

COOKERY RECIPES.

ENTRÉES.

FRICASSEE OF CHICKEN.

Ingredients.—A chicken, milk and water to cover, one ounce and a half of flour, one bay-leaf, one blade of mace, one small onion, one stick of celery, salt, twelve white peppercorns, a bottle of button mushrooms, half a gill of cream.

Method.—Skin the chicken and cut in joints, cut the breast into nice pieces; put the chicken in a stew-pan with the mace, bay-leaves, onion, peppercorns, salt and enough milk and water to cover; put on the lid and simmer very gently for one hour and a half, take out the pieces of chicken and arrange them neatly on a hot dish. Strain the stock, mix the flour smoothly with a little milk, bring the stock to the boil and stir in the flour, let it cook well and then add the cream; pour this over the chicken; have ready the mushrooms heated in the liquor in which they were preserved; drain them well and arrange them in big spoonfuls round the chicken.

VEAL FILLETS AND MUSHROOMS.

Ingredients.—One pound of fillet of veal, two ounces of mushrooms, half a shalot, a sprig of parsley, one ounce of fat bacon, some button tomatoes.

Method.—Cut the fillet of veal into round pieces as for veal cutlets; make a mixture of the bacon, mushrooms, shalot and parsley, all chopped very finely, and spread this on the veal fillets; lay on a buttered paper on a greased tin and put a thickly-buttered paper on the top, bake in a moderate oven about twenty minutes, dish in a circle with cooked button tomatoes round.

VEAL CUTLETS.

Ingredients.—One pound of fillet of veal, egg, bread-crumbs, good dripping for frying, thin rashers of bacon, mashed potatoes.

Method.—Cut the veal into nice round pieces and flatten them with a chopper dipped in warm water; brush with beaten egg and dip in bread-crumbs, flattening these on with a knife. Heat about three ounces of good dripping in a small frying-pan, and when it smokes put in the cutlets; fry them a good golden brown both sides, then lift them out carefully and drain on soft paper. Have ready some nicely rolled thin rashers that have been cooked on a skewer in the oven until crisp. Work the mashed potatoes in a saucepan over the fire with a wooden spoon until thoroughly dry, then turn them on to a floured board and work them into a roll with the hand. Arrange this roll in a ring on a hot dish, brush it with beaten egg and let it brown in the oven; arrange the veal cutlets on this with a rasher of bacon between each. Put some well-cooked green peas or any other suitable vegetable in the centre of the potato border and pour brown sauce or tomato sauce round the base.

EGG CUTLETS.

Ingredients.—Six small hard-boiled eggs, about one pound of sausage meat, egg, bread-crumbs, brown sauce, deep fat for frying.

Method.—Shell the eggs, flour the hands, a knife and the paste-board, and spread the sausage meat on the board in a thin layer; wrap some neatly round each egg in a pear shape making the sausage meat lie close to the egg; egg and crumb the eggs very carefully and fry them a good golden-brown in deep fat. Drain well; have ready some small square pieces of fried bread on a hot dish, cut the fried eggs very neatly in halves, lay a half on each piece of fried bread, garnish with fried parsley and serve at once. Hand brown sauce with the egg cutlets.

STEWED KIDNEYS.

Ingredients.—Six sheep's kidneys, one pint and a half of milk, four ounces of ground rice, two ounces of butter, one ounce of flour, three-quarters of a pint of stock browning, some small round tomatoes.

Method.—Skin the kidneys, cut them in halves and cut away the fat, melt the butter in a stewpan, and fry the kidneys brown in it; warm the stock and pour it over them, put on the lid and let it simmer very gently until tender, about one hour. Mix the ground rice smoothly with a little cold milk, boil the rest of the milk and stir in the ground rice; stir and cook well, season with pepper and salt, and when it is very stiff pour it into a wetted border mould; turn out when cold, brush with egg and let it take a golden brown in the oven and heat through. Place the kidneys neatly on the rice border, mix the flour smoothly with a little cold stock and stir it into the stock in which the kidneys were cooked; stir and boil well, colour with a little browning, skim well, add pepper and salt and pour the sauce over the kidneys. Have ready some small round tomatoes cooked till tender, or some potato croquettes and pile them in the centre of the border.

MUTTON CUTLETS.

Ingredients.—Some best end of neck of mutton, egg, bread-crumbs, fat for frying.

Method.—Saw off the chine bone and saw the rib bones so that each cutlet has about two inches and a half of bone. Cut the cutlets with a bone to each, trim very neatly, scrape the bones very clean. Egg and crumb well, flattening the crums on with a knife taking care to leave the bone clean. Heat the frying-fat until it smokes and then lay in the cutlets, fry a golden brown both sides, drain well, put a little paper frill on each and dish on a border of potato or round a pile of any suitable vegetable.

MUTTON CUTLETS À LA NAPOLITAINE.

Ingredients.—Some best end of neck of mutton, some well boiled macaroni, about three ounces of grated cheese, bread-crumbs. Fat for frying.

Method.—Cut the cutlets as for ordinary mutton cutlets, brush them with egg and dip them in grated cheese and bread-crumbs mixed; fry in good dripping and serve round well-boiled macaroni, that has grated cheese sprinkled over it.

JUGGED HARE.

Ingredients.—One large hare, one pound of rump-steak, three onions, nine cloves, one carrot, one turnip, two sticks of celery, one blade of mace, twenty-four peppercorns, two bay-leaves, one sprig of parsley, three ounces of butter, two ounces of flour, one dessertspoonful of salt, one dessertspoonful of red currant jelly, water to cover, a glass of port wine.

Method.—Clean the hare and cut it in joints; save the blood for the gravy. Fry the pieces of hare and the beef in the butter in a large frying-pan. Stick three cloves in each onion and put the vegetables, parsley, mace, bay-leaves, peppercorns and salt in a large stewing-jar with the pieces of hare when they are fried and the beef. Warm the stock and pour it into the jar. The liver should be fried with the rest of the hare but should be put aside to be used later. Put the lid on the jar and let the contents stew gently in the oven for three hours. Pound the liver and rub it through a sieve; take out the pieces of hare and beef and put them on a large hot dish and keep it hot while you make the gravy.

Strain the stock from the jar into a saucepan, saving a little of it to mix with the pounded liver, stir the latter into the stock as soon as it boils; mix the flour smoothly with a little cold stock and add this, and when it has boiled strain in the blood; do not let the sauce boil after the blood has been added. Stir in the jelly and let it dissolve and add the port wine. Pour this sauce over the hare on the dish. Garnish the dish with forcemeat balls, made as follows. Mix a quarter of a pound of breadcrumbs with a tablespoonful of chopped parsley, a shalot finely chopped, pepper and salt mixed with enough beaten egg to bind it. Roll into balls and fry brown in a little dripping.

DARJEELING CURRY.

Ingredients.—Two pounds of beef steak, one large onion, one apple, four ounces of butter, one teaspoonful of red currant jelly, one ounce of grated cocoanut, three-quarters of a pint of stock, one dessertspoonful of chutney, one tablespoonful of good curry powder, salt, a few drops of lemon juice, well-boiled rice, half a teacupful of cold water.

Method.—Slice the onion and pound it to a pulp in a mortar; mix the curry powder smoothly with the cold water, melt the butter in a stewpan, put into it the curry powder and onion, stir and cook over the fire until the water boil away and the onion browns in the butter; chop the apple finely and put that in and the steak cut in small square pieces and let all fry brown, but take care not to let the meat get hard, which it will do if cooked too quickly; warm the stock and pour it over, add the cocoanut and the salt, put on the lid, put the stewpan to the side of the fire and let all cook very gently for three hours. Add the lemon juice, chutney, and red currant jelly and serve. Patna rice that has been cooked in fast boiling water for ten minutes and dried on a sieve near the fire, should be served on a separate dish.

ROAST FOWL.

Method.—Have the fowl drawn and trussed for roasting. If possible roast it in front of a clear bright fire, but if not do it in a moderate oven. Put the fowl on a greased dripping tin and put plenty of dripping on the breast for basting. It will take from three-quarters of an hour to an hour according to its size. Just before it is done dredge it with flour and put back in the hottest part of the oven for a few minutes to brown well. Take it off, put on a hot dish; pour off the dripping, pour a little nice stock in the tin, dredge a little flour in, boil it up and pour a little of this gravy round, but not over the fowl. Serve the rest in a sauce-boat. Bread sauce should be served with roast fowl.

BOILED FOWL.

Method.—Have the fowl drawn and trussed for boiling with the legs inside. Rub a little lemon juice over the breast of the fowl to make it white, butter a small clean cloth and tie the fowl in it. Put it in a saucepan with cold white stock, bring slowly to the boil and then simmer gently from an hour to an hour and a half according to the size. Serve rolls of bacon cooked in the oven or in front of the fire round the fowl and pour white sauce over.

Sauce for Boiled Fowl.—Work an ounce and a half of fresh butter with as much flour as it will take up; put three-quarters of a pint of the stock in which the fowl was boiled in a saucepan, bring it to the boil and then stir in the butter and flour; add pepper and salt and a pinch of ground mace, boil well and lastly stir in two tablespoonfuls of cream.