

PINEAPPLE OR BANANA CREAM.—Rub the fruit on a grater. Beat the whites of three eggs with four table-spoonfuls of powdered sugar until stiff; add the fruit pulp. Flavor with sherry wine; stir a pint of whipped cream into the pulp and pour it into small punch glasses; chill thoroughly and serve.

HELEN COMBES.

ANOTHER CHAPTER ON SOUPS.

There are many delicious soups served under the general name of purée, the flavor or vegetable used giving the specific name. Not only are they served at dinners and luncheons, but with a bread and butter accompaniment a well-made purée is in itself enough for a good meal. The thickened soups require a little time and care for their preparation, but are worth the trouble.

PURÉE OF MUSHROOMS.—Cut a pint of canned mushrooms in small pieces and add them with the juice to two quarts of stock; place over the fire with an inch blade of mace, a teaspoonful of parsley, a small onion cut up and a table-spoonful of grated green celery, and cook for twenty minutes, add half a pint of stale bread-crumbs (without crusts) and cook for five minutes longer. Rub through a purée sieve, mashing the mushrooms and pressing them through with a potato masher, return the strained soup to the fire and add a pint of rich milk; let the soup boil for five minutes, stirring all the time; add two teaspoonfuls of salt and half a teaspoonful of white pepper. The soup is now ready for the liaison of eggs, the crowning finish given by the French chef to his cream soups. This is made of the yolks of two eggs beaten until thick, and a cupful of sweet cream is then added. The soup must be lifted to the back of the stove and allowed to stand for three or four minutes before the liaison is added. At the end of this time stir a little hot soup into the cream and eggs to heat them and add the mixture to the soup, stirring constantly while pouring it in. Serve as soon as it is mixed in the soup; any soup in which a thickening of egg has been used should not be allowed to stand for an instant.

CREAM OF LEEKS.—Wash a scanty pint of young leeks and cut them in small pieces. Melt a table-spoonful of butter in the soup pot, add the leeks and stir over a moderate fire; cook for five minutes. Do not use the leeks or butter; when bright-green and wilted add two quarts of stock, half a cupful of rice well washed, a teaspoonful of chopped parsley, two cloves and a bay leaf. Simmer very slowly for an hour, then rub through a purée sieve, moistening with more of the broth if necessary. Return to the fire, add a teaspoonful of salt and a dash of cayenne pepper, and, just before serving, a pint of rich, boiling hot milk. Pour over two dozen tiny croutons and serve.

RÉGAMER PURÉE.—Wash a quarter of a pound of pearl sago and cook it until clear in a pint of water, adding a bay leaf, a table-spoonful of chopped green celery, a small green onion and a sprig of parsley. When the sago is clear add three pints of stock, cook for a few moments and rub through the purée sieve. Return to the soup pot and add a liaison of eggs and cream, as directed in the recipe for mushroom purée.

SOUPISE PURÉE.—Peel six small Bermuda onions and cover them with a quart of hot water; add a table-spoonful of salt and let them stand for an hour, then drain. This is to extract the strong flavor. Cut the onions small, put them in a saucepan with a table-spoonful of butter and cook slowly for five minutes, but do not allow them to acquire a tinge of color. Add two quarts of beef stock, a cupful of chopped celery, an inch stick of mace and a teaspoonful of chopped chervil. Let the whole simmer gently for thirty minutes. Rub a heaping table-spoonful of flour in a table-spoonful of butter, add this to the soup and stir for five minutes; rub the whole through a purée sieve, then return it to the fire to heat: add a teaspoonful of salt, a dash of cayenne and a teaspoonful of lemon juice and pour into a tureen containing half a pint of cream whipped solid. Stir once and serve.

CREAM OF CHESTNUT (Crème de marron).—Shell and blanch a pound of chestnuts. Cook them in a quart of water for half an hour, adding a teaspoonful of salt. Drain, then put the chestnuts in two quarts of clear beef stock; add a teaspoonful of celery salt, a table-spoonful of chopped onion, a teaspoonful each of pepper and chopped parsley and cook for ten or fifteen minutes until the chestnuts are soft. Add a teaspoonful of grated lemon rind and pulp pressed through a purée sieve. Return to the fire, add a teaspoonful of lemon juice, two teaspoonfuls of salt and a pint of rich cream or milk and a table-spoonful of butter. Serve at once.

CRÉCY SOUP.—Cook a cupful of carrots cut in small dice and two table-spoonfuls of onion in a table-spoonful of butter.

When a dainty brown add a cupful of shredded lettuce, half a teaspoonful of coarsely-chopped marjoram, half a teaspoonful of basil, a teaspoonful of parsley, three quarts of stock and a cupful of lentils that have been soaked in water over night, and allow the whole to cook slowly for an hour and a half. Rub through a purée sieve, re-heat, add two teaspoonfuls of salt and a dash of cayenne. Shave a washed lemon into wafer-like slices, put it in the tureen and pour the hot soup over it. Serve at once.

PURÉE DE BARRY.—This is an improvement on the old-style potato soup. Chop six almonds fine, add to them a pint of potatoes cut small, two table-spoonfuls of onion, two ounces of washed rice, a teaspoonful of parsley and a teaspoonful of grated nutmeg and place the mixture in a soup pot; stir in a table-spoonful of flour and when well mixed add three quarts of stock. Cook slowly for thirty minutes, rub through a purée sieve, reheat, add a teaspoonful of salt, two cupfuls of hot milk and serve. If properly made, the purée will be of a velvety consistency and tempting aroma.

POULET ALLEMAND.—Put two quarts of chicken stock to heat, add six chopped mushrooms, a table-spoonful of shallots, a teaspoonful of parsley and a small onion. Let this simmer gently for ten minutes, then add a cupful each of cooked rice and the white meat of a cooked chicken very finely minced. Cook for ten minutes, then rub through a purée sieve, mashing the chicken and rice with a potato masher. Return to the fire and allow it to boil. Heat a pint of milk to the scalding point, have ready the whites of two eggs beaten to a solid froth and add them to the milk, stirring rapidly; let the milk come to a boil, then set aside. Add to the soup a teaspoonful of salt and the beaten yolks of two eggs mixed with half a cupful of cream. Stir in the milk and white of egg and pour into the tureen. The white of the egg will rise to the top like foam. Sprinkle over it a teaspoonful of very finely chopped parsley, and serve.

CREAM OF LOBSTER.—Select a freshly cooked hen lobster weighing two pounds, pick the meat from the shell and chop it fine. Put the coral into a mortar with half an ounce of butter, pound it quite smooth, rub it through a fine wire sieve and cover until wanted. Put the meat with two quarts of weak veal stock in the soup pot, add a small onion, a tiny sprig each of parsley and chervil, and the thin yellow peel of a lemon. Simmer for ten minutes, add a table-spoonful of flour rubbed smooth in a table-spoonful of butter; boil for five minutes, then rub through a purée sieve. Return to the fire, add a dash of cayenne and two teaspoonfuls of salt and let it boil for five minutes; stir in half a pint of whipped cream, a teaspoonful of chopped pimpernel and the lobster coral. Do not allow the mixture to boil; serve at once. The color should be a pretty red.

ELEANOR M. LUCAS.

SOME CREOLE RECIPES.

DUBBE FROIDE.—Cover well and soak over night in vinegar six pounds of beef (the round) well larded; the next morning drain. Brown well a table-spoonful each of lard and flour. Place the meat in this after it is well browned, and cook for half an hour; then pour a quart and a half of boiling water on the meat. Add four bay leaves, two sliced carrots, a turnip, an onion sliced, some parsley, six cloves, six allspice, pepper and salt—a teaspoonful of red pepper and a table-spoonful of salt. Cook for four hours, turning the meat several times. When cooked take from the fire and place in a mould. Put a weight upon it to press the meat into shape. To this add meat jelly made by the following recipe:

CALVES'-FOOT JELLY FOR DUBBE FROIDE.—Take two pairs of calves' feet chopped and broken, two pounds of beef from the hock and two quarts of water; boil together until the beef leaves the bone. Add six cloves, six allspice and three bay leaves; season highly, flavor with lemon, strain through a flannel bag and pour it over the *dubbe*.

NAVET ÉTOUFFÉ À LA CRÉOLE.—Take eight large turnips, a table-spoonful each of lard and flour, a pint of water (boiling), half an onion and a little parsley, both chopped fine. Season to taste. Make a roux with the lard and the flour until brown, then add the turnips, previously quartered; fry until well cooked (the turnips will be soft), put in the onions, parsley and the water and let it stew for twenty minutes.

RIZ AU LAIT.—Take four ounces of rice, a pint of milk and a pinch of salt. Wash the rice clean and put it with the milk into a double boiler, adding the salt at the same time. Let it boil until it is a perfect cream, stirring constantly. Serve cold, with sugar.

TANTE MARQUETTE.