

gredients of the soup itself being rubbed through a sieve or tammy. It will always be found that the thickened soups require more seasoning than the unthickened, as the fat and starchy matter serve to deaden the pungency.

Stocks and soups must on no account be allowed to remain standing any length of time in metal pans, as the acids, fats, etc., act on the metal, which of course renders the soup most unwholesome.

To remove the fat from stock, the easiest way is to allow it to become quite cold, as the fat rises to the top it will then be readily taken off. If necessary to remove it while hot, take soft kitchen paper and draw small pieces lightly across the top until all the fat is removed.

In warm weather the stock must be boiled up every day to prevent its spoiling; in winter, two or three times a week will answer the purpose. Never put it into the larder while steaming hot. In the first place the heat will raise the temperature of the larder, and the steam tends to spoil other things.

In thickening soup with yolks of eggs, very great care must be taken that it does not boil after they are added or they will curdle.

Cream is far better heated separately and added to the soup while hot. Where there is acid in the soup it must not be boiling when the cream is added or allowed to boil afterwards.

In using wines to flavor, 1 wineglass is quite sufficient for 1 quart of soup, if more is used it will, instead of harmonizing with the other flavors, drown them in its own.