

Soups.

BROWN SOUP.

Ingredients.—One pound of bones, one carrot, one turnip, two onions, a bunch of herbs, two ounces of barley, two ounces of dripping, two quarts of warm water, twelve peppercorns, one blade of mace, pepper and salt, one ounce and a half of brown thickening.

Method.—Prepare the vegetables and cut them in halves; chop the bones; melt the dripping in a large saucepan and fry the bones and the vegetables; pour off any dripping that is left and put in the herbs, spices, pepper and salt, and the barley (blanched). Put on the lid and let all simmer for three hours. Strain off the soup through a colander, put the liquor back in the saucepan with the vegetables cut up small, add the thickening and stir until the thickening dissolves and the soup boils.

WHITE VEGETABLE SOUP.

Ingredients.—One carrot, one leek, two onions, one turnip, a bunch of herbs, a blade of mace, one ounce and a half of dripping, two ounces of flour, a small lump of white sugar, one pint of skim milk, one pint and a half of warm water.

Method.—Prepare the vegetables and cut them into nicely-shaped pieces; melt the dripping in a saucepan, put in the vegetables, pepper, salt and sugar, put on the lid and let them cook gently for ten minutes without browning. Add the water, herbs and mace, and let all simmer gently until tender, from twenty to thirty minutes according to the age and size of the pieces of vegetables. Mix the flour smoothly with a little cold milk and stir it into the soup when boiling; take out the herbs and mace and add the rest of the milk.

CABBAGE SOUP.

Ingredients.—A small cabbage, one onion, two bay leaves, two sprigs of parsley, two ounces of cornflour, one pint and a half of water, one pint of milk, pepper and salt.

Method.—Wash the cabbage and shred it small, put it in a saucepan of boiling water, and let it boil three minutes and strain the water away (this takes away any disagreeable smell); put the cabbage back in the saucepan with the onion cut small, the parsley washed and chopped, pepper and salt and a pint and a half of water. Cook with the lid off for fifteen minutes; mix the cornflour smoothly with a little cold milk and stir it into the boiling soup, and when it has thickened add the rest of the milk.

CELERY SOUP.

Ingredients.—One head of celery, two onions, one pint of water or stock, one pint of milk, one bay leaf, one blade of mace, six white peppercorns, two tablespoonfuls of cream, salt.

Method.—Prepare the vegetables and slice them; put them in a saucepan with the stock, bay leaf, mace, peppercorns and salt; cook gently until tender, rub through a sieve, return to the saucepan with the stock, bay leaf, mace, peppercorns and salt; cook gently until tender, rub through a sieve, return to the saucepan, re-heat, add the milk (warm) and then the cream. Do not let the soup boil after the cream is added.

POTATO SOUP.

Ingredients.—Two pounds of potatoes, three onions, two sticks of celery, one ounce of crushed tapioca, one bay leaf, pepper and salt, one pint and a half of water, one pint of warm milk.

Method.—Prepare the potatoes and onions and cut them in dice; prepare the celery and cut it small; put all in a saucepan, with the water, bay leaf, pepper and salt, and simmer till tender, sprinkle in the tapioca and stir until clear, add the milk.

BROWN ONION SOUP.

Ingredients.—Two pounds of onions, two potatoes, two ounces of dripping, three pints of warm water, one ounce and a half of brown thickening, pepper and salt.

Method.—Pare the onions and slice them from top to bottom; melt the dripping in a saucepan and fry the onions in it; prepare the potatoes and cut them in dice, add the potatoes to the dripping and onions with the water, pepper and salt; put on the lid and simmer till tender; add the thickening and stir until it boils.

GREEN PEA SOUP.

Ingredients.—One pint of shelled green peas, a handful of pods, two sprigs of parsley, four shallots, two sprigs of mint, two lumps of sugar, two ounces of fresh butter, half a small lettuce, one quart of stock, two tablespoonfuls of cream, or one ounce of cornflour mixed with a little milk.

Method.—Melt the butter in a stewpan, put in the peas, shallots (peeled and sliced), parsley, lettuce (cut up), mint and sugar; let all cook very gently by the side of the stove for fifteen minutes; do not let it fry brown, as the soup must be kept as green as possible; warm the stock and pour it on and simmer gently until the peas are tender; rub through a hair sieve, return to the saucepan, re-heat, and if necessary, thin with a little stock; add the cream and salt. If a cheaper soup is wanted stir in one ounce of cornflour mixed with a little milk instead of the cream.

LENTIL SOUP.

Ingredients.—Half a pint of lentils, two onions, one carrot, one turnip, two sticks of celery, a bunch of herbs, one quart of water, one ounce and a half of dripping, a piece of bacon rind.

Method.—Wash the lentils in several waters, prepare the vegetables, cut them in dice and fry them in a saucepan with the dripping. Add the lentils, water and rind and boil for one hour and a half. When cooked add pepper and salt.

PALESTINE SOUP.

Ingredients.—One pound of artichokes, one stick of celery, two onions, one pint of water, one pint of milk, one ounce of cornflour, one blade of mace, one bay leaf, six white peppercorns, one teaspoonful and a half of salt.

Method.—Prepare the vegetables and cut them in slices; put them in a saucepan with the water, bay leaf, mace, peppercorns and salt; simmer till tender with the lid on. Rub through a sieve, return to the saucepan and re-heat. Mix the cornflour smoothly with a little cold water and stir it into the soup when it boils; add the milk (warmed) and serve.

LETTUCE SOUP.

Ingredients.—Three-quarters of a pound of lettuce, a bunch of herbs (including chervil), one ounce and a half of butter, one pint and a half of white stock (made from mutton or veal trimmings), two yolks of eggs, a quarter of a pint of cream, two spring onions (chopped), a little green colouring, a little grated lemon rind, a few drops of lemon juice.

Method.—Put the butter into a stewpan, and when melted add the shredded lettuce, lemon rind, onions and herbs; cook these gently in the butter for about fifteen minutes, and then add the stock and simmer gently for half an hour. Pass through a hair sieve, re-heat the soup and add the lemon juice; beat up the yolks of the eggs and add the cream. Pour upon this the hot soup, whisking rapidly all the time to prevent the eggs curdling. Return the soup to the saucepan and whisk until the soup is thickened and the eggs cooked. It must on no account boil; add a little colouring if necessary; serve with *croûtons* of fried bread.

TAPIOCA SOUP.

Ingredients.—One pint of bone stock, one pint of milk, a piece each of carrot, turnip, and onion, one stick of celery, a bunch of herbs, a blade of mace, two large tablespoonfuls of crushed tapioca, pepper and salt.

Method.—Prepare the vegetables and simmer them very gently in the milk with the mace and herbs for half an hour; warm the stock and strain the flavoured milk into it; bring to the boil and sprinkle in the crushed tapioca, stir until the latter is clear, which will be in a few minutes, add pepper and salt and serve.

SCOTCH BROTH.

Ingredients.—One pound of scrag of mutton, one large carrot, one turnip, two onions, two ounces of barley, one teaspoonful of salt, one tablespoonful of washed and blanched parsley, one quart of water.

Method.—Wipe the meat with a damp cloth and cut it in pieces; trim away some of the fat and remove the gristle. Wash the carrot and turnip and peel the onions; blanch the barley. Put the meat and vegetables in a saucepan with the water, barley and salt; put on the lid and simmer gently for two hours, skimming from time to time. Take out the carrot, turnip and onions, cut them in dice and put them back in the soup. Have ready the parsley and stir it into the broth at the last minute before serving. If a better soup is wanted use good beef stock instead of water, and use the best end instead of scrag. Trim the cutlets very neatly and serve one to each person.

TOMATO SOUP.

Ingredients.—One pound of tomatoes, one onion, two sticks of celery, one bay leaf, one blade of mace, a small piece of cooked ham, pepper and salt, one pint and a half of water, one ounce of crushed tapioca.

Method.—Slice the tomatoes; prepare the celery and onion and cut them in pieces; put the vegetables in a saucepan with the mace, bay leaf, ham, water, pepper and salt, and cook till tender; rub through a sieve or colander, return to the saucepan, bring to the boil, sprinkle in the tapioca and stir and cook till clear.