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SELECTED RECIPES

Spanish Omelet.—A well-made Spanish omelet is a delicious breakfast or luncheon dish. To make one, fry four thin slices of bacon until crisp, drain from the fat, add two tablespoonfuls of minced onion, cook in the hot fat until yellow; add also two ripe tomatoes and one tablespoonful of green pepper, freed from seeds and chopped fine. Let them cook slowly, without scorching, while four eggs are beaten slightly; add a little salt and four tablespoonfuls of hot water. Put one teaspoonful of butter in a hot omelet pan, pour in the mixture, and put it in the centre. Add the crisp bacon, crumbled fine; fold the other half of the omelet over, and turn out on a hot platter.

Cornish Currant Cake.—Three-quarter lb. of butter or lard, 1 lb. flour, 8 oz. currants, a pinch of salt, 2 eggs, one-fourth lb. castor sugar, one-fourth lb. lemon peel, one teaspoonful of baking powder and a little nutmeg, one-half pint of milk.

Method.—Mix the flour with the salt and baking powder, then rub in the butter or lard; when sufficiently mixed, add the sugar, currants, shredded peel and nutmeg. Beat up the eggs with the milk, and mix with the dry ingredients into a stiff mixture; put this on a floured baking sheet, and roll out to about half an inch in thickness; then make several incisions with a knife, and bake in a moderate oven for about forty minutes, brush over the top with the white of an egg, and besprinkle with sugar.

Date Cake.—Stone one pound of dates and dust the fruit with sifted flour until they are as white as if frosted. Cream together one and a half cupfuls of sugar and one-third of a cupful of butter. Then add two well-beaten eggs and two cupfuls of sifted flour, to which one heaping teaspoonful of baking powder has been added. Beat all until it looks fine, then add one-half a cupful of sweet milk and beat again. Then stir into the batter the floured dates, and bake in a steady oven.

Angel Cake.—Sift a teaspoonful of cream of tartar six times with one-half a cupful of flour. Whip the whites of six eggs until they stand alone, then gradually stir into them one-half a cupful of granulated sugar and the sifted flour. Beat very hard, turn into a clean, ungreased pan with a funnel in the middle. Bake in a steady oven until a straw comes out clean from the thickest part. Turn the pan upside down upon a clean towel, and, as the cake cools, it will slip out of the tin. When cool, ice the bottom and sides of the cake.

Steak and Kidney Pie.—Cut one and one-half pounds of tender steak into small pieces, dip them in a seasoning made of two tablespoonfuls flour, one teaspoonful salt and half teaspoonful pepper. Roll up seasoned pieces and lay in a pudding dish; put a layer of meat in the bottom of the dish; skin two sheep's kidneys, or one-half oz. kidney, and cut them up in thin slices, leaving out the fat in the middle of the kidney; dip them also in the seasoning; repeat till the meat is used up and the dish is full; pile it high in the middle, and fill up dish with water or stock. Cover with a good crust, brush over with beaten egg and bake in a hot oven for one and one-half hours. After the crust begins to brown, cover with a buttered paper.

Fig and Orange Jelly.—Wash some figs, cut them in small pieces, measure one and one-fourth cupfuls, put them into a saucepan, cover with cold water and cook very slowly until tender. Strain and then put one and one-fourth cupfuls of the fig juice into a saucepan, add one and one-half tablespoonfuls of powdered gelatine dissolved in one-half cupful of boiling water, three-fourths cupful sugar, juice of one lemon and one and one-half cupfuls orange juice. When beginning to set add the figs, divide into small wet molds. Turn out when set and serve with cream and iced cakes.

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