

# NEW AND TESTED RECIPES

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A DEPARTMENT for the busy housewife who desires to introduce variety into her menu. Questions will be cheerfully answered by the editor, who is well known for reliability.

## How to Make Good Curry Dishes

Some of the curries so much beloved by those persons who have visited India can be made in almost any part of Canada, but others cannot be prepared without the aid of twelve or more pungent seeds and vegetables which are unobtainable here. Bombay has fifteen varieties of curries; Calcutta has almost as many, and Ceylon is famed for its fish, prawn and vegetable curries.

In order to cook and serve curry to perfection, good stock, good curry powder or paste and plenty of well prepared rice are required. High class curry powder or paste is a necessity, and, as with other articles of diet, the best is the cheapest, because it need not be used in large quantities. Many cooks consider that the paste has a more delicate flavor than the powder.

In order to make a thoroughly satisfactory curry, uncooked meat should be used, but good results can be obtained by the use of cooked cold beef, lamb, game, chicken or rabbit, provided that an extra supply of stock or gravy is at hand. Cut the meat into dice. Cut two small onions into thin slices, and fry in three tablespoonfuls of butter to a light golden brown. Add two tablespoonfuls of flour and the meat, and fry for a few minutes. Take a spoonful of curry paste—the size of the spoon must depend upon the quantity of the meat and the individual taste—mix the paste smoothly in a cup with gravy or stock, remembering that curry should never be fiery hot. Place the fried meat in a saucepan with one-half teaspoonful of salt, a tablespoonful of grated coconut, two tablespoonfuls of coconut milk, one tablespoonful of chutney, one tablespoonful of lemon juice and four tablespoonfuls of butter. Cover with gravy and simmer for two hours. Serve with a dish of boiled rice.

However delicious curry may be, badly cooked rice will spoil it. Each grain should be separate, well swollen and hot. Wash the rice and drain it well. Have ready a large saucepan of boiling water, throw in the rice, add a teaspoonful of salt, then boil fast until the rice is tender. Drain and steam the rice dry.

If white meats are used, cream and milk should be employed instead of a dark stock. Cold meat that has been cooked must be treated in the manner described above, except that the simmering process should be reduced to one hour.

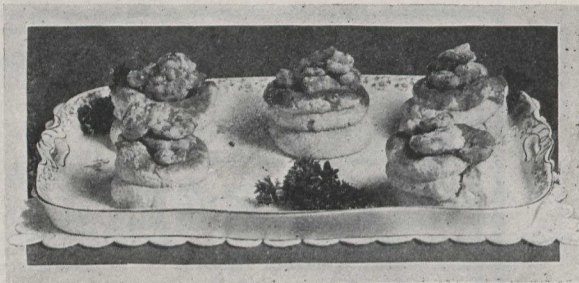
Madras or "dry" curry is quite popular in some parts of India. It is quickly made, does not require gravy, and cooked meat can be utilized, although lobster, prawns or shrimps are the correct form of "dry" curry in the eyes of

epicures. Melt four tablespoonfuls of butter in a frying-pan, add three finely sliced onions, and fry to a golden color, then add a

tablespoonful of chopped coconut, a teaspoonful of lemon juice, two tablespoonfuls of chopped apple, one-half teaspoonful of salt, two tablespoonfuls of curry powder or paste, a tablespoonful of chutney and three tablespoonfuls of butter. The last named is an indispensable ingredient. Stir all this in the pan until a deep brown. Put in the fish or meat, add one-half teaspoonful of chopped garlic and a little more lemon juice. Make very hot and serve with boiled rice and sliced tomatoes.

Coconut milk is a great improvement to curry, and it is quite easily made. Take a fresh coconut, scrape off the hard white inside part, put it into a basin with enough boiling water to cover, and let it soak for thirty minutes, then strain through coarse muslin, well pressing and squeezing the coconut. The result will be a very thick milk, which must be carefully put aside until the curry is near completion.

With regard to curry powders and



Curried Shrimp in Potato Patties.

pastes, it should be noted that it is not sufficient to merely add these to a meat, egg or vegetable dish at the last moment. The curry must be thoroughly cooked with the dish.

CURRIED CELERY FRITTERS.—Wash and clean three stalks of white celery, cut them into inch pieces, and cook until tender in boiling salted water or stock, then drain well. When cold, toss them in thick white sauce, previously mixed with a tablespoonful of curry powder or paste; the pieces must be thoroughly coated with the sauce. Dip each piece into frying batter, and drop into smoking hot fat, fry to a golden color, drain on white paper, sprinkle with fine salt mixed with a little curry powder, dish up on a folded napkin and serve immediately. Asparagus or cucumber may be treated in the same manner.

CURRIED MUTTON HASH.—Two pounds of cold roast leg or shoulder of mutton, freed from skin and superfluous fat, an onion, three tablespoonfuls of butter, a tablespoonful of finely chopped parsley, one dessertspoonful of curry powder and an equal quantity of curry paste, one cupful of stock or water, one tablespoonful of chutney, one tablespoonful of flour, and a border of boiled rice. Cut the mutton in neat slices, peel and chop the onion finely, and fry it in one tablespoonful of the butter with the chopped parsley. When nicely browned, add the curry paste and curry powder, stir well, and moisten with the stock or water, and add the chutney. When hot, stir in the flour blended with the remaining butter; then add the sliced mutton. Season with a little salt, and cook gently until quite hot. Dish up in the centre of a border of well-cooked rice.

CURRIED CAULIFLOWER.—Fry three sliced onions to a pale brown color in four table-

spoonfuls of butter or drippings and transfer to a saucepan with two cupfuls of scalded milk, a tablespoonful of grated apple, a banana forced through a sieve, the strained juice of half a lemon, a tablespoonful of curry powder and a teaspoonful of grated horseradish. Bring to a boil and simmer for ten minutes. Pour over a boiled cauliflower and serve decorated with parsley.

CURRIED PEPPERS.—Cut off the tops of six green peppers and remove the seeds and ribs. Mix one-half cupful of breadcrumbs, one-half cupful of grated coconut, three-fourths cupful of chopped cooked ham, one tablespoonful of curry powder, two chopped apples, two tablespoonfuls of butter, salt and pepper to taste. Divide this mixture into the peppers and steam them until tender.

CURRIED EGGS.—This is a delicious and easily prepared luncheon dish. Fry a sliced onion in three tablespoonfuls of butter or drippings, add one-half tablespoonful of curry powder, one teaspoonful of flour, one-half teaspoonful of mustard, salt to taste, and one and one-half cupfuls of stock and two tablespoonfuls of chopped coconut. Simmer for twenty minutes, then add two teaspoonfuls of lemon juice and four chopped hard-cooked eggs. Serve in a border of hot boiled rice. Decorate the rice with strips of red peppers.

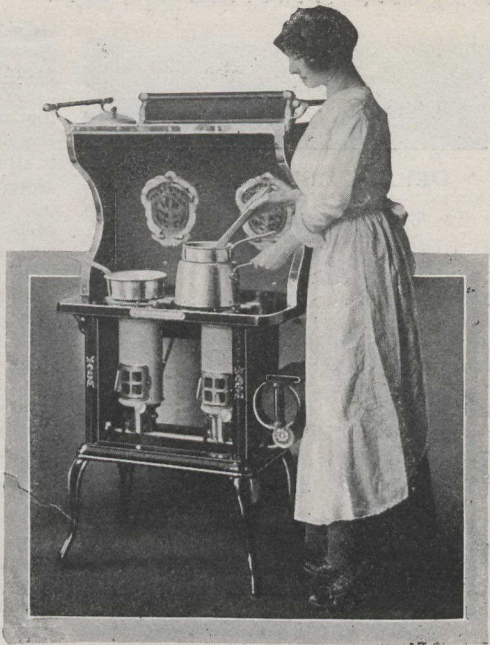
CURRIED SHRIMPS.—Force hot boiled potatoes through a potato ricer, season with salt and pepper, add one tablespoonful of melted butter and moisten slightly with hot milk. Force around and around through a pastry bag and round tube to form patty cases. Place on a greased baking tin, brush over with beaten egg, and brown slightly in a hot oven. Fill with the curried shrimps. To make the



Curried Eggs.

curried shrimps, melt three tablespoonfuls of butter, add a sliced onion and fry to a pale golden color, add one teaspoonful of lime or lemon juice, two teaspoonfuls of curry powder, two tablespoonfuls of apple sauce, one chopped sweet green pepper, salt to taste, a cupful of cooked shrimps, fresh or canned, a cupful of stock or water and two tablespoonfuls of butter. Simmer for fifteen minutes and use.

CURRIED SCALLOPS.—Wash and drain two cupfuls of scallops. Pour over sufficient boiling water to well cover, let stand for eight minutes and drain. Put them into a saucepan with one-half teaspoonful of salt, one bay leaf, two cloves, one blade of mace and two cupfuls of milk, and simmer for forty minutes. Rub the bottom of a second saucepan with a cut clove of garlic, add one tablespoonful of butter, two teaspoonfuls of curry powder and one tablespoonful of chopped green pepper, and cook for five minutes. Add one-half cupful of white stock and cook for five minutes longer, then add one cupful of milk in which the scallops are cooking. Stir in one teaspoonful of flour dissolved in a little cold milk, and when smooth and thick, strain the sauce over the scallops. Simmer to-



Making Curry on Oil Stove.

gether for a few minutes, add two tablespoonfuls of strained orange juice, one teaspoonful of lemon juice, and serve with boiled rice.

CURRY SOUP.—One small turnip, one onion, one leek, one carrot, one small cauliflower, salt and pepper to taste, one tablespoonful of rice, one cupful of milk, one-half apple, six cupfuls of stock or water, one teaspoonful of sugar, one tablespoonful of chutney, one tablespoonful of lemon juice, one tablespoonful of curry powder and four tablespoonfuls of butter or drippings. Clean and prepare the vegetables. Cut the turnip and carrot into dice, and chop the apple. Cut the onion and leek into thin slices, and break up the cauliflower into small pieces, keeping it separate in cold water until required. Melt the butter in a saucepan, put into it the carrot, turnip, onion, leek and apple, and stir these over the fire for a few minutes without browning. Add the curry powder, chutney, salt and the rice well washed. Mix and then pour in the stock. Bring to the boil, and simmer for two hours, or until the vegetables are almost soft. Then add the cauliflower and cook for thirty minutes longer. Now add the milk, sugar and lemon juice, and serve with plain boiled rice.

COLD CURRY.—For a pound of chicken or veal freed from gristle and bone, use five tablespoonfuls of butter or drippings, one sliced onion, two tablespoonfuls of curry powder, a tablespoonful of chopped apple, a tablespoonful of flour, a tablespoonful of chopped coconut, one-half cupful of cream, one-half cupful of white stock, a cupful of milk, the strained juice of half a lemon, and salt to taste. Cut the meat into large dice. Fry the onion in the butter, but do not let it get brown. Then add the meat, and fry it to a golden brown. Now add the curry powder, the flour, apple and coconut, stirring all the time. Moistens gradually with the stock and milk, and stir until it boils. Season to taste, and let it simmer until the meat is tender. Allow to get cold and then add the cream. Serve this curry in a border of boiled rice, garnished with slices of cooked beets.

CURRIED LENTILS.—Soak one cupful of lentils in water for four hours. Drain off the water. Melt two tablespoonfuls of butter in a saucepan, add one chopped onion and fry until a nice brown color; add the lentils, two cupfuls of boiling water, one dessertspoonful of curry powder or paste, salt to taste, and simmer for one hour; then add the strained juice of half a lemon, cook for fifteen minutes longer, and serve with boiled rice.

CURRY OMELET.—One-half cupful of curry sauce, a cupful of boiled rice, a plain omelet, a dessertspoonful of curry paste and a dessertspoonful of chutney. Separate the yolks from the whites of three eggs. Add to the yolks the curry paste, chutney, and salt to taste, and mix well. Beat up the whites of the eggs to a stiff froth and fold them in. Melt two tablespoonfuls of butter in an omelet pan, pour the mixture into it, scraping out the basin as quickly as possible. Stir the mixture round with a spoon until it begins to set, stirring mostly on the surface, and not scraping the bottom of the pan. Then hold it over the fire until nicely browned on under side. Turn it out on to the hot boiled rice and pour the curry sauce round.



Preparing Curried Beef.