

FIRST WEEK.

FRIDAY.

SOUP MAIGRE.

BOILED COD. ROAST DUCK WITH BREAD SAUCE.
MASHED POTATOES. RICE CROQUETTES.
STEWED CELERY.

APPLE PIE.

SOUP MAIGRE.

- 1 quart of milk.
- 5 pints of water.
- 1 onion.
- 1 turnip.
- 3 stalks of celery.
- 1 potato (large).
- Quarter of a small cabbage, sliced.
- $\frac{1}{2}$ cup of bread-crumbs, very dry.
- 2 eggs, beaten light.
- Parsley, pepper, and salt to taste.
- 4 tablespoonfuls of butter.

Clean, scrape, and mince the vegetables, and put on to cook in cold water, enough to cover them well. When they are scalding hot, drain, and cover them with three pints of boiling water. Stew slowly in this until they are reduced to pulp. Rub through a colander, season, and heat again to boiling. Stir in the bread-crumbs; then the butter, very gradually. Have the milk ready, heated in another vessel, and pour into the soup-kettle at this juncture. Let the soup get very hot, but not boil. Set upon the side of the range, and, dipping out a cupful, add it, a little at a time, to the beaten eggs. When well mixed, return eggs and liquor to the rest of the soup; stir over the fire for an instant, but never to boiling, and serve in a hot tureen.

The eggs should not be allowed to curdle in the liquor; hence the need of carefulness in following the directions above given. A little grated cheese is a pleasant accompaniment to this soup, each person adding it as pleases him.

BOILED COD.

Lay the fish in cold water, a little salt, for half an hour. Wipe dry, and sew up in a linen cloth, coarse and clean, fitted to the shape of the piece of cod. Have but one fold over each part. Lay in the fish-kettle, cover with boiling water, salted at discretion. Allow nearly an hour for a piece weighing four pounds.

SAUCE.

To one gill of boiling water allow as much milk; stir into this, while boiling, two tablespoonfuls of butter, adding gradually a tablespoonful of flour wet up with cold water, and, as it thickens, the chopped yolk of a boiled egg and one raw egg, beaten light. Take directly from the fire, season with

pepper, salt, a little chopped parsley and the juice of a lemon, and set, covered, in boiling water, but not over the fire, for five minutes, stirring occasionally. Pour part of the sauce over the fish when dishd; the rest in a boat. Send around mashed potatoes with it.

ROAST DUCK.

Clean the duck very carefully, rinsing it out with a little soda and water, and afterwards with fresh water. Lay in cold, salted water for an hour. Wipe dry, inside and out, and stuff with a dressing of bread-crumbs, seasoned with pepper and salt, a very little powdered sage and a "suspicion" of minced onion. Sew up; dash a cup of boiling water over them, as they lie in the dripping pan, and roast, covered, for the first half-hour. Remove the cover, and baste freely—three times with butter and water, four or five times with the gravy from the pan. Stew the giblets in a little salted water, and reserve to piece out to-morrow's salmi. Dish the ducks upon a hot platter.

BREAD SAUCE.

Skim the fat well from the gravy left in the dripping-pan; have ready a handful of bread-crumbs (stale), wet up with hot water. Thicken the gravy with these when it has come to a boil; season with pepper, salt, and a pinch of mace. Boil all together once and serve.

MASHED POTATOES.

See receipt for *Sunday*.

While I would spare you all waste of time and pains in looking up receipts in other parts of this volume, I yet deem it hardly worth while to write out in full the same directions twice for the same week—or month.

RICE CROQUETTES.

- 1 cup of cold boiled rice.
- 1 teaspoonful of sugar, and half as much salt.
- 1 teaspoonful of melted butter.
- 1 egg, beaten light.
- Enough milk to make the rice into stiff paste.

Sweet lard for frying.

Work rice, butter, egg, etc., into an adhesive paste, beating each ingredient thoroughly into the mixture. Flour your hands and make the rice into oval balls. Dip each in beaten egg, then in flour, or cracker-dust, and fry in boiling lard, a few at a time, turning each with great care. When the croquettes are of a fine yellow brown, take out with a wire spoon and lay within a heated colander to drain off every drop of fat. Serve hot, with sprigs of parsley laid about them, in an uncovered dish.