“Dame Curtsey’s”

Book of

Recipes

# “Dame Curtsey’s” Book of Recipes

The “Dame Curtsey” Books

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“Dame Curtsey’s” Book of Recipes

By

Ellye Howell Glover

“Dame Curtsey”

“Author of “‘Dame Curtsey’s’ Book of Novel Entertainments,” etc.

*WITH NUMEROUS ILLUSTRATIONS*

A.C. McCLURG

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# Foreword

In giving this little book to the public, there has been in mind but one thing, *practicability*. The endeavor has been to make it simple, clear, and concise. The rules laid down are few and such as are necessary to the smooth running of the average household machinery. The recipes themselves have been culled from the very best authorities of this and past generations, of not only our own but foreign lands. To all who have contributed to the work, sincere thanks are given. It is hoped that within the covers of this little book, the touch of novelty, the “something different,’’ may be found.

Chicago, *Sept. 1, 1909* E. H. G.

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# “Dame Curtsey’s” Book of Recipes

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# I.—SETTING THE TABLE

No attempt will be made to go into elaborate details in these suggestions; the one end and aim is simplicity coupled with correct service, which is easy to attain and a mighty adjunct towards making the routine of three meals a day run smoothly.

## The Breakfast Table

A dish or basket of fruit with a few flowers should be in the centre of the table; a finger-bowl on a doily-covered plate at each place. At the right of the plate, a knife, and the needed spoons, also a fruit knife, if it is necessary, and a glass of water. A butter-spreader and egg-spoon may be across the top of the plate. At the left are a fork and folded napkin and bread and butter plate with a pat of butter. At the head of the table this service is supplemented by the coffee cups, sugar bowl and cream pitcher, and the tile on which the coffee pot rests. The foot of the table, usually occupied by the head of the house, has the requisite number of spoons, knife, fork, or whatever is needed for serving the menu.

Breakfast in most families is a very informal meal, fruit is passed, then the cereal is served in a bowl or saucer put on a plate which replaces the one containing the fruit. The cream and sugar are passed on a tray. During the eating of the cereal, the maid brings in the coffee and the main breakfast, the hot plates are in front of the host, who fills each one, and it is placed from the right directly in front of the person for whom it is intended. The coffee is placed also at the right close to the edge of the table. Hot toast, muffins, or rolls are placed on a doily-covered plate and passed at intervals. If hot cakes or waffles are to follow the plates are changed, replaced by hot ones, and an extra knife and fork are put on when setting the table.

A bare table with centre-piece, plate and tumbler-doilies is permissible for breakfast. Often at country homes, the breakfast table is laid on a covered porch, and on these occasions the small English breakfast table with drop leaves is very convenient.

## The Luncheon Table

The setting of the luncheon table is much like that described for breakfast, only the finger-bowls come with the dessert unless a fruit course is served. Spoons and forks are at the left, knives at the right, in the order in which they are to be used, beginning at the outside; the dessert spoons or forks need not be put on if the supply should be short, for it is perfectly proper to bring them on at the time they are needed. At the upper left-hand corner put the bread and butter plate with the spreader; at the right, place the tumbler and wine glasses, if wine is to be served, and an individual dish for salted almonds is allowable.

The napkin may be laid at the left or upon the service plate, according to what the first course is to be. Salt-shakers are placed for each two persons midway between the two covers.

Handsome luncheon linen may be used which consists of doilies and centre-piece to match, and candles and shades are permissible. Generally they should correspond in color with the flowers used in the centre of the table.

## The Dinner Table

For formal dinners every detail must be considered with care. The table is covered first with a “silence” cloth, which permits the fine table cloth to lie smooth without a wrinkle. It must hang over the sides at least a quarter of a yard. The covers or places for each guest should be at least twenty inches apart to avoid unpleasant crowding. The handsomest plates a housewife owns should be put at the covers; these constitute the service plates and are on the table from the first; they remain until the fish or first hot course after the soup is served. It is an unwritten law of these latter days that a guest should always be confronted with a plate until the dessert; but this depends largely upon the ability of the maid and the resources at command and is not absolutely necessary at informal home dinners. The service plate goes on exactly in the middle of the alotted space about one inch from the edge of the table. Remember that the knives must always have the sharp edge turned in, and with the forks are placed in the order in which they are to be used, beginning at the extreme right. At the right of the knives, the soup spoon comes with the bowl turned up, then the oyster fork and the fork for *canapés*. At the left are all the forks with tines turned up, the last fork to be used closest to the plate. No bread and butter plates or butter chips are used at formal dinners. The napkin goes at the left, goblet and wine glasses at the right of the cover.

If dinner cards are used, and they are often a great convenience, they are placed upon the napkin. A card bearing the monogram of the initials of the hostess is always in good form as well as a plain small card with the name written on it. Menu cards are not used at private affairs unless some special occasion or some entertaining or amusing feature is to be illustrated in that way. Floral arrangements are very simple and avoid all suggestion of elaborate detail. The hostess usually arranges them herself.

The lighting of the dining-room is a most important factor. The most artistic illumination is from candles or lamps placed not higher than the head, or from a low-hung centre light well shaded. Rose pink is a most satisfactory color-scheme in either sunlight or candle light. Red is effective for certain occasions and is a good winter color, suggestive of warmth and hospitality. In summer, the hostess may always be certain that green combined with white will surely please.

There are two equally proper ways of serving a formal dinner party; it all depends upon which is the most convenient. With plenty of help the entire dinner may be served from the butler’s pantry, each course arranged upon the individual plate.

The maid or butler takes the plate upon a folded napkin, not a tray, puts it in front of the guest from the right side upon the service plate until after the soup course, which is removed with the service plate, and the next plate put on close to the edge of the table. Then the dishes that are to be served are passed upon the folded napkin at the left of each guest, being held low, so that the person may use his right hand easily.

Guests are served in rotation, beginning alternately at the right and left of the hostess, going in the opposite direction for each successive course.

## Second Way of Serving

The other way is to have the first course on the table when dinner is announced, the heavy course arranged on a platter, cut in small pieces with the necessary serving spoon or fork; this is passed to the left. Each course is removed after every one has finished, one plate at a time. It is bad form to pile up plates to remove them.

If wine is served it should be renewed with each course. Finger-bowls are brought in with dessert; black coffee and cordials follow. It is becoming quite the custom to serve the latter in the drawing-room to the ladies while the men remain for fifteen or twenty minutes to smoke over their coffee and liqueurs.

## Informal Dinner

The family dinner with one or two guests differs from the formal affair, for if the hostess pleases she may serve the soup from a tureen herself. Fish may be served by the host and the meat or fowl may be served by him also. All vegetables and side dishes are passed to the left of each guest, as required. The hostess or the host may make the salad, the hostess serves the dessert and pours the coffee. The bon-bons and relishes may be placed on the table.

## Serving at a Formal Luncheon

This is much the same as for a dinner, only the coffee and cordials are served at the table, which may be bare or with a handsome cloth. The soup is served in two-handled cups, wine is seldom offered, but if it is served, it should be sauterne. When luncheon is announced the hostess simply asks the guests to follow her into the dining-room.

The informal home luncheon is an every-day affair at which. the hostess pours the tea; there are no roasts or heavy courses; in fact, just dishes arranged from the dinner of the night before are usually served, with something sweet for the last dish.

## Notes on Serving

Canapés, raw oysters or clams, cocktails or chilled fruits are usually placed upon the service plates before the guests enter the dining-room, but it is equally proper to place them after the company is seated. Small sandwiches or crackers are served with raw oysters or clams, also slender stalks of celery and radishes. Bread sticks or dinner biscuit accompany soups, also salted wafers.

With the fish course, cucumbers, cress, radishes, cooked potatoes in small balls with melted butter may be served. Salted nuts and olives may be passed also.

It is much the best form to have all vegetables dry enough to serve on the plate; for this reason peas and string beans are best served with just a little melted butter, without the time-honored cream sauce.

Sherbet, which is frequently called sorbet, is a frozen ice or punch served as a course in the middle of a luncheon or dinner. It is supposed to be stimulating and prepares for the part of the meal which is to follow. It is served just before the game or salad in a small glass resting on a plate covered with a doily. Only a heaping tablespoonful is served.

A vegetable salad should be served with game; a meat salad should not be served at a dinner, and is only permissible at a luncheon when there is little or no meat served before. Serve after-dinner coffee after the dessert plates have been removed; fill the cups only three-quarters full. Sugar and cream may be passed, but as black coffee is supposed to aid the digestion very few diners use them.

Bon-bons should be passed just before the guests leave the table.

## Late Suppers

Sunday night suppers and after-the-theatre spreads are most popular forms of entertainment, being purely social and giving opportunity to extend sincere and cordial hospitality to one’s most congenial friends.

These little suppers with the guests seated about the board are truly enjoyable. A good menu is one that consists of a hot bouillon, dainty sandwiches, salad, a hot or cold *entrée*, coffee with cream, or hot chocolate, and there may be a sweet to top off with.

Sometimes the chafing-dish is used. All the viands may be on the table and serving table, for at these affairs no maid is necessary, unless it happens that there is some special guest, when form and service may seem to be a requisite. Guests are supposed to help themselves and assist the hostess. The “little supper” furnishes an occasion for the hostess to become famous.

The following dishes will be found helpful in arranging a menu: oyster cocktails, any sea-food creations, cold meats, salads of all kinds, tarts, custards, frozen desserts, small cakes, accessories of olives, nuts, cheese, celery and bon-bons.

## Five o’clock Teas

The five o’clock tea may be formal or informal with several intimate friends, or the “four hundred.” For the cozy affair, the tea is brewed and served in the drawing-room, on the porch, anywhere but in the dining-room, and only the simplest things are passed, such as plain bread and butter sandwiches, small cakes, cookies, and fancy sandwiches, with hot tea, chocolate, or coffee for cold days, and iced tea, coffee, or chocolate, or a fruit punch for hot weather. No elaborate service is required; the hostess makes the tea and pours it and the guests help one another.

For a large tea, the refreshments are served in the dining room, the table arranged with flowers and lights. Usually special friends are asked to “pour” at either end of the table, one for coffee, one for chocolate, serving half an hour at a time.

There may be a *frappé* served in the hall. Servants pass the trays and other refreshments, which should be several varieties of tiny sandwiches, a salad (at the discretion of the hostess), olives, salted nuts, and a frozen sweet, like ice-cream, sherbet, an ice, or a *mousse*. The servants necessary are one at the door, two in the kitchen, two in the dining-room, a maid for each dressing-room, and a carriage man.

String music is an adjunct and plenty of flowers artistically disposed throughout the rooms, which are usually darkened and artificially lighted.

## Buffet Luncheons

At these functions, from twenty-five to one hundred and fifty guests may be entertained; two o’clock is the hour and there are three ways of serving the company. The guests may fill the dining-room and be served *á la réception* or chairs to seat all at once may be placed in the various rooms, with a small table in each room, where a young woman or a young matron pours the coffee or chocolate for those to be served. If the guests are not many, they may be seated, four to six, at small tables.

The menu usually consists of a bouillon or clear soup, fish, croquettes or patties, salad, sandwiches or hot buttered rolls or biscuit, a frozen sweet, and small cakes. A more elaborate menu consists of *canapés*, soup, fish, croquettes or patties, peas or asparagus, salads, a frozen sherbet, and beverages.

## Receptions

Receptions are a favorite way of paying one’s social debts in a wholesale manner. It is quite customary for two or three friends who are indebted to about the same people to entertain together in this manner. The hours are from three to five or four to six, the house is darkened and lighted artificially, and decorated with palms and cut flowers. String music is an addition.

The refreshments are served from the dining-room table, which is arranged with flowers, candles, extra plates, napkins, bon-bons, salted nuts, and olives. Sandwiches, coffee, and chocolate are served with a frozen sweet. *Frappé* is served, generally in the hall.