

CONTENTS

	PAGE
THE ART OF COOKERY	9
THE ART OF CATERING	12
THE ART OF SHOPPING	15
THE KITCHEN AND UTENSILS	19
THE SCULLERY AND WASHING UP	22
THE STORE CUPBOARD	25
THE LARDER	27
COOKERY METHODS AND THEIR PRINCIPLES	28
SOUPS	39
FISH	49
MEAT	61
POULTRY AND GAME	77
VEGETABLES	85
SALADS	100
SAUCES, GRAVIES, FORCEMEATS	106
SAVOURY DISHES AND SAVOURIES	115
EGGS	122
SWEET DISHES	128
PASTRIES, PIES, PUDDINGS	147