then slip the cream on to buttered paper to cool.

Do all like this (see illustration on page 793).

Do not let the chocolate be too hot, or it will run thin on top of the creams.

Another Method.

Put one pound of white sugar into a pan.

Pour over it as much milk or thin cream as it will absorb.

Dissolve over the fire, then boil slowly until it will just candy if a little is dropped into cold water.

Do not stir it up to this time.

Remove the pan from the fire, and stir until it is beginning to cool, then add the flavouring.

Stir or beat again until it creams and is cool enough to handle.

Form into balls and shapes, and, when dry, cover with chocolate, as last described.

If the boiling goes on but a minute or two too long, the sugar will not properly cream on being beaten, but will go to dry powder.

Nougat.

Prepare some almonds and other nuts (or almonds alone will do) by blanching and drying them, and chopping into moderate sized pieces.

Put half-a-pound of castor sugar into an enamelled pan with a large tablespoonful of lemon juice, and melt it.

As soon as dissolved, put in three-quarters of a pound of the chopped nuts and stir rapidly.

Pour the mixture into a buttered pan and press into cakes with a buttered knife, as it cools quickly.

Another Method.

The following is perhaps the most usual recipe for nougat, but it requires great care in making. Unless the heat is only just sufficient to melt the sugar it will turn it brown. The heat of boiling water is barely sufficient, and to melt the sugar properly and without discolouring it requires steam under pressure. This is practically impossible in private residences.

Put half-a-pound of castor sugar into an enamelled pan without water.

Place it on a very slow heat and melt it.

As soon as melted throw in half-a-pound of blanched and chopped nuts (previously well dried).

Stir quickly, and turn out on to a buttered dish.

It can be worked a little with oiled hands.

Marzipan.

This is a recipe for cooked marzipan; the uncooked is described on page 794.

Blanch one pound of sweet almonds.

Put these into a mortar with a few bitter ones, add a few spoonfuls of rose-water, then pound the whole smooth.

Put this into a stewpan with ~~one~~ a pound of icing sugar, and stir over the fire until a smooth paste is obtained, which will not stick to the fingers when touched.

Sprinkle a paste-board with icing sugar, then roll out the paste. Divide it into cakes, then place them on sheets of paper on a baking sheet.

Bake in a slow oven until it is a pale yellow colour.

Rahat Lakum (Turkish Delight).

Make a syrup with three pounds of icing sugar and three pints of water.

Clear it with the whites of three eggs and the juice of a lemon.

Dissolve six ounces of pure wheat starch in three-quarters of a pint of cold water, strain it, and add it to the clear syrup when it is boiling.

Reduce the whole, by boiling to two-thirds. It should then be very thick and stringy.

Flavour the paste with attar of roses or any sweet essence.

Have ready a large dish well covered with almond oil.

Empty the paste on the dish when it is cool; spread it about one inch thick.

Have ready another dish covered with finely powdered sugar, and when the paste is quite cold turn it over very carefully upon the sugared dish.

Absorb the oil with blotting paper, and cut the paste into pieces two inches square.

Powder them with sugar, and keep very dry.

A fine rahat is made with rose or cherry syrup, with blanched almonds stirred in before the paste thickens.

Barley Sugar.

Put a pound and a half of loaf or castor sugar into a well tinned saucepan, and add half-a-pint of water and half the white of an egg. Mixed well together.

Bring to the boil and skim carefully. As soon as the scum ceases to rise, the sugar is clarified, but it is best to then strain it through muslin.

Put it back into the pan and boil it to the crack, so that a little dropped into cold water becomes hard and brittle.

Remove from the fire, add a teaspoonful of lemon juice, and after letting it stand for a minute, pour out on to an oiled dish.

Before it is set hard, cut into strips and twist them, or small squares; or it can be dropped while hot into lozenge-shaped drops.

Butter Scotch.

Put one pound of Demerara sugar into a saucepan with a teacupful of water.

Boil until a little dropped into cold water immediately becomes hard and brittle.

Add two ounces of fresh butter, and boil four or five minutes longer.

Pour on to a buttered dish and cut into oblong pieces.

Everton Toffee.

Put a quarter-pound of fresh butter into a tinned saucepan, and when partially melted add half-a-pound of treacle and half-a-pound of Demerara sugar, and mix well together.

Boil for eight or ten minutes, then test it by dropping a little in cold water. If it immediately hardens and is brittle, pour all on to a buttered dish.

Before it is hard it can be marked into squares with the back of a knife, and it will then break evenly.

If liked, almonds can be pressed in before the toffee hardens.

Toffee can be pulled until it is any desired light colour, or even white. It is then, while soft, made into rolls or sticks about half an inch thick, and cut into short pieces with scissors.

Almond Hardbake.

Mix together a pound and a half of moist sugar and three-quarters of a pint of cold water.

Put these into an earthenware pipkin and boil until a little dropped into cold water immediately becomes hard and brittle.

Have ready three ounces of almonds, blanched and split lengthways.

Add these, with three ounces of butter, to the boiled sugar.

Boil again, until a little dropped into cold water hardens immediately.

Pour the hardbake on to an oiled or buttered dish to set.

Cocoanut Candy.

Mix together one pound of loaf sugar with half-a-pint of cold water, in an earthenware pipkin.

When the sugar is dissolved, boil for about five minutes.

Carefully remove all scum as it rises.

Now mix in a quarter-pound of desiccated cocoanut, or fresh-grated or sliced cocoanut.

Boil up again, and when the candy rises quite up in the pipkin, remove the latter from the fire and then spread the candy about half-an-inch thick on well dried and warm sheets of writing-paper.

When nearly cold, remove the papers and cut the candy up into neat squares.

If desired, the candy, or part of it, can be given a pink tint by adding a few drops of carmine.



COCOANUT CREAMS.



SALTED ALMONDS.



CREAM CHERRIES.



CREAM WALNUTS.



ORANGE STRAWS.

ORANGE GLACE.



CHOCOLATE ALMONDS.



CHESNUTS GLACE.

SYRUPS.

The utility of syrups is not sufficiently recognised in England, and during the summer months, when agreeable light drinks are so needed and would be so much appreciated, it is always difficult to know what is best to quench one's thirst with. In America, and on the Continent, the reverse of this prevails, and in the former country, where even the business people prefer sweet soda-water drinks, the variety of delicious syrup flavourings is almost endless. It is somewhat outside the province of this book to say that attractive drinks of this kind are of assistance from a temperance point of view; yet there is the fact that great numbers of people in this country would willingly abstain from alcohol entirely, during the summer months at least, only that there then remains little that is more attractive than water to be drunk. Some siphons of soda water, or a seltzogene, and a stock of syrups are a genuine boon during the summer weather.

In the preparation of syrups, which are solutions of sugar, care should be taken to employ only the best refined sugar, and the purest water obtainable, as they will then become perfectly transparent without the trouble of clarifying. When, however, doubtful sugar is employed, clarification becomes necessary. This is best done by dissolving the sugar in the water or fruit juices cold, and then beating up a little of this cold syrup with some white of egg and one or two ounces of cold water, until the mixture froths well; this must be added to the syrup in the boiler. When the whole is frisked up to a good froth, heat is applied and the scum which forms removed from time to time with a clean skimmer. As soon as the syrup begins to simmer it must be removed from the fire and allowed to stand until it has cooled a little, when it should again be skimmed, if necessary, and finally passed through a clean flannel. By using refined sugar, however, all this trouble of clarification can be avoided.

The proper quantity of sugar for syrups will, in general, be found to be two pounds to every pint of water. These proportions allow for the water that is lost by evaporation during the process, and are those best calculated to produce syrup of proper consistence and possessing good keeping qualities. They closely correspond to those recommended by Guibourt for the production of a perfect syrup, which, he says, consists of thirty parts of sugar to sixteen parts of water.

In the preparation of syrup employ as little heat as possible. The best plan is to pour the water, cold, over the sugar, and to allow the two to lie together for a few hours in a covered vessel, occasionally stirring. Then apply a gentle heat, preferably that of steam or of a water-bath (double saucepan) to finish the solution. Syrups are sufficiently boiled when some taken up in a spoon pours out like oil, or a drop cooled on the thumb-nail just gives a thread if touched. When a thin skin appears on blowing the syrup, it is judged to be finished. These tests, however, often lead to errors, which may be easily prevented by employing the proper proportions, or by using a saccharometer or syrup gauge.

A solution of sugar prepared by dissolving two parts of double refined sugar in one of water, and boiling this a little, affords a syrup which will keep excellently.

Syrups are best kept in a cool place, and the bottles must be full and well corked. The temperature should never rise above 55 degrees Fahrenheit. Small bottles are best unless the demand is large. When in large bottles, which are frequently opened before the contents are used up, the syrup may decompose.

To prevent fruit syrups from fermenting, they should be bottled while hot, and the bottles quite filled. Take, for instance, some quart bottles and warm them. Fill these nearly full with the hot syrup, and cover or cork them temporarily until the syrup cools a little and contracts in volume. Then fill up with more hot syrup, cork the bottles securely and wax them.

A large number of various syrups are made by preparing a simple syrup, and then flavouring it with essences and colouring with carmine or other prepared vegetable colouring. When fresh

fruit is used, however, the making of the syrup and the preparation and addition of the fruit go hand in hand, as a syrup to keep cannot be made by simply adding the raw fruit juice.

Absolute cleanliness is essential in syrup-making.

Residues from the bottom of the pan (if there is any) should be washed off the bottom of the potter.

Simple Syrup.

The basis of most mineral-water syrups and those made with essences.

This is a simple method of preparing syrups, but they are not so good as those prepared with the fresh fruit.

Put eight pounds of sugar, the whites of two eggs and two quarts of water into a pan, place it on the stove and stir until the sugar is dissolved.

Allow it to come to the boil, and simmer for two or three minutes. Remove from the fire, skim well and strain through a flannel bag. Add the essence as described in some of the following recipes.

Fresh Fruit Syrups.

A General Recipe.

The fruit can be raspberries, strawberries, currants (red or black), cherries and the like. Whichever is used, let it be quite fresh and sound.

Put the fruit into a large pan or wooden vessel, and mash it well with a wooden instrument, mixing in half-a-pound of castor sugar with every twenty-five pounds of fruit.

When well mashed, let it stand for four days in a warm room of even temperature, say 68 degrees Fahrenheit.

Then press out the juice, and place this to settle in a cool cellar, where it should remain about two days.

To each five pounds of the clear juice add nine pounds of loaf sugar. Put this on the stove to boil, and let it simmer for a few minutes.

Remove from the fire, strain through flannel, and it is then ready for bottling.

Previous to bottling, let the syrup stand for a little time, then skim off any scum that may appear, and afterwards see that no residue from the bottom of the pan (if there is any) goes into the bottles.

Bottle as described on page 806.

The following Recipes of various Syrups are placed in alphabetical order.

Ambrosia Syrup.

This is prepared by mixing together equal parts of vanilla and strawberry syrups.

Apple Syrup.

Pare the apples, then mash them in a large mortar or in a strong tub, using a stone or wooden pestle.

When well mashed press out the juice. To do this effectually with this fruit, a cyder press or something of the kind is necessary, otherwise much of the juice will be lost.

For each pint of juice take half-a-pint of water and three pounds of loaf sugar.

Bring the sugar and water to the boil and add the juice.

Simmer for a few minutes, then remove from the fire.

After standing a little time skim well, strain through flannel, and bottle as described on page 806.

Another Method.

To each quart of juice add four pounds of loaf sugar, and a very little pure acetic acid.

Put on a slow fire and stir until the sugar is quite dissolved.

Just bring to the boil, then skim, strain and bottle as described.

Blackberry Syrup.

Take fresh berries, put them in a coarse bag and press out the juice.

To each quart of juice add six pounds of loaf sugar and one pint of water.

Put on the stove, see the sugar dissolved, then bring just to boiling point.

Remove the pan from the stove, and allow it to stand a little while. Now skim, and strain through flannel.

Bottle and cork while the syrup is hot, then place it in a cool cellar to keep.

It is considered an improvement to add one ounce of French brandy to each quart of this syrup.

Another Method.

Take five quarts of blackberries, twelve pounds of loaf sugar, and one pint of water.

Place a layer of fruit in a pan, then sprinkle with sugar (castor sugar might be used for this); place another layer and sprinkle this, and so on until the fruit is all used.

Let this stand for several hours.

Press out the juice, passing some of the water through the remaining pulp so that none be lost.

Add the remaining sugar and water to the juice, and bring all to the boil.

Skim, strain through flannel, and bottle as described on page 806.

This will keep well.

Another Method.

Mix together six pints of simple syrup (page 807), two pints of water, two ounces of tartaric acid, and two ounces of essence of blackberry.

Colour with carmine.

If necessary, strain through flannel, then bottle.

Capillaire Syrup.

Put together in a pan nine pounds of loaf sugar and five pounds of orange-flower water.

See the sugar dissolve, then bring to the boil and simmer for a few minutes until the syrup is clear.

Remove from the fire, and while hot strain through flannel.

Dissolve two drams of tartaric acid in eight ounces of strong orange-flower water, and add this to the syrup when it cools.

Lastly, add four ounces of Rhine wine, then bottle.

Cream Syrup.

Put together in a pan one and a quarter pounds of loaf sugar, one pint of water, and one pint of condensed milk.

Bring to the boil, then strain through flannel.

If kept in [a cool place, this will keep for a week, but not much longer.

Currant Syrup.

Press out the juice from some fresh red currants.

Make some simple syrup (page 807), and to each gallon add one pint of currant juice.

Bring just to the boil, then after standing a little time, skim off any scum there may be, and strain the syrup through flannel.

Bottle whilst hot, as described on page 806.

Another Method.

Prepare six pints of simple syrup (page 807), and add to it two pints of water, two ounces of tartaric acid and three drams of currant essence.

Colour with carmine for red currants; and with carmine and burnt sugar for black currants.

Ginger Syrup.

Prepare six pints of simple syrup (page 807), and add to it two pints of water, one ounce of tartaric acid and two ounces of essence of ginger.

Give it a light brown or an orange tint with burnt sugar, then bottle.

Another Method.

Add four ounces of essence of ginger to one gallon of simple syrup, and shake well together.

Colour with a few drops of tincture of curcuma, or with burnt sugar, then bottle.

Another Method.

Put nine pounds of loaf sugar in a pan with five pounds of water. When the sugar is dissolved bring to the boil, and simmer a few minutes until it is clear.

When cool, mix in eight ounces of essence of ginger and four ounces of Rhine wine.

Mix well, let it settle, then bottle.

Imperial Syrup.

This is prepared by mixing together equal parts of raspberry and orange syrups.

Lemon Syrup.

Take some lemons, grate off the yellow rinds, and rub a little castor sugar in with this.

Squeeze the juice from the lemons.

To each pint of juice add a pint of water and three pounds and a-half of castor sugar.

Add the grated rind and place the whole on the stove.

Allow the mixture to get moderately hot, so that the sugar is thoroughly dissolved, but on no account let the syrup boil. The less heat there is, to effect the complete solution of the sugar, the better.

Strain and bottle.

Another Method.

Make one gallon of simple syrup (page 807), and allow it to get cold.

Dissolve half-an-ounce of citric acid in three ounces of water.

Dissolve two ounces of fine white gum arabic in two ounces of warm water.

Mix well together the gallon of syrup, with twenty drops of fresh oil of lemon, the dissolved citric acid and the gum solution, then bottle.

Maple Syrup.

Dissolve three pounds and a-half of maple sugar in one quart of water, and bring just to the boil.

If liked, add a small quantity of gum solution, as described in the last recipe, to produce a rich froth.

Strain, and then bottle.

Milk Punch Syrup.

Make one pint of heavy syrup. This is prepared in the same manner as simple syrup (page 807), but allow three pounds of sugar to the pint of water.

When cool, add half-a-pint of brandy and half-a-pint of Jamaica rum.

Prepare a flavouring by macerating (steeping for some hours) two ounces of ground nutmegs in eight ounces of alcohol, and add two teaspoonfuls of this to the syrup.

Bottle for use.

In using this a certain amount is put into the tumbler, and then some cream syrup is added. The soda water follows. The proportions of the spirit syrup and cream syrup are according to taste.

Mulberry Syrup.

Let the fruit be sound and ripe; free it from stalks.

Place it in a large pan, or in a wooden tub, and crush it with a stone or wooden pestle.

When well mashed, let the fruit stand for three or four hours.

Put all into a flannel bag, and press out the juice thoroughly.

Dissolve a quarter-ounce of citric acid in three ounces of water, and add this quantity to each gallon of juice to acidulate it slightly.

Put fourteen pounds of loaf sugar to every gallon of juice, and place on a slow fire to dissolve the sugar, stirring well.

See that the sugar is dissolved thoroughly, but do not let the syrup boil.

Remove from the fire, strain, and bottle.

Another Method.

Prepare six pints of simple syrup (page 807), and add to it two pints of water, one ounce of tartaric acid and two ounces of mulberry essence.

Colour with carmine, then bottle.

Nectar Syrup.

One method of preparing this is to mix together three parts of vanilla syrup, one part of pineapple syrup and one part of lemon syrup.

Another Method is to prepare a gallon of simple syrup (page 807), and add one ounce of extract of vanilla, one ounce of extract of rose, one ounce of extract of lemon and one ounce of extract of bitter almonds.

Colour with carmine, then bottle.

Orange Syrup.

This can be prepared with fresh fruit, or with essence, by either of the methods described with lemon syrup. The finished syrup can be coloured slightly with saffron colouring or tincture of turmeric.

Orgeat Syrup.

Put eight ounces of blanched sweet almonds and four ounces of bitter almonds into a mortar, with a little water.

Beat to a smooth cream.

Now add three pints of water, mix thoroughly, and strain.

Put the strained liquor into the boiling pan, with six pounds of castor sugar and four ounces of orange flower water.

Heat and stir sufficiently to thoroughly melt the sugar, then remove from the fire and bottle.

Another Method.

Mix together half-a-pint of simple syrup, half-a-pint of cream syrup, one pint of vanilla syrup and five drops of oil of bitter almonds.

An imitation of orgeat syrup is prepared by simply flavouring some cream syrup with a few drops of oil of bitter almonds.

Pear Syrup.

This is prepared in the same manner as apple syrup. A juicy and soft pear should be chosen.

Pineapple Syrup.

Cut up the pineapples into moderately small pieces, then pound them in a mortar or in a tub with strong bottom, as this fruit requires most pounding of all.

When well mashed, let it stand for about four hours.

Great pressure will be required to extract all the juice, and a cyder press or some similar apparatus is necessary.

To each gallon of juice add fourteen pounds of loaf sugar and a little pure acetic acid.

Put on a slow fire, and stir until the sugar is quite dissolved. Do not let it boil.

Remove from the fire, skim and strain, then bottle as described on page 806.

Another Method.

Prepare six pints of simple syrup (page 807), and add to it two pints of water, one ounce of tartaric acid, and one dram of essence of pineapple.

Colour with saffron colouring, then bottle.

Raspberry Syrup.

Let the fruit be fully ripe; free it from stalks.

Put the fruit in a wooden tub and crush it with a wooden or stone pestle, or a spatula.

When mashed, let it remain for three or four hours.

Put the fruit in a flannel bag and press out the juice into a suitable vessel.

Dissolve half-an-ounce of citric acid in three ounces of water, and add this quantity to each gallon of juice.

Put fourteen pounds of loaf sugar with every gallon of juice into the pan, and place it on a slow fire.

Stir until the sugar is dissolved, but do not boil.

When the sugar is quite dissolved, remove from the fire, skim and strain if necessary, then bottle hot, as described on page 806.

Keep in a cool place.

Raspberry syrup is improved by adding about one quart of red-currants to each gallon of raspberries.

Another Method.

Take five quarts of raspberries, twelve pounds of white sugar and a pint of water.

Put a layer of fruit in an earthenware pan or wooden tub, and sprinkle with some of the sugar (use castor sugar for the sprinkling).

Place another layer of fruit, sprinkle with sugar, and continue until all the fruit is in.

Let it stand for several hours.

Press out the juice and strain it, also wash through the pulp with some of the water.

Add the remaining sugar and water to the strained juice, and put over the fire.

Bring just to the boiling point, then strain and bottle hot, as described.

It is an improvement to use part red currants, as mentioned in the last recipe.

Another Method.

Prepare six pints of simple syrup (page 807), and add to it two pints of water, two ounces of tartaric acid, and two ounces of essence of raspberry.

Colour with carmine, then bottle.

Rose Syrup.

Prepare one gallon of simple syrup (page 807).

Add to this one ounce of essence of rose, and mix well.

Dissolve half-an-ounce of citric acid in three ounces of water, and add this.

Colour pink with carmine, then bottle.

Sherbet Syrup.

This is prepared by mixing together equal parts of orange, pineapple and vanilla syrups.

Strawberry Syrup.

This can be prepared with fresh fruit or with essence in the same manner as the raspberry syrups. Strawberries require a little more mashing than raspberries, but the process is similar in all other respects.

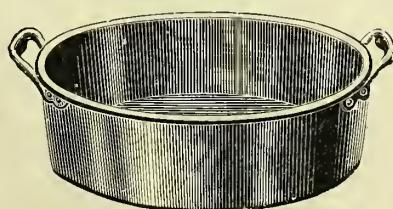
Vanilla Syrup.

Prepare one gallon of simple syrup.

Dissolve half-an-ounce of citric acid in some of the syrup. Add this, and also one ounce of extract of vanilla to the bulk of the syrup.

Mix well together, then bottle for use.

If the syrup is required to be more strongly flavoured, the quantity of vanilla may be doubled.



PRESERVING PAN.

JAMS, MARMALADES, FRUIT JELLIES, PRESERVES, ETC.



JAMS (in alphabetical order).

JAM making consists merely of cooking fruit with sugar, but some difference exists in the proportions of sugar and fruit and in the time required.

A copper pan is decidedly best to use for this purpose, but enamelled iron will serve if copper is not available.

Some difference of opinion exists as to the necessity of skimming the jam while it is boiling. The general rule is to remove the scum as fast as it rises while boiling; yet there is the fact that if the jam is well stirred, and the scum stirred in, the latter will quite disappear by the time the jam is ready to pour off, and the jam itself will afterwards keep equally well. The point to be remembered is, that if the jam is not skimmed, it must be stirred continuously whilst boiling. The skimming causes considerable waste of course.

Stirring must only be done with a wooden or silver spoon.

It is *very important* that the jars into which the jam is poured for keeping be perfectly dry. It should be made a rule not to pour the jam in on the day that they are washed. Let them be washed the previous day, well wiped, and then dried in front of the fire or in the rack, then cover with cloths to keep the dust out until they are wanted.

If the least trace of moisture or even dampness is in the pots, the jam will turn mouldy.

Fruit for jam making or preserving requires to be ripe, but not over-ripe, bruised or injured. If possible, let it be picked on a dry day.

The sugar used is generally known as white preserving sugar, and must be crushed. It costs about a penny per pound less than loaf sugar. The latter could be used if liked. A rough and ready method of calculating the quantity of sugar is to allow one pound for each pound of fruit, whatever the kind; but this makes some jams rather too sweet for most people's tastes.

The average times that different jams take will be found given in the recipes, but the time will depend on the quality or the particular growth of the fruit; and it also depends on the heat of the fire. No precise time can therefore be given, and all jams must be tested to ascertain if they are finished cooking. The test consists of putting a little of the jam on a cold plate, and if it sets like a jelly, it is done.

When the jars are filled with jam, they should be left some hours, or until the next day, to cool, before covering them down. When ready, cut circular pieces of white paper (cheap note paper for preference) that will fit into the jars, and lay them on top of the jam. Before laying them in, brush over with salad oil or with brandy. The covers for the tops of the jars can now be purchased ready made, otherwise use tissue paper brushed over on both sides with white of egg. Tie it on, and it will dry stiff and air-tight.

Apple Jam.

Select good cooking apples.

Peel, core and slice them thinly.

Weigh the slices, then put them to stew until tender. This is best done in a double pan, or by putting the fruit into a jar and standing this in a saucepan of boiling water.

Put the stewed fruit into the preserving pan, add one pound of crushed preserving sugar and the juice of half a lemon to each pound of fruit.

If liked, the grated rind of the lemon can be added, or one ounce of whole ginger and a few cloves, to each pound of fruit. Bring the jam just to the boil, then simmer for half-an-hour. Test by putting a little on a cold plate. If it sets the jam is done. Pot as described on page 819.

Apricot Jam.

Let the fruit be ripe.

Pare as thinly as possible, then open and remove the stones.

Weigh the prepared fruit, place a layer in an earthenware pan, sprinkle with pounded preserving sugar, then place successive layers of fruit and sugar until all is used.

The quantity of sugar to be allowed is one pound to each pound of prepared fruit, and when all is placed in the pan, as just described, let it remain for several hours or until the next day.

After standing, put the fruit and sugar into the preserving pan, bring just to the boil, then simmer gently for about thirty to forty minutes, when the jam will become clear.

This jam should not be stirred too much, it looks best if the halves of apricots are not much broken. In this case the scum must be skimmed off as it rises (see page 818).

An improvement can be made by breaking the stones, blanching the kernels, and adding these to the fruit and sugar when they go into the preserving pan.

When the jam is ready, take out the pieces of apricot as whole as possible, and put them into the jars. Afterwards pour over the syrup and kernels.

Cover and secure, as described on page 819.

Blackberry Jam.

Let the fruit be ripe and dry when gathered. Remove all stalks.

Weigh the prepared fruit, and allow three-quarters of a pound of crushed preserving sugar to each pound of fruit.

Put the fruit and sugar into a preserving pan and stir well with a wooden spoon, until the juice runs from the berries.

Bring just to the boil, then simmer for thirty minutes.

Test by putting a little on a cold plate, and if it jellies it is done. If this jam is constantly stirred during the simmering, there is no occasion to skim it.

Allow it to cool, then put in jars as described on page 819.

Another Method is to pare, core and thinly slice some good cooking apples (as sharp a kind as possible, but ripe), and put a quarter-pound of the slices to each pound of berries.

A little more sugar is then required, say a pound and three-quarters to every two pounds of mixed fruit.

Another Method is to use the strained juice and grated rind of lemons, instead of apples, one small lemon to each two pounds of berries. The larger proportion of sugar is needed with this the same as apples.

Another Method, when the small seeds of the berries are objected to, is to cook the fruit until it is very soft, then take it from the pan and rub it through a sieve.

This would be done before the sugar is added, and as the removal of the seeds reduces the weight about one-half, only about half the sugar will be required if the weight of the uncooked fruit is taken.

Cherry Jam.

Use ripe fruit for this, and be careful to reject that which is overripe or damaged. The Kentish cherry is best, having a pleasant acid taste. The sweet kinds make it almost impossible to use sufficient sugar necessary for preserving.

Allow three-quarters of a pound of crushed preserving sugar to each pound of stoned fruit.

A simple little instrument for stoning cherries can be made by taking a piece of stiff iron wire about six inches long, and bending it like a full-sized hair-pin. Bind the two ends of this on to a stick about the size of a lead pencil leaving the loop projecting out about an inch. Bend the loop so that it curves over slightly. The stones are easily extracted with this.

Put the fruit and sugar into the preserving pan, and stir occasionally until it just comes to the boil.

Let it simmer for three-quarters of an hour, stirring continuously.

Test by putting a little on a cold plate, and if it jellies it is done. If the stirring is well done, no skimming is needed. The scum will all disappear by the time the jam is cooked.

Put into jars, let it cool, then cover as described on page 819.

The flavour is greatly improved by cracking some of the stones and putting the kernels in with the jam a few minutes before it is done.

Another Method, when the cherries are sweet, is to allow half-a-pound of sugar to each pound of fruit, and to each seven pounds of cherries allow a pint of red-currant juice with a pound of sugar to the pint of juice.

Currant Jam, Black.

Let the fruit be quite ripe and gathered on a dry day. Pick the fruit off the stalks.

Allow rather more than three-quarters of a pound of crushed preserving sugar to each pound of picked currants.

Put the fruit and sugar into a preserving pan, bring just to the boil, then simmer for forty minutes.

Stir well all the time.

Test by putting a little on a cold plate, and if it jellies it is done.

Pour into pots, let it cool, then cover as described on page 819.

This jam having a thick juice is very liable to burn.

Currant Jam, Red,

Is prepared in just the same manner as Black Currant Jam last described.

Currant and Raspberry Jam.

The fruit must be ripe and gathered on a dry day; this very particularly applies to the raspberries.

The proportions for fruit and sugar are a pound of picked currants, a quarter-pound of picked raspberries and a pound of crushed preserving sugar.

Put the fruit and sugar into the preserving pan, and bring to the boil. Simmer, or boil gently, for about forty minutes.

Test by putting a little on a plate, and if it jellies it is done.

Pour it into jars, let it cool, then cover as described on page 819.

Damson Jam.

See the fruit is sound, rejecting any that is damaged.

Stone the fruit, then allow three-quarters of a pound of crushed preserving sugar to each pound of stoned fruit.

Put the fruit and sugar into the preserving pan, bring to the boil, then simmer, or gently boil, for one hour.

It is important that this jam be well stirred, as it is very liable to stick and burn.

Test by putting a little on a cold plate, and if it jellies it is done.

Pour it into jars, and when cool, cover as described on page 819.

Gooseberry Jam, Red.

Red gooseberries are usually sweeter than the green or white, and require less sugar. Choose the rough hairy kind if possible.

Top and tail the fruit.

To each pound of fruit allow three-quarters of a pound of crushed preserving sugar, and to each twelve pounds of gooseberries a pint of currant juice.

Put the gooseberries and juice into the preserving pan, and boil until the fruit begins to break. This will take about an hour, as the gooseberry is a tough fruit.

Now add the sugar, and continue simmering for twenty to thirty minutes.

Test by putting a little on a cold plate, and if it jellies it is done.

Pour into jars, allow it to get cold, then cover as described on page 819.

Another Method is to use water instead of currant juice, to boil the gooseberries in. The currant juice is not absolutely necessary.

Gooseberry Jam, Green or White.

The gooseberries need not be quite ripe. Top and tail them.

Allow one pound of crushed preserving sugar to each pound of picked fruit.

Put the sugar into the preserving pan, with a pint of water to each two pounds of sugar.

Boil together for ten to fifteen minutes, and remove the scum.

Put in the gooseberries and simmer for three-quarters of an hour.

Test by putting a little on a cold plate, and if it jellies it is done.

Pour into pots, let it get cold, then cover as described on page 819.

Greengage Jam.

Remove the stones and stalks from the fruit.

Allow three-quarters of a pound of crushed preserving sugar to each pound of stoned fruit; or a little less sugar if the fruit is fully ripe and very sweet.

Put the fruit and sugar into the pan and bring just to the boil. Simmer for about three-quarters of an hour.

Test by putting a little on a cold plate, and if it jellies it is done. It is an improvement to crack about half the stones, remove and blanch the kernels, and add these when the boiling of the jam is nearly completed.

Pour the jam into pots, let it get cold, then cover as described on page 819.

Marmalade, Apple.

Choose good cooking apples, those that cook to a smooth pulp easily. Peel, core and thinly slice them.

Allow three-quarters of a pound of loaf sugar to each pound of prepared apple.

Put the sugar into the preserving pan with a little water, say half-a-cupful to every six pounds of sugar.

Let the sugar gradually melt, then boil it for ten minutes.

Put in the prepared apple, with a few cloves and a little lemon peel, if liked.

Boil for an hour, stir and skim well.

It should now be a smooth pulp, moderately clear and of a bright amber colour.

Put into jars, and when cool cover down as described on page 819.

Another Method.

Choose apples that do not cook to a soft pulp, such as russets. Cut them in quarters, remove the cores (but do not peel them), then cut into thin slices.

Put three pounds of loaf sugar into the preserving pan with a pint of water, and boil rapidly for twenty minutes to make a syrup.

Sufficient syrup should be made to three-fourths cover the apples that are prepared.

Put the apple slices into the syrup, and boil for one hour, stirring frequently.

Flavour with cloves or lemon as preferred.

This marmalade bears a close resemblance to orange marmalade in appearance, if a suitable apple is chosen.

Marmalade, Lemon.

Take some lemons, slice them very thinly and remove the seeds.

No white pith or pulp need be removed.

To each pound of sliced fruit add three pints of cold water.

Let it stand for twenty-four hours.

After standing, put the lemon and water into a pan, and boil until the lemon is tender.

Then pour all out into an earthen bowl, and let it stand until the next day.

Weigh the lemon and water, and to each pound add a pound and a half of preserving or loaf sugar.

Boil together until the syrup jellies.

To test this, put a little on a cold plate, and if it thickens and becomes firm like jelly it is done.

The lemon should be rather transparent when done.

Marmalade, Orange.

Choose Seville oranges. Peel them. This is best done by just cutting superficially round the orange twice, and the peel will then come off in quarters.

Boil the skins for about two hours, changing the water two or three times. This removes the bitterness of the peel. The peel can be tied in muslin.

If the peel has much white pulp on it, a little should be scraped off when it is soft, then cut the rind into thin strips about an inch long.

Pull the oranges to pieces, remove the pips and cut off as much white pith as possible.

Allow the same weight of sugar as of oranges before they were peeled.

Put the sugar, with half-a-pint of water to every pound, into the preserving pan. Boil for about ten minutes, remove the scum, then add the orange pulp and rind.

Simmer for about twenty minutes or a little longer.

Test by putting a little on a plate, and if it jellies it is done.

Orange marmalade is improved by adding the juice and the grated rind of a lemon to the orange pulp just before boiling; say one lemon to six oranges.

Another Method.

Cut up twelve Seville oranges very thin and small; pick out the seeds.

Put them in an earthenware pan, and add three pints of cold water to each pound of fruit.

Let them stand for twenty-four hours, then put them on the stove and boil until tender.

The seeds may be put in a muslin bag and boiled with the oranges.

Remove from the fire, and let all stand until next day.

Now to each pound of boiled fruit add a pound of loaf sugar.

Boil, stirring constantly, until the orange is quite clear and the syrup jellies.

To test this, put a little on a cold plate and if it thickens and becomes firm like jelly, it is done.

An improvement can be made by adding the juice and grated rinds of two lemons to this quantity of oranges.

Marmalade, Quince.

Pare and quarter the fruit, remove the cores, and throw each piece, as done, into cold water to preserve its colour.

Put the pieces into a preserving pan with just sufficient water to float them.

Stew until the fruit is reduced to a pulp, stirring occasionally. This will take quite two hours.

Add three-quarters of a pound of loaf sugar to each pound of pulp, and boil gently for three-quarters of an hour.

Test by putting a little on a cold plate, and if it jellies it is done. Put into jars, and when cold, cover as described on page 819.

Mulberry Jam.

Let the mulberries be ripe and picked dry. Remove all stalks.

It is best to make this jam partly with whole fruit and partly with juice only, therefore allow one pound of crushed preserving sugar and one pint of mulberry juice to each pound of whole fruit.

Put the juice and the sugar into the preserving pan, bring just to the boil, then simmer for five minutes to dissolve the sugar; skim it well during this time.

Add the whole fruit, and boil rather quickly for half-an-hour, stirring well.

Test by putting a little on a plate, and if it jellies stiffly it is done. Put into pots, and when cold cover as described on page 819.

Plum Jam.

Open the plums and remove the stones. Do not use a steel knife. Allow from three-quarters to one pound of crushed preserving sugar to each pound of fruit before it is stoned. The quantity of sugar must be judged by the sweetness of the fruit, which varies much in this respect.

Put a layer of stoned fruit in an earthenware pan, and sprinkle with part of the sugar. Place another layer of fruit on this, then sprinkle and add more until all the fruit and sugar are used.

Leave them until the next day.

Put all into the preserving pan, bring to the boil, then simmer gently for about fifteen minutes.

Add some blanched kernels, which greatly improve the flavour, then boil quickly for about fifteen to twenty minutes longer.

Stir well, as this jam is liable to stick and burn.

Test by putting a little on a cold plate, and if it jellies it is done.

Pour into pots, allow to get cold, then cover as described on page 819.

Raspberry Jam.

It is desirable that this fruit be picked on a dry day. Also that it be ripe and used as soon as possible. Remove the stalks.

Allow barely a pound of sugar to each pound of fruit; or allow a full pound of sugar and a gill of red-currant juice to each pound of raspberries. The currant juice is a great improvement. Put all into a preserving pan, bring to the boil, and then simmer gently for about thirty-five to forty minutes.

Test by putting a little on a cold plate, and if it jellies it is done.

Pour into pots, allow it to get cold, then cover as described on page 819.

Raspberry and Currant Jam.

Described on page 823.

Rhubarb Jam.

If possible obtain young or forced rhubarb, as it does not require stringing or peeling, neither does it require so much boiling.

Cut the rhubarb into pieces about one inch long.

Allow a pound of crushed preserving sugar to each pound of rhubarb, and a great improvement can be made by adding the minced rind of half a lemon (or a little lemon essence) and a piece of whole ginger to each pound of the rhubarb.

Put all in the preserving pan, and place this on a rather cool part of the stove until the rhubarb softens. Keep stirring.

When the rhubarb is soft and the sugar melted, bring all to the boil, and simmer gently for about half-an-hour if the rhubarb is young, or from three-quarters to one hour if it is old.

Test by putting a little on a cold plate, and if it jellies it is done.

Then remove the pieces of ginger.

If essence of lemon is used, this should not be stirred in until the cooking is completed.

The ginger may be omitted if preferred.

Pour into pots, and when cold, cover as described on page 819.

Strawberry Jam.

This is a fruit that seldom appears in a perfectly sound condition, suited for good jam making, at the shops and at a reasonable price. It is best obtained direct from the fields, or from one's own gardens. It must be ripe, sound and dry. Remove all stalks.

Allow one pound of crushed preserving sugar to each pound of fruit; or a little more sugar if the fruit is not sweet.

Put all in the preserving pan, bring just to the boil, then simmer gently for about thirty to forty minutes.

Test by putting a little on a cold plate, and if it jellies it is done.

If the fruit is to be kept as whole as possible, the stirring must be no more than is necessary to prevent it burning at the bottom, and it must then be skimmed well.

Pour into pots, let it get cold, then cover as described on page 819.

FRUIT JELLIES (in alphabetical order).

FRUIT jellies are in reality fruit jams without the solid parts, pulp or seeds. With soft fruits, such as raspberries, currants and the like, the cooking, which is necessary to prepare the fruit before pressing the juice out, is best done by placing the fruit in a jar, and standing this in a saucepan of boiling water. This saves the risk of burning with the fruits which have no water added. With fruits such as apple the cooking can be done in a preserving pan as water needs to be added.

All stirring or skimming should be done with a wooden or a silver spoon. Iron and some other metals quite spoil the jelly. The scum must be removed to keep the jelly clear.

Apple Jelly.

Choose apples with red skins if possible, wipe and cut into quarters, but do not peel them.

To each pound of fruit allow three pints of cold water.

Put fruit and water into a preserving pan and boil rapidly for thirty minutes. This will extract the juice from the apple, and at the same time the water will be reduced.

Strain and press through flannel.

Allow one pound of loaf sugar to each pint of liquid.

Put the liquid and sugar to boil, and again boil rapidly for thirty minutes.

Test by putting a little on a cold plate, and if it jellies it is done. If liked, a teaspoonful of lemon juice may be added just before the last boiling is completed.

Pour into jars and, when cold, cover down, as described for jams on page 819.

Blackberry Jelly.

Let the fruit be dry and freed from stalks.

Put it into a jar, place this in a saucepan of boiling water and let it simmer for about half-an-hour, until the juice comes away freely.

Strain and press out the juice through coarse flannel.

Put the juice to boil with three-quarters of a pound of loaf sugar to each pint, and boil for about forty minutes, stirring well.

Test by putting a little on a cold plate, and if it jellies it is done.

Pour into jars and, when cold, cover down as described for jams on page 819.

This jelly is improved by using equal quantities of bullaces and blackberries. The tart flavour of the bullace overcomes the flatness of the blackberry.

Currant Jelly, Black.

Free the currants from stalks.

Put them into a jar, place this in a saucepan of boiling water and simmer for a little more than half-an-hour, when the juice should flow from the fruit freely.

Strain and press out the juice through flannel.

If preferred, the cooking may be done by putting the fruit into a preserving pan with a gill of water to each pound, then bruising and stirring the fruit until the juice flows freely.

Allow one pound of loaf sugar to each pint of juice, put into a preserving pan, see that the sugar melts, then boil gently for about thirty minutes, stirring well.

Test by putting a little on a cold plate, and if it jellies it is done.

Pour into jars and, when cold, cover as described for jam on page 819.

Currant Jelly, Red.

Let the currants be moderately ripe. Free them from stalks.

Put the fruit into a jar, place this in a saucepan of boiling water, and simmer for a little more than half-an-hour, when the juice should flow freely.

Strain through flannel, but if the jelly is wanted very clear, do not press the fruit, as the pulp which will then come through will make the jelly cloudy.

If preferred, the cooking can be done in a preserving pan, as described in the last recipe.

To each pint of juice allow three-quarters of a pound of loaf sugar.

Put sugar and juice into the preserving pan, and as soon as the sugar is melted, bring to the boil and simmer for about half-an-hour, stirring well.

Test by putting a little on a cold plate, and if it jellies it is done.

Pour into jars and, when cold, cover as described for jams on page 819.

Currant Jelly, White.

Proceed exactly as with red-currant jelly, but do not attempt to do the first cooking in the preserving pan, and see that all vessels are quite clean. Skim carefully and well to keep the jelly clear.

Gooseberry Jelly.

Top and tail the gooseberries, which should not be over-ripe, slightly unripe is best.

Put them into a preserving pan with a quart of water to each gallon of gooseberries.

Boil until the fruit is quite a pulp, stirring well.

Strain and press through a coarse flannel.
To each pint of juice allow a pound of loaf sugar.
Put the sugar and juice into a pan, bring to the boil and simmer for about forty minutes, stirring and skimming well.
Test by putting a little on a cold plate, and if it sets it is done.
Pour into jars, let it get cold, then cover as described for jams on page 819.

Mulberry Jelly

Is made the same as blackberry jelly, allowing the same amount of sugar and the same time in cooking. A few almonds boiled in improve the flavour.

Pear Jelly.

Let the pears be the most juicy kind obtainable. Cut them into quarters without paring or coring.

Put the fruit into the preserving pan with a pint of water to each four pounds, and boil on a slow fire until they are a pulp.

Strain through flannel, or a jelly bag, and let them remain all night to drain.

The next day squeeze out any remaining juice.

To each pint of juice allow rather more than half-a-pound of loaf sugar and a very little lemon juice to flavour.

Boil on a quick fire for about thirty minutes, stirring well.

Test by putting a little on a cold plate, and if it jellies it is done.

Pour into jars and, when cold, cover as described with jam on page 819.

Quince Jelly.

The fruit must be ripe and perfectly sound.

Pare and slice, and put the pieces into a preserving pan with just sufficient water to float them.

Boil until the fruit is a pulp, which will take quite two hours. Strain through flannel, passing the juice through more than once if wanted clear.

To each pint of juice allow a pound of loaf sugar.

Boil the juice and sugar together about three-quarters of an hour.

Test by putting a little on a cold plate, and if it jellies it is done.

Pour into jars and, when cold, cover as described for jams on page 819.

If preferred, the fruit need not be peeled, in fact, some people consider the peel improves the colour of the jelly.

Raspberry Jelly.

This is prepared the same as red-currant jelly, with the same amount of sugar and the same time for cooking.

It is considered an improvement if some red-currant juice is added, a quarter-pint to each pint of raspberry juice. The sugar need not be increased if this is done.

Rhubarb Jelly.

This is best made in September.

Choose red rhubarb, cut it into short lengths and put them in a large jar.

To each six pounds of rhubarb add the peel of three lemons.

Put the jar into the oven, let the rhubarb get quite soft, and the juice will flow freely.

Strain, and squeeze through flannel.

Put the juice into the preserving pan, or into an enamelled saucepan, with the juice of three lemons.

Add a pound and a half of sugar to each pint of rhubarb juice, and when dissolved, bring all to the boil and simmer for about three-quarters of an hour, stirring well and skimming.

Test by putting a little on a cold plate, and if it jellies it is done.

Pour into jars and, when cold, cover as described for jam on page 819.

The pulp can be boiled up for children's eating, adding half-a-pound of loaf sugar to each pound of pulp.

Strawberry Jelly.

Take, say, four pounds of strawberries and two pounds of red currants or pink rhubarb. If rhubarb is used, cut it into small pieces.

Put all into a jar placed in a saucepan of boiling water, and simmer for quite half-an-hour, until the juice comes away freely. Strain and press through flannel, but pass it through the flannel again once or twice if wanted quite clear.

Put the juice to boil with three-quarters of a pound of loaf sugar to every pint, and boil for about thirty minutes, stirring well and skimming.

Test by putting a little on a cold plate, and if it jellies it is done. Pour into jars and, when cold, cover down as described for jam on page 819.

PRESERVING FRUITS, AND FRUIT PRESERVES.

(In alphabetical order.)

Bottling Fruit.

THE chief thing to remember is that the air spoils bottled fruits. They require to be bottled and fastened up in such a way that there is very little air left in the bottle and none can enter afterwards, until the bottle is opened for use. When opened, the fruit must be used soon, but as quart bottles are generally used, the whole of a bottle would be required for a tart.

Bottles with wide necks should be used, pickle bottles do quite well.

To fasten down the bottles, corks can be used, but they must be cut level and waxed over. If many are to be done, the wax should be made at home as follows: take one pound of resin and pound it fine, a quarter-pound of bee's-wax cut in shreds, and a quarter-pound of tallow. Put all into an old tin, mix well and melt gradually. Boil for five minutes, stirring with a stick. This can be easily run over the corks while hot.

Some use melted resin only.

Another way is to paste three layers of good paper over the bottles after they are corked. This paper will dry like parchment.

Another way is to tie bladder over the tops of the bottles after they are corked.

Make a syrup in the proportions of a pound of loaf sugar to two quarts of water, boiled for ten minutes and allowed to get luke warm.

Have ready the bottles, corks and wax.

Fill the bottles with fruit, and stand them in a fish kettle or boiler with warm water (not hot) reaching nearly to the tops. Put a wisp of hay or any soft material between the bottles to prevent accident, and a little hay or a fold of cloth should be put at the bottom of the boiler for the bottles to stand on.

Pour warm syrup into the bottles to cover the fruit, leaving space for the cork to fit in, but do not cork the bottles yet.

Boil up the water in the boiler gradually, then boil gently for ten minutes.

Now take out one bottle at a time, cork it immediately, and run wax over the cork to close every hole and pore.

Always cork and secure the bottles while the contents are at their hottest and steaming. This ensures the least possible amount of air being enclosed with the fruit.

By this means the fruit is preserved whole, and will keep satisfactorily if stored in a cool place.

Fruit for this purpose must not be over-ripe, and on no account

must it be damaged in any way or split open. It should also be quite dry.

When the bottles are in the boiling water, the time stated, viz. ten minutes, can be extended to fifteen minutes with large fruit like plums, and with hard fruit like gooseberries.

The amount of sugar allowed for the syrup, viz. one pound to each two quarts of water, can be increased to nearly double with sour fruits like green gooseberries and with rhubarb.

Fruit—black currants for instance—can be preserved with plain cold water instead of syrup. The process is the same, but the addition of the sugar is decidedly best.

Bottled fruits should be kept in a cool dry place and, if possible, in the dark.

Another Method.

Use quart bottles, and let them be clean and perfectly dry.

Fill with any kind of fresh fruit.

Sprinkle castor sugar over the fruit in the bottles, in the proportion of a quarter-pound to each quart bottle.

Place the bottles in a fish-kettle or boiler, with wisps of hay or any soft material between to prevent their knocking together; and a little straw or fold of cloth should be at the bottom for the bottles to stand on.

Bring the water gradually to the boil, then simmer gently until the fruit sinks down and appears shrunken. This will take from half to one hour according to the fruit.

Use the contents of one bottle to fill the others up.

When ready, take out one bottle at a time, cork immediately while hot, cut the cork off level at top, and wax over as described in the last recipe.

Store in a cold dry place and, if possible, in the dark.

Cherries, Dried.

Take large sweet cherries and stone them. The stoning can be done with a little instrument made as follows: Bend a piece of stiff wire to the shape of a rather large and long hairpin. Bind this on to a piece of wood, leaving the loop projecting about an inch. Bend the loop so that it curves over a little. The stones can be readily removed with this.

Put the cherries into a preserving pan with well-crushed preserving sugar, or castor sugar in the proportion of a pound of sugar to three pounds of fruit.

Boil very gently until the fruit shrinks a little, then strain them free from the syrup.

Put the strained cherries on a sieve, and place them in a cool oven to dry. Do not let them cook.

When they are dry enough to handle, they can be stored away.

Use the syrup to do more cherries in, adding a small amount of sugar to make good that taken by the previous lot of cherries.

If preferred, the cherries can be rolled in castor or icing sugar before being stored away.

Cherries, Preserved in Syrup.

The fruit must be sound and ripe. It can be stoned (as described in the last recipe) if preferred.

Make a syrup by boiling together sugar and water in the proportion of one pound of the former to half-a-pint of the latter. Boil for fifteen minutes, and remove what scum there may be.

Put in the cherries and boil again for fifteen minutes.

Strain off the cherries and put them into jars. Reduce the syrup by another five minutes' boiling, then pour it over.

Allow to get cold, and cover tightly, as described for jam on page 819.

Damsons, Preserved.

Let the damsons be well picked, and quite free from bruise or blemish.

Allow a quarter-pound of castor sugar to each pound of fruit.

Put the fruit in large jars or bottles, sprinkle the sugar in, then stand the jars in a boiler with water reaching well up them.

Bring the water gradually to the boil, and simmer until the fruit is soft, but not broken.

Take the jars out and strain the juice away.

Put the juice in a pan to boil for fifteen minutes, then strain through flannel and pour over the fruit, either in the bottles it was cooked in or in small jars. The latter is best.

When cold, cover as described for jam on page 819.

Damson Cheese.

An agreeable preserve, and considered very soothing to sore throat.

The pulp has to be obtained from the fruit without the skins. One method is to bake the damsons until the skin just cracks, then take each one separately and peel it. The peel comes off quite easily.

Another way is to put them into a preserving pan, and stir them until they are soft enough to rub or beat through a coarse sieve.

Put the pulp into the preserving pan with three-quarters of a pound of loaf sugar to each pound of pulp. Or one pound of sugar if preferred quite sweet.

Stir the sugar well in, simmer for one hour, then boil quickly for about twenty minutes.

Pour into jars and, when cold, cover as described for jam on page 819.

The flavour can be improved by cracking half the stones, blanching the kernels and adding these when the cooking is about half completed.

Ginger, Preserved.

The strength of the ginger requires to be reduced and the flesh well swollen. This is usually effected by putting the green ginger into fresh boiling water each night and morning for a fortnight.

Another method is to scald the ginger until it is soft, then peel off the outer skin and soak the inner part in cold water, changing the water several times.

When the ginger is ready, make a heavy syrup with two pounds of sugar to each pint of water, and clarify it.

To clarify the syrup, allow the white of one egg to the amount of sugar and water stated above. Stir this in while the sugar is dissolving and before it is put on the fire. When the syrup boils, throw in a small cup of cold water and bring to the boil again. Do not stir after this water is added. Let it boil for five minutes, then stand it aside for a little time and remove the scum. It is then ready for use.

Put the ginger into the clarified syrup and boil until it is clear.

Put into jars and, when cool, cover down.

Greengages, Preserved in Syrup.

Stone the fruit if preferred.

Make a syrup of sugar and water: a pound of the former to half-a-pint of the latter. Boil together for ten minutes and remove the scum.

Put in the fruit and simmer for nearly half-an-hour.

If the stones are removed, blanch some of the kernels and add these when the boiling is half done.

Strain off the fruit and put it into jars.

Reduce the syrup by ten minutes' more boiling, and pour it over the fruit.

Allow it to cool, then cover down as described for jams on page 819.

Pears, Preserved in Syrup.

The jargonelle pear is considered best for preserving; failing this any moderate or small-sized firm pear, not quite ripe (when the pips are just black).

Put the pears in the pan over the fire with sufficient cold water to cover.

Bring to the boil, and simmer until they are slightly soft.

Take them out and put into cold water.

Pare the fruit carefully, leaving a little of the stem and the blossom or eye at the thick end.

Pierce them with a skewer at the blossom end reaching as far as the core.

Make a syrup of sugar and water, in the proportion of one pound of the former to each half-pint of the latter. Boil for ten minutes, then remove any scum there may be.

Put the pears in and let them simmer gently.

If time is of importance, the simmering can be completed at once, but for best results it should be done for about five minutes for three successive days, allowing the fruit to remain in the syrup meanwhile.

When the pears are done, drain them and put into jars.

Reduce the syrup by boiling for ten minutes (or enrich it with more sugar if the quantity is none too great), then pour over the fruit.

When cool cover down tightly, as described for jams on page 819.

Plums, Preserved in Syrup.

Gather the fruit when full grown and just as it begins to ripen.

Pick out the largest fruit until the remaining small ones are one-third the whole.

Put this third into a preserving pan with as much water as would just cover the whole.

Boil and skim well.

When the fruit is boiled soft, strain it through a coarse hair sieve. To each quart of the liquid add a pound and a half of loaf sugar. Boil up, skim well, then put in all the fruit.

Scald well and remove from the fire.

Put the plums into bottles with wide mouths, pour the syrup over, then lay a piece of white paper on top.

Pour some melted mutton fat on top and tie down.

Prune Preserve.

First wash the prunes.

Put them into a preserving pan with water to just cover, and add the grated rind of a lemon.

Stew until quite tender, then rub the prunes through a sieve.

Weigh the pulp, and to each pound allow half-a-pound of sugar.

Put the sugar in the pan with a little water, and when it is quite melted add the pulp and boil together for fifteen minutes, stirring and skimming well.

Pour into jars and, when cool, cover down as described for jams on page 819.

Strawberries, Preserved whole in their own juice.

Obtain large strawberries if possible, picked when dry; remove all stalks.

Allow a pound of sugar to each pound of fruit.

Put a layer of fruit in a deep dish and sprinkle with castor sugar.

Put another layer and sprinkle again, and so on.

Gently shake the dish, that the sugar may get beneath and around the fruit.

Let it remain for a day, when it will be found that much of the juice will be drawn out.

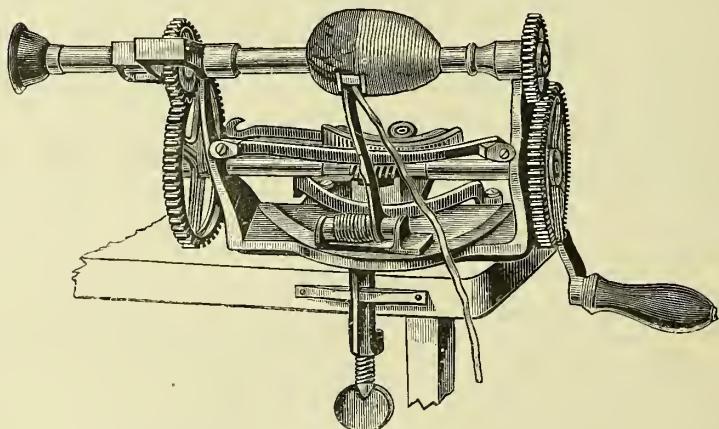
On the next day drain the juice into an enamelled or copper pan, and put the remaining sugar into it. This can be loaf or castor sugar.

When the sugar is melted, put in the strawberries, bring to the boil, and simmer gently for nearly thirty minutes.

Test by putting a little on a cold plate, and if it jellies it is done.

When the strawberries are being boiled, do not stir more than is absolutely necessary so as not to damage the fruit.

Put into jars and, when cold, cover down as described for jam on page 819.



MECHANICAL FRUIT-PAREER AND CORER.

PICKLES, STORE SAUCES, VINEGARS AND SALAD DRESSINGS.



PICKLES (in alphabetical order).

IT is quite recognised that pickles can be purchased very cheaply, and in great variety everywhere, yet, where convenient, they should be made at home, and a superior article is easily obtained. It must be borne in mind that, to the majority of people, the eating of pickles in reasonable quantity is decidedly beneficial ; and on this account it becomes important to know (1) that the vinegar is good ; and (2) that no deleterious materials are used to fix the colours of the vegetables, or to artificially colour them. Pickles from manufactories are sometimes of such a bright colour and attractive appearance that, knowing the colour of good home-made pickles, a suspicion arises in one's mind immediately.

The important thing to remember in making home-made pickles, to ensure their being excellent in eating, is to use good vinegar and sound dry vegetables as fresh as possible.

Pickled Beetroot.

The beets must be first cooked.

Wash the roots very carefully, that the outside skin may not be broken. Do not trim them. If they are damaged or cut they will lose nearly all their colour in cooking.

Put them into boiling water with a little vinegar in it, and simmer gently for an hour to an hour and a half according to age.

They do not require to be fully cooked.

Remove the beets, and let them cool.

Take sufficient vinegar to cover the beet when it is cut up and bottled. Boil this up with half-an-ounce of whole pepper and half-an-ounce of all-spice to each quart. Let it boil gently for fifteen minutes.

Peel the beets, cut them into slices a little more than a quarter-inch thick, and put them into bottles or jars.

When the vinegar is cold, pour it over.

Cover the bottle or jar with bladder. If bottles are used they may be corked and waxed as described for bottled fruits on page 836.

Pickled Cabbage.

This is the red cabbage. Take off the outside leaves; quarter it; cut out the stem; then slice it rather thinly across.

Lay the cut cabbage out on a large dish, or in the bottom of a tub; strew salt over and leave for about twenty hours.

After this time, take out the cabbage and drain it as free from brine as possible on a sieve or clean hamper-lid.

Take sufficient vinegar to cover the cabbage when it is in the jars, and boil this up with half-an-ounce of whole pepper and half-an-ounce of bruised ginger to each quart.

A little all-spice may be added if preferred.

Put the cabbage in jars or bottles, pour the boiled vinegar (when cold) over it, then cover down as described with beetroot above.

Pickled Cucumber.

Cut the cucumbers into slices about a quarter-inch thick.

Spread these out on a dish and sprinkle with salt (the same as for pickled cabbage). Let them remain for about twenty hours.

After this time, put the pieces on to a sieve to drain well, for five or six hours.

Take sufficient vinegar to cover the cucumber when it is in jars, and boil this up with half-an-ounce of whole pepper and half-an-ounce of bruised ginger to each quart.

Boil for about ten minutes, then, while hot, pour it over the cucumbers in their jars or bottles.

Cover down, as described with beetroot on page 846.

Pickled Gherkins.

Soak about one hundred gherkins in a pickle of two pounds and a half of common salt to one gallon of water. Let them remain in this for a day.

Take them out, drain well, wipe separately, and put them in a large jar.

Boil together two quarts of vinegar (white vinegar if obtainable), three ounces of common salt, one ounce of all-spice, one ounce of mustard seed, half-an-ounce of cloves, half-an-ounce of mace, half a sliced nutmeg and half a stick of horse-radish. Let all boil for twelve minutes. Skim well.

When cold, pour this over the gherkins in the large jar, and let stand for about twenty hours closely covered.

The next day put all into a pan, bring to the boil, then simmer for ten minutes.

Put the gherkins into jars, pour the vinegar and spices over, then cover down, as described for beets on page 846.

This pickle is better for being kept a month.

Mixed Pickle.

The following vegetables may be used: cauliflower, cucumber, gherkins, small onions, French beans and capsicums.

Pick the cauliflower into nice pieces, and cut the cucumber into small blocks. The other vegetables need only be trimmed, not cut up. It is best not to wash the vegetables, only wipe them.

Put the vegetables in an earthenware pan and sprinkle well with salt. Let them remain three days, then drain, shake them, and put in the sun to dry.

Make a pickle as follows :—Take one quart of vinegar, half-an-ounce of turmeric, half-an-ounce of ground black pepper, quarter of an ounce of pounded cloves, one ounce of ground mustard, half-an-ounce of mustard seed, one ounce of bruised ginger and a little cayenne to taste (a small pinch).

Put the mixed vegetables into jars or bottles.

Put the vinegar and spices on to boil, simmer for about ten minutes, then pour boiling hot on to the vegetables.

When cool, cover down as described for beetroot on page 846.

Pickled Onions.

The small silver onions have the best appearance, but ordinary kinds will do.

Take off first the dry outside skin, then the next skin. Put the onions in a large jar.

Make a strong solution of salt and water, bring it to the boil, then pour over the onions and let all get cold.

Repeat this with new salt and water, then drain.

Put the onions into bottles or jars, cover with cold vinegar in which is a teaspoonful of black pepper, a slice of whole ginger and a blade of mace to each pint. A bay-leaf can be put in each jar or bottle if liked.

Cover down, as described for beetroot on page 846.

Piccalilli.

Prepare vegetables as follows : slice a closely-grown white-hearted cabbage, slice a sound white beetroot, divide a cauliflower into neat pieces, trim and wipe a few French beans, gherkins and radish pods.

Lay these on a sieve or clean hamper-lid, well sprinkle with salt, and expose to the sun or fire for three days, that all water may be extracted.

Shake off the salt, then put the vegetables into a stoneware pan, mix them well and scatter some mustard seed in also.

Put some vinegar on to boil with one ounce of sliced garlic and half-an-ounce of turmeric to each quart.

Put the vegetables in a large jar, and when the vinegar boils, pour it over boiling hot.

Tie a paper over and let all stand two weeks in a warm place, preferably near a fire.

Now put the pickle into the jars or bottles, but the quantity of vinegar must be such that it does not fill them.

Boil some fresh vinegar with half-an-ounce of white pepper, half-an-ounce of mace, and a small pinch of nutmeg and cloves to each quart.

When boiling, skim well and fill the bottles or jars with this.

When cool, cover down as described for beetroot on page 846.

Pickled Walnuts.

The walnuts are picked young, before the hard shell is formed inside.

Prepare a strong brine, well prick the walnuts with a fork, and put them in it.

Change the brine each third day, until the walnuts have been in nine days, then take them out and drain well.

Spread them on a sieve or clean hamper-lid in the sun, until they become black. This will take about three days.

Put the walnuts into bottles or jars, then prepare the pickle as follows :—

Put some vinegar on to boil with two ounces of whole pepper, one ounce of allspice and one ounce of bruised ginger to each quart.

Boil for fifteen minutes, then pour over the walnuts boiling hot.

When cool, cover down as described with beetroot on page 846.

STORE SAUCES.

It is only proposed to give a few of those that may be used for general purposes, and which, if made at home, will be known to be pure and wholesome. There are many other sauces, and it would not be difficult to make the number unlimited, but, as a rule, there are ingredients needed which the ordinary householder cannot obtain.

A Fish Sauce.

Gather about as many nasturtium blossoms as will go into a pint measure, and put these into a jar with a quart of good vinegar. Add six shallots, three teaspoonfuls of salt and two teaspoonfuls of cayenne, and let these stand for eight or ten days.

Strain off the vinegar, and to each pint of this add two ounces of soy and two ounces of essence of anchovies.

Bottle, cork well and wax over the cork.

Green Tomato Sauce.

Slice half-a-peck of green tomatoes.

Sprinkle with a cupful of salt, and let them stand all night.

The next day pour off the liquor and put the slices into a saucepan with vinegar to cover.

Add three green or red chilies, two large onions chopped finely, half a teaspoonful of brown sugar, half a teacup of scraped horse-radish, a dessert-spoonful of each cloves and allspice, and half a teaspoonful of each red and white pepper.

Bring to the boil, then simmer until the tomato is quite soft.

Put into wide-necked bottles, cork well and wax over the corks.

Harvey Sauce.

Take six anchovies (some consider sprats serve as well), and cut them up small.

Take a head of garlic and a shallot and chop rather finely.

Put these ingredients into a jar, and add six teaspoonfuls of soy, six teaspoonfuls of walnut or mushroom ketchup, half-an-ounce of cayenne and half-a-gallon of vinegar. Add a little carmine colouring if liked.

Let these ingredients all soak together for ten or twelve days, stirring them frequently.

Strain through flannel, then bottle, cork well and wax over the corks.

An Epicure's Sauce.

Take half-a-pint of mushroom ketchup, half-a-pint of walnut ketchup, three ounces of chopped shallots, two ounces of soy, two ounces of port wine, half-an-ounce of cloves, half-an-ounce of white pepper, and a quarter of an ounce of cayenne.

Let these soak together for ten or twelve days, stirring frequently.

Strain through flannel, then add a quarter-pint of vinegar.

Bottle, cork well, and wax over the corks.

A General Store Sauce.

Take ten cloves of garlic and chop them.

Put these into a saucepan with a quart of vinegar, an ounce of cayenne, four tablespoonfuls of soy, and two tablespoonfuls of walnut ketchup.

Bring to the boil, then simmer for half-an-hour.

Strain through flannel, then bottle. Cork well and wax over the corks.

Mustard Sauce (resembling French Mustard).

Put together, in a saucepan, a pint of vinegar, two pieces of loaf sugar and a teaspoonful of whole mixed spice.

Bring to the boil, simmer for ten minutes, then strain.

Mix some good mustard into a stiff paste with some cold vinegar.

Have the boiling vinegar ready, strained, but boiling hot, then pour it on to the stiff mustard paste, stirring, from the beginning, with a piece of red-hot iron. The heater of a French iron, or any clean piece of iron, will do.

Put into bottles with wide mouths, cork well, and wax the corks over. This will keep well while corked.

Piquante Sauce.

Take three cloves of garlic, three shallots, three anchovies, two tablespoonfuls of mushrooms and one ounce of cayenne.

Bruise all well together in a mortar, then pour on a pint and a half of boiling vinegar.

Put all into a large bottle, and let it stand for two or three weeks, shaking occasionally.

At the expiration of this time strain it through flannel, then bottle. Cork well, and wax over the cork.

Reading Sauce.

Take one pint of liquor from pickled walnuts, one pint of water, a bare half-pint of soy, one ounce of shallot, a quarter-ounce of bruised ginger, half-an-ounce of mustard seed, one anchovy, a quarter-ounce of cayenne, and a few dried bay-leaves.

First bruise the shallots, and put them to boil with the walnut liquor. Boil for fifteen minutes.

Bruise all the other ingredients that need it (except the bay-leaves), and put them together in another pan.

Boil these for about an hour, then mix in the boiled walnut juice, stirring well.

Simmer all together for fifteen minutes, then put all into a jar, cover down, and let them stand for twenty-four hours.

Now open the jar, add the bay-leaves, then close down, and let it stand for a week.

Strain through flannel, then bottle.

Cork well, and wax over the corks.

Tomato Sauce.

Choose ripe tomatoes, and bake them in the oven until they are tender.

Rub them through a sieve, fine enough to keep back the seeds and skins.

To every pound of pulp allow a pint of chili vinegar (or vinegar with a little cayenne), one ounce of garlic, one ounce of shallot, an ounce of scraped horse-radish, half-an-ounce of ground white pepper and half-an-ounce of salt.

Boil the whole together, until every ingredient is tender.

Rub all through a sieve, then to every pound of the mixture add the juice of two lemons.

Boil again until of the consistency of cream.

When cold, bottle, cork well, and wax over the corks.

Mushroom Ketchup.

Mushrooms for this purpose must be picked when dry.

Break them up into small pieces, place in a stoneware pan, and sprinkle with salt; a quarter-pound of salt to each three pounds and a half of mushrooms.

Let them stand for three days, frequently stirring and mashing them, to cause the juice to flow.

Now strain, and also get all the juice possible by pressure.

To each quart of juice add two ounces of salt, a few cloves, a quarter-ounce of peppercorns and a quarter-ounce of whole ginger. If preferred, a pinch of cayenne and a little mace may be added.

Boil slowly for one hour, then strain.

Bottle, cork well, and wax the corks over.

Some consider that more juice is obtained by heating the mushrooms in a jar in an oven.

Double ketchup is made by boiling ordinary ketchup down, a quart to a pint. There is no advantage in making this, except that smaller quantities can be used than the ordinary ketchup, if this is any convenience.

Walnut Ketchup.

The green outer shells of walnuts serve quite well for this.

Take three half-sieves of these and put them in a tub, with salt sprinkled between each layer. About a pound and a half of salt will be the quantity required.

Let them stand for six days, occasionally stirring and mashing them, until the shells are soft and pulpy.

Drain the liquor away as it appears. This can be done by banking up the shells on one side of the tub, then raising that side. Continue this as long as liquor can be obtained from them; the quantity obtained should be about three quarts.

Simmer the liquor in an iron boiler, until scum ceases to rise. Now add two ounces of bruised ginger, two ounces of allspice, one ounce of long pepper and one ounce of cloves. Boil all together for half-an-hour. When cool, strain and bottle. Some prefer not to strain, but to put the spices in the bottles with the ketchup, an equal quantity in each bottle. This ketchup is not properly mature and fit for use until kept for six months. Well cork the bottles, and wax over the corks.

VINEGARS.

To make Vinegar from the Vinegar "Plant" or "Mother."

The vinegar plant can be readily purchased at large vegetable markets, or through a local tradesman.

Take one quart of water, and dissolve in it half-a-pound of coarse brown sugar and half-a-pound of treacle. Let this be in an earthenware vessel, preferably white inside.

When dissolved, lay the fungus on top, cover with thick brown paper, and tie down.

In six weeks, or a little longer in cold weather, the liquid is turned to vinegar, and can then be strained off.

Boil up the vinegar, strain again, if necessary, then bottle.

Put the fungus on to more sugar, treacle and water, to keep it going; by this means it will not only keep alive but will grow thick, so that it can be divided into two layers, and thus becomes two plants. It appears to improve in its work as it grows thicker.

Tarragon Vinegar.

The full-grown shoots of tarragon are used for this, and they should be gathered the day before they are needed.

Fill a half-gallon jar with as many as will go in without pressing down.

Add three cloves, and the rind of one lemon, cut thinly.

Fill up the jar with white wine vinegar, and tightly cork it.

Expose to the sun for two or three weeks, then open and strain off the vinegar.

Wring the tarragon in a cloth, filter all the vinegar through flannel, then bottle it.

Cucumber Vinegar.

For salads, or can be used as a cold meat sauce.

Peel three moderate-sized cucumbers, and slice them.

Put them into a jar, and pour on a quart of cold vinegar.

Slice two onions and two shallots, and add these, together with a tablespoonful of pepper, a quarter-tablespoonful of cayenne and about a tablespoonful of salt.

Let this stand for a week.

At the expiration of this time boil all up, then allow to get cold.

Strain through flannel, then bottle.

Garlic, or Shallot, or Horse-radish Vinegar

Is simply made by putting two ounces of finely chopped garlic, or shallot, or scraped horse-radish, into a quart of cold boiled vinegar, and, after it has infused for about two weeks, the vinegar is strained off and bottled.

With horse-radish vinegar a little finely chopped shallot is an improvement.

Either can be used as soon as made.

Raspberry Vinegar.

Take three pounds of fresh raspberries, and put one pound of them into a bowl.

Pour a pint of best vinegar over, bruise the raspberries, and let it remain until next day.

Strain off the vinegar, and pour it over another pound of the raspberries. Bruise the fruit, and let it remain another day.

On the next day drain off the vinegar again, and pour it on to the third pound of raspberries. Bruise the fruit, and let it stand another twenty-four hours.

Now drain off the liquor for the last time, and strain it through flannel which has been previously wetted with plain vinegar.

When draining off the vinegar at any time do not press the fruit, for should too much fruit juice, or any pulp, pass through, the finished vinegar will ferment. Indeed, some consider that the fruit should not be bruised at all, for fear of fermentation; but if care is used the bruising can be done, and a fuller flavoured vinegar is obtained.

When the vinegar is passed through flannel, put it into a jar, and add one pound of loaf or castor sugar to each pint.

When the sugar is melted put the jar into a saucepan of boiling water, let it simmer for half an hour, remove the scum, then allow to get cool.

When cold put into bottles, cork well, and wax over the corks.

If liked, a quarter-gill of brandy can be added to each pint just before bottling.

SALAD DRESSINGS.

Salad dressings can be made before wanted for use, but those with eggs or fresh cream in them only keep a few days. The dressing should not be put on the salad until just before it is served.

It is of the utmost importance that the oil and vinegar be added very slowly, almost drop by drop, to prevent curdling.

The following dressings are put in order of richness, commencing with the plainest.

1. Put into a china bowl a teaspoonful of castor or icing sugar, a teaspoonful of mixed mustard, and two tablespoonfuls of salad oil.

Let the oil be added very gradually, stirring and mixing all the while.

Add four tablespoonfuls of milk, in the same manner, then two tablespoonfuls of vinegar, by degrees also.

If the liquids are not added very gradually the dressing will not be soft and smooth.

Add a little cayenne and salt, and the dressing can be used at once.

2. Take the yolk of a hard-boiled egg, and rub it smooth in a china bowl.

Add a little salt, half a teaspoonful of fine sugar, a teaspoonful of made mustard; then add two tablespoonfuls of salad oil, by degrees, working all together until quite soft and smooth.

Lastly, add, by degrees, a teaspoonful of ordinary vinegar and a teaspoonful of tarragon vinegar, and the dressing is ready for use.

3. Take the yolks of two hard-boiled eggs, and pound them up with a saltspoonful of salt, a saltspoonful of pepper and a spoonful of mustard.

Add, by degrees, two tablespoonfuls of vinegar.

Then add, very gradually, four tablespoonfuls of salad oil, and the dressing is ready for use.

If liked, the whites of the eggs may be chopped very fine, and added last of all.

4. Take the raw yolks of two eggs, and mix them in a basin with a teaspoonful of salt.

Whisk well, then add, by degrees, a gill of salad oil.

Mix thoroughly, then add a tablespoonful of made mustard, four tablespoonfuls of ordinary vinegar, one tablespoonful of tarragon vinegar, a small spoonful of castor sugar and a little cayenne.

When well mixed, the dressing is ready for use.

5. Take the yolks of three hard-boiled eggs, and pound them smooth.

Add a dessert-spoonful of made mustard, salt and cayenne to taste, and, very gradually, a tablespoonful of vinegar.

When all are rubbed smooth, add, very gradually, three tablespoonfuls of salad oil.

Lastly, after the oil is well mixed in, add the yolk of a raw egg. Stir well, and the dressing is ready for use.

6. Beat together the raw yolk of an egg, a teaspoonful of made mustard, a teaspoonful of castor or icing sugar and a saltspoonful of salt.

Add, very gradually, a tablespoonful of cream or milk, two tablespoonfuls of vinegar and two of salad oil.

Add a little cayenne, and the dressing is ready for use.

7. Mix well together two teaspoonfuls of made mustard and two tablespoonfuls of salad oil.

Then add one teaspoonful of castor sugar, four tablespoonfuls of cream, and mix well.

Lastly, add, very gradually, two tablespoonfuls of vinegar, and the dressing is ready for use.

8. Rub the yolks of two hard-boiled eggs smooth in a basin.

Add, gradually, four tablespoonfuls of cream, a small teaspoonful of mustard, pepper and salt.

Lastly, add two tablespoonfuls of vinegar.

Mix well, and the dressing is ready for use.

9. Take the yolks of four hard-boiled eggs, and rub or pound them to a smooth paste.

Add to them, mixing well, a teaspoonful of mixed mustard, a quarter-teaspoonful of white pepper, cayenne and salt to taste, and four tablespoonfuls of cream.

Lastly, add, very gradually, sufficient vinegar to make all of the consistency of thin cream, and the dressing is then ready for use.

CORDIALS, LIQUEURS AND AERATED DRINKS.



CORDIALS AND LIQUEURS.

These consist chiefly of the best spirit, flavoured with essences or herbs, and sweetened with white sugar syrup.

Absinthe.

Dissolve two ounces of best oil of wormwood in five gallons of proof spirit.

Add half-an-ounce of oil of anise, a quarter-ounce of oil of calamus, a quarter-ounce of oil of orange and a gallon of white sugar syrup.

To obtain the colour of absinthe it must be tinted with a little green colouring.

The genuine Swiss absinthe is prepared by putting four ounces of wormwood herb, two ounces of star anise-seed, two ounces of green cherry leaves and two ounces of sage herb, in five gallons of proof spirit, and allowing them to macerate for a week.

After it has stood this time, a quarter-ounce of oil of anise, half-an-ounce of oil of bergamot, and a quarter-ounce of oil of fennel, are added.

When well mixed and strained, the absinthe is made.

Angelica Cordial.

Take one quart of proof spirit, and dissolve in this one dram of calamus and a quarter-ounce of oil of angelica.

Add one quart of white sugar syrup, mix well, and bottle.

Anise Liqueur.

Put an ounce of anise-seed in a quart of proof spirit or brandy, and let it macerate for two weeks, shaking it occasionally.

If preferred, the oil of anise-seed can be used, and for this quantity half a dram will be sufficient.

Strain off the seed, add a quart of white sugar syrup, mix well, and bottle.

Anisette.

Take one quart of proof spirit, and dissolve in it one dram of oil of anise and a half-dram of oil of star anise.

Add one pint of white sugar syrup, mix well, and bottle.

Blackberry Cordial.

Take a quart of crushed blackberries, and macerate them in a quart of brandy for a week.

Press out the liquor, and add half-a-pound of loaf sugar to it.

Let it stand two weeks, then strain through flannel, and bottle.

Caraway Liqueur.

In one quart of brandy dissolve half a dram of the oil of caraway and add half-a-pint of white sugar syrup.

Mix well and bottle.

Cherry Brandy.

Mash three pounds of black cherries with their stones.

Put these in a jar with a gallon of proof spirit, or best brandy, and let them macerate for two weeks.

Dissolve two pounds of loaf sugar in rather less than three-quarters of a gallon of water.

Press the liquor from the cherries, add the syrup to it, then strain through flannel, and bottle.

Cherry Cordial.

Dissolve two pounds of loaf sugar in a quart of cherry juice.

When quite dissolved, add a quart of best brandy.

Mix well and bottle.

Cherry Liqueur.

Take a pound of black and a pound of morella cherries, and mash them with the stones. The stones should be broken.

Bruise about a dozen cloves, and add these.

Add a quarter-ounce of cinnamon and half-a-pound of loaf sugar.

Put all into a large jar or bottle, and pour in a quart of brandy.

Cork tightly, let it stand for two weeks, then strain through flannel, and bottle.

Clove Brandy.

Take two ounces of cloves and two ounces of coriander seed, and bruise them.

Put these with half-a-pound of loaf sugar into a quart of brandy.

This liqueur is greatly improved by the flavour of cherries, and either a little cherry essence or a quarter-pound of bruised black cherries can be added.

Put all into a large bottle, and let them stand for three or four weeks.

Strain through flannel and bottle.

If the black cherries are used, no extra colouring will be required ; but if cherry essence, then carmine colouring will be needed.

Crême de Macarons.

Take one dram of each cinnamon, cloves and mace, and bruise them all.

Blanch seven ounces of bitter almonds, and beat them to a pulp.

Put all these into a gallon of good brandy and let it stand for a week, then strain through flannel.

Dissolve six pounds of loaf sugar in half-a-gallon of water, add this to the brandy, then bottle.

Curaçoa.

This liqueur as sold is made with the peel of the curaçoa orange as follows :—

Put a pound of the peel in a gallon of good brandy, and let them stand for a week. An ounce of sanders wood is usually put in with the peel to give the liqueur its usual reddish-brown colour.

When it has stood a week, strain off the liquor ; then dissolve in it a dram of oil of bitter almonds and a dram of oil of cinnamon.

Lastly, add a quart of white sugar syrup.

Strain through flannel (or filter through blotting paper), then bottle.

It should stand a few weeks before using, as it improves with time.

Another Method.

Take four Seville oranges and one small lemon, and pare them thinly.

Put these into a large bottle with three drams of cinnamon, three drams of coriander seed and a quart of good brandy or proof spirit.

Cover them up and let stand for a month.

Strain through flannel, then add a quart of white sugar syrup, a little saffron colouring, and bottle.

Currant Ratafia.

Put a quart of brandy into a large bottle, and add to it half-a-pint of black currant juice, a quarter-dram of cinnamon, a quarter-dram of cloves and a quarter-dram of peach kernels.

Dissolve a pound of white sugar in this, then cover down and let stand for a fortnight.

Strain through flannel and bottle.

Ginger Cordial.

To one quart of brandy add a quart of white sugar syrup and two ounces of essence of ginger.

Noyeau.

Take a gallon of best brandy or proof spirit, and dissolve in it half-an-ounce of oil of bitter almonds, a quarter-ounce of oil of orange, and two drams of oil of cinnamon.

Add two quarts of white sugar syrup, mix well and bottle.

Orange Gin (or Orange Liqueur).

Pare three Seville oranges and one lemon very thinly.

Put the peel into a quart of gin, let it stand four days, then strain.

Put two pounds of loaf sugar into a pint of water, and bring to the boil.

When boiling, pour it on to the strained gin and stir well.

When cool, bottle it.

A little saffron colouring may be added.

For liqueur, brandy is substituted for the gin, and no colouring is then needed.

Peppermint Cordial.

Dissolve one ounce of oil of peppermint in one gallon of pure spirit, and add to this a gallon of white sugar syrup.

Raspberry Cordial.

Mix together a pint of strained raspberry juice and a quart of spirit. Mix into this a quart of white sugar syrup, then bottle.

Strawberry Cordial.

Take any quantity of ripe strawberries, bruise them, just cover with proof spirit, and let stand for twenty-four hours.

Drain off the spirit and replace with fresh, letting this stand for twenty-four hours also.

Drain this off, and then cover the strawberries with water.

Strain off the water and add it to the brandy.

Mix a quart of white sugar syrup to each quart of spirit, and a quarter-gill of orange-flower water.

Strain and bottle.

Shrub.

Mix one pint of Seville orange juice into three pints of rum.
If Seville oranges are not obtainable, use three-fourths ordinary
oranges and one-fourth lemons.
Strain the mixture, then stir in a quart of white sugar syrup, and
bottle.

Sloe Gin.

Pick the sloes free from stalks and let them be quite dry.
Fill wine or other bottles with them.
Put in as much pounded sugar as can be got in, then fill up with
gin and cork the bottles.
Shake well every day for fourteen days, then leave them for about
six months.
At the expiration of this time the gin can be strained and put into
clean bottles.
It will keep for years and improve with time.
Some consider it an improvement to put about one drop of oil of
bitter almonds in each bottle when the gin is poured in.

Whisky Cordial.

Put a quart of whisky into a wide-necked bottle or jar, and into this
put a pound of white currants, the thin rind of a large lemon
or two small ones and a quarter of an ounce of bruised ginger.
Let them remain for about twenty-four hours, then strain through
flannel.
Add a pint of white sugar syrup, then bottle.

AERATED DRINKS.

There are practically few of these that can be made at home, unless an apparatus for making aerated water is employed. For domestic purposes this would be a Seltzogene or Gasogene, which, by means of inexpensive powders, furnishes aerated water at short



THE SELTZOGENE.

notice, and will also provide it in readiness for drawing without renewing the powder every time.

The Seltzogene is probably familiar to everyone, and it would be known that the amount of aerated liquid it yields is limited. Notwithstanding this, the quantity is generally sufficient for ordinary

requirements, though not sufficient for making a stock of aerated drinks.

This apparatus should figure in practically every house, for aerated water is most agreeable to drink, whether plain, alkaline, or with syrups or stronger things. It may be strongly recommended that one or more of the syrups on pages 805 to 817 be chosen, and a stock made, then it requires but a tablespoonful to make a tumbler of refreshing and most pleasing drink at a moment's notice.

The aerating powders are purchased at any chemist's, and extra powders can be had to convert the plain water into soda, seltzer, vichy, etc., according to what powder is used.

The usual sizes of the seltzogene are three-pint and five-pint, and the method of using is as follows.

Unscrew and remove the metal top and insert the funnel which is provided. This allows of water being poured into the bottom globe without wetting the upper one.

When the lower globe is filled, remove the funnel and then insert the cone to cover the entrance to the lower globe.

Now pour the contents of the blue and white papers in, and these will rest in the upper globe.

Remove the cone, insert the tube and screw on the metal top again.

Tilt the seltzogene over until the water runs from the lower globe into the upper one.

When the upper globe is a third full of water, stand the seltzogene upright again, put it in a cool place and let it remain two hours.

It is best to keep these things in a cool place always, particularly as all aerated drinks are liked cold.

When soda, seltzer, potass or other alkaline waters are required, the separate powders for these are put in the lower globe with the water before the aerating powders are put in.

Of course the ordinary bottles or syphons of aerated waters can be used, but the seltzogene is cheapest and usually more convenient.

Another contrivance for aerating liquids is the "Sparklet." This is a cane-covered bottle with special stopper, as illustrated. After putting the liquid into the bottle and replacing the top, the upper cap with the wing-pieces is removed, and a cartridge inserted. On screwing the cap on again the cartridge is pierced and its contents released. The cartridge contains a harmless gas under pressure, probably reduced to liquid form.



THE "SPARKLET."

Ginger Beer.

This recipe is the customary one, in which brewer's yeast is used.

Pare two lemons thinly, then cut them open and remove the seeds. Squeeze out the juice into a stoneware pan, and put the peel with it. Add to this two ounces of bruised ginger, one ounce of cream of tartar and two pounds of white sugar.

Bring three gallons of water to the boil, pour this, boiling hot, over the ingredients in the pan, and allow it to cool until only luke-warm.

Now add two good tablespoonfuls of thick brewer's yeast, which must be quite fresh.

Stir the yeast well in, then cover the pan with a cloth and let it stand undisturbed in a warm place for at least twelve hours.

Skim off the yeast, bottle at once and tie the corks down. To avoid making the beer thick by disturbing the sediment, the clear liquor can be poured off into another pan after it is skimmed, and before the bottling commences.

It is ready for use in three or four days.

Half-a-pound more sugar can be used, and the ginger beer will then keep better. The extra sugar, however, may make it sweeter than most people like.

Another Method.

In this no yeast is required, and the ginger beer takes longer to mature, but the result is superior.

Take five ounces of bruised ginger, and boil it in three quarts of water for half-an-hour.

Then add five pounds of white sugar, a gill of lemon juice, a quarter-pound of honey and fifteen quarts of water (making eighteen quarts or four gallons and a half of water all together).

When cold strain through a cloth and add a quarter of the white of an egg, and a teaspoonful of essence of lemon.

Let all stand with a cloth over for four days, then bottle and tie the corks down.

It is ready for use in about a fortnight, but will keep for several months.

An equivalent for ginger beer can be made by putting about ten drops of essence of ginger with a tablespoonful of simple syrup, in a tumbler, and filling up with aerated water from a seltzogene.

Ginger-Beer Powders.

The following is the quantity of the various ingredients for one powder. The amount requires to be multiplied by the number intended to be made.

Put one drop of essence of lemon on a dram and a quarter of icing or castor sugar.

Add to this thirty grains of carbonate of soda and five grains of finely ground ginger.

Mix these ingredients thoroughly well together, and put up in coloured paper for keeping.

Take thirty grains of tartaric acid, and let this be kept in white paper.

When the tumbler of ginger beer is required, the contents of the coloured paper are first put in and dissolved, then the contents of the white paper are added, in just the same way as with seidlitz powders.

The presence of the powdered ginger, which is not soluble in water, makes the ginger beer slightly cloudy, but scarcely more so than ginger beer usually is.

Lemonade.

There is no good method of making this by fermentation, as with ginger beer, and recourse must be had to the seltzogene with lemon syrup, or to powders made as follows:—

Put a dram of essence of lemon on to six ounces of icing or castor sugar, and mix well.

Add to this one ounce of tartaric acid, and mix well again.

Divide the whole into about twenty to twenty-four powders. Each one will make a tumbler of agreeable lemonade.

Sherbet.

Put forty drops of essence of lemon on to half-a-pound of icing sugar, and mix well.

Take a quarter-pound of carbonate of soda and a quarter-pound of tartaric acid, see that they are thoroughly dry, then mix them with the sugar.

Mix well, and to ensure this the whole can be passed through a fine sieve once or twice.

Put into bottles and cork well.

It is important that dampness be excluded. Even a damp spoon inserted in the bottle will cause sherbet to deteriorate.

A Simple Effervescent Summer Drink.

Take the juice of several lemons, strain it, and allow half-a-pint of cold water to each.

Add castor sugar to taste—about a dessertspoonful to the pint.

When a draught is required, pour out a tumblerful and add half a small teaspoonful of carbonate of soda.

Stir well and drink while effervescent.

TEA AND COFFEE MAKING.



Tea.

IT is usually considered that provided sufficient tea be put into the pot this beverage cannot fail to be satisfactory ; yet this impression is not correct by any means, for it requires more care than this, and some interest must be shown in making it. Tea, when properly made, is a delicious drink, and not only women, but men also, appreciate it when made as it should be. There are no ill after results, and the majority of people may then drink it freely.

It is not much trouble to make good tea, and anyone having the knowledge cannot be excused if the tea lacks in flavour or quality.

The essentials of tea-making may be briefly put as follows :—

1. The water must be boiling, but it should have only just come to the boil, or not been boiling more than about a minute. This water should have been drawn from the cold-water tap, not from the boiler.
2. If possible, use a stoneware teapot, and then pour the made tea off into the metal pot, but the tea can be made in the metal pot at first, if necessary.
3. First pour some boiling water into the pot, and leave it there long enough to make the pot quite hot.
4. Empty out the water, then put in the tea, a teaspoonful to each person and a teaspoonful over, and put one piece of loaf sugar with it. If a large quantity of tea is to be made it is better to make it in two or three pots rather than in one unusually large one. The pot should be of suitable size for the quantity of tea, not much too large.

5. Put the cosy on, and after two minutes take it off and stir the tea in the bottom of the pot with a spoon.
6. Replace the cosy, and let the tea remain another two minutes. It is then ready for use, and should be used at once.
7. Do not let tea stand more than five minutes before it is poured out, unless there are some means provided for removing the leaves, so that they do not remain in the liquid. With the tea-leaves removed the made tea may stand as long as liked, and could even be re-heated.

Taking these items in the order above given, the reason that water must boil when poured on to tea is, that water of a less temperature will not release the essential oil and aroma from the leaves, and the result is a liquid with scarcely any flavour of tea at all. The water must boil.

If water is boiled too long before it is poured on to the tea there is no disguising that the made tea suffers in quality. It is considered that by boiling for several minutes the water loses its aeration, but, whatever it is, tea should only be made with quite freshly boiled water.

An earthenware pot is best, as it does not lose heat rapidly. If heat is lost the water quickly becomes reduced to a temperature that will not make tea properly. If it were possible, the water should be kept at full heat the whole four or five minutes of the making. The reason that the pot is made hot before the tea is put in is, that by this means the boiling water poured on the tea is not cooled seriously.

The object in stirring the tea when it is half made is to ensure getting all the flavour from it. When the boiling water is poured on the tea it may cause the latter to lie in a mass at the bottom of the pot, and only by disturbing it can all the value be obtained.

To those who require a full yet delicately flavoured tea, which will have the least prejudicial effect on the digestive organs, it is important that the leaves do not remain in the made tea more than about five minutes. Either all the tea must be poured out in this time or the leaves must be removed from the pot.

There are various contrivances made to enable the tea-leaves to be removed from the pot after the tea has drawn long enough, but most of them fail by being too small. They do not allow the leaves to expand and uncurl, nor to properly part with their flavour. The best thing is a muslin bag, fully large, and this should be shaken or disturbed in some way during the making, in lieu of the stirring previously mentioned. If the bag is lifted out five minutes after the boiling water is poured on, the made tea can then stand without developing bad qualities, as the source of these is gone.

As to the quantity of tea used, the teaspoonful to each person and a teaspoonful over, is a good rule. Many people are very sparing of the extra spoonful, not properly realising that they are spoiling tea for three or four people in endeavouring to save something worth but little over a farthing. The extra spoonful should always be put; two if liked. It is not strong tea that hurts so much as that which has stood drawing too long.

If the tea-leaves are withdrawn from the pot it quite puts an end to adding the second cup water, and it becomes necessary to make all the tea that is needed at first without relying on adding water afterwards. It is distinctly best to do so. To add water to the teapot, after the first cup is poured out, so as to afford the second cup, means keeping the leaves soaking ten minutes, or longer, and this is the thing to be avoided.

Coffee.

The terms "café noir" and "café au lait" mean, the first, black coffee, a strong decoction of coffee without milk, and served in small cups; the second, good coffee mixed with hot milk, about half of each, and served in larger cups. Neither is usually served as a breakfast coffee, which is a decoction of less strength and slightly diluted with milk, according to taste.

Success in making good coffee rests very largely in using plenty of material of fair or good quality. The writer used to visit a restaurant noted for serving coffee of a very superior quality, con-

sidered as good as the best obtainable in France. The cook was induced to part with the secret, which was merely to make the coffee in an ordinary proper manner in a *cafétière*, but to be very extravagant with the coffee, which doubtless accounted for the high price charged.

It must never be supposed that the strength of well-made coffee is due to its being boiled. Coffee must never be boiled. Boiling water is poured on to it, but from that moment its temperature begins to decrease, as it is not put on the stove.



PARTS OF A CAFÉTIÈRE.

The only way to obtain a full flavour from coffee economically is by the addition of chicory. If this is not used, then good and full-flavoured coffee cannot be considered as cheap a beverage as tea.

For breakfast coffee it is usual to allow a tablespoonful to each person. This is about half-an-ounce, and should have a quarter-pint of water to it. For a breakfast coffee-cup about three-fourths of an ounce is requisite. One ounce of coffee should not have more than half-a-pint of water to it—rather less.

It is always best to have the coffee freshly roasted, and as freshly ground as possible. This is usually ensured by purchasing from the best shops.

In making *café au lait*, do not let the milk boil, but have it scalding hot, and pour the milk and coffee into the cup together.

The process of coffee-making is practically similar in all the different patented pots. The coffee is put into a receptacle or space, and covered in a manner that, when the water is poured on, it can only percolate or filter through very slowly. If time will admit, the water should not be poured on all at once, but first pour on a little, sufficient to soak and swell the coffee and release its essential flavour and aroma, then the remaining water can follow.

Provision is made in the special pots and *cafétières* that the water cannot be poured on violently, so as to disturb or wash through the coffee. The water reaches the coffee gently, and soaks through very slowly.

The water must boil, and be fresh cold water newly boiled, the same as with tea-making.

Turkish Coffee.

This is quite a different mode of making coffee, and it is said to be preferred, as an after-dinner beverage, when the palate is once accustomed to it.

Take three tablespoonfuls of freshly-roasted berries, and pound them well; or they may be ground, but it is not considered so good. Put these with three tablespoonfuls of water into a small brass pot, and just bring to the boil.

Remove from the fire, stir, then bring just to the boil again. If the coffee is to be sweetened, add sufficient castor sugar to the coffee before it is put to boil.

Pour into small cups.

Some people swallow the grounds, but most prefer to let them settle and drink off the clearer beverage from the top. No milk is added.

The writer has often tried this, and it certainly makes a rich palatable drink.

COOKERY FOR INVALIDS.

THERE are one or two things everyone must understand before they can hope to serve proper food to an invalid. Leaving the question of the nature of the illness for a moment, it may be briefly laid down that an invalid's food must be digestive and nourishing. Everyone, probably, knows this, but few apparently take the trouble, or exert themselves sufficiently to put the knowledge to practice.

For a food to be nourishing it must be digestible of course, and it must also have qualities which make it do more than the average of foods in sustaining life and strength. As an example, milk is distinctly nourishing, whereas beef tea is not. Milk does very much more in sustaining life and making the weak strong than beef tea will, not only because it is digestible (or can be made so), but because it consists almost wholly of particles which are assimilated and render some good to the body. Beef tea is a stimulant, and excellent in its way, but as a food does comparatively little more than water. This explanation is given just to show what the term nourishing means.

By choosing a digestible and nourishing diet, the quantity may be kept small, which, in the first place, does not tax the strength and appetite, and secondly, admits of more frequent taking. Invalids do not usually crave for food, and the small quantity may stimulate the appetite where a larger bulk causes a feeling of loathing.

A little information will be given as to foods for various ailments, but it is better (and proper) to act upon the medical man's instructions—which he is sure to give—in this respect. There are complaints accompanied by a hunger or longing for food which must not be too freely catered for; again some are troubled in a way that requires food of a heating character; while the recovery of others

would be prejudiced by such. The doctor's orders always control this notwithstanding anything mentioned in the following pages. Individual patients require individual treatment, and only personal observation can decide this. In any case, however, it will be found that little and moderately often is a correct rule to work upon, and that overfeeding is never right.

As stated, there are very few invalids that can take food willingly, and one of the chief things, the chief general care in fact, is to prepare and serve the food in a manner that will induce them to eat it if they possibly can. Many a hopeful little appetite or suspicion of appetite has been spoiled by a smell of cooking or by the sight of food badly or injudiciously prepared or served. It does not do to have others eating in an invalid's room, nor to prepare food there, nor to have food lying about or visible in any way.

If a little meal is prepared and the nurse's charge cannot touch it, do not leave it at the bedside with the idea that it may induce hunger. It will have a reverse effect to this, however dainty it may look.

Of course everything must be bright and clean, spotless in fact, and not only must the food be varied as much as possible, but it is a distinct help to vary the china or utensils it is served in. Also let these things be as small as possible, it makes the meal look small and dainty—small plates, cups, glasses, spoons, etc., and if a knife and fork are used, then the dessert size is better than the larger ones. These details, which cost nothing, have quite an important bearing on success in invalid cooking, that is, in getting invalids to take that which is cooked for them. Pleasing the sight is as important as pleasing the palate.

As soon as the meal is finished, remove all traces of it at once. This is doing something towards giving an inclination for the next meal.



Some Remarks upon Diet for different Disorders.

Before proceeding to the recipes of dishes, etc. suited for invalids, some information upon suitable foods for invalids may be given, as it is invariably found useful when sickness occurs. Of course the medical man has something to say regarding this, and his instructions must always be followed; nevertheless the following will be found of much use, if only affording suggestions for varying the diet, which is such a necessary and important feature.

The ailment that is deserving of first consideration is Indigestion, for besides being a cause of suffering in itself, it may accompany other troubles; and, so far as food is concerned, it must have every consideration, as will be readily understood.

Dyspepsia (Indigestion).

People suffering from indigestion or flatulence require simple and plain food, as nutritious as possible, so that the quantity need not be large; it must be well masticated, eaten slowly, and about three to four hours should elapse between meals. It is very desirable that the previous meal be practically digested before eating again.

Drink as little as possible with the meal. Do not drink for an hour before or after a meal. Avoid alcohol in every form, wine, beers, spirits, liqueurs, etc. If there is debility, a little Scotch whisky may be taken with meals.

Foods to be avoided are:—Fat. Greasy substances and oils in every form. Hot or very new bread. Muffins. Buttered toast. Thick soups. Rich or highly spiced foods. Nearly all Sauces. Pork. Veal. Liver. Heart. Kidney. Goose. Duck. Rabbit. Fried fish, if done greasily. All oily fish, of which there are many, ranging from the humble sprat and herring to the salmon. All shell-

fish, except oysters. Beef and steak with some, though not all. Potatoes. Cabbage. Peas. Dried beans (green scarlet-runners or French beans are digestible, if young and fresh). Pastry, all kinds. Substantial puddings. Preserves. Any unripe fruits. All nuts. Bananas. Cheese, unless very finely grated, when it digests with many, though not all. Cheese often brings about the pain of indigestion by being eaten with butter (on bread or biscuits); by omitting the butter cheese is often agreeable, and it is distinctly nourishing. Tea and coffee must not be drunk, particularly the latter. Well-made tea (see page 873) does not disagree with every dyspeptic. Ices, and iced foods and drinks, must be avoided.

Foods that may be taken are:—Beef tea. Clear soups (*consommé*). Fish that are not fat or oily in the flesh, such as whiting, sole, haddock, plaice, brill, flounder, cod and turbot. These fish are put in the order of digestibility. They should be steamed, boiled or baked, in bad cases, but otherwise may be fried, if properly done. (For FRYING IN FAT, and for CHOOSING FISH, see Index.) Oysters may be eaten raw, but no other shell-fish; though as they so readily absorb disease germs, they are best avoided. Chicken. Turkey. Pheasant. Partridge. Pigeon. The latter should be young, or stewed, as it is close in texture. Game with brown flesh is best avoided, though not very indigestible. Mutton. Beef, occasionally, but not in bad cases. Sweetbreads, all kinds. Eggs, raw or lightly cooked. Toast, if crisp through and not buttered. Light milk puddings. Stewed fruits. Baked or stewed apples. Macaroni. Milk, boiled if necessary. Cocoa, not the thick kind, but the essence; and other beverages, as will be described later. Everything should be taken warm. Iced, or even cold drinks, should be avoided. Bananas are not digestible.

Gout and Rheumatism.

Nourishing foods are required.

The following is information afforded by an American doctor, Henry S. Pole, M.D.

Clear (*consommé*) soups are allowed, also julienne, mock-turtle and tomato. Bean and pea soups are prohibited.

All kinds of fish are allowed, if they are fresh and not canned.

Beef, mutton, lamb, chicken, turkey and all game are allowed, but not pork or veal, in any form. No ham or bacon.

Spinach, green beans, onions, new peas, lettuce, carrots parsnips, turnips, cauliflower, rice and oatmeal, are allowed; but not asparagus, radishes, sugar roots (as beets and swede turnips), potatoes (unless well baked), lemons (unless taken without sugar). No sweets, pastry, puddings or confectionery. Whenever sweetening is needed for anything saccharine must be used instead of sugar. No fried meats. No strawberries, bananas, preserves, jellies, nor any sugar compounds. No alcoholic drinks, wines, beers, etc., but in cases of debility a little Scotch whisky may be taken with meals.

For drink, take tea; milk, with salt in it; coffee, for breakfast only. Do not drink for one hour before or one hour after meals. No hot or very new bread.

If good exercise is not taken, then the above diet requires modifying to some extent, and the following should be taken but sparingly:—Beef. Mutton. Game. Salmon. Eggs. Strong soup.

It must always be remembered that sugar and starch are injurious to the gouty. And foods with albumen in them must be avoided to some extent, particularly if a fair amount of exercise is not taken. For information regarding albumen in meat foods, see BEEF TEA.

Diabetes.

Those suffering with this ailment require to carefully avoid all foods containing sugar and starch. The following must be avoided:—Milk. Sugar. Flour. Cornflour. Oatmeal. Rice. Sago. Macaroni. The various pulse foods. Fruits. Potatoes. Beets. Carrots. Peas. Parsnips. Broad beans. Spanish onions.

The following are allowed:—Meat soups. Fish. Poultry. Game and meat of all kinds. Also eggs, butter, cream, cheese. Certain vegetables. Light dry wines. Weak unsweetened spirits. Tea, coffee, and cocoa having no sugar in its composition, and these may

be sweetened with saccharine. There may be a plentiful use of butter, cream, fat and oils, if the digestion will allow. Oftentimes the digestion is weak, though the appetite is keen and the want of food very pronounced.

Pamphlets may be obtained specially devoted to Diabetic dietary and cooking.

Corpulence.

Lean meat is the chief food to be taken to reduce corpulence, as albumen is not conducive to fatness. Avoid all fats, oils, starch and sugar.

The following should be avoided :—Soups (except the clear, in small quantity). Salmon, and all fish having oil in their flesh. Fatty meats, and fat in all forms. Potatoes. Bread. Butter. Cake. Sugar. Cream. Milk. All farinaceous puddings and preparations. Preserved fruits or jams. Beers. Wines. Spirits.

The following may be taken, but only in quite moderate quantities. Only three meals a day, and not heavy meals. Have plenty of exercise :—Fish that is not oily. Poultry. Game. Lean meat. Eggs. Green vegetables in plenty (omitting peas and broad beans). Milk, preferably skimmed. Salads or tomatoes with vinegar; no oils. Fruits. Toast, crisp right through. Tea and coffee, without milk or sugar (saccharine may be used for sweetening). Mineral waters.

For extreme Thinness.

This may be due to various causes, but the following flesh-forming foods are needed, and those producing fat should be taken freely.

Take :—Milk. Cream. Butter. Soups. Fish. Poultry. Game and meats of all kinds. Fat bacon. Puddings of all kinds. Most fruits. Biscuits, with butter. Bread. Cakes and sweet dishes. Eggs. A little beer or stout.

To be avoided :—Lemons and all acid fruits. Vinegar. Spices. Condiments.

In cases of Fever.

As a rule there is a great waste of albuminous tissue from the body, and this must be made good. Meat is largely composed of albumen, but most probably it cannot be eaten. Beef tea, properly made, is therefore good, if it can be retained or causes no ill symptoms, but the best of all foods is milk, and, later on, white of egg, or whole eggs. At first the food will probably be wholly fluid, but later these two things can be made into puddings, and other light and digestible dishes.

Milk, at first, must be made digestible, and not likely to curdle in the stomach. The addition of barley-water is very helpful in this respect. Soda-water can also be used. Or the milk may be boiled or peptonised (the materials for peptonisation are readily obtained at a chemist's) Whey is also a digestible and light nutritious milk drink if strained and the curds removed. The curds are indigestible. (For WHEY see Index.)

Stimulants are of importance, but should only be given under the medical man's directions. During convalescence a little light wine or weak spirits and water can be taken.

When solid foods can be taken the following may be prepared. Preparations of milk and eggs. Beef tea. Boiled fish. Then, later, chicken. Light puddings, and then meat which is easily digestible, in small quantity.

Such meats as beef, steak, also potatoes and pastry must be strictly avoided. In no case must a full meal be given. The digestion is certain to be impaired, and overfeeding, or taking heavy foods must have a prejudicial effect.

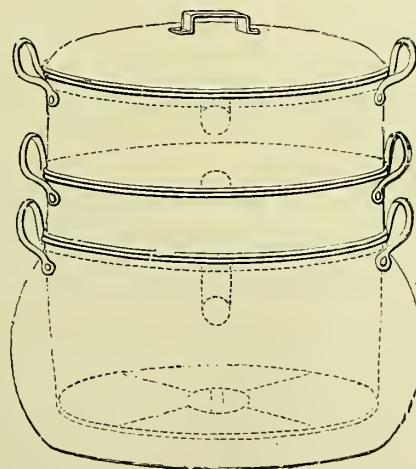
Consumption.

So far as is yet known, the only hopes of cure lie in improving the health, strengthening the tissues, and making the sufferer capable of withstanding the attacks of the bacillus. It is a case of who is the strongest, and whom the conditions most favour.

In regard to conditions, one of the most essential is open air. As to climate, there is some difference of opinion, but open air living, all agree, is most important. Next to this, and equalling it in a general way, is abundance of nourishing and stimulating diet. Fats and oils should be introduced into the diet by every possible means. Cream and butter, fat bacon and oily salad dressings, are all beneficial.

Provided the patient has a good digestion, the following may be given* :—Milk (preferably boiled). Beef tea. Broth. Cocoa. Chocolate. Egg, with milk. Egg, with sherry or brandy. Soda and milk. Any milk or cream and egg drinks. Wines and stimulants are beneficial, but best given under the medical man's instructions. Cream and milk in any form. Fat bacon. Butter. Sardines. Eggs (particularly yolks). Various egg dishes. Toast and dripping. Milk puddings, enriched with butter. Omelettes. All farinaceous foods. Fish Poultry. Game and digestible meats.

* Where there is a tendency to consumption children should be dieted right from the beginning. This would save many lives.



CAPTAIN WARREN'S COOKING-POT.

This is a cooking utensil that can be advantageously used in preparing foods for invalids, or for general use. Vegetables are cooked in the upper chamber by steam coming from the lower outside vessel, not from the lower cooking vessel, which is used for meat. The latter vessel is for cooking chiefly by heated air at a temperature of about 210 degrees, and the result is a full-flavoured juicy meat as tender as the meat can be. These utensils in full size, however, are usually found to be too high to go under the plate-racks of kitcheners.

RECIPES (INVALIDS' COOKERY).



FLUIDS.

THIS chapter may well be commenced with a few words upon WATER. No one should take impure water, least of all invalids. Notwithstanding filter-makers' statements to the contrary, every confidence may be placed in boiled water, as the boiling of this liquid sterilises it, killing all germs. Of course boiled water does not remain sterilised for ever, and by improper keeping it may become as bad as unboiled water.

The fault of boiled water is its flatness ; it is not so agreeable as fresh unboiled water, hence the boiling is neglected in favour of filtration. A well-known medical journal made a clever and exhaustive inquiry into the subject of filters, with surprising results and the gain of much valuable information. The filters on the market were found to be of varying efficacy, but amongst those proved to be reliable was that made by the Berkefeld Filter Co., 121 Oxford Street, London, and no hesitation need be felt in using this.

Beef Tea.

As we have already remarked, the amount of nourishment in beef tea is very small, and this is correct in a general sense. Beef tea cannot be given the same nourishing qualities as milk, bulk for bulk, but it is possible to give it more than it usually has, provided proper care is taken in the making ; for beef tea as ordinarily made is little better, as far as its nourishing qualities go, than water ; and

it may be surprising to many people to learn that beef tea made from the right kind of meat and in the right manner never sets into a jelly when cold.

Beef tea must never be made from shin of beef. This meat is deficient in albumen, which is the strength-giving and flesh-forming ingredient required.

The albumen of meat resembles white of egg, and affords much nourishment when lightly cooked, and, having obtained the right meat, the process of cooking must not be sufficient to make it set like a jelly. Shin of beef is deficient in albumen, but richer in gelatine. Gelatine, however, is not nourishing like albumen.

The meat for beef tea must be juicy, such as steak, rump, beef or buttock, or topside.

All skin, fat and gristle should be removed, as they afford nothing beneficial to an invalid, rather the reverse.

Shred the meat, or mince it in a machine.

Put the shredded meat into an enamelled saucepan with cold water, and let it stand (cold) for fifteen minutes.

Allow a pint of water to each pound of trimmed meat, or less if wanted strong.

Put the pan over a slow heat, and stir slowly.

As the stirring progresses, it will be seen that the meat loses colour, and the water becomes first red and then a rich red-brown.

Remove from the fire and strain through a fine sieve or strainer.

Skim carefully, and remove all fat.

On no account must the beef tea be allowed to boil, nor must it reach anything near boiling point. About 130° Fahr. is the highest temperature, a heat that the finger can only just be dipped in without actual scalding. If beef tea gets hotter than this, the albumen solidifies like white of egg, and in the case of beef tea, it gets strained out and should not occur.

This beef tea is not so palatable as that usually made, but it is the most nutritious.

Seasoning of salt, half a teaspoonful to the pound of meat and pint of water, should be added, but no pepper unless allowed.

Another Method.

The same meat is used, and prepared in the same way as described in the last recipe.

When shredded, put it into a jar with the same amount of water as given, and place this in a pan containing water. Or a double saucepan may be used.

Let the water in the outer pan just simmer gently for three hours and it will be done.

The beef tea in the jar does not boil.

Strain carefully and remove all fat.

This method is not so quick as the last one, but it is reliable.

Season with a little salt, as in last recipe.

Whole Beef Tea.

Prepare this in a saucepan, as in the last recipe, and when the liquid is a rich red-brown, strain it off.

Now put the meat in a mortar, and pound it until it can be rubbed through a wire sieve.

Add this to the beef tea, and serve.

This is more nourishing than ordinary beef tea, but it is a solid food, and must not be given if liquid food only is allowed.

Beef Juice.

Take some small pieces of juicy lean beef, about the size that will go into a lemon-squeezer.

Grill these, subjecting them to a sharp heat first to slightly scorch and seal the pores.

Grill them underdone, then place each piece in a strong lemon-squeezer, and press out all the juice into a dainty coloured glass.

Season with salt and pepper, and serve hot.

The lemon-squeezer should be made hot before being used, by dipping in hot water, and the same with the glass.

Mutton Tea.

This is not mutton broth. Make it with lean juicy mutton in either of the manners described for beef tea: a pound of meat, a pint of water and half a teaspoonful of salt being the proportions of the ingredients.

It is a nice change with beef tea, and easily digested.

Barley Water.

Blanch two ounces of barley, then strain it. This ensures the barley water being a good colour.

Put the blanched barley, a thin strip of lemon rind and three pieces of loaf sugar into a jug.

Pour a pint of boiling water over, cover closely, and when cold, strain it.

There is some nutriment in barley water, and it serves well to dilute milk, as the presence of barley water prevents the milk forming indigestible curds in the stomach.

Arrowroot.

Mix a dessert-spoonful of arrowroot to a smooth paste with a little cold milk.

Boil half-a-pint of milk, and pour it gradually on to the arrowroot, well stirring all the time.

Put all into the saucepan and boil for six minutes, stirring all the time. This amount of boiling is necessary to sufficiently cook the arrowroot.

Add a teaspoonful of castor sugar, then serve.

Water arrowroot can be made, but there is very little nourishment in arrowroot without milk.

Egg and Brandy (in cases of exhaustion).

Beat together the yolk of an egg and a quarter-ounce of castor sugar.

Add two ounces of cinnamon water and two ounces of good brandy. If the case is not serious, half the quantity of brandy may be used. It can be given every hour in cases of extreme weakness: a teaspoonful to children, and more in proportion to those that are older.

Egg Nog (a nutritious stimulant).

Take a bare tumbler of milk, and make it very hot but not boiling.

This is best done in a double saucepan, or by putting a jug in a saucepan of boiling water.

Let the milk get cold.

Beat up a fresh egg with a quarter-ounce of castor sugar in a tumbler until it is a stiff froth.

Add a dessert-spoonful of brandy, then fill the tumbler with the cold scalded milk.

Soda Water, with Milk, Cream or White of Egg.

Soda-water and milk is made by putting half of each and mixing together. This is usually preferable to milk only, as it prevents the formation of indigestible curds in the stomach.

Soda-water and cream consists of half-a-tumbler of soda-water, and half-a-gill of cream mixed together. It is generally used when milk is forbidden.

Soda-water and white of egg is made by beating up the white of an egg to a stiff froth, then adding a tablespoonful of brandy or lemon juice, and filling up the tumbler with soda-water

Gruel.

Mix a dessert-spoonful of patent groats or fine oatmeal with a little cold milk.

Pour on half-a-pint of boiling milk.

Put into the saucepan and boil for ten minutes, stirring well.

Add sugar or salt as may be preferred, and, if needed, a tablespoonful of brandy can be mixed in.

Lemonade.

Pare a lemon very thinly, and put the rind in a jug.

Cut the pared lemon and another one into slices, and put these into the jug also.

Add about four pieces of loaf sugar, or according to taste.

Pour a pint of boiling water over, cover closely and allow to get cold

When cold, strain, and it is ready for use.

This is the best lemonade for invalids, though not so palatable as some.

Fruit Drinks

Can be made from fresh fruit juices with soda water and sugar.

Lemon squash is made by squeezing the juice of a lemon into a tumbler, adding castor sugar, then filling up with soda water.

Orange juice makes an agreeable drink.

Toast Water.

Take a slice of crust of bread and toast it hard, but do not burn it.

Toast water made from crust keeps best.

Put the toast into a jug with a pint of fresh cold water, let it soak one hour, and the water should then have a nice brown tint. Strain, and if quite cold it is ready for use.

Whey (a digestible nutritious drink).

Whey can be made in several manners, but, whichever it is, the curds must be removed by straining, as they are indigestible.

Boil a pint of milk, then add either half-a-pint of buttermilk or the juice of a lemon.

This curdles the milk, and the curds must be strained off, as they are indigestible.

Another method is to add a teaspoonful of rennet to a pint of warm milk, and when it curdles strain off the curds as already described.

The strained liquid is whey, and ready for use.

Wine whey is made by pouring two wine-glassfuls of sherry into a pint of milk when it is boiling. This curdles the milk, and the curds must be removed as explained above.

This is, of course, a stimulating beverage, and being heating, it induces perspiration.

Peptonising Fluids.

To peptonise a food is to partly anticipate digestion, so that a patient can take and absorb nourishing things which he could not otherwise digest. Peptonisation is resorted to in cases of severe indigestion, dyspepsia, fever, gastric trouble, etc.

The peptonising agent is obtained from the chemist, and as there are several kinds, the manner of using is best obtained from the directions issued with them.

The process is exceedingly simple, and in practically all cases the directions are to heat (or cool) the liquid (beef tea, milk, gruel, etc.) to 140° Fahr. This is the temperature at which a liquid can just be tasted without burning the mouth. The peptonising agent is then put in, and the basin or jug is either stood in another vessel containing hot water, or it is covered with a cosy, and allowed to stand from fifteen to thirty minutes, according to the degree of the predigestion required. It is then ready for use.

If the patient cannot take the fluid at once, it is best to bring it to the boil which stops the peptonising process.

Sometimes if left too long, the beverage becomes slightly bitter, in which case, if the bitterness is objectionable, the time must be shortened.

In peptonising soups, it is considered best to make some peptonised water gruel, which is thin, and then make the soup with this in the ordinary way.

Sterilising Milk.

To perfectly effect this is not an easy matter, for ordinary boiling is not quite sufficient. It is, however, considered that all dangerous germs are destroyed if the milk is heated in a double saucepan (or in a jug placed in a saucepan of water) for three-quarters of an hour, the water in the outer vessel simmering all this time.

SOUUPS.

CLEAR soups as a rule can be readily digested, and may be considered as excellent restoratives. Meat broths also serve well if unthickened, but probably the most generally serviceable are soups or broths made from chicken, mutton and veal.

The following may be considered as soups suited for convalescents, for prior to convalescence soups may not be allowed. It depends upon the ailment and the doctor's opinion.

Chicken Soup.

Half a chicken.	$\frac{1}{2}$ saltspoonful of salt.	1 teaspoonful of ground rice.
1 very small onion.	$\frac{1}{2}$ gill of cream.	1 pint of water.
1 small blade of mace.	1 yolk of egg.	

Cut up the chicken into moderately small pieces, and break the bones.

Put into a saucepan with water and the salt, and bring to the boil.



CHICKEN CUT UP FOR CHICKEN SOUP.

When boiling, add the onion and mace, and let all simmer for three to four hours, skimming occasionally and adding more water as that in the pan evaporates.

Mix the ground rice into a smooth paste with a little cold milk.

Remove all fat from the soup, then strain and pour it on to the rice, stirring well.

Return to the saucepan and simmer for ten minutes.

Mix the yolk of egg and the cream together, draw the saucepan from the fire and stir them in.

Let all stand on a hot part of the stove for a minute or two (but not to boil), then serve.

Chicken Broth.

Half a chicken (or about two pounds of chicken giblets).	1 oz. of ground rice. 1 teaspoonful of parsley.	$\frac{1}{2}$ teaspoonful of salt. 1 quart of water.
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Cut up the chicken or giblets into moderately small pieces, and break the bones.

Put into a saucepan with the water and the salt, and bring to the boil.

Simmer for about three hours.

Mix the rice to a smooth paste.

Strain off the broth, remove all grease, then pour it on the rice, stirring all the time.

Simmer again for a quarter of an hour; mix in the parsley, finely chopped, then serve.

It is perhaps more usual to use whole rice instead of ground rice, and serve this in the broth.

An onion can be boiled in if liked or allowed.

Mutton Broth.

$1\frac{1}{4}$ lb. of neck of mutton, the leanest part.	1 tablespoonful of rice or pearl barley. 1 quart of water.	1 teaspoonful of parsley. $\frac{1}{2}$ teaspoonful of salt.
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Carefully trim off all fat from the mutton, then cut up the lean part.

Put it into a saucepan with the cold water and salt.

Bring to the boil and remove the scum.

Add the rice or barley, then simmer gently for about three hours.

Skim, then strain the broth on to the parsley (finely chopped), and serve.

If meat can be taken, it may be cut up small, returned to the broth and served in it.

Another method is to add vegetables, when allowed, as this makes the broth more attractive.

For the quantity given above, cut up a small carrot, a small turnip, an onion and a piece of celery, and let these simmer with the meat about three hours.

The broth is poured on to the parsley the last thing, as described above, and pepper is added.

A Restorative Soup.

Half a chicken.	$\frac{1}{2}$ lb. shin of beef.	$\frac{1}{2}$ teaspoonful of
$\frac{1}{2}$ lb. knuckle of veal.	3 pints of cold water.	salt.

Remove all fat from the meat, then cut the lean up into small pieces. Put the meat, with the bones, into a saucepan with the water and the salt.

Bring to the boil, and skim well.

Simmer very gently for four hours.

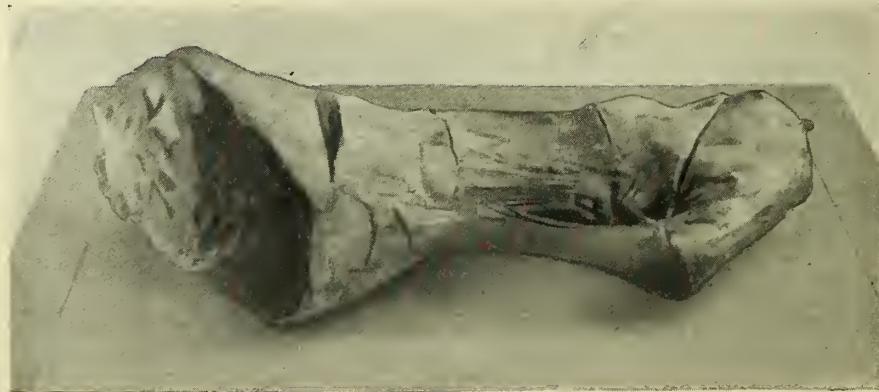
When cooked, strain off the soup, and as soon as cool, remove the fat from the top.

Re-heat it as required, and serve.

Vegetables can be cooked in the soup if liked and allowed.

The chicken may be omitted, and more of the other meats substituted, if liked.

When cold this soup is a jelly, and can be served as such.



KNUCKLE OF VEAL.

Veal Broth

Is made the same as mutton broth. Use knuckle or neck of veal, and remove all fat. It is considered a palatable broth of a delicate flavour.



INGREDIENTS FOR LAMB'S HEAD BROTH.

Lamb's Head Broth.

(The vegetables may be omitted if not allowed.)

1 lamb's head.	1 carrot.	1 teaspoonful of
1 oz. rice or pearl barley.	1 onion.	parsley.
	1 turnip.	3 pints of cold
	Salt.	water.

Have the head chopped in half, then tie it together with tape. Put it into a saucepan with the water and half a teaspoonful of salt. Bring to the boil, remove the scum, then add the vegetables cut into small dice, and the rice or barley.

Simmer for about three hours.

Lift out the head, skim well, then pour the broth on to a teaspoonful of chopped parsley, and serve.

FISH

(Invalids' Cookery).

FISH is the lightest form of solid food, and those kinds which have the oil confined to their livers, and not diffused about in their flesh, are digestible and good. Fish having the oil in their flesh—as herring, mackerel and salmon—are distinctly nourishing but indigestible.

People suffering from indigestion or leading sedentary lives should eat fish more often than meat.

The following sauces are usually permissible :

White sauce. Parsley sauce. Egg sauce.

If the digestion is in a weak state, it is generally ordered that sauces be omitted and the fish served plain.

Fish is more or less digestible according to how it is cooked; and the processes in their order of digestibility are as follows: Steamed, Boiled, Grilled, Baked, Fried. Fried fish is the least suitable, unless the patient is well on the road to recovery.

The fish in their order of digestibility are as follows: Whiting (called the chicken of the sea), Soles, Haddock, Plaice, Flounder, Halibut, Turbot, Dory, Cod, then the oily-fleshed varieties.

For particulars of Choosing, Preparing and Cooking fish, see pages 327 to 335.

Boiled Whiting.

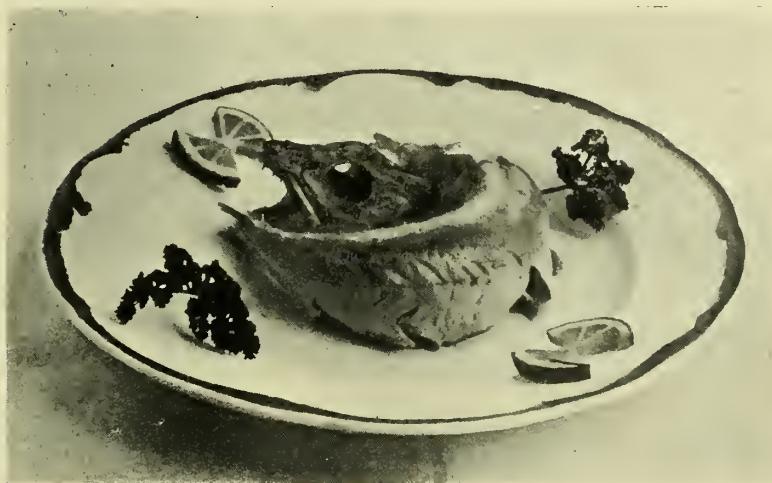
*(Other modes of cooking whiting will be found on pages
352 to 354.)*

1 whiting.		Salt.		Vinegar.		Garnish.
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Wash the fish well, then truss it with its tail in its mouth (see page 235).

Put sufficient cold water into the fish-kettle or saucepan to just cover the fish.

Add a teaspoonful of salt and a teaspoonful of vinegar to each quart of water.



BOILED WHITING.

Put the fish in, and if it is a small one it will be done by the time the water just comes to the boil.

If it is a large fish, keep it in the nearly boiling water for a few minutes. It is best not to boil it. When the skin cracks the fish is done.

Drain well, then serve on a dish-paper, and garnish with fresh parsley and cut lemon.

The fish may appear more dainty to an invalid if a folded napkin is substituted for the dish-paper.

Parsley or white sauce may be poured over if allowed.

Boiled Sole.

This is cooked in the same manner as Whiting, in the preceding recipe, but may take three to four minutes longer.

Boiled Fresh Haddock.

1 Haddock.		Salt.	
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Vinegar.		Garnish.
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Scrape the fish ; remove the inside and the eyes, trim the fins and tail.

Put sufficient cold water into the fish-kettle or saucepan to just cover the fish.

Add a large dessert-spoonful of salt and a teaspoonful of vinegar to every quart of water.

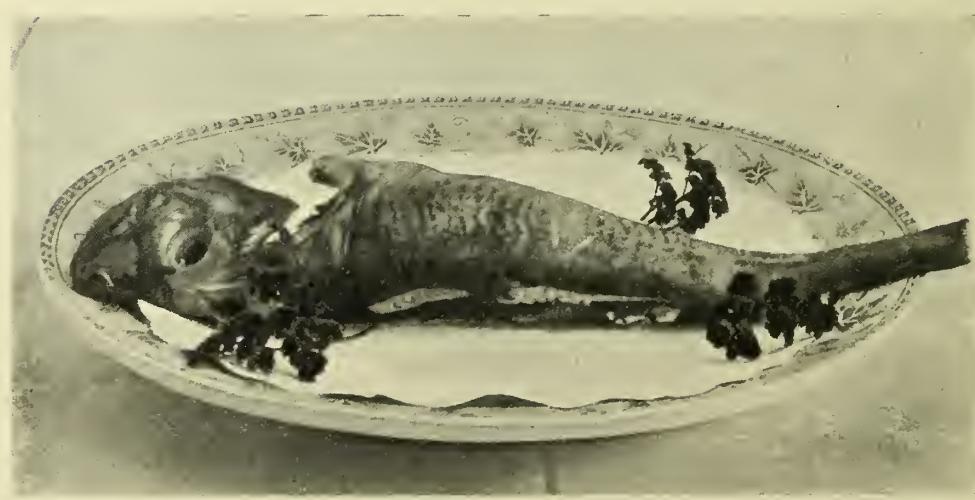
Put the fish in, and if it is a medium-sized one it will be done in ten minutes after the water comes to the boil.

If it is a large fish it should be allowed to boil fifteen minutes.

When done, lift the strainer out with the fish on it, and let it rest across the top of the kettle to drain off the water.

Slide the fish carefully on to a dish, which has a folded napkin or dish-paper laid on it.

Garnish with a bunch of fresh green parsley.



BOILED FRESH HADDOCK.



BOILED PLAICE.

Boiled Plaice, or Brill.

1 plaice, or brill.	Vinegar.	Salt.
Butter.	Lemon.	Garnish.

Clean the fish, and trim off the fins.

Rub the fish over with lemon-juice.

Lay it in a fish-kettle with sufficient water to cover it, adding salt and vinegar in the proper proportions. (For BOILING FISH, see Index.)

Bring it to the boil, then draw the fish-kettle to one side, and let it simmer gently until the fish is done.

If it is a rather small fish, it will take about ten minutes after it comes to the boil.

Lift it out, drain, then brush it over with oiled butter.

Lay it on a very hot dish, and garnish with parsley and cut lemon.

Fish Soufflé.

4 oz. of white fish, free from skin and bone.	$\frac{1}{2}$ gill of fish stock.	1 gill of milk.
1 oz. of butter.	1 oz. of flour.	Pepper.
	2 eggs.	Salt.

Put the fish into a mortar, and pound it well.

Melt the butter in a saucepan.

Add to it the flour, and fry together without browning.

Add to this the fish-stock and milk.

(The fish-stock can be made from the bones and skin of the fish.)

Cook at the side of the stove for ten minutes.

Take the saucepan off the fire, and beat in the yolks of the eggs one by one.

Then add the pounded whiting and the seasoning of pepper and salt.

Beat all well together; then, lastly, add the whites of the eggs beaten to a stiff froth, with a tiny pinch of salt.

Tie a well-buttered band of stiff paper round the outside of a well-buttered soufflé-tin, so that the paper stands about two inches above the tin.

Pour in the mixture immediately the whites of eggs are added.

Bake in a moderate oven for three-quarters of an hour.

Remove the paper, fasten a folded napkin, or fancy paper, round the tin.

Sprinkle the soufflé with finely chopped parsley if liked.

Send to table at once, or it will sink.

Fish Quenelles.

8 oz. of fresh white fish.	2 oz. of butter.	Toast.
1 egg.	4 oz. of bread- crumbs.	Pepper. Salt.

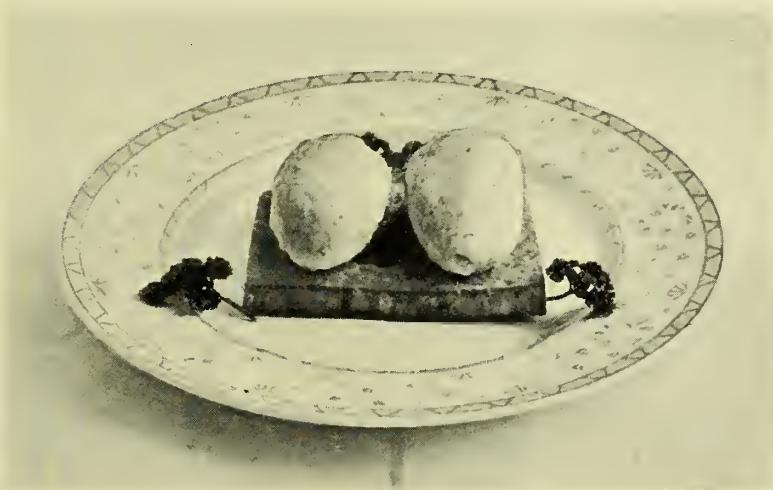
Take half-a-pound of uncooked white fish (whiting or haddock, etc.), freed from skin and bones, and break it into flakes.

Put this into a mortar with the butter, seasoning and bread-crumbs, and pound them well.

Beat up the egg, and add sufficient of it to bind the ingredients in the mortar.

When well pounded, rub all through a wire sieve, occasionally scraping the sieve underneath, as this hastens the process.

When all is through, shape the mixture into quenelles. This is best done by taking a dessert-spoonful of the mixture, then with a wet knife smoothing over the top to make it egg-shaped. Another spoon (wetted) is then taken, and with it the contents of the first spoon are scooped out so as to much resemble an egg.



FISH QUENELLES.

When all are ready, place them in a greased frypan, and pour boiling water gently into the pan until they are nearly covered.

Cover with a buttered paper, and poach for about ten minutes.

Have ready one or two pieces of toast on a hot dish.

Lift out the quenelles with a perforated fish-slice, so as to drain them well, then arrange them neatly on the toast.

Garnish with parsley, and serve.

White sauce may also be served, if allowed.

The foregoing Recipes will serve to show how fish is best prepared for Invalid Diet. It must be carefully cooked, so as to be appetising, delicate and digestible. Other fish recipes will be found on pages 336 to 399, a number of which can be adapted by omitting any rich ingredients and seasonings that may be given.

Fish omelette is appetising, the fish finely chopped and made savoury with a little chopped parsley; and the whites of the eggs beaten like omelette soufflé (see page 754).

EGG DISHES

(Invalids' Cookery).

Eggs, being very rich in albumen, are decidedly nutritious, but their digestibility depends entirely on the cooking. If raw eggs can be taken in any form, it is best; but, failing this, let the cooking be done carefully. It is over-cooking that must be avoided.

To Boil an Egg.

Put the egg on in cold water, to quite cover it, bring to the boil and simmer for one minute. This mode prevents, as far as possible, cracked shells and partial boiling out.

Another excellent way (probably the best way) is to have a saucepan of boiling water just removed from the fire, put the egg into this, then stand it on a cool part of the range where the water will keep hot, but not boil nor simmer. This cooking takes ten minutes.

Eggs should not be cooked before wanted for eating, as the white becomes less digestible while waiting.

Poached Egg.

This is perhaps the lightest way of cooking an egg.

Break the egg into a small cup.

Have ready a frypan or shallow stewpan, with sufficient water to cover the egg.



POACHED EGGS.

When the water shows signs of boiling at the edge of the pan, pour the egg in as gently as possible.

Cook for three minutes, or until the white is just set but not hard. Lift out on a perforated slice, drain for a moment, then place the egg on to a square or round of buttered toast.

It is best to trim the edges of the egg before placing it on the toast. This can be done by pressing a thin-edged glass over.

Garnish with parsley.

If butter is not allowed on the toast (for buttered toast is indigestible) the top surface may be moistened with a little hot milk.

Baked Egg.

Butter a china or paper ramequin case, or a small earthenware cup. Break an egg carefully into it.

Add a sprinkling of pepper and salt, and, if liked or convenient, a teaspoonful of cream.

Bake in a moderate oven for three or four minutes, until the white is just set.

Serve at once.

Steamed Egg.

Butter a case or cup, as in the last recipe.

If liked, a sprinkling of chopped parsley may be put in the case before the egg is broken in.

Break in the egg, then put the case into a saucepan with a little boiling water, and steam gently until the white is just set.

Serve at once.

Scrambled or Rumbled Egg.

Heat a dessert-spoonful of milk and a quarter-ounce of butter in a small saucepan.



SCRAMBLED EGG.*

* It may be mentioned that yellow (the colour of egg-yolk and of lightly done toast, etc.) is a bad colour to photograph, invariably coming out much darker than it really is.

Beat up an egg in a cup, with a little pepper and salt. Pour it into the saucepan, and stir sharply until it begins to thicken. Remove from the fire, and stir a little longer until you have a creamy mixture.

Cook as little as possible, to prevent its becoming indigestible. Serve on a square of buttered toast, if allowed.

Omelettes.

A variety of these are given on pages 744 to 757. The plain and savoury omelettes are usually allowed if lightly cooked. They are both appetising and nourishing. If allowed, a simple variety can be made by inserting a little hot cooked vegetable—such as cauliflower, French beans, peas, etc.—in the fold of the omelette.

POULTRY, GAME AND MEATS

(Invalids' Cookery).

PRACTICALLY all meats are nourishing, but their digestible qualities vary greatly. It is understood, of course, that if food cannot be digested properly, its nourishing qualities do not count so much; and it cannot be too often remembered that foods which digest well, not only stimulate and strengthen an invalid in an agreeable manner but also have the greatest dietetic value.

The comparative digestibility of various meats is referred to on page 880, but it may be mentioned that the following should always be avoided : Pork, Veal, Salted meat, Ducks, Geese, Pigeon (unless well stewed), Beef (unless the invalid's digestive powers are fairly good), Rabbit, Liver, Heart and Kidney. All poultry and game are readily digested, but when the digestion is very weak, game with white meat will always be found best.

Boiling.

The roasting of meats, both in front of the fire and in the oven, is described in other parts of this book, as will be seen by the Index, but the process of boiling, as applied to meats, has not been referred to so much.

Fresh meats are put into boiling water, as this sudden heat seals the pores, reduces the loss of juices and ensures more tenderness when the meat is cooked. This applies to poultry and game as well as meat.

When the meat is put in boiling water, the boiling ceases. The water is then brought to the boil again, and all scum removed at once. When this is done, shift the pan to a cooler part of the stove, so that the cooking is completed with the water only just simmering.

A fowl or pheasant will take about one hour to cook: ten minutes more or less according to its size. Partridge takes about forty minutes.

Meat takes a good fifteen minutes to the pound. Twenty minutes is necessary if it is a solid boneless piece.

In timing the cooking of meat, consideration must always be given to the thickness and the shape of the piece. To go by the weight only is wrong, for a thin piece of meat must be cooked through much quicker than a thick piece.

Boiled Chicken.

1 chicken. | Lemon. | Salt. | Butter. | Bacon.

Choose a small plump bird, and truss it for boiling.

Rub it over with lemon-juice, then wrap in buttered paper, and tie with string.

Put it into a saucepan of boiling water, with a teaspoonful of salt.

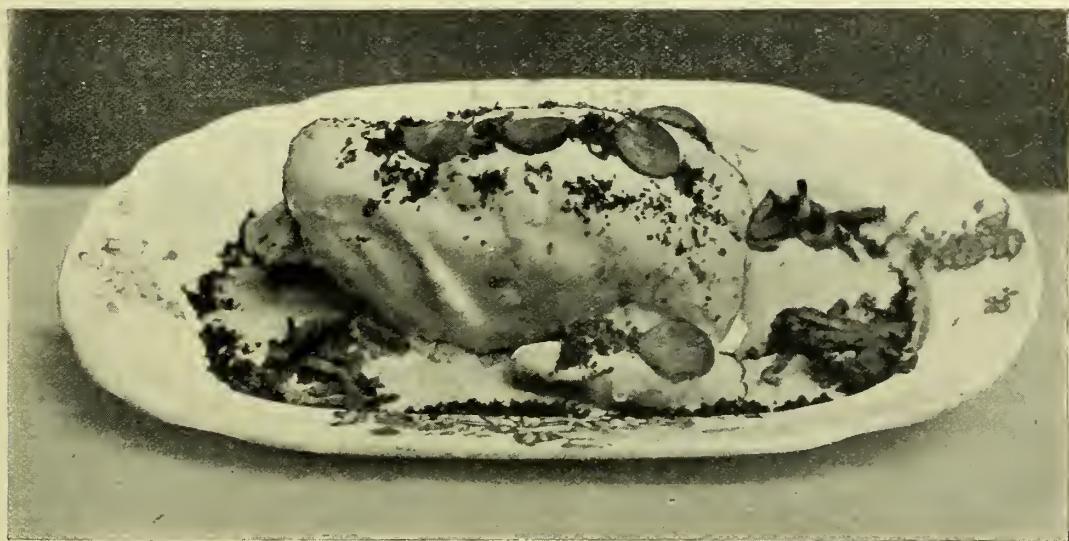
If vegetable flavouring is allowed, add a sliced carrot, turnip and onion.

When the water re-boils, draw the pan to one side and simmer gently for about one hour.

Remove from the pan, drain well, and remove the paper and skewers.

Place on a hot dish, and, if allowed, pour white sauce over.

Garnish with small rolls of bacon and sprigs of fresh parsley.



BOILED CHICKEN.

Stewed Chicken.

1 chicken.	1 piece of celery.	1 tablespoonful of flour.
$\frac{1}{2}$ pint of milk.	1 yolk of egg.	
$\frac{1}{4}$ pint of water.	Pepper.	Salt.

Cut the bird into neat pieces.

Put it into a stewpan with the milk and water, which should cover it.

If preferred, weak stock may be used instead of milk and water.

Shred the celery and put it in, then bring to the boil.

Simmer gently for about an hour and a half.

When cooked, lift out the pieces of fowl on to the hot dish, and keep them warm.

Rub the flour into a smooth paste with a little cold milk or water. Pour this into the liquor in the saucepan, and boil up for five minutes to cook the flour. If preferred, a teaspoonful of arrow-root may be used instead of the flour.

Remove the pan from the fire, and stir in the yolk of egg and the seasoning.

Pour on to the pieces of fowl on the dish, and serve.

Garnish with rolls of bacon.

The sauce should not be thick. It must only thinly coat the fowl.

Other ways of Cooking Chicken are described on pages 635 to 639.

Turkey.

BOILED TURKEY and ROAST TURKEY are described on pages 640 and 642. It is best to omit the spices and high seasonings. Half a turkey can be cooked if desired. The same time is allowed.

Stewed Pigeon.

A savoury method of stewing pigeons is described on page 658, but the following is best for invalid cookery.

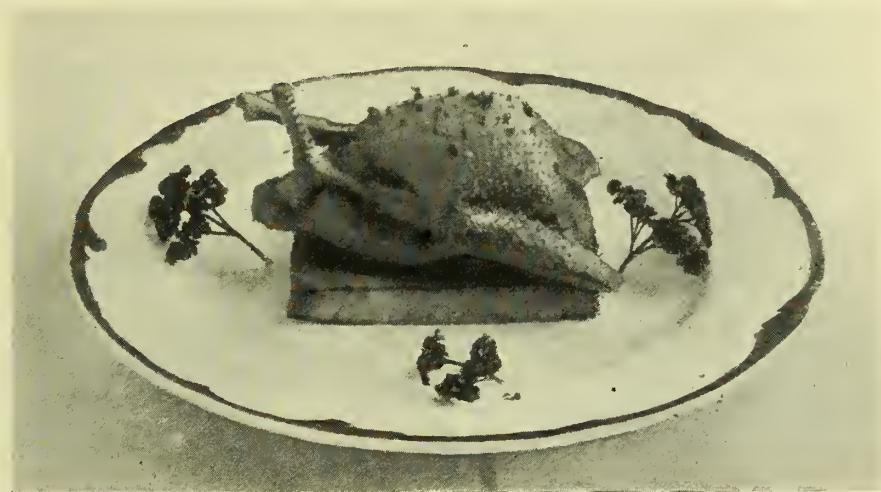
1 pigeon.		$\frac{1}{2}$ pint of weak stock		A piece of celery.
1 oz. of rice.		or water.		Chopped parsley.

The pigeon may be trussed and stewed whole, or it can be cut into neat pieces. It must be well cooked.

Put it into a stewpan with the stock or water, the celery shredded, and the rice.

Bring to the boil, then simmer gently for one-and-a-half to two hours, until it is quite tender.

Put on to a hot dish, arrange the rice round, and sprinkle a little chopped parsley over.



STEWED PIGEON.

If liked, the liquor may be reduced a little by boiling, and served as a sauce.

If cooked whole, the pigeon may be served on a neat square of toast, and garnished with fresh parsley.

Partridge and other Game.

BOILED PARTRIDGE is described on page 663. The sauce should be omitted. If any is allowed, use a plain sauce.

BROILED PARTRIDGE, described on page 664, is an appetising and digestible dish.

The other descriptions of game are described on pages 660 to 674. Omit all spices, high flavourings, etc., which make the dish rich.

Boiled Sweetbread, Plain.

1 heart sweetbread. | Weak stock, milk, or water.

First blanch the sweetbread.

To do this, soak it in slightly warm water for an hour, if possible, then put it on in fresh cold water to boil.

Simmer for about eight minutes, then put it into cold water to cool.

This will make the sweetbread a good colour and firm.

Remove all fat and any gristly part, but not the skin.

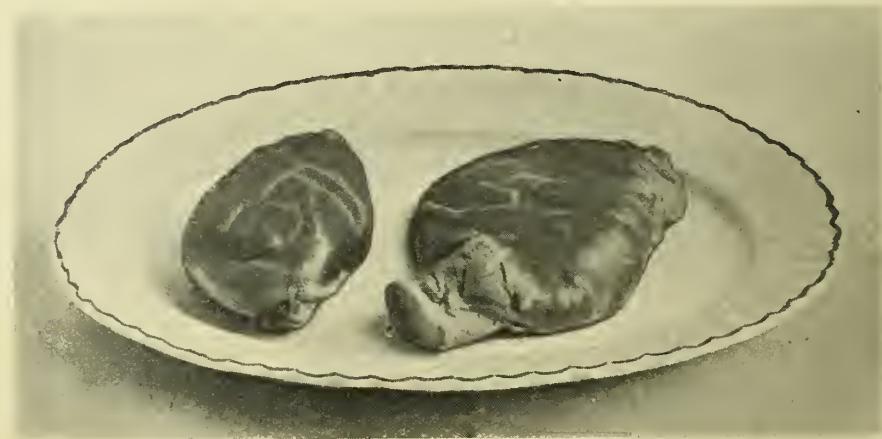
Put the trimmed sweetbread into a stewpan with stock, milk, or water, to cover.

Bring to the boil, then simmer gently until tender. This will be about forty to fifty minutes.

Dish it on a neat slice of toast.

Serve with white sauce, if allowed. Mushrooms can be cooked with the sweetbread, if they may be eaten.

Sweetbread is very digestible, and usually proves appetising.



THROAT
SWEETBREAD.

HEART
SWEETBREAD.



HEART SWEETBREAD, BOILED.

Stewed Sweetbread.

1 heart sweetbread.	1 yolk of egg (optional).
$\frac{1}{4}$ pint of white stock or milk.	Pepper.
1 teaspoonful of arrowroot.	Salt.

Blanch the sweetbread as in the last recipe, then remove the skin. Break up the sweetbread into moderately small pieces of equal size. Put these into a stewpan with the stock or milk, cover down closely, and simmer until tender. This will take about three-quarters of an hour.

When cooked, lift the pieces out and arrange them on squares of toast. Put these to keep warm while the sauce is being made. Rub the arrowroot into a smooth paste with a little cold water, and add this to the liquor in the pan.

Stir until the liquor boils again, then let it simmer, for five minutes, to cook the arrowroot.

Take the pan from the fire, and add the yolk of egg (or it may be omitted) and the seasoning.

Pour the sauce over the sweetbread, and serve at once as hot as possible.

Fried or Baked Sweetbread.

1 lamb's throat sweetbread.	$\frac{1}{4}$ oz. of butter. Pepper.	Egg and bread- crumbs. Salt.
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Blanch the sweetbread as in previous recipes, but do not remove the skin nor break the flesh up.

Beat the egg, and season it with pepper and salt.

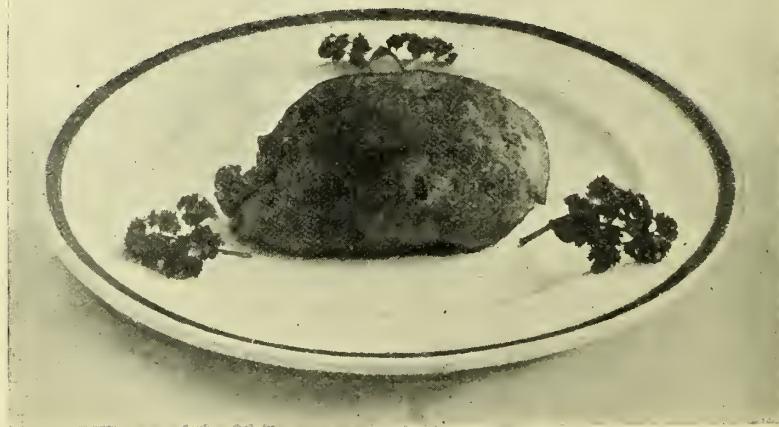
Brush the sweetbread over with this, then roll it in bread-crumbs so that it gets a good coat.

Put the butter in a frypan, and fry the sweetbread until it is a nice golden colour.

Drain as free from butter as possible, garnish with parsley, and serve.

Or it can be put into the oven in a buttered pan, with a little oiled butter poured over, and baked for half an hour.

In frying, some prefer to cut the sweetbread into slices, then coat them well with egg and bread-crumbs.



THROAT SWEETBREAD, FRIED.

Steamed Chop.

1 loin chop.	Butter.	Pepper.	Salt.
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This makes a nourishing and digestible meal, and does not resemble a boiled chop.

Trim off most of the fat if necessary.

Butter a plate, and put the chop on it. If a nice tin plate is available it is best.

Sprinkle the chop lightly with pepper and salt, then place the plate on top of a saucepan or stewpan of boiling water.

Cover the chop with a basin, then let it cook for about thirty-five minutes, turning it once during the time.

When cooked, serve the chop at once with the juice that has run from it.

Grilled or Broiled Chop.

1 loin chop.	Pepper.	Salt.	Butter.
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Trim the chop neatly, if it needs it, removing nearly all the fat.

Get a clear fire ready. A small smoky blaze can be cleared by sprinkling a little salt on it.

Take a clean gridiron and butter the bars.

Place the chop on, and, if possible, let it have a quick heat each side at first, then finish more slowly. This seals the pores in the meat, and makes the outer surface form an envelope for the juices.

Grill for four to five minutes on each side. It is best to turn it every two minutes or thereabouts. The amount of cooking depends on the thickness of the chop, and on whether it is wanted fully done or not. It is best lightly done, so that the outside is a nice brown and the inside red and juicy.

In turning a chop, never insert a fork in the lean part. A fork may be used in the fat, but it is best to use tongs or two knives.

Put the chop on a very hot plate, and serve at once.

If allowed, a small pat of Maître d'Hôtel butter is nice, put on top of the hot chop (see page 418).

Lamb or Mutton Cutlets.

A small piece of best end of neck of mutton. | Butter.

There is no better way of cooking cutlets, to make them tempting to, and suited for, invalids, than grilling them.

The meat should be prime, and the grilling carefully done, as in the last recipe. A juicy properly-cooked cutlet has a natural flavour that needs no varying or modifying.

Get the butcher to saw off the chine-bone, and the cutlets can then be easily cut and divided.

With a sharp knife cut down the centre between each bone.

Flatten out the cutlets by gently "batting" them with the flat side of a wetted meat-chopper or a wetted rolling-pin.



MUTTON CUTLETS (RAW), SHOWING METHOD OF TRIMMING.

With a very sharp knife trim off all skin and superfluous fat, leaving an edge of fat about a quarter-inch thick. Cut through from the edge of the cutlet to the bone just where the round piece of lean ends, then remove all meat from the thin end.

Scrape the bone clean, and chop off any projecting bone there may be beyond the thick end.



MUTTON CUTLETS.

If on examining the meat the cutlets will be too thick, then cut one with and one without the bone.

Grill[as in the last recipe.

Mince of Fresh Meat.

(Mutton or chicken is best for this, but any fresh meat may be treated in this way if desired.)

$\frac{1}{2}$ lb. of lean meat.	1 oz. of butter.	1 teaspoonful of
$\frac{1}{4}$ pint of stock or water.	$\frac{1}{2}$ teaspoonful of chopped onion.	flour. Pepper. Salt.

Neck of mutton will do for this, though any part may be used. It must be free from fat and skin.

Cut the lean meat into very small dice. It need not be chopped or minced.

Melt the butter in a saucepan, add the onion, and fry together without browning.

Add the meat, and stir well, then shake in the flour and mix well again.

Now add the stock or water, and let all just simmer until the meat is quite tender. This will be in about an hour.

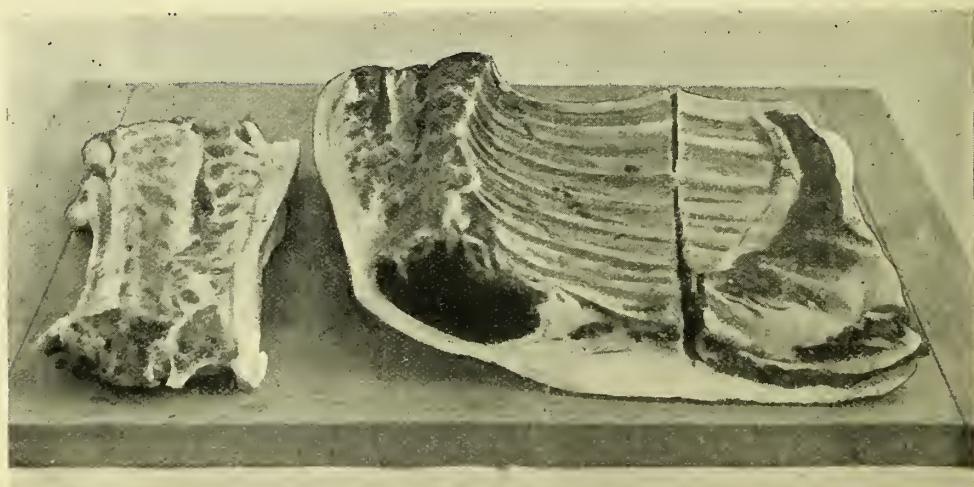
Season with pepper and salt, and serve with snippets of toasted bread.

Mutton Quenelles.

(Chicken, beef or other meats may be used.)

$\frac{1}{4}$ lb. of lean mutton.	Stock or beef tea.	Pepper.
1 egg.	Bread-crumbs.	Salt.

Cut the meat into shreds, then pass it through a mincing machine. Put the minced meat into a mortar, with two tablespoonfuls of bread-crumbs, the egg, and seasoning.



BEST END OF NECK OF MUTTON.

This is the part from which cutlets are cut, or it is suitable for roasting.
The piece on the left is the chine-bone cut off.

Add also a little stock or beef tea if necessary, but do not make the mixture too soft.



THE MIDDLE PIECE FOR BOILING.

THE SCRAG END (NEAREST THE HEAD).

NECK OF MUTTON.

Pound well, then rub through a sieve, scraping off the material underneath the sieve as it comes through, as this hastens the process. When all is through, take a dessert-spoon wetted in warm water, and lift out a spoonful of the mixture.

With a wetted knife, smooth it over, high in the middle, so that the spoonful resembles an egg.

Now with another wetted spoon, scoop the quenelle out of the first spoon and place it gently in a greased frypan.

Do the rest of the mixture in this manner, then place the pan on the stove and gently pour in boiling water to reach half-way up the quenelles.

Cover with a greased paper and poach (gently simmer) for about twelve minutes, when they should be firm and cooked.

Lift out and drain on a cloth, then dish them on a square of toast. It is possible to make quenelles of almost any meat. Veal is excellent, also game, rabbit, chicken, etc. Quenelles are in reality forcemeat in a very appetising and nourishing form.

See illustration on page 903.

Stewed Oxtail.

1 ox tail.	1 carrot.	A bunch of herbs.
1 oz. of flour.	1 turnip.	3 cloves.
2 oz. of butter.	1 onion.	1 blade of mace.

(Vegetables are optional.)

Divide the tail at the joints, and trim away as much fat as possible. Put the pieces into a stewpan, with cold water to just cover, and bring to the boil.

When the water boils remove the scum.

Now put in the vegetables (cut up) spices and herbs (tied in muslin), cover down the pan closely, and bring to the boil again.

Simmer gently until tender; this may take three hours.

Take out the pieces of tail, then make a thickening with the butter and flour, and add it to the liquor in the pan.

Let this simmer again for fifteen minutes.

Remove from the fire, pick out the pieces of tail and the best pieces of vegetable, and put these on a hot dish.

Strain the gravy, and pour this over.

Garnish with sippets of toast, and serve.

If vegetables are not allowed they may be omitted.

VEGETABLES (Invalids' Cookery).

Vegetables are a necessary food, and serve an excellent purpose when they can be taken. They are, however, somewhat indigestible and not always allowed.

The small green vegetables are the most digestible, to which may be added tomatoes, celery and sea-kale. The green vegetables consist of spinach, boiled lettuce, cauliflower and brussels sprouts.

Root vegetables are less digestible, these consisting of carrots,

turnips, parsnips, etc. Potatoes are allowed, if properly cooked, dry and mealy.

Vegetables for invalids should always be young, with the exception of potatoes. These are best mealy.

Rice and macaroni, boiled, are good substitutes for vegetables when needed.

Baked Tomatoes.

Tomatoes.		Butter.		Pepper.		Salt.
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Wipe the tomatoes and remove the stalks.

Butter a baking-tin or fire-proof dish.

Put the tomatoes in side by side, sprinkle with a little pepper and salt, and put a greased paper over.

If liked, a small piece of butter can be put on to each tomato.

Bake in a moderate oven for about twelve minutes, until they are soft but not broken.

Serve on a hot dish. Some small pieces of fresh parsley make a pretty garnish.



BAKED TOMATOES.

If allowed, baked tomatoes can be made savoury by scooping a hole at the top of each and filling with bread-crumbs, chopped onion and a piece of butter.

Tomatoes au Gratin.

Tomatoes. | Bread-crumbs. | Butter. | Pepper and Salt.

Butter a fire-proof dish.

Slice the tomatoes, lay them in, and sprinkle with pepper and salt.

Put some small pieces of butter on top.

Lastly, put a good layer of bread-crumbs, mixed with pieces of butter (or buttered bread-crumbs), on top of all.

Bake in a moderate oven, for about twenty minutes, until the tomatoes are tender.

Serve in the dish they are cooked in.

Boiled Lettuce.

Lettuce. | Butter. | Pepper. | Salt.

Remove any discoloured or very coarse leaves.

Strip off all the other leaves, and let them be in cold water for a little time.

Drain them, then plunge all into a saucepan of boiling water, slightly salted.

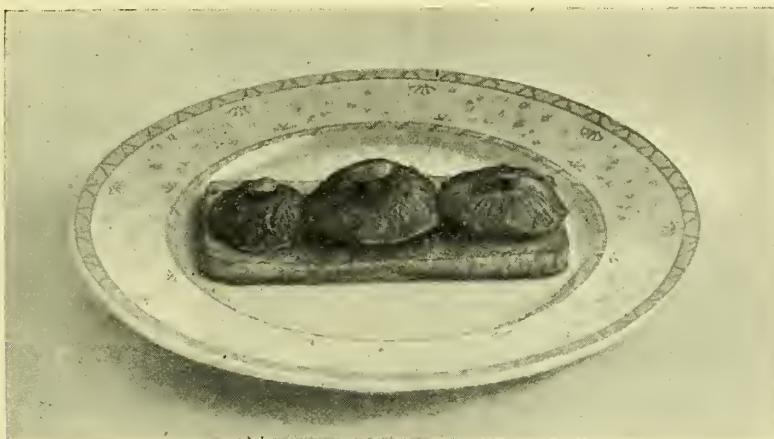
Boil for about twenty minutes with the lid off, and the leaves should then be tender.

When tender, drain well, then chop up the leaves.

Return to the dry saucepan with a little butter and seasoning.

Shake well as they re-heat, and, when hot, serve at once.

Another method is described on page 585.



BAKED MUSHROOMS (ON TOAST).

Mushrooms.

There is considerable nourishment in the mushroom—much more than the majority of people are aware of. They are also digestible, and, as a rule, will tempt a poor appetite when served in a tempting manner.

The baked mushroom is perhaps the most appetising; but three methods of cooking this vegetable will be found on pages 586 and 587.

Tiny rolls of bacon can accompany mushrooms, unless they are being served with other meat.

Potatoes.

Various methods of preparing and cooking these are given on pages 549 to 555. Mashed potatoes are generally the most tempting to an invalid, and if prepared with cream are a nourishing dish.

If cream or butter are not allowed, Potato Snow may be prepared by simply rubbing some well-cooked and dry floury potatoes through a wire sieve. If allowed to get cool, they may be re-heated in the oven, or in front of the fire, for a minute or two.

Potato Croquettes.

$\frac{1}{2}$ lb. of boiled potatoes.	Egg and bread-crumbs.	1 teaspoonful of chopped parsley.
1 yolk of egg.	Frying-fat.	Pepper. Salt.
$\frac{1}{2}$ oz. of butter.		

Well mash the cooked potatoes, or rub them through a wire sieve. Melt the butter in a saucepan.

Add the potato, yolk of egg, parsley and seasoning.

Stir until all are well mixed, and the mass binds.

Turn out on to a plate, and make into ball or egg-shaped croquettes.

Dip them in beaten-up egg, then roll in bread-crumbs.

Fry in boiling fat until a nice golden brown, then take out and drain well.

The following vegetables may be used without ill results (if vegetables are allowed at all), and will be found by referring to the Vegetable section, pages 548 to 596, or to the Index:—

Spinach.

Celery.

Sea-kale.

Cauliflower.

Brussels sprouts.

French beans.

Vegetable marrow.

Rice and Macaroni can also be found from the Index.

PUDDINGS AND SWEET DISHES (Invalids' Cookery).

JELLIES are usually the most tempting sweet dish to an invalid, but are not always nourishing. Those in which eggs or milk are used are the best in this respect, whilst those in which gelatine

and isinglass are the chief ingredients afford little nourishment, though they are readily digested.

Calf's-foot jelly derives no nourishing qualities to speak of from the calf's foot, for this only yields gelatine; and an equally good jelly can be made with prepared gelatine, if a good quality is used. Icinglass is the purest and most expensive form of gelatine. Calf's-foot jelly, and some others, are excellent as a means of administering nourishing things, such as eggs, wine, etc., these being added in the making.

For invalids, it is best to set jelly in small dariole cups, rather than in one large mould.

Milk Jelly.

1 pint of milk.	2 oz. of sugar.	1 calf's foot (or $\frac{3}{4}$ oz. of gelatine).
Rind of half a lemon.		

Cut the foot into four pieces, chopping the hoof-piece in two. Wash and cleanse them well in warm water, and trim off discoloured parts.

Pick out the marrow from the bones, and remove any fat there is.

Put the pieces into a saucepan, and bring to the boil quickly.

Strain off the water, rinse the pieces in cold water, then rinse out the saucepan. This blanches the pieces of foot.

Put the pieces into a jar with all the other ingredients, place the jar in a vessel of boiling water and cook for five to six hours, until the meat almost drops off the bones.

Now strain through cloth, set aside to cool, remove every particle of grease, and it is ready for use.

If preferred, three-quarters of an ounce of good gelatine can be used instead of the calf's foot. The milk is boiled with the lemon rind, and this is poured over the gelatine and sugar in a basin. Stir until the gelatine is dissolved, and continue stirring until the jelly thickens like cream. This must be done or the jelly will not set in the moulds.

Egg Jelly.

1 egg.	Water.	3 oz. of loaf sugar.
$\frac{1}{2}$ oz. of gelatine.		1 lemon.

Rub the sugar on the rind of the lemon, then squeeze the juice out of the latter into a basin.

Add water to the juice to make up half a pint.



EGG JELLY.

(This jelly is semi-transparent, and a pale yellow colour.)

Put this into a saucepan, with the sugar and gelatine, and add the egg well beaten.

Whisk the mixture until it is nearly boiling, and until the gelatine is quite dissolved, but do not let it boil.

Strain through cloth and it is ready for use.

Wine Jelly.

$\frac{1}{2}$ oz. of sheet gelatine.	1 dessert-spoonful of brandy.	Half the white and shell of an egg.
$\frac{1}{4}$ gill of lemon juice.	2 oz. of loaf sugar.	2 cloves.
$\frac{1}{4}$ gill of sherry.	Rind of half a lemon.	$1\frac{1}{2}$ gills of cold water.
	A small piece of cinnamon.	

If possible, use a clean enamelled saucepan of good size.

Let the rind of the lemon be pared very thinly, without any white on it.

Put all the ingredients into the saucepan except the brandy.

Whisk until the mixture is just about to boil, then cease whisking.

Let it boil up as high as it will, without boiling over, then draw to one side, cover with a lid or plate, then allow to stand for ten minutes not boiling nor simmering.

Strain through a cloth, passing it through more than once if necessary to get it clear.

Add the brandy, and the jelly is ready for use.

Port Wine Jelly.

$\frac{1}{4}$ pint of port wine.		$\frac{1}{2}$ teaspoonful of red-currant jelly.		$\frac{1}{4}$ gill of water.
$\frac{1}{4}$ oz. of gelatine.				$\frac{1}{4}$ oz. of loaf sugar.

Dissolve the gelatine in the water slowly.

Add the sugar and red-currant jelly, and stir until all is dissolved.

Add the port wine, and, if liked, colour with a few drops of carmine.

Strain at once, and it is ready for use.

If liked, a little lemon juice and cinnamon may be added.

Farinaceous Jelly.

$\frac{1}{2}$ oz. of small sago.		$\frac{1}{2}$ oz. of pearl barley.		Rind and juice of half a small lemon.
$\frac{1}{2}$ oz. of whole rice.				
1 oz. of sugar.				1 pint of water.

The barley should be blanched. This is done by putting it into a saucepan with cold water to cover, just bringing to the boil, then straining it off and rinsing it.

Well wash the rice and sago.

Put the barley, rice and sago into a clean saucepan, with a pint of water and the thinly-pared rind of half a small lemon.

Simmer gently for three hours, removing any scum that rises. Strain through a cloth, then add the lemon juice and sugar, and it is ready for use.

OTHER JELLIES will be found on pages 712 to 718.

PUDDINGS.—Of these there is great variety suited for the invalid. A few examples are given of light and nourishing puddings which do not appear in other parts of the book, and, following these, will be given a list of other suitable puddings which can be found from the Index.

Eggs and milk are the most nourishing ingredients, and these nearly always appear in sweet dishes. Next come the farinaceous materials; and, when proper, a pudding can be made an agreeable means of administering wine. Starchy ingredients—arrowroot for instance—have no nutritious value, but they serve a good purpose when eggs and milk are used with them.

Flavourings must be simple. Essences can well be avoided, and only such materials as thinly-pared lemon rind, lemon juice, nutmeg and cinnamon should be used. If only a delicate flavour of lemon is required, this can be obtained by rubbing loaf-sugar on to the rind, then using this sugar in making the pudding.

Baked Arrowroot Pudding.

1 pint of milk.	1 oz. of arrowroot.	1 dessert-spoonful of castor sugar.	2 eggs.
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Mix the arrowroot into a cream with a little of the cold milk, then add the remaining milk to it.

Put it to boil, stirring constantly, then let it boil for five minutes. Remove from the fire, add the sugar, and, when cooled a little, mix in the yolks of the eggs.

Beat up the whites stiffly, with a pinch of salt, and stir lightly in. Pour into a greased baking-dish, and bake until nicely browned and risen.

Sprinkle sugar over, and serve at once, before it sinks.

Soufflé.

$\frac{1}{4}$ pint of milk.	1 dessert-spoonful of castor sugar.	1 oz. of flour.
3 eggs.	A thin strip of lemon rind.	A teaspoonful of lemon juice.
1 oz. of butter.		

Melt the butter in an enamelled saucepan, stir in the flour, and mix together smoothly.

Add the milk; bring to the boil, stirring all the time.

Cook thoroughly, and when done it will draw away from the sides of the pan.

Remove from the fire; add the sugar, lemon rind and juice, and the yolks of the eggs, beating the latter in one at the time.

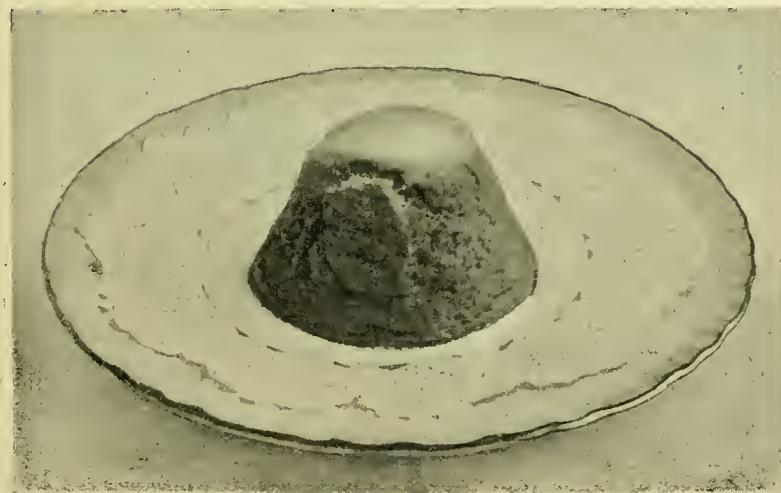
Beat the whites stiffly, with a pinch of salt, then stir them lightly in.

Well grease two basins, or plain moulds, and half fill them with the mixture.

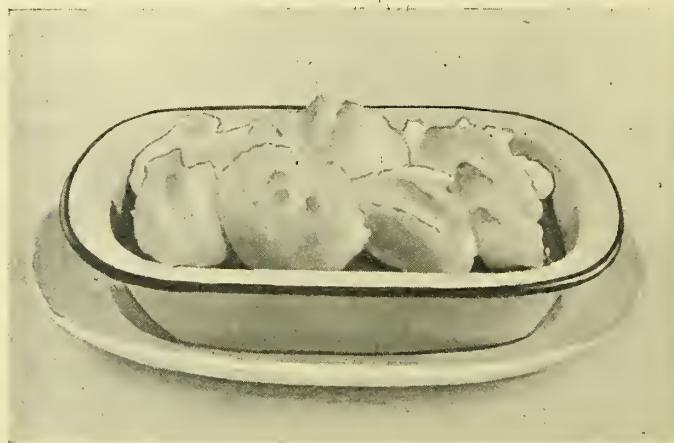
Lay a buttered paper over, and put them in a saucepan, with boiling water reaching about half-way up the sides.

Steam for twenty-five minutes, when the soufflé should be well risen.

Turn it out, sprinkle with sugar, and serve at once.



SOUFFLÉ.



A SUPERIOR BREAD PUDDING.

A Delicate Bread-Pudding.

$\frac{1}{4}$ lb. of bread-crumbs.	2 tablespoonfuls of castor sugar.	The rind and juice of half a lemon.
1 pint of milk.	2 eggs.	1 oz. of butter.

Put the milk into a saucepan, and add the butter, bread-crumbs and sugar, and bring slowly to the boil.

Now remove from the fire, and add the yolks of the eggs and the lemon rind and juice.

Pour the mixture into a buttered pie-dish, and bake in a moderate oven for ten minutes.

Whip the whites of the eggs stiffly, with a pinch of salt, stir a tablespoonful of castor sugar in, then put on top of the pudding in rocky heaps.

Put back into the oven for three or four minutes, and it is then done.

Jam can be served with the pudding, if allowed.

Custard Pudding, Baked.

$\frac{1}{2}$ pint of milk. | 2 eggs. | 1 dessert-spoonful of castor sugar.

Break the eggs into a basin, add the sugar (and flavouring, if desired), and beat well.

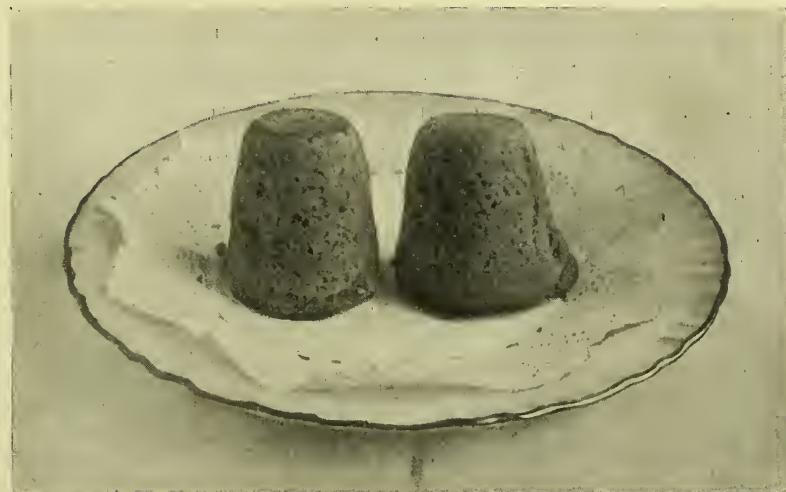
Add the milk, and beat again.

Butter a pie-dish, and strain the mixture into it.

Take a baking-tin, put some water in it, and stand the dish in this.

Bake in a moderate oven, for about fifteen to twenty minutes.

Sprinkle with sugar, and serve.



BISCUIT PUDDING.

Biscuit Puddings.

2 oz. of ground rice. | $\frac{1}{2}$ small teaspoonful | 1 egg.
2 oz. of castor sugar. | of baking powder. | Vanilla flavouring.

Break the egg into a basin, add the sugar, and beat together to a thick froth.

Stir in the ground rice, lightly, also the baking-powder, and a few drops of vanilla.

Butter some small cups, or dariole moulds, three-fourths fill them with the mixture, and bake in a moderate oven for about fifteen minutes.

Turn them out, and serve with a jam sauce, if allowed.

Rusk Pudding.

2 rusks.	1 teaspoonful of	1 egg.
$\frac{1}{4}$ pint of milk.	castor sugar.	

Break up the rusks, and half fill a small buttered pie-dish with them. Well beat the egg, add the milk and sugar to it, then beat again. Pour this over the rusks.

Let the rusks soak for about fifteen minutes, then put in a moderate oven, and bake from ten to twelve minutes.

Serve hot.

Sponge Pudding.

2 penny sponge cakes.	1 teaspoonful of	1 egg.
$1\frac{1}{2}$ gill of milk.	castor sugar.	Jam.

Slice the sponge cakes, spread a little jam on one half, then put the other on top again.

Now cut them lengthwise, into three fingers each.

Place these on a glass dish, moderately close together.

Beat the egg and sugar together.

Boil the milk, pour it on the egg, and mix well.

Return to the saucepan, and stir until it thickens.

Let it cool, then pour over the sponge cakes.

The custard can be flavoured with lemon peel, vanilla or almond flavourings, if allowed.



Sponge Pudding.

OTHER SWEET DISHES may be as follows:—

Baked apples, apples with custard, apples and sago, etc.

Stewed fruits.

Omelettes.

Blancmange.

Jellies (already given.)

Boiled batter pudding.

Bread and butter pudding.

The usual farinaceous puddings—rice, semolina, sago, tapioca, macaroni and vermicelli.

Milk puddings, made with above, but steamed in a mould.

Porridge of wheaten meal, hominy, etc.

Dishes made with sponge cake.

Biscuits and cakes, of most of the light and plain varieties given in an earlier part of this book.



CARVING.



Fish.

ALTHOUGH fish may be easy to cut up, yet it is quite as possible to mangle and destroy its appearance as it is to destroy the look and flavour of a fowl. Fish requires in its way the same skill. There should be the same knowledge of the general anatomy, also of the choice and ordinary parts. Delicacies and tit-bits abound in all fish. A fish slice should always be used, but the fork usually accompanying the fish slice is not always considered a necessity, an ordinary dinner fork doing such service as is required.

If a spoon or ladle has to be used, care must be taken never to spill, nor to heap up a great quantity of what is being helped upon a plate at a time. Avoid jerking, or the slipping of knife, fork, or slice, always keeping the elbows well into the sides, and letting the strength necessary to be exercised come from the hands and wrists. Do not grasp the carving implements too near the hilt ; hold them as much at the end of the handle as possible.

Cod.—With regard to codfish, the flaky system of apportionment should generally be adopted, the portion being served by inserting the slice between the flakes, not cutting through them ; though, under certain circumstances, what applies to the cutting up of salmon may be remembered, with the addition that the liver and the sound of cod, playing as they do very important parts, must be dispensed in fair quantities with each helping of the solid. The carver must calculate to a nicety the proportions which will allow a taste for each one that is served.

Cod's head and shoulders is looked upon by some as a vulgar dish. After delicately slicing, in one or two unbroken flakes, a small portion of the solid shoulder, a piece of the gelatinous flesh in and about the jowl should also be placed upon the plate, as this is particularly nutritious and succulent. It is impossible to do much more than to dig out this rather unmanageable substance, clearing away the jaw and other bones, and leaving them upon the dish.

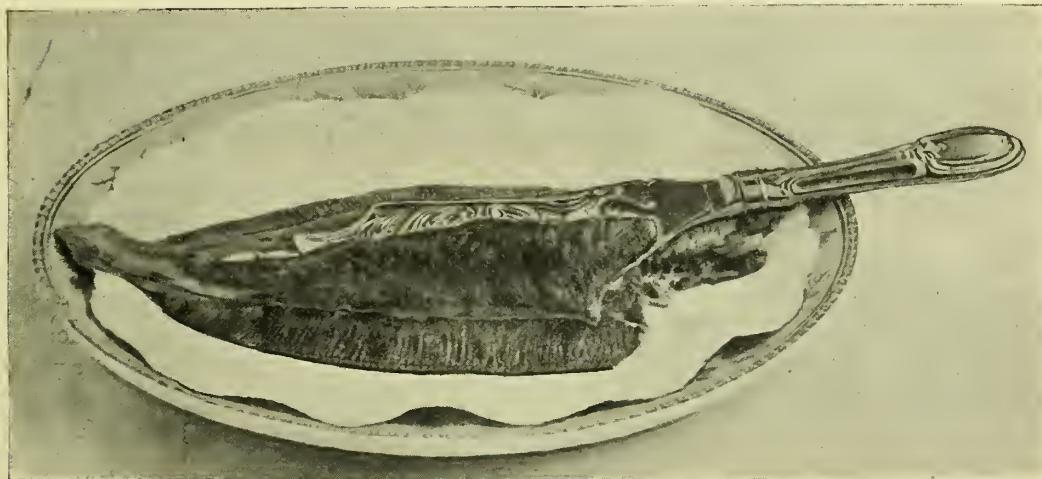
Gurnet.—The gurnet is treated with the fish slice in precisely the same manner as haddock.

Haddock.—The flakes should fall right and left upon the touch of the fish-knife's point as it is run down the spine. The thickest or shoulder end of the fish is the best.

John Dory.—The John Dory is carved in the same manner as the turbot, whilst the skin is in itself a delicacy. The wart-like growths which mar to some extent the back of the turbot are absent in the John Dory, which may be said to be always the better the larger it is. The head, important as it looks, should be left untouched upon the dish.

Mackerel.—Mackerel, though a simple dish to carve, must not be passed over without a word. When boiled, it should never be hacked by an attempt to divide it through and through; but the fish slice should be inserted from the tail upwards to its gills—the tail part is considered a best part, also the roe if there is any. The head and backbone are easily disengaged from the remaining underneath side upon the dish without turning it over. A broiled mackerel, being split, should be cut through and through, bone and all.

Mullet.—The red mullet makes very little demand upon dexterity, nothing being requisite beyond a fair division, lengthwise, into two parts, if the fish be



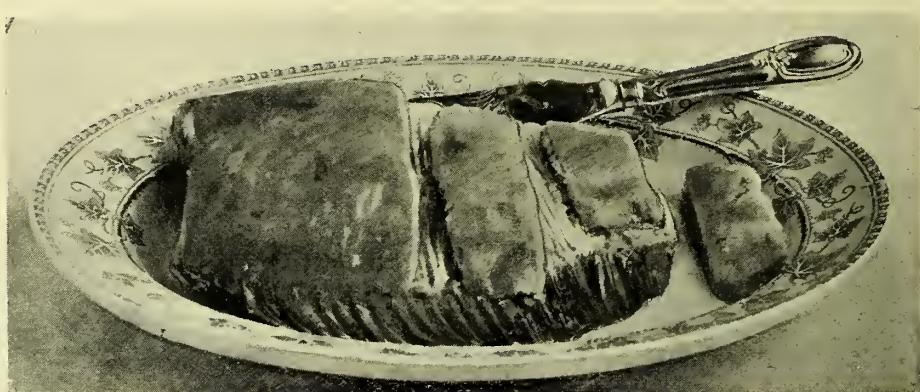
SHOWING THE FISH KNIFE LIFTING A FILLET FROM A FLAT FISH.

too large for one. The so-called liver, usually just visible under the opening of the gill, is a choice morsel, and must be fairly apportioned, whilst the head itself is worth picking. Small red mullet, however, besides being superior in quality to the large, have the advantage of being just sufficient for a single portion.

Salmon.—Salmon is a fish which offers very little difficulty to the carver, and, so long as a due proportion of thick and thin (the back and flank) be neatly cut—in oblong squares—from the side lying uppermost, nothing remains to be attended to. It is best to begin cutting from the left, and also better, as in the case of the turbot, to raise the bone when the upper side is gone, than to attempt to turn the fish over to get at the remaining lower side. The head and tail, though usually despised, and rarely seen at table, have nevertheless

some very succulent picking on them, but do not offer much of a field for the carver to display his skill upon. He has but "to help" them as neatly as may be. Equally, this is all he has to do when the fish is brought to table in slices; he has but to make an equal division of the slice, taking care, of course, that each helping is made up of thick and thin together.

Sole and small Flat Fish—The slice is first run down the centre, then a



CARVING TURBOT.

fillet is lifted off each side of this line. Next remove the bone (without turning the fish over), and, by running the slice down the centre, make two fillets or helpings of the lower half. This would be with a fair sized sole ; with a smaller one, two of the fillets might go to one helping, and, on the other hand, a very large sole might yield fillets that would bear dividing into two each.

Turbot.—Lying flat upon its back, run the slice in an imaginary central line from the head to the tail ; then divide the flesh into oblong squares, each terminating with a proportion of fin, for the fin of the turbot is a delicacy. When the white upper side is all served, it is better to lift off the bone (in doing which there is no difficulty, if the fish be well cooked) than to attempt to turn the fish over when the white front is all served.

Whiting.—Is served in the same manner as haddock ; if too large to serve whole as a portion.

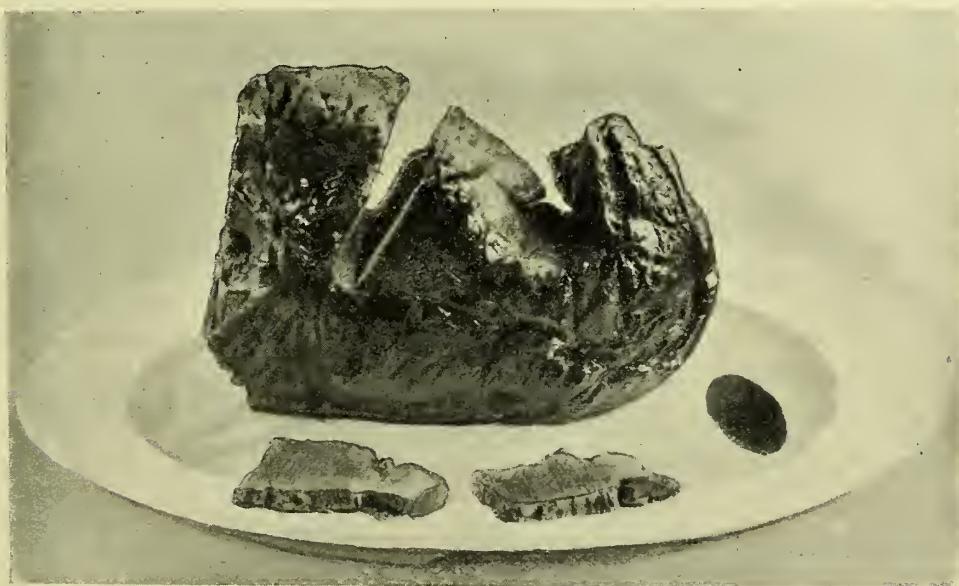
Meat.

A VERY sharp knife is indispensable for good carving. For carving joints the handles of the knife and fork are short and the blades and prongs long ; for game and poultry the very reverse of this is necessary, greater firmness of blade and point being requisite.

Beef.—First the sirloin. The fillet, or under-cut, being always better

when eaten hot than cold, should have first attention. It must be cut across like a tongue, but in thick slices, as also should be the fat at the thinner end or flap, a portion of which should go with each slice of lean. The joint must be turned over, to enable the carver to get at the under-cut conveniently ; and, according to the number of persons to be helped, the slices should be cut at once, before setting the joint up in its proper position again. By this means, when helping from the main bulk of the joint, a portion of the fillet can be given to each, without having constantly to turn the joint from one side to the other. Some people prefer that both upper and under side of a sirloin should be cut alike—that is, across—and, though generally considered an extravagant way, it is not without its advantages ; the chief of these notably being that each slice has brown and juicy meat—there being, so to speak, no outside cut, each help having brown and underdone in the same slice. A piece of the fat from the flap or lower end of the joint must accompany every portion, as in the case of the fillet ; and it should be remembered that these two sorts of fat are very different in quality—the under, or fillet, being of a more juicy, delicate, and tender quality than the other, especially when hot.

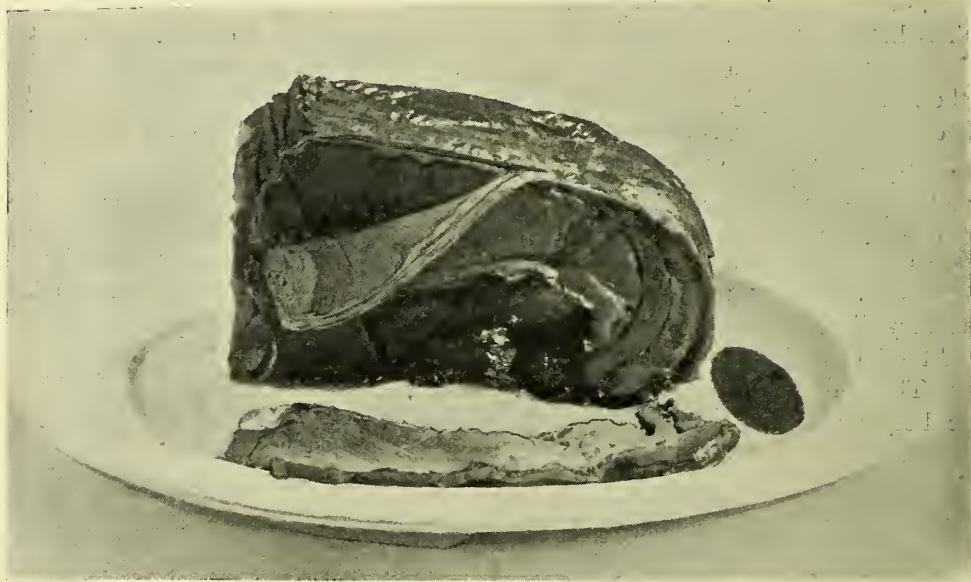
The ordinary plan of carving the sirloin, however, recommends itself as the better, from the fact that lean and fat go together with each slice. It is



SIRLOIN OF BEEF, THE UNDER-CUT.

generally advised that, before slices are cut, the point of the knife should be inserted a short distance between the meat and the bone, both at the chine (or short upright bone) and the rib (or long bone). Then the knife has but to be passed down the face of the meat, and each slice comes away easily and clean

from the edges. Only, of course, those who are helped first, in this instance, get the brown or well-done outside, and those later on the under-done or juicy. Therefore it is always necessary for the carver to ask those whom he is helping whether their preference be for well or under-done. Slices of roast beef from



SIRLOIN OF BEEF, CARVING THE TOP SIDE.

the upper side cannot well be cut too thin, when carved in the ordinary fashion, excepting perhaps the first or outside slice, which admits, from its crispness, of having a little more substance. The joint should be kept perfectly straight upon the dish, nothing looking worse or more awkward than for the meat to be twisted all awry. On no account may the carver stand up, set his arms akimbo, or bow his back ; all the strength requisite can be exercised from his chair, by inclining the body sufficiently forward. The muscular exertion demanded is seldom greater than most ladies, with practice, can supply, and they should not be deterred by any slight sense of fatigue in the early days of their carving.

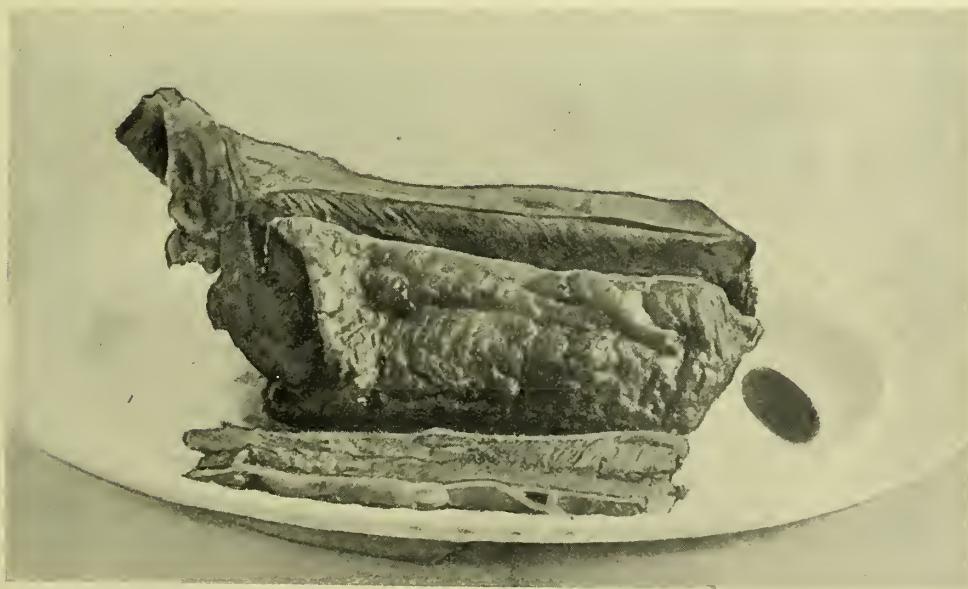
During all pauses in the carving, the knife and fork should be placed on the knife-rests, and never thrust and left under the joint ; nor, while the carver adds the gravy to the plate of meat in front of him with the spoon in his right hand, must the knife and fork be in a bunch, as it were, in his left. To do this gives a slovenly, hasty, eating-house sort of effect. The dish must not be tilted with the left hand, for the easier filling of the spoon. This is always an inelegant proceeding, calculated to endanger the purity of the table-cloth, by the sluicing the gravy over the edge of the dish, or, even worse, by capsizing the joint itself. If the meat dish has, as it should have, a well, there is no excuse

for tilting it. A tiny crust of bread put under one end of the dish, to cant it a little, in the absence of a gravy well, is at the most all that can be allowed in this way. If a portion of the garnish of horse-radish is to go with each helping, it must be dispensed with the points of the fork. The gravy spoon should always be put in a vessel of hot water, and placed at the right hand of the dish, up to the moment of using.

In carving the sirloin and similar ribbed joints, a too pliant blade is not desirable. When, however, dealing with a round of beef lying flat, or the boiled silver-side, or a piece of roast boned beef, the knife cannot well be too yielding, nor can the slices be cut too thin. Never omit with this sort of joint, where one has to cut directly towards the fork, to raise its finger guard, for, if the knife slip, it will run straight up over the prongs, to the carver's hand.

With the aitch-bone, as with the round of beef, it may be desirable to cut rather a thick slice from the outside before beginning to help; but the habit is wasteful, and should be adopted with judgment. These are not difficult joints to carve, if it be remembered that a knife with a thin pliant blade is absolutely necessary. A delicate morsel of the fat must go with each serving.

Mutton.—The rules laid down as to method of using the carving knife and fork, etc., and the position of the carver—referred to when speaking of beef—



SADDLE OF MUTTON, CUSTOMARY METHOD.

are equally necessary with regard to haunch and saddle of mutton. The first thing to be done in carving a haunch of mutton is to make a deep cut across at the knuckle end, down to the bone, with the point of the knife. This forms a

basis for a well into which the gravy will run from every succeeding cut. The slices of meat are carved at right angles to the first incision—that is, all along, in continuous and thick (but not too thick) slices—the whole length of the joint. The moment room at the knuckle end, where the first cut was made, is obtained for the insertion of the spoon, the gravy which has accumulated in the hollow should be distributed with each helping, as it is the richest, being absolutely pure essence of meat. Care too must be taken never to forget putting a little extra fat upon each plate, as the haunch of mutton fat is highly prized ; and whoever is quickest in assisting the guests may be counted a good carver of mutton, for it should be as hot as possible.

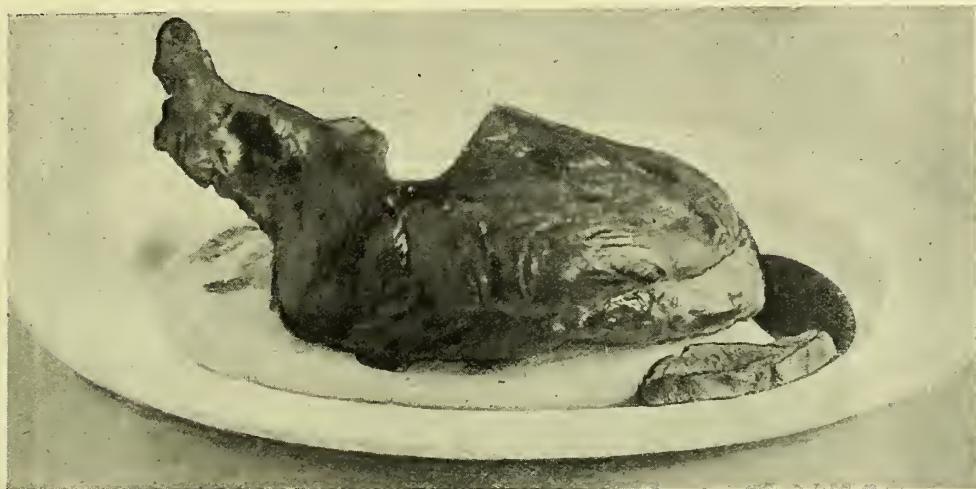
The saddle presents no great obstacles to the carver. If a preference be given to carving the slices obliquely instead of straight, the thin end of the saddle should then be on the right of the carver. Each side of the chine or back-bone is to be dealt with alike, the first slice always taken from as close to the bone as possible. As the fat lying round the kidneys is held in great estimation, a portion of it should go with every helping ; and therefore it is advisable for the carver directly the cover is taken off the joint to tilt the saddle a little on one side, and cut at once from underneath as much of this fat as will be required to go round.



SADDLE OF MUTTON, SLICES CUT OBLIQUELY.

The leg of mutton owes some of its popularity to the ease with which it can be carved. Little has to be done, save to pass the knife straight down at right angles with the bone, then, according to the preference of the guests,

tolerably thick slices from either the knuckle or the upper end may be distributed, the knuckle end being always the better done, though not perhaps the choicest in flavour. When possible the small end of the joint is placed to the left of the carver, but the joint will not always admit of this. It must be



SHOULDER OF MUTTON, FIRST CUTS.

placed so that the thickest part of the meat can be cut into, and this has to be furthest from the carver (for it does not come quite on top). Many little fancies for certain tit-bits will be met with : two quaint pieces of brownish, crisply-roasted fat, like ears or little wings, protruding from the upper end of the joint, being, with the Pope's-eye, notable instances. Some are fond of having this joint dished with the under side uppermost, so as to get at the finely grained meat lying under the Pope's-eye ; but this is an extravagant fashion, and one that will hardly find favour in the eyes of economical housewives.

On the butcher's proper attention to the process known as "jointing" depends mainly the facility with which a loin of mutton is carved. If it has been rightly attended to, the carving knife can be made easily to find its way between the chine-bone. The fat and lean go together with each bone, demanding little or no thought from the carver, except where an ugly or ragged bit of skin requires to be trimmed off neatly.

With the shoulder of mutton, the knife has to be passed from the outer edge of the shoulder through the meat towards the carver, until the bone is reached. Take away slice after slice in this direction, then resort to the meat lying on either side of the blade-bone, and carve this lengthways. When no more can be obtained from the upper side of the joint, it must be turned, and there are many people who do not consider that they have had the best of a shoulder of mutton until this side is cut. It will now present almost the

appearance of a new joint, being quite flat, offering several slices along its entire length, and which should be cut moderately thin. This under-side of the joint is known as the "oyster cut" to some, and is often carved and served first.

Lamb is carved the same as mutton.

Venison.—A haunch of venison is carved exactly like a haunch of mutton; but, being somewhat larger, it is advised by some authorities that the broad end of the haunch, instead of the side, should be turned towards the carver to afford a greater command over the joint. A skilled carver should be independent of this except under great emergency. Epicures say that the slices cut close to the chine are better flavoured than those farther removed, and the carver must make concessions to such notions, giving those whom he is helping their slice from the region which they prefer. Never, either, must he omit to give some of



SHOULDER OF MUTTON, SECOND CUTS.

the rich gravy always accumulating in the channel whence the slices are taken, nor an ample portion of fat with the lean. Expedition, but without hurry, is essential in carving venison, for, like mutton, it chills very rapidly. As the shoulder of venison is usually sent to table stewed and rolled, the bone having been removed, it presents no difficulty whatever to the carver.

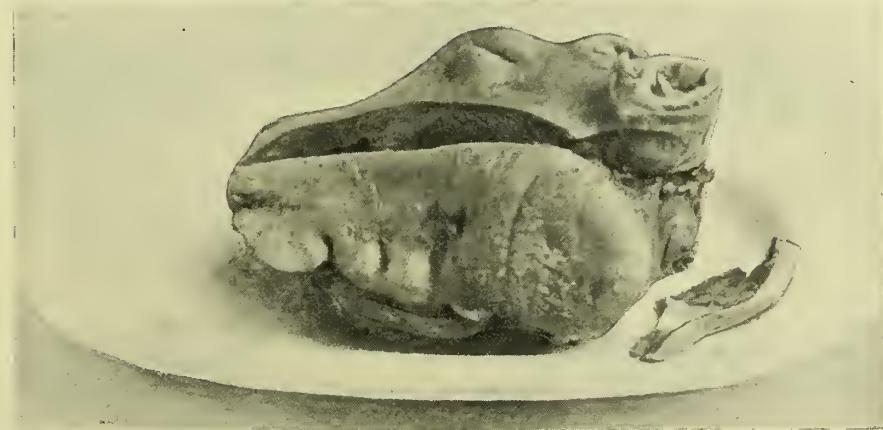
Veal.—The roast breast of veal is composed of ribs and brisket. These are separated by one long incision the lengthways of the joint, and then the rib-bones are cut one by one, after the manner of chops. The gristly brisket may be cut in squarish portions—inquiring of the guests whether they prefer the latter or the former. The brown, well-cooked parts in veal are usually most esteemed; and if the sweetbread be sent to table with the joint, it must be fairly distributed.

The roast fillet of veal is carved like a round of beef, with the addition that

a portion of the stuffing, which is inserted between the flap and the main bulk of the meat, be served with each helping, and that the brown outside, or first slice, is considered a very choice morsel.

The butcher is mainly responsible for the good carving of a loin of veal, for if the jointing is not properly done, it is hardly possible to carve it decently ; if he has done his work well, the carver has no difficulty in separating the bones, and the portions are cut much the same as with loin of mutton. Portions of the kidney, and the kidney fat, lying on the under side of the joint, are served to each.

Calf's Head.—When upon the dish, the nose should be to the left of the carver, and the first incision is made right down to the bone, and running all along from the nose to just beneath the ear, and slices are cut away in this direction. With each of these should go a piece of what is called the sweet-

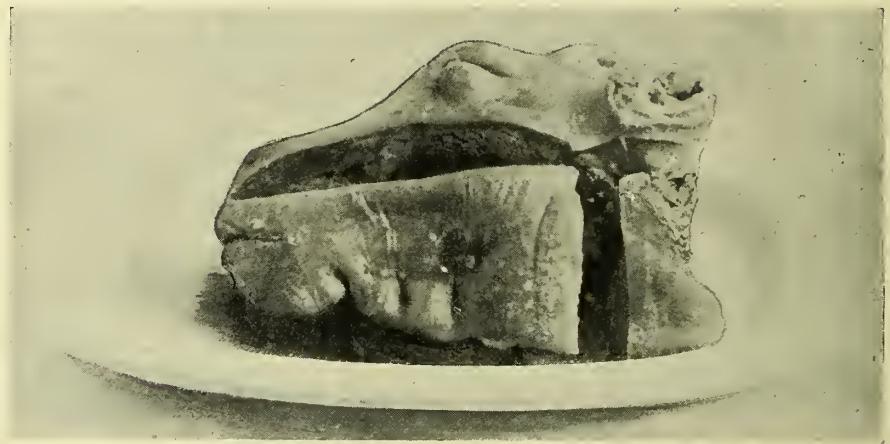


CARVING CALF'S HEAD, FIRST CUTS.

bread of the throat, which is just under the ear. This is cut towards the carver. Calf's head has a multitude of succulent morsels, to wit, the ears, the flesh round the eyes, and the eyes themselves. Also the palate, which, lying under the head, is to be got at when the jaw-bone is removed ; this likewise exposes some nice lean meat. On a separate dish the tongue and brains are served, of which everyone is invited to partake.

Pork.—A sucking pig is served to table in four parts, the head being separated from the body and split in two, while the body itself is divided in two parts down the back. The carver, commencing on one side, makes a circular cut round the shoulder and removes this with the fore-leg. The hind-leg is removed in the same way, and resembles a miniature ham. The ribs are next divided. The whole of a sucking pig is delicate, but the ribs mostly so. The epicure is sure to have his fancies about sucking pig—one preferring the ribs, another the neck, and a third the meat from the shoulder. Leg and loin of

pork are carved like leg and loin of mutton. The loin must be well jointed, and the skin (which makes crackling) well scored. This is done by the butcher and cook before cooking. If the leg is stuffed a portion of this must accompany each helping, if liked.



CARVING CALF'S HEAD, THE SWEETBREAD CUT.

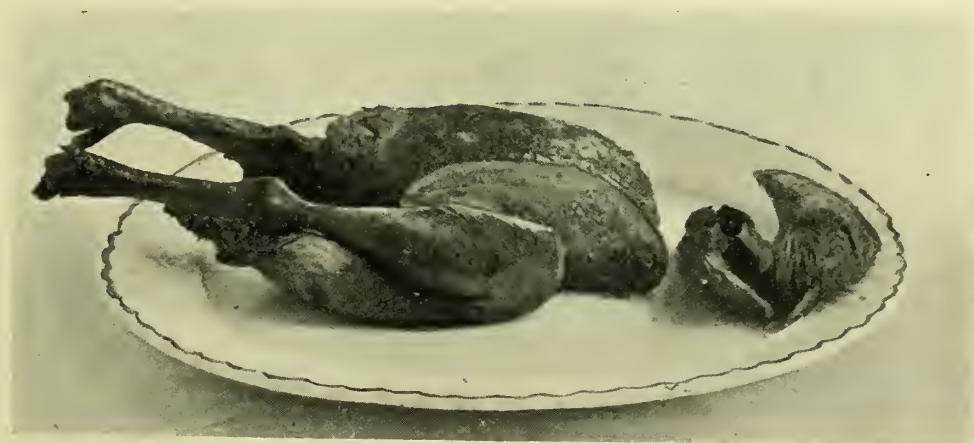
Poultry.

ONCE learn the anatomy and the best method of separating the limbs, and very little more knowledge is required to properly carve any bird. A chicken should lie upon its back with its tail end to the left. The fork should be driven firmly, but delicately, and almost perpendicularly into the breast a little to the left of the centre, a prong on either side of the ridge of the breast bone. Secure hold is thus obtained of the whole carcase, and if it is intended to cut up the entire fowl at once, it can be all but done without once removing the fork.

The next process is to separate the wing, or both wings, and this is done by passing the knife sharply along the line of the breast, as far outside the breast bone as will give a fair share of meat to the wing, then cutting from left to right, and downwards, let the knife clear the merrythought and strike the joint of the wing. Unless it be an old bird the joint is easily severed, and bone and flesh come away almost with a touch.

Having removed both wings in this way, lower the fork hand so as to turn the chicken a little on to its side, and then pass the blade of the knife under the projecting elbow, as we may call it, of the leg, and, forcing it outwards, disengage it too from the body by severing with the point of the knife the joint by which it is still slightly held. Then turn the bird bodily over on to its other side, without removing the fork, and dispose of the second leg in a similar

fashion. Now restore the chicken to its original position, pass the knife across the breast a little to the right of the highest point of the breast-bone. Cut down gently, inclining the edge of the blade to the right, press outwards and upwards slightly, and the merrythought comes away. The merrythought is now disposed of by just separating the little joints by which it is still attached when the upper end of its bone has been separated from the breast. Again turn the carcase on to its side, and by an action with the knife, similar to that by which the legs were removed, force away by an upward pressure the two side-bones one after the other, that is the two bones which the removal of the merrythought has revealed. There is nothing now to prevent the knife being swept clean through the ribs, and so disengage breast and back. At this stage the fork is withdrawn from the breast, which has now become a trim, tempting, and oblong portion ; the back only remains to be dealt with. Turning it over, press the knife firmly down upon the right end of it, and holding it so, steadily, lift the left extremity with the fork and the back is immediately dislocated near the centre ; complete the separation by severing with the knife such portions of skin and flesh as may yet cause the two parts still to adhere one to the other. Arrange then all these various portions neatly on the dish, and, still assuming that the carving of the whole bird was necessary, it will be ready to serve, remembering that a piece of the liver should go with that wing which has it not. On some occasions—carving for a large number of children, for example—it may be necessary to divide each leg into two portions by severing the thigh



CARVING FOWL, THE WING CUT.

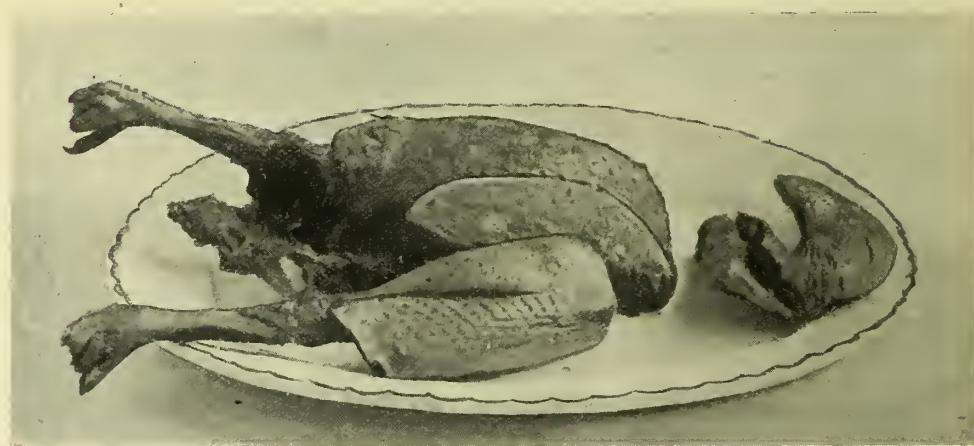
bone from the drumstick, as it is called. Boiled or roast, such is the mode of cutting up a fowl.

If a fowl approach the proportions of a capon, the fork must not be driven into the breast at starting, because then the first thing to be done is to make

the breast yield the utmost number of slices ; these should be cut, to begin with, from as close to the wing as possible, working upwards on either side till the breast-bone be reached. Only when these, the choicest parts of the bird, are distributed, will it be necessary to go into the dissection of the carcase : and it must not be forgotten that under this method the wings are reduced to what may be called a mere picking.

Duck.—The carving of a duck is done in the same manner as a chicken. It will, however, be found that the legs are set farther back on the body. When a very small and tender duckling is being carved, one wing and leg taken off together, without division, will be no more than enough for one portion.

The stuffing is got at by cutting open at its lower end, by a semicircular incision, the little apron of skin just below the breast. This should be done so neatly that it falls back into its place when the spoon is withdrawn, and must



CARVING FOWL, LEG REMOVED.

on no account be left jagged. The carver should never put any stuffing upon a plate without first asking whether it will be agreeable. Some housekeepers, when a pair of ducks or ducklings appear, allow only one of them to be stuffed, and this is perhaps wise.

As with a large chicken, so with a large duck, the most must be made of its breast by cutting the utmost number of long and delicate slices that it will yield, commencing always as close to the wing as possible. Very marked will be the difference in the apparent amount of separate portions which will be got off a duck by a good and a bad carver ; and it is only a little exaggeration to say that the good one will make the bird go twice as far as the bad. All sorts of odd out-of-the-way tit-bits can be got off the carcase by any one who has kept a watchful eye on a good carver—for practical carving is learned more thoroughly by watching an expert than by any other means.

Turkey.—The turkey does not call for greater skill in carving than a fowl. The first thing to do is to cut neatly a succession of long slices from the breast, each with its nice little edge of unturned skin. The cutting of slices from the breast should begin as close to the wing as possible, and proceed upwards, on both sides, to the ridge of the breast bone. This bird is stuffed at the neck end, and as the slices are carved from the breast it will be found that the stuffing is sliced also at the same time. The severing of the wings and legs is only on rare occasions necessary at table, as the breast of the bird usually yields an ample supply for an average number of guests. But in the event of the carver being called on to disjoint a leg or wing, it is done in just the same way as with a chicken. When, on the following day, the remains of a turkey appear in the form of a grill or a devil, the cook should have made any carving of the dish unnecessary.

Goose.—Though the anatomy of this bird is similar to that of the chicken,



CARVING FOWL, PARTS OF THE BODY.

the greater size and strength of the bird give toughness to the joints, and call for the exercise of more force in their separation. The point of the strong sharp blade must be made to find its way between the bones, as any attempt to cut through them will fail. Supposing the whole of the breast to be gone, and the leg and wing-bones have to be operated on, proceed as with the chicken. Turn the bird on one side, and, after forcing the leg out with the blade of the knife, separate the thigh from its socket. The dissection of the remainder of the bird, upon its reappearance as a hash or what-not, will devolve upon the cook. Stuffing is an element of roast goose never to be overlooked; it is to be found and reached in the same way as in the duck. The skin of the apron and elsewhere is on no account to be torn off, particularly as with this bird it is accounted very choice in flavour.

Guinea Fowl, Peahen, or Peacock.—Whether boiled or roast, are treated the same as turkey.

Rabbit.—A rabbit for roasting is somewhat differently trussed to when it is intended for boiling ; in the latter case the head is placed on the dish to the right of the carver, and in the former to the left. In both cases, however, the back is the chief point to operate upon. If roast, separate the legs and shoulders on either side, then divide the back into equal parts. If boiled, a very similar process may be adopted ; the knife's point has but to be inserted where a joint appears, and it yields to the slightest pressure. Very seldom is the rabbit substantial enough to justify its treatment after the manner of the hare—that is, by taking slices out of the back down to the ribs, like saddle of mutton ; but, where the bulk of the animal is sufficient to allow of this, it is certainly the more tempting and easy method.

Pigeon.—The bird is divided cleanly into two equal parts by a sharp strong cut, right through everything, as it were, from beak to tail. Each portion must be further manipulated by those before whom it is placed, the carver having no further concern with it. But should it be necessary to divide a pigeon into three portions, then a leg and wing from each side will make two and the breast a third.

Game.

Woodcock.—When a woodcock is being carved it must be seen that all the trail is upon the toast, or, rather, that the liver, which is the essential element of the trail, is not still left within the body. To do this a slight touch of the knife, when the breast is secured with the fork, will force back the legs, and so, by disengaging the back, turn the bird as it were, inside out ; the liver will then fall upon the toast, and should be spread upon it evenly, with the addition of a little pat of butter, pepper, and salt, and a squeeze of lemon. As to cutting up the woodcock, the task is very simple. The bird may be divided into two or three—the breast for one, and each leg and wing for the second and third portions, the same as with pigeon.

Snipe.—The whole bird, with a piece of toast does not usually form, too large a portion for one good appetite ; but it may be made to do for two by splitting the bird exactly in halves as with a pigeon. This bird should be eaten hissing hot.

Plover and Quail.—Are treated in the same manner as snipe. If the liver is spread on the toast, see that the little crop containing grit is removed, or it will make it uneatable.

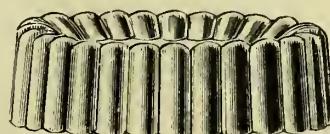
Wild Fowl.—All wild fowl, including the teal and widgeon, offer to the carver the most tempting of breasts whence to cut away a succession of delicate slices. The breast alone is held to be the choice portion of the bird, though there is good picking elsewhere. Some consider that, before carving, the breast should be lightly scored, and in these scorings a little cayenne should be sprinkled (very sparingly), followed by a little lemon juice.

Hare.—With the head on the left of the carver and the body lying at right angles to the line of sight, slices are cut out of the back all along its length from left to right, much like the breast of a turkey is carved ; and when all the meat has been cut away from both sides of the spine, both the legs must be disengaged by a sharp incision, much after the manner in which the wing of a chicken is removed. Then the shoulders, by a semicircular cut round the joint, are displaced, the point of the knife feeling for the junction at the socket of the bone. The stuffing, if any, must be served in moderation with each portion. Plenty of gravy should also be helped from the dish by the carver, in addition to that served separately ; otherwise the portions may look unattractively dry when first placed before the guest. All parts of a hare are full of flavour, and except that the back is usually the most tender, there is little superiority in it. The ears and brain are among the extra little tit-bits affected by the connoisseur.

Partridge.—Roast partridge usually coming, as it does, at the end of the dinner, only a small portion should be served to each guest ; in this case, cut up the bird precisely as a chicken, and all at once, without removing the fork. The choicest morsels, the wings, the breast and the merrythought should go to the more delicate appetites ; but that is no reason why legs and back should be comparatively wasted, as they often are, when accompanied on the plate by more fleshy pieces, or be left neglected by the carver on the dish. When the partridge appears as a chief feature at a repast, then serve one bird on a hot-water plate to each guest, without carving ; or, short of this, cut the bird in halves from head to tail, as a pigeon, and give half to each guest ; or, for smaller portions cut the bird into three, as directed with the pigeon.

Pheasant.—If this bird is a good sized one, and is served as one course of a dinner, it is sufficient to give a small helping, and in this case the breast will yield a sufficient number of slices, if carved in the manner described for a turkey ; otherwise the bird must be dissected entirely as if it were a chicken, remembering at the same time that, according to the position in the menu, so should the helping be proportioned. If a liberal portion is to be served, then give one or two slices from the breast with a piece from the less choice parts, but which afford an agreeable picking. Bread sauce and gravy are served separately. Should there be a toast beneath the bird upon the dish, a piece of this must go with each portion.

Grouse.—This can be served whole or divided into two or three portions, as described with pigeon. A piece of toast, too, usually to be found beneath the grouse should find its way to everybody's plate.



LAYING AND WAITING AT TABLE.



(*From Spons' Household Manual.*)

THE following information is given as applying to households where there are two or more servants. Mistresses of smaller establishments can readily adapt the information to their smaller requirements.

No table should be laid, no tablecloth brought into the room, until the hearth has been thoroughly swept up, and the mantelpiece and sideboard well dusted. The neglect of this spoils the look of a room. Then another most important item is the proper preparation in the pantry. Most half-taught servants will be continually running backwards and forwards between the pantry and the dining room bringing things piecemeal, instead of first preparing every article and bringing up everything, then shutting the door on themselves, and quietly laying the table, without the confusing scramble that the former want of method produces. Servants cannot know these things unless a mistress teaches and trains them. It behoves mistresses to learn, each one for herself, how to do everything in her house, so that she may teach those who enter her service.

For each meal—breakfast, luncheon, and dinner—there are different rules for laying the table and sideboard. We may call breakfast and luncheons movable feasts, for each day the laying of the table for these meals varies according to the food to be sent up, as at these meals everything is put on at once; whereas for dinner there is one invariable rule, whether there be many or few courses.

Breakfast.—Before commencing to lay your cloth, look to the fire, and see it is not in a half-lighted or half-dying condition. If there is one time more than another in which we value a good clear fire, it is in the early morning. A good stir, a little more coal, a good sweeping up of bars and hearth ought to be done before the cloth is laid.

The sideboard for breakfast in a small household of two or three servants should have a sideboard cloth, with a joint or a ham on it, also a pile of plates according to the number of the family; two knife-rests, a carving knife and fork, and small knives and forks arranged in stiff rows on each side of the pile of plates, which at breakfast is placed in the middle of the sideboard, in front of the joint. On the right side should stand the bread board, with white and brown

bread, and a bread knife ; and on the left side a silver tray, for handing letters when they arrive, and also if the bell has to be rung for anything needed or forgotten, the tray is there ready. In larger households there may be a side table, with different cold foods, of course a much larger variety than in a smaller establishment ; but the same rule holds good, that a sideboard and a side table is straightly and stiffly laid for breakfast.

It is not proper to put tablespoons at the corners of the breakfast table with saltcellars. Put any tablespoons that are needed at the right side of the dish which requires one, or in front of the dish. For each person lay two small silver forks, one small steel knife, and one silver knife. It is a very slovenly way to put only one steel knife to each person, for, after eating bacon or any meat with the steel knife, it is not nice to use the same knife for marmalade or butter. Small second-hand silver knives are not expensive to buy for breakfast or for meat teas ; keep them for that purpose and for children's fruit at lunch, and it saves the better dessert knives and forks being used.

In laying the cloth take the greatest care that it is exactly in the centre, if not the whole table is thrown out. The laundress should be taught to fold the cloths with two outside seams and one inside fold, not in half and in half again. The former way makes them set so much better. Measure with your apron the distance of the side folds from the edge of the table. The distances ought to be exact.

Be careful, before arranging the table for every and any meal, to think what will be the general effect on entering the room. Think of what it will look like from the door, which is almost without exception farthest from the head of the table, and therefore so arrange the articles of china and silver that the tallest are nearest to the hand, and thus the effect of each thing is seen as it slopes down to the bottom of the table.

One thing has always to be taught to a new servant, and that is, to put knives, forks and spoons an inch on the table, i.e. to leave an inch between the edge of the table and the handles. It is wretched to see the handles over the edge, and the least touch in passing swings them round, to say nothing of the untidy effect. Do not leave a straggling space between the knives and forks for each person only sufficient for the width of a plate, and let the prongs and handles be exactly and precisely together top and bottom. Care in these details makes such a very great difference in the whole look of a table. If there are flowers in the centre there will not be room for large cruets. It is quite the proper thing to have cruets on the table for breakfast and lunch, as at these meals every one waits on himself, except in a few uncomfortably grand houses ; and, therefore, though it is incorrect to put cruets on a dinner table, it is quite right to put them on a breakfast or luncheon table.

After having arranged the table so far, see that marmalade or honey, rolled butter, sardines, and all cold things, are arranged on the table before bringing up the urn, or coffee or tea, or any hot things. Also have the sideboard and side table arranged before any hot things come up. Then remember that it is very bad style to bring them in in a straggling and single way. After the urn

or kettle and the coffee and tea have been placed on the table, wait until the cook has placed everything on your tray—eggs, muffins, or rolls or buttered toast, bacon, fish, hot milk, etc.—and bring it all up at once, and place them one after the other quickly on the table. In arranging a table take this simple rule—let nothing touch another, be able to pass your finger at least round each article, and place the coffee pot, tea pot, milk jugs, sugar basins, and slop basin so that each is seen, and has its clear and distinct place. Let marmalade and butter correspond, and saltcellars occupy a rather central position at a breakfast table. If small cruets are used, containing salt, pepper, and mustard, they can, of course, be placed at the corners.

Have perfectly clean and freshly-made mustard for each meal. Nothing is worse than to open the lid of a mustard pot and see the inside and the spoon clogged with stale mustard. See that the salt is perfectly free from lumps. Place a toast rack always on a large plate, or else the crumbs make the cloth untidy.

Put a table napkin to each person, and see that the moist-sugar spoon is not clogged with sugar, but thoroughly clean. If a knife and fork are placed in front of a breakfast dish, or a spoon and fork, place them so that they meet top and bottom—i.e. let the bowl of the spoon meet the end of the handle of the fork, and the prongs of the fork meet the handle of the spoon ; the same with a knife and fork. Do not put a spoon on the preserve glass, but at the side ; the same with a butter knife.

To each person at the breakfast table there should be, in addition to the usual plate, an extra one, very small, for eggs. In buying a breakfast service, it is better to get more plates and dishes than are usually sold with a set, otherwise the cook will be sending up dinner plates and dishes. When it is time to remove the breakfast things, whether it is done by the cook, parlour-maid, or man-servant, it is a most painful ordeal to a methodical mistress unless she teaches them how to do it. A tin tray, not too clean underneath, popped down on the white damask cloth, and everything put upon it promiscuously, plates upon plates with forks and knives left in them, others ditto on the top of that, silver mixed up with knives, delicate glass butter dishes smashed in among bacon dishes, etc.

Now for the proper method—a much easier one in the end, both as regards the comfort of any one sitting in the room, and of the servant when she deposits the things in the pantry. First take away the silver ; take the slop basin in the left hand, and go round the table and put into it each dirty tea spoon, fork, egg spoon, and table spoon, and put the slop basin on the tray, which should be on a table outside the door. On the same tray put every other silver article except the urn, and carry down this tray and leave it, and bring up another. Now remove the urn. Then on the tray take down bread, meat and dirty dishes, and take the large plate that the toast rack has stood on, and place on it every dirty knife, placing the handles in the plate, which makes less rattling. Then collect plates neatly in piles, and all the saucers in piles, the cups two together, and it will be seen how much less room they occupy. When the last tray has been

removed, bring up the dust shovel and brush, the hearth brush, crumb brush or towel and a duster. Brush the cloth free from crumbs, and fold it up on the table ; also the sideboard cloth, in their exact folds. Leave them on the table and brush up the hearth, brush up the crumbs under the table, and dust the top of the sideboard and mantelpiece, arrange the chairs, and, if allowed, open the window to get rid of the odours of breakfast, and you thus leave the room neat and ready for morning occupation.

A servant can be trained to do all this in a quarter of an hour from the time she enters the room until the dusting is finished. When she goes into the pantry to wash up, instead of finding everything mixed up, and thus leading to a general washing up of greasy plates and silver spoons in one greasy water, she can first wipe the knives, and put them away ready for cleaning, and thus secure them from lying about getting splashed over and rusted. Then all the china should be washed up, first in warm water and soap—no soda, as soda eats away the glaze and the pattern—and then rinsed in cold water, and put away in their places. The eatables ought never to be taken into the pantry at all, but placed at once in the larder—the bread in the breadpan, and the meat on larder dishes, not dining-room dishes left in the larder. The silver is washed up in a quite separate tub, and if servants would only wash up silver in a proper manner very little plate cleaning would be required. It is very trying to see and hear heaps of silver being tumbled into a tub, and then tumbled out again and left to drain, the very thing that ought not to be done. In washing up silver, take each article singly, wash it well in hot water with plenty of soap ; when it is washed leave it in the water, and go on in this way until all is washed. A very good mixture for washing silver in is a lump of soft soap and a lump of whiting put into hot water, and beaten up to a lather with an egg whisk. The great secret in making silver look well is the way in which you dry it. Take each thing out separately, leaving the others in the water ; dry it as dry as a bone ; dry it as if your glass cloth or plate cloth were a polishing leather. This simple rule is sufficient to make silver always ready for table. Two cloths are required, one for the first wet, the other to finish with ; but remember to finish off each thing thoroughly at once. If silver is left to drain, or half finished, there is always a film and a stickiness about it.

Before the servant commences any washing up, she should put the table-cloth and sideboard cloth in the screw press. If any crumbs are left in a cloth they stain it, and two or three washings will sometimes not remove the stain.

Luncheon.—After washing up the breakfast things the servant should prepare for lunch, by setting on a tray everything needed for the table, and the knives must be cleaned both for luncheon and dinner. The French way of cleaning knives is excellent. Wipe the knives with a piece of paper, lay the knife on a knifeboard, then take a cork and dip the end of it in emery powder, rub it well up and down the blade, and then wipe clean.

Before laying the lunch table the servant prepares the room, by making up the fire, sweeping the hearth and dusting the mantelpiece and sideboard. This should be done before the parlour-maid or man-servant dress for lunch.

The luncheon table is never two days alike, and it is a meal that perhaps is the prettiest of the three, and certainly calls for taste and management. The proper way to lay the different places for people and the way to arrange the silver and knives on the sideboard is always the same, but the disposition of dishes is almost each day different. For the sideboard, let it be stiffly laid, but of a different stiffness from a sideboard for breakfast. Instead of arranging small knives and forks tightly on each side of the plates as for breakfast, they must be spread out, but straight and stiff. Place in even rows a few table spoons, dessert spoons and forks, also small knives. Knives do not appear on the table for late dinner, but for breakfast and lunch, because the family wait on themselves at these meals.

Some large and some small plates are put in piles, the former separate from the latter. Sufficient small plates should be put for the different sweets and for cheese. The bread trencher is also put upon the sideboard, but it is quite wrong to put it on for dinner. On the sideboard is any cold meat for which there may not be room on the table. A butler's tray and stand are not necessary or suitable for breakfast or luncheon where there is a side table.

The first thing in laying the lunch table is to make it as pretty as you can ; and sifted sugar in a coloured basket, wine, fruit, sweets, and rather fanciful glass, all being put on from the beginning, make a lunch table a very pretty sight. With regard to the laying of the table ; for lunch put for each person a large and small knife, and two large and one small forks, and a dessert spoon. You may either place the dessert spoon between the large knife and the small knife, and the small fork between the two large ones, taking care that the end of each handle is even, and an inch off the edge of the table, or you may put the dessert spoon and fork in front of each plate, making the handle of the spoon even with the prongs of the fork. It is not correct to put a dessert spoon and fork on the table for a late dinner, because at dinner we are properly waited on. It is quite correct to place cruets on the table for lunch, either in the middle, or, if small ones, at the corners, or on each side of the centre of the table. Flowers being generally in the middle, the table must be arranged accordingly.

With regard to the way of placing table spoons, servants and mistresses have different ways ; but the best style, if there is room, is to let the saltcellars be on a line with the top of the large silver forks, and as far from the edge of the table as the length of the handle of a large silver fork. Then place table spoons on each side of the saltcellar, so that the bowls of the spoons are clear of the saltcellar ; and thus the handles can be closer together. It is not of any great moment if the table spoons are put at cross corners or not ; and sometimes to put them across the corner is a convenience, especially for a lunch table ; but, if they are put across corners, then one spoon should be turned one way and the other the opposite way. If they are arranged the first way, then the water bottles should stand just off the tip of the inside spoon, a little towards the inside of the table. If the spoons and salts are arranged the latter-mentioned way, then the water bottles should be placed in front of the middle part of the inside table spoon.

Meat and vegetables and cold sweets are put on together at luncheon.

Sometimes servants do not wait at all at lunch, but the more general way, after the bell or gong has sounded, is to come in to remove the covers, and sometimes to hand round the first plates and vegetables ; but, unless there are young children, the middle course is best—that the servant should follow the family into the room, remove the covers, and depart. Every one prefers waiting on themselves at luncheon, as chatty gossip is more usual than at dinner ; and besides, the luncheon hour of the family is commonly the dinner hour of the servants.

Unless there is a hot pudding that will spoil if not served just when it is wanted, there is no need to ring the bell until lunch is finished ; and a thoughtful woman will order luncheon with a regard to her servants not having to be rung up.

For lunch, tumblers as well as wine glasses are placed for each person. It is quite wrong to place tumblers for the late dinner on the table, but at lunch it is quite right, because there is no waiting. The wine glasses, either two or three, should be grouped close together, the tallest a little from the right side of the tip of the large knife, and the tumbler below the wine glasses.

The wine decanters for lunch should be quarts, and, if possible, placed on each side of the centre crease of the tablecloth, either behind the top dish or the bottom dish. If this is not possible on account of the varying rules for arranging the lunch table, then put them at the corners.

Sometimes for luncheon two water bottles are enough, and then cut cheese, or sifted sugar, or rolled butter, or preserves can be put at cross corners opposite the water bottles. Ale, either in a jug, or bottled ale, can be placed on the sideboard ; and it is not at all the wrong thing to place it on the table, for ale jugs can be very ornamental, and, if it is bottled beer, the cork must be drawn, an ornamental cork put in, and the bottle placed in a silver hock-stand, either on the sideboard or the table. An ale bottle is washed before the cork is drawn, so should be a claret bottle, or any other bottle that is not to be decanted, champagne included.

Sometimes it is necessary that hot puddings should come up after lunch has been half finished, and in bringing the pudding, and removing other things, of course a little rearrangement of the table is required. Supposing, too, that the meat has to go down to the kitchen as soon as every one is helped, then the servant should not leave the place vacant that the meat has occupied, but rearrange the dishes so that some other fills its place before she leaves the room.

Where there are young children whose dinner is at lunch time, the arrangements must of course be different. These arrangements depend so entirely on the number in the household, and the ages of the children, that no decided rules can be laid down. But in every case an early dinner ought always to be laid luncheon fashion, as otherwise it can never be laid prettily. What can be more bare and ungraceful than an early dinner laid in most respects as a dinner, yet with none of the accessories that make either lunch or dinner pretty. If the children are very young they require waiting on ; but for older school-room

children, who, with their governess, have dinner at lunch time, unless there is a full staff of servants, waiting is not necessary.

In taking away the things after lunch is finished, there should be a proper order observed. All silver articles should be kept separate, and the double basket should be brought in, to remove the knives and forks properly, putting each by themselves on each side of the division. After everything is removed, the crumbs are swept up, the carving chairs pushed close up to the table, all the other chairs put in their places, and the window opened. A servant should understand that it is disrespectful to keep a room in a disorderly and unfinished condition by taking away in a dawdling and unmethodical fashion. Before the last trayful is taken down to the pantry, leave it outside, and return to sweep up the crumbs and finish the room.

A butler's tray is not necessary for luncheon.

Fresh fruit is a great ornament on the lunch table, or on the sideboard, and the dessert plates should be placed there in a pile, or on the dinner waggon, with the silver knives and forks placed on each side of the plates, and close together. No finger glasses or d'oyleys are used at lunch.

Dinner.—The dining room fire should be attended to at five o'clock in the afternoon through the winter. If the under bar is well raked out at five o'clock in the afternoon, or six, according to the dinner hour, and well but moderately made up, the fire will be in good condition when the time comes to lay the cloth. Then, before bringing in the cloth or anything else for the table, stir the fire, sweep the bars and grate, and dust the mantelpiece, sideboard and dinner waggon. This is a rule very much neglected by servants, both before luncheon and dinner, but it is a most necessary one, for it is really dirty to throw the tablecloth, sideboard cloth, etc., on to surfaces covered with dust.

The laying of the table for dinner should not be put off, as it so often is, until there is barely time to do it; this applies also to all the meals, and there should always be a comfortable margin of time left, so that a servant can wash her hands, and change her apron and cuffs and collar, or a footman make a suitable freshening of himself for waiting at table. To prepare properly in the butler's pantry is the great secret for laying a dinner table. Not one tray, but two or three if necessary must first be prepared, so that every requisite for the table is brought up before the servant commences to lay the cloth. Silver, knives, glass, cold plates, water bottles, cheese, butter, bread, dessert, finger glasses, etc., ought all to be prepared, and put into the dining room before commencing to lay the cloth. Either in laying a table or in cleaning a room, a well-bred servant shuts herself up in the room in which she is busy, surrounded with all that she requires.

Before beginning to lay a cloth the servant should wash her hands, and tie on a large clean apron so that her dress does not soil the cloth. The thicker the under-cloth the better the white cloth looks. Have the white cloth most exactly in the centre, so that the side folds are at equal distances from the edge of the table, and smooth and stroke and pull the cloth well before placing anything on it. Then to each person put two large knives and two large silver

forks, both to be an inch from the edge of the table, and the handles close together and perfectly even. At the top, just to the right of the end of the outside large knife, put the tallest and largest wineglass, and then group the others below, but always slanting a little towards the right, and close together. Unless placed in this manner, it would inconvenience the person using them. Place sherry, hock, claret and champagne glasses in this way. Of course, this is an extreme of wine glasses, but these are the wines drunk during dinner. Generally, for every-day use sherry and claret are sufficient, or sherry, hock and claret, and if there is champagne, hock may not be needed. Do not put any tumblers on the table for a late dinner, nor any port-wine glasses. Unless there is a good staff of servants, the table must be laid for a dish of each course to be placed at the bottom of the table. To attempt to have everything carved at a side table, unless you can do it properly, is simply pretension. The table can be laid prettily with fruit and flowers, and yet have the soup, then the fish, then the joint placed at the bottom.

If, when there is only one servant to wait at table, the carving is done by her at a side table, either the first person she helps must wait for vegetables, sauce, etc., while she is carving for others, or they must wait for their fish or meat. The sideboard for the late dinner must be laid fancifully and prettily, and with such a disposition of the tallest articles that all the rest are shown to good effect. No knives should be seen, all should be silver and glass. Never turn a tumbler or a wine glass upside down in arranging a sideboard or a table—it is wrong. At an hotel or restaurant it is reasonable to do so, where tables are really laid for hours, as it keeps out the dust; and on the washing-stand of a bedroom it is proper to turn medicine glasses and tumblers upside down for the same reason, but not in preparing meals in a private house, where the glasses are going to be immediately used. Neither should any spoon or fork be turned upside down; only the salt spoons, as otherwise they would not lie on the top of the saltcellars. Arrange on the sideboard dessert spoons and forks, some large spoons and forks, sauce ladles, gravy spoon, fish slice—in short, all of silver that will be required during the different courses. Lay them out in a tasty manner, not too straggling, never in bundles as you would keep them in a plate basket. This is only admissible when there is a large dinner or ball supper, and then you must of course have a reserve in bundles, in addition to those you lay out ornamentally.

In laying the table do not place a soup ladle, a gravy spoon, and a fish slice, or fish knife and fork altogether at the bottom of the table, as so many servants do. Keep the fish knife and the gravy spoon on the sideboard until they are wanted. It is quite right to place the carving knife and fork from the beginning at the bottom of the table, it is then ready, and yet does not make a confusion; in fact it would make more of a confusion if you were to place it only when it was wanted; but remember, in laying them to let the bottom of their handles correspond exactly with the bottom of the handles of the two large knives, and let the ends lie on the knife rests. Put four saltcellars, one at each corner, or a small one to each person as the custom of the family may be.

Place the table spoons on each side of the saltcellars, so that the handles are in a line ; and if you prefer to place your table spoons straight, let the saltcellars be on a line with the ends of the large knives, but if you prefer to put your table spoons at cross corners, they must be nearer to the edge of the table. If you place the table spoons straight, the water bottles must stand off a little from the tip of the inside table spoon. If the table spoons are at cross corners, the water bottles then stand across the middle of the inside table spoon, and in this case you may turn the handle of one table spoon one way, and that of the other spoon the other way ; but when they are placed straight, it is better style to have both handles in a row. You may either place four water bottles, or two water bottles and two pint decanters of dinner sherry, letting them correspond at cross corners. Pint decanters have gone very much out of fashion, in these days of handing everything, but they look pretty and cosy. As a guide how far apart you should place the knives and forks for each person, put a plate down between ; the edges of a large plate should go over the knives and forks, a small plate should not. Salt may be moulded in a little hillock, either out of a small china egg cup, or a wine glass that has lost its stem, and then turned out into the saltcellar. Remember to place knife rests. The butler's tray is an ugly object unless a clean tray cloth is put over it ; but it is a very necessary relief to the side-board, as it holds the pudding and cheese plates, knives, and cheese, which ought all to be arranged there during the laying of the cloth, and room left for two vegetable dishes—if the family is small ; if not, a large side table is needed.

The dinner waggon should only be used for dessert plates, and such dessert dishes as cannot be put on the table until dinner is over. Wines for dessert ought also to be placed in the dinner waggon. Each dessert plate must be arranged quite ready for placing, with its d'oyley, finger glass, knife, fork, and spoon. The finger glass ought not to be even half full of water. If dessert plates are used without a d'oyley or a finger glass, then place the dessert knife and fork handles *on* the plates, and let the points go over the plate ; this prevents their falling or straggling. The arrangement of the dessert ought always to be the care of the mistress, unless she has a housekeeper, and even then it requires her supervision. It is a thing that requires a lady's taste and touch. Each day the dishes require wiping, the papers rearranging ; and once a week, at least, the dishes want washing. Nothing is worse than to see an old dessert from yesterday put on the table without to-day's restoration. Nothing is better than a pretty and fresh dessert paper. For strawberries, or any of the small summer fruits that stain in the helping, it is better taste to place them on the bare dish, unless you use the leaves that belong to the fruit ; but do not use too many, and be sure to wash them. Never use artificial leaves or flowers to decorate dessert ; in fact, never use flowers at all to decorate fruit, it is not true taste. For all winter and dried fruits, dessert papers are best, also for biscuits and cake. Do not overload any dessert dish, and never put out ginger—either wet or dry, or guava, etc., on a dessert dish, but on a small glass one, and place this on the dish, with a dessert paper under.

Small crystallised fruits are pretty arranged in ornamental paper cups, especially made for dessert. Fill each with a different kind, and by leaning them against each other you can make a sort of pyramid. If only one dish of meat is put on at each course, a water dessert jug and goblets can be placed at the top of the table. It is impossible to give more detailed directions as to how the dessert dishes should be arranged on the table, only taking care there be not too many dishes. If the door of the dining room is farthest from the head of the table, let your tallest ornaments be near the head of the table. If you have occasion to bring in any odd chairs for a dinner or supper, do not put them on the side of the table opposite the door. If these two last hints are remembered, you do not spoil the general effect.

After removing the meat course, and all that belongs to it, remembering to turn out also the plates, so that the cook can be going on with her washing-up, return to the room and shut the door.

If there is a tart, go to the sideboard, and place on a tray two clean knife-rests and a knife and fork—the latter, of course, to be silver. Place these to the right and left of the master, the handles an inch from the edge of the table ; then put a tablespoon to the right of where the tart dish will be, *not* by the side of the knife. Look round, and remove unsightly articles, such as tumblers that have been used for beer, and remove also any large knives that have not been used during the meat course ; also put the saltcellars in their places, and water bottles. These little matters are easily and quickly done, and give a much more suitable and refined appearance to the dinner table for the serving of the sweets ; for, naturally, the table gets a little disordered during the meat course from people using salt, mustard, cayenne, water, etc.

However small the article may be, always bring it to the table on a tray, or take it off in the same way. Now bring in and place before the master the tart or pudding, and put the other sweets on the side table. Take in your right hand the sugar basin, and hold a pudding plate in your left. If your master puts the first helping on the plate that is before him, then the one you have in your hand does to replace it, and if there is only one servant waiting, of course this is the best way, but if two are waiting, then one can always hold a plate for a helping to be put on it. If two servants are waiting, the second follows with the sugar and sauce, if the latter be needed. When every one has had pudding or tart, remove it before handing the other sweets, or, if it is merely an everyday family dinner, you may hand the sweets to those that refuse pudding. As you remove a pudding plate that has been used, replace it with a clean one, with a fork upon it, with the handle on the plate and the prongs over the edge to keep it steady. Then hand the other sweets, holding the dishes with your hand underneath and very firm. If it should be jelly, blancmange, or cream, a tablespoon is sufficient, but for pastry a large fork as well as a spoon is needed. In handing entrées or sweets that require cutting, the first cutting should be done by the servant at the sideboard before she hands the dish. In dishing sweets, never decorate them either with flowers or anything else, except their own cooking belongings. It is bad taste, simply because it is without any

reason. A glass dish set in a silver one is the best, with a fringed d'oyley between, barely showing, but just enough to prevent a hard look. If there are not any silver dishes, then hand the glass dish by itself. Inexperienced servants commit the mistake of offering sweets to people who have already some of another kind on their plate. You must wait, and give a clean and separate plate for each sweet. Not only is it better taste and style, but one sweet will spoil another, if eaten together. If there is game, it comes in before the sweets, and without any vegetables. In the case of a game course following the entrée and meat course, do not trouble to rearrange the table so exactly as before the sweet course, but still, a neat servant will always give some touches before each. The bread sauce must be in one tureen and the gravy in another, if it is game that requires gravy, and the bread crumbs should be handed on a flat dish, as you would cut toast for soup. To all game hand cayenne pepper but no sauces, as the game flavour would be destroyed. If the game should be wild duck, it is dished quite dry, and, as soon as you have placed it before the master, place by his side a cut lemon, cayenne pepper, and the sauce. In the same way, if, at the meat course, the dish should be a fore-quarter of lamb, you must place by the side some butter, lemon, and cayenne pepper, and you must have ready in your hand a small dish on which to receive the shoulder when it is removed. The lemon, butter, and cayenne should be put in between the shoulder and the ribs after it is cut and before removing the former.

To prepare for the cheese course. Remove everything belonging to the sweet course, and then return to the room, and shut the door. There is so much less rule observed nowadays, and so much more carelessness indulged in, that the proper rules will soon be lost sight of, and there is not one house in twenty where one sees the cheese course properly done. The proper rule is this—before cheese is brought in everything should be removed, except water and salt, because these are the only things that are required with cheese, so far as the things on the table are concerned. The port wine and ale are on the sideboard, and so are the tumblers and wine glasses in which they are handed. As you remove the dirty pudding plates, replace them with cheese plates, with a small knife and fork on each, with the handles resting in the plate. Never place a cheese plate with only a knife. Half the reason why it is popularly supposed to be unladylike to eat cheese, is that it has been so generally eaten with only a knife, and this is done away with if a silver fork is used. If two servants are waiting, the second holds the tray while the other places everything on it; but if there is only one, she has to use a smaller tray, and then it is a better method to remove all the silver together, and then all the glass. If any one has used a tumbler to drink water out of during dinner, do not remove it, but leave it for the same use during cheese. There are many ways of handing cheese, the most refined being to hand it, cut in squares from which the rind has been removed, on a round glass dish or small tazza, and some rolled butter on another; or it may be handed in a china dish with three divisions—for butter, for biscuits, and for cheese. This latter is the more convenient where there is only one servant. But many people like to have the cheese placed on the table when they are

alone ; and in that case you must place your cheese scoop or knife ready to the right before you place the cheese on the table, and remember to bring it on a tray. If the cheese is put on the table, stand at the master's left side with a spare cheese plate in your hand. Several squares of cheese are cut, and you must place on this a small silver fork, and hand it round to each person, as you would a dish, and each takes a piece on to their own plate with the fork. Next hand bread, or biscuits, or oat cake, or pulled bread, and butter. Then go to the sideboard and pour out, in a port-wine glass, some port wine, not to the brim, and two tumblers of ale. (This is supposing that there are three gentlemen at the table.) Hand these on a small round tray ; if a gentleman takes the port wine, return to the sideboard with your tray and pour out another glass, and hand with the ale.

Now remove the cheese course, but if cheese straws, or cheese pudding, or cheese soufflé are eaten instead of plain cheese, you must observe the same rules, the only thing you have to remember is to hand cayenne with these.

There is only one proper way to wait at table, and an important detail of good waiting is clearing as you go, which is the key-note of all these directions and a help to every one. Firstly, the family comfort and refinement are more attended to, the cook gets her dishes and plates, and has not a general descent upon her of greasy things muddled up with others, and the things can be taken to the butler's pantry in a more methodical manner.

A proper table in the hall for placing dishes on greatly facilitates their removal down stairs. A flap table with strong supports is the best for a narrow hall, or a trestle table, which should not be put out until the first course has begun.

Now, to prepare for dessert. If the foregoing rules are followed, it will be found that there is very little left to remove. Having cleared the table, remove the slip cloth from the bottom, and take all the crumbs away. A scraper with a handle is best, as a brush is not often enough washed ; always use a pudding plate—a clean one, of course—to scrape the crumbs into. First bring a fork to take away the pieces of bread with, and then scrape the cloth very carefully, for nothing stains damask more than bread-crumbs, if the cloth is screwed down in a press with crumbs left in it. Never bring a dessert plate to the table until it is quite clear of crumbs. Spread out the dessert dishes, and fill up the spaces with others that you have kept on the dinner waggon. After placing spoons to the right of each dish, place to each person the proper wine glasses, and lastly, the wine, before the master, and if you have used other decanters during dinner, the dessert decanters are nice and bright. See that the sifted sugar basin that has been used at the pudding course is wiped, and the sifter clean before putting it on the table.

Where there is only a house and parlour-maid the dessert is not handed. It is kinder to the servants to let them go to their washing-up, and pleasanter to oneself to be without them.

One of the untidy customs of nowadays is to leave the sideboard half-cleared, and for the servants to withdraw, leaving many things about that have

nothing to do with dessert, and which had much better be cleared away and put in their proper places, including the sideboard cloth, while the family are at dessert.

As soon as the servants have left the room, the fire in the drawing room must be attended to if it is winter, and any little touches given that the room requires ; and before the lady of the house leaves the dining room it is a good plan to ring the bell, as a hint to the cook to look to the coffee, which should either be brought in when the drawing-room bell rings, or at a regular hour.

The Temperature of Rooms at Meal Times.—In addition to the care taken in laying the table, a servant can make her service doubly valuable by using the same care in attending to the warmth of the room. An over-hot or a cold room will prejudice if not spoil the nicest meal ever served. In cold weather a warm breakfast room almost amounts to being a luxury, for it is by no means a very common thing. On the other hand, in summer-time, a breakfast-room with the fresh morning air in it gives an equal degree of pleasure and sense of comfort.

Perhaps the warmth of the dining room (at dinner-time) needs as much consideration as any, for it is understood that at this meal the temperature of the room rises independently of the heat of the fire. For ladies wearing evening dress the room should be comfortably warm when the meal commences, but after this the fire-heat should go down somewhat. This can be effected by having a good fire in the dining room about twenty minutes before dinner and allowing it to die down slowly from then. The heat of the fire should be at its maximum at this period before dinner, as it will then warm the room thoroughly in readiness for the dinner party, yet not allow of an uncomfortable heat being attained afterwards.

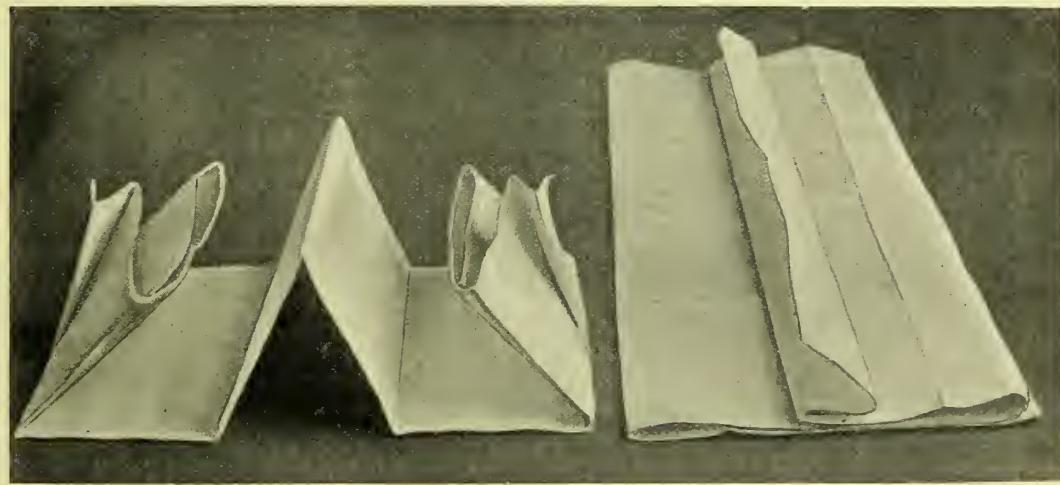
The Lighting of the Dinner Table.—To decide the manner in which the table should be lighted may not be within a servant's province, yet it should be within her knowledge what gives the best effect. Wall lights are not desirable ; except for the light directed on to the table, the rest of the room can be in gloom. Lamps suspended over or placed on the table are best ; and candles, with the pretty shades now obtainable, are sometimes preferred to everything. One most important feature is that no visible light should come about level with the eyes when the company are seated at the table. Nothing is more distressing to most people. The light may come level with the eyes (and it usually does), provided a shade of some kind shields it from the sight of those seated and causes all its illumination to be directed on to the table.

SERVIETTE FOLDING.



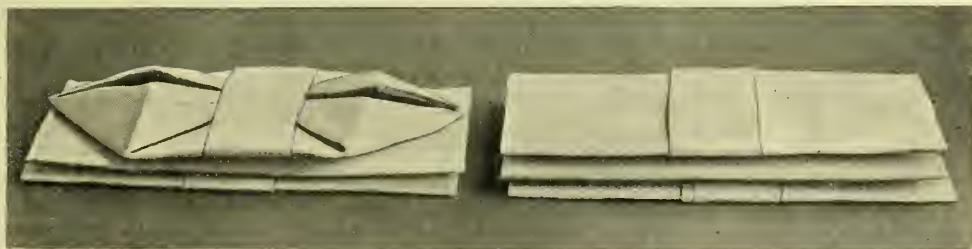
NO attempt is made here to give examples of elaborate designs in serviette folding, but only a few of those that are simple, in general use, and suited for home purposes.

The first example shows a nice method of folding breakfast serviettes, which either have no bread in them or have cut bread and not a roll. The upper



SECOND FOLD.

FIRST FOLD.

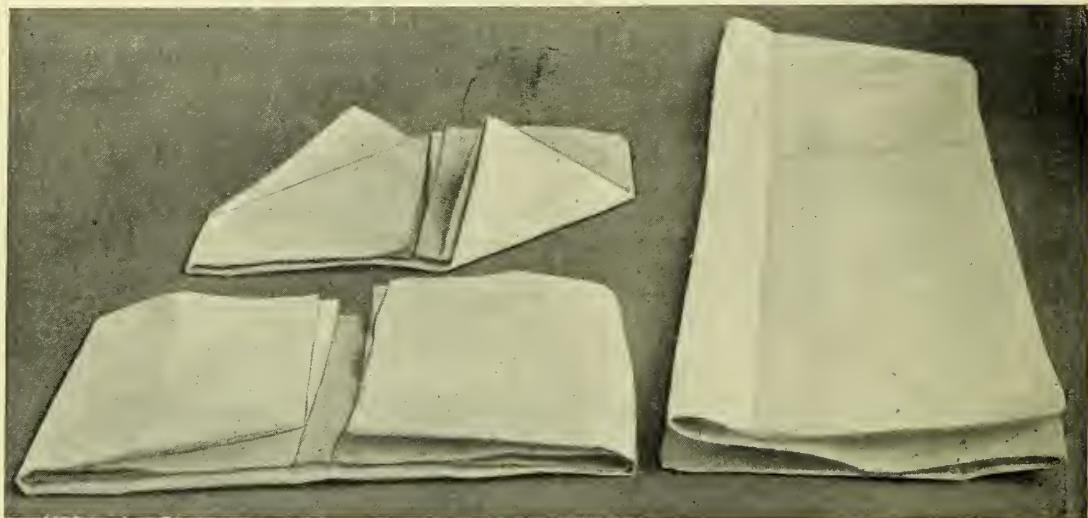


LAST FOLD.

BREAKFAST SERVIETTE.

THIRD FOLD.

part lifts to allow of cut bread being inserted if wished. The serviette is first folded in three, then the upper flap is pleated as shown. Next crease and fold in the manner shown for the second folding, which when closed up makes a wallet-shaped square with a strap or band across the middle, as can be seen in



SECOND AND THIRD FOLDS

FIRST FOLD



LAST FOLD

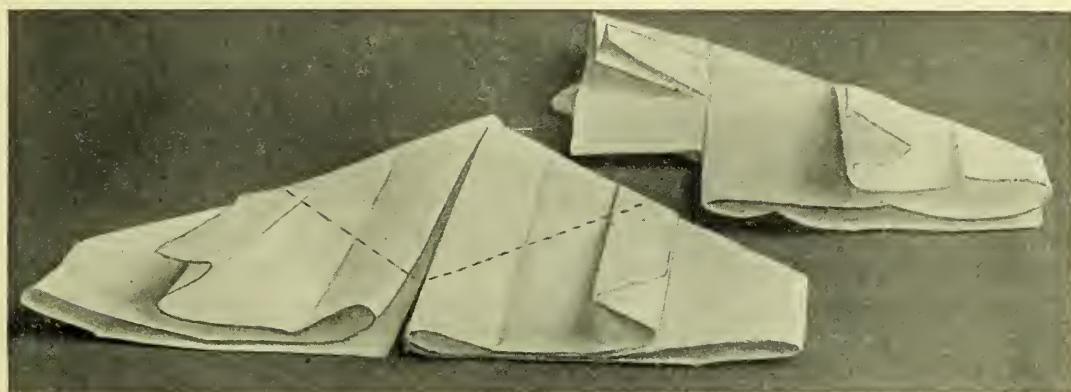
FOURTH FOLD

THE MITRE.

the third illustration. The last thing to be done is to open the top fold at the ends, and by pressing in from the sides the diamond squares are obtained, and these lie with one point neatly tucked under the centre band.

The next example is the well-known "Mitre," a dinner folding having perhaps more use than any other. The first illustration shows a simple three-fold

like the last, but the top flap is left undisturbed. This is folded from each end to the centre, after which the corners are turned down as shown. The next fold is lengthways, and then the serviette becomes like that shown as the fourth folding. It is only now necessary to bring round the ends to one another, in



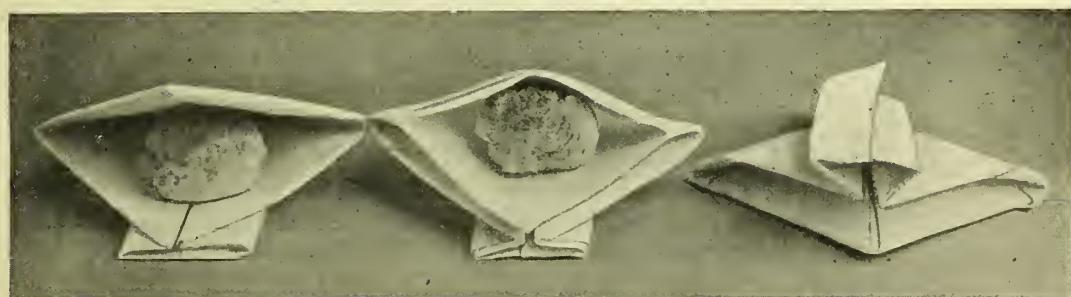
FIRST FOLD

THE SACHET.

SECOND FOLD

a circle, and tuck one inside and one outside in the folds that will be found ready to receive them.

A nice folding when the serviette lies on the plate is the third example here illustrated, and which, for want of a better name, might be called the

THE COLLEGiate,
FINISHED.

FINISHED

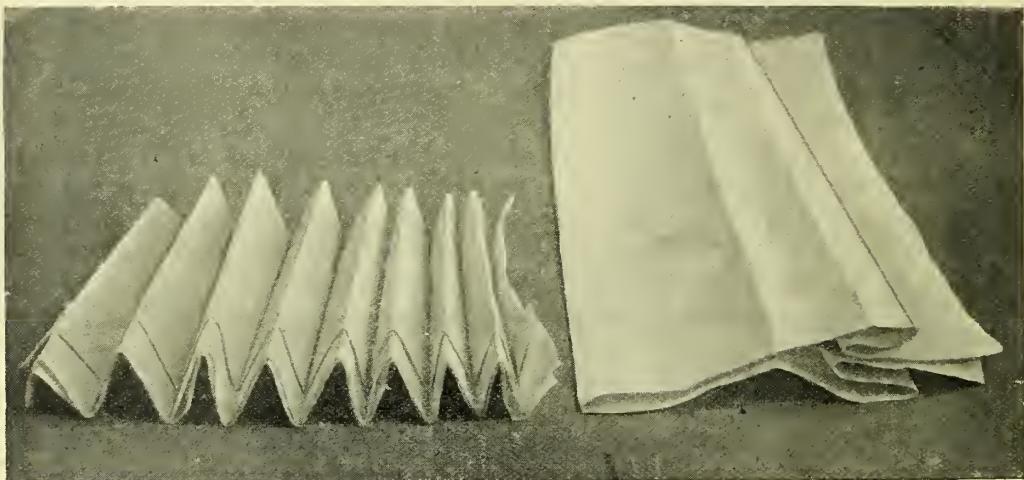
THE SACHET.

THIRD FOLD

“Sachet.” A plain three-fold is first made, and then the upper fold is pleated as in the first example. Two diagonal folds are next made as shown. Then folds are made where the dotted lines are marked, and as each fold is made the extreme end is turned back as shown on one side of the next illustration. When both sides are folded the extreme ends are folded inwards, and one tucked

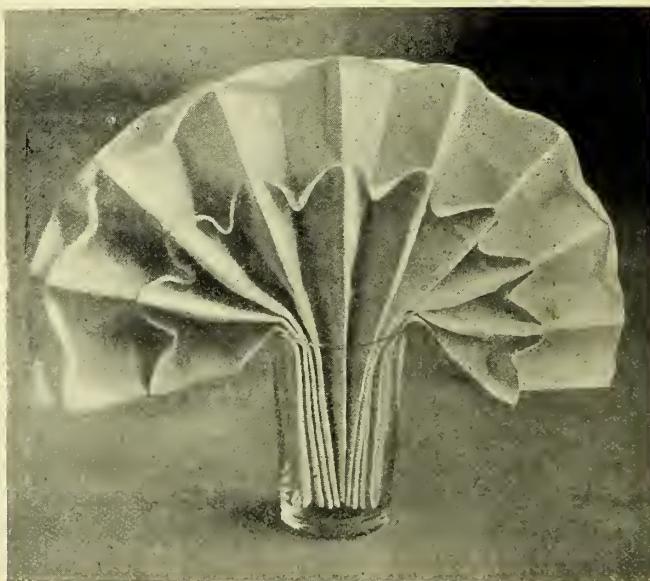
in the other as in the illustration marked third fold. This is the last folding, and on turning the serviette over it will appear as finally illustrated.

A very similar folding, but arrived at in a different way, is the "Collegiate,"



SECOND FOLDING

FIRST FOLD



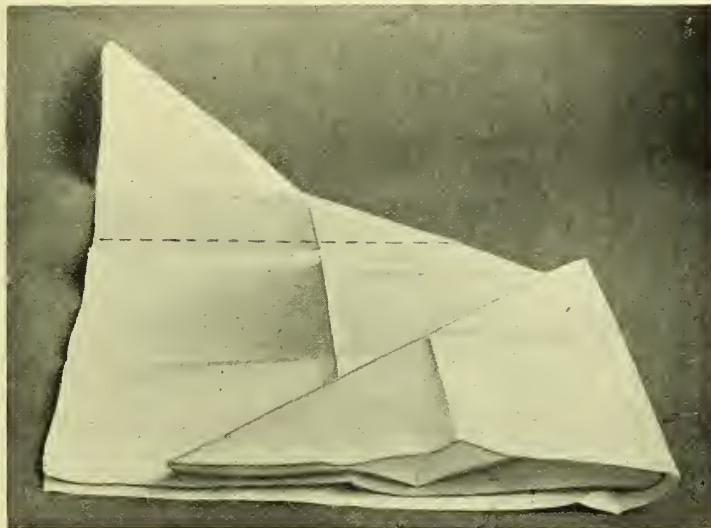
FINISHED

THE FAN.

as illustrated. A plain three-fold is first made without any pleats. Two diagonal folds are then made, and each side is then folded precisely the same as in the

last example, and the extreme ends are then turned back and tucked into one another in the same way again. On turning the serviette over it will appear as illustrated. It is in fact the same folding as the last example but without the pleats.

Two examples of simple decorative folding are here given. The first is the



FIRST FOLD



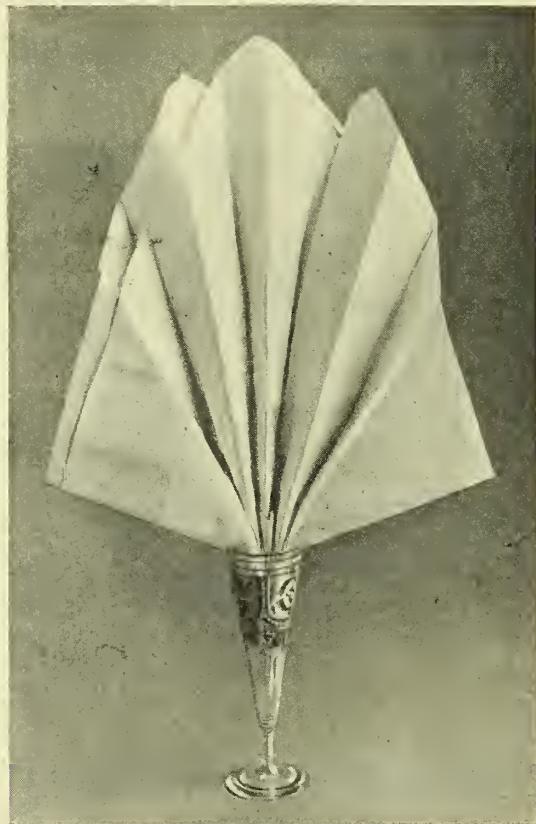
SECOND FOLD

THE ANTHEMION.

"Marie Louise," or "Fan" design. The serviette is first folded in halves, then both edges are given a pleat as shown. When this is done, the whole length is pleated in rather less than one-inch folds, accordion fashion, after which the upper edges of the recessed folds are bent outwards as shown in the final

picture. If a large-sized oblong serviette is used, and the pleats made across the narrow width, the great length then gives a larger number of folds, and a handsomer effect, than with an ordinary serviette as this example was made with.

The other example is the "Anthemion" or "Palm." The first fold is from corner to corner. The sides are then folded where the dotted lines are marked (one side is shown folded). The bottom or broad end is folded up about two inches ; lastly, this base is pleated, accordion fashion, giving the finished serviette an appearance as in the last illustration.



FINISHED

THE ANTHEMION.

SERVANTS' DUTIES.



THE following affords a simple yet comprehensive means of seeing the different duties of female servants at various times in the day. These duties are, to a large extent, repeated each day, but the work during the morning hours after 10 a.m. varies according to the day of the week.

This morning work is the turning out of rooms. In small houses, of say eight rooms, the whole of these are cleaned every week somewhat after the following order:—

Monday.—A large bedroom, and the dressing-room adjoining if there is one.

Tuesday.—Another large bed-room.

Wednesday.—Two smaller bed-rooms.

Thursday.—Dining-room.

Friday.—Drawing-room.

Saturday.—Kitchen and hall.

In larger establishments, and many small ones, the turning-out of all the rooms extends over a fortnight.

The bath-room is done every day.

The basement is done once a week, on the day best suited to the cook.

Bed-rooms are scrubbed out once a fortnight if the carpets are not "fitted" and fastened down. Loose squares or strips are best.

The following time tables are for three female servants. If only two are kept, then they would be cook and house-parlourmaid, as the latter would be required to do house-maid's and parlour-maid's duties as far as possible, and the cook would take more work outside the kitchen.

HOUSE-MAID'S DUTIES, AND THEIR ORDER.

- 6.15. Rise, so as to be down by half-past six.
- 6.30. Sweep the carpet in the drawing-room, then dust the room.
- 7.30. Carry up hot water to bed-rooms, and get baths ready. The parlour-maid assists in this duty if necessary.
- 8.0. Servants' breakfast-time.

- 8.30. Make own bed, also dust out own bed-room. This is the house-maid's work, though she may share the room with another.
- 9.0. The family having gone down to breakfast, open the bed-room windows, turn down the bed-clothes, empty slops, and wash all earthenware, then refill water jugs and bottles.
- 9.30. Make the beds, with the parlour-maid's help.
- 10.0. Dust the bed-rooms, after which commence turning out the room for the day.
- 1.45 or 2.0. Servants' dinner.
- 2.45. From after dinner till tea-time either house-cleaning or sewing is done, according to how the work of the house is arranged and the mistress' wishes.
- 4.30. Servants' tea. The house-maid appears in her evening dress at this meal.
- 5.0. Drawing-room tea.
- 5.30. As it is supposed that the family dine at 7.0 or 7.30, this will be about the time to carry hot water to the bed-rooms.
- 7.0 or 7.30. Evening dinner. Carry the dishes and plates from the cook in the kitchen to the dining-room door, where the parlour-maid receives them.
- 8.0 to 8.30. Go round the bed-rooms, empty slops, replenish jugs and bottles and tidy up generally.
- 9.0. Servants' supper time.

Bed-time should not be later than 10.0, except on party nights and the like.

PARLOUR-MAID'S DUTIES, AND THEIR ORDER.

- 6.15. Rise, so as to be down by half-past six.
- 6.30. If lamps are used, attend to those used the previous evening, trimming and replenishing them with oil. Clean all ladies' and children's boots.
- 7.30. Carry up hot water to bed-rooms, and get baths ready. This appears also as house-maid's duty. It depends upon previous arrangement, but they always assist one another in this duty.
- 8.0. Servants' breakfast-time.
- 8.30. Prepare the breakfast things in dining or morning-room for family breakfast. In winter see that the fires are bright and cheerful.
- 9.0. Family breakfast. Wait at table.
- 9.15. If occupying a bed-room alone, make the bed and dust the room. Sometimes, when sharing a room, the parlour-maid may make her own bed and do a certain amount of dusting, the dressing table for instance.
- 9.30. Assist the house-maid to make beds. The cook answers the door if necessary at this time.

- 10.0. Wash china, glass, and silver from breakfast. This would not include large plates and large knives, which are included in the cook's work.
- 10.30. See to house linen, overhaul and repair it. Assist house-maid, and perform various small duties until one o'clock.
- 1.0. Lay the table for family luncheon. In winter attend to the fire and see the room is warm.
- 1.30. Wait at table.
- 1.45 or 2.0. Servants' dinner.
- 2.45. Attend to china, glass, and silver from the luncheon table, the same as after breakfast. This time until half-past four o'clock attend to sewing and mending.
- 4.30. Servants' tea.
- 5.0. Take in drawing-room tea.
- 6.30 to 7.0. Prepare and lay the table in dining-room for evening dinner.
- 7.0 or 7.30. Evening dinner. Wait at table, taking the dishes and plates from the house-maid, who brings them to the dining-room door. During this meal take opportunity to see to drawing-room fire and lights.
- 8.0 or 8.30. Attend to china, glass, and silver from the dinner table.
- 9.0. Servants' supper time.

Bed-time is 10 o'clock, except on special occasions.

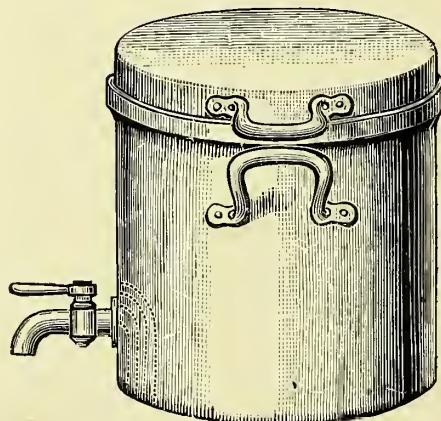
COOK'S DUTIES, AND THEIR ORDER.

- 6.15. Rise, so as to be down by half-past six.
- 6.30. Sweep and dust the dining-room or morning-room ; also the hall and front door-step.
- 7.30. See to servants' breakfast.
- 8.0. Servants' breakfast-time.
- 8.30. Clean all gentlemen's boots, master's, grown-up sons', and guests. If this duty can be performed before eight o'clock it is decidedly best, as the dining-room breakfast has to be prepared and served punctually at nine o'clock.
- 9.0. Family breakfast.
- 9.30. Remove breakfast things, and sweep up crumbs. Attend to bells while parlour-maid is up stairs (until ten o'clock).
- 10.0. Be in readiness to receive the mistress in kitchen, to arrange for the lunch and dinner. From this time until half-past one the cook is engaged preparing the meals. She should get forward what dinner dishes she can, such as soups, jellies, and some of the processes of the entrée, etc.
- 1.30. Family luncheon in dining-room.
- 1.45 or 2.0. Servants' dinner.

-
- 2.45. Wash up luncheon things.
 - 3.15. Clean own bed-room, or the bath-room ; or do other special work arranged, such as washing the woollen things (vests, stockings, etc.), scrubbing out larder, turning out kitchen cupboards, etc.
 - 4.30. Servants' tea.
 - 4.45 to 7.0 or 7.30. Prepare and cook the evening dinner.
 - 8.0 or 8.30. Wash up the dinner things.
 - 9.0. Servants' supper-time.

Bed-time is 10 o'clock.

No mention is made of servants' lunch-time. It is usual for servants to have lunch, either bread and cheese or a piece of cake, about eleven o'clock ; but they should not be allowed to sit down to it, as the morning hours are too precious. The cook should see that this meal is expeditiously despatched. Beer (if allowed at all) should not be taken at this lunch-time.



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- 1 lb fine oatmeal
- 1 teaspoon flour.
- 2 teaspoons baking powder.
- 1 tea. bacon or sage.
- 1 pint milk.
- 3 eggs white or brown for pictures.

Put salt above in a bowl and rub in 4 oz of bacon and then mix with cold water to a stiff paste. Roll a bit at a time on a floured board and cut into shapes and bake in a moderate oven about 5 minutes.

1 Anna's cake

$\frac{1}{2}$ lb flour $\frac{1}{2}$ lb sugar $\frac{1}{2}$ lb butter
(1 egg for every 1 lb)

Beat butter and sugar together
until soft. Put a drop of vanilla
essence in the mixture.
Add eggs and self rising flour.
Heat oven to 350° F. (175° C.)
to use a decent handful of raisins.)

2 Fudge for Anna's cake

2 eggs ground 200 g sugar 100 g butter
1 egg 100 g dark brown sugar
Mix ingredients together, boil to
soft ball stage, pour into a well buttered
tin, allow to cool.

RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 4353

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Date	Particulars
June 01	Chemical Treatment
	Fumigation
	Deacidification
	Renaissance RA mgd
	Lamination
	Solvents
	Leather Treatment
	Adhesives
	Remarks

