



CULINARY CONCEITS

E. G. BARRIS

Tried Recipes

BAKED CHEESE OMELET—One small cup of finely grated bread crumbs, one cup of grated cheese, one tablespoon of melted butter, two cups of milk, two eggs, salt and cayenne pepper to taste. Soak the crumbs in the milk in which you have dissolved a pinch of soda, beat the eggs lightly, add milk and bread, butter and seasoning, last of all the cheese. Bake and serve at once.

VIENNA STEAK—Chop one pound of lean beef very finely, season with salt and pepper, nutmeg, and a little chopped shallot, mix all thoroughly with a beaten egg. Divide this into six portions, and with a little flour form into balls. Flatten each to about the thickness of an inch, egg and breadcrumb, with white crumbs, fry each in clarified butter for fifteen minutes, serve a poached egg on them, and pour a little brown sauce round.

GINGER NUTS—One cupful of sugar, one cupful of butter, one ounce of ground ginger, four cupfuls of flour and molasses to make a stiff paste. Break off in bits, roll into balls and bake in a quick oven.

JAPANESE TEA WAFERS—Stir together the white of one egg and one tablespoonful of white sugar. Add one tablespoonful of rice flour, one and one-half teaspoons of softened butter. Beat until well mixed and as thick as cream. Favor with vanilla. Drop by the teaspoonful on greased tins, spread into rounds as thin as tissue paper. Bake in moderate oven till brown. While still warm roll round a stick to curl. Keep in tin boxes.

SOUTHERN HASH—Any left-over chicken or tomatoes will do for this. Cut the chicken into small pieces. You should have about two cups. Cut the tomatoes into small pieces—two cups are sufficient—and stew them gently in one cup of water for twenty minutes. An onion stewed with them is an improvement. Put the chicken, tomatoes and one cup of boiled rice in a kettle and heat to boiling point. Serve hot. Garnish the platter with parsley.

GRAPE SHERBET—Make a syrup with one and one-half pounds of sugar, and one pint of water, boil it five minutes and pour it over four pounds of stemmed grapes which have been mashed to a pulp. Let stand covered until cold, then press through cheese-cloth, add the juice of one lemon and freeze.

CARAMEL CUSTARD—Brown well one and one-half cups of brown sugar. Add one-half cup of boiling water and stir until well mixed. Add one quart of milk, three well beaten eggs, one teaspoonful of vanilla, and one cup of cream if desired. Set dish in a pan of boiling water. Bake in a slow oven.

CHERRY TRILBY—Three pounds of cherries, four oranges, including the peel of three, chopped very fine, two pounds of chopped raisins. Boil twenty minutes, add four pounds of white sugar and cook ten minutes.

RHUBARB TART—Make a short crust with half a pound of flour, a quarter of a pound of butter, a pinch of salt, and sufficient water to form a smooth dough or paste. Clean enough rhubarb stalks to fill a pie dish, and divide into two-inch lengths. Fill a pie dish with the fruit, put a large tablespoonful of moist sugar on top and cover with the prepared paste, lining the edge of the dish with a strip of paste beforehand. Press down the edges and shape neatly, brush over the paste with water or milk, and besprinkle with sugar. Bake in a hot oven for about thirty-five minutes.

SAVORY TOAST—Cut some fingers of buttered toast, and spread with anchovy paste. Have ready a dessertspoonful each of finely-chopped white of egg (hard boiled), chopped parsley, and crumbled yolk of egg. Cover one-third of each finger with the white, one with green, and one with yellow.

POTATO CAKE—Two-thirds of a cup of butter, two cups of sugar, one of hot

mashed potatoes, two-thirds of a cup of milk; three eggs, two squares of melted chocolate; one-half teaspoonful of cloves, one teaspoonful of cinnamon and nutmeg; two teaspoonfuls of baking powder, two cups of pastry flour, one cup of chopped walnuts. Bake in a long pan from three-quarters to one hour, and cover with plain white frosting and halves of walnuts.

PRIMROSE PUDDING—Four good table-spoonfuls of ground rice, two level teaspoonfuls of castor sugar, one ounce of butter, two eggs, one pint of milk, vanilla, or other flavoring, raisins to decorate. Coat a mould or basin thickly with butter, ornament with halves of raisins. Moisten the rice with a little milk, boil the remainder, and pour over the rice, stirring all the time. Return to the saucepan, add the sugar, and cook three or four minutes. Cool slightly, then put in eggs and vanilla. Pour into the mould, and steam gently from one and a quarter to one and a half hours.

Some English Recipes

CHOCOLATE MOULD—Whip two ounces of butter with two ounces of sugar, the yolks of three eggs, and three ounces of grated chocolate; mix in the three whites whisked to a stiff snow; bake it in a buttered mould.

LETTUCE SALAD—Take two large heads of lettuce; remove the outside leaves and wash in cold water; pull apart and put into a salad-bowl; sprinkle over one teaspoonful of salt, half a teaspoonful of pepper; add a quarter of a pint of salad oil, and the same of vinegar. Stir lightly until mixed with the lettuce; garnish with watercress.

FOWL MILAN FASHION—Truss a fowl as for boiling, putting an onion inside it; lard it with bacon, and put it to braise in a stew-pan with slices of bacon, carrots, onions, sweet herbs, spices, pepper and salt to taste; moisten with stock, and during the process of cooking baste the breast of the fowl frequently with the liquor. Boil in plenty of salted water a quarter of a pound of rice picked and washed clean; when the grains begin to burst drain off the water, cover the rice with a cloth, and let it remain by the side of the fire until quite dry. Take equal parts of the liquor in which the fowl is braising and tomato sauce; work these into the rice with plenty of grated Parmesan cheese until it becomes of the requisite consistency. Make a border with rice round the dish, lay the fowl in the middle, with a little of the gravy, free from fat, under it, hold a salamander over the breast to give the larding a nice color, and serve.

SALMON CUTLETS AND CUCUMBER—Take a piece of salmon, remove the bones and skin carefully, cut it into slices half an inch thick, and flatten each on the chopping-board with a cutlet bat. From these slices cut as many neatly-shaped cutlets of a uniform shape as is possible. Place them quite flat on a well-buttered baking-tin, sprinkle pepper and salt over them, and, ten minutes before they are wanted, put them into the oven, with a sheet of buttered white paper over them. Place all the trimmings of the salmon in a saucepan, with carrots, onions, thyme, bayleaf, some parsley, pepper and salt, and a pint of stock. Let this boil for half an hour, melt a small piece of butter, add to it about a teaspoonful of flour; stir it till it begins to color; then strain into it the above sauce, and add a little chopped parsley. Cut a large cucumber in rounds an inch long, cut each round into four quarters, remove the seeds and rind, and trim each piece to a uniform shape; then throw them into boiling water with a little salt; let them boil until nearly cooked. Strain them, and throw them into cold water; then strain them again and put them into a saucepan with a little butter, pepper, salt, and chopped parsley, to be kept covered up and warm until wanted. To dish up, pour the sauce on a dish, arrange the cutlets slanting, overlapping each other and fill the space in the middle with the cucumber.

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