

Technical and Bibliographic Notes/Notes techniques et bibliographiques

The Institute has attempted to obtain the best original copy available for filming. Features of this copy which may be bibliographically unique, which may alter any of the images in the reproduction, or which may significantly change the usual method of filming, are checked below.

L'Institut a microfilmé le meilleur exemplaire qu'il lui a été possible de se procurer. Les détails de cet exemplaire qui sont peut-être uniques du point de vue bibliographique, qui peuvent modifier une image reproduite, ou qui peuvent exiger une modification dans la méthode normale de filmage sont indiqués ci-dessous.

- | | |
|--|--|
| <input type="checkbox"/> Coloured covers/ Couverture de couleur | <input type="checkbox"/> Coloured pages/ Pages de couleur |
| <input type="checkbox"/> Covers damaged/ Couverture endommagée | <input type="checkbox"/> Pages damaged/ Pages endommagées |
| <input type="checkbox"/> Covers restored and/or laminated/ Couverture restaurée et/ou pelliculée | <input type="checkbox"/> Pages restored and/or laminated/ Pages restaurées et/ou pelliculées |
| <input type="checkbox"/> Cover title missing/ Le titre de couverture manque | <input checked="" type="checkbox"/> Pages discoloured, stained or foxed/ Pages décolorées, tachetées ou piquées |
| <input type="checkbox"/> Coloured maps/ Cartes géographiques en couleur | <input type="checkbox"/> Pages detached/ Pages détachées |
| <input type="checkbox"/> Coloured ink (i.e. other than blue or black)/ Encre de couleur (i.e. autre que bleue ou noire) | <input checked="" type="checkbox"/> Showthrough/ Transparence |
| <input type="checkbox"/> Coloured plates and/or illustrations/ Planches et/ou illustrations en couleur | <input type="checkbox"/> Quality of print varies/ Qualité inégale de l'impression |
| <input type="checkbox"/> Bound with other material/ Relié avec d'autres documents | <input type="checkbox"/> Includes supplementary material/ Comprend du matériel supplémentaire |
| <input type="checkbox"/> Tight binding may cause shadows or distortion along interior margin/ La reliure serrée peut causer de l'ombre ou de la distortion le long de la marge intérieure | <input type="checkbox"/> Only edition available/ Seule édition disponible |
| <input type="checkbox"/> Blank leaves added during restoration may appear within the text. Whenever possible, these have been omitted from filming/ Il se peut que certaines pages blanches ajoutées lors d'une restauration apparaissent dans le texte, mais, lorsque cela était possible, ces pages n'ont pas été filmées. | <input type="checkbox"/> Pages wholly or partially obscured by errata slips, tissues, etc., have been refilmed to ensure the best possible image/ Les pages totalement ou partiellement obscurcies par un feuillet d'errata, une pelure, etc., ont été filmées à nouveau de façon à obtenir la meilleure image possible. |
| <input type="checkbox"/> Additional comments:/ Commentaires supplémentaires: | |

This item is filmed at the reduction ratio checked below/
Ce document est filmé au taux de réduction indiqué ci-dessous.

| | | | | | |
|--------------------------|--------------------------|-------------------------------------|--------------------------|--------------------------|--------------------------|
| 10X | 14X | 18X | 22X | 26X | 30X |
| <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12X | 16X | 20X | 24X | 28X | 32X |

A GOOD COOK BOOK

Is a Great Help

WHEN YOU HAVE

A GOOD RANGE

OR

A GEM OF A GAS STOVE

BARR KEEPS THEM.

House Furnishings,

Refrigerators,

Ice Cream Freezers,

Carpet Sweepers,

Cutlery, etc.

F. H. BARR,

2373 St. Catherine Street,

MONTREAL.

Copy Deposited No. 8040

Carl Richard de Amig



FLEISCHMANN'S

Vegetable Compressed

YEAST

Has No Equal.



GEO. R. PROWSE

Manufacturer and Importer

224 ST. JAMES STREET, MONTREAL.

STEEL PLATE COOKING RANGES

for hotels, private families and institutions
a specialty.

GAS STOVES

in 25 different styles, with or without hot
water attachments.

REFRIGERATORS,

Aluminum Lined, easy to keep clean and
economical in the use of ice.

WATER FILTERS.

See sample of water in our store window
after passing through one of these filters.

Examine our Stock before
buying elsewhere.



OUR PRICES ARE LOW.

COOKERY.

BY
AMY G. RICHARDS.

“But for life the universe were nothing, and all that has life requires nourishment.”

“In compelling man to eat that he may live, nature gives appetite to invite him, and pleasure to reward him.”

—BRILLAT-SAVARIN.

MONTREAL :
E. M. RENOUF, PUBLISHER.

1895.

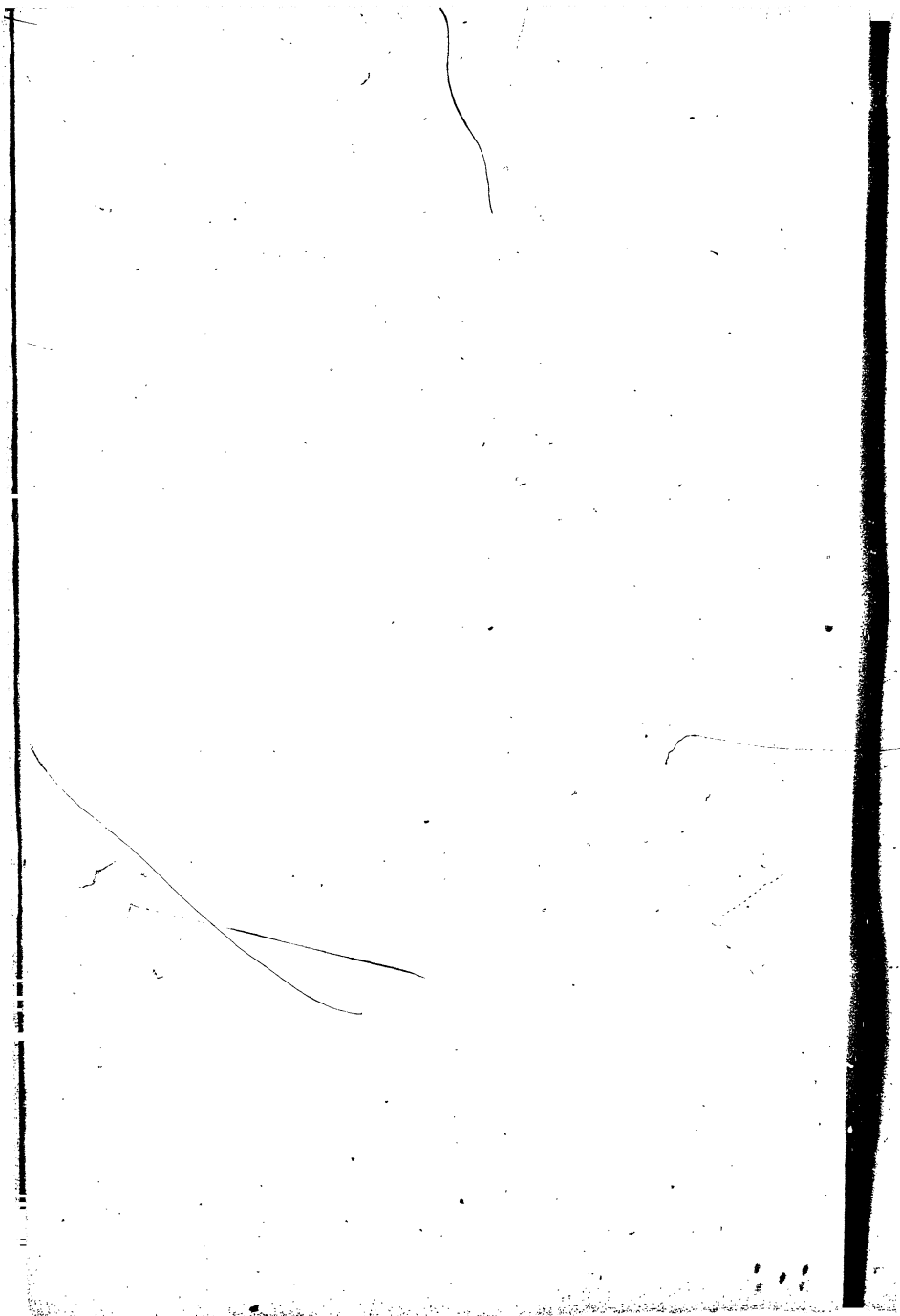
Entered according to Act of Parliament of Canada, in the year one thousand eight hundred and ninety-five, by E. M. RENOUF, in the Office of the Minister of Agriculture.

PRINTED FROM LINOTYPE BARS
AT "WITNESS" OFFICE.

TO MY
CANADIAN PUPILS,

WHOM IT
HAS ALWAYS GIVEN ME GREAT PLEASURE

TO TEACH,
I DEDICATE THIS LITTLE
BOOK.

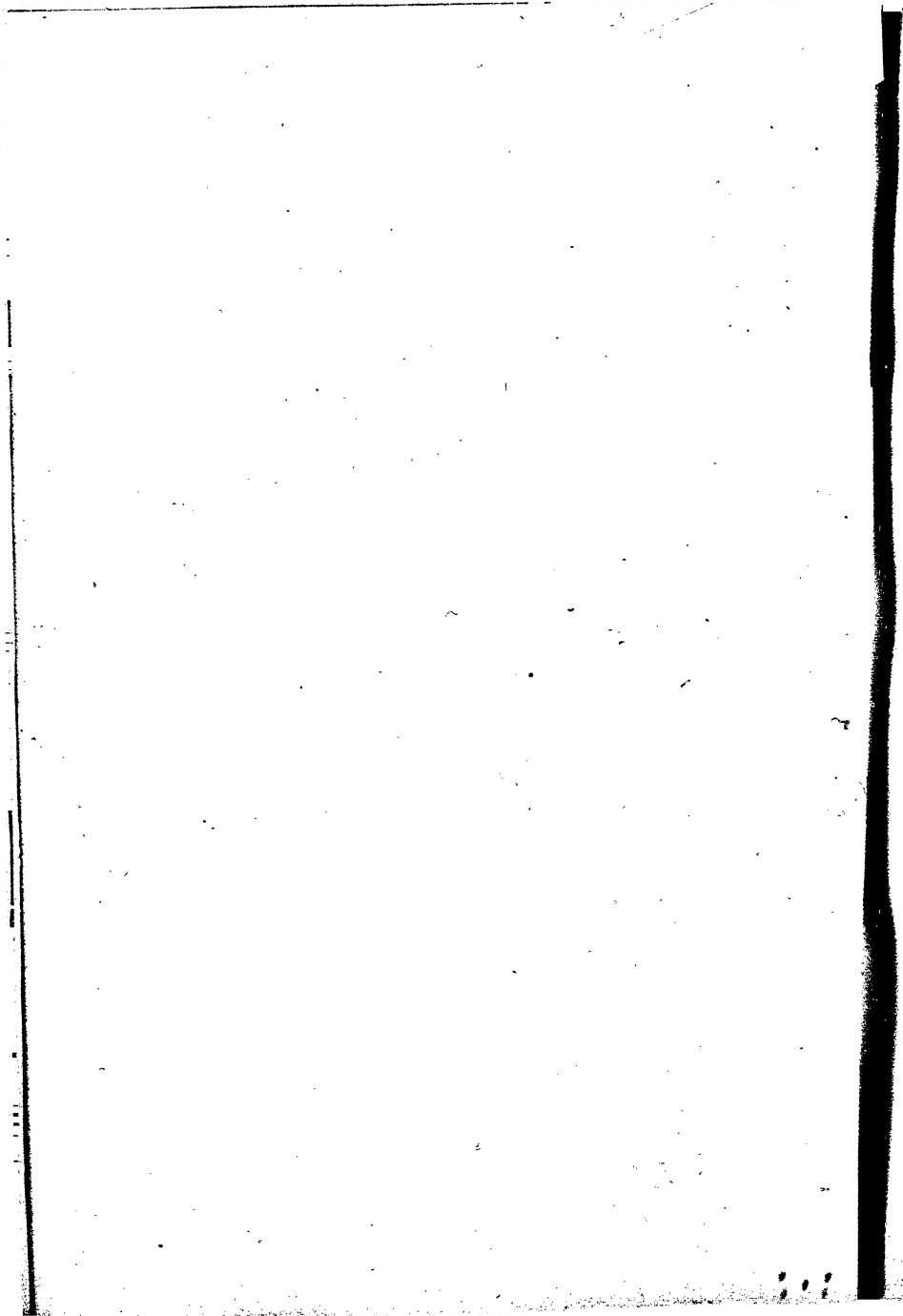


PREFACE.

This little book is published at the repeated request of my many pupils, I feel no apology need be offered for its existence. I do not for one moment claim that it is complete, that would be impossible in a work of this size, but the recipes have been chosen with very great care, so as to give a good general idea of the different branches of cookery. Many of the recipes are my own and are now published for the first time. I most sincerely hope my pupils and others who use my recipes will find them as useful as I have tried to make them.

AMY G. RICHARDS.

Montreal, April, 1895.

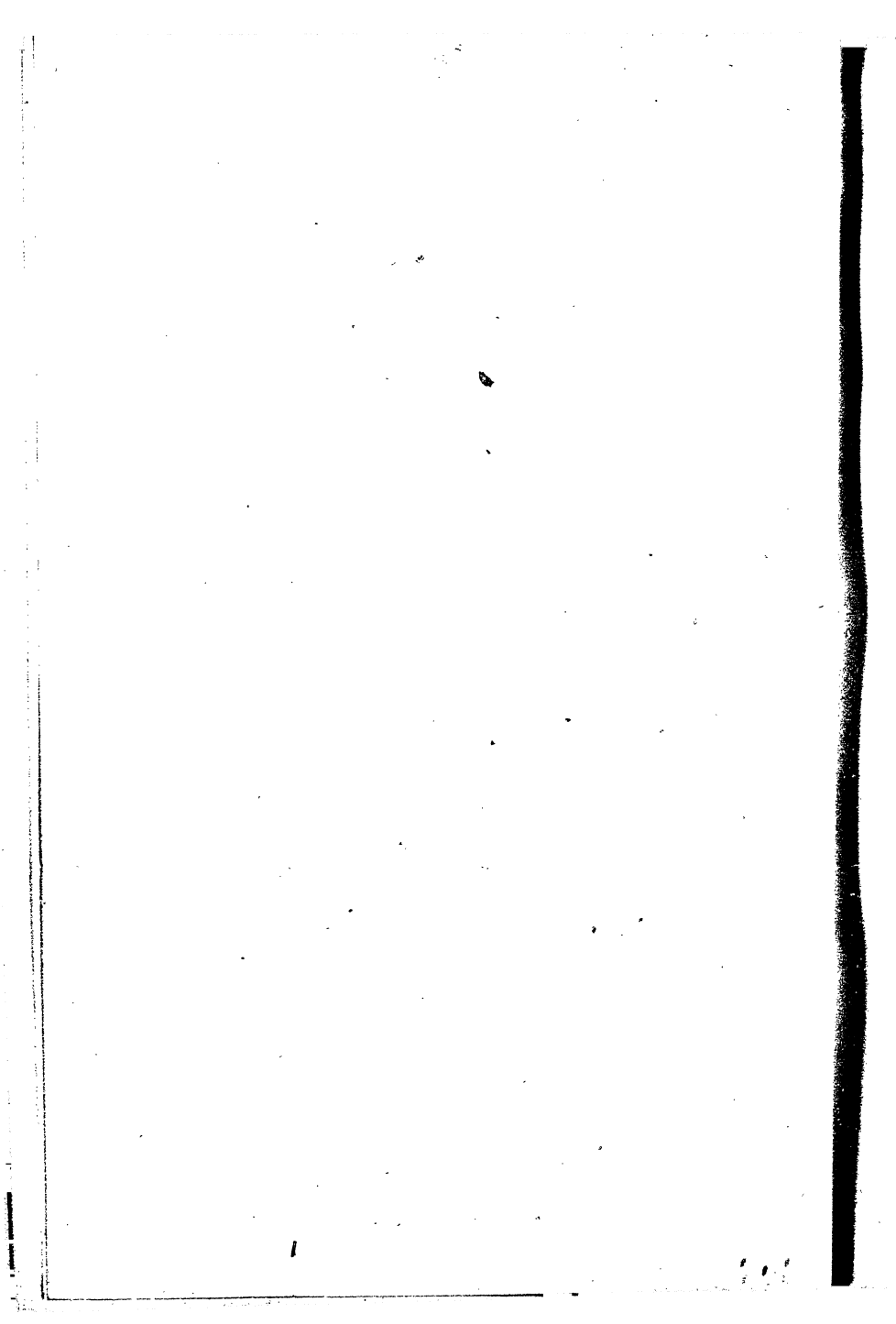


CONTENTS.

| | PAGE |
|-----------------------------------|---------------------------|
| Introduction | 3 |
| Soups | 9 |
| Fish | 31 |
| Entrées | 55 |
| Cold Entrées | 73 |
| Meats | 87 |
| Pastries | 121 |
| Puddings with Pastry | 127 |
| Puddings | 137 |
| Fritters | 147 |
| Jellies, Creams, etc. | 153 |
| Hors d'Œuvres and Savouries | 169 |
| Vegatables | 182 |
| Eggs | 205 |
| Omelets | 213 |
| Cakes | 219 |
| Bread | 225 |
| Icings | 248 |
| Salads | 253 |
| Pickled Meats | 265 |
| Sandwiches | 271 |
| Teas and Coffee | 277 |
| Dripping | 283 |
| Chafing Dish, use of | 287 |
| Relishes, Miscellaneous, etc. | 291 |
| Cooking for Invalids | 311-347 |
| Sauces | 351-375 |
| Purées, Forcemeats, etc. | 379 |
| Care of Utensils | 389 |
| Preserves and Pickles | 395 |
| Glossary of Terms | 403 |
| English and French Names for Food | 417 |
| Advertisements | In front and back of book |

10
10

INTRODUCTION.



INTRODUCTION.

A great deal of attention has of late been given to the subject of Cookery, yet there still exists a most woeful ignorance of this most important household art. When we realize how much the general well-being of man depends upon the food he eats, we cannot but be filled with amazement that in these days of high civilization and advanced science, such ignorance of the first necessity of life should still find a place. If it formed, as it should, a part of every girl's education to be thoroughly taught the principles and general groundwork of cookery, how much misery might be avoided ! The wife of the poor man would spend her small allowance to the best advantage in buying, not what at first sight seems cheap food, but that which really gives the most nourishment for the lowest sum—thus " Making the most out of the least," and by the intelligent preparation of it, avoid waste, and give her family food good for the body and pleasant to the eye ; while the rich wife would find her servants much more easy to

manage and direct, if she herself, possessed a practical knowledge of their work.

Brillat-Savarin says :—" But for life the universe were nothing, and all that has life requires nourishment." Civilized man requires that nourishment in an appetizing form, and though I by no means advocate the use of extravagant material or waste of time in over-decoration, I do most strongly urge upon my pupils the advisability of great daintiness in the preparation and appearance of their dishes. At the same time do not allow the true use of the food to be lost sight of, and by no means sacrifice the utility of a dish to its appearance.

There is not room in a work of this kind to go deeply into the needs of the body. While a little child can tell us that we live by means of the food we eat, and that without food we die, the question as to how that food is the means of life, opens up a vast field of knowledge. The body has frequently been compared to an engine. As heat and motion are given to the engine by the burning of fuel, so in the body by the burning of food. In both cases the carbon and hydrogen are burnt by means of the oxygen in the air, which, in the case of the body, is taken into the lungs with every breath.

Professor Church says :—" What happens in the body is briefly this. The greater part of the carbon and hydrogen in the dry matter of food, after under-

going certain changes, becomes quietly and steadily burnt in the body into carbonic acid gas and water. . . .

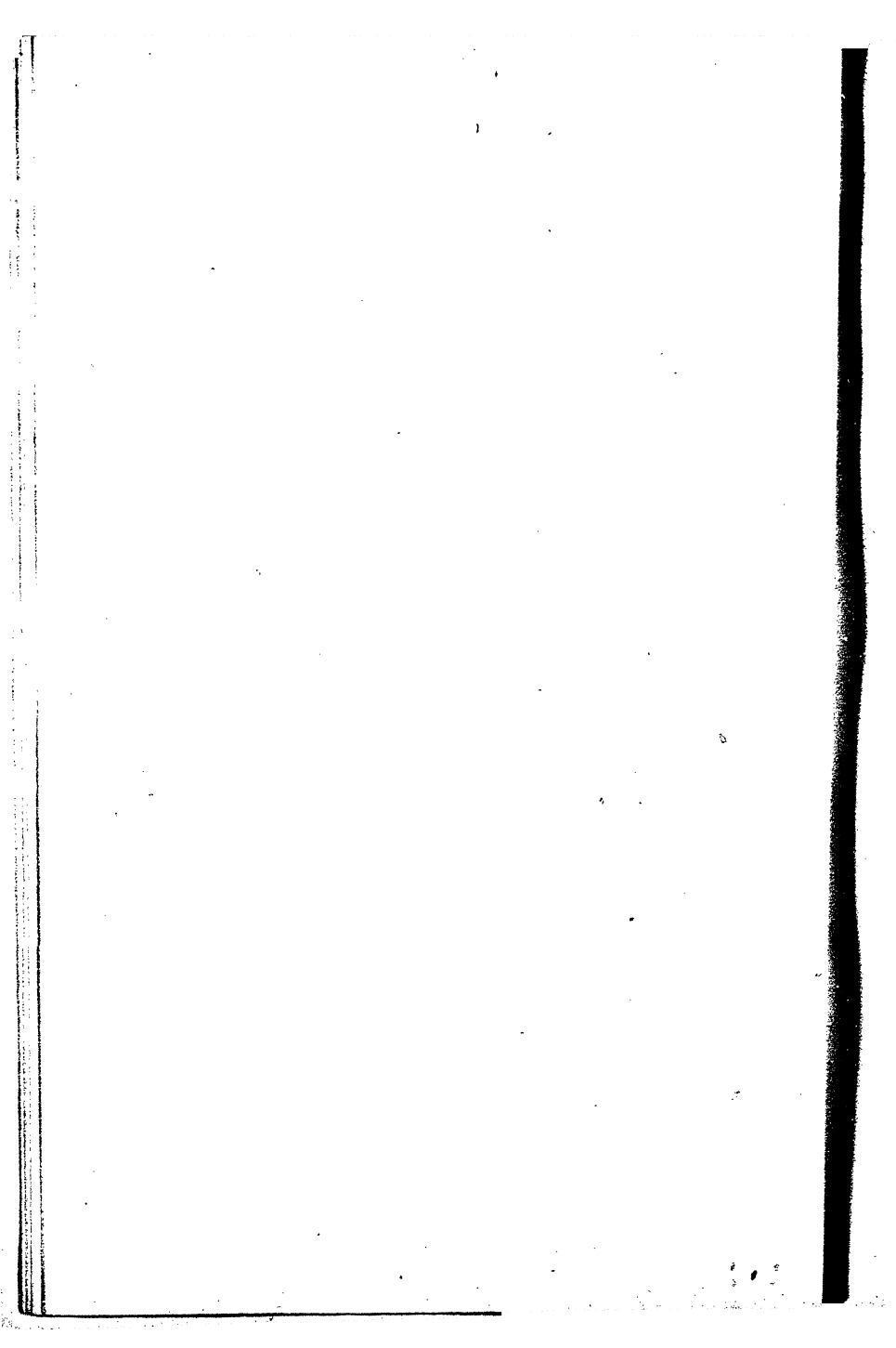
The force or energy laid up in the compounds thus burnt, is given out partly as heat which keeps the temperature of the body up to blood heat, and partly in other forms, as that of mechanical motion. All the internal and external work of the body is thus done by the stored up energy of the food which is burnt or oxidized therein. This food, by digestion and assimilation, becomes indeed first of all a part of the body, and then, but not until then, to any extent does it burn and give rise to heat and motion."

So that it is not sufficient to eat a certain amount of food, regardless of its digestibility, for as we have seen, to be of use it must be such that the body can digest and assimilate. As an old proverb has it, "It's not what a man eats that nourishes him, but what he digests." Such then is the true science of cookery—to give such food in right proportions and so prepared as to be readily digested and assimilated—while art teaches us at the same time to make a pleasure of necessity.

Once the fundamental principles of food and the cooking of it are graceful, and "the reason why" of things understood, it is easy for any ordinarily intelligent person to enlarge upon her knowledge. If, for instance, she fully understands why a joint of meat is placed in boiling water, while meat for stock or broth

is put into cold, why a hard boiled egg is more digestible if boiled 20 minutes than 10, why a cake is lighter if the white of an egg is beaten separately from the yolk, and all such simple rules, she will prepare the food in an intelligent manner, and there will be fewer failures and less indigestion with all its attendant evils.

HINTS ON SOUP MAKING.



HINTS ON SOUP MAKING.

The efficiency of a cook can almost always be ascertained by her soups. A cook who makes good soup may, as a rule, be trusted with the remainder of the dinner. And yet it is by no means the most difficult branch of cookery. Perhaps that is the very cause of failure, so many people will not take the trouble to do any easy thing well. Such good results may be obtained from such simple material, with the use of so few utensils and the expenditure of so little time, that it should really be one of the first things to claim the attention of the housewife.

It has been said that the English know but one soup—and that one to their own misfortune. However true this may once have been, it can hardly be said to be the case now, though in many cases the same old mistake is made from which this accusation arose, which is simply this—that stock is soup—put this at once and forever on one side and the English will make soup with any nation. Stock is but the foundation from which endless varieties of soups can be made. Who does not know, only too well, the thin greasy liquid in which float a few pieces of doubtful looking vegetables, that goes by the name of vegetable soup, and which is in reality nothing but stock in its simple state. Good stock very likely, and that with a little trouble might be made into delicious soup.

Then others, a little more advanced, spoil the stock itself by piling in all the seasoning they can find, and with commendable but mistaken economy, everything they have no other use for, into the same stock-pot from which all their soups are evolved, with the result that no matter what the soup is called, the flavor is one and the same. Stock should never be over-seasoned, either with spice or vegetables ; in fact, for the more delicate soups it is better not flavored at all. Game and fish, as a rule, should not be mixed into the ordinary stock, but will always make a pleasant change if used separately. Recipes for the different stock will be found in their right place.

The bones of a cooked joint should always be made use of in this way, or boiled up with water and vegetables it will make a stock good enough for many soups and gravies, where a rich stock is not necessary—such as tomato, kidney, etc.

In buying fresh meat, the most economical for brown stock is the shank of beef, and for white, the knuckle of veal. The meat and bone should be used together and both cut up into small pieces, so as to extract the juices as much as possible. For the same reason the water used should be cold, and brought as slowly as possible to the boil, and then only allowed to actually boil a few minutes, after which it must cook as slowly as possible. If put into boiling water, the pores of the meat are at once closed and the juices kept in.

Soups may be divided into three chief divisions, clear, thick and purées. The difference between a thick soup and a purée, is that the first is thickened by the addition of a starchy matter, and a purée with the in-

redients of the soup itself being rubbed through a sieve or tammy. It will always be found that the thickened soups require more seasoning than the unthickened, as the fat and starchy matter serve to deaden the pungency.

Stocks and soups must on no account be allowed to remain standing any length of time in metal pans, as the acids, fats, etc., act on the metal, which of course renders the soup most unwholesome.

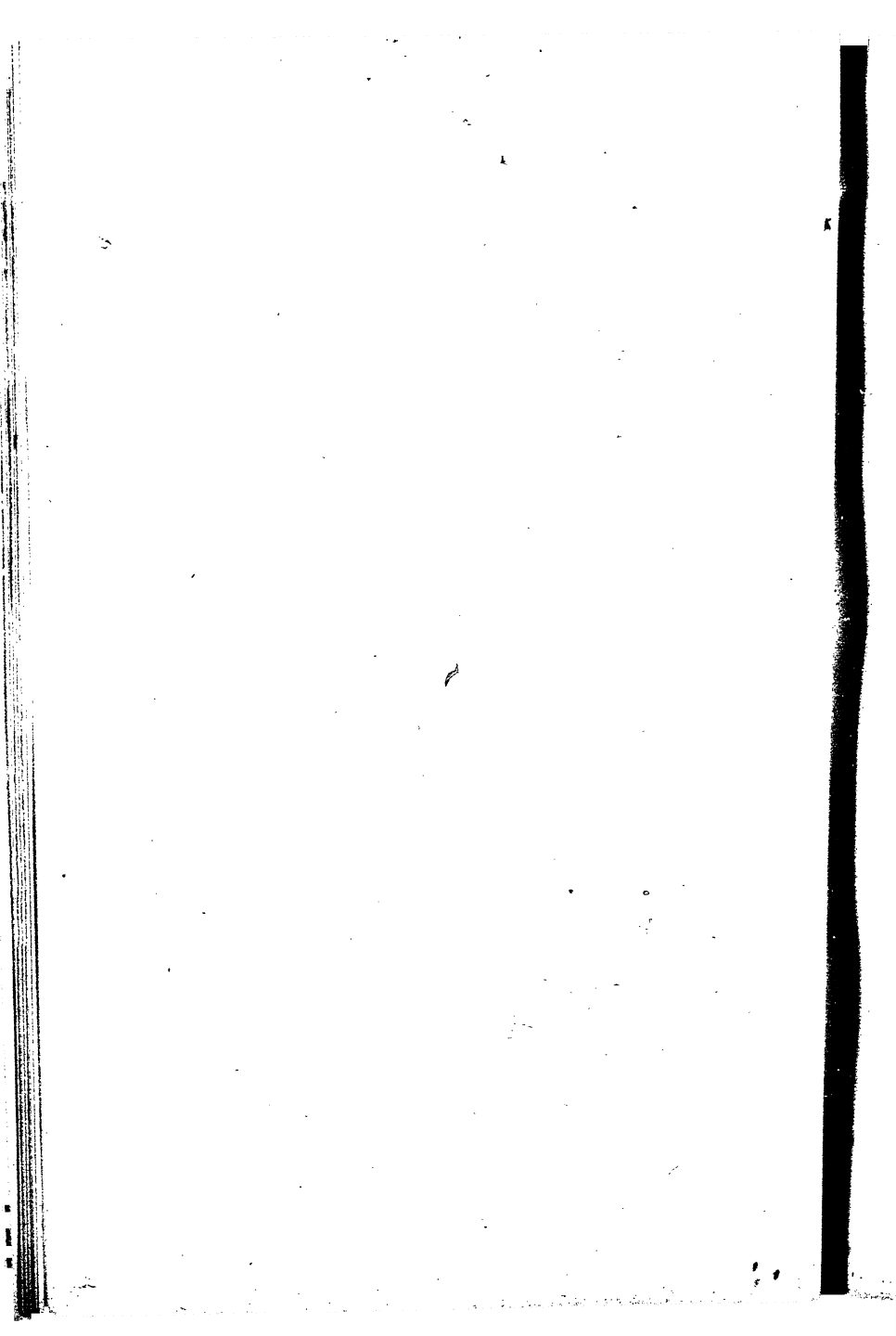
To remove the fat from stock, the easiest way is to allow it to become quite cold, as the fat rises to the top it will then be readily taken off. If necessary to remove it while hot, take soft kitchen paper and draw small pieces lightly across the top until all the fat is removed.

In warm weather the stock must be boiled up every day to prevent its spoiling; in winter, two or three times a week will answer the purpose. Never put it into the larder while steaming hot. In the first place the heat will raise the temperature of the larder, and the steam tends to spoil other things.

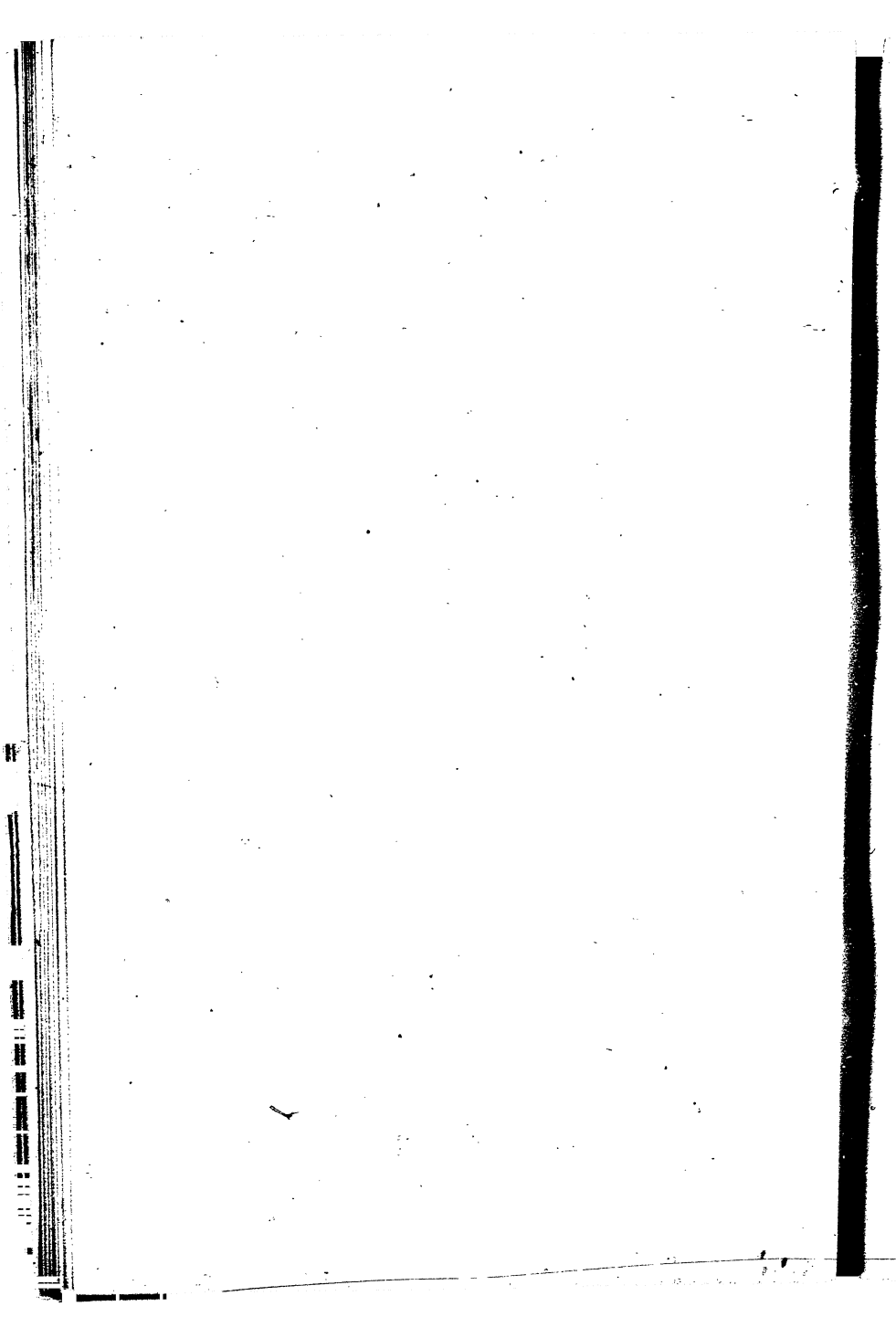
In thickening soup with yolks of eggs, very great care must be taken that it does not boil after they are added or they will curdle.

Cream is far better heated separately and added to the soup while hot. Where there is acid in the soup it must not be boiling when the cream is added or allowed to boil afterwards.

In using wines to flavor, 1 wineglass is quite sufficient for 1 quart of soup, if more is used it will, instead of harmonizing with the other flavors, drown them in its own.



SOUP STOCKS.



SOUP STOCKS.

BROWN STOCK.

4-lb. shank of beef—1 large carrot—3 onions—1 small turnip—a little celery—1 teaspoon pepper—corns—1 long pepper—1 bay leaf—a bunch of herbs—6 cloves—1 tablespoon salt—5 pints cold water.

Cut the meat and bone into small pieces and place in a large pan, pour over the water and bring slowly to the boil. Skim well, then add the vegetables, etc., and simmer gently for four hours; strain, and when cold carefully remove all fat. A second stock may be made from the same meat by adding a fresh supply of water.

WHITE STOCK.

The knuckle of veal is the best thing to take for this purpose; the bones of fowl or other white meat may be used with it.

For each pound of meat and bone take 1 oz. of lean ham—1 onion—a piece of celery—a few pepper corns—2 cloves—a bunch of herbs—1 teaspoon of salt and 1 pint of cold water.

Follow the directions given above for brown stock.

GAME STOCK.

This may be made from the bones of cooked game, but fresh bones will make better stock.

To each $\frac{1}{2}$ lb. of bones take 1 onion—1 small carrot—a piece of celery—1 leek—a very small turnip—a few mushrooms or 1 tablespoon of mushroom ketchup—1 tomato—a few pepper-corns and cloves—2 oz. ham—1 quart second stock.

Fry the sliced vegetables, bones and ham in butter for about twenty minutes, add the spice, etc., and cook slowly two hours; then strain, and when cold remove the fat from the top.

FISH STOCK.

Take any white fish bones and skin, and to each pound add 1 quart cold water—1 sliced onion—a bunch of herbs—1 teaspoon lemon juice—a few pepper-corns and cloves and a pinch of salt.

Bring slowly to the boil, skim well and cook slowly one hour.

TOMATO SOUP.

1 tin of tomatoes—1 quart stock—2 oz. butter—1 $\frac{1}{2}$ oz. of flour—1 gill cream—pepper, salt and cayenne.

Boil together stock and tomatoes fifteen minutes, rub through a sieve. Melt the butter in a saucepan, add the flour and seasoning, then by degrees the stock; boil two minutes, and when the boil has gone off, add the cream.

CRÈME DE POIS.

1 pint green peas—1 $\frac{1}{2}$ pints white stock—1 gill cream—2 yolks of eggs—1 spray of mint.

Simmer stock and peas twenty minutes, rub through a sieve. Mix together cream and yolks of eggs, add

them to the stock and stir all together over the fire until beginning to thicken. Serve at once.

PURÉE À LA ST. GERMAIN.

1 small onion—3 carrots—1 gill cream—1 pint stock—
 $\frac{1}{2}$ pint milk—1 oz. butter—1 oz. rice flour— $\frac{1}{2}$ tea-
 cup rice—salt and pepper.

Slice the vegetables and boil together in the stock till all are tender, rub them through a sieve. Melt the butter in a saucepan, stir into it the rice flour; add the strained stock by degrees, boil two minutes, then add the milk and cream, salt and pepper. Have ready the boiled rice in a hot soup tureen, pour the soup over it and serve at once.

LENTIL SOUP.

$\frac{1}{2}$ lb. lentils—1 quart stock or water—1 carrot—1 onion
 —1 turnip—1 $\frac{1}{2}$ oz. of dripping—1 oz. of flour— $\frac{1}{2}$
 pint of milk—salt and pepper.

Soak the lentils over night, place them with the stock in a saucepan, skim when boiling. Slice the vegetables, add them and boil one hour; then rub all through a sieve. Melt the dripping in a saucepan, add the flour, then the strained stock, seasoning and milk, and boil two minutes.

Dried green pea soup may be made in the same way, substituting the peas for the lentils.

ASPARAGUS SOUP.

50 heads of asparagus—1 quart white stock—1 gill of
 cream—pepper and salt—1 small lump of sugar.

Soak the asparagus in water, cut off the heads and boil till tender. Boil together the stalks and stock, rub through a sieve, add the asparagus heads, seasoning and cream, and boil up once.

MOCK TURTLE SOUP.

$\frac{1}{2}$ a calf's head—2 oz. potato flour—2 oz. butter— $\frac{1}{4}$ oz. mixed spice—1 onion—1 wineglass sherry—3 quarts water—1 small lemon—1 tablespoon mushroom ketchup—salt and pepper.

Soak the head in cold water, well wipe it and place it with the three quarts of water in a pot, and skim carefully when boiling. Add then the onion, spice, salt and pepper, and simmer slowly from two to three hours. Then remove the tongue and meat from the cheek, cut into dice and put on one side; return the bones to the pot and boil four hours longer, when it must be strained and the pieces of meat collected; these should then be chopped and mixed with a little flour and egg, rolled into balls and browned in the oven. Melt the butter in a saucepan, stir in the stock by degrees, add the meat cut up into dice, boil ten minutes and serve with thin slices of lemon and balls of meat as garnish.

SOUPE À LA SOLFERINO.

1 quart white stock— $\frac{1}{2}$ teacup rice—2 yolks of eggs—1 gill cream—pepper and salt.

Wash the rice and boil slowly in the stock till tender, then rub through a sieve. Mix yolks and cream, also the seasoning, pour the soup over, return to the saucepan and stir over the fire until it begins to thicken, but do not allow it to boil. Serve at once.

KIDNEY SOUP.

1 ox kidney—1 quart second stock or water—1 tablespoon Harvey sauce—1 tablespoon mushroom ketchup—1 oz. butter—1 oz. rice flour—seasoning.

Wash the kidney and cut it into small dice, roll it in the flour, salt and pepper ; brown quickly in the butter, pour over the stock and skim when boiling. Add the sauces and simmer slowly two hours. Serve with the meat left in or strain, as desired.

HARE SOUP.

1 hare—3 quarts stock— $\frac{1}{2}$ lb. lean ham—4 oz. butter—2 onions—1 carrot—bunch of herbs— $\frac{1}{2}$ pint port 1 tablespoon currant jelly—2 oz. cracker crumbs.

Cut the hare into pieces, fry it and the ham in the butter, pour over the stock, add the vegetables, and simmer slowly two hours, then strain. Cut some dice from the best part of the back, pound the remainder with the ham and cracker crumbs, cook all slowly in the strained stock ten minutes, add jelly and wine, and serve.

CLEAR OX-TAIL SOUP.

1 ox tail—2 quarts stock—a few vegetables—1 good dessertspoon arrowroot—1 saltspoon pepper-corns—a few mushrooms are a great improvement—whites and shells of 2 eggs—1 gill wine.

Soak the tail for two hours, cut it into pieces and simmer three hours in the stock ; if mushrooms are used, add them one hour before straining. Strain and clarify with the eggs. Mix the arrowroot with a little water, add it and boil two minutes. Cut the vegetables

into pretty shapes and boil till tender, add them at the last minute to the soup, with the wine, and small dice of meat from the tail.

BARLEY CREAM SOUP.

4 tablespoons pearl barley—1 quart white stock— $\frac{1}{2}$ pint milk—2 yolks of eggs—a little nutmeg—salt and pepper.

Soak the barley over night, strain and boil up in water; strain again and simmer in the stock till tender, this will require about an hour. Rub it then through a hair sieve, return to the saucepan and stir over the fire till boiling, then add seasoning. Mix the yolks with a little milk, add them to the soup carefully and return to the fire for one minute.

CAULIFLOWER SOUP.

1 cauliflower—2 yolks of eggs— $\frac{1}{2}$ pint cream—1 quart chicken broth—pepper and salt.

Boil broth and cauliflower together twenty minutes, take out the cauliflower and cut off some of the best parts, pass remainder through a sieve. Mix together the yolks and cream, add them to the stock with the seasoning and stir all over the fire until it begins to thicken. Put the little pieces of cauliflower into a tureen, and pour the soup over.

MULLAGATAWNY SOUP.

1 fowl— $\frac{1}{2}$ lb. minced ham—3 pints second stock (white)
—juice of half a lemon—1 teaspoon sugar—1
small teaspoon pepper and salt—1 oz. potato flour
1 tablespoon curry powder.

Boil together the fowl, ham and stock for half-an-hour. Take out the fowl and cut the breast into dice, strain the stock and return it to the saucepan. Mix the flour and curry powder with a little stock, add it, also lemon, sugar, pepper and salt and dice of fowl, simmer ten minutes and serve with rice in a separate dish.

CELERY SOUP (WHITE.)

1 head celery—1 quart white stock—1 gill milk or cream—1 oz. flour—1½ oz. butter.

Wash and cut the celery into small pieces, and boil it in the stock half-an-hour, then rub it through a sieve. Melt the butter, stir in the flour, pepper and salt, add cream and stock and boil 2 minutes.

VEGETABLE SOUP.

1 turnip—2 carrots—2 raw potatoes—1 onion—1 quart broth—salt and pepper.

Cut the vegetables into dice, simmer in the broth one hour. Other vegetables may be used if convenient. Serve with toast cut into dice.

CRÈME AUX MARRONS.

1½ pints stock—½ pint cream—1 lb. chestnuts—1 oz. butter—1 oz. flour—salt and pepper.

Boil chestnuts, take off skins, pound them and rub through a sieve. Melt the butter in a saucepan, add the stock by degrees, then add the chestnuts and cream and boil two minutes.

OYSTER SOUP (ENGLISH.)

$\frac{1}{2}$ pint oysters— $1\frac{1}{2}$ pint white stock—1 oz. butter— $\frac{1}{2}$ oz. flour—2 yolks of eggs—1 gill milk.

Boil the oyster liquor and skim it. Melt the butter, add flour and stock, and boil two minutes. Mix together yolks of eggs and milk, add them to the stock with the oysters and stir over the fire until it begins to thicken ; add oyster liquor and serve at once.

OYSTER SOUP (AMERICAN.)

$\frac{1}{2}$ pint oysters—1 pint milk—2 tablespoons fresh cracker crumbs—salt and pepper.

Strain the oyster liquor and boil it. Boil the milk, add the liquor, crumbs and oysters, season and boil up. Serve at once.

SCOTCH SOUP.

3 lbs. ribs of beef—1 carrot—1 onion—1 teacup pearl barley—1 large onion—1 small turnip—1 small head of celery.

Cover the beef with cold water in a saucepan and skim while boiling ; add vegetables and barley, (which should first be soaked in boiling water,) and simmer three hours. The meat should be taken out before serving.

BROWN CELERY SOUP.

1 quart good brown stock—1 head celery—1 tablespoon potato flour—pepper and salt.

Take out the heart of the celery, shred it finely and

boil in stock until tender. Cut up the remainder and boil in the quart of stock. When quite tender rub it through a sieve. Mix the potato flour with a very little cold stock or water, add it to the soup, return to the saucepan and stir over the fire until boiling. Put the shredded celery in the tureen and pour the soup over. Serve with croûtons.

CURRY SOUP.

1 quart stock—1 onion—1 oz. butter—1 gill cream—juice of $\frac{1}{2}$ a lemon—dessertspoon curry powder—tablespoon cocoa nut—1 oz. rice flour—salt, pepper, a salt-spoon of ginger.

Brown the onion in the butter, and stir in the rice, flour and curry, add the stock and cocoanut, and simmer half-an-hour; strain, add warmed cream, lemon juice and seasoning, and re-heat.

PURÉE OF ARTICHOKEs.

1 doz. Jerusalem artichokes—1 onion—a few pieces of celery—a bunch of herbs—1 pint white stock—1 pint milk—1 gill of cream— $\frac{1}{2}$ oz. of potato flour—pepper and salt.

Cut the artichokes and onion into thin slices and fry them in a little butter until a pale golden color, then put them with the stock and milk in a saucepan, and cook half-an-hour, skimming from time to time. Rub all through a sieve, mix the potato flour with the cream, add it, return to the fire and boil a few minutes. Serve with croûtons.

EGG GARNISH FOR CLEAR SOUP.

To each egg take 2 tablespoons of milk, cream or clear stock; add a tiny pinch of salt and nutmeg, and mix all together.

Strain, and poach until set, in small flat tins placed in boiling water. When cold cut into any shapes desired.

QUENELLES FOR SOUP.

3 oz. white meat or fish—3 oz. made panada—2 very small eggs—pepper and salt with other seasoning if liked.

Pound the meat finely, also the panada; mix them together and rub through a sieve. Add eggs and seasoning, poach on a tin, or in small moulds, in boiling water.

CONSOMMÉ À LA ROYALE.

1 quart good stock—a little carrot and turnip—clear the stock with whites and shells of 2 eggs.

Cook the turnip and carrot, cut them into pretty shapes with a vegetable cutter, place in a tureen and pour soup over.

CLEAR SOUP.

1 quart good stock—1 teaspoon tarragon vinegar—1 gill sherry—seasoning—whites and shells of 2 eggs.

Remove all fat from the stock and place with the vinegar and seasoning in a saucepan on the fire until warm, but not boiling. Slightly beat the whites and shells of eggs with a little cold water, add to the soup and whisk until boiling; draw the saucepan to one side and simmer gently ten minutes, then strain and add sherry.

CONSOMMÉ À LA PRINCESSE.

1 quart clear soup—2 tablespoons of cucumber cut into pea shapes and cooked in stock till tender—12 very small quenelles of calves' brains.

Rinse the cucumber with warm water, put it in the tureen and pour the soup over, add the quenelles, and serve with croûtons of fried bread.

BRAIN QUENELLES.

1 calf's brain—4 oz. made panada—1 tablespoon cream—2 eggs—pepper and salt.

Soak the brain in salt and water for an hour. Boil five minutes, then pound with the panada, rub through a hair sieve, mix in the cream, eggs, pepper and salt, put into small buttered moulds and poach ten or twelve minutes. Turn out and rinse with warm water.

PURÉE CRÉCY.

1 quart stock—2 carrots—2 sour apples—1 oz. butter—1 oz. flour—1 gill cream— $\frac{1}{2}$ teaspoon sugar—a few drops carmine—pepper and salt.

Slice the apples and carrots, boil them in the stock till tender, then rub them through a sieve; melt the butter in a saucepan, add the flour and seasoning, stir in the stock and boil two minutes, let the boil go off, then add the cream, and serve at once.

FISH SOUP.

2 lbs. raw fish—1 tablespoon parsley—1 $\frac{1}{2}$ oz. butter—1 oz. rice flour—1 quart water— $\frac{1}{2}$ pint milk—salt and pepper.

Boil the bones and water half-an-hour, then strain ; melt the butter in a saucepan, add the flour and seasoning, stir in the stock ; add the fish, cut into small pieces, also the milk, and boil ten minutes.

PURÉE DE VEAU.

4 oz. pounded veal—1 pint white stock—1 oz. butter—
1 oz. flour—pepper and salt—yolks of 2 eggs—a
few drops of lemon juice—½ pint whipped cream.

Mix veal and butter together in a saucepan, add flour, and seasoning, and by degrees the stock, which must be hot ; boil up once. Slightly beat the yolks, add little by little the cream, also a few drops of carmine, and put in a hot soup tureen ; pour over this very carefully the contents of the saucepan while boiling, and serve at once.

Chicken soup may be made in exactly the same way, using chicken in place of veal.

SOUPE À LA BONNE FEMME.

1 pint stock—a small bunch water cress—1 lettuce—
yolk of 1 egg—1 gill cream.

Shred the water cress and lettuce, and cook five minutes in the stock ; beat the yolk, add the cream and a little of the stock, pour all into the saucepan and boil one minute.

CURRY SOUP.

1 quart stock—1 onion—1 oz. butter—1 gill cream—
juice of half a lemon—dessertspoon of curry powder—
salt-spoon of ginger—salt and pepper—table-
spoon of cocoanut—1 oz. rice flour.

Brown the onion in the butter, then add the rice flour, curry powder and seasoning ; stir in the stock, then the cocoanut, and cook slowly twenty minutes ; let the boil go off, then add the cream, and last of all the lemon juice. Serve at once.

SEMOLINA SOUP.

1 quart white stock—1½ oz. semolina—1 gill milk or cream—1 yolk of egg, if milk is used instead of cream—pepper and salt.

Put the stock into a saucepan, sprinkle in the semolina and boil fifteen minutes ; then add the cream, pepper and salt, and boil up once. If milk is used, mix it and the yolk of egg together, and add to the soup in the same way.

TOMATO SOUP WITH MACARONI.

1½ pint stock—½ tin of tomatoes—1 oz. butter—¾ oz. flour—2 oz. macaroni—½ tablespoon mushroom ketchup—salt and pepper.

Boil together stock and tomatoes fifteen minutes, rub through a sieve. Melt the butter in a saucepan, add the flour, and by degrees the stock, boil two minutes. Boil the macaroni, cut it into small pieces, add to the soup with the mushroom ketchup, and serve.

GIBLET SOUP.

1 set of goose giblets—1 quart stock—2 oz. butter—2 oz. ham—1 oz. rice flour—1 tablespoon mushroom ketchup—pepper and salt—1 onion—a bunch of herbs.

Well wash the giblets, cut them into dice and fry in 1 oz. of the butter until a nice brown. Add the stock, onion and herbs. Simmer gently until the giblets are tender, this will take about one hour and a-half ; then remove them, strain the stock. Melt the other oz. of butter in the saucepan, stir the flour into it, and when nicely browned, add the strained stock, pepper, salt and ketchup ; cook five minutes after boiling, skim well, then add the giblets. Boil up again and serve with toasted bread.

FISH.

r
v
C
f
f
s
o
sa

its
A
lit
th
to
fla
up
lar
bei
Fo
the
dor
qui

FISH.

Perhaps the most important thing about fish is that it should be perfectly fresh and sweet. Stale fish is both disagreeable to the palate and most unwholesome.

First, then, we will consider how a fresh fish may be distinguished from a stale one. The flesh should be firm, and the eyes and gills bright and clear. If the flesh is flabby and the scales rub off easily, the fish is stale. Then, of course, the odor of stale fish tells its own tale. Some fish keep fresh longer than others, salmon or turbot, for instance.

All fish must be carefully cleaned, and all traces of its one large blood vessel down the backbone removed. A little salt will assist this. Touch with the hands as little as possible. Thorough cooking too, is necessary, though many cooks make the mistake of cooking fish too much, which both toughens it and destroys the flavor. Of course the time of cooking depends entirely upon the size and thickness of the fish. In cooking a large salmon or piece of cod, do not forget that the tail being thinner than the middle, will not require so long. For this reason it is better to divide large fish and cook the head and shoulders and tail separately. When done, the flesh separates readily from the bone, and is quite white and firm. A little salt and vinegar should

always be added to the water in which white fish is to be boiled. Salmon is better without the vinegar.

In boiling, always place the fish on the strainer and plunge it into boiling water. Boil quickly one minute, then only simmer very slowly.

Salmon and salmon trout are better placed in tepid water. When done, lift the strainer and drain for a moment, then slip the fish on to a hot dish on which is a neatly arranged hot napkin.

Grilled fish, when well prepared, is excellent, and almost any kind may be prepared in this way.

Fish as a food is highly nitrogenous, and should therefore be eaten with a large proportion of starchy matter.

Lemon is an excellent sauce to serve with fish, as it increases its value as a food.

Of course the least oily fish, such as whiting, sole, flounders, etc., are the most easily digested, whilst the crustacea (lobsters, crabs, etc.,) are the most indigestible.

Oysters are more digestible when eaten raw, as much of the nitrogenous matter they contain is rendered tough and insoluble when cooked.

BOILED COD FISH.

A piece from the middle of the fish is best for boiling. It must be carefully washed, great care being taken to remove the vein down the backbone. Put in a pan with enough boiling water to cover, and a little salt and vinegar. The vinegar keeps the fish a good color. Cook slowly until sufficiently done, take it up and drain for a few minutes, then dish on a hot napkin

and garnish with cut lemon, parsley, and, if liked, fried oysters. Serve with white or other fish sauce.

The time to boil will depend on the thickness of the fish. A moderate sized piece will take about twenty to twenty-five minutes. It should be white and firm at the bone when done. Too long or rapid boiling toughens fish. At the same time it must be sufficiently cooked to be digestible. When the skin begins to crack, it usually is an indication that the fish is ready.

BOILED SALMON.

Salmon is best placed in tepid water, which, after the fish is put in, should be brought rather quickly to the boil, well skimmed, and then allowed only to simmer till the fish is done. A little salt but no vinegar should be put in the water. The time to cook the salmon depends entirely on the thickness. Eight to ten minutes for each pound will generally be found long enough for a thick, and six minutes for a thin one.

Salmon requires longer boiling than most fish. Serve on hot napkin. Garnish with fennel and cucumber.

BAKED HALIBUT.

Take a nice steak of halibut, well wash and dry it, sprinkle with flour, pepper and salt, place on a greased pan and cover with 2 oz. of fat bacon cut in thin slices.

Bake half-an-hour in a good oven, basting occasionally; dish up garnished with little rolls of bacon, slices of lemon and small sprays of parsley, and pour round the gravy from the pan.

Cod or other fish may be cooked in this way.

BOILED HALIBUT.

For a piece of halibut weighing four pounds, put in enough boiling water to cover, with a little salt and vinegar. Let the water reboil after the fish is added, then skim carefully and cook slowly about twenty-five minutes.

Serve on a hot napkin, garnished with cut lemon and parsley, and a good fish sauce in a boat. Anchovy, lobster, oyster or shrimp sauce are very good with halibut.

HALIBUT CUTLETS.

Cut some nice cutlets about an inch thick from the fish. Wash in salt and water, and dry them in a towel. Sprinkle them with lemon juice, finely chopped parsley, salt, pepper and essence of anchovy. Allow them to stand one hour, then dip in egg and bread crumbs, and fry five minutes in hot fat. Serve with anchovy sauce.

FISH BAKED IN BATTER.

2 lbs. fresh fish—1 cup of flour—2 eggs— $\frac{1}{2}$ pint milk
—pepper and salt.

Remove skin and bone from the fish, cut it into neat pieces and put them into a pudding dish, sprinkle with pepper, salt and lemon juice. Place the flour into a basin and break one egg into it, add a little milk and mix the flour from the sides gradually into it, then add the other egg and more milk; beat well, add seasoning and pour the batter over the fish; bake in good oven for half-an-hour. Serve at once.

FRICASSÉE OF FISH, No. 1.

1 lb. of fish— $\frac{1}{2}$ pint water—1 gill milk—1 oz. butter—
1 oz. flour—a bunch of herbs—a few pepper-corns
1 teaspoon lemon juice.

Remove the skin and bone from the fish and boil in the water with the herbs and spice for twenty minutes, then strain. Melt the butter in a saucepan, stir in the flour, add the strained stock and milk, stir until boiling. Cut the raw fish into neat pieces, put it into the saucepan and cook for about ten minutes. Add pepper, salt and lemon juice, and serve hot.

FRICASSÉE OF FISH, No. 2.

1 lb. fish cut into small, neat pieces—1 $\frac{1}{2}$ pint thin white sauce—2 eggs—1 teaspoon lemon juice—1 dessert-spoon finely chopped parsley—pepper and salt—
 $\frac{1}{2}$ gill cream.

Cook the fish for five minutes in the sauce, beat the eggs and mix them with the cream, strain this into the saucepan and stir carefully over the fire for a few minutes. Add lemon juice and parsley, and serve very hot.

FILETS OF SOLE.

Filet a sole and cut each filet in half, sprinkle them with lemon juice, pepper and salt; roll them up and place on a buttered tin, covered with buttered paper, and bake seven minutes. Serve with a good white sauce.

FISH FRIED IN BATTER.

Have ready the batter in a basin, and some flour mixed with a little pepper and salt on a plate. Well

wash and dry the fish, cut into pieces, and dip each piece first into the batter, then in the flour, and fry immediately in hot fat from four to six minutes, according to thickness.

SALMON FRIED IN OIL.

Take for this a nice salmon steak, sprinkle it with pepper and salt, pour over it 1 gill of salad oil, and allow it to stand half-an-hour. Well oil a sheet of stiff paper and wrap the fish in it, pour the oil into a frying pan, when hot put in the fish and fry about ten minutes.

TIMBALES OF SALMON.

Make some timbale cases from batter made with 1 egg, 1 cup of flour and $\frac{1}{2}$ pint of milk ; fry them till very crisp, then dry them a few minutes in a cool oven. Break $\frac{1}{2}$ lb. of cooked salmon into pieces and mix it with $1\frac{1}{2}$ gills of velouté sauce, stir over the fire a few minutes, fill in the cases and serve hot on a dish paper garnished with fennel or other suitable garnish.

HADDOCK PIE.

1 fresh haddock—1 lb. of mashed potatoes—1 gill thick white sauce—pepper, salt and lemon juice.

Remove skin and bone from the fish, cut it into neat pieces and put them into a pudding dish ; sprinkle with the pepper, salt and lemon juice, pour the sauce over. Add a tablespoon of milk and a little piece of butter or dripping to the potatoes, and put them neatly over the fish. Smooth them over and mark with a fork. Put some bits of butter on the top and bake in good oven for about forty minutes.

STEWED EELS.

1 lb. of eels—1 pint of good meat stock—1 onion—a bunch of herbs—1 blade of mace—a few cloves and pepper-corns—1 bay leaf—1 tablespoon mushroom ketchup—1 oz. butter— $\frac{1}{2}$ oz. flour.

Cut the eel into pieces and roll them in the flour, pepper and salt. Make the butter hot in a sauté pan, and brown the eels quickly in it, take them out and brown the sliced onion. Now put all into the pan and cook slowly for half-an-hour. Dish up the eels and strain the gravy over them. Garnish with fried croûtons of bread and mashed potatoes, and serve very hot.

LOBSTER PATTIES.

$\frac{1}{4}$ lb. puff pastry—1 small lobster—1 gill good white sauce—1 tablespoon thick cream—a little lemon juice—cayenne and salt.

Cut patties from the pastry and bake ten minutes in a good oven. Break the lobster into small pieces, mix with the sauce, cream and seasoning, and stir over the fire until thoroughly hot. Remove the centres from the patties, fill in with the lobster mixture, replace the little tops and serve hot or cold.

FRIED OYSTERS.

20 oysters—1 tablespoon flour—3 tablespoons milk—1 cup fine bread crumbs—a little nutmeg—1 egg—pepper and salt.

Strain the oysters and mix together the milk and flour, with a little pepper and salt; dip each oyster in this mixture, roll in bread crumbs and put on one side

for half-an-hour. Roll each then in the beaten egg and again in the bread crumbs, to which add first the nutmeg, pepper and salt, and fry in hot fat two minutes. Serve on croûtons of fried bread, garnished with chopped parsley.

CURRIED FISH.

1 lb. cooked white fish—1 apple—2 oz. butter—1 onion—1 pint fish stock—1 tablespoon curry powder—1 tablespoon flour—1 salt-spoon sugar—1 teaspoon vinegar or lemon juice—salt and pepper.

Fry the apple and onion in the butter until brown, stir in the curry powder and flour, add the stock by degrees, and simmer slowly half-an-hour; then add lemon juice, sugar, salt and pepper, strain and return to saucepan; put in the fish cut in pieces, and when quite hot serve with a border of rice.

BROWN STEW OF HALIBUT.

2 lbs. halibut—1 oz. flour—3 gills good brown stock—1 tablespoon mushroom ketchup—½ a wineglass port—2 oz. butter—pepper and salt.

Cut the fish into neat pieces, roll it in the flour, pepper and salt, and brown it quickly in the butter; pour over the stock, skim well when boiling and simmer slowly ten minutes. Add port wine and ketchup, and serve.

STUFFED HADDOCK.

1 fresh haddock—4 oz. bread crumbs—2 oz. suet—1 tablespoon chopped parsley—1 tablespoon milk—pepper and salt—1 egg.

Well wash the fish, mix together the bread crumbs, chopped suet, egg, milk, parsley and seasoning. Stuff the fish with this force meat and sew it up. Truss in the shape of the letter "G," brush over with milk, sprinkle with bread crumbs; put little pieces of butter on the top, and bake half-an-hour.

FISH BALLS.

1 lb. cold fish—1 lb. cooked and mashed potatoes—1 large tablespoon milk—a small piece of butter or dripping—salt and pepper—1 egg—bread crumbs.

Break the fish into small pieces, mix it with the potatoes, add the milk, butter, pepper and salt; form it into balls or cakes, roll in egg and bread crumbs, and fry 2 minutes in hot fat.

LOBSTER CUTLETS.

1 small tin of lobster—the 1 oz. quantity of panada—seasoning—egg and bread crumbs.

Cut the lobster into small pieces, mix it with the panada, add the seasoning; form into cutlets, roll in egg and bread crumbs, and fry two minutes in hot fat.

FISH PIE.

$\frac{1}{2}$ lb. rough puff pastry—2 lbs. fish—2 hard boiled eggs—a few mushrooms—3 gills white stock— $\frac{1}{2}$ a lemon—salt and pepper.

Line a dish with thin paste, fill it with the fish cut into pieces, the hard boiled egg in slices, and the mushrooms; season well, pour over the stock, (which may be made from the skin and bones of the fish), cover with

pastry and ornament the top. Bake in a good oven threequarters of an hour.

KEDGEREE.

1 lb. cold boiled fish—2 oz. butter—2 hard boiled eggs
—1 teacup rice—1 teaspoon curry powder—very
little salt and pepper.

Boil the rice twenty minutes in three gills of water or milk, break the fish into small pieces, removing all skin and bone, chop the whites of the eggs roughly. Make the butter hot in a pan, but do not let it brown ; add rice, fish, white of egg, curry powder, pepper and salt. Stir over the fire till very hot, then pile high on a dish and garnish with the yolks of egg rubbed through a wire sieve, and sprays of parsley.

POISSON À LA CRÈME.

1 lb. cold boiled halibut or other fish—2 oz. butter—1 oz. flour—1 oz. grated cheese— $\frac{1}{2}$ pint milk—1 gill cream—pepper, salt and nutmeg.

Remove bone and skin from fish and place it on a flat dish. Make a sauce of the butter, flour, milk and cream, season and pour it over the fish. Sprinkle over the cheese and nutmeg, and cook in the oven until nicely browned.

OYSTER PATTIES.

$\frac{1}{4}$ lb. puff pastry made into patties—10 oysters—1 oz. butter— $\frac{1}{2}$ oz. flour—1 gill milk—a good table-spoon cream—a squeeze of lemon juice—cayenne and salt.

Make a sauce of butter, flour, milk, cream, lemon juice and seasoning ; boil up the oyster liquor separately and add it. Cut the oysters in two or three pieces, put them into the sauce and allow it just to boil up. Take the centres out of the patties and fill in with the oyster mixture ; replace the little tops and garnish with very small sprays of parsley.

HOMARD À LA S. ETIENNE (ST. STEPHEN'S.)

1 lobster—1 gill salad oil—2 tablespoons sherry—2 tablespoons chablis—a little parsley and garlic—1 oz. butter—a teaspoon of lemon juice—2 tablespoons Espagnol sauce.

Saute the lobster in the oil, mix wine, etc. with the sauce and stir it over the fire till quite hot. Dish the lobster and pour the sauce round it.

OYSTER CROQUETTES.

25 oysters—1 dessertspoon chopped parsley—3 oz. butter—1½ oz. flour—1 gill good milk or single cream—1 teaspoon lemon juice—egg and bread crumbs—salt and pepper.

Bring the oysters just to the boil in their own liquor, drain them and cut into rough pieces. Melt the butter in a saucepan, add the flour, then the milk by degrees, also the oyster liquor ; boil two minutes, add the oysters and mix all together. Form into croquettes on a slightly floured board, roll in the egg and bread crumbs and fry in hot fat two minutes. Garnish with chopped parsley.

FILLETS DE POISSON À LA CARDINALÉ.

1 flounder or sole— $\frac{1}{2}$ a small lobster—a few truffles—
juice of $\frac{1}{4}$ a lemon— $\frac{1}{2}$ pint white sauce—a few
drops of carmine.

Fillet the fish and cut each fillet into four pieces, place them on a buttered pan and sprinkle with salt, pepper, and lemon; cover with buttered paper and bake seven minutes. Heat the lobster over hot water and dish it in the centre of a dish with the fillets round, garnished with the truffles, chopped parsley and lobster coral. Add the carmine to the sauce and pour it round.

SOUFFLÉ D'HOMARD.

1 very small lobster—1 oz. butter—1 oz. flour—1 gill
water—2 eggs—teaspoon lemon juice—cayenne—
salt and pepper.

Make panada of butter, flour and water, pound the lobster, mix it with the panada and rub through a sieve, add seasoning and yolks of eggs, whip the whites to a stiff froth, add them lightly, put the mixture in a forcing bag with plain large tube, and with it line a souffle tin; fill in the centre with oyster souffle, (see page 44) and steam one hour. Serve with oyster sauce.

CANAPIES À LA NORVEGIENNE.

6 small rounds of fried bread—2 hard boiled eggs—1
oz. butter—1 oz. flour—1 gill milk—a teaspoon
lemon juice—salt and pepper— $\frac{1}{2}$ tin lobster—1
tablespoon finely chopped parsley.

Make panada and mix the pounded lobster with it ; rub the whites and yolks of eggs separately through a wire sieve, pile up the lobster on the rounds of bread and decorate with the eggs and parsley.

This dish may also be made with crab or shrimps.

OYSTERS À LA LUCULLAS.

Wash and beard 2 doz. oysters ; cut a prepared sweet-bread into slices and put into a saucepan with 1 doz. button mushrooms and $\frac{1}{2}$ a pint of veloute sauce. Cook slowly ten minutes and add the oysters and clarified oyster liquor ; cook two minutes longer, adding a teaspoon of lemon juice. Serve very hot.

PLAICE AND PORTUGUESE SAUCE.

1 plaice—juice of a lemon— $\frac{1}{2}$ tin of tomatoes—1 onion—pepper and salt—1 oz. butter— $\frac{1}{2}$ oz. flour—1 gill of stock.

Fillet the fish and cut into neat pieces. Sprinkle over the lemon juice, cover with greased paper and bake seven minutes. Boil together the onion, tomatoes and stock ; melt the butter in a saucepan, stir in the flour and seasoning, add the strained stock, and boil two minutes. Arrange the fillets of fish on a dish and pour the sauce round.

STEWED COD.

2 lbs. cod—2 oz. butter—1 oz. flour—1 gill milk— $\frac{1}{2}$ pint fish stock—1 tablespoon chopped parsley—pepper and salt.

Make a sauce of the butter, flour, stock and milk ; cut the fish into small pieces and cook in the sauce ten minutes; add parsley and seasoning, and serve.

SOLE WITH TOMATOES.

1 sole— $\frac{1}{2}$ a lemon—1 lb. tomatoes— $\frac{1}{2}$ tablespoon milk—salt and pepper.

Fillet the fish, place on a tin and sprinkle over the lemon juice, pepper and salt. Slice the tomatoes, place them over the fish, cover with buttered paper and bake fifteen minutes.

SOUFFLE D'HUITRES.

10 oysters—2 oz. raw fish—1 oz. butter—1 oz. flour—1 gill water—2 eggs—a very little lemon juice—1 teaspoon anchovy paste—1 tablespoon of cream—salt and pepper.

Make panada of the butter, flour and water ; pound the fish, add it to the panada and rub all through a sieve; add cream, seasoning and yolks of eggs. Whip the whites to a stiff froth and add them very lightly, add the oysters, put in a buttered souffle case, surround with a band of buttered paper and bake in a moderate oven thirty-five minutes.

SCALLOPPED OYSTERS.

20 oysters—1 tablespoon of brown bread crumbs—1 oz. butter—1 oz. flour—1 gill cream—lemon juice—salt and pepper— $\frac{1}{2}$ a small onion.

Place on the scallop shells alternate layers of oysters and bread crumbs, pouring over a little of the liquor (clarified). Make panada of the butter, flour and cream, spread some over each, sprinkle with crumbs, and place in a hot oven for seven minutes.

SALMON PIE.

1 lb. cold boiled salmon, or 1 small tin—1½ gills velouté sauce—2 hard boiled eggs—1 tablespoon finely chopped parsley—a few browned bread crumbs—juice of small lemon—pepper and salt.

Place the salmon, broken into small pieces, in a pie-dish, season with lemon juice, pepper and salt; pour over the sauce, sprinkle with the bread crumbs and put it in the oven five minutes. Separate the whites and yolks of eggs, rub the yolks through a coarse sieve, and chop the whites; with these and the parsley ornament the pie, which may be served either hot or cold.

HOMARD À LA NUREMBURG.

2 lobsters—3 yolks of eggs—½ gill sherry—1 gill cream—1 gill milk—1 tablespoon cracker crumbs—1½ oz. butter—lemon juice—cayenne—pepper and salt.

Remove meat from the shells and break it into small pieces. Put the butter and milk into a saucepan, sprinkle in the crumbs, when hot add lobster, and simmer ten minutes. Mix yolks and cream, add them, also the seasoning, stir over the fire until it begins to thicken; add sherry and lemon, and serve at once.

BOILED SALMON WITH HOLLANDAISE SAUCE.

Scale and clean the fish, place it in a pan of tepid water, and boil according to size.

Take for the sauce 4 tablespoons French vinegar—2 bay leaves—8 crushed pepper-corns—3 yolks of eggs—3 oz. butter.

Put vinegar, pepper-corns and bay leaf into a saucepan and reduce to half quantity, strain and return to pan ; add yolks of egg, one by one, stirring constantly with a wooden spoon, adding also the butter by degrees ; cook until it thickens, taking care it does not curdle. Dish the salmon on a dish garnished with chervil, pour sauce over and sprinkle with finely chopped parsley.

SOLE À LA NORMANDIE.

1 large sole—2 whittings—1 egg—the rind of 1 lemon—1 tablespoon of bread crumbs—1 doz. button mushrooms—salt and pepper—1 oz. butter—1 oz. flour.

Wash and clean the sole, leaving on the head ; make an incision down the back and raise the flesh each side about an inch. Take the meat from the whittings and place bones and skin with 3 gills of cold water to simmer until needed. Pound the meat from the whittings, add the egg, bread crumbs and seasoning ; with this stuff the sole in the space down the centre, press it together, and place the mushrooms in a row on the top. Place the fish on a well buttered tin, and sprinkle with pepper, salt and lemon juice. Make remainder of

force-meat in small balls, put these also on the pan and bake twenty-five minutes. Make a sauce with the butter, flour and water in which the fish bones have been boiled. Garnish with the force-meat balls, lemon and parsley.

MAYONNAISE AUX HUITRES.

Wash the shells and put on each a little moyonnaise, sprinkle with mustard and cress, and lay on each an oyster, leaving on the beard. Serve with little rolls of brown bread and butter.

OYSTERS À LA ST. PATRICK.

12 oysters—12 croûtons of fried bread—3 soft roes of bloaters—lemon juice—cayenne and salt.

Sauté the oysters and roes in 2 oz. of butter. Put a piece of roe on each croûton, with an oyster on the top.

SARDINES À LA PIEDMONTAISE.

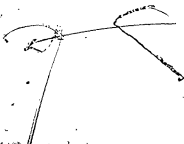
Sardines skinned, heated and put on croûtons of fried bread or toast, with the following sauce poured over.

4 yolks of eggs—½ oz. butter—1 teaspoon tarragon and 1 teaspoon malt vinegar—saltspoon mustard and salt.

Beat the yolks of eggs, add butter and seasoning, stir all over the fire until it thickens.

SOLE À LA ROUENNAISE.

1 sole—½ a small lobster—1 gill thick white sauce—1 tablespoon of cream—pepper—salt and lemon juice.



Fillet the sole. Add the lobster, broken into small pieces and pounded, to the sauce, with the cream and seasoning, and heat thoroughly. Lay some of this mixture on the half of each fillet, fold over the other half and put on a buttered tin, squeeze over the lemon juice, cover with buttered paper and bake ten minutes. Arrange on a dish au couronne, ornament alternately with some truffles, parsley, lobster coral and yolk of hard boiled egg. Serve with Hollandaise sauce.

SOLE À LA COLBERT.

Fillet a sole or small flounder, roll round a buttered potato, tie buttered paper round, place on a pan and bake seven minutes. Remove the potato and stuff the fillet with Maitre d' Hotel butter, roll in egg and bread crumbs and fry in hot fat two minutes. Serve with anchovy sauce.

SOLE À LA PORTUGAISE.

Skin a sole (or flounder,) make an incision down the back and stuff with the following mixture.

1 oz. butter—1 small shallot—1 teaspoon chopped parsley—1 tablespoon bread crumbs.

Place on a buttered baking pan and cover with some sliced tomatoes, a little onion, $\frac{1}{2}$ oz. cheese, a few bread crumbs, pepper and salt. Pour round three table-spoons of tomato ketchup, and cook twenty minutes.

POISSON À L'HORLY.

Soak some fillets of any kind of fish an hour in salad oil, tarragon and chili vinegar in proportions of 1 tea-

spoon of each of the vinegars to 1 tablespoon of oil for each pound of fish ; sprinkle with a little chopped parsley, pepper and salt, dip in batter and fry in hot fat two minutes.

FRICASÉE OF LOBSTER.

1 lobster—1 gill of cream—1½ gills thin white sauce—
—cayenne—salt and lemon juice.

Remove the meat from the shell, add it to the sauce ; add cream, cayenne and salt, and simmer ten minutes, then add lemon juice, and serve very hot.

FISH PUDDING.

1 lb. raw or cooked fish—2 oz. bread crumbs—2 oz. butter, or 4 oz. of fat bacon cut into tiny dice—2 eggs—pepper—salt and a little lemon juice—½ pint parsley sauce.

Remove all skin and bone from the fish, pound it, add the bread crumbs, fat bacon, pepper, salt and lemon juice. Mix in the well beaten eggs, put into well buttered pudding basin and steam one hour. Turn out and pour the sauce over.

POTTED FISH.

To 1 lb. of cold cooked fish, take 2 oz. butter—1 large tablespoon vinegar—1 teaspoon tarragon—2 anchovies—6 pounded pepper corns—2 cloves—a little pepper and salt.

Pound the fish until very fine. Mix in the pounded anchovies, spice, vinegar, pepper and salt, add the

melted butter. Mix well together, put into a little dish and pour a little melted butter over the top. When cold, the dish may be garnished with anchovy butter.

PICKLED HERRINGS.

Take fresh herrings for this purpose, remove all the bones. To do this, cut the herrings from the tail to the head on the under side, then pass the finger right along the bone on each side, but do not break the back. Spread the herrings out flat, sprinkle the inside with pepper and salt, roll them, leaving the skin outside, put them in a deep dish, pour over enough vinegar and water to half cover, add a few pepper corns and cloves, cover closely and cook in the oven half-an-hour. Serve cold.

COLLARED SALMON.

Take a piece of salmon weighing about 4 lbs. Remove the bone and sprinkle the inside with 2 teaspoons salt, 1 teaspoon pepper, a little mace and cayenne. Roll it up and bind firmly with tape; put it into a fish kettle and cover with vinegar and water, allowing 2 parts of water to 1 of vinegar, add 2 or 3 bay leaves, a bunch of herbs and 1 small shallot.

Simmer gently one hour, remove from the fire, allow it to partly cool in the liquor. Serve cold, garnished with salad and aspic jelly.

SALMON CUTLETS EN PAPILOTES.

Take some thin cutlets of salmon, dip them into melted butter, sprinkle with pepper and salt. Put a

sheet of oiled paper on each side and twist the edges together. Put the cutlets on a heated gridiron, and broil over a clear fire, taking great care that they do not burn.

They may be served in the papers or not, as preferred. They will require about fifteen minutes to broil.

MAYONNAISE OF SALMON.

1 boiled salmon— $\frac{1}{2}$ pint mayonnaise—2 cucumbers—2 lettuce—1 lemon—1 pint aspic jelly.

The salmon for this dish must be boiled very carefully, shaped like the letter S, so that it will stand on the dish. Mix 1 gill of mayonnaise sauce with 1 gill liquid aspic, and when setting mash the fish with it. Garnish down the back with cut lemon and cucumber. Make a border of the salad and garnish with the jelly. Serve remainder of sauce in a boat.

BROILED FISH.

A very clear fire is necessary for this purpose. Well wash and dry the fish, sprinkle with pepper and salt and dip in melted butter or oil. Heat the broiler, rub it over with a little butter, place the fish on it, and cook over the fire until sufficiently cooked. This will require from five to fifteen minutes, according to the thickness of the fish.

FISH BROILED IN BUTTERED PAPER.

Cut nice steaks of fish, well dry them and sprinkle

with pepper and salt. Fold in well buttered paper and broil over clear fire. Serve very hot.

Salmon is excellent cooked in this way.

DEVILLED FISH .

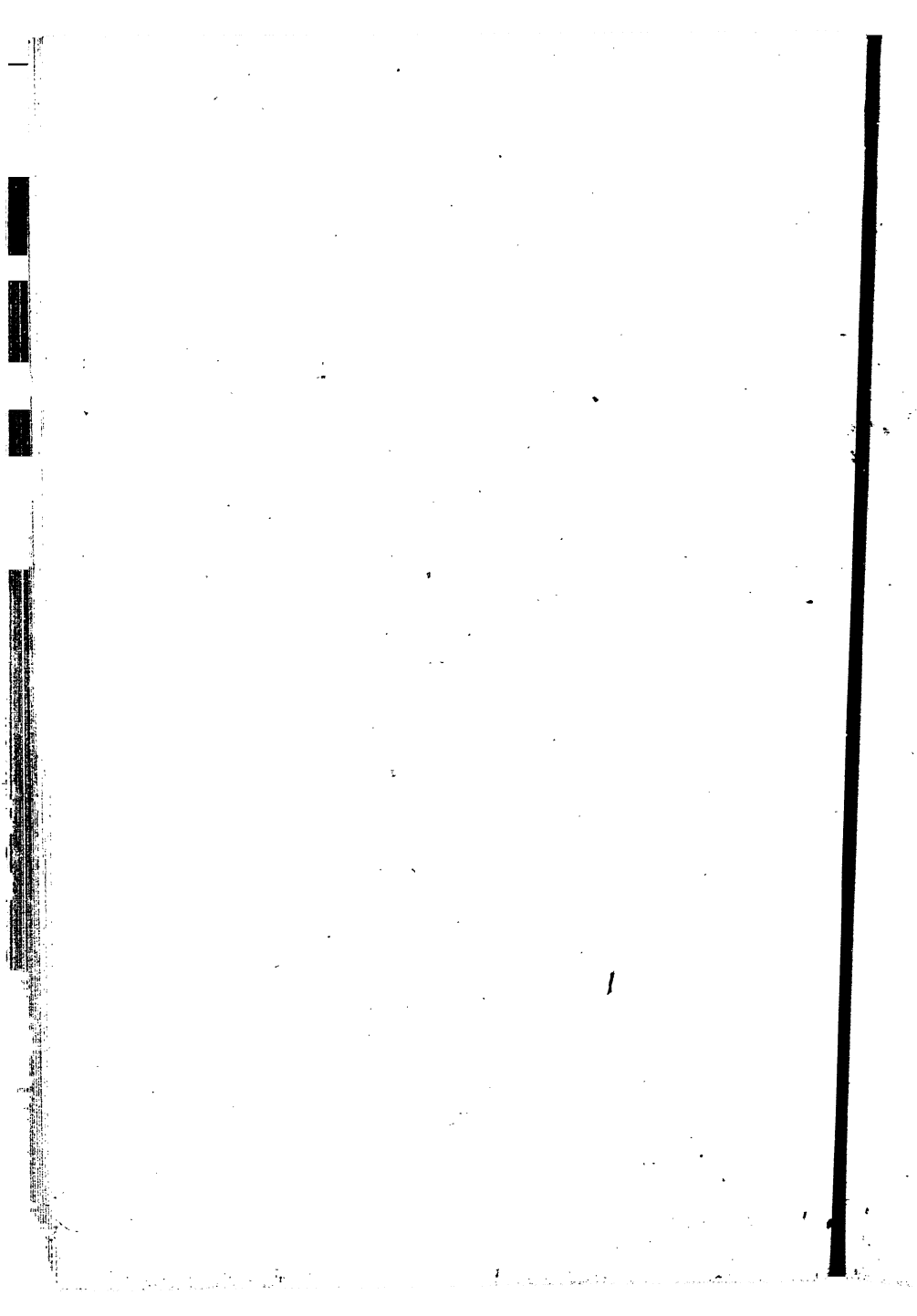
Small fish such as whitebait or smelts are generally used for this. Thoroughly wash and dry the fish. Mix together a little pepper, salt, cayenne and flour, dip the fish one by one into this, then drop them at once into hot fat. Fry one minute, and serve.

DEVILLED CRAB.

For 1 crab, take 1 large tablespoon cream—1 table-spoon vinegar—1 tablespoon bread or cracker crumbs—a little salt, cayenne and nutmeg.

Pick the meat from the crab. Be careful to take out the part from near the head, which is not fit to eat. Mix all together and fill in the shell, sprinkle with browned bread crumbs, place little bits of butter on the top, and heat in the oven. Garnished with fried parsley, and serve with toast or brown bread and butter.

ENTRÉES.



ENTRÉES.

POULET À L'YORK.

1 pint cooked green peas— $\frac{1}{2}$ lb. pounded chicken—3 eggs— $\frac{1}{2}$ gill cream— $1\frac{1}{2}$ oz. panada—a few truffles—a little mace—lemon rind—pepper and salt.

Well butter an ornamental border mould and garnish it with little diamonds and rounds of truffles. Rub the peas through a sieve and mix with them half of panada cream, yolk of egg, pepper and salt, also half white of egg whipped to a stiff froth; with this purée line the mould. Make the chicken into a similar purée and put it also in the mould. Steam $\frac{3}{4}$ of an hour, turn out and force a purée of potatoes in the centre and pour a rich white sauce round.

SWEET BREAD À LA BIGARADE.

Lard 4 prepared sweet-breads, brush with egg, sprinkle with bread crumbs, put on a tin with 2 oz. butter, and bake half-an-hour, basting frequently. Dish up and pour round the following sauce.

$\frac{1}{2}$ pint brown sauce—1 wineglass sherry—1 teaspoon extract of meat— $\frac{1}{2}$ teaspoon sugar—juice $\frac{1}{2}$ a lemon and $\frac{1}{2}$ an orange; reduce one-fourth, wring through a tammy cloth and add the chopped rind of an orange. Boil up once.

PETITS SOUFFLÉS D'EPINARD.

1 cup plain purée of spinach—4 oz. white meat pounded—4 yolks and 2 whites of eggs—1 oz. panada—2 tablespoons cream—salt and cayenne. Add to the pounded meat $\frac{1}{2}$ the panada—1 tablespoon of cream—2 yolks of eggs and seasoning—1 white beaten to a stiff froth.

See that the spinach is as dry as possible; prepare it the same way with the remainder of ingredients; half-fill some small moulds with the spinach mixture, then put a teaspoon of the meat mixture in the middle of each, steam twenty minutes, turn on to an entrée dish and pour sauce round.

FILLETS OF BEEF À LA PRINCESS LOUISE.

6 little round fillets of beef larded with fat bacon—6 oysters—1 oz. anchovy butter—a little glaze—a purée of haricot beans.

Sauté the fillets in butter for a few minutes, then put them in a hot oven for ten minutes, take them out, brush with glaze. Then place a small piece of the butter and an oyster on each, sprinkle with more glaze and dish up on the purée of beans, and pour round the following sauce:—

$\frac{1}{2}$ pint velouté sauce—pulp of 1 tomato— $\frac{1}{2}$ teaspoon extract of meat—liquor from the oysters—1 teaspoon lemon juice.

Boil all together and pass through the tammy.

SHAPE OF CHICKEN.

4 oz. liver—2 oz. bacon— $\frac{1}{2}$ a cooked chicken—4 oz.

bread crumbs—1 gill stock or gravy—pepper and salt—2 eggs—a little chopped parsley.

Mince the liver and bacon, add to it half the bread crumbs, 1 egg, $\frac{3}{4}$ gill of stock, the parsley, pepper and salt. Well butter a mould and put this force about an inch thick all over it. Mix the chicken with remainder of bread, etc., and put it in the centre. Steam one hour and serve with sauce or gravy.

TIMBALES À LA BARONNE.

$\frac{1}{2}$ lb. white meat—1 oz. panada—2 yolks and 1 white of egg—1 tablespoon cream— $\frac{1}{4}$ tin of mushrooms—2 oz. minced cooked ham—a little finely chopped parsley—seasoning.

Mince the meat very finely, add the panada, yolks of eggs, cream, seasoning and chopped mushrooms; whip the whites to a stiff froth and add lightly. Well butter some small moulds, sprinkle half with the ham and half with parsley; fill the moulds three-parts full and steam twenty-five minutes. Turn on to an entrée dish and pour round a pale green sauce made with 1 $\frac{1}{2}$ oz. butter— $\frac{1}{2}$ oz. rice flour—1 gill mushroom liquor—1 gill white stock—2 tablespoons cream—a bunch of parsley and seasoning.

BOUDIN OF CHICKEN.

$\frac{1}{2}$ lb. chicken—1 oz. panada—3 eggs—1 tablespoon chopped parsley— $\frac{1}{2}$ tin mushrooms—2 oz. fresh bread crumbs— $\frac{1}{2}$ lb. cooked ham—a little lemon rind and juice—nutmeg—pepper—salt—1 gill oysters.

Mix together bread crumbs, minced ham, mushrooms, 1 egg, pepper, salt and parsley ; well butter a mould and line it with this mixture. Add to the minced chicken the panada, 2 eggs and seasoning ; beard the oysters, add them also, pour the mixture into the mould and steam $\frac{3}{4}$ of an hour. Serve with oyster sauce.

SWEET-BREAD À LA CONSTANCE.

2 sweet-breads— $\frac{1}{2}$ pint good velouté sauce—a little ham—a few truffles and mushrooms.

Blanch the sweet-breads and cut them into neat slices about half-an-inch thick. Cut the ham and truffles into dice ; with a small knife make incisions in the sweet-breads and put in them the ham and truffles alternately ; wrap each sweet-bread in buttered paper and braise for half-an-hour. Dish up on a square crouton of bread, pour the sauce round and garnish with dice of ham, truffles and mushrooms. Serve very hot.

TARDALETTES À L'INDIENNE.

Line some patty pans with puff pastry, and bake ; fill with the following mixture and make hot.

12 oysters—1 shallot (chopped)—1 cooked carrot cut into dice— $\frac{1}{2}$ gill of cream—1 teaspoon curry powder—a little lemon juice— $\frac{1}{2}$ teaspoon flour—1 $\frac{1}{2}$ oz. butter—pepper and salt.

Make into a sauce, fill the patties with it, and place an oyster on each.

FELITE DE LIEVRE À LA. ST. STEPHEN.

1 hare— $\frac{1}{2}$ pint stock—vegetables for braising—1 oz. cherries—1 orange—some larding bacon.

Cut some neat fillets from the hare, lard and braise them, well basting ; make quenelles from remainder of the hare, and steam twenty minutes in small moulds. Make a good sauce from the bones of the hare, add some claret, jelly, lemon juice and orange rind. Dish up hare on quenelles and pour sauce round.

RIS DE VEAU À LA VICTORIA.

$\frac{1}{2}$ lb. sweet-breads—1 oz. panada—6 truffles—6 mushrooms—3 yolks of eggs—seasoning.

Blanch and finely mince the sweet-breads, mix with them the panada, truffles, mushrooms, yolks and seasoning ; form into cutlets, roll in egg and bread crumbs, and fry in hot fat a golden brown. Dish on a wall of pink rice, with purée of peas in the centre, and pale green velouté sauce round.

VOL AU VENT OF SWEET-BREADS.

$\frac{1}{4}$ lb. puff pastry—2 sweet-breads—1 oz. butter— $\frac{1}{2}$ oz. flour—1 gill cream—1 gill white stock—1 bay leaf pepper—salt and a little lemon juice.

Soak the sweet-breads in salt and water two hours, boil them five minutes, wash in cold water, remove the skin and cut them into neat pieces. Melt the butter in a saucepan, add the flour, by degrees the cream and

stock, also the pepper, salt and bay leaf ; simmer slowly half-an-hour. Roll out the pastry $\frac{1}{2}$ an inch thick, cut out with a vol-au-vent cutter, marking the centre with a smaller one. Bake in a hot oven twenty minutes, when done, carefully remove the top and take out the centre. Add the lemon juice to the sweet-breads, take out the bay leaf, and fill in the vol-au-vent with the mixture. Replace the top, garnish with small sprays of parsley, and serve on a hot doyley.

VEAL ENTRÉE.

1 lb. veal—3 yolks and 2 whites of eggs—1 oz. flour—1 oz. butter—1 gill water or white stock—1 table-spoon cream—a little lemon juice—salt—pepper and a grain of cayenne.

Mince and pound the veal ; make panada of butter, flour and stock, add it to the veal, and rub all through a sieve. Add the yolks of eggs and seasoning, whip the whites to a stiff froth and add lightly ; half fill some buttered moulds and steam twenty minutes. Serve on rice or potato wall, pile peas in the centre and pour round green parsley sauce. The rice may be colored pink.

CHICKEN À LA WINDSOR.

Breast of 1 chicken—1 oz. panada—2 yolks and one white of egg—2 oz. ham— $\frac{1}{4}$ tin button mushrooms—1 teaspoon lemon juice—1 tablespoon cream—a very little mace—salt—pepper and a few grains cayenne—1 pint cooked green peas—1 pint thin white sauce— $\frac{1}{2}$ gill sherry—a little parsley or green coloring.

Mince and pound the chicken, add the panada, seasoning, cream and yolk of egg ; mix well together and add the whites whipped to a stiff froth, lightly. Ornament a buttered border mould with mushrooms and ham cut into little rounds, and fill in with the mixture ; steam one hour. Put the mushroom scraps in a saucepan with the sauce and a bay leaf, and simmer fifteen minutes. Turn out the mould and fill the centre with a purée of peas ; strain the sauce and pour round, adding first the sherry and coloring.

CASSOLETTES de BEURRE.

4 pieces of butter of 1½ oz. each—1 egg—6 tablespoons bread crumbs.

Roll each piece of butter up cork shape, using flour to prevent it from sticking, roll in egg and bread crumbs and allow them to stand half-an-hour. Roll again in the egg and bread crumbs, then with a small cutter make a mark in the top ; fry two minutes in hot fat, take off the top and pour out the butter ; they may then be filled with many different mixtures.

CÔTELETTES DE POULET AUX CHAMPIGNONS.

½ a cooked or fresh chicken—1 oz. flour—1 oz. butter—1 gill white stock—¼ lb. mushrooms—pepper—salt—lemon juice and nutmeg—1 oz. lean ham—1 oz. glaze—1 egg.

Pass the chicken and ham through a mincer, and finely chop the mushrooms. Make panada of the but-

ter, flour and stock, mix it with the meat, beat the egg until light, and add it, also the seasoning. Butter some cutlet moulds and fill them with the mixture, poach them in stock twenty minutes, glaze them and serve on potato wall with velouté sauce.

POULET SAUTÉ À LA PORTUGAISE.

1 chicken—2 tomatoes—1 large onion—1 small turnip—1 carrot—1 apple—1 oz. glaze—1 pint stock—if liked, 1 gill sherry or white wine.

Cook the chicken threequarters of an hour over vegetables and stock, covered closely ; take out and bake in a quick oven for fifteen minutes. Rub vegetables, etc. through a sieve, return to the fire with the glaze and boil quickly till half reduced. Dish up the chicken, rub the liver through a sieve on to the breast, and pour the sauce round.

TIMBALE À LA REINE.

$\frac{3}{4}$ lb. raw chicken—6 oz. made panada—12 oysters—1 gill celery purée—1 oz. butter—3 small eggs—2 tablespoons cream—a little green coloring—a dust of nutmeg—pepper and salt.

Pass the chicken twice through the mincer, then pound it with the panada and rub it through a sieve. Add celery purée, cream, butter, seasoning and beaten eggs, and lastly the oysters cut into four pieces. Put the mixture into border mould ornamented with little diamonds of truffles, and steam three-quarters of an hour. Turn on to hot entrée dish, pour round the following sauce and put purée of chestnuts in the centre, using forcing bag and large rose tube for the purpose.

Sauce :—

3 gills white stock—1 dessertspoon arrowroot—1 table-
spoon chopped mushrooms—1 wineglass sherry—
1 oz. glaze or 1 teaspoon extract of meat—a few
chopped truffles.

Cook all together two minutes then add two table-
spoons cream.

FILETS DE BOEUF À LA MONTREAL.

6 little round filets of beef—6 oysters—1 oz. glaze—1
potato wall—½ pint fresh peas—1 cup beef gravy.

Make an incision at one side of the filets and slip
an oyster into each, broil eight minutes, brush over
with the glaze. Dish on potato wall. Put the peas in
the centre and pour gravy round.

CHOUFLEUR À LA KARÉ.

1 cauliflower—4 or 5 tomatoes—1 small onion finely
chopped—2 tablespoons tomato sauce—1 oz. but-
ter—some herbs—½ clove of garlic—1 oz. cocoa-
nut—1 pint stock—salt—1 tablespoon curry pow-
der—½ tablespoon Worcester sauce.

Fry the onion in the butter, add the cocoanut, flour,
and curry powder; stir in the stock with the sauces and
seasoning, and simmer twenty minutes, then strain.
Boil the cauliflower, cut it into neat pieces and warm it
in the sauce, cut the tomatoes in half and bake ten
minutes. Dish upon boiled rice, with cauliflower and
tomatoes alternately.

SAUTED KIDNEYS À LA CAMPAGNE.

4 mutton kidneys—2 tablespoons sliced mushrooms—
1½ gills thick tomato sauce—1 oz. butter—8 little
rolls of bacon.

Slice the kidneys and sauté them in the butter for five minutes. Remove them from the pan, put in the mushrooms and sauce, cook five minutes, return the kidneys to pan, and when quite hot dish up, and garnish with the bacon and croûtons of French bread.

CERVELLES DE VEAU À LA DIABLE.

2 prepared brains—6 croûtons of French bread—a
little mustard—1 oz. Gruyère cheese—2 table-
spoons of browned bread crumbs.

Cut the brains into slices, put one slice on each croûton, put a little mustard on each, sprinkle with the cheese, then bread crumbs, and put bits of butter over. Bake until the cheese begins to melt. Serve very hot.

LARKS À L'AUVERGNE.

6 boned larks—1 small tin of truffles—4 oz. liver—2 oz.
fat bacon—1 potato wall—a purée of beans—a
croûton of fried bread—½ pint good brown sauce
made from bones of the bird and stock.

Boil the liver five minutes, then mince very finely with the bacon, pound and add 1 egg, ½ a gill of rich stock and half the truffles finely chopped; season well. force the birds with this force-meat, wrap each in a little piece of pig's caul, and brush over with white of egg and sprinkle with chopped truffles. Place on a tin,

pour over $\frac{1}{2}$ a gill of good stock and bake in a good oven about twelve minutes. Dish on a potato wall with croûton in the centre ; garnish with a purée of beans and pour the sauce round.

EPIGRAMME DE GIBIER.

1 lb. game partly cooked—2 oz. fat bacon—2 oz. fine bread crumbs—2 cloves—3 pepper-corns well pounded—a little mace—1 grain cayenne—salt and pepper—2 raw eggs— $\frac{1}{2}$ gill port wine—1 tablespoon currant jelly—1 teaspoon chutney—1 small shallot—1 or 2 game livers—a few truffles.

Mince the game, bacon, liver and shallot very finely ; pound them very smoothly in a mortar. Ornament a mould with the truffles cut in fancy shapes, fill with the mixture and steam one hour. Turn out on an entrée dish, pour round a good brown sauce made from the game bones, and garnish with a purée of haricot beans.

STUFFED TOMATOES.

6 tomatoes—3 oz. cooked white meat of any kind—a small shallot—1 teaspoon chopped parsley—pepper and salt—2 tablespoons bread crumbs—1 egg.

Take out the centre from the tomatoes ; cut the meat into very small pieces, mix with the bread crumbs, parsley, shallot, pepper, salt and egg. With this fill the tomatoes, put a small piece of butter on each, and bake fifteen minutes in a good oven.

SOUFFLÉ DE PERDRIX.

2 partridges—2 oz. cooked rice—1 oz. butter—1½ gills very strong stock—4 yolks and 2 whites of eggs—1 gill white egg garnish.

Partly cook the birds, mince them finely and pound with the rice ; add stock, seasoning and yolks of eggs. Whip the whites to a stiff froth, and add them lightly ; pour into a buttered mould and steam one hour. Cut the egg garnish into rounds and garnish the soufflé when turned out. Pour round a good brown sauce made from the bones of the partridges.

BOUDIN À LA RICHELIEU.

½ a chicken—½ lb. cooked ham—¼ lb. veal force-meat—1½ gills panada—a few truffles may be added if liked—pepper—sauce and lemon juice.

Mince and pound the chicken, add to it the panada and eggs, season with pepper, salt, lemon juice and a little nutmeg. Well butter a small basin or boudin mould, decorate it and pour in the chicken mixture ; twist over a sheet of buttered paper, and steam one hour. Turn on to an entrée dish and pour celery or Béchamel sauce round it.

ITALIAN POLPETTI.

½ lb. cooked game or poultry—2 oz. Parmesan cheese—1 oz. cooked ham—1 gill Italian sauce—1 dessertspoon piquant sauce.

Finely mince the game and ham, place with the sauce and cheese in a saucepan and stir over the fire

till quite hot, then spread it on a board till cold. Cut into small rounds, roll in egg and bread crumbs, and fry in hot fat two minutes.

CROUSTADES OF SNOW-BIRDS.

6 snow-birds—6 square croustades of fried bread—1 small tin pate de foie gras—6 small pieces fat bacon—1 wineglass sherry—1 large mushroom—1 small onion—a bunch of herbs— $\frac{1}{2}$ pint thick brown sauce—1 oz. glaze—1 tablespoon castor sugar—2 truffles.

First bone the birds and fill them with pâté, put a piece of bacon on the breast of each, roll in paper and place in a slightly buttered sauté pan, pour over half the sherry and $\frac{1}{2}$ a gill of stock, cover with buttered paper and cook in a moderate oven twelve minutes. Remove the paper and put the birds on the croustades and pour over them the following sauce: Put the bones of the birds, the mushroom, herbs, onion and a small piece of butter in a pan and fry fifteen minutes, add the remainder of the sherry, glaze, brown sauce, sugar, and the liquid from the birds; boil fifteen minutes, skim well and strain. Chop the truffles and add them, also pepper and salt.

KIDNEY À LA TARTARE.

4 or 5 sheep's kidneys—yolk of 1 egg—4 tablespoons salad oil—4 gherkins—1 tablespoon vinegar—1 teaspoon Chili vinegar—1 tablespoon French mustard—2 finely minced shallots—pepper and salt.

Place the yolk in a basin, beat in the oil by degrees, add the vinegar, gherkins, etc. Wash and open the kidneys, sprinkle with pepper and salt, and broil six minutes. Place them on a hot dish, and put a little of the sauce into the hollow of each, and serve the remainder in a tureen.

COMPÔTE DE PIGEON.

2 boned pigeons—4 oz. veal—1 oz. ham—1 egg—
bread crumbs—pepper and salt—1 pint green peas
—a potato wall and a croûton of bread.

Cut each pigeon in half and form each piece into a neat cutlet; place a little butter in a frying-pan and cook the pigeons in it five minutes, then press them till cold. Pass the veal and ham through the mincer, season it and press into the cutlets, roll them in the beaten egg and bread crumbs, and fry. Place the fried bread in the centre of the potato wall and put the cutlets round. Have ready the peas boiled and mashed with a little butter or cream; place them in a forcing-bag with a large rose forcer, and force between the cutlets and on the top of the croûton. Pour round a brown sauce made from the water in which the bones of the pigeons have been boiled.

CHAMPIGNONS AU GRATIN.

8 mushrooms—2 oz. fat ham—1 small shallot—a little
chopped parsley—thyme—powdered mace—pep-
per and salt—yolks of 2 eggs—1 oz. butter—½
pint brown sauce—1 tablespoon brown bread
crumbs.

Finely mince the ham and shallot, and place with the butter, parsley, thyme, mace, pepper and salt, in a saucepan, cook five minutes and add to them the yolks. Fill the mushrooms with this mixture, sprinkle with brown bread crumbs, place on a buttered pan and bake twenty minutes. Pile on a dish and pour the sauce round.

QUAILS À LA SANDRINGHAM.

2 boned quails—4 oz. liver—2 oz. fat bacon—1 oz. tongue—2 oz. bread crumbs—1 egg—1 tablespoon game stock—a little salt, cayenne and mace.

Pound together the minced liver, bacon, tongue, add seasoning bread crumbs, egg and stock. Force the birds with this mixture and cook in the oven with a little stock in the pan fifteen minutes. Roll remainder of force into balls, roll them in egg and bread crumbs and fry in hot fat two minutes. Have ready a deep potato wall. Cut the birds into slices, put these into the centre of wall and place the balls round the top of it, hold them in place with puree of peas or potatoes, using a forcing-bag with large rose tube for the purpose, pour over the following sauce.

Fry the bones of birds with 1 small onion in an oz. of butter—add 3 gills good stock—1 teaspoon Chutney—1 teaspoon extract of meat—1 tablespoon cocoanut, cook twenty minutes—thicken with a dessertspoon potato flour—tammy, and use.

SWEET-BREADS À LA MAÎTRE D'HÔTEL.

2 good sweet-breads (braised)—2 oz. Maitre d'Hôtel butter—a puree of potatoes— $\frac{1}{2}$ pint mushroom sauce.

When cold, cut the sweet-breads into slices and cover each slice with the butter. To do this, dip the sweet-bread in flour, then put on the butter and smooth over with a wet knife. Roll them in egg and bread crumbs and fry in hot fat two minutes. Dish on the potatoes. Force a little between each, and pour the sauce round. Serve as hot as possible.

MUTTON CUTLETS À L'ANGELIQUE.

6 mutton cutlets— $\frac{1}{4}$ lb. mushrooms—1 small onion—
2 tablespoon bread crumbs—a puree of potatoes—
 $\frac{1}{2}$ pint brown mushroom sauce.

Chop the mushrooms finely and mix with them the bread crumbs, and onion, also finely chopped, and a little pepper and salt. Put this force on one side of the cutlets, brush with egg and sprinkle with bread crumbs. Cook about fifteen minutes in the oven. Dish straight down on entrée dish, garnish with potatoes, using a large rose tube for the purpose, and pour the sauce round.

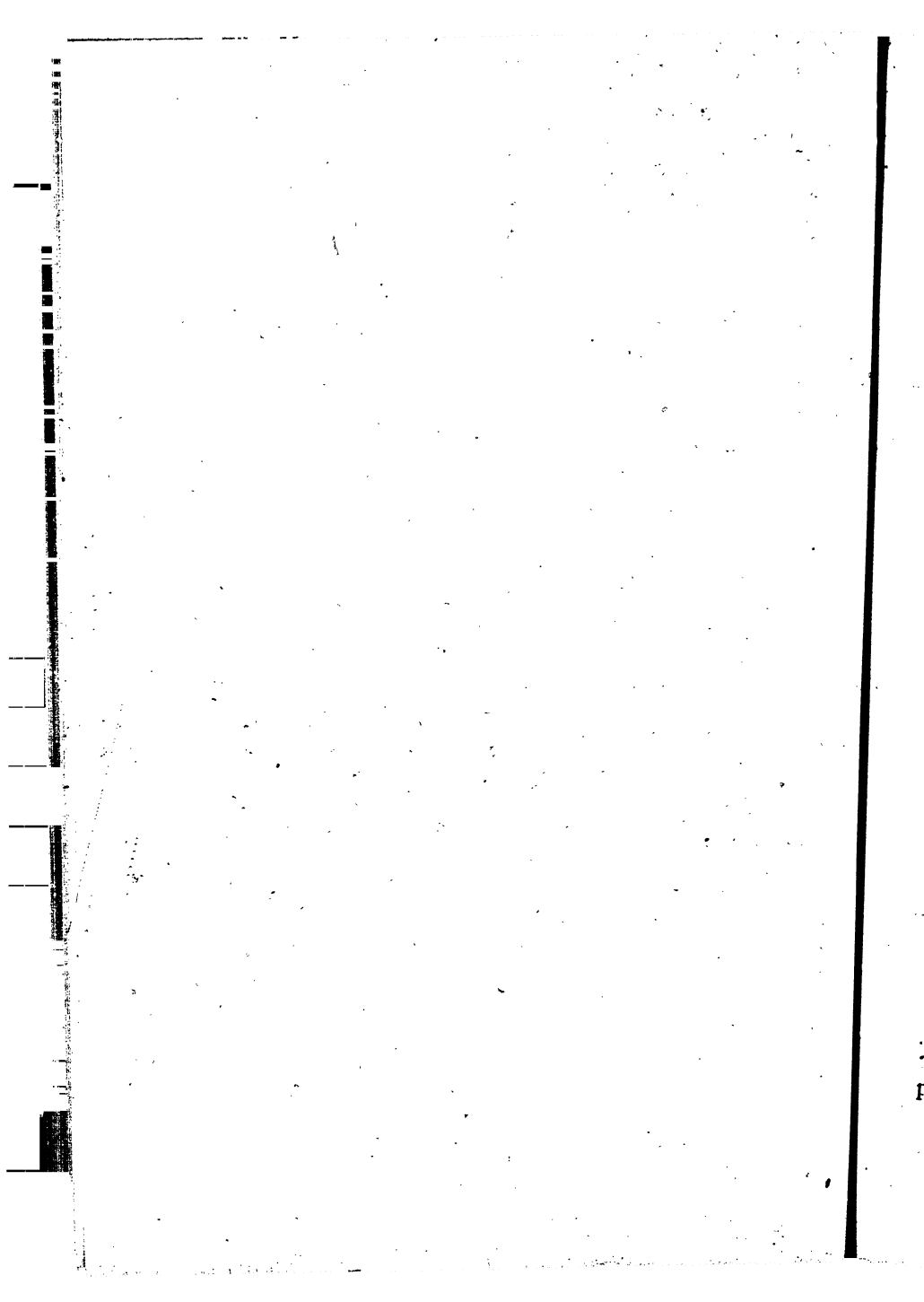
BROWN MUSHROOM SAUCE.

$\frac{1}{4}$ lb. mushrooms—1 onion—3 gills stock— $\frac{1}{2}$ teaspoon
extract of meat—pepper and salt—1 oz. butter—
1 oz. flour.

Fry together the butter, mushrooms and onion, add the flour and stock. Boil fifteen minutes, strain and add meat extract.

COLD ENTRÉES.

1
1



COLD ENTRÉES.

BOEUF À LA PHILIPPE.

1 lb. cold roast beef—3 hard boiled yolks of eggs—a few mushrooms—1 teaspoon capers— $\frac{1}{2}$ teaspoon anchovy paste—1 gill chaud-froid sauce— $\frac{1}{2}$ pint aspic jelly—1 gill horse-radish sauce—a few tomatoes.

Chop the yolks, capers and mushrooms, and mix them and the anchovy paste with the chaud-froid. Cut the beef into thin slices and spread with the force; roll each slice up and dish on chopped aspic with the horse-radish sauce in the centre, and the tomatoes, skinned, in the corners of the dish.

CHICKEN CUTLETS À LA POLONAISE.

$\frac{1}{4}$ lb. finely minced chicken— $\frac{1}{2}$ pint aspic jelly—1 gill mayonnaise sauce—a little mace—cayenne—pepper and salt—1 cucumber—1 bunch radishes—2 good tablespoons whipped cream.

First-line some cutlet moulds thinly with jelly, mix together the chicken, cream, seasoning and 1 gill whipped jelly; fill in the moulds with this mixture, and when set, turn each out on a small border of chopped jelly, round an entree dish, with the shred cucumbers and radishes in the centre, and the mayonnaise sauce poured over.

MAYONNAISE DE VOLAILLE À LA VICTORIA.

$\frac{1}{2}$ lb. white meat— $\frac{1}{2}$ gill panada—2 yolks of egg—1 white of egg—1 tablespoon of cream—1 teaspoon lemon juice—pepper—salt and cayenne—1 cucumber—3 tomatoes—1 gill mayonnaise sauce.

Finely mince the meat, add yolks of eggs, cream and seasoning, also white whipped to a stiff froth; fill some small moulds with the mixture and steam twenty minutes; turn out and allow them to cool. Cut the cucumber into as many pieces as there are moulds, turn out the moulds and place one on each piece. Make a border of tomatoes round an entree dish, put the cucumber in the centre, and pour the sauce over.

CHAUD-FROID DE GIBIER.

$\frac{1}{2}$ lb. cold game—1 pint aspic jelly—1 gill game gravy— $\frac{1}{2}$ wineglass port—1 teaspoon currant jelly—a few truffles—1 tin of macedoine— $\frac{1}{2}$ pint brown chaud-froid sauce—2 tablespoons brown sauce— $\frac{1}{2}$ oz. glaze—2 tablespoons sherry—a pinch of sugar.

Boil the chaud-froid and brown sauces, the glaze, sherry and sugar till three-parts reduced. Line a border mould with a little jelly, when set, line with the chaudfroid sauce; finely mince the game, mix with it $\frac{1}{2}$ pint of jelly, the port, gravy, currant jelly and seasoning, fill the mould with this mixture and turn out when set. Pile the vegetables in the centre, first sprinkled with tarragon and Chili vinegar and salad oil; sprinkle the chopped truffles over the top.

CREAM OF FISH.

$\frac{1}{2}$ lb. cold fish—1 gill aspic jelly—1 gill cream— $\frac{1}{2}$ pint tomato aspic— $\frac{1}{2}$ oz. gelatine—1 lettuce—1 gill mayonnaise—seasoning—lemon juice.

First set a little tomato aspic in a border mould ; pound the fish, add to it the seasoning, whipped cream, whipped aspic and melted gelatine ; pour into the mould, turn out when set, put lettuce in the centre with the mayonnaise over it ; chop the tomato aspic and force it round.

TIMBALES DE RIS DE VEAU AUX
TOMATOES.

1 lb. fresh tomatoes—3 sweet-breads—1 quart tomato aspic—1 $\frac{1}{2}$ gills mayonnaise sauce.

Soak the sweet-breads in cold water for one hour, then boil them slowly for fifteen minutes in stock, with a bay leaf and sprig of parsley ; put them then to press till cold. Now line some tins with aspic ; while this is setting, cut some tomatoes and sweet-breads into rounds, put a round of tomato on the jelly and set with a little liquid jelly, then the same with the sweet-breads ; continue this until the moulds are full. Take 2 tablespoons of mayonnaise and mix it with 4 tablespoons of plain aspic ; allow this also to set. Cut the remainder of the tomatoes into slices, cut these into quarters and with them make a border round an entrée dish. Turn out the timbales, cut little rounds from the mayonnaise and with them ornament the top. Pour the sauce in the centre, and put on ice till required.

TOMATOES IN ASPIC.

1 pint aspic jelly—6 small tomatoes—1 gill mayonnaise sauce.

Set a little jelly in double moulds, slice the tomatoes and put a slice in each. Pour over a little sauce and repeat this until the moulds are full; set with jelly; turn out and garnish with chopped jelly and water-cress, and pour the remainder of the sauce in the centre.

EPIGRAMME DE FOIE GRAS EN ASPIC.

1 pint aspic jelly—1 small tin pate foie gras—2 hard boiled eggs—some little rounds of cooked ham or tongue—a few slices of pheasant—1 lettuce—1 beetroot—2 raw yolks of eggs—1 gill salad oil—1 teaspoon tarragon vinegar—1 tablespoon malt vinegar—1 tablespoon cream—pepper and salt.

Cut little rounds from the whites and yolks of the eggs, remove truffle from the pate and cut rounds from it also; with these and the ham decorate the mould, pour a little jelly in the bottom and allow it to set. Cut rounds from the pate and place them on the jelly, set with more jelly; then place in rounds of pheasant and set again. Continue this till the mould is full; when cold, turn on to an entree dish. Place the raw yolks in a basin, drop in the oil, spot by spot, stirring all the time, then add vinegar, cream, pepper and salt. Arrange the lettuce in a border and pour the mayonnaise round.

PETITS CREMES D'HOMARD.

½ pint cream—a few drops carmine—a little cayenne—

salt—pepper and a little lemon juice— $\frac{1}{2}$ a small lobster.

Pound the lobster and pass it through a sieve; whip the cream to a stiff froth, place the lobster in a basin, add 1 tablespoon of cream and mix till smooth, add lemon juice an dseasoning, then, lightly, the whipped cream. Place the mixture in a forcing-bag, fill some little souffle cases with it, and garnish with parsley.

POULET À LA MAYONNAISE.

1 cold roast fowl—1 lettuce—1 cucumber— $\frac{1}{2}$ lb. tomatoes—1 bunch cress—1 bunch radishes—3 hard boiled eggs—1 good teaspoon anchovy essence—1 gill mayonnaise sauce—a few capers.

Cut the fowl into neat joints, place a layer of lettuce on a dish, over this a layer of fowl, and sprinkle with capers. Cut the cucumber, eggs and radishes into slices, and make a layer of these over the chicken; repeat the layers, and ornament the top prettily. Add the anchovy essence to the sauce and pour it over.

PETITES POULET EN CAISSES À L'IMPERATRICE.

$\frac{1}{2}$ lb. raw chicken—2 yolks and 1 white of eggs— $\frac{1}{2}$ oz. flour— $\frac{1}{2}$ oz. butter— $\frac{1}{2}$ gill water or white stock— $\frac{1}{2}$ tablespoon cream—a little lemon juice—salt—pepper and a grain of cayenne.

Mince and pound the chicken, make panada of the butter, flour and stock; add it to the chicken and rub all through a sieve, then add the yolks and seasoning;

whip the whites to a stiff froth and add them lightly. Half fill some small buttered moulds with the mixture and steam fifteen minutes; turn out and allow them to cool. Place in some small soufflé cases a little shredded lettuce, place the little chicken on the top, pour over each a little mayonnaise sauce and garnish with capers and shopped parsley.

CHAUD-FROID OF BECASSE.

Cook 2 or 3 birds (any kind of game,) basting with butter; use the butter for sauce, and flavor it with port, mushroom ketchup, currant jelly and anchovy essence; add also $1\frac{1}{2}$ oz. gelatine. Cut the birds into joints and baste three times with the sauce, then set in jelly. Have ready some mushroom, tomato, and brown jelly, set in pans; cut them separately into dice, put the game round an entree dish, pile the jelly in the centre and make a border of cress and dice of celery.

MUTTON CUTLETS IN ASPIC.

1 quart aspic jelly—1 hard boiled egg—1 tin pâté de foie gras—4 oz. boiled rice—6 cutlets—a few drops carmine.

Rub the pate through a sieve, keeping out the truffles; spread it over the cutlets, cut out cutlets of jelly and place them over the mutton cutlets. Cut some thin rounds from pieces of egg, also ham and truffles, arrange these down the cutlets, melt a very little jelly and pour over.

LITTLE CHICKEN CREAMS.

4 oz. white meat from a cooked chicken— $\frac{1}{2}$ a small tin of pâté de foie gras (or 3 chicken livers boiled and pounded)—3 gills aspic jelly—2 tablespoons cream—cayenne and salt—1 lettuce—a few tomatoes—1 gill mayonnaise sauce.

Line some double moulds with jelly. Pound the pate, add to it 1 gill of liquid jelly, the cream and seasoning, and rub it then through a sieve; mince the chicken very finely and add it. Remove the centres from the moulds, fill in with the mixture, and when set, turn on to an entree dish. Sprinkle with shredded lettuce, make a border of tomatoes and pour sauce round.

CHAUD-FROID À LA RUSSE.

Place in some small moulds a very little aspic jelly and allow it to set. Cut some small tomatoes in half, place a piece in each mould, fill in with jelly and allow it to set. Dip into tepid water and turn out on a silver or glass dish, place a little cut carrot and turnip or other vegetables in the centre, garnish with aspic jelly and water-cress, and serve with salad dressing.

PETITS SOUFFLÉS D'HOWARD.

1 lobster—3 tablespoons mayonnaise— $\frac{1}{2}$ pint aspic—1 gill tomato sauce—whisk till it gets white.

Cut the lobster into neat pieces and add it; fill some ramaquin cases and set. Remove the paper and garnish with bits of lobster and parsley, or set mayonnaise.

CHAUD-FROID OF QUAILS.

Stuff the quails with liver force, first taking out the breast and backbone; roll in muslin or paper and cook on a tin. Cover with bones of the birds, chopped vegetables, stock and sherry, and cook half-an-hour. Take the quails out and press them; strain and reduce the stock, and with it baste the birds several times. Dish up on salad and garnish with aspic.

SAVOURY CREAM.

1 small lobster—1 tablespoon mayonnaise— $\frac{1}{2}$ pint cream— $\frac{1}{2}$ oz. gelatine—1 gill aspic—1 gill tomato juice.

Decorate a border mould with parsley and lobster, and set with jelly; then mix together the mayonnaise and pieces of lobster, fill the mould and turn out when cold. Fill in the centre with lettuce dipped in mayonnaise, and garnish with aspic.

SNOW-BIRDS À L'ABERDEEN.

1 pint aspic—6 boned snow-birds stuffed with liver force, and cooked—1 gill tomato aspic—a few truffles—a bunch cress— $\frac{1}{2}$ pint savory cream.

Take an ornamental border mould and fill the points with tomato aspic, ornament the lower parts with truffles; fill with the birds and aspic jelly and turn out when set. Place on a silver dish, and garnish round with cress and chopped aspic; fill in the centre with some small moulds of savory cream.

LITTLE BOMBES À LA PRINCESSE.

1 calf's brain (cooked)—3 oz. cooked liver— $\frac{1}{2}$ pint good aspic jelly—2 tablespoons mayonnaise sauce—a very little mace—salt, and coralline pepper— $\frac{1}{2}$ teaspoon tarragou vinegar—a few drops carmine—2 tablespoons cream.

Ornament the tops of some small dariol moulds with little rounds of capsicum and yolk of egg set with jelly, and round the sides with parsley and jelly. Pound the brain, and rub it through a hair sieve; put the liver twice through the mincer and rub it then through a sieve. Mix it with the brain together with the cream, mayonnaise, seasoning and liquid aspic; when well mixed, fill in the moulds and allow them to set; turn out each on a slice of tomato seasoned with vinegar, salt and pepper.

PETITES CRÈMES D'HOMARD.

$\frac{1}{2}$ pint cream—a few drops carmine—a little cayenne—salt—pepper and a little lemon juice— $\frac{1}{2}$ a small lobster.

Pound the lobster and pass it through a sieve; whip the cream to a stiff froth, place the lobster in a basin, add one tablespoon of cream, and mix till smooth; add lemon juice and seasoning, then, lightly, the whipped cream. Place the mixture in a forcing-bag, fill some little soufflé cases with it, and garnish with parsley.

VOLAILLE À LA GASTRONOME.

12 oz. raw chicken—6 oz. made panada—1 egg—1 tablespoon sherry—1 tablespoon cream—pepper

and salt— $\frac{1}{2}$ small tin pate de fois gras—1 gill aspic cream— $\frac{1}{2}$ pint aspic jelly—6 oz. ham butter.

Pound chicken finely, add panada and rub through a sieve, add then the sherry, cream, seasoning and egg. Nearly fill some small moulds with the mixture, make a hole in the centre and put in a piece of pâté and $\frac{1}{2}$ a teaspoon strong consommé, cover with the mixture. Poach fifteen or twenty minutes, turn out and allow to cool, then mask with aspic cream and glaze with liquid jelly. Dish on chopped jelly and garnish top of each with ham butter.

PETITS SOUFLÉS DE VOLAILLE À LA PRINCESS MAY.

$\frac{1}{2}$ pint white stock (hot)—1 teaspoon Leibeg's extract of meat— $\frac{1}{4}$ oz. gelatine— $1\frac{1}{2}$ gills aspic jelly. Mix these together and whip till spongy. Add then $\frac{1}{2}$ pint whipped cream—1 wineglass sherry—a little coralline pepper, and salt— $\frac{3}{4}$ lb. cooked chicken, chopped.

Stir all quickly together and pour the mixture into little soufflé cases surrounded with bands of paper about $2\frac{1}{2}$ inches above the cases; put them in the ice case for half-an-hour, then pour on the top of each a layer of meat jelly about $\frac{1}{4}$ of an inch thick, and return to the ice case for fifteen minutes. Remove the papers and garnish the tops with foie gras cream, or other savory cream.

CREAM OF CHICKEN.

$\frac{1}{2}$ lb. breast of chicken—1 gill cream— $\frac{1}{2}$ pint tomato

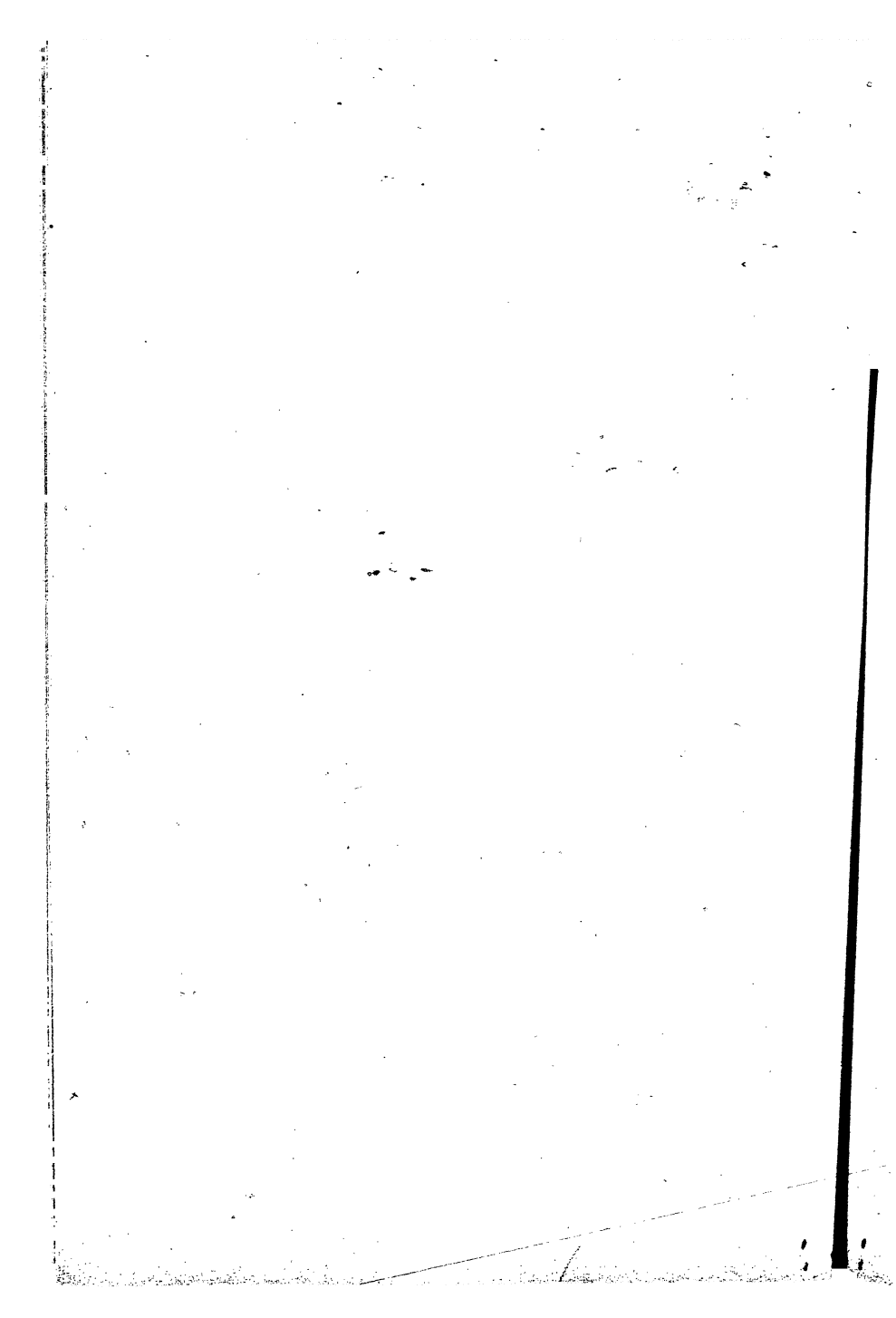
aspic— $\frac{1}{2}$ oz. gelatine—1 lettuce—1 gill mayonnaise—seasoning—lemon juice.

First set a little tomato aspic in a border-mould; pound the chicken, add to it the seasoning, whipped cream, whipped aspic, and melted gelatine; pour into the mould, turn out when set and put the shredded lettuce in the centre with mayonnaise over. Chop tomato aspic and force it round.

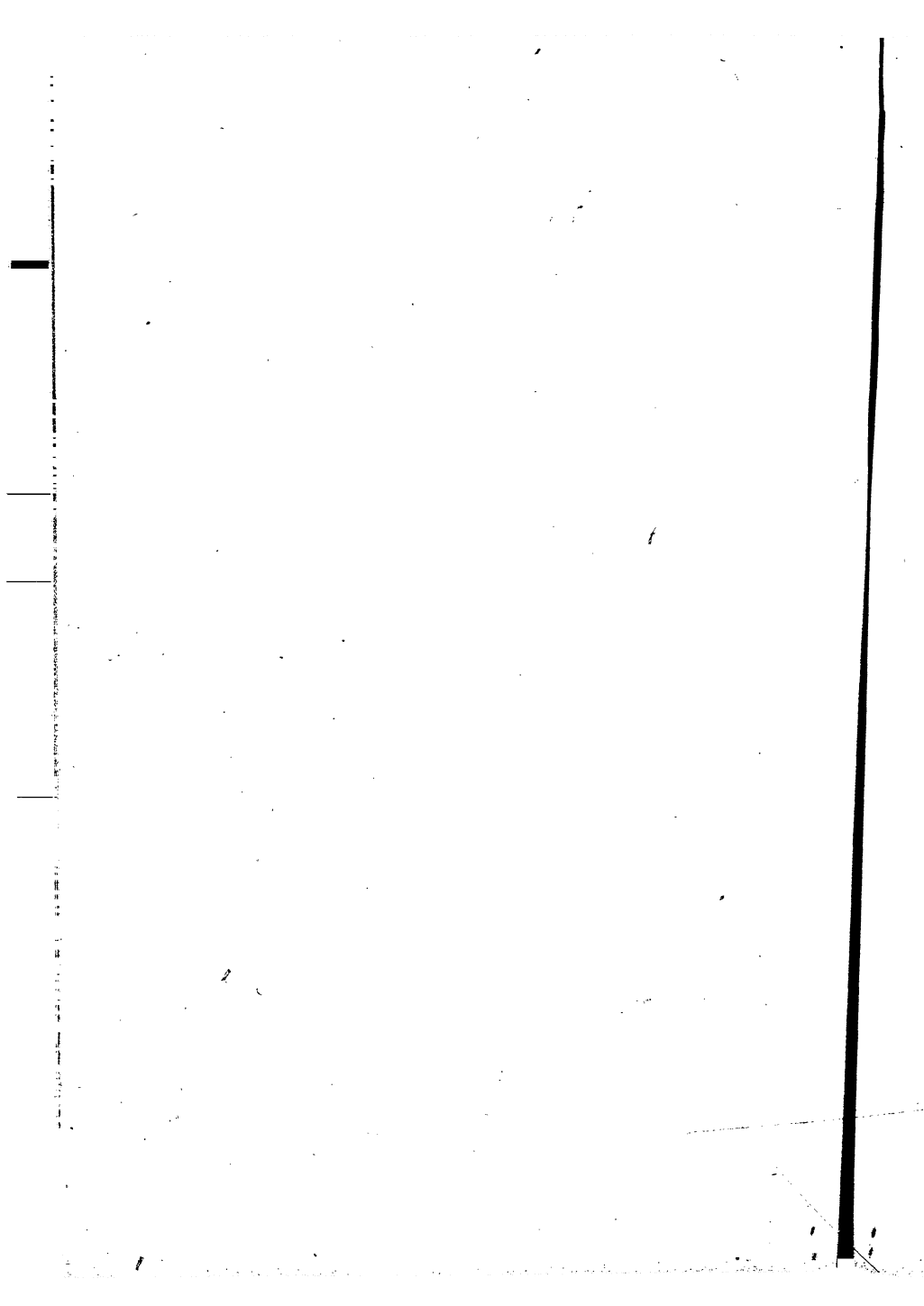
GIBIER À L'ISHABEL.

$\frac{1}{2}$ lb. cooked game—1 small tin pâté de fois gras—1 pint aspic jelly—1 gill white aspic cream— $\frac{1}{2}$ pint macedoine of vegetables—1 teaspoon currant jelly—a little mace—cayenne and salt.

First line small dariol moulds thinly with aspic jelly. garnish with peas and carrots, set these with more jelly and put a little aspic cream in between. Pound the game, add pâté, currant jelly, mace, cayenne, salt, and $\frac{1}{2}$ pint liquid aspic. Fill the little moulds, set on ice. When set, turn out, place them on entree dish. Toss remainder of vegetables in mayonnaise sauce and put them in centre, garnish with chopped jelly.



MEATS.



MEATS.

ROASTING.

First weigh the joint to be roasted. Place it in a brisk oven for half-an-hour, then cool the oven down for the remainder of the time, allowing fifteen minutes to every pound for beef or mutton, and twenty minutes a pound for veal or pork, with an additional twenty minutes for a particularly large joint. Baste very frequently with the fat that runs from the joint. Beef should be sprinkled with salt before roasting; pork, pepper and salt; mutton, veal and fowl, pepper, salt and flour one hour before they are done. Fowl will take from thirty-five minutes to one hour in roasting.

BOILING.

All joints except salted meat should be placed in fast boiling water, allowed to boil quickly for two minutes, after which they must not really boil again, but only simmer slowly, as fast boiling hardens the meat and spoils it in every way. Salted meat is best put in tepid water, unless hard from hanging, when cold water will be found better. Allow for most fresh meat from fifteen to twenty minutes a pound; for salted, from twenty-five to twenty-eight. Skim well after the two minutes' boiling.

Fowls will require from half-an-hour to an hour and a quarter, according to age and size. They are best wrapped in buttered paper or cloth ; a few sprigs of parsley in the water is a great improvement; also a little lemon juice rubbed on the breast will render it a better color.

BROILING.

Meat to be broiled, is better after hanging a day or two; it then may be sprinkled with pepper and salt, or allowed to lie an hour or two in oil and vinegar, or other marinade, after sprinkling. In any case, a very clear fire is necessary, charcoal being the best ; a good substitute may be made of wood, all the flames to be burned out and the clear embers left. Failing this, of course the ordinary coal fire may be used, or gas. Make the broiler very hot, rub it over with a little fat, put on the meat and turn constantly; cook according to size, a beef steak of one pound will take about ten minutes, but the thickness of the meat must be taken into consideration. When done, rub over with a little butter, and serve at once.

BRAISED MUTTON.

1 boned shoulder of mutton—4 oz. bread crumbs—2 oz. suet, or fat from the shoulder—rind of $\frac{1}{2}$ a lemon
1 tablespoon chopped parsley—1 egg—pepper and salt—a little thyme, or other herbs may be used—a little milk or stock.

Chop the suet finely, mix it with the bread crumbs, add the lemon rind, parsley, etc., and moisten with the egg and milk. With this force-meat stuff the mutton,

roll it up and tie securely with tape. Put some sliced vegetables into a braising pan or ordinary pot, pour over them one quart of stock or water, also the bones from the mutton, and a bunch of herbs. Boil slowly for one hour and a-half. Take out the mutton, brush it over with glaze and bake half-an-hour. Make gravy from the stock, adding a little mushroom ketchup. Serve with currant jelly.

MUTTON STUFFED WITH KIPPERED HERRING.

Take a well-hung leg or shoulder of mutton and remove the bone. Make a force-meat of 1 large kippered herring—3 oz. bread crumbs—2 oz. fat bacon—1 finely chopped shallot—1 egg—1 table-spoon stock—pepper.

Stuff the mutton with this force-meat, truss, and roast in the usual way. Serve with mutton gravy and currant jelly.

To prepare the herring, pour boiling water over, and allow it to stand for five minutes, then remove all skin and bone, and pound the flesh.

ROAST SADDLE OF MUTTON.

Hang the meat from 5 to 10 days, according to the weather. It is best to have it well trimmed, as even if the price is higher, it will be found more economical to have the flaps and clump end cut off. Roast according to directions given for roasting, allowing about two and a-half hours if the joint weighs 10 lbs. The meat will be much improved if the skin from it is tied secure-

ly round it until half-an-hour before it is done, when it should be sprinkled with flour, pepper and salt, and browned quickly. Make the gravy in the pan, after carefully pouring away all the fat, by stirring in 1 table-spoon flour, a little pepper and salt, and 1 pint mutton broth. Boil five minutes, skim well and strain, add a few spots of browning, if necessary. Serve with currant jelly.

ROAST WOODCOCK AND SNIPE.

These birds are dressed in the same manner. They should be plucked with great care, as the skin is particularly tender. The wings cut off at the first joint, the head and feet left on. Do not draw them. Press the legs to the side and pass the beak of the bird through them and the body. Brush over with butter or good dripping, put a piece of slit bacon on the breast, and cook about fifteen minutes. Put toast under to catch the gravy. Dish on the toast, and garnish with fresh water-cress.

ROAST HARE.

A hare is better for hanging 7 or 8 days after it is skinned and cleaned. Stuff with a good veal force-meat, and truss as follows :—

First sew the skin together where it was cut, then cut through the sinews of the hind legs, press them towards the head, and draw the forelegs back, pass a skewer through the two legs, right through the body and the other two legs in the same way. Press the head back and pass a skewer through the top of the shoulder and

the back of the neck, and out through the other shoulder. Fasten the skewers with string at the back this will keep the hare in good shape.

Put the hare thus prepared in a pan with a little salt and water, and baste frequently, at the end of fifteen minutes pour this away and put 1 pint of milk into the pan with some good beef dripping. Baste constantly with this until all is dried up, then flour the hare and put a little butter over it. Brown well. Remove the skewers and serve with rich brown gravy and red currant jelly. It will require from one and a-half to two hours to cook.

ROAST PIGEONS.

The liver of the pigeons—2 oz. bacon—2 oz. bread crumbs—a little mace—pepper and salt—1 good teaspoon chopped parsley— $\frac{1}{2}$ teaspoon powdered thyme—yolk of 1 egg—1 tablespoon claret.

Pound all together, and with it force the pigeons. Truss them for roasting. Tie a piece of fat bacon over the breast, and cook about twenty-five minutes, basting constantly. Serve with good gravy and bread sauce.

ROAST DUCK.

Prepare a forcemeat of 1 lb. onions—1 good teaspoon powdered sage—3 tablespoons bread crumbs—pepper and salt—the liver of the duck.

Boil the onions ten minutes, chop them finely and mix with the sage, bread crumbs, pepper and salt. Boil the liver five minutes, chop and add it also. Stuff the duck with this force-meat, truss for roasting, and cook

in a good oven for three-quarters of an hour. Baste frequently and sprinkle with flour, pepper and salt, twenty minutes before it is done. Serve with good brown gravy.

ROAST GROUSE.

Pluck the bird very carefully so as not to break the skin, draw and wipe with a damp towel, but do not wash them. Cut off the head and truss like fowl. Sprinkle with pepper, salt and flour, and cook in good oven for about half-an-hour. Baste very frequently with butter, good lard, or bacon fat. About ten minutes before done, take them up and put a slice of buttered toast under. Serve the birds on this toast with good brown gravy and bread sauce. Browned bread crumbs may also be put on the dish.

WILD DUCK WITH ORANGE SALAD.

1 duck—6 oranges—a little tarragon and chervil—1 dessertspoon of salad oil—1 dessertspoon of vinegar—a little sugar.

Roast the duck before a good fire for twenty minutes. Peel and slice the oranges, sprinkle with the sugar, vinegar and oil. Dish up the duck and serve the salad on a separate dish. Send also port wine sauce to table with it.

PARTRIDGE À LA BERNAISE.

A brace of partridges—2 tablespoons of salad oil—1 very small onion—2 tablespoons of tomato ketchup

—1 glass of sherry—1 gill of good stock—salt and pepper.

Truss the birds for roasting, brown them in the oil, pour over stock, etc., and cook about ten minutes.

SALMI OF PARTRIDGE.

Cut up a cold partridge into neat joints, put them in a saucepan with 2 tablespoons salad oil and 3 tablespoons claret, a little grated lemon rind and juice, salt and pepper. Cook long enough to become thoroughly hot, and serve garnished with croutons of fried bread and mashed potatoes.

STEWED PARTRIDGE.

Partly roast 2 young partridges, and when cold cut them into neat joints, removing the skin and fat; stew them in the following sauce for fifteen minutes, and serve garnished with fried croutons of bread and mashed potatoes.

2 oz. butter—the trimmings from the birds—2 oz. lean ham—a few fresh mushrooms—2 shallots—a bunch of herbs—1 pint thin brown sauce—1 tablespoon sherry.

Sauté the trimmings of birds, shallots and ham in the butter, add sauce, etc., and cook twenty minutes. Strain and use.

LARDED PARTRIDGE.

Truss the bird for roasting, lard the breast with lardons of bacon; roast twenty minutes, basting frequent-

ly. Ten minutes before it is done, sprinkle with flour, pepper and salt. Garnish with water-cress, and serve with brown gravy, bread sauce, and fried bread crumbs.

PHEASANT À LA SIR STAFFORD NORTHCOTE.

1 pheasant (or game fowl may be used instead)—2 wineglasses of sherry—4 oz. fat bacon—a bunch of herbs—a few pepper-corns—2 onions—4 small tomatoes—1 lemon—a little salad oil and tarragon vinegar— $\frac{1}{2}$ oz. glaze—1 tablespoon chutney.

Truss the bird for roasting, lard it with the bacon, put it in a stewpan with enough stock to cover it, add 1 wineglass of the sherry, the onion, pepper-corns and herbs. Cook for fifteen minutes, take it up, brush with the salad oil, dust with flour, pepper and salt, and bake until a nice brown. Boil $\frac{1}{2}$ a pint of the stock with the glaze and remainder of sherry and the chutney. Skin the tomatoes, season with oil and vinegar, and place them down the breast of the fowl. Garnish with endive and water-cress.

Fowls are also very good cooked in this way.

PARTRIDGE À LA BEACONSFIELD.

1 boned partridge—1 kippered herring— $\frac{3}{4}$ of a pint of stock—3 oz. pounded chicken—1 small egg— $\frac{1}{2}$ teaspoon anchovy essence— $\frac{1}{2}$ wineglass sherry—1 bay leaf—1 clove—pepper—salt and a grain of cayenne—1 oz. glaze—a few mashed potatoes—1 oz. butter—1 tablespoon cream.

First bone the bird and soak the herring in hot water; remove the skin and bone, and well pound it with the butter, cayenne and anchovy essence; spread it then over the bird. Well pound the chicken, and add to it the cream, egg, pepper and salt; spread this over the herring, roll up the bird and sew it together, when it may be baked or braised. Place the bones and liver of partridge in a saucepan with the stock, bay leaf and clove. Simmer half-an-hour and then strain. Melt the glaze, and when the bird is done, brush it over. Add the remaining glaze, also the sherry, pepper and salt to the sauce. Place the bird in a silver dish, pour the sauce round and garnish with the potatoes.

PIGEON PIE (PLAIN.)

2 pigeons—1 lb. beef steak—2 hard boiled eggs—2 oz.
veal force-meat—1 pint stock— $\frac{1}{2}$ lb. rough puff
pastry.

First pound the steak and cut it into thin slices about two inches square, dip them in flour, pepper and salt, roll them up and place them in the bottom of a pie-dish. Cut the pigeons into joints and put them in also. Form the force-meat into small balls, and place these and the slices of egg at the top; sprinkle with pepper and salt, cover with pastry and ornament prettily. Bake in a hot oven for half-an-hour, then cool down and cook one hour longer. Brush over with egg a few minutes before it is done.

PIGEON PIE (RICH.)

6 pigeons—4 hard boiled eggs—1 pint good stock— $\frac{3}{4}$
lb. liver force—2 tablespoons port.

Cut the pigeons in half and sauté them in butter for five minutes, pour over the stock and cook slowly one hour. Roll the force into balls and add them, cook fifteen minutes longer, then place the birds in a dish, with the balls of force, sliced eggs, stock and wine, cover with choux paste, using a forcing-bag and plain pipe for the purpose; brush with whole beaten egg and bake in good oven about forty minutes.

If the pie is to be served cold, the paste must be baked separately and put on just before serving. To do this, butter a pan slightly, and force the paste on to it in the shape of the dish to be used, but a little larger.

STEWED PIGEONS.

Cut 2 pigeons in half, sprinkle them with flour, pepper and salt, and sauté in butter for ten minutes or until well browned, pour over 3 gills good stock, add a shallot, a bay leaf and a bunch of herbs; simmer half-an-hour. Remove the pigeons on to a dish and strain the gravy over. Garnish with potato croquettes and fried croûtons of bread.

ROAST TURKEY.

A turkey may be roasted without any force-meat whatever, or stuffed with sausage, veal force-meat or chestnuts. When force-meat is used it should be put in place of the crop. Little balls may also be made and used as a garnish. It should be basted very frequently whilst cooking, or it will be dry and tasteless.

A small turkey will require about one hour and a-half to cook, while one weighing about 14 lbs. will take

two and a-half hours. Rich brown gravy and bread or chestnuts should be served with it, also sausage or boiled ham or tongue. Half-an-hour before the bird is done, sprinkle with flour, pepper and salt, and put over the breast a little cold butter. This helps it to froth and brown nicely.

CURRY OF TURKEY.

3 shallots—2 oz. butter—1½ oz. rice flour—1 lb. cold cooked turkey—½ pint white stock (made from bones of turkey)—1 gill cream—1 dessertspoon curry powder—1 teaspoon lemon juice—little pepper and salt—6 oz. rice.

Fry the shallots in the butter for ten minutes without discoloring, add the rice flour and curry powder, also stock; cook fifteen minutes, then strain, add pepper, salt, turkey cut into neat slices or joints, and cream. Simmer a few minutes, add lemon juice, and serve in border of boiled rice.

TO BONE A TURKEY.

Any birds that are to be boned should not be drawn or cut in any way beforehand. They must be plucked with great care, so as not to break the skin, and on no account should they be scalded.

There are two methods of boning. The first and easiest method is to make an incision down the skin of the back, the other is to work from the neck, not cutting the skin any farther. This being rather more difficult than the other, perhaps it will be better to fully describe it.

Cut off the head, leaving the neck with the skin on the bird. Open the skin at the back of the neck and remove the crop. Then cut through the first joint of the wings, take the bone in the left hand and scrape off the flesh with the right, using a sharp knife for the purpose. Great care must be taken that the skin is not broken, while all flesh must be removed from the bone. The wing bones may be removed to the second or third joint, as desired, the small pinion is best left in so as to retain the shape. Now, having removed the bone of both wings, raise the flesh all round, lift the "merry thought," and take the flesh from under it, now take the flesh from the breast and back, this is easily done by keeping the knife close to the bone. In taking the skin from the top of the breast, cut a little of the gristle with it so as to insure not cutting the skin. Twist the legs so as to dislocate the first joint, then remove the flesh in the same way as the wings, but chop off the bone on the inner side one inch above the third joint, thus leaving the feet on the bird, continue down the body, cut through the joint of the "parson's nose," this is also left on the fowl. The whole carcase is now free. All that remains to be removed are the sinews from the breast and legs. Those in the breast are easily seen and can be cut out to remove them from the legs, cut round the skin about an inch below the joint, chop through the bone, then pull out the sinews, if they are found difficult to pull out all together, take them separately. The bird is now ready for the force. When this is in, truss for roasting or boiling and cook in any way desired.

Several recipes are given for the force, also the cooking.

BONED TURKEY IN JELLY.

In addition to the turkey, take 1 cooked ox tongue—1 lb. boiled chicken or veal force—1 lb. veal force-meat. (These will both be found under the heading of forces.)

Put a little of the chicken force into the legs and wings, also a little of the force-meat. Then put in the whole tongue, the large part to the top of the breast, then fill in with the force-meat, do not fill too full or the turkey will burst in the cooking. Truss for roasting.

Put in a large saucepan the bones and giblet of the turkey—1 onion—1 head of celery—2 tomatoes—1 carrot—a bunch of herbs—the trimmings of tongue—a few pepper-corns and cloves—2 quarts water or stock.

When boiling, well skim, wrap the turkey in a buttered cloth and place it on the top. Cook from three to five hours, according to size. Remove the pan from the fire and let the turkey stand in it until cool; then take out, remove the string, and brush over with thick glaze. Strain the contents of the pan and make the liquid into jelly, (see aspic jelly,) set a little of this in a mould large enough to hold the turkey. Put in the turkey and fill in with jelly. Turn out when cold and garnish prettily with chopped jelly in different colors, cut lemon and parsley. Or, if preferred, the turkey may be glazed and garnished with anchovy butter, placed on the dish and garnished with blocks of jelly, instead of being set in the mould.

BONED TURKEY BOILED.

Force the turkey with alternate layers of mushroom

force and cooked ham, truss for boiling, rub over the breast with lemon juice. Have ready a pan of boiling water to which has been added 1 small stick of celery—a sprig of parsley—1 onion—a bunch of herbs—a few cloves and pepper-corns, and 1 teaspoon salt.

Cook slowly until tender; a turkey weighing 10 lbs. will require about two and a-half hours when boned. Serve garnished with lemon and parsley, and little rolls of fried bacon. Send white sauce to table with it.

Celery sauce, chestnut sauce, oyster sauce, and many others are good, served with boiled turkey.

BRAISED FOWL.

1 boned fowl— $\frac{3}{4}$ lb. cooked ham—4 oz. bread crumbs—2 oz. butter or suet—1 tablespoon chopped parsley—a little sweet basil—rind of $\frac{1}{2}$ a lemon— $\frac{1}{2}$ a nutmeg—1 egg—a little milk— $\frac{1}{2}$ a tin of mushrooms pepper and salt—a few chopped truffles may be used if liked—a bunch of vegetables, including a little celery, or a few celery seeds may be used instead—1 quart stock.

Place the fowl breast downwards, put on it the slice of ham, then over that the force-meat, putting a little into the legs and wings to keep their shape. Sew it up, and truss as for roasting, and finish the same as the braised mutton, boiling the fowl only one hour, however.

BOILED FOWL WITH EGG SAUCE.

For 1 fowl—2 hard boiled eggs—1 $\frac{1}{2}$ oz. butter—1 oz. flour—1 cup of the water in which the fowl is

boiled— $\frac{1}{2}$ a cup of milk—a little lemon juice—pepper and salt.

Truss the fowl, rub over it a little lemon juice, wrap it in a buttered paper or cloth, and boil according to size. Make a sauce of the butter, flour, broth and milk. Separate the whites from the yolks of eggs and chop the whites, add them to the sauce with the pepper, salt and lemon juice. Take out the fowl, drain and place it on a dish, pour the sauce over, and rub over it the yolks of eggs through a coarse wire sieve. The liver of the fowl may also be rubbed through the sieve on to the breast. Ornament round the dish with lemon and parsley.

GALANTINE OF FOWL.

1 boned fowl— $\frac{1}{2}$ lb. cooked ham— $\frac{1}{2}$ lb. good force-meat.

Open the fowl down the back, smooth out and put the ham over the breast, with a layer of force-meat over the ham. Roll the fowl up neatly and tie in a cloth; place the bones and a few vegetables in a pan, cover with water, put the fowl on the vegetables and cook for about two hours; allow it to cool in the pan, then remove the cloth, wipe dry and glaze. Ornament prettily with anchovy butter and aspic jelly, or if served hot, with green parsley sauce and chopped white and yolk of egg.

GALANTINE OF VEAL.

Take a boned breast of veal and lay over the inner side some slices of cooked, freshly pickled pork, and over this a layer of veal force-meat, roll it, tie securely

with tape, and braise over vegetables and stock for three hours. Allow it to remain in the pan until nearly cold, then take out and put to press. Next day remove tape, brush over with glaze and garnish with aspic jelly and lemon.

MINCED VEAL.

1 lb. cold cooked veal— $\frac{1}{2}$ pint white sauce—12 little rolls of bacon—a little lemon juice and nutmeg.

Cut the veal into dice and put into the sauce, add nutmeg and lemon. Cook slowly until very hot. Put the little rolls of bacon on a skewer and cook about eight minutes in the oven. Put the veal on a dish and garnish with the bacon, lemon and parsley.

VEAL PATTIES.

$\frac{1}{2}$ lb. quantity of rough puff pastry— $\frac{3}{4}$ lb. veal— $1\frac{1}{2}$ gills white sauce, made with 1 oz. butter, $\frac{1}{2}$ oz. flour—a little over 1 gill water or white stock—2 tablespoons cream—pepper and salt.

Cut the meat into dice and cook in the sauce twenty minutes, add pepper, salt and cream. Line deep patty pans with pastry, fill in with meat mixture. Cover with more pastry, make a hole in the top and mark round the edges with back of a knife, brush over with yolk of egg and bake in good oven half-an-hour. Serve hot.

STEWED VEAL.

2 lb. veal cutlets—1 tablespoon flour—pepper and salt—1 small onion—a bunch of herbs—2 cloves—a few pepper-corns—1 pint water or white stock.

Cut the meat into neat pieces and roll them in the mixed flour, pepper and salt. Fry the onion in a little bacon fat. When slightly brown put in the meat and brown it quickly; add stock, spice and herbs. Cook slowly two hours. Serve with peas and mashed potatoes.

LARDED FILLET OF VEAL.

Remove the bone and fill in space with veal forcemeat. Tie round with tape. Cut lardons from fat pork or bacon and lard neatly and closely all over the top. Sprinkle with pepper and salt and put in a hot oven. In half-an-hour's time cool down a little. Allow twenty minutes to each pound and baste very frequently. Half-an-hour before it is done, sprinkle over a little flour, baste well and brown quickly. The bone should be boiled in 1 pint of water with a bunch of herbs, and used to make the gravy. To do this, pour away the fat from the pan, stir in 1 tablespoon flour, brown if necessary, add broth from the bone, boil two minutes, and strain.

VEAL CUTLETS À L'ITALIENNE.

Brush over the cutlets with warm butter, dip in egg and bread crumbs, and fry ten minutes. Dish up with peas in centre of dish, and Italian sauce round.

BAKED HAM, No. 1.

First soak the ham for an hour or two in cold water, then after rubbing with a towel, put it into a pot with

enough tepid water to cover, a few cloves and peppercorns, and a bunch of herbs. Cook slowly, allowing fifteen minutes to the pound. Take it out after that time, skin it and sprinkle with bread crumbs and sugar, bake in a hot oven, allowing twelve minutes to the pound. Garnish with little sprays of fresh or fried parsley, put in rows down the ham, and serve hot or cold.

BAKED HAM, No. 2.

Soak the ham for eight or ten hours in cold water. If very hard and salt a longer time is necessary. Trim off discolored fat, and put the ham into a deep dish with 1 pint good stock and a few leaves of sage; cover with a coarse paste and cook in a slow oven, allowing twenty-eight minutes to the pound, up to twelve pounds, and fifteen minutes to each pound beyond that weight. When done, remove the paste, take the skin off the ham, and sprinkle it with browned bread crumbs.

BOILED HAM .

Soak the ham from twelve to twenty-four hours in cold water, rub it well with a coarse towel and scrape off the discolored parts. Put it in a pot and pour over enough cold water to cover, bring slowly to the boil, well skim, and cook slowly, allowing from twenty-five to twenty-eight minutes to the pound. If the ham is not likely to be kept long, it may remain in the water for an hour after it is done. Take it out by the knuckle, skin and sprinkle it with browned bread crumbs, or glaze when cold.

DRESSED CALF'S HEAD.

½ a calf's head—1 glass of sherry—4 tomatoes—3 oz. butter—2 tablespoons rice flour—salt—pepper and cayenne—2 hard boiled eggs—1 large tablespoon chopped parsley—a croûton fried bread—1 gill milk or cream.

Soak the head in salt and water for two hours; remove and well wash the brains; put the head into boiling water with a little vinegar, well skim and cook slowly two hours. Take it then from the pot and remove all the bones, roll it up and tie very securely with tape. Melt the butter, stir into it the rice flour, and add 1 pint of the water in which the head has been cooked, add to this the tomatoes, sherry, salt, pepper, cayenne and a little nutmeg or mace; cook the head in this sauce about half-an-hour, take it up and dish on the croûton. Add to the sauce a little green coloring and the cream, pour it over the head so as to completely cover it, garnish with the parsley, chopped whites and yolks of eggs, and put brain cakes round the dish.

BRAIN CAKES.

Boil the brains five minutes, pound them, and add a teaspoon of chopped sage (or mixed herbs,) a very little mace, salt, pepper and cayenne. Mix with 2 well beaten eggs, roll in bread crumbs and fry a golden brown.

CASSEROLE OF MUTTON.

Line a plain mould with mashed potatoes, to which add a little butter, yolk of 1 egg, pepper and salt. Fill

in with slices of underdone mutton, pour over gravy left from the joint, cover with more potatoes and bake half-an-hour. Turn out and serve hot with more gravy.

STEWED MUTTON CUTLETS WITH PEAS.

Cut 6 cutlets from the best end of the neck of mutton, saute them in a little of their own fat, pour over 1 pint stock, and stew gently one hour, skim well from time to time. At the end of the hour add 1 pint young shelled peas, cook fifteen minutes longer and serve with the peas in the centre, the cutlets arranged round, and the gravy on the dish. If liked, the gravy may be thickened with a little brown roux.

MUTTON CUTLETS WITH REFORM SAUCE.

Six French mutton cutlets rolled in egg and then in equal quantities of fine bread crumbs and finely chopped ham, and fried in hot fat about four minutes. Arrange these on a dish with mashed potatoes in the centre and pour the following sauce round :—

REFORM SAUCE.

1 onion—2 oz. lean ham—a bunch of herbs—1 pint brown sauce—1 tomato—1 teaspoon tarragon vinegar.

Fry the onions, ham and tomato in a little butter for five minutes, add the other ingredients, and cook slowly fifteen minutes, and strain.

MUTTON PIE.

2 lbs. neck of mutton—1 small onion—1 cup water—pepper and salt— $\frac{1}{2}$ lb. flour—4 oz. mutton suet—1 gill boiling milk.

Soak the onion in boiling water, then chop finely. Cut the meat into neat pieces and put it into a pudding dish, sprinkle with the onion, pepper and salt, pour the water over. Put the suet into a basin and pour boiling milk over it, stir in the flour and pinch of salt, turn on to floured board and roll out once. Cover the meat with it, ornament with leaves and bake in moderate oven one hour.

RAISED PORK PIE.

1 lb. pork cut into dice—1 teaspoon salt— $\frac{1}{2}$ teaspoon pepper—4 oz. lard—1 cup milk or water—1 lb. flour.

Sprinkle the meat with pepper, salt and water. Put the lard and milk into a saucepan, and when boiling pour into the flour, add pinch of salt and mix well together. Turn on to floured board and knead. Cut off a quarter, and form remainder into the shape of a shallow jar, put in the meat, roll out the other paste and cover the top. Cut the edges even and make some leaves from the scraps of paste. Make a hole in centre of pit, put on leaves. Brush over the pit with yolk of egg and bake in moderate oven two hours. Serve cold.

The bones from the meat should be boiled with a little water, pepper and salt, and when the pie is done, the liquid put into it. This is easily done by removing the centre piece of paste.

MUTTON SOUBISE.

5 mutton cutlets fried in egg and bread crumbs—3 turnips—3 carrots—2 large onions—2 oz. butter—1 oz. flour— $\frac{1}{2}$ pint milk—pepper and salt.

Soak the onions over-night and boil them till tender. Cut the carrots and turnips into small dice and boil them also. Chop the onions very finely, put them in a saucepan, mix in the flour, and by degrees, the milk. When boiling, stir in the butter, add seasoning and boil two minutes. Arrange the cutlets on a dish with the vegetables in the centre and the sauce round.

BEEF OLIVES.

1 lb. steak—4 tablespoons bread crumbs—1 tablespoon mushroom ketchup—1 dessertspoon Harvey sauce—yolk 1 egg—1 teaspoon chopped parsley— $\frac{1}{2}$ oz. flour— $\frac{1}{2}$ pint stock or water—salt and pepper.

Mix together the parsley, bread crumbs, egg and seasoning; cut the fat from the meat into small pieces, and mix it with the force-meat. Cut the steak into squares of about two inches wide and half-an-inch thick. Roll in each a little of the force-meat and tie up with string; dip each roll in flour, pepper and salt, and brown in butter as quickly as possible. Put in a stewpan, add stock and sauces, skim when boiling, and cook slowly one and a-half hours.

STEWED LIVER AND BACON.

1 lb. liver— $\frac{1}{4}$ lb. bacon—3 gills water—1 oz. flour—1 tablespoon each of mushroom ketchup and Worcestershire sauce—pepper and salt.

Wash the liver and cut it into small, thin pieces; roll the pieces in the flour, pepper and salt. Put the slices of bacon in a frying pan, and when cooked, remove them and brown the liver quickly in the fat. Then

place in a stewpan, add the water and sauces, and cook slowly 2 hours ; warm up the bacon just before serving and garnish with it.

BEEF STEAK WITH ALDERMAN'S SAUCE.

1 lb. beef steak— $\frac{1}{2}$ oz. flour—1 onion—1 oz. dripping
—1 tablespoon Worcester sauce—2 tablespoons
tomato ketchup—1 grated apple—1 salt-spoon sugar—pepper and salt— $1\frac{1}{2}$ gills water.

Roll the meat in the flour, pepper and salt, slice the onion, and brown it and the meat quickly in the dripping. Place in a stewpan, pour over the water and sauces, skim when boiling, and simmer slowly one hour. Place on a dish and strain the sauce round. This dish may be varied with the different vegetables served round; rice or macaroni may also be used.

BEEF STEAK PUDDING.

Line a bowl with suet pastry, cut some beefsteak into squares about $\frac{1}{2}$ an inch thick and $1\frac{1}{2}$ inches wide, roll these in flour, pepper and salt, roll them up with a little piece of fat in each, place them in the bowl and nearly fill with cold water. Cover with pastry, tie over with a cloth and boil two and a-half hours.

BEEF CANNELON.

4 oz. bacon— $\frac{3}{4}$ lb. cooked beef—rind of $\frac{1}{4}$ of a lemon
—a little nutmeg—1 teaspoon mixed herbs—1 egg
—pepper and salt.

Pass the beef and bacon twice through a mincer, pound all together and form into a roll; wrap in buttered paper and bake half-an-hour. Remove the paper and serve with beef gravy.

BEEF RAGÔUT.

$\frac{1}{2}$ pint good stock slightly thickened—1 lb. cold roast beef—1 doz. small button onions—2 small carrots
1 teaspoon capers—1 tablespoon Worcester sauce
—1 oz. beef dripping—pepper and salt.

Cut the carrots into slices or dice and fry them and the onions in the dripping until slightly brown, add the stock and beef cut into thin slices, and cook slowly one hour. Serve with a border of mashed potatoes.

MINCED COLLOPS.

1 lb. steak— $\frac{1}{2}$ oz. flour— $\frac{1}{2}$ pint water—1 onion—pepper and salt—1 tablespoon mushroom ketchup or a few fresh mushrooms.

Mince the meat finely and sprinkle with the flour, pepper and salt. Place in a clean saucepan over a slow fire and pound it until brown, add the water by degrees, and stir until boiling; add the ketchup and whole onion, and cook slowly one hour. Serve garnished with turnips and carrots cut into dice and cooked separately, and put in little bunches round the dish.

BEEF STEAK AND KIDNEY PIE.

1 lb. beefsteak— $\frac{1}{2}$ lb. ox. kidney—salt and pepper—1

cup water or stock— $\frac{1}{2}$ lb. quantity rough puff pastry.

Cut the steak into thin slices, dip them into flour, pepper and salt, and roll up with a piece of kidney and a small piece of fat in each. Arrange these rolls in a pudding dish and pour the water over. Cover with pastry, ornament prettily and bake two hours. Put into hot oven for first half-hour, then cool down for remainder of time. If the pie is likely to become too brown, put a buttered paper over when the pastry is done. Brush over with yolk of egg a few minutes before it is done. Serve hot or cold.

MACARONI AND BEEF.

2 lbs. beef— $\frac{1}{4}$ lb. macaroni— $\frac{1}{2}$ tin of tomatoes—1 oz. butter—1 oz. flour—1 gill milk—pepper and salt.

Boil the tomatoes ten minutes, strain and make into a sauce with the butter, flour and seasoning. Boil the macaroni till tender, cut into short pieces and add it to the sauce. Broil the beef steak in thin pieces, place it on a dish and pour the sauce round.

BLANQUETTE OF VEAL.

1 lb. veal—salt and pepper—3 gills water—1 tablespoon dried parsley—1 oz. butter— $\frac{1}{2}$ oz. flour—1 large tablespoon cream—lemon juice.

Brown the veal in the butter, pour over the water and cook three-quarters of an hour. Mix the flour and cream, add them, also parsley, to the saucepan, and cook five minutes longer. Put the veal on a dish and pour the sauce over.

CUTLETS WITH REFORM SAUCE.

8 cutlets of cold meat—1 hard boiled egg—1 tablespoon salad oil—1 tablespoon vinegar—1 tablespoon cream—salt and pepper.

Remove the yolk from the egg, pound it, add vinegar, oil by degrees, salt, pepper, and lastly the cream. Place the cutlets round a potato wall, pour sauce round and garnish with white of egg.

GLAZED TONGUE.

1 ox tongue—1 oz. glaze—2 oz. anchovy butter— $\frac{1}{2}$ pint aspic jelly.

Soak tongue in cold water for two or three hours, boil according to size, allowing twenty-five minutes to each pound. When cooked, remove the skin and allow it to cool. Brush over with the glaze and ornament with the butter and jelly.

TOAD-IN-THE-HOLE.

1 lb. sausage—1 cup flour—1 egg—rather more than 1 cup of milk—pepper and salt.

Partly cook the sausage. Make batter of flour, egg and milk, add pepper and salt, put the sausage into pan or dish, pour the batter over, and bake half-an-hour. Serve at once.

SHEPHERD PIE.

1 lb. cold meat— $\frac{1}{2}$ gill gravy—6 large potatoes boiled and mashed—pepper and salt—1 tablespoon milk 1 oz. butter.

Cut the meat into small pieces, sprinkle it with pepper and salt, put it into a pudding dish, pour the gravy over. Add milk, butter, pepper and salt to potatoes, cover the meat with them, smooth with a knife and mark over with a fork, or the potatoes may be put through a forcing-tube. Bake three-quarters of an hour. Serve hot.

SEA PIE.

2 lbs. beef steak—2 onions—2 carrots— $\frac{1}{2}$ lb. quantity of suet pastry.

Cut the meat into neat pieces and slice the vegetables, put them in layers in a saucepan, sprinkle with pepper and salt and pour over enough water to cover. Cook slowly one hour, then divide the pastry into eight or ten portions, roll them into little dumplings, put them into the saucepan and cook half-an-hour longer. Dish up with the dumplings round the dish and the meat and vegetables in the centre.

HARICOT MUTTON.

5 mutton chops—2 onions—1 carrot—1 turnip—1 oz. dripping— $\frac{1}{2}$ oz. flour—1 tablespoon mushroom ketchup—pepper and salt.

Roll the chops in the flour and brown them quickly in the dripping; put them in a stewpan and pour over $\frac{1}{2}$ pint of stock or water which has first been heated in the frying pan in which the chops were cooked. Skim when boiling, add the sliced vegetables, and cook slowly three-quarters of an hour. Pile the cutlets round a dish with the vegetables in the centre and sauce round.

CURRIED RABBIT.

1 rabbit—1 large onion—1, dessertspoon curry powder
—1 oz. lard—1½ oz. butter—3 gills stock—1 gill
cream—salt and pepper.

Slice the onion and brown it in the lard, add the butter to the pan and brown the pieces of rabbit quickly, having first rolled them in flour; when brown, put them in a stewpan with the onion. Mix the curry powder into the butter, add the stock, stir all together and pour over the rabbit. Skim when boiling, and simmer slowly one hour and a-half; add cream just before serving, and send boiled rice to table with the rabbit.

COLD MEAT CUTLETS.

½ lb. cold meat—1 oz. panada—1 egg—pepper and
salt—bread crumbs—seasoning suitable to the
meat used.

Mince the meat very finely, add to it the panada, seasoning, etc., roll it into cutlets; dip in egg and bread crumbs, and fry in hot fat two minutes. Arrange round a dish with vegetables in the centre and serve with brown sauce, or other sauce suitable.

RICE BALLS.

¾ lb. boiled rice—¼ lb. minced meat—½ gill gravy—
pepper and salt—1 egg—bread crumbs.

Boil the rice for twenty minutes, drop into it the yolk, season and allow it to cook. Form it then into balls with the meat mixture in the centre, roll them in white of egg and bread crumbs, and fry in hot fat for two minutes.

SAUSAGE ROLLS.

$\frac{1}{2}$ lb. rough puff pastry—1 lb. sausage.

Roll the pastry rather thinly and cut it into squares of about two inches. Put half a sausage on each piece of pastry, brush them round with water, fold over and make them round with a knife, brush over with egg and bake twenty minutes.

BAKED SHEEP'S HEAD.

Well wash the head in salt and water; boil three-quarters of an hour, brush over with egg and bread crumbs, and bake twenty minutes in a hot oven. Serve with brain sauce as follows :

1 oz. flour— $\frac{1}{2}$ pint of broth from the head—1 gill milk
—1 dessertspoon mixed herbs—salt and pepper—
the brains finely chopped.

Mix the flour and milk, add all the other ingredients and boil two minutes, stirring constantly.

EGGS À LA RUSSE.

2 hard boiled eggs—3 oz. cold meat, finely minced—3
tablespoons bread crumbs—1 egg—a little gravy
—pepper and salt—a little chopped parsley.

Mix together the meat, 1 tablespoon of bread crumbs, gravy, parsley, pepper, salt, the hard boiled eggs, cover them with the meat mixture, roll in white of egg and bread crumbs, and fry in hot fat two minutes. Cut in half and serve with gravy or brown sauce.

They may also be served cold with salad and chopped aspic jelly.

POTTED BEEF.

To each pound of beef take 2 oz. butter—3 peppercorns—2 cloves—a pinch of mace—pepper and salt.

Mince the meat very finely, add the seasoning, place all in a saucepan and stir until the butter is melted. Put into a dish, and when cold, pour over enough melted butter to cover. If liked, decorate with anchovy butter or aspic jelly.

COLD MEAT SHAPE.

$\frac{1}{2}$ lb. meat—I oz. macaroni—I gill bread crumbs—I oz. butter—I egg—salt and pepper.

Wash the macaroni and boil till tender, then chop it up. Mince the meat and mix it with the macaroni; add the melted butter and egg slightly beaten. Mix all together, put into a mould and steam one hour.

CURRY OF COLD MEAT.

1 onion—I small sour apple—I teaspoon vinegar—I oz. butter or lard— $\frac{1}{2}$ pint water or stock—I dessertspoon curry powder.

Fry the apple and onion in the lard, stir in the curry powder, and, if liked, a little flour; add the stock, and cook slowly half-an-hour. Strain then, and put in the meat which should be cut in rather thick slices, and cook five minutes. Serve with rice. The vinegar is added just before serving.

STEWED KIDNEYS.

1 ox kidney—I oz. butter—I $\frac{1}{2}$ oz. flour— $\frac{1}{2}$ oz. rice

flour—3 gills second stock—salt—pepper—1 tablespoon mushroom ketchup—1 tablespoon Worcestershire sauce—a few drops of browning.

Well wash the kidney and cut it into thin slices, roll in the flour, pepper and salt, and brown quickly in the butter. Put it into a stewpan, add stock and sauces and simmer slowly for an hour and a-half. Add the rice flour, mixed with a little cold stock or water, and cook a few minutes longer.

KIDNEYS ON TOAST.

2 sheep's kidneys—1 oz. butter— $\frac{1}{4}$ oz. flour—1 gill good stock— $\frac{1}{2}$ tablespoon mushroom ketchup—1 teaspoon Harvey sauce.

Fry the kidneys in the butter, then chop them finely. Mix the flour into the same butter and add stock and sauces, boil up and skim well. Add the kidneys, and cook slowly twenty minutes. Place on hot buttered toast and serve very hot. Garnish with rolls of bacon and little croutons of fried bread dipped in chopped parsley and grated cheese.

MINCED COLLOPS.

1 lb. steak— $\frac{1}{2}$ oz. flour— $\frac{1}{2}$ pint water—1 onion—pepper and salt—1 tablespoon mushroom ketchup, or a few fresh mushrooms.

Mince the meat finely and sprinkle with the flour, pepper and salt. Place in a clean saucepan over a slow fire, and pound it until brown, add the water by degrees, and stir until boiling; add the ketchup and whole onion, and cook slowly one hour. Serve garnished with turnips and carrots cut into dice and cooked separately, and put in little bunches round the dish.

BRAZILIAN STEW.

2 lbs. beef—1 carrot—1 turnip—1 gill vinegar—a bunch of herbs—pepper and salt.

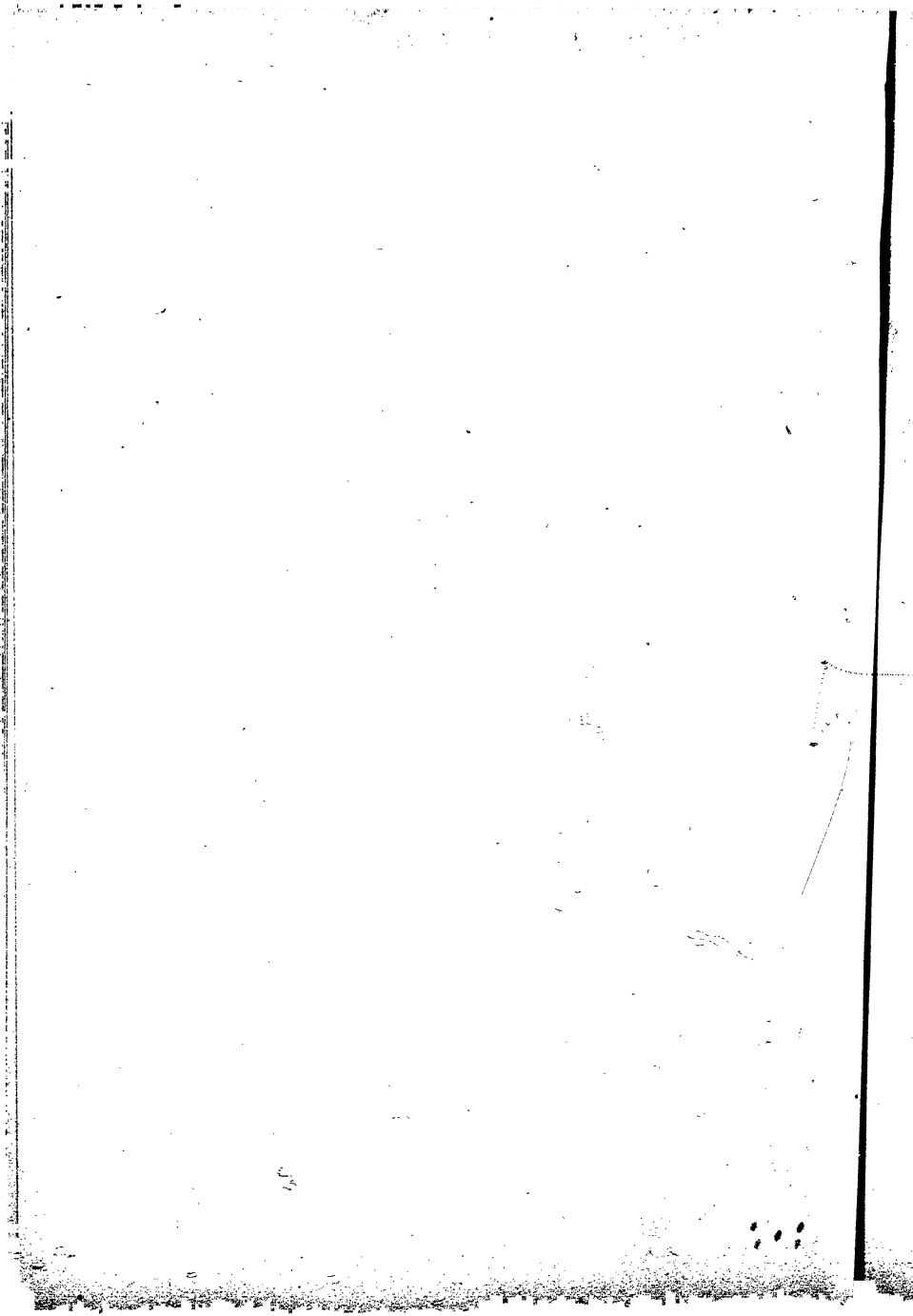
Cut the meat into neat pieces, wash and slice the vegetables. Put all together into a saucepan, cover closely and cook gently for three hours. Have ready some cooked vegetables, such as carrots and turnips, cut into dice and boiled till tender. Put the meat on a dish and make a border round of the vegetables.

PIG'S HEAD BRAWN.

1 pig's head—1 teaspoon pepper-corns—a few cloves and allspice—a bunch of herbs—2 onions.

Well wash the head, throw away the brains, as pigs' brains are not good to use, put the head into pickle for three days; after that time, again wash it. Put it into a large saucepan, and cover with cold water. Simmer for two hours, then take it up, remove all the meat from the bones and cut it into small pieces. Put the bones back into the saucepan, add the spice, onions and herbs, and let it boil half-an-hour. Then strain and put back into the saucepan with the meat, season with pepper and salt. Let it boil a few minutes, then put into moulds. Stand until set, and turn out.

PASTRIES.



PASTRIES.

BOILED SUET PASTRY.

1 lb. flour— $\frac{1}{2}$ lb. finely chopped suet—1 teaspoon baking powder—cold water to form rather a firm dough—a pinch of salt.

Mix the flour and suet well together, add salt and baking powder. Mix in the water and turn the paste on to a floured board. Knead it lightly and roll out once lightly.

SHORT PASTRY.

$\frac{1}{2}$ lb. flour—4 oz. butter or beef dripping— $\frac{1}{2}$ teaspoon baking powder—a little salt or sugar, according to the purpose for which the pastry is required. The yolk of 1 egg may also be used if liked—cold water to form very stiff dough.

Place the flour, butter and sugar in a basin and rub them lightly together until the mixture looks like bread crumbs, drop in the yolk of egg, and mix with the water. Turn out on to floured board. Knead very lightly and roll out once only.

CHEESE PASTRY, No. 1.

4 oz. flour—1 $\frac{1}{2}$ oz. butter— $\frac{1}{2}$ oz. Parmesan cheese—a

pinch of pepper and salt—1 whole egg—a very little water.

Rub together the flour, butter, cheese, pepper and salt. Mix in the egg and water, roll out thinly and use.

CHEESE PASTRY, No. 2.

2 oz. flour—2 oz. butter—2 oz. grated cheese (Parmesan is best for this purpose)—yolk of 1 egg—sa^lt and cayenne.

Place flour, butter and cheese on a board, cut the butter in, mix all together, knead firmly and roll out thinly. Cut as desired, and bake in good oven about seven minutes.

ROUGH PUFF PASTRY.

$\frac{1}{2}$ lb. flour—6 oz. butter, or 3 oz. butter and 3 oz. lard—the yolk of 1 egg—1 teaspoon lemon juice—a little cold water.

Sift the flour on to a board, cut 3 oz. of the butter into it, make a well in the centre, and into this drop the yolk of egg, and lemon, mix with enough water to form rather a soft dough; roll out thinly and put one-third of remaining, or small pieces over it, fold the paste in three, and turn it so as to have the open end towards the end of the board. Repeat this three times, then roll out for use.

PUFF PASTRY.

$\frac{1}{4}$ lb. flour— $\frac{1}{4}$ lb. butter—1 yolk of egg—1 teaspoon lemon juice—about $\frac{1}{2}$ gill cold water.

Sift the flour on to a board and mix together the yolk of egg, lemon juice, and water, with this make a dough of the flour as near as possible the same consistency as the butter. Roll it out about a foot in length, place the butter in the centre, fold over the two ends, turn the pastry round and roll out thinly. Fold it in three, and put in a cool place for ten minutes or longer, then roll twice, and put away again. Roll seven times in all, after the butter is added, putting it away between each two rollings.

RAISED PIE PASTE.

1 lb. flour— $\frac{1}{4}$ lb. butter—1 whole egg—a pinch of salt
—a little cold water.

Rub the flour and butter together, add the egg and enough cold water to form a stiff paste, and roll out for use.

PORK PIE PASTE.

1 lb. flour—4 oz. lard— $\frac{1}{2}$ pint milk—a pinch of salt.

Mix flour and salt together in a bowl. Put the lard in a saucepan with the milk, when quite hot and the lard all melted, mix it into the flour, and use the paste while warm.

FRYING BATTER.

3 tablespoons sifted flour—1 egg—1 tablespoon salad oil or melted butter—1 gill tepid water.

Place the flour in a basin, drop the yolk of egg in the centre, add the oil; then, by degrees, the water. Beat well, then add white of egg whipped to a stiff froth.

YORKSHIRE PUDDING BATTER.

1 cup flour— $\frac{1}{2}$ pint milk—2 eggs.

Put the sifted flour into a basin, drop in one whole egg, add a little of the milk, then another egg and more milk, beating well between each. Beat at least ten minutes and allow the batter to stand some time before cooking.

CHOUX PASTE.

$4\frac{1}{2}$ oz. butter— $4\frac{1}{2}$ oz. flour— $\frac{1}{2}$ pint water—3 small eggs.

Melt the butter in a saucepan and stir into it the flour, when this is quite smooth, add the water, by degrees, boil two minutes, stirring all the time. Take off the fire and stir for a few minutes, then drop in the eggs, one by one, and beat well between each.

If the paste is to be used for sweet dishes, a few drops of vanilla may be added.

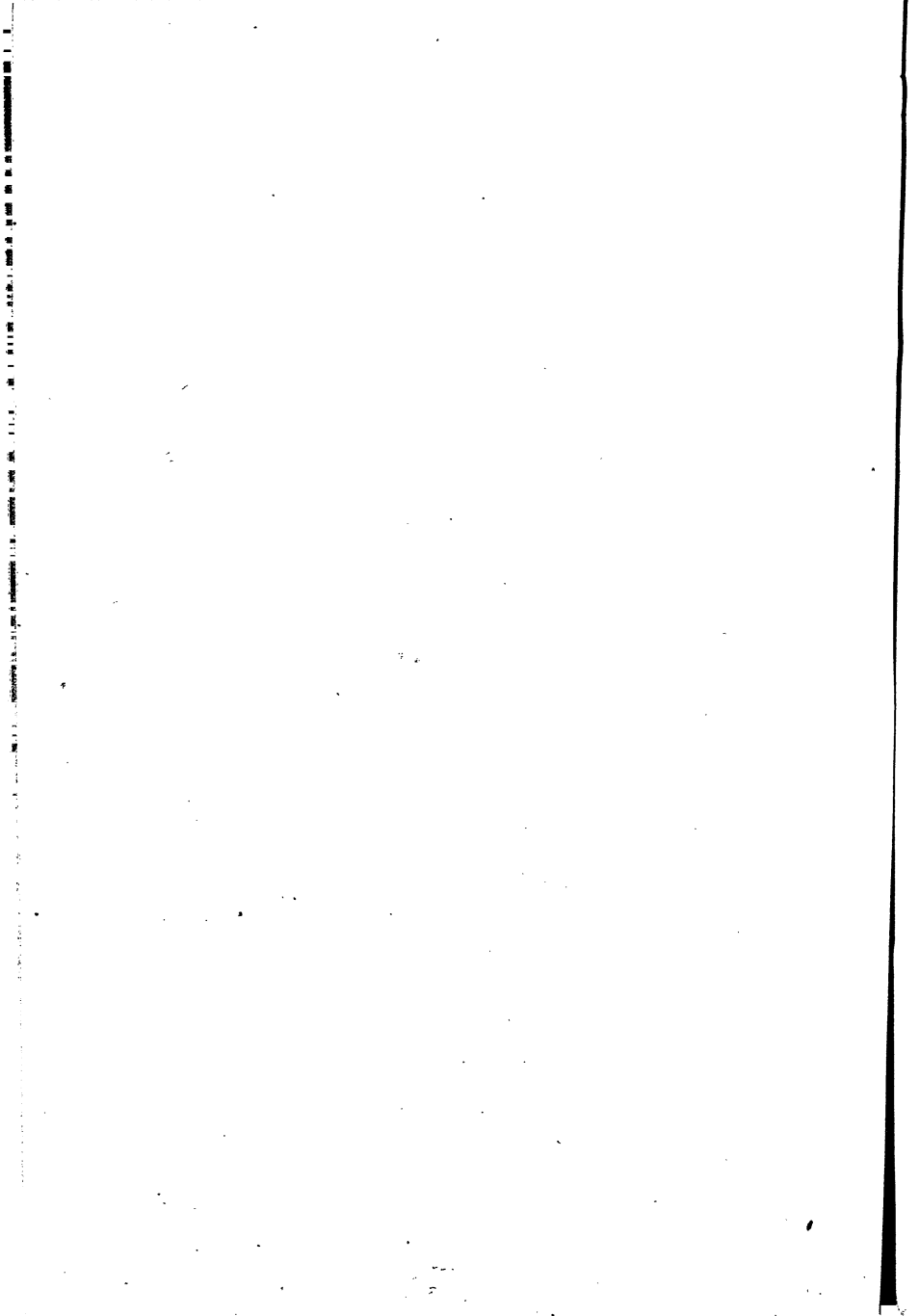
BRIOCHE PASTE.

1 lb. flour—10 oz. butter—1 oz. German yeast—1 teaspoon salt—1 tablespoon sugar—7 whole eggs—about 1 gill warm milk.

Mix the yeast into the milk, and with it make a dough of a quarter of the flour. Let this stand in the centre of the other flour in a warm place, to rise, then put it on a board and work the eggs into it; when it no longer sticks to the hand, work in the butter, and then allow it to stand in a warm place for twelve hours. It is best to make it over-night and use it in the morning.

Brioche paste may be used in many ways, either in place of puff pastry or made into cakes.

PUDDINGS WITH PASTRY.



PUDDINGS WITH PASTRY.

BOILED APPLE PUDDING.

$\frac{1}{2}$ lb. flour—5 oz. suet—a pinch of salt— $\frac{1}{2}$ teaspoon baking powder— $1\frac{1}{2}$ lb. apples—2 oz. brown sugar—a little cold water.

Chop the suet finely, add the flour, salt and baking powder. Mix into a stiff paste with cold water, cut off one-third, roll out remainder and with it line a buttered pudding basin. Pare, core and quarter the apples, put them, the sugar and a little water into the basin, cover with remainder of pastry. Tie a floured cloth over the top, put the pudding into boiling water and boil two hours. Turn the pudding on to a hot dish, and serve as hot as possible.

ROLY POLY PUDDING.

Take the above quantity of suet pastry, roll it out into a long strip and spread it with the jam, but do not put it too near the edges; roll up the paste, close up the ends. Dip a pudding-cloth into boiling water, sprinkle with flour, place the roll in the middle, fold it over and tie the ends with string. Put into boiling water, and boil two hours. Serve hot with custard sauce or cream.

The pudding may be made with fresh fruit instead of jam, in which case a good quantity of sugar should be sprinkled over the fruit.

TREACLE PUDDING.

Line a buttered pudding basin thinly with suet pastry, then fill with alternate layers of treacle bread crumbs mixed with ginger and grated lemon rind, and very thin paste. Cover with a thick round of paste. Tie a cloth over the top, and boil or steam two hours and a-half.

COCOANUT PUDDING.

Pastry to line a pudding dish and 4 oz. butter—4 oz. sugar—4 oz. flour—juice of $\frac{1}{2}$ a lemon—2 oz. cocoanut—3 eggs— $\frac{1}{2}$ gill milk, or cocoanut milk.

Beat butter and sugar to a cream, beat the eggs until very light, mix them with the milk, and add them and the flour alternately, to butter and sugar. Add lastly the cocoanut to half a teaspoon baking powder. Line the dish with the pastry, ornament round the edge, put in the mixture, and bake three-quarters of an hour in moderate oven. Serve with fruit syrup or sauce.

BANBURY CAKES.

Puff pastry cut into rounds 5 or 6 inches in diameter—take also 2 oz. butter—2 oz. sugar—2 oz. flour—yolks of 2 eggs—2 oz. candied peel—6 oz. currants— $\frac{1}{2}$ teaspoon mixed spice, and $\frac{1}{2}$ teaspoon cinnamon.

Cream butter and sugar, add yolks of eggs, mix them well together, then add flour, fruit and spice, pull the pastry into oval shape, put a portion of the mixture on half of them, brush round the edges with white of egg, place over the other half and press them together; brush with beaten white of egg, sprinkle thickly with sugar, and bake in good oven about half-an-hour.

ORANGE TART.

Line a tart plate with rough puff pastry, pour in the following mixture, bake half-an-hour, then put meringue on the top, and return to a cool oven for fifteen minutes :—

Mixture.—2 large tablespoons orange marmalade, 2 yolks of eggs and 1 tablespoon castor sugar. Beat all well together, and use.

BAKEWELL PUDDING.

Line a dish with good pastry, strew over it 1 oz. thinly sliced candied peel, and put over that 2 tablespoons of thick raspberry jam, then pour in the following mixture, and bake half-an-hour in moderate oven :—

Mixture:— $\frac{1}{4}$ lb. butter— $\frac{1}{4}$ lb. castor sugar—4 yolks and 2 whites of eggs—1 oz. almonds—a few spots of almond essence.

Beat butter and sugar to a cream, pound the almonds with a little rose or plain water, add them, also eggs. Mix all together very carefully.

ALDERMAN'S PUDDING.

Line a dish with puff pastry, and ornament the edges in any pretty manner, fill the centre with crusts of

bread or rice, and bake in hot oven twenty minutes. Remove the bread and allow it to cool, then take 6 Mac-caroons and about 12 Ratafia biscuits, dip them in wine, and place them on the pastry, then put 3 table-spoons of apple jelly over them. Whip $\frac{1}{2}$ a pint of cream to a stiff froth, sweeten and flavor it, put it in a forcing-bag with large rose tube, and force it high on the tart. Part of the cream may be colored, if liked, also canned peaches or apricots used in place of the apple jelly.

LEMON CHEESE CAKES.

Take for the mixture, 1 lemon—4 oz. white sugar—1 whole egg or 2 yolks— $1\frac{1}{2}$ oz. butter.

Grate the yellow rind from the lemon and put it with the juice, sugar and butter in a saucepan, beat the egg and add it also. Now stir over a slow fire until the sugar is all dissolved and the mixture begins to thicken, take off the fire and stir occasionally until cold. Line some patty pans with puff or rough pastry, put a teaspoon of the lemon mixture into each, and bake about fifteen minutes in good oven.

CINNAMON TARTS.

Line some patty pans with puff pastry, put a small teaspoon of raspberry jam into each, and bake about twelve minutes in hot oven; take them out and force a little of the following mixture on to each, and return to a cool part of the oven for about ten minutes :—

Mixture:—White of 1 egg—2 oz. castor sugar— $1\frac{1}{2}$ oz. almonds— $\frac{1}{2}$ teaspoon cinnamon.

Blanch and chop the almonds, whip white of egg to very stiff froth; mix all together as lightly as possible, and use.

ENGLISH FRUIT PIES.

Fill a pudding dish with fresh fruit, and enough sugar to sweeten, but do not put sugar on the top as it tends to make the pastry heavy. Add a little water, brush round the edges of the dish with water, then take a narrow strip of pastry and put round, brush this lightly with water, then cover the whole top with pastry, mark round the edge and bake in oven suitable to the pastry used. If the pastry is cooked before the fruit, place the pie in a cooler part of the oven to finish, with buttered paper over the top.

CURD CHEESE CAKES.

½ pint curd—2 oz. butter—2 eggs—1 oz. sugar—1 oz. almonds—3 oz. currants—a little nutmeg—1 table-spoon brandy.

Line some patty pans with rough puff pastry, drain the curd, beat butter to a cream, mix all together and put a little of the mixture into each, and bake twenty minutes in a good oven.

PRINCESS TARTLETS.

¼ lb. butter—¼ lb. sugar—2 eggs—3 oz. almonds—6 oz. stale cake crumbs—½ wineglass sherry.

Melt the butter in a saucepan, add the sugar, and stir for a few minutes over the fire, but do not let it boil, add remainder of ingredients, and stir well all together. Make into tartlets with puff pastry.

This mixture may be made in larger quantities, and put by in a jar, ready for use.

LEMON TART.

Line a pudding dish with short pastry, fill with the following mixture and bake in a moderate oven half-an-hour:—

Lemon Mixture:—3 oz. bread crumbs—rind and juice of 1 large lemon—5 oz. sugar—1 gill cream—yolks of 4 and whites of 2 eggs.

Grate the thin yellow rind from the lemon and mix it with the bread crumbs, add the juice, sugar and yolk of egg. Mix well, then add the cream. Whip whites to stiff froth and add them lightly. Use at once.

GERMAN APPLE TART.

Line a flat dish—1 lb. apples— $\frac{1}{4}$ lb. sugar—1 gill water—1 oz. candied peel.

Put the sugar and water in a saucepan and boil until the sugar is dissolved. Peel and core the apples, slice them and cook them in the syrup until tender. Beat them to a pulp. Cut the candied peel into thin slices, and place them on the pastry, pour over the apple mixture, ornament with pastry and bake in a moderate oven half-an-hour.

AMBER PUDDING.

$\frac{1}{2}$ lb. apples—2 eggs—4 oz. sugar—a little lemon—a few dried cherries—a large tablespoon marmalade. Boil the apples, water and sugar until tender, beat

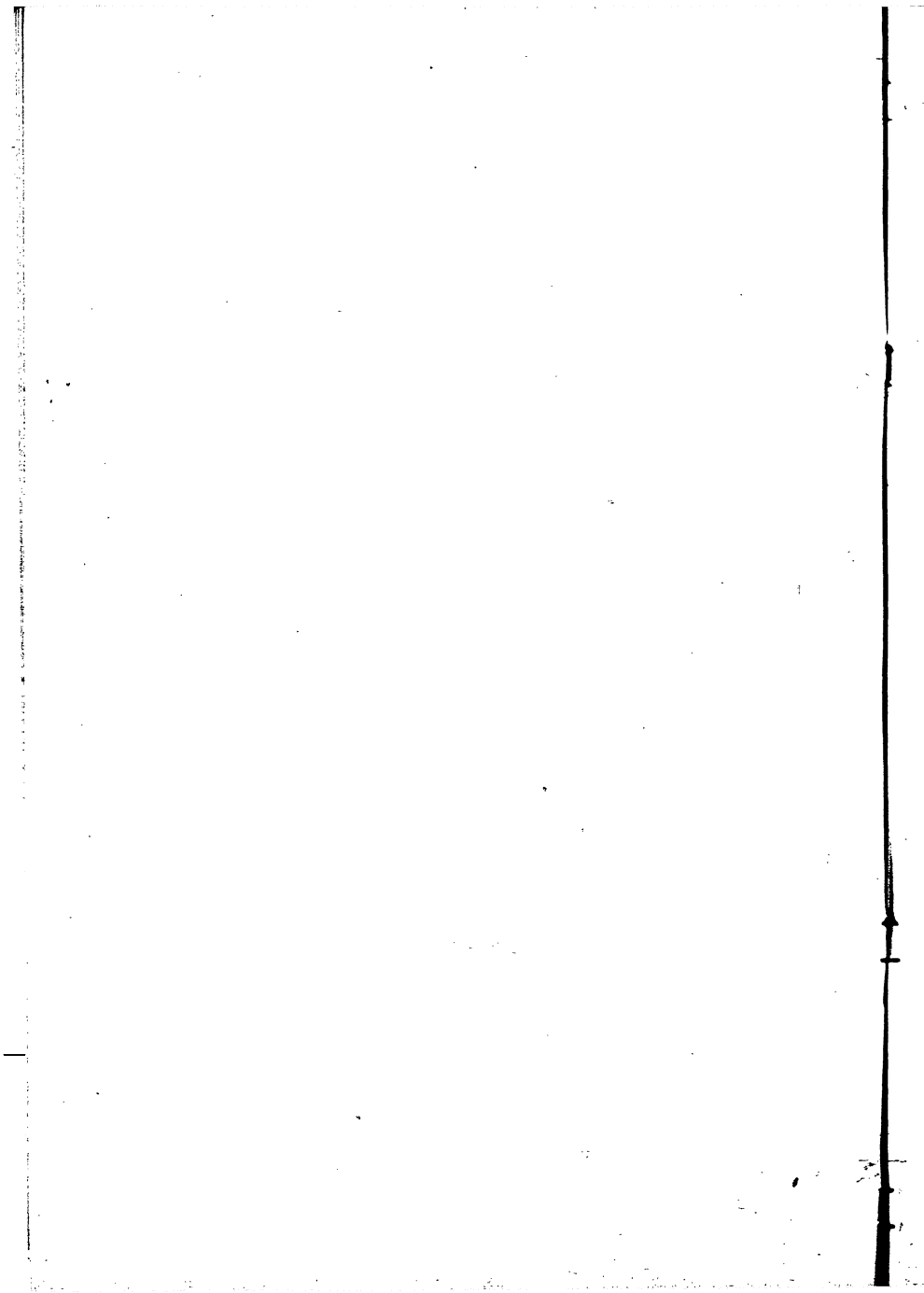
them to a pulp and add the yolks of eggs. Line a pudding dish with pastry and spread over the marmalade, pour in the mixture and bake half-an-hour. Remove from the oven and allow it to cool a little. Make a meringue with the whites of eggs, pile it high on the pudding, sprinkle with sugar, garnish with the cherries and put in a cool oven for about twenty minutes. Serve hot or cold.

CHOCOLATE TARTLETS.

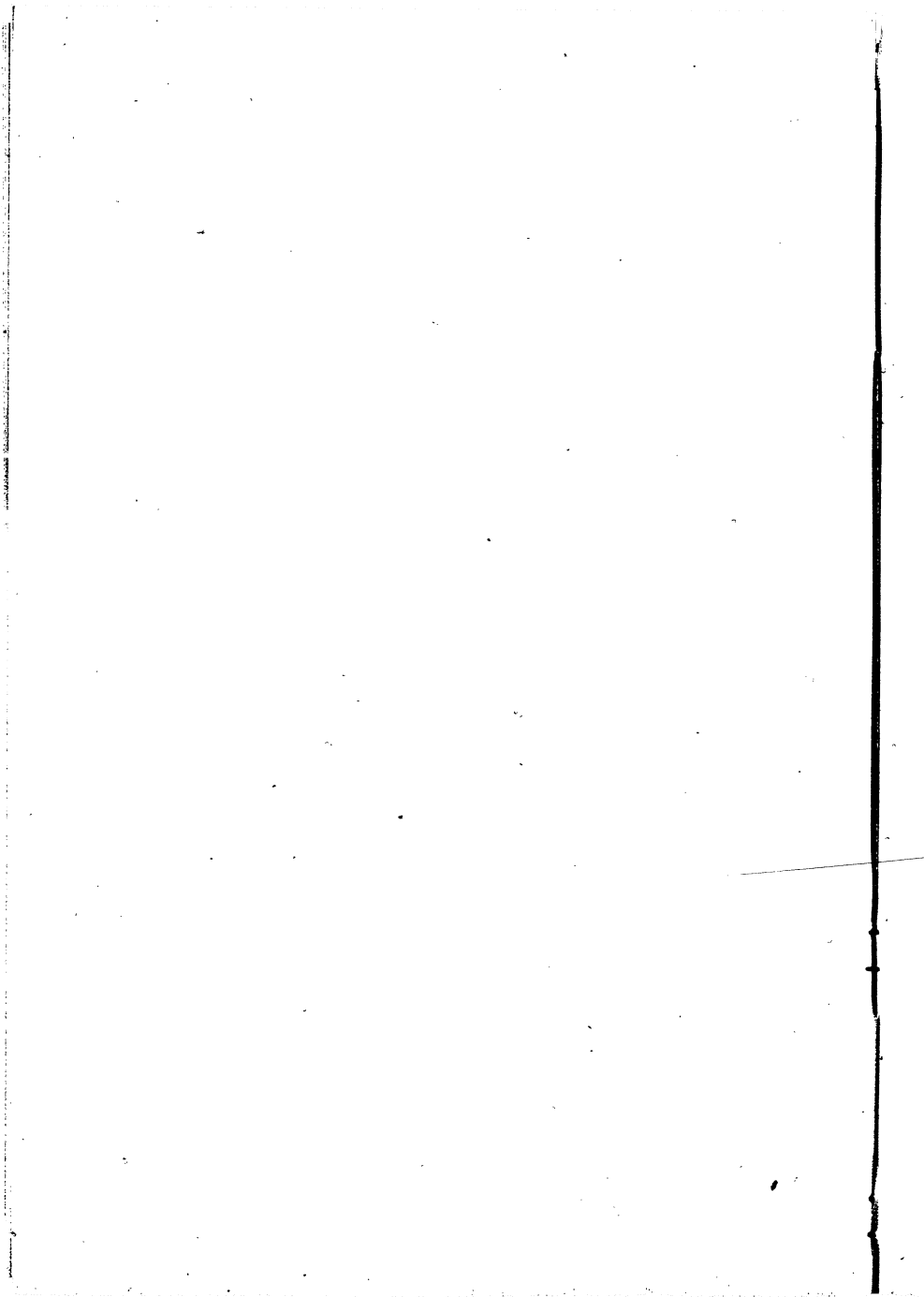
Line patty pans with puff pastry, fill them with the following mixture, and bake fifteen minutes :—

Chocolate Mixture:—1 oz. grated chocolate—1 egg—
1 oz. flour of rice— $\frac{1}{2}$ teaspoon vanilla.

Beat together the egg and sugar, add chocolate and vanilla, and lastly, the rice flour.



PUDDINGS.



PUDDINGS.

MARMALADE PUDDING.

$\frac{1}{4}$ lb. suet— $\frac{1}{4}$ lb. bread crumbs— $\frac{1}{4}$ lb. brown sugar—2 oz. ground rice—2 large tablespoons orange marmalade—1 egg— $\frac{1}{2}$ teaspoon baking powder—1 tablespoon milk.

Finely chop the suet and put it in a bowl with the sugar, flour and bread crumbs. Mix them well together. Beat the marmalade and egg together, add the milk, and mix all into flour, etc. When thoroughly mixed, put into buttered pudding mould, and steam four hours.

CUP PUDDING.

2 cups flour—1 cup suet—1 cup currants—1 cup raisins—1 cup milk—a little nutmeg— $\frac{1}{2}$ teaspoon carbonate soda—1 cup brown sugar.

Mix all very well together, pour into buttered basin and steam two hours. Serve with brandy or other sauce.

CARROT PUDDING.

$\frac{1}{4}$ lb. suet—2 large cooked carrots—6 oz. flour—2 oz. bread crumbs— $\frac{1}{4}$ lb. sugar— $\frac{1}{4}$ lb. raisins— $\frac{1}{4}$ lb. currants—2 oz. candied peel—1 teaspoon ground

ginger— $\frac{1}{2}$ teaspoon baking powder—1 egg—1 gill milk.

Mix together the chopped suet, flour, bread crumbs and grated carrots, add fruit and ginger. Beat the egg until light, add milk, and mix all together; pour into well buttered pudding basin and steam three hours. Serve with hard or other sauce.

TREACLE PUDDING.

$\frac{1}{2}$ lb. flour— $\frac{1}{4}$ lb. suet— $\frac{1}{2}$ teaspoon carbonate of soda— $\frac{3}{4}$ of an oz. ginger—1 gill treacle—1 gill milk—1 egg.

Mix together the finely chopped suet, flour, ginger and soda. Beat up the egg and add to it the milk and treacle. Mix all well together, put into a well buttered basin, cover with buttered paper, and steam two hours. Serve with sweet sauce.

FIG PUDDING.

$\frac{1}{2}$ lb. dried figs— $\frac{1}{4}$ lb. brown sugar—6 oz. suet— $\frac{1}{4}$ lb. bread crumbs— $\frac{1}{4}$ lb. flour—2 eggs— $\frac{1}{4}$ of a nutmeg—1 gill milk—a pinch of salt— $\frac{1}{2}$ teaspoon baking powder.

Rub together the flour, suet, salt and sugar, then add the bread crumbs, chopped figs, baking powder and nutmeg. Beat the egg until light, add to them the milk. Mix all well together, pour into a buttered basin, cover with buttered paper, and steam six hours. Serve with hard sauce.

PLAIN SUET PUDDING.

6 oz. flour—4 oz. suet—2 oz. bread crumbs—a pinch of salt—1 cup milk—1 teaspoon baking powder—2 oz. sugar, if liked.

Mix all together, put in buttered basin, cover with buttered paper, and steam two hours. Serve with stewed fruit or syrup.

QUEEN OF PUDDINGS.

3 eggs—1 pint milk—2 oz. French roll—2 oz. white sugar—2 large tablespoons green gage preserves.

Crumb the roll and pour the milk over it, beat and strain the eggs, add them and the sugar to crumbs and milk. Well butter a pudding dish, spread the preserves over the bottom, pour in the mixture, put little pieces of butter on the top, and grate over a little nutmeg, bake in moderate oven for about half-an-hour. It must not boil, or the pudding will be spoilt. Serve hot.

BREAD AND BUTTER PUDDING.

6 thin slices of bread and butter—4 oz. currants—2 oz. white sugar—2 eggs—1 pint milk—a little nutmeg.

Well butter a pudding dish, sprinkle with currants, then put in alternate layers of bread and butter, currants, sugar and nutmeg. Beat the eggs and mix them with the milk, pour this custard over the bread, allow it to stand a few minutes, then bake in moderate oven for about three-quarters of an hour. Turn out and serve hot or cold.

VENOISE PUDDING.

5 oz. cake cut into dice—4 oz. sugar—3 oz. sultanas—
2 oz. citron—1 glass sherry— $\frac{1}{2}$ pint milk—yolks
of 4, and whites of 2 eggs.

Place cake in a basin with the cut citron, sultanas, pour over the sherry. Put the sugar in a saucepan and brown it, add the milk, and when the sugar is dissolved pour it over the cake, etc. Add yolks of eggs, and mix well together. Whip whites to stiff froth, and add them lightly. Pour the mixture into buttered pudding basin, cover with buttered paper, and steam $1\frac{1}{2}$ hours.

GOLDEN PUDDING.

6 oz. cake crumbs—1 oz. butter—1 gill sherry—1 gill
boiling milk—3 eggs—1 teaspoon vanilla— $\frac{1}{2}$ lb.
citron.

Well butter a plain Charlotte mould, and cover it all over with thin slices of citron.

BRIGHTON PUDDING.

3 tablespoons potato flour—1 pint boiling milk—6 eggs
—grated rind of $\frac{1}{2}$ a lemon—a few dried cherries
and raisins—2 oz. sugar.

Well butter a pudding mould and ornament it with the cherries and raisins. Mix the flour with a very little milk, pour the remainder, which should first boil, with the lemon rind over it, mixing well all the time, add the beaten eggs, pour the mixture into the mould, cover with buttered paper, and steam $1\frac{1}{2}$ hours. Serve with jam sauce.

PLAIN RICE PUDDING.

1 quart new milk— $\frac{1}{2}$ cup rice— $\frac{1}{2}$ cup brown sugar—
1 oz. butter—a little nutmeg.

Put the milk into a pudding dish, add the rice and sugar, stir well together, grate the nutmeg on the top and put in the butter in small pieces. Bake in very slow oven two hours.

RICE PUDDING WITH EGGS.

$\frac{1}{2}$ cup rice—1 quart milk—2 eggs—1 oz. butter—a
little grated lemon rind— $\frac{1}{2}$ cup white sugar.

Cook the rice in the milk in double saucepan for half-an-hour, take off the fire and stand a few minutes, then add the sugar, butter, lemon rind and beaten eggs. Pour the mixture into buttered pudding dish, and bake half-an-hour in moderate oven.

All milk puddings, such as sago, tapioca, etc., are made in the same way.

GROUND RICE PUDDING.

2 oz. ground rice—1 pint milk—1 inch of stick cinnamon—a little thinly cut lemon rind—2 eggs—1 $\frac{1}{2}$ oz. sugar.

Boil together for a few minutes the milk, cinnamon, and lemon rind. Mix the rice with a little cold milk, strain the boiling milk over it, return to the saucepan and cook until it thickens, stirring all the time. Add then the sugar and beaten egg, pour into well buttered pudding dish, and bake about three-quarters of an hour in moderate oven.

SPONGE CAKE PUDDING.

6 small sponge cakes—6 teaspoons raspberry or strawberry jam—1 wineglass wine—3 eggs—3 gills milk—a little thinly cut lemon rind—1 oz. sugar.

Cut the sponge cakes through and spread with the jam, replace, and put them into a glass or silver dish, pour the wine over, and allow them to stand for some time to become well soaked. Boil the milk with the lemon rind to extract the flavor. Mix together the eggs and sugar, strain over them the milk, mix well, then cook over a slow fire until the mixture thickens. Do not allow it to boil, take off the fire and stir occasionally until cold, then pour it over the sponge cake, when the pudding is ready to serve.

AUNT MARY'S PUDDING.

$\frac{1}{2}$ lb. fresh raspberries— $\frac{1}{2}$ lb. red currants—6 oz. sugar—1 gill water— $\frac{1}{2}$ oz. gelatine— $\frac{1}{2}$ pint custard or cream—enough thin bread and butter or cake to line the mould.

First put the sugar, gelatine and water into a saucepan, when the sugar is dissolved add the picked fruit, and cook for about fifteen minutes. Line the mould with the bread and butter, pour in the fruit mixture while boiling hot, stand until cold, then turn out, and serve with the custard or cream poured round.

VANILLA SOUFFLÉ.

1 $\frac{1}{4}$ oz. butter—1 oz. flour—1 oz. sugar—1 gill milk—1 large teaspoon vanilla—yolks of 3 eggs and whites of 4 eggs.

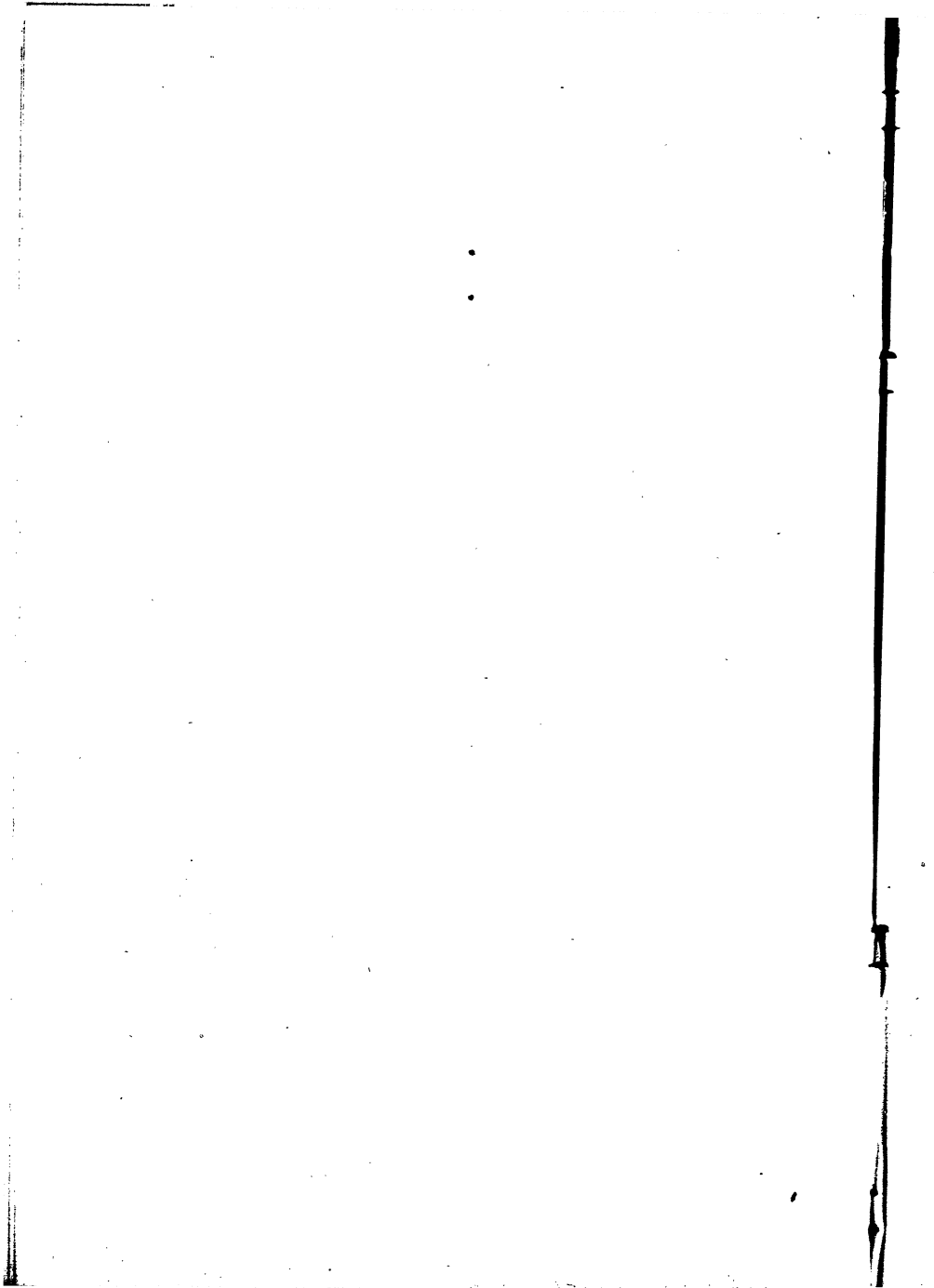
Make panada with butter, flour and milk, add to it the sugar and vanilla, then beat in one by one the yolks of eggs, whip whites to a stiff froth and stir them in lightly, pour the mixture into a buttered soufflé case that has been surrounded with a band of buttered paper, steam or bake, and serve with apricot or other sauce. The soufflé will require half-an-hour to bake, and about forty minutes to steam.

CARAMEL PUDDINGS.

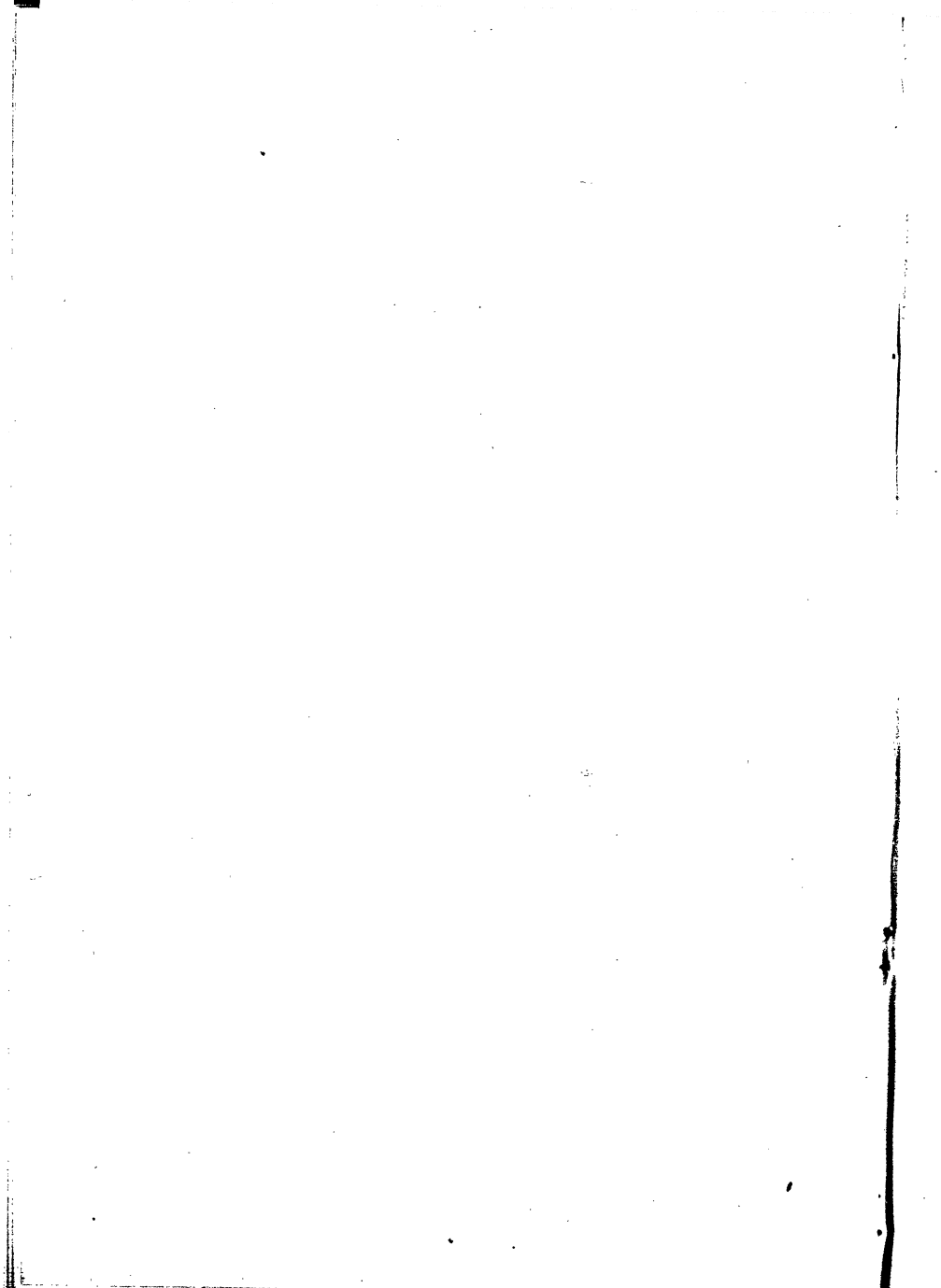
3 eggs— $\frac{1}{2}$ pint new milk or single cream—2 oz. castor sugar— $\frac{1}{2}$ teaspoon vanilla or other flavoring.

Make these quantities into a custard, and strain. Then divide 2 oz. sugar and the juice of one lemon between eight small plain dariole moulds, stand them on the stove until the sugar turns to caramel, take them off and allow the caramel to run all over the inside of the moulds. Pour in the custard, steam until firm, which will take about twenty minutes. Turn out, and serve hot or cold.

This mixture may be made in one large mould, if preferred, it will then require about forty minutes to steam.



FRITTERS.



FRITTERS.

APPLE FRITTERS.

2 lb. apples—1 egg quantity of frying batter—some fine sugar.

Core and pare the apples, cut them across into rather thick slices so as to form rings, dip them one by one into the batter, and drop them into hot fat; fry for about three minutes, drain on paper, and sprinkle thickly with sugar.

These fritters may be made richer by sprinkling the sliced apples with wine and sugar, also a little ginger and cinnamon, and allowing them to stand an hour or so before cooking.

Other fruit fritters can be made in the same way. Oranges should be divided into their natural divisions, and a little of the rind grated into the batter.

Bananas are best cut into four pieces, first lengthways, then across.

All fritters should be served as soon as possible after being cooked.

VANILLA FRITTERS.

1 egg quantity of frying batter—3 Maccaroons—1 tea-spoon vanilla.

Crush the Maccaroons and mix with batter, add also the vanilla, then drop the mixture by spoonfuls into hot fat, and fry about three minutes, drain on paper, sprinkle with fine sugar, and serve hot.

GENOA FRITTERS.

12 small rounds of stale cake about one-third of an inch in thickness—1 gill of uncooked custard—a few spots of ratafia essence—2 large tablespoons plum jam—frying batter.

Spread half the rounds of cake with jam and cover with the other half, add the ratafia essence to custard, dip the little rounds quickly into it then into the batter, drop at once into hot fat, and fry about two minutes. Drain on paper, sprinkle with sugar, and serve hot.

CHEESE FRITTERS, No. 1.

1 egg quantity of frying batter—1½ oz. grated cheese—
1 salt-spoon mustard—pepper and salt.

Mix all together and drop by spoonfuls into hot fat, cook about three minutes and drain on paper. Serve as hot as possible.

CHEESE FRITTERS, No. 2.

4 oz. cheddar or other good cheese—1 oz. fresh butter
—1 salt-spoon made mustard—1 dessertspoon
sherry—a very little mace—pepper and salt—1
hard boiled yolk of egg.

Pound all together, form into little balls, dip these into frying batter and fry in hot fat to a golden brown, drain on paper, and serve as hot as possible.

HAM FRITTERS.

4 oz. very finely chopped cooked ham—2 oz. butter—
2 hard boiled yolks of eggs—1 teaspoon chopped
parsley—a little cayenne.

Pound all together; form into little balls, dip these
into frying batter and fry in hot fat, drain on paper and
serve hot, sprinkled with chopped parsley and coralline
pepper.

RUSSIAN FRITTERS.

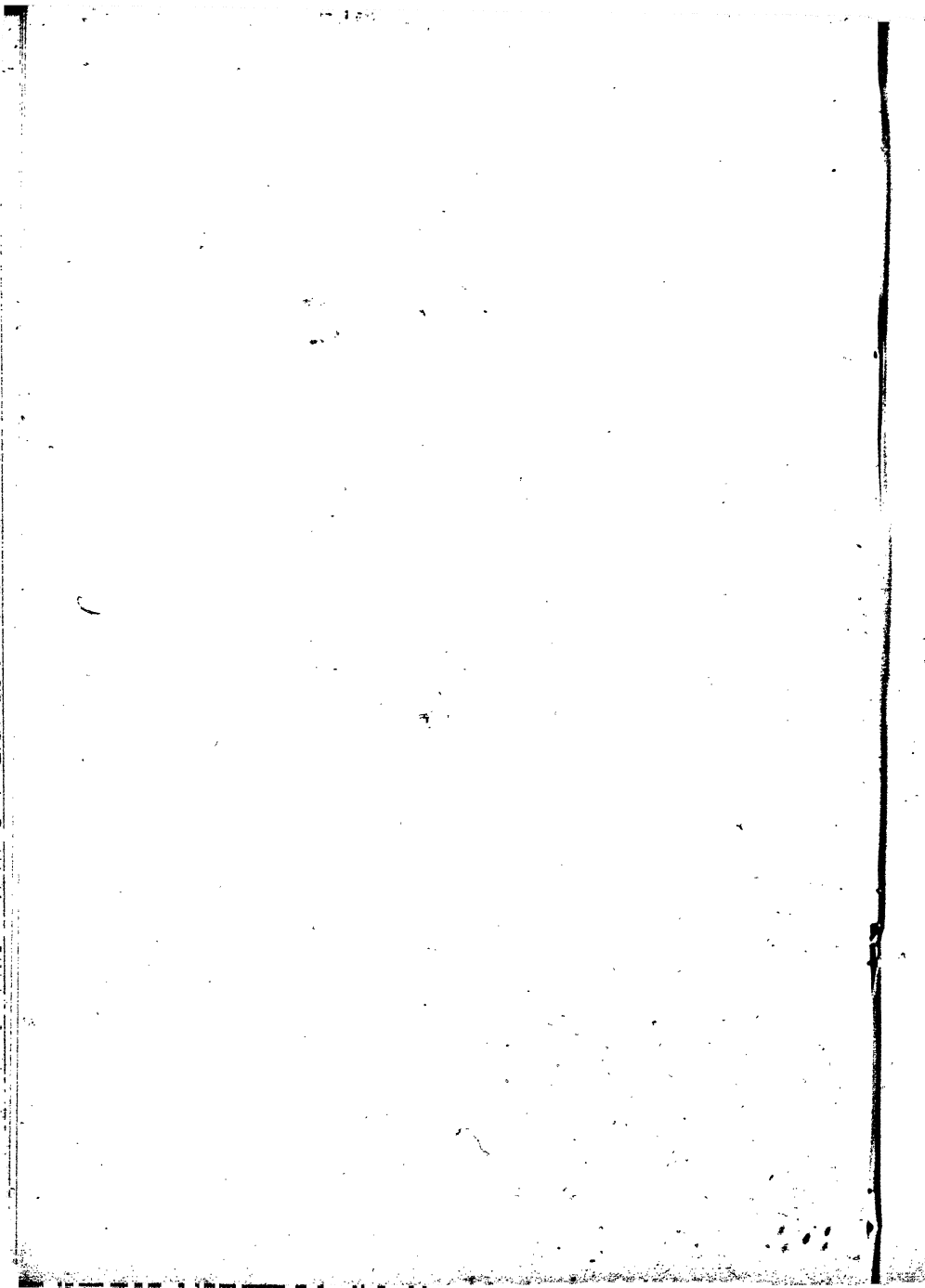
$\frac{1}{2}$ lb. dried haddock—2 oz. melted butter—1 teaspoon
anchovy paste—1 shallot—1 teaspoon chopped
parsley—2 hard boiled yolks of eggs—pepper and
lemon juice.

Pour boiling water over the haddock and allow it
to stand a little time, then pound and rub it through a
wire sieve, also the yolks of eggs. Mix all well to-
gether and form into little cylinder shapes, dip into fry-
ing batter and fry in hot fat about three minutes, drain,
and serve hot.

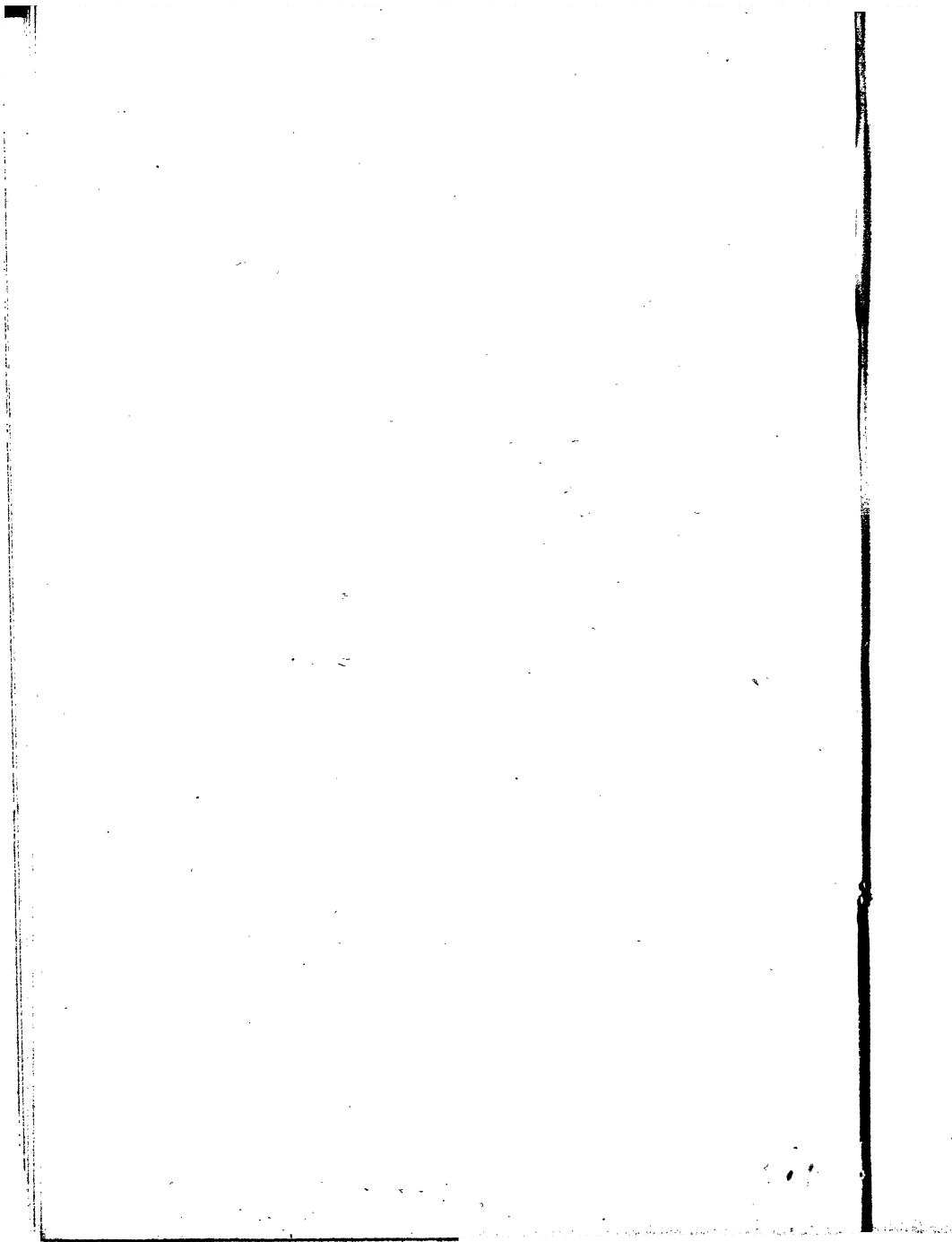
BEIGNET SOUFFLÉS.

4 oz. butter—4 oz. flour—3 eggs—not quite $\frac{1}{2}$ pint
water.

Melt the butter in a saucepan, stir the flour smoothly
into it, then add the water, by degrees, boil two minutes,
stirring constantly, take it off the fire and add the eggs,
one at a time, beat well between each. Now put the
mixture into a forcing-bag, with large plain tube, force
into short lengths on to the frying basket, and fry in
hot fat about eight minutes. Sprinkle with fine sugar,
and serve hot.



JELLIES, CREAMS, ETC.



JELLIES, CREAMS, ETC.

ASPIC JELLY.

1 quart good brown stock—from 1 to 2 oz. leaf gelatine, according to the stiffness of the stock—a few pepper-corns and cloves—1 bay leaf—a sprig of parsley—1 tablespoon vinegar—1 teaspoon tarragon vinegar—2 tablespoons sherry—whites and shells of 2 eggs.

Remove every particle of fat from the stock and put it into a saucepan with the gelatine, pepper-corns, cloves, bay leaf, parsley and vinegar. Stir it over the fire until the gelatine is dissolved, but do not get it too hot, now beat up the eggs a little with a tablespoon of cold water, and add them. Then whisk the jelly briskly over the fire just until boiling, but not a moment longer. Draw the saucepan on to one side, and simmer slowly for ten minutes. Pour some boiling water through the jelly-bag, then strain the jelly; add the sherry, and the jelly is ready for use.

On no account press the jelly-bag as the jelly is running through, or try to hasten it in any way, as it is sure to cloud it.

TOMATO ASPIC.

1 quart chicken broth, or unseasoned stock—1 lb. to-

atoes—1 teaspoon tarragon vinegar—juice of $\frac{1}{2}$ a lemon—2 oz. leaf gelatine—a few spots carmine or cochineal—whites and shells of 2 eggs—pepper and salt.

Boil together the stock and tomatoes for fifteen minutes, strain them and clear in the same way as aspic jelly.

LEMON JELLY.

The rind of 2 and the juice of 3 lemons—4 oz. 1 inch stick cinnamon— $1\frac{1}{2}$ oz. leaf gelatine— $1\frac{1}{2}$ gills sherry—whites and shells of 2 eggs.

Soak the gelatine in the water for a few minutes, then put it in a saucepan with the thinly cut rind and juice of the lemons, the sugar and cinnamon. Stir until the gelatine is dissolved, then clear in the same way as the aspic jelly; strain, and add the sherry. Pour into a mould, and turn out when set.

RUSSIAN JELLY.

1 tin of pine-apple—2 oz. leaf gelatine—1 quart water—3 oz. lump sugar—1 gill sherry—rind and juice of 1 lemon—1 white of egg—a few drops of red and green coloring.

Pound together the pine-apple and sugar, and put it in a saucepan with the water and lemon rind, and boil twenty minutes. Soak the gelatine in a little cold water, and strain the contents of the saucepan over it. Add the sherry and lemon juice. When cold, but not set, add the white of egg, and whisk the jelly to a stiff froth; divide into three parts, color one part green, one

pink, and leave the other white. Fill a mould, commencing with the white. Stand for a time, then dip in warm water and turn out.

PEACH MOULD.

6 peaches—1½ oz. gelatine—1 pint water—1 wineglass maraschino—6 oz. sugar.

Boil the peaches and sugar in the water until tender, soak the gelatine in a little cold water, and rub the peaches through a sieve over it, add the maraschino and a few drops of carmine. Pour into ornamental border mould, turn out when set, and garnish with whipped cream, using a forcing-bag and large rose-tube for the purpose.

Other fruits may be used in the same way, such as apples, rhubarb, etc.

CLARET JELLY.

½ pint claret—1 gill water—rind of ½ a lemon—1 inch stick cinnamon—¾ oz. gelatine—1 oz. sugar.

Stirr all over the fire until almost boiling, strain, and pour into a mould. Turn out when set, and serve with whipped cream.

This is a nice jelly for an invalid, and may be made with port instead of claret.

FRUIT JELLY.

3 apples—1 orange—1 lemon—1 slice of pine-apple—1 quart water—6 oz. lump sugar—1 tablespoon white rum—1 wineglass of maraschino—2 oz. gelatine.

Cut the thin yellow rind from the orange and lemon, cut up the apples without paring, and pound the pips, put these in a saucepan with the pine-apple, juice of orange and lemon, the sugar and water; boil twenty minutes, then strain, and clear in the same way as aspic jelly. Strain, and add the rum and maraschino. Put into a mould, and turn out when set.

CHARTREUSE D'ORANGE.

First make a quart of orange jelly in the same way as the lemon, only using brandy in place of the sherry. Then pare 2 oranges with a sharp knife so as to remove all the skin. Cut very thin slices in the shape of the natural divisions, leaving all the skin, place these on a flat dish and pour a little of the liquid jelly over them. Line a plain Charlotte mould thinly with jelly and garnish it all over with the slices of orange, set these with more jelly, then fill in with remainder. Turn out when set.

VELVET CREAM.

1 oz. gelatine— $\frac{1}{2}$ pint white wine—1 lemon—3 oz. lump sugar—1 pint whipped cream.

Soak the gelatine in a little water, rub the yellow rind of the lemon on to the sugar and put it into a saucepan with the gelatine, wine and lemon juice, stir over the fire until the gelatine is dissolved; take off and stir occasionally until cold, but not set, add the cream, pour into a mould and turn out when set.

QUINCE CREAM.

1 pint quince juice—1 oz. gelatine—10 oz. sugar— $\frac{1}{2}$ pint slightly whipped cream.

Soak the gelatine in the prepared juice for half-an-hour, put it then into a perfectly clean saucepan, add the sugar and stir gently over a slow fire for about twenty minutes, when the jelly should fall thickly from the spoon; pour it then over the cream and stir until nearly cold, pour into a mould and turn out when set.

ITALIAN CREAM.

$\frac{1}{2}$ pint cream— $\frac{1}{2}$ oz. gelatine—1 oz. sugar— $\frac{1}{2}$ oz. stick cinnamon— $\frac{1}{2}$ gill milk—yolks of 3 eggs—grated rind of $\frac{1}{2}$ a lemon.

Soak the gelatine in the milk a few minutes, put the cream, lemon rind and cinnamon in a saucepan, bring slowly to the boil, then strain it over the beaten yolk and sugar; put all back into the saucepan, add the gelatine and stir for a few minutes over the fire, take off and stir until cold, but not set. Pour into ornamented mould, and turn out when set.

The mould may be ornamented by first lining it very thinly with lemon jelly, then placing round alternate rows of red and green diamonds of jelly, then setting these with more liquid jelly.

SPANISH CREAM.

1 pint milk or single cream—3 yolks of eggs—1 gill white wine— $\frac{3}{4}$ oz. leaf gelatine—1 oz. sugar—a few drops of vanilla.

Place in a saucepan the cream and gelatine, stir until boiling, then pour it over the beaten yolks and sugar, return to the saucepan and cook a few minutes, but be careful not to boil it. Take off the fire, stir for a few minutes, then add the vanilla and wine when nearly cold, pour into a mould and turn out.

GINGER CREAM.

$\frac{1}{2}$ pint cream— $\frac{1}{2}$ oz. gelatine—2 oz. preserved ginger
—1 large tablespoon of the syrup from ginger— $\frac{1}{2}$
oz. sugar.

Whip the cream to a stiff froth, add the melted gelatine, sugar, syrup, and ginger cut into very small pieces. Put into a mould and turn out when set.

CRÈME AU CHOCOLAT.

1 pint cream—1 oz. sugar— $\frac{1}{2}$ oz. gelatine—1 $\frac{1}{2}$ grated
chocolate—1 teaspoonful vanilla.

Whip the cream to stiff froth, add vanilla and sugar, melt the gelatine in a little water or milk and add it while hot, divide into two parts, add chocolate to one-half, and with it line a mould, pour the other half into the centre. Turn out when set.

RICE CREAM.

3 oz. Carolina rice—1 pint new milk—4 oz. castor sugar
—not quite $\frac{1}{2}$ an oz. gelatine—a few spots vanilla
— $\frac{1}{2}$ a pint whipped cream—an inch stick of cinnamon—rind of $\frac{1}{2}$ a lemon— $\frac{1}{2}$ pint lemon jelly—a few drops of carmine.

Well wash the rice and put it to blanch in cold water, strain when boiling, add the milk, also lemon rind and cinnamon stick together, and sugar, cook slowly until the rice is quite tender, then remove the lemon and cinnamon, add the gelatine and vanilla, and when cool, the whipped cream. Have ready the mould prettily ornamented with the jelly, to half of which has been added the carmine—pour in the rice mixture and turn out when set.

RAINBOW CREAM.

1 pint wine jelly in three colors, red, green and plain—
 $\frac{1}{2}$ pint cream—not quite $\frac{1}{2}$ oz. gelatine—1 oz. sugar—a few drops of pine apple essence—1 salt-spoon ground ginger— $\frac{1}{2}$ salt-spoon powdered cinnamon.

Set the red and green jelly in shallow pans, line a plain Charlotte mould very thinly with the plain jelly, then cut little rounds from the red and green jelly, and cover the mould entirely with them, set with more plain jelly. Whip the cream to a stiff froth, add the sugar and flavoring; melt the gelatine in a little milk or water, and add it while hot to the cream. When commencing to set, put it by spoonfuls into the remainder of plain jelly, also cut up the remainder of green and red jelly, and mix in, pour this into the mould. Turn out when set.

COMPÔTE OF STRAWBERRIES.

1 lb. fresh strawberries—6 oz. sugar—3 gills water— $\frac{1}{2}$ a wineglass Maraschino— $\frac{1}{2}$ pint whipped cream—

1 doz. little meringues— $\frac{1}{2}$ oz. chopped pistachio nuts.

Put sugar and water in a saucepan, boil until two-thirds reduced, add the Maraschino, and pour the syrup over the picked fruit, stand on ice an hour, put it then into a glass or silver dish and pile the cream high in the centre, using a large rose-pipe for the purpose, sprinkle with the finely chopped nuts and make a border with the meringues.

MERINGUES.

Whites of 3 eggs—6 oz. fine castor sugar.

First put an old board to soak in cold water for half-an-hour, take it out and cover with strips of white paper, brush this with water and sprinkle with sugar. Whip the whites of egg to as stiff a froth as possible, mix the sugar with them lightly, put the mixture into forcing-bag with plain large pipe, and force small portions on to the board, sprinkle these with sugar, and put in a cool oven for about an hour. Remove them carefully from the board, take out the soft part underneath and return to the oven to dry.

To use alone, fill with whipped cream, and put two together. They may be shaped with spoons dipped in water.

CHARLOTTE RUSSE.

$\frac{1}{2}$ lb. ratafia biscuits— $\frac{1}{2}$ pint cream—1 oz. sugar—1 tablespoon sherry—1 tablespoon raspberry jam— $\frac{1}{2}$ oz. gelatine—1 teaspoon vanilla.

Rub the jam through a sieve, dip the ratafias first into it, then into the sherry, and with them line the side

of a plain Charlotte mould, the first row should be put in quite dry. Whip the cream to a stiff froth, add to it the sugar, vanilla and melted gelatine. Fill the mould, when set, turn out and garnish the top with whipped cream.

CHANTILLY PUDDING.

1 mould of sponge cake—2 tablespoons raspberry jam—1 oz. finely chopped pistachio nuts—a few candied fruit—2 oz. Maccaroons—1 wineglass sherry $\frac{1}{2}$ pint whipped cream.

Scoop out the centre of cake, rub the jam through a sieve, and with it brush the outside of the cake, sprinkle with the nuts, then fill it in with pieces of the cake, the Maccaroons and fruit, pour the sherry over, a little at a time, so that it may soak well in, force the cream on to the top, using a large rose-pipe for the purpose.

COMPÔTE OF APPLES.

4 good-sized apples— $\frac{1}{4}$ lb. sugar—1 gill water— $\frac{1}{2}$ pint whipped cream—4 teaspoons marmalade—a few spots of carmine—a few dried cherries.

Boil water and sugar for a few minutes, core and pare the apples, then cook them in the syrup until tender but not broken. Remove them carefully on to a dish, add carmine to syrup and pour it over them; when cold, put a teaspoon of marmalade in each, sweeten the cream, color half pink, and force it high on each apple. Garnish with the cherries.

STEWED FIGS.

1 lb. figs—4 oz. best brown sugar—thinly cut rind of an orange—juice of $\frac{1}{2}$ a lemon—if liked, a glass of port may be added when the figs are cooked.

Boil together the sugar and water until the sugar is dissolved, add then the figs and orange rind, and cook very slowly for about two hours, add the juice of the orange. This dish may be served hot with rice, and cold with cream.

PEARS À LA MACPHERSON, No. 1.

1 lb. of pears— $\frac{1}{2}$ lb. lump sugar—1 pint water—rind of 1 lemon—a few drops of carmine.

Pare and quarter the pears and put them in a stewpan with the sugar, water and lemon rind; bring quickly to the boil, skim well and soak slowly for about an hour, take out the pears and boil the syrup to the consistency of thin cream.

PEARS À LA MACPHERSON, No. 2.

3 whole eggs—1 gill milk—1 gill cream—1 oz. sugar—2 oz. sponge cake—1 tablespoon noyau—a few drops of carmine.

Beat the eggs and sugar together, and add the milk and cream, color with the carmine. Well butter six small, plain dariole moulds and ornament the bottom with a star of cut cherries, put in some pieces of cake and fill with the custard; steam until set, turn out on to a dish, put the pears in the centre and pour the syrup round. Serve hot or cold.

ORANGE CREAMS.

3 oranges— $\frac{1}{2}$ pint whipped cream—1 large tablespoon orange marmalade—1 oz. sugar—a few dried cherries.

Cut the oranges carefully in half, take out the pulp and allow the rinds to stand in cold water a little while, add a little of the juice and the sugar to cream. Dry the orange rinds and put into each a little of the marmalade, put the cream into forcing-bag with large rose-pipe, and force it high into each rind. Garnish with the cherries.

COFFEE MOUSSE.

6 eggs—4 oz. sugar— $\frac{1}{2}$ pint whipped cream— $\frac{1}{2}$ gill very strong coffee.

Place eggs and sugar in a basin, and whisk them for about ten minutes over boiling water, take off and whisk until cold, add coffee and cream. Mix well, put into the ice cream freezer and freeze to a thick batter, pour into a mould and freeze two hours.

MARASCHINO MOUSSE.

5 eggs—3 oz. sugar— $\frac{1}{2}$ pint whipped cream—1 gill Maraschino.

Place eggs and sugar in a basin and whisk them over boiling water for ten minutes, take off and whisk until cold, add Maraschino, and freeze in charged ice cream freezer to a stiff batter, pour into a mould and freeze two hours. Dip in cold water and turn out and sprinkle with finely chopped pistachio nuts.

VANILLA ICE CREAM.

2 eggs—2 oz. sugar—1 pint milk—1 teaspoon essence of vanilla— $\frac{1}{2}$ pint cream.

Mix together the eggs, sugar and vanilla, pour the boiling milk over them, stir well together, then cook over the fire until it begins to thicken, but do not allow it to boil. Take off and allow it to cool. Whip the cream to a moderately stiff froth, mix with the custard, pour all into the freezer and freeze stiff.

APPLE WATER ICE.

1 lb. good cooking apples—1 pint water—4 oz. sugar—rind of 1 lemon—a little ginger and cinnamon—1 wineglass ginger wine.

Cook the apples in the water with the thinly cut rind of lemon and sugar until tender, rub them through a hair sieve, add ginger, cinnamon and wine. When cold, pour into freezer and freeze stiff.

Other water ices may be made in a similar manner, with other fruits and flavorings.

BROWN BREAD ICE CREAM.

3 oz. brown bread crumbs—2 oz. Maccaroons—2 oz. sugar— $\frac{1}{2}$ pint whipped cream—2 yolks of eggs— $\frac{1}{2}$ pint milk—1 wineglass curaçoa.

Make custard of yolks of eggs, sugar and milk, mix together the bread crumbs and crushed Maccaroons, and pour over them the curaçoa; allow them to stand half-an-hour, then mix all together, and freeze dry. Serve with Maccaroons.

CHESTNUT ICE CREAM.

½ lb. chestnuts—2 yolks of eggs—½ pint milk—½ pint cream—1 ½ oz. sugar—½ gill Noyeau.

Prick the nuts and boil them until tender, take off the skin and rub them through a sieve, make a custard of eggs, sugar and milk. When cold, mix with it the chestnuts, crumbs, Noyeau and whipped cream. Freeze dry, and serve with small cakes.

STRAWBERRY ICE CREAM.

1 lb. fresh strawberries—2 eggs—3 gills milk—3 gills cream—6 oz. sugar—a few drops of carmine.

Sprinkle the strawberries with the sugar and allow them to stand a little while, then rub them through a hair sieve. Make custard of eggs and milk, and when cold, mix with the whipped cream and purée of strawberries. Put all into the charged ice cream freezer and freeze dry.

PLAIN LEMON WATER ICE.

Rind and juice of 2 lemons—5 oz. sugar—3 gills water whites of 2 eggs.

Cut the thin yellow rind from the lemons, and put it with the juice into a jug. Boil the water and sugar together for five minutes and pour it over the lemons. Stand until quite cold, then strain, add the whipped whites of egg, and freeze dry.

ROMAN SORBET.

The above quantity of lemon water ice with 1 wine-glass of rum added. Freeze to a semi-solid, and serve in sorbet glasses.

PINE-APPLE SORBET.

The above quantity of lemon water ice—1 gill pine-apple syrup—2 tablespoons brandy—1 gill of finely cut pine-apple.

Add the brandy and syrup to lemon water, and partly freeze, then add the cut pine-apple, and freeze to a thick creamy consistency. Serve in ice cups.

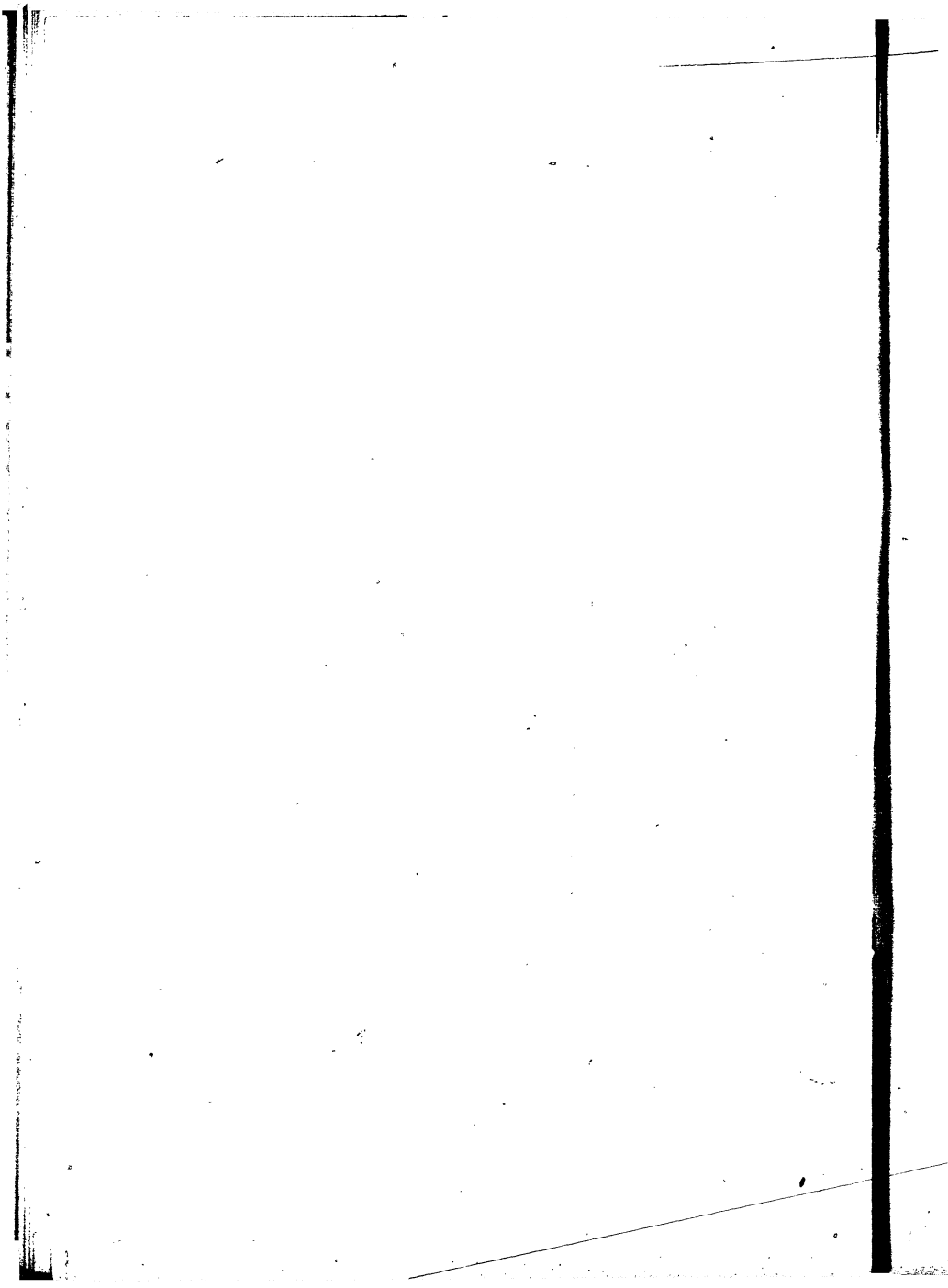
Many other sorbets may be made in the same way with other fruits and flavoring. They should never be frozen so hard as ices.

ICED COFFEE.

1 quart of good cold coffee— $\frac{1}{2}$ pint single cream— $\frac{1}{2}$ pint new milk—5 oz. castor sugar.

Mix all together and freeze to a creamy consistency. Tea may be frozen in the same way.

HORS D'ŒUVRES
AND
SAVOURIES.



HORS D'ŒUVRES AND SAVOURIES.

DEVILLED ALMONDS.

2 oz. sweet almonds—2 oz. butter—7 or 8 croûtons fried bread—1 tablespoon chutney—2 chopped gherkins—1 tablespoon Worcestershire sauce—salt and pepper.

Shred the almonds and gherkins, sauté the almonds in the butter to a nice golden brown, add remainder of ingredients, stir over the fire until very hot, dish on the croûtons, and serve hot.

ANCHOVIES À LA COLMAR.

6 anchovy biscuits—6 fillets of anchovy—a little anchovy cream.

Roll up the fillets and place one on each biscuit. Garnish with the anchovy cream.

SARDINES ON TOAST.

Take as many little fingers of buttered toast and sardines as required. Remove the skin from the sardines, sprinkle them with coralline pepper, and put little strips of gherkin across them, put in the oven or before the fire for five minutes. Dish on the toast, and serve hot.

If served for breakfast, the toast may be made in larger pieces, and several sardines placed on each.

CHEESE AIGRETTES.

1 oz. butter—4 oz. flour— $\frac{1}{2}$ pint water—3 yolks and 2 whites of eggs—3 oz. grated Parmesan cheese—cayenne and salt.

Boil together the water and butter, stir in the flour and cook two minutes. Cool a little, add the eggs, one by one, beat well, add the cheese, and drop, by spoonfuls, into hot fat; fry a golden brown, drain on paper, and sprinkle with grated cheese.

COLD CHEESE SOUFFLÉ.

1 $\frac{1}{2}$ oz. Gruyère cheese—1 $\frac{1}{2}$ oz. Parmesan cheese— $\frac{1}{2}$ pint whipped cream—1 gill whipped aspic jelly—cayenne—mustard and a pinch of salt.

Mix all together and fill small soufflé cases, using a large rose-pipe and tube for the purpose. Sprinkle with grated cheese and coralline pepper.

CHEESE FRITTERS, No. 1.

The one egg quantity of frying batter—2 oz. cheese—a pinch of salt—cayenne.

Mix all together, and drop, by spoonfuls, into hot fat, fry a golden brown, drain on paper, sprinkle with finely chopped parsley, and serve very hot.

CHEESE FRITTERS, No. 2.

4 oz. Cheddar or other good cheese—1 oz. butter—1 teaspoon mustard—1 dessertspoon sherry—a very little mace— $\frac{1}{2}$ teaspoon tarragon vinegar—1 teaspoon anchovy essence.

Pound all together, roll into small balls, dip in frying batter, and fry two minutes in hot fat. Drain on paper, and serve very hot.

CHEESE BALLS.

2 oz. flour—2 oz. butter—2 oz. cheese—1 yolk of egg—a little lemon juice and cayenne.

Knead all together, roll into little balls, dip in white of egg and bread crumbs, and fry in hot fat one minute. drain on paper, and serve very hot.

FROMAGE D'ARTOIS.

Line some small patty pans with cheese pastry, and put in each 1 teaspoon of the following mixture:—1 oz. cheese—1 egg—1 tablespoon cream—cayenne and a pinch of salt.

Mix together the cheese, yolk of egg and cream, whip white to stiff froth, add it lightly, and use. Bake about eight minutes in good oven, and serve at once.

GERMAN CHEESE PATTIES.

Cut some small square patties of puff paste, bake about fifteen minutes in good oven, remove the tops,

crush in the centre, and fill with the following mixture; replace the tops, and serve very hot :—

Cheese Mixture:—1 gill thick white sauce—6 oz. cheese, cut in thin slices— $\frac{1}{2}$ gill cream—a little mustard, cayenne and lemon juice.

Stir all over the fire until the cheese is melted, and use.

CHEESE PUDDING.

4 oz. cheese—1 oz. butter— $1\frac{1}{2}$ gills milk—2 eggs—pepper and salt.

Place the milk, cheese and butter in a saucepan, and stir over the fire until the cheese is melted, drop in the yolks of eggs, and add, lastly, the whites whipped to a stiff froth. Bake ten minutes in good oven, and serve very hot.

MACCARONI AND CHEESE CROQUETTES.

4 oz. macaroni— $\frac{1}{2}$ pint milk—1 oz. butter— $\frac{1}{2}$ oz. flour—1 gill cream—2 oz. grated cheese—2 eggs—salt and pepper.

Wash the macaroni and boil it in water five minutes, strain away the water, add the milk, and cook about three-quarters of an hour. Melt the butter in a saucepan, stir the flour into it, add the macaroni, cut into small pieces, the cream, cheese, yolks of eggs and seasoning. Stir over the fire a few minutes, then put away until cool. Form the mixture into balls, roll in the whites of eggs and bread crumbs, and fry in hot fat for two minutes. Drain on paper, and serve hot.

SARDINE PATTIES.

Cut 24 small rounds of puff pastry, place on half of them a little of the following mixture, brush the edges with egg or water, cover with the other half, brush over whole beaten egg, and bake fifteen minutes in good oven. Serve hot or cold:—

Sardine Mixture:—3 sardines—1 teaspoon anchovy paste—1 teaspoon lemon juice—1 tablespoon cream—cayenne.

Pound all together, and use.

HAM CREAMS, No. 1.

1 gill whipped cream—1 oz. very finely chopped ham—
a little cayenne and a few drops of carmine.

Mix lightly together, put into a forcing-bag with large rose-pipe, and force into little soufflé cases, sprinkle with finely chopped parsley and coralline pepper.

SARDINES IN ASPIC.

6 sardines—1 anchovy—½ pint aspic—1 tablespoon cream—a few drops carmine—cayenne—pepper and salt—½ a very small lemon.

First remove the bones and skin from the sardines and anchovy; pound them well, add the cream, lemon, pepper, salt, carmine and ½ a gill of the jelly, melted. Fill some small moulds with the mixture, and allow them to set. Cut some thin rounds from the jelly, turn out the moulds and place one on each round. Garnish with chervil or other garnish.

TOMATOES À LA FRANCAISE.

6 tomatoes—1 small eschalot—6 anchovies—6 oz. cooked white meat—3 hard boiled eggs—1 table-spoon chopped parsley.

Take the core from the tomatoes, skin them and season the insides with pepper, salt, vinegar, salad oil and eschalot. Fill them with shredded meat and anchovies, cut the eggs into slices, sprinkle them with chopped parsley, place them on shredded lettuce and put a tomato on each slice of egg.

LOBSTER CROÛTE À LA TARTARE.

Cut some croûtons of bread $\frac{1}{2}$ an inch in thickness, hollow out a little from the centre, and fry a golden brown. When cold, place on each a little mustard and cress, and pile up small pieces of lobster on this. Mash with a spoonful of tartare sauce, and sprinkle with lobster coral, or coralline pepper.

HAM CREAMS, No. 2.

$\frac{1}{2}$ pint whipped cream—1 gill liquid aspic jelly—5 oz. very finely chopped ham—a few drops of carmine—2 leaves of gelatine—cayenne.

Mix together the cream, ham, carmine and cayenne, and jelly. Melt the gelatine in a very little milk or water, and add it while hot, pour the mixture into neapolitan mould and set on ice. Turn out, cut in slices, and dish au couronne, with salad in the centre.

CROÛTE DE MERLUCHE.

8 croûtons of fried bread— $\frac{1}{2}$ lb. dried haddock—2 oz. butter—1 hard boiled egg—2 gherkins—pepper—parsley.

Mince the fish and gherkins, and heat them in the butter. Pile on the croûtons and decorate with the egg and parsley.

CROÛTES À L'ANGLAISE.

6 croûtons of fried bread—3 oz. potted beef—2 oz. green butter—3 olives—a little finely chopped aspic jelly.

Spread the croûtons with the beef, cut the olives in half, and fill with the butter, place these on the beef, and garnish with the chopped jelly and remainder of butter.

OLIVES À LA MADRID.

6 turned olives—3 sardines—2 oz. butter— $\frac{1}{2}$ teaspoon essence of anchovy—2 hard boiled yolks of eggs—a few spots of carmine and green coloring—6 anchovy biscuits.

Pound together the sardines, butter and yolk of egg, rub them through a sieve, add lemon juice, pepper and anchovy; fill the olives with this mixture, force a portion also on to each biscuit, and put the olive in the centre. Garnish with remainder.

CROÛTES À LA LONDRES.

6 croûtons of fried bread—1 small lettuce— $\frac{1}{2}$ pint

shrimps— $\frac{1}{2}$ gill anchovy cream— $\frac{1}{2}$ gill chopped aspic jelly.

Shred the lettuce and toss it in salad oil, vinegar, pepper and salt. Place a little on each crouton, then arrange the shrimps on it. Garnish with the anchovy cream and chopped jelly, using a large rose-tube and forcing-bag for the purpose. Serve as luncheon dish or dinner savory.

SHRIMPS IN ASPIC.

$\frac{1}{2}$ pint aspic jelly—2 oz. green butter—1 bunch garden cress— $\frac{1}{2}$ pint shrimps—2 tablespoons Mayonnaise sauce.

Line some small moulds with jelly, then put in each 3 shrimps and a little of the butter. Fill in with butter and allow them to set. Put a little of the washed cress into small paper cases, and add to each 1 teaspoon of the mayonnaise sauce. Turn out the little moulds and place one on each. Garnish with the butter and chopped jelly.

SHRIMP SAVORY.

$\frac{1}{2}$ pint shrimps—3 oz. butter—12 anchovy biscuits— $\frac{1}{2}$ teaspoon anchovy paste—pepper and salt—2 hard boiled yolks of eggs—cayenne pepper—a few spots carmine.

Pound together the shrimps, butter and yolks of eggs, add pepper and anchovy paste, rub the mixture through a sieve, add carmine, put into a forcing-bag with large rose-tube, and force on to the biscuits. Serve as hors d'oeuvres or dinner savory.

SWEDISH SAVORY.

3 hard boiled eggs—6 rounds of aspic jelly—3 sardines—2 filleted anchovies—3 oz. butter—cayenne—lemon juice—a few spots of red and green coloring.

Cut the eggs in half, remove the yolks, take skin and bones from sardines—pound them with the anchovies, then pound all together with yolks of eggs and butter, add cayenne and lemon juice, rub the mixture through a sieve, and fill in the white of egg with it. Place the round of jelly on an entrée dish, and put $\frac{1}{2}$ an egg on each, the ends up. Now color remainder of mixture, half red and half green, put the green part into bag with leaf tube, and the red into bag with small rose tube, and garnish the eggs prettily with them. Serve as luncheon savory.

CAVIAR SUR CROÛTES.

Fry some croûtons of stale bread in clarified butter to a golden brown, spread on each a thin layer of caviar, and dish on dish papers.

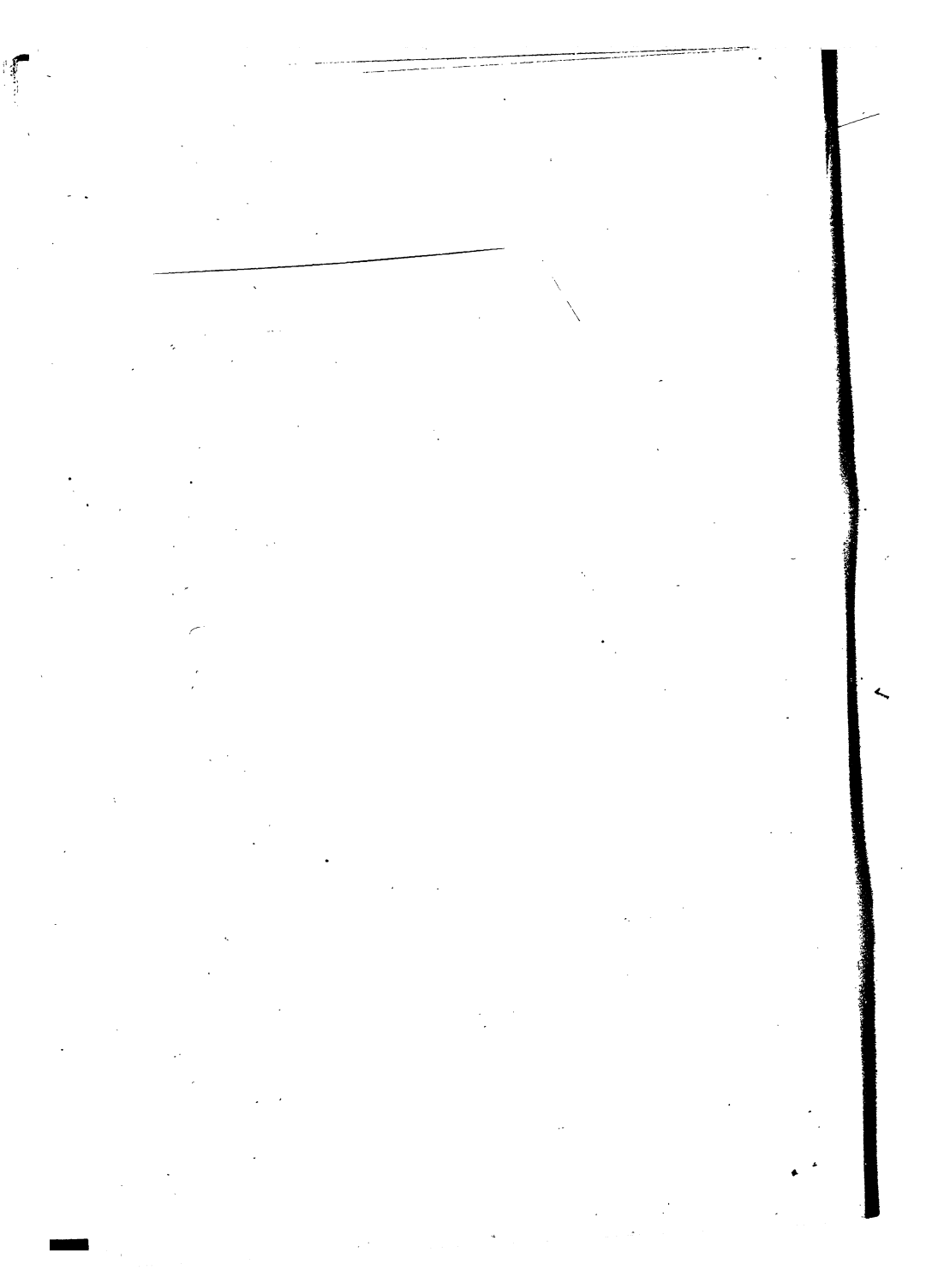
FILLET OF ANCHOVIES.

Take the anchovies prepared in oil for this purpose. Set a little aspic jelly on a flat tin, and place the fillets on it, cover with morè jelly. When set, cut in stripes, and serve one to each person, garnished with anchovy butter.

OYSTERS À LA TARTARE.

6 oysters—heart of small lettuce—6 teaspoons tartare sauce. Shred the lettuce finely and place a little on each shell, put an oyster on each, and a teaspoon of sauce on the top.

VEGETABLES.



VEGETABLES.

BOILED POTATOES.

Pare the potatoes thinly. Cover with cold water, when boiling, add the salt, boil slowly twenty minutes, or longer if necessary. Drain away all the water and dry on the stove for five minutes, shake the pan from time to time.

Some potatoes require a little longer cooking than others. It is best to boil those of the same size together, and not to cut them through.

New potatoes should be put into boiling water. Fresh garden potatoes only require about twelve minutes boiling. After draining, leave them to dry a few minutes, but do not shake the pan. Steamed potatoes take a little longer to cook. Baked potatoes, if a good size, will require about an hour.

MASHED POTATOES.

Take some nice dry boiled potatoes, mash with potato masher, or put through a ricer.

For every 6 potatoes add 1 tablespoon milk— $\frac{1}{2}$ tablespoon butter—a pinch of pepper and salt. Beat up together with a fork.

This is nice if put into a dish, marked with a fork, and browned in the oven.

POTATO CROQUETTES.

6 good sized potatoes, boiled and mashed—1 egg—1 oz. butter—1 tablespoon milk—pepper, salt and bread crumbs.

Add yolk of egg, milk, butter, pepper and salt to potatoes, form into cone shapes, roll in white of egg and bread crumbs, and fry in hot fat to a golden brown. Serve with cold meat or game.

POTATO SOUFFLÉ.

3 baked potatoes—2 yolks and 4 whites of eggs—1½ oz. butter—pepper and salt.

Pass the potatoes through a sieve, add the butter, pepper and salt, and yolks of eggs. Whip whites to stiff froth, add them lightly. Pour the mixture into a buttered soufflé mould, and bake half-an-hour. Serve as vegetable, or second course dish with sauce.

COLCANNON.

½ lb. cooked potatoes—½ lb. cooked cabbage—pepper and salt—1 oz. butter or good beef dripping.

Chop the vegetables, mix all together and press into a well buttered mould and bake half-an-hour. Turn out, and serve.

If liked, the mould may be sprinkled with browned bread crumbs, after buttering.

POTATOES À LA DUCHESSE.

6 moderate sized potatoes, boiled and mashed—2 eggs

—6 dessertspoons flour— $\frac{1}{2}$ gill milk—pepper and salt.

Mix all together, drop by spoonfuls into hot fat, and fry a golden brown. Sprinkle with parsley, and serve very hot.

STEWED POTATOES.

Pare some small potatoes of equal size, cover with cold water, boil two minutes, then cover with new milk or cream, add a little salt, and cook slowly until tender. Sprinkle with parsley, and serve very hot.

POTATO STRAWS.

Cut raw potatoes into thin straws, dry, and sprinkle them with salt; put in frying basket and fry about eight minutes. Drain, and serve hot.

These are nice for garnishing fish, steak, etc.

CREAMED POTATOES.

Mash some boiled potatoes, add to them a little pepper and salt, and enough beaten eggs to form thick batter. Drop by spoonfuls into hot fat, and fry a golden brown. Drain on paper, sprinkle with chopped parsley.

POTATO CHIPS.

Slice some potatoes very thinly, dry them, and sprinkle with salt. Fry in basket in hot fat, to a nice brown, take and stand on paper, just before serving put back into the fat just a moment, this crisps the potatoes.

POTATOES À LA MAÎTRE D'HÔTEL.

Boil some new potatoes; when done, drain and add enough white sauce to barely cover, and 1 tablespoon of finely chopped parsley and 2 oz. of fresh butter to 1 gill of sauce. Shake carefully over the fire until all the potatoes are covered. Serve hot.

BROWNE D POTATOES.

Potatoes cooked in this way require care, or they will burn and spoil. Parboil the potatoes, strain, and add 2 oz. of good beef dripping to 2 lb.. Shake the pan occasionally until all are browned. Serve very hot.

SAVORY POTATOES.

Bake 6 good potatoes, cut them in half, lengthways, take out the pulp without destroying the skin. Mix together 1 tablespoon chopped ham and chicken. Put a little into each skin; mix with the pulp a little milk—1 oz. butter—pepper and salt. Fill the skins with this mixture, and bake in a hot oven fifteen minutes.

ONIONS TO BOIL.

Take off the outer skin, put in cold water; when boiling, cook five minutes, then strain and add more water, boil till tender. From one to two hours, according to age and size.

FRIED ONIONS, FOR BEEFSTEAK, ETC.

Soak the onions, or boil them for five minutes. Chop, not too finely, and fry in saute pan to a nice

brown. The fat from the meat, with which the onions are to be served, is the best to fry them in.

STEWED ONIONS.

Button onions are nice for this purpose. Take for $\frac{1}{2}$ a pint, 1 oz. ham (finely minced)—1 oz. flour— $\frac{1}{2}$ pint brown stock—1 oz. butter—1 teaspoon extract of meat—pepper and salt.

Boil the onions in salted water for fifteen minutes, then fry together the ham, butter and flour, add the stock and meat extract, and cook half-an-hour. Garnish with croutons of fried bread.

ONIONS IN CHEESE SAUCE.

6 Spanish onions (boiled)— $\frac{1}{2}$ pint creamy white sauce
2 oz. cheese—a little mustard, pepper and salt.

Slice the cheese thinly, add it to the sauce, also mustard, pepper and salt. Stir over the fire until the cheese is dissolved. Put the onions on a dish and pour the sauce over.

Onions in white sauce are the same, without the cheese and mustard.

BOILED CABBAGE.

All green vegetables should be put into plenty of boiling water, and boiled with the lid off the pan. Well wash the cabbage, and allow it to stand in salt and water for an hour or so, to draw out any insects there may be in it. Add a tablespoon salt and a piece of

washing soda the size of a pea, to the water in which it is to be cooked. Boil rapidly until tender, the time will depend on the kind of cabbage used. Drain quite dry in a colander, mix with a little salt, pepper and dripping. Serve in vegetable dish.

CABBAGE WITH CREAM.

Boil a nice young cabbage, press the water from it and chop it up. Put together in a saucepan, 1 oz. butter—a good teaspoon flour or rice flour— $\frac{1}{2}$ gill cream—a little pepper and salt, add the cabbage, and stir over the fire until very hot. A yolk of egg may be mixed with the cream, if liked.

CABBAGE WITH BACON.

Cut some nice bacon into dice and put it into a frying pan, add a small onion, finely chopped, and fry a few minutes. Put in 2 cups of cooked cabbage, sprinkled with pepper. When quite hot, serve, garnished with croûtons of fried bread.

BRAISED CABBAGE.

Place the heart of a good sized cabbage in cold water with a little salt. Boil two minutes, then strain. Put 2 oz. butter in sauté pan and cook the cabbage in it a few minutes, sprinkle with flour and add $\frac{1}{2}$ pint good brown stock and 1 teaspoon extract of meat. Simmer until tender.

STUFFED CABBAGE.

Take a good firm cabbage and let it lie in water with a little salt and vinegar for an hour. Scoop out the centre and fill with sausage meat, tie up securely with tape. Put in a saucepan, cover with good stock and cook until tender. Remove the cabbage, add 1 teaspoon of rice flour to $\frac{1}{2}$ pint of the stock, cook 2 minutes, and pour it over the cabbage.

BOILED CARROTS.

If the carrots are young, rub them with a rough cloth, if older, scrape, trim off the roots and tops, if small, they may be cooked whole; if large, cut into quarters. Place in boiling water with a little salt, boil from three-quarters to one hour and a-half, according to age.

Carrots to be served with boiled beef may be cooked with it.

CARROTS AND TURNIPS FOR MINCES, ETC.

Cut the vegetables into small dice, put into boiling water with a little salt, and boil until tender (about half-an-hour), strain, and add a little pepper, salt and butter, shake over the fire a few minutes, and use.

FRIED CARROTS.

Cut cold cooked carrots into slices, dip them in egg and bread crumbs, and fry in butter.

MASHED CARROTS.

Boil the carrots until quite tender. Rub them through a coarse sieve or colander, add pepper and salt, and a little butter and milk. Stir over the fire until very hot.

GLAZED CARROTS.

Cut some carrots into slices and boil ten minutes, drain away the water and cover with strong stock, add a pinch of salt, pepper and sugar, also 1 teaspoon meat extract to each $\frac{1}{2}$ pint stock. Cook until the stock is reduced to glaze, shake the pan from time to time, so that all the carrots may be covered with the glaze.

CARROTS WITH BROWN SAUCE.

Take young carrots for this dish. Leave them whole. Fry together 2 oz. butter—1 small onion—2 oz. ham—1 oz. rice flour, add 3 gills brown stock. Cook fifteen minutes, then strain, add the carrots, and cook until tender. Serve with broiled beefsteak.

BOILED SALSIFY.

In preparing salsify, keep it under the water as much as possible, as exposure to the air causes it to turn black. Boil like carrots, only add lemon juice or vinegar to the water. Serve with white sauce.

SCALLOPED SALSIFY.

Boil 12 salsify until tender, mash it, and add 1 oz.

butter—1 tablespoon cream—a pinch of celery, salt and pepper. Sprinkle some buttered scallop-shells with browned bread crumbs. Fill in with the purée, sprinkle with more bread crumbs, put a little piece of butter on each, and brown quickly in the oven.

SALSIFY FRITTERS.

Cut boiled salsify into slices, dip into flour, then into frying batter, and fry in hot fat three minutes.

TOMATO SOUFFLÉ.

$\frac{1}{2}$ lb. tomatoes—1 small head of boiled celery—2 oz. butter—1 $\frac{1}{2}$ oz. flour—2 oz. grated cheese—2 yolks and 3 whites of eggs—pepper and salt—1 cup milk.

Slice the raw tomatoes and the celery and put them in a soufflé dish. Make soufflé mixture of butter, flour, milk and eggs, add the cheese, pepper and salt, and pour it over the tomatoes and celery. Sprinkle with browned bread crumbs and bake in moderate oven half-an-hour. Serve for second course or luncheon dish.

TOMATOES WITH EGGS.

1 lb. tomatoes—6 eggs—2 oz. butter—pepper and salt—1 teaspoon chopped parsley.

Fry the eggs in the butter, put them on a hot dish, then slice the tomatoes, sprinkle with pepper and salt, and fry them also for about three minutes. Make a border of them round the dish and sprinkle with the parsley. Serve as breakfast or luncheon dish.

STUFFED TOMATOES.

For 6 large tomatoes take 3 oz. white meat—3 oz. fat ham or bacon—1 very small onion—1 teaspoon chopped parsley—2 tablespoons bread crumbs—1 egg—pepper and salt.

Mince meat and ham, and mix with bread crumbs, chopped onion, egg and seasoning. Cut a slice from top of tomatoes, scoop out the seeds, fill in with the forcemeat, put a small piece of butter on the top of each and bake in hot oven fifteen minutes.

TOMATOES WITH MACARONI.

4 oz. macaroni—1 lb. tomatoes— $\frac{1}{2}$ pint Velouté sauce—1 very small onion—2 tablespoons browned bread crumbs—1 oz. butter—12 croûtons of fried bread.

Boil the macaroni until tender, cut it into inch lengths. Slice the tomatoes and put a layer on the dish in which they are to be served, over this put a layer of macaroni, and so on until the dish is two-thirds full. Sprinkle each layer with onion very finely chopped, butter, pepper, and salt. Pour the sauce over, sprinkle with the crumbs and bake in moderate oven half-an-hour. Garnish with the croûtons of fried bread. Serve as luncheon dish.

SAUTÉ OF TOMATOES.

Cut some tomatoes with rather thick slices, dip them into beaten egg mixed with chopped parsley, pepper and salt; fry in butter. Serve with mutton cutlets.

TOMATOES WITH BROWN SAUCE.

1 lb. tomatoes— $\frac{1}{2}$ pint brown sauce.

Slice the tomatoes, put them on a buttered pan, sprinkle with pepper and salt, cover with buttered paper, and bake in moderate oven fifteen minutes. Arrange neatly on a dish, and pour the sauce in the centre.

CAULIFLOWER WITH WHITE SAUCE.

Soak the cauliflower in salt and water an hour or so, see that it is quite clean. Remove the outer leaves and put flower downwards into boiling water, to which has been added a piece of soda the size of a pea, and 1 tablespoon of salt to a gallon. Boil until tender. Take out carefully and drain on a cloth for a moment. Put it in a vegetable dish, and pour $\frac{1}{2}$ pint white sauce over. The $\frac{1}{2}$ pint of sauce is sufficient for a good sized cauliflower.

CAULIFLOWER AU GRATIN.

Boil a cauliflower as in preceding recipe, then take $\frac{1}{2}$ pint white sauce, add to it 2 large tablespoons grated cheese, pour this over the cauliflower in the dish in which it is to be served, sprinkle one tablespoon grated cheese over, and brown quickly in the oven or before the fire. Serve as luncheon dish.

CAULIFLOWER FRITTERS WITH CHEESE.

Boil a cauliflower just until tender, but not too soft. Have ready the 1 egg quantity of frying batter, add to

it a large tablespoon of grated cheese, salt and cayenne. Break the cauliflower into neat pieces, dip them into the batter, drop into hot fat and fry three minutes. Drain on paper, and sprinkle with grated Parmesan cheese. Serve very hot.

CAULIFLOWER WITH TOMATO SAUCE.

Break a boiled cauliflower into neat pieces and place them on toast, pour over enough tomato sauce to cover, and serve hot.

BRUSSELS SPROUTS.

Brussels sprouts need very careful washing. They should then be cooked like cabbage in plenty of water. Then drained without breaking. They may be served plain or with white sauce.

BRUSSELS SPROUTS WITH CHEESE SAUCE.

Boil $\frac{1}{2}$ peck of brussels sprouts and drain them. Put them into the dish in which they are to be served, pour over $\frac{1}{2}$ pint cheese cream sauce, sprinkle with browned bread crumbs, and bake in moderate oven about ten minutes. Serve very hot.

BOILED LEEKS.

Well wash the leeks and cut all the same length, tie in bundles. Boil until tender in salt and water, drain, and serve with white sauce.

It is a good plan to boil five minutes in one water, then strain and add more. The leeks will then be of better flavor and color.

STEWED LEEKS.

Boil the leeks five minutes in water, drain, and add thin brown sauce to cover. Cook slowly until tender. Serve garnished with croûtons of fried bread.

CURRIED VEGETABLES.

1 cup of carrot and 1 cup of turnip cut into dice and cooked—1 cup boiled green peas—1 onion—2 oz. butter—1 gill cream or new milk—1 teaspoon curry powder—1 teaspoon flour—1 teaspoon lemon juice.

Fry the onion in the butter a few minutes without browning, add curry and flour, stir in the cream, when boiling, add vegetables, and cook slowly ten minutes. Add the lemon juice.

MACEDOINE OF VEGETABLES.

Take equal quantities of carrots, turnips, peas, French beans, and cucumber; cut into small dice, and boil; mix all together, add a little pepper, salt and butter. This may be used hot or cold for many purposes.

Other vegetables besides those mentioned may be used in the same way.

BOILED CELERY.

Well wash the celery, and let it stand two hours in cold water, tie in bundles, and put in saucepan with cold water to cover. Bring to the boil, then rinse with cold water. Boil until tender in equal parts of milk and

water, with a little salt. Drain, put on a dish and pour white sauce over. This may be made with the milk and water in which the celery was boiled.

FRIED CELERY:

Cook the celery in stock until quite tender, then cut each stick in half, lengthways, roll it up, sprinkle with flour, pepper, salt and nutmeg. Dip in frying batter, and fry in hot fat to a nice golden brown.

VEGETABLE MARROW—BOILED.

Peel the marrow and cut it into neat pieces, take out the seeds. Put into boiling water with a little salt, and boil twenty minutes. Serve on toast with white sauce poured over.

VEGETABLE MARROW—STUFFED.

Cut a slice from a peeled marrow and remove the seeds. Fill with sausage meat or other force, tie on the slice from the end with tape. Put into a saucepan a sliced onion, carrot and tomato, pour over 1 pint stock. Cook the marrow in this for one hour and a-half, or longer if necessary; take it up, sprinkle thickly with browned bread crumbs, and cook in the oven fifteen minutes.

PURÉE OF VEGETABLE MARROW.

Boil the marrow until quite tender, drain dry, then

rub through a sieve, return to the saucepan with 1 oz. of butter to each cup of pulp, a little salt and pepper and 1 dessertspoon of new milk or cream. Stir over the fire until very hot. This is nice to serve in the centre of cutlets.

ASPARAGUS ON TOAST.

Trim the asparagus and tie them in bundles. Put in boiling water with a little salt and soda, boil until the heads are tender (about twenty minutes.) Drain, and serve on buttered toast with white sauce.

ASPARAGUS À LA CRÈME.

1 bundle of asparagus—3 gills milk—1 onion—1 small lettuce—a bunch of herbs—1½ oz. butter—1½ oz. flour—1 gill cream—2 yolks of eggs—pepper and salt.

Boil the asparagus in salt and water for ten minutes, then strain and put into a saucepan with the lettuce, onion, milk and herbs. Cook for twenty minutes. Take out the asparagus and rub remainder through a sieve. Melt the butter in a saucepan, stir in the flour, add strained milk, etc., also cream, pepper, salt and yolks of eggs, cook a few minutes, but do not boil. Put the asparagus on buttered toast, and pour the sauce over.

TIMBALE OF ASPARAGUS.

50 young asparagus—2 oz. butter—1½ oz. finely chopped ham—4 oz. flour—1 gill milk—4 eggs.
Cream the butter, stir in the flour, beaten eggs and

milk, add the asparagus cut into small pieces, and a little pepper and salt. Pour into a well buttered mould and steam one hour and a-half. Serve with creamy white sauce.

JERUSALEM ARTICHOKE IN WHITE SAUCE.

into cold water with a little vinegar to keep the color.

Wash and pare the artichokes, and put them at once. When all are ready, boil half-an-hour in salted water and milk in equal parts. Drain well when cooked, put into a vegetable dish and pour white sauce over.

JERUSALEM ARTICHOKE FRIED.

Pare the artichokes and cut them into slices, dry well and sprinkle with salt. Fry to a golden brown in hot fat. Drain on paper, and pile high on a dish. Sprinkle with finely chopped parsley, and serve hot.

KIDNEY BEANS BOILED.

Choose tender young beans, remove the string from round the pod, unless very young, when this is not necessary. Cut them into thin slices, in a slanting direction, lengthways. Put them into boiling water with salt, and boil slowly with the lid off for about twenty minutes. Then drain, and add a little butter and pepper, shake together, and serve.

A very small piece of soda may be put in the water in which the beans are boiled, and will keep them a good color.

PEAS.

Young garden peas should be shelled as soon as possible after gathering, put into boiling water, to which has first been added a little salt, a few sprigs of mint, 1 teaspoon salt, 1 lump of sugar, and a tiny piece of soda to each quart. Boil slowly until tender (about twenty minutes,) then drain thoroughly; add a little butter, pepper and salt, or serve plain.

PEAS À LA FRANÇAISE.

1 pint shelled peas—1 oz. butter—1 small lettuce—1 onion— $\frac{1}{2}$ teaspoon chopped parsley—1 cup white stock—2 yolks of egg—pepper and salt.

Melt the butter in a saucepan, add the peas, chopped onion, shredded lettuce and stock. Cook slowly half-an-hour, then add pepper and salt, allow the boil to go off, then add the beaten yolk of egg, and cook a few minutes, but do not boil. Serve as luncheon dish with croûtons of fried bread, or as a vegetable.

PURÉE OF PEAS.

1 pint boiled peas—1 oz. butter—1 tablespoon cream—pepper and salt.

Rub the peas through a sieve, return them to the saucepan with the butter, etc., and stir over the fire until quite hot.

This is nice to serve in the centre of cutlets, and for garnishing entrées, etc.

MUSHROOM SAUTÉ.

½ lb. mushrooms—2 oz. butter—pepper and salt.

Skin the mushrooms and sprinkle them with pepper and salt. Make the butter hot in a sauté pan, put in the mushrooms, and cook from ten to fifteen minutes, according to size. Serve very hot.

MUSHROOMS ON TOAST.

½ lb. fresh mushrooms—2 oz. butter—a little mace, pepper and salt—½ pint single cream or new milk—or, if preferred, beef gravy may be used—a very little grated lemon rind.

Sauté the mushrooms in the butter for five minutes, add seasoning and cream, and stew half-an-hour. Serve on buttered toast.

MUSHROOMS WITH BACON.

½ lb. fresh mushrooms—½ lb. bacon cut in rashers.

Peel the mushrooms, sprinkle with pepper and salt, and put them with the bacon on a pan. Cook in hot oven or before quick fire, for ten minutes. Dish up with mushrooms in centre and bacon round. Pour over the gravy from the pan.

PURÉE OF MUSHROOMS.

1 lb. mushrooms—2 oz. butter—2 tablespoons bread crumbs—1 tablespoon beef gravy—pepper and salt.

Peel and chop the mushrooms, cook them in the but-

ter five minutes, add bread crumbs and gravy. Cook five minutes longer.

BOILED SPINACH.

Fresh garden spinach should be cooked as soon as possible after cutting, as it withers very quickly. Wash carefully in several waters. Put 2 tablespoons of water in a saucepan with a good teaspoon salt and a small piece of soda. When boiling add the spinach and boil about fifteen minutes. Press all the water from it, add a little butter or dripping, and serve.

Spinach may be boiled in more water, if preferred, but the flavor is not so good.

SPINACH À LA CRÈME.

2 lbs. freshly cut spinach—2 oz. butter—2 oz. flour—1 gill cream—2 yolks of eggs—¼ lb. puff pastry.

Cut the pastry into leaves or diamonds, and bake a pretty golden color. Boil the spinach, rub it through a sieve, then melt the butter in a saucepan, stir in the flour, add cream and spinach, with a little pepper and salt. Cook 2 minutes, add beaten yolks of eggs mixed with a little milk, stir a few minutes over the fire. Dish up on entrée dish, with a border of the pastry.

BEETS, TO BOIL.

Well wash, but do not cut the beets. Cook in boiling water until tender; this will require from one hour to one hour and a-half. Remove the skin and use as required.

BEET À LA SOYER.

1 boiled beet—1 oz. butter— $\frac{1}{2}$ oz. flour—1 tablespoon vinegar— $\frac{1}{2}$ pint water.

Cut the beet into slices. Melt the butter in a saucepan, stir in the flour, add water, vinegar, pepper, salt and beet. Cook ten minutes, and serve.

EGG PLANT, FRIED.

Cut the egg plants into slices, sprinkle with pepper, salt and melted butter, and stand an hour. Roll in egg and bread crumbs, and fry in butter.

EGG PLANTS, BROILED.

Cut the egg plants in halves and sprinkle them with pepper, salt, mustard and finely chopped ham, roll in fine bread crumbs and broil over a clear fire about ten minutes.

HARICOT BEANS, BOILED.

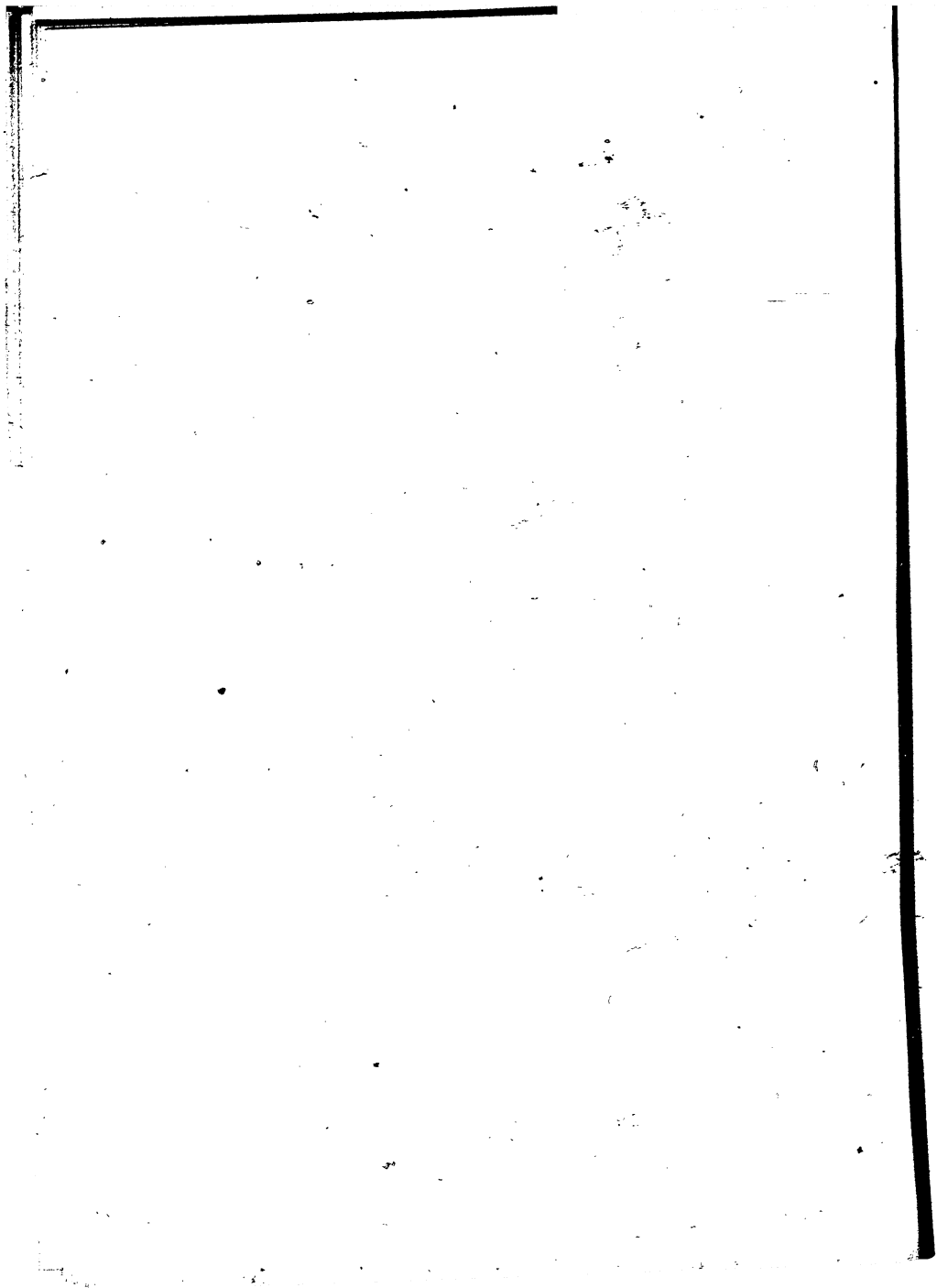
1 pint beans—1 oz. butter—1 tablespoon chopped parsley.

Soak the beans over-night, put them in a saucepan with 3 pints of cold water and 1 teaspoon of salt. Boil gently for two hours, and strain. Melt the butter in a saucepan, add the beans, sprinkle the parsley over, and shake the pan over the fire for a few minutes, then serve.

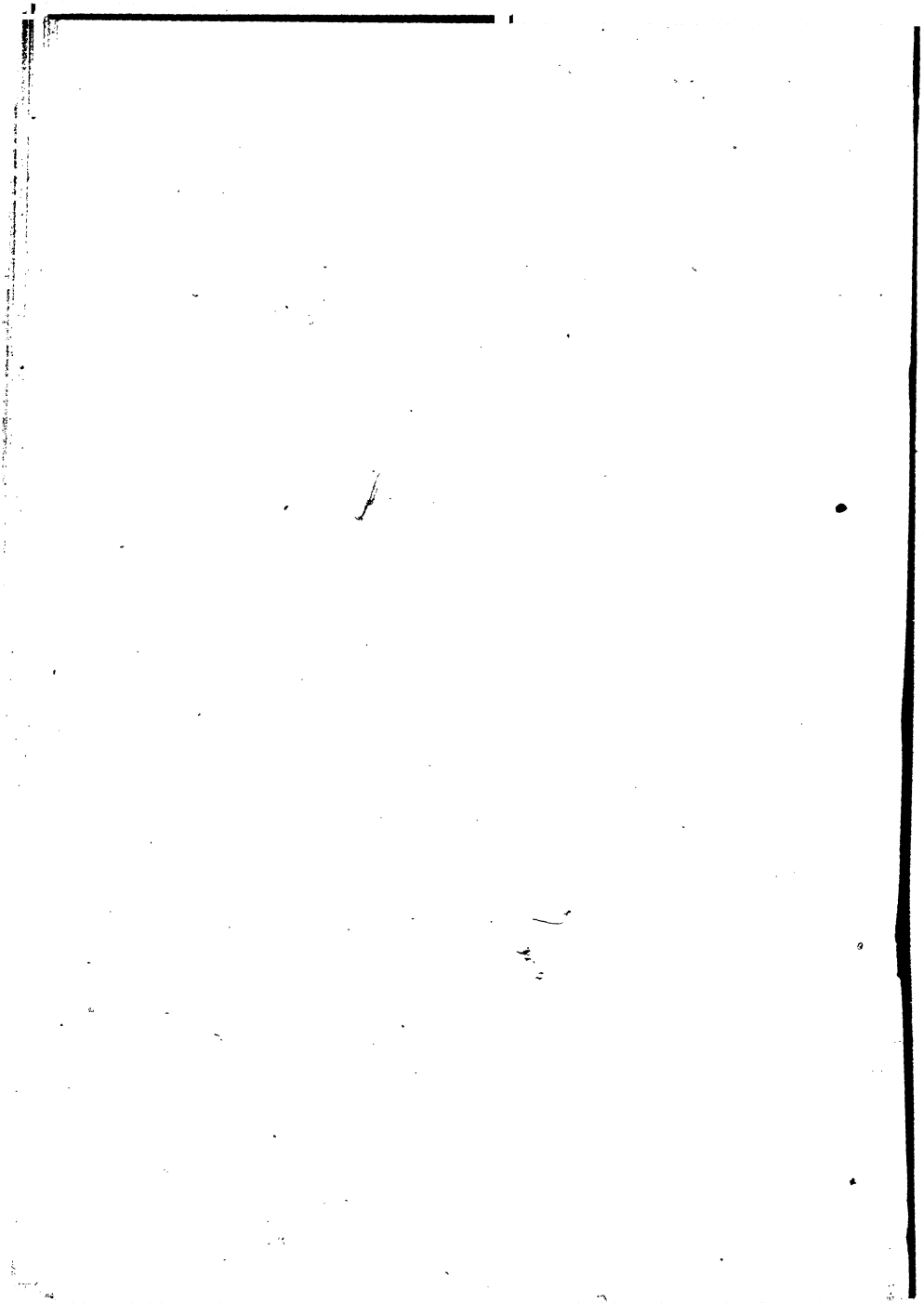
HARICOT BEANS, STEWED.

2 pints of boiled beans—1 gill brown sauce—2 oz. fat
bacon—1 small onion.

Cut the bacon into dice, pour boiling water over it, stand five minutes, then drain, and brown in a stewpan, add the minced onion (which should be first boiled five minutes) and sauce. Cook slowly ten minutes, add the beans and cook ten minutes longer.



EGGS.



EGGS.

BOILED EGGS.

Put the eggs into boiling water and boil $3\frac{1}{2}$ minutes. Eggs cooked the same day as laid, require 5 minutes. The $3\frac{1}{2}$ minutes will quite set the white, if this is not desired, boil only 3 minutes.

An egg is said to be more digestible if put into a jug of boiling water, covered closely, and allowed to stand 5 minutes, but not put on the fire. A hard boiled egg should be boiled at least 20 minutes, it will be found much more crumbly and digestible if cooked this time than the usual 10 minutes. After cooking, put in cold water until wanted.

POACHED EGGS.

Break the eggs separately and carefully so as not to break the yolks. Drop them into boiling water, to which has been added a little salt and lemon juice. Simmer until the white is set, take out carefully and drain away the water, and serve as hot as possible.

SCRAMBLED EGGS.

For each egg take 1 small tablespoon milk— $\frac{1}{2}$ an oz. butter—a pinch of pepper and salt.

Mix eggs and milk together, add pepper and salt, melt the butter in a saucepan, add eggs, etc., and stir over the fire with a fork just until set. Take off at once and serve on buttered toast.

SCOTH EGGS.

Well butter some small dariole moulds, and sprinkle them with finely chopped parsley mixed with pepper and salt. Drop an egg into each, and steam till set. Turn out, and serve on buttered toast.

EGGS WITH TOMATOES.

Take as many eggs as tomatoes, skin the tomatoes, cut them into slices and put on to a buttered dish. Break the eggs carefully, and put them over the tomatoes. Sprinkle with browned bread and pour a little melted butter over. Bake in good oven about twelve minutes.

EGGS WITH OYSTERS.

2 eggs—12 oysters—1 tablespoon oyster liquor—1 teaspoon chopped parsley—pepper and salt.

Cut the oysters in four pieces. Beat up the eggs, add the oyster liquor, parsley, pepper and salt. Mix all together, pour into well buttered dish, and bake about ten minutes.

SWISS EGGS.

For each egg take 1 teaspoon fresh bread crumbs—1 dessertspoon milk or cream— $\frac{1}{2}$ oz. butter—salt and pepper.

Place in small soufflé cases or saucers, the cream, bread crumbs, pepper and salt, drop an egg into each, put the butter on the top, and bake about ten minutes.

BAKED EGGS.

Cut a round of bread for each egg, take out the centre with a smaller cutter, toast and butter the rings, put them on a buttered tin, and drop an egg into each. Bake until the eggs are set, lift carefully on to a dish, and serve hot.

EGGS AND CHEESE.

For each egg take 1 oz. cheese—1 tablespoon milk—pepper and salt—a small piece of butter.

Slice the cheese thinly and put it into a buttered pudding dish, add milk, pepper and salt. Break the eggs carefully and put them in the dish, bake in quick oven about fifteen minutes, and serve very hot.

HAM AND EGGS.

4 slices of ham—4 eggs.

Put the ham into a cold fryingpan, and cook until sufficiently done. Take it out of the pan and put on a hot dish. Break the eggs, one by one, into a cup and put them into the fryingpan. Cook in the fat from the ham until the whites are set. Lift with a slice, and dish them on the ham.

EGGS WITH BACON.

The eggs for this dish may either be poached or

fried. When cooked, dish them on croûtons of fried or toasted bread, and put rolls of bacon all round the dish. To cook the bacon, cut thin slices, roll them up and pass an iron skewer through them and cook in the oven or before the fire for five or six minutes.

EGGS À LA CRÈME.

6 poached eggs— $\frac{1}{2}$ pint thin Bechamel sauce—1 teaspoon finely chopped parsley—some little croûtons of fried bread.

Put the eggs on a dish, pour the sauce over, and garnish with the parsley and croûtons.

EGGS À LA MAÎTRE D'HÔTEL.

2 onions—3 hard boiled eggs—2 oz. butter—1 oz. flour—1 pint milk—1 tablespoon finely chopped parsley—pepper and salt.

Slice the onions and sauté them in the butter without browning, add the flour and mix it smoothly into the butter. Put in the milk, by degrees, and cook slowly fifteen minutes. Cut the eggs into quarters, arrange them in a ring on a dish and strain the sauce into the centre. Sprinkle with the parsley and serve hot.

EGGS SUR LE PLAT.

Butter the dish on which the eggs are to be served, break them carefully on to it, sprinkle with a very little pepper and salt. put bits of butter here and there. Put the dish in the oven and cook until the whites are set. Serve hot.

SAVORY EGGS.

1 slice of buttered toast—1 egg—1 tablespoon cream or milk—1 oz. minced ham—a little chopped parsley— $\frac{1}{2}$ oz. butter—a pinch of pepper.

Beat the egg, add cream, ham, parsley and pepper, warm the butter in a saucepan, pour in the egg mixture and stir with a fork until just set. Pile up on the toast and serve hot.

CREAMED EGGS.

3 eggs— $\frac{1}{2}$ pint new milk or cream—pepper and salt— $\frac{1}{2}$ pint brown gravy.

Beat the eggs, add milk, pepper and salt, and strain. Butter some plain dariole moulds, fill them with the egg mixture, and steam until set. Turn on to a dish, and pour the gravy round.

ANCHOVY EGGS.

2 hard boiled eggs—1 $\frac{1}{2}$ oz. butter—1 teaspoon anchovy paste—a little cayenne.

Cut the eggs carefully through the centre and take out the yolks, cut a very small piece off the ends of the whites so that they will stand. Pound together the yolks, butter and anchovy, with this mixture fill in the whites. Put remainder into a forcing-bag with rose-tube, and force a little on to each. These eggs may be served with salad, or brown bread and butter.

INDIAN EGGS.

Cut a small piece from the ends of 4 hard boiled eggs

and fill them with the following mixture:—The yolk of the eggs—2 oz. butter—1 teaspoon curry powder—dessertspoon anchovy paste—a little pepper.

Pound all together and use. Dish up the eggs garnished with cress and little rolls of brown bread and butter.

EPICUREAN EGGS.

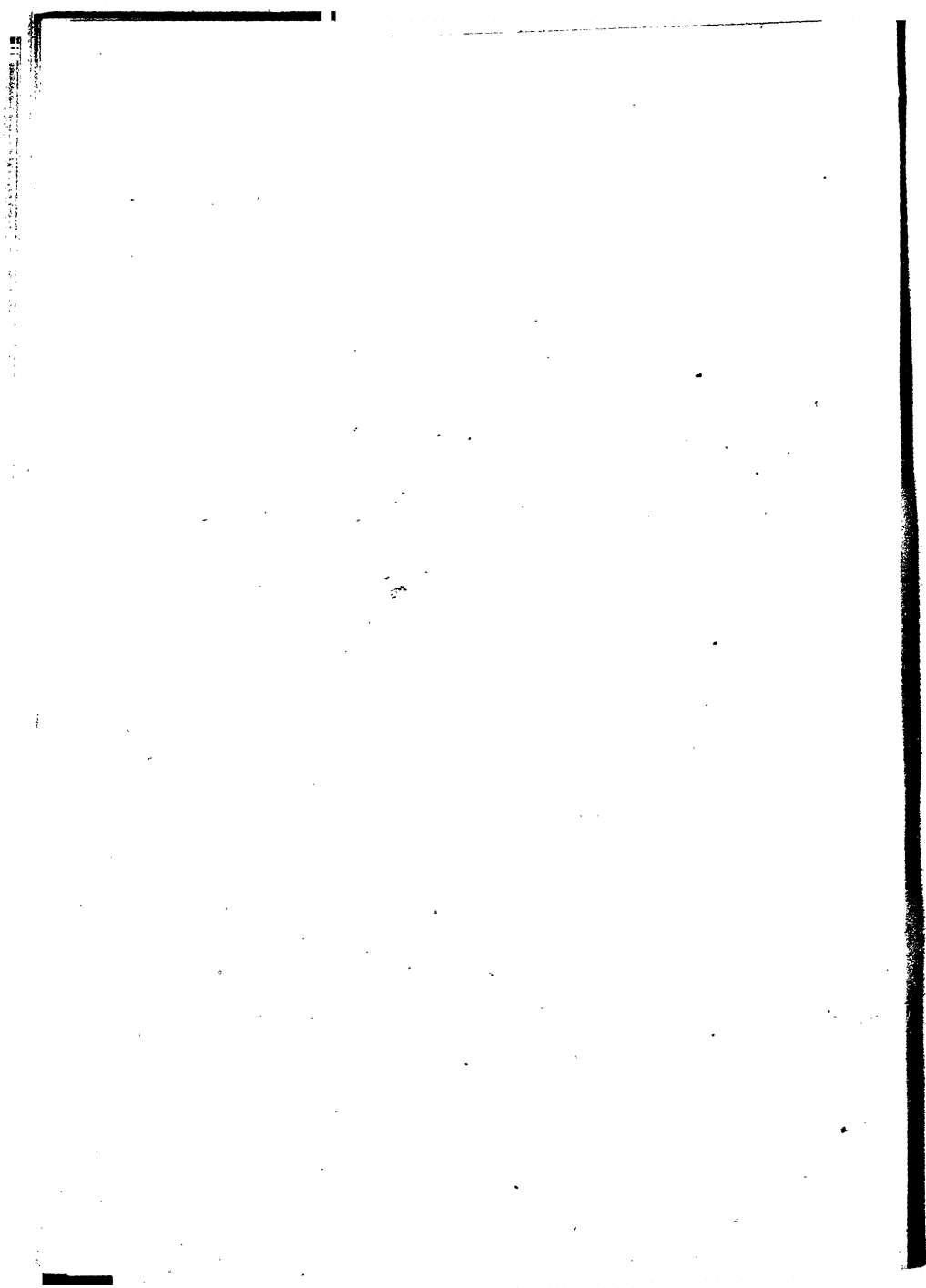
Cut 3 hard boiled eggs in half and take out the yolks—pound them with 2 oz. finely minced ham or tongue—2 oz. butter—a little pepper and salt— $\frac{1}{2}$ teaspoon anchovy essence—1 teaspoon curry powder.

Fill the whites with this mixture, place them on a dish, and garnish with little dice of beet and celery and aspic jelly, and lettuce in the centre.

EGGS FRIED IN BUTTER.

Heat 1 oz. of butter in a perfectly clean fryingpan, sprinkle a pinch of pepper and salt over it. Drop 3 eggs in very carefully, and fry until the whites are set. Raise them with a slice, put on a hot dish, with or without buttered toast, as desired, sprinkle with finely chopped parsley, and serve hot.

OMELETS.



OMELETS.

Though so few cooks can send a thoroughly good omelet to table, they are really very simple and easy to make.

In making the ordinary French omelet, the eggs should be but very little beaten, just enough to mix them and no more. If beaten too much, the omelet will be watery. In the omelet souffles, on the contrary, it is difficult to overbeat them, but of course they are beaten in a different way, that is, the whites and yolks separately.

In all cases, be very sure that the omelet pan is scrupulously clean. A good plan to ensure this, is to melt a very little fat in it, then rub it off with kitchen paper. The butter in which the omelet is cooked, should be heated slowly, or it will brown, and discolor the omelet.

And most important of all, the omelet must be served as soon as ready.

A great many other omelets may be made from the following recipes, by altering the flavoring.

FRENCH OMELET.

2 eggs—1 large tablespoon of new milk or cream—a very little salt and pepper—if liked, a dust of nutmeg.

Mix well together, but do not beat them. Melt not quite an ounce of butter in the omelet pan, pour in the mixture, and cook two or three minutes over the fire, hold it a few seconds before the fire, or under the gas in a gas-stove. Fold it up, put on a hot plate, and serve at once.

OMELET WITH HERBS.

2 eggs—2 tablespoons milk— $\frac{1}{2}$ a very small shallot—
1 teaspoon finely chopped mixed herbs—1 grate
of nutmeg—pepper and salt.

Mix all together, melt 1 oz. butter in an omelet pan, pour in the mixture, stir with a wooden spoon until it begins to set, then drain into a half-moon shape. Turn on to a hot dish, and serve at once.

FISH OMELET.

2 eggs—1 tablespoon of chopped dried haddock—1
tablespoon milk—a little pepper and parsley
Mix all together and cook as French omelet.

OYSTER OMELET.

3 eggs—2 tablespoons oyster liquor—salt and pepper
—1 teaspoon chopped parsley.

Cook in the same way as French omelet; when done, put the following ragoût on one side, and turn the other over, and serve at once :—

6 oysters—1 oz. butter—1 teaspoon lemon juice—salt
and pepper—1 tablespoon of chopped mushrooms
—1 yolk of egg.

Mix all together and stir over the fire until it thickens, then use.

CHEESE OMELET, No. 1.

Add 1 oz. cheese, finely grated, to the mixture for French omelet, cook in the same way, roll up and sprinkle with grated Parmesan or Gruyere cheese over it.

CHEESE OMELET, No. 2.

Make a plain soufflé omelet, with $\frac{1}{2}$ an oz. grated cheese added to the recipe.

Have ready 2 tablespoons of cream cheese sauce. Fold them over with the sauce inside. Serve as hot as possible.

CREAM CHEESE SAUCE.

1 oz. good cheese—2 tablespoons good white sauce—mustard—pepper and salt.

Stir all over the fire until the cheese is melted, and use at once.

OMELETTE SOUFFLÉ.

3 eggs—1 teaspoon vanilla essence—1 teaspoon sugar—1 tablespoon jam.

Beat together the yolks of eggs, sugar and vanilla. Whip the whites of eggs to a stiff froth, mix them in as lightly as possible. Melt $\frac{1}{2}$ an oz. butter in an omelet pan, pour in the mixture and cook over the fire for about two minutes, then put in a hot oven for about

five minutes. Fold together with the jam inside, and serve at once on a hot dish. The sides next the pan should be folded together.

RUM OMELET.

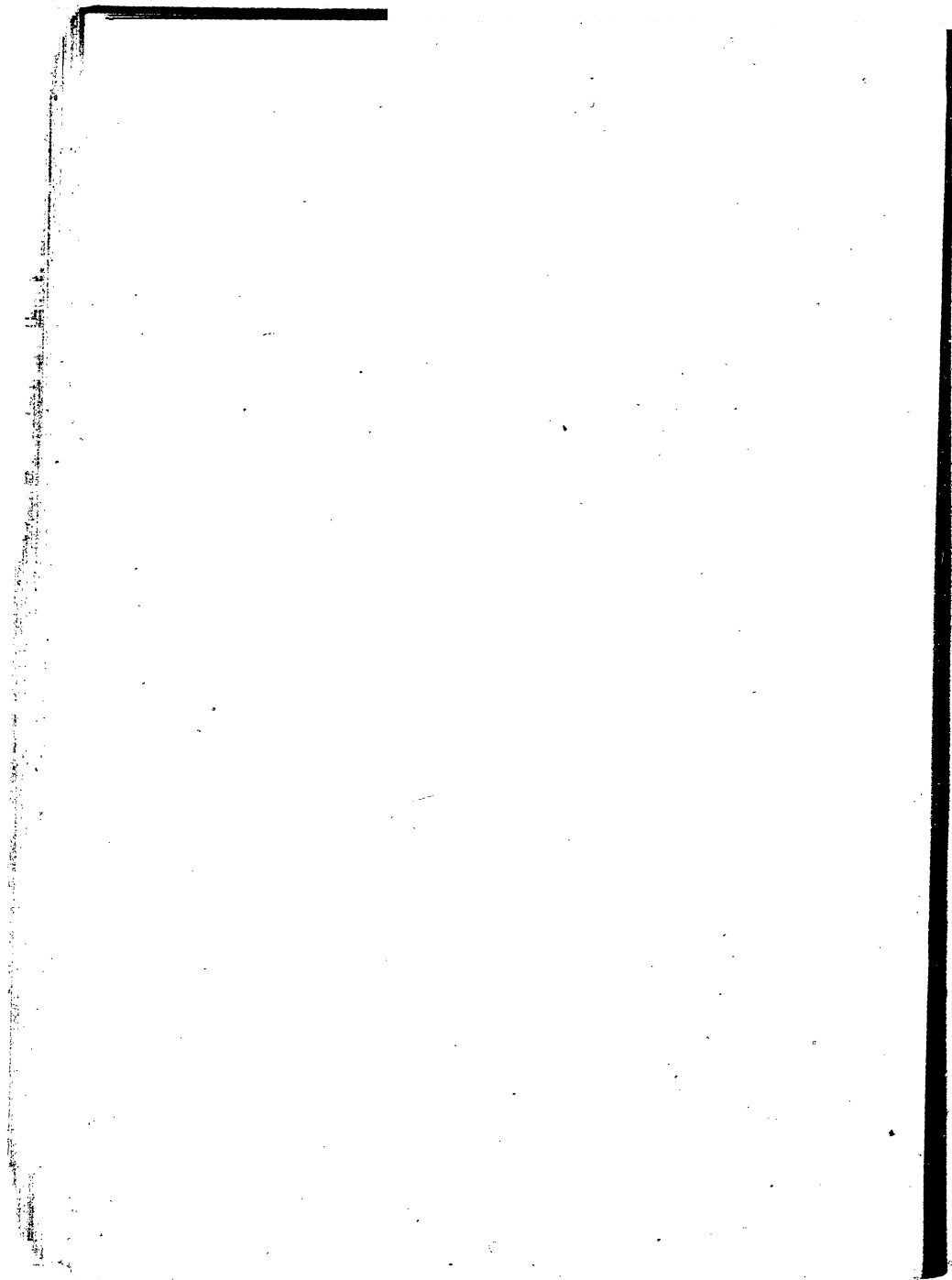
Make an omelet as for omelet soufflé, pour over a tablespoon of rum, sprinkle with icing sugar. Ignite the rum, and serve while burning.

PLAIN OMELET SOUFFLÉ.

2 eggs—1 tablespoon milk—pepper and salt.

Mix together the yolks of eggs, milk, pepper and salt. Whip the whites to a stiff froth, add them lightly. Melt $\frac{1}{2}$ oz. butter in an omelet pan, pour in the mixture, cook two minutes over the fire and five in the oven. Fold together, and serve at once.

HINTS ON CAKE MAKING.



HINTS ON CAKE MAKING.

Perhaps more in cake making than any other branch of cookery, it is essential to procure good materials. Poor flour, bad butter, and worse still, stale eggs, will spoil a cake made with the utmost care.

First, then, see that your materials are good, and remember, among other things, that good beef dripping will always give a more satisfactory result than bad butter. Lard, used alone, is not advisable in many cases, for cake making, though, mixed in equal quantities with butter, answers very well in the plainer cakes. Castor, or flint sugar, as it is sometimes called, is by far the best for all light cakes, such as sponge and layer cakes, while brown sugar may be used with advantage in any fruit cake where the flour and butter are rubbed together. When the butter is creamed, castor sugar will be found best.

Now, a few hints as to preparing the materials, currants and sultanas should be washed in cold water, and thoroughly dried before using. The best way to do this is to put them into a colander and let water run through them for a few minutes, rubbing them occasionally with the hands, then allow them to drain, turn them on to an old cloth and take the ends and shake them in it. After this, pick them and spread out to dry. When quite dry, put away in a jar ready for use. If

this is done when the groceries come in, the fruit is always ready when wanted, and much time is saved. In any case, it is a bad plan to wash them just before using, as, being damp, they will in all probability sink to the bottom of the cake, and also tend to make it heavy. If for any reason it cannot be avoided, sprinkle them with flour before using.

If salt butter is used, it should first be washed in cold water. In doing this, keep the butter in one piece, and press it well with the hand in the water, so as to wash it all through with as little waste as possible. Put it in a towel and press the moisture out of it.

In creaming butter and sugar together, the better way is to first cream the butter alone, then add the sugar, and cream again until it takes a white creamy appearance. A wooden spoon is the best thing to use for this purpose. On no account melt the butter when your recipe says cream it.

In using eggs, always break them separately into a cup, so as to be sure that all are good.

An egg that has no odour may generally be used, though it look cloudy.

A pinch of salt added to the whites of eggs, helps them to froth more quickly.

It is a good plan always to prepare the tins before mixing the cake, as many cakes need to go into the oven at once. The best way to do this, is with a brush dipped in melted fat.

For any kind of sponge cake, the tins, after buttering, should be sprinkled with flour and sugar mixed together in equal quantities. For all rich cakes, the tins should first be buttered, then lined with buttered paper.

Baking powder should be put in with the last quan-

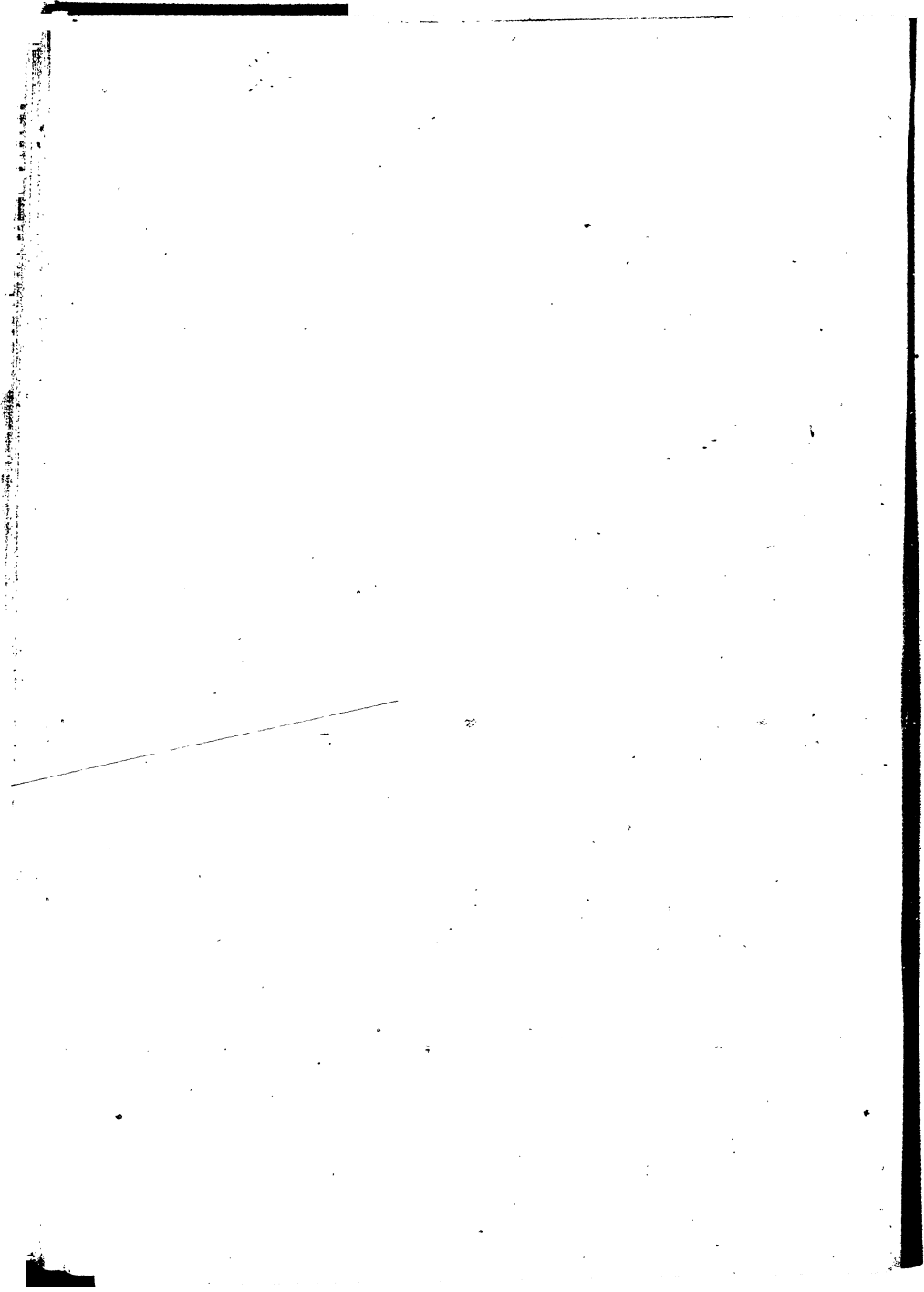
tity of flour, in mixtures where the butter and sugar are creamed; where the butter and flour are rubbed together, it is best added after the butter is rubbed in, and before the moisture is added. When the whites of egg are whipped to a stiff froth, less baking powder is necessary.

And now we come to the oven, a very important factor in the making of cakes. In fact, the first thing that should be thought of, for without a good oven of the right heat, all the labor of mixing, beating and whisking will be lost, and the cake a melancholy failure. One rule to remember is this—the richer the cake, the longer it takes to cook—consequently the oven must be cooler, or the outside will be burnt and the inside underdone. For a large, rich mixture, put into rather a warm oven for the first half-hour, then cool down for remainder of time. Sponge and layer cakes need a moderate, steady oven. For most scones and hot cakes, the oven should be hot.

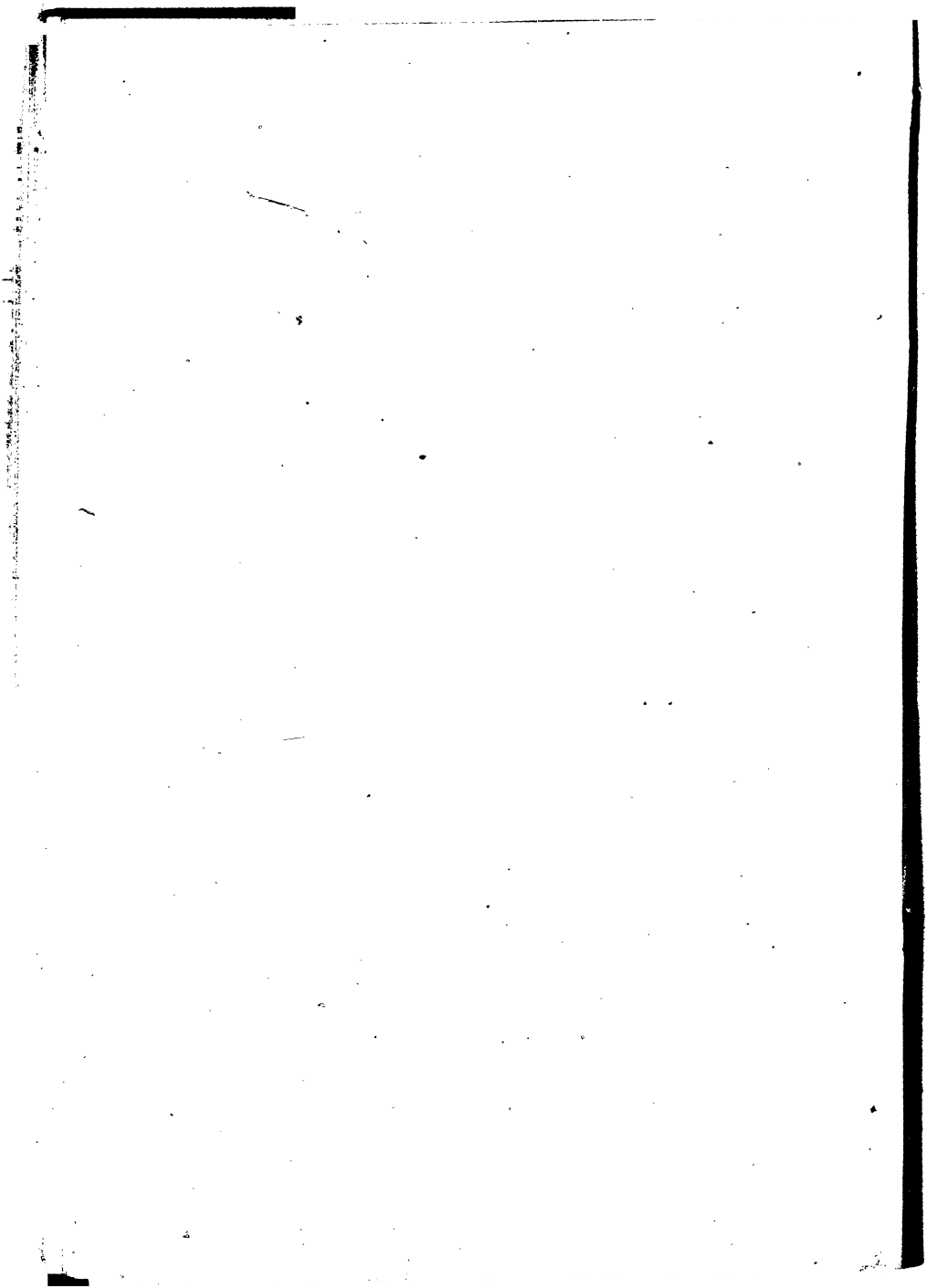
An easy test to tell when all spongy cakes are sufficiently cooked, is to put the finger on the centre; if it feels spongy and springs into place where the finger touched it, it is ready.

Short-bread, ginger biscuits, and such cakes as Shrewsbury, should be cooked in rather a cool oven, they should be crisp all through, and must on no account be allowed to become too dark a brown, or the flavor is quite spoilt.

All cakes on being removed from the tins, should be placed on a pastry rack or folded towel, in order that the steam may escape.



BREAD AND CAKES.



BREAD AND CAKES.

BREAD.

3½ lbs. flour—1 oz. yeast—1 teaspoon salt—1 teaspoon sugar—1½ pints tepid water.

Put the flour and salt into a large bowl, cream the yeast and sugar together, add the water, and mix all together. Put the dough into a warm place to rise, for two hours, or it may be set at night and left until morning. After it has risen, knead it well and form into loaves, allow them to rise half-an-hour. Put them into a hot oven for a quarter of an hour, then remove to a cooler part for an hour-and-half. If liked, two boiled and mashed potatoes may be added to the flour, also the bread may be made with half milk and half water. The heat of the room for raising the dough should be about 80°, and the oven when the bread is first put in, 280°, for the remainder of time, 220°.

RAISIN LOAF.

Take half the above quantity of made dough, and knead into it 1 beaten egg—2 oz. melted butter or dripping—¼ lb. brown sugar—¼ lb. raisins—1 oz. cut candied peel, and a little mixed spice.

Put the dough into a buttered tin, rise half-an-hour, and bake in moderate oven one hour.

BOSTON BROWN BREAD.

1 cup white corn meal—1 cup rye flour—1 cup whole meal—1 teaspoon salt—1 teaspoon soda— $\frac{1}{2}$ cup molasses—scant $\frac{1}{2}$ pint water.

Sift the flour before measuring, then mix together all dry ingredients, and sift again. Mix together molasses and water, and stir it into the flour. Well butter some small round tins, two-third fill them with the mixture, and steam two hours. Put them then into a moderate oven for ten minutes.

TEA CAKES.

4 lbs. household flour—1 cake yeast— $1\frac{1}{2}$ oz. lard—1 pint milk— $\frac{1}{2}$ tablespoon sugar.

Mix the yeast and sugar to a cream, melt the lard and mix it with the milk, which should be tepid, add this mixture to the yeast. Mix all well together and stand in a warm place half-an-hour, then knead thoroughly and add more milk, if necessary. Stand another half-hour, then knead again and make into buns. Let these stand half-an-hour, then bake in good oven for twenty minutes. If liked, these buns may be glazed with egg, or with the following mixture:—

1 teaspoon sugar—1 teaspoon butter—1 teaspoon milk or water. Boil up and use with a brush.

MILK SCONES.

1 lb. flour—2 oz. butter—2 oz. sugar—about 3 gills milk, or buttermilk—2 teaspoons baking powder. Put flour, sugar and butter into a basin and rub them

together, add then the baking powder, stir in the milk, turn on to a floured board and knead very lightly. Cut in two pieces. Form each into a ball and roll a little each way, leaving them about an inch in thickness. Cut across with a sharp knife, and bake fifteen minutes in a moderate oven, take them out and brush lightly with milk, return to the oven for two minutes. Serve hot or cold.

STEAMED GRAHAM BREAD.

3 cups Graham flour—1 cup wheat flour—1 teaspoon salt— $3\frac{1}{2}$ teaspoons soda—1 scant teacup molasses— $2\frac{1}{2}$ cups sour milk.

Mix together all dry ingredients, add molasses and milk, mix well, pour into buttered mould, and steam three hours and a-half.

BREAKFAST BISCUITS.

$\frac{1}{2}$ lb. flour—1 oz. butter—a pinch of salt—1 teaspoon baking powder—about 1 gill milk.

Rub together the flour, butter and salt, add the baking powder, and lastly, stir in the milk. Turn on to a floured board and roll out to about an inch in thickness. Cut into small, round cakes with a pastry cutter, and bake fifteen minutes in good oven. Split open and pour a little warm butter on each. Serve as hot as possible.

OATMEAL BISCUITS.

5 oz. flour—7 oz. oatmeal—3 oz. castor sugar—4 oz.

lard or butter—1 egg— $\frac{1}{2}$ saltspoon carbonate of soda—1 teaspoon water.

Mix dry ingredients together. Melt the butter and add it, also the egg, which should first be well beaten with the water. Mix well together, turn the paste on to a floured board and roll out very thinly, cut into rounds, place them on a buttered pan, and bake twenty minutes in moderate oven. These biscuits must not be allowed to become too brown, or the flavor is quite spoiled.

GALETTES.

1 lb. household flour—1 lb. Vienna flour—1 packet of yeast— $\frac{1}{2}$ pint warm milk— $\frac{1}{2}$ lb. butter—7 eggs.

Make a dough with the household flour, milk, sugar and yeast, add eggs and butter to Vienna flour, and beat well with the hand. When the dough has risen one hour, beat the two mixtures well together and allow it to rise another hour. Make into two large cakes, rise half-an-hour and bake in good oven about three-quarters of an hour, brush with egg, and return to the oven for five minutes.

The same mixture may be made into buns, brushed with egg, and baked twenty minutes, after rising half-an-hour.

BATH BUNS.

1 lb. of sifted flour— $\frac{1}{2}$ lb. butter—1 gill warm milk—4 large eggs—5 oz. castor sugar—1 packet yeast.

Rub the butter into the flour. Mix together the yeast and milk, add this to the flour, also the eggs; knead into a light dough, and allow it to rise in a warm

place for one hour and a-half; add then the sugar, and knead it lightly until well mixed, drop in small pieces on a buttered pan, sprinkle the top of each with roughly crushed sugar or comfits, and peel and bake in a good oven for about twenty minutes.

SULTANA CAKE.

½ lb. flour—4 oz. butter—4 oz. sugar—2 eggs—4 oz. sultanas—½ gill milk—rind of ½ a lemon—2 oz. candied peel—1 teaspoon baking powder.

Rub together the flour, butter and sugar, add baking powder, lemon rind, candied peel cut into small pieces, and sultanas. Beat the eggs until very light, mix them with the milk, stir all quickly together, put into well buttered cake tin and bake about one hour in moderate oven.

Currant and seed cake may be made from the same recipe, substituting currants or seeds in place of the sultanas.

PLUM CAKE.

1 lb. flour—½ lb. butter or good beef dripping—6 oz. raisins—6 oz. currants—6 oz. sultanas—4 oz. candied peel—a few drops of almond essence—½ lb. brown sugar—4 eggs—1 gill milk—1 large teaspoon baking powder.

Rub together the flour, butter and sugar, add fruit and baking powder. Beat the egg until light, add to them the milk and almond essence. Mix all together, put into well buttered cake tin, and bake in moderate oven two hours.

LAYER CAKE, No. 1.

$\frac{1}{2}$ a cup of butter— $1\frac{1}{2}$ cups of sugar— $2\frac{1}{2}$ cups of flour
—1 cup milk—4 eggs— $2\frac{1}{2}$ teaspoons baking powder—1 teaspoon vanilla.

Beat butter to a cream, add sugar, and beat again, now add the yolks of eggs and beat well, add the flour and milk alternately, putting in the baking powder with the last quantity of flour. Whip whites of eggs to a stiff froth, add them very lightly, pour the mixture into well buttered jelly cake tins, and bake twenty minutes in moderate oven.

LAYER CAKE, No. 2.

2 cups flour—1 cup sugar—2 oz. butter—1 cup milk—
2 teaspoons baking powder—rind of $\frac{1}{2}$ a lemon—
2 eggs.

Mix in the same manner as No. 1, divide into two parts, and color one part with a few drops of cochineal or carmine. Bake in two jelly cake tins for twenty minutes, turn out, and when cold, spread one part with lemon cheese. Put the other on the top and pour hot lemon icing over.

ALMOND CAKES.

2 eggs—their weight in sugar, butter and flour—2 oz.
chopped almonds—1 tablespoon rose water.

Beat butter and sugar to a cream, add yolks of eggs, flour and rose water. Whip whites to stiff froth, add them lightly, and lastly the almonds. Half-fill small moulds, and bake fifteen minutes in moderate oven.

CITRON CAKE.

4 oz. butter—4 oz. flour—4 oz. sugar—2 tablespoons brandy— $\frac{1}{2}$ a teaspoon baking powder—3 eggs—4 oz. citron.

Well butter a jelly cake tin, cut the citron into rings and place them all round. Beat butter and sugar to a cream, add yolks of eggs, then alternately, the flour, brandy and whites of eggs. Cut up the scraps of citron and add them to the mixture, pour into the prepared tin and bake about twenty-five minutes.

GERMAN POUND CAKE.

8 oz. butter—10 oz. flour—8 oz. sugar—4 oz. candied peel—rind and juice of 1 small lemon—8 oz. sultana raisins—5 eggs.

Beat butter and sugar to a cream, add yolks of eggs, then flour and whites alternately, lastly, the fruit. Pour into buttered and papered cake tins, and bake two hours in moderate oven.

POUND SEED CAKE.

$\frac{1}{2}$ lb. butter— $\frac{1}{2}$ lb. sugar— $\frac{1}{2}$ lb. flour— $\frac{1}{4}$ lb. candied peel—rind of $\frac{1}{2}$ small lemon—1 tablespoon brandy—1 tablespoon carraway seeds—4 eggs— $\frac{1}{2}$ a teaspoon of baking powder may be used if liked.

Mix in the same order as German pound cake, and bake about one hour and a-half in a moderate oven.

GENOA CAKE.

10 oz. flour—8 oz. sugar—8 oz. butter—6 oz. sultanas

—1 oz. pistachio nuts—2 oz. almonds—3 oz. citron
 —grated rind of 1 lemon—8 eggs—1 tablespoon
 orange flower water.

Mix in the same order as German pound cake, well butter and paper a cake tin, pour in the mixture, and bake from one hour and a-half to two hours. If liked, shredded almonds may be sprinkled on the cake before it is baked.

ENGLISH POUND CAKE.

1 lb. butter—1 lb. sugar—1 lb. flour—8 eggs—1 wine-glass brandy—1 lb. raisins—1 lb. sultanas—1 lb. currants— $\frac{1}{2}$ lb. prunes— $\frac{1}{4}$ lb. dried cherries— $\frac{1}{2}$ lb. candied peel— $\frac{1}{4}$ lb. almonds—1 teaspoon mixed pudding spice—1 teaspoon carbonate of soda—1 teaspoon browning.

Beat butter and sugar to a cream, mix all the prepared fruit together—the almonds shredded, the cherries cut in half, and the prunes into small pieces—and beat the eggs until light. Now mix alternately into the butter and sugar, the flour, eggs and fruit, when this is thoroughly well mixed, add the spice, brandy, browning and soda. Mix well again, then put the mixture into prepared tin, and bake in moderate oven from four to five hours.

CARRAWAY SEED CAKE.

$\frac{1}{2}$ lb. flour— $\frac{1}{4}$ lb. sugar— $\frac{1}{4}$ lb. butter—2 tablespoons milk—2 eggs—1 teaspoon baking powder—1 oz. citron—the grated rind of $\frac{1}{2}$ a lemon.

Put flour, sugar and butter in a basin, rub them

lightly together until the mixture looks like bread crumbs, add then the seeds, citron and baking powder. Beat the eggs until light, and add to them the milk. Mix all quickly together, pour into a well buttered cake tin, and bake in moderate oven about an hour.

CHOCOLATE CAKES.

(1.)—4 oz. butter—4 oz. flour—4 oz. sugar—3 eggs—1 teaspoon vanilla.

(2.)—½ lb. icing sugar—3 oz. grated chocolate—2 table-spoons wine or water—a few drops of caramel.

Beat the butter and sugar to a cream, and add to them alternately the beaten eggs and flour, add also the vanilla; pour into well buttered deep jelly cake tin, and bake in moderate oven twenty minutes, turn out and allow it to cool, cut it then into little rounds or diamonds. Now put icing sugar, chocolate, caramel and wine into a saucepan, stir over a slow fire just until it is liquid, dip the cakes into this mixture, and put on a board to cool.

COCOANUT GINGERBREAD.

½ lb. flour—½ lb. treacle—¼ lb. cocoanut—1 egg—2 oz. sugar—2 oz. butter—½ gill milk—½ teaspoon soda—½ oz. ground ginger.

Rub together the flour, butter and sugar, melt the treacle and pour it into the flour, etc. Beat the egg until light, add to it the milk. Mix all together thoroughly, pour into well buttered tin, and bake one hour and a-half in moderate oven.

GINGER CAKE.

$\frac{1}{2}$ lb. flour— $\frac{1}{2}$ lb. treacle— $\frac{1}{4}$ lb. currants—2 eggs—1 teaspoon cinnamon—1 teaspoon ginger— $\frac{1}{2}$ a teaspoon carbonate of soda— $\frac{1}{4}$ teaspoon cream of tartar—2 oz. chopped almonds— $\frac{1}{4}$ lb. butter— $\frac{1}{4}$ lb. sugar.

Mix all the dry ingredients together. Well beat the eggs, then put the treacle, butter and sugar together in a saucepan. When all is melted, pour it over the egg. Now mix all quickly together, pour into well buttered cake tin, and bake about three-quarters of an hour.

HARLEQUIN CAKE.

Take No. 1 layer cake mixture and color in three colors, bake twenty minutes in separate tins. Turn out, and when cool, spread two with the following mixture, place one over the other, and ice with hot icing:—Lemon Mixture:—Rind and juice of 1 lemon—1 cup sugar—1 egg—1 tablespoon corn starch—1 gill water.

Mix together the water and corn starch, and cook them for five minutes; add sugar, lemon and egg, and cook one minute longer.

SHORTBREAD.

$\frac{1}{2}$ lb. flour— $\frac{1}{4}$ lb. butter—2 oz. castor sugar.

Wash the butter, leave it in one piece, and knead the sugar and flour into it. When quite smooth, place it on a sheet of white paper and roll it out to about three-quarters of an inch in thickness, using the hands to keep

it in shape. Mark round the edges with "the old woman's poke," or a fork, prick all over the centre, and bake in rather a slow oven for half-an-hour. Allow it to stand on the pan for a few minutes after coming out of the oven, to harden.

If liked, the shortbread may be ornamented with carraway comfits and candied peel.

BRANDY WAFERS.

6 oz. treacle—3 oz. butter—3½ oz. flour—5 oz. sugar—
¼ oz. ginger.

Melt the butter and treacle together, and stir in gradually the flour, sugar and ginger. Drop in spoonfuls on to a buttered pan, leaving a good space between. Bake about twelve minutes in moderate oven, remove from the pan while warm, and roll up.

PLAIN DOUGHNUTS.

1 cup flour—1 oz. butter—1 tablespoon sugar—2 table-
spoons milk—1 teaspoon baking powder.

Rub together the flour, sugar and butter, add the baking powder and a very little nutmeg, form the mixture into ball, put the finger through, and cook in hot fat five minutes. Drain on paper and sprinkle thickly with sugar.

RASPBERRY DOUGHNUTS.

Take the same mixture as for plain doughnuts, roll it out rather thinly and stamp into rounds, put a little raspberry jam on half the rounds, brush the edges with

water and cover with the remainder, press them firmly together and fry in hot fat five minutes. Sprinkle with sugar.

DROP-SCONES.

5 tablespoons flour—2 tablespoons sugar—1 egg—1 teaspoon baking powder—about 5 tablespoons milk, or butter milk.

Mix together flour, sugar and baking powder, drop in the egg, add milk by degrees, beat well together, and cook on the griddle pan. Serve hot or cold.

ALPHA CAKES.

2 oz. grated cocoanut—weight of 2 eggs in butter, flour and sugar—1 teaspoon lemon juice.

Beat the butter to a cream, add sugar, and beat again, add lemon juice, then mix in alternately the well beaten eggs and sifted flour, add the cocoanut last of all, and drop the mixture in rough pieces on to a buttered pan, sprinkle with cocoanut, and bake in a quick oven ten minutes.

CURRANT ROCK CAKES.

$\frac{1}{2}$ lb. flour—3 oz. sugar—3 oz. butter or dripping—1 egg—3 oz. currants—1 teaspoon baking powder—a little milk.

Place flour, sugar and butter in a basin and rub them lightly together until there are no lumps, add currants and baking powder, beat the egg until light, add the milk. Mix all quickly together, half-fill some small buttered tins, and bake in moderate oven for twenty minutes.

CREAM CAKES.

3 teacups of flour—3 teacups sugar—2 oz. butter—3 eggs—1 teacup sour cream—1 teaspoon vanilla— $\frac{1}{2}$ teaspoon carbonate of soda— $\frac{1}{2}$ teaspoon cream of tartar.

Place flour, sugar and butter in a basin and rub them lightly together, add soda and cream of tartar. Beat the eggs until light, and add to them the cream and vanilla. Mix all quickly together. Half-fill small buttered cake tins with the mixture and bake in good oven from twelve to fifteen minutes.

TEA CAKES.

2 eggs—4 oz. butter—6 oz. sugar—rind of 1 small lemon— $\frac{1}{2}$ lb. flour—a little rose water or plain water—a pinch of salt— $\frac{1}{2}$ a teaspoon baking powder.

Beat the butter and sugar to a cream, and add to it the beaten eggs, flour, rose water and baking powder. Turn it on to a floured board, knead very lightly, roll out to the thickness of an inch, cut into rounds, and bake in a good oven fifteen minutes. These cakes may be eaten hot or cold; if hot, open them and pour over a little melted butter.

SHREWSBURY CAKES.

4 oz. flour—1 oz. rice flour—3 oz. butter—2 oz. sugar—1 egg—a few spots of vanilla— $\frac{1}{4}$ of the rind of small lemon—2 oz. of currants may be added if liked.

Cream the butter and sugar, add beaten egg and flour, also vanilla and lemon. Turn on to floured board, knead very lightly, roll out thinly, cut into rounds, and bake about ten minutes in a moderate oven.

QUEEN CAKES.

3 oz. currants—4 oz. butter—4 oz. sugar—6 oz. flour— $\frac{1}{2}$ gill milk—3 eggs—1 teaspoon lemon juice.

Beat butter and sugar to a cream, add yolks of eggs, and beat again, add lemon juice, then, by degrees, flour and milk. Whip whites to a stiff froth and add them lightly, put in the currants. Half-fill small cake tins that have been well buttered, and bake in moderate oven for twenty minutes.

FRIARS' CAKES.

(1.)—5 oz. butter—4 oz. flour—3 eggs— $\frac{1}{4}$ lb. burnt almonds—4 oz. sugar—a few dried cherries.

(2.)— $\frac{1}{2}$ lb. icing sugar—1 tablespoon lemon juice—1 tablespoon of water.

Beat butter and sugar to a cream, add flour and beaten eggs alternately, also half the almonds, finely chopped. Butter some very small moulds and half-fill them with this mixture. Bake twelve minutes in moderate oven. Turn out, and allow them to cool, then put the icing, sugar, lemon juice and water in a saucepan, and stir it over the fire until liquid, but do not allow it to boil. Dip each cake into this icing, and then into remainder of chopped almonds, and put a cherry on the top of each.

VICTORIA BUNS.

10 oz. flour—3 oz. sugar—3 oz. butter—2 eggs— $\frac{1}{2}$ gill milk—1 teaspoon baking powder—rind of $\frac{1}{2}$ a lemon—1 oz. candied peel.

Rub together the flour, sugar and butter, add grated lemon rind, and baking powder. Beat the eggs and mix them with the milk. Mix all together, drop in small pieces on to a buttered pan, and bake in good oven fifteen minutes. The candied peel should be cut into slices, and one slice placed on each bun before baking.

GINGERBREAD NUTS.

$\frac{1}{2}$ lb. flour—8 tablespoons molasses—3 oz. lard—1 teaspoon ground ginger— $\frac{1}{2}$ teaspoon baking powder—pinch of salt.

Mix dry ingredients together. Boil together the lard and molasses, mix all together, form into little balls, and bake about ten minutes in moderate oven.

SPONGE CAKE, No. 1.

3 eggs—the weight of 3 eggs in sugar and 2 in flour.

First beat yolks and sugar together for at least ten minutes. Whip the whites of egg to a stiff froth, and add them alternately with the flour. Half-fill small tins that have been well buttered and sprinkled with equal quantities of sugar and flour, and bake about eight minutes in good oven.

MATTERNICH CAKE.

Bake above mixture in three shallow jelly cake tins,

coloring one part pink, one part green or brown, and leaving the yellow. When cool, spread two parts with lemon cheese mixture, place one over the other, sprinkle with sugar, and cut into pretty shapes.

SPONGE CAKE, No. 2.

$\frac{3}{4}$ lb. flour—1 lb. lump sugar— $\frac{1}{2}$ pint water—rind of 1 lemon—7 yolks and 5 whites of eggs.

Boil together the sugar, water and lemon rinds until the sugar is quite dissolved, pour it over the eggs, and whisk seven minutes. Add the flour lightly, and pour the mixture into two moulds, prepared as in No. 1, and bake one hour in a moderate oven.

RAILWAY CAKE.

1 cup of flour—1 cup sugar—1 teaspoon vanilla—1 teaspoon baking powder—3 eggs—1 tablespoon milk.

Mix together the flour, sugar and baking powder, in another basin mix the eggs, vanilla and milk. Mix all well and quickly together, and pour into a well buttered flat tin, and bake fifteen minutes.

GATEAU À LA FRANÇAISE.

1 large plain sponge cake—6 oz. fresh butter—8 oz. icing sugar—3 oz. grated chocolate—a few drops of caramel—2 tablespoons brandy.

Beat together the butter and sugar to a cream, add the brandy and caramel. Mix well together, and take out a quarter, add chocolate to remainder. Cut the

cake into thick slices, spread them with the chocolate mixture, replace, and garnish with remainder of icing.

GENOESE PASTRY.

6 oz. butter—6 oz. flour— $\frac{1}{2}$ lb. sugar—7 eggs.

Place the eggs and sugar in a basin and whisk them fifteen minutes over boiling water. Take off, and whisk until cold, add then the flour, melt the butter and stir it in also, pour into jelly cake tins, and bake twenty minutes in moderate oven.

MADEIRA CAKE.

6 oz. flour—3 oz. castor sugar—3 oz. butter—2 eggs—
1 gill milk— $\frac{1}{2}$ teaspoon baking powder—rind of
 $\frac{1}{2}$ a lemon.

Beat butter and sugar to a cream, and add to it alternately the beaten eggs and flour. Pour into well buttered cake tin, and bake three-quarters of an hour in moderate oven.

ORANGE CAKE, No. 1.

$\frac{1}{2}$ lb. flour—2 oz. butter—4 oz. castor sugar—3 eggs—
1 large teaspoon baking powder—a few spots of
orange essence.

Place flour, sugar and butter in a basin and rub together lightly until there are no lumps, then add the baking powder. Beat the eggs until light, and add to them the orange essence and milk, stir all quickly together, pour into well buttered cake tin and bake half-an-hour in good oven. Cool, then cut through and

spread with the following mixture. Replace, and glaze with orange glaze:—

Filling:—1 small orange—1½ oz. butter—1 egg—4 oz. sugar.

Grate the yellow rind from the orange, put it with the juice, sugar and butter in a double saucepan, add the beaten egg, and cook until it thickens. Stir until cool, and use.

ORANGE CAKE, No. 2.

6 eggs—10 oz. castor sugar—6 oz. flour—finely chopped rind of 2 oranges—a few spots of carmine.

Put eggs, orange rind and sugar into a basin, and whisk over hot water until double its size (about ten minutes,) take off, and whisk till cold, then add flour and carmine, pour into prepared cake tin and bake in moderate oven, one hour. When cool, cut into four rounds, and spread with orange marmalade that has been rubbed through a sieve. Replace, and glaze with orange glaze, and sprinkle with finely chopped pistachio nuts.

CANADIAN LAYER CAKE.

Take half the quantity of No. 1 Layer Cake mixture and bake it in two jelly cake tins. Turn out and cool, then put between and ice over with maple sugar icing. Cut French plums in half and place them round the edge, and garnish round each one with royal caramel icing, as below:—

¼ lb. icing sugar—1 teaspoon white of egg—a few spots of caramel, and a little lemon juice.

Beat well together, and use with small rose-tube in forcing-bag.

COCOANUT CAKE.

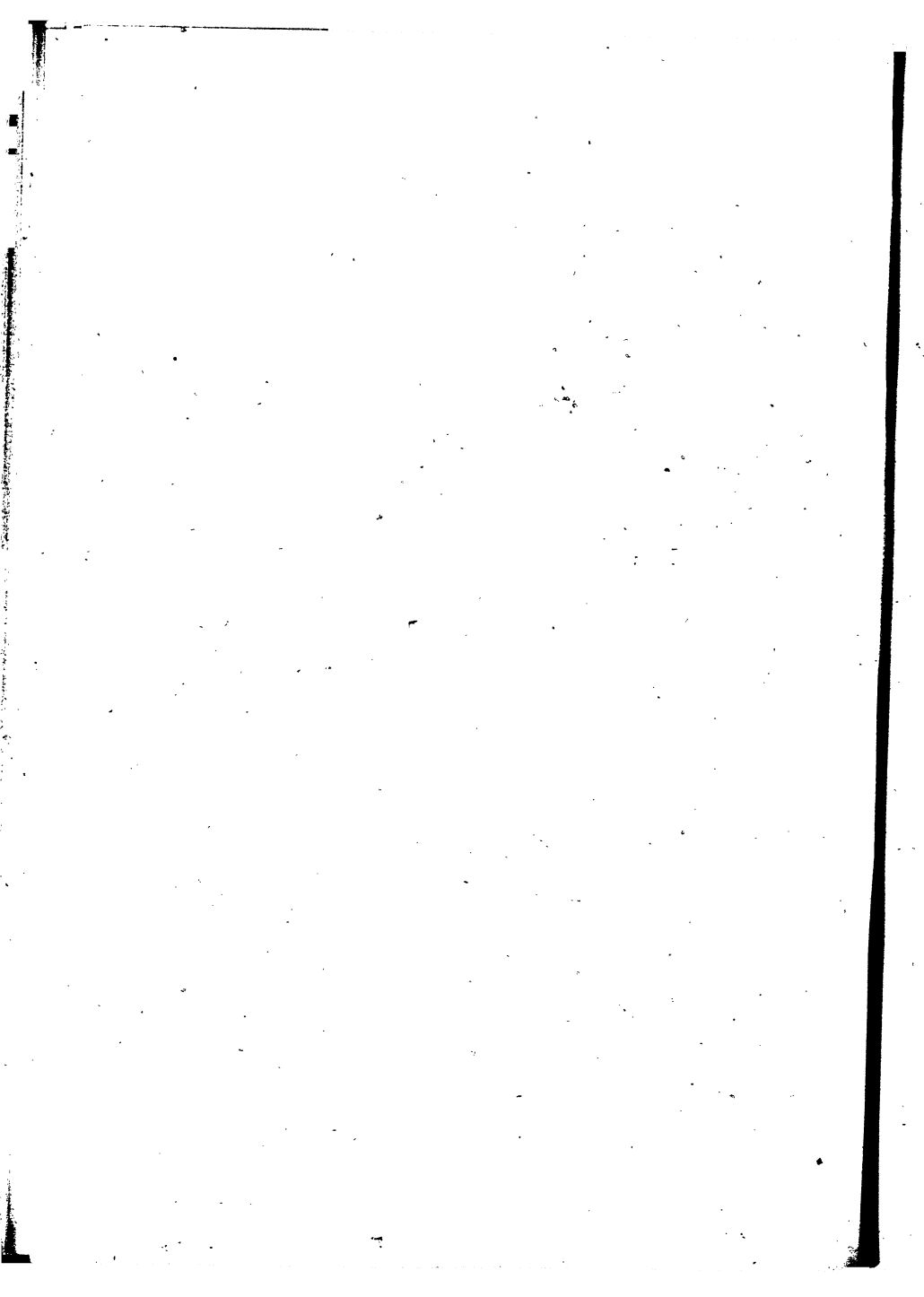
4 oz. butter—4 oz. castor sugar—4 oz. cocoanut—5 oz. flour—3 eggs—1 gill cream—1 teaspoon vanilla—1 teaspoon baking powder.

Cream butter and sugar. Mix together yolks of eggs and cream, add them and flour alternately to butter and sugar, stir in the cocoanut, then add whites of eggs stiffly whipped, and vanilla. Pour into well buttered mould, and bake in moderate oven for one hour.

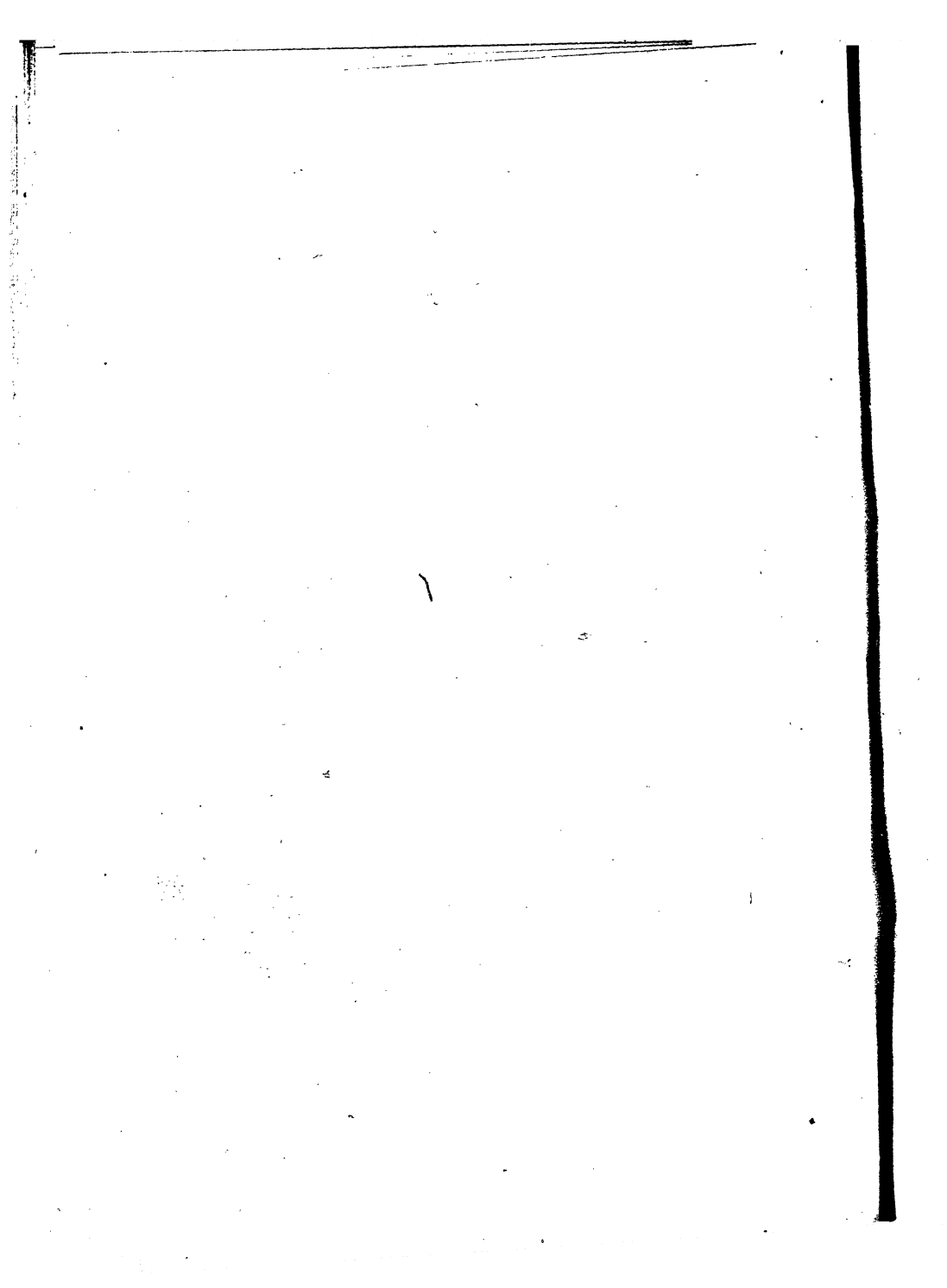
LITTLE NUN'S CAKES.

4 oz. butter—4 oz. sugar—8 oz. flour—3 eggs—rind of $\frac{1}{2}$ a lemon finely grated.

Cream butter and sugar, add beaten eggs and flour alternately. Put into forcing-tube with large, plain pipe, and force into little round cakes on to a buttered pan. Bake in moderate oven about fifteen minutes, remove when done, and glaze the under side with wine glaze.



ICINGS.



ICINGS.

ALMOND ICING, No. 1.

$\frac{1}{2}$ lb. almonds—1 lb. lump sugar— $\frac{1}{2}$ pint water—1
yolk of egg.

Blanch, chop and pound the almonds finely, using a very little water, to prevent oiling. Boil sugar and water to crackling point, pour it over the almonds. Mix together, and use when a little cool.

ALMOND ICING, No. 2.

$\frac{1}{2}$ lb. almonds— $\frac{3}{4}$ lb. icing sugar—1 tablespoon
Noyeau—1 yolk of egg.

Blanch, chop and pound the almonds, add sugar, yolk of egg and Noyeau; pound all together and use.

VIENNA ICING.

$\frac{3}{4}$ lb. fresh butter—10 oz. icing sugar—any flavoring
liked—1 large tablespoon liqueur.

Cream together with a wooden spoon, and use.

VIENNA CHOCOLATE ICING.

The above, with 2 oz. finely grated chocolate, $\frac{1}{2}$ a
teaspoon vanilla, and a few drops of browning added.

MAPLE SUGAR ICING.

1½ cups of maple sugar—½ cup new milk or cream—
1 oz. butter.

Grate the sugar and put it in a saucepan with the butter and milk. Boil ten minutes, stir all the time the same way, take it off and whip until of a creamy consistency. Use at once.

FONDANT ICING.

2½ lbs. cane sugar—1½ cups of water—¼ teaspoon
cream of tartar.

Put all together in a saucepan and stir until boiling, but not after. Boil until it will form a soft ball in cold water, then pour on to oiled pan or platter. When cooled a little, work until it forms a soft, creamy mass. This is the fondant.

When wanted, flavor and color to taste, and heat over hot water until melted.

FRUIT FONDANT.

Boil same quantities of sugar and water to the crack (when it will become quite hard in cold water,) then add ½ a cup of fruit syrup, and boil to the soft ball. Treat in the same way as above.

WINE ICING.

1 cup sugar—½ cup water—½ gill wine—1 tablespoon
lemon juice—about ½ a lb. icing sugar.

Boil cup of sugar to the crack, add wine, lemon and icing sugar; stir a few minutes over the fire, but do not boil. Use at once.

ROYAL ICING.

$\frac{3}{4}$ lb. icing sugar—white of 1 egg—enough lemon to form a soft paste.

Sift the sugar, drop in the white of egg and mix, now add the lemon juice, and beat until the icing is white and very light.

To cover a cake plainly with this icing, first dust off any loose crumbs, then put bits of the icing all over the sides, smooth these with a knife, then dip the knife into cold water and pass it very lightly over the surface. When this is done, ice the top in the same manner. To ornament, use the forcing tubes.

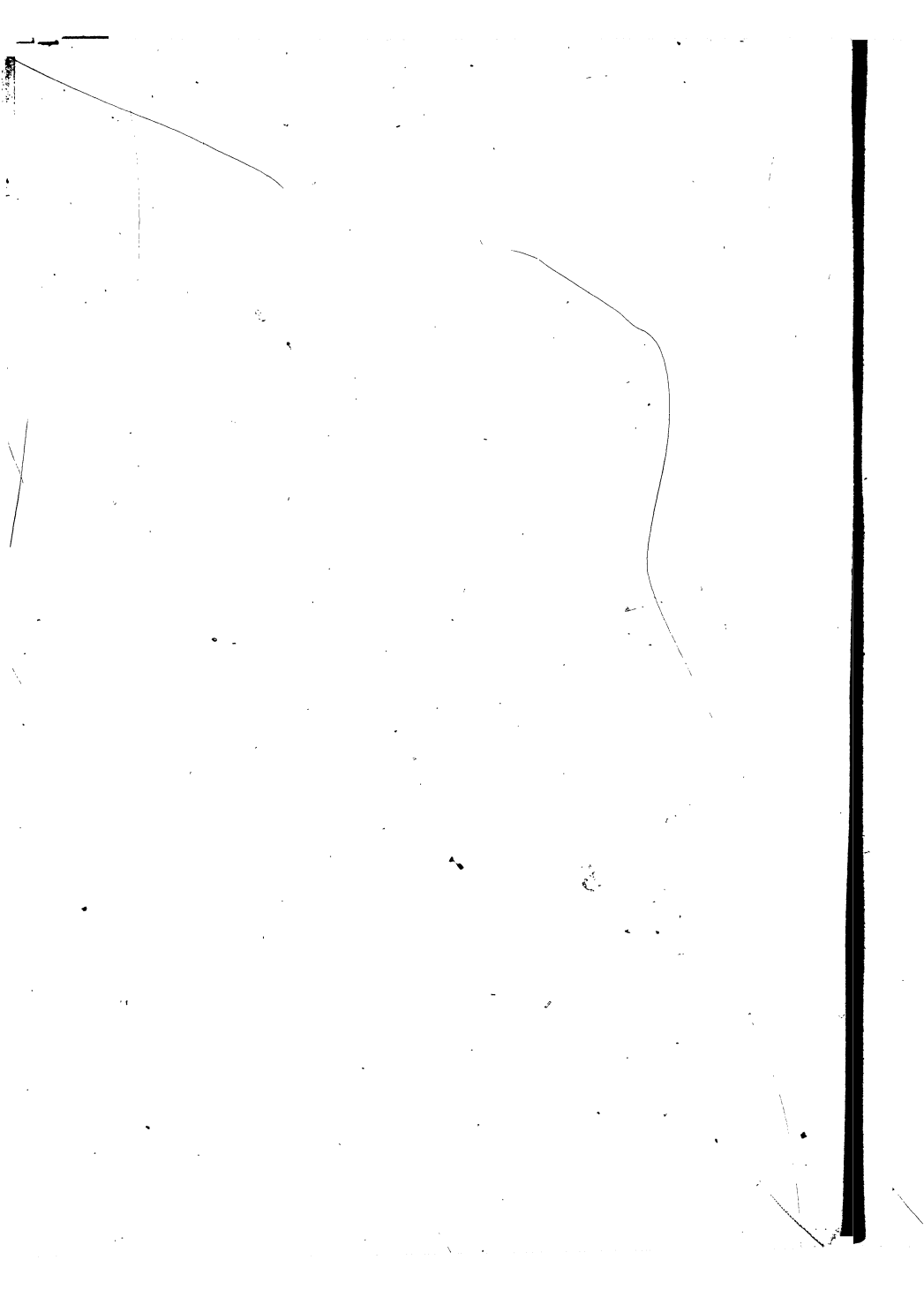
Part of the icing may be colored with a few drops of any color desired.

HOT ICING OR GLAZE.

$\frac{3}{4}$ lb. icing sugar—3 tablespoons of any liquid liked—wine, liqueur, fruit syrup, water or milk.

Sift the sugar, put it and the liquid in a saucepan and stir over the fire until just warm and smooth. Use at once.

Tea and coffee glaze are made in the same way, using strong tea or coffee in place of the other liquids.



HINTS ON SALAD MAKING.

2025 RELEASE UNDER E.O. 14176

HINTS ON SALAD MAKING.

There is little so tempting to eye and palate on a hot summer day, as a well-prepared salad, its "cool greenness" will often coax a failing appetite. But to make a salad successfully, several things must be kept in mind.

First of all, be sure the vegetables used are young and freshly gathered. When possible, it is best to cut them in the early morning, or evening, as when cut in the heat, they wither quickly, and are then neither so pleasant or so good as a food.

Do not allow them to remain long in water, but at the same time see they are quite crisp. If necessary to keep them for a day, or longer, put only the roots in water, until a little time before using.

All green salads require great care in washing, if the leaves are crushed and broken it entirely spoils them. Wash in plenty of cold water, taking the leaves apart carefully, then drain on a sieve or colander, and finish drying by tossing lightly in a towel, for it is important to have the leaves dry, or the dressing will not mix well with them, but run with the water to the bottom of the dish.

There is a Spanish proverb which says "four persons are required to make a salad." A spendthrift to throw in the oil, a miser to throw in the vinegar, a lawyer to administer the seasoning, and a madman to stir the

whole together. Be that as it may, remember in mixing oil and vinegar, at least as much again oil as vinegar should be taken. Though many people still object to the use of oil, it really renders the salad more digestible and useful as a food.

Almost all kinds of vegetables may be utilized in this way. Among the best are tomatoes, all kinds of lettuce and cress, asparagus, peas, beans, onions, beets, cauliflower, celery, cucumber, radishes and parsley. Tomatoes and celery are particularly useful, and lettuce is more or less the foundation of all salads.

Hard boiled eggs are an improvement to many salads, both in appearance and taste, a little aspic jelly, too, may be used with good effect. There is no better way of using up cold boiled salmon, or, in fact, any kind of fish, than making it into a salad. Those people who are fortunate enough to grow their own salad, can with very little trouble keep up a constant supply for the greater part of the year, and can thus, at a few minutes' notice, procure a dish "fit to put before a king."

SALADS.

1
a
t
c
a

SALADS.

LOBSTER SALAD.

1 large lobster—1 good lettuce—1 bunch water cress—
1 small cucumber may also be used—1 gill Mayonnaise or other salad dressing.

Open the lobster and remove the meat, take it from the claws carefully, so as to keep them whole. Make a border round a dish, of the best leaves of lettuce and cress, with little bunches of sliced cucumber; shred remainder, and put it in the centre of dish, arrange the lobster prettily, leaving the claws whole, and garnish with ends of claws, white of egg and lobster coral or papeuca. Pour the sauce over the centre.

CHICKEN SALAD.

1 cold boiled chicken—1 head celery—1 lettuce— $\frac{1}{2}$ lb. tomatoes—1 teaspoon capers—1 lemon—1 gill Mayonnaise sauce.

Shred the celery, and cut the chicken into dice. Make a pretty border round a dish of lettuce leaves and slices of tomato. Put some shredded lettuce on the bottom of dish, and over this the celery. Pile the chicken in the centre, pour over the Mayonnaise sauce, and garnish with lemon, tomatoes and capers.

SPANISH SALAD.

$\frac{1}{2}$ lb. boiled haricot beans— $\frac{1}{2}$ lb. tomatoes—1 bunch radishes—1 bunch cress—2 tablespoons salad oil—1 tablespoon vinegar—1 teaspoon tarragon vinegar—pepper and salt—1 teaspoon chopped parsley.

Pile beans in centre of dish, having first tossed them well in the oil and vinegar, arrange slices of tomato round, then make a border of cress and radishes.

SALMON SALAD.

1 lb. cold boiled salmon, or 1 tin—1 head lettuce—2 tablespoons cream—2 tablespoons vinegar—1 hard boiled yolk of egg—a little mustard, pepper and salt— $\frac{1}{2}$ a teaspoon sugar may be added if liked.

Mix thoroughly together, the yolk of egg, mustard, pepper and salt, add vinegar slowly, then the cream.

Arrange lettuce and salmon on a dish, and pour the dressing over.

FISH AND TOMATO SALAD.

1 moderate sized flounder— $\frac{1}{2}$ lb. tomatoes—1 lettuce—1 gill salad dressing.

Fillet the fish, and cut the fillet in three, sprinkle them with pepper and salt, put on a buttered pan and pour over a teaspoon of lemon juice, cover with buttered paper, and cook seven minutes in good oven. Allow them to cool. Shred the lettuce and put it on a dish, then arrange the fish and sliced tomatoes in a circle, placing them alternately, one over-lapping the other. Pour the sauce in the centre.

BEEF SALAD.

$\frac{1}{2}$ lb. corned beef—1 boiled beet— $\frac{1}{2}$ pint aspic jelly
—1 head of celery—1 large bunch water cress.

Cut the beef into dice, place them on a soup plate and pour over the jelly. When cold, cut into blocks. Shred the celery, cut the beet into dice, put these in alternate bunches round a dish, make a border of cress. Pile blocks of meat in centre. Serve with cream salad dressing.

RUSSIAN SALAD, No. 1.

1 lettuce—1 cucumber—1 bunch radishes— $\frac{1}{2}$ pint macedoine of vegetables—1 gill aspic jelly—6 olives—6 filleted anchovies—1 gill—Mayonnaise sauce—1 teaspoon anchovy essence.

Shred the lettuce and place it on a dish. Pile up the vegetables in centre, and make a border of sliced radishes and cucumber, add anchovy essence to Mayonnaise sauce, and pour it over, bone the olives and roll a fillet of anchovy round each, place these round, and garnish with chopped aspic jelly.

RUSSIAN SALAD, No. 2.

1 carrot—1 turnip—1 gill peas—1 head celery—2 table-
spoons oil—1 tablespoon vinegar—pepper and salt
—1 gill aspic jelly—1 lettuce.

Cut the carrots and turnips into dice, and boil till tender, also boil the peas, shred the celery and lettuce. Toss all separately in oil and vinegar, arrange the vegetables in the form of a wheel, and garnish with block of jelly.

POTATO SALAD.

6 potatoes—3 tablespoons cream salad dressing—1 teaspoon chopped parsley—1 bunch water cress.

Cut the potatoes into dice, and cook until tender, but not broken; strain, and allow them to cool. Mix well with the dressing and parsley, and garnish with the water cress.

EGG SALAD.

6 hard boiled eggs—1 lettuce, or any salads in season—3 tomatoes—oil, vinegar, pepper and salt.

Make a bed of shredded lettuce that has been tossed in oil and vinegar. Cut tomatoes in dice, and sprinkle them with pepper, salt, oil and vinegar, pile these in centre of dish, then cut the eggs into quarters and arrange them round.

PLAIN LETTUCE SALAD.

Take the lettuce apart carefully. Be sure that it is crisp and clean. Drain it well, then dry in a towel, being careful not to bruise the leaves. Make a border of best leaves, shred remainder with the fingers, and toss them in oil, vinegar, pepper and salt.

Many other plain salads may be prepared in the same way, or several kinds may be mixed together.

BEET SALAD.

1 large boiled beet—1 gill cream dressing.

Slice the beet thinly and mix well with the salad

dressing. It may be garnished with pieces of prettily cut beet and parsley.

If preferred, French dressing may be used in place of the cream dressing.

Other cooked vegetables may be served in the same manner. It will be found an excellent way of using up cooked peas, asparagus, carrots, etc.

MACARONI AND CHEESE, No. 1.

$\frac{1}{4}$ lb. macaroni— $\frac{1}{4}$ lb. grated cheese— $\frac{1}{2}$ pint milk—
 $\frac{1}{2}$ gill cream—1 egg—pepper, salt and mustard—
 1 oz. butter.

Well wash the macaroni, cover with cold water, and cook twenty minutes, strain, and add the milk; cook until tender, then mix with it half the cheese, the cream beaten egg and seasoning. Pour on to a buttered dish, sprinkle with remainder of cheese, put the butter over in small pieces, and brown in the oven or before the fire.

MACARONI AND CHEESE, No. 2.

$\frac{1}{4}$ lb. macaroni— $\frac{1}{4}$ lb. grated cheese— $\frac{1}{2}$ pint milk—
 pepper, salt and mustard—1 oz. butter.

Boil macaroni half-an-hour in water, strain; add milk, cook twenty minutes, then add half the cheese and the seasoning, pour into buttered dish, sprinkle with remainder of cheese, put the butter on the top, and brown in hot oven.

Rice and cheese may be prepared in the same way.

MACARONI À LA CASINO.

$\frac{1}{4}$ lb. macaroni—2 tomatoes— $\frac{1}{2}$ pint milk—1 teaspoon essence of anchovy—1 small onion—1 oz. grated Parmesan cheese—1 oz. butter—1 oz. flour— $\frac{1}{2}$ gill cream—pepper and salt—1 $\frac{1}{2}$ gills cream cheese sauce—some little croutons of fried bread.

Fry together, without discoloring, the onion and butter, add the flour, then the milk, and cook slowly ten minutes. Rub pulp from tomatoes, through a sieve, add it to sauce, also cheese, anchovy essence, cream, pepper, salt and boiled macaroni, cut into inch lengths. Pour into a dish, cover with cream cheese sauce, garnish with the croutons of bread, brown quickly in the oven or with a salamander.

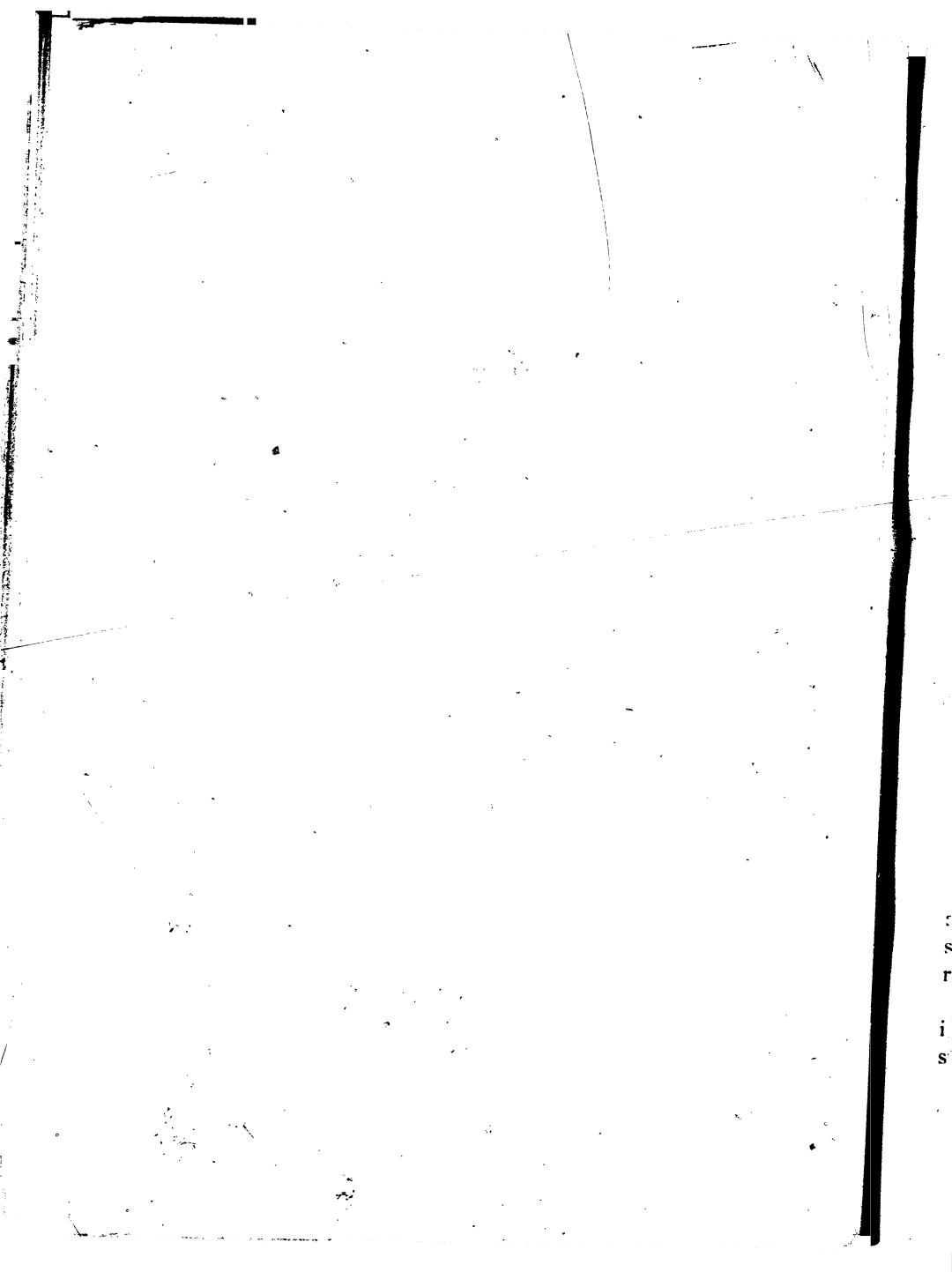
The croutons of bread may be brushed with raw white of egg, and dipped in finely chopped parsley or yolk of hard boiled egg, rubbed through a sieve.

POTATO CAKES.

1 lb. flour—1 lb. potato pulp from hot baked potatoes—2 oz. lard or butter—1 egg—a pinch of salt, and about $\frac{1}{2}$ pint warm milk—1 teaspoon baking powder.

Rub together the flour, butter and salt, add potato pulp and baking powder. Beat the egg until light, mix it with the milk, stir all together. Turn on to a floured board, and roll out to about an inch in thickness, cut into round cakes with a cutter. Place on buttered pans and bake in quick oven about twenty minutes. When browned on one side, the cakes should be turned. Serve at once with butter.

PICKLED MEATS.



:
s
r

i
s

PICKLED MEATS.

"When meat is to be pickled, it should either be put into the pickle while warm after killing, or allowed to hang a day or two in summer, and five days in winter, to become tender.

Before it is put into the brine, the kernels and pipes should be removed, and the meat wiped with a dry cloth. It is an excellent plan to rub a little dried and warmed salt into the meat, and leave it until the next day, then drain it well from the slime and blood which will have flowed from it, then put it in the brine, which ought to cover it entirely. The meat should be turned and rubbed every day." It is better to cover the pan in which the meat is pickled.

PICKLE FOR MEAT.

1 lb. salt—6 oz. brown sugar— $\frac{3}{4}$ oz. saltpetre—1 gallon water.

Put all together in a large pan and boil five minutes, skim thoroughly, then strain and use when cold. Bay salt may be used in place of the common salt, it will render the meat more tender.

The saltpetre is used to make the meat a good color, if too much is used it toughens the meat, and also destroys the flavor.

If liked, a little spice may be added to this pickle.

PRESSED BEEF.

Take a piece of pickled beef as above, wash it and secure in shape with broad tape. Put into tepid water with a bunch of herbs, and cook slowly, allowing twenty-eight minutes to each pound. Remove from the pan, and put a heavy weight on the top, or put in a press. When cold, remove weight and tape, brush over with glaze, and garnish with anchovy butter.

Ox tongue may be preserved in the same manner.

BEEFSTEAK A LA TARTARE.

1 lb. tenderloin steak— $\frac{1}{2}$ gill tartare sauce.

Broil the meat for a few minutes only, so as to leave it very underdone. Cover completely with tartare sauce, and serve at once.

The beef for this dish is sometimes left entirely raw, finely minced, and mixed with the sauce.

SAVORY TOAST.

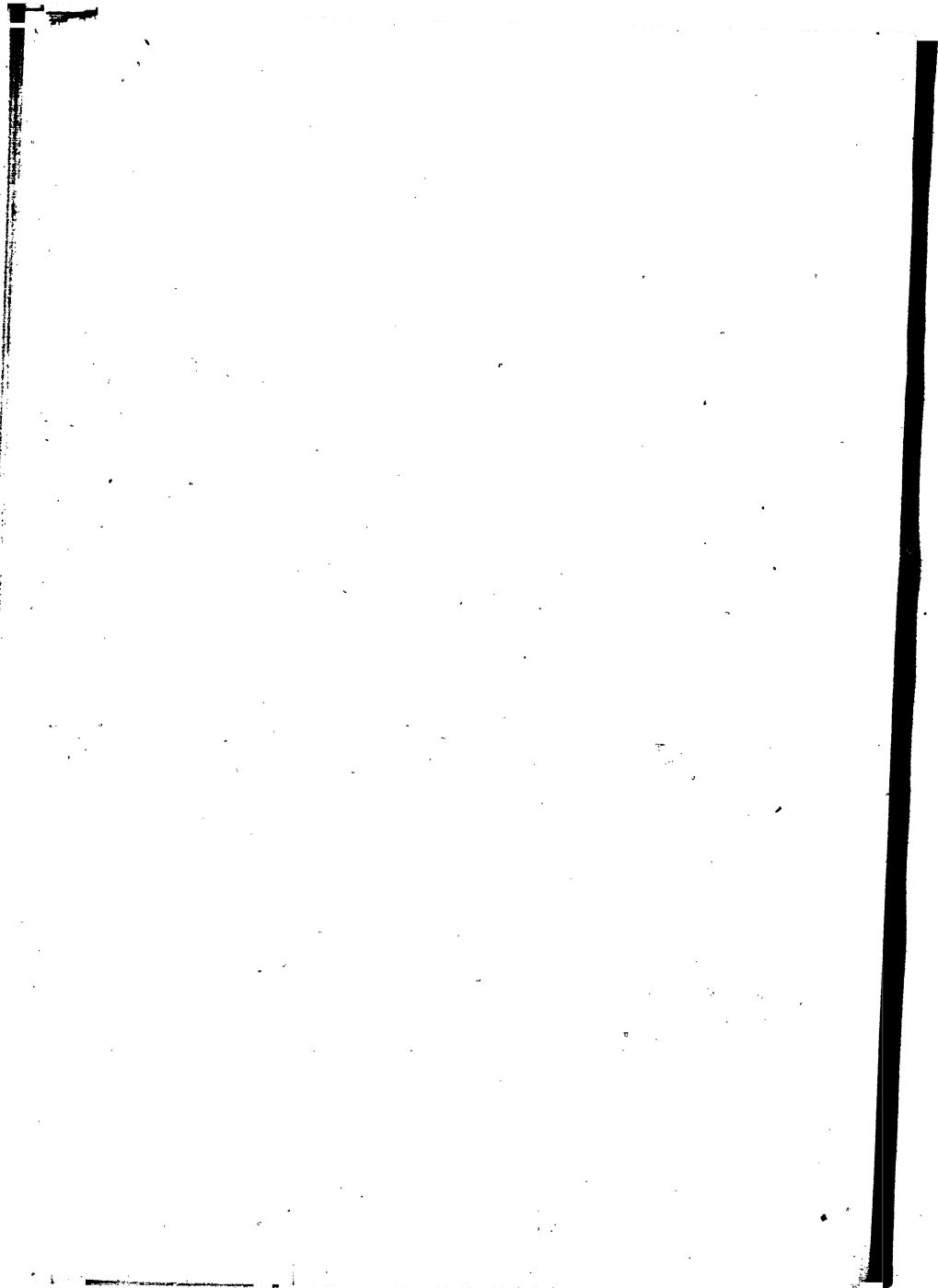
1 slice of buttered toast—1 bloater—fried parsley.

Pour boiling water over the bloater and allow it to stand a few minutes. Then broil about ten minutes over rather a slow fire. Remove the bones, break up the fish and put it on the toast. Garnish with the parsley, and serve hot.

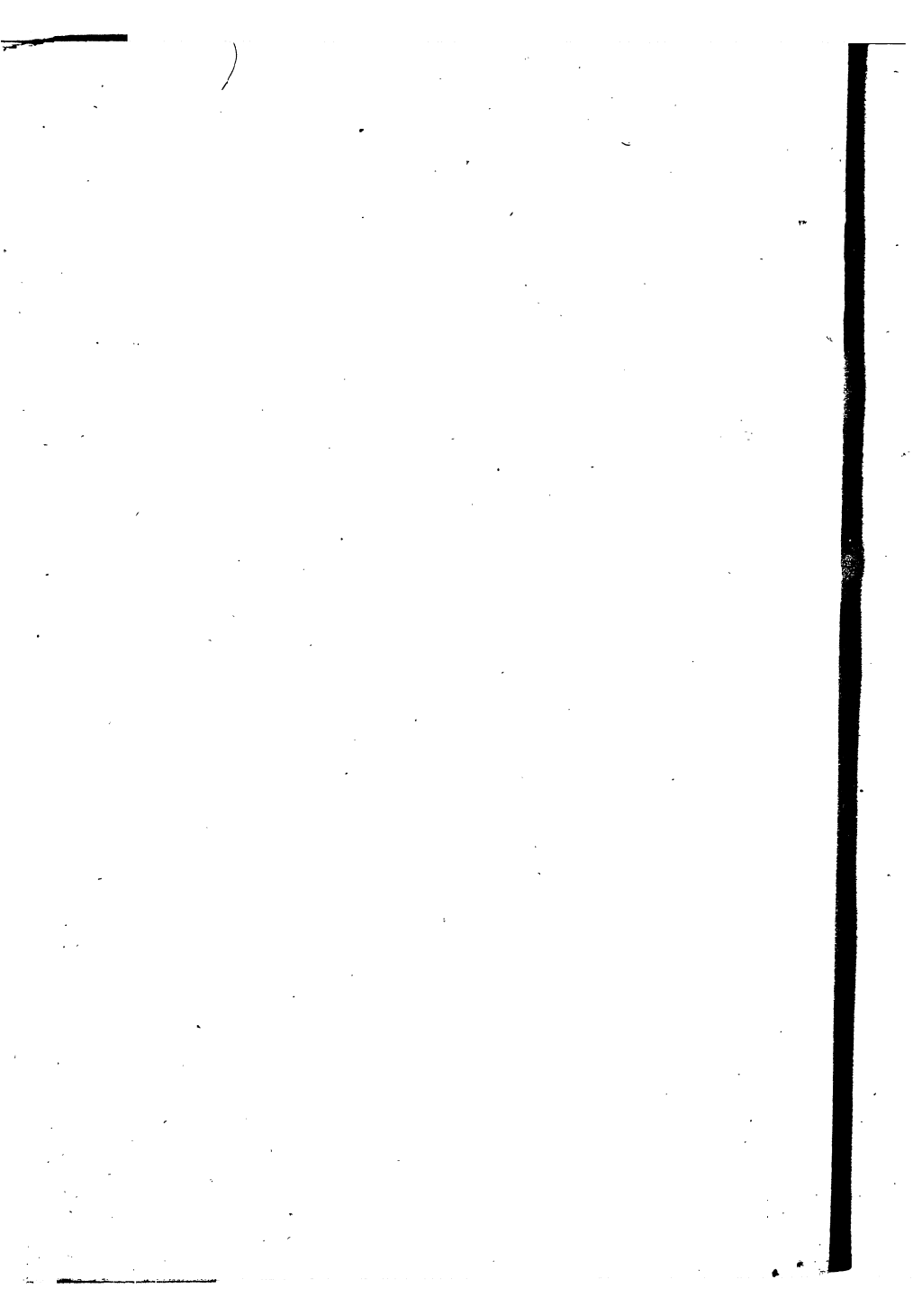
DEVILLED BLOATER.

1 bloater—1 oz. butter—1 teaspoon mixed mustard.

Cut the head and tail from the bloater, and remove the bones; this may be done by passing the forefinger under the backbone from the tail; take away all unclean part. Mix together the butter and mustard, and put it inside the bloater, place one roe over it, close up the bloater, brush with warm butter, and dust with paprika on a very little cayenne, and broil for about five minutes. Garnish with parsley and serve very hot.



SANDWICHES.



SANDWICHES.

There is great art in preparing a sandwich, even the common, everydáy ham or beef sandwich, calls for skill. The bread must be just the right age and cut to a nicety, the meat sliced to a wafer-like thickness, and the seasoning handled with care. Then when all is put together, they should be firmly pressed so that the whole will keep together. The variety of sandwiches that can be made is endless. All kinds of meat and fish can be used, then eggs and salad will be found useful. Little rolled sandwiches are particularly dainty. As a rule, brown bread will be found the best to use with fish. For instance, salmon and brown bread sandwiches are delicious. A recipe for these will be found below.

SARDINE SANDWICHES.

6 sardines—1 oz. butter—juice of $\frac{1}{2}$ a lemon— $\frac{1}{4}$ teaspoon anchovy essence—a little cayenne—some thinly cut slices of brown bread.

Remove skin, and bone from sardines, pound with the butter, etc. Spread on half the slices of bread, cover with the other, and press firmly together. Cut into any neat shape, and garnish with parsley.

SALMON SANDWICHES.

$\frac{1}{2}$ lb. cold boiled salmon—1 tablespoon Mayonnaise sauce— $\frac{1}{2}$ a small cucumber—pepper and salt.

Pound the salmon, or break it into small pieces. Mix it with the Mayonnaise, pepper and salt. Put on brown bread as in preceding recipe, putting a few very thin slices of cucumber in each.

Salmon sandwiches may also be made in the same way as the sardine.

Other fish may be used in place of salmon.

CHICKEN AND HAM SANDWICHES.

6 oz. minced chicken—2 oz. minced ham or tongue—1 gill stiffly whipped cream—pepper, salt—a little lemon juice and grated nutmeg—1 doz. very small rolls.

Mix together the chicken, ham, seasoning and cream. Cut the rolls in half and take out the centre, fill in with the chicken mixture, and replace.

SALAD SANDWICHES.

For 24 thin slices of bread and butter, take 2 small tomatoes—1 very small lettuce—1 bunch of garden cress—2 tablespoons salad oil—1 tablespoon of vinegar—pepper and salt.

Shred all the salad finely, mix well with the dressing, and put a little on half the bread and butter. Cover with the other half, press together and trim neatly.

SHRIMP SANDWICHES.

$\frac{1}{2}$ pint picked shrimps—2 oz. butter—a little cayenne—some very thin slices of white bread.

a
t
a
P
d

Pound together the shrimps and butter, add cayenne, spread on half the bread, cover with other half, press firmly together and cut into diamond shapes. Arrange in the form of a star on dish paper, and garnish with parsley.

CHEESE SANDWICHES.

$\frac{3}{4}$ lb. good rich cheese—1 oz. butter—1 tablespoon cream— $\frac{1}{2}$ teaspoon mustard— $\frac{1}{2}$ teaspoon anchovy essence may be added, if liked.

Pound all together and spread on thinly cut bread and butter, cover with more bread and butter, trim neatly, dish up in a circle, with crisp salad in the centre.

GAME SANDWICHES.

$\frac{1}{2}$ lb. cold cooked game—1 gill thick game gravy—1 oz. ham—pepper and salt.

Mince game and ham very finely, mix in the gravy, pepper and salt, and form into sandwiches as above.

WALNUT SANDWICHES.

Mix together equal quantities of chopped walnuts and gruyere cheese, season with pepper, salt and mustard, and form into sandwiches with thinly cut bread and butter: stamp into rounds, and sprinkle with paprika and cheese finely grated. Dish au couronne on dish paper, and garnish with parsley.

EGG SANDWICHES.

Cut hard boiled eggs into slices, and place them on

rounds of bread and butter sprinkled with pepper and salt, put a little watercress into each, cover with more rounds of bread and butter, press together, and dish on dish paper straight down the dish, one over-lapping the other.

SANDWICHES WITH PASTRY.

12 squares of puff pastry—3 oz. chicken— $\frac{1}{2}$ gill meat jelly—1 oz. ham— $\frac{1}{2}$ teaspoon chopped parsley—1 bunch cress—pepper and salt—1 tablespoon Mayonnaise sauce.

Mince chicken and ham, and mix it with the liquid jelly, parsley, pepper, salt and Mayonnaise sauce. Spread a portion of this mixture on six of the squares, cover with remainder, dish on entree dish with the cress in the centre.

Scraps of puff pastry will do nicely for this dish, it must be rolled very thin and the squares cut about two inches in size.

FRUIT SANDWICHES.

Some slices of stale cake—1 banana—a few slices of pine-apple—1 tablespoon sugar.

Slice the fruit very thinly, sprinkle with the sugar, and allow it to stand a little time. Form into sandwiches with the cake, and serve with whipped cream.

CURRY SANDWICHES.

2 oz. butter—liver of 1 fowl—2 oz. ham—2 hard boiled yolks of eggs—1 teaspoon curry powder—a little pepper and salt—about 24 small thinly cut croutons of fried bread.

Pound together the butter, minced ham and liver, yolks of eggs, curry powder, pepper and salt. Spread half the croutons with this mixture, cover with remainder, press them together, then brush with glaze and sprinkle with chopped parsley, paprica, yolks of eggs and liver rubbed through a sieve. Arrange neatly on dish paper.

COCOANUT BISCUIT.

5 oz. grated cocoanut—4 oz. castor sugar—1 white of egg.

Whip white of egg to a stiff froth, and mix with it the sugar and cocoanut. Drop in small, rough pieces on to a buttered pan, and bake in moderate oven to a golden brown, about twenty minutes. Remove from pan when cooked, and put on sieve or rack to cool. The biscuit may then be packed in tin boxes, and will keep a considerable time.

SPUN SUGAR.

1½ lb. cane sugar—1½ cups water—¼ teaspoon cream of tartar.

Put all together in a saucepan and boil to the crack, do not stir after boiling. When ready, take a little on a fork or wire brush, and spin in long threads.

WALNUT CREAMS, No. 1.

1 white of egg—a little lemon juice—a few drops of flavoring—enough icing sugar to form rather a firm consistency—½ lb. shelled walnuts.

Whip white of egg a little, add lemon, essence, and beat in the sugar. Form little balls of this mixture, and press half a walnut each side. They should be allowed to stand a few hours before using.

WALNUT CREAMS, No. 2.

Form balls of fondant (see recipe), and press on the walnuts as in above recipe.

Other fruits and nuts may be used in the same manner.

CHOCOLATE CREAMS.

$\frac{1}{2}$ lb. chocolate creams— $\frac{1}{4}$ lb. icing sugar—1 teaspoon vanilla—about 1 tablespoon water—some little balls of fondant or almond paste.

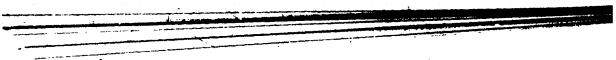
Put grated or crushed chocolate with the sugar, vanilla and water into double boiler, stir until liquid, dip in the balls and drop them on to oiled or buttered paper. Allow them to remain until set.

NOUGAT.

1 $\frac{1}{2}$ cups granulated sugar—1 cup almonds.

Blanch and chop the nuts, and put them to warm. Put the sugar in a pan on slow fire, and cook to caramel, add the nuts, then pour the mixture on to buttered pan. Cool a little, and mark in squares. When cold, remove from pan and break up.

TEA AND COFFEE MAKING.



TO MAKE TEA.

First rinse the teapot with boiling water and drain it dry. Put in 1 teaspoon of tea for each person, and pour boiling water over. Stand for not more than five minutes, and serve with cream.

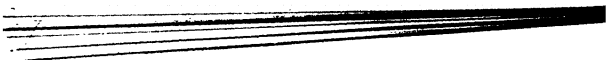
The water for tea making should always be freshly boiled.

TO MAKE COFFEE.

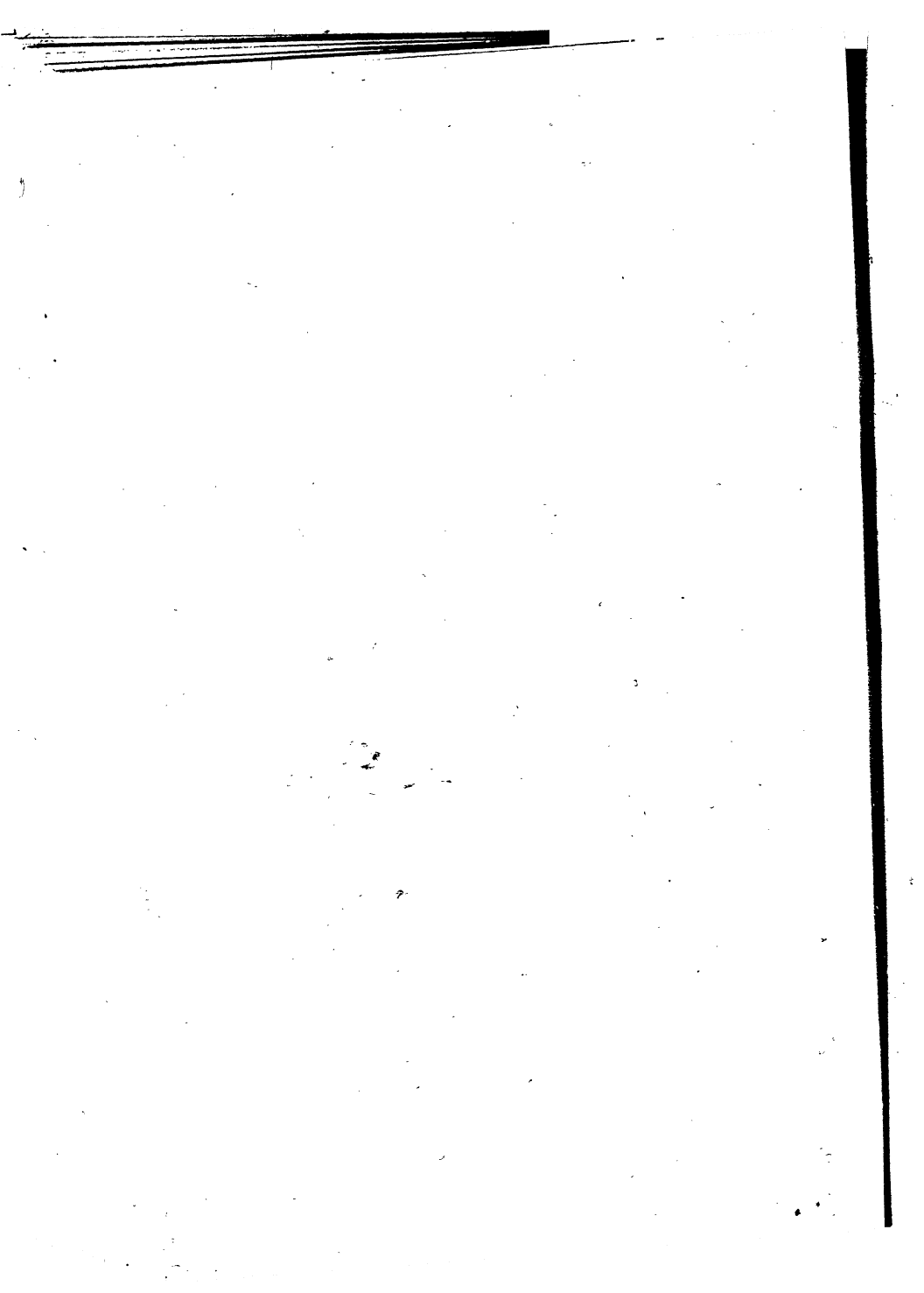
There are many methods of making coffee. It is difficult to say which is the best. The following is an excellent way, and needs no special coffee pot :—

Take 1 tablespoon of coffee for each person, and mix it with one whole egg, pour over boiling water and stir well together; bring just to the boil, and stand five minutes.

One egg will be enough for ten people.



DRIPPING.



TO CLARIFY FAT.

Cut up any scraps of fat, cooked or uncooked, such as the trimmings from mutton cutlets, fat from a cold joint of meat, pieces of suet, etc.

Remove all skin and flesh, put the pieces into a saucepan, cover with cold water, and stir over the fire until boiling; skim thoroughly, then allow it to boil with the lid off the saucepan, until all the water has evaporated and nothing is left of the pieces of fat but dry brown bits. Cool a little, then strain through a fine strainer, and put away for use.

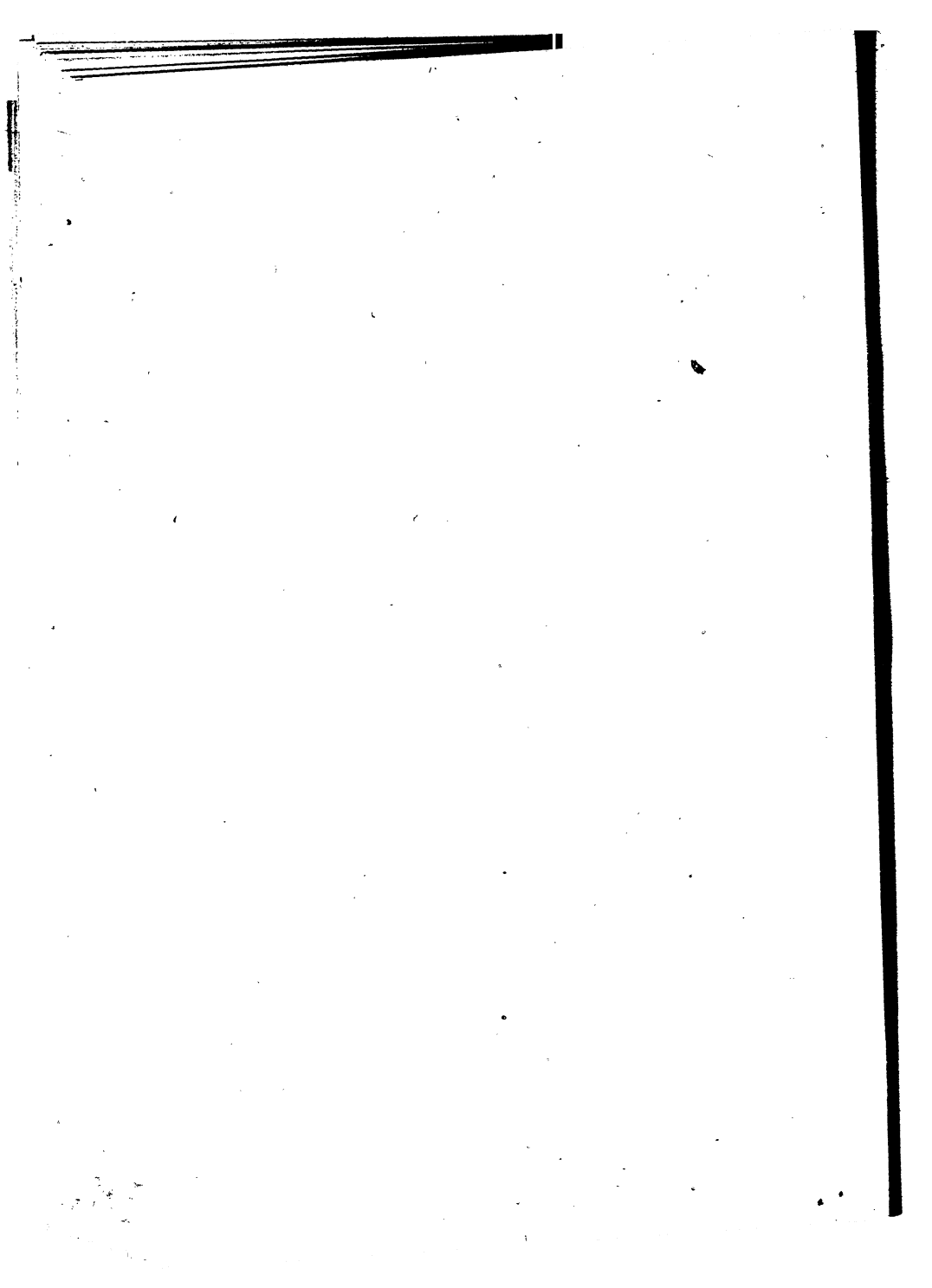
This fat may be used for frying, or in place of dripping and suet. All the moisture being boiled out of it, it will keep almost any length of time if put in a cool, dry place. It should be strained every time after frying, and may then be used again and again.

TO FRY IN DEEP FAT.

Put enough fat in a deep pan to cover whatever is to be fried. Wait until the white smoke rises before commencing to fry. This shows the fat is the right heat, and will give that pretty golden brown color and pleasant crispness to whatever is put into it.

If the article fried needs longer cooking than it requires to color, take the fat the same at first, and when brown enough, cool it down at once and cook for time required.

Fried articles should always be drained on paper before serving.



USE OF THE CHAFING-DISH.

a
s
f
a
tt
a
nr

THE USE OF THE CHAFING-DISH.

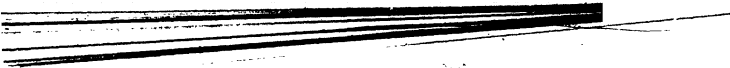
The chafing-dish is so simple in operation that anyone possessing a very limited knowledge of cookery can use it with perfect success. Alcohol or methylated spirits may be used. A little practice will soon show how much is needed in the lamp for a given time. The lamp should be closed as soon as done with.

Some dishes, such as oysters on toast, and those of like nature, are best cooked with the double pan, the under pan being filled with water. But when a greater heat is needed, as in frying meat, and so on, the whole heat can be used, and it is better to use the single pan only.

It is perfectly wonderful how much may be done with this useful little utensil, with so little time and trouble.

Fluid beef and meat extract will be found most useful in making sauce and gravy, as no stock is then necessary, and a rich gravy can be made in a few moments.

Many other recipes in this book besides those specially set apart for the chafing-dish, may be used. Lobster a la Nuremberg, for instance, is an excellent dish for the purpose; in fact, almost all dishes prepared in a sauté pan may be used in the chafing-dish; of course, those quickly done are preferable. On the other hand, all the chafing-dish recipes may be used for an ordinary sauté or fryingpan.



RELISHES.

FRIED SMELTS.

Mix together 1 dessertspoon flour— $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper.

Well wash and dry the smelts, dip them into the flour and drop at once into hot fat. Fry two minutes, and serve at once.

SALMON STEAK.

It is best to have the steak rather thin for cooking in the chafing dish. Sprinkle it with pepper and salt, and pour a little melted butter over; allow it to stand a little while, then sauté in butter or oil for about ten minutes. Turn several times as it cooks.

HALIBUT WITH BACON.

1 steak of halibut— $\frac{1}{4}$ lb. bacon—pepper, salt and a little flour.

First fry the bacon a few minutes in the chafing-dish, then remove it, sprinkle the fish with pepper, salt and flour, and saute it in the bacon fat for ten or twelve minutes. Re-heat the bacon, and serve.

FRIED OYSTERS.

Dip the oysters, one by one, in flour mixed with pepper and salt, then in egg and bread crumbs, and fry two minutes in butter.

OYSTERS ON TOAST.

1 doz. oysters—1 gill cream—3 yolks of eggs—1 tea-spoon chopped parsley—a tiny dust of mace, pepper and salt—2 oz. butter.

Melt the butter in chafing-dish, cut the oysters in four, add them and eggs mixed with the cream; stir until the mixture thickens, and serve on toast.

OYSTERS À LA CRÈME.

$\frac{1}{2}$ pint oysters— $\frac{1}{2}$ pint cream—2 tablespoons finely powdered cracker crumbs—2 oz. butter—pepper—salt—lemon juice and nutmeg.

Melt the butter in the chafing-dish, sprinkle in the crumbs, add the cream, and stir until boiling; add oysters and seasoning, and stir two minutes; add lemon juice at the last minute. Serve on toast.

OYSTERS AU GRATIN.

4 oz. macaroni, partly cooked— $\frac{1}{2}$ pint good meat gravy—20 oysters—2 oz. grated Parmesan cheese—1 oz. butter.

Chop up the macaroni and put it with the gravy in the chafing-dish, cook fifteen minutes, then add oysters, cheese, butter, and a little pepper and salt. Stir until the cheese is dissolved, and serve at once.

OYSTERS FRICASSEED.

2 oz. chopped ham—2 oz. butter—1 teaspoon chopped parsley—1 small onion—a very little grated lemon

ξ
v
r
E
F
n

rind and nutmeg—1 teaspoon meat extract—1 teaspoon flour— $\frac{1}{2}$ pint water— $\frac{1}{2}$ pint oysters—yolks of 2 eggs—2 tablespoons cream.

Put the butter, ham, onion, parsley, lemon rind and nutmeg into the chafing-dish, and cook with full heat five minutes, stirring all the time, then stir in the flour, add water and meat extract, and boil five minutes. Mix yolks of eggs with cream, add them, also oysters, and stir for a few minutes. Serve at once.

RECHAUFFÉ OF FISH.

$\frac{1}{2}$ lb. fish—1 oz. butter— $\frac{1}{2}$ cup bread crumbs—2 tablespoons cream—teaspoonful anchovy paste—1 egg.

Cut fine any cold boiled fish, put in the chafing-dish with two tablespoonfuls of butter; when melted, add a cupful of bread crumbs, two eggs beaten slightly, two tablespoonfuls of cream or milk, a teaspoonful of anchovy paste, a little pepper and cayenne. Mix all well together; let it simmer about five minutes, stirring constantly, and serve.

SALMON À LA REINE.

2 tablespoonfuls of butter—1 tablespoonful of flour—1 gill of water—1 lemon—1 small onion—the yolks of 3 eggs—1 can of salmon.

Put butter in the chafing-dish, when melted, stir in gradually the flour, stir until quite smooth; add the water, the juice of the lemon, pepper, salt, a small onion, minced very fine or grated, and the yolks of three hard-boiled eggs, mashed fine. Add a can of salmon, or a pound of fresh boiled salmon; let it simmer about five minutes, and serve.

e
d
nat
sein
rs,
tilped
non

CURRIED FISH.

1 tablespoonful onion—1 tablespoon butter—1 table-
spoon curry powder—1 tablespoon of flour— $\frac{1}{2}$ a
pint of milk or cream—a cupful of cold boiled fish.

Cook one tablespoon of onion, cut very fine, in one
tablespoonful of butter, five minutes. Be careful not
to burn. Mix curry with flour, and stir into the melted
butter; add, gradually, milk or cream, stirring constant-
ly. Then add large cupful of any kind of cold boiled
fish; let it simmer a few minutes, and serve very hot.

EGGS WITH CREAM CHEESE SAUCE.

3 hard boiled eggs—2 oz. cheese—1 oz. butter— $\frac{1}{2}$ oz.
flour—1 gill milk— $\frac{1}{2}$ gill cream— $\frac{1}{2}$ teaspoon
mustard, pepper and salt.

Melt the butter in the chafing-dish, stir in the flour,
add then the milk, stir until boiling, and add cheese,
cream, mustard, pepper and salt. Boil until the cheese
is dissolved. Remove shells from eggs, cut them in
quarters. Place on a dish, and pour the sauce over.

SAVORY EGGS.

2 eggs—2 tablespoons finely grated ham— $\frac{1}{2}$ teaspoon
parsley—1 oz. butter—a little pepper—1 tablespoon
milk or cream.

Beat the eggs a little, add milk, ham, parsley and
pepper. Make the butter hot in the chafing-dish, pour
in the mixture, and stir until the eggs set. Serve on
hot toast.

CHEESE CROUTONS.

Cut some round croutons of stale bread, and fry them in butter to a golden brown. Dip each in grated cheese and place a prawn or several shrimps on the top.

CHEESE FONDU.

1 oz. butter— $\frac{1}{2}$ cup freshly made white bread—1 cup grated cheese— $\frac{1}{2}$ cup new milk—1 egg—mustard, pepper and salt.

Melt the butter in chafing-dish, add crumbs and milk, stir until boiling, then add cheese and seasoning. Beat the egg and add it, stir a few minutes, but do not boil after the egg is added. Serve on toast.

EGG TOAST.

1 large slice of buttered toast—2 oz. butter—3 well beaten eggs—pepper and salt.

Heat the butter in the chafing-dish, add the eggs and seasoning, and stir until the mixture thickens, but do not allow it to set. Pour at once over the toast.

EGGS AU GRATIN.

1 very small onion—1 teaspoon chopped parsley—1 good tablespoon butter—1 tablespoon bread crumbs—pepper and salt—4 eggs.

Heat the butter in the chafing-dish—sprinkle in the bread crumbs, onion (finely chopped), and parsley. Drop in the eggs, and cook until the whites are set.

POACHED EGGS IN GRAVY.

Poach four eggs in water, to which a little lemon juice or vinegar and salt has been added. Slip them into cold water until wanted.

Pour the water out of the chafing-dish, and put in $\frac{1}{2}$ pint of meat gravy. When boiling, add the poached eggs, and serve when hot.

FRICASSEED EGGS.

3 hard boiled eggs—1 oz. butter—1 teaspoon flour—1 teaspoon parsley—1 gill milk or cream—1 teaspoon lemon juice—pepper and salt.

Melt the butter in a chafing-dish, stir in the flour, add the cream, stir until boiling; add the eggs, cut in quarters, the parsley, pepper and salt. Cook five minutes, and serve.

WELSH RAREBIT.

$\frac{1}{2}$ lb. good, rich cheese—1 oz. butter—1 large mustard-
spoon of mustard—pepper and salt—1 tablespoon
of old ale.

Put all together in the chafing-dish, and stir constantly until all the cheese is dissolved. Serve on toast.

HAM WITH CHEESE.

1 slice of stale bread—2 eggs—2 oz. butter—2 table-
spoons grated ham—1 tablespoon fine bread
crumbs—1 gill cream—2 tablespoons grated
cheese—pepper and salt.

Heat the butter in the chafing-dish, and brown the bread in it. Remove the bread, and put in the ham crumbs, cheese, cream and seasoning. Stir a few minutes, and serve on the bread.

HAM AND EGGS.

Take as many slices of ham as eggs. Put the ham into the chafing-dish, turn on the full heat, and cook for about seven minutes; remove the ham and drop in the eggs. Cook until the whites are set. Serve an egg on each piece of ham.

EGGS WITH TOMATOES.

4 eggs—2 large tomatoes—2 oz. butter—pepper and salt.

Heat the butter in the chafing-dish, slice the tomatoes, and fry them in it for five minutes; remove them, and drop in the eggs. Fry until the whites are set. Pour a little of the butter from the pan over each.

CAULIFLOWER WITH CREAM CHEESE SAUCE.

Make sauce as for eggs with cheese sauce. Cut some cold cooked cauliflower into neat pieces, add it to sauce, and cook until quite hot. Do not stir any more than necessary after adding the cauliflower, as it will break and spoil it.

PEAS IN CREAM.

$\frac{1}{2}$ pint cooked peas— $\frac{1}{2}$ gill cream—pepper and salt— $\frac{1}{2}$ oz. butter—1 saltspoon rice flour.

Put butter, cream and rice-flour in the chafing-dish. When boiling, add the peas, pepper and salt. Stir carefully until very hot.

STEWED TOMATOES.

1 can of tomatoes, or 1 lb. fresh ones—2 good table-spoons fine bread or cracker crumbs—2 oz. butter.

Put all together in the chafing-dish, and cook fifteen minutes; add pepper and salt, also a little sugar. If fresh tomatoes are used they should be plunged into boiling water and their skins removed, and one gill of stock may be used to cook them in.

Almost all cold cooked vegetables may be re-heated in the chafing-dish, and made into savory dishes with very little trouble or expense.

SWEET CORN IN WHITE SAUCE.

The canned corn may be used for this purpose. For one can, take one cup of thick white sauce. Mix all together, and heat in the chafing-dish.

The sauce may be made with 1 oz. butter—a good $\frac{1}{2}$ oz. flour, and 1 scant cup of milk—a little salt and pepper.

TOMATOES WITH BUTTER.

Slice four large tomatoes, sprinkle with pepper and salt, and sauté in butter five minutes. Serve with the butter in which they have been cooked.

CABBAGE AND POTATOES.

Take equal quantities of cooked cabbage and potatoes, chop them finely and sprinkle with pepper, salt

and flour, using 1 teaspoon flour to 1 cup each of the vegetables. Make 1 oz. butter hot in the chafing-dish, add to it 1 gill of milk or cream. When hot, add the vegetables, and stir until all is very hot.

FRIED CARROTS.

Cut cold boiled carrots into slices, dip into flour mixed with pepper and salt; have some butter very hot in the chafing-dish, drop in the carrots as soon as flavored, and fry to a nice brown.

STEWED MUSHROOMS.

$\frac{1}{2}$ lb. fresh mushrooms— $\frac{1}{2}$ pint water—1 teaspoon fluid beef—1 teaspoon lemon juice—salt and pepper—1 oz. butter—1 teaspoon flour.

Melt the butter in the chafing-dish; stir in the flour, allow it to brown a little, then add water and fluid beef. Peel the mushrooms, add them, and cook about twenty minutes.

MUSHROOMS AU BUERRE.

$\frac{1}{2}$ lb. mushrooms—2 oz. butter—pepper and salt.

Trim the mushrooms, and sprinkle them with pepper and salt. Heat the butter in the chafing-dish, and sauté the mushrooms for about fifteen minutes. Serve on buttered toast.

MUSHROOM TOAST.

1 slice of buttered toast— $\frac{1}{4}$ lb. mushrooms—1 oz. butter—1 teaspoon flour—1 gill water—1 teaspoon fluid beef—a little mace, pepper and salt.

Chop the mushrooms roughly. Heat the butter in the chafing-dish, add flour and mushrooms, sauté for five minutes; add water and fluid beef; cook ten minutes. Serve on the toast.

MUSHROOMS WITH HAM.

$\frac{1}{4}$ lb. mushrooms— $\frac{1}{4}$ lb. cooked ham—2 tablespoons bread crumbs—1 oz. butter—2 eggs—1 tablespoon cream.

Mince the ham and mushrooms, and sauté them in the butter for about eight minutes, add bread crumbs and pepper. Mix together the eggs and cream, and stir them in also. Stir until the mixture thickens, and serve at once on toast.

POTATOES À LA LYONNAISE.

1 chopped onion—1 tablespoon chopped parsley—2 oz. butter—6 large cooked potatoes—pepper and salt.

Heat the butter in the chafing-dish, add the onions, and sauté ten minutes; slice the potatoes, sprinkle with pepper and salt, brown them in the butter, and sprinkle in the parsley just before serving.

POTATOES À LA CRÈME.

6 cold boiled potatoes—1 oz. butter—1 teaspoon flour—1 cup milk—pepper and salt.

Melt the butter in the chafing-dish, stir in the flour, then add the milk, by degrees, stir until boiling; add pepper and salt, also potatoes, cut in slices. Cook five minutes, then serve.

POTATOES WITH BACON.

$\frac{1}{4}$ lb. bacon—4 boiled potatoes—1 teaspoon chopped parsley—1 teaspoon flour—1 cup stock—a blade of garlic.

Cut the bacon in small pieces, sauté a few minutes, then remove it and stir in the flour, parsley and stock; cook five minutes, return the bacon to reheat.

CHICKEN CUTLETS À LA FRANÇAIS.

Cut some slices of chicken and dip them in warm butter mixed with chopped parsley, allow them to stand a few minutes, then dip in beaten egg and bread crumbs mixed with salt, pepper and a very little nutmeg. Heat a little butter in the chafing-dish, and brown the cutlets quickly in it, on both sides.

FRICASSEE OF CHICKEN.

1 cooked chicken—2 oz. butter— $\frac{1}{2}$ oz. flour— $\frac{1}{2}$ pint milk— $\frac{1}{2}$ gill cream—1 good teaspoon chopped parsley—pepper and salt—2 eggs—juice of $\frac{1}{2}$ a small lemon.

Cut the chicken into neat pieces. Melt the butter in the chafing-dish, and stir in the flour; add the milk, by degrees; when boiling, add the chicken. Cook with half heat for ten minutes. Beat the eggs and mix them with the cream, add this to the dish, also pepper, salt and parsley; stir until it begins to thicken. Add lemon juice, and serve at once.

RAGOÛT OF BEEF.

$\frac{1}{2}$ lb. cooked beef, underdone if possible—1 good table-spoon vinegar—1 gill brown gravy—1 oz. butter.

Heat the butter in the chafing-dish, cut the beef into thin slices and dip them in the vinegar. Cook them five minutes in the butter, pour over the gravy, and cook ten minutes.

If no gravy is at hand, take 1 teaspoon flour, 1 gill water, and 1 teaspoon meat extract.

SWEETBREADS IN EGG AND BREAD CRUMBS.

Take prepared sweetbreads and cut them in slices, dip them in egg and bread crumbs, and fry to a golden brown in butter.

DEVILLED KIDNEYS.

Take sheeps' kidneys for this dish.

For 4 kidneys mix together $\frac{1}{2}$ teaspoon mustard—1 teaspoon chopped gherkins—1 tablespoon mushroom ketchup, and 1 egg.

Dip the kidney first in this mixture, then in bread crumbs. Make 2 oz. butter very hot in the chafing-dish, and cook the kidneys in it ten minutes. Serve very hot.

KIDNEYS WITH BACON.

4 sheeps' kidneys— $\frac{1}{4}$ lb. bacon.

Cut the bacon into small pieces and put into the cold chafing-dish; when the fat is drawn, put in the kidneys, and cook ten minutes.

KIDNEYS WITH TOMATOES.

4 kidneys—4 tomatoes—1 oz. butter—pepper and salt.

Slice the tomatoes and cut the kidneys in half, sprinkle with pepper and salt, and sauté in the butter for ten minutes. Take them out and mix in $\frac{1}{2}$ gill water, and $\frac{1}{2}$ a teaspoon of meat extract; stir till boiling, and pour it over the kidneys.

BEEF STEAK WITH OYSTERS.

6 little fillets of beef—6 oysters—1 tablespoon oil—1 tablespoon vinegar—pepper and salt.

Make an incision in the fillets and put an oyster in each, secure with a small wooden skewer; sprinkle with the vinegar, oil, pepper and salt, and stand an hour or so. Sauté in the chafing-dish in a little oil or butter, four minutes on each side, and serve at once.

CURRY OF TURKEY.

$\frac{1}{2}$ lb. cold turkey—1 oz. butter—1 teaspoon flour—1 teaspoon curry powder—1 small onion—1 teaspoon lemon juice—1 cup chicken broth or water— $\frac{1}{2}$ a cup of cream.

Fry the onion in the butter a few minutes, stir in the flour and curry powder, add chicken broth, and stir till boiling. Cut the turkey into thin slices and add it, cook slowly seven or eight minutes, add cream and lemon, and serve.

Veal, chicken, etc., may be curried in the same way.

SALMI OF GAME.

$\frac{1}{2}$ a lb. cold game—2 oz. cooked ham—1 small, finely chopped onion—1 cup water—1 teaspoon meat

extract—a bunch of herbs—1 teaspoon flour—1
teaspoon currant jelly—12 olives.

Heat the butter in the chafing-dish—put in the onion
and chopped ham, cut the game into neat pieces, and
dip them in the flour; brown them quickly in the butter,
add water, meat extract, herbs, jelly and turned olives.
Cook slowly half-an-hour, and serve.

MINCE OF COLD BEEF.

$\frac{1}{2}$ lb. cold beef cut into small dice—1 oz. butter—1 tea-
spoon flour—1 gill water— $\frac{1}{2}$ teaspoon extract of
meat—pepper and salt.

Sprinkle the meat with the flour, pepper and salt;
brown quickly in the butter, add water and extract;
cook two minutes, and serve at once.

HASHED BEEF À LA FRANÇAISE.

1 lb. cold beef—1 oz. butter— $\frac{1}{2}$ oz. flour—1 small
onion, finely chopped—1 teaspoon chopped pars-
ley— $\frac{1}{2}$ pint gravy or stock—a little pepper, salt
and nutmeg.

Heat the butter in a chafing-dish, add onion, stir in
the flour, and cook to a pale brown; add stock and sea-
soning, and cook two minutes. Cut the meat into thin
slices, put them into the chafing-dish, and allow them
to become thoroughly hot; when the dish is ready to
serve.

FRIED SALT BEEF.

Cut slices of cold boiled beef, dish them in warm

butter, sprinkle with chopped parsley and pepper; stand a few minutes, then roll in egg and bread crumbs. Heat a little butter in the chafing dish, and brown the slices of meat quickly in it.

MOCK TERRAPIN.

1 oz. butter— $\frac{1}{2}$ oz. flour—1 cup cream—2 hard boiled eggs— $\frac{1}{2}$ lb. cold cooked chicken or veal—1 table-spoon white wine—pepper and salt.

Melt the butter in the chafing-dish, stir in the flour, add cream, and stir until boiling. Cut the chicken and eggs into dice, add them and seasoning; cook two minutes, then add wine, and serve.

CHICKEN WITH OYSTERS.

1 oz. butter— $\frac{1}{2}$ oz. flour— $\frac{1}{2}$ lb. chicken— $\frac{1}{2}$ pint oysters— $\frac{1}{2}$ pint milk or cream—pepper, salt and lemon juice.

Make sauce as in above recipe, with butter, flour and cream; add the chicken, cut in neat pieces, and the oysters. Cook until the oysters are plump. Serve at once.

MUTTON CUTLETS.

Sprinkle the cutlets with pepper and salt—put them into the dry chafing-dish, and cook with full heat from seven to ten minutes; turn several times as they cook. Sprinkle with a little chopped or dried parsley before serving.

SNOW-BIRDS ON TOAST.

6 snow-birds—2 oz. butter—1 good teaspoon fluid beef
1 gill water—1 teaspoon flour—pepper and salt—
1 slice of toast.

Prepare the snow-birds, and sprinkle them with pepper and salt. Saute them in the butter for five minutes browning them well all over. Remove them from the pan, and add flour, water and fluid beef; stir until boiling. Add the birds, and cook slowly ten minutes. Serve on the toast.

HAM À L'ESPAGNOLE.

1 rather thick slice of ham—2 tablespoons fine bread
crumbs— $\frac{1}{2}$ gill good cider—1 teaspoon parsley.

Sauté the ham on both sides for about four minutes, take it out and mix in the bread crumbs and cider, parsley, pepper and salt. Return the ham to the pan. and serve when hot.

TRIPE STEWED.

Cut some prepared tripe into neat pieces, then take for
 $\frac{1}{2}$ a lb.—1 oz. butter— $\frac{1}{2}$ lb. flour—1 onion— $\frac{1}{2}$
pint of the water in which the tripe was cooked—
pepper and salt—1 teaspoon fluid beef.

Fry together the onion (finely chopped), the butter and flour; when brown, add the broth and fluid beef; stir until boiling, add seasoning and tripe. Cook ten minutes, and serve.

FRIED TRIPE.

1 lb. tripe—the 1 egg quantity of frying batter—little
flour, pepper and salt.

Heat 2 oz. pork fat or good beef dripping in the chafing-dish. Cut the tripe into neat pieces, dip them first in the flour, pepper and salt, then in the batter; fry a nice brown in the fat.

Tripe may also be rolled in egg and bread crumbs, and fried in the same way or in butter.

VENISON STEAK.

Take a steak about one inch thick. Heat 2 oz. butter in the chafing-dish, sprinkle the steak with pepper and salt; cook about five minutes on each side, then add 1 wineglass port wine, $\frac{1}{2}$ teaspoon extract of meat, and 1 teaspoon currant jelly. Cook ten minutes, and serve.

Cold wild duck is very good heated in the same sauce.

MUTTON RECHAUFFÉ.

Cut $\frac{1}{2}$ lb. cold mutton into neat slices—then take 1 oz. butter—1 teaspoon flour—1 teaspoon fluid beef—1 tablespoon mushroom ketchup—1 gill water, and a little pepper and salt.

Make these ingredients into a sauce, and heat the mutton in it.

BEEF RECHAUFFÉ.

$\frac{1}{2}$ lb. cold, underdone beef—1 teaspoon curry powder—2 tablespoons fine bread crumbs—1 egg—a very little pepper and salt.

Mix together the curry, bread crumbs, pepper and salt. Cut the meat into neat slices. dip them in the egg then in the bread crumbs. Heat 2 oz. butter in the chafing-dish, and brown the meat quickly in it.

s
e
l-
s.

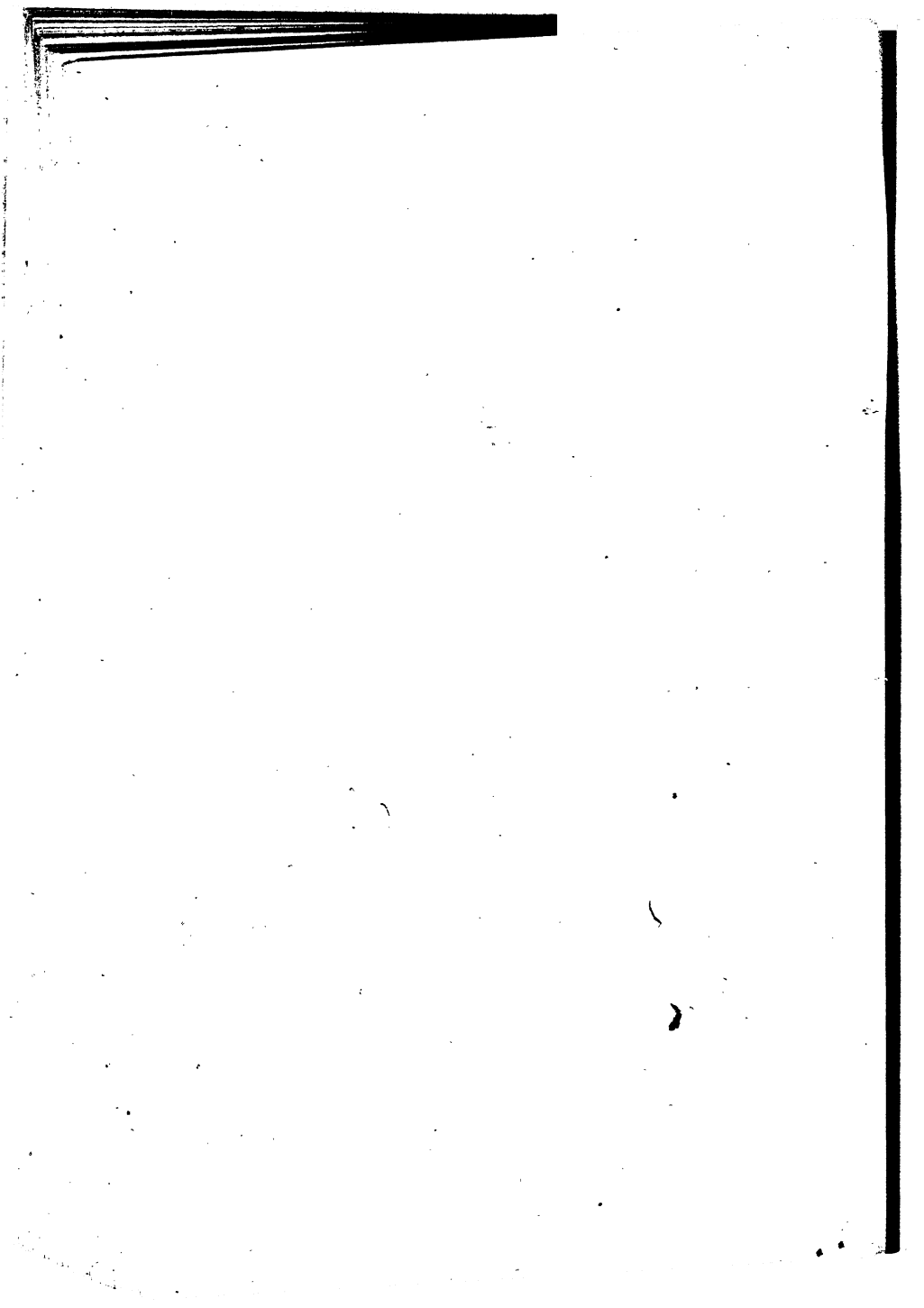
ad

es,
er,
an.

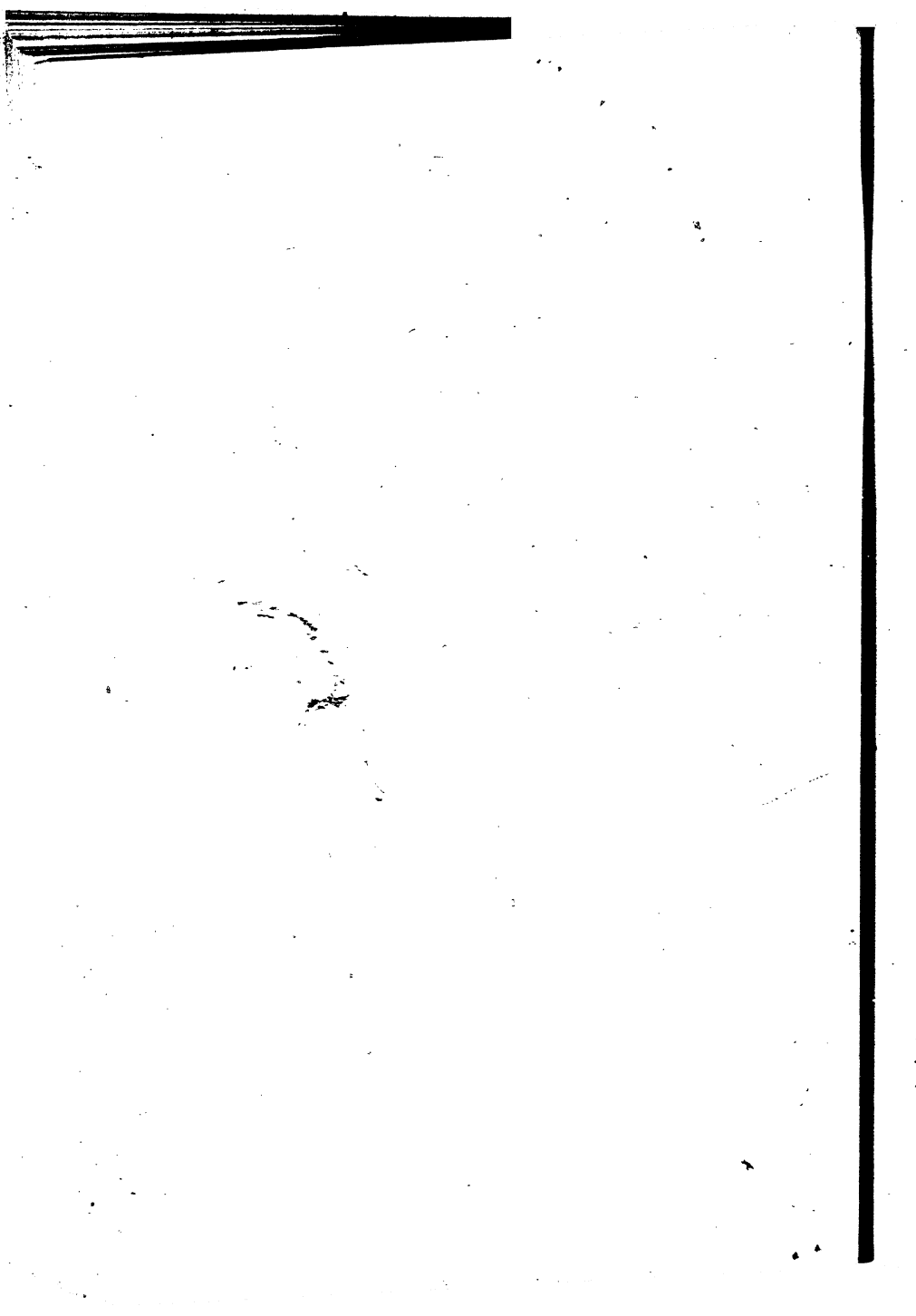
for
— $\frac{1}{2}$
ed—

tter
beef;
< ten

-little



HINTS ON FEEDING THE SICK.



HINTS ON FEEDING THE SICK.

Important at all times, in cases of sickness the food we eat becomes a matter of the very greatest importance. It has been said, "The diet of the invalid is as important as his medicine, and sometimes more so."

The nature and preparation of food should most certainly form part of every nurse's training, and as few women do not, at some time in their lives, take the place of a trained nurse, it would be well if all our girls were taught at least a few principles of caring and cooking for the sick.

The old belief that beef tea, jelly, arrowroot and port wine, almost filled all the patient's needs, is gradually passing away. These are all good enough in their way but none of them must be depended upon to supply all the nourishment required.

There is nothing like eggs and milk ; cream, also, is very valuable, and even cheese, given in the right way, may be used in many cases. When it can be digested it of course is highly nourishing. Oatmeal, too, is a good food. But the digestion of each patient must be taken into consideration. What is food to one, may be almost poison to another. Florence Nightingale says :—"The main question is what the patient's stomach can derive nourishment from, and of this the patient's stomach is the sole judge. Chemistry cannot

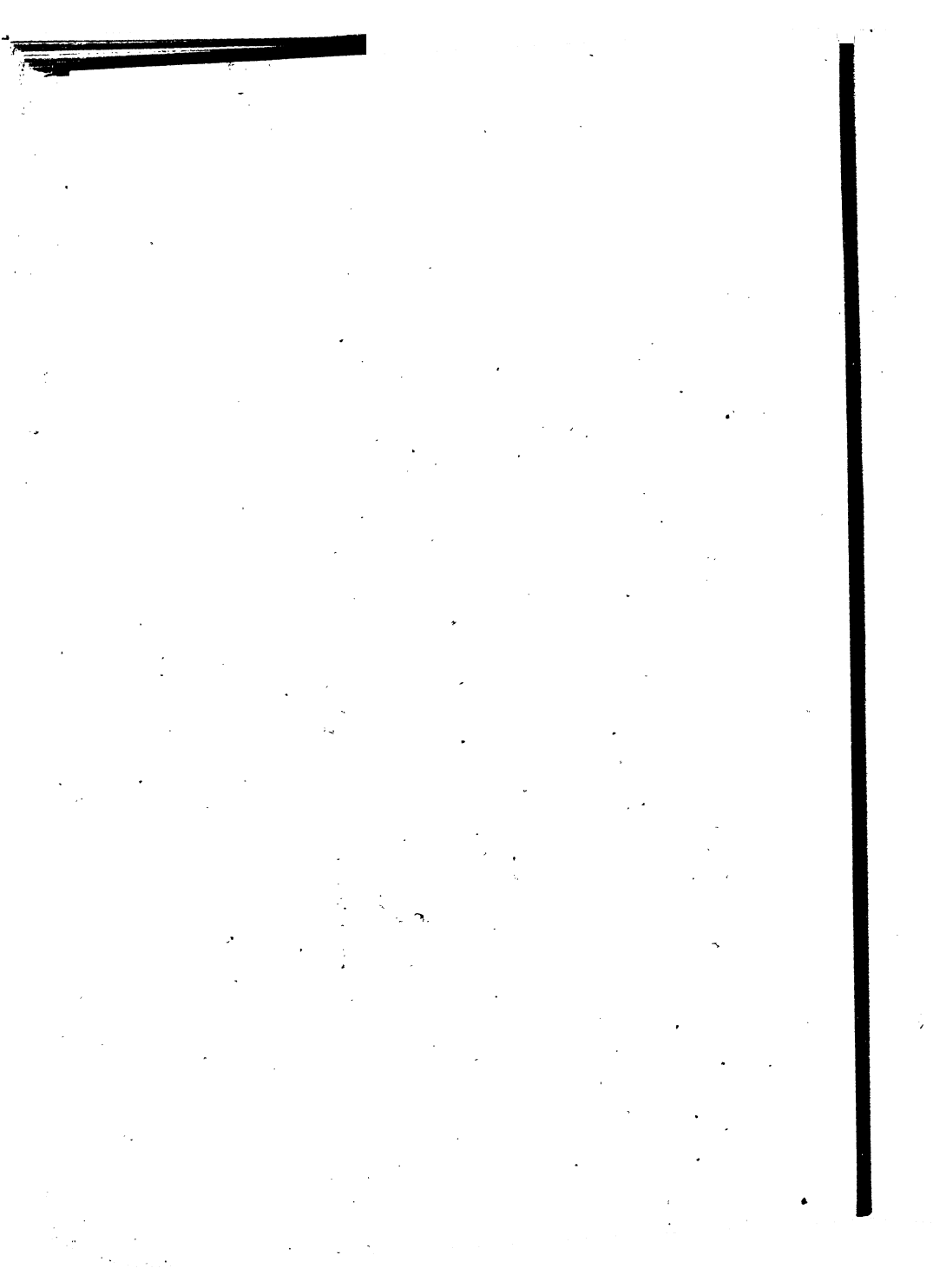
tell this. The patient's stomach must be its own chemist. The diet which will keep the healthy man healthy, will kill the sick one."

One rule will almost always hold good, that is, do not make the food too sweet ; very few sick people care for much sugar. Then do not take too large a quantity at once to the patient, a small portion daintily served will often coax the failing appetite, while a large plateful, clumsily put together, will disgust them. Never leave any food whatever in the sick-room, and in cases of infection, see that any food left by the patient is at once destroyed ; the best way is to burn it ; on no account give it to any other person.

Do not ask the patient what he would like for his next meal. Most likely he would wish for something quite impossible for him to have, and, if not, the wish has often passed away before it can be procured. As far as practicable, let each meal be a little surprise. If the same dish must be given again and again, at least try to make a change in its appearance, and, if possible, its flavor.

Of course, in feeding the sick, one of the most important things to keep in mind is, that the greatest amount of nutriment must be got into the smallest quantity. And, perhaps the most important of all—obey the doctor's orders.

DRINKS.



DRINKS.

WINE WHEY.

1 cup of new milk—1 cup of wine.

Boil the milk, then add the wine, and stand on the stove five minutes. Strain, and sweeten.

IRISH MOSS LEMONADE.

$\frac{1}{2}$ cup Irish moss—1 quart boiling water—a little lemon juice or other acid.

Pick and wash the moss, pour over the water, bring to boiling point, then keep just below the boil for half-an-hour. Strain and sweeten.

EGG, MILK AND BRANDY.

$\frac{1}{2}$ pint milk—1 egg—1 dessertspoon brandy—1 teaspoon sugar.

Beat the egg and sugar together in a glass until light, add the brandy, and fill in with the milk.

The milk may first be scalded and allowed to cool. If this is done, do not let it boil.

HOT MILK AND SODA.

$\frac{1}{2}$ pint milk—1 bottle of soda water—a little sugar, if liked.

Bring the milk almost to the boil, and pour at once into the soda.

This is a good way to give milk when there is acidity of the stomach.

COLD MILK AND SODA.

Put $\frac{1}{2}$ a cup of milk into a glass and fill it up with soda water. Use at once.

MILK WITH ISINGLASS.

Pour 1 pint of boiling milk on $\frac{1}{4}$ oz. of isinglass. Allow it to cool, when it is ready.

BARLEY GRUEL.

1 oz. pearl barley—1 quart cold water—a little lemon rind and juice—1 oz. sugar.

Boil the barley a few minutes to thoroughly cleanse it, then strain and add the quart of water; boil one hour, and add lemon and sugar.

This will be found nice for fever patients.

RICE WATER.

1 large tablespoon washed rice—1 quart cold water—rind and juice of 1 lemon—sugar to taste.

Put rice and water into saucepan and boil one hour, add thinly cut lemon rind, also the juice and sugar. Stand until cold, then strain.

TOAST WATER.

1 slice of stale bread—1 quart boiling water.

Toast the bread very slowly so as to brown it all through. When quite a dark brown, put it into a jug and pour the boiling water over. Stand until cold, then strain.

Great care must be taken not to burn the bread, or the flavor of the water will be spoilt. Cold water may be used if preferred.

LEMON WATER.

2 lemons—1 quart boiling water—sugar to taste.

Cut the thin yellow rind from the lemons, then remove all the white pith. Cut the lemons into thin slices, remove the pips. Put the rind and slices into a jug with the sugar, and pour the boiling water over. Stand until cold, then strain.

LEMON WITH SODA WATER.

Juice of 1 lemon—1 oz. fine white sugar—small bottle of soda water—white of 1 egg.

Strain the lemon juice into a glass, add sugar, then the soda water, and lastly stir in the whipped white of egg.

BEEF TEA, BRANDY AND MILK.

Mix together 1 part of pale brandy—2 parts of cold beef tea (or 1 part of beef fluid and 1 of water)—new milk 4 parts.

This is a good restorative.

CAUDLE (HOT.)

½ pint thin oatmeal gruel—1 yolk of egg—½ wine-glass brandy, wine or ale—a little sugar.

Mix the yolk of egg with a little cold water, add it to the hot gruel, also the wine and sugar, and serve at once.

CAUDLE (COLD.)

1 lemon—1 pint cold boiled water—yolk of 1 egg—1 wine-glass wine—1 oz. lump sugar.

Pour the water over the thinly cut lemon rind, and stand one hour; strain, and add wine, sugar and lemon juice. Beat the yolk of egg with a little water and add it. Mix well.

LINSEED TEA.

2 tablespoons whole linseed—1 quart water—1 lemon—2 oz. maple or brown sugar—1 tablespoon pudding raisins.

Well wash the linseed, then boil in the water half-an-hour. Put thinly cut lemon rind and sugar in a jug, and strain the tea over. Stand till cold.

LINSEED AND HOREHOUND.

2 tablespoons linseed—1 quart water—2 large sprays of horehound—1 lemon—2 oz. brown sugar.

Make in the same way as linseed tea, only boil the horehound with the linseed. A little liquorice may be added if liked, and honey may be used in place of sugar.

EGG DRINK.

3 eggs—1 cupful of boiling water—1 oz. castor sugar.

Beat eggs and sugar until very light, and pour the boiling water over.

This is useful when the patient cannot take milk.

BLACK CURRANT DRINK.

6 large teaspoons black currant jam—1 pint of boiling water.

Pour the water over the jam, stir well, and stand until cold. Strain.

FOR A TROUBLESOME COUGH.

Mix well together equal parts of cod liver oil, lemon juice and glycerine.

Take one tablespoon at night, or when the cough is troublesome.

NECTAR.

2 lb. of lump sugar—3 quarts water— $\frac{1}{2}$ oz. citric acid and 1 teaspoon of fresh essence of lemon—1 oz. burnt sugar.

Boil sugar and water five minutes, allow it to cool, then add the acid, lemon essence and burnt sugar. Strain and bottle.

This drink will keep good for several weeks.

The sugar must not be burnt too dark a color.

PEPTONISED MILK.

$\frac{3}{4}$ pint new milk—1 gill water—2 teaspoons of liquor pancreaticus— $\frac{1}{2}$ teaspoon bi-carbonate of soda.

Warm the milk to about 140 degrees Fahrenheit, put it into a jug and add pancreaticus and soda. Stand on the stove from ten to twenty minutes. A little coffee may be added.

BRANDY EMULSION.

3 eggs—4 oz. brandy—4 oz. water—a little sugar and nutmeg.

Beat up the eggs and water, then add the brandy, by degrees; add sugar and nutmeg, and put the mixture in a clean bottle, and cork tightly.

Give 1 tablespoon every four or six hours.

APPLE WATER.

Cut a large apple into small pieces, put it in a jug with a few "acidulated drops," and pour over 1 pint of boiling water. Stand till cold, then strain.

HONEY WATER.

Pour 1 pint of boiling water over 1 tablespoon of honey, and stand until cold.

RASPBERRY VINEGAR.

3 quarts fresh raspberries—1 quart vinegar—2 lbs. sugar.

Pick the raspberries and pour the vinegar over them, stand a week, stirring well each day. Then strain, and boil with the sugar, for fifteen to twenty minutes, skim well as it boils. Put into bottles, and cork when cold.

This vinegar will keep good a very long time, and makes an excellent drink for patients suffering with the throat.

About 1 dessertspoon is sufficient for $\frac{1}{2}$ pint water.

FISH.



1
2
SP
es
bo
po

FISH.

BAKED FISH.

Cut neat fillets of any white fish, sprinkle them with pepper, salt and lemon juice, place on a buttered pan. cover with buttered paper, and cook in hot oven seven minutes. Serve, garnished with lemon and parsley.

FISH IN WHITE SAUCE.

$\frac{1}{2}$ oz. rice flour— $\frac{1}{2}$ gill white stock— $\frac{1}{2}$ gill new milk or cream— $\frac{1}{2}$ lb. cooked white fish of any kind—pepper and salt—1 teaspoon lemon juice.

Mix the rice flour, milk, broth, pepper and salt together. Stir over the fire until boiling. Boil five minutes, then add the fish cut into neat pieces, cook two minutes, add lemon juice, and serve at once.

FISH IN EGG SAUCE.

2 yolks of eggs—1 cup of milk—pepper and salt—a nice cutlet of fish.

Boil the fish in water to which has been added a teaspoon of salt and a teaspoon of lemon juice. Beat the eggs with a little cold milk, and pour remainder over boiling. Cook in double pan until it thickens, then pour over the fish.

FISH WITH RICE.

$\frac{1}{2}$ cup rice boiled in milk—1 tablespoon cream— $\frac{1}{2}$ cup of cooked fish cut in small pieces—a little pepper and salt.

Mix all together and heat in double boiler, serve very hot, garnished with parsley.

OYSTER CREAM.

6 oysters—1 tablespoon cream— $\frac{1}{2}$ oz. butter—1 teaspoon flour—1 slice of buttered toast—salt, pepper and lemon juice.

Melt the butter in a saucepan, stir in the flour, add milk, cream, and liquor from oysters (this should first be boiled and strained), boil two minutes, then add the oysters and yolk of eggs, and allow them to become hot, but do not boil after they are added. Pour this mixture over the toast and serve at once.

OYSTERS ON THE SHELL.

Open perfectly fresh oysters, remove all grit from the shell, and place 1 oyster on the half; sprinkle with pepper, salt and lemon juice, and serve with little rolls of brown bread and butter. A little spray of parsley on each oyster is an improvement.

FISH OMELETTE.

1 egg—1 tablespoon milk—1 good tablespoon of cooked fish broken in small pieces—pepper and salt.

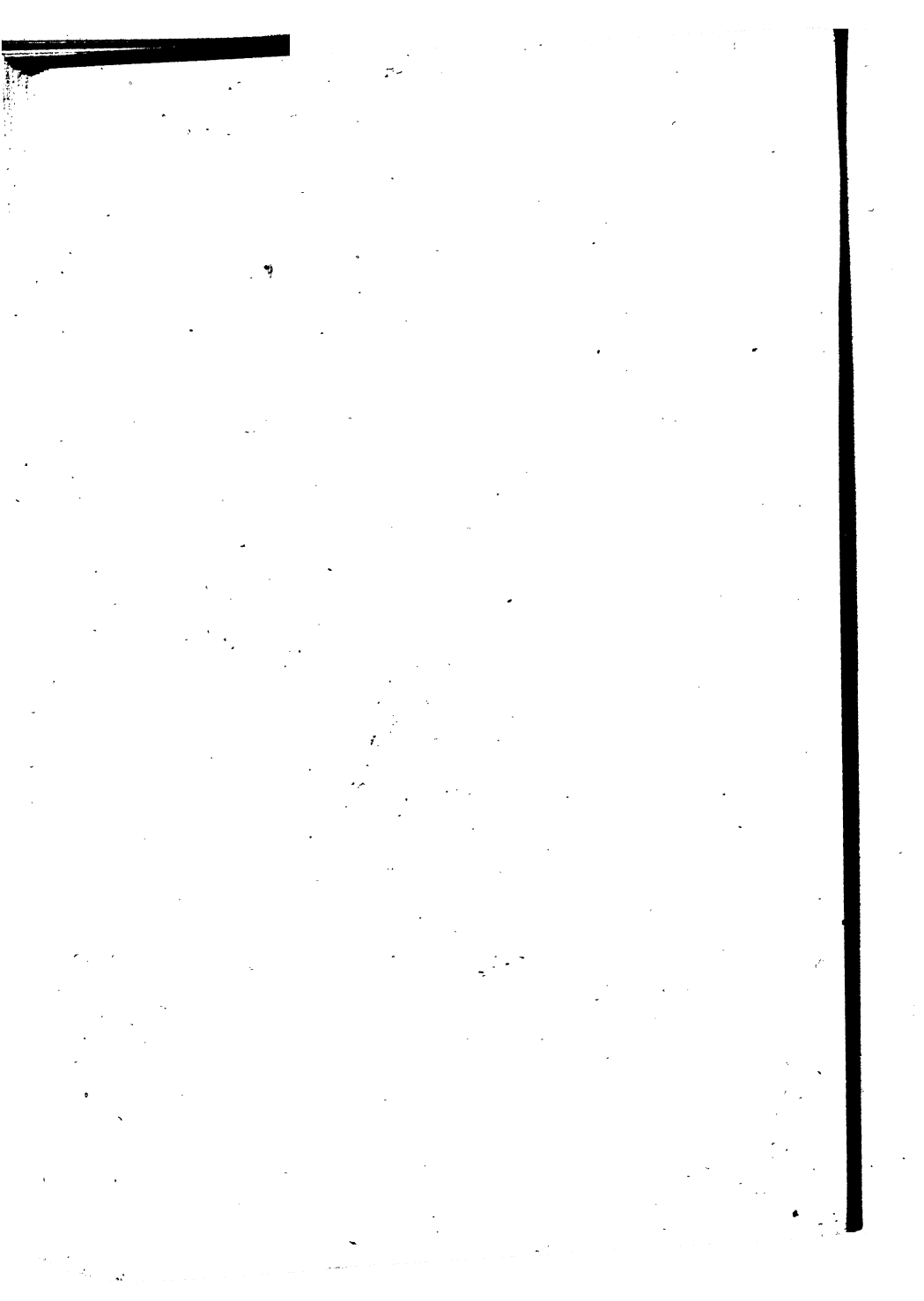
Beat the egg, add milk, pepper, salt and fish. Heat $\frac{1}{2}$ oz. butter in the omelette pan, pour in the mixture and stir one minute over the fire, then let it cook about one minute and a-half. Roll up and serve at once.

GRUELS.

s

e
n
s
y

of
d
at
re
ut



GRUELS.

OATMEAL GRUEL, No. 1.

1 tablespoon fine oatmeal—1 pint boiling water—a pinch of salt.

Mix the oatmeal with a little cold water, pour the boiling water over. Put in double saucepan and cook twenty minutes.

This gruel may be made with milk instead of water.

OATMEAL GRUEL, No. 2.

1 tablespoon coarse oatmeal—1 cup milk—1 cup water—a pinch of salt.

Boil milk and water in double boiler, sprinkle in the oatmeal, and cook one hour. A little cream may be added.

GRUEL OF PREPARED GROATS.

Mix 1 teaspoon of the groats with a little cold milk, pour over $\frac{1}{2}$ a pint of boiling milk, cook five minutes in double boiler. Add salt or sugar as desired.

WHEAT GERM GRUEL.

1 dessertspoon wheat germ— $\frac{1}{2}$ pint water or milk—a pinch of salt.

Mix together, and boil five minutes.

ARROWROOT GRUEL.

1 large teaspoon arrowroot— $\frac{1}{2}$ pint milk—a little sugar or salt.

Mix the arrowroot with a little cold milk. Boil remainder and pour over it ; cook five minutes.

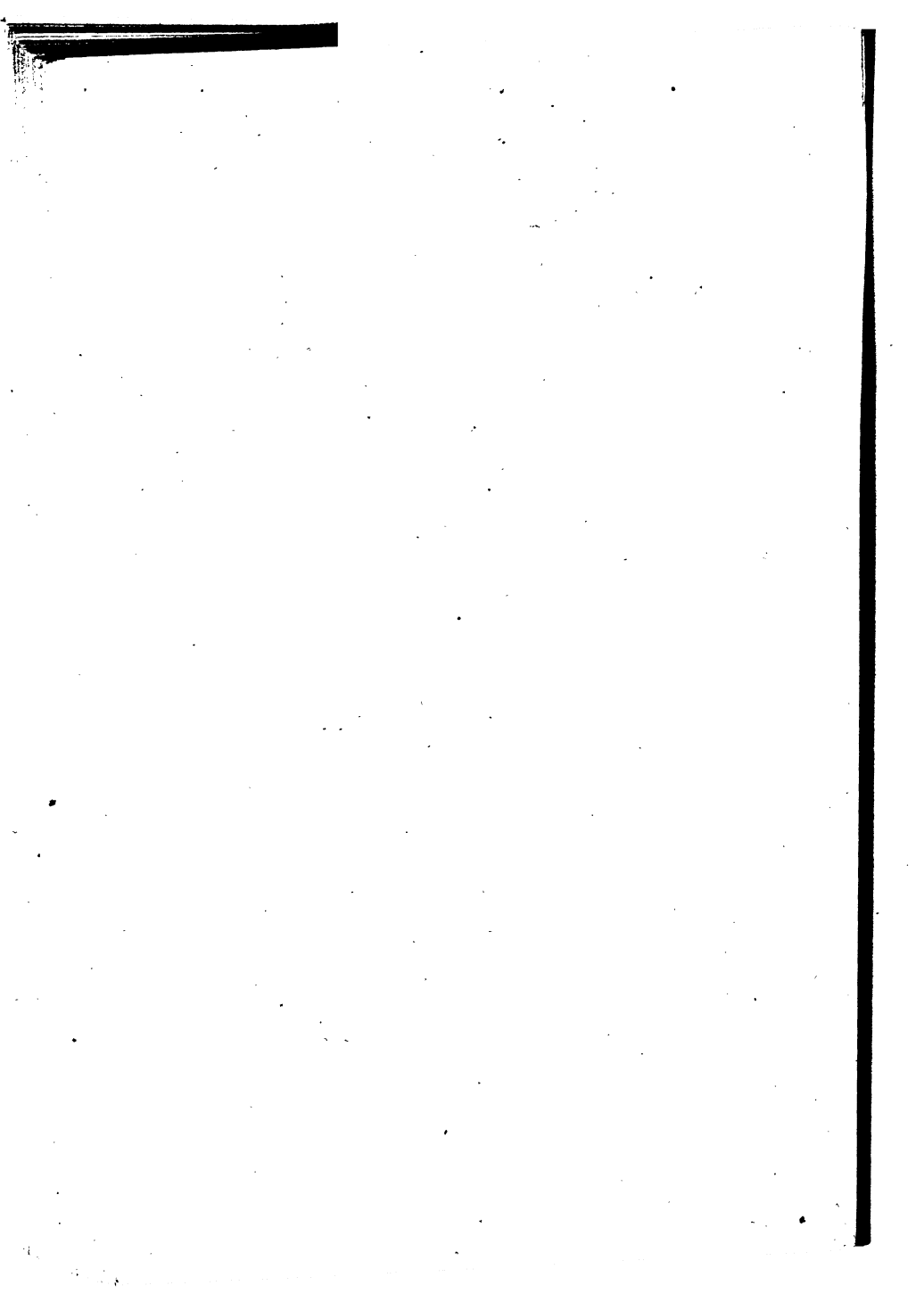
Corn starch gruel is made in the same way.

EGG GRUEL.

1 egg— $\frac{1}{2}$ pint milk 1 teaspoon sugar—a little nutmeg.

Beat the egg until light with the sugar, pour over the hot milk and mix well together; strain and serve at once. If preferred, the white of egg may be whipped to a froth.

BEEF TEAS, BROTHS, ETC.



BEEF TEAS, BROTHS, ETC.

QUICKLY MADE BEEF TEA, No. 1.

Mince 1 lb. of beefsteak and put it into a dry saucepan. Take a potato masher or spoon and press the meat over a slow fire until the juices run, then add $\frac{1}{2}$ pint cold water, and cook very slowly for ten or twenty minutes; do not allow it to boil. Strain through a coarse strainer, and use. A little pepper and salt may be added.

BEEF TEA, No. 2.

Mince 1 lb. of beef and put it into a stewpan with 1 pint of cold water, and stand it in a cool part of the stove for two hours. Then put it on the fire and bring to the boil. Skim well when boiling, then strain through a coarse strainer. Remove all fat from the top, and use as required.

BEEF TEA, No. 3.

Cut 1 lb. of beef into very small pieces and put them into a jar, add 1 pint of cold water. Cover the jar and place it in a pan of cold water, place on the fire or in the oven, and cook two hours. Remove the scum as it rises, add pepper and salt, and strain through a coarse strainer.

A beaten egg added at the last moment to $\frac{1}{2}$ a pint of this beef tea, will make a very nourishing food. It should not be cooked after the egg is added.

Two tablespoons of cream added to a cup of beef tea, is also a nice change.

BEEF TEA FOR BABIES.

When beef tea is ordered for very young children, it is a good plan to add a little sugar in place of salt, as babies do not like salt, they will take the tea much better with sugar.

RAW BEEF TEA.

Scrape $\frac{1}{2}$ a lb. of lean beef with a sharp knife, put it into a basin with $\frac{1}{2}$ pint cold boiled filtered water; cover, and allow it to stand two hours. Strain through fine strainer.

This tea is useful in typhoid fever.

MUTTON BROTH.

2 lbs. mutton—1 onion—1 turnip, if liked— $\frac{1}{2}$ cup pearl barley—pepper and salt—1 quart water.

Cut the meat into small pieces, put it into a saucepan with the vegetables and heat very slowly. Cook gently one hour, then add the scalded pearl barley, and cook one hour longer.

Veal broth may be made in the same way. Rice, sago or oatmeal may be used in place of the pearl barley, if preferred.

To scald the barley, first wash it, then boil ten minutes, and strain.

CHICKEN BROTH.

1 chicken or fowl—1 quart water, or 3 pints for a large fowl—1 large teaspoon salt—1 saltspoon pepper—2 tablespoons rice—1 teaspoon chopped parsley.

Cut the fowl into neat joints, removing all the fat. Put it into a saucepan with the water, and cook slowly one hour. Take out the meat and return the bones to the pan, add washed rice, salt and pepper, and cook half-an-hour longer. Strain, and add some of the white meat cut into little dice. Put in the parsley at the last moment, and serve with toast or crackers.

MEAT BROTH, RESTORATIVE.

2 lbs. knuckle of veal—1 calf's foot—2 lbs. gravy beef—5 pints water—salt and pepper.

Cut the meat into small pieces, and chop the bones, put all together in a stewpan, add the cold water, bring slowly to the boil, add salt, and skim well ; cook slowly for four hours. Strain, and when cold, remove all the fat. Re-heat as required.

BROTH WITH MACARONI.

1 oz. macaroni—1 pint broth—a little salt and pepper.

Wash the macaroni and boil it ten minutes in water, then drain away the water ; cut the macaroni into small pieces, and cook in the broth until tender.

CHICKEN SOUP.

1 pint chicken broth—2 yolks of egg—1 gill cream— $\frac{1}{2}$ oz. rice flour.

Mix the rice and broth together and boil five minutes, then mix yolks of eggs and cream, add them, and stir a few minutes over the fire, but do not boil.

This is a very nourishing soup. Several other soups suitable for an invalid will be found among the soups at the beginning of the book.

CHICKEN PANADA, No. 1.

Take 4 oz. minced chicken and pound it finely in a mortar. Mix with $\frac{1}{2}$ pint chicken broth, a little pepper and salt. Make hot, but do not boil, and serve with toast cut into dice.

CHICKEN PANADA, No. 2.

$\frac{1}{2}$ cup finely minced chicken— $\frac{1}{2}$ cup fine bread crumbs—a little pepper, salt and nutmeg— $\frac{1}{2}$ pint chicken broth.

Mix together the chicken, bread crumbs and seasoning, pour the boiling broth over, and stand on the stove ten minutes.

TO EXTRACT THE ESSENCE FROM MEAT.

Take lean meat for this purpose. Beef, mutton, veal or fowl. Wash it in cold water, and put it in a jar with very little water, about one tablespoon to a pound. Cover closely and place in a saucepan of cold water. Bring slowly to the boil, and keep just below boiling point for two hours. Then strain through coarse strainer, pressing the meat to extract all the juice.

This may be given hot or cold, and is useful when a small amount only can be taken by the patient.

BROILED BEEF ESSENCE.

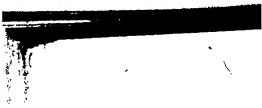
Broil the beef for about two minutes, then cut in small pieces and press out the juices into a basin placed in hot water, and serve without reheating.

MEATS.

u
e
a

n
d





v
f

sk
als
th



MEATS.

BROILED MUTTON CHOP.

Trim the chop neatly, sprinkle with a little pepper and salt, and broil over a clear fire for about five minutes ; turn constantly as it cooks, so that all the juices may be retained. Serve as hot as possible.

BROILED BREAST OF CHICKEN.

Brush the breast over with warm butter, and sprinkle with parsley, pepper and salt. Broil over clear fire for about fifteen minutes, and serve at once.

BROILED FISH.

Cut neat filets of any white fish, dip in flour mixed with pepper and salt, and broil over clear fire for about five minutes. Garnish with lemon and parsley.

SWEETBREADS WITH TOMATOES.

Dip the tomatoes in boiling water and take off the skins. Cut them in slices and put on a buttered pan, also slice the prepared sweetbread and place them on the pan, sprinkle the whole with pepper and salt.

Cover with a buttered paper and bake fifteen minutes. Arrange neatly on a little dish, the sweetbread in the centre, and the tomatoes round.

FRIED SWEETBREAD.

This is a nice dish for a convalescent patient. Dip the prepared sweetbreads into egg, then bread crumbs, and fry two minutes in hot fat. Strain on paper, and serve at once.

ROAST SMALL GAME.

Larks and other small birds make a dainty dish for the invalid. Clean and trim them, then roll round each one a very thin slice of fat bacon. Run a skewer through, and roast or bake about twelve minutes. Baste well, and serve on toast.

BOILED CHICKEN.

Directions for this and other dishes suitable for an invalid, will be found in other parts of the book.

RAW BEEF SANDWICHES.

Scrape the beef as for raw beef tea. Cut some slices of bread very thinly, and spread with the meat, cover with more bread, press firmly together and cut into any pretty shape; diamonds look well, they can be arranged in a star and garnished with little sprays of parsley.

CALF'S BRAINS.

Soak the brains in salt and water for an hour or so, then remove the skin and veins. They may be boiled or baked, as desired.

To boil them, cover with boiling water, add a little lemon juice or vinegar, 1 teaspoon salt and a bunch of herbs, cook slowly about eight to ten minutes, and serve with butter, parsley or egg sauce.

To bake, brush over with beaten egg, sprinkle with bread crumbs, pepper and salt, and bake in quick oven twelve minutes.

BACON.

As bacon fat is easily digested, it may in many cases be given to the invalid.

The nicest way to cook it, is to cut it in thin slices and cook it before the fire, or it may be broiled. It should be cooked through, but not overdone. The hard, lean parts should not be eaten.

SWEETBREADS.

Many nice little dishes may be made with sweetbreads. They are easily digested and very nutritious. They should be soaked for two or three hours in salt and water, then washed and boiled in the same way as brains, but need half-an-hour.

SWEETBREADS IN EGG SAUCE.

Cut the prepared sweetbreads into thin slices, then make a sauce of 1 gill white stock—1 yolk of egg—1

s.
e

p
s,
id

or
ch
rer
es.

an

ices
over
any
ged
.

tablespoon cream—1 teaspoon flour—salt and pepper.
Heat the sweetbread in this and serve on toast.

SAVORY CUSTARD.

1 egg—1 gill milk or chicken broth—a pinch of pepper
and salt.

Beat the egg, then mix all together and strain into a
well buttered cup. Steam until set, then turn out and
serve.

EGG IN PORT WINE.

Beat an egg until very light, with 1 teaspoon water,
then add the port, and strain.

EGG WITH TEA.

This is a good way of giving nourishment with tea.
Beat the egg thoroughly, mix it with a teaspoon of
cream, and strain into the tea.

Many ways of cooking eggs, suitable for invalids,
will be found in another part of the book.

LIME WATER TO MIX WITH MILK.

Put a piece of quicklime into a bottle, fill with cold
boiled water, shake well, then allow it to stand until the
water is clear. Pour off the clear water, but be very
careful not to shake again.

This is used with milk for anyone suffering from
diarrhoea or vomiting.

One teaspoon of raw arrowroot mixed into a cup of
arrowroot gruel, will sometimes check diarrhoea.

er
a
d

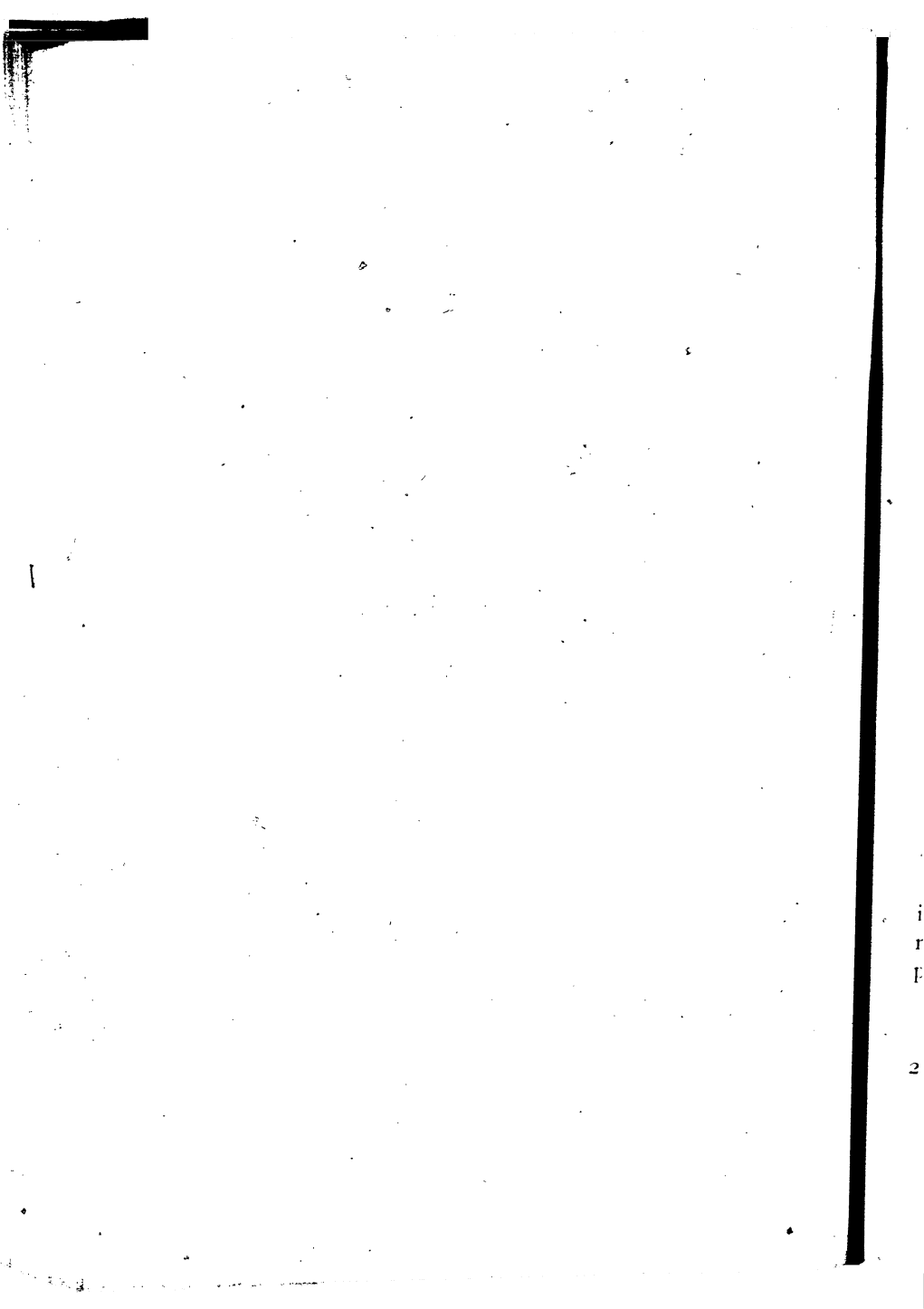
r,

ea.
of

ds,

old
the
ery
om
p of

PUDDINGS, JELLIES, ETC.



i
r
E

PUDDINGS, JELLIES, ETC.

ARROWROOT PUDDING.

1 teaspoon arrowroot—1 gill boiling milk—1 egg—1
teaspoon sugar—a little may be added if allowable.

Mix the arrowroot with a very little cold milk, pour over the gill while boiling, and stir well, then add sugar and yolk of egg. Whip the white to a stiff froth and add it lightly. Pour into small buttered pudding dish and bake about eight or ten minutes. Serve at once.

SPONGECAKE PUDDING.

- small spongecake—1 dessertspoon brandy—1 whole
egg, or 2 yolks—1 teaspoon sugar—1 teaspoon
apple jelly or other preserve.

Cut the cake through and spread with the jelly, replace and put it in a glass dish, pour over the brandy, and allow it to stand a little while. Beat together the egg and sugar, pour over the boiling milk, then cook in double saucepan until the mixture thickens, but do not boil. Stir a few minutes off the fire, and when cold pour over the cake.

BAKED CUSTARD.

2 eggs— $\frac{1}{2}$ pint milk—1 dessertspoon sugar (white)—
a little lemon rind.

Mix together eggs and sugar, add milk, and pour into buttered pudding dish. Grate over the lemon rind and bake until set. Do not allow it to boil.

STEAMED CUSTARD.

Make the custard same as above, pour into well buttered cups, and steam until set.

AUNTIE'S PUDDING.

1 small French roll—2 eggs— $\frac{1}{2}$ pint milk—1 dessert-spoon sugar—a little lemon rind.

Cut the roll in thin slices and put them in a buttered pudding dish. Mix together the egg, sugar and milk, add the grated lemon rind, and pour this custard over the rolls. Bake about twenty minutes. Serve hot or cold.

LIGHT BREAD PUDDING.

1 oz. bread crumbs—2 eggs— $\frac{1}{2}$ pint milk—1 table-spoon sugar—a little nutmeg.

Mix all together, pour into buttered dish, and bake twenty minutes.

BATTER PUDDING.

1 teaspoon flour—1 gill new milk—1 egg—1 teaspoon sugar—a pinch of salt.

Mix the flour with a little cold milk, then pour over the gill of boiling milk, add sugar, salt and well beaten egg; pour into well buttered cup, and steam about twenty minutes. Turn out and put a little jelly or preserves on the top.

SWISS APPLE PUDDING.

2 apples—1 small cup of bread crumbs—2 tablespoons sugar—1 oz. butter.

Pare and slice the apples. Sprinkle a little bread crumbs and sugar on the bottom of buttered dish, and over this place a layer of apples, continue until the dish is full. The top layer should be of bread crumbs and sugar. Put the butter on the top in small pieces. Place the dish in a pan of hot water and bake about half-an-hour.

PORT WINE JELLY.

$\frac{1}{2}$ pint port— $\frac{1}{2}$ oz. gelatine— $\frac{1}{2}$ gill water.

Soak the gelatine in the water, then melt it over hot water. Stir in the wine, do not allow it to boil. Pour into a mould, and turn out when set.

RICE JELLY.

$\frac{1}{2}$ cup washed rice—1 quart water—rind of $\frac{1}{2}$ a lemon—1 inch stick cinnamon—juice of 1 lemon—2 oz. sugar.

Tie thinly cut lemon rind and cinnamon together, put all into double saucepan and cook one hour. Remove lemon rind and cinnamon. Rub rice through a sieve and put into mould to set. Then turn out and serve with cream or custard.

CALVES' FOOT JELLY.

4 calves' feet—4 quarts water—6 oz. sugar—2 lemons—1 inch stick cinnamon— $\frac{1}{2}$ pint sherry.

Thoroughly cleanse the feet, break the bones and put them into a saucepan with the cold water. Heat slowly, and simmer very gently until the water is reduced to half, then strain and remove all the fat. Add the thinly cut lemon rind, the juice, sugar and cinnamon. Boil together for five minutes, strain and add the sherry.

If liked, this jelly may be cleared with whites and shells of egg. See recipes for jellies.

STEWED FRUIT.

Fresh fruit stewed and served with cream or custard, is often acceptable to the sick.

Stoned fruit is the most indigestible, so it will be better to take others. Any kind of berries may be used, also apples and pears.

For berries, first pick them, then place in a covered stewpan with 4 or 6 oz. of sugar to the pound. Place in a cool oven for about an hour.

For apples and pears.—First pare the fruit, then cut it in quarters, place these in the stew jar. Add 4 oz. sugar to each pound, $\frac{1}{2}$ a gill water and a little spice. Cook in cool oven until quite tender. The time will depend upon the kind of fruit used.

Stewed fruit is also very good served with corn starch mould, rice, etc.

LEMON SPONGE.

1 oz. gelatine—2 lemons— $\frac{1}{2}$ lb. lump sugar—1 pint water.

Peel the thin yellow rind from the lemons, soak the gelatine in the water for ten minutes, then put all in a

saucepan, stir till boiling, and boil slowly for ten minutes. Strain, and when commencing to set, add one white of egg and whisk to a froth, pour into a mould, and turn out when set, or pile in glass dish.

BLANC MANGE.

$\frac{1}{2}$ pint new milk—2 yolks of eggs— $\frac{1}{4}$ oz. gelatine—2 lumps of sugar—rind of $\frac{1}{2}$ a lemon—a little piece of stick cinnamon.

Boil milk, sugar, cinnamon and lemon together for five minutes, add soaked gelatine and beaten yolks of eggs, and cook until the mixture thickens ; do not boil. Stir until cool. Pour into mould, and turn out when set.

This may be made with cream instead of milk.

BAKED LEMON (FOR A COUGH).

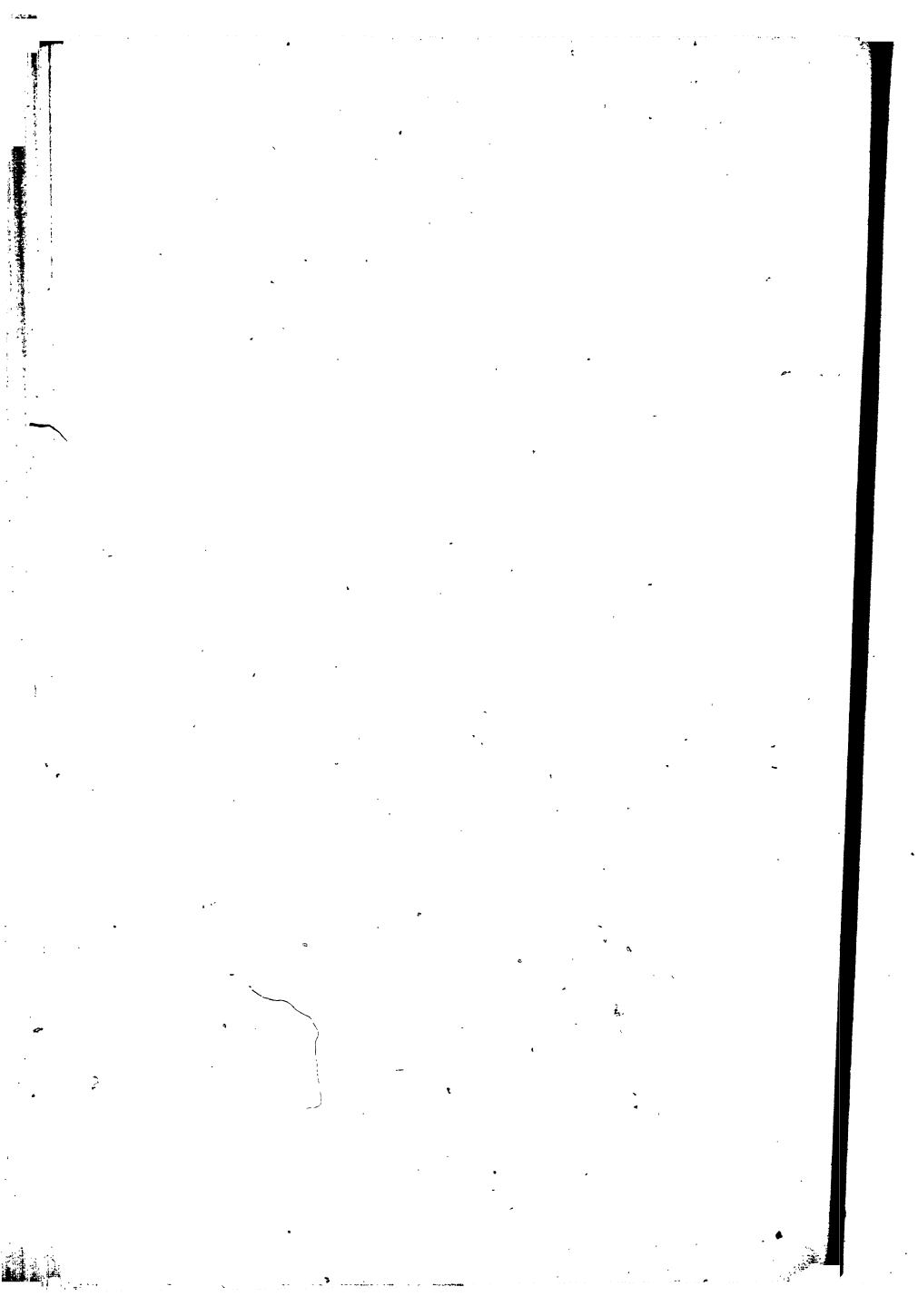
Bake a lemon about twenty minutes in a moderate oven, then squeeze out all the juice, strain it and mix with as much maple or brown sugar as the juice will dissolve. Stand till cold, then take $\frac{1}{2}$ teaspoon when the cough is troublesome.

CHOCOLATE.

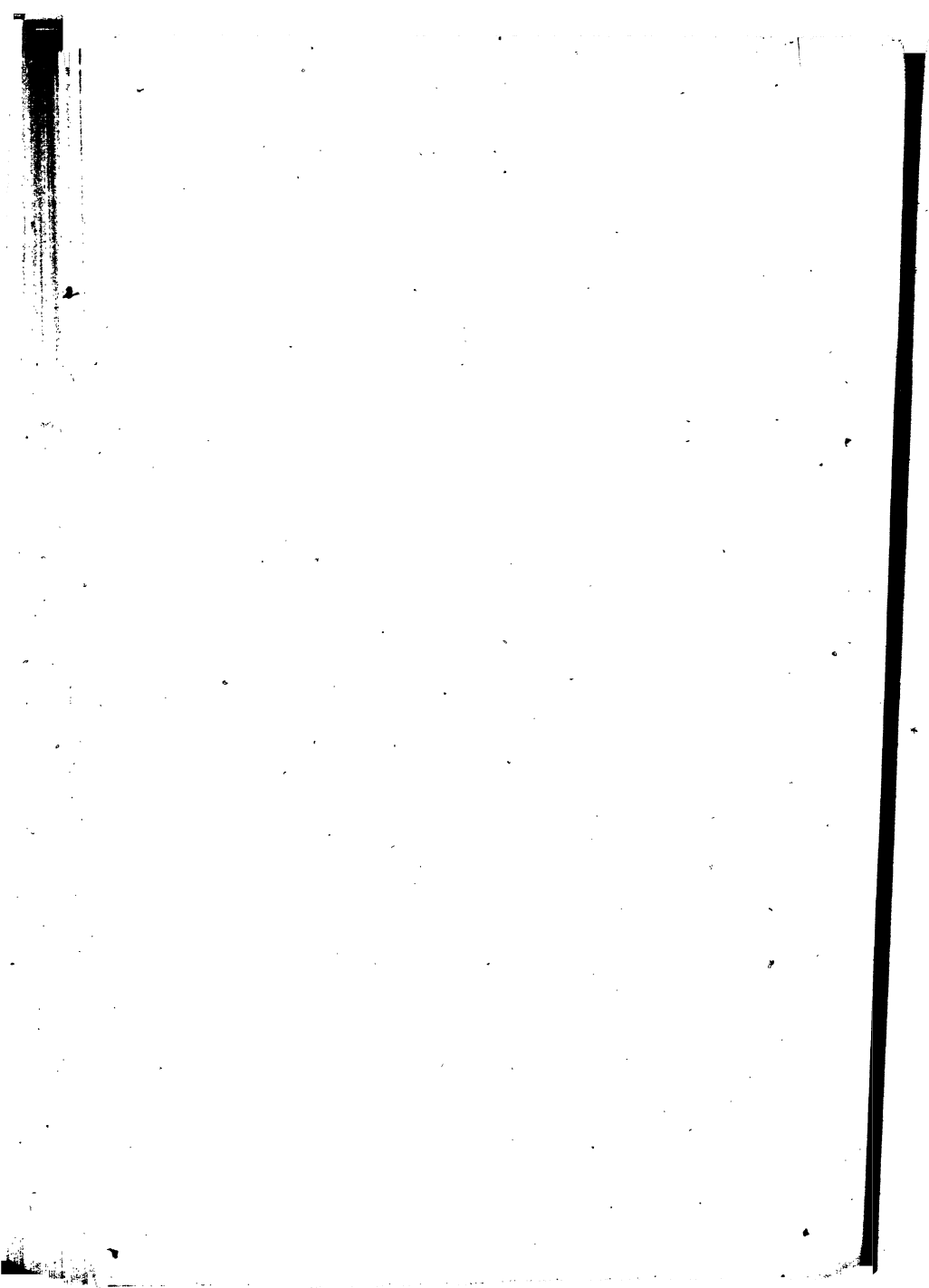
Chocolate and cocoa for the sick, are better made with all milk, or very little water, and not allowed to boil, as it is apt to become oily when boiled.

Tea and coffee may also be made with milk.

Cold tea with cream may be given to consumptive patients after night sweats.



MEAT SAUCES.



MEAT SAUCES.

BROWN SAUCE.

1 oz. butter—1 oz. flour—1 pint well flavored stock.

Fry the butter and the flour together until a nice brown, stirring all the time, and taking great care that no part burns. Add the stock, by degrees, stir until boiling, and boil about five minutes; skim all the fat from the top, and tammy.

TOMATO SAUCE, No. 1.

$\frac{1}{2}$ lb. or $\frac{1}{2}$ can of tomatoes—1 pint stock—1 oz. butter—1 oz. flour—pepper and salt—1 small onion.

Chop the onion and fry it, without discoloring, in the butter, stir in the flour, and when quite smooth, add the stock, by degrees. Stir until boiling add. the tomatoes, cook until tender, then pass the sauce through a sieve or tammy. Reheat and use.

TOMATO SAUCE, No. 2.

1 lb. tomatoes—1 pint water—1 onion—a few outer leaves of celery—a bunch of herbs—1 $\frac{1}{2}$ oz. butter—1 $\frac{1}{2}$ oz. flour—1 gill milk or cream.

Boil the tomatoes, celery and onion in the water until

tender, rub them through a sieve. Now melt the butter in a saucepan, stir the flour smoothly into it and add the strained stock, by degrees. Stir until boiling, boil five minutes and skim all the fat from the top. Allow the boil to go off, then add the hot milk or cream. Serve hot.

VELOUTÉ SAUCE.

1 oz. butter—1 oz. flour— $\frac{1}{2}$ pint white stock—1 gill milk or cream—pepper, salt and lemon juice.

Melt the butter in a saucepan, stir the flour smoothly into it, then add the stock, by degrees. Stir until boiling, boil three or four minutes; skim, and add cream and lemon juice.

PANADA.

1 oz. butter—1 oz. flour—1 gill water, stock or milk, according to the purpose for which the panada is wanted—pepper and salt.

Melt the butter in a saucepan, stir in the flour, add the liquid, stir until boiling, and cook two minutes.

BECHAMEL SAUCE.

1 $\frac{1}{2}$ oz. butter—1 $\frac{1}{2}$ oz. flour— $\frac{1}{2}$ pint milk that has been boiled with a blade of mace and a small shallot—pepper, salt, and a very little nutmeg.

Make in the same way as panada.

ONION SAUCE, No. 1.

3 Spanish onions—1 oz. flour— $\frac{1}{2}$ pint milk— $\frac{1}{2}$ gill cream—pepper and salt.

Boil the onions in two waters, chop them finely, and mix them in a saucepan with the flour, add the milk, by degrees, stir until boiling, boil two minutes, add cream, pepper and salt, and serve hot.

ONION SAUCE, No. 2.

3 onions—1 pint Bechamel sauce—a bunch of herbs—
½ gill cream.

Boil the onions in water for five minutes, then slice them and cook in the Bechamel sauce with the herbs for about half-an-hour. Remove the herbs, rub the sauce through a fine sieve, add the cream, and reheat.

CELERY SAUCE.

1 good head of celery—1 pint white stock—½ pint
milk—½ gill cream—1½ oz. butter—1½ oz. flour
—salt and pepper.

Cut up the washed celery and boil it in water for a few minutes, wash again in cold water, then boil in the stock until tender, and rub through a fine sieve. Melt the butter in a saucepan, stir the flour smoothly into it, add the strained stock and milk, and cook two minutes; add cream, pepper and salt, and serve hot.

CAPER SAUCE (WHITE).

½ pint Velouté sauce—1 tablespoon French capers—1
dessertspoon of thin vinegar.

Mix all together, and use.

If the sauce is for serving with boiled mutton, make

the Veloute sauce with the liquor in which the meat was boiled.

CAPER SAUCE (BROWN).

$\frac{1}{2}$ pint brown sauce—1 tablespoon capers—1 dessert-spoon of thin vinegar—1 teaspoon extract of meat—1 finely chopped shallot.

Boil all together for ten minutes, omitting the capers. Tammy, add the capers, and serve hot.

BREAD SAUCE.

2 oz. white bread without crust— $\frac{1}{2}$ pint milk—1 gill cream—1 shallot or small onions—2 cloves—pepper and salt.

Put the bread into the saucepan with crumbing, and pour the milk over it, add the shallot with the cloves stuck into it. Cook slowly for about twenty minutes, remove the onion, and beat until creamy, add cream, pepper and salt. Reheat and use.

CHESTNUT SAUCE (WHITE).

1 doz. roasted chestnuts—1 $\frac{1}{2}$ gills cream—pepper and salt—1 teaspoon sugar— $\frac{1}{2}$ oz. butter.

Rub the chestnuts through a sieve and put them with the butter into a saucepan, stir in the cream by degrees, stir until boiling, and use.

CHESTNUT SAUCE (BROWN).

1 doz. roasted chestnuts— $\frac{1}{2}$ pint brown sauce—1 teaspoon extract of meat.

Rub the chestnuts through a sieve, mix all together and stir over the fire until boiling.

HORSERADISH SAUCE.

1 good stick of horseradish—2 yolks of eggs— $\frac{1}{2}$ pint whipped cream—1 teaspoon castor sugar— $\frac{1}{2}$ teaspoon mustard—a pinch of salt—1 tablespoon vinegar.

Let the horseradish stand in cold water until quite firm, then grate finely a gill of it, and mix it with the seasoning and yolks of eggs; add lastly, the cream. Mix well together; and use.

APPLE SAUCE.

1 lb. of good cooking apples—2 oz. sugar— $\frac{1}{2}$ pint water—1 oz. butter.

Peel and slice the apples, and cook them with the sugar and water until tender. Beat them then to a pulp or rub them through a hair sieve. Add the butter, and reheat.

GAME SAUCE.

1 pint rich game stock—1 oz. ham—1 shallot—1 tablespoon cocoanut—1 teaspoon currant jelly—1 teaspoon Chutney— $\frac{1}{2}$ oz. rice flour—1 tablespoon port—1 oz. butter.

Fry the ham and shallot in the butter for about ten minutes, add the rice flour, and, by degrees, the stock, then the jelly, cocoanut and Chutney. Cook slowly fifteen minutes; tammy, and add the port. Reheat, and serve hot.

GENOESE SAUCE.

$\frac{1}{2}$ pint brown sauce—1 chopped shallot—1 dessert-spoon mushroom ketchup—1 teaspoon anchovy essence—1 wineglass claret—a teaspoon castor sugar.

Boil together for five minutes, tammy, and add a teaspoon chopped parsley and 2 oz. of fresh butter, by degrees. Serve hot.

ESPAGNOL SAUCE.

$\frac{1}{2}$ pint brown sauce—1 large tablespoon sherry—1 teaspoon extract of meat—2 tablespoons fresh chopped mushrooms—a pinch of sugar.

Boil all together, skim well ; tammy. and use.

CURRANT SAUCE FOR VENISON.

1 oz. currants—1 cup bread crumbs—1 gill Bechamel sauce—1 gill venison gravy—1 tablespoon port—1 teaspoon currant jelly.

Boil the washed currants in $\frac{1}{2}$ a pint of water for ten minutes, then pour them over the bread crumbs, after they have stood for a little while, beat them up. Put all together into a saucepan and stir over the fire till quite smooth.

NEAPOLITAN SAUCE.

1 oz. minced ham— $\frac{1}{2}$ pint brown sauce—1 gill stock—a wineglass claret—1 tablespoon Harvey's sauce—1 tablespoon currant jelly—2 shallots—1 tablespoon grated horseradish—1 bay leaf—a bunch of herbs—a few pepper corns.

Simmer all together for about twenty minutes; tammy, and reheat.

POULETTE SAUCE.

3 yolks of eggs—2 tablespoons lemon juice—1 gill cream—1 large tablespoon chopped cooked button mushrooms—2 finely chopped shallots—1 dessertspoon chopped parsley—1 pint Veloute sauce.

Mix together the yolks of eggs, lemon juice and cream, stir this mixture by degrees into the boiling Velouté sauce, and stir until it thickens. Tammy, and return to the saucepan, add the mushrooms, shallots and parsley. When hot, it is ready to serve.

MAÎTRE D'HÔTEL SAUCE.

$\frac{1}{2}$ pint hot Velouté sauce—2 oz. fresh butter—the juice of a lemon—a tablespoon finely chopped parsley—a dust of cayenne.

Add the butter, a little at a time, to the Velouté sauce, then add lemon and parsley, and serve.

MELTED BUTTER SAUCE.

2 oz. butter—1 oz. flour— $\frac{1}{2}$ a pint hot water—pepper and salt.

Make in the same way as panada.

PARSLEY SAUCE, No. 1.

$\frac{1}{2}$ pint thin Bechamel sauce—1 tablespoon very finely chopped parsley.

Mix together, and stir until boiling.

PARSLEY SAUCE, No. 2.

$\frac{1}{2}$ pint melted butter sauce—a good handful of parsley
— $\frac{1}{2}$ a gill cream.

Boil the parsley with a tiny piece of washing soda, water and a pinch of salt, until tender. Rub it through a hair sieve or tammy, add it and the cream to sauce, and stir over the fire until hot.

FINANCIERE SAUCE.

1 gill sherry—1 oz. butter—1 oz. glaze—1 tablespoon
chopped mushrooms— $\frac{1}{2}$ pint brown sauce.

Mix all together, and boil ten minutes.

BARON'S SAUCE.

$\frac{1}{2}$ pint melted butter—1 shallot—2 tablespoons button
mushrooms—1 tablespoon sherry—1 gill chicken
broth—2 yolks of eggs—1 oz. butter— $\frac{1}{2}$ gill
cream.

Fry the shallot in the butter without discoloring, add all the other ingredients excepting the yolks of egg and cream. Cook slowly ten minutes; tammy, return to the pan. Mix together the yolks and cream, add them to the sauce, and stir over the fire for a few minutes.

ley

da,
gl
ce,

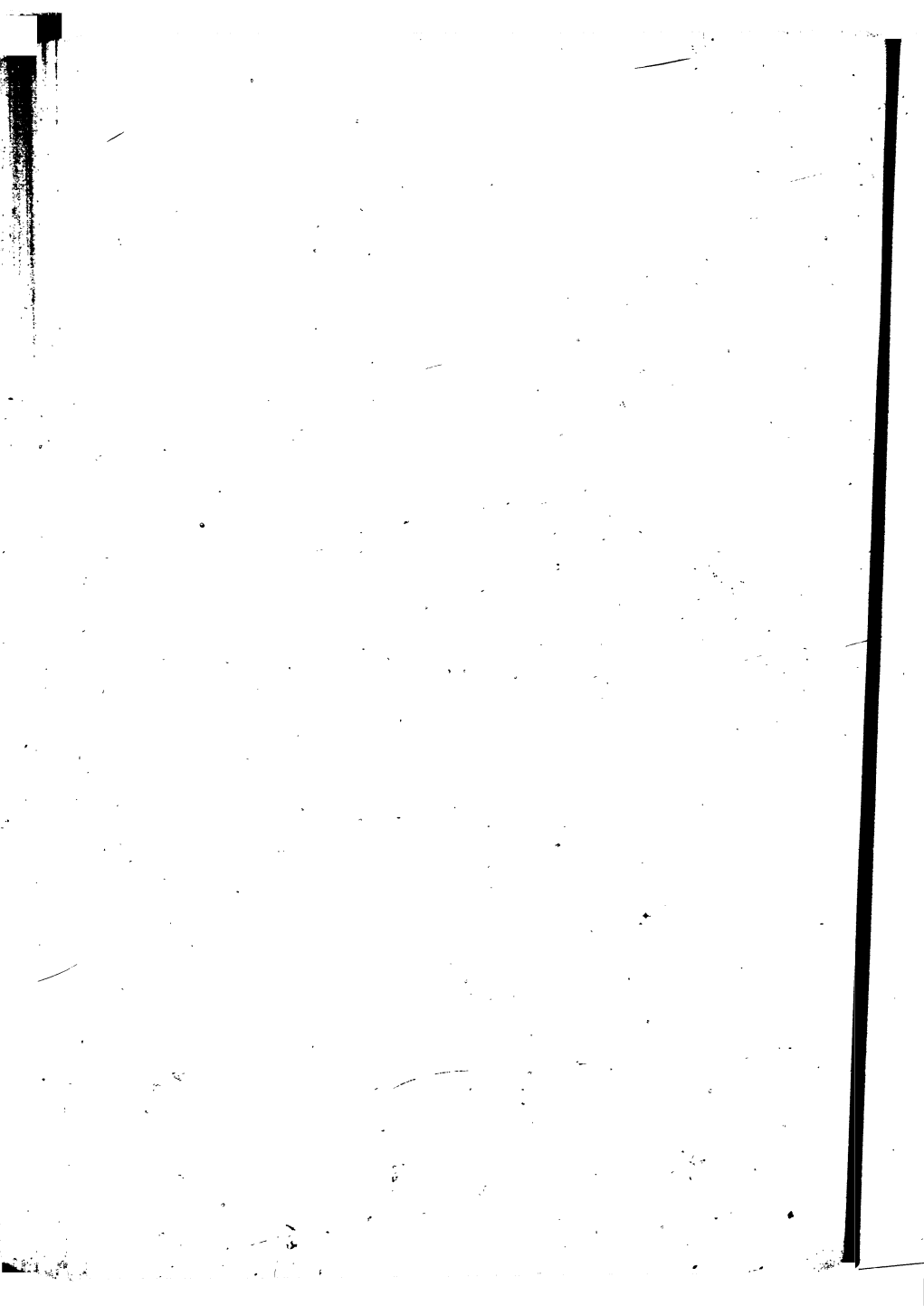
don

COLD MEAT SAUCES.

ton
ren
gill

dd
egg
re-
am,
few





COLD MEAT SAUCES.

BRETONNE SAUCE.

1 gill vinegar—1 teaspoon sugar—1 teaspoon mustard
—1 tablespoon grated horseradish.
Mix all together and serve with cold beef.

MAYONNAISE SAUCE.

To each raw yolk of egg take $\frac{1}{2}$ a gill salad oil—1 dessertspoon vinegar—1 small teaspoon tarragon vinegar—a little pepper, ~~salt and mustard~~, or cayenne if liked—also 1 dessertspoon of thick cream may be added.

Put the yolks of egg in a basin, and add the oil, spot by spot, stirring one way all the time. When all the oil is in, the sauce should be quite stiff. Add the vinegar, etc., and if cream is used, put it in just before serving. The sauce without the cream will keep several days.

TARTARE SAUCE.

1 gill Mayonnaise sauce—1 teaspoon of chopped gherkins— $\frac{1}{2}$ a teaspoon capers—1 teaspoon chopped parsley.
Mix all together.

MINT SAUCE.

1 gill finely chopped fresh mint—1 gill vinegar— $\frac{1}{2}$ gill water—1 $\frac{1}{2}$ oz. sugar.

Mix together the sugar and water, add mint and vinegar, and stand a little time before serving.

ANCHOVY CREAM.

6 anchovies—1 hard boiled yolk of egg—1 tablespoon salad oil—a little coralline pepper—a few drops of carmine— $\frac{1}{2}$ gill aspic jelly—1 gill whipped cream.

Wash and pound the anchovies, then pound with them the yolk of egg, salad oil, pepper and carmine. When quite smooth, add the liquid aspic, and pour the mixture through a sieve, then add the cream, and stand on ice until wanted.

WHITE CHAUDFROID.

1 gill Velouté sauce—1 gill cream— $\frac{1}{2}$ pint pale colored aspic jelly.

Boil together for ten minutes, and tammy; and use when cooling.

BROWN CHAUDFROID.

1 gill brown sauce—1 teaspoon meat extract— $\frac{1}{2}$ pint brown aspic jelly.

Boil together for ten minutes, and use when cooling.

GENERAL'S SAUCE.

1 teaspoon cloves— $\frac{1}{2}$ a clove of garlic—1 bay leaf—a sprig of thyme—the thinly peeled rind of a Seville orange—3 shallots—1 teaspoon pepper corns

—1 blade of mace—1 oz. salt—1 cup of sherry—
2 tablespoons verjuice—2 tablespoons lemon juice
—1 gill vinegar.

Pound the spice, orange rind, shallots and salt all together. Put them into a jar and pour over the liquids, cover the jar closely and put it in a cool oven for four or five hours. Strain through fine muslin, and put by in bottles for use.

One teaspoon of this sauce is sufficient to flavor $\frac{1}{2}$ pint of melted butter, brown sauce, etc.

SALAD DRESSING, No. 1.

2 hard boiled yolks of eggs—1 tablespoon vinegar—
1 teaspoon tarragon vinegar—1 large tablespoon
thick cream—1 saltspoon mustard—a little pepper
and salt.

Pound the yolks of eggs, add the cream and seasoning, then the vinegar, slowly.

SALAD DRESSING, No. 2.

1 raw yolk of egg—3 tablespoons salad oil—2 tea-
spoons vinegar—1 teaspoon anchovy essence—a
little pepper.

Put the yolk of egg in a basin, and stir in the oil. by degrees, add vinegar, etc.

BOILED SALAD DRESSING.

1 teaspoon potato flour—2 large tablespoons malt vine-
gar—1 teaspoon tarragon vinegar—2 tablespoons
water—1 egg— $\frac{1}{2}$ gill cream— $\frac{1}{2}$ teaspoon mustard
—pepper and salt.

Mix together the potato flour, mustard, pepper and salt, add water and vinegar, and boil two minutes. Cool a little, then add yolk of egg mixed with a teaspoon of water, cook until it thickens, but do not boil. Take off the fire, and stir a few minutes, then add white of egg whipped to a stiff froth. When quite cold add the whipped cream.

If this dressing is bottled without the cream, it will keep a considerable time.

FRENCH SALAD DRESSING.

3 tablespoons good salad oil—1 tablespoon vinegar—
1 saltspoon salt— $\frac{1}{2}$ saltspoon pepper.

If liked, the bowl may be rubbed with garlic before mixing the dressing, or a few spots of onion juice used.

Mix together the pepper and salt, stir the oil into them slowly, then add the vinegar. Or the oil and vinegar may be poured at the same time on to the salad, which should then be lightly, but very thoroughly, tossed together.

SALAD DRESSING, DR. KETCHMER'S.

2 hard boiled yolks of eggs—1 tablespoon water or cream—2 tablespoons salad oil—1 teaspoon sugar—a little salt—1 teaspoon made mustard—3 table-
spoons vinegar.

Beat the yolks of eggs with a wooden spoon until quite smooth, then stir in the water or cream, the sugar, salt and mustard, and lastly, the vinegar.

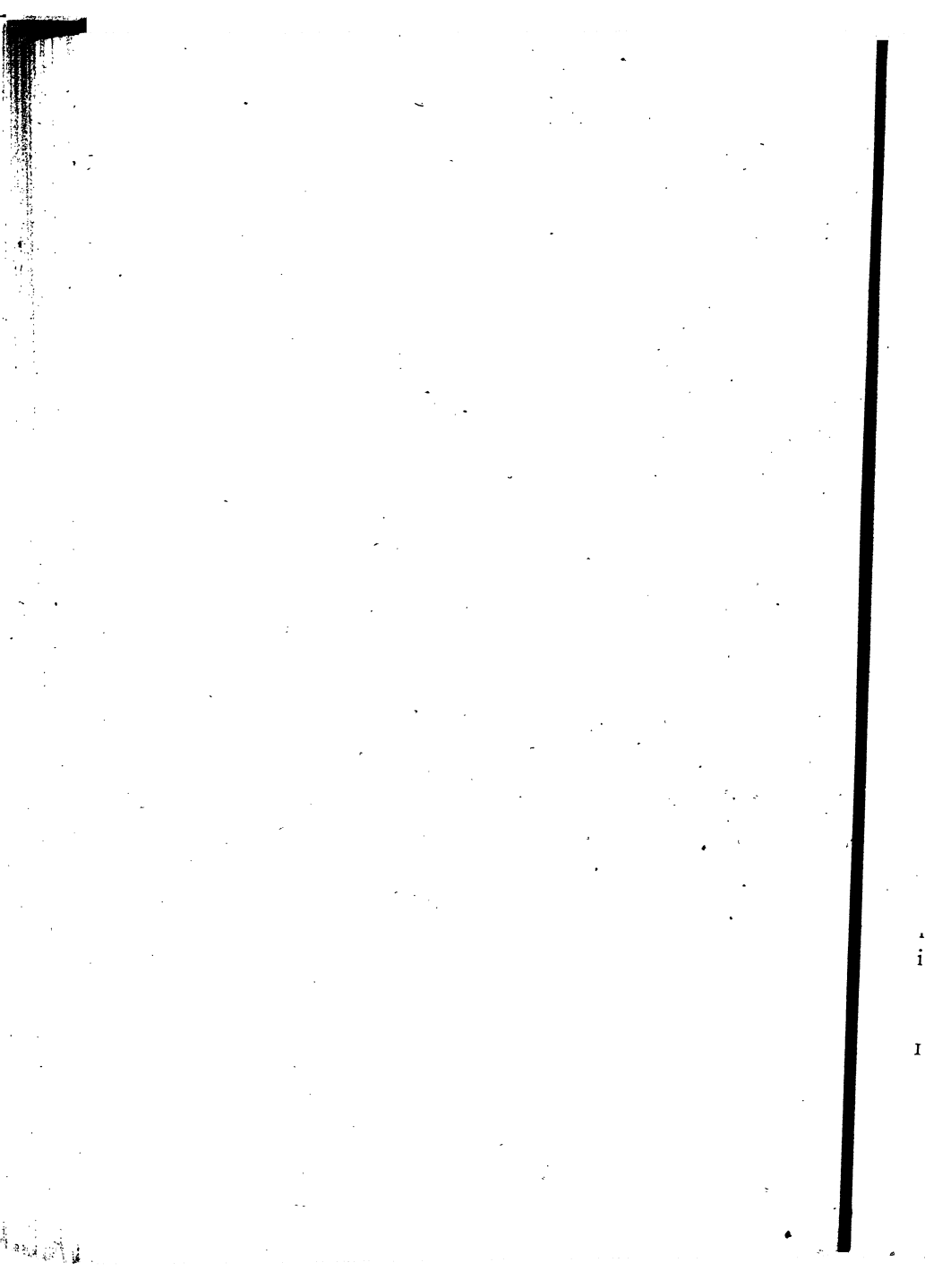
d
s.
-
l.
e
d
ll

-
e
l.
o
l
l,
z

r
r
-
l
o

FISH SAUCES.





FISH SAUCES.

ANCHOVY SAUCE.

$\frac{1}{2}$ pint melted butter sauce—1 dessertspoon anchovy essence— $\frac{1}{2}$ gill cream—a few spots of carmine.
Mix all together, and serve hot.

CUCUMBER SAUCE.

1 large cucumber— $\frac{1}{2}$ pint Veloute sauce—1 teaspoon lemon juice—a few spots of green coloring.

Peel the cucumbers, slice them and put into a pan with a little butter. cook slowly until tender, rub them through a sieve and mix with the sauce, add lemon and coloring. Make hot, and serve.

HOLLANDAISE SAUCE.

$\frac{1}{2}$ a teaspoon crushed pepper corns—a bay leaf—1 gill vinegar—3 yolks of eggs—3 oz. butter.

Boil the vinegar, pepper-corns and bay leaf until the vinegar is half reduced, then stir in the eggs, one by one, add the butter in small pieces, and stir over a slow fire until it begins to thicken, but take great care that it does not curdle. Tammy, and use.

SHRIMP SAUCE.

1 pint of unshelled shrimps—1 pint water—2 oz. butter— $\frac{1}{2}$ teaspoon anchovy essence— $\frac{1}{2}$ gill cream—1 oz. flour—pepper.

Shell the shrimps and boil the skins in the water twenty minutes, strain carefully. Melt the butter in a saucepan, stir in the flour, and when smooth add the water from the shells, boil two minutes, then add the cream, anchovy, pepper and shrimps. Stir until nearly boiling, but do not allow it to quite boil, or the flavor is not so good.

OYSTER SAUCE, No. 1.

1½ oz. butter—1 oz. flour—1 doz. oysters—1 gill fish stock—½ gill oyster liquor—1 gill cream—lemon juice—pepper and salt.

Make sauce of butter, flour, fish stock and cream. Boil up the oyster liquor, add it and seasoning. Cut the oysters in half and add them also, stir over the fire a moment and serve.

OYSTER SAUCE, No. 2.

1 doz. oysters—½ pint fish stock—thinly cut rind of half a lemon—a few pepper corns—a bay leaf—1 oz. butter—½ oz. flour—3 yolks of eggs—½ gill sherry.

Boil together for twenty minutes the oyster beards, fish stock, lemon rind, bay leaf and pepper-corns. Fry together without discoloring the butter and flour, add the strained stock, and cook two minutes. Add then the sherry, the beaten eggs and the oysters, stir over the fire until it begins to thicken, but do not boil.

LOBSTER SAUCE.

2 oz. butter—1 oz. flour—½ pint fish stock—1 small lobster—1 teaspoon anchovy essence—1 gill cream

—a very little salt—a grain of cayenne—1 teaspoon lemon juice.

Remove flesh from lobster and boil up the shell in the fish stock. Melt the butter in a saucepan, stir in the flour, then the strained stock; add, if possible, 1 oz. lobster spawn. Boil five minutes, then tammy, and add cream, lemon juice, and lobster flesh cut in small pieces. Reheat, and use with almost any kind of fish.

MONICA SAUCE.

1 oz. butter— $\frac{1}{2}$ oz. rice flour— $\frac{1}{2}$ pint good fish stock— $\frac{1}{2}$ gill white wine—1 large tablespoon button mushrooms—1 teaspoon lemon juice—pepper and salt.

Melt the butter, stir in the flour, add stock, mushrooms, wine, lemon juice, pepper and salt. Cook ten minutes, tammy, and reheat.

GRATIN SAUCE.

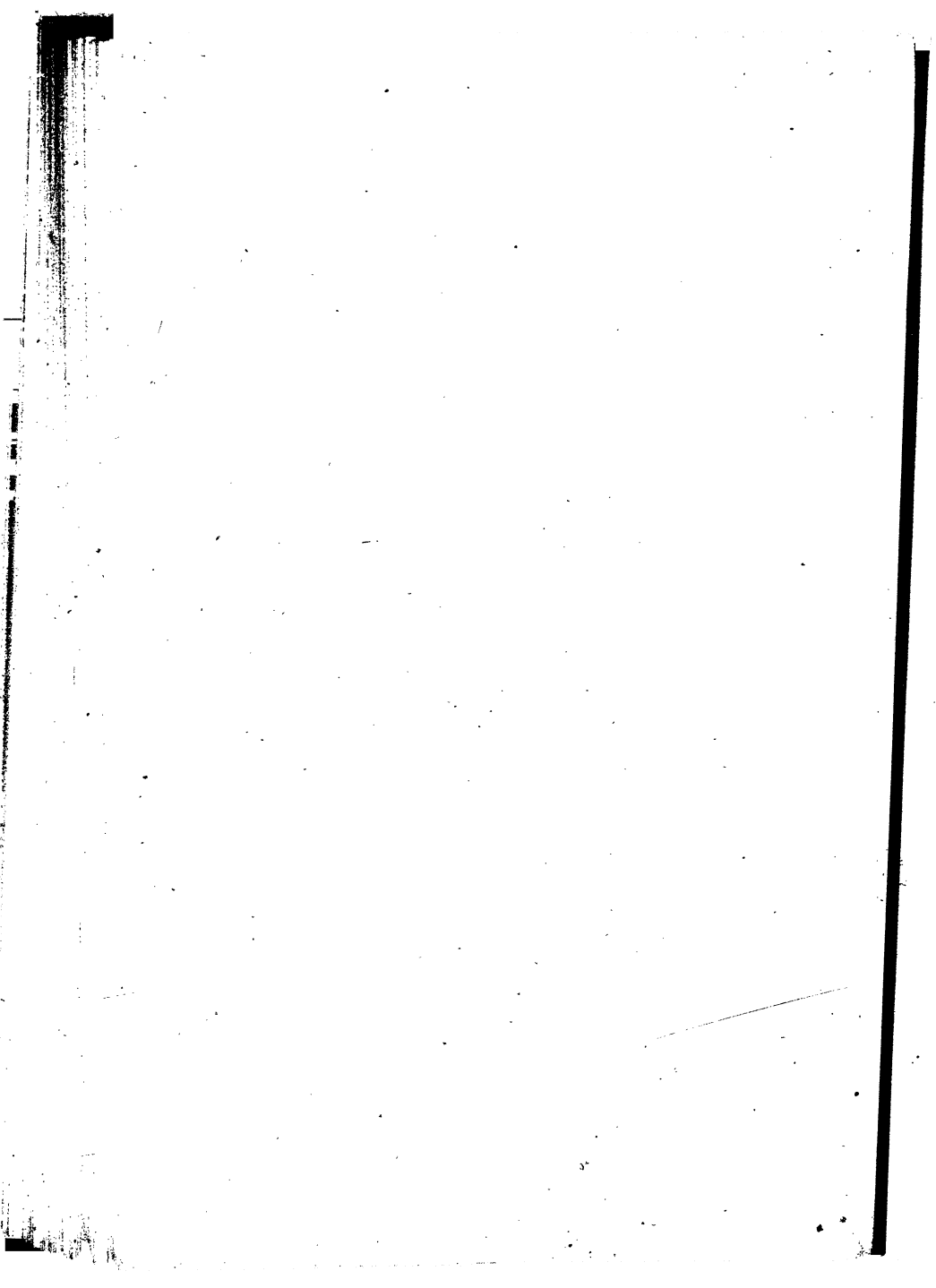
1 shallot—4 mushrooms—1 tablespoon chopped parsley—1 glass sherry.

Boil until half reduced, then mix with $\frac{1}{2}$ pint brown sauce and 1 teaspoon anchovy essence.

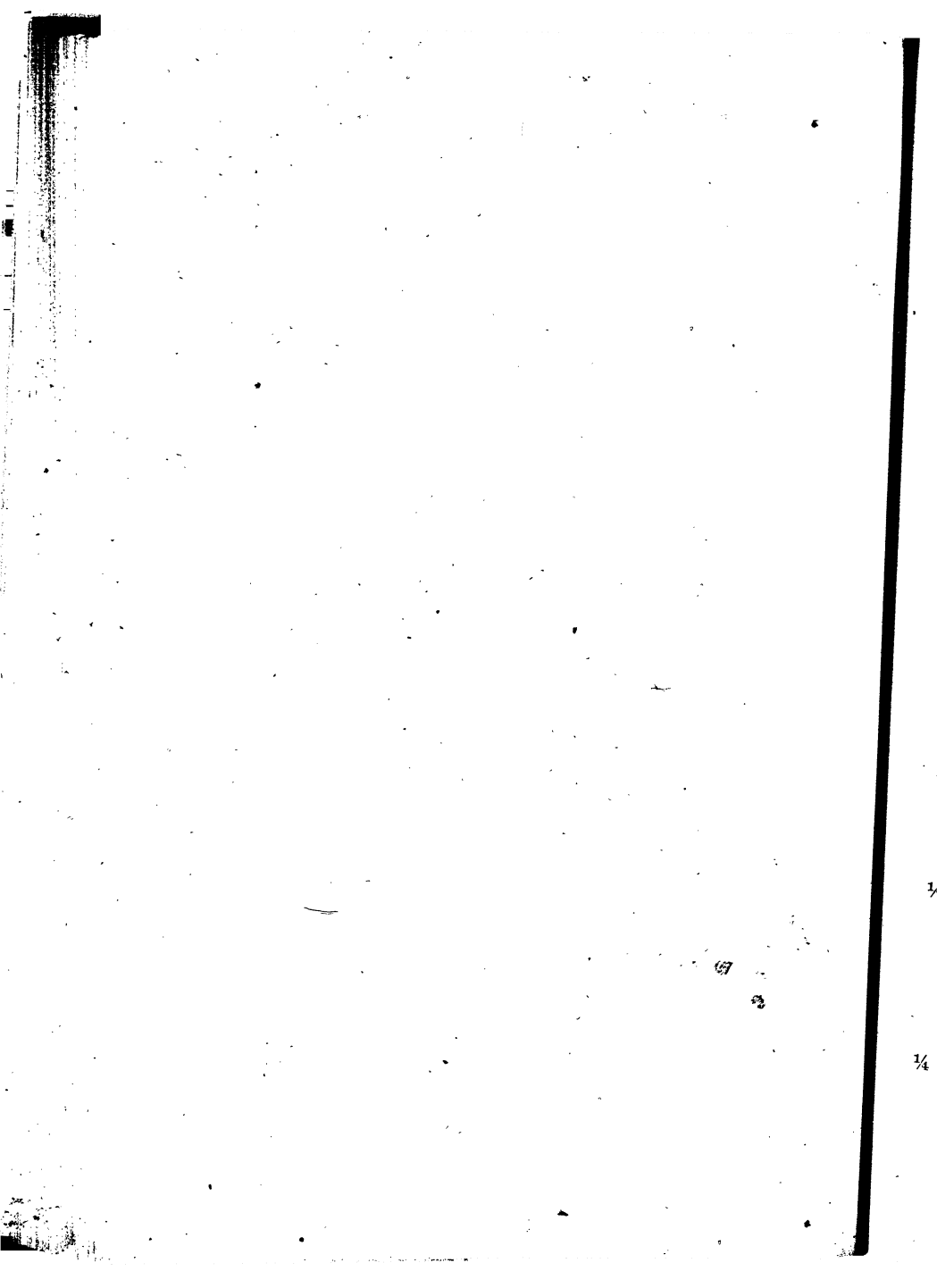
VERTE SAUCE.

A few sprigs of parsley, tarragon, chervil and fennil—1 shallot or very small onion—2 hard boiled eggs—1 teaspoon capers—1 teaspoon gherkins—1 tablespoon salad oil.

Blanch parsley, etc., pound all together and mix with $\frac{1}{2}$ pint Mayonnaise sauce.



PUDDING SAUCES.



3

14

PUDDING SAUCES.

BRANDY SAUCE, No. 1.

1 oz. butter—1 good teaspoon arrowroot or potato flour— $\frac{1}{2}$ pint water—1 wineglass brandy—a little nutmeg—1 oz. sugar.

Mix the arrowroot with a little cold water, add remainder, butter, sugar and nutmeg, stir over the fire until boiling. Cook two minutes, then add the brandy.

BRANDY SAUCE, No. 2.

3 eggs—1 gill new milk or cream—1 wineglass brandy—1 dessertspoon castor sugar.

Put all together in a basin and whisk over hot water six or seven minutes, taking great care that it does not curdle.

PINEAPPLE SAUCE.

$\frac{1}{2}$ pint pineapple juice or syrup—2 tablespoons Marshino—1 teaspoon arrowroot.

Mix all together. and boil two minutes.

ALMOND SAUCE.

$\frac{1}{4}$ lb. blanched almonds—2 oz. castor sugar—4 yolks of eggs— $\frac{1}{2}$ pint cream—1 wineglass Noyeau.

Pound the almonds and sugar together, add yolks of eggs, then the cream, by degrees. Stir over the fire until the mixture thickens, then tammy and add Maraschino.

HARD SAUCE.

4 oz. fresh butter—3 oz. castor sugar—1 tablespoon brandy—a few drops vanilla—1 white of egg.

Beat butter and sugar to a cream, add brandy and vanilla, and lastly the white of egg whipped to a very stiff froth. Pile up high on a dish and sprinkle with chopped pistachio nuts or nutmeg. Stand on ice for a little time before serving.

MARMALADE SAUCE.

1 small dessertspoon potato flour—1 large tablespoon orange marmalade— $\frac{1}{2}$ pint water—rind and juice of 1 orange—1 oz. sugar.

Mix all together and boil one minute. Strain, and serve hot or cold.

CORN STARCH SAUCE.

$\frac{1}{2}$ oz. corn starch— $\frac{1}{2}$ pint milk—rind of 1 lemon— $\frac{1}{2}$ inch stick of cinnamon— $\frac{1}{2}$ oz. sugar.

Boil together the milk, cinnamon and thinly cut lemon rind for a few minutes. Mix the corn starch with a little cold milk, strain the boiling milk over it, return to the saucepan. Add sugar, and cook five minutes.

CHOCOLATE SAUCE.

3 oz. chocolate—3 oz. icing sugar— $\frac{1}{2}$ pint water—1

good teaspoon rice or potato flour—a few drops of browning.

Put the cut chocolate with the water in a saucepan, when dissolved, add the sugar and rice flour that has first been mixed with a little cold water. Boil all together five minutes. Tammy, and use. Serve hot or cold.

MOURSCHINE SAUCE.

5 yolks and 2 whites of eggs—I wineglass liqueur—
1 oz. castor sugar.

Whisk all together over boiling water until of a thick creamy consistency. Serve with hot puddings, souffles, etc.

CLARET SAUCE.

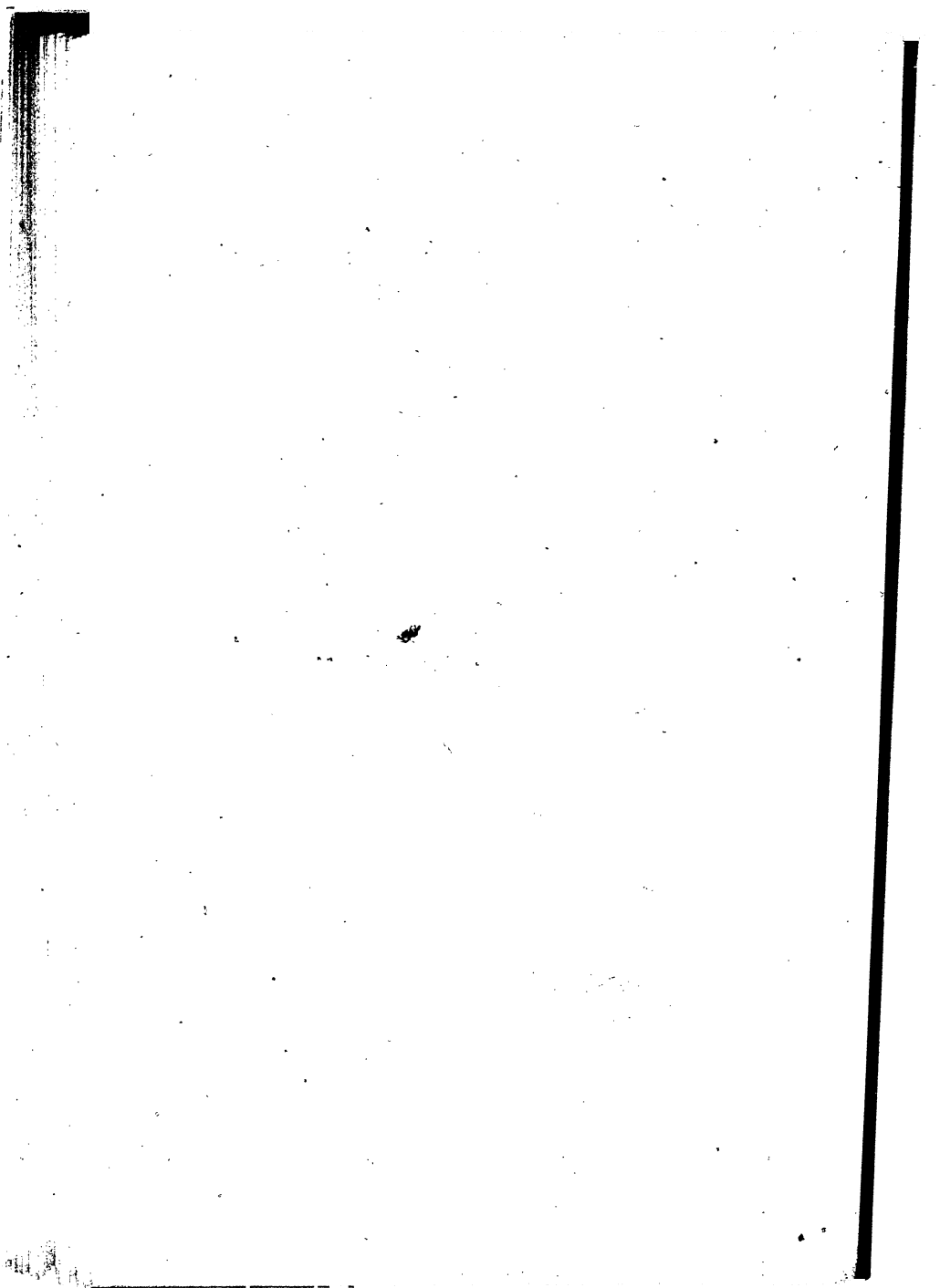
2 eggs—finely grated rind of a small lemon—1 oz.
sugar—a very little ground cinnamon—1½ gills of
claret.

Whisk the eggs thoroughly, put all together in a saucepan and whisk over the fire until very frothy, but do not allow it to boil. Serve hot.

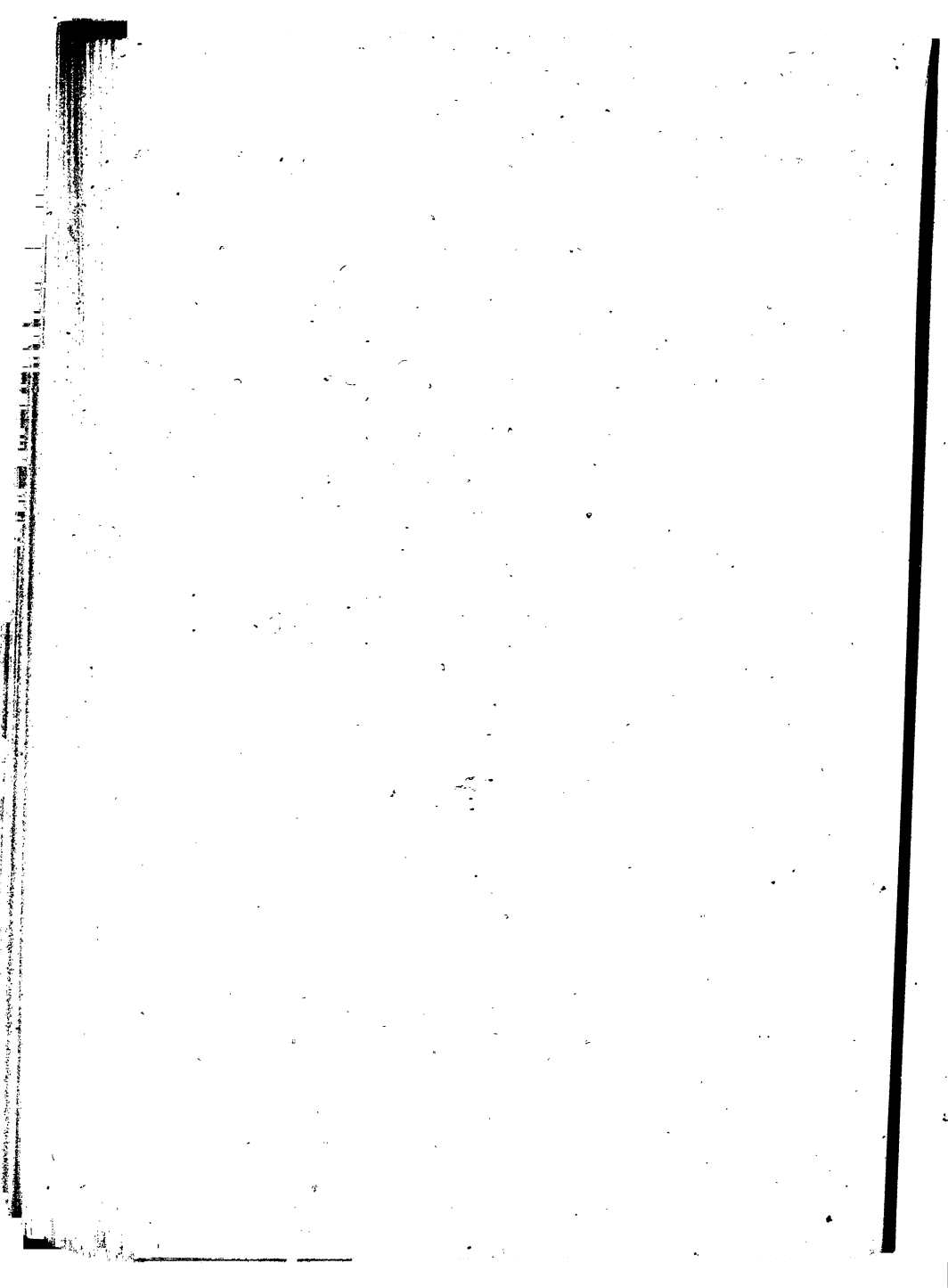
CUSTARD SAUCE, FOR FRUIT, ETC.

2 eggs—1 pint milk—1 oz. sugar—rind of ½ a lemon.

Boil the milk and thinly cut rind of lemon for a few minutes. Beat the eggs and sugar together and strain the milk over them, return to the saucepan and stir over the fire until it begins to thicken, but be very careful that it does not boil. Take off the fire, and stir occasionally until cold. A little nutmeg may be grated on the top if liked.



PURÉES, FORCEMEATS, ETC.



PURÉES, FORCEMEATS; ETC.

MOCK PÂTÉ DE FOIE GRAS.

1 lb. calf's liver— $\frac{1}{2}$ lb. fat bacon—a few truffles—cayenne—1 small onion—1 gill rich gravy—1 gill aspic jelly—1 teaspoon fluid beef—a few pounded pepper-corns.

Saute together the bacon, liver and onion for fifteen minutes, add gravy, aspic jelly and cayenne. Cook slowly half-an-hour, add more gravy if it becomes too dry. Pass all through the mincer, then add the fluid beef and truffles, and put away in jars. When quite cold, pour a little clarified butter over the top.

If liked, the truffles may be left out and a few cooked fowls' livers, cut in half, may be added.

MEAT GLAZE FOR HAMS, ETC.

2 quarts strong stock—1 oz. gelatine—2 teaspoons meat extract.

Boil until reduced to a thick, creamy consistency, then put away in jars or skins, for use.

This may be made in much larger quantities, as if kept in skins it will keep good for a very long time.

It may be made without the gelatine or beef extract, but in that case more meat must be used in the stock. Two quarts of ordinary stock will make very little glaze.

HAM BUTTER.

4 oz. lean ham—4 oz. fresh butter—yolk of 1 hard boiled egg—a little cayenne—a few spots of carmine.

Mince the ham very finely and pound all together. Rub through a fine sieve, and use as required.

ANCHOVY BUTTER.

4 oz. butter—1 teaspoon anchovy paste, or 3 filleted anchovies—1 teaspoon lemon juice—a little cayenne—2 hard boiled yolks of eggs.

Pound all together, rub through a fine sieve and use as directed.

SHRIMP BUTTER.

4 oz. shelled shrimps—4 oz. fresh butter—a little cayenne—1 hard boiled yolk of egg.

Well pound the shrimps and add the butter, a little at a time. Pound all together and rub through sieve.

MONTPELLIER BUTTER.

4 oz. fresh butter—1 anchovy—1 hard boiled yolk of egg—a large spray of parsley and fennel— $\frac{1}{2}$ a shallot—1 teaspoon capers—1 gherkin—2 spinach leaves, or a little green coloring—salt and pepper 1 dessertspoon salad oil.

Blanch the parsley, fennel and spinach, strain very dry, then pound all together and rub through fine sieve. Put on ice until firm.

MAÎTRE D'HÔTEL BUTTER.

Mix well together 2 oz. fresh butter and 1 table-spoon finely chopped parsley, and use.

TO BOIL RICE FOR CURRIES, ETC.. No. 1.

Use Patna rice for this purpose. Wash in several waters, or put in a sieve and allow the water to run through it; then put in a stewpan with enough cold water to cover. When boiling, strain and add more water, cook slowly, or, better still, cook in double boiler for twenty minutes then strain and leave in the sieve in a warm place to dry and swell for an hour or longer, when each grain will be found separate and the rice a good color. The sieve should be covered with a cloth.

BOILED RICE, No. 2.

Wash $\frac{1}{2}$ a lb. of Patna rice and put it into a double boiler containing $1\frac{1}{2}$ pints of boiling water. Cook three-quarters of an hour.

Rice cooked in this way will not need straining, thus none of its nourishment is lost.

RICE FOR BORDERS.

Carolina rice will be found best for this purpose. Wash $\frac{1}{2}$ a lb. rice and put it in a stewpan with cold water to cover, strain when boiling, and add $\frac{1}{2}$ pint more water. Cook slowly for about two hours, then if quite dry, pound until smooth and press closely into

buttered border mould. Put weight on top, and turn out when cold.

PURÉE OF POTATOES.

For 6 boiled and mashed potatoes take 1 large table-spoon cream— $\frac{1}{2}$ oz. butter—a little pepper and salt.

Beat all together with a fork and use with forcing tube.

PURÉE OF PEAS.

Rub 1 pint cooked peas through a sieve, add 1 table-spoon cream or butter, and a little pepper and salt. Reheat, and use.

PURÉE OF CHESTNUTS.

1 lb. chestnuts—2 or 3 table-spoons cream or milk—1 oz. butter—pepper and salt—a few spots of carmine.

Prick the chestnuts and boil till tender, remove the skins, and rub the nuts through a sieve. Add cream, butter, pepper and salt. Reheat, and mix well together. Use hot or cold.

WALL OF POTATOES.

6 large boiled potatoes— $\frac{1}{2}$ oz. butter—2 raw yolks of egg—pepper and salt.

Rub potatoes through sieve or ricer, add butter, yolks, pepper and salt. Mix well together, turn on to floured board. Make into long roll, join this together so as to form a ring. Flatten with a knife, brush over

with white of egg. Place on buttered pan and bake in moderate oven to a nice golden brown.

FORCEMEAT FOR FOWL, No. 1.

4 oz. bread crumbs—2 oz. chopped suet—1 teaspoon chopped parsley—1 teaspoon mixed herbs—2 oz. lean ham—rind of $\frac{1}{2}$ very small lemon—1 egg—1 tablespoon milk—little salt and pepper.

Mix all together.

This forcemeat may also be used for turkeys, veal, rabbits, etc.

FORCEMEAT FOR FOWL, No. 2.

4 oz. bread crumbs—2 oz. finely chopped suet or butter—1 fowl's liver— $\frac{1}{2}$ tin button mushrooms—a few truffles—pepper and salt—1 egg—1 tablespoon milk—1 teaspoon chopped parsley.

Blanch and chop the liver, mix all together, and use.

LIVER FORCE, FOR GAME.

$\frac{1}{2}$ lb. fowl, game or calf's liver—4 oz. fat bacon—1 small onion—2 oz. white meat—2 bay leaves—a good teaspoon of mixed herbs (parsley, thyme and marjoram)—2 fresh mushrooms—1 raw yolk of egg—2 oz. bread crumbs—1 tablespoon rich game gravy—a dust of mace—a little salt and pepper.

Saute together the onion, mushroom, bacon, liver and herbs for ten minutes, then pass them through the mincer. Mix all together, and use.

FORCEMEAT FOR DUCKS.

4 large onions—1 tablespoon sage—1 oz. butter—1 oz. bread crumbs—salt and pepper.

Boil the onions five minutes, then strain and dry. Chop them finely, mix all together, and use.

If liked, the onions may be boiled a little longer.

OYSTER FORCEMEAT FOR BONED FOWL,
ETC.

1½ oz. flour—1½ oz. butter—1½ gills oyster liquor—1 tablespoon cream—1 pint oysters—2 yolks and 4 whites of egg—pepper and salt.

Make sauce of butter, flour, boiled oyster liquor, pepper and salt. Add yolks of egg and cream mixed together. Beard the oysters, cut them in half and add to the sauce. Whip whites of eggs to a stiff froth, stir them in lightly and use the forcemeat at once.

VEAL FORCE.

6 oz. pounded veal—6 oz. made panada—1 oz. butter—3 yolks of eggs—pepper and salt.

Pound together the meat, panada and seasoning, then add yolks of eggs, and rub the mixture through a coarse sieve.

Beef, fowl, pork and other forces are made in the same manner.

Sausage meat may be used just as it is, or mixed with a little sage and liver or other flavoring required.

SNOW CREAM.

1 gill cream—2 oz. castor sugar—juice of small lemon
—1 pint cold water.

Put all together in a bowl and whisk quickly. Remove the froth as it rises, and drain it on a sieve. This is nice to use as garnish for pastries, etc.

BRAINS AND SWEETBREADS, TO BLANCH.

Soak in salt and water for two hours, then remove skin and discolored parts, and put them in a saucepan with enough cold water to cover a bunch of herbs, a few pepper-corns. 1 small onion and 1 teaspoon vinegar. Let them come to the boil, and cook slowly five minutes.

TO BLANCH ALMONDS.

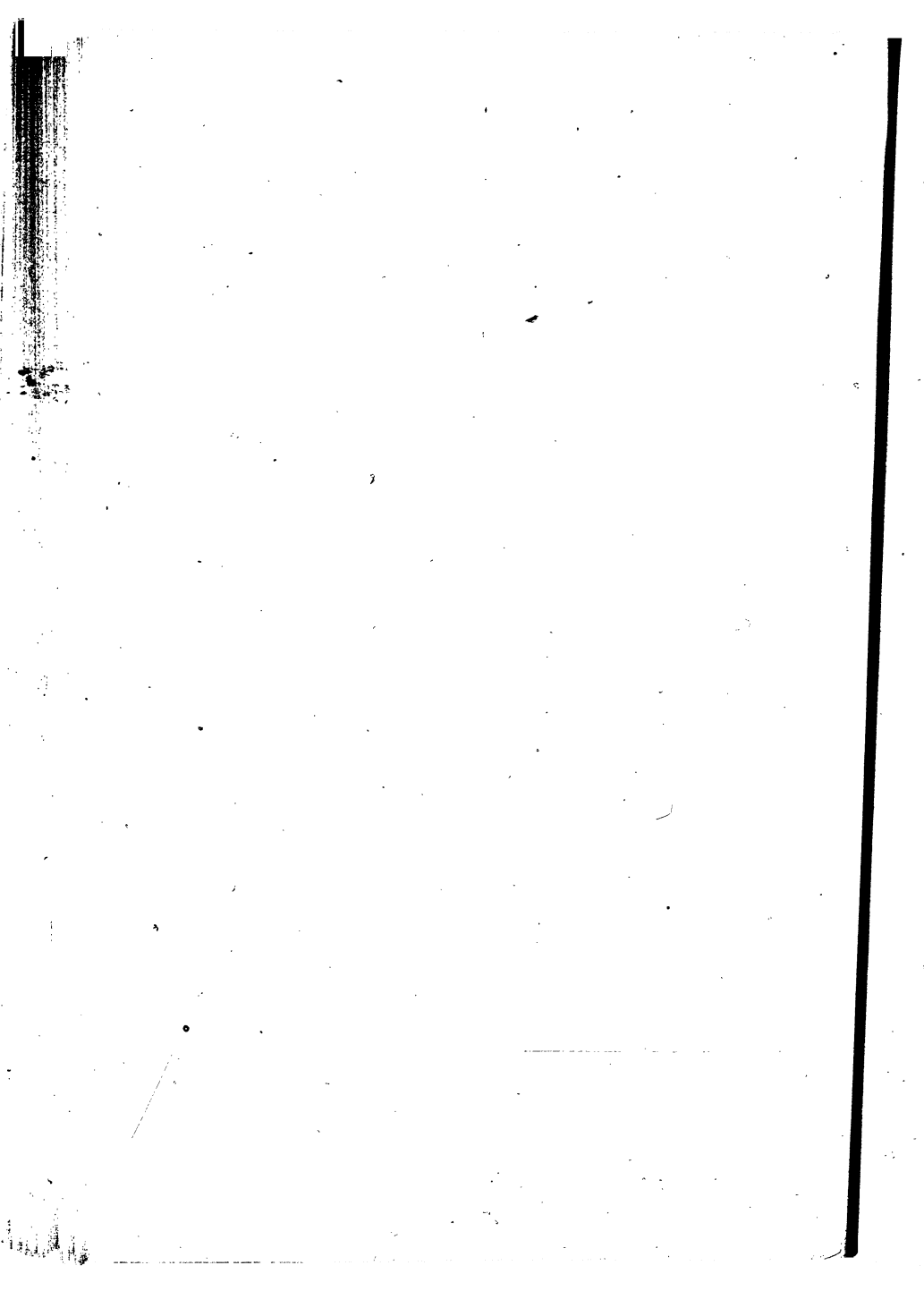
Cover with cold water, bring to the boil, strain, and put in cold water. Then remove the skins.

TO REMOVE SKIN FROM BIRDS' FEET.

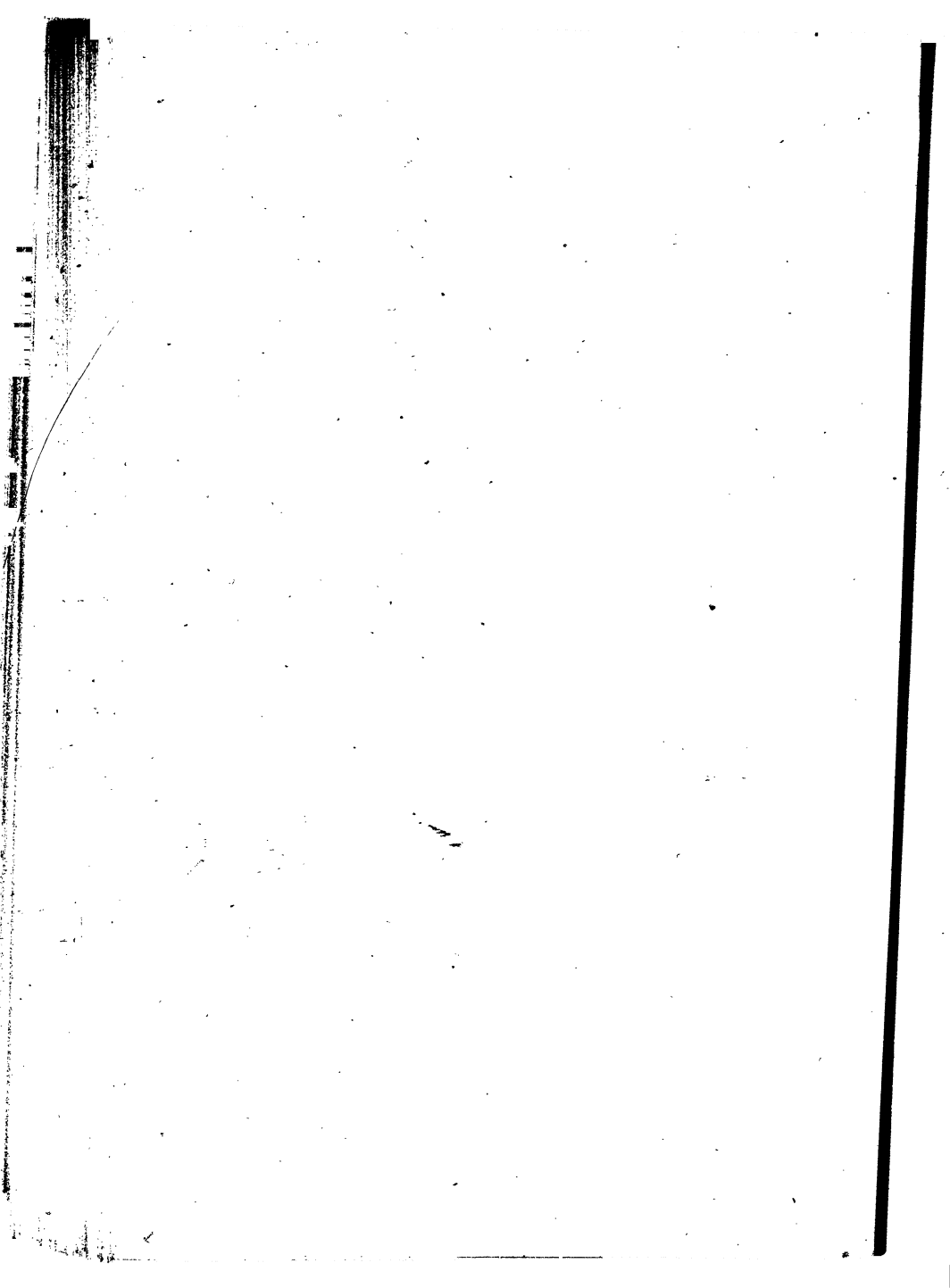
Dip the feet in boiling water, the skin can then be readily removed. The claws must also be pulled out.

TO SKIN TOMATOES.

Pour boiling water over, stand a minute, then take off the skin.



HINTS ON THE
CARE OF COOKERY UTENSILS.



HINTS ON THE CARE OF COOKERY UTENSILS.

It is hardly necessary to say that all cookery utensils must be kept scrupulously clean. In fact, much of the success in cookery depends upon this seemingly simple thing.

The object of cooking our food is to render it more digestible and nourishing to the body. Now, if the utensils are not properly attended to or used for rightful purposes, serious results may follow. In so many ways does the cook hold the health of the household in her hands, that her position is really a very responsible one. When utensils are carefully used and cleaned, they wear much longer, and give greater satisfaction in every way.

Never leave any acid standing in metal pans, and do not use copper and brass pans for vegetables, unless lined with tin. All saucepans, baking pans, etc., are better washed as soon as done with, if possible. They are then much less trouble, but when this cannot be done, fill them with water.

Always place a baking pan under pudding dishes in the oven. This will save any liquid boiling over on the oven, and will also very often save the dish from cracking with the sudden heat.

The inside of the oven should always be washed when the stove is cleaned. Liquid ammonia will be

found very useful for removing grease, both inside and outside of the stove. When cooking meat, always place a pan of water in the oven in a separate pan, not that containing the meat, unless it is a double one. This will prevent the meat burning, and also save the oven. Should anything by accident boil over in the oven, wipe it off at once. If allowed to burn on, it will spoil the flavor of everything cooked in it for hours afterwards.

In washing up dishes and utensils, always have a good supply of hot, soapy water, a dish mop and cloth, a saucepan brush, and plenty of clean towels. Silver should first be washed in the soapy water, then rinsed in clean boiling water, and polished on a leather. Washed in this way, it will seldom need any other cleaning.

Great care must also be taken to keep the sink sweet and clean. Do not allow fat or any bits to run into the drains. Boiling soda and water should be poured down once every day, and occasionally a disinfectant should be used.

The refuse from vegetables, etc., is best burned at once. This is a most fruitful cause of bad smells, when allowed to remain any length of time it ferments and throws out unhealthy gases.

Knives used for cutting vegetables, should be washed when done with, and rubbed with sapolio, in this way they will never become badly stained. Do not allow the knives to stand in hot water, not even the blades, as the heat expands the steel, and causes the handles to crack.

The following directions for cleaning the different utensils, will be found satisfactory :—

TO CLEAN IRON SAUCEPANS.

Put the saucepan into a large pan of hot, soapy water, and brush all over with a saucepan brush. Then scour with sand and salt, or sapolio; rinse with clean, hot water, and dry with a coarse towel.

TO CLEAN ENAMELLED SAUCEPANS.

First wash same as above, then scour with salt and sand, inside and out, so as to remove all stains. Rinse and dry.

TO CLEAN COPPER SAUCEPANS.

First wash as above, then remove all stains by scouring with a used lemon dipped in brick dust or fine sand, rub with more brick dust, then rinse in clear water (soft, if possible), and dry before the fire.

Vinegar may be used in place of the lemon.

TO CLEAN TINS.

Tins that are not used for baking, may be polished with whiting and a leather. If not very dull a dry leather will be found sufficient, but when necessary, use the whiting wet, then rub off and polish with a dry leather. But remember, hard rubbing is necessary when using the wet whiting, just as much as in using the dry. It is not enough to just put it on, then wipe it off. It must be rubbed on and rubbed off. An old plate brush is useful to brush the whiting out of the cracks.

TO CLEAN BAKING PANS.

If the pans become black with use, it is best to put them in a large pot, covered with strong soda and water, and allow them to boil for an hour or so. Then take out and rinse in clean, hot water, and polish with whiting. Tins treated in this way will not take a good polish, but if washed well in soda and water every time they are used, it will not be necessary.

TO CLEAN PASTRY BOARDS, ETC.

First wash the board with a flannel and hot water. Then rub up and down with sapolio, and scrub well, following the grain of the wood, this cleans it quicker and does not make the wood rough. Rinse well, so as to leave no grit. Dry with a clean cloth, and, if possible, put in the air until quite dry.

Washed in this way, the boards will be beautifully white. No soda must be used, or the boards will be a bad color.

These rules apply to all wooden utensils.

OMELETTE PANS.

It is most important that an omelette pan should be perfectly clean. It should not be used for any other purpose. Clean according to directions given for other pans. Then, if there is any doubt as to its being flavored with anything, make it hot, and rub over with a little fat, and rub it all off again with clean paper. then use.

out
nd
en
ith
a
ery

er.
ell,
er
so
os-

ly
be

be
er
er
a-
a
er.

PRESERVES AND PICKLES.





PRESERVES AND PICKLES.

All fruits and vegetables for preserving should be gathered when perfectly dry. They should be ripe, but not over-ripe, and in all cases are best perfectly fresh.

Fruits may be bottled or "canned," made into jam or candied. A few recipes will be found for each; while the pickles may be made sour or sweet as desired.

The jars used must also be dry, it is a good plan to heat them before using.

JAM, No. 1.

* Take equal quantities of fruit and sugar ($\frac{3}{4}$ lb. sugar to 1 lb. fruit will be found sufficient for some fruits). Put the sugar with 1 tablespoon water to each pound into the preserving kettle, and boil until clear, skim all scum from the top as it rises. Add the picked fruit, and boil rapidly half-an-hour, put into the jars and cover when cold.

JAM, No. 2.

Take equal quantities of fruit and sugar, pick the fruit and put into a large pan, sprinkle the sugar over it, and stand over night. In the morning boil rapidly three-quarters of an hour, skim well as it cooks, and put into hot jars when ready.

Apricots, peaches and plums may be cut in half, the stones removed and cracked, the kernel blanched, split and put into the jam.

PLUMS OR DAMSONS "SMOOTHERED."

Fill large jars with alternate layers of ripe, dry fruit and sugar, cover with bladder and put the jars into a pan of cold water with a little hay or straw at the bottom. Boil three hours, then remove the pan from the fire, and allow the jars to stand in it until the following day.

Fruit preserved in this way will keep a very long time, in fact, it improves with keeping.

CANNED FRUIT, No. 1.

The best jars for this purpose are the "self-sealers," they must be large-mouthed and perfectly air-tight. Keep them in hot water while filling.

See that the fruit is perfectly dry and whole, fill in the jars with it, then pour over as much boiling syrup as the jar will take, and seal at once.

The syrup may be made with equal quantities of sugar and water for small fruit, and 1 part of sugar to 2 of water for large fruit. Boil until clear, and use at once.

Canned fruit may also be cooked before or after it is put into the jar.

CANNED FRUIT, No. 2.

Prepare the fruit as in preserving recipe, pour over

the syrup, stand twenty-four hours, reboil the syrup and pour over the fruit again. Repeat this three days, the last day allow fruit and syrup to just come to the boil, then put in the jars and seal immediately.

ORANGE MARMALADE.

Take equal quantities of sweet and bitter oranges, weigh them, and allow 1 lb. of sugar to every pound of fruit.

Put the fruit into the preserving kettle and cover with cold water, bring to the boil, then drain away the water and add 1 pint of fresh water to every pound of oranges. Boil until the skin is tender, stand until cold, then slice thinly, remove the pips, put all (the fruit, sugar and water) in the preserving pan, and cook about one hour, or until the marmalade jellies. Pour into jars and cover when cold.

Lemon marmalade may be made in the same way.

VEGETABLE MARROW MARMALADE.

Pare and cut into small, thin slices the amount of young vegetable marrow required. Then to each pound take 1 lemon, 1 lb. preserving sugar and 1 cup of water.

Grate the thin yellow rind from the lemon, sprinkle it, the juice and half the sugar over the marrow, and stand twenty-four hours. Then boil remainder of sugar with the water until clear. Put in the marrow and boil one hour. Pour into jars, and cover when cold.

CURRANT JELLY.

Put the currants in a stew jar in a cool oven to draw the juice, strain this, and add 1 lb. of sugar to every pint of juice. Boil until it will jelly, then pour into glasses, and cover when cold.

White currants may be mixed with the red. Other fruit jellies are made in the same way, but some require less sugar.

APPLE JELLY.

Boil 6 lbs. of good apples with 6 pints of water until the apples are quite soft, then strain through a jelly bag. do not squeeze them.

Add the juice of a large lemon and 1 lb. of sugar to every pint of liquid, and boil until it will jelly. This will take about thirty-five minutes.

The apples should not be pared for this purpose, simply wiped on a dry cloth.

CABBAGE PICKLE.

Take a fresh pickling cabbage, remove the outer leaves, then cut the cabbage into fine shreds. Put them into a pan with a layer of salt over the top, and allow them to stand twenty-four hours. Then drain thoroughly and put into pickle jars. Boil 1 pint vinegar with 1 dessertspoon of mixed pepper-corns, long peppers, ginger and cloves. Allow this to cool, then fill in the jars and cover securely.

CAULIFLOWER PICKLE.

Take a firm, white cauliflower, cut off the leaves, then cut the flower into neat pieces, pour boiling water over them, and stand five minutes, then drain and sprinkle with salt. Stand twelve hours, spread out on a sieve to dry. When well dried, fill the pickle jars and pour over vinegar that has been boiled with 2 oz. peppercorns, 1 oz. ginger, $\frac{1}{2}$ oz. mace and 1 grain cayenne, then allowed to cool. Cover closely and put away for use.

SWEET PICKLES.

7 lb. small plums or damsons—1 pint vinegar—1 oz. stick cinnamon—4 lbs. lump sugar—1 oz. cloves.

See that the fruit is dry and whole, put it in alternate layers with the sugar and spice in pickle jars. Pour over the vinegar. place the jars in pan of cold water with straw at the bottom, and boil until the sugar is dissolved and the juice extracted from the fruit. Stand until next day in a cool place, then drain off the syrup, reboil, and pour it over the fruit. Repeat this six or seven days, then stand a week. Put the plums carefully into another jar, reboil the syrup over again, pour it over, and cover with bladder.

Apples, pears, cherries, grapes, peaches and apricots will all be found excellent pickled in this way.

HOT PICKLE.

Pound together 1 shallot—1 oz. ginger— $\frac{1}{4}$ oz. mustard seeds— $\frac{1}{2}$ oz. whole pepper—2 grains cayenne— $\frac{1}{2}$ oz. long pepper.

Add 1 quart vinegar. boil two minutes, stand until cold, then strain through fine muslin, and pour over mixed prepared vegetables.

LEMON SYRUP, FOR SUMMER DRINKS.

6 lemons—1 lb. sugar—1 cup water.

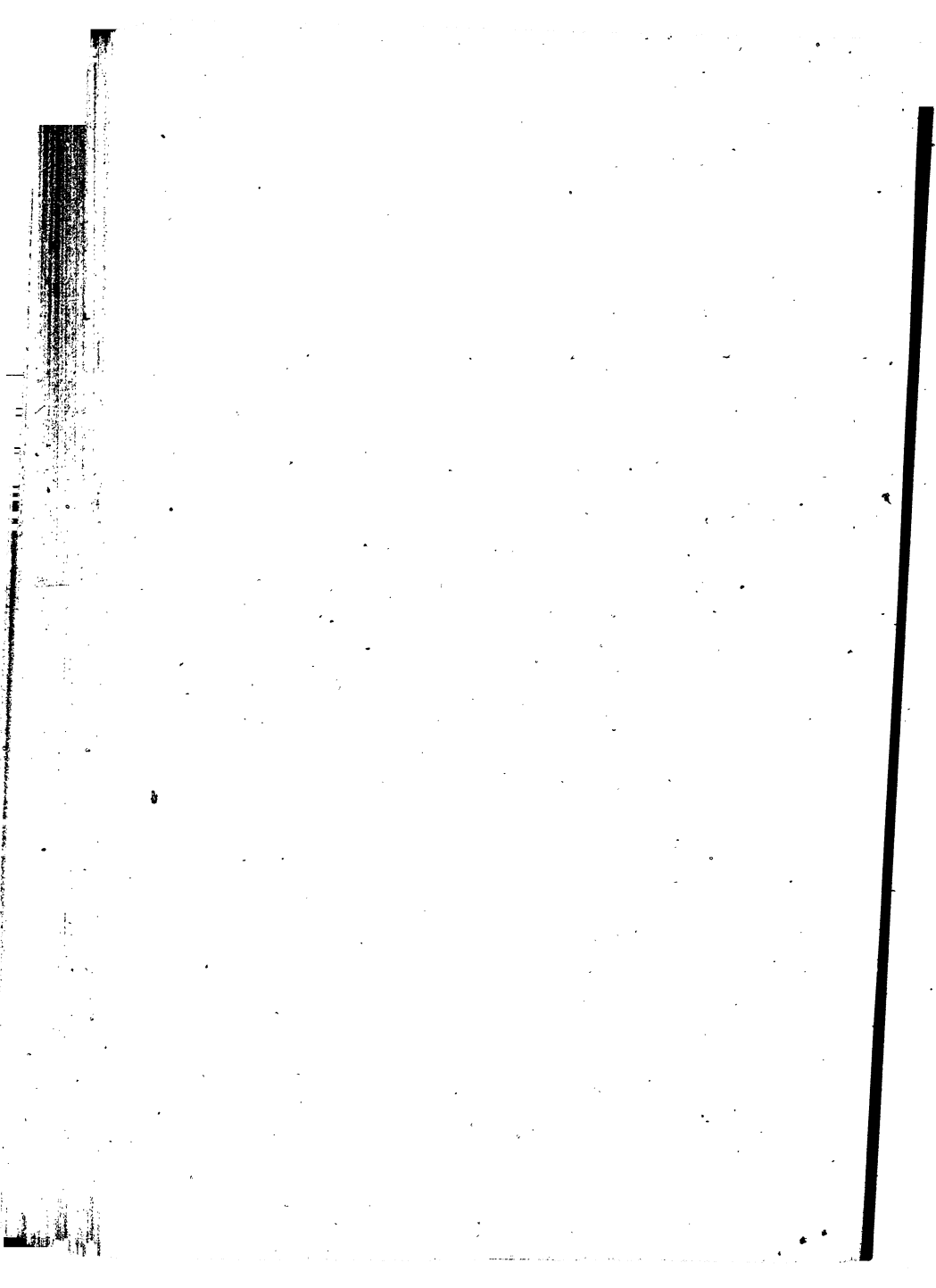
Grate the thin yellow rind from the lemons, and strain the juice over it. Allow this to stand over night. Boil the sugar and water to a thick syrup (about fifteen minutes,) pour it over the lemons, stand until cold, then strain. Reboil, and put away in bottles for use.

ntil
er

S.

nd
ht.
en
en

GLOSSARY OF TERMS.



GLOSSARY OF TERMS.

(From Mrs. A. B. Marshall's Cookery Book.)

A.

- ALLEMANDE, s.—A rich, white sauce, often used to flavor and fortify other sauces.
- AMBIGU, s.—A meal where all the courses are placed on the table at once, such as high tea, etc.
- ASPIC, s.—A savory jelly used for garnishing.
- ASSIETTE, s.—A plate; a dish of dessert, or of hors-d'oeuvre; the amount that can be put on a plate.
- ATTELETS, or HATELETS, s.—Skewers either of wood, iron or electro-plate. In this latter case they replace either of the former when dishing up, as in Kabobs, etc.
- ATTEREAUX, s.—The pieces of meat, etc., put on the skewers; Kabobs.
- AU BLEAU.—Term used for fish stewed in wine.
- AU GRAS.—Any dish dressed with meat stock.
- AU MAIGRE.—Any dish in which meat is not employed, and which accordingly may be used on "jours maigres," fast days.
- AU JUS.—Any dish dressed with gravy or meat stock.
- AU NATUREL.—Anything served raw, as oysters; or plainly cooked.

B.

- BABA, s.—A very light Polish cake.
- BAIN MARIE, s.—A pan containing boiling water, in which are placed smaller pans containing sauces, etc., that must be kept hot without actually boiling.

- BALLOTINES**, s.—Small galantines made from the legs of any game or poultry, served hot or cold.
- BARDER**, v.—To bard or cover the breasts of fowls, game, etc., with a thin slice of fat bacon, called in French a *barde*.
- BATTERIE DE CUISINE**, s.—Complete set of cooking apparatus.
- BAVAROIS**, s.—Originally a kind of hot drink made with tea, coffee, etc., or milk sweetened with capillaire. Also a very rich kind of various cream shapes. The name usually given to cream or “*crème*,” its real equivalent being in France always applied to custard.
- BERNAISE**, s.—A sauce prepared like Hollandaise sauce, but flavored with Tarragon and herbs.
- BECHAMEL**, s.—A white sauce.
- BEIGNETS**, s.—Fritters; (9 v.)
- BISQUE**, s.—A kind of thick soup made of shell-fish.
- BLANCH**, v.—To blanch. To put vegetables, etc., in cold water and bring to the boil, to remove any bitter taste or to facilitate the cleansing.
- BLANQUETTE**, s.—A fricassée of white meat served with a rich, white sauce thickened with yolk of egg.
- BLOND DE VEAU**, s.—Highly seasoned and very rich veal stock, the foundation of many dishes.
- BONE, TO**, v.—To remove the bones from any joints, poultry or game.
- BOUCHEES**, s.—Mouthfuls. Tiny patties made of puff paste, and filled with force-meat, fricassée, fruit, cream, etc., etc.
- BOUDIN**, s.—Small shapes of delicate forcemeat of various kinds, fried or poached in stock, and served with or without sauce.
- BOUILLI**, s.—Fresh boiled beef, usually the foundation of the French national pot au feu.
- BOUILLIE**.—A sort of French porridge or hasty pudding.
- BOUILLON**, s.—Broth, common stock, or soup.
- BOUILLABAISSE**, s.—A kind of stew or soup of all sorts of fish (the more the better) both fresh and salt, may be

- flavored with garlic, saffron, etc. A national Provençal or South of France dish.
- BOUQUET GARNI**, or **ASSORTI**, s.—A bunch of herbs (bay-leaf, parsley, thyme, etc.) tied together, placed in any dish or sauce to flavor it, and removed before serving.
- BRAISE**, v.—To stew anything very slowly with vegetables, herbs, etc., in a tightly covered pan.
- BRAISIÈRE**, s.—A braising pan made for the above purpose, with a sunken lid to hold hot ashes.
- BRIOCHE**, s.—A sort of light cake, eaten hot or cold, plain or with jam, fruit, etc.
- BROCHE**, s.—Spit. A la broche, roasted.
- BROCHETTES**, s.—Small skewers.
- BRUNOISE**, s.—A clear soup of the same class as Julienne, Printaines, etc., with the vegetables cut in small dice shapes. Vegetables so cut.
- BUISSON**.—A cluster or bush of small articles suited to such an arrangement, as prawns, crayfish, small pastry, etc., etc.

C.

- CAISSES**, s.—The little paper cases in which various things, such as forced larks, chaud-froid of quails, etc., are served.
- CANAPE**, s.—Fried croûton, with which various purées, etc., are served.
- CANNELONS**, s.—Small rolls of rice or puff paste, filled either with a savory force, or with jam or cream. Cases made from eggs.
- CARAMEL**, s.—Burned sugar. Sugar boiled with a little water or a few drops of lemon juice, till a deep brown. Also a kind of toffee.
- CASSEROLE**, s.—A stew-pan. Also a rice shape for fricassées or ragouts.
- CASSOLETTES**, s.—Small cases made of paste.
- CHASSE** or **CHASSE CAFÉ**, s.—The liqueurs served with or after coffee.
- CIVET**, s.—A rich, dark stew of hare or venison.

CLARIFY, v.—To clear soup, jellies, etc., by straining, and with white of egg and egg shells, or raw meats.

COMPOTE, s.—Fruits stewed or steeped in syrup. Meat or stews.

CONSOMME, s.—Strong, clear soup.

COQUILLES, s.—Shells.—Shell-shaped dishes, such as scalloped oysters, etc., are served in. Also small pieces of meat or fish.

COUROSNE, EN. s.—To serve any article, such as cutlets, fritters, etc., one overlapping the other, in a crown or ring.

CROQUETTE, s.—A savory mince of fish, flesh or fowl, made into various shapes, with yolk of egg, stock, etc., flavored and egged, bread-crumbed and fried.

CROUSTADES, s.—Cases of fried bread, rice, etc., in which various ragouts, etc., are served. Also shapes of bread or rice, for the centre or foundation of a dish.

CROUTONS, s.—Sippets of fried bread.

CULLENDER, s.—A basin with handles, its sides and bottom perforated, used for straining vegetables, etc.

CUTLETS, s.—The chops from the best end of the neck of mutton, trimmed and served in various ways. The name is also applied to other meats and vegetables dished up in the shape of mutton cutlets.

CHARLOTTE, s.—A kind of French pudding made in a mould lined with bread and butter, or cake, and filled with either a marmalade of fruit or variously flavored creams.

CHARTREUSE, s.—There are two kinds of these, savory and sweet. For the savory one, a mould is lined and filled up with some savory ragoût. In the sweet, the mould is lined with jelly or fruit, and filled with a bavaoise or custard.

CHAUDFROID, s.—A cold entr e. A sauce used for masking cold meats, etc.

E.

- ENTREES, s.—Side or made dishes.
- ENTREMETS, s.—Dishes either sweet or savory, served at second course.
- EPIGRAMME, s.—Epigram. An entrée in which there are alternate materials arranged en couronne.
- ESCALOPES, s.—Scallops. A shell-fish ; or small, round, thin slices of fish or meat served with various sauces.
- ESPAGNOL, s.—Spanish sauce, a rich, thick, brown sauce, the foundation of many others.

F.

- FAGOT, s.—Faggot or small bunch of herbs, the same as a bouquet garni.
- FORCE, s.—Forcemeat or stuffing.
- FEUILLETAGE, s.—Puff paste; a very rich, light kind of pastry used for vol-au-vent, patties, etc.
- FILET, s.—Fillet. The sliced undercut of sirloin of beef, and the corresponding parts of veal, mutton or venison ; the thick slices on each side of the spine in hares and rabbits ; the breasts of poultry or game. In fish, the flesh lifted clear off the backbone on both sides, freed from skin and bone, and cut into neat pieces.
- FINANCIERE SAUCE.—A very rich sauce containing truffles, sweetbreads, cocks' combs, etc., served with various dishes.
- FLEUR, s.—Cases made of a particular kind of short crust.
- FONDUE, s.—A kind of very light baked cheese pudding, containing either sweets or second course savories.
- FRICAUDEAU, s.—A piece of veal or beef, usually the fillet, larded, and stewed or braised, and served with a purée of sorrel, spinach, mushrooms, etc.
- FRICASSEE, s.—Poultry or fish cut into neat pieces and served with white sauce ; may be garnished with truffles, mushrooms, etc.
- FRITTERS, s.—Small pieces of meat, fish, vegetables, fruit, etc., dipped in batter and fried. Or simply pieces of

batter dropped into boiling fat, and fried crisp. Made with fish, fruit or cheese.

FRITURE, s.—The substance, whether oil, butter, lard or dripping, in which fish, fritters, etc., are fried.

G.

GALAUTINE, s.—Meat or poultry boned and stuffed with force-meat, truffles, etc., braised or boiled, and when cold, served with aspic jelly.

GARNITURE, s.—Garnish. The accessories required for any dish.

GATEAU, s.—A cake baked or steamed, either sweet or savory.

GAUFRES, s.—A light kind of thin batter cake.

GIBELOTTE, s.—A sort of rabbit stew garnished with olive-shaped potatoes and small button onions that have been cooked with the meat; can be served as an entrée.

GLACE, s.—Ice or icing. Sugar sifted over pastry just before it is finished baking, which melts and forms a glaze. A mixture of white of egg and sifted sugar, variously flavored, with which rich cake and paste are masked, also icing sugar mixed with water or liquor.

GLAZE, s.—Stock reduced by boiling to a stiff jelly.

GODIVEAU, s.—A very rich kind of savory forcemeat.

GRATIN, AU.—Fish, meat, etc., baked with bread crumbs, sauce, etc. and usually served in the dish it is baked in. Literally, the sauce, etc., that sticks to the pan.

GRENADINS, s.—Small pieces of fillet of beef or veal cut into small rounds, larded and stewed with different sauces or stocks.

H.

HACHIS, s.—A hash, or sometimes a mince, whence "haggis."

HARICOT, s.—A stew of beef, mutton or veal, deriving its name from the French word for beans, with which it was former'y served. It is now made with small pieces

of meat, lightly fried, and stewed with vegetables, seasoning, etc.

HORS-D'OEUVRES, s.—Small dishes of caviar, anchovies, etc., and other relishes served at the beginning of dinner.

J.

JULIENNE, s.—Clear soup, with vegetables such as leeks, carrots, turnips, celery, etc. The vegetables used for this soup are cut in shreds. A garnish of vegetables served with various dishes. For this, the vegetables, such as carrots, turnips, French beans, cauliflower, broccoli, onion, etc., are cut into various shapes, shredded or turned; each sort is cooked separately, and dished in groups according to color.

K.

KABOBS, s.—Small and highly seasoned pieces of mutton, veal or poultry, put on a skewer, either by themselves or alternately with slices of onion, bacon, etc., and either fried or roasted, and served with different sauces.

KROMESKIES, s.—A ragoût of meat, truffle, etc., put in strong sauce, and when the mixture is cold, rolled in very thin slices of fat bacon, dipped in batter, and fried.

KIDGEREE, s.—An Indian dish of already cooked fish, rice, eggs and seasoning, usually served for breakfast.

L.

LARD, TO, s.—To pass thin strips of fat bacon through meat, such as fricaudeau or grenadins; or through the breasts of poultry game, etc. This must be neatly and evenly done, with the grain in beef, veal, etc., across it in poultry, game, etc.

LARDONS, s.—The pieces of bacon used for larding, usually one-eighth of an inch square, by various lengths.

LIAISON, s.—Thickening; the yolks of well beaten eggs,

stirred with cream, and added, just before serving, to various soups and sauces, to thicken or bind them.

LINE, TO, v.—A mould is lined with jelly, thus :—Place a little liquid jelly in the mould, and turn the latter round and round on the slant, till the jelly sets in a thin layer all over the inside. Resting the mould on ice will hasten the process.

To line a mould with paste, roll the latter out to the required size, and lay it in whole, pressing it into the flutings of the mould firmly with the hand.

LUTING, s.—A paste used to “lute” or close pie-dishes for potted game or pâtes, etc.

M.

MACEDOINE, s.—A garnish of vegetables of various kinds, a mixture of fruits of different sorts, dusted with sugar and tossed in a little wine or liqueur.

MADELINES, s.—A kind of small cake, also a sort of pear.

MARINADE, s.—A sort of pickle generally composed of oil, vinegar or lemon juice, seasoning, etc., in which meat and fish are sometimes steeped to heighten their flavor. Vegetables, such as carrot, onion, celery, turnip, herbs, thyme, parsley, bay-leaf and pepper-corns.

MASK, TO, s.—To cover anything with forcemeat, sauce, chaudfroid, icing, etc.

MATELOTE, s.—A rich fish stew made with wine, etc.

MAYONNAISE, s.—A cold sauce; a very superior salad dressing.

MENU, s.—The bill of fare.

MERINGUE, s.—A light sort of pastry made with white of egg and sifted sugar, usually served as cases for cream, ices, etc.

MIREPOI, s.—A highly concentrated sauce, almost a glaze, strongly flavored with vegetables, wine and spice, used for many entrées, etc.

MIROTON, s.—Slices of meat rather larger than escalopes, of cold roast or boiled beef or bouilli, re-cooked in the dish in which it is served.

N.

- NOUGAT, s.—A paste made with almonds and sugar.
- NOUILLES, s.—Paste made of eggs and flour, salt and water, cut into various shapes, and served in soup, and for garnishing fillet of beef, veal, chicken, etc.

O.

- ORGEAT, s.—A syrup made of almonds, water and sugar, and flavored with orange-flower water.

P.

- PANARD, s.—Panada. A mixture of butter, flour, water and salt, slowly cooked; an ingredient in various kinds of forces and forcemeat.
- PANER, v.—To dip anything, such as cutlets, fish, etc., in warm butter, egg, and variously seasoned bread crumbs.
- PAPILLOTE, s.—The papers in which fish, cutlets, etc., are wrapped before broiling or grilling.
- PATE, s.—A pie, usually of a special and rich kind.
- PATTIES, s.—Small cases of puff pastry, filled with any rich ragoût of fish, flesh or fowl, or sweets.
- PAUPIETTA, or POLPETTI, s.—Square, thin pieces of meat or fish rolled round various kinds of forcemeat, sliced into shape, usually wrapped in a thin slice of fat bacon, egged and bread-crumbed and fried, and served with various sauces.
- PETITS'FOURS, s.—Small pastry served at dessert.
- PIECE DE RESISTANCE.—The principal joint of the dinner.
- PILAU, s.—An eastern stew, usually served with rice, curry and hot condiments.
- PISTACHIO, s.—A kind of nut of a green color, much used for flavoring and garnishing. It should be blanched and peeled like an almond.
- POACH, s.—To boil in water or stock.
- POTAGE, s.—Soup of any kind.

POT AU FEU, s.—A large, fire-proof pot, used in France for making stock or soup, whence the name has passed to the beef broth usually made in it.

PRINTANIER, s.—Clear soup with spring vegetables, such as new peas, French beans, asparagus tops, etc.

POULETTE, s.—Ordinary white sauce, made with white stock instead of water, thickened with the yolks of eggs, and flavored with mushrooms, and sometimes with chopped parsley.

PUREE, s.—Vegetables, meat, or fruit reduced to a pulp by cooking, and pressed through a sieve or tammy, used as a garnish for various dishes ; or, if for soup, it is diluted to the proper consistency with appropriate stock, etc.

Q.

QUENELLES, s.—Small shapes of uncooked fish, veal, poultry, or any white meat, pounded and mixed with panada, and poached in stock.

R.

RAGOUT, s.—A rich stew or hash, or mixed ingredients, used as a garnish for several dishes, or to fill vol-au-vent or patty cases.

RAMEQUINS, s.—Small fondues, served in china or paper cases.

RAVIGOTE, s.—A sauce flavored with different finely chopped herbs.

RECHAUFFE, s.—Any dish dressed a second time. A dish made from any cold remains.

RELEVE, s.—Remove, (q. v.)

REMOVES, s.—The joints served at dinner, so called because they replaced the soup tureen in the old service of dinner, à la Française.

RISSOLES, s.—Small balls of finely minced and highly seasoned meat or fish, wrapped in thin discs of puff paste, and, if liked, egged and bread-crumbed, or dipped in broken up vermicelli, and fried.

T.

T.

TI

ROT, s.—Roast game. The term is also applied to any dish served at the game course of the dinner.

ROUX, s.—A thickening of butter and flour, allowed to color over the fire or not, according as it is wanted for white or brown sauce.

S.

SALMIS, s.—A rich hash of any kind of game, etc.

SAUTER, v.—To cook anything very quickly in a buttered pan, turning occasionally.

SAUTE PAN, s.—A shallow pan used for this purpose.

SERVIETTE, A LA.—Served on a napkin.

SORBET, s.—A kind of half-frozen ice, strongly flavored with liqueurs of various kinds, and served between the joints and the game.

SOUCHET, or WATER-SOOTZE.—Various kinds of small, flat fish, boiled in fish stock or water, etc., and served floating in their liquor, with vegetables and herbs, with brown bread and butter handed.

SOUFFLE, s.—A very light pudding, either savory or sweet.

STOCK, s.—The broth of which soups and sauces are made.

STOCK-POT, s.—A large pot specially made for preparing stock.

SUPREME, s.—A very rich white sauce, composed of essence of chicken, Velouté, fresh mushrooms, etc. An entrée of the best parts of the fowl, chicken, etc., cut in fillets.

T.

TAMMY, s.—A cloth, usually woollen, through which sauces and purées are pressed to make them smooth.

TERRINE, s.—Small earthenware dishes, with close-fitting lids, in which pâtes are made, and from whence they derive their name.

TIMBAL, s.—A pie made in a mould, lined either with paste or boiled maccaroni.

V.

VOI-AU-VENT, s.—A case of puff pastry, in which are served various ragoûts of fish, flesh, fowl or sweets.

Z.

ZEST, s.—The thinly-pared rind of a lemon or orange, to flavor, or “zest” various dishes.

ENGLISH AND FRENCH
NAMES OF ARTICLES OF FOOD.

F
F
L
L
M
M
M
Pe
Pi
Pi
Pi
Ro
Sal
Sar

ENGLISH AND FRENCH NAMES OF ARTICLES OF FOOD.

| | |
|-----------------------------|-----------------------------------|
| Fish, | Poisson. |
| Anchovy, | Anchoise, m. |
| Barbel, | Barbeau, barbillon, m. |
| Bass, | Bas, m. |
| Breme, | Brème, f. |
| Brill, | Barbue, f. |
| Carp, | Carpe, f. |
| Cod, | Cabillaud, m. |
| Cod, salt,..... | Morue, f. |
| Conger Eel,..... | Congre, m; or Anguille de mer, f. |
| Dorey, | Dorée. |
| Eel, | Anguille, f. |
| Eel pout..... | Lotte, f. |
| Flounder, | Limande, f ; carrelet, m. |
| Gudgeon, | Goujon, m. |
| Gurnet, Gurnard,..... | Gronchin, m. |
| Haddock, dried haddock..... | Eglefin, m ; merluce, f. |
| Hake, | Merlus, m. |
| Halibut, | Flétan, m. |
| Herring, | Hareng, m. |
| Lamprey, | Lamprole, m. |
| Ling, | Lingue, f. |
| Mackerel, | Maquereau, m. |
| Mullet, Grey,..... | Mulet, Surmulet, m. |
| Mullet, Red,..... | Rouget, m. |
| Perch, | Perche, f. |
| Pike, | Brochet, m. |
| Pilchard, | Célan, m ; Pilchard, m. |
| Plaice, | Plie, f. |
| Roe, | Laitance, f. |
| Salmon, | Saumon, m. |
| Sardine, | Sardine, f. |

| | |
|------------------------|------------------------------|
| Shad, | Alose, f. |
| Skate, | Raie, f. |
| Smelt, | Eperlau, m. |
| Sole, | Sole, f. |
| Sprat, | Melet, m ; esprot, m. |
| Sturgeon, | Esturgeon, m. |
| Tench, | Tanche, f. |
| Trout, | Truite, f. |
| Trout, salmon, | Truite Saumonée. |
| Tunny, | Thon, m. |
| Turbot, | Turbot, m. |
| Weaver, | Vive, f. |
| Whitebait, | Blanchaille, f ; white bait. |
| Whiting, | Merlau, m. |
| Shell-fish, | Coquillages. |
| Crab, | Crabe, f. |
| Crayfish, | Ecrevisse, f. |
| Crawfish, | Laugouste, f. |
| Lobster, | Homard, m. |
| Mussel, | Moule, f. |
| Oyster, | Hûître, f. |
| Prawn, | Chevrette, f ; Crevette, f. |
| Shrimp, | Crevette, f. |
| Meat, | Viande. |
| Beef, | Bœuf, m. |
| Veal, | Veau, m. |
| Mutton, | Mouton, m. |
| Lamb, | Agneau, m. |
| Pork, | Porc, m. |
| Sucking-pig, | Cochon de lait, m. |
| Brains, | Cervelles, f. |
| Breast, | Poitrine, f. |
| Chine, | Echine, f. |
| Chitterling, | Andouilles, f. |
| Cutlet, | Côtejette, f. |
| Filet, | Filet, m. |
| Gristle, | Tendron, m. |
| Kidney, | Rognon, m. |
| Leg, | Gigot, m. |
| Liver, | Foie, f. |
| Loin, | Longe, f ; filet, m. |
| Neck, | Carré, m. |
| Neck, scrag end, | Cou, m. |

A
F
F
F
P
P

| | |
|-------------------------|--------------------------------|
| Palate, | Palais, m. |
| Pope's-eye Steak,..... | Noix, noisette, f. |
| Quarter, | Quartier, m. |
| Rib, | Côte, f. |
| Rump, | Culotte, f. |
| Sausage, | Saucisse, f ; Saucisson, m. |
| Sausage, flat,..... | Crépinette, f. |
| Shoulder, | Epaule, f. |
| Sirloin, | Aloyau, m. |
| Steak, | Bifteck, filet, m. |
| Sweetbread, | Ris de veau, m. |
| Tail, | Queue, f. |
| Tongue, | Langue, f. |
| Ear, | Oreille, f. |
| Head, | Tête, f. |
| Saddle, | Selle, f. |
| Slice, | Tranche, f. |
| Trotters, feet,..... | Pieds, m. |
| Game, poultry, etc..... | Gibier, volaille, etc. |
| Becafigo, | Becfigue, m. |
| Black Game,..... | Coq de bruyère, m. |
| Black diver,..... | Macreuse, f. |
| Capon, | Chapon, m. |
| Chicken, | Poulet, petit poulet, m. |
| Duck, | Canard, m. |
| Duck, wild,..... | Canard Sauvage, m. |
| Duckling, | Caneton, m. |
| Fowl, | Poule, f.; poulet, m. |
| Goose, | Oie, f. |
| Gosling, | Oison, m. |
| Grouse, | Grouse, m.; coq de bruyere, m. |
| Guineau fowl,..... | Pintade, f. |
| Hare, | Lièvre, m; levraut, m. |
| Lark, | Mauviette, f. |
| Leveret, | Levraut, m. |
| Ortolan, | Ortolan, m. |
| Partridge, | Perdrix, f. |
| Partridge, young,..... | Perdreau, m. |
| Pigeon, | Pigeon, m. |
| Pigeon, young,..... | Pigeonneaus, m. |
| Pigeon, wild,..... | Ramier, m. |
| Pintail, | Pilet, m. |
| Pheasant, | Faisau, m. |

| | |
|---------------------------|-------------------------------------|
| Plover, Golden..... | Pluvier, m. |
| Plover, Green..... | Vanneau, m. |
| Poularde, fat pullet..... | Poularde, f. |
| Prairie hen..... | Poule de Prairie. |
| Quail..... | Caille; f. |
| Rabbit..... | Lapin, Lapereau, m. |
| Roe deer..... | Chevreuil, f. |
| Shoveller..... | Rouge de rivière, f. |
| Snipe..... | Bécassine, f. |
| Teal..... | Sarcelle, f. |
| Turkey..... | Dindon, m.; dinde, f. |
| Turkey, poul..... | Dindonneau, m. |
| Venison..... | Venaison, f. |
| Widgeon..... | Canard Siffleur, m; (marcréuse, f.) |
| Woodcock..... | Bécasse, f. |
| Vegetables..... | Legumes. |
| Artichokes Jerusalem..... | Topin Ambour, m. |
| Artichokes, bottoms..... | Fonds d'artichauts, m. |
| Artichokes, globe..... | Artichaut, m. |
| Asparagus..... | Asperges, f. |
| Basil..... | Basilic, m. |
| Bay leaf..... | Laurier, m. |
| Bean, broad..... | Fève, f. |
| Bean, French..... | Haricot vert, m. |
| Bean, haricot..... | Haricot blanc, m. |
| Beetroot..... | Bet rave, f. |
| Broccoli..... | Brocoli, m. |
| Brussels sprouts..... | Choux de Bruxelles, m. |
| Burnet..... | Pimprenelle, f. |
| Cabbage..... | Chou, m. |
| Cabbage, red..... | Chou, rouge, m. |
| Capers..... | Câpres, f. |
| Capsicum..... | Piment, m. |
| Cardoon..... | Cardon, m. |
| Cauliflower..... | Chou fleur, m. |
| Carrot..... | Carotte, f. |
| Celery..... | Céleri, m. |
| Chervil..... | Cerfeuil, m. |
| Chestnut..... | Marron, m. |
| Chilli..... | Chilli Poivre de guinée, m. |
| Chives..... | Cive, Cjvette, f. |
| Cucumber..... | Concombre, m. |
| Cress..... | Cresson, m. |

| | |
|--------------------------------|------------------------------------|
| Egg plant,..... | Aubergine, f. |
| Endive, | Chicorée, f. |
| Eschalot, <i>shajot</i> ,..... | Echalote, f. |
| Fennel, | Fenouil, m. |
| Garlic, | All, m. |
| Gherkin, | Cornichon, m. |
| Horse radish,..... | Raifort, m. |
| Kail, Scotch,..... | Chou écossais. |
| Leek, | Poireau, m. |
| Lettuce, | Laitue, f. |
| Lentil, | Lentille, f. |
| Marjoram, | Marjolaine, f. |
| Mushroom, | Champignon, m. |
| Onion, | Oignon, m. |
| Onion, Spanish,..... | Oignon d'Espagne. |
| Parsley, | Persil, m. |
| Parsnip, | Panais, m. |
| Peas, | Petits pois, m. |
| Pumpkin, | Potiron courge, m; cetrionille, f. |
| Pursian, | Pourpier, m. |
| Radish, | Radis, m. |
| Sage, | Sauge, f. |
| Salsify, | Salsifis, m. |
| Sauerkraut, | Choucroute, f. |
| Seakale, | Chou de mer; Choux marins, m. |
| Sorrel, | Oselle, f. |
| Spinach, | Epinards, m. |
| Tarragon, | Estragon, m. |
| Thyme, | Thym, m. |
| Tomato, | Tomate, pomme d'amour, f. |
| Turnip, | Navet, m. |
| Vegetable marrow,..... | Courge à la moelle, f. |
| Watercress, | Cresson. |
| Spices, | Epices. |
| Allspice, | Piment, m. |
| Cinnamon, | Cannelle, f. |
| Cloves, | Girofle, m. |
| Ginger, | gingembre, m. |
| Mace, | Macis, m. |
| Mustard, | Moutarde, f. |
| Nutmeg, | Muscade, f. |
| Pepper, | Poivre, m. |
| Fruits, | Fruits. |

| | |
|-----------------------------------|-------------------------------------|
| Almond, | Amande, f. |
| Apple, | Pomme, f. |
| Banana, | Banane, f. |
| Barberry, | Epine-vinette, f. |
| Blackberry, | Muron, m; mûre des haies, f. |
| Bullace or sloe,..... | Prunelle, f. |
| Cherry, | Cerise, f. |
| Chestnut, | Marron, m. |
| Cranberry, | Cannberge, f. |
| Currant, | Raisin de Corinthe, m. |
| Currant, white,..... | Groseille blanche, f. |
| Currant, red,..... | Groseille rouge, f. |
| Currant, black,..... | Cassis, m. |
| Date, | Datte, f. |
| Fig, | Figue, f. |
| Filbert, | Aveline, f. |
| Gooseberry, | Groseille, vert, f. |
| Grapes, | Raisins, m. |
| Green gage,..... | Prune Reine Claude, f. |
| Hazle nut,..... | Noisette, f. |
| Lemon, | Citron, m. |
| Medlar, | Néfle, f. |
| Melon, | Melon, m. |
| Melon, water,..... | Melon d'eau, f. |
| Mixed fruit,..... | Milée fruits, m. |
| Mulberry, | Mûre, f. |
| Nectarine, | Brugnon, m. |
| Nut, | Noix, f. |
| Olive, | Olive, f. |
| Orange, | Orange, f. |
| Orange, Tangerine,..... | Mandarine, f. |
| Peach, | Pêche, f. |
| Pear, | Poire, f. (name according to sort.) |
| Pippin, golden,..... | Reinette dorée, f. |
| Pippin, russet or russeting,..... | Reinette gris. |
| Pistachio, | Pistache. |
| Plum, | Prune, f. (name according to sort.) |
| Pomegranate, | Grenade, f. |
| Quince, | Coing, m. |
| Raspberry, | Framboise, f. |
| Rhubarb, | Rubarbe, f. |
| Strawberry, | Fraise, f. |
| Walnut, | Noix, f. |

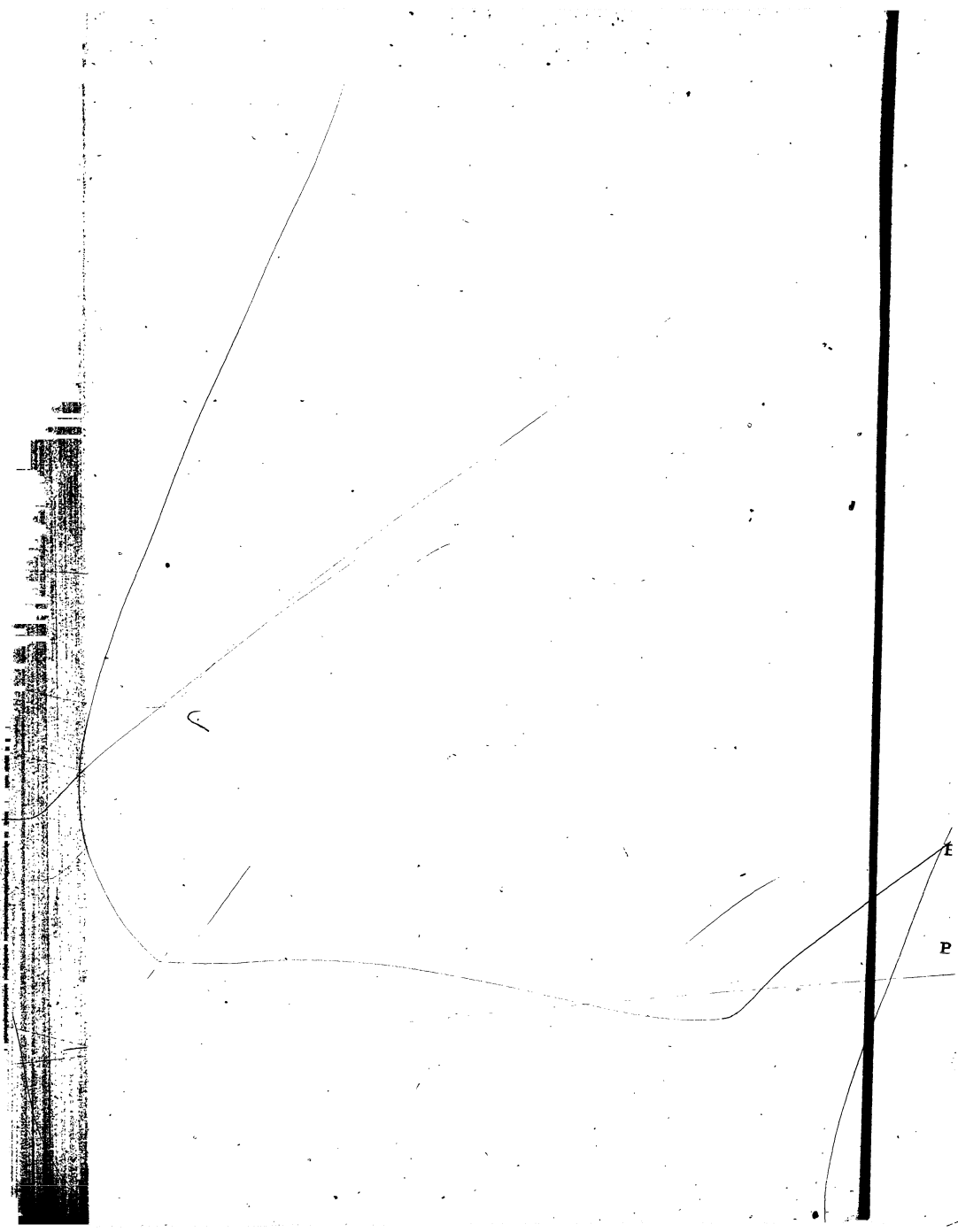
| | |
|------------------------------|----------------------------------|
| Walnut, green,..... | Cerneau, m. |
| Cake, | Gâteau, m. |
| Coffee, | Café, m. |
| Chocolate, | Chocolat, m. |
| Cream, | Crème, f. |
| Curry, | Kari (seldom used alone.) |
| Custard, | Crème, f. |
| Game, | Rôt, m. |
| Ice, icing,..... | Glace, f. |
| Jelly, | Geléé, f. |
| Mince, | Emincé, m. |
| Pancake, | Crêpe, f. |
| Paste, | Pâte, f. |
| Pastry, | Pâtisserie, f. |
| Patty, | Petit pâté, m; petits pâtés, pt. |
| Pie, | Pâté, m. |
| Pudding, | Pouding, m. |
| Remove, | Relevé, m. |
| Roast (the joint),..... | Rôt, m. |
| Salad, | Salade, f. |
| Second course dish,..... | Entremet, m. |
| Stew, | Etuvé, m. |
| Stew, Irish,..... | Etuvé à l'Irlandaise. |
| Stew, hare or rabbit,..... | Civet, m. |
| Stew, fish (with wine),..... | Matelote, f. |
| Stew, fruit,..... | Compote, f. |
| Tart, | Tourte, f. |
| Tea, | Thé, m. |

To the following adjectives, s, e, or es, is added, to make them agree in gender and number with the noun to which they are joined, thus :—Assorti, m ; Assortis, pl ; Assortie, f ; Assorties, pl.

| | |
|----------------------|---------------------------|
| Assorted, | Assorti. |
| Boiled, | Bouilli, (or au naturel.) |
| Braised, | Braisé. |
| Bread-crumbed, | Pané. |
| Broiled, | Grillé. |
| Cold, | Froid. |
| Curried, | Au kari, en kari. |
| Devilled, | A la diable. |

| | |
|-------------------------|-------------------------|
| Filleted, | Filets, de. |
| Fricasseed, | Fricassé. |
| Fried, | Frit |
| Garnished, | Garni. |
| Hashed, | Haché. |
| Hot, | Chaud. |
| Iced, | Glacé. |
| In cases, | En Caisses. |
| Larded, | Piqué. |
| Little, | Petit. |
| Mashed, | Purée de. |
| Minced, | Emincé. |
| Mulled, | Epicé. |
| Roast, | Rôti (or à la broche.) |
| Scalloped, | Gratine (or au gratin.) |
| Stewed, | Etuvé. |
| Stuffed, | Farci. |
| Tossed in butter, | Sauté. |

INDEX.



INDEX.

| | PAGE. | | PAGE. |
|---------------------------|-------------|----------------------------|-------|
| Almonds, to blanch..... | 385 | Panada, Nos. 1 and 2.. | 334 |
| Deville'd..... | 169 | Restorative..... | 331 |
| Anchovy, butter..... | 380 | With Macaroni..... | 333 |
| A la Colman..... | 169 | Chicken and Soup..... | 333 |
| Fillets of..... | 177 | Mutton..... | 332 |
| Artichokes, Fried..... | 196 | Meat Broth restorative.. | 333 |
| Purée of..... | 23 | Beets, to boil..... | 199 |
| White Sauce..... | 196 | A la Dyer..... | 200 |
| Asparagus, a la crème.. | 195 | Bloaters, Devilled..... | 266 |
| On toast..... | 195 | Brain, Cakes..... | 105 |
| Soup..... | 17 | Quenelles..... | 25 |
| Tambale of..... | 195 | Brains and Sweetbreads, to | |
| Apples, Compôte of..... | 161 | Blanch..... | 385 |
| Fritters..... | 147 | Bread and Cakes..... | 225 |
| Aspic Jelly..... | 153 | Raisin Loaf..... | 225 |
| Aunt Mary's Pudding... | 142 | Boston Brown..... | 226 |
| Bacon..... | 329 | Stewed Graham..... | 227 |
| Beans, Kidney—Boiled... | 196 | Victoria Buns..... | 239 |
| Boiled Haricot..... | 200 | Brussels Sprouts, with | |
| Stewed..... | 201 | Cheese Sauce..... | 192 |
| Beef Olives..... | 108 | Beignet Soufflés..... | 149 |
| Cannelon..... | 109 | Cakes—Hints on making.. | |
| Ragout..... | 110 and 302 | 219 to 243 | |
| Kidney Pie..... | 110 | Tea..... | 226 |
| Ported..... | 116 | Milk Scones..... | 226 |
| Pressed..... | 266 | Sultana..... | 229 |
| Cold Mince of..... | 304 | Plum..... | 229 |
| Hashed à la Française.. | 304 | Layer, No. 1..... | 230 |
| Fried, Salt..... | 304 | Almond..... | 230 |
| Rechauffe..... | 307 | Citron..... | 231 |
| Minc'd Collops..... | 110 and 117 | Layer, No. 2..... | 230 |
| Beef Steak, with Alderman | | German Pound..... | 231 |
| Sauce..... | 109 | Pound..... | 231 |
| Pudding..... | 109 | Seed..... | 231 |
| And Kidney Pie..... | 110 | Genoa..... | 231 |
| A la Tartare..... | 266 | English Pound..... | 232 |
| With Oysters..... | 303 | Carraway Seed..... | 232 |
| Beef Teas, Broths, etc... | 331 to 334 | Banbury..... | 128 |
| For Babies..... | 332 | Lemon, Cheese..... | 130 |
| Raw..... | 332 | Curd Cheese..... | 131 |
| Quickly made, No. 1..... | 331 | Harlequin..... | 234 |
| Quickly made, No. 2..... | 331 | Shortbread..... | 234 |
| Broiled Essence..... | 334 | Brandy Wafers..... | 235 |
| To extract the Essence | | Plain Doughnuts..... | 236 |
| from..... | 334 | Raspberry Doughnuts.. | 235 |
| | | Drop Scones..... | 236 |
| | | Alpha..... | 236 |

| | PAGE. | | PAGE. |
|---|-------|---|------------|
| Currant Rock.. | 236 | Chestnuts, Purée of.. . . . | 382 |
| Cream.. | 237 | Cheese, Croûtons.. . . . | 295 |
| Tea.. | 237 | Argretts.. | 170 |
| Shrewsbury.. | 237 | Cold Soufflé.. | 170 |
| Queen.. | 238 | Fondu.. | 295 |
| Friars.. | 238 | Balls.. | 171 |
| Gingerbread Nuts.. . . . | 239 | Patties, German.. . . . | 171 |
| Sponge Cake, No. 1.. . . . | 239 | Welsh Rarebit.. | 296 |
| Matternich.. | 239 | Pudding.. | 172 |
| Railway.. | 240 | With Ham.. | 296 |
| Sponge Cake, No. 2.. . . . | 240 | Chicken à la Française.. | 301 |
| Gateau à la Française.. . | 240 | Cutlets.. | 73 |
| Genoise Pastry.. | 241 | Cream of.. | 82 |
| Madelra.. | 241 | Broiled Breast of.. . . . | 337 |
| Orange, No. 1.. | 241 | Boiled.. | 338 |
| Canadian Layer.. | 242 | Fricassee of.. | 301 |
| Cocoanut.. | 243 | With Oysters.. | 305 |
| Orange, No. 2.. | 241 | Chocolate.. | 347 |
| Little Nuns.. | 243 | Cod Fish, Stewed.. . . . | 43 |
| Cocoanut Biscuit.. . . . | 275 | Boiled.. | 32 |
| Breakfast Biscuits.. . . . | 227 | Coffée, to Make.. | 277 |
| Galettes.. | 228 | Confectionery, Spun Sugar | 275 |
| Bath Buns.. | 228 | Walnut Cream, No. 1.. . . | 275 |
| Chocolate.. | 233 | Walnut Cream, No. 2.. . . | 276 |
| Cocoanut Gingerbread.. . . | 238 | Nougat.. | 276 |
| Ginger.. | 234 | Corn, Sweet, in White Sauce.. | 298 |
| Cabbage, Boiled.. | 185 | Cookery Utensils, Hints on Care of.. | 389 to 392 |
| With Cream.. | 186 | Cutlets, Meat, with Reform Sauce.. | 112 |
| With Bacon.. | 186 | Cold Meat.. | 114 |
| Braised.. | 186 | Curry of Cold Meat.. . . | 116 |
| Stuffed.. | 187 | Curried Vegetables.. . . | 193 |
| And Potatoes.. | 298 | Custard, Savory.. | 340 |
| Carrots, Boiled.. | 187 | Cream, Snow.. | 385 |
| And Turnips for Minces.. | 187 | Dripping.. | 283 |
| Fried.. | 187 | Drinks.. | 315 to 318 |
| Mashed.. | 188 | Wine Whey.. | 315 |
| Glazed.. | 188 | Irish Moss Lemonade.. . . | 315 |
| With Brown Sauce.. . . . | 188 | Egg, Milk and Brandy.. . . | 315 |
| Fried.. | 299 | Hot Milk and Soda.. . . . | 315 |
| Calfs, Brains.. | 339 | Cold Milk and Soda.. . . . | 316 |
| Head, Dressed.. | 105 | Milk with Isinglass.. . . . | 316 |
| Crab, Devilled.. | 52 | Barley Gruel.. | 316 |
| Cauliflower with White Sauce.. | 191 | Rice Water.. | 316 |
| Au Gratin.. | 191 | Toast Water.. | 317 |
| Fritters with Cheese.. . . | 191 | Lemon Water.. | 317 |
| With Tomato Sauce.. . . . | 192 | Lemon with Soda Water.. | 317 |
| Soup.. | 20 | Beef Tea, Brandy and Milk.. | 317 |
| With Cream Cheese Sauce.. | 297 | Caudle, Hot.. | 318 |
| Celery, Boiled.. | 193 | Caudle, Cold.. | 318 |
| Fried.. | 194 | Linseed Tea.. | 318 |
| Soupe, White.. | 21 | | |
| Chafing Dish, use of.. . . | 288 | | |

| | PAGE. | | PAGE. |
|----------------------------|----------|------------------------------|------------|
| Linseed and Horehound. | 318 | Snow Birds, Croustades | |
| Egg Drink. | 318 | of | 67 |
| For a troublesome cough | 319 | Kidney, à la Tartare | 67 |
| Nectar. | 319 | Pigeon Compôte De. | 68 |
| Peptonised Milk. | 319 | Champignons au Gratin | 68 |
| Brandy Emulsion. | 320 | Quails à la Sandring- | |
| Apple Water. | 320 | ham | 69 |
| Honey Water. | 320 | Sweetbreads à la Maitre | |
| Raspberry Vinegar. | 320 | d'Hotel. | 69 |
| Lemon Syrup, for Sum- | | Mutton Cutlets à L'An- | |
| mer. | 400 | geliqne | 70 |
| Duck, Roast. | 91 | Brown, Mushroom Sauce | 70 |
| Wild, with Orange Salad. | 92 | Entree, Cold | 73-83 |
| | | Boeuf à la Philippe. | 73 |
| Entrée. | 55 to 70 | Chicken Cutlets à la Po- | |
| Poulet à L'York. | 55 | lonaise. | 73 |
| Sweetbread à la Bin- | | Mayonnaise De Volaille à | |
| garade. | 55 | la Victoria. | 74 |
| Petit Soufflés D'Epınard | 56 | Chaud-Froid de Givier | 74 |
| Fillets of Beef à la Prin- | | Cream of Fish | 75 |
| cess Louise. | 56 | Timbales de Ris de Veau | |
| Chicken shape of. | 56 | aux Tomatoes. | 75 |
| Timbales à la Baronne. | 57 | Tomatoes in Aspic | 76 |
| Chicken Bondin of | 57 | Epigramme de Foil Gras | |
| Sweet Bread à la Con- | | en Aspic. | 76 |
| stance. | 58 | Petits Cremes D'Hom- | |
| Tartalettes à la Indienne | 58 | ard | 76 |
| Felitte de Lievre à la | | Poulets à la Mayonnaise | 77 |
| St. Stephen | 59 | Petites Poulets en Cais- | |
| Ris de Veau à la Vic- | | ses à L'Imperatrice | |
| toria. | 59 | Chaud-Froid of Becasse | 78 |
| Sweetbreads Vol au Vent | | Mutton Cutlets in Aspic | 78 |
| of. | 59 | Little Chicken Creams | 79 |
| Veal. | 60 | Chaud-froid à la Russe. | 79 |
| Chicken à la Windsor | 60 | Petits Soufflés d'Homard. | 79 |
| Casolettes de Beurre | 61 | Chaud-froid of Quails. | 80 |
| Cotelettes de Poulet aux | | Snow Birds à L'Aberdeen | 80 |
| Champignons | 61 | Savory Cream. | 80 |
| Poulet Santé à la Portu- | | Little Bouchees à la | |
| guese | 62 | Princesse. | 81 |
| Timbales à la Reine | 62 | Petits Crèmes d'Homard | 81 |
| Filets de Boeuf à la | | Volaille à la Gastronomie | 81 |
| Montreal. | 63 | Petits Soufflés de Volaille | |
| Choufleur à la Kane. | 63 | à la Princess May. | 32 |
| Kidneys Santed à la | | Cream of Chicken. | 32 |
| Champagne | 64 | Gibien à L'Isabel. | 33 |
| Cervelles de Veau à la | | English and French names | |
| Datee. | 64 | of articles of food, 417-424 | |
| Larks à L'Auvergne | 64 | Eggs. | 205 to 210 |
| Epigramme de Gibien | 65 | A la Rousse. | 115 |
| Tomatoes Stuffed. | 65 | Boiled. | 205 |
| Soufflé de Perdrix. | 66 | Poached. | 205 |
| Bondin à la Richelleu | 66 | Scrambled. | 205 |
| Italian Polpetti | 66 | Scotch. | 206 |

| | PAGE. | | |
|-------------------------------|-------|--------------------------------|------------|
| With Tomatoes.. | 206 | Potted.. | 49 |
| With Oysters.. | 206 | Broiled.. | 51 |
| Swiss.. | 206 | Broiled in buttered paper | 51 |
| Baked.. | 207 | Deville.. | 52 |
| And Cheese.. | 207 | Rechauffe of.. | 298 |
| And Ham.. | 207 | Curried.. | 294 |
| With Bacon.. | 207 | Baked.. | 323 |
| A la Crème.. | 208 | In White Sauce.. | 323 |
| A la Maître d'Hotel.. | 208 | In Egg Sauce.. | 323 |
| Sur la Plat.. | 208 | With Rice.. | 324 |
| Savory.. 209 and | 204 | Omelette.. | 324 |
| Creamed.. | 209 | Broiled.. | 337 |
| Anchovy.. | 209 | See Salmon, Cod, Lob- | |
| Indian.. | 209 | ster, Haddock, etc., etc. | |
| Fried in Butter.. | 210 | Fowl, Braised.. | 100 |
| Epicurean.. | 210 | Boiled with Egg Sauce.. | 100 |
| With Cream Cheese.. | 294 | Galatine of.. | 101 |
| Toast.. | 295 | Forcemeats, Purées, etc.. | |
| Au Gratin.. | 295 | | 377 to 383 |
| Poached in Gravy.. | 296 | For Fowls, No. 1.. | 383 |
| Fricassée.. | 296 | Liver Force for Game.. | 383 |
| Ham and.. | 297 | For Fowl, No. 2.. | 383 |
| With Tea.. | 340 | For Ducks.. | 384 |
| In Port Wine.. | 340 | Oysters for Boned Fowl. | 384 |
| With Tomatoes.. | 297 | Veal.. | 384 |
| Eels, Stewed.. | 37 | Fruit, Stewed.. | 346 |
| Fried.. | 200 | Fritters.. 147 to | 149 |
| Egg Plant, Broiled.. | 200 | Vanilla.. | 147 |
| Garnish for Clear Soup.. | 24 | Genoa.. | 148 |
| | | Cheese, No. 1.. | 148 |
| Fat, to Clarify.. | 279 | Cheese, No. 2.. | 148 |
| Frying in deep.. | 279 | Ham.. | 149 |
| Fish.. 31 to 52, also 293 to | 324 | Russian.. | 149 |
| Baked in Batter.. | 34 | | |
| Balls.. | 39 | Game, Salmi of.. | -303 |
| Fricassée of, No. 1.. | 35 | Beignet Soufflés.. | 149 |
| Fricassée of, No. 2.. | 35 | Cheese, No. 1.. | 170 |
| Fried in Batter.. | 35 | Cheese, No. 2.. | 170 |
| Curried.. | 38 | Roast, Small.. | 338 |
| Pie.. | 39 | To remove skin from | |
| Kedgerel.. | 50 | Birds' Feet.. | 385 |
| Poisson à la Crème.. | 40 | Glaze, for Hams, etc.. | 379 |
| Homard à la St. Stephens | 41 | Glossary of Terms.. 403 to | 414 |
| Fillets De Poisson à la | | Grouse, Roast.. | 92 |
| Cardinale.. | 42 | Gruels.. 327 to | 328 |
| Canapies à la Norwe- | | In Oatmeal.. | 327 |
| gienne.. | 42 | Of Prepared Groats.. | 327 |
| Soufflé d'Homard.. | 42 | Wheat Germ.. | 327 |
| Plaice au Portuguese | | Arrowroot.. | 328 |
| Sauce.. | 43 | Egg.. | 328 |
| Soufflé d'Huitres.. | 44 | | |
| Homard à la Nuremburg | 45 | Halibut.. | 33 |
| Mayonnaise aux Huitres. | 47 | Cutlets.. | 34 |
| Poisson à la Horly.. | 48 | Baked.. | 33 |
| Pudding.. | 49 | Boiled.. | 33 |

| | PAGE. | | PAGE |
|--|------------|--|------|
| Brown Stew of | 38 | Chartreuse d'Orange | 156 |
| Cutlets | 34 | Velvet | 156 |
| With Bacon | 291 | Quince | 157 |
| Herring, Pickled | 50 | Italian | 157 |
| Haddock, Pie | 36 | Spanish | 157 |
| Stuffed | 38 | Ginger | 158 |
| Ham, Baked, No. 1 | 103 | Crème au Chocolat | 158 |
| Baked, No. 2 | 104 | Rice | 158 |
| Boiled | 104 | Rambou | 159 |
| Butter | 380 | Compote of Strawberries | 159 |
| A L'Espagnole | 396 | Meringues | 160 |
| Creams, No. 1 | 173 | Charlotte Russe | 160 |
| Creams, No. 2 | 174 | Chantilly Pudding | 161 |
| Hare, Roast | 90 | Apples, Compôte of | 161 |
| Soup | 19 | Figs, Stewed | 162 |
| Hints on Feeding the Sick | 309 to 310 | Pears à la MacPherson, No. 1 | 162 |
| Care of Cookery Utensils | 387 to 390 | Pears, à la MacPherson, No. 2 | 162 |
| Hors D'Oeuvres and Sav- ories | 169 to 178 | Orange | 163 |
| Fromage D'Artois | 171 | Coffee Mousse | 163 |
| Croûte de Merluce | 175 | Maraschino Mousse | 163 |
| Croûtes à L'Anglaise | 175 | Ice, Vanilla | 164 |
| Crôutes à la Londres | 175 | Brown Bread | 164 |
| Swedish Savory | 177 | Chestnut | 165 |
| Caviar Sur Croûtes | 177 | Strawberry | 165 |
| Shrimp Savory | 176 | Water Ice—Apple | 164 |
| Shrimps in Aspic | 176 | Lemon, Plain | 165 |
| Olives à la Madria | 175 | Sorbet Roman | 165 |
| Tomatoes à la Française | 174 | Sorbet Pine Apple | 166 |
| Icings | 247 to 249 | Iced Coffee | 166 |
| Almond, No. 1 | 247 | Jellies, Puddings, etc., 341-345 | |
| Vienna Chocolate | 247 | Port Wine | 343 |
| Almond, No. 2 | 247 | Rice | 343 |
| Fruit Fondant | 248 | Calf's Foot | 343 |
| Maple Sugar | 248 | Kidney, Soup | 19 |
| Fondant | 248 | Stewed | 116 |
| Wine | 248 | On Toast | 117 |
| Royal | 249 | Deville | 302 |
| Hot or Glaze | 249 | With Bacon | 302 |
| Introduction | 3 | With Tomato | 303 |
| Ice Cream—See Jellies, Creams, etc. | 150 to 166 | Lobster, Patties | 37 |
| Jellies, Creams, etc., 153 to 166 | | Cutlets | 39 |
| Aspic | 153 | Fricassée of | 49 |
| Tomato Aspic | 153 | Croûte à la Tartare | 174 |
| Lemon | 154 | Leeks, Boiled | 192 |
| Russian | 154 | Stewed | 192 |
| Peach Mould | 155 | Lemon, Baked, for Cough | 338 |
| Claret | 155 | Lime Water, to mix with Milk | 340 |
| Fruit | 155 | Liver and Bacon, Stewed | 108 |

| | PAGE. | | PAGE. |
|----------------------------------|------------|----------------------------------|-------------|
| Maccaroni and Cheese, Cro- | | Fricasséed.. | 292 |
| quettes.. | 172 | Cream.. | 324 |
| And Beef.. | 111 | On the half shell.. . . . | 324 |
| Cheese, Nos. 1 and 2.. . . . | 261 | A la Tartare.. | 177 |
| A la Casino.. | 262 | Onions, to Boil.. | 184 |
| Meats, Roasting.. | 87 | Fried.. | 184 |
| Boiling.. | 87 | Stewed.. | 185 |
| Broiling.. | 88 | In Cheese and Sauce.. . . . | 185 |
| Cutlets with Reform | | Omelets.. | 213 to 216 |
| Sauce.. | 112 | French.. | 213 |
| Cutlets, Cold.. | 114 | With Herbs.. | 214 |
| Cold Shape.. | 116 | Fish.. | 214 |
| Curry of.. | 116 | Cheese, Nos. 1 and 2.. . . . | 215 |
| Pickle for.. | 265 | Cream Cheese.. | 215 |
| Pickled.. | 265 to 267 | Soufflé.. | 215 |
| Pickle for.. | 265 | Rum.. | 216 |
| Mutton, Cutlets in Aspic.. . . . | 78 | Plain Soufflé.. | 215 |
| Braised.. | 88 | Oatmeal, Gruel, No. 1.. . . . | 327 |
| Stuffed with Kippered | | Gruel, No. 2.. | 327 |
| Herring.. | 89 | See Gruels.. | 327 to 328 |
| Roast Saddle of.. | 89 | Partridge, à la Bernaise.. . . . | 92 |
| Casserole.. | 105 | Salmi.. | 93 |
| Stewed with Peas.. | 106 | Larded.. | 93 |
| Cutlets with Reform | | Stewed.. | 93 |
| Sauce.. | 106 | A la Beaconsfield.. | 94 |
| Pie.. | 106 | Pastry.. | 121 |
| Soubuse.. | 106 | Boiled Suet.. | 121 |
| Haricot of.. | 113 | Short.. | 121 |
| Cutlets.. | 305 | Cheese, No. 1.. | 121 |
| Rechauffé.. | 307 | Rough Puff.. | 122 |
| Chops Broiled.. | 337 | Pork Pie.. | 123 |
| Minced Collops.. | 110 to 117 | Cheese, No. 2.. | 122 |
| Montpellier Butter.. | 378 | Raised Pie Paste.. | 123 |
| Mushrooms.. | 198 | Batter, Frying.. | 122 |
| Sauté.. | 198 | Yorkshire Pudding Batter | 121 |
| On Toast.. | 198 | Choux Paste.. | 124 |
| With Bacon.. | 198 | Brioche.. | 124 |
| Purée of, Stewed.. | 299 | Pâté de foie Gras, Mock.. . . . | 379 |
| Au Buerre.. | 299 | Peas.. | 197 |
| And Toast.. | 299 | A la Française.. | 197 |
| With Ham.. | 300 | Purée of.. | 197 and 392 |
| Oyster, Croquettes.. | 41 | In Cream.. | 297 |
| Patties.. | 40 | Pesant, à la Sir Stafford | |
| Fried.. | 37 | Northcote.. | 94 |
| Fried.. | 37 and 291 | Pigeons, Roast.. | 91 |
| Soup (American).. | 22 | Pie, Plain.. | 95 |
| Scalloped.. | 44 | Pie, Rich.. | 95 |
| Soup (English).. | 22 | Pork Pie, Raised.. | 107 |
| A la Lucullas.. | 43 | Pies, Shepherd.. | 112 |
| A la Patrick.. | 47 | Sea.. | 113 |
| On Toast.. | 292 | English Fruit.. | 131 |
| A la Crème.. | 292 | Pig's Head, Brawn.. | 118 |
| Au Gratin.. | 292 | Potatoes, Boiled.. | 181 |

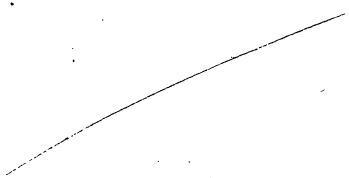
| | PAGE | | PAGE |
|-------------------------------|------------|-----------------------------------|------------|
| Mashed.. | 181 | Treacle.. | 127 |
| Croquettes.. | 182 | Cocoanut.. | 128 |
| Soufflé.. | 182 | Banbury Cakes.. | 128 |
| Colcannon.. | 182 | Lemon Cheese.. | 130 |
| A la Duchesse.. | 182 | Curd Cheese.. | 131 |
| Stewed.. | 183 | Orange Tart.. | 129 |
| Straws.. | 183 | Cinnamon Tart.. | 130 |
| Creamed.. | 183 | Pudding with Pastry, Prin- | |
| Chips.. | 183 | cess Tartlets.. | 131 |
| A la Maitre d'Hotel.. | 184 | Lemon Tart.. | 132 |
| Browned.. | 184 | German Apple.. | 132 |
| Savory.. | 184 | Chocolate Tartlets.. | 133 |
| Cakes.. | 262 | Bakewell.. | 129 |
| A la Lyonnaise.. | 300 | Alderman's.. | 129 |
| A la Crème.. | 300 | English Fruit.. | 131 |
| With Bacon.. | 301 | Amber.. | 132 |
| Purée of.. | 382 | Curd Cheese Cakes.. | 131 |
| Wall of.. | 382 | Purées, Force-meats, etc., | |
| Pudding.. | 137 to 143 | 379 to 385 | |
| Marmalade.. | 137 | Maitre d'Hotel Butter.. | 381 |
| Cup.. | 137 | Montpellier Butter.. | 380 |
| Carrot.. | 137 | Meat Glaze for Hams.. | 379 |
| Treacle.. | 136 | Preserves and Pickles, 395-400 | |
| Fig.. | 138 | Jam, No. 1.. | 395 |
| Suet, Plain.. | 139 | Jam, No. 2.. | 395 |
| Queen of.. | 139 | Plums or Damsons | |
| Bread and Butter.. | 139 | "Smothered" | 396 |
| Venise.. | 140 | Canned Fruit, No. 1.. | 396 |
| Golden.. | 140 | Canned Fruit, No. 2.. | 396 |
| Brighton.. | 140 | Orange Marmalade.. | 397 |
| Rice, Plain.. | 141 | Vegetable Marrow Mar- | |
| Sponge Cake.. | 142 | malade.. | 397 |
| Rice, with Eggs.. | 141 | Currant Jelly.. | 398 |
| Rice, Ground.. | 141 | Apple Jelly.. | 398 |
| Vanilla Soufflé.. | 142 | Cabbage Pickle.. | 398 |
| Caramel.. | 143 | Pickles, Preserves, etc., 395-400 | |
| Puddings, Jellies, etc., | | Cabbage Pickle.. | 398 |
| 343 to 347 | | Cauliflower Pickle.. | 399 |
| Arrowroot.. | 343 | Sweet Pickle.. | 399 |
| Sponge Cake.. | 343 | Hot Pickle.. | 399 |
| Baked Custard.. | 343 | Quails, Chaud-froid of.. | 80 |
| Stewed Custard.. | 344 | Rabbit, Curried.. | 114 |
| Auntie's.. | 344 | Relishes.. | 291 to 307 |
| Light Bread.. | 344 | Rice, Balls.. | 114 |
| Batter.. | 344 | To Boil for Curries, etc., | |
| Swiss Apple.. | 345 | No. 1.. | 381 |
| Blanc Mange.. | 347 | Boiled, No. 2.. | 381 |
| Port Wine.. | 345 | For Borders.. | 381 |
| Rice.. | 345 | Sauce.. | 351 to 358 |
| Calf's Foot.. | 345 | Brown.. | 351 |
| Lemon Sponge.. | 346 | Tomato, No. 1.. | 351 |
| With Pastry.. | 127 | | |
| Boiled Apple.. | 127 | | |
| Roly Poly.. | 127 | | |

| | PAGE. | | PAGE |
|--------------------------------|------------|--------------------------------------|------------|
| Tomato, No. 2. | 351 | Brandy Sauce, No. 2. | 373 |
| Velouté. | 352 | Pine Apple. | 373 |
| Panada. | 352 | Almond. | 373 |
| Bechamel. | 352 | Hard. | 374 |
| Onion, Nos. 1 and 2. | 353 | Marmalade. | 374 |
| Caper, White. | 353 | Corn Starch. | 374 |
| Celery. | 353 | Chocolate. | 374 |
| Bread. | 354 | Mourschine. | 375 |
| Caper, Brown. | 354 | Claret. | 375 |
| Chestnut, White. | 354 | Custard for Fruit, etc. | 375 |
| Horseradish. | 353 | Salad Making, Hints on. | 253-262 |
| Chestnut, Brown. | 354 | Salads, Lobster. | 257 |
| Apple. | 355 | Chicken. | 257 |
| Horseradish. | 355 | Spanish. | 258 |
| Game. | 355 | Salmon. | 258 |
| Genoise. | 356 | Fish and Tomato. | 258 |
| Espagnole. | 356 | Beef. | 259 |
| Currant, for Venison. | 356 | Russian, Nos. 1 and 2. | 259 |
| Neapolitan. | 356 | Potato. | 260 |
| Poulette. | 357 | Egg. | 260 |
| Maître d'Hôtel. | 357 | Plain Lettuce. | 260 |
| Melted Butter. | 357 | Beet. | 260 |
| Parsley, No. 1. | 357 | Salmon, Boiled. | 33 |
| Parsley, No. 2. | 358 | Fried in Oil. | 36 |
| Financiere. | 358 | Timbals. | 36 |
| Baron. | 358 | Baked. | 33 |
| For Cold Meat. | 361 to 364 | Pie. | 45 |
| Brétonne. | 361 | Boiled with Hollandaise | |
| Mayonnaise. | 361 | Sauce. | 46 |
| Tartare. | 361 | Collared. | 50 |
| Mint. | 362 | Cutlets en Papillotes. | 50 |
| Anchovy Cream. | 362 | Mayonnaise of. | 51 |
| White Chaudfroid. | 362 | Timbals of. | 36 |
| General's. | 362 | Sandwiches. | 272 |
| Brown Chaudfroid. | 362 | Steak. | 291 |
| Salad Dressing, Nos. 1 | | A la Reine. | 293 |
| and 2. | 363 | Sardines, à la Piedmontaise. | 47 |
| Boiled Salad Dressing. | 363 | Sandwiches. | 271 |
| French Salad Dressing. | 364 | In Aspic. | 173 |
| Salad Dressing, Doctor- | | On Toast. | 169 |
| Ketchmer's. | 364 | Patties. | 173 |
| Sauces, Fish. | 367 to 369 | A la Rouennaise. | 47 |
| Anchovy. | 367 | Sausage, Rolls. | 115 |
| Cucumber. | 367 | Sandwiches. | 271 to 275 |
| Hollandaise. | 367 | Chicken and Ham. | 272 |
| Shrimp. | 367 | Salad. | 272 |
| Oyster, No. 1. | 368 | Shrimps. | 272 |
| Oyster, No. 2. | 368 | Cheese. | 273 |
| Lobster. | 368 | Game. | 273 |
| Monica. | 369 | Walnuts. | 273 |
| Gratin. | 369 | Egg. | 273 |
| Berte. | 369 | With Pastry. | 274 |
| For Puddings, from 373 to | 375 | Fruit. | 274 |
| Brandy Sauce, No. 1. | 373 | Curry. | 274 |
| | | Raw Beef. | 338 |

| PAGE | | PAGE |
|---------|--------------------------|------------|
| 188 | Salsify, Boiled | 23 |
| 188 | Scalloped | 23 |
| 189 | Fritters | 24 |
| 106 | Sauce, Reform | 24 |
| 35 | Soles, Filets of | 24 |
| 44 | With Tomatoes | 24 |
| 46 | A la Normandie | 25 |
| 47 | A la Rouennaise | 25 |
| 48 | A la Colbert | 25 |
| 48 | A la Portugaise | 25 |
| 115 | Sheephead, Baked | 26 |
| 380 | Shrimp Butter | 26 |
| 199 | Spinach, Boiled | 26 |
| 199 | A la Crème | 27 |
| 118 | Stews, Brazilian | 27 |
| 291 | Smelts, Fried | 27 |
| 339 | Sweetbreads | 27 |
| 339 | In Egg Sauce | 129 |
| 302 | Egg and Bread Crumbs | 130 |
| 387 | With Tomatoes | 131 |
| 338 | Fried | 133 |
| 337 | In Egg Sauce | 132 |
| 301-312 | Sick, Hints on Feeding | 132 |
| 90 | Snipe and Woodcock Roast | 305 |
| 306 | Stewed | 266 |
| 306 | Fried | 112 |
| 80 | Snowbirds à L'Aberdeen | 112 |
| 306 | On Toast | 96 |
| 9 | Soup Making, Hints on | 97 |
| 15 | Stocks | 99 |
| 15 | Brown Stock | 99 |
| 15 | White Stock | 303 |
| 15 | Game Stock | 277 |
| 16 | Fish Stock | 277 |
| 16 | Tomato | 65 |
| 16 | Crème de Pois | 76 |
| 17 | Puñée à la St. Germain | 189 |
| 17 | Lentil | 189 |
| 17 | Asparagus | 190 |
| 18 | Mock Turtle | 27 and 190 |
| 18 | A la Solferino | 190 |
| 19 | Kidney | 191 |
| 19 | Hare | 298 |
| 19 | Clear Ox Tail | 293 |
| 20 | Barley Cream | 333 |
| 20 | Cauliflower | 16 |
| 20 | Mullagatawny | 18 |
| 21 | Celery, White | 306 |
| 21 | Vegetable | 306 |
| 21 | Crème aux Marrons | |
| 22 | Oyster, English | 101 |
| 22 | Oyster, American | 102 |
| 22 | Scotch | 102 |
| 22 | Brown Celery | 102 |
| | Curry | 23 |
| | Purée of Artichokes | 23 |
| | Egg Garnish for, Clear | 24 |
| | Quenelles, for | 24 |
| | Consommé à la Royale | 24 |
| | Clear | 24 |
| | Consommé à la Princess | 25 |
| | Brain Quenelles | 25 |
| | Purée Crécy | 25 |
| | Fish | 25 |
| | Purée de Veau | 26 |
| | A la Bonne Femme | 26 |
| | Curry | 26 |
| | Semolina | 27 |
| | Giblets | 27 |
| | Tomato with Macaroni | 27 |
| | Tarts, Orange | 129 |
| | Cinnamon | 130 |
| | Princess Tartlets | 131 |
| | Chocolate Tartlets | 133 |
| | Lemon | 132 |
| | German Apple | 132 |
| | Terapin, Mock | 305 |
| | Toast, Savory | 266 |
| | Toad in the Hole | 112 |
| | Tongue, Glazed | 112 |
| | Turkey, to Roast | 96 |
| | To Bone | 97 |
| | Boned in Jelly | 99 |
| | Boned, Boiled | 99 |
| | Curry of | 303 |
| | Tea and Coffee Making | 277 |
| | To make | 277 |
| | Tomatoes, Stuffed | 65 |
| | In Aspic | 76 |
| | Soufflé | 189 |
| | With Eggs | 189 |
| | Stuffed | 190 |
| | With Macaroni | 27 and 190 |
| | Sauté of | 190 |
| | With Brown Sauce | 191 |
| | Stewed | 298 |
| | With Butter | 293 |
| | To Skin | 333 |
| | Soup | 16 |
| | Turtle Mock Soup | 18 |
| | Tripe, Stewed | 306 |
| | Fried | 306 |
| | Veal, Galatine | 101 |
| | Minced | 102 |
| | Patties | 102 |
| | Stewed | 102 |

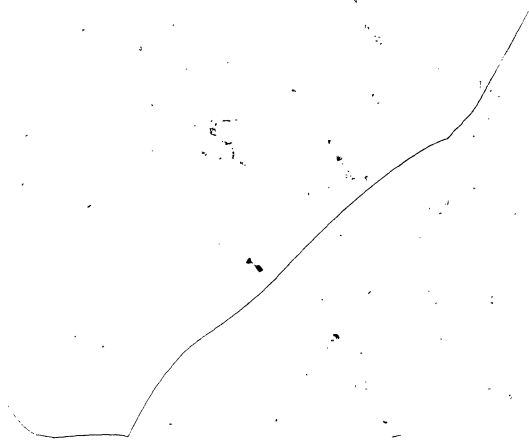
| | PAGE. | | PAGE. |
|--------------------------|------------|---------------------------|-------|
| Cutlets à L'Italienne... | 103 | Vegetable Marrow... | 194 |
| Larded Fillet of... | 103 | Boiled... | 194 |
| Blanquette of... | 111 | Stuffed... | 194 |
| Force... | 382 | Purée of... | 194 |
| Vegetables... | 181 to 201 | Venison Steak... | 307 |
| Curried... | 193 | | |
| Macedoine... | 193 | Woodcock and snipe, Roast | 90 |

ADVERTISEMENTS.



I have much pleasure in recommending to my pupils and the general public all the goods advertised in this book. They have all been used by myself, and found entirely satisfactory.

AMY G. RICHARDS.





UNEQUALLED FOR —
 PURITY - - - - -
 STRENGTH - - - - -
 RICHNESS OF INFUSION

Directions for Brewing.—Place the dry Tea in tea-pot which has been previously warmed, and pour in water which has just come to boiling point. (Water which has been boiled before or kept boiling for some time will spoil the tea.) After 7 minutes' brewing, pour off for use.

Quantity must be according to taste; but **RAM LAL'S** being much **stronger** than ordinary teas, fully one-third less will suffice. We find, to suit the popular taste, that 3 teaspoonfuls of **RAM LAL'S** will brew sufficient for six persons of most delicious tea.

In Sealed Lead 1 lb. and $\frac{1}{2}$ lb. Packages only.

Gold Label, 50c. lb. Lavender Label, 60c. lb.
 Green Label, 75c. lb.

ROSE & LAFLAMME, Agents,
 39 Lemoine Street, Montreal.

Ideal Food Preparations.

JOHNSTON'S FLUID BEEF

supplies the essential elements of PRIME BEEF in the best form for easy assimilation by the stomach, and hence this valuable food is used the world over in all cases of debility and weakness.

IT STRENGTHENS.

This is the distinguishing trait that gives it **pre-eminence over Beef Extracts** which only stimulate.

Put up in 2, 4, 8 and 16 oz. tins.

JOHNSTON'S FLUID BEEF with Hypophosphites.

(BRAND STAMINAL)

This excellent preparation combines the virtues of PRIME BEEF and the Tonic Hypophosphites, and is therefore

A FOOD AND A TONIC.

Put up in 2, 4, 8 and 16 oz. bottles.

No kitchen is perfectly equipped unless supplied with these preparations. They are invaluable for enriching Soups and Gravies, as well as for making quickly, strengthening Beef Tea.

Prepared by THE JOHNSTON FLUID BEEF Co., Montreal.

E. M. RENOUF;

**Publisher, Bookseller, News Agent, Stationer, Bookbinder,
Dealer in Educational Apparatus, etc., etc.**

AT WHOLESALE AND RETAIL.

I would respectfully remind the public of the unusual facilities I possess for the carrying on of my business in the various departments enumerated above, and that, in all of them, to give the utmost satisfaction :

As Publisher.—My arrangements are such as to secure to authors satisfaction in facilities for issuing, etc., and, having an extensive and close connection with the trade, I can place their works before the public from one end of the Dominion to the other.

As Bookseller.—I always keep in stock a large assortment of the standard literature of the day, and receive new books as issued from England and the United States. Having correspondents in London, Paris, Leipsic and other cities in Europe, as well as with the leading cities of this continent, I have great facilities for procuring, from any part of the world, such books as may be required by my customers which are not usually kept in stock.

As News Agent.—I supply all the leading English and American Newspapers, Magazines and Periodicals, and many of those issued on the Continent. Lists and catalogues are accessible at my store, where any information will be gladly afforded.

As Stationer.—I keep on hand a large and varied assortment of the best Writing Papers, of all sizes and qualities; also of everything in the way of Stationers' Sundries, Leather Goods of all kinds, Blank Books, etc., etc.

As Bookbinder and Manufacturing Stationer.—This branch of my business being done in an extensive Bindery, fitted up with the most approved machinery, and employing the best workmen, everything in this line can be executed, from the minutest book to the largest photograph album, and the fine bindings are equal in workmanship to the productions of the leading binders in London or New York. A speciality is also made of the manufacture of Account Books for banks and merchants' offices, combining a tasteful style with the strength and durability which is necessary such books should possess.

As Dealer in Educational Apparatus.—I keep on hand that which is in general use: Globes, Wall Maps, etc., etc. Artists' Materials of all kinds.

I have also, at the solicitation of many customers and teachers, added a **new feature** to my educational department, which consists of all implements and materials required by the Botanical Collector in the pursuit of his studies. I will always keep in stock a full supply of these articles, and will be glad to submit specially low prices for classes where quantities are required.

PARTIAL LIST OF IMPLEMENTS, ETC.

Fern Knife, Trowel Knife, Collecting Box, Press (wire or wood), **Drying Paper** (specially manufactured for this purpose), **Mounting Paper, Cover Paper, Microscopic Slides** (rough or ground edge), **Cover Glasses** (squares and circles), **Magnifying Glasses** (a great variety to select from), **Histology Specimen Boxes**, etc., etc.

Prices quoted on application.

Correspondence solicited.

Mail orders receive prompt attention.



This Coffee is made
from the

Best Mocha and Java

the bitter parts of both
having been extracted.
It is put up in

$\frac{1}{4}$ lb., $\frac{1}{2}$ lb. and 1 lb.
bottles.

It is economical be-
cause there is no waste,
as no more need be pre-
pared at a time than is
wanted.

It can be made in a
moment.

It is wholesome and
refreshing.

DRINK

LYMAN'S

FLUID

COFFEE

NO COFFEE POT.

NO GROUNDS.

MANUFACTURED BY

Lyman, Sons & Co.

(Established 1800)

MONTREAL.

CHOCOLAT-SUCHARD

The Purest, Richest and Most Delicious of all Chocolates. Has been manufactured by Ph. SUCHARD in Neuchatel, Switzerland, for the past seventy years. It has the largest sale in Europe of any Chocolat of high quality.

Ask your Grocer for, and insist on having

CHOCOLAT-SUCHARD.

SUCHARD'S SOLUBLE COCOA

is made from the finest sorts of Cocoa from which the indigestible or greasy substance is entirely eliminated. Thoroughly soluble.—Absolutely pure.—Leaves no sediment. Is prepared by simply diluting one teaspoonful in a little warm water, then filling the cup with boiling water or warm milk.

One Pound makes 100 cups.

The most easily digested. The most economical. The simplest in preparation.

Sold by all first-class grocers in $\frac{1}{4}$, $\frac{1}{2}$ and 1 lb. tins.

THOS. LEEMING & CO., 25 St. Peter Street, Montreal.

Specify SUCHARD.

Cleveland's Baking Powder,

manufactured originally by the
Cleveland Brothers, Albany, N. Y.,
now by the Cleveland Baking
Powder Co., New York,

has been in use for twenty-five years
in thousands of homes all over the
country. Those who have used it
longest praise it most.

All the official reports show
Cleveland's the strongest of all pure
cream of tartar baking powders.

The best test, however, is in
the kitchen, and that shows
Cleveland's baking powder always
uniform and reliable; that it does
the most work and the best work.

All leading teachers of cookery
use and recommend Cleveland's.

Established 1870.



HENRI JONAS & CO.

MANUFACTURERS

OF

PURE FLAVORING EXTRACTS
AND LIQUID RENNET,
FRENCH MUSTARDS, SAUCES,
CATSUPS, GRAVIES
AND SOUP COLORINGS.

IMPORTERS

OF

FRENCH PEAS, MUSHROOMS, SARDINES,
TRUFFLES, PATÉS DE FOIES GRAS, OLIVE OIL,
CAPERS, OLIVES, GELATINES, Etc., Etc.

SOLE AGENTS IN CANADA

FOR

BRETON'S FRENCH VEGETABLE COLORINGS.
DELORY'S FRENCH PEAS AND VEGETABLES.
CHAS. GUILLAUMIN, FRENCH MUSHROOMS AND
TABLE DELICACIES.
A. LENOIR FILS, FRENCH POTTED MEATS AND
TRUFFLES.
JONAS-HANART, FRENCH SALAD OILS AND
FRENCH EXTRACTS.

Bell Telephone 2251.

Merchants Telephone 389.