

*Soupe à la Flamande.*—Wash, peel, and slice twelve potatoes and six onions, and cut six or eight heads of celery into small pieces; put these into a stewpan, with a quarter of a pound of butter and a pint of water; let them simmer one hour; fill up the pan with a good stock; boil till the potatoes are all dissolved; rub through a sieve; add a pint of cream.

Most vegetables which can be mashed through a sieve after being cooked (forming what is *purée* by the French), combined with any sort of stock or broth, will make soup of various kinds. Beef stock is preferred for savoury soups, and veal or fowl for more delicate white soups.

*Leek or Onion Soup.*—The liquor in which a leg of mutton has been boiled will do for this broth. Mix a spoonful or two of oatmeal, according to the quantity of broth, as if for gruel; mix it well into the liquor, and boil leeks and onions, or either alone, until it is as thick as cream.

Onions peeled and cut into pieces, put into a pan, and fried in oil or butter, without broth, but having boiling water poured over them, with some toasted bread in it, seasoned with salt and pepper, are considered very refreshing.

*Okra Soup.*—Okra makes a very fine soup, with tomatoes added. This vegetable is not in general use at the North, though easy of cultivation and quite ornamental.

Put on six pounds of fresh beef, allowing a pint of water to each pound; after it has simmered an hour add two quarts of okra cut fine; after these have boiled, throw in a dozen tomatoes that have been skinned, and two turnips and two onions; season with salt and allspice; strain the soup, and serve with toasted bread put in the turneen. Put the meat in a dish by itself.

*Beef Stew.*—It is very important in making stews, as well as soups, to keep the vessel closely covered so as not to let the steam escape.

One knows not until experiments have been made how much finer the gravy is, and how much more tender the meat, when cooked in a perfectly tight vessel. The toughest piece of meat which a day's cooking in a common pot over the fire would hardly render fit to eat, will make a tender, savory stew in three hours.

Take two or three pounds of meat, wipe it carefully, trim off the fat, lay it in the bottom of a deep dish (that is a dish about five or six inches deep, and nine or ten across the top), and cut the lean in pieces the size of an egg or smaller, if the meat be tough; put these into the dish with a gill and a half of water, and a little salt and pepper; place a pie-plate on the top; wet the edges and lay around a piece of rye paste. This makes the vessel perfectly tight. Set it in the stove or range oven, and keep up a regular heat, like that which is required when baking. Just before dinner, take it out, remove the plate and paste, and make a thickening of flour and water, and stir it in when it boils. To make the gravy very rich, mix two teaspoonfuls of sweet butter with one and a half of flour, and stir this into the gravy. If the meat seems tough, a spoonful of good vinegar should be put in at first. A little chopped onion may be added, if liked.

*Butternut Pie.*—One quart of milk, two eggs, a coffee-cupful of pulverized meats, and a little sugar and nutmeg.