

# Our Cooking School

THIS Department will, in future, be conducted by a lady of wide experience in the culinary art. Our lady readers are invited to aid in making this department as interesting and instructive as possible. Let us have tested recipes, ask questions and answer those of others. Address: Cooking School, CANADIAN QUEEN, Toronto, Canada.

MARY OSBORNE.—Will you please let me have recipes for making grape preserves, also grape jelly and oblige. **ANS.**—For the preserves select fine, ripe grapes, squeeze the pulp of the grapes out of the skins; cook the pulp about fifteen minutes, or until you can press it all through a colander; throw out the seeds; add a little water (enough to keep them from scorching) to the skins, and cook them until they are quite tender. Then put the skins and pulp together; measure, and to each pint add one pound of white sugar. Put all into a preserving kettle and boil very slowly for one hour, keeping it well stirred, so that the skins will not settle to the bottom. For the jelly take ripe, juicy grapes, pick them from the stems; put them into a large earthen bowl, and mash them with the back of a wooden ladle or a potato masher. Put them into a preserving kettle without any water, and cover them closely and let them boil for a quarter of an hour; stirring them up occasionally from the bottom. Then squeeze them through a jelly bag, and to each pint of juice allow a pound of loaf sugar. Dissolve the sugar in the grape juice, then put it over a quick fire in the preserving kettle, and boil and skim it twenty minutes. When it is a clear thick jelly, take it off, put it warm into tumblers or cups, and cover them with double tissue paper to fit the inside of the tumbler or cup.

MRS. F. G.—Please tell me how to preserve quinces. **ANS.**—Take large ripe yellow quinces, wash and wipe them, and then pare them and then take out the cores, either with a cover or a large strong fork. Cut the quinces either in quarters or into round slices about half an inch thick, carefully removing all the blemishes. Put the parings, cores and seeds into a preserving kettle, cover them with cold water, and boil them one hour, keeping them closely covered all the time. To every pint of this liquor allow one pound of loaf sugar, and, having dissolved the sugar in it, put it over the fire in the preserving kettle. Boil it up and skim it, and when the scum has ceased rising, put in the quinces and boil them till they are tender and clear all through, but not till they break. Keep the kettle closely covered while the quinces are in, if you wish them bright colored. When they are done take them out, spread them on large dishes to cool, and then put them into dishes or small stone jars. Give the syrup another boil up, and it will be like a fine jelly; pour it hot over the quinces, and when cold tie up the jars with thick white paper.

MRS. M. C.—To make tapioca cream take three heaping tablespoonfuls of pearl tapioca in one quart of milk; let this soak in a farina kettle, or what will answer just as well, a tin pail set in a pot of boiling water; when thoroughly cooked so that the milk seems thick, add the beaten yolks of three eggs, three-fourths of a cup of sugar, two teaspoonfuls vanilla, and one tablespoonful of butter. Remove from the stove while beating these in; pour in a pudding dish, and when partly cool spread the three beaten whites over the pudding and set in the oven a minute to brown. This pudding should be eaten the day it is made, but should be perfectly cool.

A SUBSCRIBER.—Kindly give me a recipe for cream cake. **ANS.**—Take two cupfuls of powdered white sugar, one-half cupful of butter, one cupful of rich sweet milk, two eggs, the yolks and whites beaten separately, two and one-half cupfuls of flour (measure before setting), one teaspoonful of soda and two teaspoonfuls of cream of tartar, one teaspoonful of vanilla for flavoring. Bake in four jelly-cake pans, or, if deeper pans are used, have two cakes, and put the custard between while both are warm. There may be two layers of custard and cake alternating. In making the custard for the filling use one and one-half pints of sweet milk, two tablespoonfuls of cornstarch, three eggs, one cupful of powdered white sugar and flavor with vanilla. Put the milk on the fire, and when scalding hot, put in the cornstarch, which has been dissolved in a little cold milk, then the eggs and sugar stirred together; keep the custard well stirred until it is cooked. Three minutes will cook it sufficiently after it begins to boil.

## NICE LITTLE FAMILY DINNER.

### BILL OF FARE.

Italian Soup.

Soles à la Dauphin.

Rump Steak with Oysters.

Roast Fowls.

Potato Ribbons. Mushrooms with White Sauce.

Cambridge Pudding. Clarence Cream.

ITALIAN SOUP.—A knuckle of veal, a head of celery, 1 carrot, 4 onions,  $\frac{1}{2}$  pint of cream, a few allspice, 2 blades of mace, seasoning, a little roux, 2 oz. of rice, 4 oz. of macaroni, 3 quarts of water; cut the veal in small pieces, place it in a stewpan, cover with 3 quarts of cold water, let boil, take off the skum, then add the vegetables cut in pieces, a few allspice, mace, and seasoning; gently simmer for four hours; strain off the gravy, thickens with roux, add the cream, strain through a hair sieve; boil the

rice and macaroni in water, with a little salt, till tender, strain and add to the soup serve very hot.

SOLES A LA DAUPHIN.—3 soles filleted, 1 onion, 1 carrot, 1 pint of milk, 1 dessert-spoonful of anchovy sauce, 2 oz. of butter, 1 lemon, a little roux, a little parsley, 1 glass of sherry; roll the fillets in the shape of corks, place them in a baking-tin, add the juice of a lemon, the sherry, and seasoning; cover with butter paper, and bake 15 minutes; cut the onion and carrot very small, put them in a stewpan with 1 oz. butter, and lightly fry, add the milk, roux, anchovy sauce, and liquor from the soles; simmer 20 minutes, strain, and add a little chopped parsley to the sauce; dish the soles in a circle, pour the sauce over, and garnish with croutons of fried bread.

STEWED RUMP STEAK WITH OYSTERS.—1 lb rump steak, 18 oysters, 1 onion, 1 carrot, 1 stick of celery, some seasoning, a little parsley, thyme, a little roux, a blade of mace, 1 oz of butter, 2 pints of stock, and a pinch of mustard; chop the carrot, onion and celery very fine, put them in a stewpan with the butter, lay in the steak, add some seasoning, parsley, thyme, mace, and the liquor from the oysters, and let simmer for  $\frac{1}{2}$  hour; take out the steak, thicken the gravy with a little roux, strain in a stewpan; put back the steak, put in the oysters, simmer 6 minutes, add a pinch of mustard, and serve.

ROAST FOWLS.—Procure 2 good fowls, roast them in front of a sharp brisk fire for 35 minutes, occasionally basting; when cooked place on a hot dish, garnish with fried potatoes, and rolls of grilled bacon; serve good brown gravy and bread sauce with them.

POTATO RIBBONS.—2 lb. potatoes, lard; cut the potatoes in slices an inch thick, peel them, and then pare round and round in long thin ribbons; place them in a pan of cold water, and a short time before they are wanted drain them thoroughly, plunge in boiling lard till they are of a golden brown; drain them from all fat, sprinkle salt over, and serve.

MUSHROOMS WITH WHITE SAUCE.—1 small punnet of button mushrooms, 2 oz. butter, the juice of 1 lemon,  $\frac{1}{2}$  wineglassful of water, 3 spoonfuls of white sauce; well clean the mushrooms, peel them, and remove the stalks, add the butter, lemon juice, and water; boil quickly in a stewpan for 5 minutes, drain them, and put into another stewpan with the sauce; reduce the liquor in which the mushrooms were boiled, and add it to them.

CAMBRIDGE PUDDING.— $\frac{1}{2}$  lb. breadcrumbs, 2 oz. flour, 6 oz. powdered white sugar, a little grated nutmeg, 4 oz. butter, 5 eggs, 3 oz. currants, 2 oz. mixed peel, 1 glass of brandy, cochineal; beat the sugar and butter to a cream, add the eggs one at a time, then the flour, breadcrumbs, currants, nutmeg, and peel, stir lightly together, pour into a buttered mould, and steam  $\frac{1}{2}$  hour; mix in a small stewpan the brandy, 2 oz. white sugar, a tablespoonful of water, and a few drops of cochineal; turn the pudding on to a dish, pour the sauce over, and serve.

CLARENCE CREAM.— $\frac{1}{2}$  pint cream, 2 oz. powdered white sugar, the juice of one lemon, a pinch of cinnamon, 1 glass of moyeau,  $\frac{1}{2}$  oz. gelatine dissolved in a teacupful of water; beat the cream to a stiff froth, add the sugar, lemon juice, cinnamon, moyeau, and gelatine, mix the ingredients lightly together, pour into a mould, and stand aside to set; the gelatine should be soaked in the water for two hours, then stirred over the fire till quite melted before adding to the cream.

TREACLE CAKE.—One teaspoonful of Borwick's baking powder, 1 lb. flour, spice, 3 oz. butter, four tablespoonfuls of treacle, one teacupful hot milk. Stir the baking powder into the flour, add a little spice, rub the butter well into the flour, stir the treacle in the milk, and mix it with the rest; put into a buttered tin, and bake in a brisk oven for about an hour.

SNOW CAKE.— $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb sugar, 1 lb arrowroot, the white of 5 eggs, 30 drops essence of vanilla; beat the butter to a cream, add the sugar and arrowroot gradually, at the same time beating the mixture; whisk the whites of the eggs to a stiff froth, add it to the other ingredients with the vanilla essence, pour into a buttered tin, and bake for  $\frac{1}{2}$  hour.

SULTANA CAKE.— $\frac{1}{2}$  lb. butter,  $\frac{1}{2}$  lb sifted sugar, 6 eggs, 1 lb. sultanas,  $\frac{1}{2}$  lb. flour; beat the butter to a cream, add the sifted sugar and beat a little while, then add the rest; mix the sultanas and flour together, and stir gently to the butter and eggs; line a tin with buttered paper, pour in the mixture, and bake in a moderate oven for  $\frac{1}{2}$  hour.

SPONGE CAKE FOR TWO.—Beat the whites of four eggs to a stiff froth, add one teacupful of sugar, then the yolks; lastly, one teacupful of flour. To be perfect, this cake must always be put together in the order given in the recipe.

SPONGE CORN CAKE.—Sift together a pint of corn meal, a quart of white flour, a full teaspoonful of salt, a tablespoonful of baking powder; beat together the yolks of four eggs, half a pint of sugar, three ounces of melted butter and a pint and a half of rich milk; put the two mixtures together, add the beaten whites of two of the eggs and bake in bread or cake tins.

DUTCH CAKE.—6 oz. butter and lard mixed, 4 eggs,  $\frac{1}{2}$  lb. flour,  $\frac{1}{2}$  lb. sugar, nutmeg and cinnamon; beat the butter and lard to a cream, mix it with the eggs well beaten, then add the sugar and flour, both warmed, and the nutmeg and cinnamon; pour in a buttered tin, and bake in a quick oven for 1 hour.

SPONGE CAKE.—4 eggs, their weight in castor sugar, the weight of 2 eggs in flour, 30 drops essence of vanilla or lemon; break the eggs into the sugar, and beat with a whisk for 10 minutes, then stir in the flour, pour in a buttered mould, and bake for  $\frac{1}{2}$  hour; flavor with lemon or vanilla; the cake must not be beaten after the flour is added.