

then wrap it in a cloth, and boil it again, very gently, until thoroughly cooked, but not overdone. If half a head is being used, allow about an hour and a-half for the first boiling, and two hours and a-half for the second, or perhaps a little longer, according to the size of the galantine; then, when done enough, take it up, drain it well, and put it to press between two dishes with a heavy weight on the top but do not remove the cloth or the binding until next day. After these have been taken off, brush the surface of the galantine over with liquid glaze—made by boiling down a little of the liquor in which the head was cooked—then sprinkle it with fine brown raspings, ornament it with tiny patches of sifted egg yolk, and place it on its dish; garnish round about with sprigs of parsley and slices of fresh lemon, and serve. This forms a most delightful luncheon or supper dish, and well repays any little extra trouble involved in its preparation, as it is so very dainty, both in appearance and taste; it is an exceedingly economical dish, too, as a very small portion of it goes a long way."

CALF'S HEAD BROWN.—Put into a saucepan 1 lb. of salt, a $\frac{1}{2}$ lb. of bay salt, $\frac{1}{2}$ lb. of moist sugar, 1 oz. of saltpetre, and 3 quarts of water, and boil together for twenty minutes, then strain the liquid into an earthenware vessel, and skim carefully when cold. Lay into this pickle half of a large fresh calf's head, which has been well cleansed and blanched, and from which the brains and soft bones have been removed, and let it remain there for about a week, turning it once every day; then take it out, wash it well, and boil it very gently until tender, after which bone it carefully, cut the meat into dice, and the tongue into small, thin slices, and season both according to taste with salt, if necessary, pepper, and pounded mace. Mix the meat nicely and, while still hot, arrange it in a brawn-tin; then set a heavy weight on the top and leave it in a cool place until quite cold and firm. Serve turned out on to a dish-paper, with a tasteful garnishing of fresh parsley round about.

CALF'S HEAD CHEESE.—Take the remains of a cold calf's head that has been either boiled or baked, and after freeing the meat from bones and skin, cut it up into small neat dice, and mix it with one-third its weight of prime bacon or ham, previously cooked and cut up in the same way; season the meat pleasantly with salt, cayenne, mace, and lemon juice and put it into a stewpan with sufficient of the liquor in which the head was cooked to just barely cover it and simmer as gently as possible for fifteen or twenty minutes; then turn the preparation into a damp mould, and leave it until next day, when it must be carefully turned out, prettily garnished, and served. When the "cheese" has become so small that it is not very presentable in its original form, it will, if cut neatly and very thin, make most delicious sandwiches, and these, when tastefully arranged on a pretty dish paper, and garnished with tiny sprigs of fresh parsley, form a most appetising and very highly appreciated dish, suitable for luncheon or supper.

MARIE.

Bread baking.

How can you know when the oven is hot enough? The exact way is to test the heat by a thermometer. The oven should register 450 degrees Fahrenheit. This seems to be a great heat, but it makes the crust to support the dough when the forming of carbonic

acid gas ceases. This happens soon after the yeast plants are killed by the heat. It is curious to know that the inside of a loaf is only 212 degrees. The moisture in the dough keeps down the temperature and prevents the scorching of the crust unless the fire gets too hot. Few thermometers register such a great heat, so we must try some other plan. The baker throws a little flour into his oven. If it blackens without taking fire, the oven is just right; if the flour blazes, the heat is too great, and if the flour scorches a little, the oven is too cool.

Yet another way is to stick your hand into the oven. If you can bear it there while you count twenty-five, your oven is hot enough. This is for wheat bread, and medium-sized loaves. For large loaves and all kinds of brown bread you must count thirty, as the oven should be cooler. Most ovens are uneven, so you must watch the ways of your own oven and turn your loaves often till you have found out what to expect.

Some ovens bake quicker on one side than another, and if you are not watchful a heavy crust will form on one side or corner, and the soft dough will swell out on the other side, making an ill-shaped loaf. Elevated ovens are apt to burn on the bottom, while those behind or under the fire-box burn on the top. When the crust is forming too quickly, a sheet of brown paper laid over the top of the loaf will check that, and an old tin or piece of iron placed under the loaves will prevent the burning on the bottom. Do not use newspaper; printer's ink in such heat forms a smoke that would make your eyes smart painfully. Try to have a steady fire, and fix it so as not to have to add fresh coal or too much wood during the baking as this will lessen the heat about the ovens.

One hour is the usual time for baking ordinary loaves, but no one can tell exactly, save the cook who has the fire and oven in charge. So bring to your baking quick wits and get your giant (sic) and his partner well in hand. Brushing the top of the loaves with cold water before they are put in to the oven makes a nice crust, as it keeps the dough from overbaking.

Be sure you grease your pans well, and if the bubbles in the dough are large, take it out of the pans and knead it once more. It is too light, and will be coarse in texture. When the bread is baked, it will have a good brown crust on the bottom and will "click" loudly when you put your ear close to the loaf. Listen well. If you do not hear the "click" distinctly, put the bread back in the oven at once. When baked, tip it out of the pans, stand the loaves up edgewise, and cover them with a clean cloth. A cloth wrung out in cold water put under the dry one will soften the crust if it is overbaked.

Youth's Companion.

Dainty Methods of cooking and serving Tripe.

When perfectly fresh, well cooked, and tastefully served, prime beef tripe forms a most delightful dish, being at the same time a thoroughly wholesome, light, and nutritious article of diet. It can be dressed, too, in such a variety of dainty styles that it is quite possible to indulge in it frequently without any danger of its becoming monotonous, but, of course, everything depends upon the methods adopted in the cooking and serving, as tripe, like every other article of food, can easily, by careless, injudicious treatment, be rendered extremely disagreeable and unattractive. I want, therefore, to describe this week a few of the methods which, in my own household,

have proved most pleasing and satisfactory, and I hope that my readers will be persuaded to try them, as I am sure they would heartily enjoy and appreciate the dishes.

Before giving the recipes, however, I should just like to call attention to the fact that, although the tripe is generally supposed to have been thoroughly cleaned before being offered for sale, it should always be carefully blanched previous to its being cooked, as by this means only can we guarantee the perfect purity and cleanliness of the article. To do this effectually, put the meat into a saucepan of cold, well salted water; bring to the boil, simmer for about five minutes, then drain, scrape if necessary, and dry by pressing it gently in a clean soft cloth, after which prepare it according to any of the following recipes, all of which are highly to be recommended:—

A FRICASSEE OF TRIPE.—Take two pounds of prime fresh tripe, blanch and dry it as already directed, then cut it up into small, neat squares, and lay them in a saucepan with sufficient milk and water in equal parts to entirely cover them; add a large onion cut in quarters, a bunch of herbs, and a good seasoning of salt and white pepper; then cover closely, and stew very gently until the tripe is quite tender, when it must be dished up in a pile in the centre of a ring or border formed of whole medium-sized potatoes, which have been carefully steamed or boiled in the usual way until quite dry and floury; then cover the whole with a rich, savoury white sauce, made as below, sprinkle the surface with a little finely chopped parsley, and serve as hot as possible. To make the sauce, put a pint of milk into an enamelled saucepan with a good seasoning of salt and white pepper, a teaspoonful of finely-minced, par-boiled onion, about an ounce of butter,

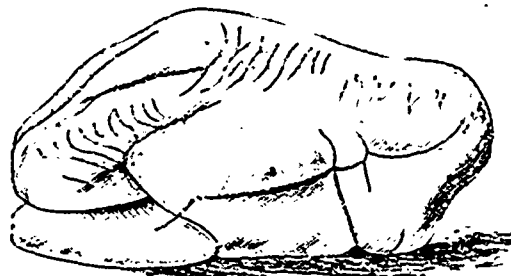
drain it well, and cut it up into small neat pieces; dry these thoroughly, egg and breadcrumb them in the usual way, being careful to press the covering in firmly, then fry in boiling clarified fat until richly browned on both sides, after which drain again, and dish up in a neat pile on a flat, nicely arranged bed of well-mashed and seasoned potatoes. Have ready at the same time some nicely-made brown onion sauce which has been prepared in the following manner:—Slice very thinly three or four medium-sized Spanish onions, and fry them in the same fat as the tripe was cooked in until well browned; then drain them thoroughly from the fat, and stir them into about a pint of thick, creamy, brown sauce; simmer gently until the onions are quite soft, then add a tablespoonful of made mustard, and a further seasoning of salt and pepper, if necessary, and the sauce is ready.

Ag. Gazette.

Preparing Poultry for the table.

We published in the *Field* of Feb. 11 an account of the mode of trussing fowls when required for roasting, as practised by the first-class poulterers of the West-end. The method adopted, when they are required for boiling is somewhat different, and is represented in the accompanying engraving.

We are again indebted to the very skilled operator at Messrs Bollamy's for a careful demonstration of the method pursued, which may be described as follows: The fowl, when taken in hand after having been plucked, is, in the first instance, treated as one required for roasting, as before described. The extreme tip of the wing and the thumb pinion are cut away, as well as the loose strip of skin along the underside of the wing, which is left after the removal of the quill feathers. For the proper mode of removing the



POWL TRUSSING FOR BOILING.

and three large, fresh, well-beaten eggs, and stir constantly over a moderate fire until the sauce becomes of a smooth, thick, creamy consistency without ever reaching boiling point, then add a pleasant flavouring of strained lemon-juice, and use as directed.

TRIPE FRITTERS.—After cleansing the requisite quantity of tripe in the manner described above, boil it gently until sufficiently tender, then drain and dry it, and cut it up into small pieces about $2\frac{1}{2}$ in. long by $1\frac{1}{2}$ in. wide; season these well with salt and pepper, dip separately into thick, rich, frying batter, and fry in plenty of boiling clarified fat until coloured a lovely golden-brown, when the fritters ought to be well swollen out and present a light, puffy-looking appearance, which renders them dainty in the extreme. Drain thoroughly on a piece of blotting or kitchen paper, pile up high on a neatly-folded napkin on a fancy dish paper, garnish tastefully with parsley, and serve very hot.

FRIED TRIPE WITH BROWN ONION SAUCE.—When the requisite quantity of tripe has been carefully blanched and dried, boil it until quite tender,

neck, crop, and merry-thought, and drawing the fowl, we must refer to our previous article, as, so far, there is not the slightest difference in trussing for boiling from that adopted for roasting, but the subsequent proceedings are very different.

The fowl having been drawn, the fingers are passed under the skin at the side of the breast, which is separated and loosened from the flesh round the lower joint of the leg, right down to the hock. This is done on both sides, and so effectually that by laying hold of the shank the fleshy part of the leg can readily be pushed under the skin, but before this is done, a cross cut is made at the back of the leg 1 in. above the hock, and another about $1\frac{1}{2}$ in. below the hock, but this is made in the front. These cuts are for the purpose of dividing the sinews and enabling the foot to be twisted right round so as to come at the back of the fowl. Then, holding the foot in the hand, the hock is pushed through the first cut made in the skin, which is drawn down over it, and it disappears altogether from view. The shank is then cut across where it projects beyond the skin, and the foot is in this way